

Patriots Triathlon Swim Course 1.2 Miles / 1500 Meters



Water is brackish and shallow. If you need assistance, roll on your back and flag one of our lifeguards. Or, swim towards shore and stand up.

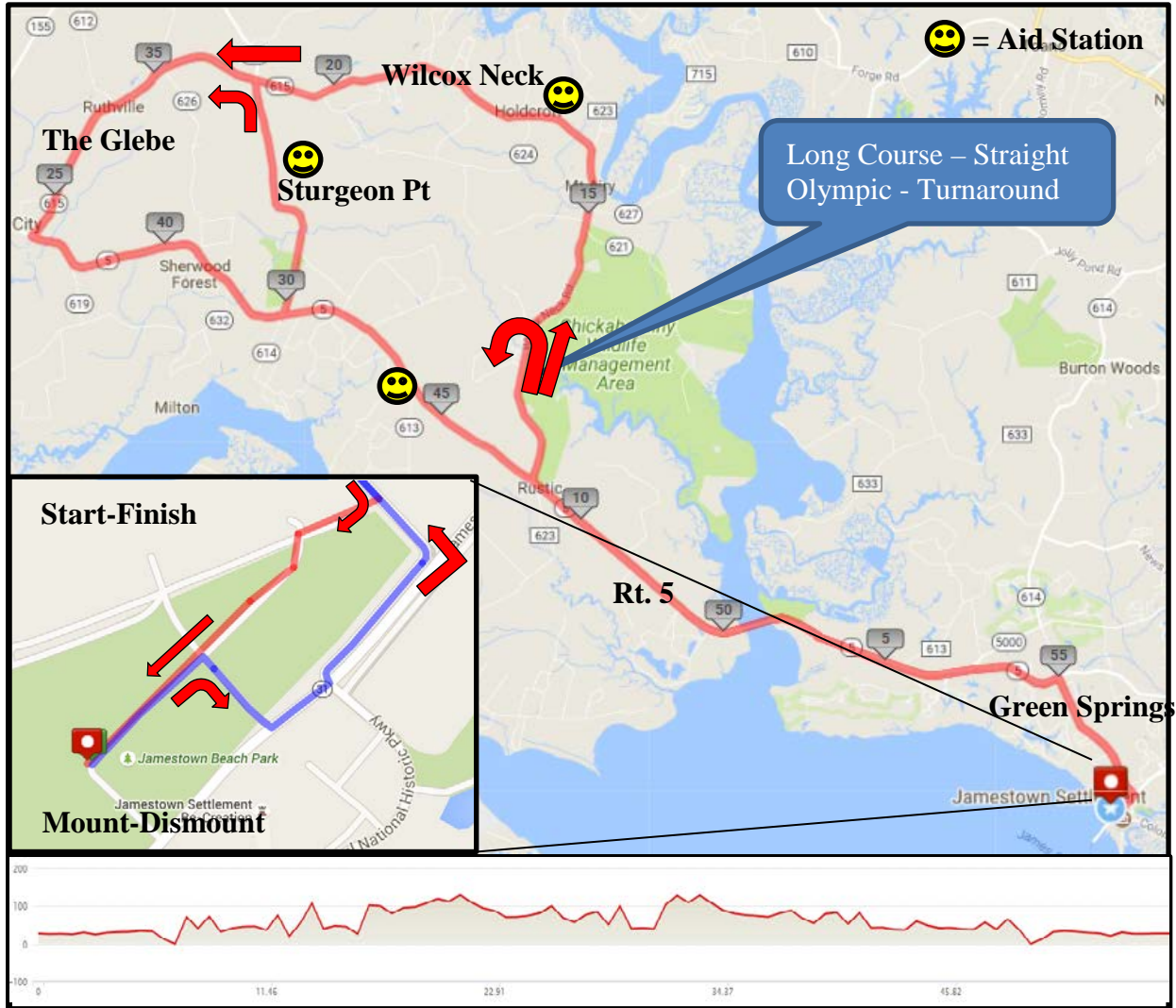
Route may be reversed due to currents





KINETIC MULTISPORTS

Patriots Triathlon Bike Course 56.8 / 24 Miles

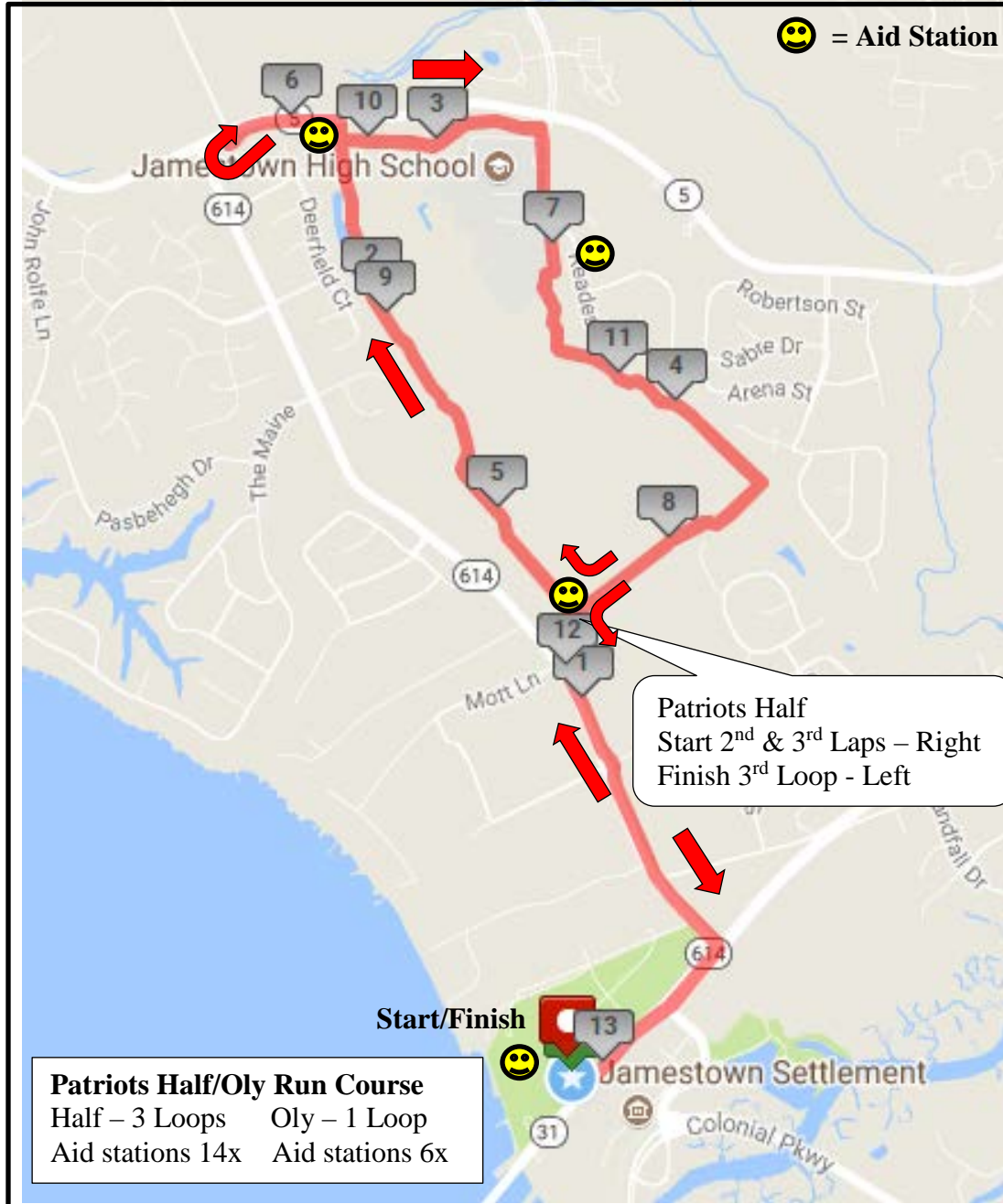


Turn	Mileage	Next	Turn	Mileage	Next
Mount Bike	0	0.1	Left on Rt. 5	25.8	4.0
Right inside park	0.1	0.1	Left on Sturgeon Point	29.8	2.8
Left on Jamestown	0.2	0.02	Aid Station	32.0	11.0
Left on Green Springs	0.22	3.48	Left on The Glebe	33.4	3.9
Left on Rt. 5 at light	3.7	7.1	Left on Rt. 5	37.9	7.2
Right on Wilcox Neck	10.8	1.2	Aid Station just past Sturgeon Pt	43	X
International Turnaround	12	4.5	Right on Rt 5 at light	54.0	1.3
Aid Station at Church	16.5	15	Right on Green Springs	55	1.9
Straight on The Glebe	21.3	3.9	Right into back entrance of park	57	0.4



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Patriots Triathlon Run Course_13.1 / 6.2 Miles



Patriots Triathlon Site Layout

