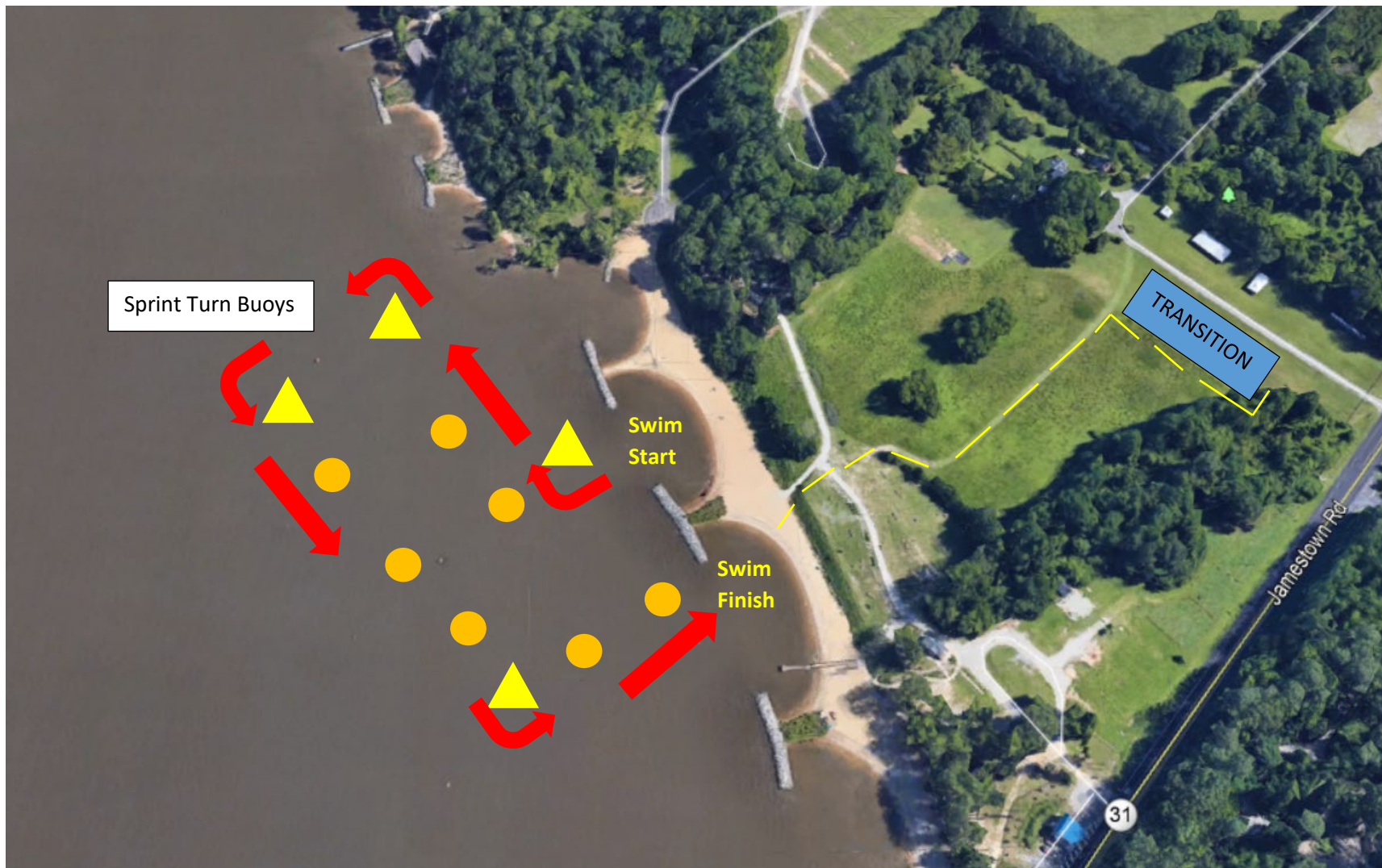


**Patriots Triathlon Swim Course 750 Meters**

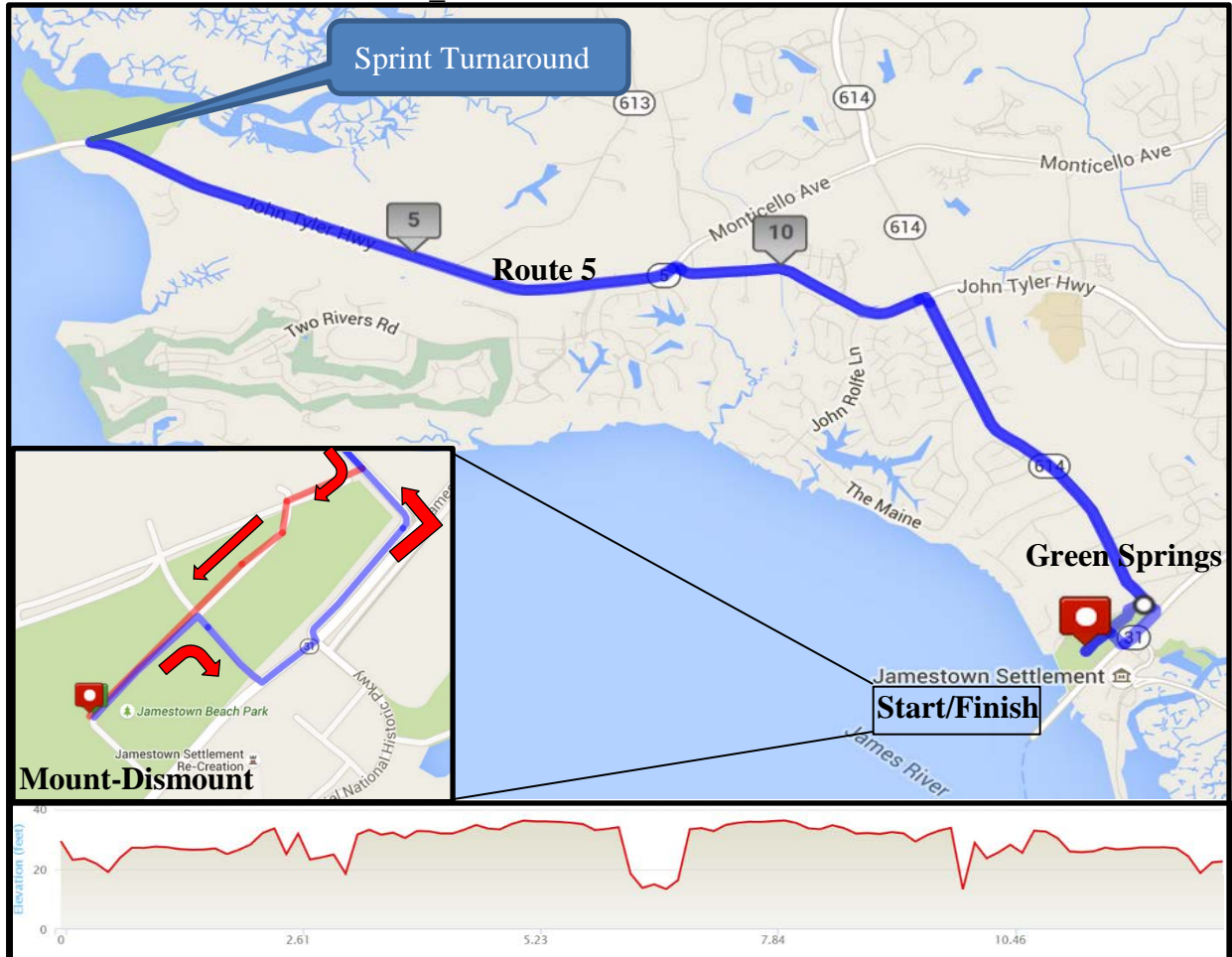


Water is brackish and shallow. If you need assistance, roll on your back and flag one of our lifeguards. Or, swim towards shore and stand up.

*\*Route may be reversed due to currents\**



## Patriots Triathlon Bike Course 13 Miles



Turn	Mileage	Next	Turn	Mileage	Next
Mount Bike	0	0.1	Turnaround	6.6	2.9
Right inside park	0.1	0.1	Right on Rt 5 at light	9.5	1.2
Left on Jamestown	0.2	0.02	Right on GreenSprings	10.7	2.1
Left on Green Springs	0.22	3.48	Right into back entrance of park	12.8	0.3
Left on Rt. 5 at light	3.7	2.9	Dismount	13.1	0



**Patriots Triathlon Run Course\_3.1 Miles**



**Patriots Triathlon Site Layout**

