

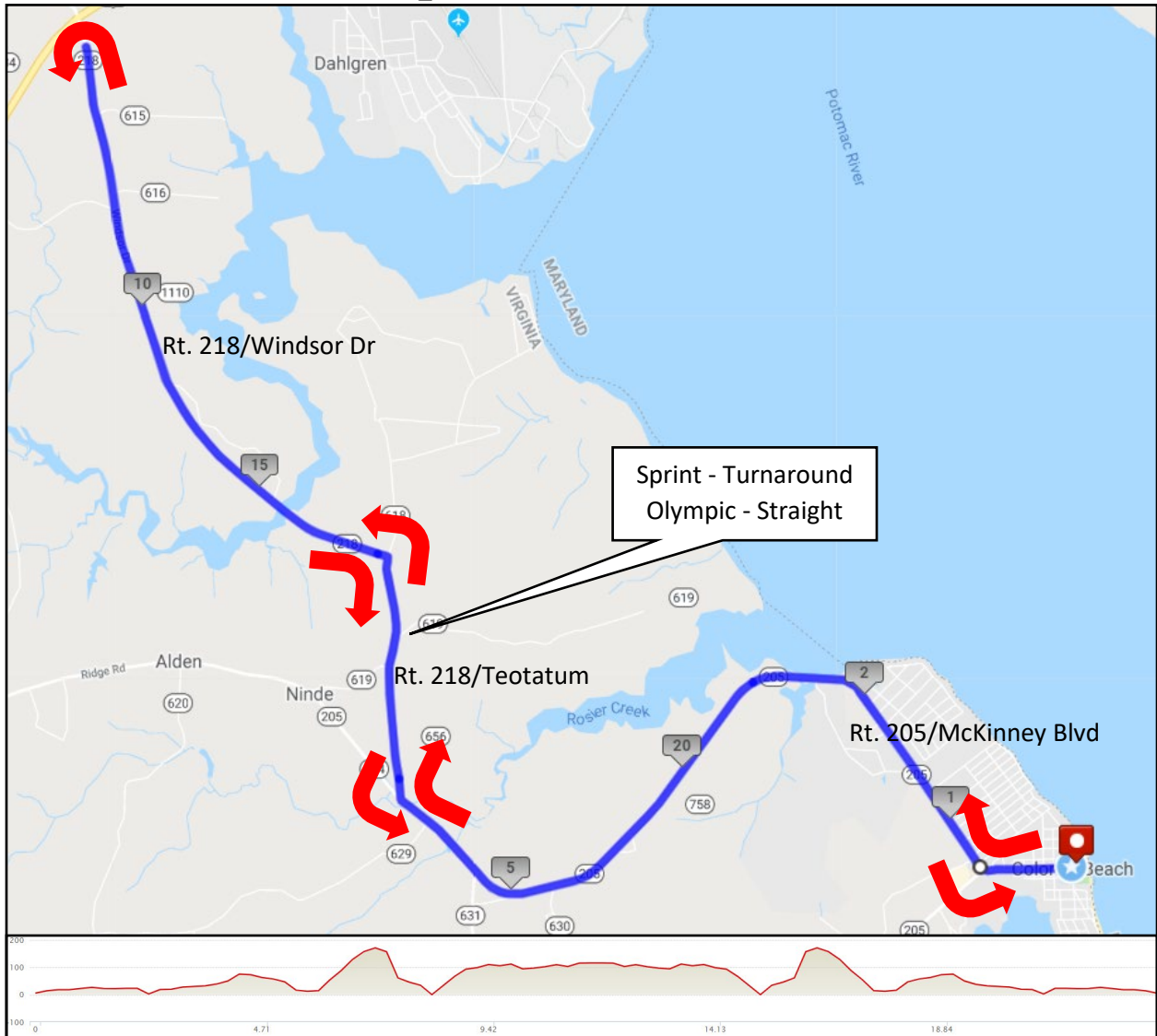
Colonial Beach Triathlon Swim Course



Swim course is in brackish water and will not be wetsuit legal. There can be a current, so the course direction may be reversed the morning of the race.



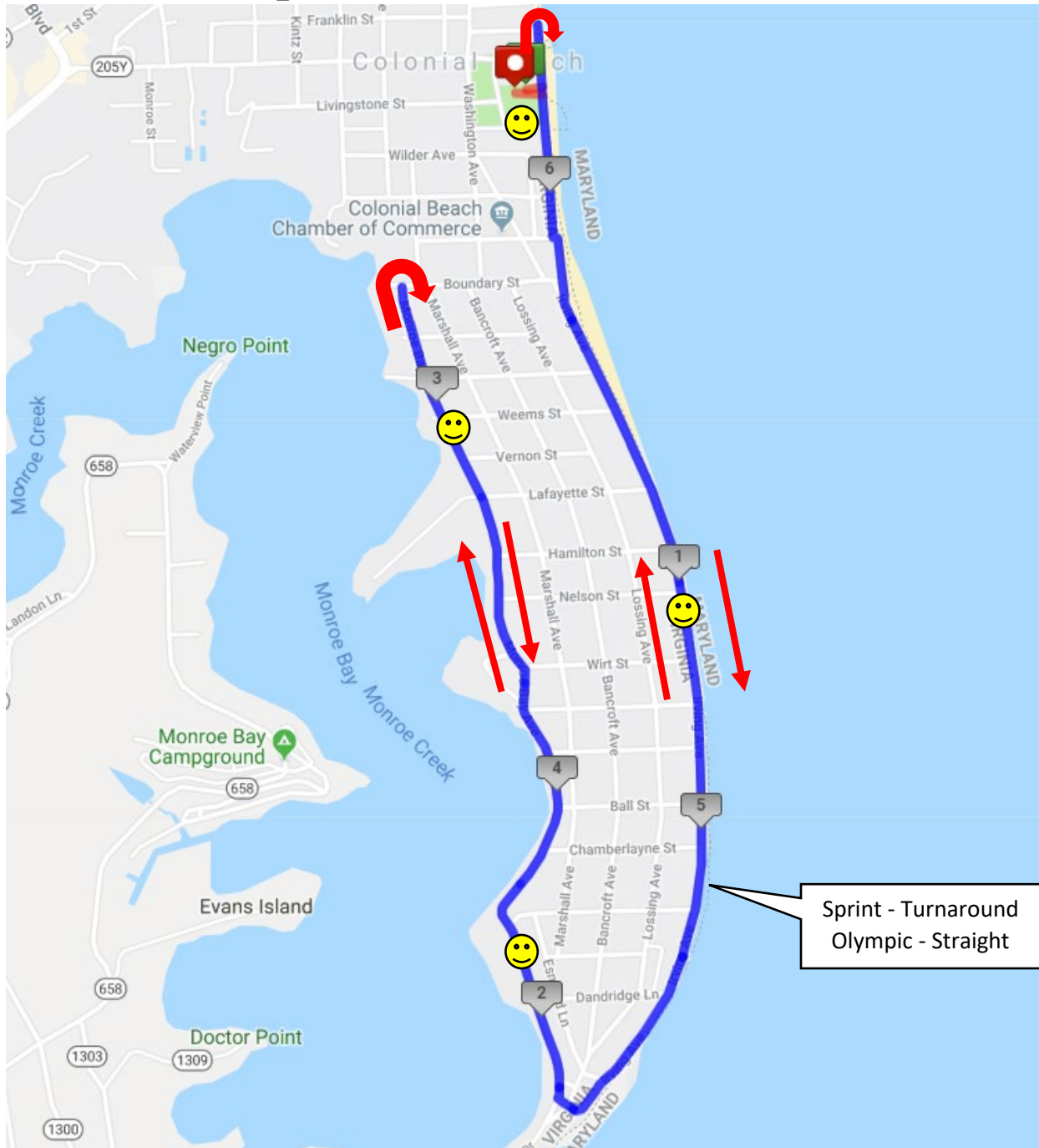
Colonial Beach Triathlon Bike Course_23.5 / 14.1 Miles



Bike course is out and back in nature with the Sprint turnaround at mile 7.05 at the top of the hill. Olympic turns around at mile 11.75. Course is open to traffic, intersections are controlled.



Colonial Beach Run Course_6.2 / 3.1 Miles



Run course is out and back in nature, flat, with little to no shade. Epic waterfront views throughout the course. Water and Gatorade are available approximately every mile.



Colonial Beach Site Layout

