

**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.

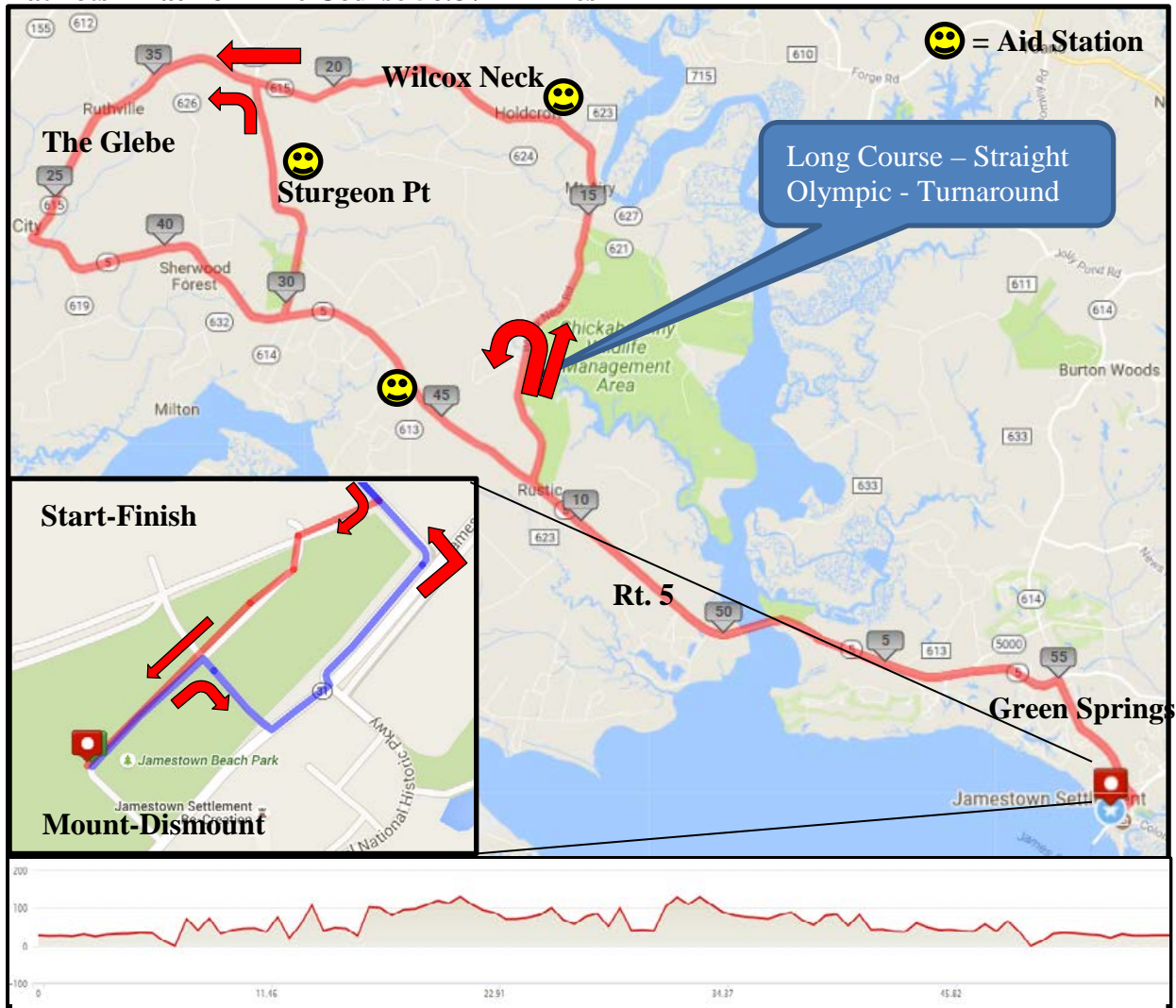
*\*Route may be reversed due to currents\**





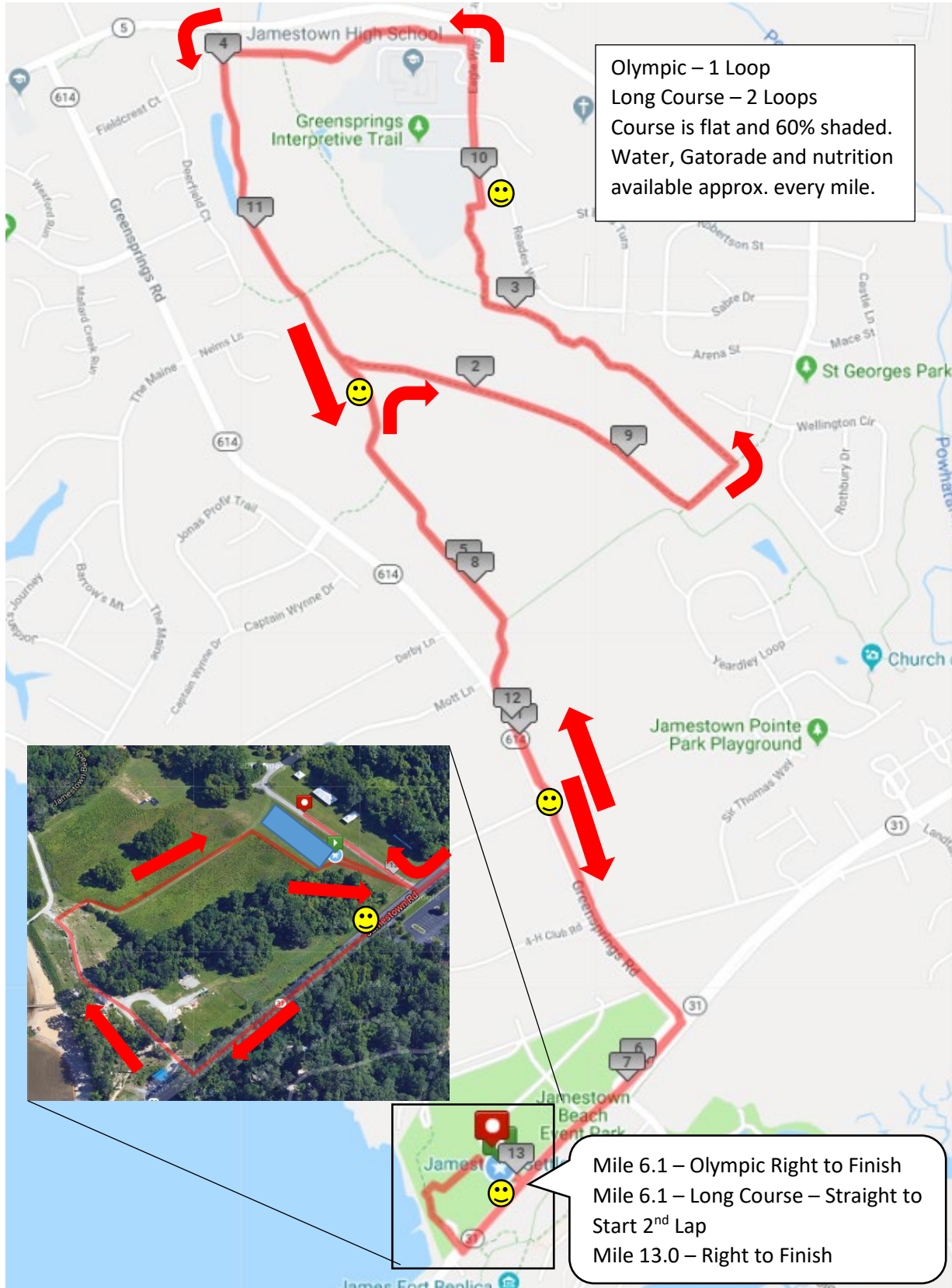
**KINETIC  
MULTISPORTS**

**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  |

**Patriots Half/Olympic Run Course 13.1 / 6.2 Miles**



Jamestown Site Layout

