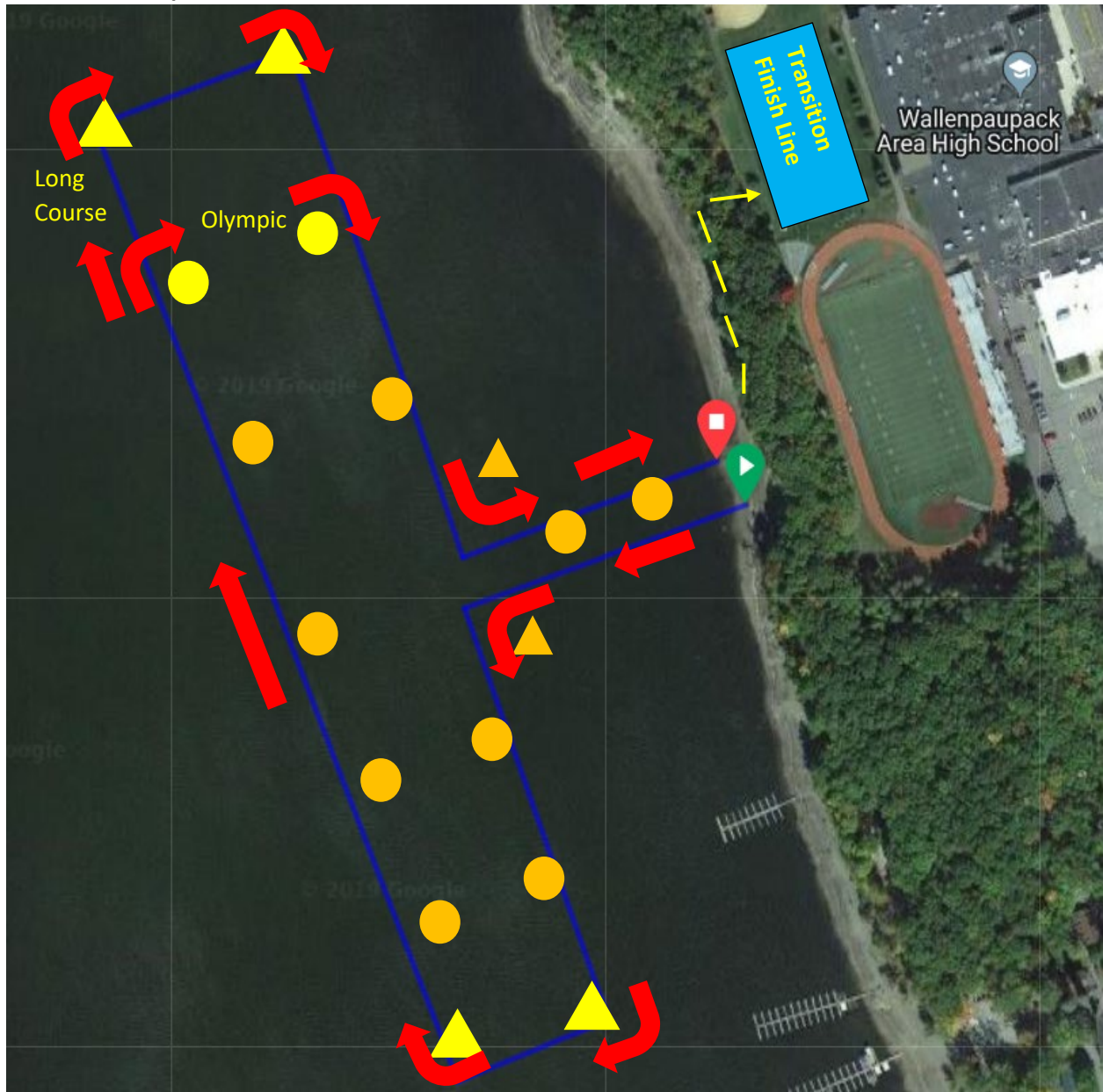


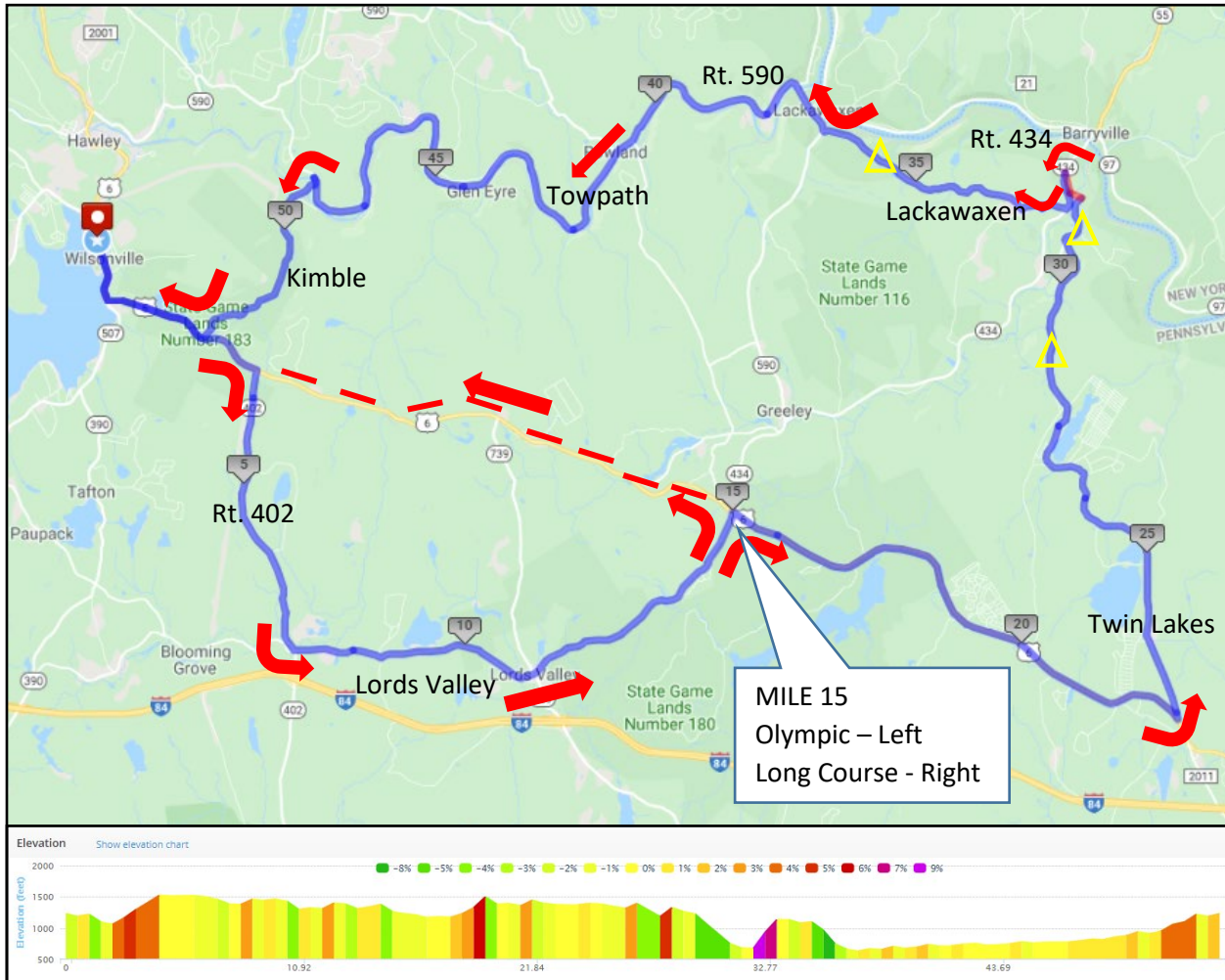
Poconos Multisport Festival Swim Course - 1.2 Miles / 1500 Meters



Water is crystal clear and anticipated to be in the mid 60's. This is an in-water start, beach finish. If you need assistance, stay calm, roll/float on your back then wave your hand to signal water safety.



Poconos Triathlon Festival Bike Course - 55 Miles / 25 Miles



Mileage / Direction	32.0 – Left on Rt. 434
0.5 – Right out of High School	32.5 – Right on Lackawaxen
3.3 – Right on Rt. 402	33.3 – Start Technical Descent
7.5 – Right on Lords Valley	36.5 – Right on Rt. 590
15.0 – Long Course Right on Rt. 6	40.9 – Stay Straight on Towpath
15.0 – Oly Left on Rt. 6 / 24.5 - Oly Left at HS	49.0 – Left on Kimble
22.5 – Left on Twin Lakes	52.2 – Right on 6, merge with inbound Olympic
28.3 – Start Technical Descent	55.0 – Left into HS



Poconos Triathlon Festival Run Course - 13.1 Miles / 6.2 Miles

