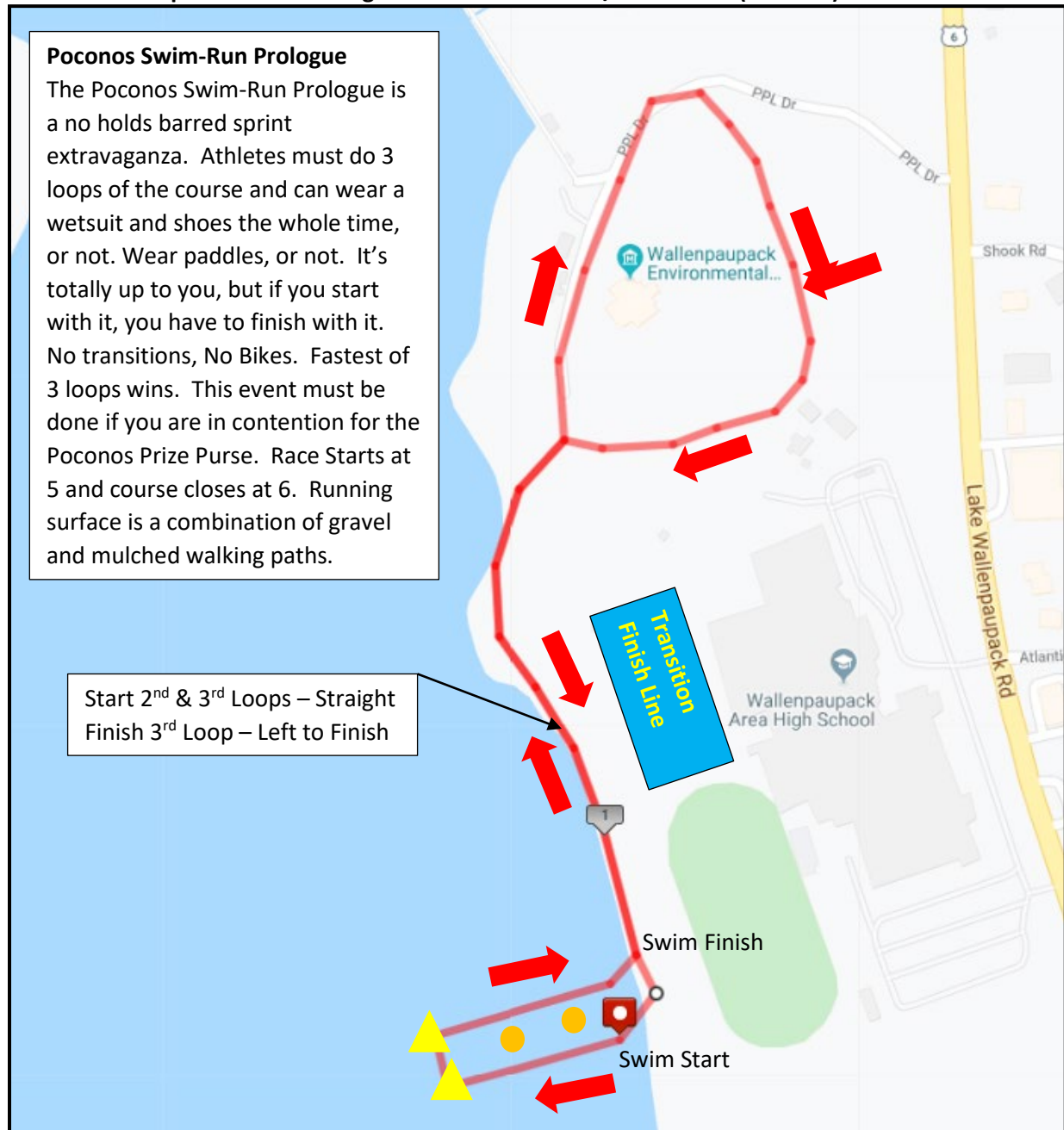


## Poconos Multisport Festival Prologue – 250 Meter Swim / 1 Mile Run (Done 3x)



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.