

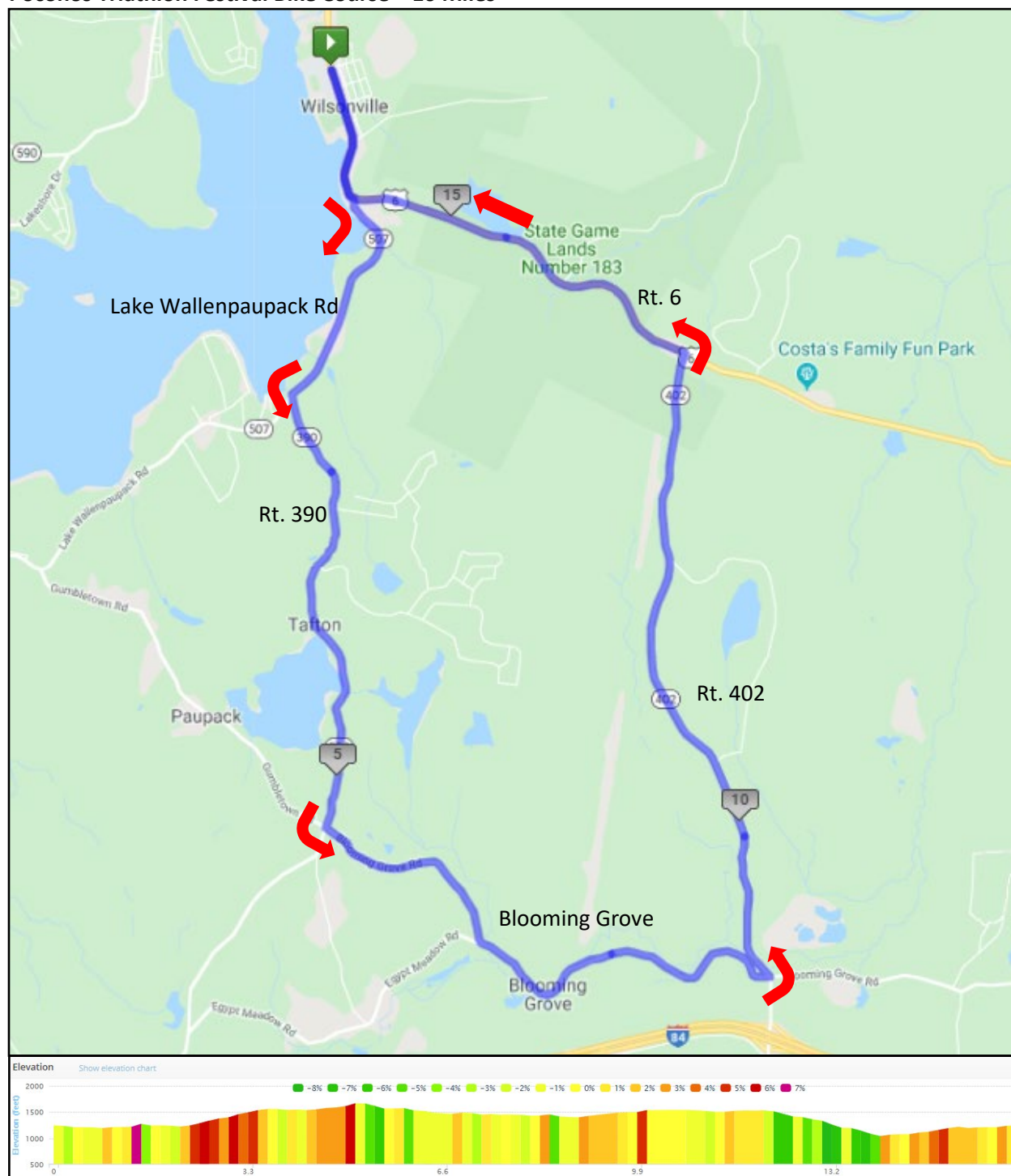
# Poconos Multisport Festival Swim Course – 750 Meters



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 – 16 Miles



Mileage / Direction	
0.5 – Right out of High School	5.4 – Left on Blooming Grove
0.9 – Right on Lake Wallenpaupack Rd	8.9 – Left on Rt. 402
2.5 – Left on Rt. 390	13.0 – Left on Rt. 6
	16.0 – Left into High School

## Poconos Triathlon Festival Run Course - 3.1 Miles

