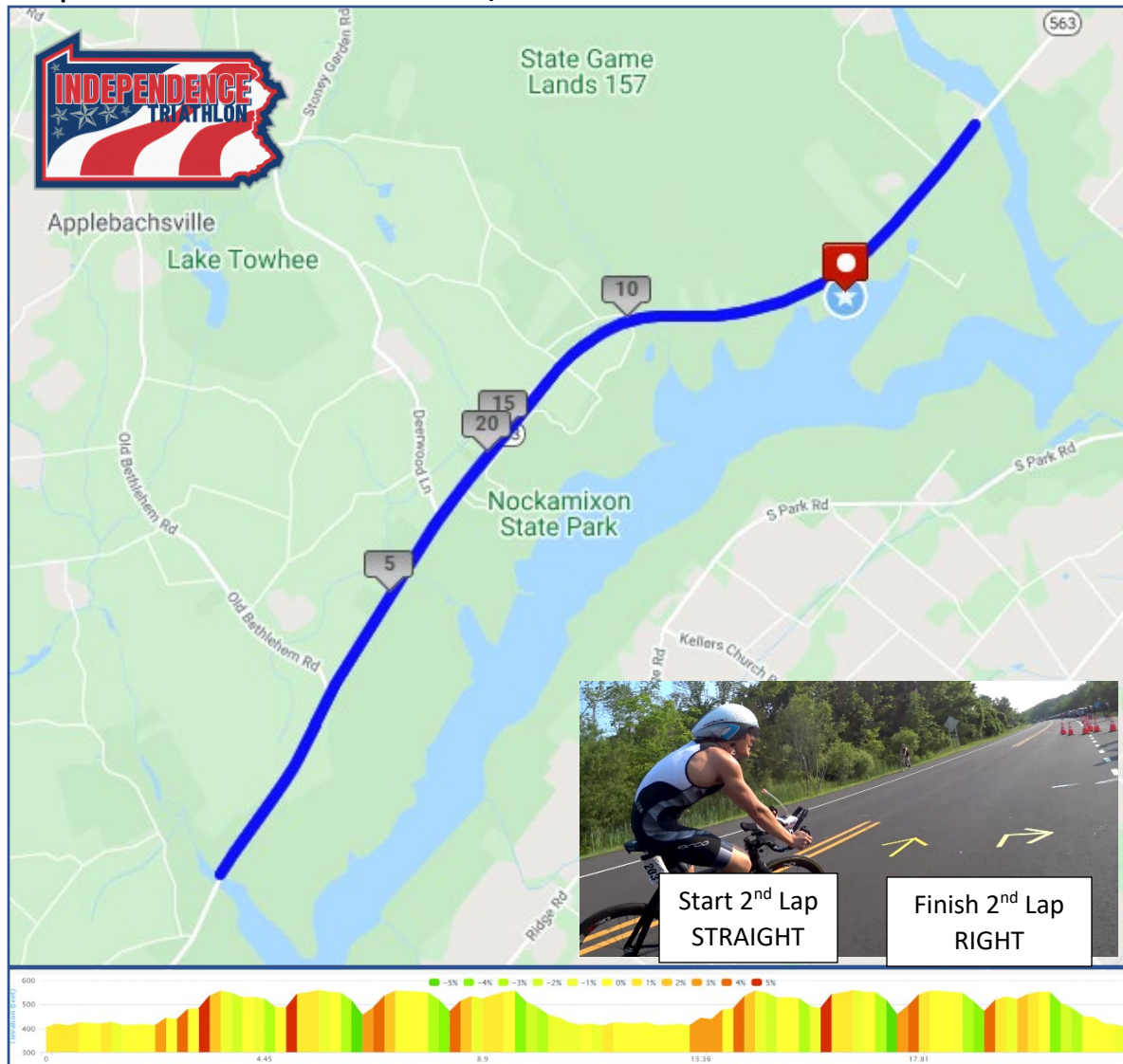


Independence Triathlon Swim Course 1500 / 750 m



Independence Triathlon Bike Course 22.6 / 11.5 miles



This is an amazing bike course, freshly paved and closed to traffic.
Olympic athletes do 2 loops, starting their 2nd lap **OUTSIDE** the park on the main road (see above)

-Start 2nd Lap – Go Straight

-Finish 2nd Lap – Turn Right

Sprint distance athletes do 1 loop of the bike course

***ALL BIKES ARE “LOCKED” IN TRANSITION AREA UNTIL THE LAST CYCLIST IS DONE
APPROX 10AM - PLAN ACCORDINGLY***



Independence Triathlon Run Course 6.2 / 3.1 miles



This is a fast run course along the shoulder of 563, freshly paved with views of the lake.
 Olympic distance athletes do 2 loops, starting their 2nd lap inside the park (pictured above)

-Start 2nd Lap – Turnaround

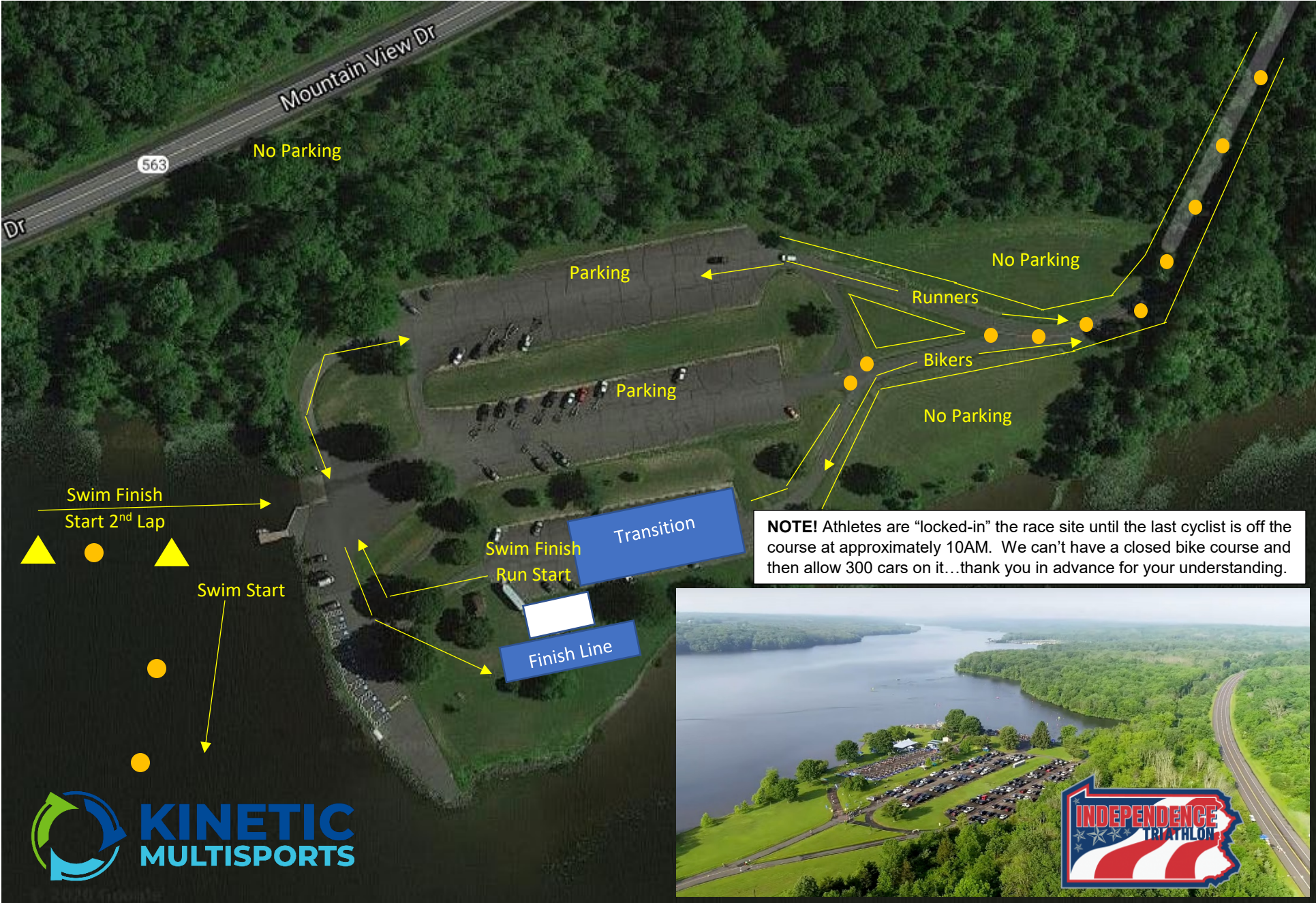
-Finish 2nd Lap – Go Straight

Sprint distance athletes do 1 loop of the run course

***ALL BIKES ARE “LOCKED” IN TRANSITION AREA UNTIL THE LAST CYCLIST IS DONE
 APPROX 10AM - PLAN ACCORDINGLY***



Independence Triathlon Site Layout – Nockamixon State Park Tohickon Boat Ramp



Independence Triathlon Site Parking – Nockamixon State Park Tohickon Boat Ramp



Please note the following items for parking successfully at this event:

- 1 – Arrive early
- 2 – If you park outside the park on the main road, park at a 45 degree angle on the shoulder and make sure the rear end of your cars is not in the bike course! (do you want to hit a parked bike rack at 30mph?)
- 3 – ROAD CLOSURES are in effect from 7-10, spectators must arrive by this time or they will not be able to get in the park.
- 4 – To keep the bike course safe and car free, all athletes and their bikes must remain inside the park until 10AM or the last biker has finished.

