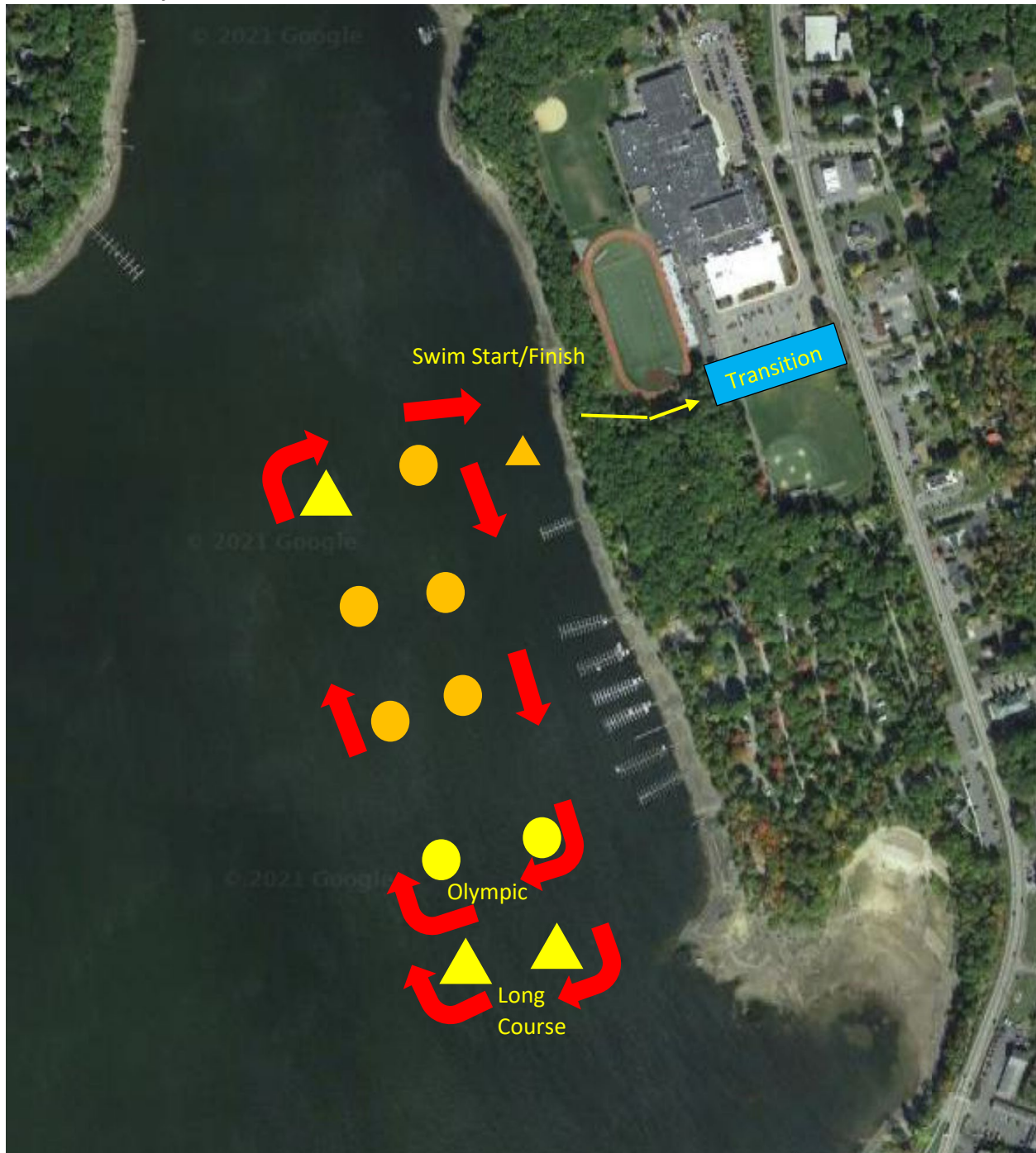
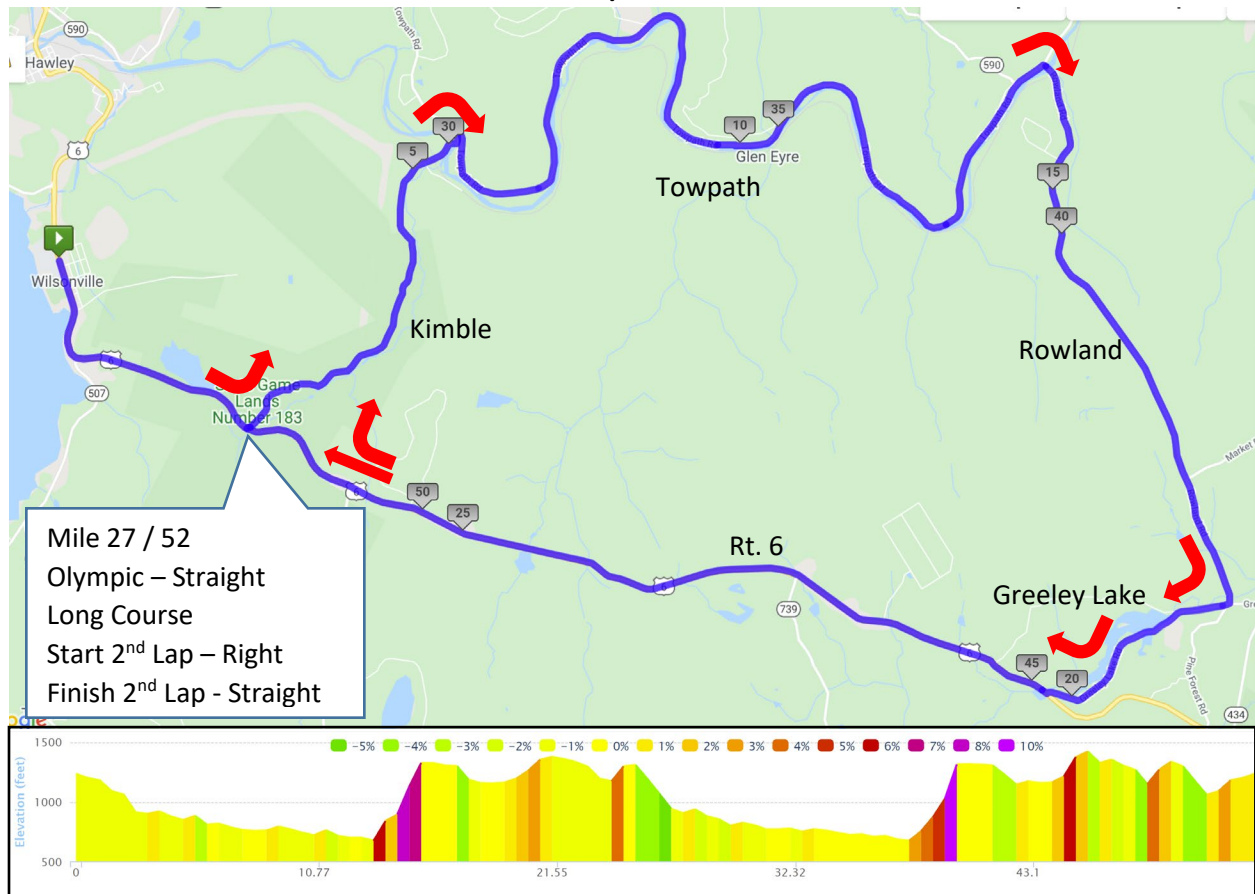


Poconos Multisport Festival Swim Course - 1.2 Miles / 1500 Meters



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

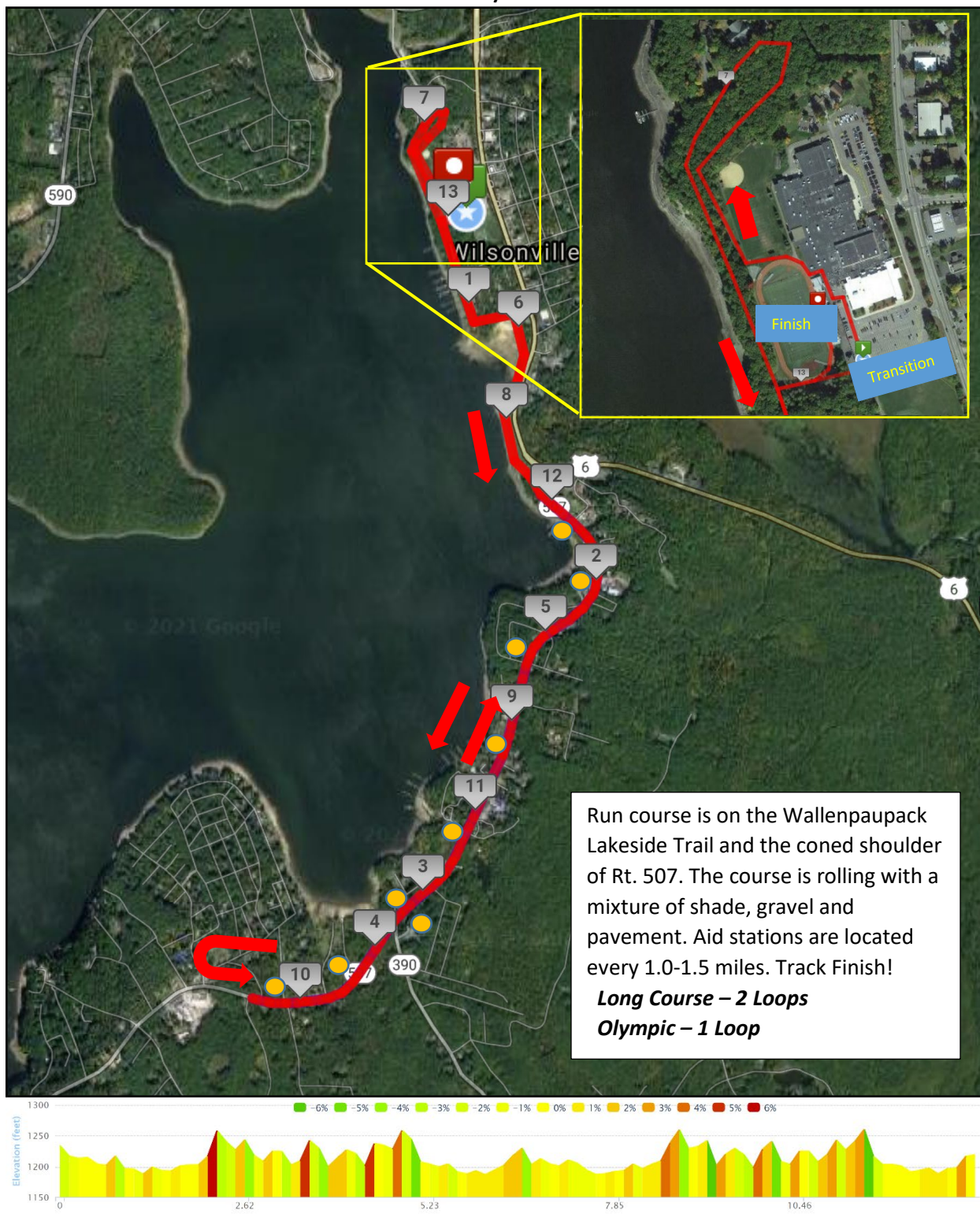
Poconos Triathlon Festival Bike Course - 54 Miles / 29 Miles

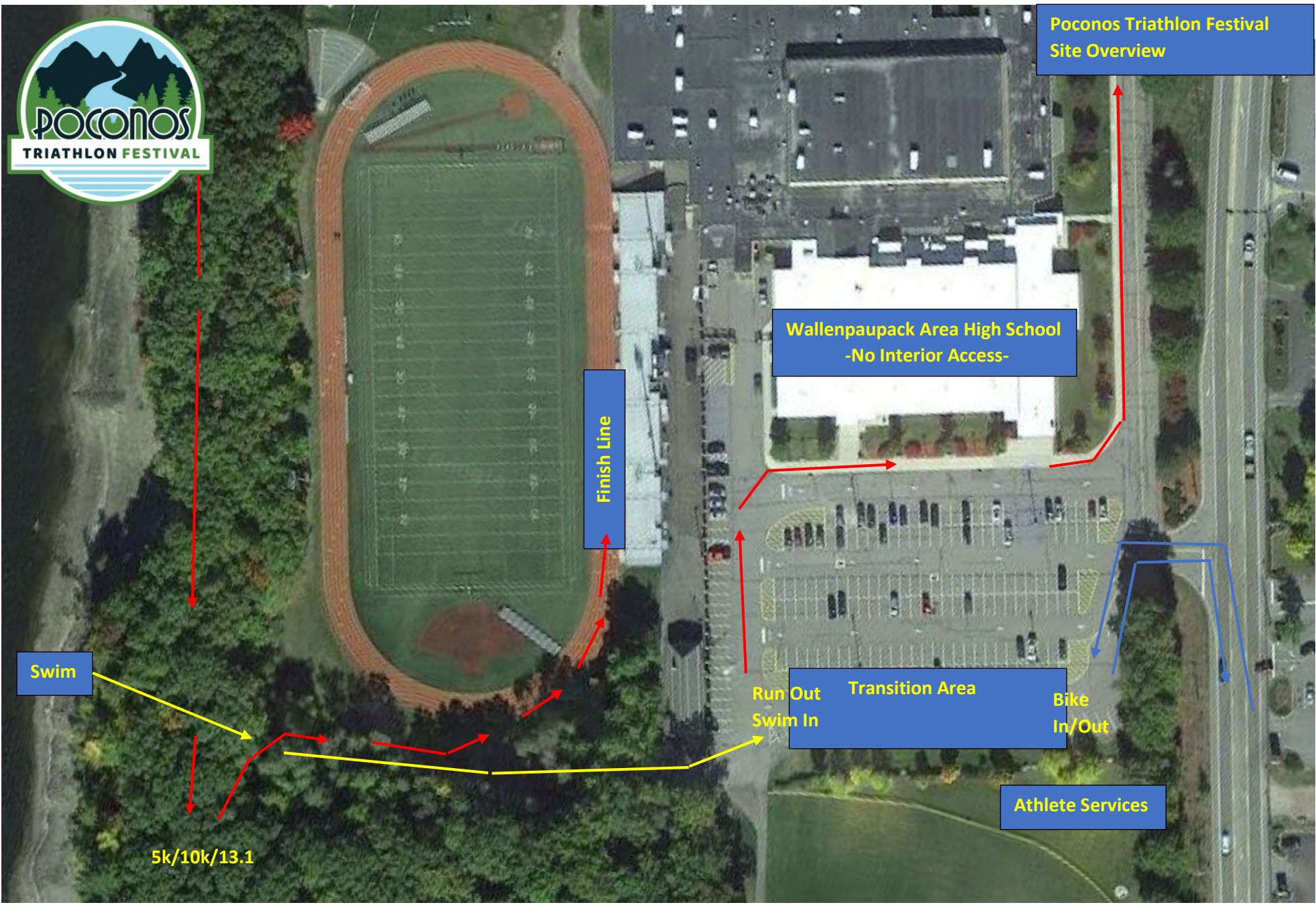


Mileage / Direction	20.2 – Right on Rt. 6
0.5 – Right out of High School	26.8 – Olympic – Straight on Rt. 6 to HS
0.8 – Straight on Rt. 6	26.8 – Long Course – Start 2 nd Lap – Right on Kimble
2.2 – Left on Kimble	30.2 – Right on Towpath
5.5 – Right on Towpath	38.6 – Right on Rowland
13.7 – Straight on 590/Towpath	43.2 – Right on Greeley Lake
14.0 – Right on Rowland	44.9 – Right on Rt. 6
18.6 – Right on Greeley Lake	51.6 – Finish 2 nd Lap, Straight on Rt. 6



Poconos Triathlon Festival Run Course - 13.1 Miles / 6.2 Miles





Swim

5k/10k/13.1

Finish Line

Wallenpaupack Area High School
-No Interior Access-

Run Out
Swim In

Transition Area

Athlete Services

Bike
In/Out

Poconos Triathlon Festival
Site Overview