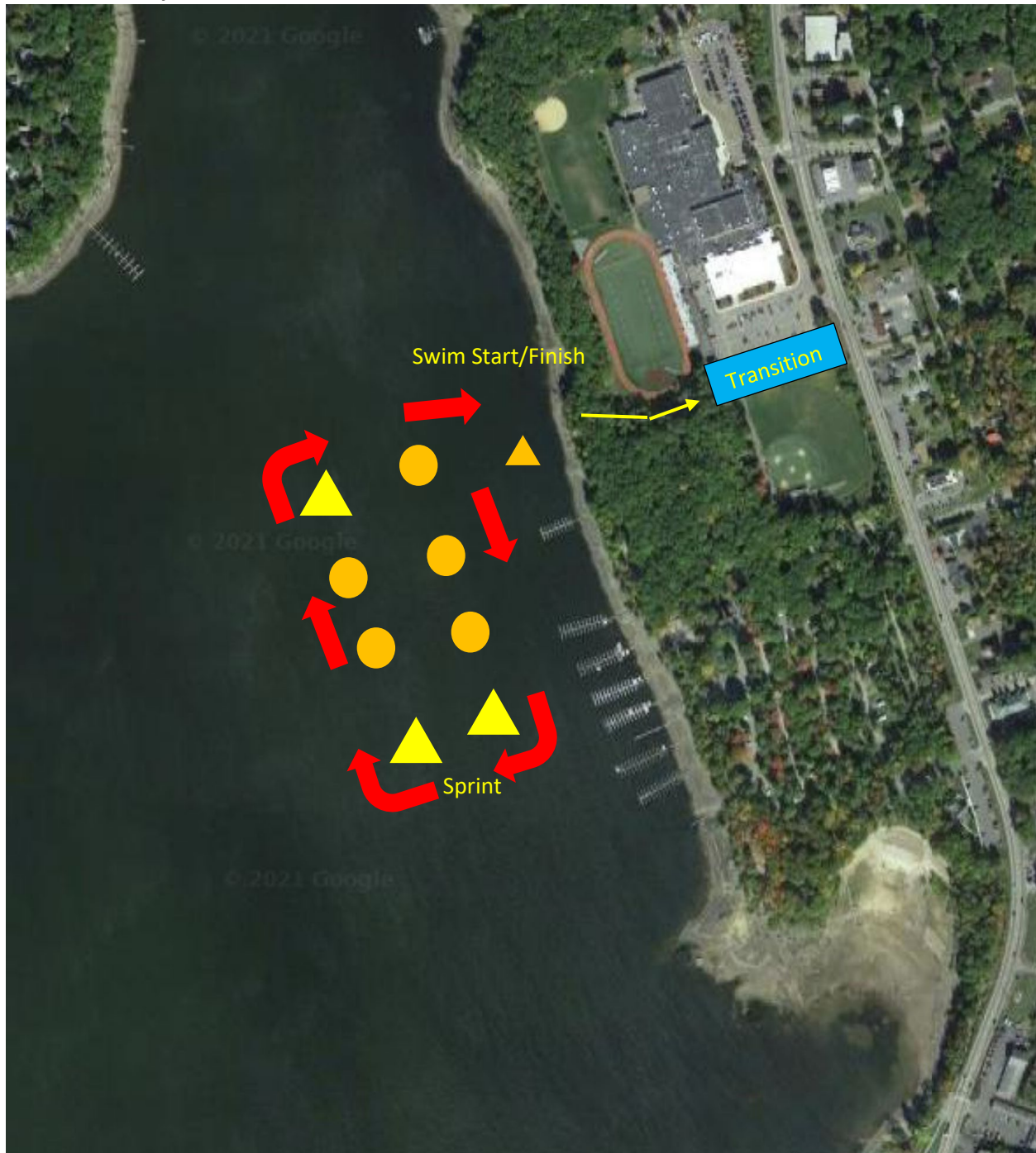
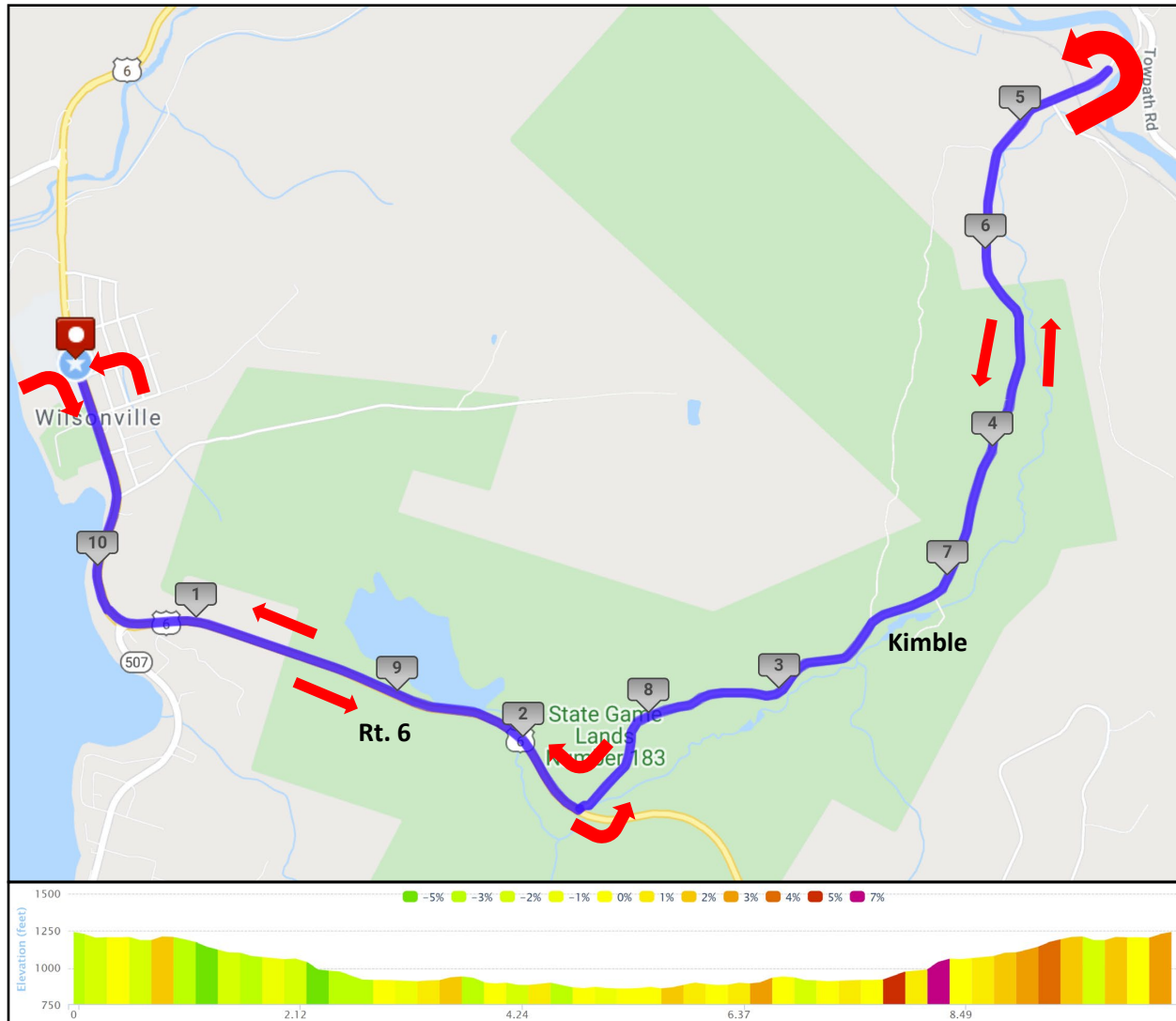


Poconos Multisport Festival Swim Course - 750 Meters



Water is crystal clear and anticipated to be in the mid 60's. This is an in-water start, 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 – 10.8 Miles



Mileage / Direction	
0.5 – Right out of High School	8.4 – Right on Rt. 6
0.8 – Straight on Rt. 6	9.8 – Straight on Rt. 6
2.2 – Left on Kimble	10.6 – Left into High School
5.5 – Turnaround on Kimble	



Poconos Triathlon Festival Run Course – 3.1 Miles



