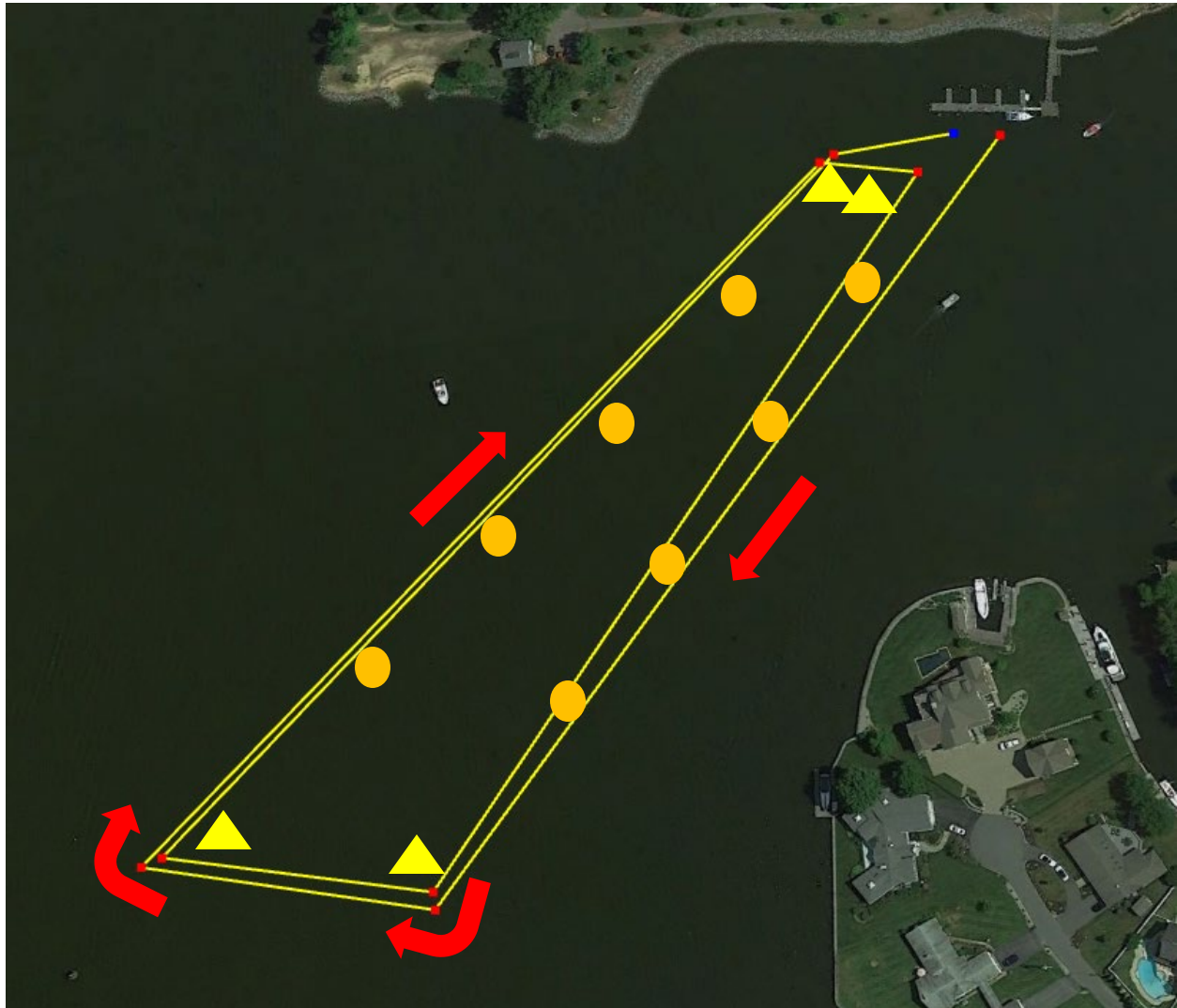


North East Triathlon Swim Course: 1500 / 750 Meters

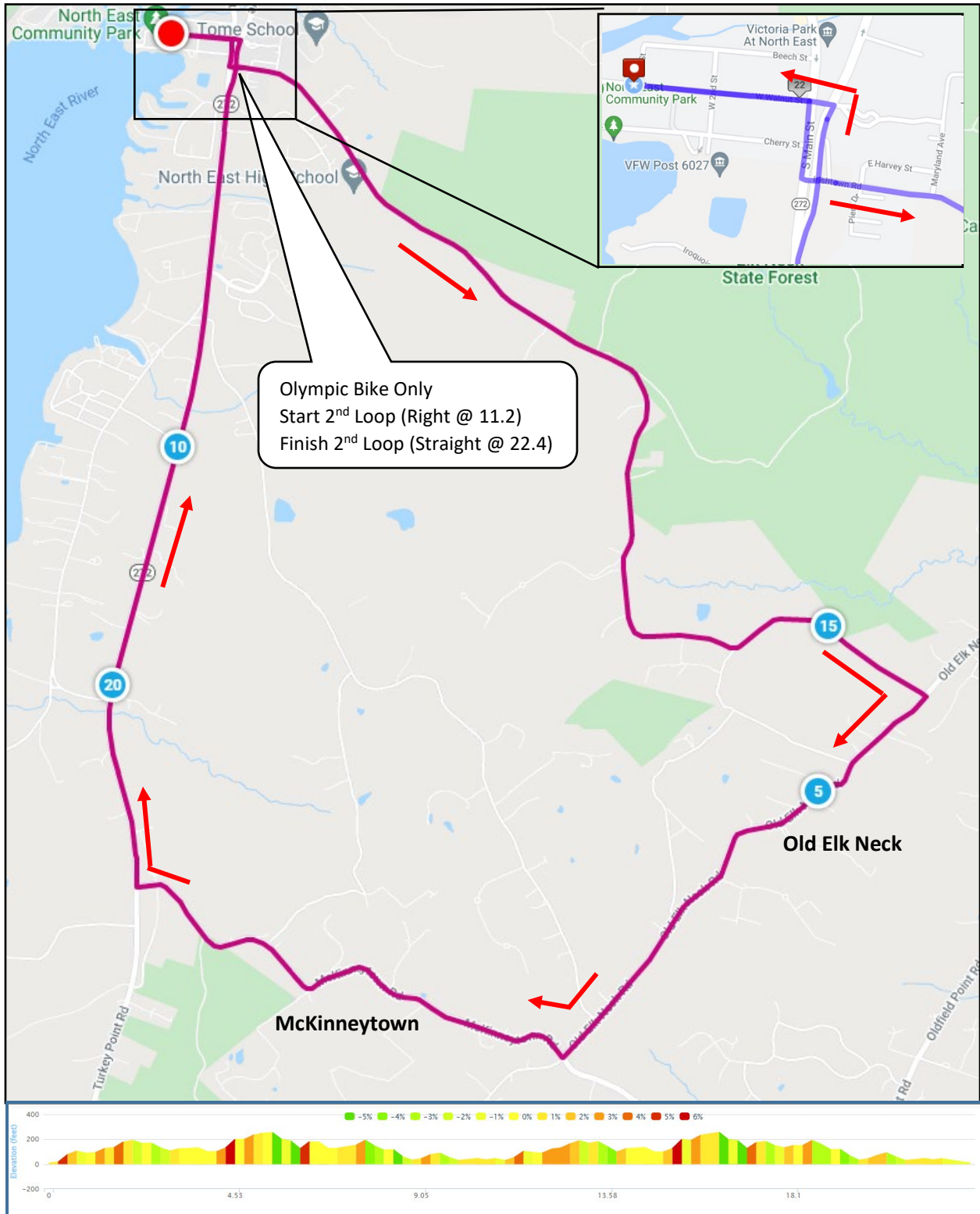


This race features an in-water start off the end of the dock. The freshwater swim is a one (1) or two (2) loop course for 750/1500 meters. Generally, buoys will be on your right. Athletes doing 2 laps will start their 2nd lap in the water.

Water safety does not make up for a lack of training. Know your limits, this is not a pool.

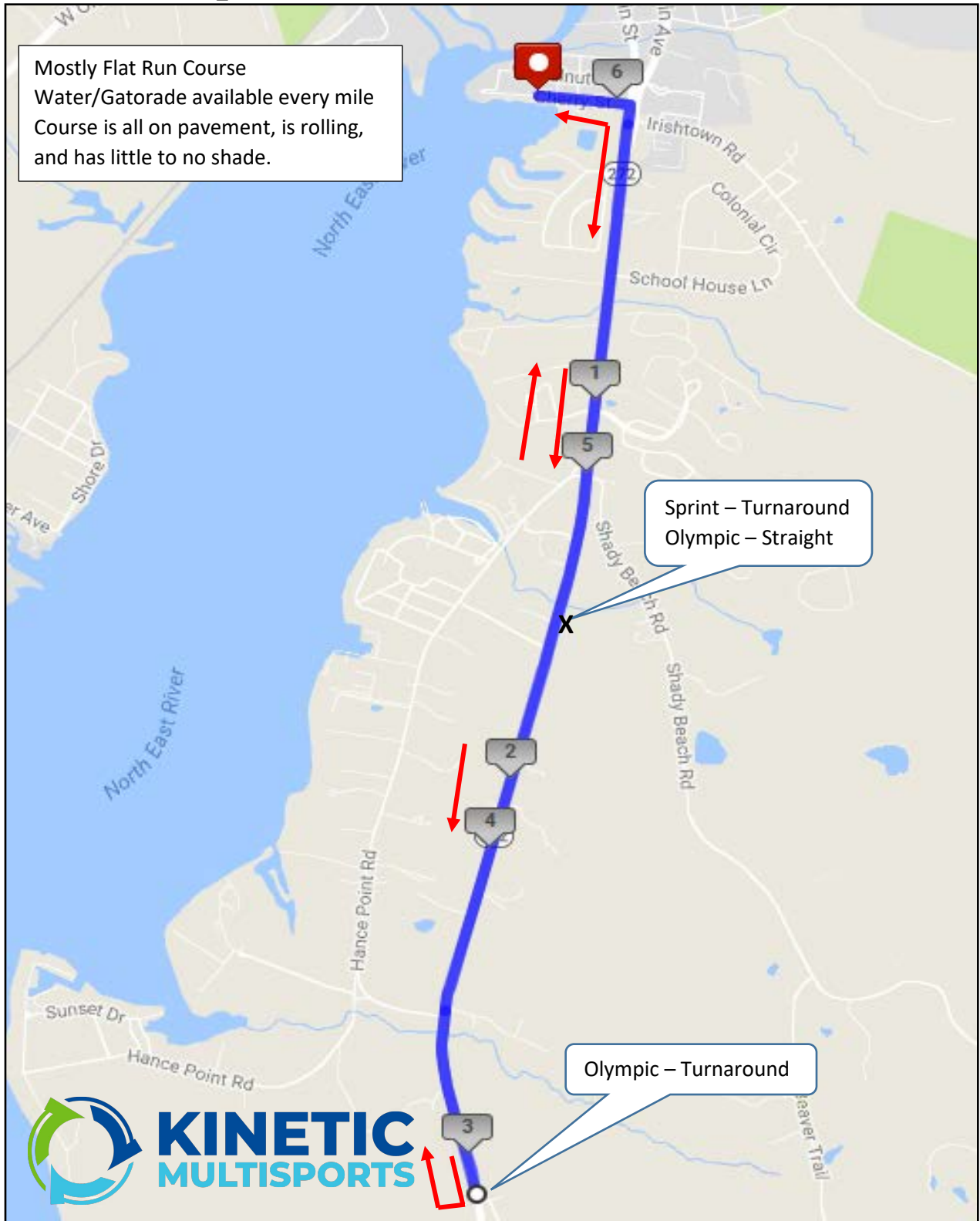


North East Triathlon Bike Course (22.8/11.4 Miles)



North East Run Course_6.2/3.1 miles

Mostly Flat Run Course
Water/Gatorade available every mile
Course is all on pavement, is rolling,
and has little to no shade.



North East Triathlon Site Layout

