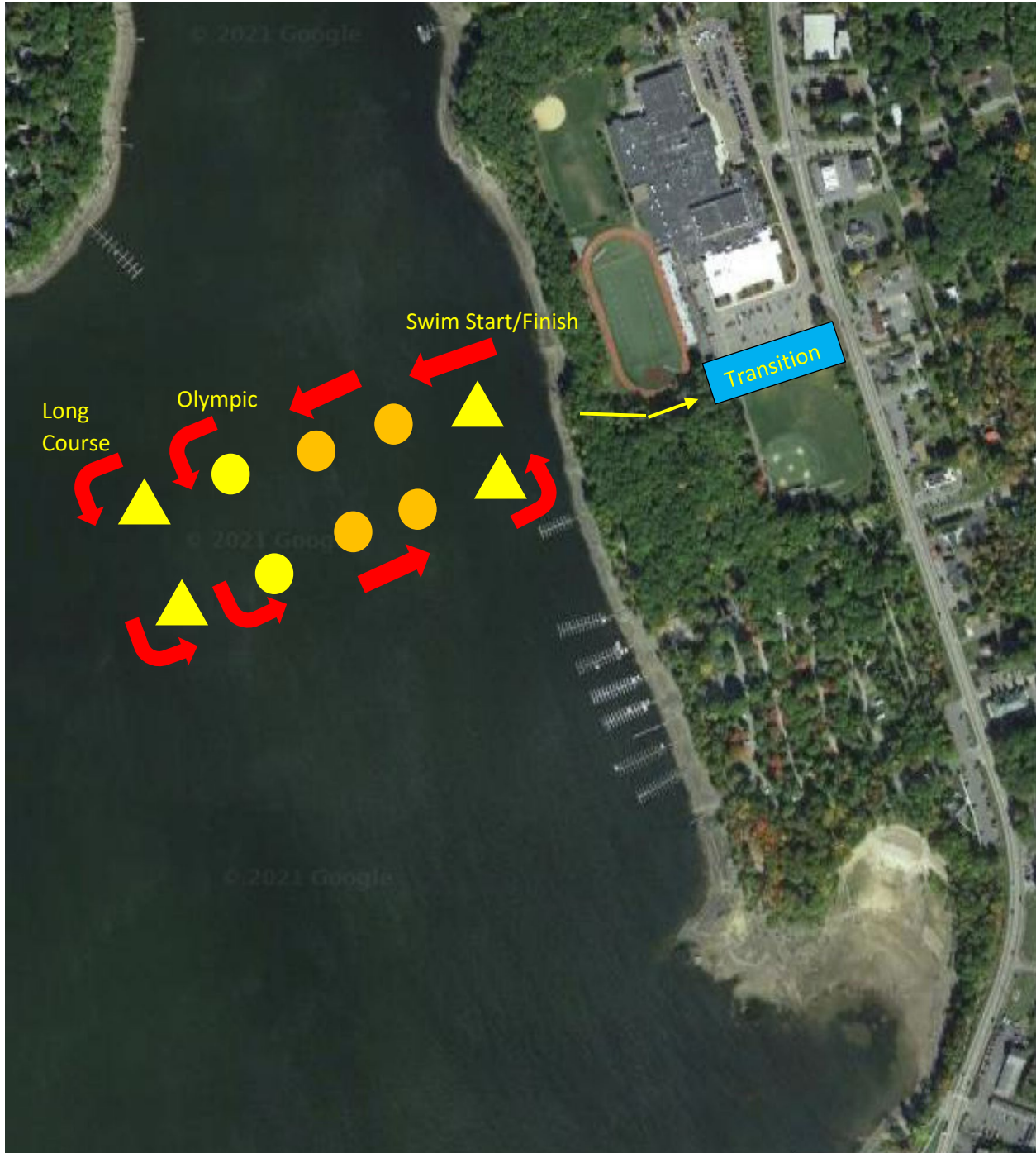


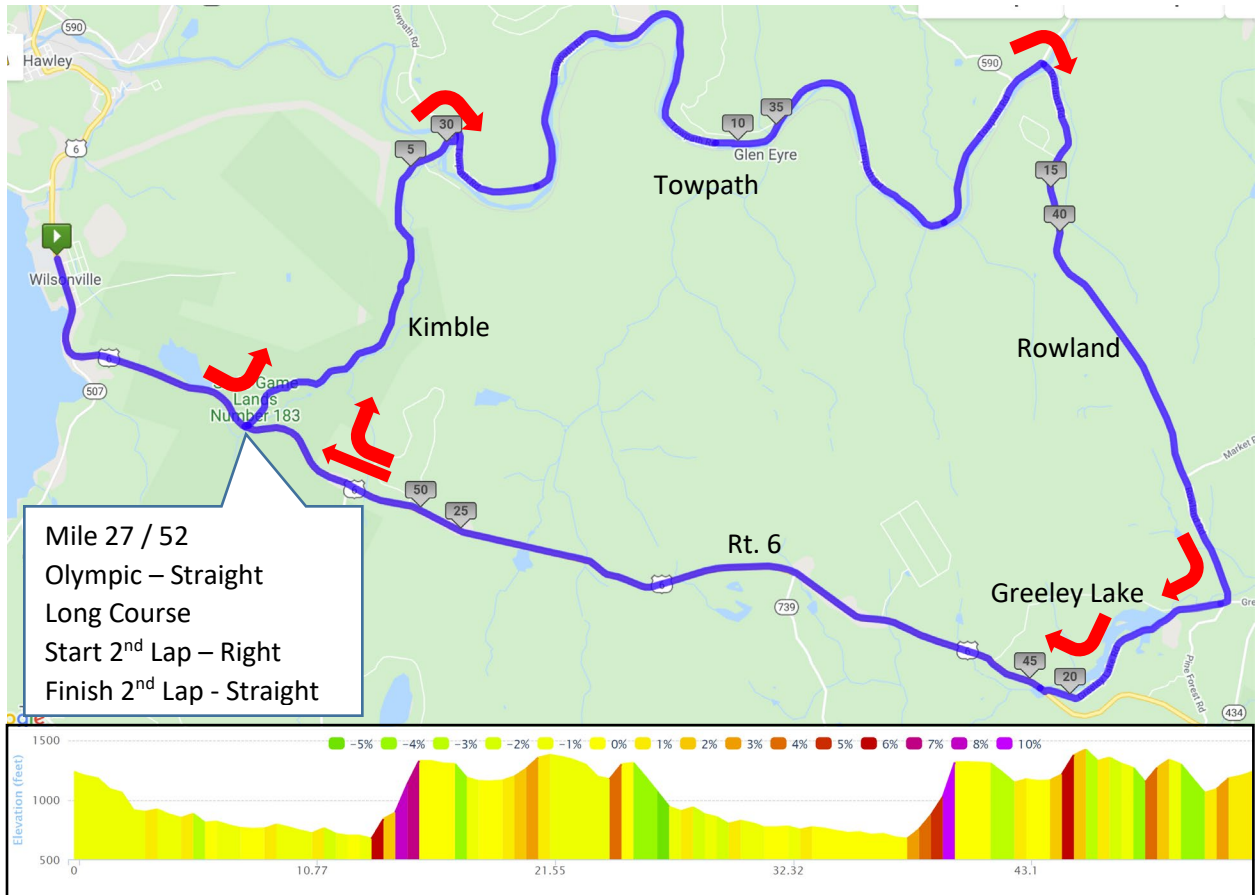
**Poconos Multisport Festival Swim Course - 1.2 Miles / 1500 Meters (2 loop course)**



**This is a 2-Loop Swim Course. Athletes stay in the water to start their 2<sup>nd</sup> lap.  
If you need assistance, stay calm, roll/float on your back then wave your hand to signal water safety.  
Yellow buoys must be on your left, athletes may go to either side of orange sighting buoys.**



**Poconos Triathlon Festival Bike Course - 54 Miles / 29 Miles**



<b>Mileage / Direction</b>	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 <sup>nd</sup> 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 <sup>nd</sup> Lap, Straight on Rt. 6



Poconos Triathlon Festival Run Course - 13.1 Miles / 6.2 Miles

