

## Poconos Multisport Festival Prologue – 250 Meter Swim / 1 Mile Run (Done 3x)

### Poconos Swim-Run Prologue

The Poconos Swim-Run Prologue is a no holds barred sprint extravaganza. Athletes must do 3 loops of the course and can wear a wetsuit and shoes the whole time, or not. Wear paddles, or not. It's totally up to you, but if you start with it, you have to finish with it. No transitions, No Bikes. Fastest of 3 loops wins. This event must be done if you are in contention for the Poconos Prize Purse. Race Starts at 5 and course closes at 6. Running surface is a combination of gravel and mulched walking paths.



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

