

Patriots Triathlon Swim Course 1.2 Miles / 1500 Meters



Water is brackish and shallow. If you need assistance, roll on your back and flag one of our lifeguards. Or, swim towards shore and stand up.

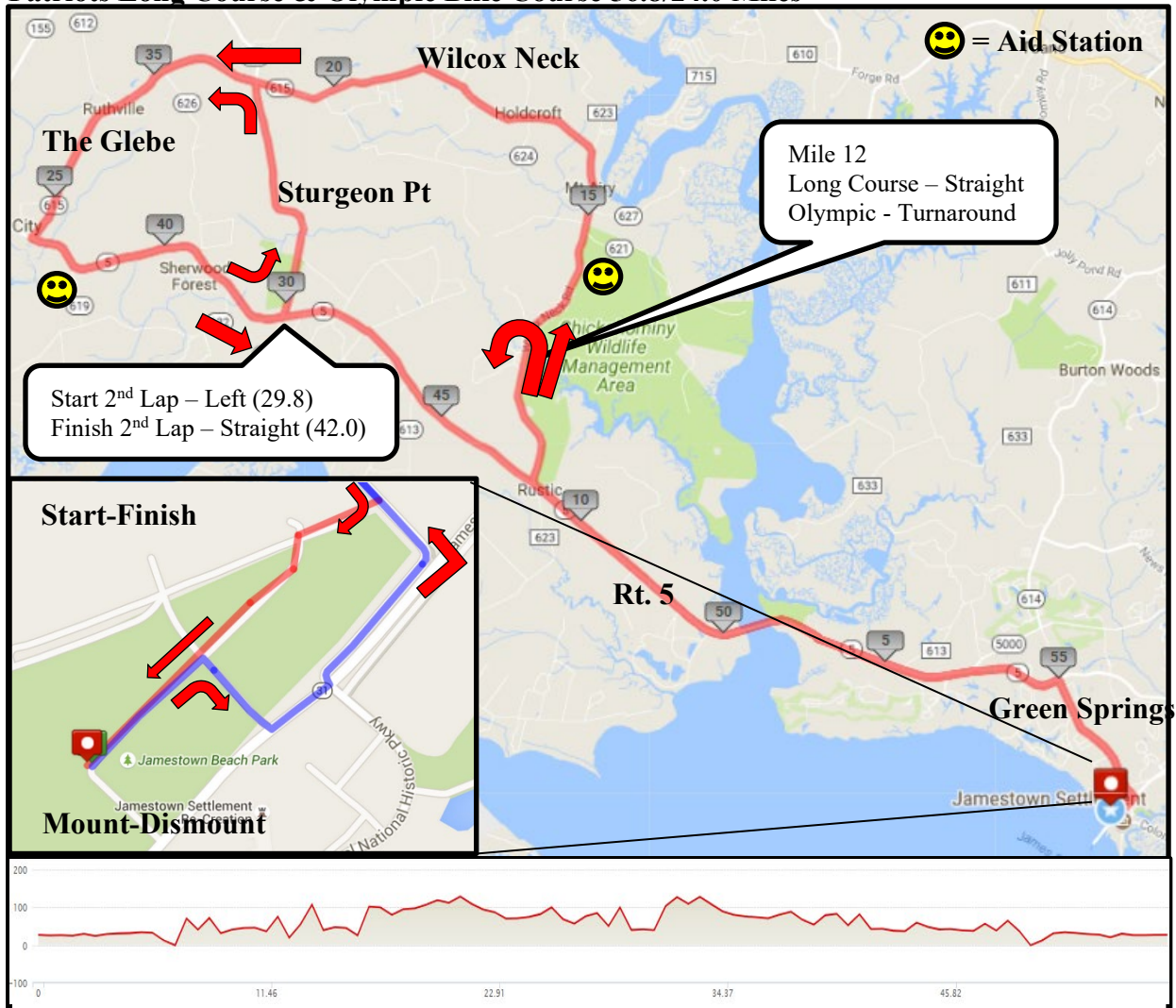
Route may be reversed due to currents





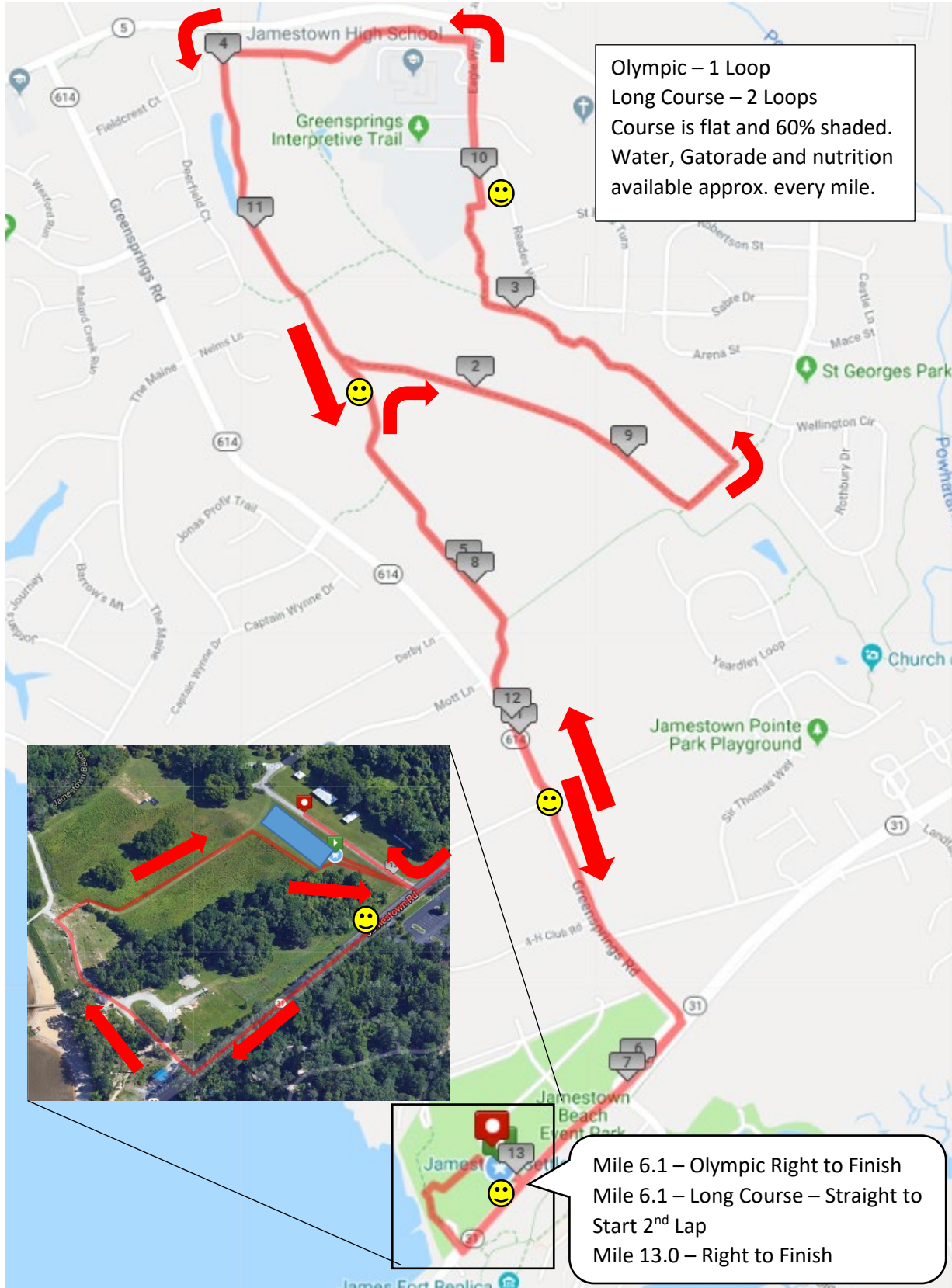
KINETIC MULTISPORTS

Patriots Long Course & Olympic Bike Course 56.8/24.0 Miles



Turn	Mileage	Next	Turn	Mileage	Next
Mount Bike	0	0.1	Aid Station @North Bend on 5	26.2	3.6
Right inside park	0.1	0.1	Left on Sturgeon Pt (start 2 nd lap)	29.8	3.6
Left on Jamestown	0.2	0.02	Left on The Glebe	33.4	3.9
Left on Green Springs	0.22	3.48	Left on Rt. 5	37.9	7.2
Left on Rt. 5 at light	3.7	7.1	Aid Station @North Bend on 5	38.4	3.6
Right on Wilcox Neck	10.8	1.2	Straight on 5 (finish 2 nd lap)	42.0	8.0
International Turnaround	12.0	2.5	Cross Chicahominy Bridge	50.0	4.0
Aid Station	14.5	6.8	Right on Rt 5 at light	54.0	1.3
Straight on The Glebe	21.3	3.9	Right on Green Springs	55	1.9
Left on Rt. 5	25.8	4.0	Right into back entrance of park	56.5	0.3

Patriots Half/Olympic Run Course 13.1 / 6.2 Miles



Jamestown Site Layout

