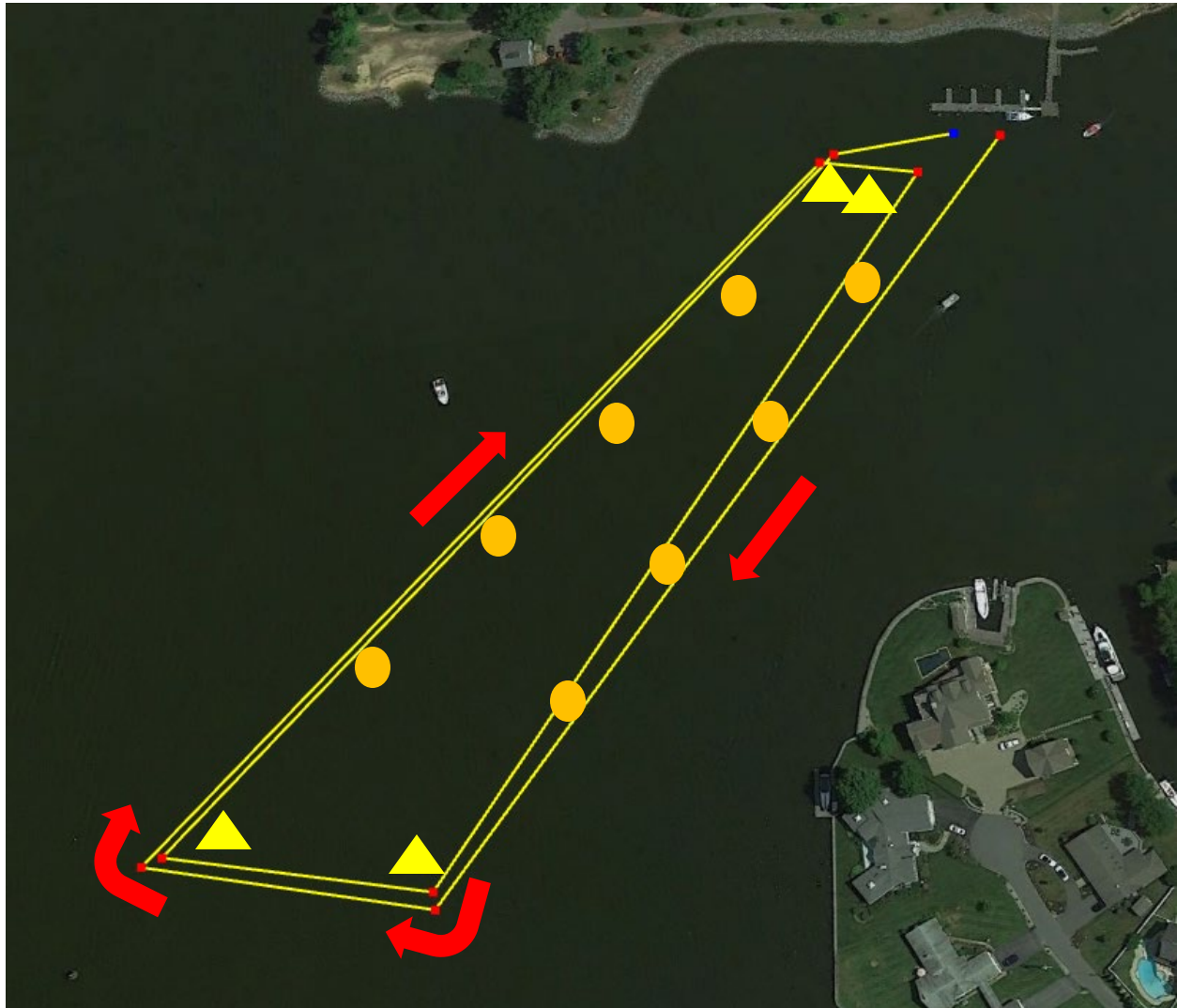


North East Triathlon Swim Course: 1500 / 750 Meters

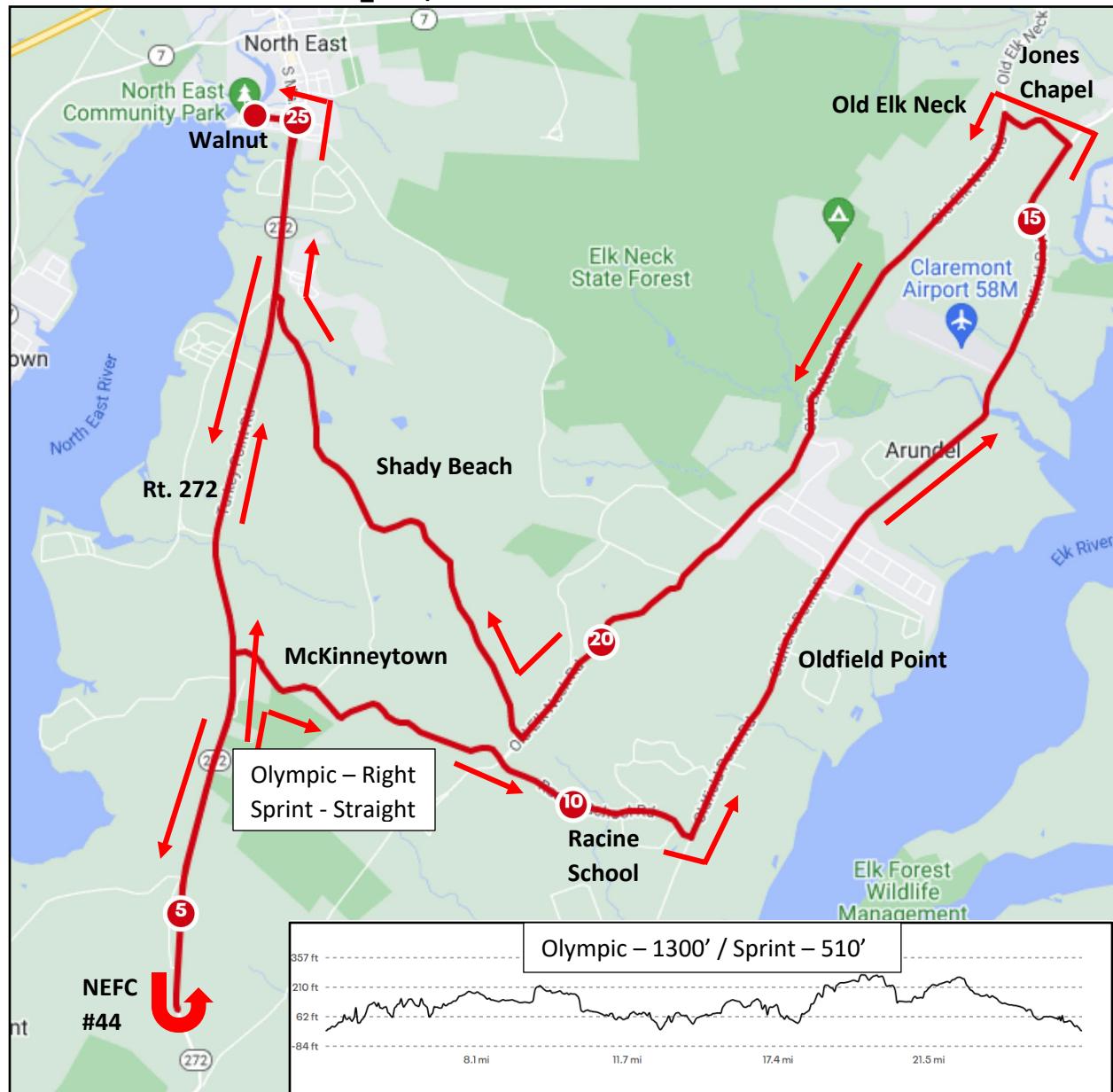


This race features an in-water start off the end of the dock. The freshwater swim is a one (1) or two (2) loop course for 750/1500 meters. Generally, buoys will be on your right. Athletes doing 2 laps will start their 2nd lap in the water.

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



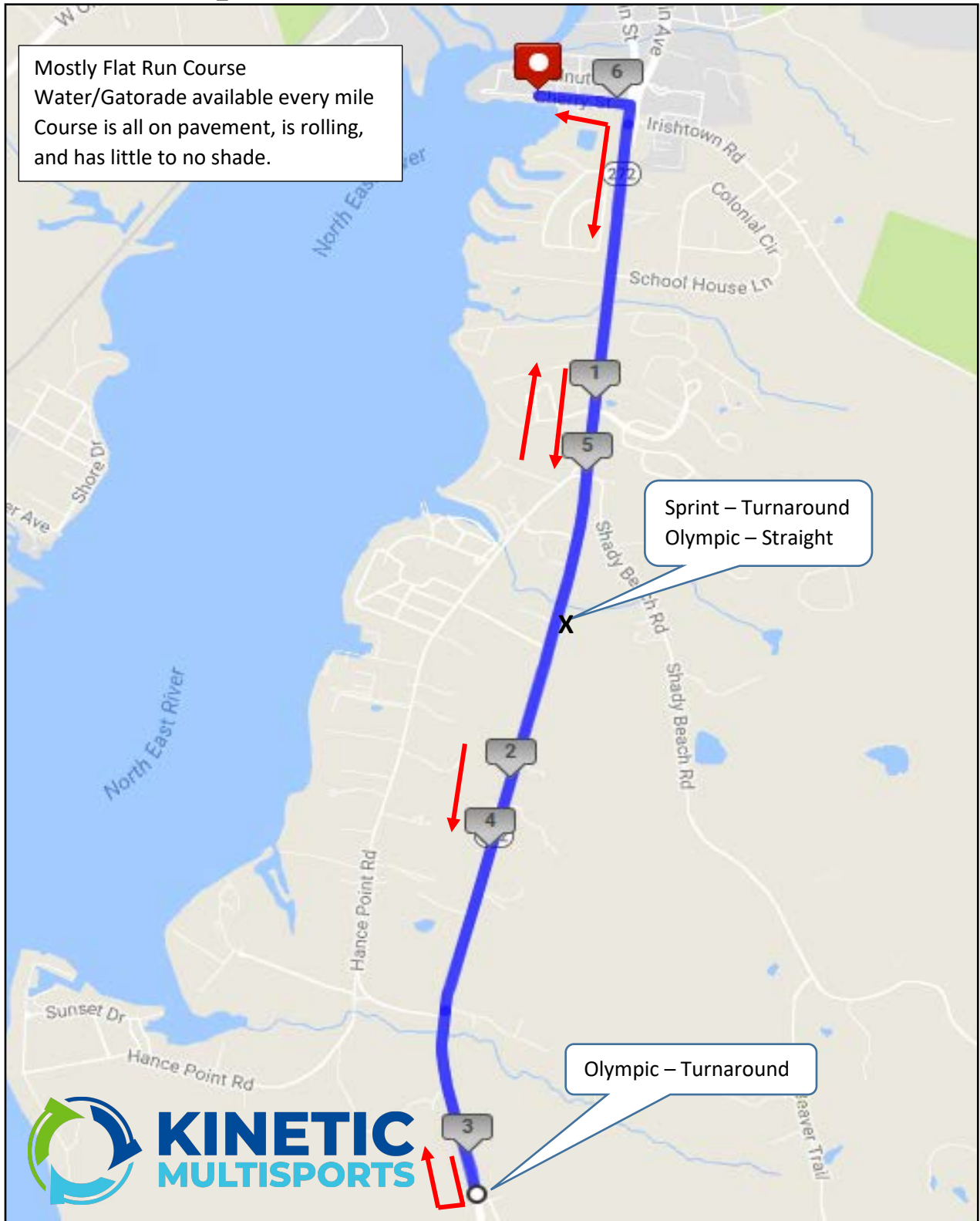
North East Triathlon Bike Course_25.4 / 11.0 Miles



Mileage	Sprint Course / Olympic Start	Mileage	Olympic Turns
0.0	Right on Walnut	7.6	<i>Olympic Right on McKinneytown</i>
0.2	Right on 272 S	9.5	Straight on Racine School
5.5	Turnaround at NE Fire Station 44	10.7	Left on Oldfield
7.6	<i>Sprint Straight on Rt. 272 N</i>	15.5	Left on Jones Chapel
10.6	Merge into Left Lane 272N	16.0	Left on Old Elk Neck
10.8	Left on Walnut	20.7	Right on Shady Beach
11.0	Sprint Dismount	23.9	Right on 272N (<i>merge w/Sprint</i>)
		24.8	Merge into Left Lane 272N
		25.0	Left on Walnut
		25.2	Olympic Dismount

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.



KINETIC
MULTISPORTS



North East Triathlon Site Layout

