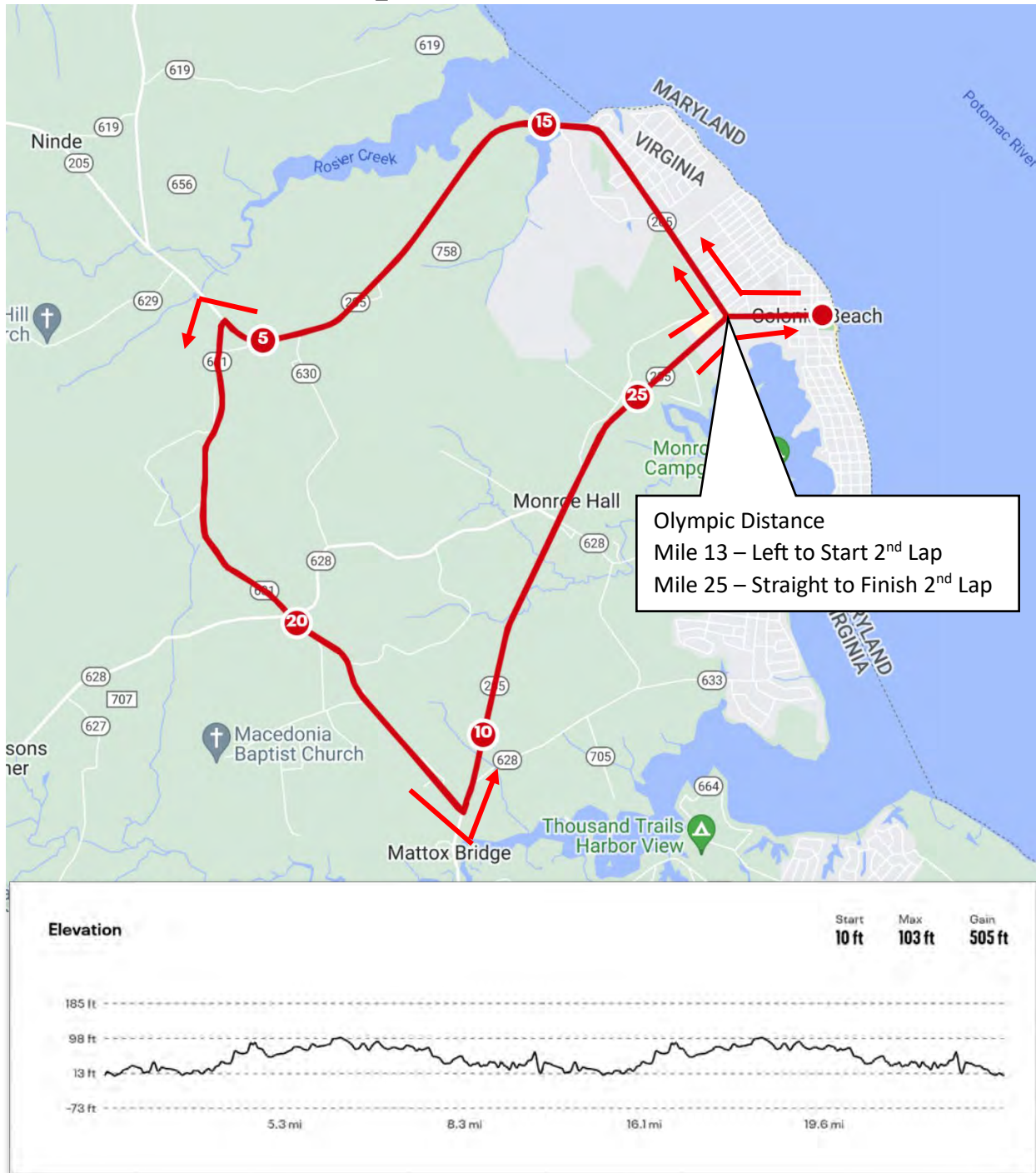


## Colonial Beach Triathlon Swim Course



Swim course is in brackish water and will not be wetsuit legal. There can be a current, so the course direction may be reversed the morning of the race.

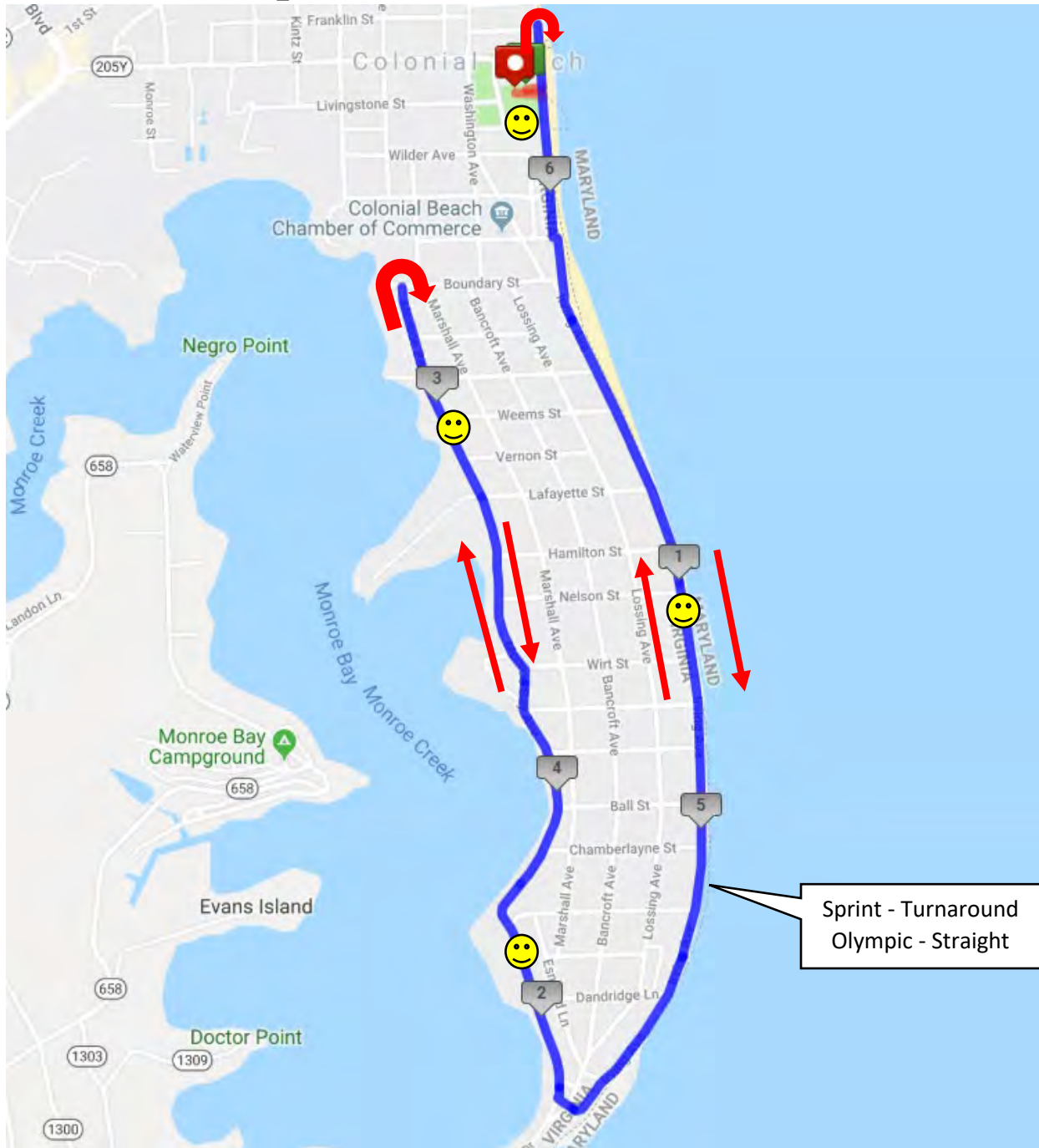
### Colonial Beach Triathlon Bike Course\_26/14 Miles



The Colonial Beach Triathlon Bike Course is a great mix of well paved flats and rolling back country roads in Colonial Beach and Westmoreland County. Olympic Distance athletes will start their 2<sup>nd</sup> loop at mile 13 by turning left at the McDonalds. As always, roads are open to traffic, the intersections are controlled. A pre-ride/pre-drive is recommended.



### Colonial Beach Run Course\_6.2 / 3.1 Miles



Run course is out and back in nature, flat, with little to no shade. Epic waterfront views throughout the course. Water and Gatorade are available approximately every mile.



# Colonial Beach Site Layout

