Patriots Triathlon Olympic Swim Course 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.

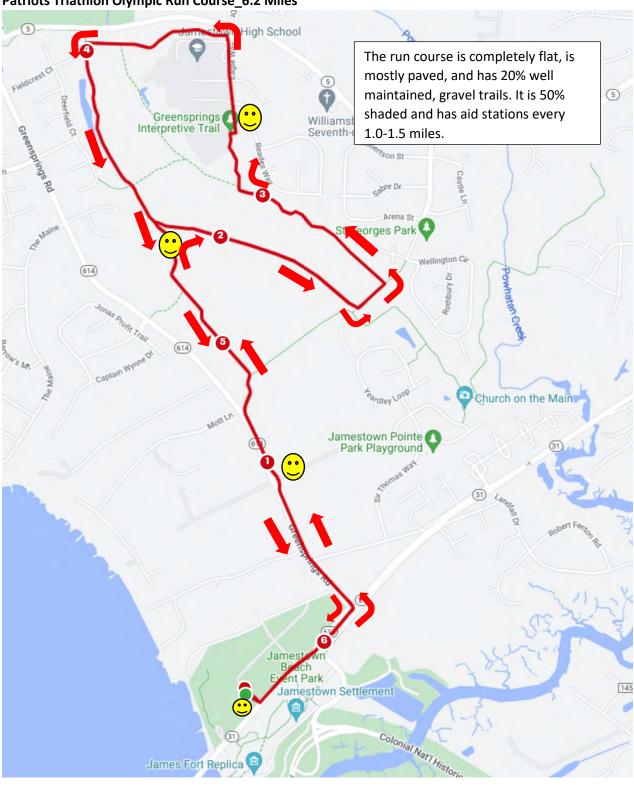
Route may be reversed due to currents



Patriots Triathlon Olympic Bike Course_24 Miles (614) 633 Wilcox Neck (614) 613 Olympic Turnaround Rt. 5 Back entrance to Park Slow Down - Right Turn! (5) Green Springs Jamestown Settl James River -2% -1% 0% 1% 2% 3% **Total Elevation Gain: 151'**



Patriots Triathlon Olympic Run Course_6.2 Miles





Jamestown / Patriots Triathlon Site Layout

