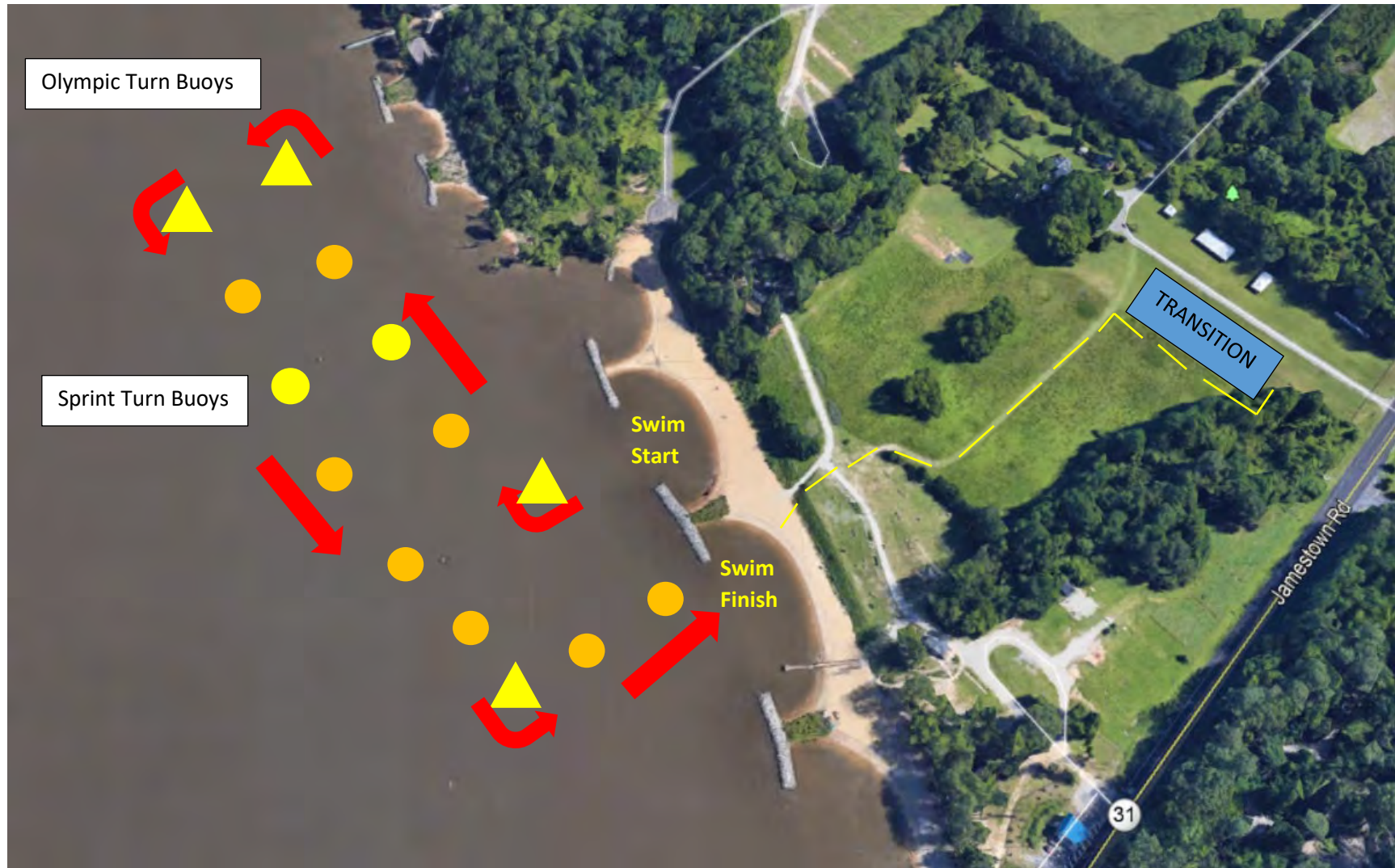


Jamestown Triathlon Swim Course 1500 / 750 Meters

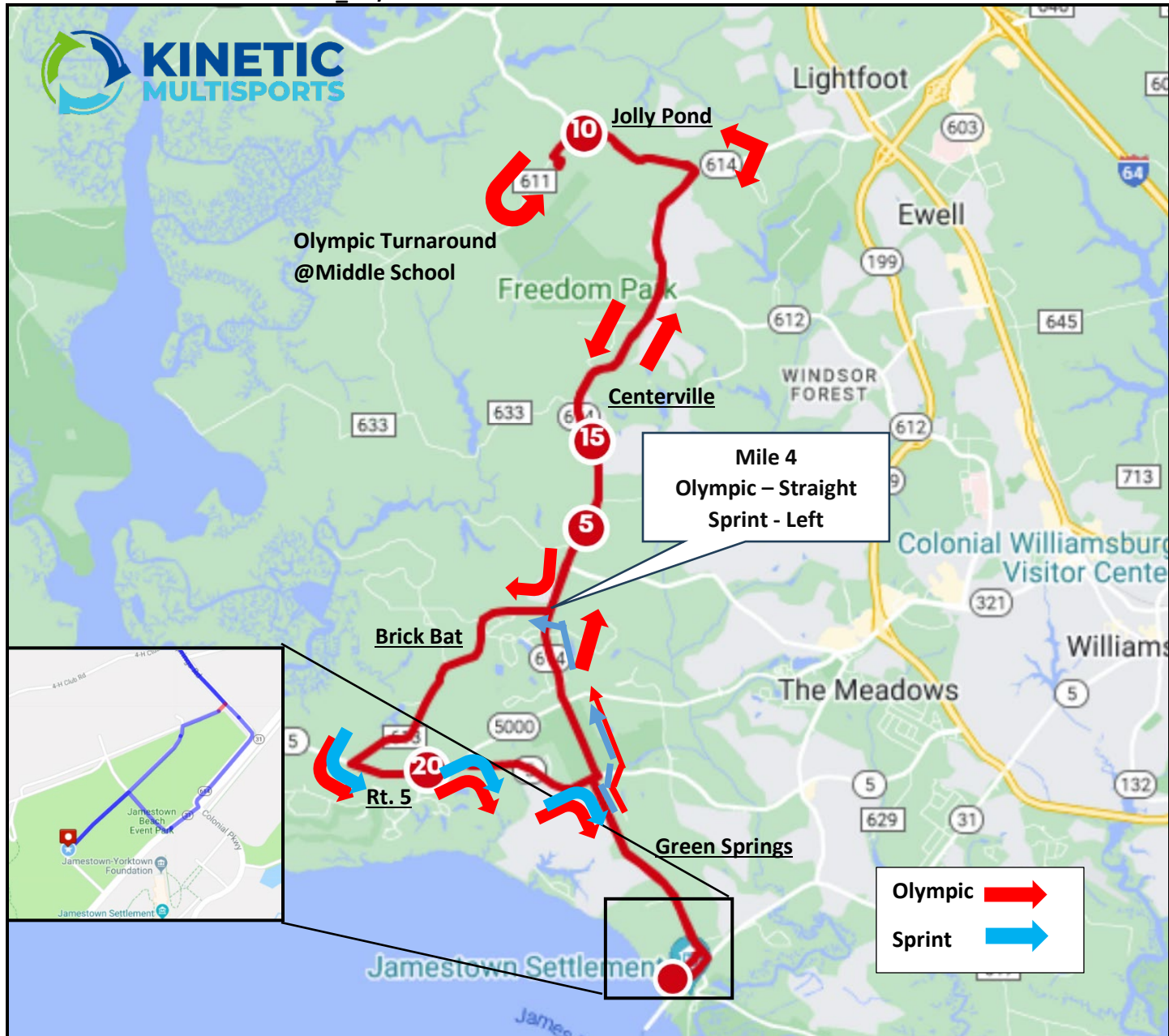


Water is brackish and shallow. If you need assistance, roll on your back and flag one of our lifeguards. Or, swim towards shore and stand up.

Route may be reversed due to currents

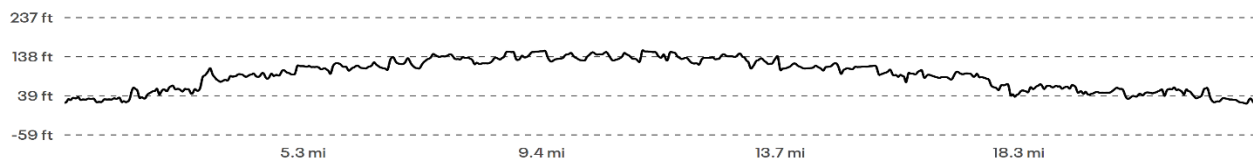


Jamestown Triathlon Bike Course 24 / 11.4 Miles



Elevation

Start 24 ft Max 155 ft Gain 507 ft



Cue Sheet

- | | |
|--|---|
| Mile 0.5 – Left Jamestown Rd | Mile 11.7 – Right on Centerville Rd |
| Mile 0.6 – Left Green Springs Rd | Mile 16.3 – Right on Brick Bat Rd |
| Mile 2.5 – Right on Rt. 5 | Mile 18.9 – Left on Rt. 5 |
| Mile 2.6 – Left on Centerville Rd | Mile 20.0 – Right on Rt. 5 (Monticello goes straight) |
| Mile 4.0 – Sprint Left on Brick Bat / Oly Straight | Mile 21.3 – Right on Green Springs |
| Mile 8.7 – Left on Jolly Pond Rd | Mile 23.2 – Right into park via back entrance |
| Mile 10.2 – Turnaround at Middle School | |

Jamestown Triathlon Run Course_6.2 / 3.1 Miles



Jamestown Site Layout

