Tidewater Triathlon Swim Course\_500 Meters

\*Please note that the course direction may change due to currents\*

**Tidewater Triathlon Bike Course\_10.5 Miles** DUCKIDE E Pembroke Ave Beach BING Barnes Cemetery 143) Mill Creek Walker + Battery DeRussy

Bike Course Notes: This course is closed to traffic as long as you ride inside the cones. At Mile 5.25 athletes will turn around at the intersection of Mallory and Point Comfort. At Mile 10.25 athletes will turn right on Point comfort to complete the bike course.

Tidewater Triathlon Run Course\_3.1Miles Sartan Dr Fox Grove Dr Alexander Dr Chowning Dr Easth/// Ct Benthall Rd Rogers Ave Tidewater Triathlon Cue Sheet Buckroe Beach 0.0 – Turn right out of transition 0.2 – U-Turn on Resort Blvd 0.4 – Run past transition 0.9 – Left on Pilot Ave Slater Ave 0.95 – Right on First St 1.7 – U-Turn on First St 2.5 – Left on Pilot 2.55 – Right on boardwalk 3.1 – Finish! st