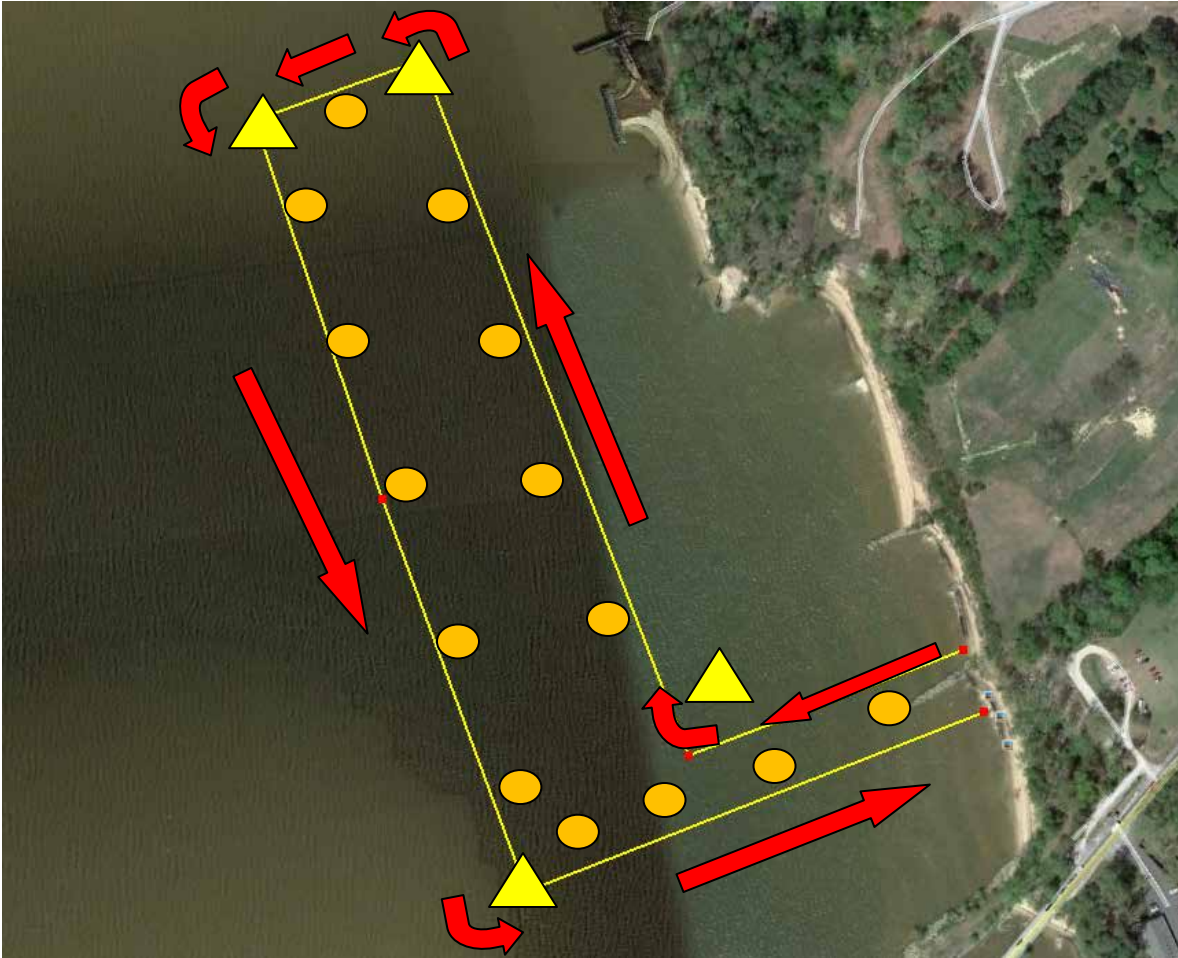


Swim Course



Swim Course is 1500 meters and starts at 7:00AM.

Swim Waves will be posted the week prior to the event.

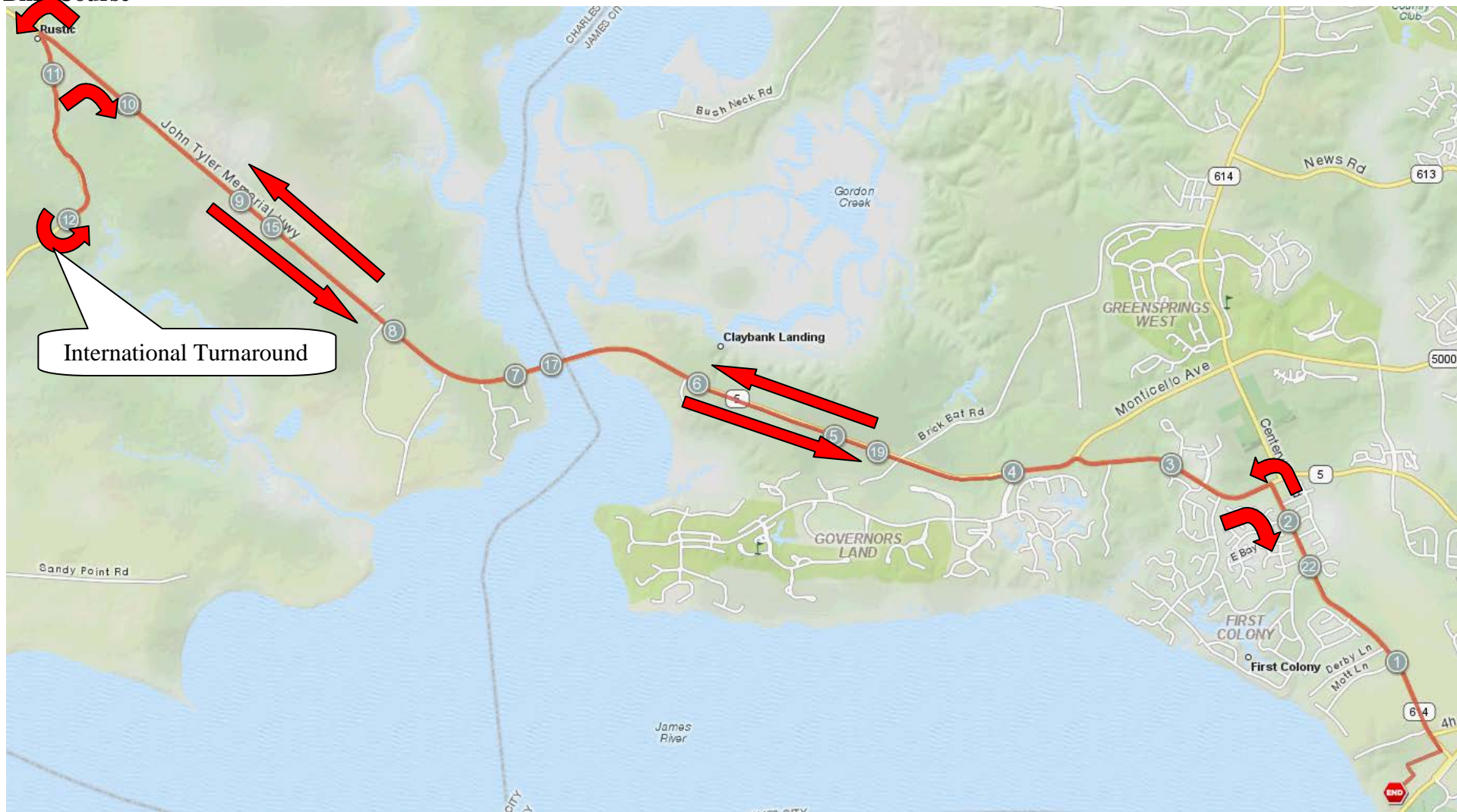
The first yellow buoy will be on your right, all others will be on your left.

High tide is at 7:35AM, giving us slack water for most of the event.

Water temperature is expected to be in the mid 70's and an official reading will be taken race morning by USAT officials.

The best way to get to swim start is to walk from the transition area to the swim finish beach adjacent to the pier. You can then leave your shoes here and walk along the beach to the swim start location. Shoes will also be collected at swim start and transported to transition.

Bike Course



International Distance Bike Course is 24 miles. Athletes exit the race site via the driveway onto Jamestown road, then immediately turn left onto Greensprings Rd. Athletes re-enter the park via a back from Green Springs Rd. The turnaround point in the middle of the road (Wilcox Neck). Care must be taken when navigating this 180° turn. The terrain is pretty much flat. The international distance event crosses the Chicahominy River Bridge for the days largest elevation gain. Remember; the course is open to traffic with police at the intersections. God Speed!

Run Course

