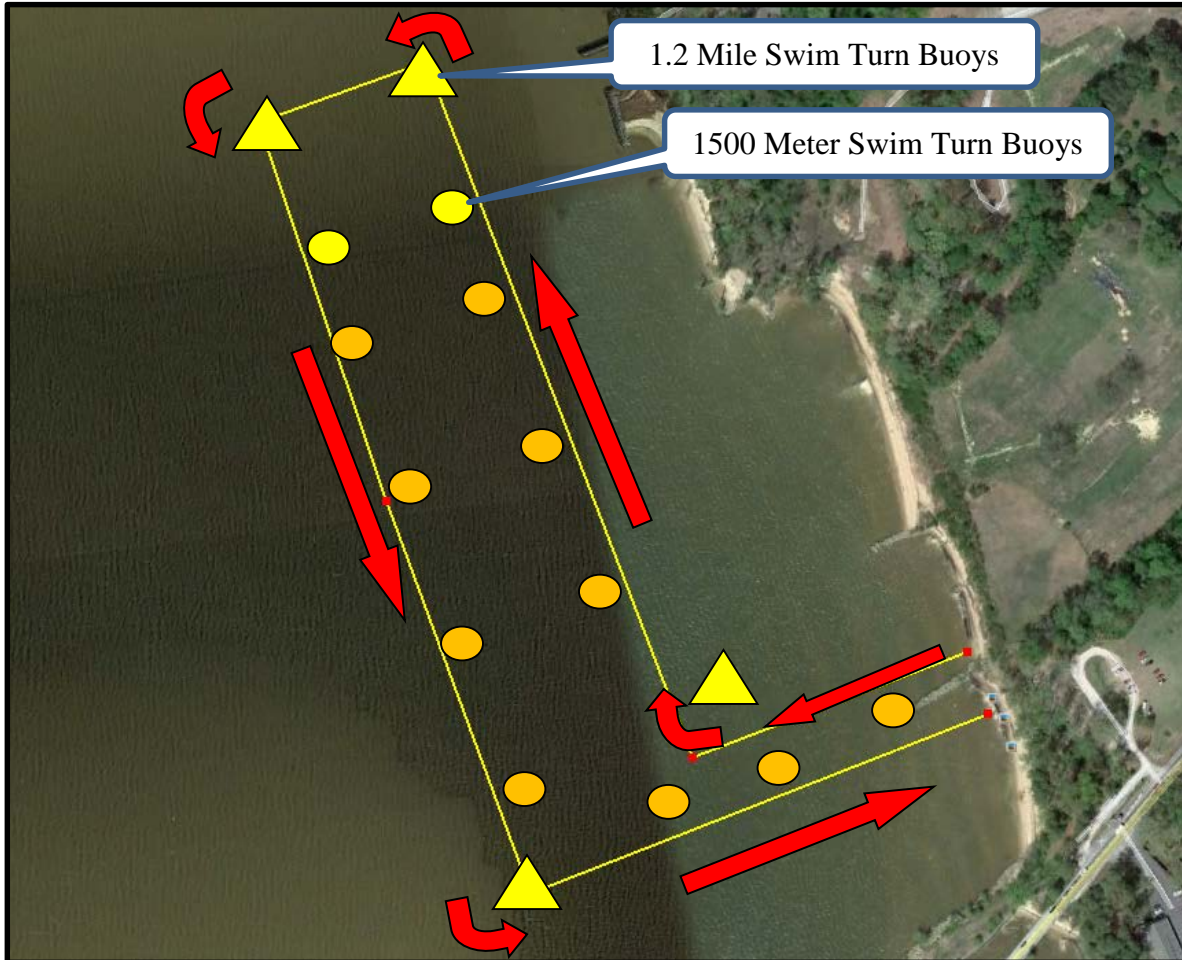


### Patriots Half and International Swim Course 1.2 Miles or 1500 Meters

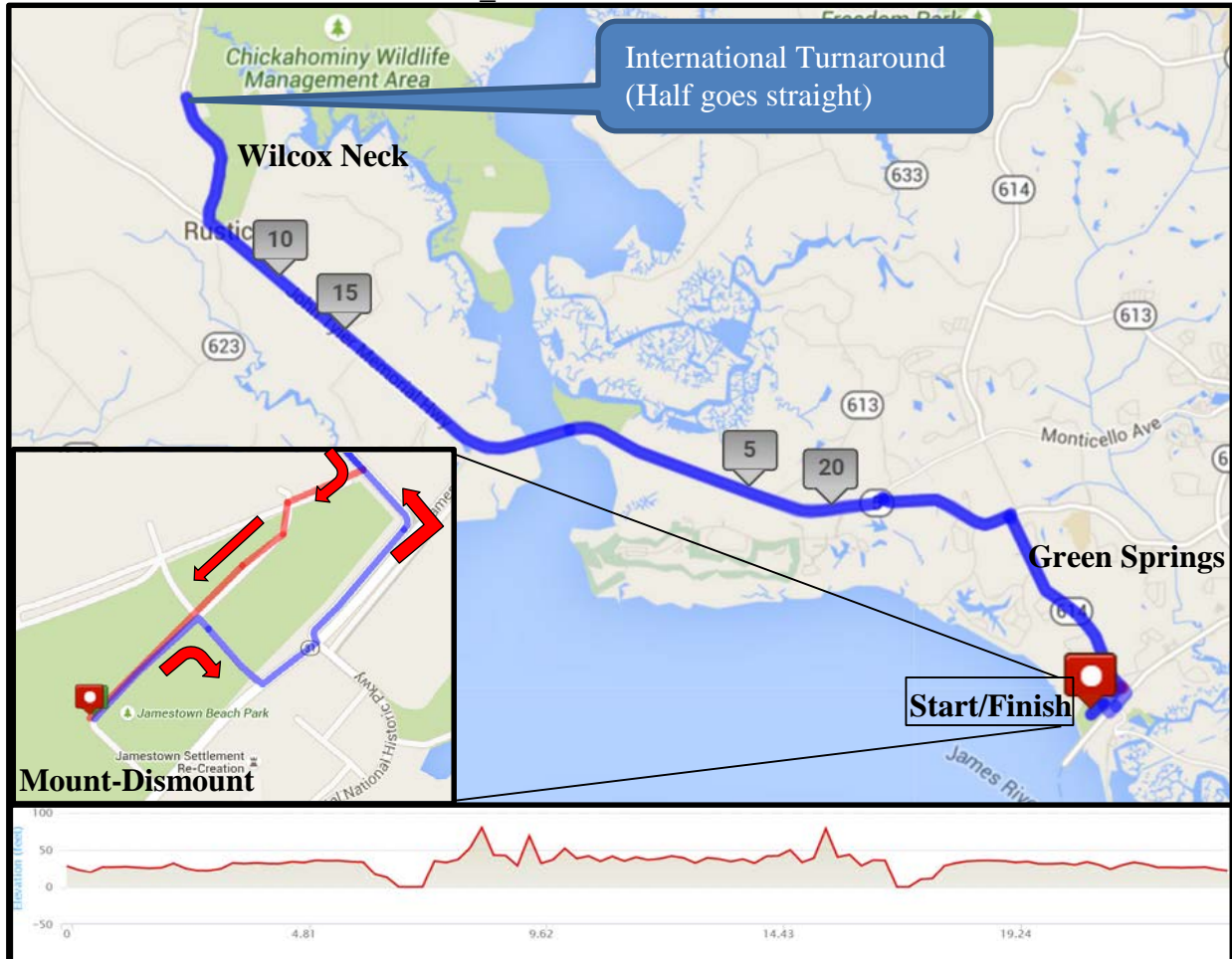


The direction of the swim course may change due to tides/currents race morning. At some point, regardless of current direction, you will be swimming against the current. We keep the portion against the current closest to shore where the effect is less.

If you have any problems during the swim, roll on your back and put your hand in the air, our water safety team will come to you. If for any reason you do not finish the swim you may continue with the bike and run after checking in with our swim finish coordinator.

You may leave shoes at the swim finish to complete the 400 meter run to transition. Anything left at the beach will be taken to the Volunteer tent. Any items not picked up race day will be donated to Goodwill after 14 days.

**Patriots International Bike Course 24 Miles**



Turn	Mileage	Next	Turn	Mileage	Next
Mount Bike	0	0.1	International Turnaround	12	8.5
Right inside park	0.1	0.1	Left on Rt 5	13.2	7.3
Left on Jamestown	0.2	0.02	Right on Rt 5 at light	20.5	1.2
Left on Green Springs	0.22	3.48	Right on Green Springs	21.7	2
Left on Rt. 5 at light	3.7	7.1	Right into back entrance of park	23.7	0.3
Right on Wilcox Neck	10.8	1.2	Dismount	24	0

**Patriots International Run Course\_6.3 Miles**

