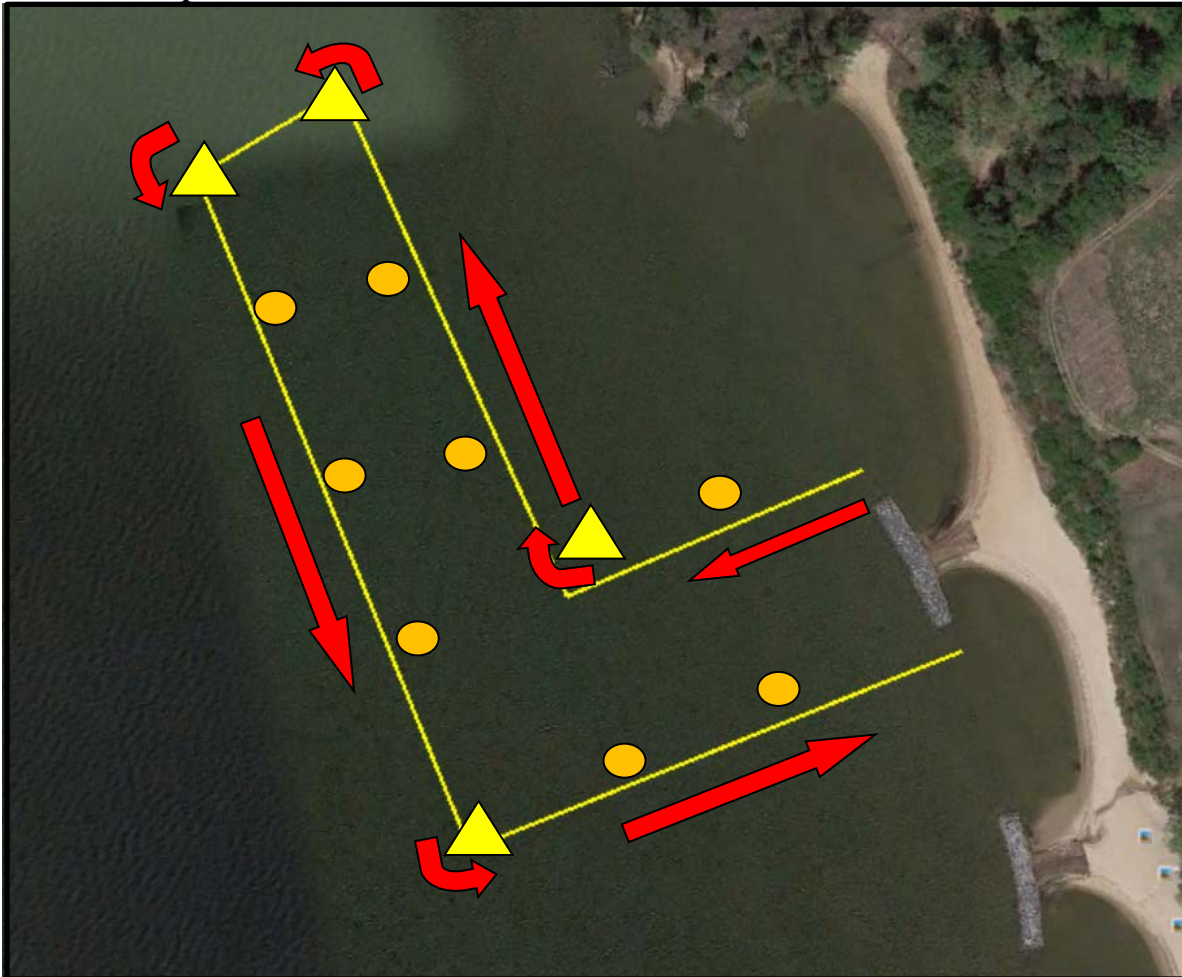


### Jamestown Sprint Swim Course 750 Meters

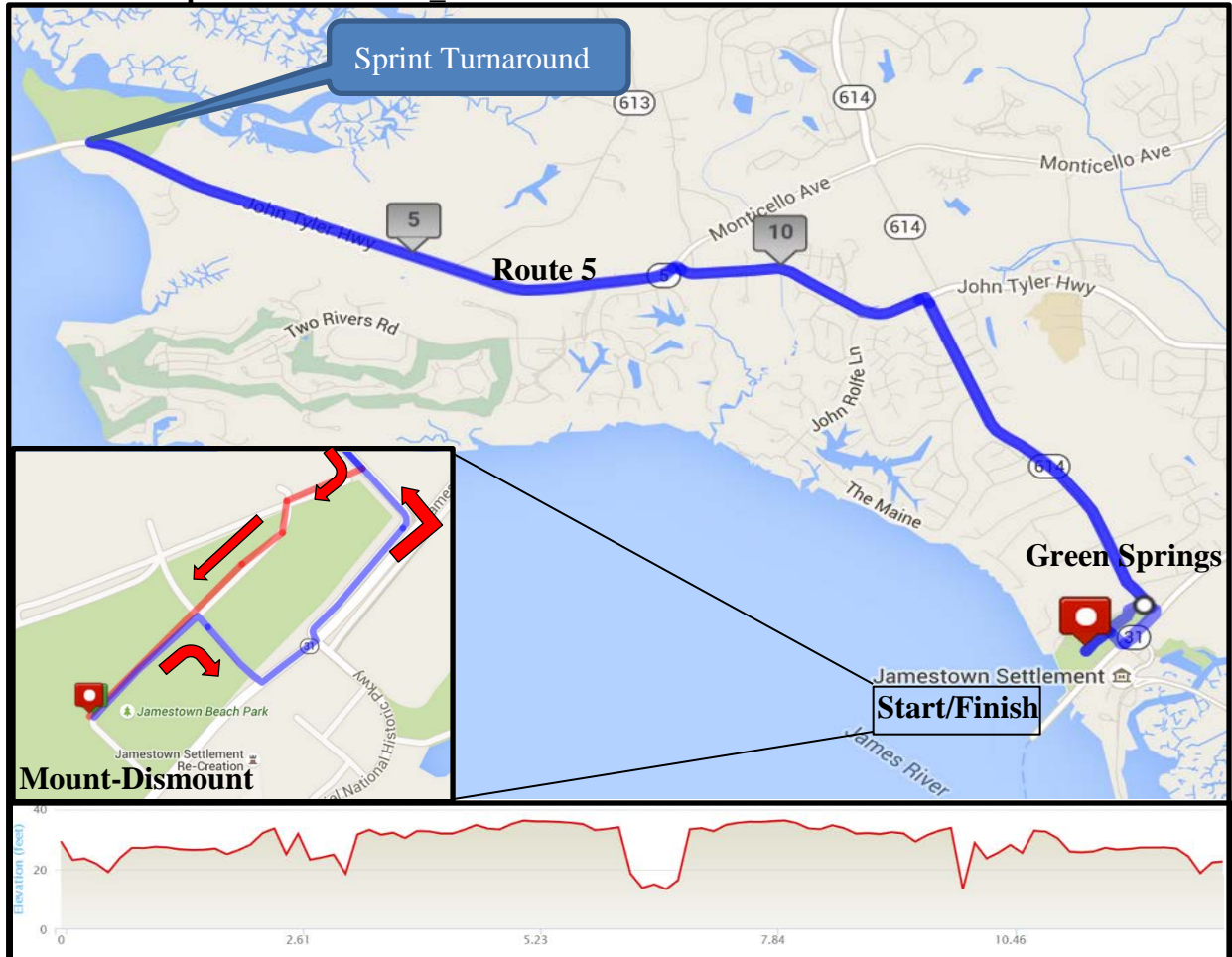


The direction of the swim course may change due to tides/currents race morning. At some point, regardless of current direction, you will be swimming against the current. We keep the portion against the current closest to shore where the effect is less.

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.

### Jamestown Sprint Bike Course 13 Miles



Turn	Mileage	Next	Turn	Mileage	Next
Mount Bike	0	0.1	Turnaround	6.6	2.9
Right inside park	0.1	0.1	Right on Rt 5 at light	9.5	1.2
Left on Jamestown	0.2	0.02	Right on GreenSprings	10.7	2.1
Left on Green Springs	0.22	3.48	Right into back entrance of park	12.8	0.3
Left on Rt. 5 at light	3.7	2.9	Dismount	13.1	0

**Jamestown Sprint Run Course\_3.1 Miles**



The Jamestown Sprint run course is completely flat and on pavement throughout. There is little to no shade on the course. Water, ice and Gatorade will be available at the start and miles 1 and 2.