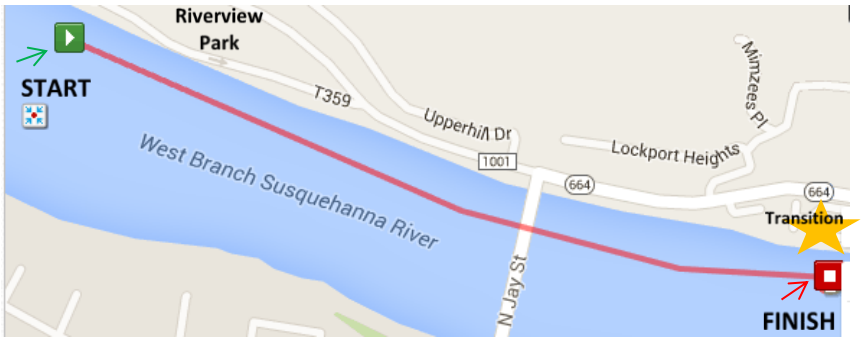
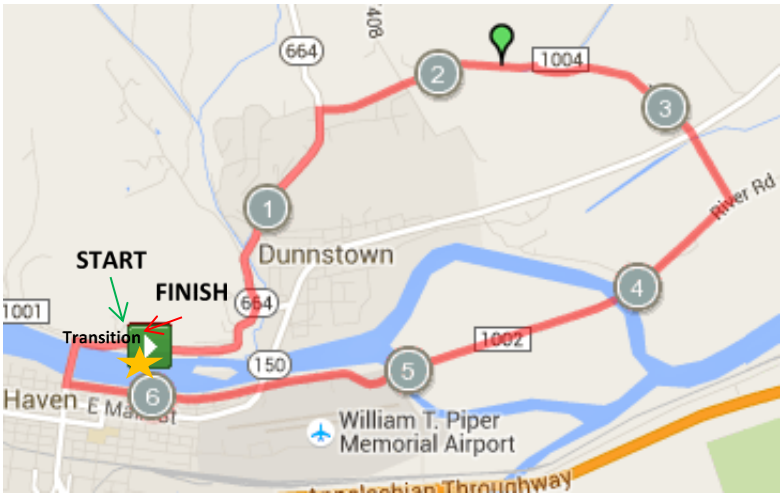
Great Island Swim Triathlon

GREAT SWIM TRIATHLON: SWIM LEG



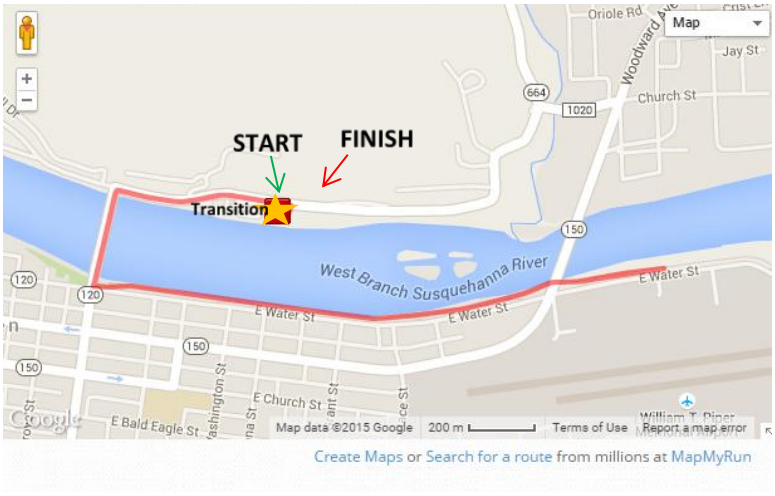
Swim
Distance: 750 m
Start Location: Riverview Park
Finish Location: Transition Area
Description: Downstream

GREAT ISLAND ADVENTURE & SWIM TRIATHLONS: BIKE LEG



Bike
Distance: 14.1 Miles, so @ 23K
Start Location: Transition Area
Finish Location: Transition Area
Description: Two Laps on Loop Course

GREAT ISLAND ADVENTURE & SWIM TRIATHLONS: RUN LEG



Run
Distance: 5 K
Start Location: Transition Area
Finish Location: Transition Area
Description: Out-and-Back Course