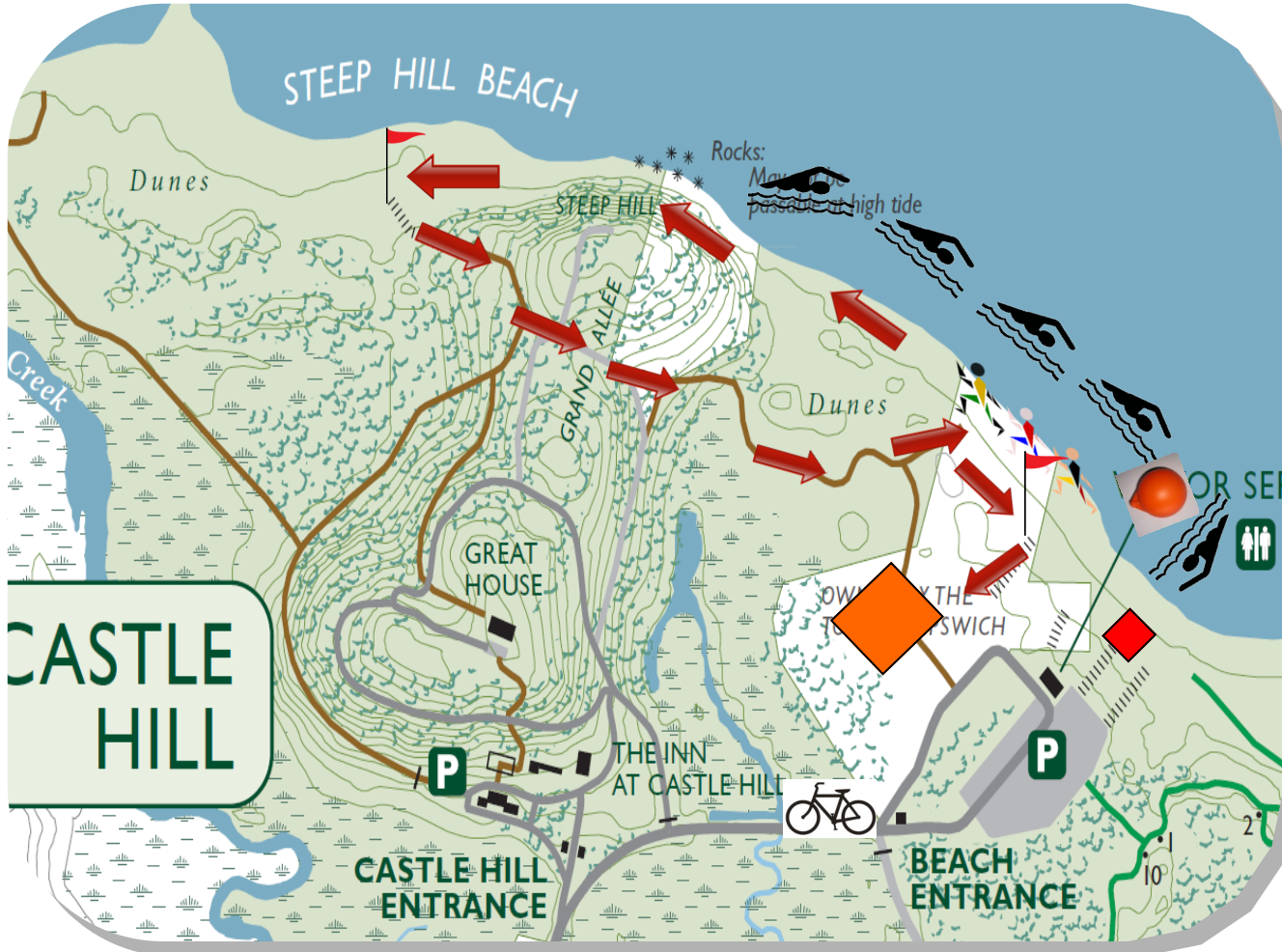




# SPRINT TRIATHLON COURSE 2017



Swim Transition

Bike Transition

## **SWIM: (1/2 mile)**

Starts 5:45 PROMPTLY (Ipswich end). The tide will be going out therefore swimming West-East. Swim ends opposite main lifeguard station where you transition for the run.

**RUN: (2.4 miles)** From swim transition run down beach towards Steep Hill.

Up the Steep Hill boardwalk.

Run past the Grand Allee.

Take left at fork of Dump Road and stay on trail back to the beach.

Run to the first boardwalk from Beach (Resident parking lot) to the bike **transition**