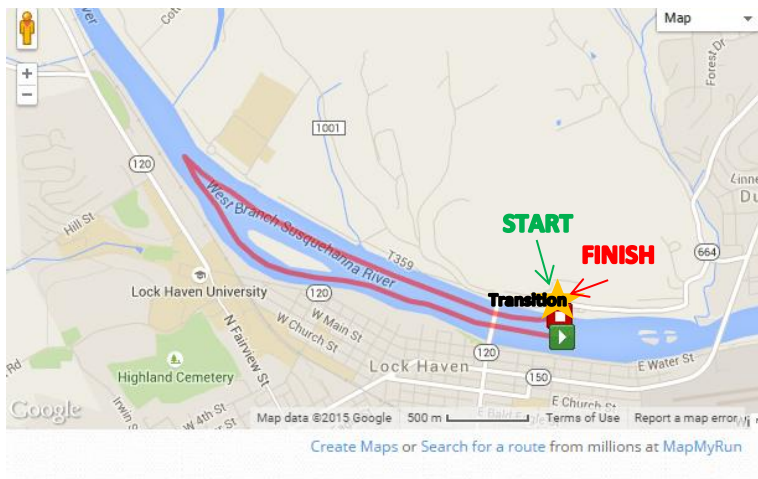


2016 GREAT ISLAND ADVENTURE TRIATHLON: KAYAK LEG



Kayak

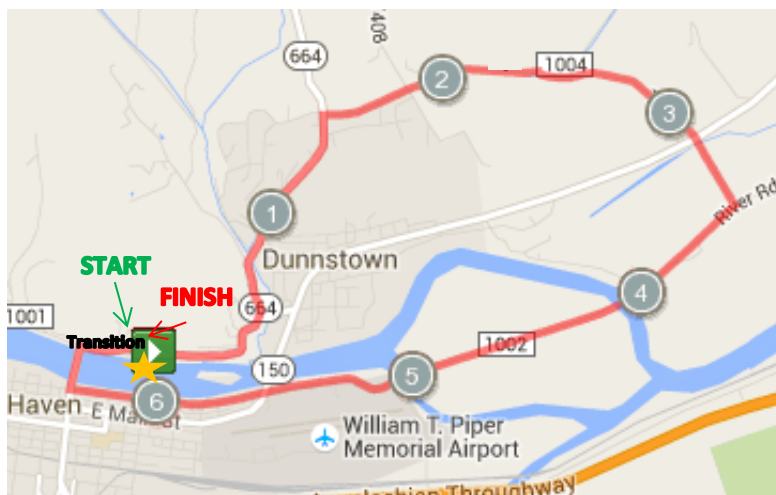
Distance: 5 K

Start Location: Transition Area

Finish Location: Transition Area

Description: Upstream, then Downstream
Same as 2014 & 2015 Course

2016 GREAT ISLAND ADVENTURE & SWIM TRIATHLONS: BIKE LEG



Bike

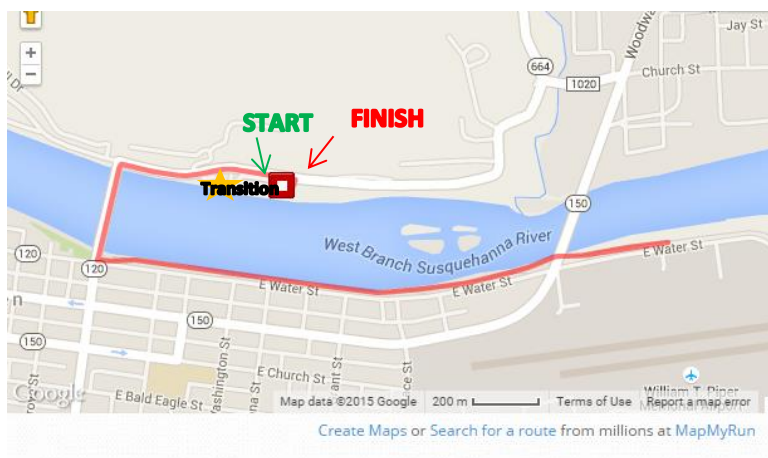
Distance: 14.1 Miles, so @ 23K

Start Location: Transition Area

Finish Location: Transition Area

Description: Two Laps on Loop Course
New Course for 2016

2016 GREAT ISLAND ADVENTURE & SWIM TRIATHLONS: RUN LEG



Run

Distance: 5 K

Start Location: Transition Area

Finish Location: Transition Area

Description: Out-and-Back Course
Same as 2014 & 2015 Course