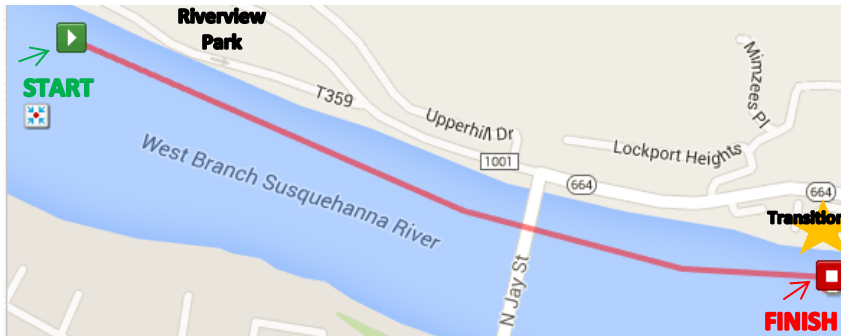


2016 GREAT SWIM TRIATHLON: SWIM LEG



Swim

Distance: 750 m

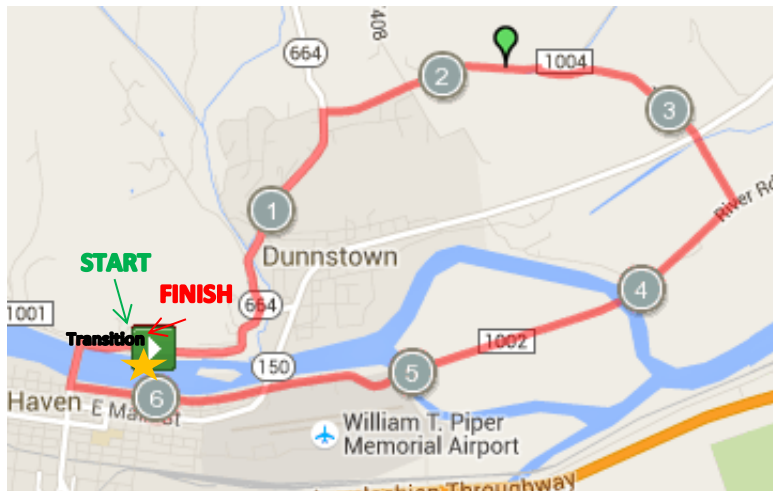
Start Location: Riverview Park

Finish Location: Transition Area

Description: Downstream

Same Course as 2015

2016 GREAT ISLAND ADVENTURE & SWIM TRIATHLONS: BIKE LEG



Bike

Distance: 14.1 Miles, so @ 23K

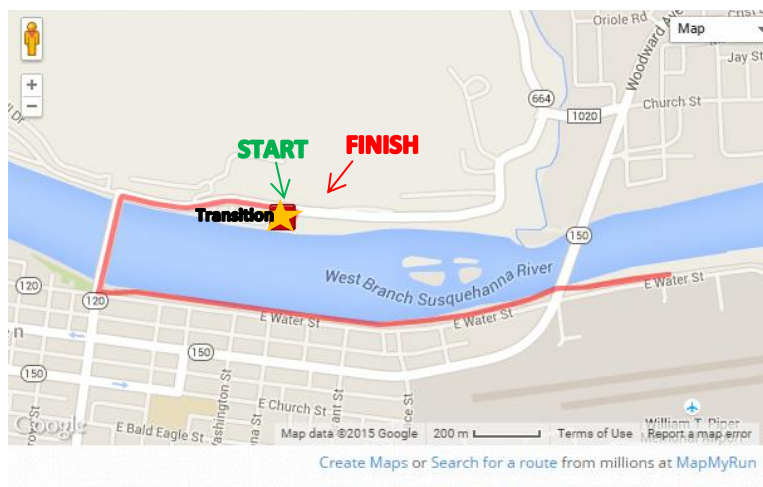
Start Location: Transition Area

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