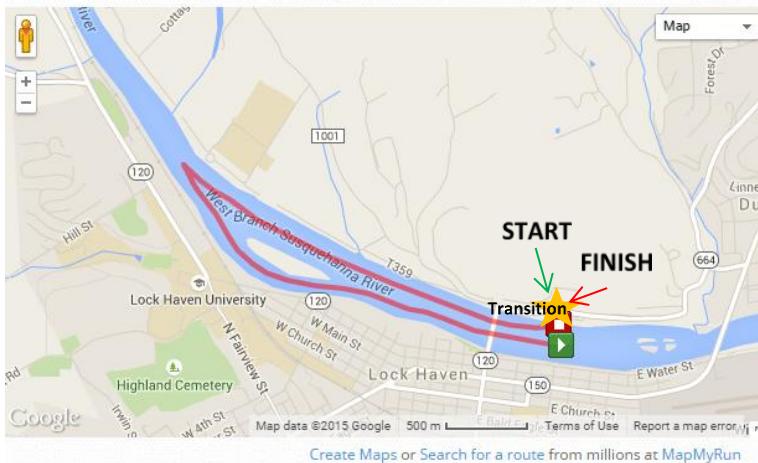


## Great Island Adventure Triathlon

## GREAT ISLAND ADVENTURE TRIATHLON: KAYAK LEG



## Kayak

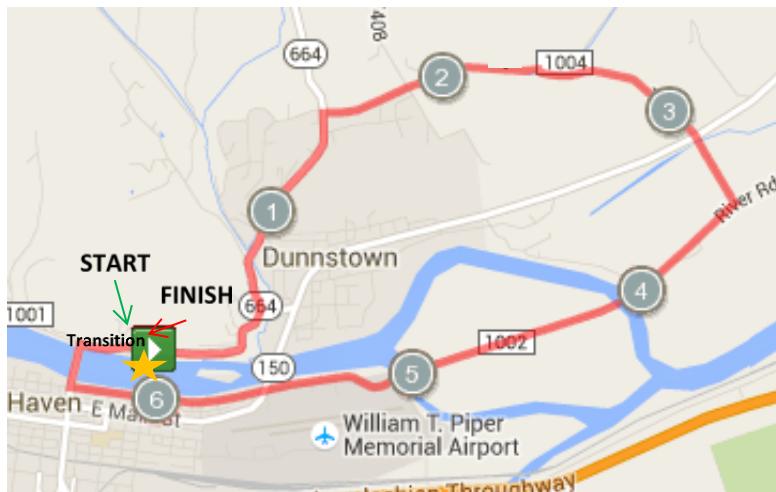
Distance: 5 K

Start Location: Transition Area

### Finish Location: Transition Area

Description: Upstream, then Downstream

## GREAT ISLAND ADVENTURE & SWIM TRIATHLONS: BIKE LEG



## Bike

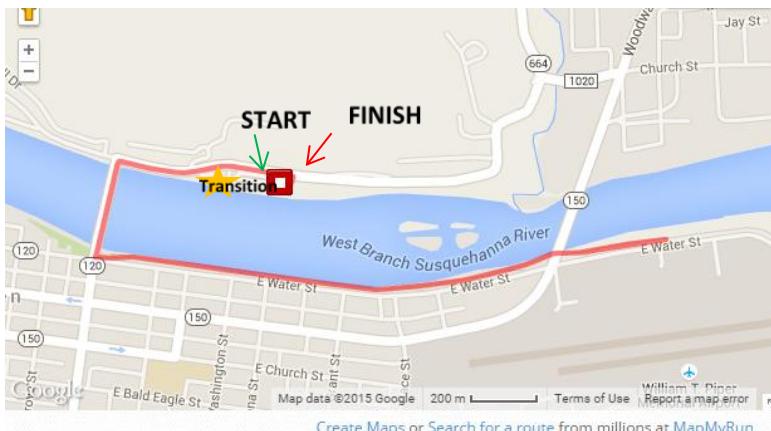
Distance: 14.1 Miles, so @ 23K

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