

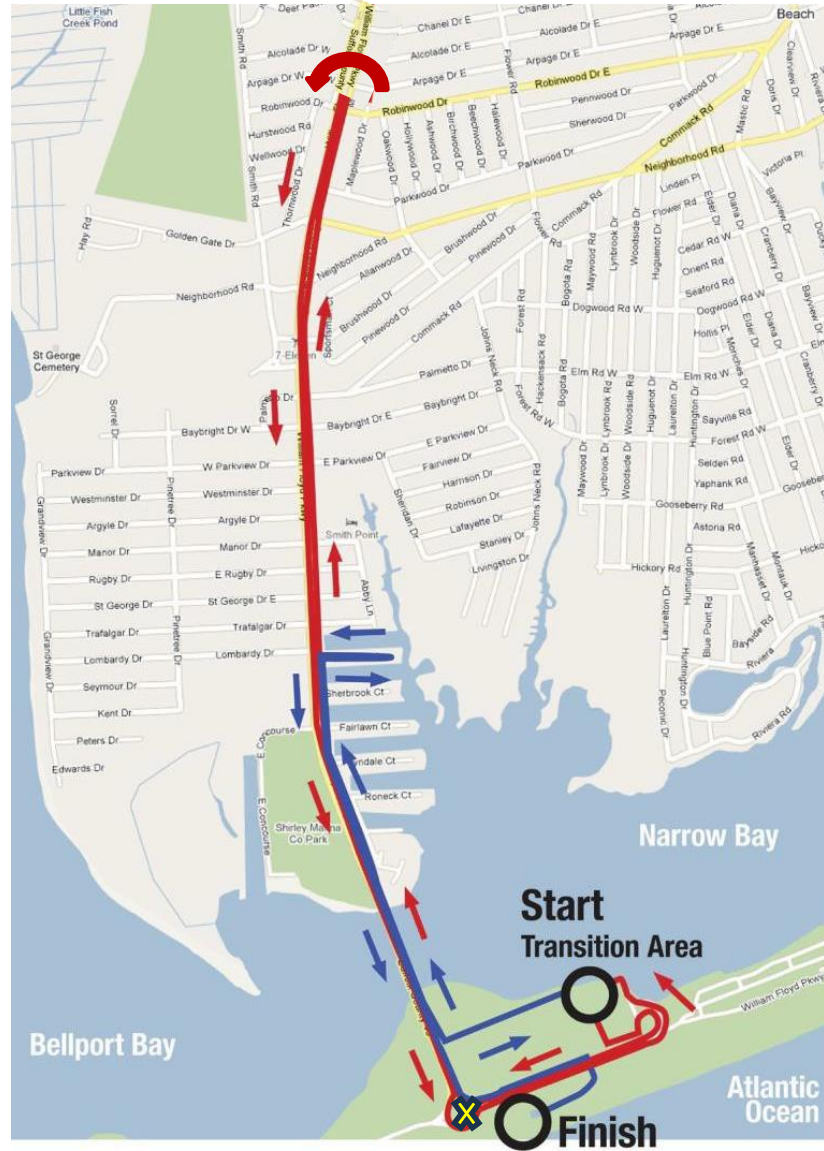
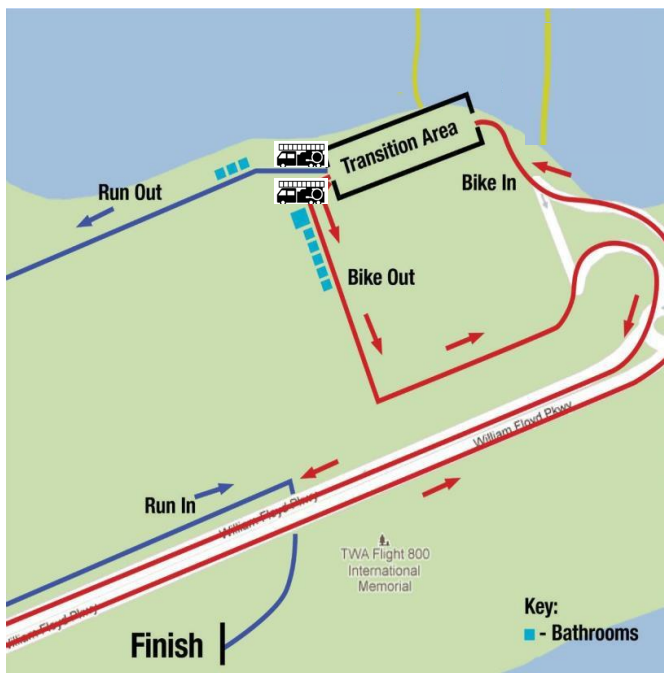


Smith Point Triathlon™ Long Island Triathlon Tour™

Swim course: 500 Meters (0.3 Miles)

Bike course: 10.2 Miles

Run course: 5 Kilometers (3.1 Miles)



X Cyclists are going fully around the traffic circle after the first lap to head north back onto William Floyd Parkway for the 2nd lap.



Swim course: 500 Meters

In the Narrow Bay

Bike course: 10.2 Miles

Start and finish takes place at Smith Point County Park Parking Area

Exit parking area

North over Smith Point Bridge

Continue North on William Floyd Parkway

Turnaround at Robinwood Drive

South on William Floyd Parkway

Over Smith Point Bridge

Go around the traffic circle on Fire Island Beach Road

Head North back over Smith Point Bridge

Complete a second loop

South on William Floyd Parkway

Over Smith Point Bridge

Turn right to head east back onto Fire Island Beach Road towards the transition

Thru the toll booths back into the parking lot to transition

Run course: 5 Kilometers

Start and finish takes place at Smith Point County Park Parking Area

Exit parking area

North over Smith Point Bridge (on sidewalk)

Continue North on William Floyd Parkway (stay on sidewalk)

Right on Heathcote Court

Continue to cul-du-sac make U-turn

Water station

Continue back out Heathcote Court

Left on William Floyd Parkway (run against traffic next to sidewalk on edge of road)

Left back into parking area

Right through the East Tunnel past the Memorial

Finish at beach!