



Order of events: Swim ¼-mile, bike 5.7 miles, run 3.1 miles (5k)

Note: Transition areas subject to change.

Swim course

The swim course will be similar to past years, swum in a counter-clockwise direction around two buoys and finishing on the beach on the parking lot end.

Swim-to-bike transition

Upon leaving the water, all swimmers must cross the timing mat. Individual racers can then get their bikes in the transition area. Team swimmers must hand their timing chips to team bikers in the transition area, and bikers must affix the chips to their ankles.

Bike course

Bikers will exit the beach area via the parking lot. The bike route will be the same as in the past. Turn right onto Rt. 114 and at the top of the hill turn right onto County Road. Turn right at the stop sign onto Newport Road. Go right after Maple Hill Farm at sign "to Little Sunapee Road" then turn right onto Little Sunapee Road. Follow Little Sunapee Rd. back to Rt. 114 ending at Bucklin Beach. All bikers must dismount on the pavement, before the timing mat.

Bike-to-run transition

Bikers dismount on the pavement at the entrance to Bucklin Beach, cross the timing mat, and leave their bikes in the Bucklin Beach transition area. Individual racers can then immediately exit the parking lot to start the run. Team bikers will hand the chips to team runners in the transition area and team runners must affix the chips to their ankles.

Run course

After the transition, the run will start at Bucklin Beach. Go left onto Little Sunapee Road, run past Twin Lake Villa golf course then right onto Golf Course Road, left onto Hideaway Lodge Road to the turnaround, U-turn back to Twin Lake Villa Road, go left onto Little Sunapee Road, and finish at the New London Historical Society.

Spectator areas:

Spectators can be on the beach, outside of the coned off race and transition areas. Also, they can view the race from marked areas at Little Sunapee Road and New London Historical Society. There may be some room for spectators near the rear gate at Bucklin Beach.