






TYBEE ISLAND, GA
JUNE 8, 2014 - 7:00 AM

SYMBOLS

-  U-Turn
-  Left Turn
-  Miles Indicator
-  Right Turn

COLOR INDICATOR

- 
Swim
- 
Bike
- 
Run

ADDITIONAL INSTRUCTIONS

Swim: The swim portion will be a 750 meter ocean swim. Participants will swim out 50 meters, then turn parallel to the shore and swim with the current for 650 meters prior to swimming back into shore.

Bike: The bike is an out and back ride which is nearly completely flat. There is one hill which is the bridge off of Tybee Island.

Run: The run course will be an out and back in the neighborhoods around Tybee Island. Participants will find aid stations at miles .75, 1.5 and 2.25. The course is completely flat and very fast.

