Ocean City Triathlon/Duathlon

Ocean City Triathlon/Duathlon Race Course Description:

Swim ¼ Mile = 16 lengths, Kids 1/8 Mile = 8 lengths
In 25 meter pool

Run/Bike/Run

1st 2 Mile Run – From starting line headed east to boardwalk on boardwalk north to 12th Street turn around and back to transition area.
Kids 1 Mile Run - to 17th Street Water Station turn around.

16 Mile Bike – Is a 2 loop course. Leave from transition area east to West Ave. turn south to 53rd Street turn around and back (2 x's).
Kids 8 Mile – 1 loop course. 18th Street to 53rd Street turn around and back to transition.

2nd 2 Mile Run – From transition head south on Haven Ave. straight ahead to 27th St. turn around. Then straight back to the Finishline on Have Ave.
Kids 1 Mile Run – Out of transition south on Haven Ave to 22nd St.(water station) and back to finish line!

Course will not be closed to the public. All racers must use caution. Volunteers and Traffic Safety will be on the course. Bike helmets must be worn. No Head Sets.