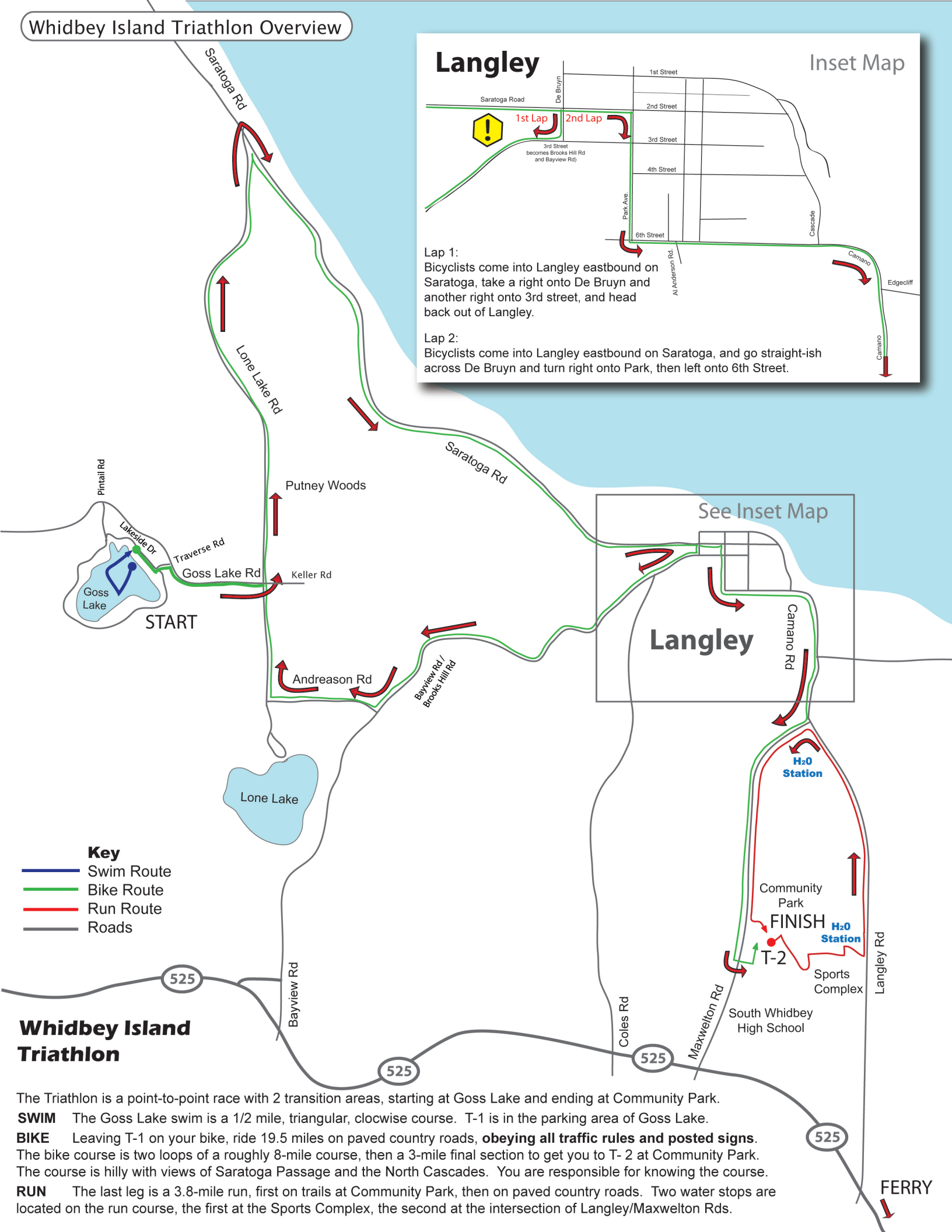
Whidbey Island Triathlon Overview



Whidbey Island Triathlon

The Triathlon is a point-to-point race with 2 transition areas, starting at Goss Lake and ending at Community Park.

SWIM The Goss Lake swim is a 1/2 mile, triangular, clocwise course. T-1 is in the parking area of Goss Lake.

BIKE Leaving T-1 on your bike, ride 19.5 miles on paved country roads, **obeying all traffic rules and posted signs**. The bike course is two loops of a roughly 8-mile course, then a 3-mile final section to get you to T- 2 at Community Park. The course is hilly with views of Saratoga Passage and the North Cascades. You are responsible for knowing the course.

RUN The last leg is a 3.8-mile run, first on trails at Community Park, then on paved country roads. Two water stops are located on the run course, the first at the Sports Complex, the second at the intersection of Langley/Maxwelton Rds.