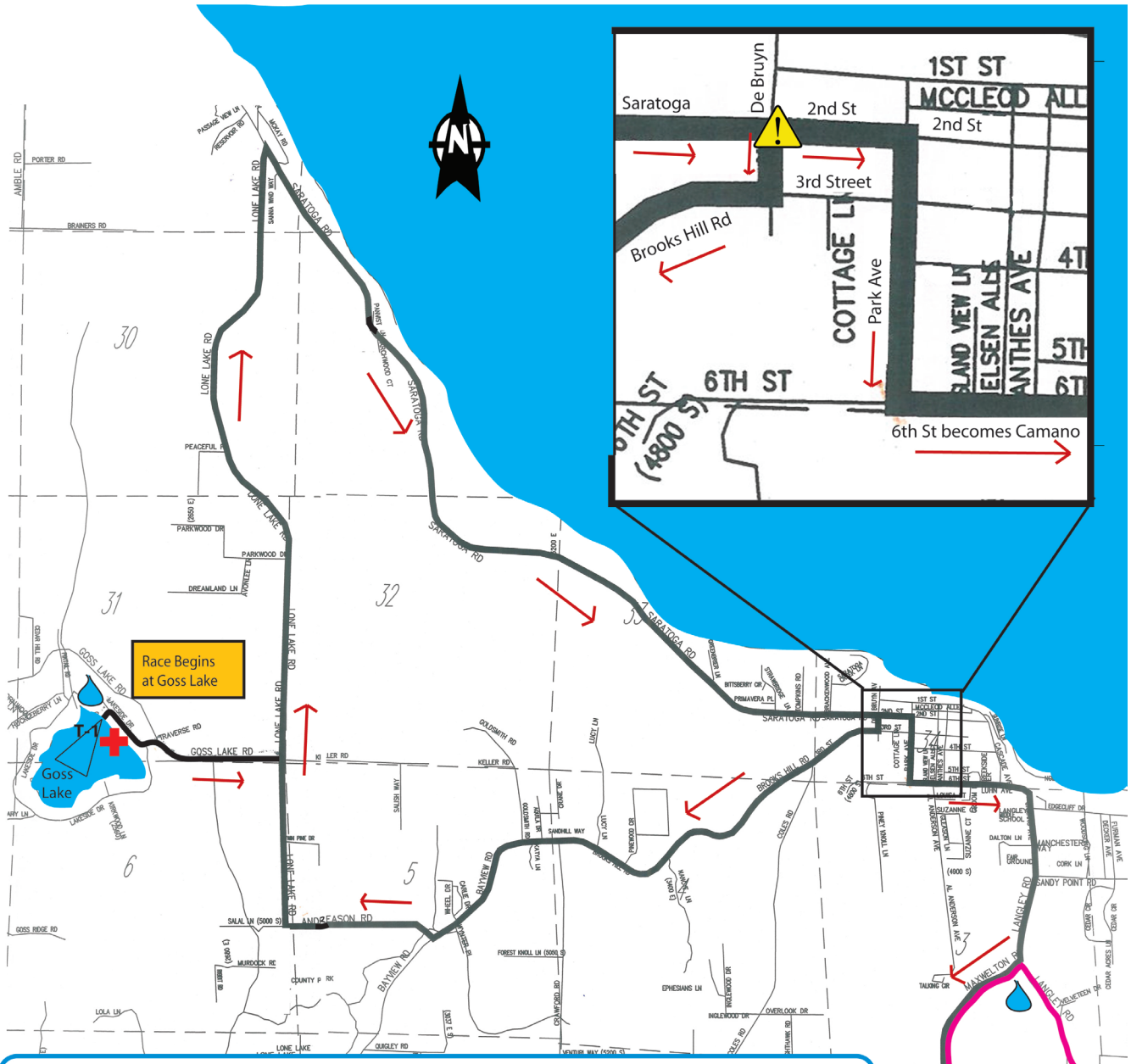
Detailed & interactive maps of the course are available online at www.whidbeytriathlon.com.



Whidbey Island Triathlon

The race starts at Goss Lake and ends at Community Park. Saturday morning, you should leave your running gear at Community Park, then go to Goss Lake for the race start.

SWIM COURSE - The swim is a 1/2 mile lap of the lake on a triangular, clockwise course. The lake is clean and clear and free of both motorized boat traffic! Kayaks will be in the water to patrol the course. There are volunteer spotters on the lake, but not certified lifeguards. EMTs will be at the lake to handle any safety emergencies.

BIKE COURSE - Leaving Goss Lake on your bike, you'll ride 19.5 miles on paved country roads, **obeying all traffic rules**. The course is hilly with views of Saratoga Passage and the North Cascades, and includes two laps of a roughly 8-mile course, then a 3 mile final section to get you to the Bike-to-Run transition area. Pay special attention to the intersection at Saratoga/De Bruyn/2nd Street (see inset); on the first lap you'll turn right onto De Bruyn, but on the second lap you'll continue straight. At the bike course end you will enter Community Park by the south entrance, by the High School. Roads are open to 2-way traffic. Cyclists must yield right-of-way at all intersections. Cyclists MUST ride on side of road; cyclists crossing the centerline will be disqualified. Although there are flaggers or volunteers at some of the intersections, you are always responsible for ensuring that it is safe and legal for you to turn or cross an intersection.

RUN COURSE - The last leg is a 3.8-mile run, first on trails at South Whidbey Community Park, then on paved country roads. Two water stops are located on the course, the first just outside the transition area, the second at approximately mile 2.5. The race finish is back inside Community Park, by way of the north entrance.