

Pemaquid Beach Sprint Triathlon Route

SWIM ROUTE

2 buoys placed off shore, each approximately 150 yards from shore, 100 yards apart, forming a 400 yard triangle- clockwise route

- Enter the water and swim south 150 yards to the buoy/marker on the left.
- go around the buoy and turn right.
- swim west 100 yards to the next Buoy/Marker.
- go around the buoy and turn right
- swim north 150 yards to the shore/chute at beach.

BIKE ROUTE

- Exit the Pemaquid Beach Park and turn LEFT onto Snowball Hill/Huddle Road.
- Continue for approx. 1 mile and turn LEFT onto Bristol Road/route 130
- Continue north for approx. 6 miles turn RIGHT onto Lower Round Pond Road
- Continue east for approx. 2.5 miles and turn RIGHT onto route 32
- Continue south for approx. 6 miles and turn RIGHT onto Bristol Road/route 130
- Continue north for approx. 1/2 mile and turn LEFT onto Huddle Road
- Continue for approx. 1 mile and turn RIGHT into the entrance of the Pemaquid Beach Park

RUN ROUTE

- Exit the Pemaquid Beach Park and turn RIGHT onto Snowball Hill Road.
- Continue for 1/4 mile and turn RIGHT onto Pemaquid Trail Road.
- Continue south to the very end of Pemaquid Trail Road and make a U-Turn.
- Continue north and turn LEFT onto Snowball Hill Road
- Continue for approx. 1/4 mile and turn LEFT into the entrance of the Pemaquid Beach Park.