

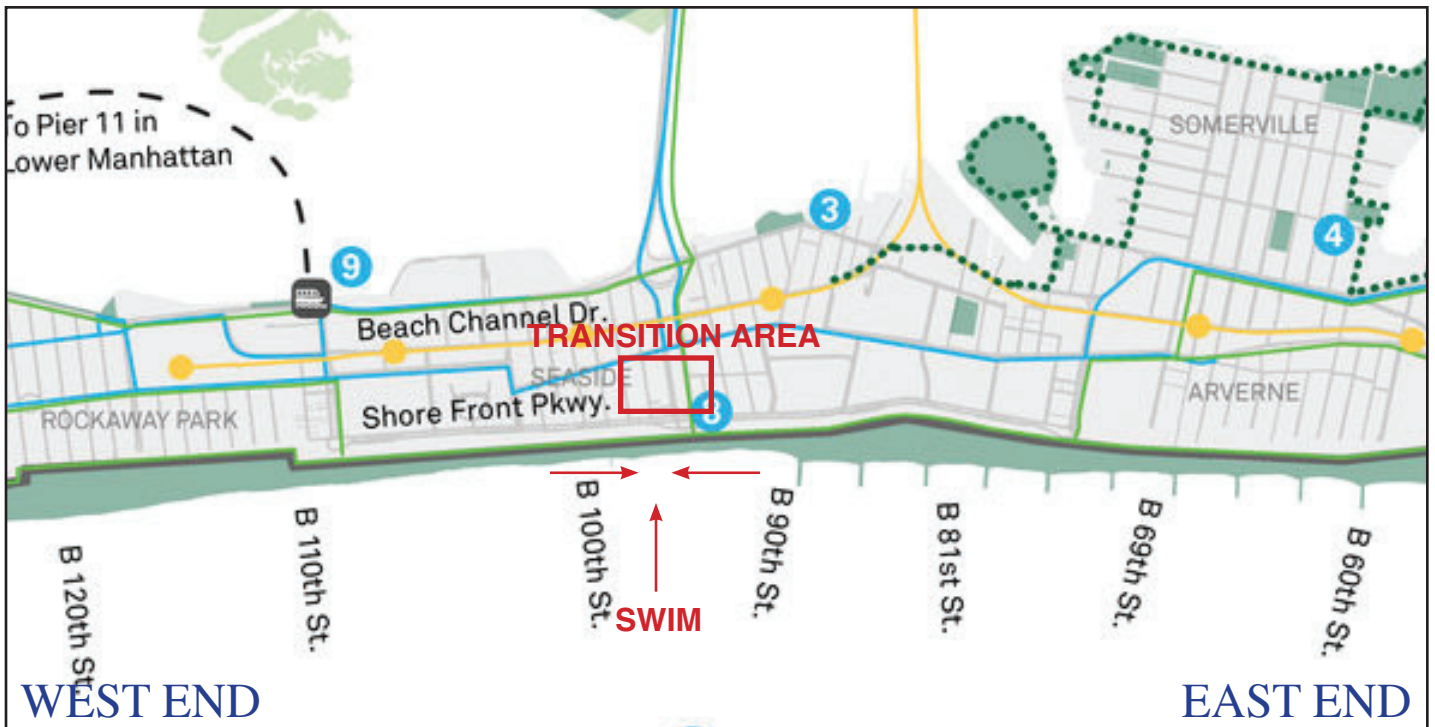


ROCKAWAY BEACH QUEENS



SWIM ROUTE

The 1/4 mile swim will be parallel with the shore line. The tide and current will determine the start. Life guards will be stationed along the route. The exit to the transition area will be at B94th Street.



BOARDWALK ALERT!

The course is not closed to pedestrians, joggers, cyclists, skaters, etc. While biking, competitors must be aware and considerate of non-competitors who will also be sharing the boardwalk with competitors. You do not have priority over other users of the boardwalk because you are competing in this event.