

PILGRIMMAN TRIATHLON – HALF DISTANCE TRIATHLON RUN COURSE (13.1 miles)



This out-and-back section along Rocky Pond Path (a paved bike path) completed two times.

START & FINISH

AID STATION #3
(passed at/near miles 3.5, 5.3, 7.8 & 9.6)

AID STATION #1
(passed at/near miles 1 & 12)

AID STATION #2
(passed at/near miles 2, 6.5 & 11)

Course Elevation Chart (+ 670 elevation gain')

