

COURSE MAP

MONADNOCK FULL THROTTLE TRIATHLON

SWIM - 0.5 Mile

The race begins with a 1/2 mile swim in Thorndike Pond. Immediately following your completion of the swim, you can move to the transition area and then onto the bike event.

BIKE - 11.2 Miles

The bike event follows a 11.2 route around Thorndike Pond. There will be one water stop along the loop. See the map for detailed route. The bike event ends at the campground where there will be a water and fuel station to help you push through the hike.

HIKE - 5.3 Miles

The 5.3 mile hike starts at the campground and follows the remainder of the road up to the state park. Athletes will climb the White Dot trail, descend the White Cross trail and finish back at the campground. There will be at least 2 water stations along the hike route.

-  Swim Course
-  Bike Course
-  Hike Course
-  Water Stop
-  T1 Swim to Bike Transition Area
-  T2 Bike to Hike Transition Area

Mount Monadnock Summit

