

The course is designed to highlight the valley's scenic beauty. Both Olympic and sprint courses are chip-timed, out and back courses beginning at the West Branch Boat Club in Duboistown. The sprint route features an 800-yard open-water swim in the Susquehanna River followed by a 13.7 mi. bike ride and 5K run segment along paved country roads with river and mountain views. The Olympic course is a 0.9m swim, 24.8-mile bike, and a 10K run along similar routes to the sprint course.