What Else to Expect for the Iron Nerd...

Courses

The Triathlon starts in the Z-center pool with a 200 M zig-zag swim followed by a 4.8 mile bike leaving from MIT’s Campus and cruising past the Charles River before returning to campus via Vassar Street. After two laps around the bike course and a final visit to the transition area, you’ll head out through campus dorms for a 1.5 mile run loop. Once you pass around the football field, you’ll cross the finish line right in front of Kresge Lawn.

Transition Area?

A transition area is a place to leave gear as you “transition” between activities. Some people like to leave out a towel to dry off before putting on socks or shoes for biking and running. You can also leave water here, your bike (and helmet) as well as extra clothes.

Things to Consider Bringing:

- Bike and Helmet (Helmet is REQUIRED)
- Running Shoes
- Towel for Transition Area
- Bathing Suit, Googles and Swim Cap
- Water
- Snack
- Sunglasses and hat
- Sunscreen