



**TRAFFIC ALERT - NIANTIC, CT  
SUNDAY, AUGUST 13, 2023  
7:30 A.M. – 9:30 A.M.**

**DUE TO THE NIANTIC BAY TRIATHLON  
TRAFFIC MAY BE DELAYED OR DETOURED  
DURING ABOVE HOURS ON THESE ROADS:**

**In Niantic Center:**  
Rte 156/Main Street  
Rte 161-Flanders  
Rd  
Pennsylvania Ave  
Haigh Ave  
Columbus Ave

**In Crescent Beach  
Area:**  
Crescent Ave  
Terrace Ave  
Prospect Ave  
Atlantic St  
S. Washington Ave  
Beach Ave  
Manwaring Rd  
Shore Rd

**In East Lyme:**  
Bride Brook Rd  
Dean Rd  
Society Rd  
Riverview Rd  
Roxbury Rd

Streets intersecting with above roads may also experience delays

McCook Beach Park is the start, finish and staging area of the  
race.

**Parking at McCook will be available after 11 a.m. on race day.**

The annual Niantic Bay Triathlon will be held on Sunday, August 13. Streets used for the race will be impacted between the hours of 7:30 a.m. and 9:30 a.m. Drivers should expect delays at times and are encouraged to find alternate routes, if possible. If driving on the route, use extreme caution as 400+ athletes will be riding bikes and running on the roads. Police and volunteers will assist athletes and residents at intersections.

**THANK YOU FOR YOUR COOPERATION**

**Volunteers are needed to assist with race.**

Call 860-652-8866

or email: [andris@hartfordmarathon.com](mailto:andris@hartfordmarathon.com)