



TRAFFIC ALERT - NIAN TIC, CT
SUNDAY, AUGUST 9, 2026
7:30 A.M. – 9:30 A.M.

**DUE TO THE NIAN TIC 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 10. 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 500+ 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: Peter@hartfordmarathon.com