

HITS TRIATHLON SERIES

Ocala, Florida Run Course

1 mile/3.1 miles/6.2 miles/13.1 miles/26.2 miles

OPEN: Saturday, March 30, 2019

- Run: 1 mile (out-n-back)
 - 1) – Exit T2, L onto Park Rd.
 - 2) – Turn around at .5 miles and return on same route
 - 3) – R through fence to Finish

SPRINT: Saturday, March 30, 2019

- Run: 3.1 miles (out-n-back)
 - 1) – Exit T2, L onto Park Rd.
 - 2) – L on Trail
 - 3) – Turn around at 1.55 miles and return on same route to Finish
 - 4) – R through fence to Finish

OLYMPIC: Saturday, March 30, 2019

- Run: 6.2 miles (two out-n-backs)
 - 1) – Exit T2, L onto Park Rd.
 - 2) – L on trail
 - 3) – Turn around at 1.55 miles and return on same route to begin second out-n-back
 - 4) – R through fence to Finish

HALF: Saturday, March 30, 2019

- Run: 13.1 miles (two loops)
 - 1) – Exit T2, L onto Park Rd.
 - 2) – L on trail
 - 3) – R on SE 115th Ave. and begin second loop
 - 4) – L through fence to Finish

FULL: Saturday, March 30, 2019

- Run: 26.2 miles (four loops)
 - 1) – Exit T2, L onto Park Rd.
 - 2) – L on trail
 - 3) – R on SE 115th Ave. and begin second, third and fourth loop
 - 4) – L through fence to Finish

| Course Key | | | |
|------------|---|---------------|-----|
| Open = | ➡ | Trail = | --- |
| Sprint = | ➡ | Aid Station = | 💧 |
| Olympic = | ➡ | Medical = | + |
| Half = | ➡ | Porta-John = | 🚻 |
| Full = | ➡ | Mile Marker = | 5 |

