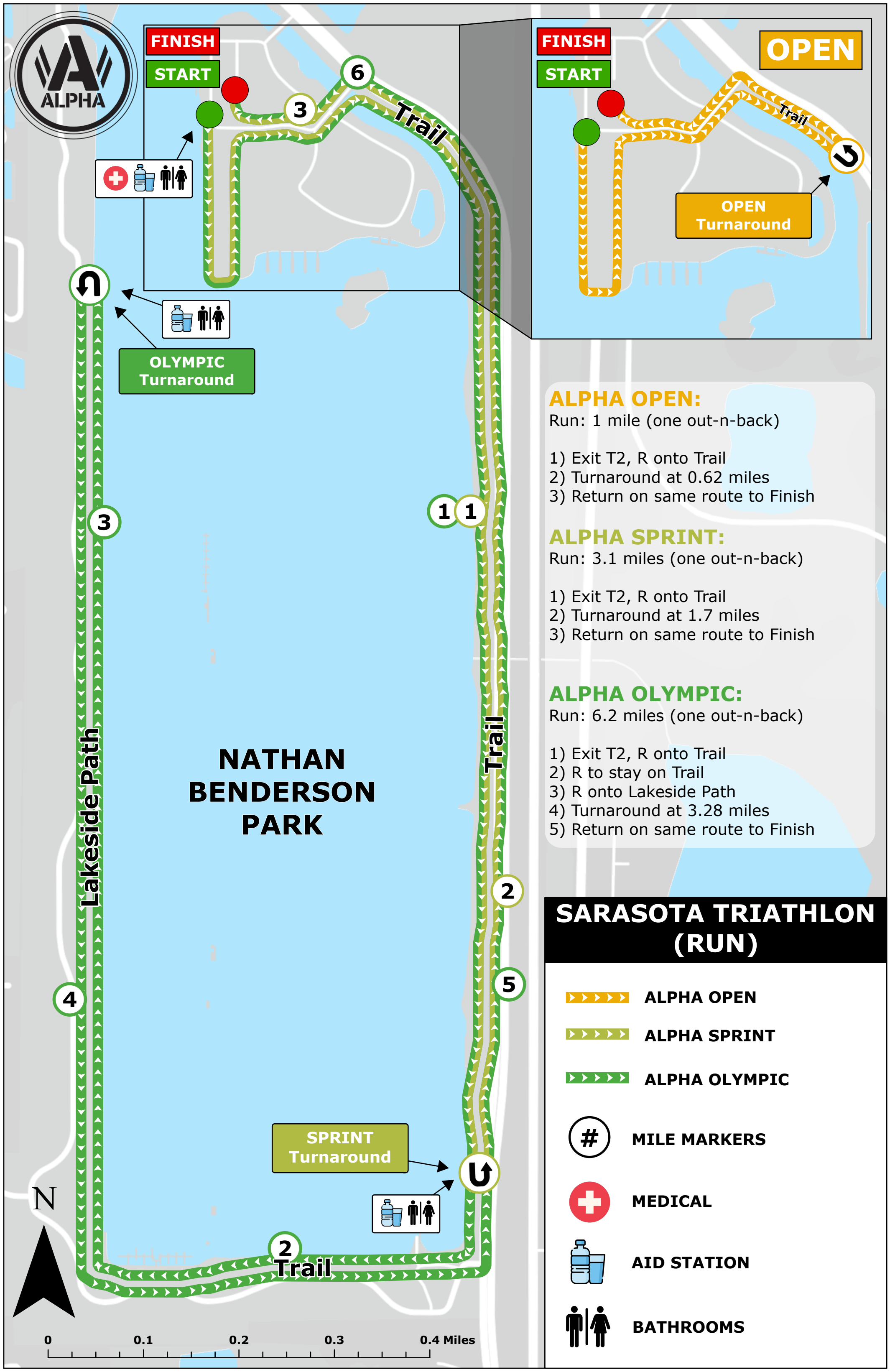
FINISH
START
6
3
Trail
FINISH
START
OPEN
Trail
OPEN
Turnaround
OLYMPIC
Turnaround
3
1
1
Lakeside Path
NATHAN
BENDERSON
PARK
Trail
2
5
4
SPRINT
Turnaround
2
Trail
N
0
0.1
0.2
0.3
0.4 Miles
ALPHA OPEN:
Run: 1 mile (one out-n-back)
1) Exit T2, R onto Trail
2) Turnaround at 0.62 miles
3) Return on same route to Finish
ALPHA SPRINT:
Run: 3.1 miles (one out-n-back)
1) Exit T2, R onto Trail
2) Turnaround at 1.7 miles
3) Return on same route to Finish
ALPHA OLYMPIC:
Run: 6.2 miles (one out-n-back)
1) Exit T2, R onto Trail
2) R to stay on Trail
3) R onto Lakeside Path
4) Turnaround at 3.28 miles
5) Return on same route to Finish
SARASOTA TRIATHLON
(RUN)
ALPHA OPEN
ALPHA SPRINT
ALPHA OLYMPIC
#
MILE MARKERS
MEDICAL
AID STATION
BATHROOMS