

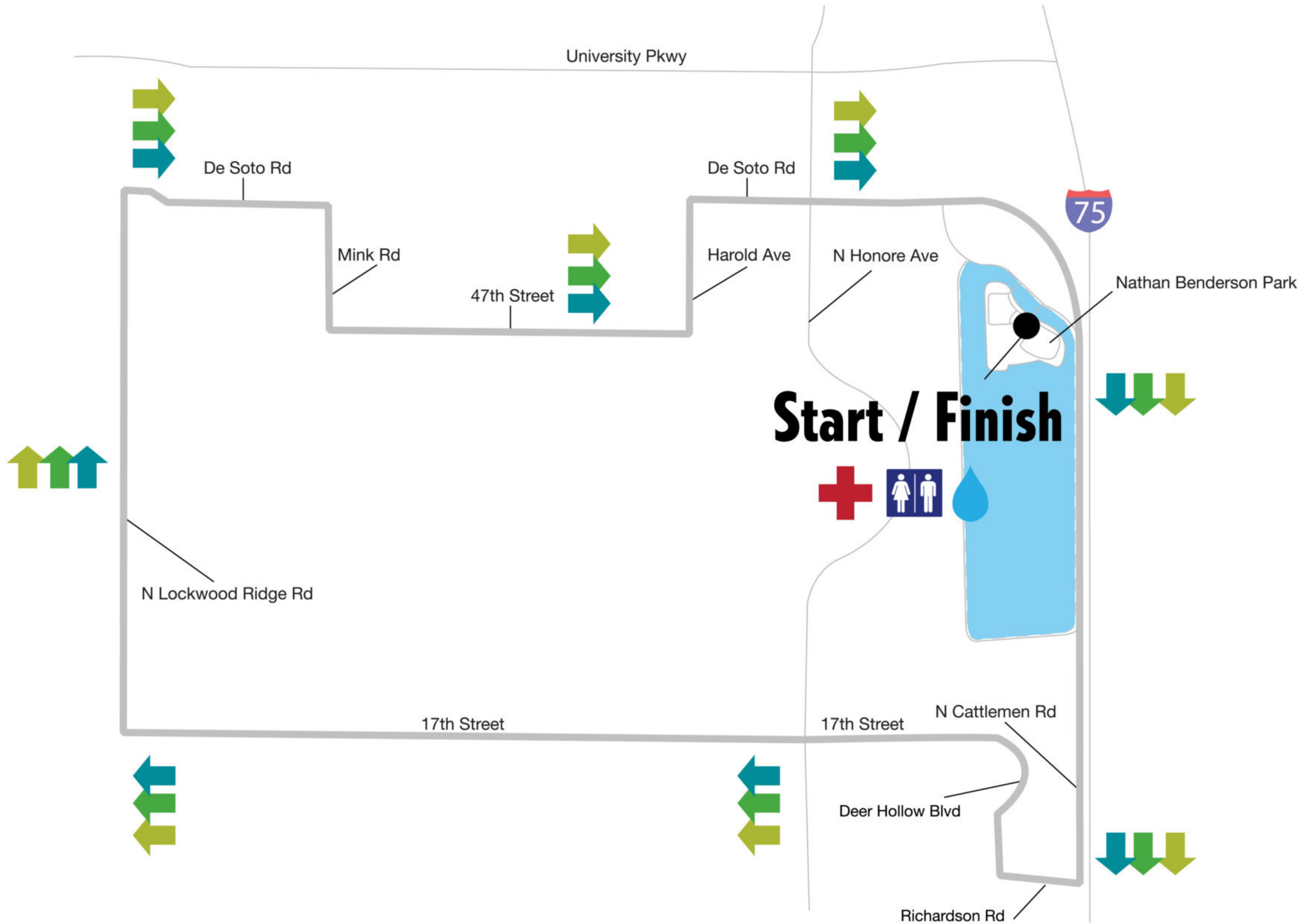


Sarasota, Florida

Bike Course

13.2 miles/ 26.2 miles/ 52.2 miles

Course Key	
Alpha Sprint =	Trail =
Alpha Olympic =	Aid Station =
Alpha Long Course =	Medical =
Mile Marker =	Porta-Potty =



ALPHA SPRINT:

- Bike: 13.2 miles (one loop)
- 1) - Exit T1, R onto N Cattlemen Rd
- 2) - R on Richardson Rd
- 3) - R on Deer Hollow Blvd, becomes 17th St
- 4) - Continue on 17th St
- 5) - R on N Lockwood Ridge Rd
- 6) - R on DeSoto Rd
- 7) - R on Mink Rd
- 8) - L on 47th St
- 9) - L on Harold Ave
- 10) - R on DeSoto Rd
- 11) - R on N Cattlemen Rd
- 12) - R into Nathan Benderson Park to T2

ALPHA OLYMPIC:

- Bike: 26.2 miles (two loops)
- 1) - Exit T1, R onto N Cattlemen Rd
- 2) - R on Richardson Rd
- 3) - R on Deer Hollow Blvd, becomes 17th St
- 4) - Continue on 17th St
- 5) - R on N Lockwood Ridge Rd
- 6) - R on DeSoto Rd
- 7) - R on Mink Rd
- 8) - L on 47th St
- 9) - L on Harold Ave
- 10) - R on DeSoto Rd
- 11) - R on N Cattlemen Rd to begin second loop
- 12) - R into Nathan Benderson Park to T2

ALPHA LONG COURSE:

- Bike: 52.2 miles (four loops)
- 1) - Exit T1, R onto N Cattlemen Rd
- 2) - R on Richardson Rd
- 3) - R on Deer Hollow Blvd, becomes 17th St
- 4) - Continue on 17th St
- 5) - R on N Lockwood Ridge Rd
- 6) - R on DeSoto Rd
- 7) - R on Mink Rd
- 8) - L on 47th St
- 9) - L on Harold Ave
- 10) - R on DeSoto Rd
- 11) - R on N Cattlemen Rd to begin second, third and fourth loops
- 12) - R into Nathan Benderson Park to T2