



**Sarasota, Florida**  
**Run Course**  
 3.1 miles/ 6.2 miles/ 13.1 miles

**ALPHA SPRINT:**

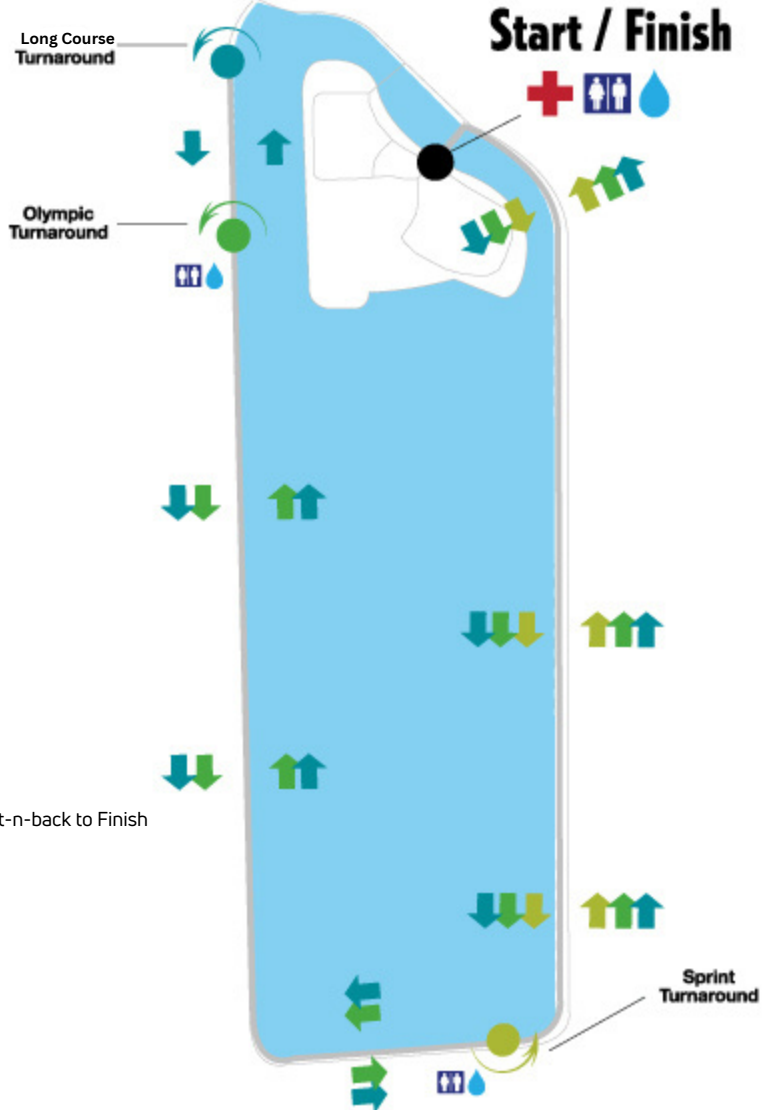
- Run: 3.1 miles (one out-n-back)
- 1) - Exit T2, R onto trail
- 2) - Turn around at 1.55 miles (1st Aid Station)
- 3) - Return on same route to Finish

**ALPHA OLYMPIC:**

- Run: 6.2 miles (one out-n-back)
- 1) - Exit T2, R onto trail
- 2) - Turn around at 3.1 miles (2nd Aid Station)
- 3) - Return on same route to Finish

**ALPHA LONG COURSE:**

- Run: 13.1 miles (two out-n-backs)
- 1) - Exit T2, R onto trail
- 2) - Continue past 2nd Aid Station
- 3) - Turn around at 3.275 miles
- 4) - Return on same route to begin second out-n-back to Finish



Course Key			
Alpha Sprint =	→	Trail =	---
Alpha Olympic =	→	Aid Station =	💧
Alpha Long Course =	→	Medical =	+
Mile Marker =	5	Porta-Potty =	🚻