ALPHA

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

ALPHA SPRINT:
Sunday, January 8, 2023
- 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:
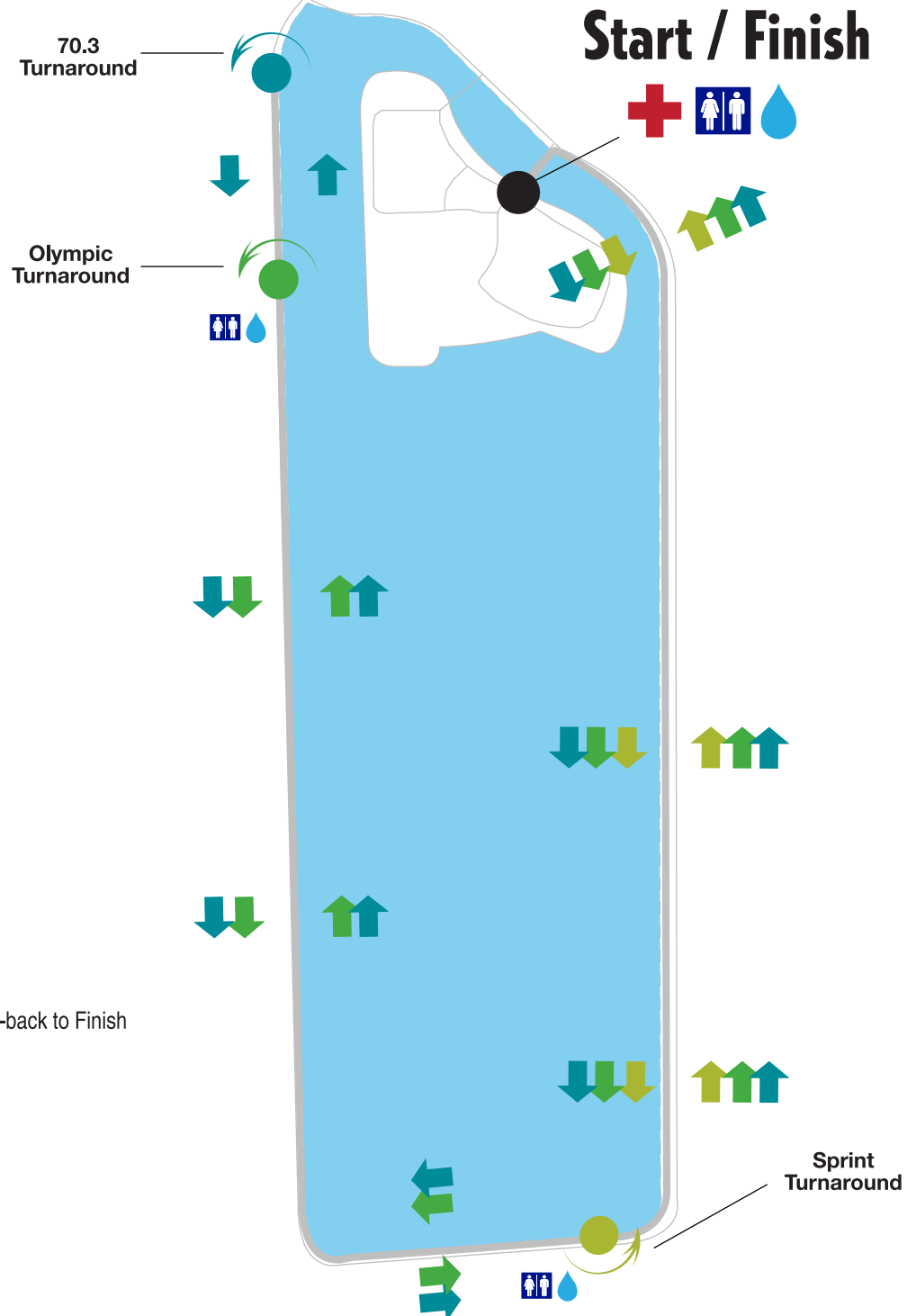**Sunday, January 8, 2023**
- Run: 6.2 miles (one out-n-backs)
1) - Exit T2, R onto trail
2) - Turn around at 3.1 miles (2nd Aid Station)
3) - Return on same route to Finish

ALPHA 70.3:
Sunday, January 8, 2023
- 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

70.3 Turnaround

Olympic Turnaround

Start / Finish

Sprint Turnaround

Course Key		
Alpha Sprint =	Trail =	– – –
Alpha Olympic =	Aid Station =	
Alpha 70.3 =	Medical =	
Mile Marker = 5	Porta-Potty =	