



Sarasota, Florida Run Course

3.1 miles/ 6.2 miles/ 13.1 miles

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

SPRINT:

Sunday, January 9, 2022

- 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

OLYMPIC:

Sunday, January 9, 2022

- Run: 6.2 miles (two 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

HALF:

Sunday, January 9, 2022

- 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

