



Florida Challenge Triathlon
1.2 Swim - 56 Bike - 13.1 Run

10K & 13.1 MILE RUN COURSES

The run course is out and back on the South Lake Trail. Please note that both the short and long course runs share the same course. Upon exiting the transition area, the long course will turn LEFT and proceed West on the trail. The short course runners will leave to the right and proceed East to the 10K run turnaround.

Long course runners complete two laps of the 10K run course, The turnaround point to start lap two is near the finish line. Long course runners will run across additional timing mats at the start of lap 2.

LONG COURSE (13.1 MILE) RUNNERS COMPLETE TWO LAPS OF THE 10K COURSE!

