



All athletes go straight here To Finish After last run

All Duathletes Turn left here to run to Transition after 1st run lap

DUATHLON START

FINISH

T-IN

T-OUT

ENTER RUN COURSE

PINEAPPLE KIDZ RUN COURSE JUNIORS - SUP SNRS

Lansing Gleason Park Trail, Indian Harbour Beach, FL 32937, US

- DUATHLETES - RUN/BIKE/RUN
- Run 1 lap around pond first, head to Transition
- Complete your bike laps (see bike map), head to Transition
- Run 1 lap around pond, head to FINISH LINE
- TRIATHLETES - SWIM/BIKE/RUN
- Swim pool laps, head to Transition
- Complete your bike laps (see bike map), head to Transition.
- Run 1 lap around pond, head to FINISH LINE

Lansing Gleason Park Trail

S Patrick Dr

Yacht Club Blvd