



Stage 1 18.6 Mile Run

Turn by Turn Directions

Loop 1 MILE	Loop 2 MILE	Loop 3 MILE	TURN or DIRECTIONS
0.0	6.2	12.4	RESTROOM at Transition T2
0.0	6.2	12.4	Water, snacks at T2
0.0	6.2	12.4	Exit Transition along path/boardwalk heading north towards Lake Weir Marina
0.07	6.27	12.47	Restrooms at Marina
			Run straight across parking lot parallel to lake towards marina exit
0.15	6.35	12.55	Turn LEFT to Marina exit
0.28	6.48	12.68	Turn RIGHT heading northwest on SE 115 th Ave. towards park exit
1.27	7.47	13.67	Keep right where road splits near park entrance
1.3	7.5	13.7	Water stop
1.36	7.56	13.76	Turn around at park entrance
1.36 to 2.31	7.56 to 8.51		Early runners: Be mindful of cyclists approaching from behind you
1.43	7.63	13.83	Water stop
2.31	8.51	14.71	Turn RIGHT into Little Lake Weir beach/picnic area
2.4	8.6	14.8	Run through parking lot and cut through fence openings turning LEFT onto trail "Trail Between the Lakes"
2.9	9.1	15.3	Return to back of parking area (near Transition)
2.9	9.1	15.3	At trailhead, sharp turn to depart heading south on Fern Gully Trail
3.36	9.56	15.76	Follow Fern Gully Trail to where Fern Gully Trail turns left (to loop back to start)
3.37	9.57	15.77	Continue straight slight RIGHT onto Quail Loop Trail.
3.93	10.13	16.33	Follow Quail Loop Trail to start of Fox Trot Lop towards Leon Point
3.93	10.13	16.33	Unattended Water stop
4.6	10.8	17	Follow Fox Trot Loop east/southeast to Lemon Point
4.61	10.81	17.01	Follow sharp LEFT turn continuing on Foxt Trot Loop heading northwest (Lake Weir on your right)
5.3	11.5	17.7	Unattended water stop
5.3	11.5	17.7	Fox Trot Loop ends, continue straight onto Quail Loop
5.7	11.9	18.1	Quail Loop ends; continue straight onto Fern Gully Trail
6.17	12.37	18.57	Follow Fern Gully Trail to trailhead near parking lot and Transition Run towards Transition area
6.19	12.39	18.59	Water Stop Restrooms as you pass transition
6.2	12.4	18.6	Cross mat for lap time
6.2	12.4	18.6	Water, snacks at T2
	12.4		Repeat lap 2
		18.6	Lap 3 Finish!