



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! |