



Stage 3 13.1 Mile Run Turn by Turn Directions

MILE	TURN or DIRECTIONS
0.0	Run start at T2. Water, snacks at T2
	Turn LEFT out of transition T2
	Turn RIGHT on unpaved path through River to Sea Preserve
	Turn LEFT on unpaved path through River to Sea Preserve
0.1	RESTROOM at picnic pavilion on left.
0.19	Turn RIGHT following marked unpaved path through River to Sea Preserve
0.59	Arrive at Marineland Marina. Turn RIGHT following marked path
0.66	Follow marked path to RIGHT heading south
0.86	Turn LEFT at Marina Dr, then RIGHT on Whitney Dr. on marked path through River to Sea Preserve
	Turn LEFT on Poole Dr.
1.06-1.07	Carefully cross A1A in crosswalk
1.08	Turn LEFT following paved trail/sidewalk north toward north end of parking lot
1.25	Follow marked path at north end of parking lot to boardwalk
1.26	Turn RIGHT onto ocean boardwalk. Take in the view and head south on boardwalk (ocean tease)
1.39	Exit boardwalk at southern exit (not quite to end of boardwalk)
1.11	Return to trail/sidewalk along A1A
1.4	Turn LEFT heading south on Flagler Beach to Marineland Trail
3.0	Water Stop, no restroom
6.0	Water Stop, snacks, portajohn at 16 th Rd E
1.4 - 7.34	Stay on Flagler Beach to Marineland Trail heading south (Atlantic Ocean to your left)
7.34	Turn LEFT heading east on Jungle Hut Blvd. path/sidewalk
8.04	Turn LEFT at end of path/sidewalk into Jungle Hut Road Park
8.08	Water Stop with restrooms at Jungle Hut Road Park
8.11	Turn RIGHT exiting park heading west on Jungle Hut Road
8.78	Turn RIGHT at A1A back onto Flagler Beach to Marineland Trail heading north
10.08	Just past Publix, turn RIGHT at 16 th Rd E heading east, towards Atlantic Ocean
10.08	Water Stop, snacks, portajohn at 16 th Rd E (same as mile 6.0)
10.18	Turn LEFT at crosswalk onto trail
10.19	Turn LEFT again, heading west onto Flagler Beach to Marineland Trail, parallel to 16 th Rd E
10.25	Turn RIGHT onto Mala Compra Trail
10.25 – 11.0	Follow Mala Compra Hiking Trail. Trail makes left turn at mile 11.0
11.4	Turn RIGHT toward beach at "T" where trail approaches Mala Compra Rd.
11.99	Follow marked path for approximately .6 mile. Pass 1 st crossing.
	Turn LEFT heading north towards Mala Compra Rd. and parking lot
12.19	Run through parking lot to Mala Compra Rd. Turn RIGHT at Mala Compra Rd.
12.25	Turn RIGHT on the beach – you're on the home stretch. Find a comfortable path heading south.
13.0	Pass Hammock Beach Resort
13.08	Turn RIGHT to FINISH at 16 th Rd beach access.
13.1	FINISH! Water, showers, restroom