

GREAT FLORIDIAN TRIATHLON 112 MILE BIKE COURSE DESCRIPTION

DIRECTIONS	TOTAL MILES
Exit Transition Area	0 mi
Continue onto 4th St	0.01 mi
Turn left onto Carroll St	0.09 mi
Turn right onto East Ave	0.41 mi
Turn left onto Pitt St	0.44 mi
Continue onto N Ridge Blvd	1.51 mi
Head north on N Hancock Rd toward Old County Rd 50/Old Hwy 50 W	3 mi
Turn right onto Old County Rd 50/Old Hwy 50 W	3.29 mi
Turn left onto County Rd 455	5.75 mi
Turn left to stay on County Rd 455	5.85 mi
Turn left to stay on County Rd 455	9.12 mi
SUPPORT STATION A	9.2 mi
At the CR 561 traffic circle, continue straight to stay on County Rd 455	16.33 mi
Turn left onto S Buckhill Rd	17.85 mi
SUPPORT STATION B	18.3 mi
Turn left onto Turnpike Rd	20.5 mi
Turn left onto County Rd 561	21.24 mi
Turn right onto Sugarloaf Mountain Rd	23.3 mi
SUPPORT STATION C	24.2 mi
Turn left onto County Rd 561A	27.02 mi
Turn right onto County Rd 455	27.74 mi
Turn right onto Fosgate Rd	29.46 mi
Turn left onto Blackstill Lake Rd	31.13 mi
Turn right onto Old County Rd 50/Old Hwy 50 W	32.78 mi
Turn left onto N Hancock Rd toward N Ridge Blvd	33.55 mi
Turn right onto N Ridge Blvd	33.84 mi
Continue onto Pitt St	35.33 mi
Turn right onto East Ave	36.39 mi
Turn left onto Carroll St	36.43 mi
Turn right onto 3rd St	36.64 mi
Proceed counter-clockwise around Palm St Circle	36.85 mi
1/3 GFT Cyclists turn right to FINISH and dismount	
112 mile cyclists turn right onto 3rd St	36.87 mi
BIKE SPECIAL NEEDS & SUPPORT STATION	36.87 mi
Turn left onto Carroll St	37.03 mi
Turn right onto East Ave	37.25 mi
Turn left onto Pitt St	37.28 mi
Continue onto N Ridge Blvd	38.34 mi
Turn left onto N Hancock Rd	39.83 mi
Turn right onto Old County Rd 50/Old Hwy 50 W	40.12 mi
Turn left onto County Rd 455	42.58 mi
Turn left to stay on County Rd 455	42.69 mi
Turn left to stay on County Rd 455	45.95 mi

Turn left to stay on County Rd 455	46.45 mi
SUPPORT STATION A	46.55 mi
At the CR 561 traffic circle, continue straight to stay on County Rd 455	53.16 mi
Turn left onto S Buckhill Rd	54.67 mi
SUPPORT STATION B	55.5 mi
Turn left onto Turnpike Rd	57.32 mi
Turn left onto County Rd 561	58.06 mi
Turn right onto Sugarloaf Mountain Rd	60.12 mi
SUPPORT STATION C	61.0 mi
Turn left onto County Rd 561A	63.84 mi
Turn right onto County Rd 455	64.56 mi
Head south on County Rd 455 toward Cemetery Rd	64.79 mi
Turn right onto Fosgate Rd	66.28 mi
Head south on Fosgate Rd toward Vinola Dr	66.88 mi
Turn left onto Blackstill Lake Rd	67.95 mi
Turn right onto Old County Rd 50/Old Hwy 50 W	69.59 mi
Head west on Old County Rd 50/Old Hwy 50 W toward N Hancock Rd	69.6 mi
Head south on N Hancock Rd toward N Ridge Blvd	70.37 mi
Turn right onto N Ridge Blvd	70.66 mi
Continue onto Pitt St	72.15 mi
Turn right onto East Ave	73.21 mi
Turn left onto Carroll St	73.24 mi
Turn right onto 3rd St	73.46 mi
Proceed counter-clockwise around Palm St Circle	73.64 mi
Turn right onto 3rd St	73.68 mi
BIKE SPECIAL NEEDS & SUPPORT STATION	73.70 mi
Turn left onto Carroll St	73.85 mi
Turn right onto East Ave	74.07 mi
Turn left onto Pitt St	74.1 mi
Continue onto N Ridge Blvd	75.16 mi
Turn left onto N Hancock Rd	76.66 mi
Turn right onto Old County Rd 50/Old Hwy 50 W	76.94 mi
Turn left onto County Rd 455	79.4 mi
Turn left to stay on County Rd 455	79.51 mi
Turn left to stay on County Rd 455	82.77 mi
SUPPORT STATION A	82.83 mi
At the CR 561 traffic circle, continue straight to stay on County Rd 455	89.98 mi
Turn left onto S Buckhill Rd	91.49 mi
SUPPORT STATION B	92.3 mi
Turn left onto Turnpike Rd	94.14 mi
Turn left onto County Rd 561	94.88 mi
Turn right onto Sugarloaf Mountain Rd	96.94 mi
SUPPORT STATION C	97.84 mi
Turn left onto County Rd 561A	100.66 mi
Turn right onto County Rd 455	101.39 mi
Turn right onto Fosgate Rd	103.1 mi
Turn left onto Blackstill Lake Rd	104.77 mi

Turn right onto Old County Rd 50/Old Hwy 50 W	106.41 mi
Turn left onto N Hancock Rd	107.19 mi
Turn right onto N Ridge Blvd	107.48 mi
Continue onto Pitt St	108.97 mi
Turn right onto East Ave	110.03 mi
Turn left onto Carroll St	110.06 mi
Turn right onto 3rd St	110.28 mi
Proceed counter-clockwise around Palm St Circle	110.45 mi
FINISH	110.47 mi