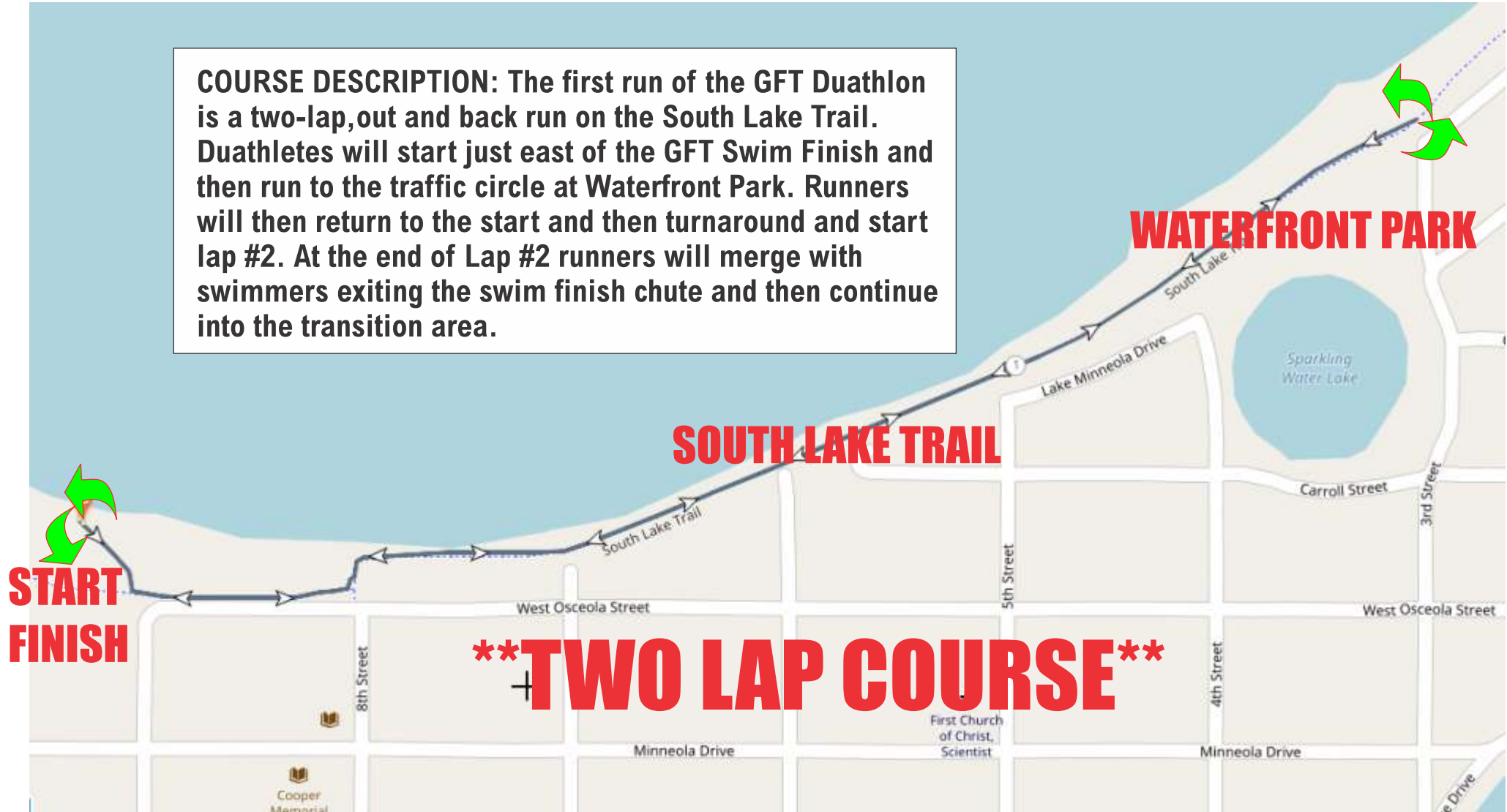


GREAT FLORIDIAN DUATHLON - 5K RUN #1

COURSE DESCRIPTION: The first run of the GFT Duathlon is a two-lap, out and back run on the South Lake Trail. Duathletes will start just east of the GFT Swim Finish and then run to the traffic circle at Waterfront Park. Runners will then return to the start and then turnaround and start lap #2. At the end of Lap #2 runners will merge with swimmers exiting the swim finish chute and then continue into the transition area.



A DISTANCE FOR EVERYONE!