

# GREAT FLORIDIAN SPRINT

**Run Course is out and back on the South Lake Trail.  
Runners run towards the East first, turning around just  
prior to East Ave., and then run to the West past station #4.**

## TURNAROUNDS

- #1 - East Ave. & Trail
- #2 - On Trail, midway between Carolyn Ct. & Fran Mar PL

## WATER STATIONS

- #1 - Waterfront Park
- #4 - West Beach

