GREAT FLORIDIAN TRIATHLON
RUN COURSE
26.2 Miles - 3 Laps of the Red Course
9.3 Miles - 1 Lap of Red & Blue Course
Great Floridian 26.2 mile runners complete this out and back trail segment each of the three laps
Turnaround point for GFT short course, 9.3 mile runners.
Turnaround point for 26.2 mile Great Floridian Runners. GFT short course, 9.3 mile runners, continue on the trail to their turnaround point.
Runners stay on trail to start laps 2 & 3.
Finishers exit the trail to Osceola Street to finish.
START
FINISH
1
2
3
4
6
7
8
9
10
Palisades Golf Club
Lake Minneola Shores
Lake Minneola
N Main Ave
W Silverton St
N Lake Minneola Dr
Old Hwy 50
Spring Lake
Shady Nook Lake
East Lake
Sparkling Water
Minneola Ave
561
25
27