

## Expo and Transition Area

- Only registered racers with wristbands allowed in the transition area. Racers can use bike racks or open spaces and their bike's kickstand to set up their space.
- Runners will go through the transition area (go past water stop #1 and #2) again at the beginning of Lap 2 of the run and then continue over the walls and through the tunnels again and then turn right on the beach to finish lap 2 of the run.





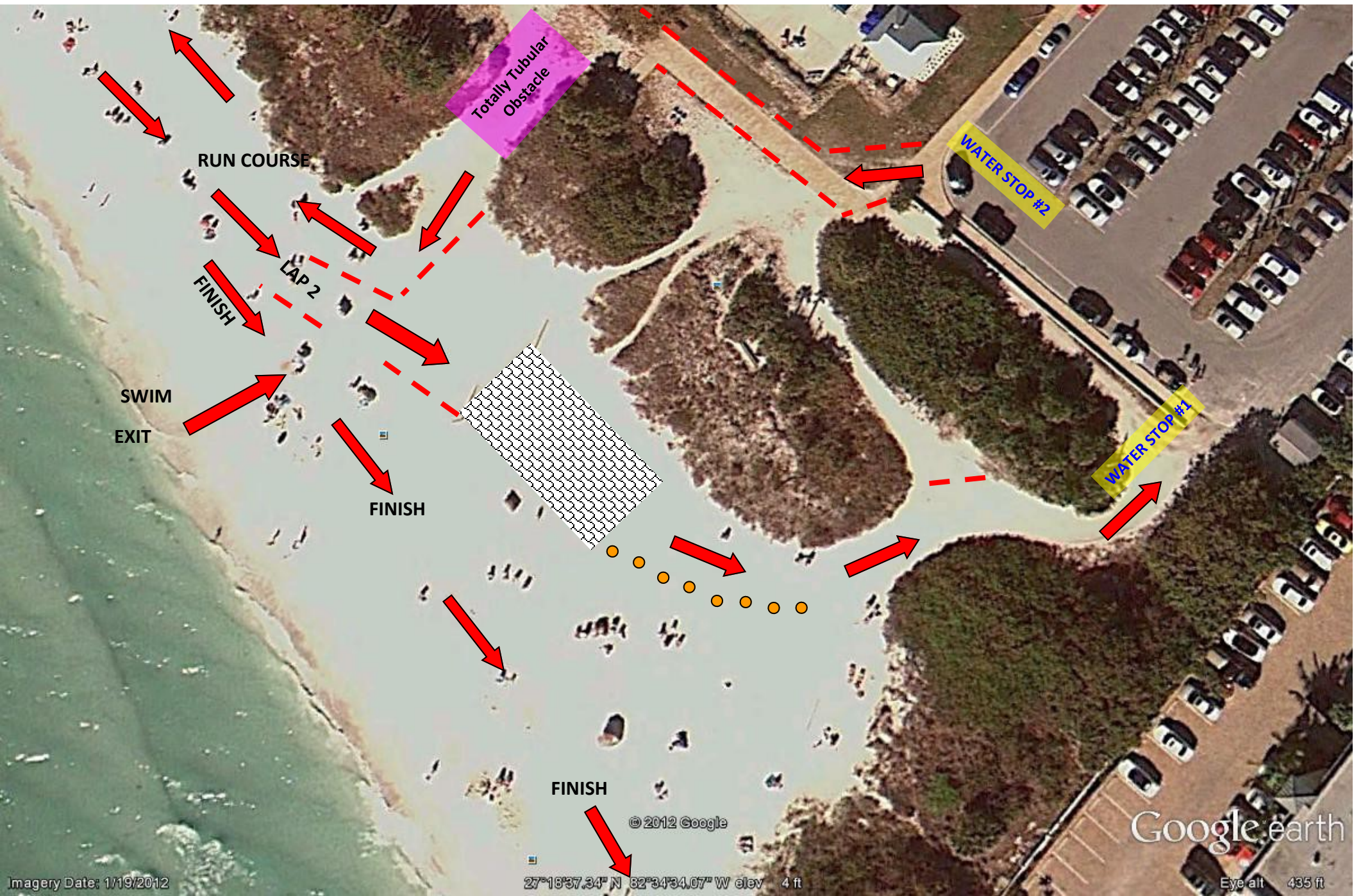
## SWIM EXIT TURTLE CRAWL 1

## T1 RUN START

### TURTLE CRAWL 1 OBSTACLE

- Racers go through after swim and to begin Lap 2 of the run

Use barricades, cones, run arrow signage and volunteers to help with this busy/confusing area. We have "Lap 2" and "finish" arrow signage to help. Use "caution obstacle" and "crawl like a turtle" signs before cargo net.





# SWIM START/FINISH

# SWIM COURSE

SWIM START: Look for the big swim start flags and listen for the steel drum player. Be sure to wear or carry your race number on the swim as your timing chip is on the back. Be sure to cross over the timing mat on the way into the water at the start. After exiting the water you will be directed to crawl through the Turtle Crawl Obstacle on the way to the transition area and the bike leg.





## RUN COURSE

- 2 Lap Course
- Run north-beach hugging vegetation
- Run south along water

## Turtle Crawl 2



## Flamingo Fields



## Barricades



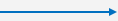
## Leapin' Loungers



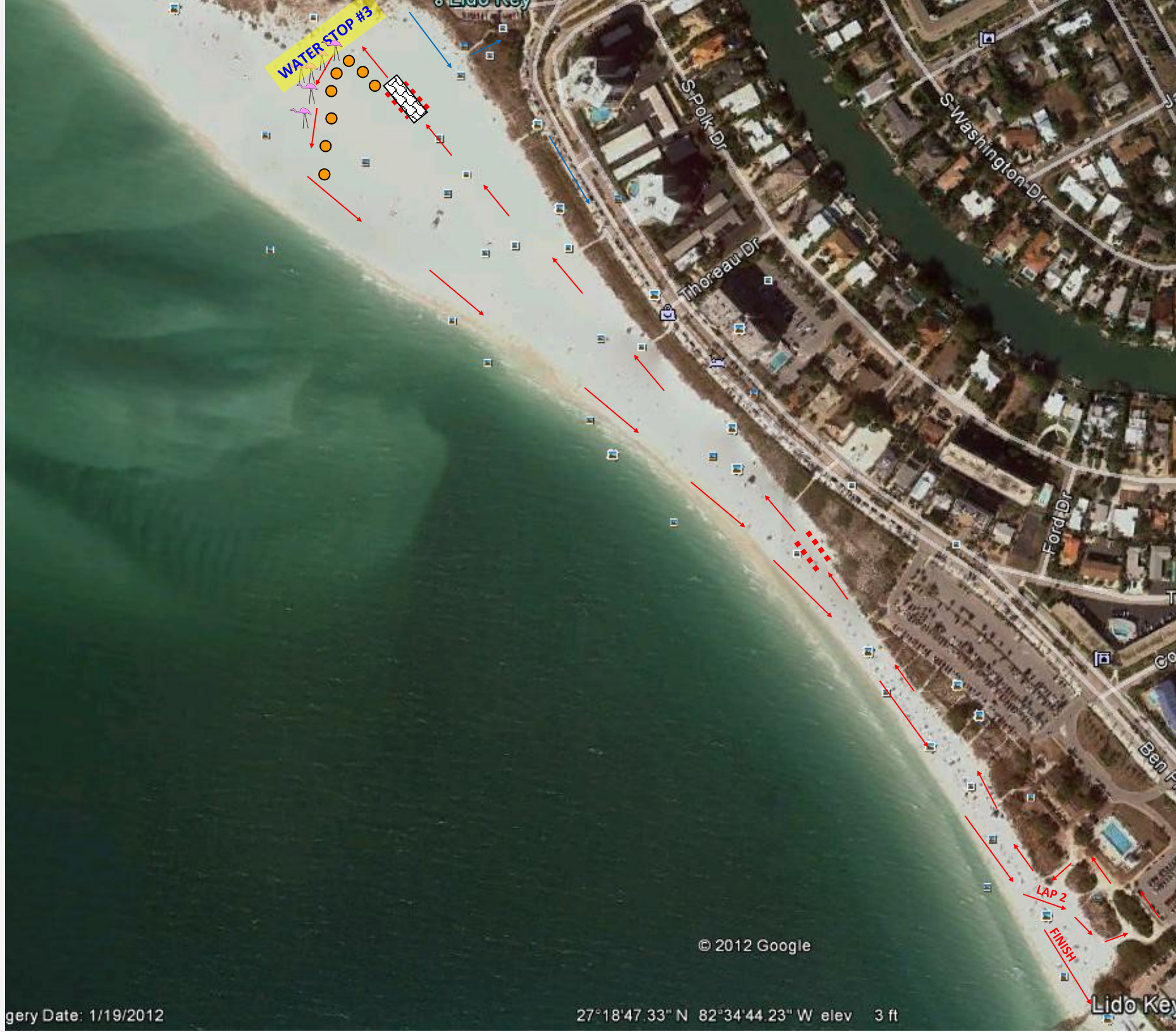
## Run Direction



## Bike Direction



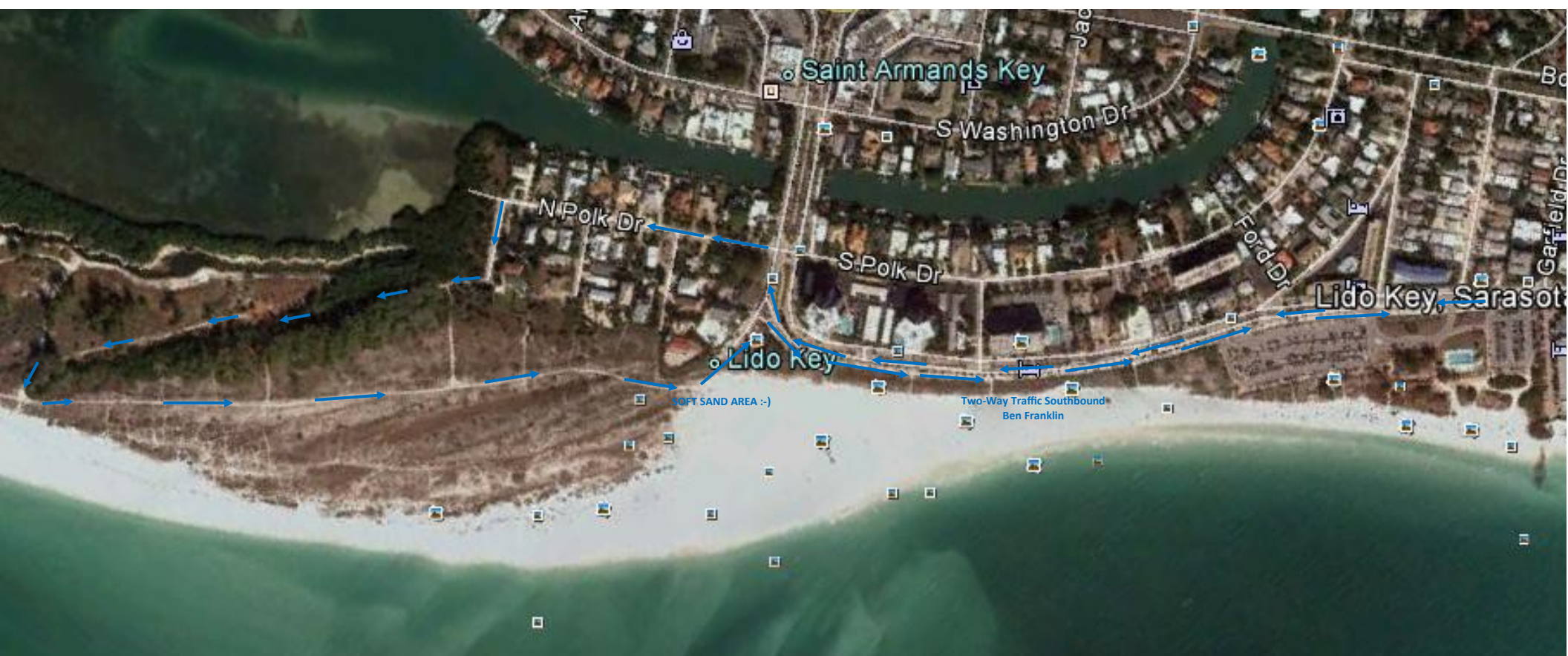
**LAP 2:** goes through the first turtle crawl, through the transition area, through totally tubular and then north up the beach and through the obstacles again, then south to Lido Beach Resort and the finish!





# BIKE COURSE NORTH OVERVIEW \* Life's A Beach Triathlon 2016

- **Route:** North along Ben Franklin Dr. Curve to right and make left (north) onto Polk Dr. Left at the end of Polk Dr. onto Emerson. Right at the end of Emerson into the beach trails. Use caution as there is a rough curb going into the beach trails. Go north on trail, little jog in trail but obvious then left into “dune” area and head south on trails. Continue south through dunes to soft sand. Go along vegetation heading south to first boardwalk (watch for non-racers) and cross the sidewalk to the road. Right on the road. Ride bike lane/parking spaces/right side all the way back ***past the Transition Area to begin their second lap*** of the bike course. At the end of the second lap they will enter the Transition Area to start the run.
- **Entrance to trails:** use caution on bumpy/rough curb



# BIKE COURSE SOUTH OVERVIEW \* Life's A Beach Triathlon 2016

- **Remember:** helmets are required on the bike section of the course.
- **Route:** right (south) out of Transition and along Ben Franklin DR to the intersection with Taft. Turn around just before the intersection (we'll have volunteers here to slow you down a bit) and head back on the right side of the same closed lane (two way bike traffic now—use caution). Continue past Transition and onto the north section of the course.
- **NOTE:** There will be two-way bike traffic in our coned off southbound lane. There is signage that says "bikers stay right" that we'll put along this section of the course.

