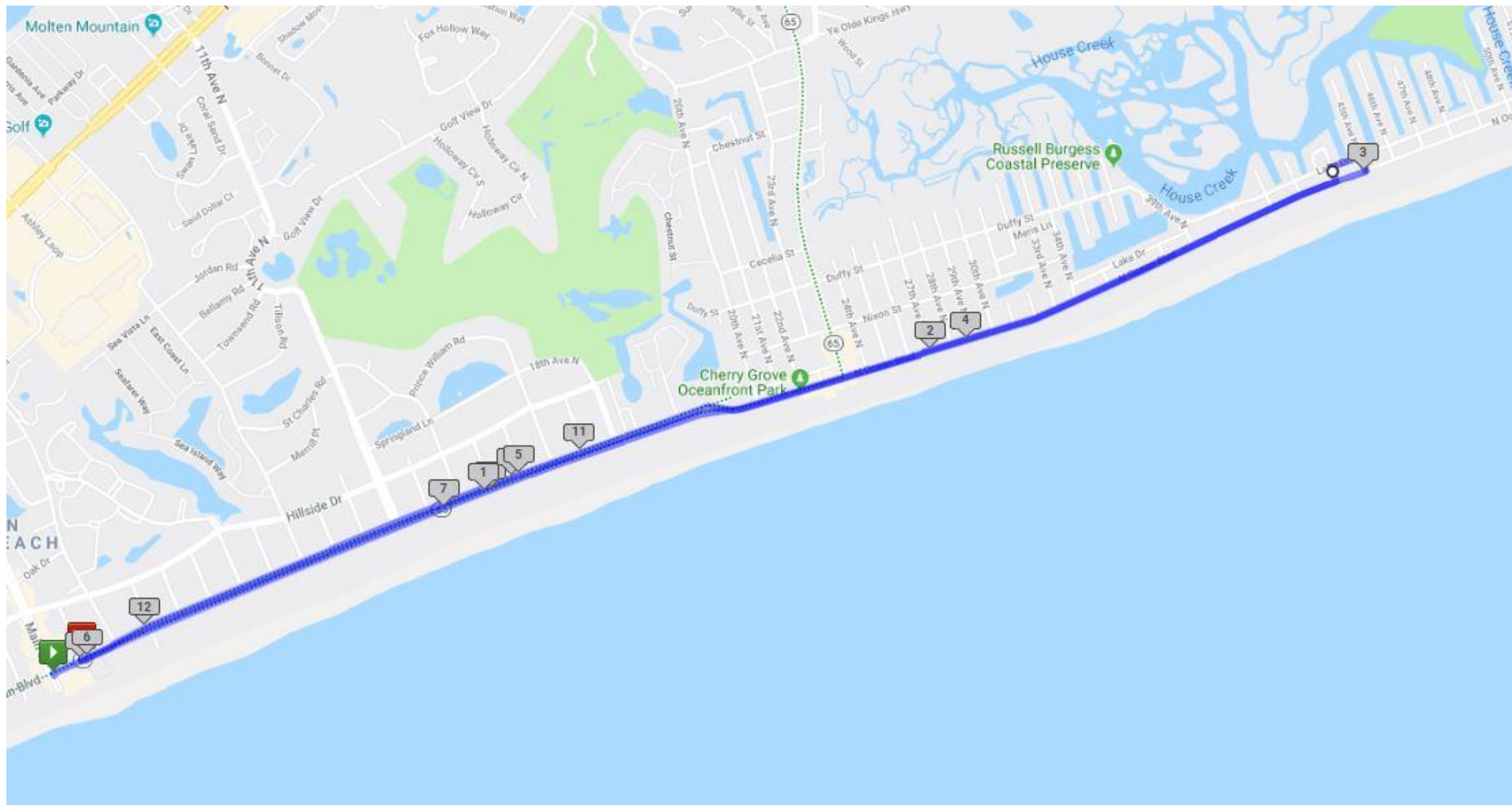


Trifecta Triathlon 2019 Swim Course: One lap, approx. 400 yards. Start at waterline 5 blocks south OR north of Main St, depending on direction of current on race morning. Swim approx. 60 yards out, turn towards Main St, swim parallel to shore to Main St, turn around buoy towards shore, and run up beach toward Main St Horseshoe.



Trifecta Triathlon 2019 Bike Course: 2 laps. Main St Horseshoe to 45th Ave N via the Blvd, left turn onto 45th, left turn onto Lake, left turn onto 44th, right turn onto N Ocean Blvd, turn around on the Blvd just north of Main St. Repeat course. Finish by turning left back into the Horseshoe.



Trifecta Triathlon 2019 Run Course: 2 laps. Start from Main St (westbound side “transition area”) headed to Hillside Dr S. Left turn onto Hillside, right turn onto Lake Lane. Follow around park, then make right turn onto 2nd Ave South. Make right turn onto Oak Dr. Then make left turn onto 1st Ave South. Left turn onto Barnwell St. Left turn onto 3rd Ave South. Begin lap 2 by making left onto Oak Dr. Repeat loop of Oak Dr/1st South/ Barnwell/3rd South. Turn towards finish with right onto Oak Lake Circle, then cross over to Lake Lane around park. Turn left onto Hillside Dr and right onto Main St EASTBOUND side for finish line.