



Swim Course

Sprint - 1 loop

.46 mi (750 m)

Olympic - 2 loops

.93 mi (1500 m)

**South
Beach Park**
Park with a
beach, walking
paths & more



VB Tri Bike

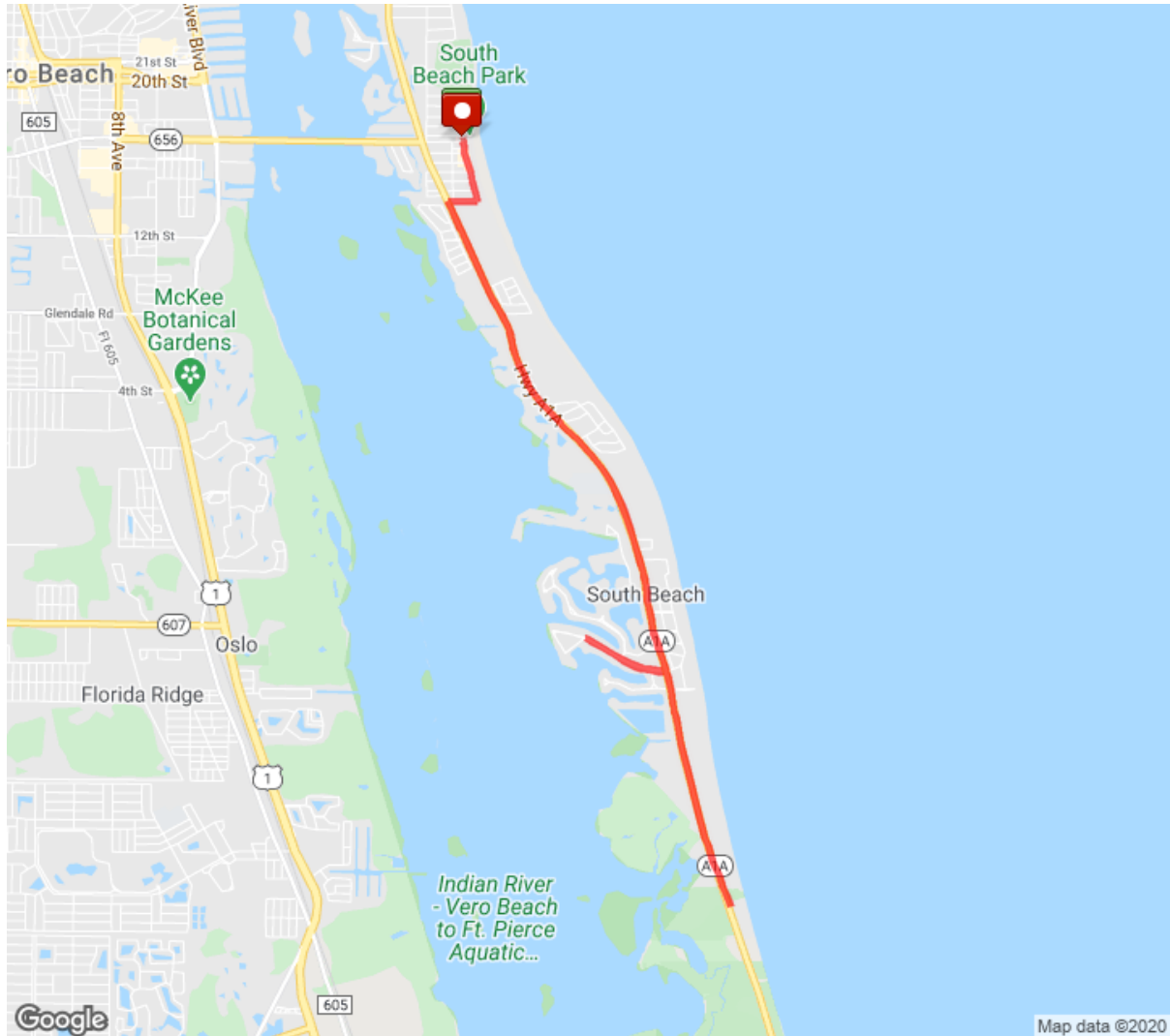
Distance: 20K (12.4 mi)

Elevation Gain: 105 ft

Elevation Max: 39 ft

Sprint = 1 loop

Olympic = 2 loops



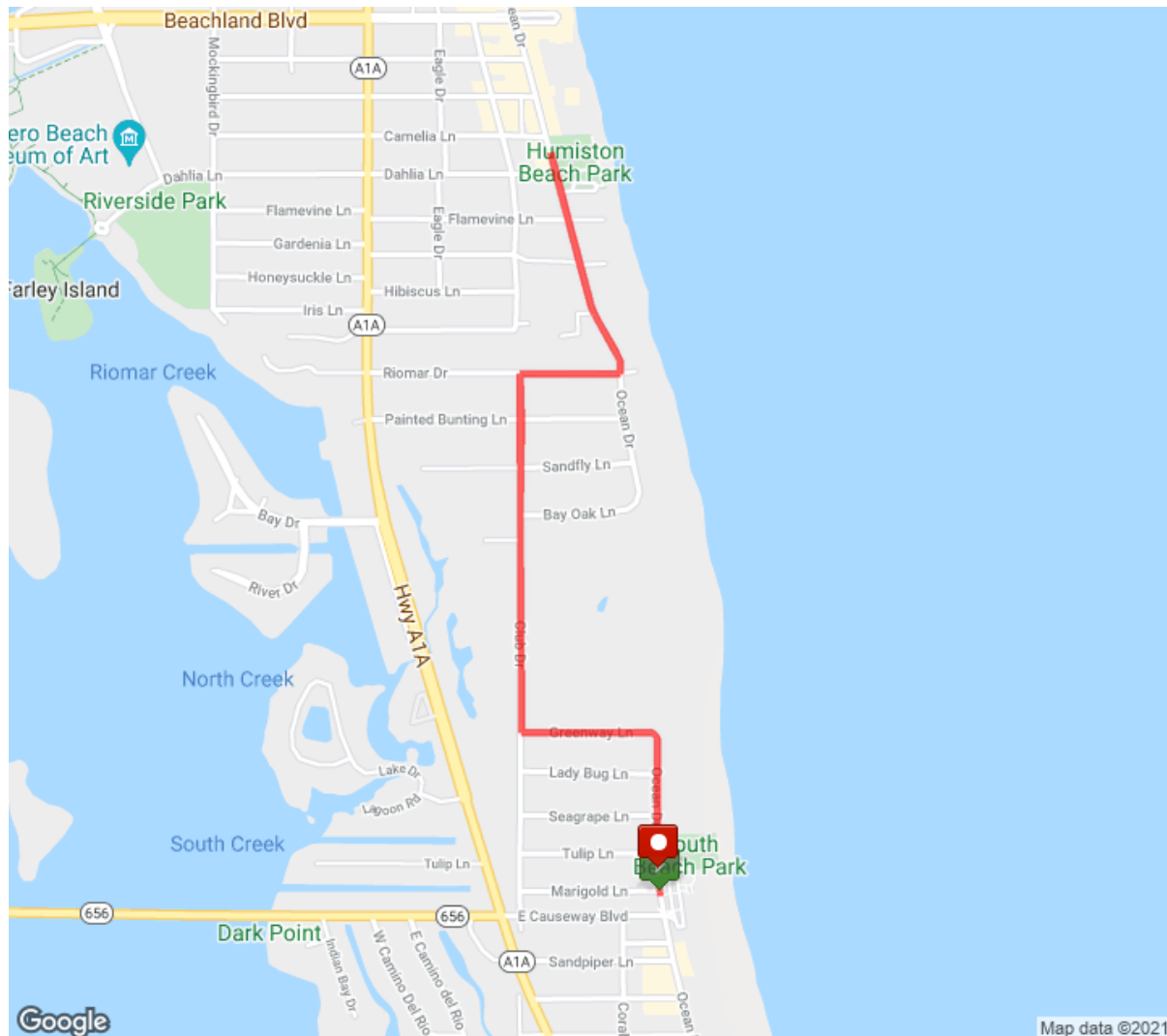
Route Directions:

- Start on Ocean Dr. near Marigold
- Head south and make a right on Seagull
- Head west and turn left (south) on A1A
- Head south on A1A
- Turn right (west) on Mooringline Dr.
- Turnaround at Bay Rd. and head back east on Mooringline Dr.
- Right (south) on A1A
- Turn around near Ocean Trail Lane just past Round Island Park
- Head north on A1A
- Turn right on Seagull
- Turn left onto Ocean Dr. to Finish

VBTRI - Run Course

5K (3.1) 1 loop

10K (6.2) 2 loops



Run Course

5K 1 loop

10K 2 loops

- Start on Ocean Dr. near Marigold
- Head north through cul de sac
- Turn left on Greenway Lane (west)
- Turn right on Club Drive (north)
- Turn right on Riomar Drive (east)
- Turn left on Ocean Drive (north)
- Turn around between Dahlia Lane and Camelia Lane

Head south on Ocean Drive

- Turn right on Riomar Drive (west)
- Turn left on Club Drive (south)
- Turn left on Greenway (east)
- Turn right on Ocean Drive (south)
- Finish at Cul de Sac