

**OCTOBER 13, 2018** 

## **ELITE**

750M SWIM - 1 LAP **18.3K BIKE - 3 LAPS** 5K RUN - 2 LAPS

**LEGEND: BIKE COURSE = RED RUN COURSE = PURPLE ISLAND DETAIL TURN AROUND ATHLETES** TRAVEL ON **ISLAND EACH LAP** BIKE COURSE USES ROAD / RUN COURSE USES PATH 

> **NATHAN BENDERSON PARK • SARASOTA, FLORIDA** (MAP NOT TO SCALE)

CATTLEMAN ROAD