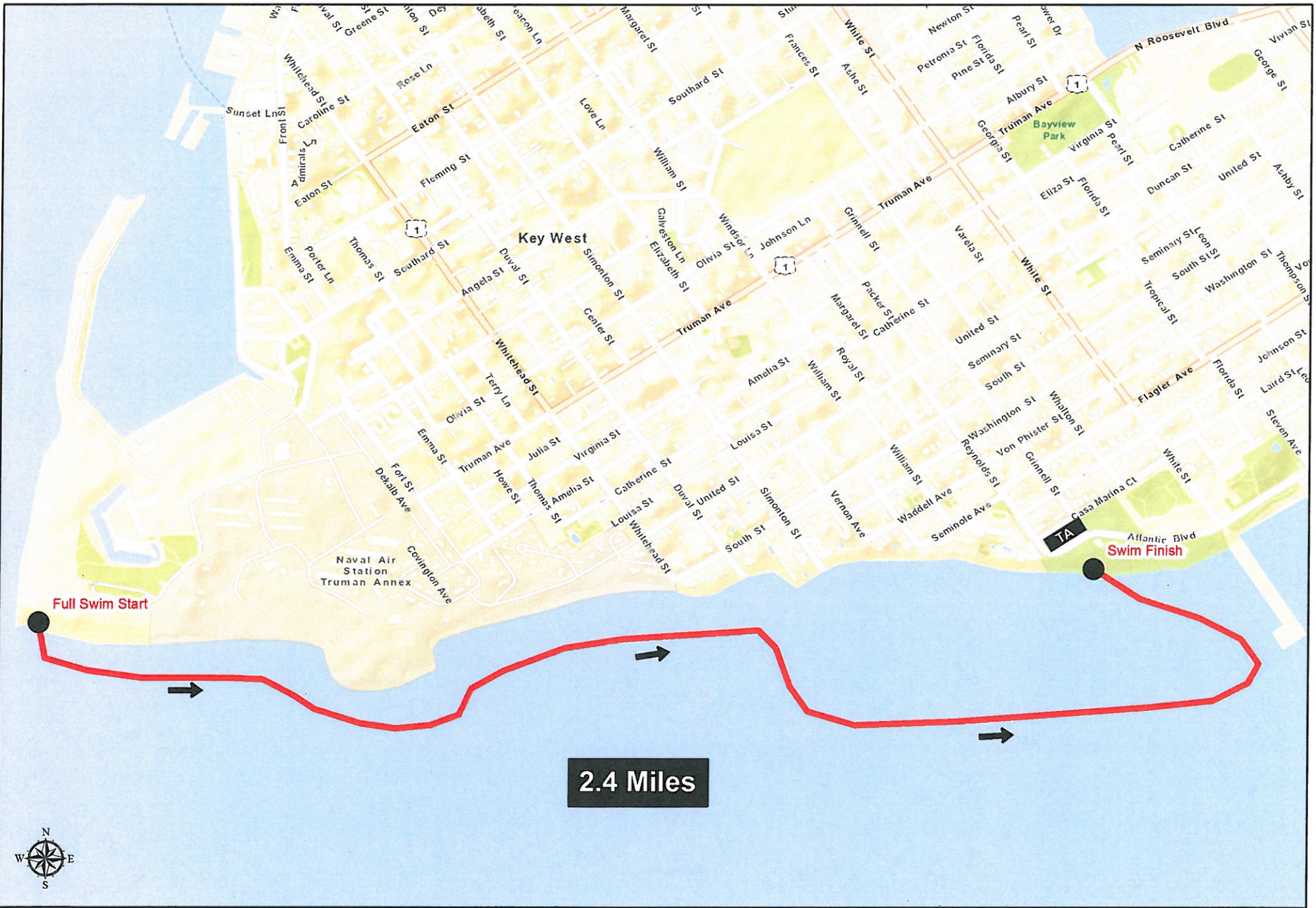


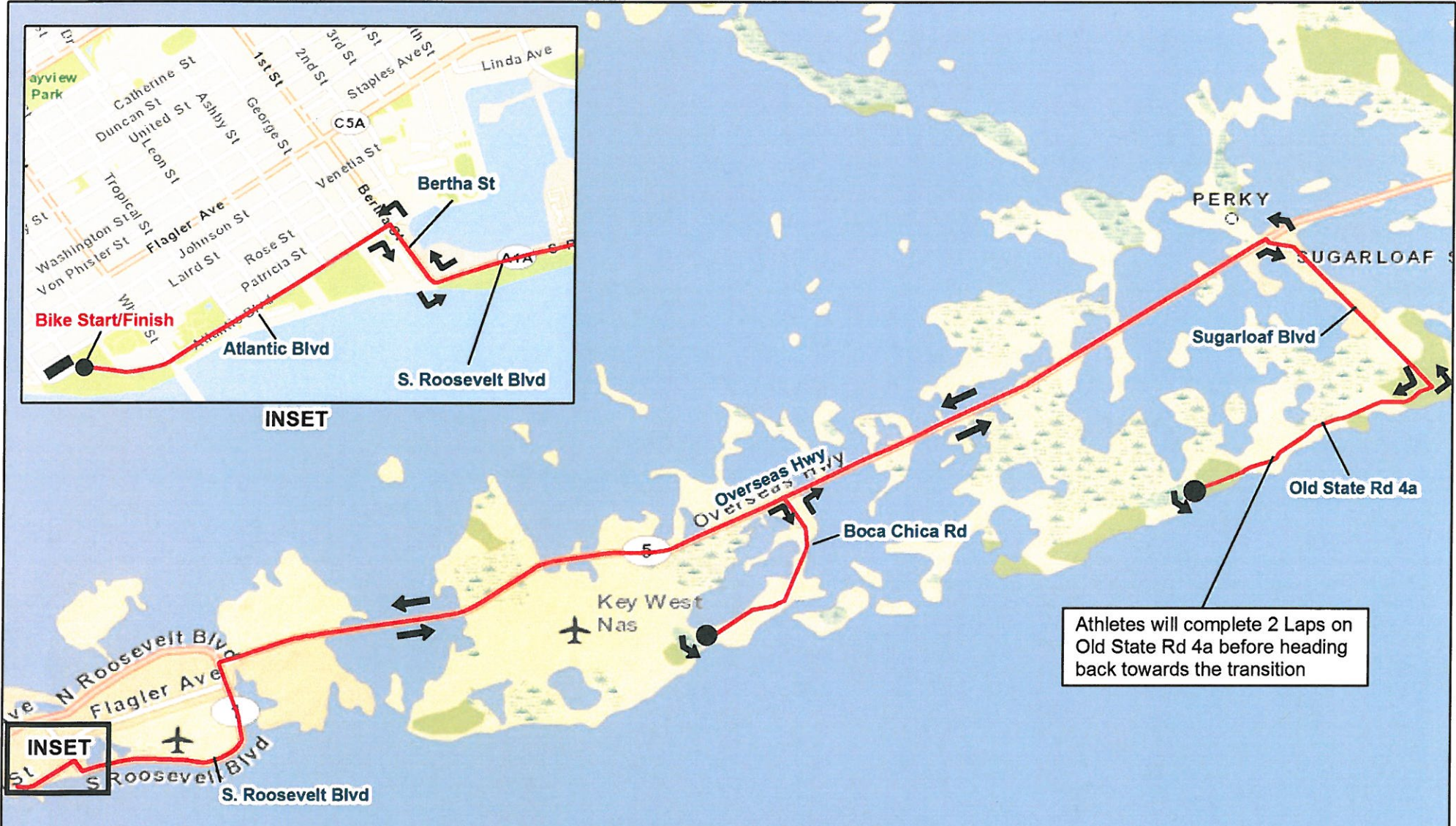
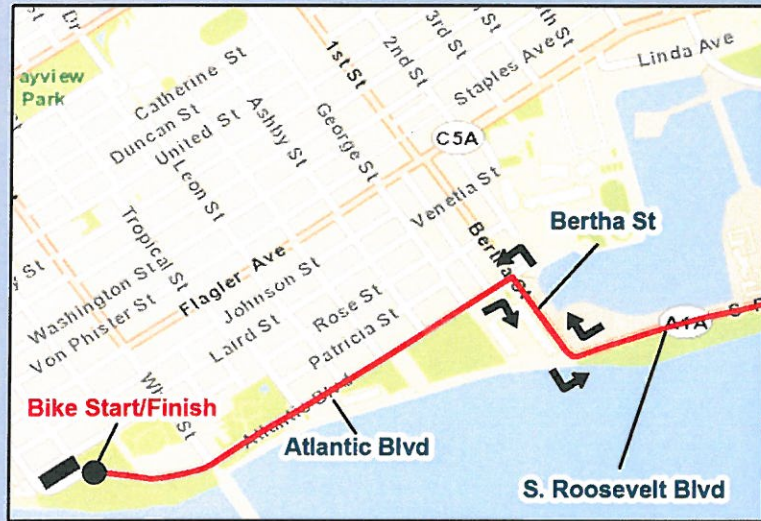


FULL IRON DISTANCE SWIM COURSE





FULL IRON DISTANCE BIKE COURSE



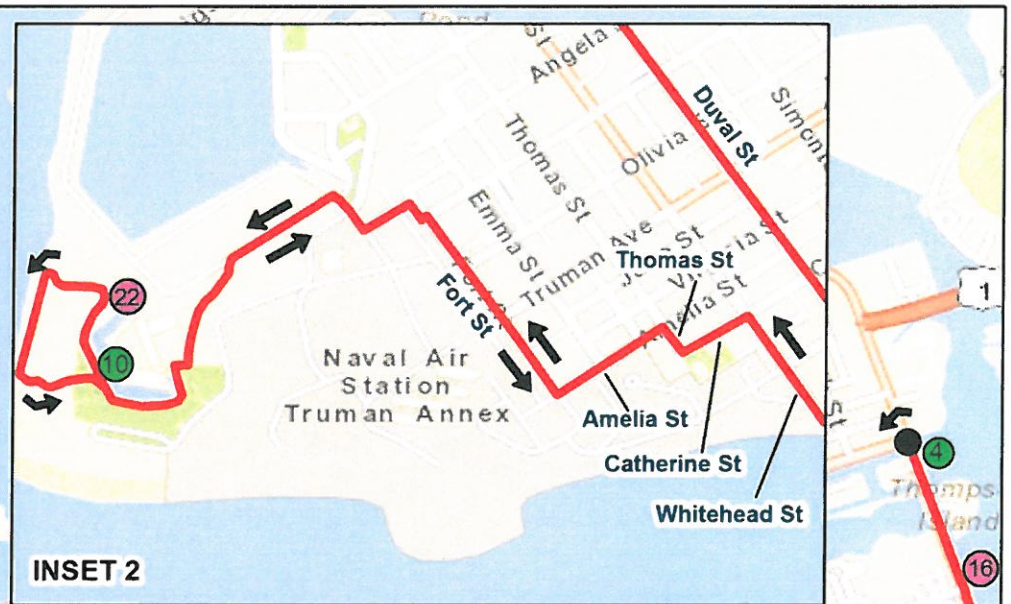
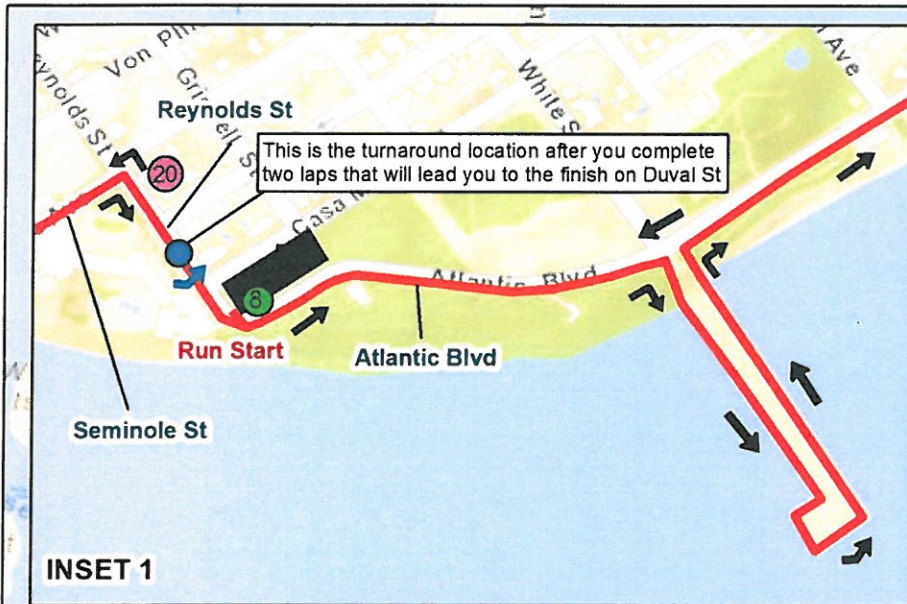
Athletes will complete 2 Laps on Old State Rd 4a before heading back towards the transition

112 Miles (2 Laps)





FULL IRON DISTANCE RUN COURSE



Athletes will begin the run by running east down Atlantic Blvd. At around Mile 4 they will turn-around and make their way back towards the transition area. Athletes will run past the Transition Area towards the Southernmost Point of the Continental United States. After looping through Fort Zachary Taylor, athletes will then make their way back to the Transition Area and begin Lap 2. The second lap is identical to the first lap. After looping through Fort Zachary Taylor for a second time, athletes will make their way back towards the Transition Area and hit a turn-around location just prior to re-entering transition. Athletes will then finish the final mile or so along Duval St.

26.2 Miles (2 Laps)

- Mile Markers on 1st Lap
- Mile Markers on 2nd Lap

