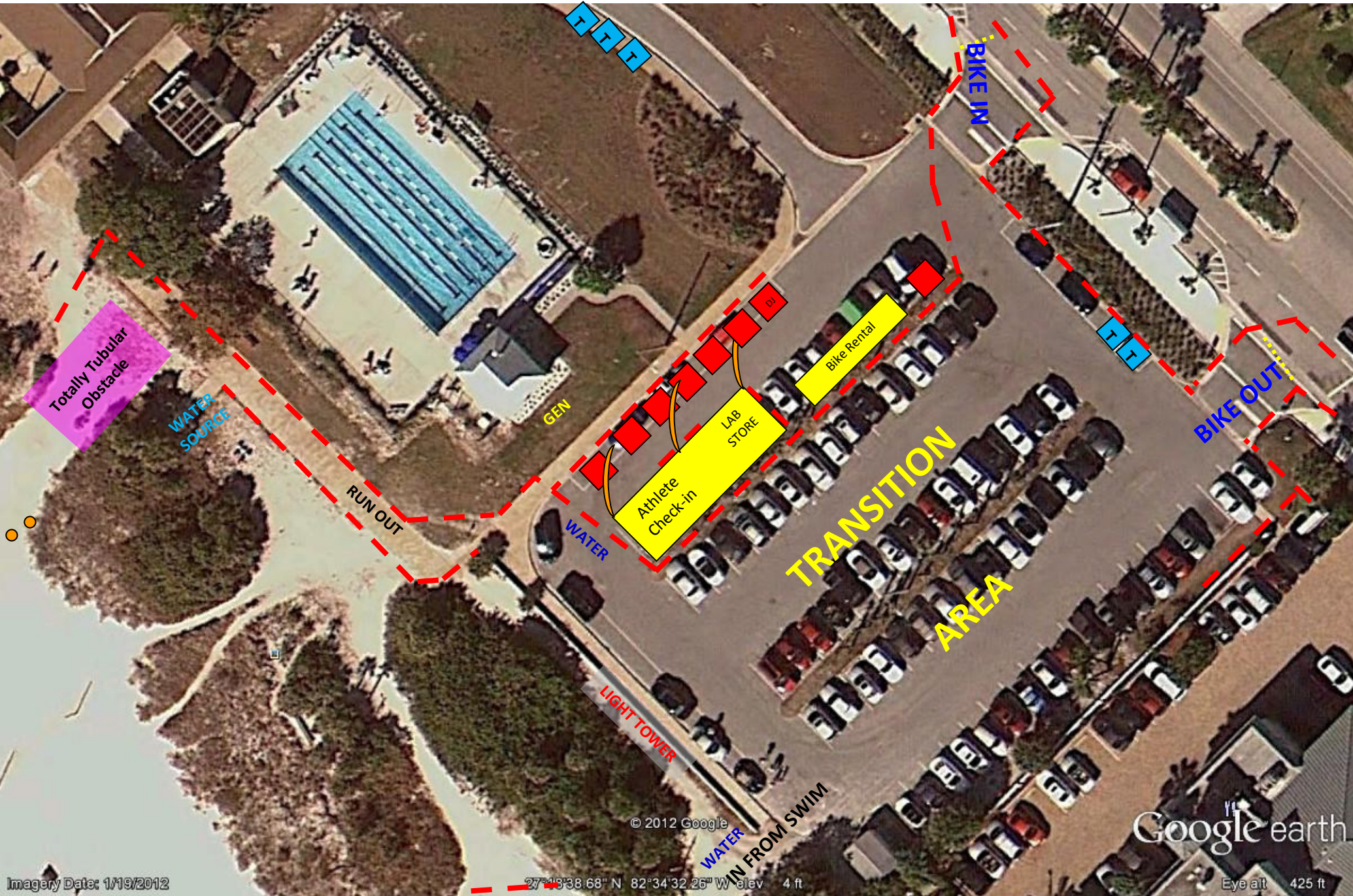


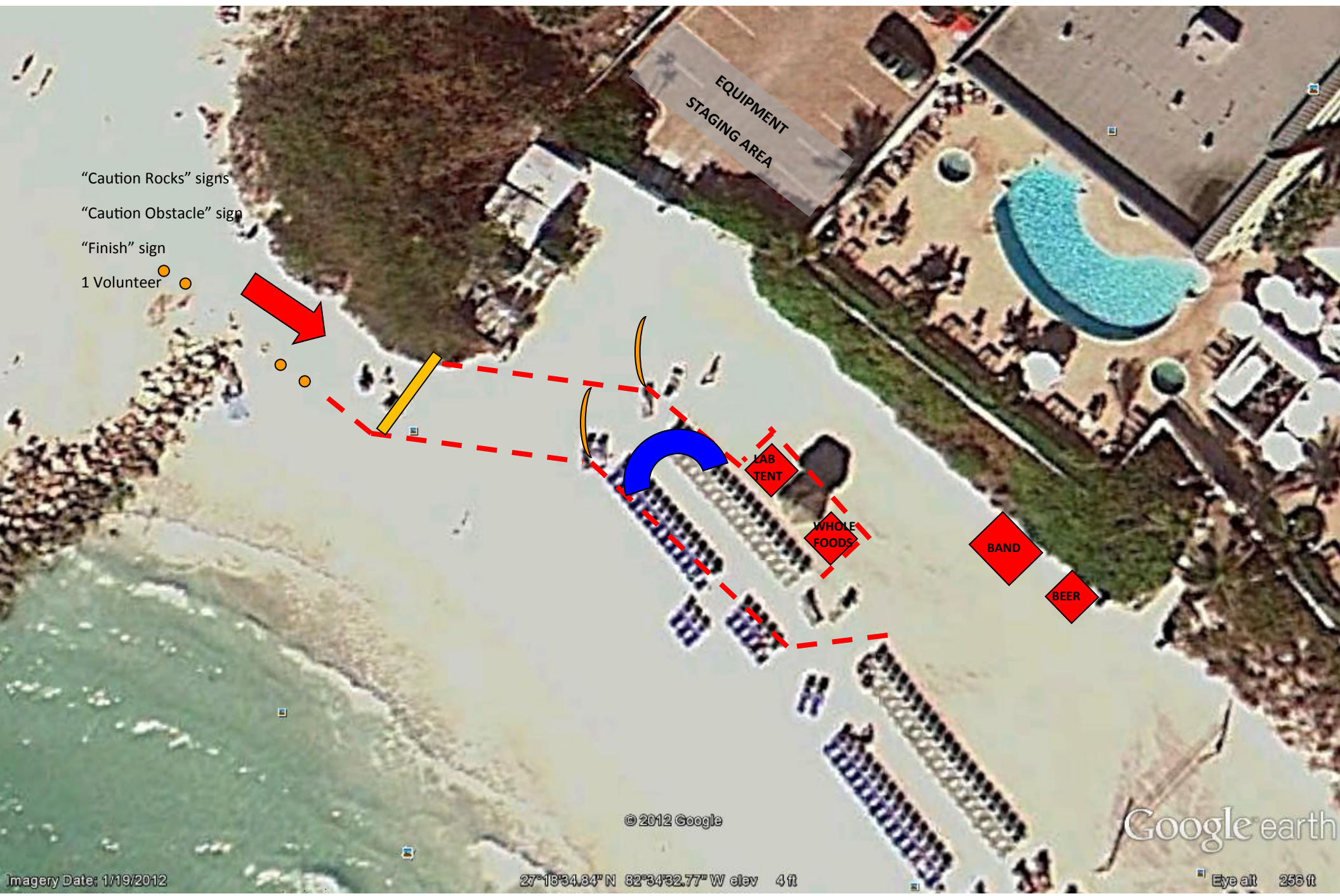
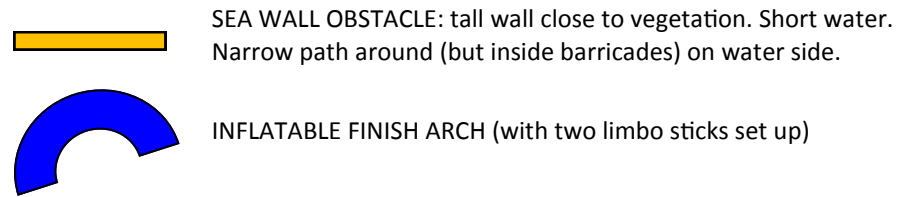
LIFE'S A BEACH TRIATHLON SARASOTA * 2013 TRANSITION AREA

- SWIM IN:** at the bottom of the photo.
- BIKE OUT:** at the right side of the photo. Mount bikes only at the mount signs (not in the transition area) and head south on Ben Franklin Blvd staying to the right side of the lane.
- BIKE IN:** at the top right of the photo. Enter only at the end of your second lap. Dismount bikes at the dismount signs before the entrance. Run/walk bikes to your spot.
- RUN OUT:** at the left of the photo by the pool. You will go through this twice as you make two laps on our run course.
- WATER STOPS:** at the SWIM IN on the left and at the RUN OUT on your right. NO water stops on the bike



FINISH LINE SET-UP

- 2 rolls branded snow fencing inside chute/barricades
- 2 multi-sponsor banners just before finish arch. Large multi-sponsor on back of stage.
- Tiki Hut=finisher's awards. LAB Tent=fruit/water. Exit chute=timing chips



- "Caution Rocks" signs
- "Caution Obstacle" sign
- "Finish" sign
- 1 Volunteer

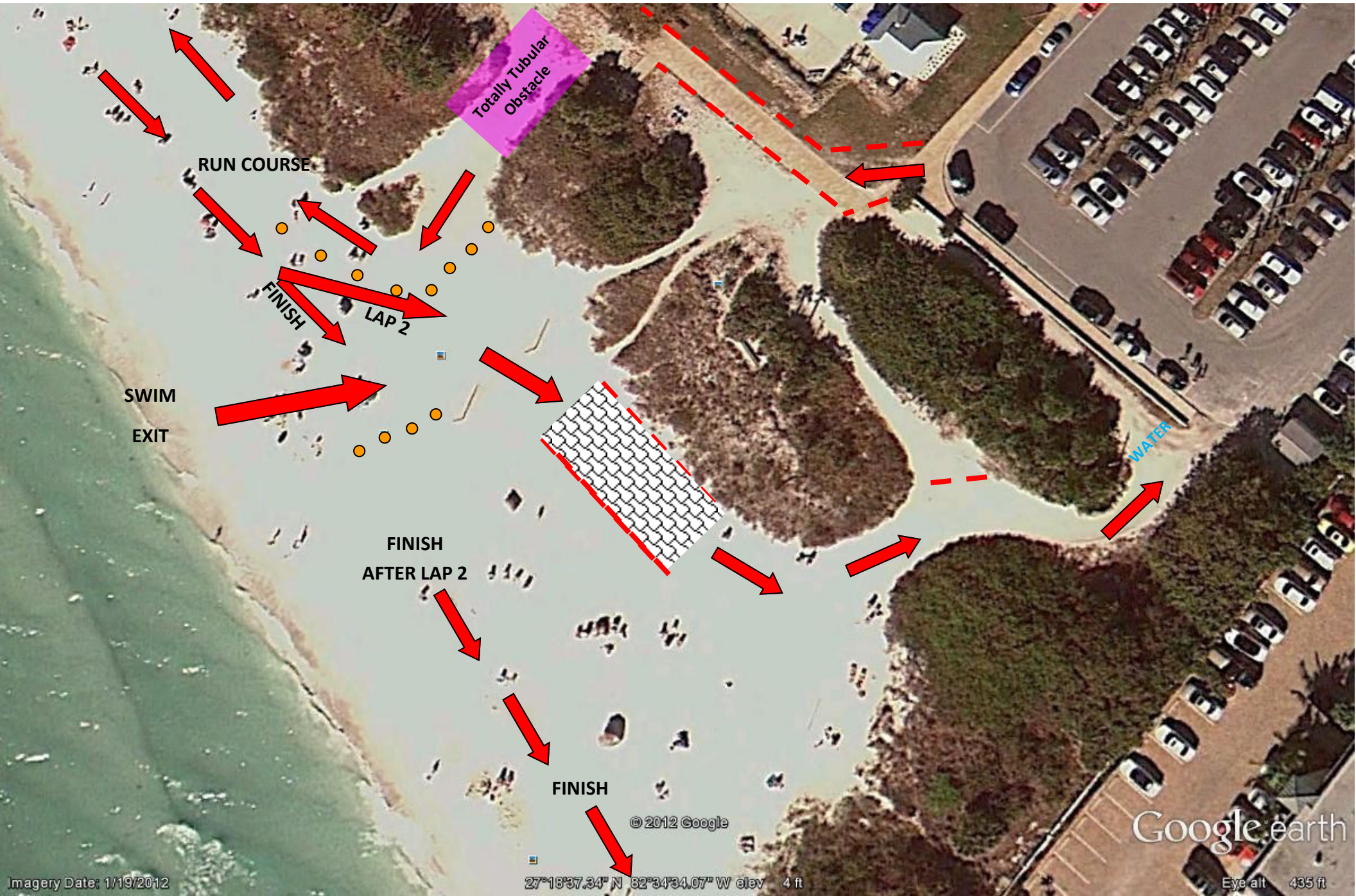
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Google earth

SWIM EXIT/RUN LAP 2 START/RUN FINISH

SWIM: Exit the water and go up the beach and under the Turtle Crawl obstacle. Then bear left and into the transition area.

RUN: at the end of your first run lap, bear left and go back under the Turtle Crawl, then bear left and go through the transition area, the run exit and the Totally Tubular obstacle again. Make another lap up the beach. When you come back at the end of Lap 2, go straight down the beach towards the rocks, the finish line chute and the Lido Beach Resort!



SWIM START/FINISH **SWIM COURSE**



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RUN COURSE

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

Turtle Crawl 2



Flamingo Fields



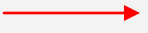
Barricades



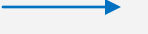
Leapin' Loungers



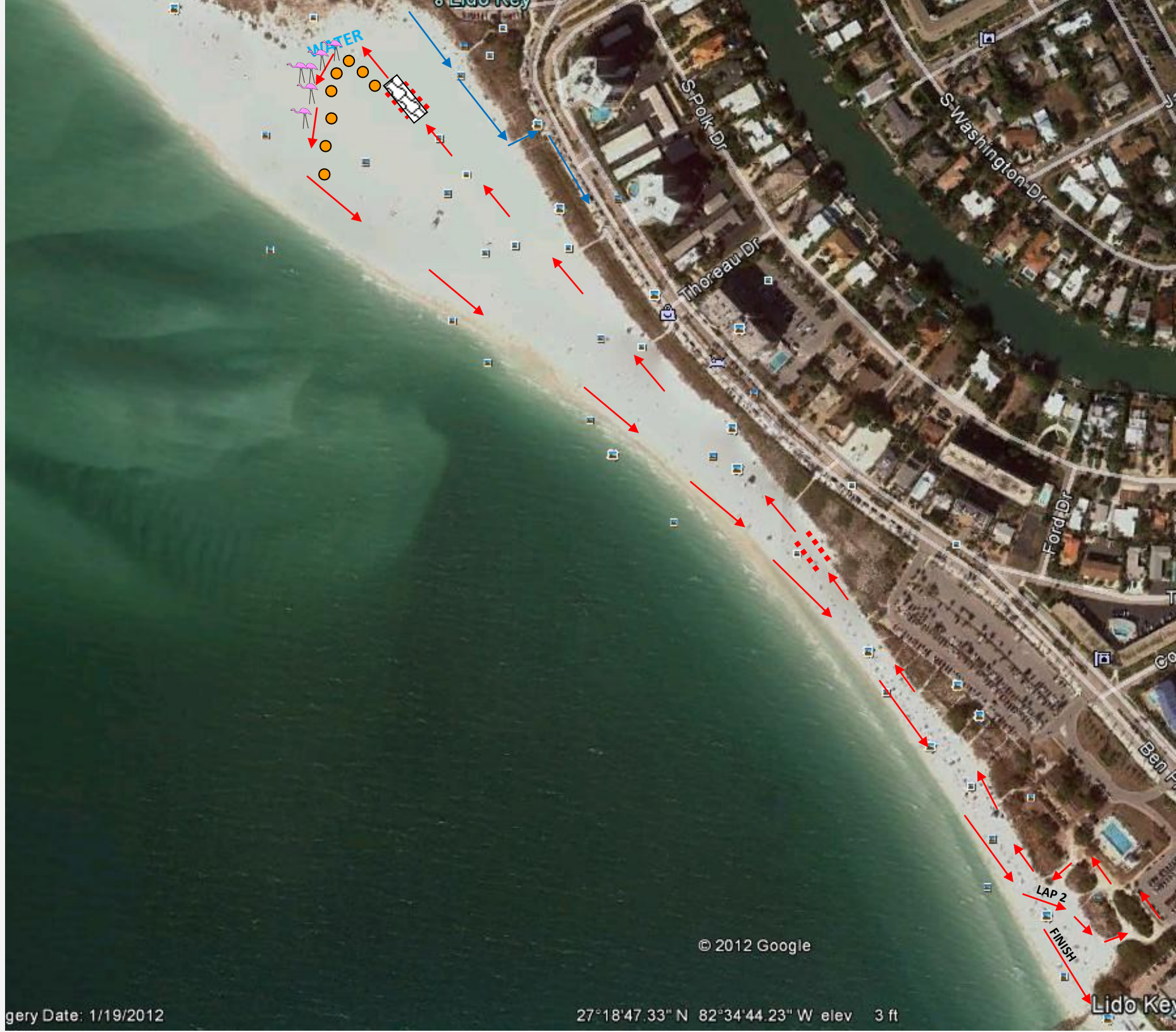
Run Direction



Bike Direction



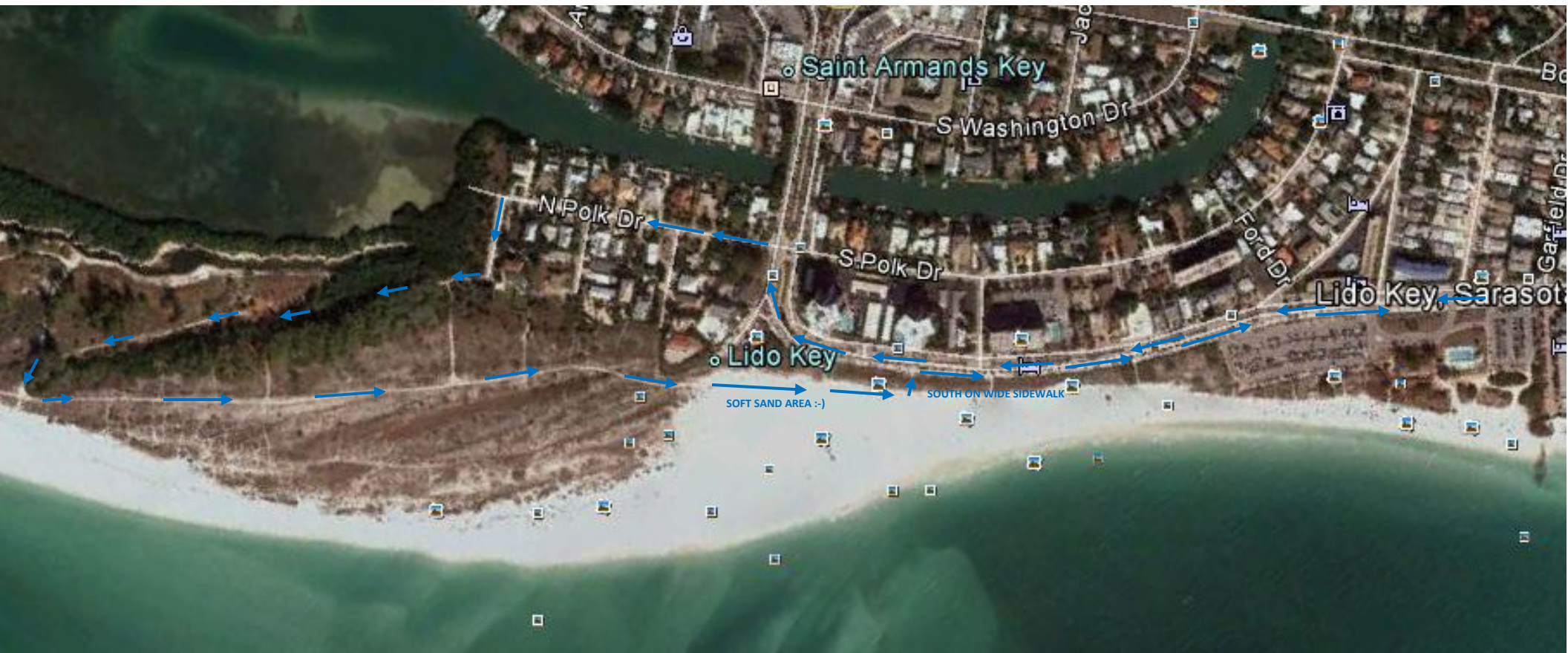
LAP 2: goes through the first turtle crawl again, through the transition area, through totally tubular and then north up the beach and through the obstacles again, then south to Lido Beach Resort and the finish!



© 2012 Google

BIKE COURSE NORTH OVERVIEW * Life's A Beach Triathlon 2013

- **THIS YEAR'S BIKE COURSE IS TWO LAPS OF THE ENTIRE COURSE. Do not dismount and re-enter transition until the end of your 2nd lap!**
- **The southbound lane of Ben Franklin Dr (closest to the beach) will be closed to traffic and parking.** Bikers will be sharing the closed lane and will be told to keep to the right.
- **Route:** North along the right side of the southbound lane of 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 on the bumpy/rough curb going into the 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 fun. Go along vegetation heading south to first sand path (left) and cross the sidewalk to the road. Use caution going down the curb. Right on the road. Ride bike lane/parking spaces along the right side of the lane all the way back past the Transition Area. Pass the transition area chute to begin the second lap of the bike course. At the end of the second lap dismount your bike and enter the Transition Area to start the run.
- At no time will you be in the northbound lane of Ben Franklin DR.
- **NOTE:** There will be two-way bike traffic in our coned off southbound lane of Ben Franklin Dr. There is signage that says "bikers stay right" to remind you to stay to the right. Please use caution in passing other bikers and with oncoming bike traffic. We are doing our best to control non-race traffic—but please be aware that cars may try to leave or enter some of the hotel/condo properties along the bike route. Please be aware and exercise caution.



BIKE COURSE SOUTH OVERVIEW * Life's A Beach Triathlon 2013

- **THIS YEAR'S BIKE COURSE IS TWO LAPS OF THE ENTIRE COURSE. Do not dismount and re-enter transition until the end of your 2nd lap!**
- **ROUTE:** Mount your bike at the "mount" signs. Turn right (south) out of Transition and along Ben Franklin DR (keep to the right side of the lane) to the entrance to Taft. Turn around (carefully) just before the intersection and head back north on the right side of the same closed lane of Ben Franklin DR. Continue past Transition and onto the north section of the course on Ben Franklin Dr.
- At no time will you be in the northbound lane of Ben Franklin DR.
- **NOTE:** There will be two-way bike traffic in our coned off southbound lane of Ben Franklin Dr. There is signage that says "bikers stay right" to remind you to stay to the right. Please use caution in passing other bikers and with oncoming bike traffic. We are doing our best to control non-race traffic—but please be aware that cars may try to leave or enter some of the hotel/condo properties along the bike route. Please be aware and exercise caution.

