



ST. ANTHONY'S
TRIATHLON

April 29–May 1, 2022
SATriathlon.com

WHERE THE
WORLD'S
BEST
COME TO
RACE



PINELLAS REALTOR
ORGANIZATION



April 2022

Dear St. Anthony's Triathlon Supporter,

Welcome to the 39th St. Anthony's Triathlon Weekend in scenic downtown St. Petersburg, FL. Whether you are a professional triathlete or racing for the first time, we're certain you will enjoy competing in our world-class event that takes you from our breathtaking waterfront through our picturesque neighborhoods.

With the race being postponed for the past two years because of the COVID-19 pandemic, we are dedicated to providing a safe experience for our athletes, volunteers and spectators. We have looked at best practices from other races so that we can find what works best and incorporate that into our race.

In addition to the Olympic-distance Triathlon, the weekend includes the Meek & Mighty Triathlon and the St. Anthony's Sprint Distance Triathlon. As we did in 2019, we are holding all events in Vinoy Park. Participants and spectators will enjoy the St. Anthony's Triathlon Sports & Fitness Expo, which begins April 29, and is a showcase of the latest equipment for endurance athletes, weekend warriors and novices.

Athletes from around the world and around the corner flock to the St. Anthony's Olympic-distance Triathlon, which has a reputation throughout the triathlon community as an essential race for any triathlon resume. The Triathlon has been honored to be a part of *Complete Tri's* countdown of its top **10 Great Destination Triathlons** in the United States. *Triathlon Magazine Canada* placed it on the **5 Bucket-List Olympic Distance Triathlons in North America**.

We are excited to have back 2019 Men's Champion Ben Kanute. As in years past, the St. Anthony's Triathlon will feature a large and talented pro field with past St. Anthony's participants, Olympians, Ironman competitors and world champions vying for a portion of the \$53,000 prize purse.

More than 2,000 individual athletes and nearly 150 relay teams are expected to compete in all races this year, which demonstrates the tremendous popularity of the Triathlon which began in 1984. The first St. Anthony's Triathlon started with just 600 competitors. In 2019, athletes from more than 40 states, the District of Columbia and 10 countries competed in the Triathlon.

Just as the Triathlon has grown, St. Anthony's Hospital has grown to serve our patients and their families since 1931. Our extraordinary team works diligently to provide extraordinary care each day to the community we serve. St. Anthony's began celebrating its 90th year in St. Petersburg on Nov. 1, 2021. In May, the hospital will open a 90-bed all private-room patient tower. Our "90 beds for 90 years" is proof of our continued commitment to improving the health of our community.

St. Anthony's is honored to be a part of this fast-paced weekend of athletic events that offers an exciting, competitive and interactive experience for the entire family. Thank you for making the St. Anthony's Triathlon a part of your competition schedule.

Yours in good health,



Scott Smith
President
St. Anthony's Hospital



Cathy Swanson
Chairwoman of the Board
St. Anthony's Hospital

Event Schedule

Thursday, April 28	
6pm	Open Water Swim Clinic <i>Presented by Stingray and Open Water Swim Coach Leo Briceno (Swim Start)</i>

Friday, April 29	VINOY PARK
12-6pm	Athlete Check-in
12-6pm	Sports & Fitness Expo
3pm	Meek & Mighty Youth Specific Triathlon Clinic <i>Presented by USAT Level 3 Elite Coach Jennifer Hutchison</i>
4:30pm	Beginner Triathlon Clinic <i>Presented by USAT Level 3 Elite Coach Jennifer Hutchison</i>
5pm	Open Water Swim Clinic <i>Presented by Stingray and Open Water Swim Coach Leo Briceno (Swim Start)</i>

Saturday, April 30	MEEK & MIGHTY (NORTH SHORE POOL)
6:30am	Athlete Check-in
6:30am	Transition Area Open and Body Marking
7:30am	Start (Adults 16+)
8:15am*	Start (Youth ages 11-15)
9am*	Start (Youth ages 7-10)
10am	Awards Party (Vinoy Park)
<i>*Time Trial Start so start times may be sooner than listed</i>	

Saturday, April 30	ST. ANTHONY'S TRIATHLON (VINOY PARK)
9am-6pm	Sports & Fitness Expo
12-5pm	Athlete Check-in
12-5pm	Mandatory Bike Check-in (Vinoy Park)
12pm	Open Water Swim Clinic <i>Presented by Stingray and Open Water Swim Coach Leo Briceno (Swim Start)</i>
1pm	Mandatory Pro Meeting (Vinoy Park – VIP Tent)
3pm	Novice/Beginner Clinic: “TIPS FOR A FAST AND FABULOUS RACE DAY” <i>Hosted by Jennifer Hutchison, USA Triathlon Level 3 Coach and Guest Coaches</i>
4pm	Athlete Briefing (Awards Stage) <i>Presented by Dave Ragsdale</i>

Sunday, May 1	ST. ANTHONY'S TRIATHLON
4:45-6:45am	Transition Area Open and Body Marking
6:50am	Race start (1201 North Shore Dr NE, St. Petersburg, FL 33701)
7am-3pm	Sports & Fitness Expo
8:35am	Approximate Sprint Start
8:40am	First Finisher Expected
9:30am	Post-Race Party Begins
11:30am	Professional/Open Age Group Awards Presentation
12pm	Age Group Awards Presentation
1:15pm	Race course closes



2022 SPORTS & FITNESS EXPO

VINOY PARK - ST. PETERSBURG, FLORIDA



BOOTH ASSIGNMENTS

- 1 Merchandise
- 2 Normatec
- 3 Onnor Sport
- 4 Swim Zone
- 5 Fitlife Foods
- 6 Clash

- 7 Boston Bill Sunglasses
- 8 BayCarePlus
- 9 Stingray
- 10 St. Pete Running Co
- 11 The Bikery
- 12 Waterfall Bank

- 13 Heartland Triathlon
- 14 SolRx Global
- 15 Polar
- 16 St. A's Faith Community Nursing
- 17 Urban Tri Gear
- 18 Massage
- 19 Yuengling Flight Beer



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Athlete Check In

WHEN:

- Friday, April 29 from 12-6pm
- Saturday, April 30 from 12-5pm

There will be no athlete check in on race day, Sunday, May 1. If you do not check in during Athlete Check In, you will not be able to race. All packets must be picked up by 6pm on Saturday, April 30.

Only Meek & Mighty athletes will be able to check in on Saturday April 30 from 6:30-7:15am.

WHERE:

Vinoy Park

701 Bayshore Dr. NE

St. Petersburg, FL 33701

WHAT TO BRING:

- Photo ID
- USAT license

WHAT WILL BE IN YOUR RACE PACKET:

- Athlete wristband – must be worn all weekend
- Race Day Tattoos
- Bike and Helmet Stickers
- Race bib – must be worn on the run

ATHLETE WRISTBAND:

A wristband printed with your race number will be affixed to your wrist at Athlete Check-in. This band will identify you as an official participant and must be worn during the entire event. The wristband is required for medical identification purposes and allows you access to the transition area and post-race food and beverages. You will not be allowed to remove your bicycle and gear from the transition area following the race without your wristband affixed to your wrist.

BIKE STICKERS:

The following stickers will be in your athlete packet:

- Adhesive bicycle frame number must be attached to your bike with the race number clearly visible from both sides of the bike. Do not affix the number to your bike frame until after you're prepared to enter transition on Saturday. Lost bike numbers cannot be replaced.
- Small adhesive helmet number must be worn on the front of your bike helmet.
- Run number must be displayed during the run segment on the front of your body. Pin your run number to your shirt, swimsuit or race belt with the four safety pins provided in your race packet.

Pre-Race Information

USA TRIATHLON:

St. Anthony's Triathlon is sanctioned by USA Triathlon. You must be a current USAT member to participate or you may purchase a one-day license (required to complete the online registration process). All USAT rules will be in effect during the event. Protests of penalties assessed for rules infractions must be filed with the USAT Head Official within 60 minutes after the protesting individual finishes the race.

OPEN WATER SWIM CLINICS:

Coach Leo Briceno will be hosting open water clinics on Thursday, April 28 at 6pm, Friday, April 29 at 5pm and Saturday, April 30 at 12pm. Please meet Coach Leo by the volleyball courts and everyone will walk down to the swim start together.

MANDATORY BIKE CHECK IN:

There will be a mandatory bike check in on Saturday, April 30 at Vinoy Park from 12-5pm.

Athletes must be wearing their athlete wristband and have their bike stickers on the stem and the frame. All bicycles must be checked in on Saturday and left overnight. Bicycles will not be allowed to be checked in to transition on race morning. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from unpleasant weather. Full bicycle covers are forbidden due to safety hazards to athletes and the volunteers. If bicycle covers are left on bikes over night, they will be taken off and left in transition once athletes have checked in their bikes. Transition will open from 4:45-6:45am on Sunday and athletes will have access to their bicycles.

You may have another competitor check in your bike once they have gotten their participant wristband. The bike must be checked in by 5pm on Saturday. Your athlete packet must be picked up and the bike number affixed before someone else can check it in.

BODY MARKING:

You will be given Race Day tattoos in your athlete packet to put on at home. Body marking will also take place from 4:45-6:45am on Sunday at both entrances to the transition area. You will not be permitted in the transition area on race day without your wristband and your body being marked. Do not apply body lotion or sunscreen until after you've been marked. Be sure that the volunteer who marks you does so using the race number printed on your wristband.

TRANSITION AREA ACCESS:

The transition area will be open on race day from 4:45-6:45am only. The transition area closes for all athletes at 6:45am. Any athletes, including **Sprint and Relay team members**, arriving after those respective times won't have access to the transition area. Only athletes wearing their wristband and body marking will be allowed access during that time. You won't be allowed access to the transition area to reclaim your bicycle and gear until after the last athlete has started the run (approximately 12pm).

TIMING CHIPS:

You're required to pick up your timing chip during packet pick up. If you lose your chip, additional chips will be available on Sunday morning at the swim start. **Don't lose your chip.** Each chip is encoded with your specific registration data, so don't trade your chip with another athlete. The chip must be affixed to either ankle prior to the swim start and must be worn during the entire event. Athletes are responsible for crossing the timing mats at the beginning and end of each segment (swim start through run finish).

SWIM START:

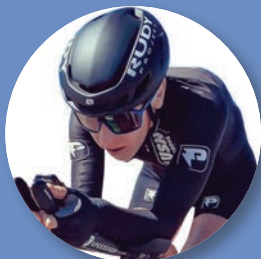
The swim starts at North Shore Beach, approximately 0.4 miles north of the transition area. Participants should proceed to North Shore Beach for the start no later than 6:15am. St. Anthony's Triathlon will have a "Rolling Start". Athletes will self-seed based on individual abilities according to your expected finish time.



Andre Lopes
@andrelopes.v



Mirinda Carfrae
@mirindacarfrae

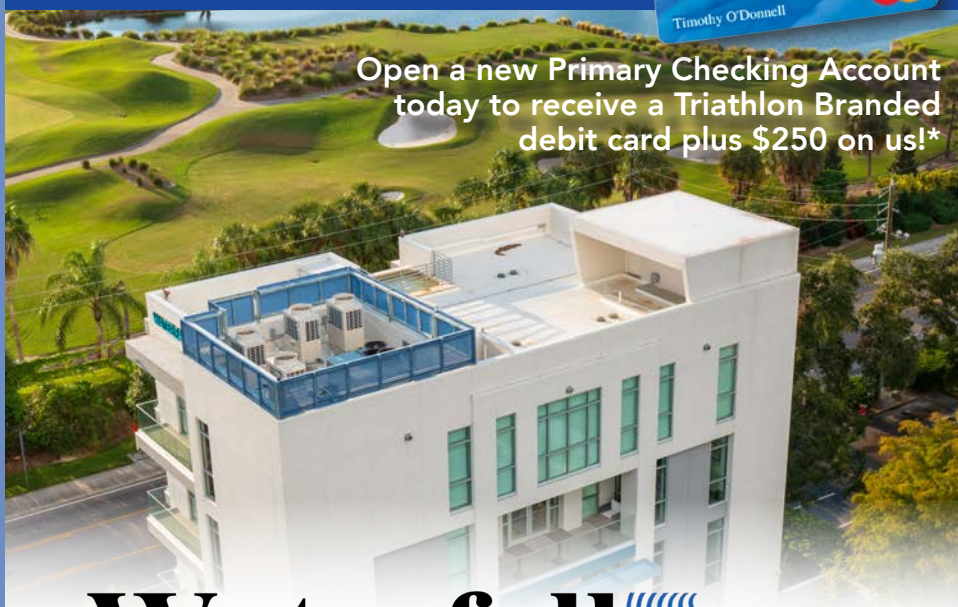


Heather Jackson
@hjacksonracing

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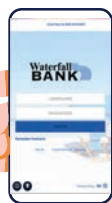


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*Bonus/Account Information: Offer not available to existing Waterfall Bank checking customers, or those whose accounts have been closed within 90 days or closed with a negative balance within the last 3 years. You can receive only one new checking account opening-related bonus every two years from the last coupon enrollment date and only one bonus per account. Coupon is good for one-time use. To receive the bonus: 1) Open a new Waterfall Bank Primary Checking account, which is subject to approval; AND 2) Have your direct deposit made to this account within 60 days of coupon enrollment. Your direct deposit needs to be an electronic deposit of your paycheck, pension, or government benefits (such as Social Security) from your employer or the government. Person to Person payments (such as Zelle®) is not considered a direct deposit. After you have completed all the above requirements, we'll deposit the bonus in your new account within 15 days. To receive this bonus, the enrolled account must not be closed or restricted at the time of payout. Eligibility may be limited based on account ownership. Bonus is considered interest and will be reported on IRS Form 1099-INT (or Form 1042-S, if applicable).

SPECIAL NEEDS TABLE:

There will be a table set up at the swim finish for the collection of your eyeglasses, medications or other special needs items. Be sure to clearly mark all items left on the special needs table with your name and race number. St. Anthony's staff and volunteers are not responsible for anything left on the table after the event.

TRANSITION AREA CONDUCT:

For safety reasons, you won't be permitted to ride your bike in or out of the transition area. You must walk or run while on the grass in the transition area. Please watch out for other athletes as you move through the transition area and follow the instructions of race officials and volunteers.

SWIM COURSE:

Each athlete will have 65 minutes to complete the Olympic Distance Swim and 35 minutes to complete the Sprint Distance Swim. Note that the swim takes place in open water and conditions can vary from calm to rough. You should be prepared and able to independently complete the distance in the allotted time, as you won't be allowed to continue the race if you do not make the cut off. Athletes cutting any portion of the swim course will be disqualified.

BIKE COURSE:

Each athlete is required to wear an approved helmet during the bike segment. You must have your helmet securely fastened on your head before you mount and dismount your bike. Drafting and blocking (impeding the progress of passing cyclists) is not permitted during the race. USAT officials will monitor the bike course and strictly enforce these rules. Athletes will have two (2) hours to complete the Olympic Distance bike course and one (1) hour to complete the Sprint Distance bike course.

BIKE BOTTLE EXCHANGE:

One water bottle exchange station will be located midway through the bike course just past the golf course. Please discard all empty bike bottles and sports nutrition wrappers at this station. This will make our clean-up efforts much easier. Discarded bottles or gear won't be returned after the race.

RUN COURSE:

Water stations are located at the run start and at every mile on the run course. Each station will be stocked with water and Gatorade. Gatorade Energy Chews will be provided at Mile 1.5 and Mile 4.5. You must complete the entire course and circle the traffic cones at the run turnaround. A timing mat will be placed at the turnaround to ensure each athlete completes the entire run course.

FINISH:

The run course officially closes at 1:15pm. All participants still on the course at this time will be asked to move to the sidewalk. The finish clock will remain on and times recorded until 1:30pm. Participants continuing on their own will assume all risks and must adhere to local traffic laws. Official individual finishers will receive a finisher's medal.

DROPPING OUT:

Please notify a race official and return your timing chip at the finish line if you drop out of the race.

UNSPORTSMANLIKE CONDUCT:

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during event weekend will result in your immediate disqualification.

TIMING AND RESULTS:

Official race results will be available prior to the awards presentation. Report any discrepancy to a race official prior to the start of the awards presentation. Athletes who don't wear the timing chip during the entire event will not be scored.

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MEDICAL CARE:

St. Anthony's Hospital will provide comprehensive medical care for all participants during the event. The biggest risk to athletes during the race is the potential of heat-related injuries associated with inadequate hydration prior to and during the event. Be sure to drink plenty of fluids throughout race weekend.

COURSE SAFETY:

Because St. Anthony's Triathlon is conducted within an urban environment, it's virtually impossible to keep the entire course closed to vehicular traffic. Be aware of your surroundings, obey the instructions of the traffic control officers and volunteers and be considerate of others during the competition.

AWARDS PARTY:

Be sure to stay for live music, great food and cold beer. The awards presentation will begin at approximately 12pm for the Professionals and Open Age Group. The general awards ceremony will follow.

Sprint and Olympic Triathlon Relay

Check In:

Relays consist of two or three athletes. All team members don't have to be present at the same time to check in. However, all members must check in individually for their assigned leg/segment during packet pick-up on Friday (12-6pm) or Saturday (12-5pm). Packets will not be available and no check in is allowed on race day. Relay members will check in under their individual name and pick up their individual packet. A photo ID is required. Any substitutions will be required to pay the \$30 change fee, must be accompanied by another team member or team captain, and show USAT membership or one-day status.

Timing Chip:

A relay timing chip will be assigned to the swimmer at the athlete check in. The relay chip fastens with Velcro and can be removed and exchanged. Relay team members must pass the chip to their teammate after completing their segment of the race.

Transition Access:

To reduce congestion, only the relay team cyclist will have access to the transition area. Relay teams must pass the timing chip to their teammates in the holding areas just outside the transition area following each segment. The relay team cyclist may secure all personal items belonging to the swimmer and runner at the relay team's bike rack.

Meek & Mighty Triathlon

Adults (16+) - 7:30am

Swim 200 yds – Bike 5.4 Mi – Run 1 Mi

Kids (Ages 7-10) - 8:50am

Swim 100 yds – Bike 3.6 Mi – Run 0.5 Mi

Kids (Ages 11-15) - 8:10am

Swim 200 yds – Bike 5.4 Mi – Run 1 Mi

Time Trial Pool Start:

Athletes will be seeded into waves. **The first wave will consist of adults 16+, the second wave will be ages 11-15 and the last wave will be ages 7-10.** The first wave will begin at 7:30am and athletes will line up in numerical order, starting with the lowest number to the highest in each respective wave. There will be many staff and volunteers present to assist with lining up the athletes in preparation for their start. A timing mat will be near the pool at the start location. Athletes start one at a time. As they cross the timing mat, their time will begin. **Each athlete will be individually timed using the timing chip that was picked up during registration.** When all athletes from Wave 1 have exited the water, we will wait an additional five to 10 minutes to start Wave 2. We'll follow the same procedure for Wave 3. The approximate start time for Wave 2 will be 8:10am and the approximate start time for Wave 3 will be 8:50am.

Bike Check In:

All athletes will be required to check their bike into transition by 7:20am on race morning at the North Shore Pool parking lot. Bikes can't be removed until the last cyclist from Wave 3 has exited transition. This should be shortly after 10am. Event specific details will be sent out to all participants in early April.

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ST. ANTHONY'S MEEK & MIGHTY



TRIATHLON

DISTANCES/ORDER OF EVENTS

AGES	 Pool Swim	 Bike	 Run
7-10	100 yards	3.6 miles	1/2 mile
11-15	200 yards	5.4 miles	1 mile
16+	200 yards	5.4 miles	1 mile



ST. ANTHONY'S
TRIATHLON

ST. PETERSBURG, FLORIDA

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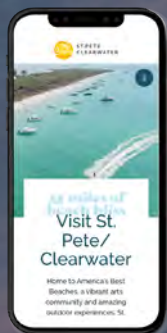




ST.PETE
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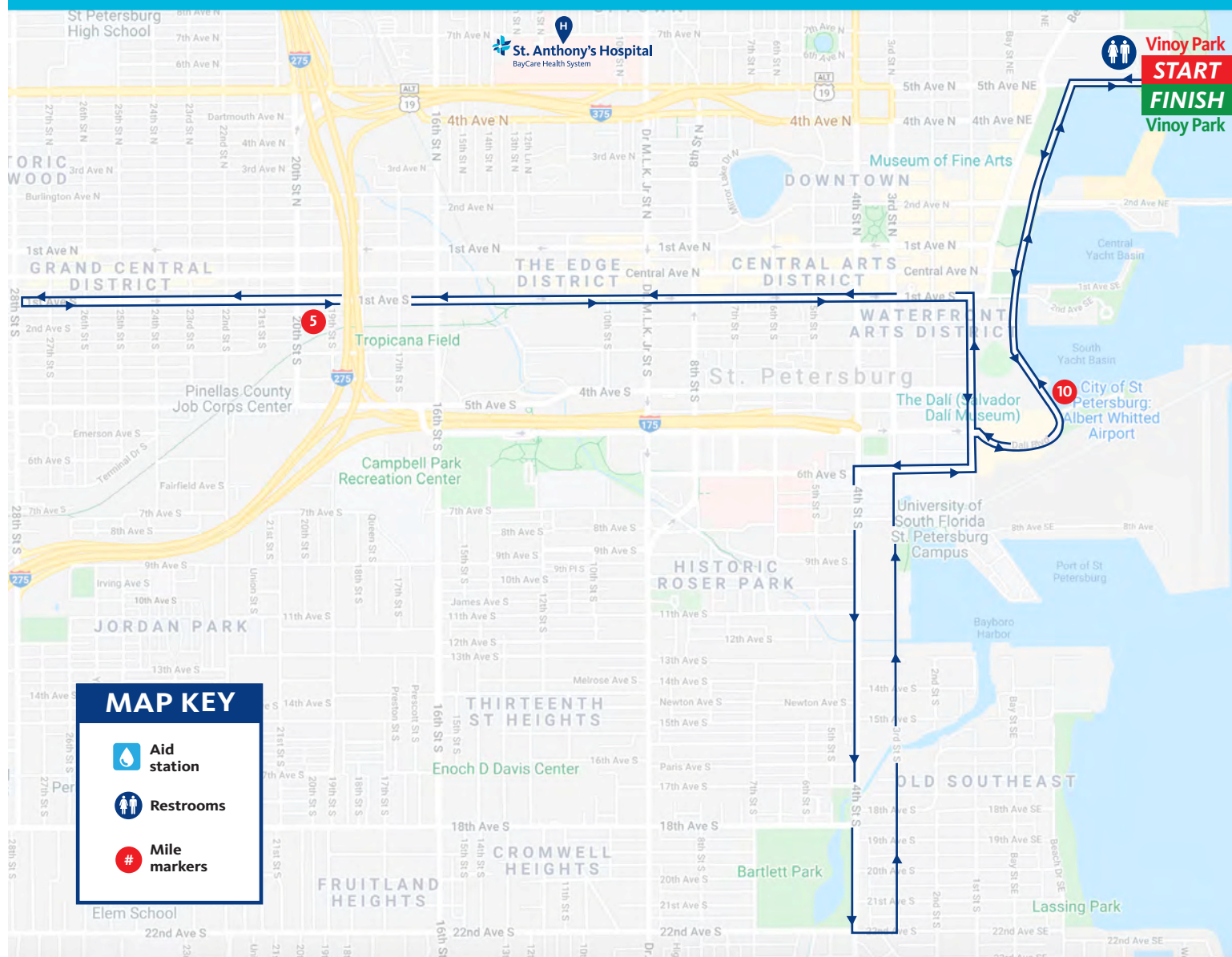


SPRINT BIKE COURSE

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SPRINT BIKE COURSE

20K

ST. PETERSBURG, FLORIDA

TURN BY TURN DIRECTIONS

START: BIKE MOUNT

- Turn left onto Bayshore Dr NE
- Turn right onto 1st St S
- Turn left onto 1st Ave S
- Head west on 1st Ave S toward 2nd St S
- Head west on 1st Ave S toward 16th St S
- Turn around at 28th St. S
- Turn right onto 1st St S
- Turn right on 6th Ave S
- Turn left onto 4th St S
- Turn left onto 22nd Ave S
- Turn left onto 3rd St S
- Turn right onto 6th Ave S
- Turn left onto 1st St S
- Turn right onto 5th Ave SE/Dali Blvd
- Turn right onto 5th Ave NE

END: BIKE DISMOUNT

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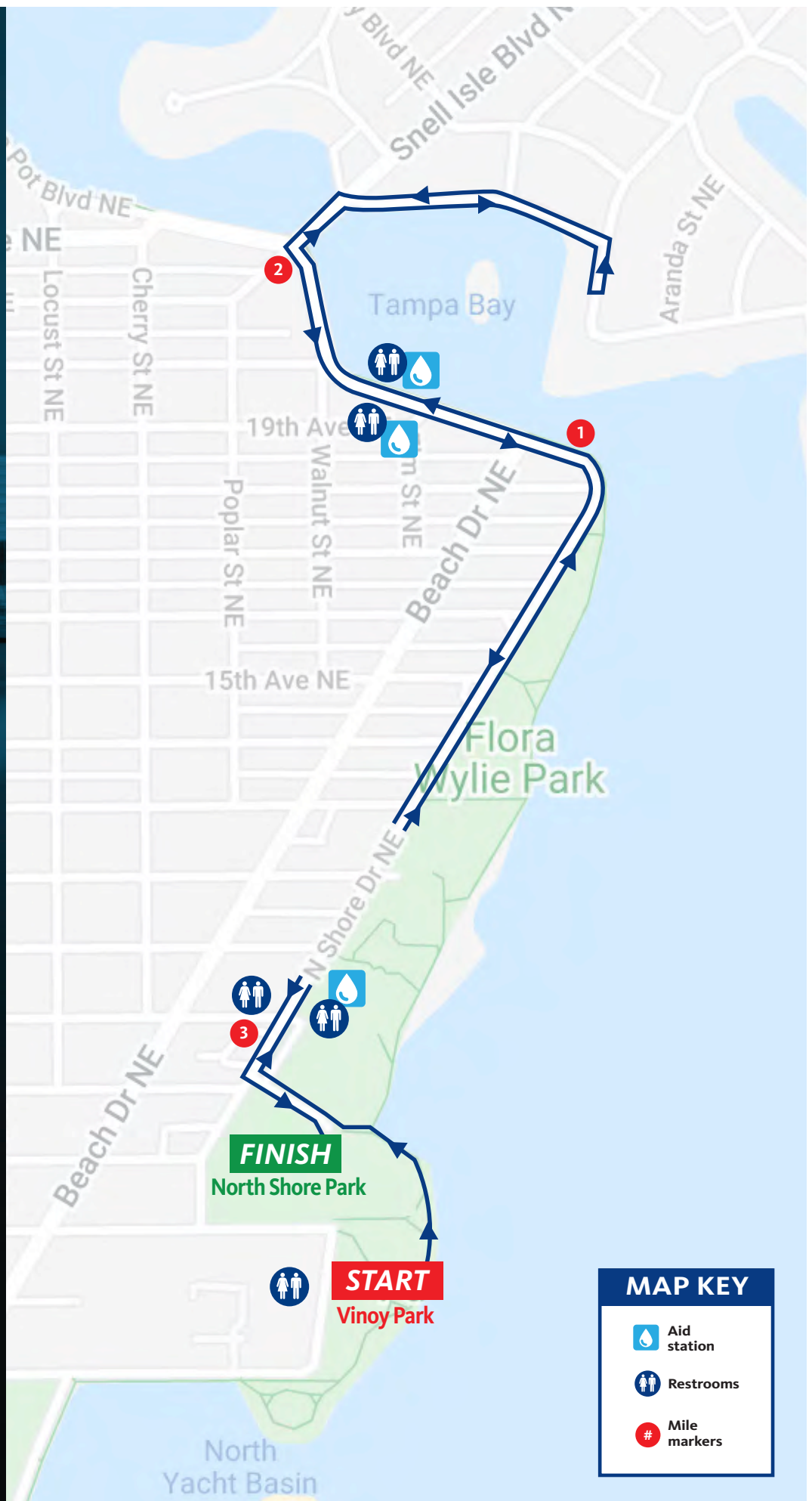


SPRINT RUN COURSE



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SATriathlon.com





SPRINT RUN COURSE

5K

ST. PETERSBURG, FLORIDA

TURN BY TURN DIRECTIONS

START: RUN OUT

- Turn left onto sidewalk in Vinoy Park
- Exit path to Bayshore Dr NE
- Turn right onto N Shore Dr NE
- Continue onto Coffee Pot Blvd NE
- Turn right onto Snell Isle Blvd NE
- Turn right onto Brightwaters Blvd NE
- Turn right to stay on Brightwaters Blvd NE
- Turn around on Brightwater Blvd NE
- Turn left to stay on Brightwaters Blvd NE
- Turn left onto Snell Isle Blvd NE
- Turn left onto Coffee Pot Blvd NE
- Continue onto N Shore Dr NE
- Turn right onto N Shore Dr NE
- Turn left onto Bayshore Dr NE

END: FINISH LINE!

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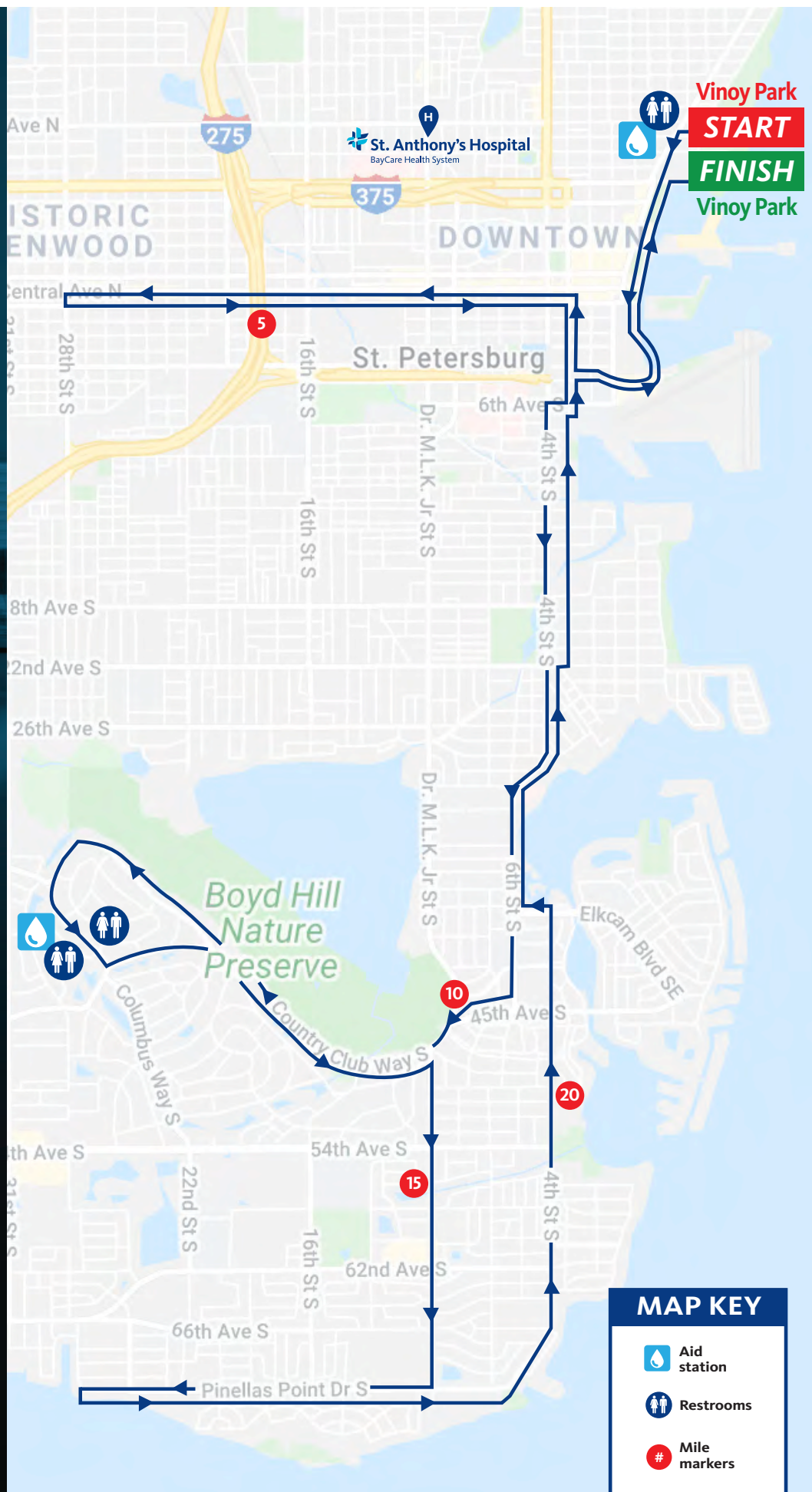
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OLYMPIC BIKE COURSE

40K

ST. PETERSBURG, FLORIDA

TURN BY TURN DIRECTIONS

START: BIKE MOUNT

- Turn left onto Bayshore Dr NE
- Turn right onto 1st St S
- Turn left onto 1st Ave S
- Head west on 1st Ave S toward 2nd St S
- Head west on 1st Ave S toward 16th St S
- Turn around at 28th St. S
- Turn right onto 1st St S
- Turn right on 6th Ave S
- Turn left onto 4th St S
- Turn right onto 45th Ave S
- Turn left on 9th St S/Dr. M.L.K. Jr St S
- Turn left onto Alcazar Way S
- Turn right onto Fairway Ave S
- Turn right to stay on Fairway Ave S
- Turn left onto Green Way S
- Turn right onto Fairway Ave S
- Turn left to stay on Fairway Ave S
- Turn left onto Alcazar Way S
- Turn right onto Country Club Way S
- Turn right onto 9th St S/Dr. M.L.K. Jr St S
- Turn right onto Pinellas Point Dr S
- Turn around at 70th St S and Pinellas Point Dr S
- Turn left onto 39th Ave S
- Turn right onto 6th St S
- Turn right onto 22nd Ave S
- Turn left onto 3rd St S
- Turn right onto 5th Ave SE/Dali Blvd
- Turn right onto 5th Ave NE

END: BIKE DISMOUNT

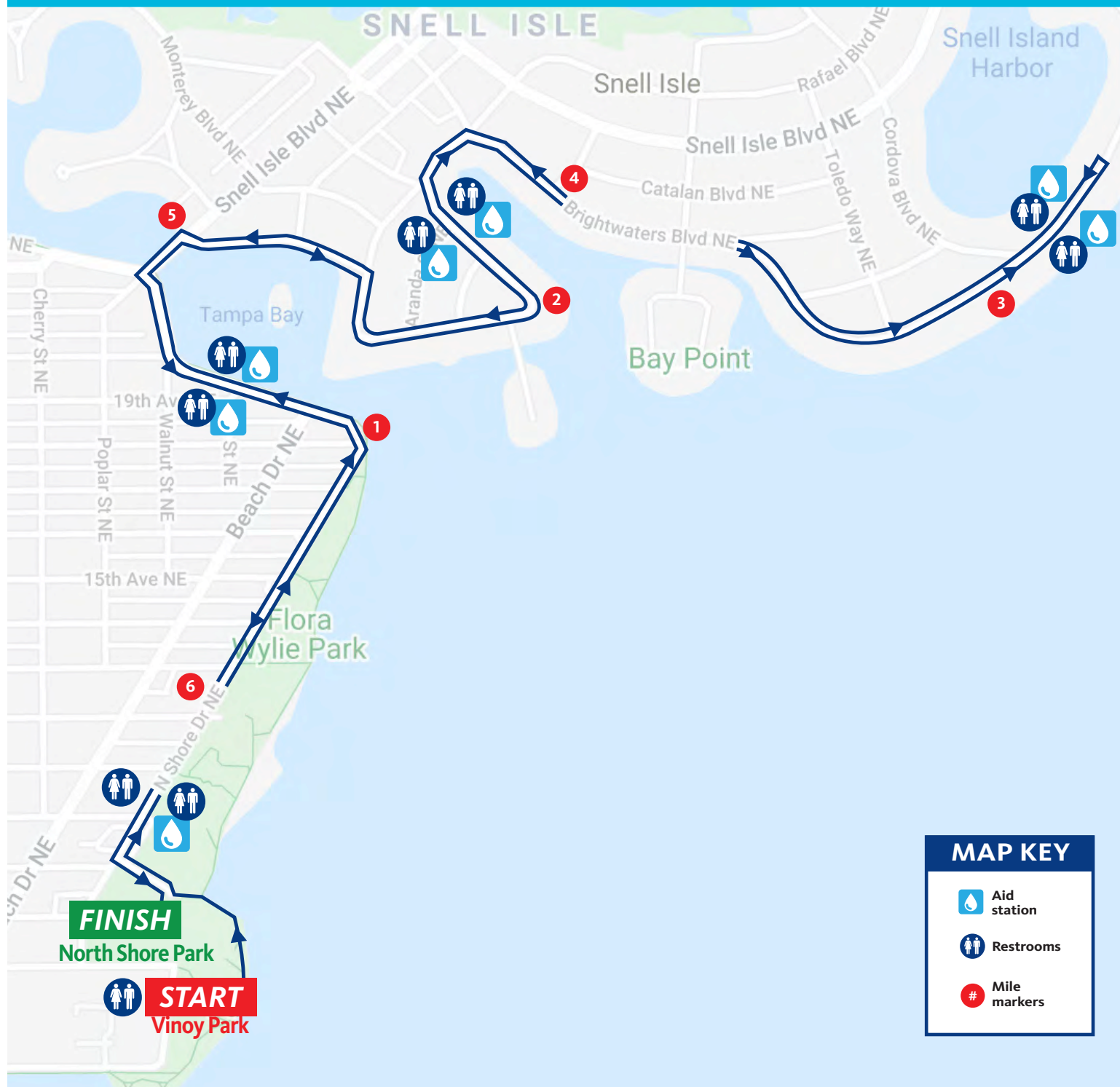


OLYMPIC RUN COURSE

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COME TO
RACE

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OLYMPIC RUN COURSE

10K

ST. PETERSBURG, FLORIDA

TURN BY TURN DIRECTIONS

START: RUN OUT

- Turn left onto sidewalk in Vinoy Park
- Exit path to Bayshore Dr NE
- Turn right onto N Shore Dr NE
- Continue onto Coffee Pot Blvd NE
- Turn right onto Snell Isle Blvd NE
- Turn right onto Brightwaters Blvd NE
- Turn right to stay on Brightwaters Blvd NE
- Turn right to stay on Brightwaters Blvd NE
- Slight right to stay on Brightwaters Blvd NE
- Turn around on Brightwaters Blvd NE
- Turn left to stay on Brightwaters Blvd NE
- Turn left onto Snell Isle Blvd NE
- Turn left onto Coffee Pot Blvd NE
- Continue onto N Shore Dr NE
- Turn right onto N Shore Dr NE
- Turn left onto Bayshore Dr NE

END: FINISH LINE!



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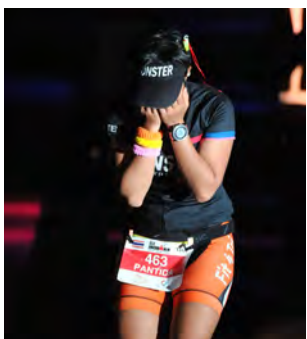
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Contact us for more information:

 **(877) 549-1741 (TTY: 711)**
8am–8pm, seven days a week*

 **BayCarePlus.org**

*You may reach a messaging service on weekends from April 1 through September 30 and holidays. Please leave a message, and your call will be returned the next business day.

BayCare Select Health Plans is an HMO with a Medicare contract. Enrollment in BayCare Select Health Plans depends on contract renewal. BayCare Select Health Plans complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Every year, Medicare evaluates plans based on a 5-star rating system.

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Girls on the Run 5K

Saturday, May 7th
Albert Whitted Park
St. Petersburg

Celebration Village & Expo: 7:00 AM
5K Start: 9:00 AM
Cost: \$30 (includes shirt, medal, swag bag
& SO MUCH FUN!)

Join us on Saturday, May 7th for the Girls on the Run 5K!

Our non-competative 5K is a celebration of everyone! Come run, walk, skip, jump or hop your way through the gorgeous streets of downtown St. Petersburg!

Our route is a beautiful out-and-back along the waterfront with lots of opportunities for (air) high fives!
Our Celebration Village will have FREE activities and tons of sparkle for all!

Proceeds fuel our Scholarship Fund so that **every girl** has the opportunity to be a Girl on the Run!

ACTIVATE YOUR STAR POWER!

VOLUNTEER



RUN



REGISTER & LEARN MORE: WWW.GOTRTAMPA.ORG/5K





St. Pete MAD DOGS™

Mad Dogs are Fun-Loving Triathletes who Train, Race and Howl Together

Established on November 6, 1993, the St. Pete MAD DOGS Triathlon Club is a not-for-profit organization designed to promote the sport of Triathlon.

All levels of experience and expertise are welcome, from Aspiring Triathletes to IRONMAN Veterans

Join us for:

Daily “show and go” training, including swimming, running & biking

Access to our experienced members & veteran triathletes to help you with training

Exclusive opportunities to register early for premier races

St. Anthony's Triathlon Post Race Party

Social Events throughout the year

“Hair of the Dog” Triathlon on New Year's Day

<https://stpetemaddogs.org/>

