



ST. ANTHONY'S TRIATHLON

April 27–28, 2024
St. Petersburg, Florida

**OLYMPIC
SPRINT
RELAY
MEEK & MIGHTY**



April 2024

Dear St. Anthony's Triathlon Participants and Supporters,

Welcome to the 41st St. Anthony's Triathlon Weekend in bustling downtown St. Petersburg, FL. We are so excited to begin another decade of presenting this fast-paced event along Tampa Bay.

Whether you are a professional triathlete or racing for the first time, we're certain you will enjoy competing in our world-class event. The course takes you from our beautiful waterfront through some of our most picturesque neighborhoods.

In addition to the various races, participants and spectators will enjoy the St. Anthony's Triathlon Sports & Fitness Expo, which begins April 26, and is a showcase of the latest equipment for endurance athletes, weekend warriors and novices. All events will be held in Vinoy Park.

Professional athletes who have raced around the world will be a part of this year's race. Our Olympic-distance event has a reputation throughout the triathlon community as an essential race for any triathlon resume. This year's race also has been designated the **2024 Florida State Championship Race** by USA Triathlon. Last year, the Olympic-distance Triathlon earned a spot as one of the top 10 triathlons in the country from USA Today, a national media publication.

The Olympic- and Sprint-distance triathlons and the Meek & Mighty Triathlon all have been named to lists of **top U.S. races** this year. We're proud that our events have such great reputations around the country.

We are excited to have back 2022 Men's Champion Matthew Sharpe who set the course record. As in years past, the St. Anthony's Triathlon will feature a 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.

Nearly 3,000 athletes are expected to compete in all races this year, which demonstrates the tremendous popularity of the Triathlon. The first St. Anthony's Triathlon started with just 600 competitors. In 2023, athletes from more than 40 states, the District of Columbia, Puerto Rico and eight 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. In 2023 we began a project to add 13 new patient rooms to our Emergency Center with an emphasis on enhancing the experience for our behavioral health patients. In 2022 we added a 90-bed all-private room patient tower to the campus. Our continued growth is proof of our commitment to improving the health of our community.

St. Anthony's is proud to be a part of this 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



Emery Ellinger
Chairman of the Board
St. Anthony's Hospital



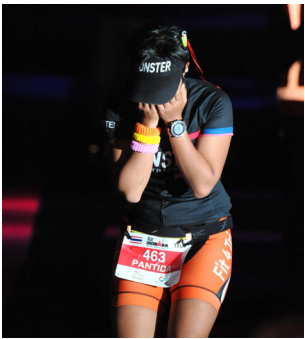
FinisherPix | Powered by Smiles

Allianz
Partner for Health

PLANT-BASED
vega

10.12
2019

NEVER FORGET YOUR RACE



ORDER YOUR RACE PHOTOS HERE:
www.finisherpix.com
www.facebook.com/finisherpix
#finisherpix





2024 SPORTS & FITNESS EXPO

VINOY PARK - ST. PETERSBURG, FLORIDA



BOOTH ASSIGNMENTS

1 MERCHANDISE

2 VOLUNTEERS

3 VENETO SPORTSWEAR

4 URBAN TRI GEAR

5 BEYOND THE GYM (MASSAGE)

6 MEEK AND MIGHTY REGISTRATION

7 ST PETE RUNNING COMPANY

8 SYNERGY

9 TECHNESS PRO

10 FAITH COMMUNITY NURSING

11 BOSTON BILLS

12 ST. ANTHONY'S REHAB SERVICES

13 AMERICAN HEART ASSOCIATION

14 USAT

15 BIG BROTHERS BIG SISTERS

16 CELMA MASTRY OVARIAN CANCER FOUNDATION

17 RUN UNLIMITED

18 THE BIKERY

19 LIFEWAVE

20 BABES TRI

21 ALOHA LIFE GEAR

22 ST PETE RUN FEST

23 THULE

24 SPORTKINI

25 RED ROVER

26 SWIM ZONE

ST. ANTHONY'S TRIATHLON 2024 EVENT SCHEDULE

Thursday, April 25

6:00pm

Open Water Swim Clinic
Presented by Synergy and Open Water Swim Coach Leo Briceno (Swim Start)

Friday, April 26

VINOY PARK

12-6pm

Athlete Check-In

12-6pm

Sports & Fitness Expo

3:00pm

Meek & Mighty Youth Specific Triathlon Clinic
Presented by USAT Level 3 Elite Coach Jennifer Hutchison

4:00pm

Beginner Triathlon Clinic
Presented by USAT Level 3 Elite Coach Jennifer Hutchison

5:00pm

Open Water Swim Clinic
Presented by Synergy and Open Water Swim Coach Leo Briceno (Swim Start)

Saturday, April 27

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)

9:00am*

Start (Youth ages 7-10)

10:00am

Awards Party (Vinoy Park)

*Time Trial Start, so start times may be sooner than listed.

Saturday, April 27

ST. ANTHONY'S TRIATHLON (VINOY PARK)

9am-6pm

Sports & Fitness Expo

12-5pm

Athlete Check-In

12-5pm

Bike Check-In (Vinoy Park)

1:00pm

Mandatory Pro Meeting (Vinoy Park – VIP Tent)

3:00pm

Novice/Beginner Clinic: "TIPS FOR A FAST AND FABULOUS RACE DAY"
Hosted by Jennifer Hutchison, USA Triathlon Level 3 Coach and Guest Coaches

4:00pm

Athlete Briefing (Awards Stage)
Presented by Mike Wattigny

Sunday, April 28

ST. ANTHONY'S TRIATHLON

5:15-6:45am

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

11:00am

Professional/Open Age Group Awards Presentation

11:30am

Age Group Awards Presentation

1:15pm

Race Course Closes

REFUEL WITH CHOCOLATE MILK

between training sessions and after your next race.



CHOCOLATE MILK

- Is a natural source of high-quality protein and carbohydrates to build lean muscle.
- Provides fluids and electrolytes to rehydrate and help replenish critical nutrients.



**FLORIDA
DAIRY
FARMERS**

FLORIDAMILK.COM

ATHLETE CHECK-IN

WHEN:

- Friday, April 26th from 12-6pm
- Saturday April 27th from 12-5pm

There will be no athlete check-in on race day, Sunday, April 28th. If you don't check in during Athlete Check-In, you won't be able to race. All packets must be picked up by 5pm on Saturday, April 27th.

Only Meek & Mighty athletes will be able to check in on Saturday, April 27th 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 won't 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. Don't 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.



NO ARTIFICIAL FLAVORS WITH A LIGHTER TASTE



FORMULATED FOR *FARTHER*

Endurance athletes take things farther. Gatorade® Endurance Formula is designed for the specific demands of endurance athletes. On course at over 300 races nationwide.



AVAILABLE IN LEMON-LIME, ORANGE, CHERRY, AND WATERMELON

Gatorade Endurance products are available where the endurance athlete shops – at run, bike and tri specialty stores nationwide, at select Dick's Sporting Goods stores – online at amazon.com and check out GatoradeEndurance.com to determine what local retailers have your product of choice in-stock in real time.

Gatorade® Endurance Formula has nearly twice the sodium (300mg) and more than triple the potassium (140mg) of regular Gatorade® to help meet endurance athletes' needs. ©2021 S-VC, Inc. GATORADE ENDURANCE and G DESIGN are registered trademarks of S-VC, Inc.

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 25th at 6pm and Friday, April 26th at 5pm. Please meet Coach Leo by the volleyball courts and everyone will walk down to the swim start together.

BIKE CHECK-IN:

Bike check-in on Saturday, April 27th at Vinoy Park from 12-5pm. You may also check-in your bike on Sunday, April 28th during transition hours of 5:15am -6:45am, but you must have your bike numbers affixed to your bike.

Athletes must be wearing their athlete wristband and have their bike stickers on the stem and the frame. 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 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 be open from 5:15am-6:45am on Sunday and athletes will have access to their bicycles.

You may have another competitor check in your bike once they've 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'll be given Race Day tattoos in your athlete packet to put on at home. Body marking will also take place from 5:15-6:45am on Sunday at both entrances to the transition area. You won't be permitted in the transition area on race day without your wristband and your body being marked. Don't apply body lotion or sunscreen until after you've been marked. Be sure that the volunteer who marks you does so with the race number printed on your wristband.

TRANSITION AREA ACCESS:

The transition area will be open on race day from 5:15-6:45am 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 period. 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 their expected finish time.

ESSENTIAL ITEMS TABLE:

There will be a table set up at the swim finish for the collection of your eyeglasses, medications or other essential items. Be sure to clearly mark all items left on the table with your name and race number. St. Anthony's staff and volunteers aren't 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 don't 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) isn't permitted during the race. USAT officials will monitor the bike course and strictly enforce these rules. Athletes will have 2 hours to complete the Olympic Distance bike course and 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. Maurten Gels and GU Gels will be available at two different aid stations on the Olympic distance run course. 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 won't be scored.

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 the 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 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 11am for the Professionals and Open Age Group. The general awards ceremony will follow.

SPRINT & OLYMPIC TRIATHLON RELAY

Check-In:

Relays consist of 2 or 3 athletes. Every member of the team doesn'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 won't be available and check-in isn't 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.



Pinellas REALTOR® Organization
is a proud sponsor of
St. Anthony's Triathlon



Not all agents are
REALTORS®
Discover what sets us apart

pinellasrealtor.org/the-realtor-difference



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

★ Athlete Check-in



ST. ANTHONY'S
TRIATHLON

ST. PETERSBURG, FLORIDA

SATriathlon.com



MEEK & MIGHTY

Adults 16+ 7:30am

Swim 200yds – Bike 5.4 Mi – Run 1Mi

Kids 11-15 8:10am

Swim 200yds – Bike 5.4 Mi – Run 1Mi

Kids 7-10 8:50am

Swim 100yds – Bike 3.6 Mi – Run .5Mi

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'll 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.

REALTORS[®] STAND FOR STRONG COMMUNITIES.

Is your agent a REALTOR[®]?
Look for the R.



REALTORS[®] are members of the
National Association of REALTORS[®]

FIND YOUR FINISH LINE

ST. PETERSBURG, FLORIDA | SATRIATHLON.COM

SPRINT SWIM COURSE

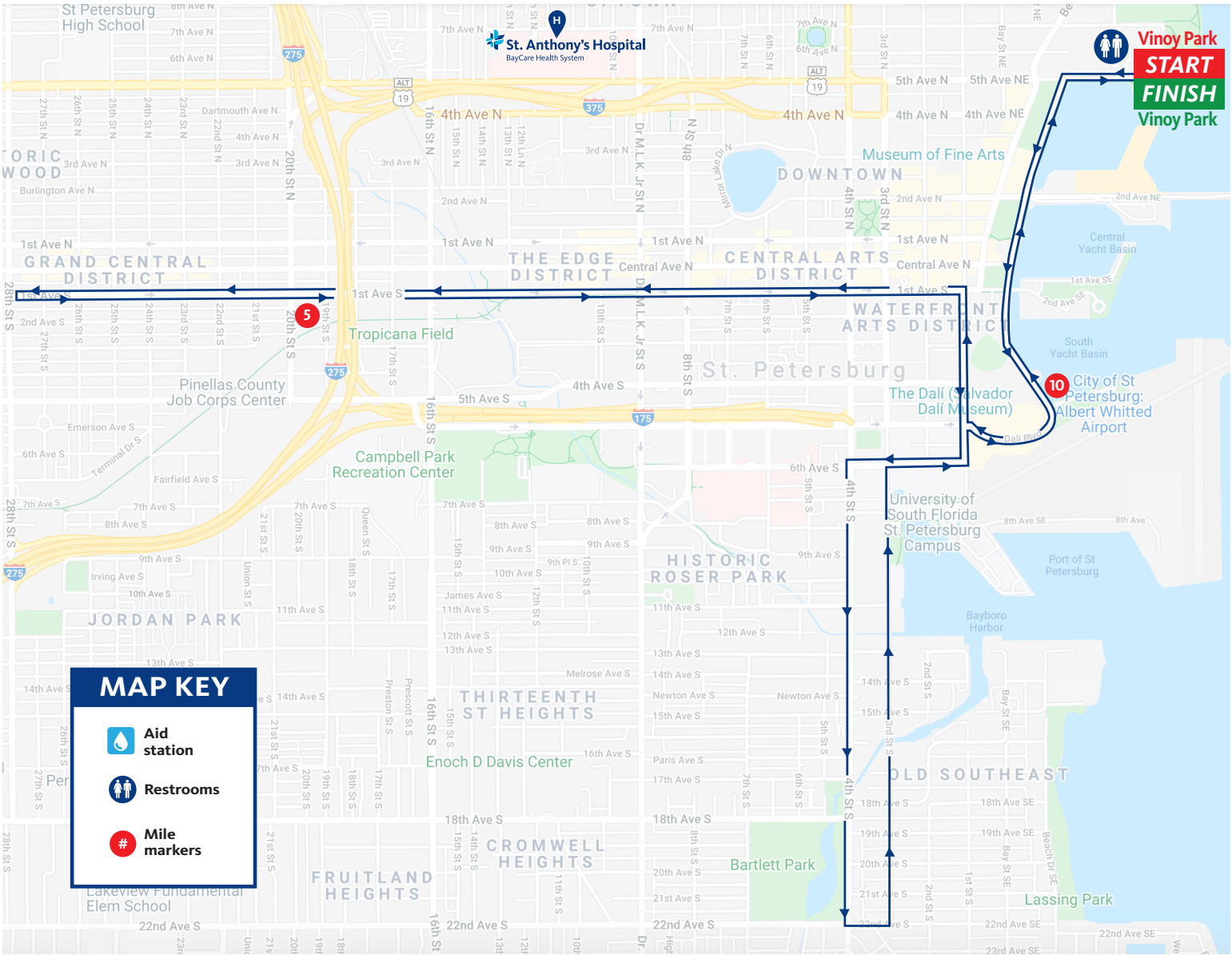




FIND YOUR FINISH LINE

ST. PETERSBURG, FLORIDA | SATRIATHLON.COM

SPRINT BIKE COURSE



TURN-BY-TURN DIRECTIONS

START: BIKE MOUNT

- Turn left onto Bayshore Drive Northeast.
- Turn right onto First Street South.
- Turn left onto First Avenue South.
- Head west on First Avenue South toward Second Street South.
- Continue west on First Avenue South toward 16th Street South.
- Turn around at 28th Street South.
- Turn right onto First Street South.
- Turn right on Sixth Avenue South.
- Turn left onto Fourth Street South.
- Turn left onto 22nd Avenue South.
- Turn left onto Third Street South.
- Turn right onto Sixth Avenue South.
- Turn left onto First Street South.
- Turn right onto Fifth Avenue Southeast/Dali Boulevard.
- Turn right onto Fifth Avenue Northeast.

END: BIKE DISMOUNT

A New Breed of Moving & Storage



Guaranteed Lowest Price! Locally Owned & Operated!

- Storage on your property or at our secure facility.
- New steel containers.
- Move across town or across the state.
- Container rentals from \$149 per month.
- Same day or next day delivery!

**FREE
DELIVERY**



833-733-7683

redrovers.com



FLORIDA'S FIRST CHOICE IN PORTABLE MOVING & STORAGE!

FIND YOUR FINISH LINE

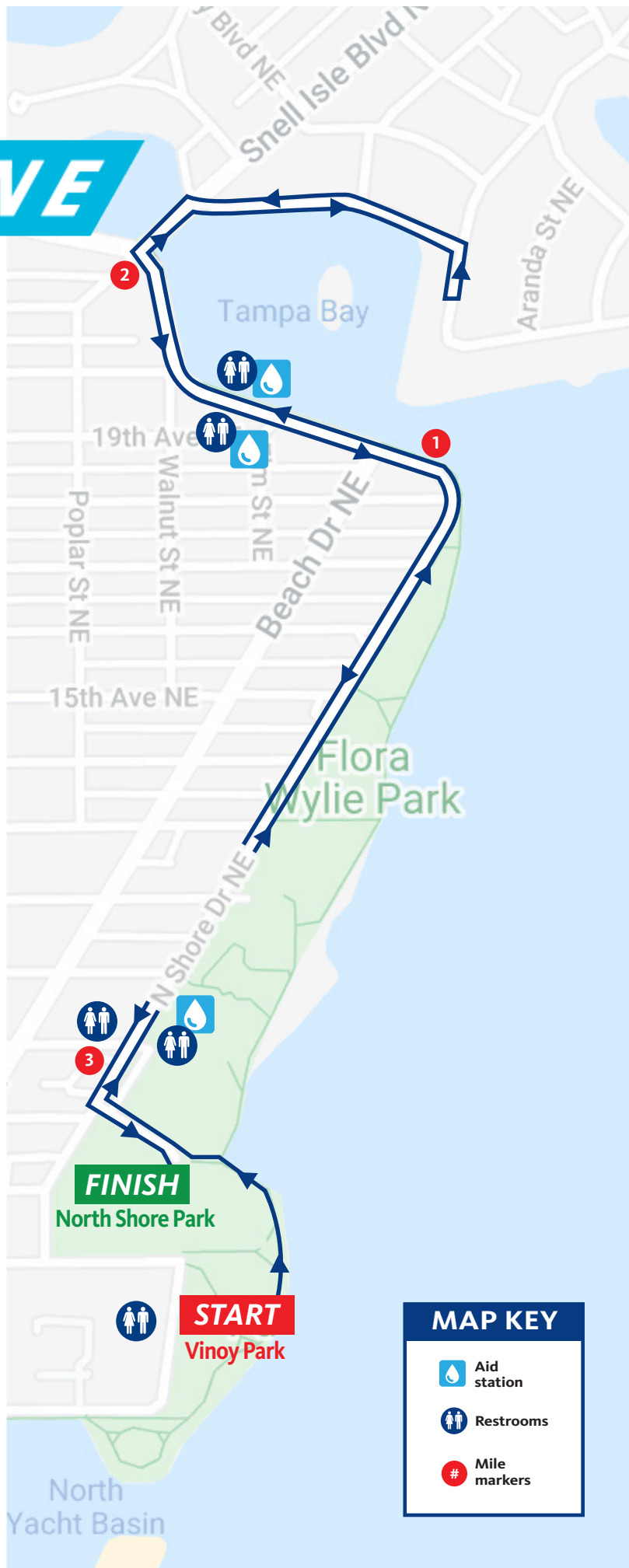
ST. PETERSBURG, FLORIDA
SATRIATHLON.COM



SPRINT RUN COURSE



ST. ANTHONY'S
TRIATHLON



TURN-BY-TURN DIRECTIONS

START: RUN OUT

- Turn left onto the sidewalk in Vinoy Park.
- Exit onto the path to Bayshore Drive Northeast.
- Turn right onto North Shore Drive Northeast.
- Continue onto Coffee Pot Boulevard Northeast.
- Turn right onto Snell Isle Boulevard Northeast.
- Turn right onto Brightwaters Boulevard Northeast.
- Turn right to stay on Brightwaters Boulevard Northeast.
- Turn around on Brightwaters Boulevard Northeast.
- Turn left to stay on Brightwaters Boulevard Northeast.
- Turn left onto Snell Isle Boulevard Northeast.
- Turn left onto Coffee Pot Boulevard Northeast.
- Continue onto North Shore Drive Northeast.
- Turn left onto Bayshore Drive Northeast.

END: FINISH LINE!

LET'S TOAST ON THE GULF COAST.



Welcome athletes and fans of the 2024 St. Anthony's Triathlon. After all the action on the course, indulge in unforgettable meals al fresco. From fresh Gulf-to-grill seafood and fine dining with a view, to savoring grouper sandwiches with your feet in the sand, you can always get your fill in St. Pete/Clearwater. Let's shine.



**ST. PETE
CLEARWATER, FL**
VisitSPC.com

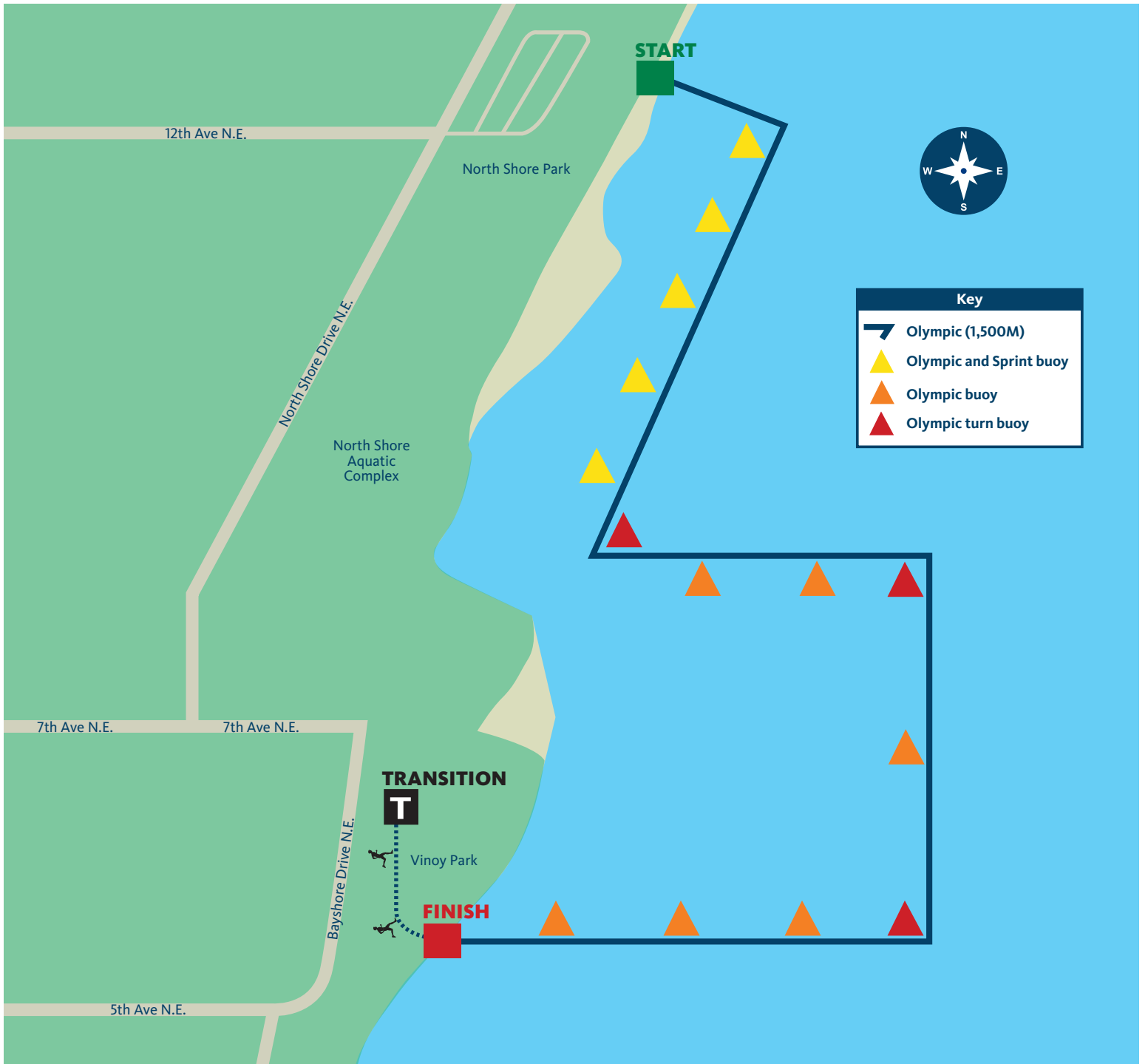


Scan to
explore top
dining spots

FIND YOUR FINISH LINE

ST. PETERSBURG, FLORIDA | SATRIATHLON.COM

OLYMPIC SWIM COURSE





EXPERIENCE THE SYNERGY DIFFERENCE

See why the Hybrid is the world's fastest wetsuit.



ST. ANTHONY'S
TRIATHLON

X



synergy

OFFICIAL PARTNERSHIP

SAVE 20% - CODE: StAnthonys20

Jodie Stimpson
2X Commonwealth Gold Medalist



Danielle Lewis
Ironman 70.3 Champion

WETSUIT RENTAL PROGRAM

Experience hassle-free wetsuit rentals with Synergy Wetsuits' 30-day rental program, offering athletes the chance to feel the Synergy Difference before and during the event without the commitment of a purchase.

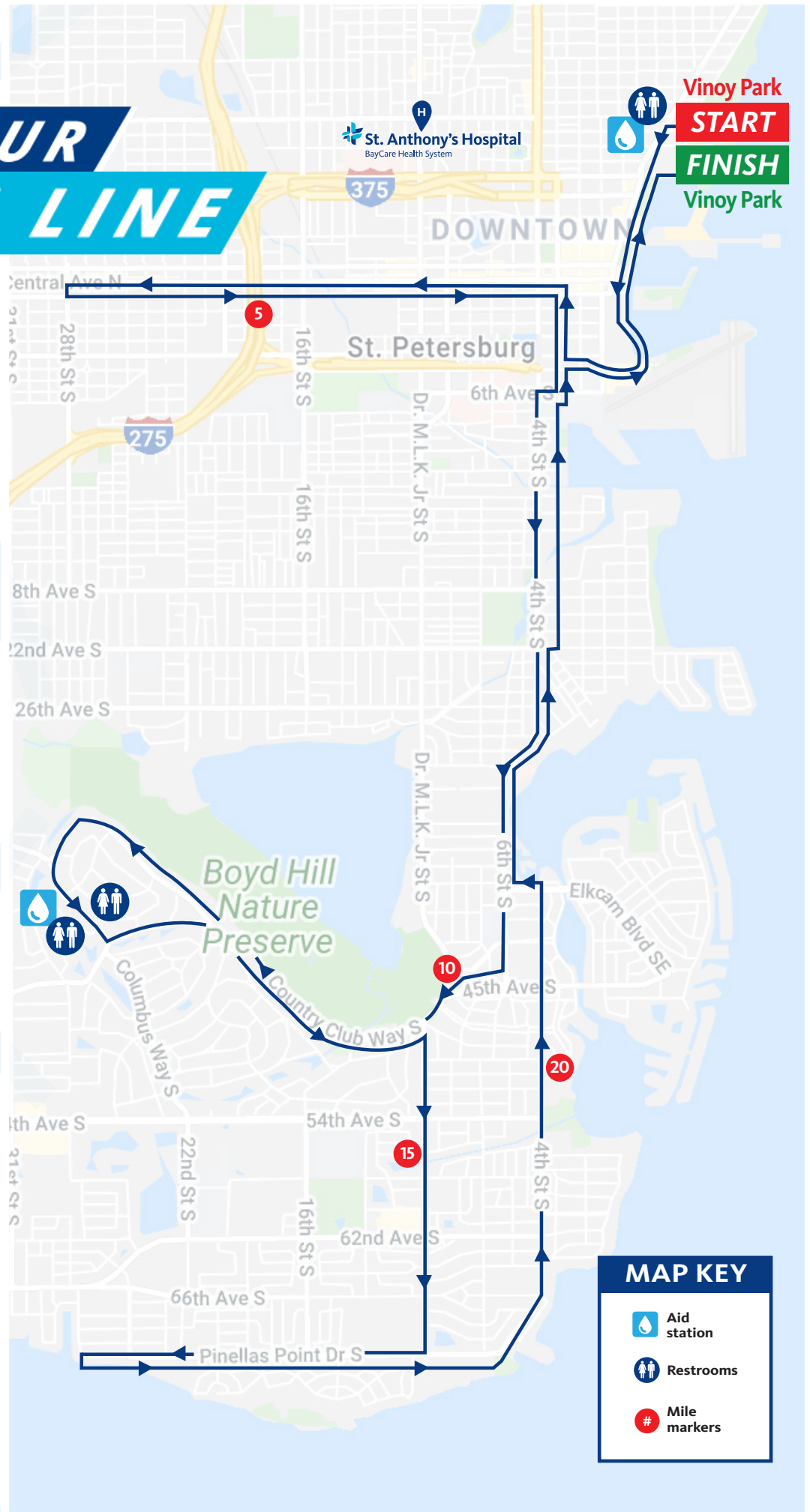
synergywetsuits.com

FIND YOUR FINISH LINE

ST. PETERSBURG, FLORIDA
SATRIATHLON.COM



OLYMPIC BIKE COURSE



TURN-BY-TURN DIRECTIONS

START: BIKE MOUNT

- Turn left onto Bayshore Drive Northeast.
- Turn right onto First Street South.
- Turn left onto First Avenue South.
- Head west on First Avenue South toward Second Street South.
- Continue west on First Avenue South toward 16th Street South.
- Turn around at 28th Street South.
- Turn right onto First Street South.
- Turn right on Sixth Avenue South.
- Turn left onto Fourth Street South.
- Turn right onto 45th Avenue South.
- Turn left on Ninth Street South/Dr. Martin Luther King Jr. Street South.
- Continue straight onto Country Club Way South.
- Turn left onto Alcazar Way South.
- Turn right onto Fairway Avenue South.
- Turn right to stay on Fairway Avenue South.
- Turn left onto Green Way South.
- Turn right onto Fairway Avenue South.
- Turn left to stay on Fairway Avenue South.
- Turn left onto Alcazar Way South.
- Turn right onto Country Club Way South.
- Turn right onto Ninth Street South/Dr. Martin Luther King Jr. Street South.
- Turn right onto Pinellas Point Drive South.
- Turn around at 70th Street South and Pinellas Point Drive South.
- Turn left onto 39th Avenue South.
- Turn right onto Sixth Street South.
- Turn right onto 22nd Avenue South.
- Turn left onto Third Street South.
- Turn right onto Fifth Avenue Southeast/Dali Boulevard.
- Turn right onto Fifth Avenue Northeast.

END: BIKE DISMOUNT



FIND YOUR FINISH LINE

ST. PETERSBURG, FLORIDA | SATRIATHLON.COM

OLYMPIC RUN COURSE



ST. ANTHONY'S TRIATHLON



TURN-BY-TURN DIRECTIONS

START: RUN OUT

- Turn left onto the sidewalk in Vinoy Park.
- Exit onto the path to Bayshore Drive Northeast.
- Turn right onto North Shore Drive Northeast.
- Continue onto Coffee Pot Boulevard Northeast.
- Turn right onto Snell Isle Boulevard Northeast.
- Turn right onto Brightwaters Boulevard Northeast.
- Turn right to stay on Brightwaters Boulevard Northeast.
- Turn right to stay on Brightwaters Boulevard Northeast.
- Take a slight right to stay on Brightwaters Boulevard Northeast.
- Turn around on Brightwaters Boulevard Northeast.
- Turn left to stay on Brightwaters Boulevard Northeast.
- Turn left onto Snell Isle Boulevard Northeast.
- Turn left onto Coffee Pot Boulevard Northeast.
- Continue onto North Shore Drive Northeast.
- Turn right onto North Shore Drive Northeast.
- Turn left onto Bayshore Drive Northeast.

END: FINISH LINE!