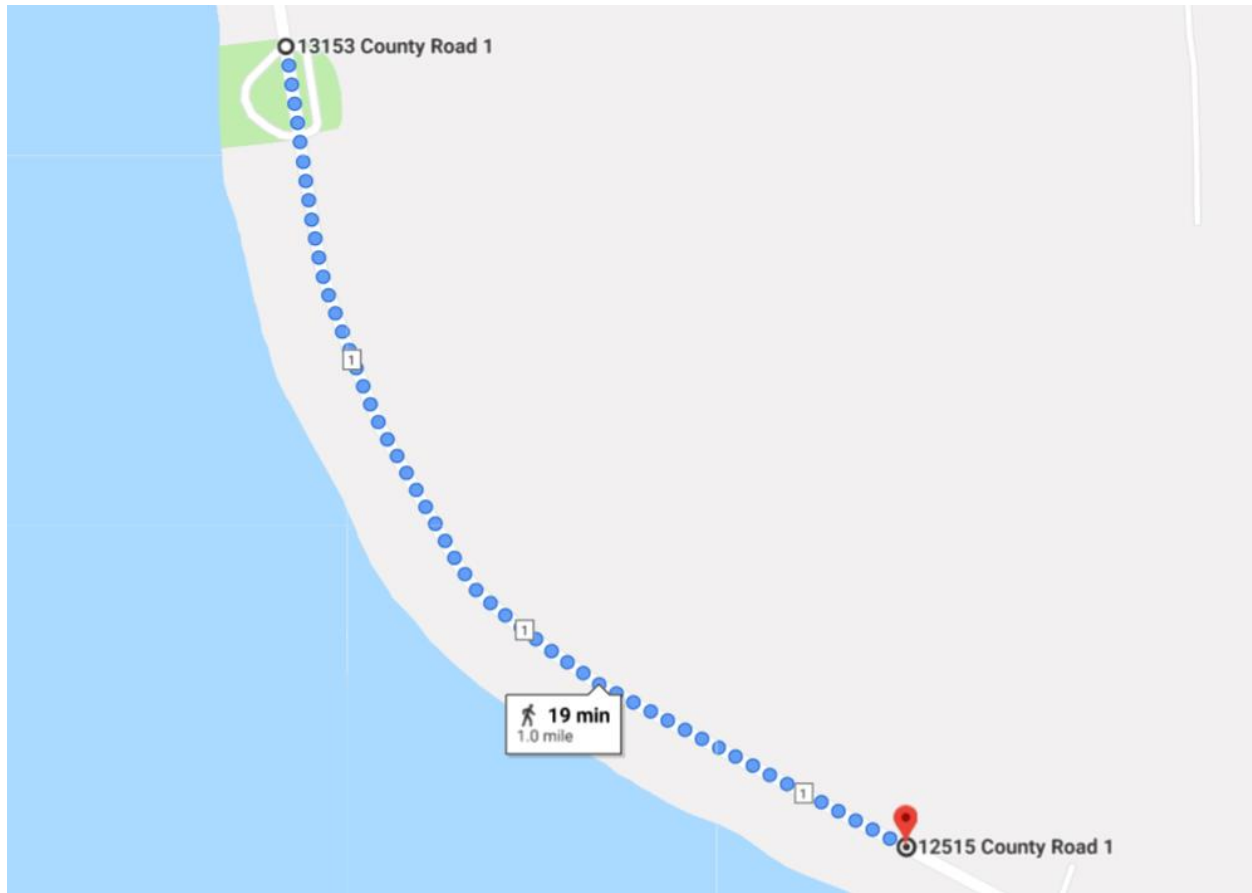


Tri Hearts Duathlon Route

Run 1 Course (2 miles)



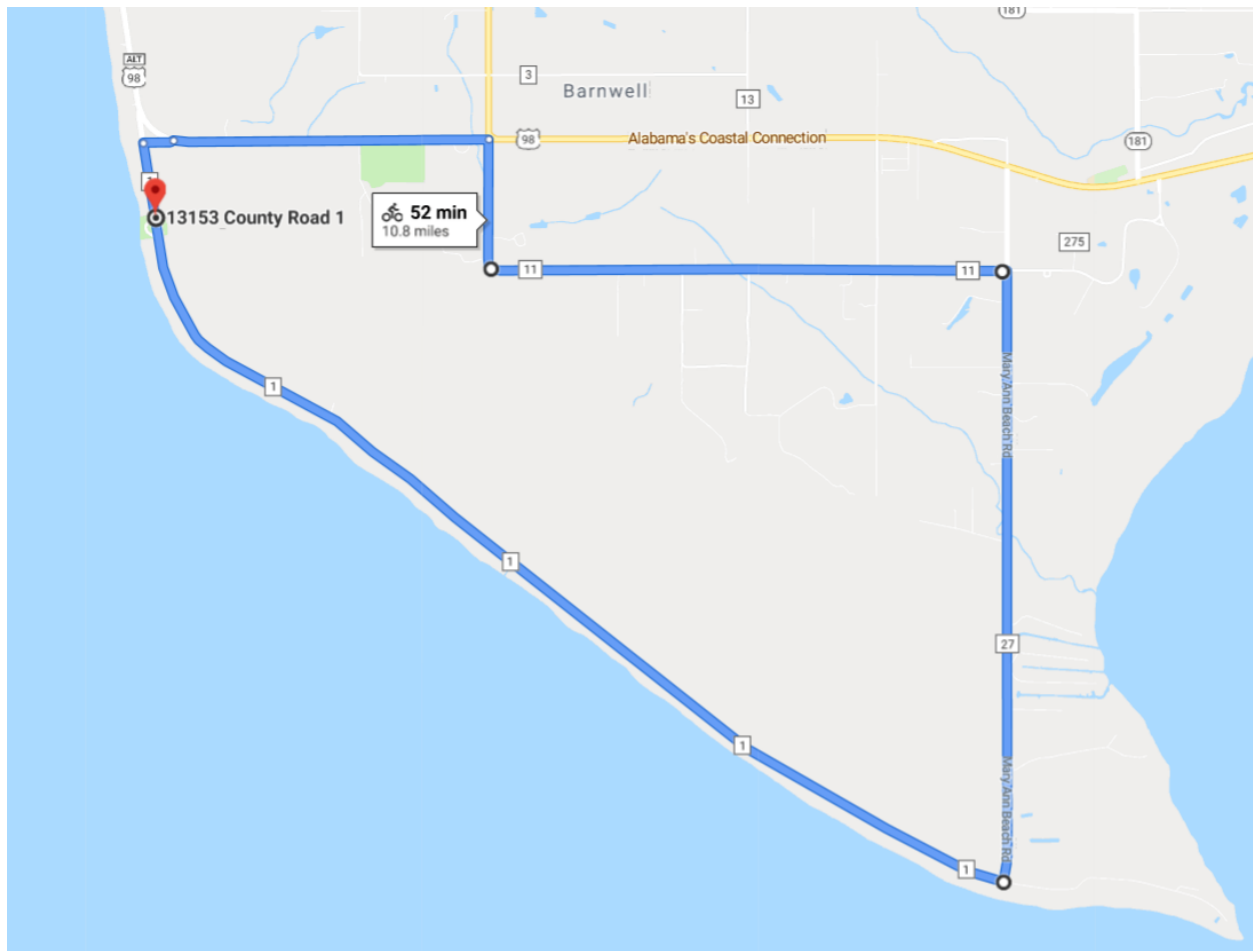
Run South on County Road 1 for 1 mile

Turnaround at 1 mile

Run North on County Road 1 for 1 mile to Transition

Aid Station at 1-mile turnaround

Bike Course (11 miles)



Bike North on County Road 1

Take Right on Alabama Coastal Connection (ALT 98) – **will need traffic assistance**

Take Right on N Greeno Rd (County Road 11) – **will need traffic assistance**

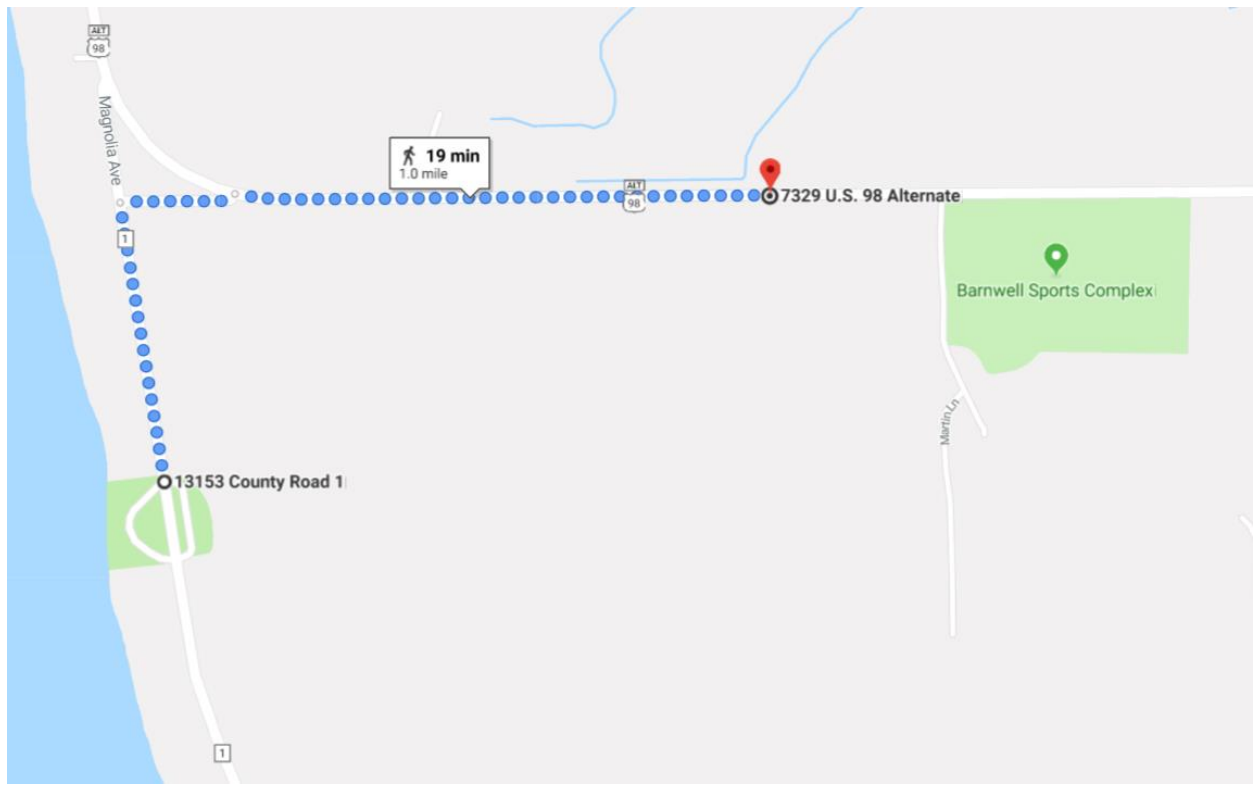
Take Left on N Greeno Rd (County Road 11)

Take Right on Mary Ann Beach Rd (County Road 27) – **will need traffic assistance**

Take Right on County Road 1

No Aid Station on Bike

Run 2 Course (2 miles)



Run North on County Road 1 – **stay on sidewalk the entire run**

Take Right on Alabama Coastal Connector (ALT 98)

Turnaround at 1 mile

Run West on Alabama Coastal Connector (ALT 98)

Take Left on County Road 1 to the Finish Line

Aid Station at 1-mile turnaround

Transition

