

note all distance are approximate

Swim 1 - 300m

Swim 2 - 750m

Swim 3 - 900m

Swim 4 - 300m

Total ~ 2250m

Run 1 - 2.0 km

Run 2 - 0.6 km

Run 3 - 2.65 km

Run 4 - 4.0 km

Total ~ 9.25 km



Swim 1 - 300m

From Belle Isle Parking to Belle Isle, just downstream from the pedestrian bridge.

Cross current can be strong, be advised.

Exit the water and go right (upstream)



Run 1 - 2.0 km

Loop around Belle Isle. Start by running on rapids side. When you arrive at the MTB Park, go to the right of the sign to find a trail that goes behind the pump track. Continue that trail until it hits a beach on the point



Swim 2 - 750m (some is walking)

Swim up the canal towards the dry rocks. This area varies in depth.



Run 2 - 0.6 km

Run up the dry rocks. Try to find a good path, but you need to stay on the rocks and don't hurt yourself. You will find a dam once you get to the top.



Swim 3 - 900m

Upstream Reedy Creek. Go in the left canal. This swim has many shallow sections where its necessary to stand and run to progress. You cannot miss the exit. Its directly past the only building you will see and stairs on the left.



Run 3 - 2.65 km

**From the Reedy Creek parking lot, follow the northbank trail to the right.
(not the gravel fire roads!)**

After passing under the nickel bridge, take the trail down to the water.



Swim 4 - 300m

Back Across the river. Be careful for cross currents. Stay upstream of the bridge. There are many points you may stand and rest if needed.



Run 4 - 4.0 km

Exit the water and run to the right on the Texas Beach Trail. This connects to the Northbank trail and will get you back to the Belle Isle Parking Lot.

