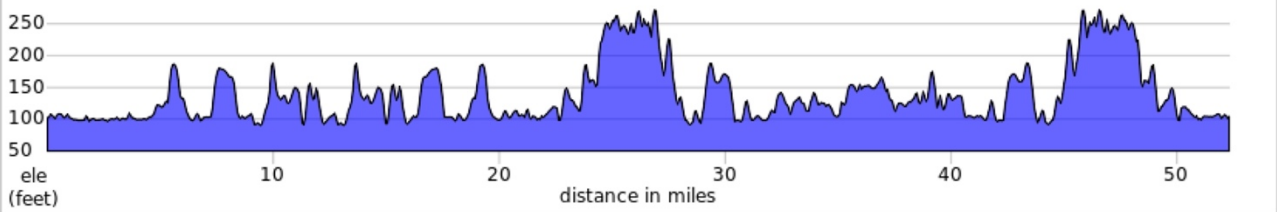
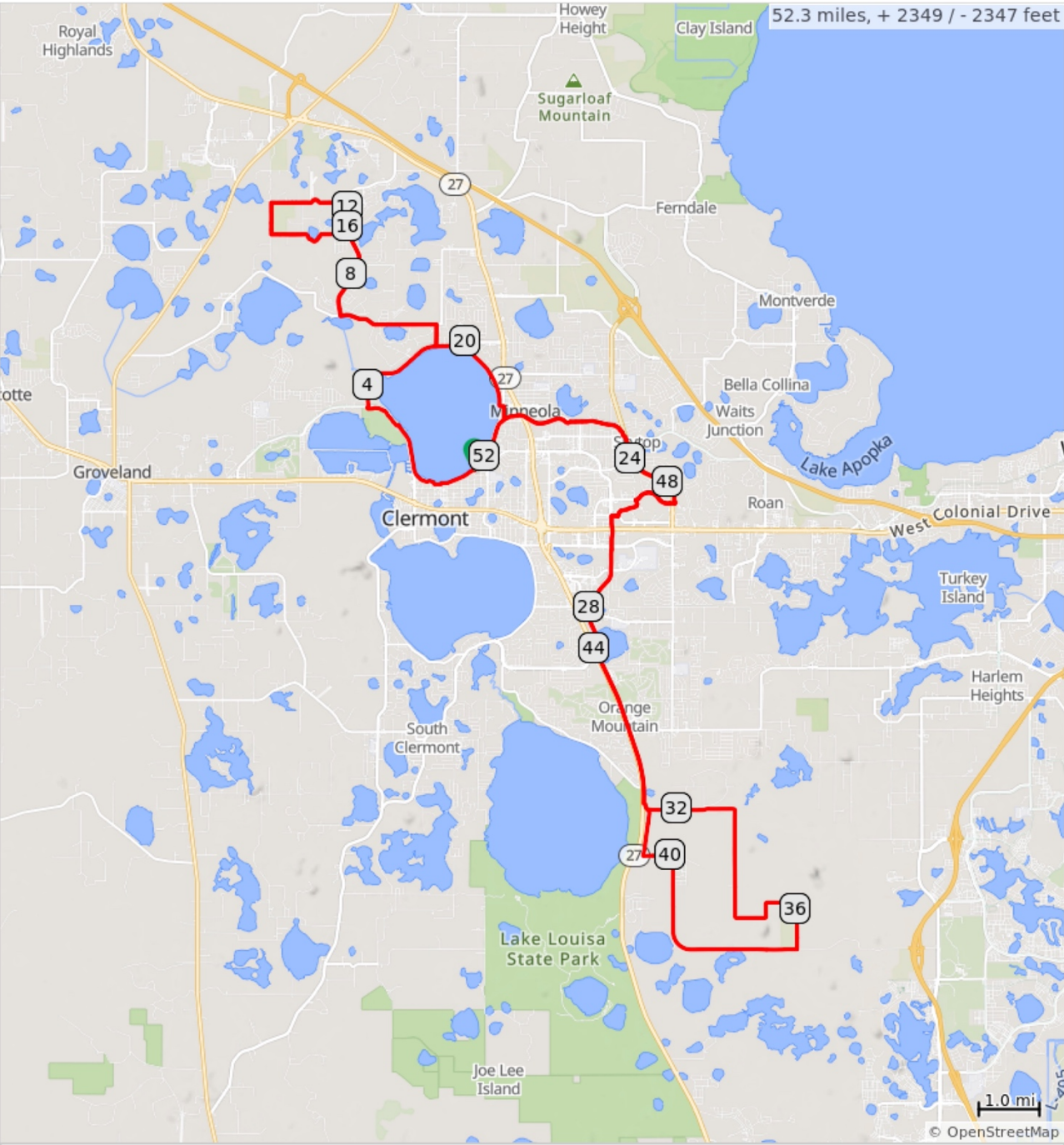


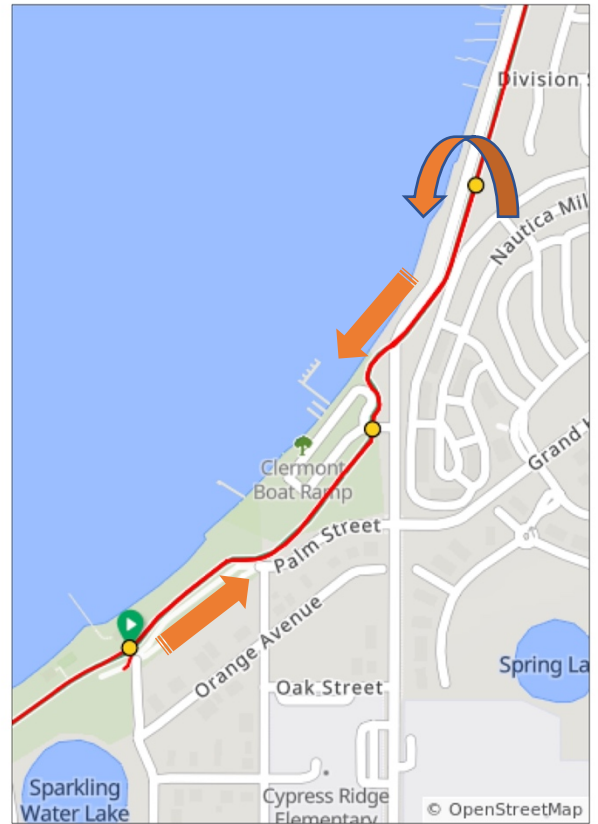
UMFL DAY 3 RUN FINAL ROUTE



UMFL DAY 3 RUN FINAL ROUTE

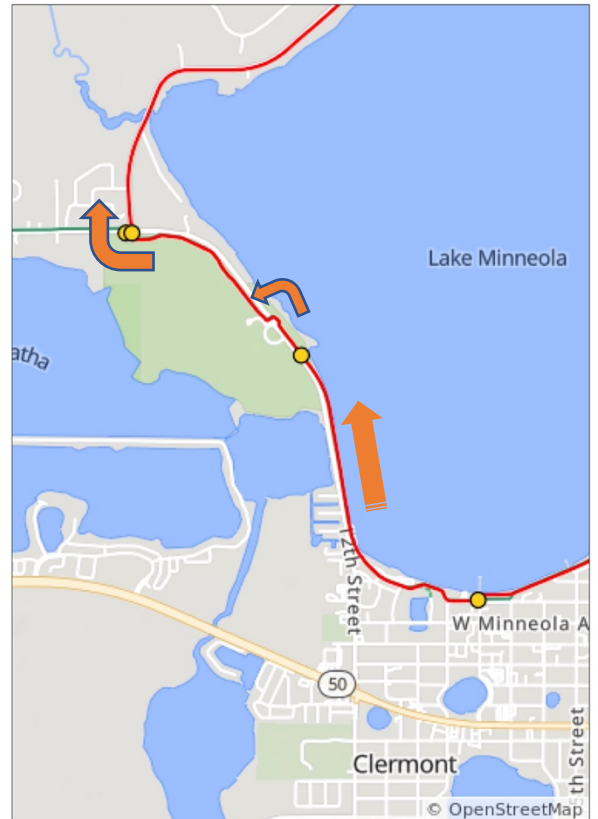
Num	Dist	Type	Note	Next
1.	0.0	📍	Start of route	0.5
2.	0.5	↪	Athletes run on path while crew stays at start. NO PACERS AT THE START. ATHLETES U TURN AT UMFL STAFF / BLUE BENCH. WHEN ATHLETES HIT MILE ONE WHERE THEY STARTED, PACERS MAY JOIN ATHLETES AT THAT POINT.	0.2
3.	0.8	←	Slight left to stay on S Lake Trail (Lake Apopka Trail)	0.9

0.8 miles. +14/-14 feet



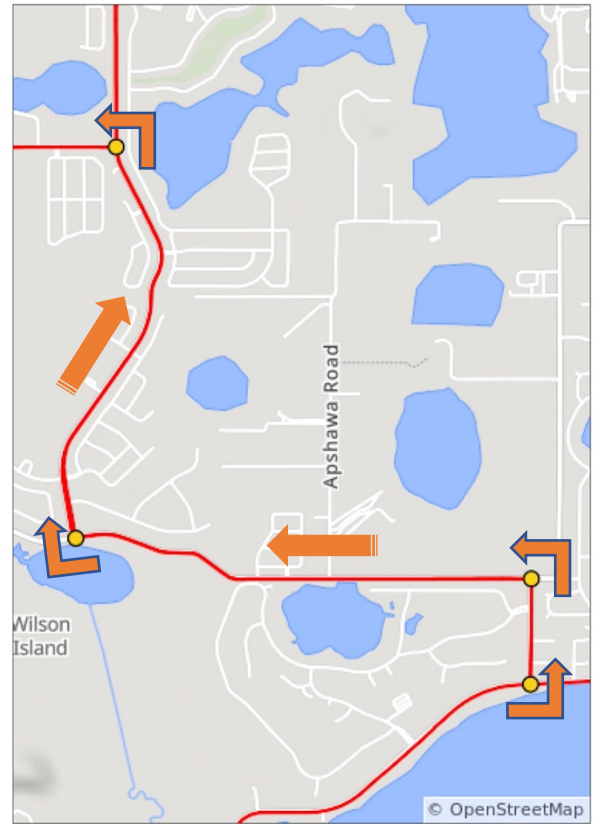
Num	Dist	Type	Note	Next
4.	1.7	→	Right to stay on S Lake Trail (Lake Apopka Trail)	1.2
5.	2.8	→	CROSS ROAD AND SLIGHT RIGHT to stay on S Lake Trail (Lake Apopka Trail)	0.8
6.	3.6	→	Right onto County Rd 565A then immediate left onto Lake Minneola Shores STAFF WILL BE HERE TO DIRECT ATHLETES AND CREW VEHICLES	0.0
7.	3.7	←	Left onto Lake Minneola Shores	1.7

2.9 miles. +27/-23 feet



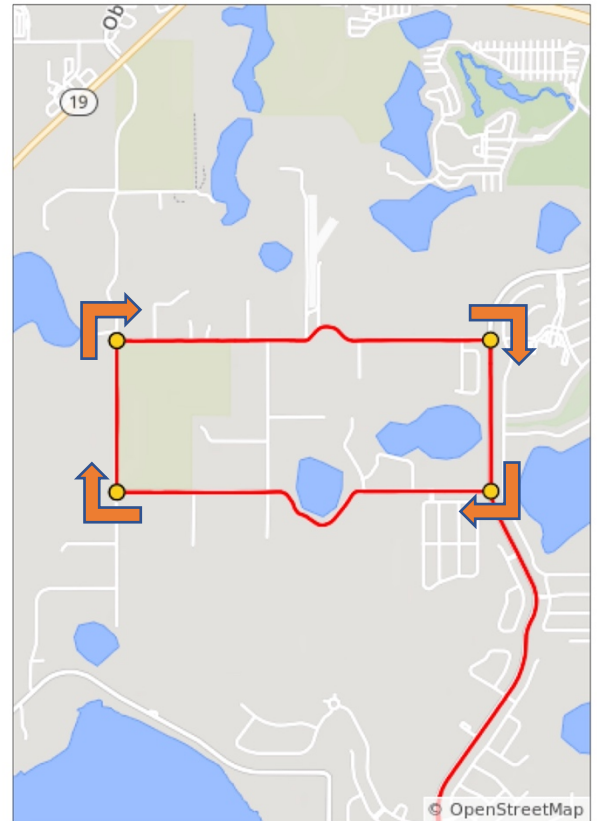
Num	Dist	Type	Note	Next
8.	5.3	←	Left onto Jalarmy Rd	0.4
9.	5.7	←	Left onto Cherry Lake Rd	1.6
10.	7.3	→	Right onto Wilson Lake Pkwy ATHLETES RUN AGAINST TRAFFIC ON LEFT SIDE OF ROAD	1.5
11.	8.7	←	ATHLETES & PACERS ONLY turn left onto W Libby Rd NO FEED ZONE BEGINS! Crew vehicles continue straight and park on Wilson Lake Parkway to wait for your athlete to finish loop 1 of clay road	1.4

5.1 miles. +132/-173 feet

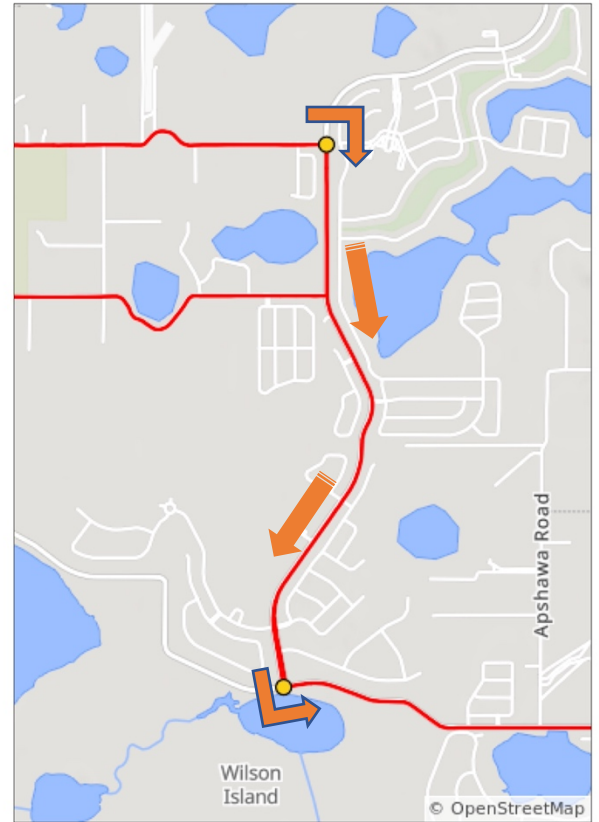


Num	Dist	Type	Note	Next
12.	10.1	→	Right onto S Obrien Rd	0.5
13.	10.6	→	Right onto Libby Number 3 Rd	1.3
14.	11.9	→	Right onto Wilson Lake Pkwy FEED ZONE BEGINS! Crew vehicles may crew here for next 1/2 mile. Stay here to wait for your athlete to finish loop 2 of clay road	0.5
15.	12.4	→	ATHLETES & PACERS ONLY turn right onto W Libby Rd NO FEED ZONE BEGINS! No crew vehicles allowed!	1.4
16.	13.8	→	Right onto S Obrien Rd	0.5
17.	14.3	→	Right onto Libby Number 3 Rd	1.3

5.6 miles. +233/-254 feet

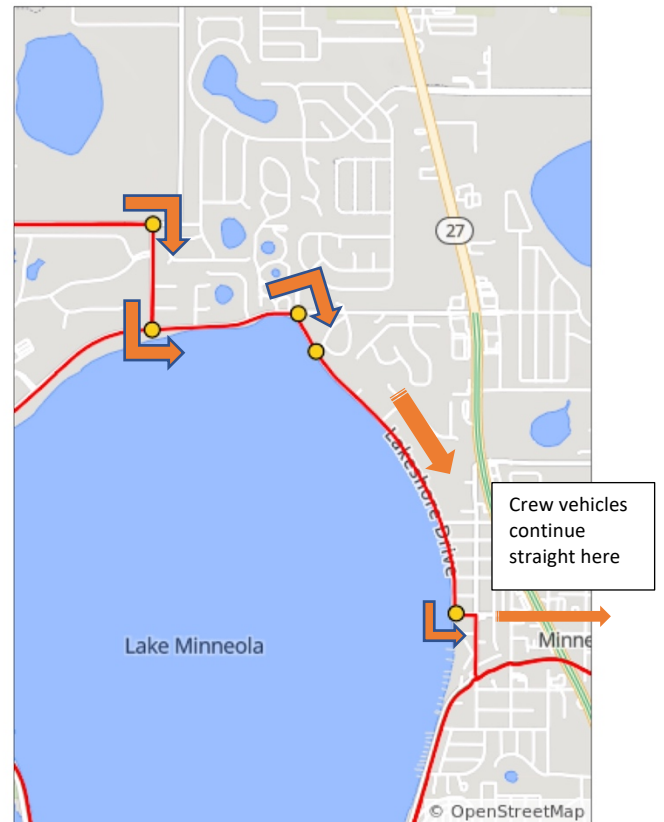


Num	Dist	Type	Note	Next
18.	15.6	→	Right onto Wilson Lake Pkwy FEED ZONE BEGINS! Crew vehicles may now begin leap frogging athletes as usual	2.0
19.	17.6	←	Left onto Cherry Lake Rd	1.6



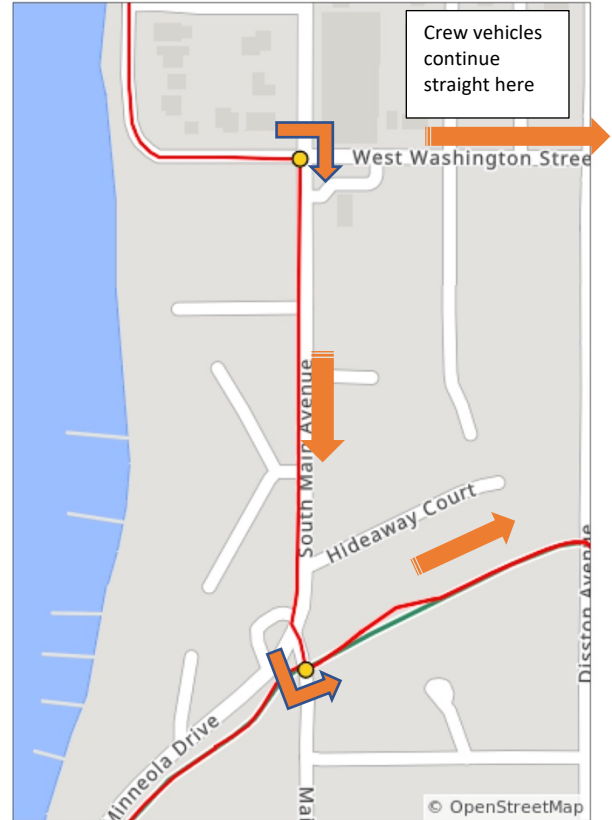
3.3 miles. +86/-114 feet

Num	Dist	Type	Note	Next
20.	19.1	→	Right onto Jalarmy Rd	0.4
21.	19.5	←	Left onto Lake Minneola Shores	0.5
22.	20.0	→	Right onto Lake Dr	0.1
23.	20.1	↑	Name changes to N Lakeshore Dr	1.0
24.	21.2	←	N Lakeshore Dr turns slightly left and becomes W Washington St CREW VEHICLES after the road curves, stay straight on W Washington St	0.1



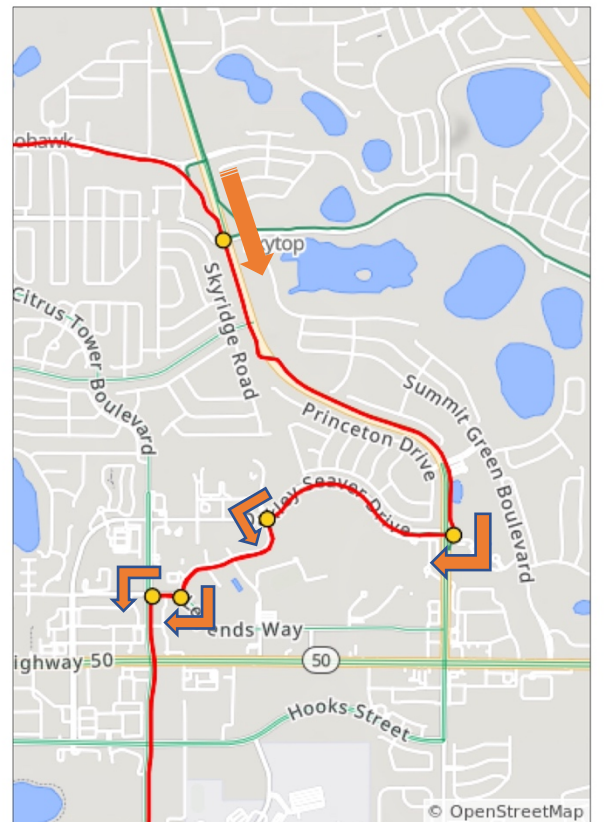
3.6 miles. +31/-111 feet

Num	Dist	Type	Note	Next
25.	21.2	→	ATHLETES & PACERS ONLY turn right onto S Main Ave CREW VEHICLES stay straight on W Washington St which becomes Old Hwy 50, to reconnect with your athlete once trail runs parallel with Old Hwy 50	0.2
26.	21.5	←	ATHLETES & PACERS turn left onto S Lake Trail (Lake Apopka Trail) STAFF WILL BE HERE TO DIRECT ATHLETES ONTO TRAIL	2.2



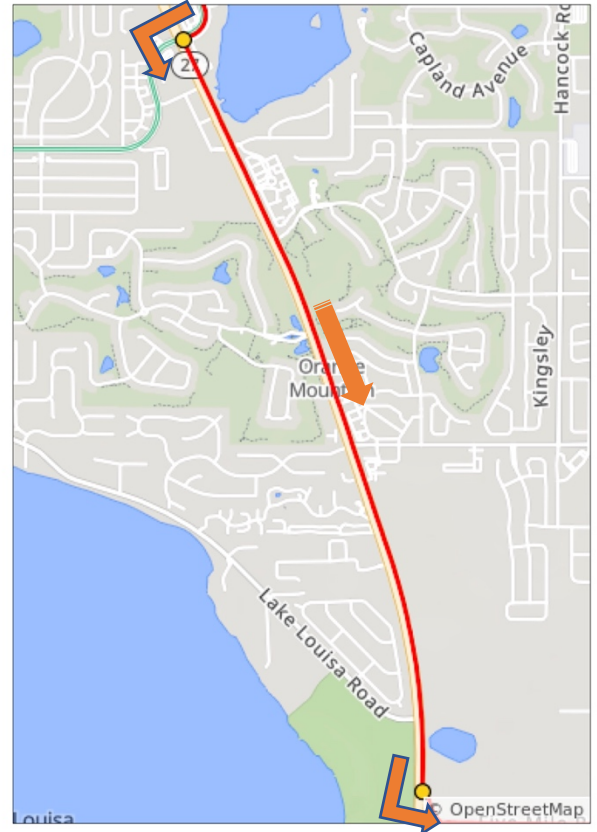
0.3 miles. +1/-14 feet

Num	Dist	Type	Note	Next
27.	23.7	↑	Trail name changes to Hancock Trail Athletes continue on trail, vehicles stay on road	1.4
28.	25.1	→	ATHLETES & PACERS turn right to continue on Hancock Trail CREW VEHICLES turn right onto Oakley Seaver	0.7
29.	25.8	←	LEFT onto Don Wickham Drive	0.5
30.	26.3	→	RIGHT onto Legends Way	0.1
31.	26.4	←	LEFT onto Citrus Grove Blvd	2.3



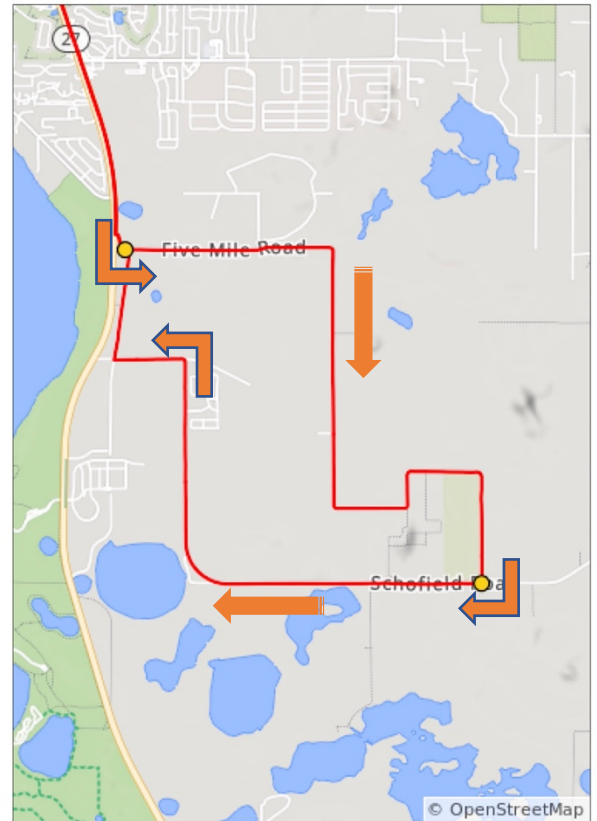
4.9 miles. +176/-87 feet

Num	Dist	Type	Note	Next
32.	28.7	←	Left onto US Hwy 27 N	2.7
33.	31.4	←	Left onto N Bradshaw Rd	0.1



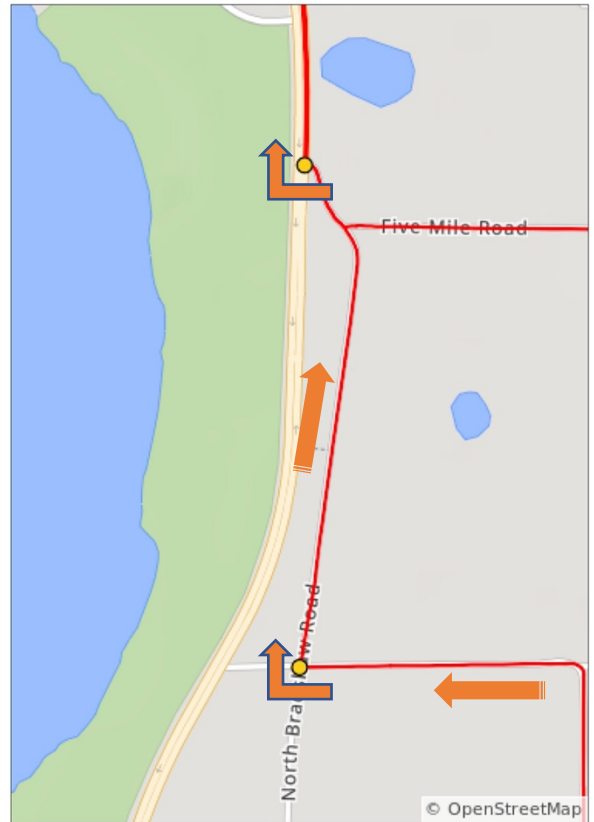
5.0 miles. +141/-152 feet

Num	Dist	Type	Note	Next
34.	31.5	←	Left onto 5 Mile Rd - CLAY ROADS BEGIN - CREW VAN MAY BLAST MUSIC FOR NEXT 10 MILES!	5.1
35.	36.6	→	Right onto Schofield Rd - CLAY ENDS.	3.9



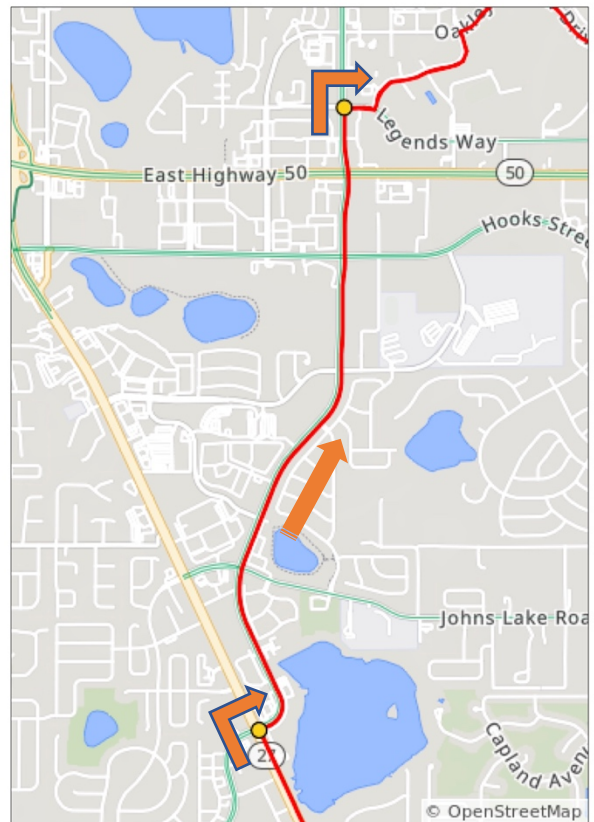
5.3 miles. +180/-136 feet

Num	Dist	Type	Note	Next
36.	40.5	→	Right onto N Bradshaw Rd - CLAY BEGINS.	0.9
37.	41.4	→	Right onto US Hwy 27 N - CLAY ENDS.	2.7



4.8 miles. +5/-32 feet

Num	Dist	Type	Note	Next
38.	44.1	→	Right onto Citrus Tower Blvd GAS/ICE ON ADJACENT CORNER	2.3
39.	46.3	→	Right onto Legends Way	0.1

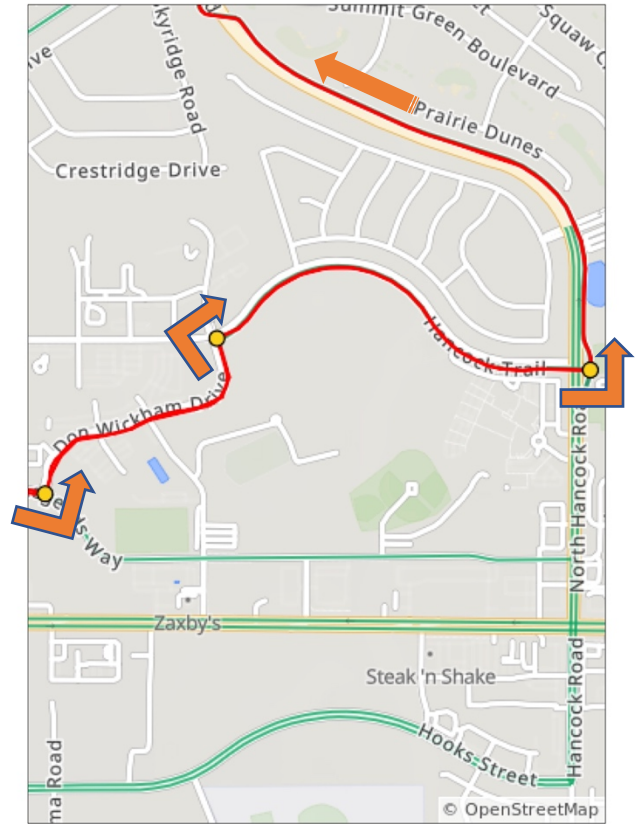


5.0 miles. +269/-130 feet

Num	Dist	Type	Note	Next
40.	46.4	←	Left onto Don Wickham Dr	0.5
41.	46.9	→	RIGHT onto Oakley Seaver Dr - athletes get on path	0.7
42.	47.7	←	Athletes turn LEFT continuing on Lake Apopka Trail	3.6

CREW VEHICLES: when athletes turn left on the trail, you will turn LEFT onto Hancock Road... then turn LEFT onto Old Hwy 50, then LEFT onto Main Street - - then head to the finish line!

1.3 miles. +72/-67 feet



Num	Dist	Type	Note	Next
43.	51.3	↑	Athletes continue straight on Lake Apopka Trail	0.7
44.	52.0	←	Slight left to stay on S Lake Trail (Lake Apopka Trail)	0.3
45.	52.3	📍	End of route	0.0

4.6 miles. +14/-14 feet

