

FLIMINGO FEAT COURSE INFORMATION

- **Swim:** 1600 yards (64 lengths) in the heated indoor pool. Lap counters will **not** be provided but you can bring your own. Locker rooms are available.
- **Bike:** Approx. 18 miles along the B&A bike trail beginning at Cypress Creek Rd (across B&A Blvd from Spy Aquatics Center), heading NORTH towards Baltimore, turning around just prior to Jumpers Hole Rd and will then bike to the intersection of Boulters Way. At Boulters Way participants will turn around and return to the intersection of Cypress Creek Rd.
- **Run:** Approx. 6 miles along the B&A bike Trail from the intersection of Cypress Creek Rd and heading NORTH towards Baltimore, turning around just prior to W Chestnut St and back to the intersection of Cypress Creek Rd for the finish.

Detailed Map at www.Spyswimming.org

