

# FIRST TRAINING TIMES & LOCATIONS

**PLEASE ARRIVE A FEW MINUTES BEFORE THE TIMES LISTED SO YOU CAN CHAT WITH THE STAFF!**

## **MARATHON**

**SATURDAY, JANUARY 30TH 7:00 AM**

**BRYANT PARK, LAKE WORTH**

**Directions:** *From the North:* Take I-95 to 10th Avenue and exit east. Take a right onto Federal Highway. Then turn left onto Lake Avenue. The park will be at the base of the bridge on your right. If you go over the bridge you have gone too far. *From the South:* Take I-95 to 6th Avenue and exit east. Take a left onto Federal Highway. Then turn right onto Lake Avenue. The park will be at the base of the bridge on your right. If you go over the bridge you have gone too far.

## **CYCLE**

**SATURDAY, JANUARY 30TH 7:30 AM**

**CORAL COVE, JUPITER**

**Directions:** I-95 to Indiantown Road (Jupiter Exit) and exit east. Continue east to Alternate A1A and turn left (north) (over the RR tracks). Continue on A1A, go over the bridge, until US1. Go straight through US1 (East C707) and continue east to Jupiter Island. The park is on your right side about 1 mile ahead.

**Alternate Route from the North** - South on US1 to C707 & make a left (east) & follow above.

**Alternate Route from the South** - North on US1 to C707 & make a right (east) & follow above.

## **TRIATHLON- NORTH**

**SATURDAY, JANUARY 30TH 11:00 AM**

**NORTH COUNTY AQUATIC CENTER, JUPITER**

**Directions:** *From the North:* Take I-95 to Indiantown Rd. (Jupiter exit) and exit east. Continue to Military Trail and turn right (south). Then right (west) onto Toney Penna Drive. The NCAC is ahead on the right.

*From the South:* Take I-95 to Donald Ross and exit east. Go to Military Trail and turn left (north). Continue to Toney Penna Drive and turn left (west). The NCAC is ahead on the right.

***There is a pool entrance fee of \$3.20, and bring your run gear in case inclement weather***

## **TRIATHLON- SOUTH**

**SATURDAY, JANUARY 30TH 9:00 AM**

**AQUACREST POOL, DELRAY**

**Directions:** Take I-95 to Woolbright Road and exit East. Go to Seacrest Blvd and turn right (south). Continue about 1.5 miles and the pool is on the left (east) side of the road.

***There is a pool entrance fee of \$3.20, and bring your run gear in case inclement weather***