



Turn around at Lantana Municipal Beach Parking
(Gran Fondo distance)

Turn around at Boca Raton
(Medio distance)

Turn around at Hillsboro Inlet Park
(Piccolo distance)

Start / Finish

- ☒ Mile N
- ☐ Cyclin
- ☐ Runn

6

Speed (mph)

Pace (min/mi)

Time

