



07/14/2024 @ 07:00 am

## UNC Health Sprint Triathlon - Knightdale

Sprint Triathlon  
Knightdale, NC

### Knightdale Sprint Triathlon – Bike Course Turn by Turn Directions

- Mount your bike outside the Transition Area after the mount line.
- Exit UNC Health Center parking lot and turn RIGHT on Flatrock Park Dr.
- LEFT on Hinton Oaks Blvd.
- Enter roundabout at 6 and exit at 12 and proceed to Lynnwood Rd.
- LEFT on Hodge Rd.
- Stay straight on Hodge Rd for ~ 3.15 miles.
- **TURNAROUND at Hodge Rd and Sidecreek Dr (you will see orange arrows on road, marked with a cone and volunteer)**
- Stay straight on Hodge Rd for ~ 3 miles.
- RIGHT on Lynnwood Estates Dr.
- RIGHT on Lynnwood Rd (keep the cones on your left side).
- Enter roundabout at 6 and exit at 12 and proceed to Hinton Oaks Blvd.
- RIGHT on Flatrock Park Dr.
- LEFT into UNC Health Center parking lot and dismount before the mount line outside the Transition Area.

**BIKE COURSE WILL BE MONITORED BY WAKE COUNTY SHERIFFS, VOLUNTEERS, MARKED WITH ORANGE ARROWS AND FS SERIES BIKE COURSE DIRECTIONAL SIGNS!**