



07/14/2024 @ 07:00 am

UNC Health Sprint Triathlon - Knightdale

Sprint Triathlon
Knightdale, NC

Knightdale Sprint Triathlon – Run Course Turn by Turn Directions.

- Exit the Transition Area and head up the small hill towards Knightdale Blvd.
- LEFT on sidewalk heading towards the light at the intersection of Knightdale Blvd/Hinton Oaks Blvd.
- LEFT on sidewalk down Hinton Oaks Blvd towards Flatrock Park Dr.
- At this intersection you will cross the street (diagonally) and get on the sidewalk.
- Enter roundabout at 6 and exit at 12 and proceed to Lynnwood Rd on sidewalk.
- Continue down until you see the 1-mile mark, aid station and turnaround sign.
- Once you make the turnaround you will retrace your steps on the out and back run course and as you turn RIGHT back into the UNC Health Center facility off Knightdale Blvd lot you will be directed to the finish line chute!

RUN COURSE WILL BE MONITORED BY WAKE COUNTY SHERIFFS, VOLUNTEERS, MARKED WITH GREEN ARROWS AND FS SERIES RUN COURSE DIRECTIONAL SIGNS!