

Sprint Distance Run

1. Right out of transition
2. Left onto multi-use path at Fort Raleigh entrance
3. Left onto 345 sidewalk
4. Right onto 345 path
- *Turn Around at Elizabeth Drive***
5. Bear Right to stay on 345
6. Right on Cedrow Ave.
7. Left on Algonkian Dr.
8. Right on 345
9. Right on Dare Ave.
10. To cone for 180 turn
11. Right into park to finish

FINISH