

Adult TRIATHLON RUN INFORMATION

Run (3 miles)

Leave the staging area and proceed to the entrance of the club (driveway). Turn right on Century Drive and proceed to the bottom of the hill and turn right onto Back Acre Road. Keep running to the end of the road until you reach a turnaround point (volunteers will direct). Return back out to Century Drive. Turn left, run up and then down the hill to Twin Arch Road and turn left again (follow Police/Volunteer direction). Follow Twin Arch Road to the turn around point just past Twin Arch Bridge (Volunteers will direct). Return to Health Unlimited through the Twin Arch Bridge and turn right onto Century Drive. Upon returning to Health Unlimited, turn right into the club entrance and make another immediate right turn. Follow the arrows around the club to the finish line and your triathlon is complete.

CAUTION!!!!!!!!!! Bikers and Runners are partially on the same course. Be courteous!!!!!! If you reach a congested area **SLOW DOWN!!!!!!!!!!**