

## SUNRISE TRI #3 RUN COURSE

- 3.1 miles
- Out-and-back

### TURN BY TURN

- 0.0 mi - Head north and turn left onto Flyer Dr.
- 0.1 mi - Turn left onto Knight St.
- 0.3 mi - Turn right onto E. Preston Ave.
- 1.2 mi - Turn right onto Captain Shreve Dr.
- 1.55 mi - Turn around and head south on Captain Shreve Dr. (near Sweetbriar St.)
- 1.9 mi - Turn left onto E. Preston Ave.
- 2.8 mi - Turn left onto Knight St.
- 3.0 mi - Turn right onto Flyer Dr.
- 3.1 mi - Turn right onto YMCA driveway and make a short dash for finish line

