

# SUNRISE TRI #1 BIKE COURSE

- 11 miles
- 2 laps on Clyde Fant Parkway
- 150 ft elevation gain

## TURN BY TURN

- 0.0 mi - Head southeast on Knight St.
- 0.1 mi - Turn left onto E. Preston Ave.
- 0.3 mi - Turn left onto Clyde Fant Parkway northbound on ramp
- 0.5 mi - Head north on Clyde Fant Parkway  
**CAUTION: Keep far right; watch for racers U-turning and starting their 2nd lap**
- 3.0 mi - U-turn and head southeast on Clyde Fant Parkway
- 5.5 mi - U-turn and head north on Clyde Fant Parkway (near E. Preston on ramp)  
**CAUTION: Watch for racers merging onto the parkway and starting their 1st lap**
- 8.0 mi - U-turn and head southeast on Clyde Fant Parkway
- 10.5 mi - Exit Clyde Fant Parkway at E. Preston northbound on ramp
- 10.7 mi - Turn right onto E. Preston Ave.
- 10.9 mi - Turn right onto Knight St.
- 11.0 mi - Return to BHP Billiton YMCA

DISTANCE  
**11 MI**

Distance Markers    Units  
 Imperial     Metric

Elevation     Traffic  
 Bicycle Paths

