Triple Lakes Trail Race Athlete Guide

RACE DAY SCHEDULE

- **Packet Pickup**
  - 6:30 am – 7:45 am
- **40 Mile and Marathon Start**
  - 8:00 am
- **Half Marathon Start**
  - 8:30 am
- **5 Mile Start**
  - 8:45am
- **Half Marathon Awards (approx.)**
  - 10:30 am
- **Course Closes**
  - 8:00 pm

HEADLAMPS WILL BE MANDATORY
for anyone on the course after 5:45pm. If you are unsure if you will still be on the course, carry a headlamp…or put one in your Drop Bag. Runners will not be allowed to continue without a headlamp!

PARKING

Please do NOT park at the park office.
Bur-Mill Club Rd
Bur-Mil Park
Bur Mil Golf Course
Owls Roost Rd
Please park in one of the orange paved lots...OR...our volunteers will direct you where to park in the grassy area near the start/finish.

Course Time Limits and Cut-offs

The course cut-offs are based on athletes keeping a steady time throughout the event.

- Marathon: *12 hour time limit* (27:30 minute per mile pace)
    - Laurel Bluff Trailhead (Church St) – mile 14.6 – 2:41pm

- 40M: *12 hour time limit* (18:00 minute per mile pace)
  - 40M Time Check Points:
    - Townsend Trailhead at Yanceyville – mile 18 – must reach by 1:25 pm
    - Townsend Trailhead at Yanceyville (2) – mile 23.3 – must reach by 3:00 pm
    - Laurel Bluff Trailhead (Church St) – mile 26.7 – must reach by 4:05 pm
    - Nat Greene Trailhead on Old Battleground – mile 34 – must reach by 6:12 pm

½ Marathon athletes are expected to keep a 27:30 minute per mile pace

40 Mile Drop Bags

40 Mile Runners will have the option to pack 1 Drop Bag that we will provide at packet pickup. You may drop off your Drop Bag on race day. Mark your BIB # clearly on your bag.

Drop Bag Size: 20”x24”x4” clear bag w/drawstring

You can pack any special food you will need, a change of clothes/shoes and/or a headlamp.

The drop bag will then be taken to Aid Station #7/8 at 7:45am…which you will pass twice – once at mile 18 and again at mile 23.3.

- Please note, we will bring these bags back to the finish line periodically during the race.

- Relay Teams will not be provided with Drop Bags.

Course Markings

- This course is marked with surveyor flags, signs, tape, and volunteers where needed.
- On the parts of the course shared by the 40M, Marathon, & Half marathon, 5 Mile, athletes will see ORANGE on the RIGHT side of the course.
- At the first split, Half marathoners will continue following the ORANGE surveyor flags to the finish; while 40M & Marathoners will begin following YELLOW on the right.
- At the second split, Marathoners will turn left on Church Street and follow the YELLOW markings to Reedy Fork Trial. Marathoners will pick up the ORANGE markings once they get on the greenway to head back towards Owls Roost Trail and head toward the finish; while 40M'ers will follow PINK surveyor flags and tape towards Crockett, Osprey, and Townsend Trails. Once 40M'ers make their U-turn on Townsend Trail, they will make their way back to the Crocket Trailhead where they will cross and head down Chruch Street where they will once again pick up the YELLOW markings and follow those until they get to A&Y Greenway & Nat Greene Trail where they will pick up the PINK markings to head back towards the other side of Nat Greene and Palmetto trails. Once you reach the greenway, you will pick up the ORANGE markings to head back towards Owls Roost and the finish.

Course Markings

Athletes may see flags / tape on BOTH sides of parts of their courses since they will contain an "out-and-back" section.

* Surveyor flags will be very close together where there is a turn or the possibility of going in the wrong direction. They will be much further apart (.1 to .15 miles) when there is a low possibility of going in the wrong direction. (This is a very simple course to follow. Don't make unprompted turns.)

Example of a "low possibility area"; course markings spread further out.

* We also use signs at every turn. Where the races go in different directions, the trails will have *40M, Marathon, and half marathon signs.*

40 Mile U-Turn

At the 40 mile u-turn, runners will need to grab an eye patch off the U-TURN sign and show it to the volunteers or staff at the Aid Station at Mile 23.3 when you exit the trail. Runners who do not provide an eye patch will be questioned whether they completed the full distance.

RELAY TEAM RULES

- Team Size: 2 or more people.
- All aid stations will be “Relay exchanges zones”.
- Both runners must check in at the aid station in which an exchange is made.
- Each runner on the team will have their own bib number. (*All team members not currently running must take OFF their bib number before coming to the finish line*)
- Relay “leg” distance is up to the team, but exchanges **MUST** be done at an exchange zone only.
- Runners do not have to run an equal number of legs or distances; however, every team member must run at least one leg.
- All general athlete rules and gear requirements apply to relay team participants.

PACERS

- Pacers are only allowed for the 40 Mile distance
- Pacers are allowed to assist athletes anywhere on the course
- Pacers must check in at packet pick up race morning to sign a waiver and receive a pacers bib

Aid Stations

Aid Station #	40 Mile	Marathon	Half Marathon	5 Mile	Food	Supplies	Drop Bags	Porta John	Relay Exchange	Cutoff*
#1 – Entrance to Far End of Owl's Roost Trail	6.25	6.25	6.25/9.1	1.2	Water, Tailwind, Coke, Bananas, Trail Mix, Pickles, Hummus Wraps, Pretzels, gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes	
#2 – Old Battleground Nat Greene Entrance	8	8	8		Water, Tailwind, Coke, PB/Cheese Crackers, Chocolate covered nuts, dried fruit, gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes	
#3 – Nat Greene Ext Trailhead on Lake Brandt	11.5	11.5			Water, Tailwind, Coke, ginger ale, Potatoes, Cuties, Cookies, Pretzels, Gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes	
#4 – Laurel Bluff Trailhead (Church)	14.6	14.6			Water, Tailwind, Coke, Pickles, Bacon, Grapes, Jelly Beans, PB/Cheese Crackers, Gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes	Marathon 2:46pm
#5 – Nat Greene Ext Trailhead on Lake Brandt (Same as 3)		18.4			Water, Tailwind, Coke, ginger ale, Potatoes, Cuties, Cookies, Pretzels, Gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes	
#6 – Entrance to Far End of Owl's Roost Trail (Same as 1)		21.6			Water, Tailwind, Coke, Bananas, Trail Mix, Pickles, Hummus Wraps, Pretzels, gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes	
#7 -Townsend Trailhead (Yanceyville)	18				Water, Tailwind, Coke, Ginger Ale, PB &J, Chips, Pickles, Rice Krispies, Bananas, Gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline	yes		yes	40 Mile 1: 25PM
#8 -Townsend Trailhead (Yanceyville Same as 7)	23.3				Water, Tailwind, Coke, Ginger Ale, PB &J, Chips, Pickles, Rice Krispies, Bananas, Gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline	yes		yes	40 Mile 3: 00PM
#9 - Laurel Bluff Trailhead (Church St) (Same as 4)	26.7				Water, Tailwind, Coke, Pickles, Bacon, Grapes, Jelly Beans, PB/Cheese Crackers, Gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes	40 Mile 4: 05PM
#10 – Nat Greene Ext Trailhead on Lake Brandt (Same as 3/5)	30.5				Water, Tailwind, Coke, Ginger Ale, Potatoes, Cuties, Cookies, Pretzels, Gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes	
#11 – Old Battleground Nat Greene Entrance	34				Water, Tailwind, Coke, PB/Cheese Crackers, Chocolate covered nuts, dried fruit, gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes	40 Mile 6: 12PM
#12 – Entrance to Far End of Owl's Roost Trail (Same as 1/6)	35.7				Water, Tailwind, Coke, Bananas, Trail Mix, Pickles, Hummus Wraps, Pretzels, gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes	
Finish	40	26.2	13.1							

Click here for pdf version with google links.

Updated 10/12/2026

40M Course Description

Start: At Start Finish arch facing the Wildlife Building
Head South on A and Y Greenway
1.05 Turn Left onto Owls Roost Trail Entrance (middle/northern entrance)
1.25 Stay Right at split to take Owls Roost
CONTINUE ON THE ENTIRETY OF OWLS ROOST TRAIL IN A COUNTER CLOCKWISE DIRECTION
4.1 Turn Left to Start Shady Side
5.9 Turn Right to continue to exit of Owls Roost
6.1 Turn left to stay on Owls Roost
6.3 Quick Left/ Straight Across to enter Palmetto Trail
7.8 Turn Left at Exit of Palmetto Trail onto Old Battleground/A&Y Greenway
7.9 Turn Left to Enter Nat Greene Trail
8.7 Continue Straight over Greenway to continue on Nat Greene Trail
11.3 Turn Left to continue over Marina drive
11.5 Exit Nat Greene extension onto Lake Brandt/Crossover Lake Brandt
11.6 Enter Laurel Bluff Trail
14.6 Continue Straight across Church St. to Crockett Trail
15.7 Turn Left onto Church St. South
15.9 Turn Left onto Osprey Trail
18 Continue Straight over Yanceyville from Osprey Trail to Townsend Trail
20.7 U-Turn
23.3 Continue Straight over Yanceyville from Townsend Trail to Osprey Trail
25.5 Turn right to go North on Church St.
25.6 Turn Left onto Crockett Trail
26.7 Turn right onto Church St.
26.9 Turn Left onto Reedy Fork
30.1 Turn Left onto Lake Brandt Rd. Heading South
30.5 Turn Right to Enter Nat Greene Extension
30.6 Crossover Marina Parking lot and continue on Nat Greene Trail
33.2 Continue Straight over Greenway to continue on Nat Greene Trail
33.9 Turn Right to Run on Old Battleground/A&Y Greenway
34.2 Turn Right to enter Palmetto Trail
35.6 Take a slight left/Continue Straight to enter southernmost entrance to Owls Roost Trail
35.9 Turn right at split to take short route to Owls Roost/Shadyside Split
36. Turn Right to begin Owls Roost
39.2 Turn Right to exit Owls Roost Trail onto Greenway
39.3 Turn left onto field entrance near finish pavilion

Marathon Course Description

Start: At Start Finish arch facing the Wildlife Building
Head South on A and Y Greenway
1.05 Turn Left onto Owls Roost Trail Entrance (middle/northern entrance)
1.25 Stay Right at split to take Owls Roost
CONTINUE ON THE ENTIRETY OF OWLS ROOST TRAIL IN A COUNTER CLOCKWISE DIRECTION
4.1 Turn Left to Start Shady Side
5.9 Turn Right to continue to exit of Owls Roost
6.1 Turn left to stay on Owls Roost
6.3 Quick Left/ Straight Across to enter Palmetto Trail
7.8 Turn Left at Exit of Palmetto Trail onto Old Battleground/A&Y Greenway
7.9 Turn Left to Enter Nat Greene Trail
8.7 Continue Straight over Greenway to continue on Nat Greene Trail
11.3 Turn Left to continue over Marina drive
11.5 Exit Nat Greene extension onto Lake Brandt/Crossover Lake Brandt
11.6 Enter Laurel Bluff Trail
14.6 Turn Left onto Church St.
14.8 Turn Left onto Reedy Fork Trail
18.1 Turn Left onto Lake Brandt Rd.
18.5 Enter Nat Greene Extension
18.6 Crossover Marina Parking lot and continue on Nat Greene Trail
21.2 Turn Right to exit Nat Greene Trail onto Greenway
21.6 Turn Right to Enter southernmost entrance of Owls Roost Trail
21.8 Turn Right at split to take short route to Owls Roost/Shadyside Split
21.9 Turn Right to begin Owls Roost
25.2 Turn Right to exit Owls Roost Trail onto greenway
25.3 Turn Left onto field entrance near finish pavilion

Half Marathon Course Description

Start: At Start Finish arch facing the Wildlife Building

Head South on A and Y Greenway

1.05 Turn Left onto Owls Roost Trail Entrance (middle/northern entrance)

1.25 Stay Right at split to take Owls Roost

CONTINUE ON THE ENTIRETY OF OWLS ROOST TRAIL IN A COUNTER CLOCKWISE DIRECTION

4.1 Turn Left to Start Shady Side

5.9 Turn Right to continue to exit of Owls Roost

6.1 Turn left to stay on Owls Roost

6.3 Quick Left/ Straight Across to enter Palmetto Trail

7.8 Turn Left at Exit of Palmetto Trail onto Old Battleground/A&Y Greenway

7.9 Turn Left to Enter Nat Greene Trail

8.7 Turn Left to exit Nat Greene Trail onto Greenway

9.1 Turn Right to Enter southernmost entrance of Owls Roost Trail

9.3 Turn Right at split to take short route to Owls Roost/Shadyside Split

9.4 Turn Right to begin Owls Roost

12.7 Turn Right to exit Owls Roost Trail onto greenway)

12.8 Turn Left onto field entrance near finish pavilion

5 Mile Course

Start: Begin at Bur-Mil at Start/Finish arch facing the wildlife building.

Head South on A and Y Greenway

1.20 Turn Left onto Owls Roost Trail Entrance (far entrance)

1.25 Stay Right to continue onto Owls Roost

1.35 Right to continue onto Owls Roost

4.50 Right to continue onto Owls Roost towards Greenway

4.90 Right to exit Owls Roost onto Greenway

4.95 Left into Bur-Mil to Finish

Strava Course Maps

- **40 Mile Course Map:**

https://www.strava.com/routes/3271300097220752702

- **Marathon Course Map:**

https://www.strava.com/routes/3151915260923379650

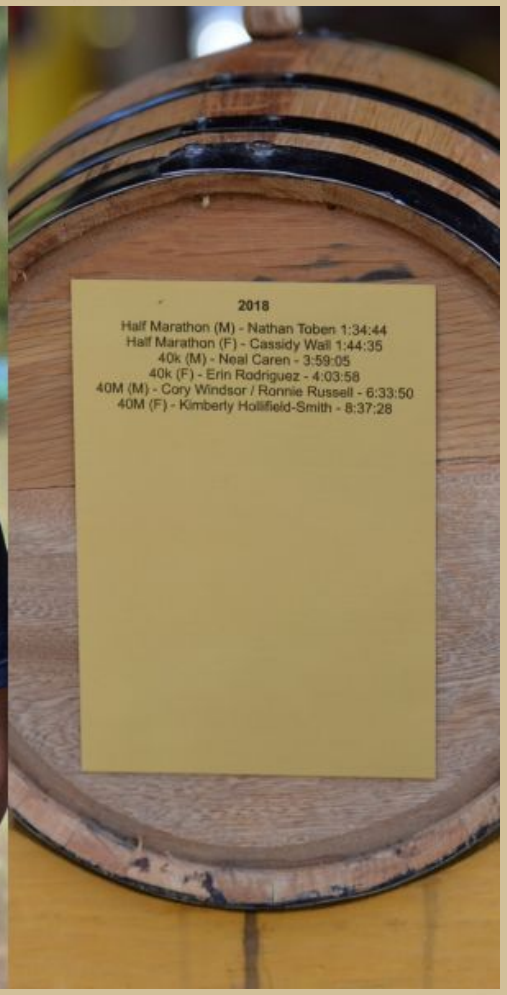
- **Half Marathon Course Map:**

https://www.strava.com/routes/3151641224704621358

- **5 Mile Course Map:**

https://www.strava.com/routes/3499812584546656286

In the Spirit of victory!



All of the winners of the *Triple Lakes Trail Races* are given a wooden mug that entitles them to the rum for the entirety of their lives. And their names are emblazoned onto the cask for eternity!

TRIVIUM RACING NORTH CAROLINA CLUB BENEFITS

Race Day Benefits

All Clubs with 10+ Participants Registered On Your Team:

- A team tent set up by Trivium, featuring a banner with your club's name/logo
- Your registration packets, ready at the tent (skip packet pickup lines)
- Food, drinks, and goodies waiting for your team.
- Our race photographer will take official club photos prior to races. Photos will be taken at your club tent 30:00 prior to the start of the first event.

Check your club roster on the Group/Teams page on RunSignup to see who's on your team. The 10-person minimum must be met by two weeks prior to race day so we can prepare.

All Registered Clubs, Regardless of Number of Participants:

- Participation in the club competition! Winners will be announced the Thursday after the race. ***Learn more about scoring here.***
- Awards to the individual club competition winner!
- Finishes count towards increased club discount, Trivium sponsored club shirts (>75 club participant finishes), & the overall season club cup competition

If you have any questions or you're interested in racing with Trivium as a registered club in the future, email Mel at mel@triviumracing.com to learn more and set up a club discount for future registrations!

RaceJoy

Make sure to download the RaceJoy app by RunSignUp (available on Apple and Android) so that you can get progress alerts during your race and see a map of aid stations and bathrooms! If your friends, families, and teammates want to track you during the race, they can download this app as well. All they have to do is enter your bib number to watch your progress and send you cheers throughout the race!

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