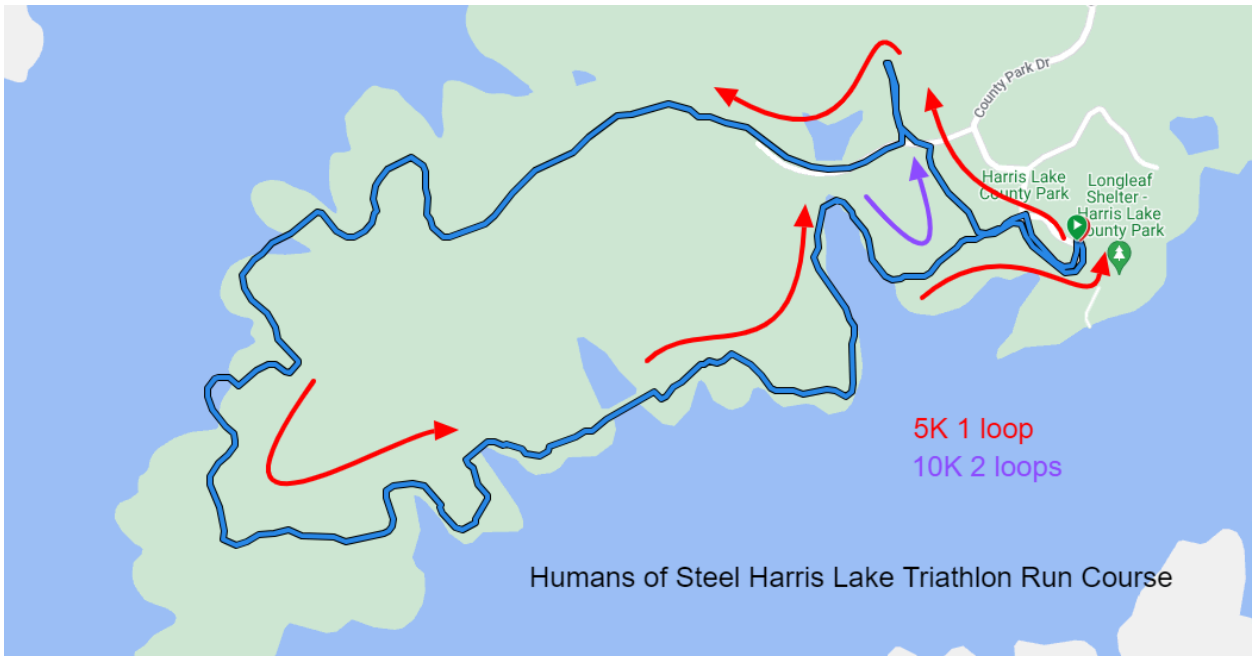
Humans of Steel
Harris Lake Multisport Festival
Course Maps

Humans of Steel Racing © 2024

RUN COURSE:

Remember, this is FIRST due to the reverse format.
5km (3.1 miles) through the single track Peninsula trail (~1 mile) and maintenance gravel roads (~2 miles) at Harris Lake County Park.
It is a 2 loop course for the 10km (6.2 mile) course. Trail shoes are nice to have, but “regular road” running shoes are fine (racing flats are not recommended on the gravel/pine straw). It is a flat course, but the single track trails do have roots and pine straw. The course is closed to the public during the race, so you won’t have to dodge any hikers or dogs!



Humans of Steel Racing © 2024

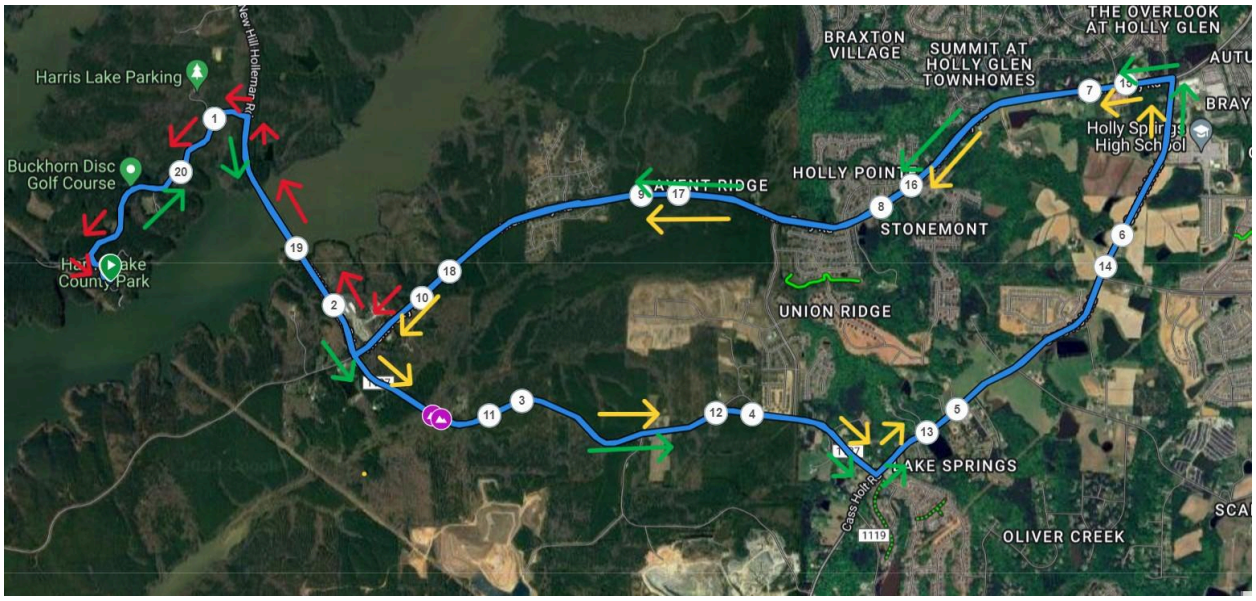
BIKE COURSE:

Is on paved roads through Holly Springs with volunteers, signs and police as major turns. However, it's always good to be familiar with the course. The course is NOT closed to traffic, so please obey the NC laws for cyclists, which can be found here. USAT drafting/passing policies apply, so please be honest and have fun!

There are speed bumps in the park, so please be cautious going over them!

SPRINT: 12.5 miles on paved roads (follow the green arrows on the picture, then the RED). Download the GPX file here.

OLYMPIC: 20.5 miles on paved roads (follow the green on the picture, then the YELLOW arrows, then the RED). Download the GPX file here.



SWIM COURSE

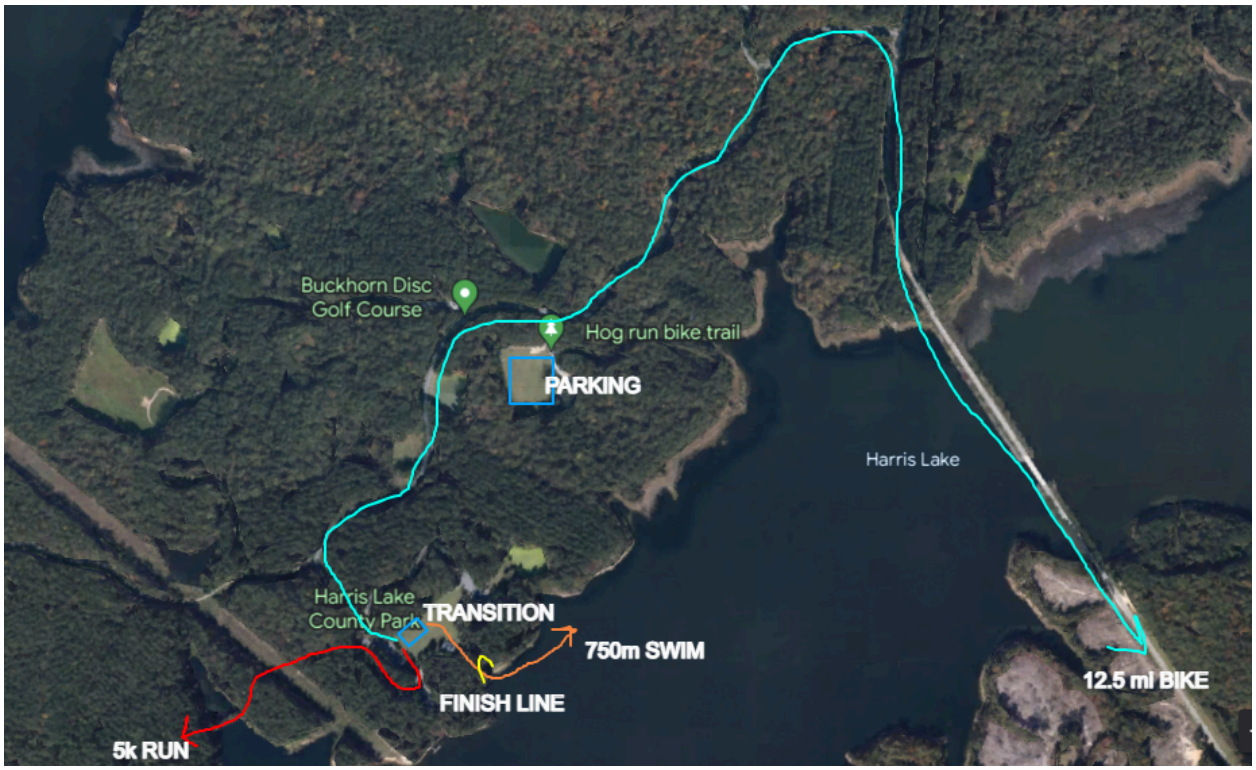
Normally, there is no swimming access at Harris Lake, but you may paddleboard/kayak there.
Swim caps are required, which you'll be provided with. The finish line is at the end of the swim, close to the restrooms. There will be lifeguards and kayaks/paddleboards for water support.
The sprint course is as shown (750m is ONE loop)
The olympic course (1500m is TWO loops)
Keep buoys on your RIGHT (the buoys are in descending order).



Humans of Steel Racing © 2024

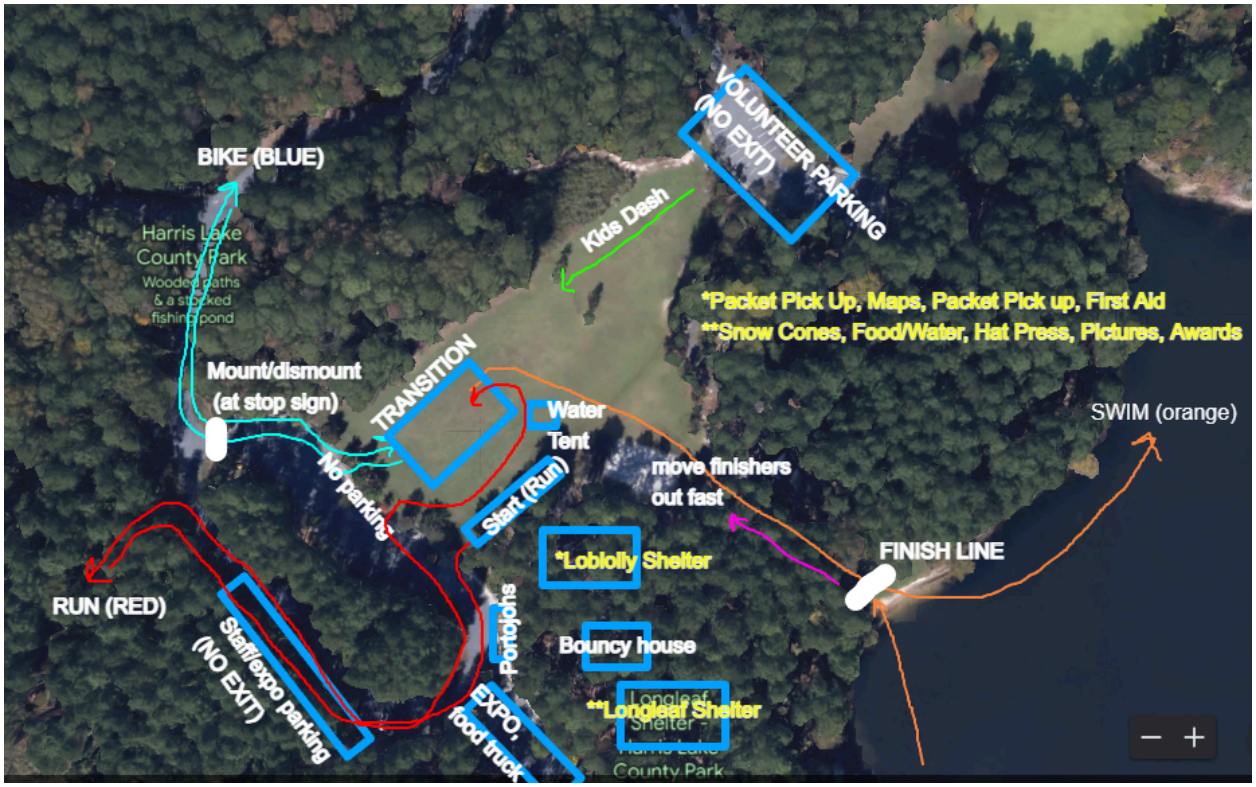
Overview of Park/Parking

You will have to park near the hog run bike trail and walk or ride to the transition area. It is approximately 1 mile from parking to transition, so please come prepared and with plenty of time to spare. If you need special accommodations, please contact us racedirector@theenduranceedge.com



Humans of Steel Racing © 2024

Site Map:



Humans of Steel Racing © 2024