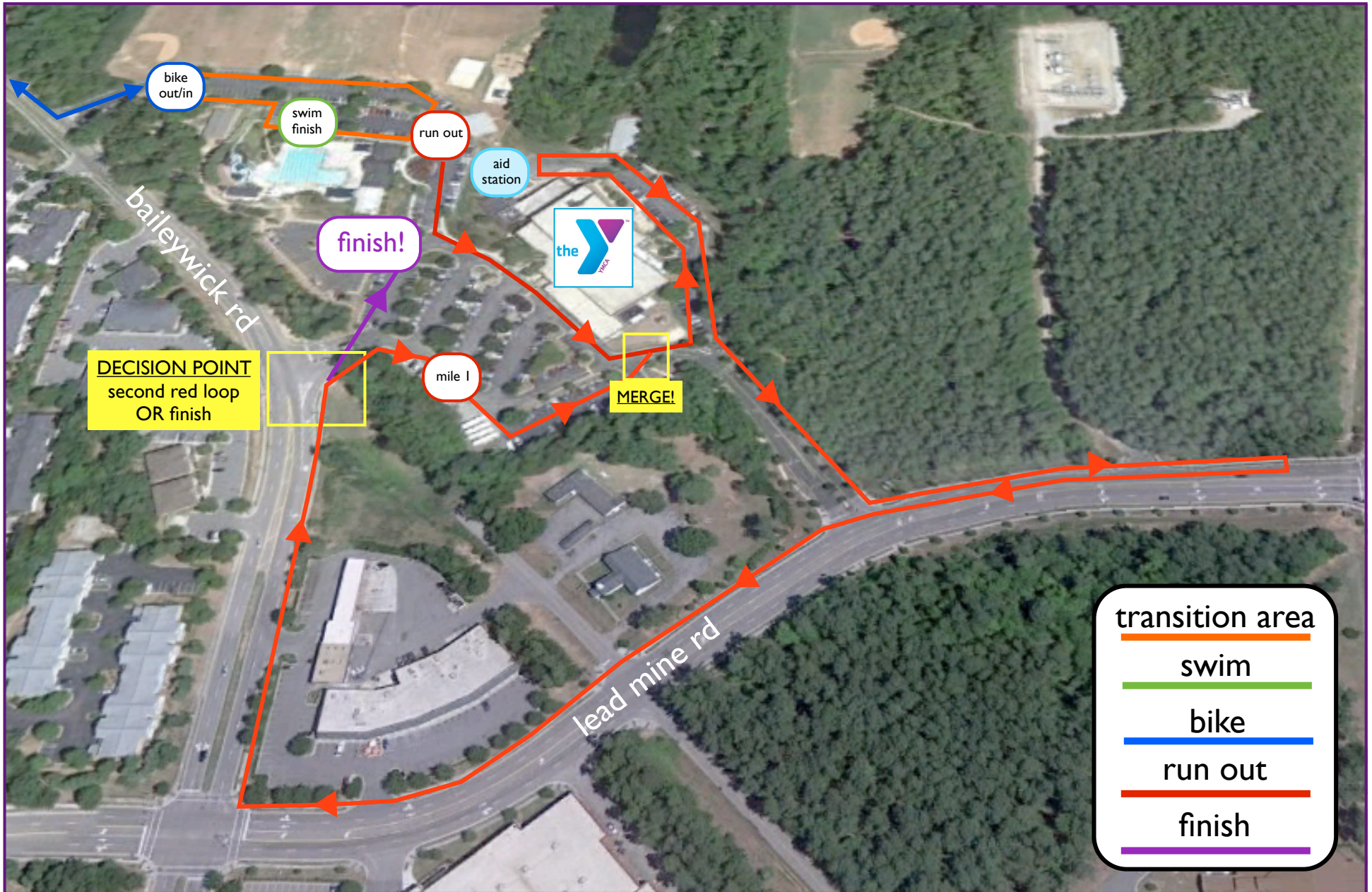




ramblin' rose

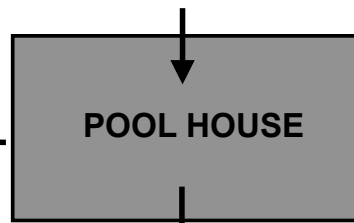
celebrating the empowerment of women

Raleigh /// Venue & Run Map

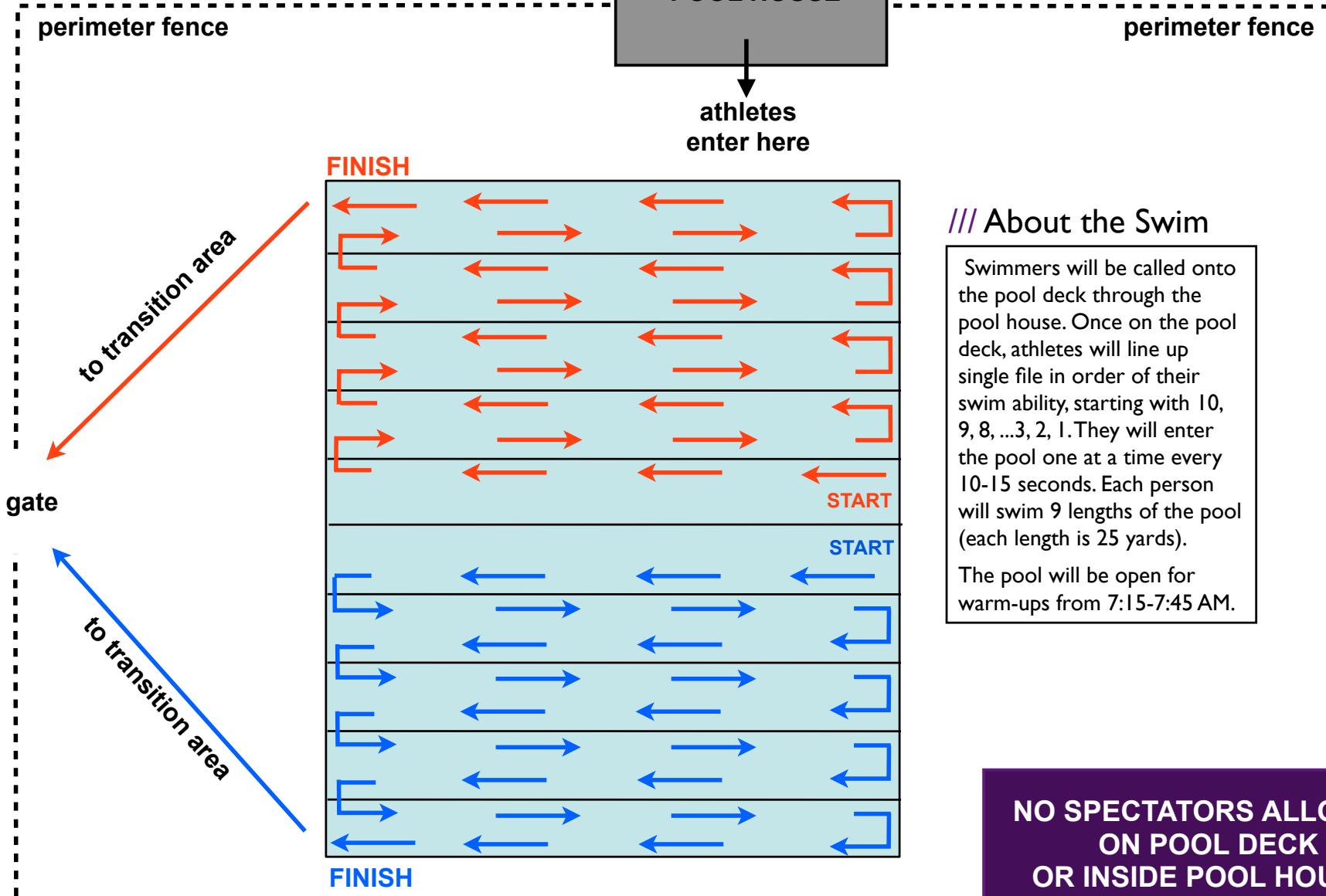




Raleigh /// Swim Map



athletes enter here



/// About the Swim

Swimmers will be called onto the pool deck through the pool house. Once on the pool deck, athletes will line up single file in order of their swim ability, starting with 10, 9, 8, ...3, 2, 1. They will enter the pool one at a time every 10-15 seconds. Each person will swim 9 lengths of the pool (each length is 25 yards). The pool will be open for warm-ups from 7:15-7:45 AM.

NO SPECTATORS ALLOWED ON POOL DECK OR INSIDE POOL HOUSE!

Raleigh /// Bike Map

START: AE Finley YMCA - western-most exit on Baileywick Rd

RIGHT: Baileywick Rd

RIGHT: Chander Dr - becomes Emerywood Dr

LEFT: Brookfield Rd

RIGHT: Whitestone Rd

RIGHT: Dunwoody Dr

LEFT: Dunhill Terrace

RIGHT: Bridgetender Drive

LEFT: Leslie Dr

LEFT: Mt. Vernon Church Rd

LEFT: Henning Dr

LEFT: Mersey Ln

LEFT: Grafton Rd

RIGHT: Kinsdale Dr

RIGHT: Old Warden Rd

LEFT: Kinsdale Dr

RIGHT: Countrywood N. Rd

LEFT: Carrington Dr

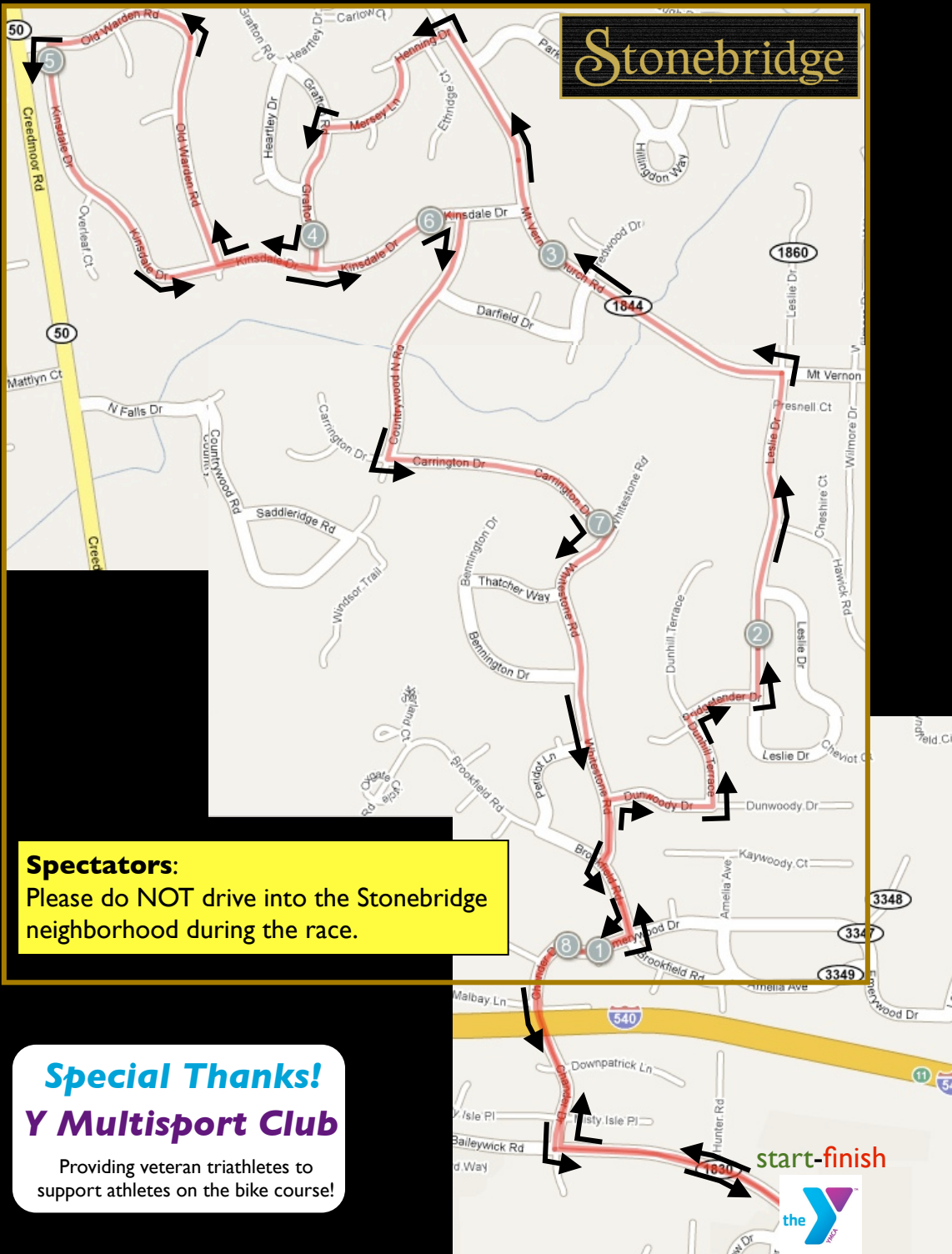
RIGHT: Whitestone Rd

LEFT: Brookfield Rd

RIGHT: Emerywood Dr - becomes Chander Dr

LEFT: Baileywick Rd

FINISH: AE Finley YMCA - western-most exit on Baileywick Rd



Spectators:
Please do NOT drive into the Stonebridge neighborhood during the race.

Special Thanks!
Y Multisport Club
Providing veteran triathletes to support athletes on the bike course!

