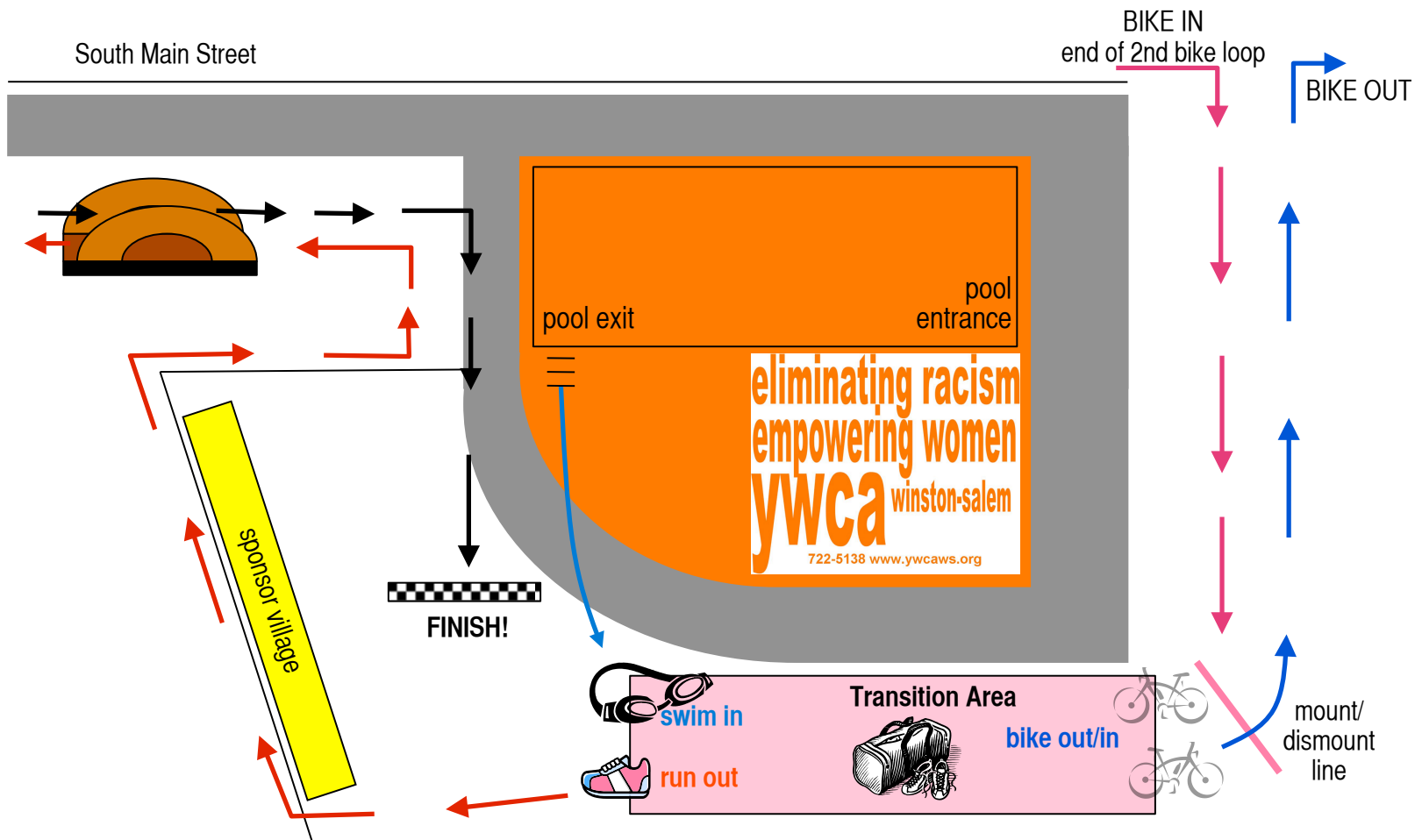




ramblin' rose

celebrating the empowerment of women

Winston-Salem /// Venue Map





Winston-Salem Swim Course Map

225 yards

/// About the Swim

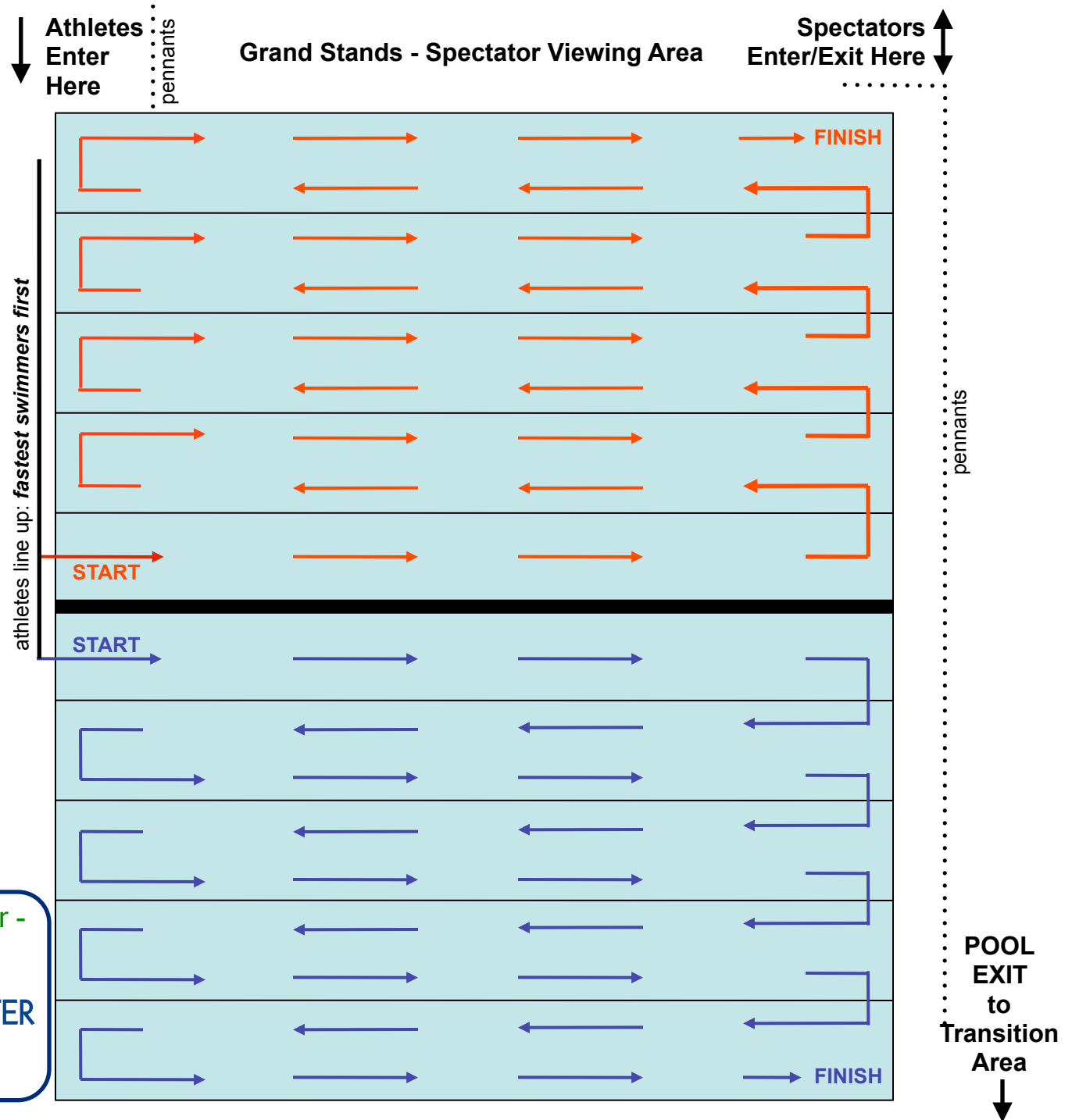
Swimmers will be called onto the pool deck through a dedicated “athletes only” door. Once on the pool deck, athletes will line up in order of their swim ability, starting with 10, 9, 8, ...3, 2, 1. They will enter the pool one at a time every 10-15 seconds. Each person will swim 9 lengths of the pool (each length is 25 yards).

The pool will be open for warm-ups from 7:15-7:45 AM.

- Official Swim Course Sponsor -



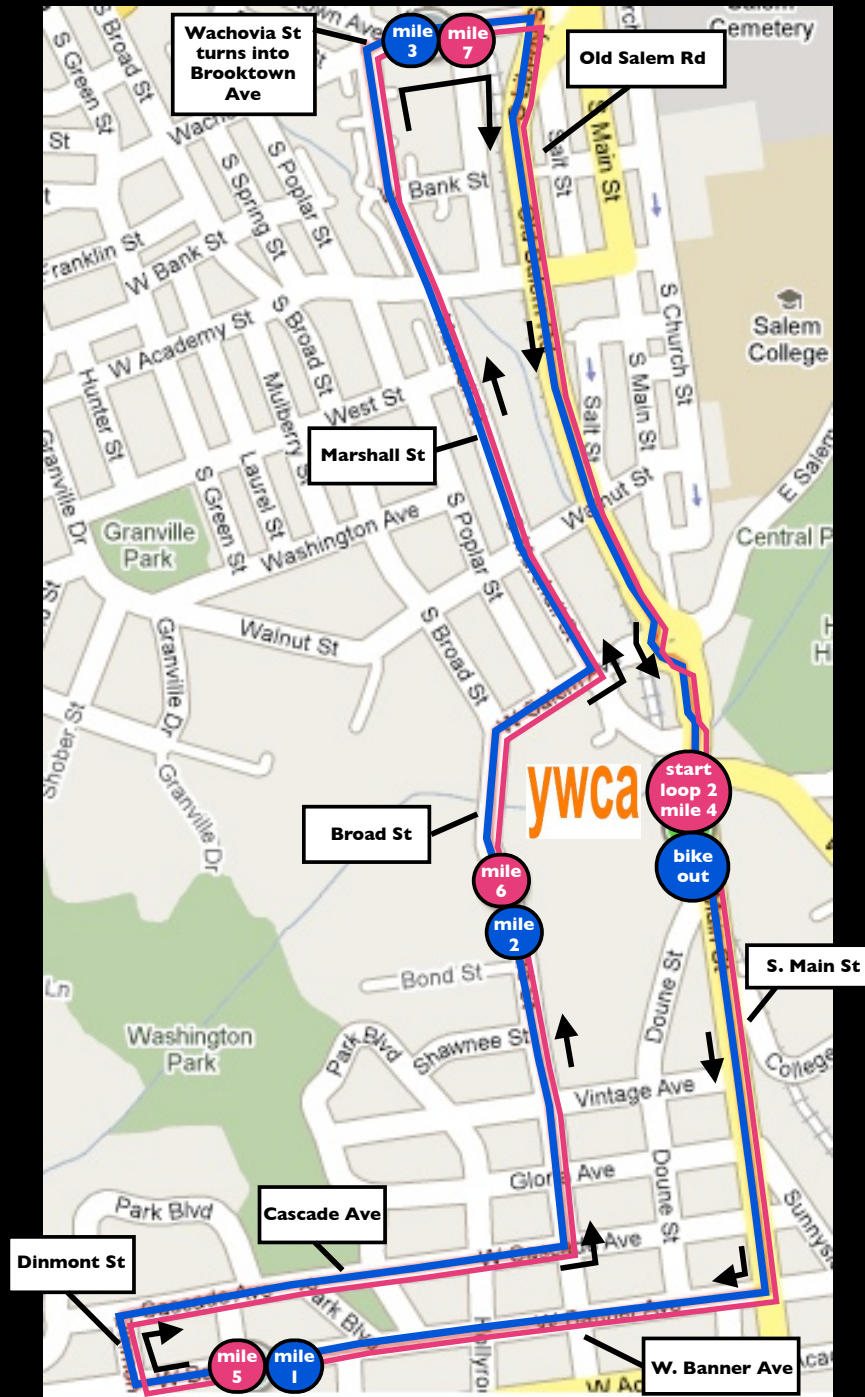
Remarkable People. Remarkable Medicine.





Winston-Salem Bike Course Map

8 miles (2 loops)





Winston-Salem Run Course Map

2 miles

