

Directions & Parking

I-40 coming from the East:

Take Silas Creek Pkwy via Exit 131 toward I-70/ Greensboro/Winston-Salem. Take Silas Creek Pkwy exit 193 C toward S. Main St., take ramp toward S. Main St., turn right on Silas Creek Pkwy, turn left on S. Main St., arrive at Gateway YWCA located at 1300 S. Main St.

I-40 coming from the West:

Take NC-150/Peters Creek Pkwy exit 192, turn left on Peters Creek Pkwy, turn right on Silas Creek Pkwy, turn left on S. Main St, arrive at Gateway YWCA located at 1300 S. Main St.

Parking

Available in the Gateway YWCA parking lot as well as the adjacent parking lots on a first-come first-served basis. Parking volunteers will be available to assist you. Please use extreme caution if you wish to exit these parking lots prior to the conclusion of the event.



Winston-Salem

8 AM /// Sunday, Aug 21st 2011

Spectator Guide

Major goals like training for and finishing a triathlon are accomplished in large part because of the tremendous support that Ramblin' Rose participants receive from their dear family & friends. In return, this life-transforming experience will undoubtedly have a positive affect on everyone around them! This guide empowers you with an overview of today's event and details the best places to watch and cheer for your loved one on this very special day!



Restrooms

Available to the public in the main lobby of Gateway YWCA. Port-o-jons are reserved for athletes during the race.



Race Day Schedule

- 6:00 AM /// Transition Area opens, packet pick-up begins
- 7:15 AM /// packet pick-up ends, pool open for warm-ups
- 7:45 AM /// Transition Area closes
- 7:50 AM /// pre-race announcements in parking lot by S. Main St entrance
- 8:00 AM /// race start - first swimmers in water
- 8:45 AM /// last swimmers in water
- 8:50 AM /// first finisher expected
- 10:45 AM /// last finisher expected
- 11:00 AM /// post-race award ceremony near finish line



photo credit: Tamara Lackey Photography & Sportzfoto



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swim /// 250 yards

The swim takes place inside the YWCA's spectacular aquatic facility. Swimmers start in order of fastest to slowest and the order is determined by the estimated swim time provided by the athlete. Be sure to arrive early in the pool area if you wish to **sit in the bleachers on deck**. Space is limited. You'll need to enter via the pool door near the S. Main St entrance of the property. The other option is to **stand outside by the door through which the swimmers will exit** as they head to the Transition Area.

bike /// 8 miles

Athletes will complete 2 loops of a 4 mile course which includes roads surrounding the venue. The best place to cheer on your loved one is from the **sidewalk next to the YWCA** on S. Main St or on the other side of the property along Broad Street. A reminder that spectators are not allowed in the Transition Area at any time.



run /// 2 miles



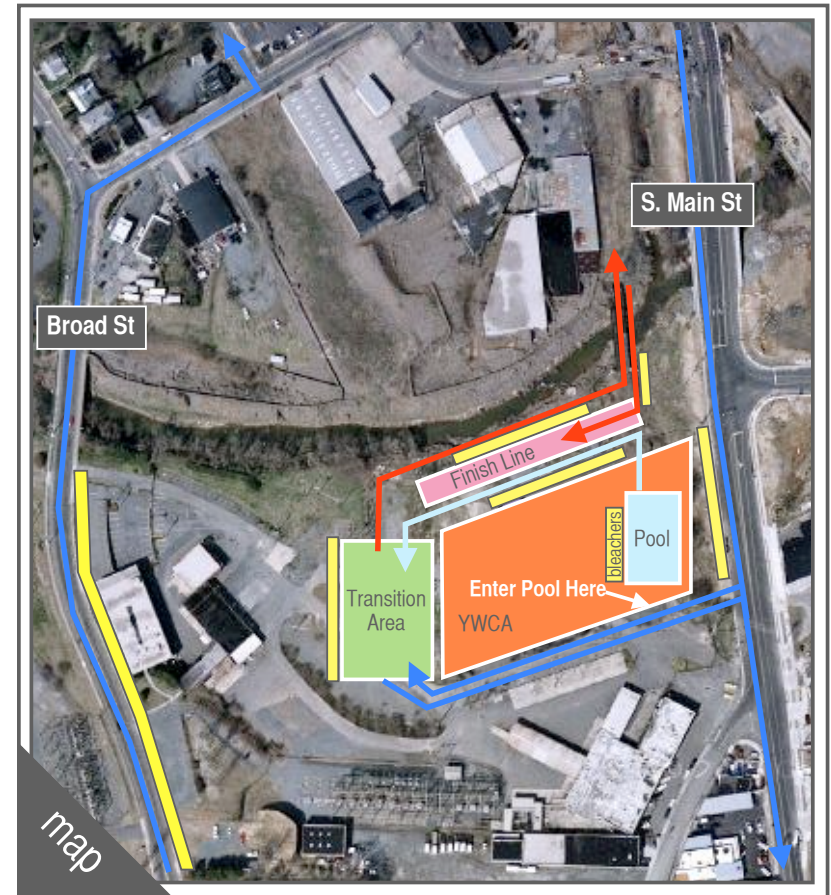
The last leg of the race has runners cross the wooden pedestrian bridge located next to the venue. They'll run north on the greenway that follows Old Salem Rd. At the 1 mile mark they'll turn around and return back the same way. Spectators are encouraged to **view the runners along the greenway, by the bridge, or at the finish line**.

finish

And now for the best part! The sense of elation and accomplishment is palpable when you watch Ramblin' Rose finishers come in. The sound of great music, cheers, and cowbells fills the air at this most festive part of the race course. Today's **finish line is located right in front of the YWCA** in the heart of the sponsor village.



Best Places to Watch!



Swim — Bike — Run — Fan Zone

Participant Course Maps available online at www.endurancemag.com/winston-salem-home

