








ramblin' rose

celebrating the empowerment of women

Raleigh /// Venue & Run Map



transition area	
swim	
bike	
run out	
finish	

(parking lot)

gate

to transition area

gate

athletes
enter here
double doors

double doors

single door

YMCA
LOBBY

basketball
courts

athletes
assemble here

playground

/// About the Swim

Swimmers will be called into the pool area from the basketball courts by swim ability, starting with 10, 9, 8, etc.. Athletes will line up single file. 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.

FINISH

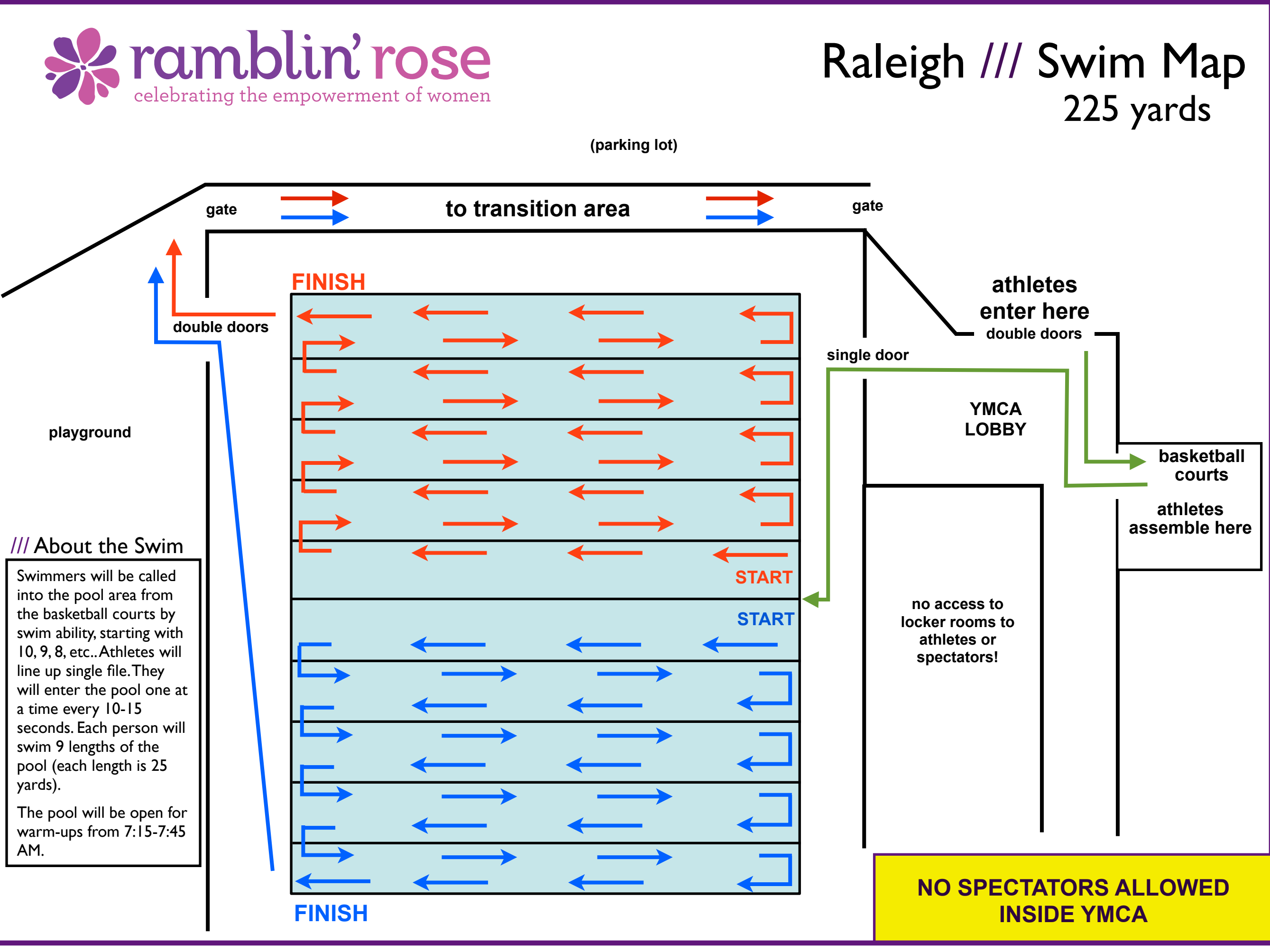
START

START

FINISH

no access to
locker rooms to
athletes or
spectators!

**NO SPECTATORS ALLOWED
INSIDE YMCA**





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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

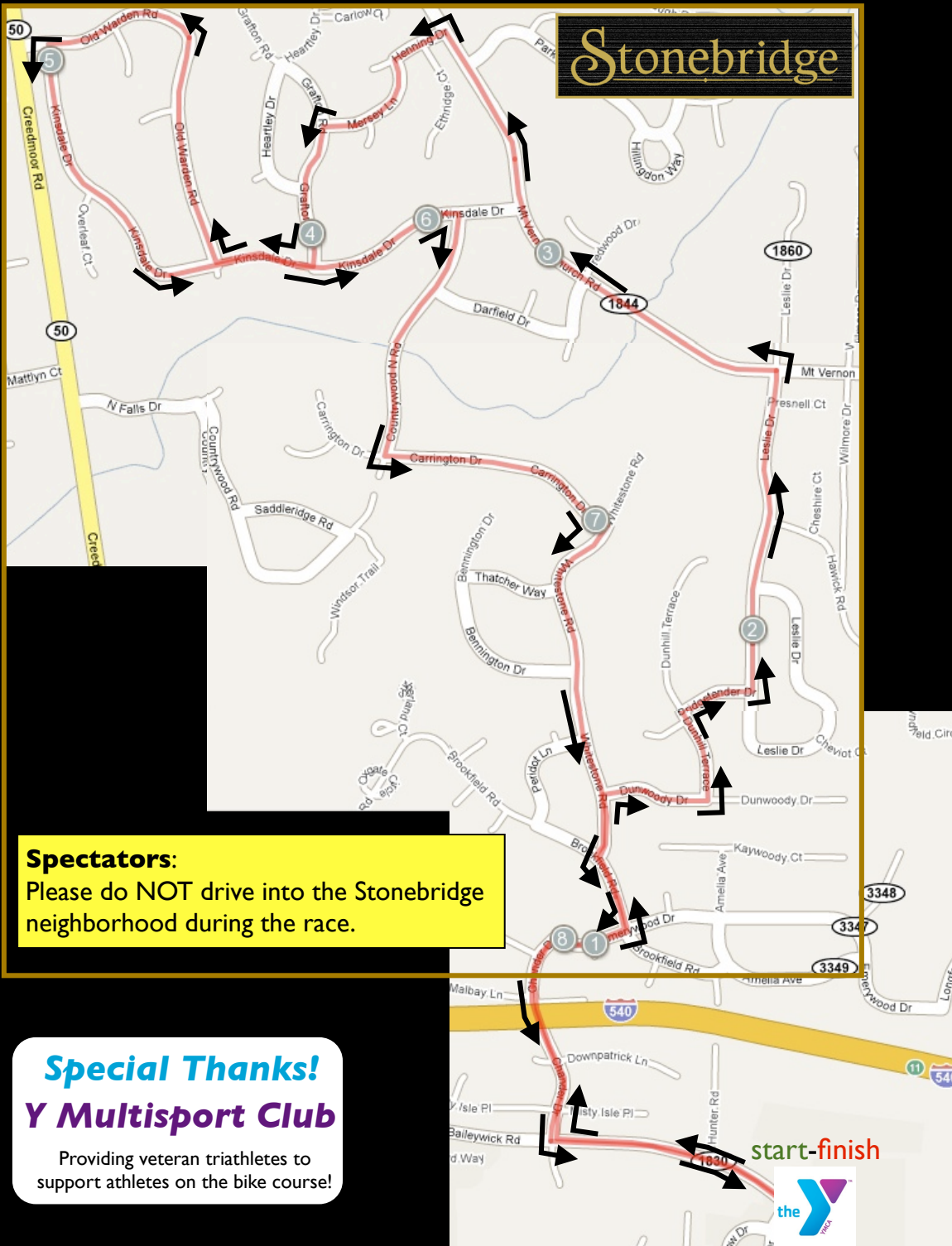
RIGHT: Whitestone Rd

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!

