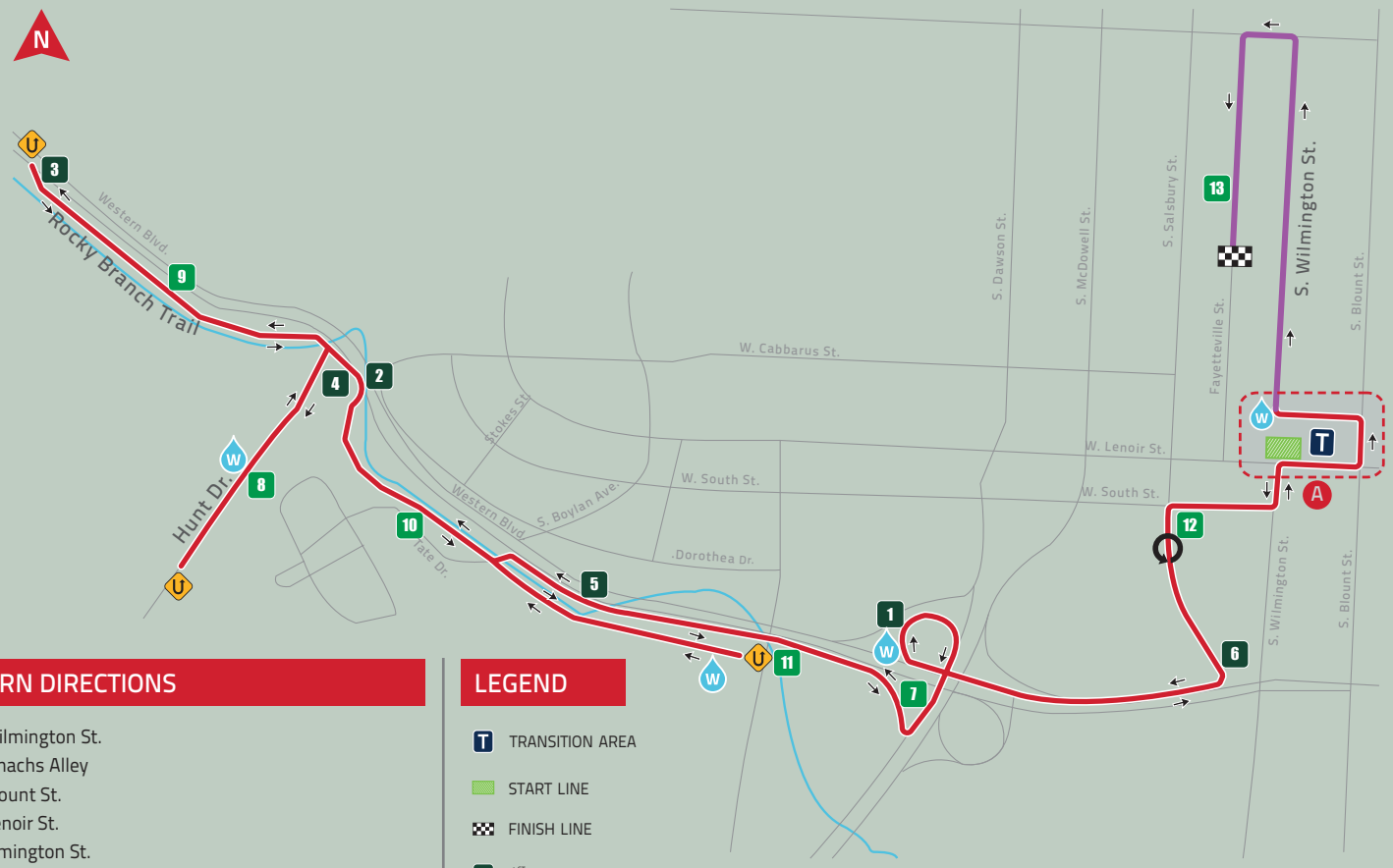
IRONMAN 70.3 Raleigh
PRESENTED BY PNC

RUN COURSE

13.1 MILES / 2 LOOP

RALEIGH, NORTH CAROLINA

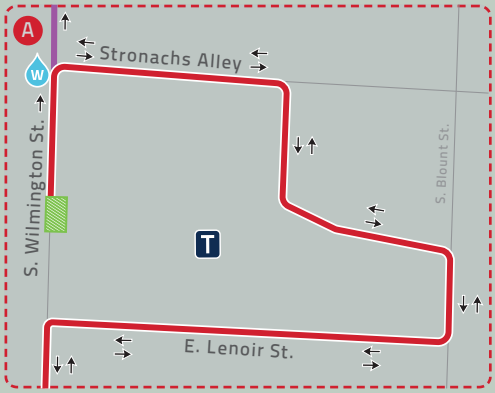


TURN BY TURN DIRECTIONS

- Right onto S. Wilmington St.
- Right onto Stronachs Alley
- Right onto S. Blount St.
- Right onto E. Lenoir St.
- Left onto S. Wilmington St.
- Right onto E. South St.
- Left onto S. Salisbury St.
- Right onto MLK Jr. Blvd.
- Right onto S. Dawson St. Ramp (merge onto S. Dawson St.)
- Right (counter flow) onto MLK Jr. Blvd ramp eastbound
- Left onto S. Boylan St.
- Right onto Rocky Branch Trail
- Left onto Hunt St. to the turnaround approximately .3 miles down and return
- Left onto Rocky Branch Trail
- Turn Around at Rocky Branch Trail and Bilyeu St.
- Turn right onto Hunt St. to the turnaround and return
- Turn right onto Rocky Branch Trail
- Continue across S. Boylan St. to turn around at Rock Branch Trail near S. Saunders St.
- Return from turn around to S. Boylan St.
- Right onto S. Boylan St.
- Right onto MLK Jr. Blvd.
- Right on S. Dawson St. ramp
- Left on S. Dawson St. (counter flow)
- Left on S. Dawson St. ramp
- Left on MLK Jr. Blvd.
- Left on S. Salisbury St. (turn around just before E. South St. and repeat the loop)
- Right onto E. South St.
- Left onto S. Wilmington St.
- Right on E. Lenoir St.
- Left onto S. Blount St.
- Left onto Stronachs Alley
- Right onto S. Wilmington St.
- Left onto E. Morgan St.
- Left onto Fayetteville St. to the finish line

LEGEND

- T TRANSITION AREA
- START LINE
- FINISH LINE
- 1 1ST LOOP MILE MARKERS
- 5 2ND LOOP MILE MARKERS
- U U-TURN
- BEGIN 2ND LOOP
- TO FINISH
- W WATER/AID STATION



Start Elevation: 324 ft ▪ Finishing Elevation: 406 ft ▪ Gain: 548 ft

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