

IRONMAN[®] 70.3[®] Raleigh



TRIATHLON

JUNE 2, 2013

2013 IRONMAN 70.3 RALEIGH BUS PLAN

There is absolutely NO athlete parking at the race site on race day. All athletes and spectators must take a shuttle from T2 in downtown Raleigh to Vista Point. There will be a Mandatory Bike Check-In on Saturday, June 1, from 10 a.m. to 6 p.m. at Vista Point at Jordan Lake. There will also be an Optional Run Gear Bag Check-In on Saturday, June 1 located at T2 from 10 a.m. to 6 p.m. Run Gear Bag Check-In, will also be open on Race day, Sunday, June 2, starting at 4 a.m.

Athletes and spectators will be bussed from T2 in downtown Raleigh to the race start at Vista Point at Jordan Lake on race morning. Buses will run from 4 a.m. to 6:10 a.m.; the bus ride should take 40 minutes. The pickup location at downtown will be between the Raleigh Performing Arts Center and T2 on South Street. Staff and volunteers will be at both locations to assist with the process.

There will be two remote lots at Jordan Lake that will also serve as pick up locations for both athlete and spectators. These lots are first come, first served with limited parking. We will fill the White Oak Recreation Area first, and then our staff will direct you to the Seaforth Recreation Area. When both lots are full the message boards that are placed on Highway 64 will be switched over to alert motorist that there is no more offsite parking available.

Both of these lots are between 4.5 and 6 miles from the race start. White Oak Recreation Area is on the north side of Highway 64 on the eastern side of the lake. Seaforth Recreation Area is to the south of Highway 64 in the middle of the lake.

We encourage all athletes and spectators to use the pick up location downtown at T2. We will bus spectators back to T2 and the remote lots after the swim portion of the event is over (9:15am approx.). There is only one road into Vista Point (T1/Swim Start), so no buses will leave until the last athlete is out of transition.

There is no athlete drop off race morning at the Swim Start. The police will have the road closed at the closest intersection, North Pea Ridge Road and Seaforth, and will only allow buses into Vista Point. This intersection is 1.4 miles from T1. There is no parking/athlete drop-off along the roads near this intersection. Any vehicles parked here will be towed.

FREQUENTLY ASKED QUESTIONS

WHERE IS THE BEST PLACE TO WATCH THE SWIM?

The best place to watch the swim is from the grassy area between the Swim Start and Swim Finish at Vista Point at Jordan Lake.

WILL I BE ALLOWED INTO THE FINISH LINE AREA TO GREET MY ATHLETE?

Friends and/or family members are NOT permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DQ).

CAN I TAKE MY CAR ON THE RACE COURSE TO WATCH MY ATHLETE?

No, for safety reasons we ask that you do not attempt to follow your athlete by car. The best place to watch your athlete is in the transition area and the finish line. Please do not attempt to gain access to the race course with your vehicle. We want to keep the course as safe as possible for the athletes.

WILL I BE ALLOWED INTO THE MEDICAL AREA TO LOOK FOR MY ATHLETE?

The Medical Tent is highly congested so family members and spectators will not be allowed in. There will be a Medical Information Area next to the Medical Tent where medical updates will be available on athletes who enter the Medical Tent.

HOW DO I TRACK MY ATHLETE?

On race day, visit WWW.IRONMAN.COM and click on the race coverage box to track your athlete's progress.

RACE MORNING SHUTTLES:

*Athletes and Spectators may ride these shuttles at NO cost.

Athletes and spectators are encouraged to park downtown and use the provided shuttle busses from T2 to T1. Limited parking will also be available at several remote lots at Jordan Lake. There is no street parking allowed at T1/Swim start. Parked cars in this location will be towed at the owners expense. Spectators will be shuttled back to remote parking lots or T2/Finish line at 9:15 a.m. after last cyclist has left transition.

*Reminder, If athletes park in the remote lots, there will NOT be a shuttle provided back to the remote lots after the event.

INFORMATION BOOTH

There will be an Information Booth in the IRONMAN Village at the Raleigh Convention Center during race week. Course information, a schedule of events and details about the shuttle bus service and parking will be available at the information booth.

LOST AND FOUND

Lost and Found items will be available at the Information Booth during race week. It is recommended that you mark your gear with your race number, full name and telephone number, as IRONMAN 70.3 is not responsible for lost items.

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FAST FACTS

DATE:
June 2, 2013

DISTANCES:
1.2-mile swim, 56-mile bike and 13.1-mile run

LOCATION:
SWIM START: Vista Point Beach 3199 N Pea Ridge Rd. Pittsboro, NC 27312
FINISH LINE: City Plaza In front of the Marriott on Fayetteville Street

COURSE CUT-OFF TIMES:
SWIM: The swim course will close 1 hours and 10 minutes after the final wave start
BIKE: 5 hours and 30 minutes after the final wave start
RUN: 8 hours and 30 minutes after the final wave start

Please Note: Other intermediate course cut-offs are in place. Please refer to the Athlete Guide posted online for more information.

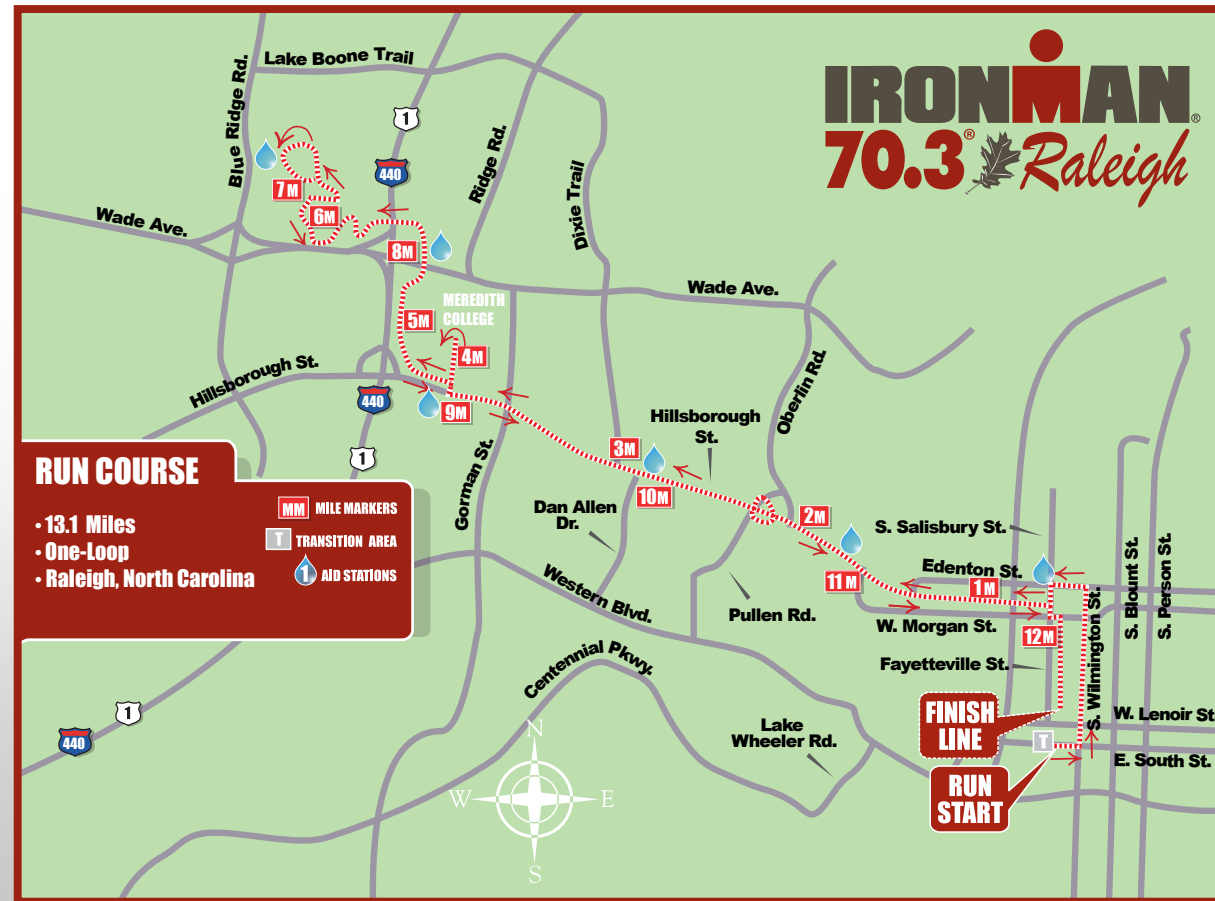
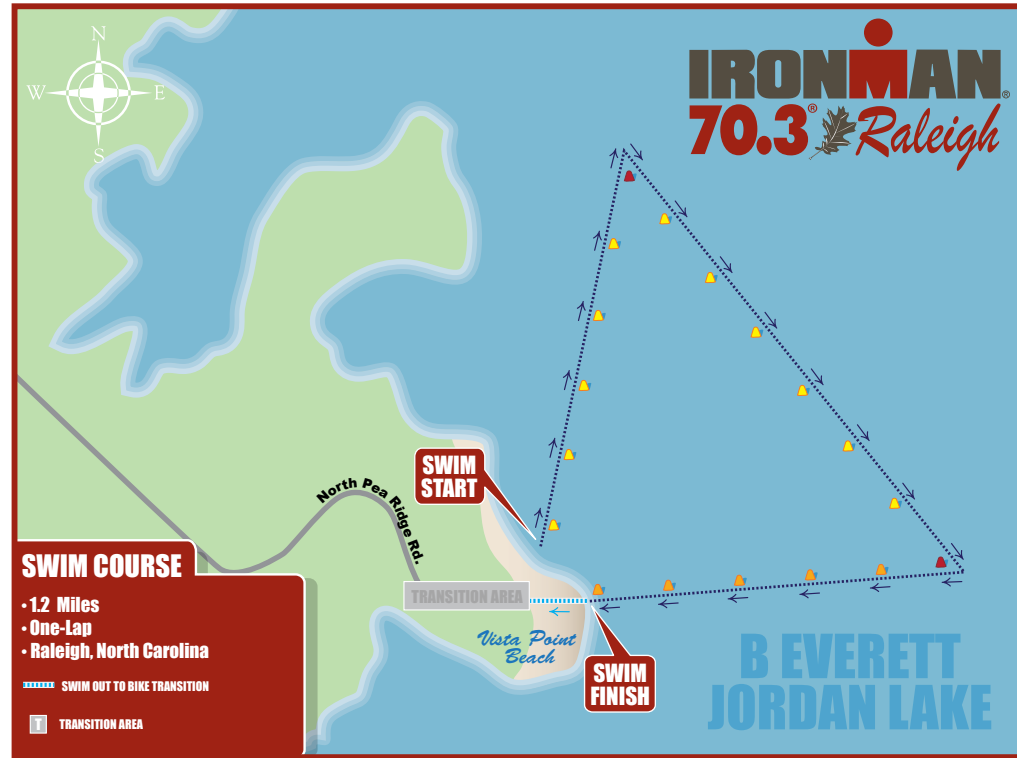
ATHLETES:
Nearly 2,500 athletes from over 30 countries

PROFESSIONAL PRIZE PURSE:
Totaling \$15,000

QUALIFYING SLOTS:
50 Age Group qualifying slots for the 2013 IRONMAN World Championship 70.3 taking place at Lake Las Vegas in Henderson, Nevada, on September 8, 2013

SLOT ALLOCATION FOR QUALIFIED ATHLETES:
2 p.m. to 4 p.m. at the City Plaza/Finish Line

AWARDS CEREMONY:
4 p.m. at the City Plaza/Finish Line



ROAD CLOSURES

Roads Affected	Dates Closed	Time Closed
Fayetteville Street between David and Lenoir	6/1 and 6/2	Closed from 6 a.m. on 6/1 to 11 p.m. on 6/2
Right Lane of Hwy 64 between Pea Ridge and Beaver Creek	6/2	7 a.m. to 10 a.m.
Right Lane of Hwy 55 Bypass between Avent Ferry and Old Smithfield heading north	6/2	8 a.m. to 12 p.m.
Lake Wheeler Road north of Tryon Road	6/2	9 a.m. to 1:30 p.m.
Exits from Beltline to Lake Wheeler Road	6/2	9 a.m. to 1:30 p.m.
Saunders Street between Lake Wheeler Road and South Street	6/2	9 a.m. to 2 p.m.
South Street between Saunders and Wilmington Street	6/2	9 a.m. to 2 p.m.
Left lane of Wilmington between South Street and Edenton	6/2	9 a.m. to 3 p.m.
Left lane of Edenton between Wilmington and Salisbury	6/2	9 a.m. to 3 p.m.
Salisbury between Edenton and Hillsborough	6/2	9 a.m. to 4:30 p.m.
Hillsborough Street between Salisbury Street and Meredith College	6/2	9 a.m. to 5 p.m.
House Creek Greenway Trail from Meredith College to the Art Museum	6/2	10 a.m. to 4 p.m.
Fayetteville Street between Morgan and Lenoir	6/2	10 a.m. to 5p.m.

