

RR-WS Swim Course (250 yards)

10 lengths of the pool
each length = 25 yards

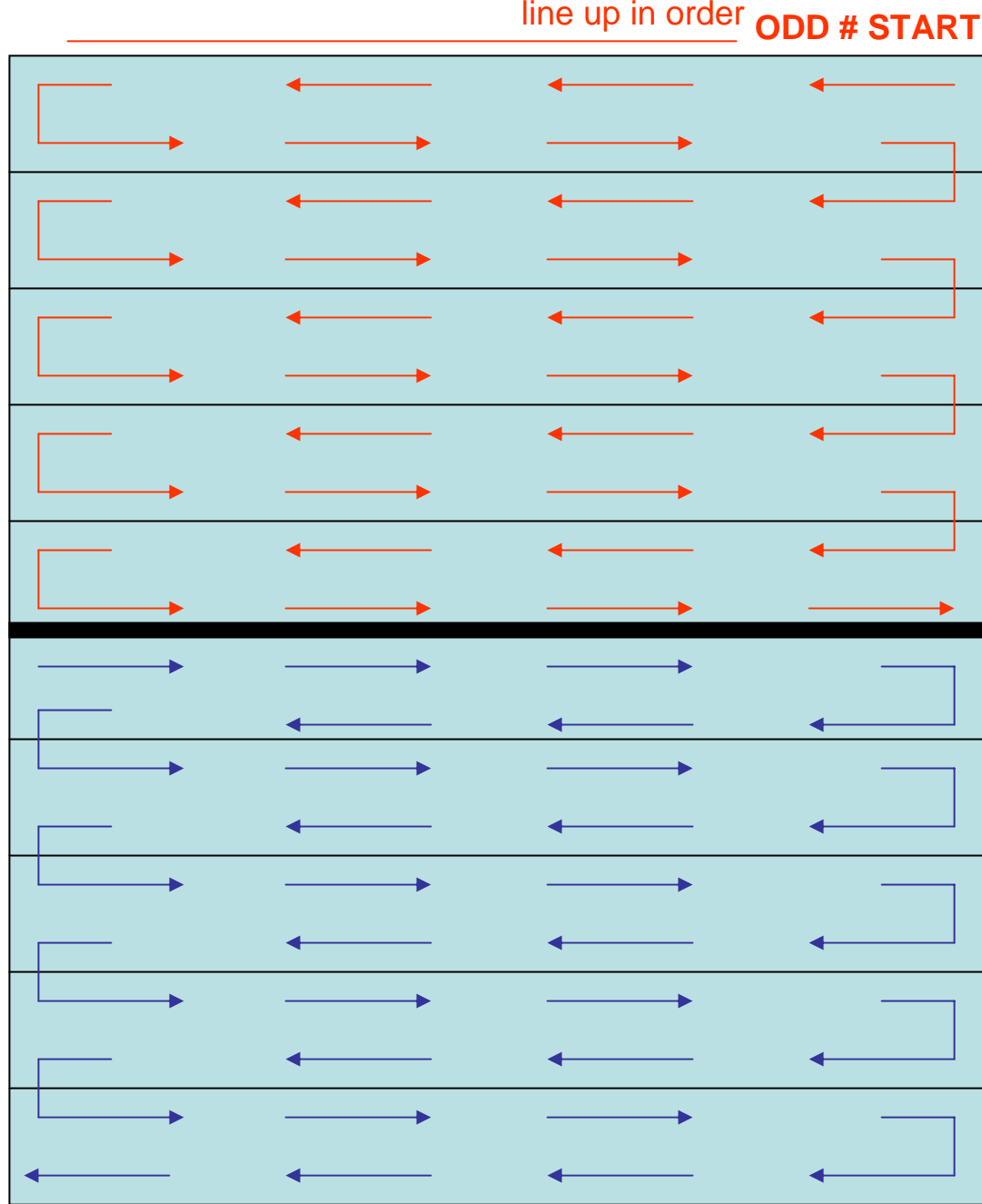
Athletes begin
every 15 seconds.

We will post bib
numbers and swim
start times during the
week of the event..

line up in order

EVEN # START

EVEN # FINISH



line up in order **ODD # START**

**POOL
ENTRANCE**

ODD #FINISH

POOL EXIT
(to transition through
front lobby)

exit along perimeter wall





Winston-Salem Bike Course

distance: 8.2 miles

Stadium Drive

E. Salem Ave

Martin Luther King Jr. Drive

Salem Lake Road

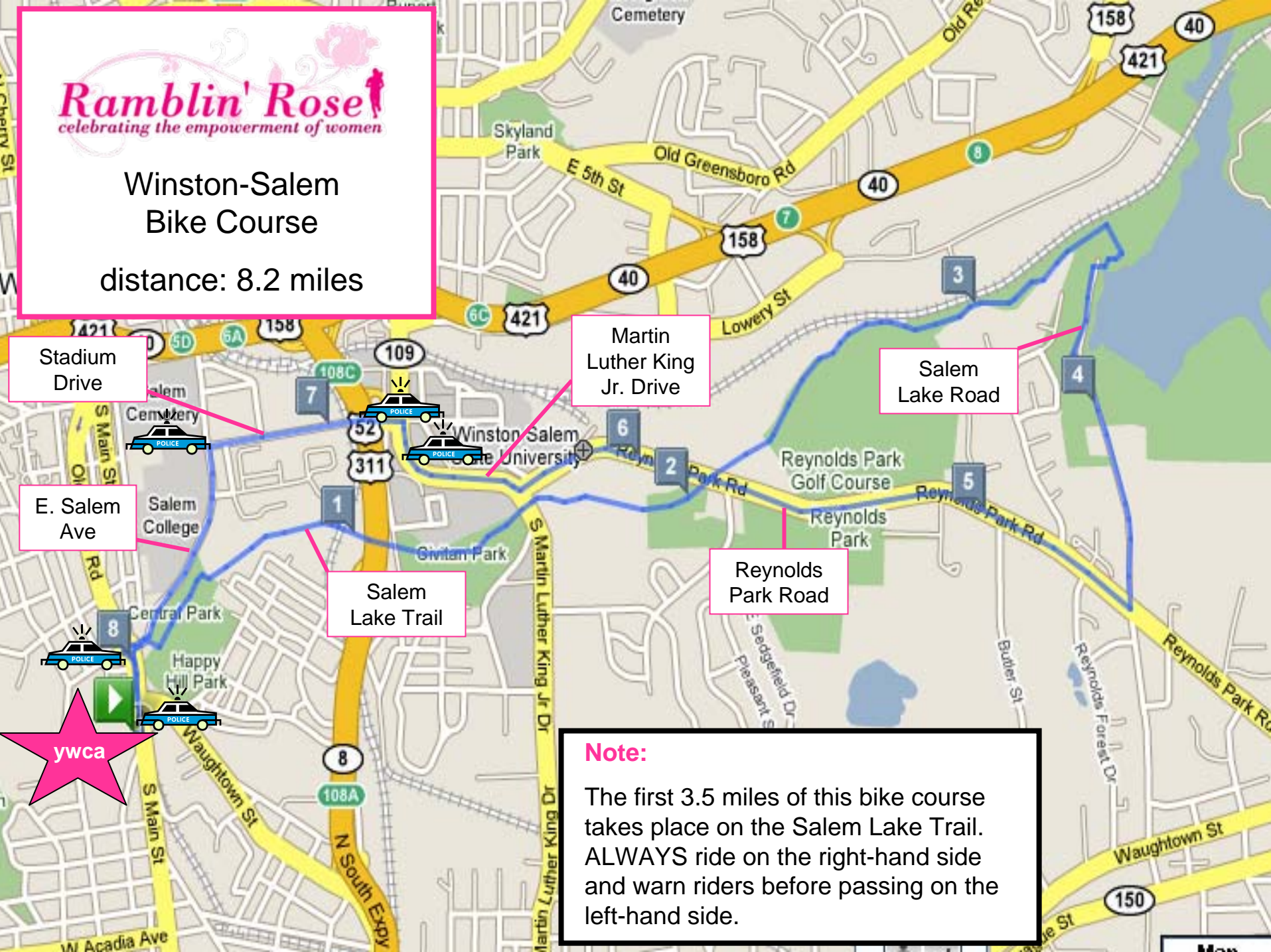
Salem Lake Trail

Reynolds Park Road

Note:

The first 3.5 miles of this bike course takes place on the Salem Lake Trail. ALWAYS ride on the right-hand side and warn riders before passing on the left-hand side.

ywca

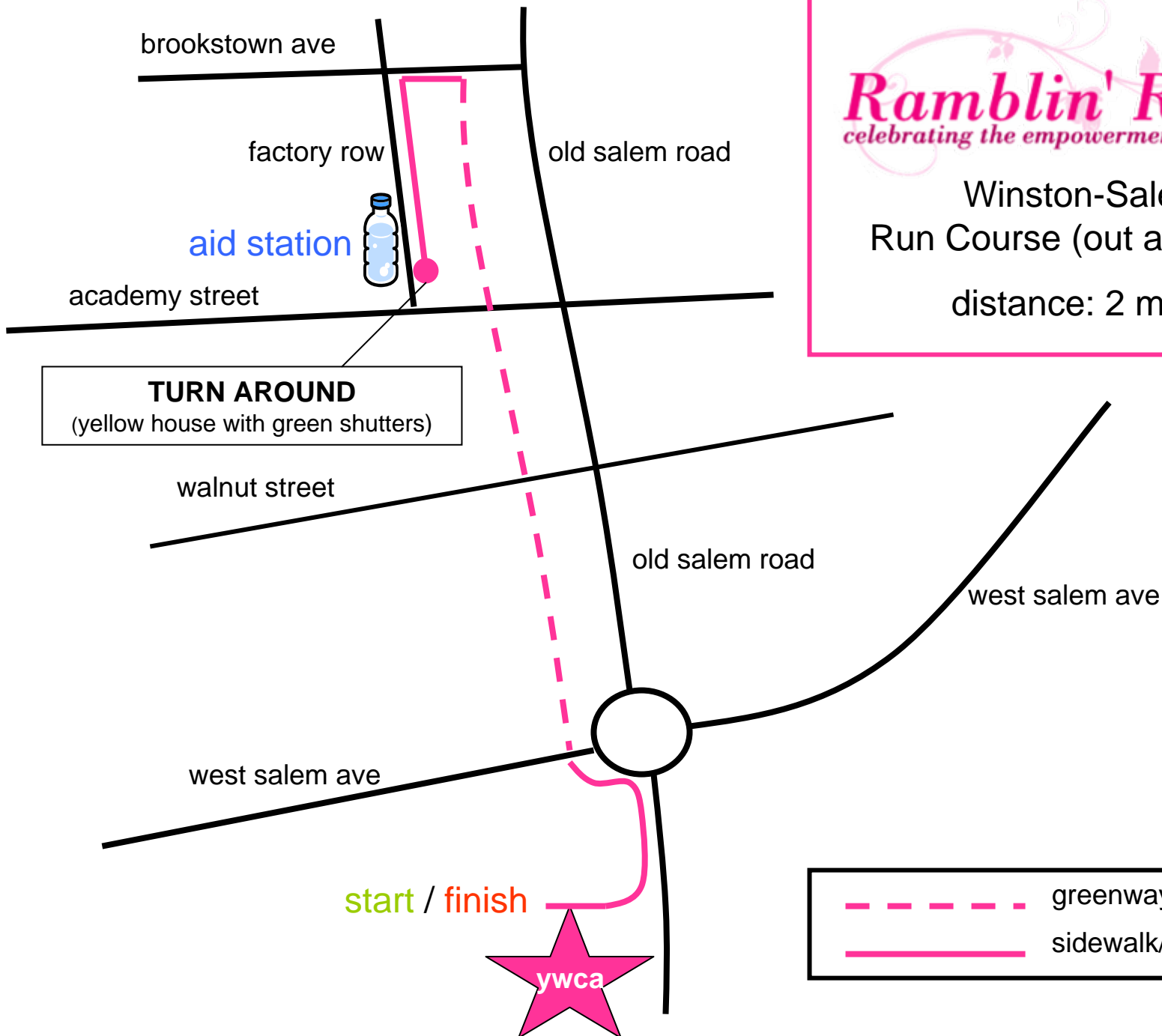


Ramblin' Rose

celebrating the empowerment of women

Winston-Salem
Run Course (out and back)

distance: 2 miles



TURN AROUND
(yellow house with green shutters)

aid station



start / finish



- greenway trail
- sidewalk/pavement

Waughtown Rd
POLICE

South Main Street

POLICE



pedestrian bridge



finish

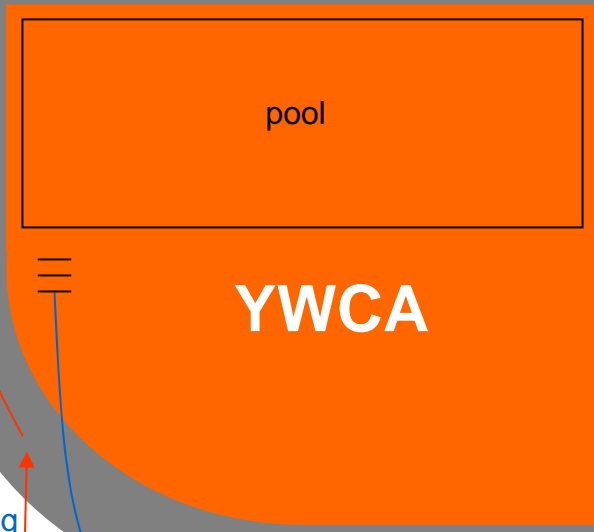


sponsor village



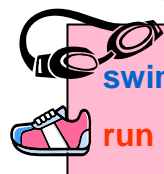
post-race refreshments

parking



pool

YWCA



swim in

run out

Transition Area



bike out/in



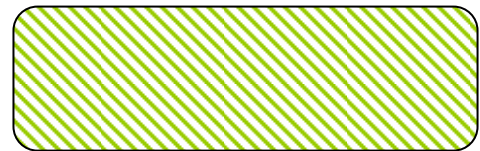
mount/dismount line

Parking

Parking



Parking



Parking



Parking

