



American Heart Association.  
**Heart Walk.**®

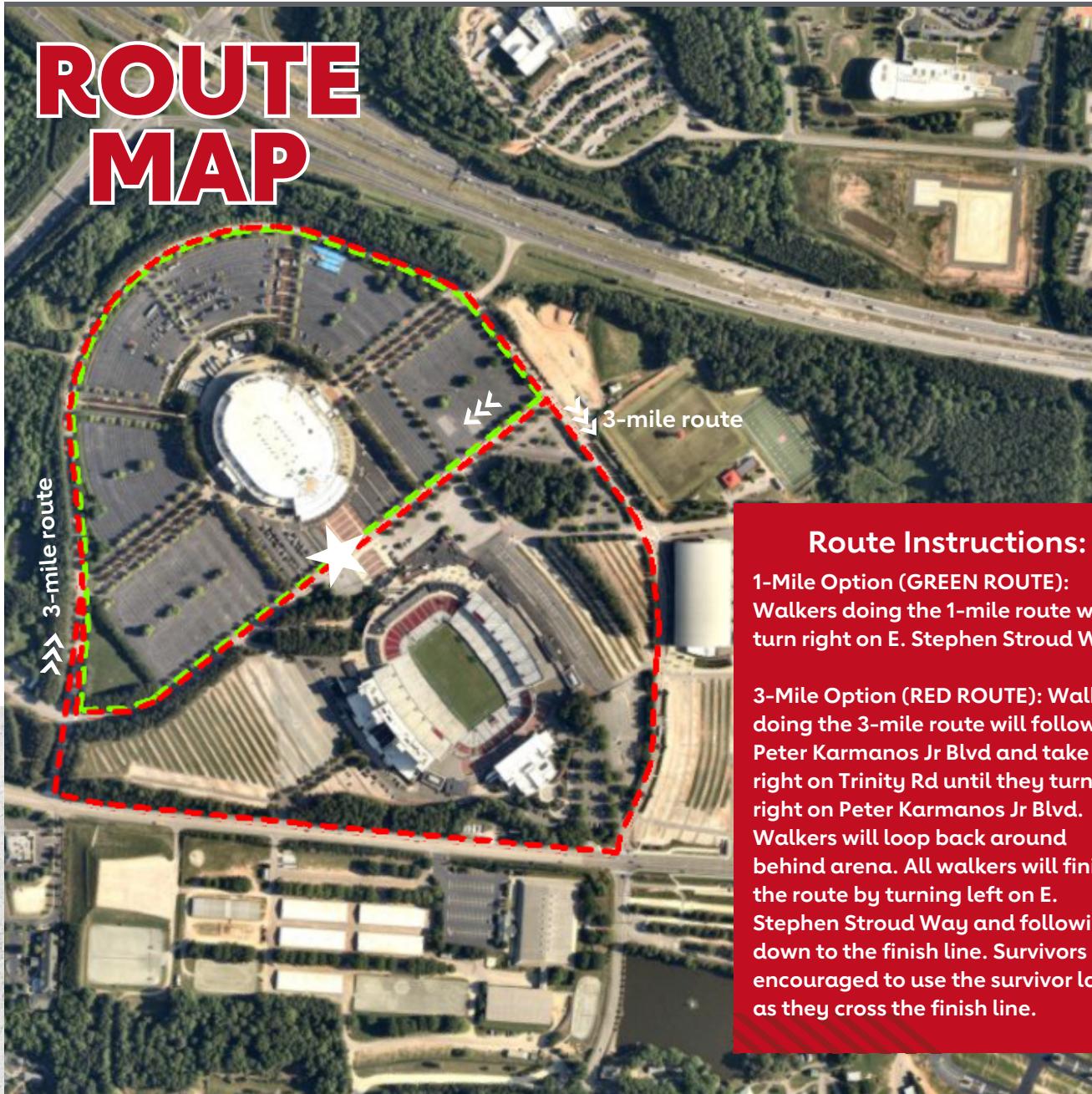
I WALK  
**TO SAVE LIVES**

## 2023 TRIANGLE HEART WALK

Sunday, October 8th | Festival Begins: 11:00 a.m. | Walk Begins: 12:00 p.m.

PNC Arena | 1400 Edwards Mill Road, Raleigh, NC

### ROUTE MAP



For more information & to register, visit: [www.TriangleHeartWalk.org](http://www.TriangleHeartWalk.org)  
For questions, contact us at: [TriangleNC@heart.org](mailto:TriangleNC@heart.org)

## **Detailed Route Directions**

### **1-Mile Route:**

The route will start at the front PNC Concourse on E. Stephen Stroud Way. Walkers will continue west down E. Stephen Stroud Way for a quarter of a mile and turn right onto Peter Karmanos Jr. Drive. Walkers will loop around the back of PNC Arena for .72 miles. Walkers will then turn right down E. Stephen Stroud Way for .15 miles to the finish line.

### **3-Mile Route:**

The route will start at the front PNC Concourse on E. Stephen Stroud Way. Walkers will continue west down E. Stephen Stroud Way for a quarter of a mile and turn right onto Peter Karmanos Jr. Drive. Walkers will loop around the back of PNC Arena for .72 miles, while the 1-mile route with turn right, the 3-mile route will continue straight down Peter Karmanos Jr. Dr. for another .40 miles. Walkers will turn right onto Trinity Road and continue straight for .45 miles. Walkers will turn right down Peter Karmanos Jr. Drive and loop back around PNC for .80 miles. Walkers will then turn right down E. Stephen Stroud Way for .15 miles to the finish line.