



American Heart Association.
Heart Walk.

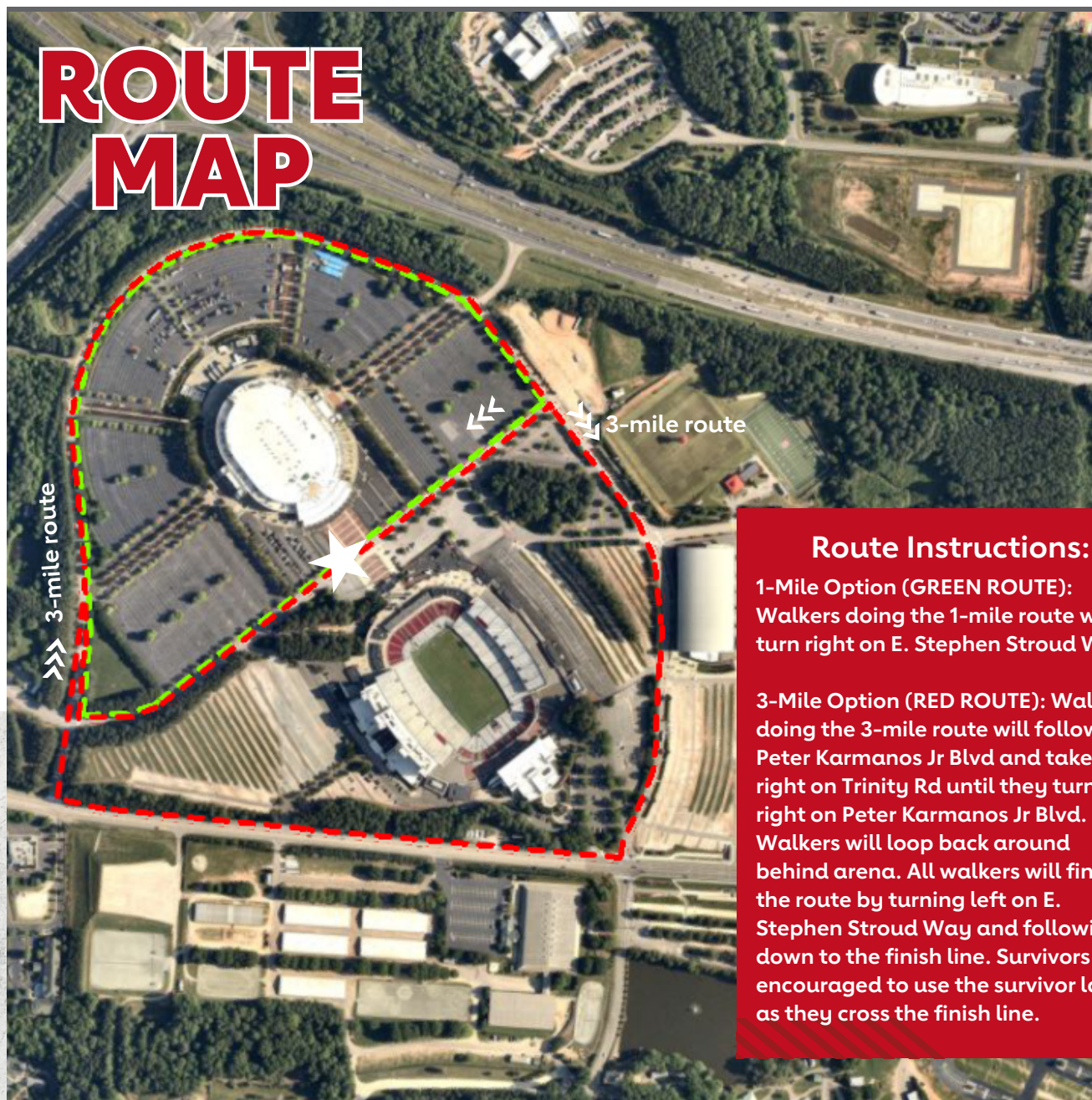
**I WALK
TO SAVE LIVES**

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



Route Instructions:

1-Mile Option (GREEN ROUTE):
Walkers doing the 1-mile route will turn right on E. Stephen Stroud Way.

3-Mile Option (RED ROUTE): Walkers doing the 3-mile route will follow Peter Karmanos Jr Blvd and take a right on Trinity Rd until they turn right on Peter Karmanos Jr Blvd. Walkers will loop back around behind arena. All walkers will finish the route by turning left on E. Stephen Stroud Way and following it down to the finish line. Survivors are encouraged to use the survivor lane as they cross the finish line.

For more information & to register, visit: www.TriangleHeartWalk.org
For questions, contact us at: 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.