

Ford Ironman Lake Placid Alternative Routes

FROM:	TO/DIRECTION:	ALTERNATIVE ROUTES:
Keene	Lake Placid	Route 73 Westbound lane open. Expect Delays at River Road/Ski Jumps intersection. Access Village of Lake Placid via Old Military Road. Expect delays at ski jumps intersection.
Lake Placid	Wilmington/Ausable Forks/I-87 Northbound	From Saranac Avenue/Route 86, go left at Main Street at the High Peaks Resort to Mirror Lake Drive. Left on Northwood Road. Left on Cobble Hill Road. Left on Route 86 to Wilmington. Straight through intersection on Bonnieview Road (County Route 19). Right on Silver Lake Road and follow detour arrows to Ausable Forks. Expect delays in the Village of Lake Placid and in Wilmington from 8 a.m. to 6 p.m.
Lake Placid	Jay	From Saranac Avenue/Route 86, go left at Main Street at the High Peaks Resort to Mirror Lake Drive. Left on Northwood Road. Left on Cobble Hill Road. Left on Route 86 to Wilmington. Right on Route 86 to Jay. Expect delays in the Village of Lake Placid, in Wilmington, and in Jay from 8 a.m. to 6 p.m.
Ausable Forks	Wilmington	North on Main Street at Stewart's to stop sign. Left on Guideboard Road. Bear left at fork to Silver Lake Road. Left on Bonnieview Road to Wilmington. Expect delays at intersection in Wilmington.
Ausable Forks	Saranac Lake/Lake Placid	North on Main Street at Stewart's to stop sign. Left on Guideboard Road. Bear left at fork to Silver Lake Road. Left on Union Falls Road to Route 3. Left on Route 3 to Saranac Lake. In Saranac Lake take Route 86 East to Lake Placid.
Ausable Forks	Keene	Route 86 West, crossing Jersey Bridge to Shell Drake Road. Right on North Jay Road. (County Route 64). Left on Valley Road (County Route 58). Right on Trumbulls Corner Road. Left on Route 9N South to Keene. Expect delays in Ausable Forks and at Route 9N intersection.
Saranac Lake	I-87 Southbound	Route 3 West to Tupper Lake. Route 30 South to Long Lake. Route 28N to Newcomb. Route 2 East to Exit 29 on Route I-87 or Route 28N to Warrensburg.
Points South on Route I-87	Lake Placid	From Northbound Route I-87 take exit 29 to Route 2 West to Route 28N. Turn right on Route 28N to Newcomb. Route 28N to Long Lake. Right on Route 30 to Tupper Lake. Right on Route 3 East to Saranac Lake. Right on Route 86 East to Lake Placid.
Points North on Route I-87	Lake Placid	From Southbound on Route I-87 take exit 31 to Route 9N North. Route 9N North to Elizabethtown. Route 9N North to Route 73. Right on Route 73 to Keene. Expect delays at the intersection in Keene.

Quick Facts

Located In The Village Of Lake Placid And The Surrounding Communities Of Keene, Upper Jay, Jay, Ausable Forks And Wilmington.

SWIM CUTOFF: 9:20 A.M. • BIKE CUTOFF: 5:30 P.M. (1ST LAP CUTOFF: 1:30 P.M.) • RUN CUTOFF: MIDNIGHT

\$50,000 PRO PRIZE PURSE • ROUGHLY 2,000 ATHLETES FROM 20 COUNTRIES AND 50 STATES

72 Qualifying Slots To The 2010 Ford Ironman World Championship

Race Sponsors



Drive one.



IRONMAN[®]

★☆☆ Lake Placid

JULY 25, 2010

GETTING
AROUND
ON
RACE
DAY

Route Closures

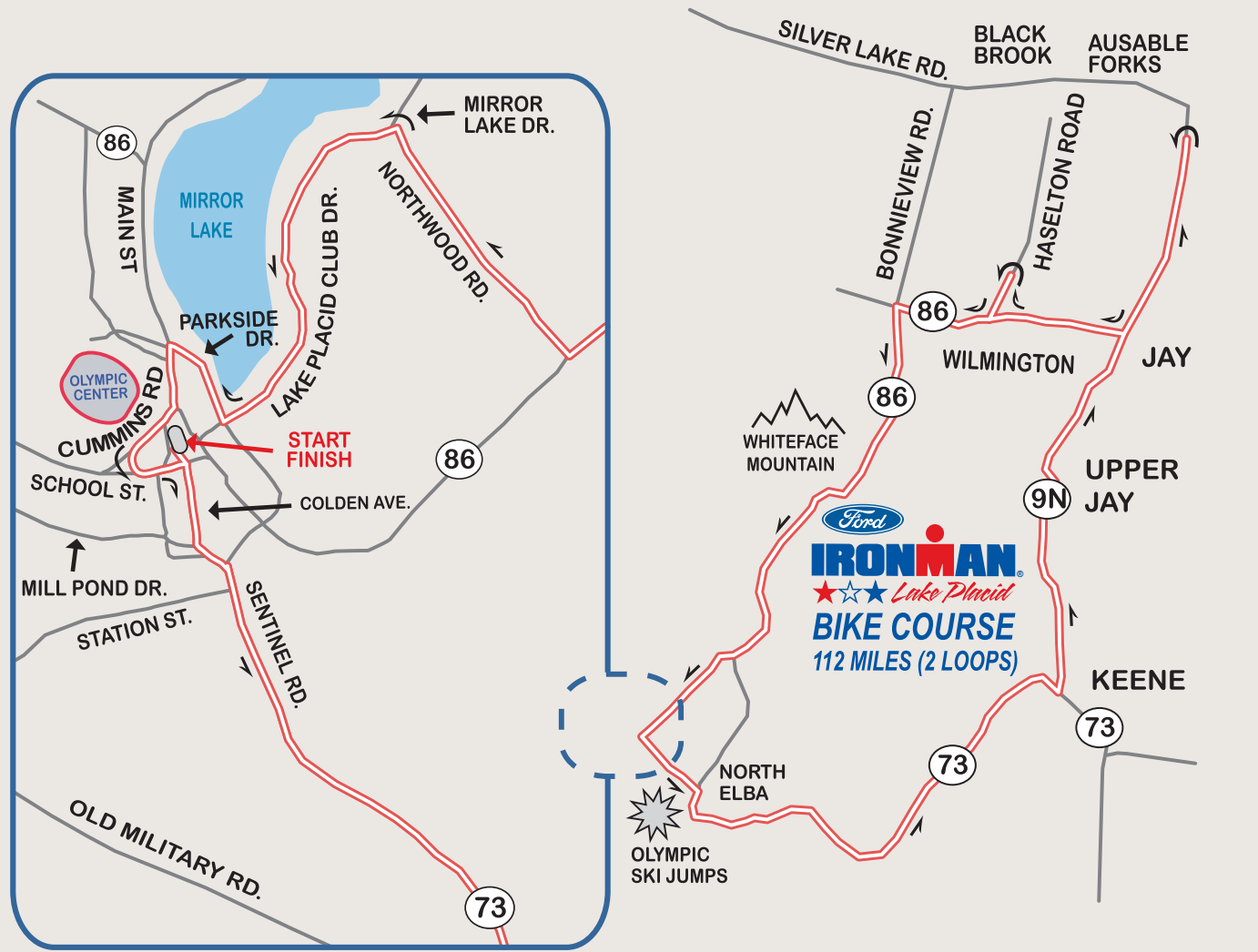
Traffic Map

Parking and Busing

Walking and Viewing

Facilities

Bike Course Closure Map



graphics by matkindesign.com

Area Route Closures

STREETS IMPACTED:	LANES IMPACTED:	CLOSED FROM:	CLOSED TO:	TIME CLOSED:	TIME OPEN:
Route 73	Eastbound Closed (Village of Lake Placid must be accessed via Old Military Rd.)	Lake Placid	Keene	6:30 a.m.	5:00 p.m.
Route 73	Parking Closed (Access to LOJ is limited)	Keene	Lake Placid	6:30 a.m.	5:00 p.m.
Route 73	Delays at Ski Jump Bridge	Keene	Lake Placid	6:30 a.m.	Midnight
Route 73	Limited Two-way Traffic (Village of Lake Placid must be accessed via Old Military Rd.)	Keene	Lake Placid	5:00 p.m.	Midnight
Route 86	Westbound Closed	Jay	Lake Placid	8:00 a.m.	6:00 p.m.
Route 86	Fishing Areas Closed	Wilmington	Lake Placid	6:30 a.m.	6:00 p.m.
Route 9N	Northbound Closed	Keene	Jay	6:30 a.m.	5:00 p.m.
Route 9N	Northbound Closed And Southbound Closed	Jay	Ausable Forks	6:30 a.m.	5:00 p.m.
Haselton Road	All Closed	Wilmington	Black Brook	8:00 a.m.	5:00 p.m.
River Road	All Closed	Route 73	Route 86	11:00 a.m.	Midnight

Road Closures

STREETS IMPACTED:	LANES IMPACTED:	CLOSED FROM:	CLOSED TO:	TIME CLOSED:	TIME OPEN:
Main Street	All Closed	Olympic Drive	Route 73	5:00 a.m.	Midnight
Lake Placid Club Drive	All Closed	Main Street	Northwood Road	5:00 a.m.	Midnight
Northwood Road	Closed Inbound	Route 86	Lake Placid Club Drive	5:00 a.m.	Midnight
Cobble Hill Road	Closed Inbound	Route 86	Northwood Road	5:00 a.m.	Midnight
Sentinel Road / Cascade Road	All Closed	Main Street	Ski Jumps	5:00 a.m.	Midnight
Parkside Drive	All Closed	Main Street	Lake Placid Club Drive	5:00 a.m.	Midnight

Parking Information

COMING FROM:	RECOMMENDED LOT:	LOT ID:
Keene	Old Military Road Park & Ride (behind the Fire Department on Old Military Road)	Lot - A
Keene	WesValley Road Park & Ride (near Cummins Road)	Lot - B
Keene	Lake Placid Elementary School Park & Ride (on Old Military Road near Station Street)	Lot - D
Saranac Lake	Cold Brook Plaza/Route 86 Park & Ride (Tops)	Lot - C

Shuttle Bus Information

All buses run from 4 a.m. - 1 a.m. on race day. No Dogs Allowed On The Buses

PARK AND RIDE LOT:	PICK UP:	DROP OFF:
Lot - A	Lot - A	Olympic Center on Cummins Road (Five-minute walk to the Olympic Oval)
Lot - B	Lot - B	Olympic Center on Cummins Road (Five-minute walk to the Olympic Oval)
Lot - C	Lot - C, Howard Johnsons, The Pines Hotel, High Peaks Resort	Municipal Lot on Main Street (Two-minute walk to the Olympic Oval)
Lot - D	Lot - D	Olympic Center on Cummins Road (Five-minute walk to the Olympic Oval)

Viewing Information

SWIM START: 7:00 A.M. • BIKE START: 8:00 A.M. RUN START: NOON (WINNER FINISHES: 3:30 P.M.)

COURSE SEGMENT:	BEST VIEWING LOCATIONS:
Swim	Lake Placid Club Drive (near the Lake Placid Club Resort Entrance), Parkside Drive (by the Beach House), the carpeted section of Lake Placid Club Drive (near Town Hall)
Bike	Colden Avenue (Main Street side), Main Street (near the Post Office), River Street (near Route 73, and Lake Placid Club Drive)
Run	Main Street, Lake Placid Club Drive, Cascade Road (Route 73), Finish Line in the Olympic Oval

Entrance To Finish Line

Main Street (at the south end of the ORDA Skating building) Cummins Road (west of ORDA Box Office toward the High School)

Bathrooms

School Street (near Main Street)

Phones

Speedskating building, ORDA Box Office, and adjacent to Town Hall

Lost And Found

Volunteer Tent in front of the High School (on hill at north end of oval)