

Dear Residents,

The IRONMAN 70.3 Team would like to thank you in advance for your display of hospitality during the 2021 IRONMAN 70.3 Timberman. On Sunday, August 22nd, athletes will be visiting your city to test their physical and mental limits. Over the course of eight hours, they will be racing throughout your community as they complete a 1.2-mile swim, 56-mile bike and 13.1-mile run in succession. We ask for your cooperation and understanding on race day as you travel around town. The routes were chosen to highlight the various areas that we feel fully showcase the unique setting of the Lakes Region. We appreciate your support and ask that you proceed with caution and allow for additional travel time to your destination. Participants count on you for motivation on race day, so bring your friends and cheer them on! We look forward to a great event and hope to see you out there!

**NEIGHBORHOOD IMPACTS // SUNDAY, AUGUST 22, 2021**

It is important to note, that there aren't any closed roads for the bike or the run routes, though several intersections will be managed by law enforcement to keep everyone safe and maintain traffic movement as much as possible. Expect delays and please be patient as officials do their best to manage traffic.

The finishline area in downtown Laconia will be closed beginning Saturday, August 21st and remain closed until the evening of Sunday, August 22nd.

The bike route will head south on route 106 from Laconia and remain in the shoulder where available. Heading through Loudon, they will turn around and head north on 106 before they turn east on route 140. Northbound and southbound traffic on route 106 near Loudon may experience delays, alternate routes should be considered.

Route 140 and Middle Route both have very narrow shoulders and motorists should use extreme caution or plan for alternate routes. Those residents along these roads are best served travelling against the flow of cyclists to limit their delays and maximize the safety for everyone. The best direction of travel would be South on Middle Route and West on route 140. The approximate times of disruption is from 9:00 a.m. to 1:00 p.m.

**BIKE COURSE IMPACTS**

ROAD	FROM	TO	TIMES OF IMPACT
Main Street	Opechee Park	Rte 3/Bypass	7 AM - 2 PM
Church St	Main St	Beacon St W	7 AM - 10 AM
Beacon St W	Church St	Main Street	7 AM - 10 AM
Rte 106	Rte 3/Bypass	Wales Bridge Road south of Loudon	7 AM - Noon
Rte 140	Rte 106	Middle Route	8 AM - 1 PM
Middle Route/Rte 140		Rte 107	8 AM - 1 PM
Rte 107	Middle Route	Main Street	9 AM - 2 PM
Beacon St E	Main Street	Church Street	9 AM - 2 PM

**RUN COURSE IMPACTS**

ROAD	FROM	TO	TIME IMPACTED
Opechee St	McGrath St	Messer St	9 AM - 3 PM
Messer St	Opechee St	Bison Ave	9 AM - 3 PM *Closed/Local Traffic Only
Elm St	Union Ave	N. Main St	9 AM - 3 PM
N. Main St	Elm St	Opechee Park	9 AM - 3 PM
Lexington Dr	N. Main	Shore Dr	10 AM - 4 PM
Shore Dr	Gale Ave	Lexington Dr	10 AM - 4 PM
Pleasant St	Gale Ave	Church St	10 AM - 4 PM
Beacon St W	Church St	Main St.	10 AM - 4 PM