



## PARTICIPANT & SPECTATOR PARKING INFORMATION

### GETTING TO THE EXPO

The Health & Fitness Expo is located at the **Raleigh Convention Center, Halls B & C at 500 South Salisbury Street, Raleigh, NC 27601**. If you are driving, convenient parking is located in Public Parking garages on South Street between Salisbury and McDowell Street and one on McDowell Street between Cabarrus and Davie Street. **The daily charge is \$7**. NOTE: The garage entrance on Salisbury Street between Cabarrus and Davie Street will not be accessible due to venue set-up for race day.

### GETTING TO THE START & FINISH LINE

**Start Line:** South Salisbury St. (between Davie and Cabarrus)

**Finish Line:** Fayetteville St. (at E Davie St.)

**IMPORTANT RACE DAY REMINDERS:** Participants and spectators are encouraged to carpool or utilize the suggested drop off points at the start/finish line. For those who drive to the event, the downtown parking decks listed below are the primary parking option at the Start/Finish. **NOTE: Due to Road Closures and heavy race morning traffic, it is highly recommended that all cars are parked prior to 6:00am**

### PLAN AHEAD AND PURCHASE RACE DAY PARKING AT THE EXPO

McLaurin Parking will be at the Health & Fitness Expo pre-selling parking passes for the Performing Arts Deck and Convention Center Underground Deck. Each pass will provide specific direction to enter and exit each lot, along with the road closure information. Visit **BOOTH (109)** to ensure a stress free race morning and secure your spot early!

### RACE MORNING OPTION 1: RUNNER DROP OFF

#### Drop off at Cabarrus & Dawson:

##### FROM THE NORTH

- Take 401/Capital Blvd south toward downtown
- Continue onto N Dawson St
- Turn right on Cabarrus
- **Drop off runner at Corner of Cabarrus & Dawson**
- Continue on Cabarrus
- Turn left on West St
- Turn left on South St
- Turn right on Dawson to exit downtown area.

##### FROM THE EAST

- Take westbound Edenton St toward downtown
- Turn left on Dawson St
- **Drop off runner at Corner of Cabarrus & Dawson**
- Continue on Cabarrus
- Turn left on West St
- Turn left on South St
- Turn right on Dawson to exit downtown area

##### FROM THE WEST

- Take eastbound Hillsborough toward downtown
- Turn right on Dawson St
- **Drop off runner at Corner of Cabarrus & Dawson**
- Continue on Cabarrus
- Turn left on West St
- Turn left on South St
- Turn right on Dawson to exit downtown area

#### Drop off at Cabarrus & Wilmington:

##### FROM THE SOUTH

- Take I-40 exit for S Saunders St north toward Raleigh/Downtown
- Merge onto S Saunders St
- Slight right onto McDowell St/Downtown
- Turn right onto W South St
- Turn left onto S Wilmington St
- **Drop runner off at Cabarrus & Wilmington**
- To exit northbound: 1. Continue north onto Wilmington, 2. Turn left onto W Lane St, 3. Turn right onto McDowell St which continues onto Capital Blvd
- To exit southbound: 1. Turn right onto Cabarrus St, 2. Turn right onto Blount St which becomes Hammond Dr, 3. Merge onto I-40

##### FROM THE EAST

- Take westbound Martin Luther King Jr Blvd
- Turn right onto Wilmington St
- **Drop runner off at Cabarrus & Wilmington**
- To exit northbound: 1. Continue north onto Wilmington, 2. Turn left onto W Lane St, 3. Turn right onto McDowell St which continues onto Capital Blvd
- To exit southbound: 1. Turn right onto Cabarrus St, 2. Turn right onto Blount St which becomes Hammond Dr, 3. Merge onto I-40



#### FROM THE WEST

- Take eastbound Western Blvd/MLK Blvd toward downtown
- Turn left onto Wilmington St
- **Drop runner off at Cabarrus & Wilmington**
- To exit northbound: 1. Continue north onto Wilmington, 2. Turn left onto W Lane St, 3. Turn right onto McDowell St which continues onto Capital Blvd
- To exit southbound: 1. Turn right onto Cabarrus St, 2. Turn right onto Blount St which becomes Hammond Dr, 3. Merge onto I-40

#### **RACE MORNING OPTION 2: SELF PARK**

**\*NOTE: Due to Road Closures and heavy race morning traffic, it is highly recommended that all cars are parked prior to 6:00am**

#### FROM THE NORTH

- Take 401/Capital Blvd south toward downtown
- Continue onto N Dawson St
- Turn left on Morgan
- Enter Parking Garage on Right hand side
  - Municipal Deck

#### FROM THE EAST

- Take westbound Edenton St toward downtown
  - Turn left on Dawson St
  - Turn left on South St
  - Turn left on Wilmington
  - Enter Parking Garages on Right hand side
    - **Blount Street Deck**
    - **Moore Square Deck**
    - **Wilmington Station Deck**
- \*Additional parking available 1 block East at City Market Lot - corner of Davie and Person

#### FROM THE WEST

- Take eastbound Hillsborough toward downtown
- Turn right on Dawson St
- Turn left on Morgan
- Enter Parking Garage on Right hand side
- Municipal Deck

#### FROM THE SOUTH

- Take I-40 exit for S Saunders St north toward Raleigh/Downtown
  - Merge onto S Saunders St
  - Slight right onto McDowell St/Downtown
  - Turn right onto W South St
  - Turn left onto S. Wilmington St
  - Enter Parking Garages on Right hand side
    - **Blount Street Deck**
    - **Moore Square Deck**
    - **Wilmington Station Deck**
- \*Additional parking available 1 block East at City Market Lot - corner of Davie and Person
- OR**
- Take northbound Wilmington St
  - Enter Parking Garages on Right hand side
    - **Blount Street Deck**
    - **Moore Square Deck**
    - **Wilmington Station Deck**
- \*Additional parking available 1 block East at City Market Lot - corner of Davie and Person