



Our team would like to thank you for your hospitality during the 2024 Athletic Brewing IRONMAN Lake Placid. On Sunday, July 21, athletes will visit your community to test their physical and mental limits. They will complete a 2.4-mile swim, a 112-mile bike and a 26.2-mile run in succession. We appreciate your support and ask that you proceed with caution, utilize detour routes if able, 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, or even volunteer! Thank you for your understanding and we look forward to a great event!

TRAFFIC IMPACT | SUNDAY, JULY 21

Temporary road closures will begin at 5 AM. The following are all estimated times based on New York State Police traffic control. Please use caution and expect delays.

Road closures (Route 86) southbound to Lake Placid from Wilmington and Jay beginning at 7 AM until 6:30 PM.

Bobrun Lane will be closed in both directions from 7 AM to 3 PM.

Route 9N will close Northbound from Keene to Jay at 7 AM until 4 PM.

Bilhuber Rd will be closed to traffic from 8 AM to 3 PM.

Haselton Rd will remain open from Bilhuber Rd to the Town of Black Brook as part of the new bike course change. No vehicle travel south of Bilhuber Rd will be permitted until 3 PM.

Road closures (Route 73) south/eastbound from Lake Placid to Keene beginning at 6 AM until 4 PM.

NEW FOR 2024: Residents and businesses along the Wilmington Rd should note that runner traffic will continue until midnight.

ALTERNATE ROUTES

LAKE PLACID TO JAY From Saranac Ave/Route 86, go left at Main St at the High Peaks Resort to Mirror Lake Dr. Left on Northwood Rd. Left on Cobble Hill Rd. 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 AM to 5 PM.

AU SABLE FORKS TO WILMINGTON North on Main St at Stewart's to stop sign. Left on Guideboard Rd. Bear left at fork to Silver Lake Rd. Left on Bonnieview Rd to Wilmington. Expect delays at intersection in Wilmington.

AU SABLE FORKS TO SARANAC LAKE/LAKE PLACID North on Main St at Stewart's to stop sign. Left on Guideboard Rd. Bear left at fork to Silver Lake Rd. Left on Union Falls Rd to Route 3. Left on Route 3 to Saranac Lake. In Saranac Lake, take Route 86 East to Lake Placid.

AU SABLE FORKS TO KEENE Route 9N West, crossing Bridge go right to Sheldrake Rd. Sheldrake Rd intersects with Stickney Bridge Rd. Turn left on Stickney Bridge Rd to Route 9N in Jay. Turn left to Upper Jay and Keene.

SARANAC LAKE TO 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 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. Take exit 30 for travel to Keene Valley, Keene or Lake Placid. Expect delays at Keene.

POINTS NORTH ON ROUTE I-87 TO LAKE PLACID Going 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.

KEENE TO LAKE PLACID Route 73 westbound lane open. Expect delays at River Rd/Ski Jumps intersection. Access Village of Lake Placid via Old Military Rd.

LAKE PLACID TO WILMINGTON/AU SABLE FORKS/I-87 NORTHBOUND From Saranac Ave/Route 86, go left at Main St at the High Peaks Resort to Mirror Lake Dr. Left on Northwood Rd. Left on Cobble Hill Rd. Left on Route 86 to Wilmington. Straight through intersection on Bonnieview Rd (County Route 19). Right on Silver Lake Rd and follow detour arrows to Au Sable Forks. Expect delays in the Village of Lake Placid and in Wilmington from 8 AM to 6 PM.

BLACK BROOK TO WILMINGTON AND JAY From Silver Lake Rd, take Bonnieview Rd turning left at Route 86 (4 corners) in Wilmington. Haselton Rd will remain open but closed at Bilhuber Rd to Route 86.

Please note the timeline change for opening Wilmington Rd northbound from Lake Placid. Traffic detours to Iriquois Rd after the bike cut-off at approximately 6 PM. Travel to Northwood Rd and turn left on Rt 86 to Wilmington and points north.

For more information related to race day courses and impacts, please visit IRONMAN.COM/IM-LAKE-PLACID-COURSE. **If you have any questions, please contact Lauren St. Louis at (888) 497-5009 or IMLAKEPLACIDCOMMUNITY@IRONMAN.COM.**