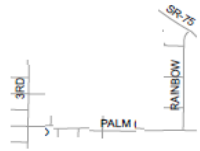
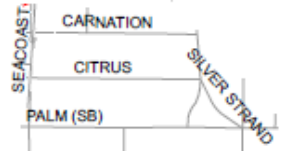
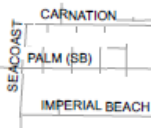


North of Palm between Seacoast and Silver Strand Blvd – Enter and exit at Silver Strand Blvd. Flaggers will direct vehicles east on Palm to South on 2nd Street, for exit via Imperial Beach Blvd. Entrance should be made by heading north on 2nd to Palm where flaggers will direct vehicles to Silver Strand Blvd when a sufficient gap in bike racers exists. Carnation Avenue will be open eastbound only but controlled with no parking.

Enter Carnation by taking Silver Strand to Calla, then north on the alley near Seacoast Drive.



North of Palm between 3rd Street and Rainbow Drive – Enter and Exit via Bonito Avenue at Rainbow Avenue. Flaggers will be at 4th St and Calla Ave to get vehicles across the cyclists. Cyclists will be in one road lane on 3rd St, parts of Calla Ave, 4th St, Cherry Ave and 5th St. The sides of the roads the cyclists are on will have No Parks signage put out a few days prior to race day. Please pre-plan accordingly once the signs are posted.



Seacoast Drive between Carnation Avenue and Elkwood Avenue – There will be controlled access points at Carnation and Palm Avenue to allow access to condos and homes along Seacoast and Ocean Lane. Seacoast Drive in this area will be closed, and no parking allowed. Staging vehicles east of Seacoast will allow for easy access.

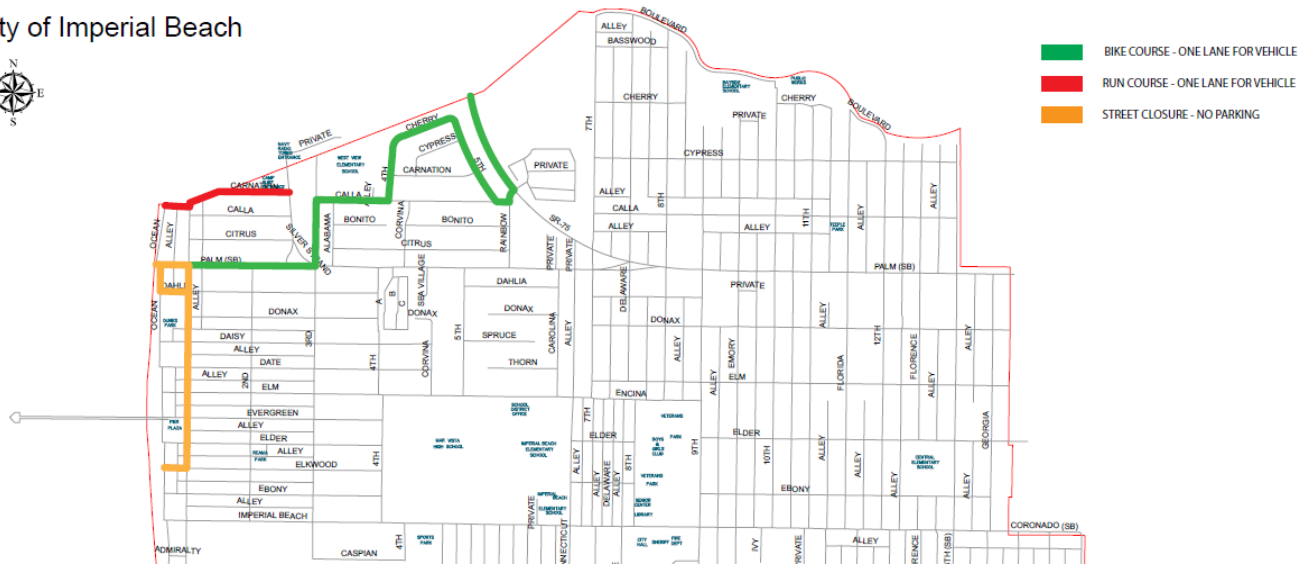


As soon as each event ends, the corresponding closures will be re-opened. Seacoast will remain closed until the entire event has ended, and the event vendors have vacated.

For add'l information or looking for volunteer opportunities, go to www.ironman.com/superfrog70.3

The following streets will have traffic controls:

City of Imperial Beach



Seacoast Drive. all street-ends from Carnation Avenue to Elkwood Ave will be closed and no parking with controlled access at certain intersections but not all. Staging your vehicles on streets east of Seacoast Drive could minimize delays.

Palm Avenue between Seacoast Drive and 3rd Street will be closed with controlled access at Silver Strand Blvd and no parking. Street re-opens at 1:30pm.

Streets such as all of Carnation Ave, parts of Calla Ave, Cherry Ave, 3rd St, 4th St and 5th St will be open for one way traffic but controlled, no parking on one side.

Rainbow Avenue between Hwy 75 and Bonito Drive will be closed and no parking. Re-opens at 1:30pm.



EVENT NOTIFICATION Sunday, September 15, 2019 EXPECT DELAYS

IRONMAN 70.3 SUPERFROG Triathlon, started in 1979 by Philip “Moki” Martin, LT SEAL Navy/RET, to get the Navy SEALs ready for the World Championship in Kona will now be taking place in Imperial Beach. The race will benefit the Navy SEAL Foundation as well as local organizations in Imperial Beach and the South Bay through the IRONMAN Foundation.

The race is a 2020 IRONMAN Kona World Championships qualifier for the top 12 military division men and women. It also is a 2020 IRONMAN 70.3 World Championship qualifier that will be held in Taupo, New Zealand for the civilian age groupers.

The race includes a two-loop 1.2-mile swim in the open Pacific Ocean, a four-loop, 56-mile bike course, and a four-loop, 13.1-mile run reflects the beach running that SEALs do in training finishing at the iconic “Surfhenge” sculpture.

Swim Race is from 6:50 AM to 8:30 AM. Bike Race from 7:25 AM to 1:30 PM, Half-Marathon Run from 9:30am to 3:45pm.

