

A Thrill Seeker's Guide to Greater Raleigh

For Adrenaline Junkies, action and excitement are undeniable needs. Greater Raleigh is packed full of events and activities to keep your energy pumping!



A Homerun for the Whole Family

This Zebulon-based minor league baseball team may have started out small but the Carolina Mudcats are now a huge hit in the Greater Raleigh area. Grab a pack of sunflower seeds and get ready for some all-American, action packed games at Five County Stadium where the whole family can enjoy America's favorite pastime.

By Land or By Lake - You Decide

The award-winning City of Raleigh Parks and Recreation has more than 8,800 acres of parkland and almost 1,300 acres of water—that's just in the city alone! Whether you're looking to get out on the water with Triangle Boat Tours or take on the new craze of stand up paddle boarding on Lake Wheeler, the Greater Raleigh area houses lots to do for all nature lovers.



Tracking The Storm

When the storm rolls in, Caniacs know that PNC Arena is the place to be to watch Carolina Hurricanes players like Eric Staal and Cam Ward dominate the ice. Between the Storm Squad and jaw dropping saves, these nail-biting games are the perfect way to spend an adrenaline filled weekend with the family.

Climb and Conquer The Beast

Triangle Rock Club opened its new 13,500 square foot indoor rock climbing facility with a 30-foot, freestanding climbing pillar and more than 74 climbing lanes. Boulderers beware of the Grenade and the Beast, these two on-edge features pose a challenge for even the best with their severe overhangs. So instead of dreading another mundane workout at the gym, get your adrenaline-fueled fitness by climbing some of the highest walls in the Southeast.

Ready, Set, Grill!

From the NC State University Wolfpack football team to the Carolina Mudcats, the Greater Raleigh area has everything you need to set up the perfect tailgate. Whether you're grilling out in the Carter-Finley Stadium parking lot with friends or watching the game with some good brews from a local sports bar, there's no better place to cheer on your favorite team than Greater Raleigh.

Set Your Own Pace

Rock N' Roll Marathon - April 12, 2015

Thousands of runners and walkers coursed through the streets of Raleigh, ready to rock, for the city's first ever Rock N' Roll Marathon. Starting and finishing in the heart of downtown Raleigh, you can see all that the Raleigh area has to offer as you race your way towards the finish line.

Raleigh IRONMAN - May 31, 2015

As one of the Southeast's most dynamic destinations, the Greater Raleigh area proved the perfect place for the 70.3-mile challenge for the second year in a row. Athletes swim in Jordan Lake, bike through Chatam and Wake Counties and finish with a run through the capital city, crossing the finish line in the heart of downtown.

Krispy Kreme Challenge

For a true test of physical fitness and gastrointestinal fortitude, test your endurance in the annual event which requires a 2.5 mile run to Krispy Kreme, where runners consume a dozen glazed donuts, and then attempt the 2.5 mile run back to N.C. State University's Memorial Bell Tower.



In The Red Zone

Home to the NC State University Wolfpack football team, Carter-Finley Stadium has earned a reputation as one of the most exciting venues in college football. Make sure to put on your red and white, grab your tailgating necessities and head to the heart of downtown Raleigh to cheer on the Pack!



Greater Raleigh Convention and Visitors Bureau

421 Fayetteville St., Ste. 1505 Raleigh, N.C. 27601-2995

919.834.5900 | 800.849.8499 | www.visitraleigh.com

CONTACT: Ryan Smith, Director of Communications

919.645.2676 | rsmith@visitraleigh.com

Get Adrenalized in Greater Raleigh

Daniel Dhers Action Sports Complex

The Daniel Dhers Action Sports Complex located in Holly Springs, is the largest family oriented, year-round, skating and biking learning/training facility in the world. The facility contains a total of 37,000 square feet of indoor and outdoor riding space for adrenaline junkies and extreme sports enthusiasts everywhere. Opened by BMX park rider, Daniel Dhers, his facility aims to inspire young people to follow their dreams. So if you're not a BMX rider but you're looking to step out of your comfort zone, try your hand at the indoor park novice area, pump track, foam pit, or even the large viewing deck if you prefer to watch rather than ride.



Table Tennis Takes off in the Triangle

It's a table tennis free-for-all at the new Triangle Table Tennis center in Morrisville. This destination for table tennis enthusiasts is likely one of the biggest table tennis training sites in the United States. The 30,000-square-foot facility complete with 30 tables, numerous practice robots, high ceilings, specialized floors and intense lighting, make the perfect combination for table tennis players in the Triangle. After Cary hosted the North American Olympic table tennis trials in 2012, the local interest in table tennis grew enough for the Triangle to take action, providing the perfect facility for casual enthusiasts and the hard-core table tennis player. Triangle Table Tennis has high hopes of developing young, high-performance athletes who will work toward playing for national teams or at the Olympic level along with summer camps for kids, senior programs, coaching sessions and programs for athletes with disabilities.



Deep Diving in Greater Raleigh

As the largest scuba diving park on the east coast, Fantasy Lake Scuba Park offers a wide range of Scuba Diving recreational activities. Beginning with a 100 acre scenic natural environment that is carefully landscaped and maintained, Fantasy Lake Scuba Park promotes an enjoyable and refreshing experience. Not only can you explore a sunken bus and boats at depths of 42 feet, you can dive down to depths of 80 feet for a deep diving challenge. With an abundance of natural marine wildlife flourishing the lake and unusually clear water, Fantasy Lake Scuba Park makes for the perfect training facility that can also double as a place for sunbathing, relaxing, camping and hiking for non scuba diving guests.



High Flying Fun

Imagine a seemingly endless sea of trampolines, all connected to form one massive trampoline surface. Now, imagine trampolines lining the walls and located right in your backyard. Sky Zone Indoor Trampoline Park is opening its first North Carolina facility in Raleigh in August 2014. The more-than-25,000-square-foot park will have trampolines, three "sky slam" basketball courts, three ultimate dodgeball courts, a giant three-lane foam pit, fitness classes and cardio and strength-training programs. Sky Zone will feature the first "SkyRobics" class for anyone who is looking to get fit in a fun way next summer where you can burn up to 1,000 calories in one hour, all while bouncing around on a trampoline. Whether you're looking to host a birthday party or a corporate team building outing, there is truly something for everyone at Sky Zone!

