


## RACEDAY SCHEDULE



**SWIM**

**6:45 AM–9:25 AM\***  
approx. start    cut-off time

AVERAGE FINISH  
**1 hour 15 minutes**

**Lake Monona**  
(Monona Terrace)




**BIKE**

**8:00 AM–5:35 PM**  
approx. start    cut-off time

AVERAGE FINISH  
**6 hours 30 minutes**

**Greater Madison Area**  
(start & finish at Monona Terrace)



**RUN**

**1:00 PM–12:05 AM**  
approx. start    cut-off time

AVERAGE FINISH  
**4 hours 30 minutes**


**Downtown Madison**  
(finish on Martin Luther King Jr. Blvd.)


\*Male and female pros start at 6:40 AM. Rolling start following the pro women and men.


**Average Race Day:** 13 hours and 15 minutes


**Average Finish Time:** 8:15 PM


## GREAT SPOTS TO WATCH


- 


**Monona Terrace**  
 The waterfront is the place to be for the start of the swim
- 


**Verona Loop Festival**  
 Festival fun right in the middle of the bike course
- 


**Intersection of Old Sauk Road and Timber Lane Hills!**
- 

**Intersection of Mid Town Road and Timber Lane**  
 More hills!
- 

**Intersection of W. Mineral Point Road and Garfoot Road**  
 Scenic back road
- 

**State Street**  
 An electric place to watch the run, and the perfect spot to grab a bite to eat
- 

**Camp Randall—exterior**  
 The Wisconsin Badgers aren't the only ones to cheer on here
- 

**Lakeshore Path**  
 A peaceful and scenic spot on the UW-Madison campus
- 

**Finish Line—Martin Luther King Jr. Blvd.**  
 The best place of all!

**Visit [madisonsports.org/ironman](http://madisonsports.org/ironman) for more info on these viewing locations.**

## THIS WEEKEND

### VOLUNTEER

Interested in volunteering while you're here? Visit the volunteer tent in IRONMAN Village for opportunities to get involved this weekend.

### IRONKIDS FUN RUN

**Sat., Sept. 7, at 9 AM** on the Capitol Square.

Sign up your kids ages 6 months–13 years at the IRONKIDS tent in IRONMAN Village.



### DOWNLOAD THE IRONMAN TRACKER APP!

This is the best way to track your athlete's progress on race day, and it's free!



### SHUTTLE INFORMATION

Parking shuttle to/from Alliant Energy Center

- \$7 cash only
- Pick-up S. Fairchild St. & W. Main St.
- Runs 4:00 AM–1:00 AM approximately every 15 minutes during peak times and every 20–30 minutes off peak

Parking shuttle to/from Verona Loop Festival

- Free
- Pick-up S. Carroll St. & E. Wilson St.
- Runs 8:00 AM–6:00 PM approximately every 20–30 minutes

## NEXT YEAR

### 2020 ACCOMMODATIONS INFORMATION

The 2020 online hotel blocks for both IRONMAN Wisconsin (Sept. 13) and IRONMAN 70.3 Wisconsin (June 14) will be available beginning Mon., Sept. 9, 2019, at 8:00 AM CST. Reservations will not be accepted until this time.

To receive special IRONMAN rates, you must book through the IRONMAN Wisconsin online housing system. Reservations will not be accepted directly through the hotels.

Please make your reservations using the following links:

IRONMAN Wisconsin: [madisonsports.org/ironmanhotels](https://madisonsports.org/ironmanhotels)

IRONMAN 70.3 Wisconsin: [madisonsports.org/ironman703](https://madisonsports.org/ironman703)