

WHAT TO DO

WELCOME TO ROCKFORD

Rockford is excited to welcome athletes, fans, friends, and families to IRONMAN 70.3 Rockford-Illinois! Our city offers diverse activities, sights, and dining for everyone. Explore top local picks at gorockford.com/ironman.

We're proud to host IRONMAN 70.3 and ready to show off our hometown hospitality. Local businesses are offering special deals—whether you're racing, cheering, or soaking in the energy, enjoy exclusive perks at gorockford.com/ironman/ironman-deals.

EXPLORE DOWNTOWN ROCKFORD

Downtown Rockford buzzes with local flavor, culture, and charm. Grab a bite at chef-led restaurants, sip local coffee, and browse boutique shops. Visit the Rockford Art Museum, Discovery Center, or Burpee Museum for family fun and inspiration. With riverfront views, live music, and public art, downtown is a walkable, welcoming place to unwind and explore.

GET OUTSIDE IN ROCKFORD

Rockford's outdoor amenities are just minutes away. Walk or bike the Rock River Rec Path, paddle the river, or explore wooded trails at Rock Cut State Park. Don't miss Anderson Japanese Gardens—one of the nation's best. Whether you seek adventure or peace, Rockford's natural beauty delivers.

PLAN YOUR VISIT

Use GoRockford.com for schedules, dining, attractions, and insider tips throughout your stay.



To volunteer with us, visit IRONMAN.VOLUNTEERLOCAL.COM or scan the QR code!

SCHEDULE OF EVENTS

FRIDAY, JUNE 12

2 PM to 7 PM	Athlete Check-In & Timing Chip Pick-Up
2 PM to 7 PM	IRONMAN Village <ul style="list-style-type: none"> ▪ Information Tent ▪ PLAYTRI Bike Store & Tech Service Center ▪ VIP Spectator Credential Pick-Up
2 PM to 7 PM	Official IRONMAN Store
3 PM	Athlete Briefing
4 PM to 8:30 PM	Rockford City Market
5 PM	Athlete Briefing

SATURDAY, JUNE 13

9 AM to 4 PM	Athlete Check-In & Timing Chip Pick-Up
9 AM to 4 PM	IRONMAN Village <ul style="list-style-type: none"> ▪ Information Tent ▪ PLAYTRI Bike Store & Tech Service Center ▪ VIP Spectator Credential Pick-Up
9 AM to 4 PM	Official IRONMAN Store
10 AM to 4:30 PM	Mandatory Bike Check-In
12 PM	Athlete Briefing
2 PM	Athlete Briefing

SUNDAY, JUNE 14

7 AM	<i>Age Group Rolling Swim Start (Shuttles to Swim Start are for ATHLETES ONLY)</i>
8 AM to 4 PM	IRONMAN Village <ul style="list-style-type: none"> ▪ Information Tent
8 AM to 4 PM	Official IRONMAN Store and Medal Engraving
10 AM to 4:30 PM	Athlete Post-Race Food Tent
1:45 PM to 5 PM	Bike and Gear Check-Out
4:30 PM	Awards & 2026 Precision Fuel & Hydration IRONMAN 70.3 World Championship Slot Allocation Rolldown Ceremony



SPECTATOR GUIDE

14 JUNE 2026





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RACE DAY PARKING

Swim Start, parking will be available at 200 Y Blvd., Rockford.

There are three main parking garages that will be open with special event parking for \$5/day.

- **Concourse Parking Garage**, 200 S. Church St. (all-day entrance/exit)
- **Pioneer Parking Garage**, 311 N. Main St. (all-day entrance/exit)
- **State & Main Parking Garage**, 301 W. State St. (access BEFORE 6:30 a.m. and depart only AFTER 2 p.m.)

Street parking and surface lots are available throughout the downtown area. Please follow any posted NO PARKING signage. Scan here for the downtown parking and street closure map:



IRONMAN VILLAGE

Parking Lot 9
318 S. Church St., Rockford, IL 61101

TRANSITION

S. Wyman St. between Chestnut St. and W. State St.

SWIM START

Rock River Rec Path
North of the SwedishAmerican Riverfront YMCA
200 Y Blvd., Rockford

IRONMAN VILLAGE INFORMATION

The IRONMAN Village is the center of the event weekend, serving as the location for Athlete Check-In, Athlete Briefings, and the IRONMAN Merchandise Store. The village is free and open to the public, offering a great opportunity for athletes to pick up their final race-day essentials.

RACE DAY SHUTTLE BUS TO SWIM START

There will be shuttles for ATHLETES ONLY to take athletes from transition on S. Wyman St. to the swim start near Nicholas Conservatory at Sinnissippi Gardens. Shuttles will run from 5 AM to 6:45 AM.



TRACK YOUR ATHLETE

To follow your athlete's progress on race morning, download the IRONMAN Track App to your smartphone.



WHERE TO WATCH SWIM

- Riverfront Museum Park riverfront path: 711 N. Main St.
- Prairie Street Brewhouse: 200 Prairie St.
- Rockford Public Library riverfront path: 215 N. Wyman St.
- State Street bridge overlooking the Rock River



WHERE TO WATCH BIKE

- Downtown Rockton - Main Street
- Downtown Rockford: 100-200 blocks of S. Wyman St.
- Downtown Rockford: 200-300 blocks of W. State Street

PLEASE BE ADVISED: Most of the bike course is rural; access may be limited due to road closures.



WHERE TO WATCH RUN

- Rock River Rec Path - The path will be closed during the event. Please stay along the green space adjacent to path
- Riverfront Museum Park parking lot: 711 N. Main St. National Ave., Rockford

Please be mindful of road closures and follow traffic directions



FINISH LINE LOCATION

- Finish Line: 100 block of S. Main St., Rockford