



2017 **IRONMAN**
Maryland

SPECTATOR GUIDE

10.7.17 • WWW.IRONMAN.COM/MARYLAND • #IMMD

SCHEDULE OF EVENTS

WEDNESDAY, OCTOBER 4

9 AM - 5 PM IRONMAN Village/Official IRONMAN Store

THURSDAY, OCTOBER 5

9 AM - 5 PM IRONMAN Village/Official IRONMAN Store

10 AM - 2 PM "First-Timers" Intro to Success

6:30 PM - 7:30 PM Opening Ceremony

FRIDAY, OCTOBER 6

9 AM - 5 PM IRONMAN Village/Official IRONMAN Store

SATURDAY, OCTOBER 7

5 AM - 6:30 PM Transition Area Open; Body Marking

6:45 AM Race Start

9 AM - 5 PM IRONMAN Village

9 AM - 10:30 PM Official IRONMAN Store

10 PM - 12 AM Finish Line Party to Cheer on the Final Finishers

SUNDAY, OCTOBER 8

7 AM - 2 PM IRONMAN Village/Official IRONMAN Store

9:30 AM Award Ceremony and Volunteer Appreciation Banquet

11 AM 2018 IRONMAN World Championship Slot Allocation/Rolldown Ceremony



IRONMAN Emergency Contact:
ATHLETE SERVICES 813-415-6767
MARYLAND@IRONMAN.COM

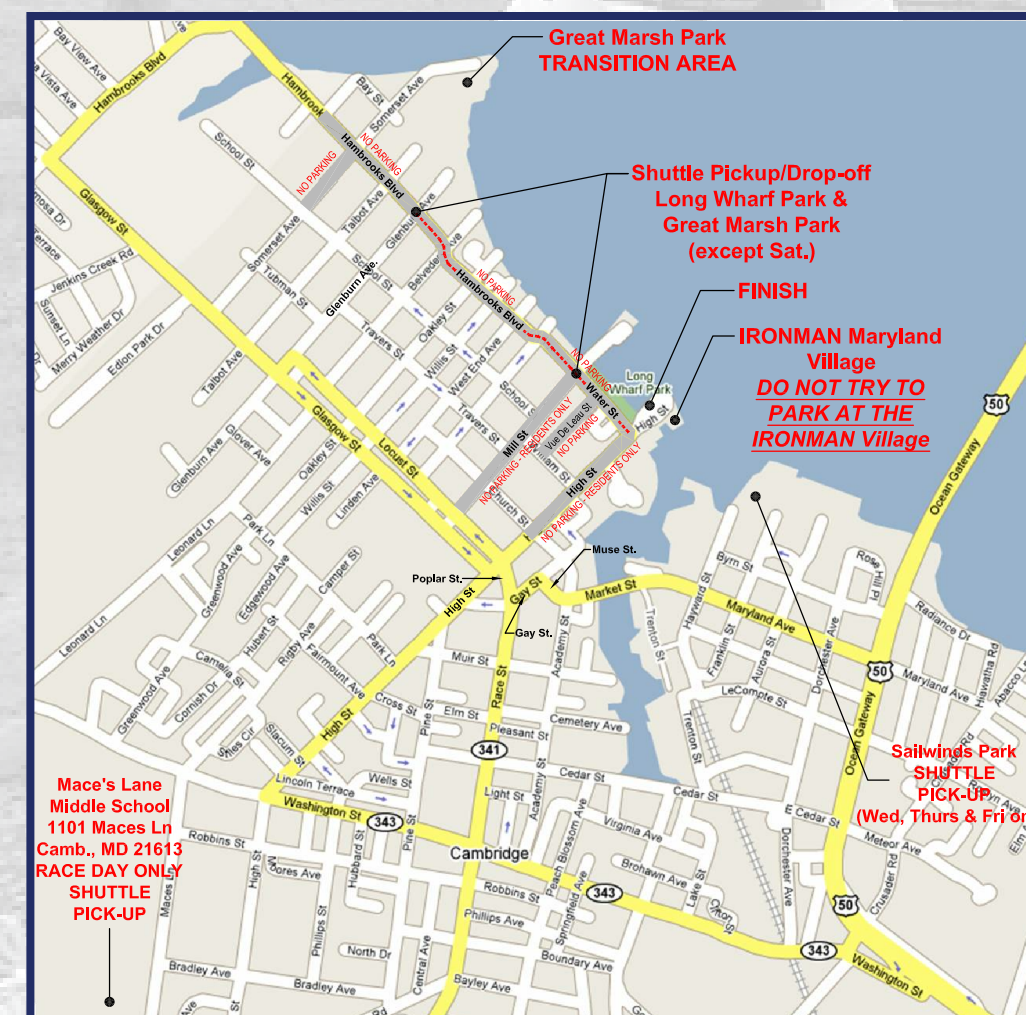
PARKING & SHUTTLE

The parking map below provides suggested parking areas for athletes and spectators during race week. We are encouraging ALL of our athletes to make use of the shuttle bus service that will be in operation ALL WEEK. Many of the streets close to the venue are narrow and will be over congested with an influx of additional traffic. Please consider the community! Park and we will provide the ride.

Shuttle bus parking will be at Sailwinds Park (off Maryland Avenue). The buses will drop off outside Great Marsh Park (GMP) and Cambridge Marina (one block from the IRONMAN Village). Buses will run Wednesday, Thursday, and Friday from 9 AM to 5 PM and drivers will allow you to bring your bike on the bus (space permitting). SHUTTLES ARE FREE.

RACE DAY ONLY: Shuttle parking will be at Mace's Lane Middle School, Mace's Lane. From 4:45 AM race morning until 1 AM Sunday. Pick-up outside Great Marsh Park only.

A local business- Pleasant Rides (non-profit that takes care of our seniors) will offer door to door transportation race week 24 hrs/day Wednesday through Sunday. This will be from hotels/motels or private accommodations. Park your car, let them do the driving. Cost is \$5 per person each way. Bikes can be transported. For more information contact Danny 443-521-5460



IRONMAN[®]

Maryland

WELCOME TO CAMBRIDGE!

In 1978, 15 men participated in the very first IRONMAN triathlon on the bustling streets of Honolulu, Hawaii. IRONMAN consists of a 2.4 mile swim, a 112-mile bike and a 26.2-mile run, in succession. This event serves as one of the many qualifying events across the globe for the IRONMAN World Championship in Kailua-Kona, Hawaii every October.

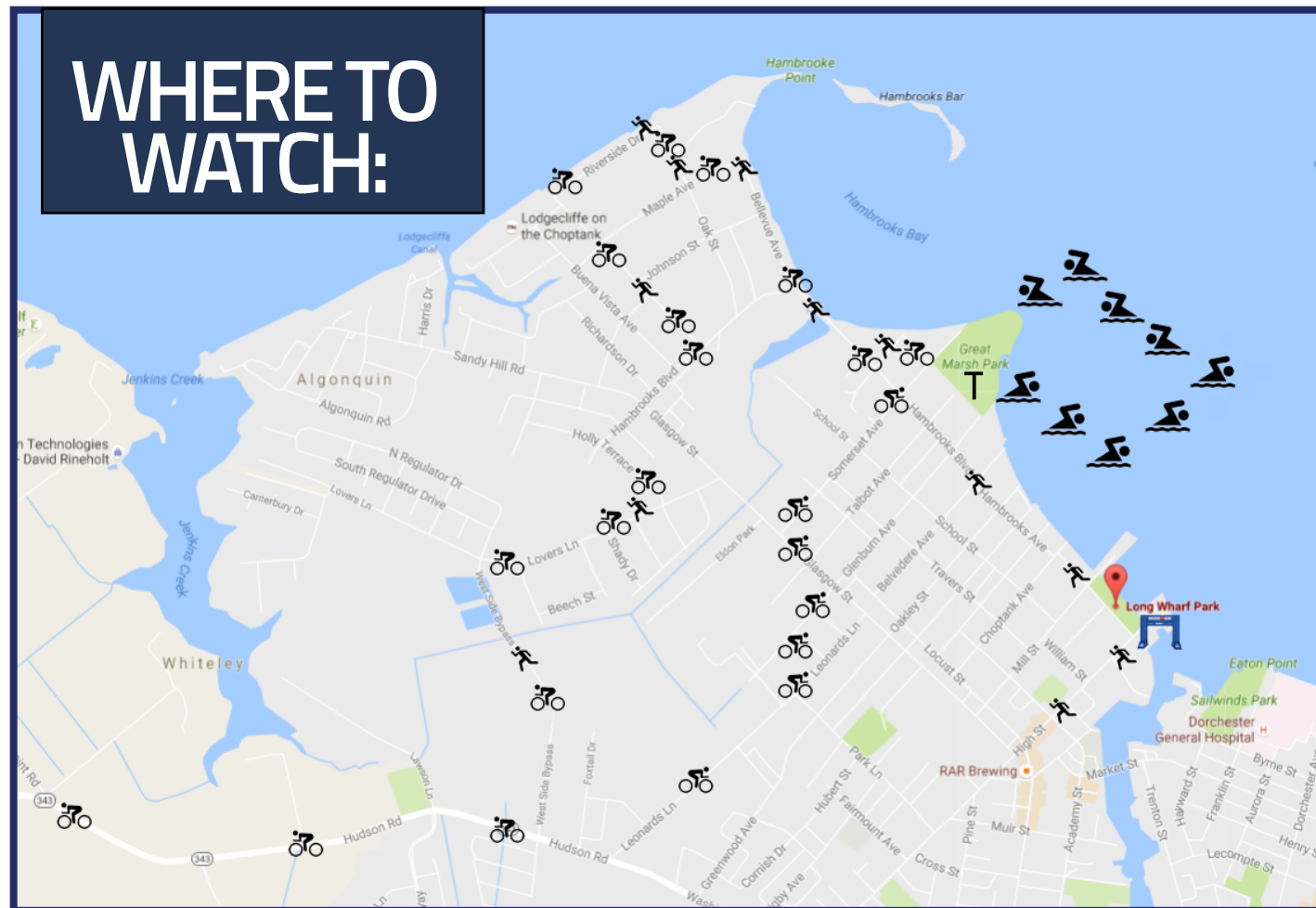
IRONMAN Maryland begins with a 2.4-mile swim in the fresh water of the Choptank River on the Delmarva Peninsula. The 112-mile bike takes athletes through Dorchester County and into the wildlife refuge. The course is flat, fast and scenic. The day finishes with a 26.2-mile run on flat country roads offering numerous straightaways—opportunities for athletes to size up their competition.

One thing that makes this course unique is its 112-mile bike course, taking athletes through the Blackwater National Wildlife Refuge—a critical waterfowl sanctuary for birds migrating along the Atlantic Flyway and containing nearly one-third of Maryland's tidal wetlands. The refuge consists of over 27,000 acres of freshwater impoundments, tidal wetlands, open fields, and mixed forests. The refuge is also home to over 250 bird species, 35 species of reptiles and amphibians, 165 species of threatened and endangered plants, and numerous mammals that can be spotted throughout the year in the region's marshes, forests, meadows, and fields.

Friends and family members will not be permitted into the finish chute/finish line to ensure the safety of all participants, volunteers, and fans. For safety reasons, we also ask you do not attempt to follow your athlete on the course by car.

You will not be allowed into the Medical Area to look for your athlete. There will be a Medical Information Area next to the tent where medical updates will be available on athletes who enter the tent.

WHERE TO WATCH:



BLACKWATER NATIONAL WILDLIFE REFUGE

This 27,000-acre wildlife refuge includes the four-mile Wildlife Drive, water trails for paddling, walking trails, a visitor center — and stunning views of the marshland and wildlife. The refuge is home to one of the largest populations of bald eagles on the East Coast. For more information, visit www.fws.gov/blackwater

HARRIET TUBMAN VISITORS CENTER

The Harriet Tubman Underground Railroad Visitor Center opened in March 2017. Harriet Tubman grew up in slavery in Dorchester County. It's from this area that she first escaped slavery, and where she returned about 13 times over a decade to lead some 70 friends and family members to freedom. The visitor center, located near Blackwater National Wildlife Refuge includes a small exhibit hall including multimedia exhibits, a theater, and gift shop. For more information click on the Tubman Visitor Center tab at harriettubmanbyway.org

RAR BREWING

Based in Cambridge, MD on the banks of the Chesapeake Bay, local boys brewing local beers. Located on a turnaround on the run course, RAR Brewing is a great place to relax and watch your athlete on race day. Kick back and enjoy one of their American and Belgian inspired brews as you cheer racers to the finish line.

LOOKING FOR MORE TO DO?

Check out visitdorchester.org or visit the Dorchester County Office of Tourism at 2 Rose Hill Place, Cambridge, MD 21613

INTERESTED IN VOLUNTEERING?

Visit the volunteer tent in the IRONMAN Village, or click on the Volunteer tab at IRONMAN.COM/MARYLAND



TRACK YOUR ATHLETE:

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



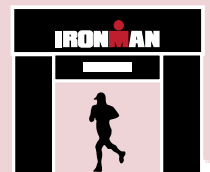
From the shoreline in Great Marsh Park, there are great views of the rolling swim start down the boat ramp and the athlete's exit on to the sand beach before transition.



Cambridge South Dorchester High School parking lot to see the riders as they pick up their Special Needs Bags and refresh at an aid station. Shuttle buses will leave from outside Great Marsh Park after the swim and return to the park on a regular basis.



From 12:30 on, watch runners directly outside Great Marsh Park at the corner of Glenburn and Hambrooks. Runners head out from the park on the "downtown" leg of the run. Anywhere along Water or High Street or at Run Turn-around 2, directly outside the micro-brewery— RAR, on Poplar Street!



FINISH LINE:

The Finish Line is located at Long Wharf park.