

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 Blvd.)

*Male Pros start at 6:40 AM. Wave starts every 5 minutes beginning at 6:45 AM.

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

Old Sauk Pass Road

The first of the big hills.

Timber Lane

More hills!

Midtown

Even more hills!

Verona Loop Festival–Verona Road

Festival fun right in the middle of the bike course

If you are planning to drive out to watch the bike portion, please plan an alternate route that avoids the race course to reduce unnecessary traffic and give athletes a better experience.

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 marathon course

**Finish Line
Martin Luther King Blvd.**

The best place of all!

VOLUNTEER!

The perfect way to get up close and personal with the athletes

MORE INFO

Visitor information, official spectator guide, course maps, parking details, volunteer info and more can be found at madisonsports.org/ironman.

