









IRONMAN.COM/LAKEPLACID | #IMLP | 7.24.16

SPECTATOR GUIDE

SCHEDULE OF EVENTS

SUNDAY, JULY 24- RACE DAY

-  4:30 AM Transition Opens at the Olympic Speed Skating Oval
-  6:10 AM Pro Women Start
-  6:40 AM Age-Group Start
-  7 AM-10 PM Info Booth/Lost & Found
-  7 AM-8 PM IRONMAN Official Store
-  10 PM-12 PM Come Cheer On Final Finishers



MONDAY, JULY 25- CELEBRATION DAY

-  7 AM-1 PM IRONMAN Village/IRONMAN Official Store
-  8 AM-10 AM 2017 IRONMAN Lake Placid On-Site Registration at the Conference Center
-  8 AM-10 AM Celebration Day Breakfast [Free for athletes; food tickets available for purchase by friends and family]
-  9:30 AM Award Ceremony at the Conference Center
-  11 AM 2016 IRONMAN World Championship Slot Allocation/Rolldown Ceremony



IRONMAN Emergency Contact:
ATHLETE SERVICES 813-295-0748
LAKEPLACID@IRONMAN.COM
Sunday: 5 a.m.- 12:30 a.m.
Monday: 8 a.m. - 2 p.m.

INTERESTED IN VOLUNTEERING?

Visit the volunteer tent in the IRONMAN Village, or click on the Volunteer tab at ironman.com/lakeplacid

PARKING:

Parking is available in several lots with free shuttles to the following drop-off locations:

LOT 1: Lake Placid Fire Department near the corner of Old Military and Mill Pond Drive.

LOT 2: Lake Placid Elementary Road on Old Military Road, near Station Street.

LOT 3: WesValley Road, off Saranac Avenue near Cummings Road.

Shuttles run from 4 a.m. Sunday to 1 a.m. Monday. The shuttle drop-off is on Cummings Road, between Olympic Center and the Oval, 1/4 mile to Main Street., Lake Placid. This location is also where the shuttles run back to parking lots. There are no other pick-up or drop-off locations.

TO SEE COURSE MAPS:

Go to ironman.com/lakeplacid - Race Info- Course

LOOKING FOR MORE TO DO?

Visit the Lake Placid Visitors Bureau located at 2608 Main St. or lakeplacid.com


BRING HOME A PIECE OF THE ADIRONDACKS:


This area is filled with shops and is worth exploring. You're sure to find something you just can't leave behind. Strike up a conversation with the locals and don't forget to ask for an insider tip or local recommendation to complete your stay in Lake Placid.

GET YOUR SHOPPING ON!


Be sure to visit our Official IRONMAN Merchandise Store located in the IRONMAN Village and get a souvenir to remember your weekend!

CONNECT WITH US:

 facebook.com/ironmanlakeplacid/

 @IRONMANtri

 ironman.com/lakeplacid

 Use #IMLP to share your race day photos!



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.

2016 IRONMAN Lake Placid marks the 19th Annual IRONMAN Lake Placid. Over the course of 17 hours on Sunday July 24, athletes from all over the world will be racing throughout the community. The routes were chosen to highlight the various areas that we feel fully showcase the unique setting of Lake Placid. Having hosted two Olympic Games (1932 and 1980), this charming town knows how to deliver a world-class athletic event while also maintaining a family-friendly environment.

ALTERNATE ROUTES

LAKE PLACID TO JAY From Saranac Avenue/Route 86, go left at Main Street at the High Peaks Resort to Mirror Lake Drive. Left on Northwood Road. Left on Cobble Hill Road. Left on Route 86 to Wilmington. Right on Route 86 to Jay. Expect delays in the Village of Lake Placid, in Wilmington, and in Jay from 8 a.m. to 6 p.m.

AUSABLE FORKS TO WILMINGTON North on Main Street at Stewart's to stop sign. Left on Guideboard Road. Bear left at fork to Silver Lake Road. Left on Bonnieview Road to Wilmington. Expect delays at intersection in Wilmington.

AUSABLE FORKS TO SARANAC LAKE/LAKE PLACID North on Main Street at Stewart's to stop sign. Left on Guideboard Road. Bear left at fork to Silver Lake Road. Left on Union Falls Road to Route 3. Left on Route 3 to Saranac Lake. In Saranac Lake take Route 86 East to Lake Placid.

AUSABLE FORKS TO KEENE Route 86 West, crossing Jersey Bridge to Sheldrake Road. Right on North Jay Road. (County Route 64). Left on Valley Road (County Route 58). Right on Trumbulls Corner Road. Left on Route 9N South to Keene. Expect delays in Ausable Forks and at Route 9N intersection.

SARANAC LAKE TO I-87 SOUTHBOUND Route 3 West to Tupper Lake. Route 30 South to Long Lake. Route 28N to Newcomb. Route 2 East to Exit 29 on Route I-87 or Route 28N to Warrensburg.

POINTS SOUTH ON ROUTE I-87 TO LAKE PLACID From Northbound Route I-87 take exit 29 to Route 2 West to Route 28N. Turn right on Route 28N to Newcomb. Route 28N to Long Lake. Right on Route 30 to Tupper Lake. Right on Route 3 East to Saranac Lake. Take exit 30 towards Keene. Follow route 9N to Rt 73. Expect delays at Keene.

POINTS NORTH ON ROUTE I-87 TO LAKE PLACID From Southbound on Route I-87 take exit 31 to Route 9N North. Route 9N North to Elizabethtown. Route 9N North to Route 73. Right on Route 73 to Keene. Expect delays at the intersection in Keene.

KEENE TO LAKE PLACID Route 73 Westbound lane open. Expect Delays at River Road/Ski Jumps intersection. Access Village of Lake Placid via Old Military Road.

LAKE PLACID TO WILMINGTON/AUSABLE FORKS/I-87 NORTHBOUND From Saranac Avenue/Route 86, go left at Main Street at the High Peaks Resort to Mirror Lake Drive. Left on Northwood Road. Left on Cobble Hill Road. Left on Route 86 to Wilmington. Straight through intersection on Bonnieview Road (County Route 19). Right on Silver Lake Road and follow detour arrows to Ausable Forks. Expect delays in the Village of Lake Placid and in Wilmington from 8 a.m. to 6 p.m.



HUNGRY?

CHECK OUT THESE LOCAL RESTAURANTS!

Fireside Steak House:

2653 Main St.
Hours: 4:30 p.m.-9 p.m.

Main St. Pizza & Pasta:

2673 Main St.
Hours: 4:30 p.m.- 11 p.m.

Wiseguys Sports Bar & Grill:

11 School St.
Hours: 11:30 a.m. - 3 a.m.

Downtown Diner:

2728 Main St.
Hours: 7 a.m.-2 a.m.

Lake Placid Pub & Brewery:

813 Mirror Lake Dr.
Hours: 11:30 a.m. - 9 p.m.

The Farmhouse Cafe

2726 Main St.
Hours: 7 a.m.-3 p.m.

Wyatt's

2727 Main St.
Hours: 11 a.m.-9 p.m.

WHERE TO WATCH:



Lake Placid Club Drive (near the Lake Placid Club Resort Entrance), Parkside Drive (by the Beach House) and the carpeted section of Lake Placid Club Drive (near Town Hall).



Colden Avenue (Main Street side), Main Street (near the Post Office) and River Street (near Route 73 and Lake Placid Club Drive). Papa Bear Hill climbs into town at the intersection of Rt 86 and Northwood Rd. The Tour de France-like atmosphere there is riveting.



Main Street, Lake Placid Club Drive, Cascade Road (Route 73) and finish line in the Olympic Oval.

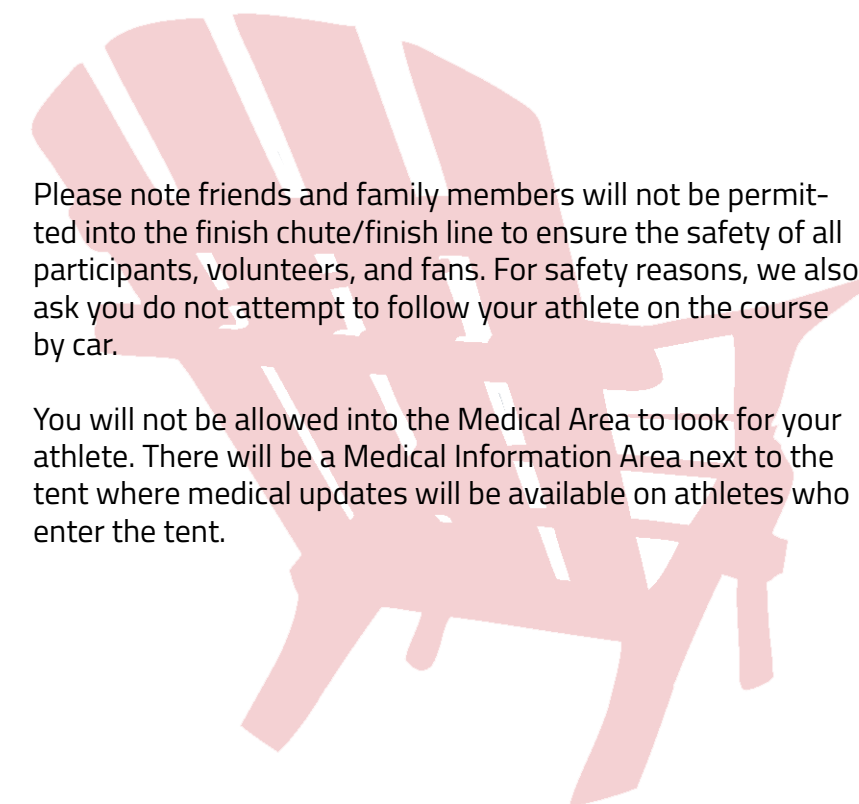


Lake Placid's Olympic Speedskating Oval will serve as the transition and finish line area. Main Street (at the south end of the ORDA Skating building) and Cummings Road (west of ORDA Box Office toward the high school). The finish line will close at midnight, so the final hours are very inspirational and worth staying for!



TRACK YOUR ATHLETE:

To follow your athlete's progress on race morning, go to ironman.com and click on 'Race Coverage'.



Please note 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.