SCHEDULE OF EVENTS

THURSDAY, APRIL 4

11 AM - 7 PM  IRONMAN Village/Official IRONMAN Store/Athlete Check-In
11 AM - 7 PM  IRONKIDS Oceanside Fun Run Registration
12 PM - 7 PM  Bike Check-In
5 PM - 9 PM  IRONMAN Night at Oceanside’s Sunset Market

FRIDAY, APRIL 5

10 AM - 4:30 PM  IRONKIDS Oceanside Fun Run Registration
10 AM - 6 PM  IRONMAN Village/Official IRONMAN Store/Athlete Check-In
11 AM - 7 PM  Mandatory Bike Check-In
3 PM  Pro Athlete Panel
5 PM  IRONKIDS Oceanside Fun Run

SATURDAY, APRIL 6

4 AM - 5:30 PM  Athlete and Spectator Shuttle Bus Service
Pier Areas:
#1 Art structure on west side of train tunnel at Pierview & N. Myers
#2 Oceanside Transit Center on Seagaze between Cleveland & Tremont
#3 Pierview Coffee on east side of train tunnel next to bollards
#4 Civic Center Parking Structure on east side of Civic Center before Ditmar
Harbor Areas:
#5 Entrance to Lot #20 on Pacific St. & Breakwater
#6 Lot #10 at S. Harbor Dr. & N. Pacific St

6:40 AM  Pro Race Start
6:46 AM  PC / CAF / XC Race Start
6:50 AM  Age Group Rolling Beach Start
8 AM - 3 PM  IRONMAN Village/Official IRONMAN Store
11 AM - 5 PM  Morning Clothes Bag & Gear Bag Pick-Up
4 PM  Awards Ceremony & 2019 IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony
There are 40 Age Group qualifying slots for the 2019 IRONMAN 70.3 World Championship

Visit WWW.IRONMAN.COM/OCEANIDE70.3 for more information
WELCOME TO IRONMAN 70.3 OCEANIDE!

Oceanside, California offers triathletes a chance to race in the region that birthed the sport in the early 1970s in Mission Bay. Oceanside is located at the northern end of San Diego’s North County, which includes the beach communities of Del Mar, Cardiff, Encinitas, and Carlsbad—home to surf, triathlon, and beach culture. Just half an hour south lies San Diego, with its world-famous zoo, parks, and other attractions to fill a spring break vacation. Hop on the train up to San Clemente or San Juan Capistrano to extend your experience. Just two hours away from the local mountains, skiing and snowboarding are other options.

More than half of the race volunteers come from units at Marine Corps Base Camp Pendleton. Here, challenging hills confronting athletes before they swing back to the Oceanside Harbour.

We are putting the “ocean” back into Oceanside! You get to experience the ocean and the harbor as we will be having a beach start and finish at the boat ramp inside Oceanside Harbor.

The bike course takes cyclists along the California coastline to San Clemente, before dropping down into the Marine Corps Base Camp Pendleton. Here, challenging hills confront athletes before they swing back to the Oceanside Harbour.

The run portion takes athletes out of the Harbor on a winding journey out onto Oceanside’s flat beachfront path known as “The Strand,” where miles of sandy beaches provide a beautiful and distracting vista. Runners then traverse up and down the pier and other areas as they navigate from the Strand up to Pacific Street.

Oceanside’s flat beachfront path known as “The Strand,” where miles of sandy beaches provide a beautiful and distracting vista. Runners then traverse up and down the pier and other areas as they navigate from the Strand up to Pacific Street.

Getting from finish/postrace areas at the pier back to the harbor:

Runners finish at Oceanside Pier (one of the longest wooden piers along the west coast) through a chute lined with energetic spectators. The majority of the course is on the flat beachfront path known as “The Strand,” where miles of sandy beaches provide a beautiful and distracting vista. Runners then traverse up and down the pier and other areas as they navigate from the Strand up to Pacific Street.

WILL I BE ALLOWED INTO THE FINISH LINE AREA TO GREET MY ATHLETE?

Unfortunately, due to high congestion in the finish line area, spectators are not permitted. Please do not try to gain access to this area, as it must remain clear for the safety of the athletes. Before the event, you and your athlete should decide on a meeting place for after they have finished. Athletes will filter out of the secured finish line area into the Pier Plaza where they can meet up with family. The athlete food tent is located in the amphitheatre and is for athletes only. Athletes are not allowed to bring food or drink for their families as is only for athletes. There is no re-entry to the Athlete Food Tent.

CAN I DROP OFF/PICK UP MY ATHLETE AT THE HARBOUR?

To accommodate those wishing to Uber or Lyft in (or have a friend or family member drop them off), please use the following addresses as approved by the City of Oceanside Parking Enforcement:

**Pier Area:**
- **300 Pier View Way**
- **1351 N Harbor Drive**

This is also for pick up. Do not attempt to get dropped off or picked up any closer than stated. These points have been approved by the city and will keep the flow of traffic going smoothly. If dropped off/picked up near the bridge area, it could result in a DQ for not complying with the city’s instruction.

**Harbor Area:**
- **300 Pier View Way**
- **1351 N Harbor Drive**

**CONSTRUCTION SITE/SET UP**
- **10**

**ATHLETE STREET PARKING**
- **10**

**RACE OPERATIONS & CITY AGENCY PARKING**
- **10**

**NO PARKING PASS REQUIRED, OBSERVE LOADING & RED CURBS.**
- **10**

**PARKING**
- **10**

**MEDICAL & MASSAGE**
- **10**

**SPECTATOR PARKING**
- **10**

**CONSTRUCTION SITE/SITE CLEAR**
- **10**

**ARRIVAL & DEPARTURE**
- **10**

**COST OF PARKING PER Day**
- **10**

**TIME CLOSURE**
- **10**

**ALL PERMITTED PARKING**
- **10**

**VILLAGE**
- **10**

**GETTING FROM FINISH/PORTRACE AREAS AT THE PIER BACK TO THE HARBOUR:**

Get the shuttle stop #1 at Pier View and Myers which will go back to the harbor shuttle stop.

SHUTTLE BUS INFORMATION

**Pier Area:**
- **#1 At art structure on west side of train tunnel at Pierview & N. Myers**
- **#2 Oceanside Transit Center on Seagaze between Cleveland & Tremont**
- **#3 Pierview Coffee on east side of train tunnel next to bollards**
- **#4 Civic Center Parking Structure on east side of Civic Center before Ditmar Harbor Area**
- **#5 Entrance to Lot 220 on Pacific St & Breakwater**
- **#6 Lot #10 at S. Harbor Dr & N. Pacific St**

Shuttles will now accommodate bikes on the buses. This may mean a little bit of a longer wait as fewer people will be able to get on the shuttles, but now athletes won’t have to ride the 1 mile to 1.5 miles to their parking spot or hotel.

**PARKING**

Wanting to get to transition in the harbor:

<table>
<thead>
<tr>
<th>Roads Affected</th>
<th>Dates Closed</th>
<th>Time Closed</th>
</tr>
</thead>
<tbody>
<tr>
<td>All of Harbor Dr.</td>
<td>4/6</td>
<td>1 AM - 11 PM</td>
</tr>
<tr>
<td>All of Pacific St. from Breakwater to Eaton St.</td>
<td>4/6</td>
<td>1 AM - 6 PM</td>
</tr>
<tr>
<td>All of Myers St. from Surfrider to Kelly St.</td>
<td>4/6</td>
<td>1 AM - 6 PM</td>
</tr>
<tr>
<td>On Eaton St.</td>
<td>4/6</td>
<td>1 AM - 6 PM</td>
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Wanting to get to run and finish/postrace areas at the pier:

Spectators wanting around the harbor can walk to Lot 220 at Breakwater Park and Pacific St. to catch the shuttle to Shuttle Stop #1 at Myers & Pier View. There is an Uber/Lyft drop off at 1351 N Harbor Drive, Oceanside 92054. If driving in with your athlete, they may pick up a parking pass for one of the reserved parking lots. If the athlete did not get one or the passes ran out, then you will be encouraged to use street parking that is noted on the map in red. Do not attempt to park in any of these lots or parking structures. You will be towed if you are not displaying the proper colored pass. There will be no charge for meters on race day, but do not park west of Cleveland Avenue, as that is either reserved for the residents, or part of the run course and you will be towed. Fees will be waived on race day but not during IRONMAN Village days.

SHUTTLE MAP

FREQUENTLY ASKED QUESTIONS

**BEST PLACE TO WATCH THE SWIM:**

To access the harbor swim view, go along the beach side of transition and come around the north end to the sidewalk areas of the harbor view. Be sure to stop by Harbor Pelican for coffee, breakfast sandwiches and danishes. Spectators are not to sit on the rocks nor get on the docks that are designated for first responders and event staff. The swim athlete staging area is off limits to all spectators.

**BEST PLACE TO WATCH THE BIKE:**

The majority of the bike course is on Camp Pendleton and is not accessible. Spectators can view the transition area along Harbor Drive.

**BEST PLACE TO WATCH THE RUN:**

This is a two loop run course. Spectators can view the athletes heading in and out of transition. It is a 1 mile walk to the pier / finish line area. Spectators can walk on the sidewalk at Strand / Boardwalk and walk part of the run course.

**CAN I DROP OFF/PICK UP MY ATHLETE AT THE HARBOUR?**

*Parking lots are color-coded and parking passes will be handed out for those needing them and is for race day only. There will be no charge for meters on race day, if the athlete did not get one or the passes ran out, then you will be encouraged to use street parking that is color-coded. Do not attempt to park in any of these lots or parking structures. You will be towed if you are not displaying the proper colored pass. There will be no charge for meters on race day, but do not park west of Cleveland Avenue, as that is either reserved for the residents, or part of the run course and you will be towed. Fees will be waived on race day but not during IRONMAN Village days.

**CAN I GET MY ATHLETE’S BELONGINGS FROM TRANSITION?**

Family members or friends must have ID in order to pick up gear. Please note that family members will only be able to retrieve an athlete’s bike (not all belongings) prior to the last runner headed out (approximately 1:30 PM). Volunteers will be in charge of assisting family members retrieve bikes as family members are not allowed inside transition until last runner is out on the run course. After 1:30 PM, the family member will be escorted inside the transition by the volunteer to retrieve the bike and gear as a security precaution for all.

**CAN I TAKE MY CAR ON THE RACE COURSE TO WATCH MY ATHLETE?**

No, for safety reasons we ask that you do not attempt to follow your athlete by car. The best place to watch your athlete is in the transition area and the finish line. Please do not attempt to gain access to the race course with your vehicle. We want to keep the course as safe as possible for the athletes.

**WILL I BE ALLOWED INTO THE MEDICAL AREA TO LOOK FOR MY ATHLETE?**

The Medical Tent is highly congested so family members and spectators will not be allowed in. There will be a Medical Information Tent next to the Medical Tent where medical updates will be available on athletes who enter the Medical Tent.

**INFORMATION TENT:**

There will be an information tent by the Official IRONMAN Store, located on the Strand just south of the Pier, during race week. Course information, a schedule of events and details about the shuttle bus service and parking will be available at the information tent. On race day, an additional information tent will be located at The Run Off Inflatable.