RUBY FALLS
Ruby Falls, a thundering 145-foot waterfall is located deep within Lookout Mountain and has been thrilling visitors for over 80 years. Entertaining hosts take you into the cavern by elevator and lead you along a paved, level pathway. Thrill to the unique formations and the sheer beauty of the sparkling waterfall on this fun-filled and educational visit. After the guided tour, relax on the mountainside deck with a snack and enjoy the panoramic view of Chattanooga and the Tennessee Valley below. There’s something for everyone at Ruby Falls!

INTERESTED IN VOLUNTEERING?
Visit the volunteer tent in the IRONMAN Village, or click on the Volunteer tab at IRONMAN.COM/CHATTANOOGA

BIKE THE CITY
A great way to get around Chattanooga during the week and on race day. With hundreds of bikes and over 30 stations all around Chattanooga, you will be able to quickly get around this amazing city. More information can be found at BIKECHATTANOOGA.COM.

TENNESSEE AQUARIUM
Located on the banks of the Tennessee River, a visit to the Tennessee Aquarium traces water’s remarkable journey from the mountains to the sea. Along the way, you’ll encounter amazing animals living within two enormous buildings. Come see for yourself why visitors rate it as the No. 1 Aquarium in the country for guest satisfaction.

LOOKING FOR MORE TO DO?
Visit the Chattanooga Visitors Center at 215 Broad Street or CHATTANOOGAFUN.COM

HUNGRY?
CHECK OUT THESE LOCAL RESTAURANTS

BIG RIVER GRILLE & BREWING WORKS
423-267-2739

CHATTANOOGA’S JULIE DARLING DONUTS
423-591-3737

MAPLE STREET BISCUIT COMPANY
423-362-5380

BLUE PLATE
423-648-6767

3RD DECK BURGER BAR
423-266-4488

BREWHAUS RESTAURANT
423-531-8690

IRONMAN Emergency Contact: ATHLETE SERVICES 813-295-0748 CHATTANOOGA@IRONMAN.COM

SCHEDULE OF EVENTS

THURSDAY, SEPTEMBER 26
9 AM to 5 PM  IRONMAN Village/Official IRONMAN Store
9 AM to 5 PM  IRONKIDS Chattanooga Fun Run Registration

FRIDAY, SEPTEMBER 27
9 AM to 5 PM  IRONMAN Village/Official IRONMAN Store
9 AM to 5 PM  IRONKIDS Chattanooga Fun Run Registration
12 PM  Athlete Pro Panel
3 PM  First-Timers Seminar with IMU Coaches
5 PM to 6 PM  Live Music
6 PM to 7 PM  Opening Ceremony

SATURDAY, SEPTEMBER 28
9 AM  IRONKIDS Chattanooga Fun Run
9 AM to 3 PM  IRONMAN Village/Official IRONMAN Store

SUNDAY, SEPTEMBER 29
4:30 AM to 7 AM  Athlete & Spectator Shuttle from T1 to Swim Start
7:20 AM  Pro Start
7:30 AM  Age Group Athlete Start
9 AM to 9 PM  Official IRONMAN Store
10 AM to 6 PM  IRONMAN Village
10 PM to 12:40 PM  Come out to Cheer on the Final Finishers

MONDAY, SEPTEMBER 30
7 AM to 2 PM  IRONMAN Village/Official IRONMAN Store
8 AM to 12 PM  Celebration Day
9:30 AM  Awards Ceremony
11 AM  2020 IRONMAN World Championship Slot Allocation/Rolldown Ceremony
5:30 PM to 7:30 PM  Volunteer Appreciation Party
There is an opportunity to walk down the swim course and watch the entire swim along the Chattanooga Riverwalk. We will shuttle athletes and spectators to the swim start from transition or they may walk the 2.6 miles up the river along the trail. There is NO parking at the swim start.

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.

Little Debbie IRONMAN Chattanooga presented by McKee, A Family Bakery will begin with a point to point, 2.4-mile swim in the Tennessee River with ample spectator vantage points alongside the city’s famous Riverwalk. Athletes can look forward to a fast, down-current swim. The bike course (116 miles) will head south of town and do two loops in North Georgia with scenic farmland and mountain views. The two-and-a-half loop, 26.2-mile run course will showcase beautiful downtown Chattanooga, Riverview and the North Shore.

According to Chattanooga mayor Andy Berke, the city is already home to a thriving athletic community. “Chattanooga was a natural fit for this event,” he says, adding that the race will introduce the city praised by hang-gliding and rock-climbing enthusiasts to a whole new breed of athletes. Berke says he looks forward to seeing how the IRONMAN event grows over the next few years as it builds upon the city’s reputation as an outdoor adventure mecca.

This beautiful course heads south of town for 11 miles before making two loops in North Georgia. We will run free shuttles down to Historic Chickamauga from 9 AM to 3 PM from transition area at Ross’s Landing.

If you want to relax at the transition area, Ross’s Landing has a park and several water features. From there, a quick walk up Riverfront Parkway will get you to area where athletes come through to start their second lap. Right around the corner from there is the Walnut Street Pedestrian Bridge that will surely be lined with spectators. Across the bridge is the North Shore of Chattanooga. Frazier Avenue is full of eclectic shops and places to grab a bite to eat or a drink while cheering on athletes during the run. Barton Avenue is within walking distance and is locally known as “The Hill” which will surely provide a fun viewing spot.

The final stretch will bring athletes down Riverfront Parkway to finish at Ross’s Landing along the Tennessee River. Come back to Ross’s Landing in the evening to cheer on the final finishers at the Midnight Finish.