SCHEDULE OF EVENTS

WEDNESDAY, MAY 8
9 AM - 5 PM Official IRONMAN Store/IRONMAN Village

THURSDAY, MAY 9
9 AM - 5 PM Official IRONMAN Store/IRONMAN Village
5 PM - 6 PM Welcome Ceremony
8:30 PM - 10:30 PM Movie Night (TBD)

FRIDAY, MAY 10
9 AM - 3 PM Official IRONMAN Store/IRONMAN Village

SATURDAY, MAY 11
5 AM - 6:45 AM Transition Opens
6:40 AM Age-Group Start
9 AM - 5 PM IRONMAN Village
10 AM - 9 PM Official IRONMAN Store
10 PM - Midnight Finish Line Party to Cheer on the Final Finishers

SUNDAY, MAY 12
7 AM - 2 PM Official IRONMAN Store/IRONMAN Village
9 AM - 10:30 AM Celebration Day Breakfast
9:30 AM Awards Ceremony and 2019 IRONMAN World Championship Slot Allocation & Rolldown Ceremony

IRONMAN Emergency Contact:
ATHLETE SERVICES 727-430-6405
SANTAROSA@IRONMAN.COM

VISIT SANTA ROSA INFO BOOTH
For Visitor Information please stop by the Visit Santa Rosa Booth in IRONMAN Village or stop by our Welcome Center located at 9 Fourth Street Santa Rosa
www.VisitSantaRosa.com

ARMSTRONG REDWOODS STATE NATURE PRESERVE
1700 Armstrong Woods Rd., Guerneville
707-869-2015 / parks.ca.gov

CHARLES M. SCHULZ MUSEUM & RESEARCH CENTER
2301 Hardies Ln., Santa Rosa
707-579-4452 / schulzmuseum.org

CHILDREN’S MUSEUM OF SONOMA COUNTY
1835 West Steele Ln., Santa Rosa
707-546-6069 / cmosc.org

DOWNTOWN SANTA ROSA PLAZA MALL
1071 Santa Rosa Plaza, Santa Rosa
707-575-0115 / simon.com

EPICENTER
3215 Coffey Ln., Santa Rosa
707-708-3742 / visitepicenter.com

GRATON RESORT & CASINO
288 Golf Course Dr. West, Rohnert Park
707-588-7100 / gratonresortcasino.com

HOWARTH PARK
630 Summerfield Rd., Santa Rosa
707-543-3737 / srcity.org

MONTGOMERY VILLAGE
911 Village Court, Santa Rosa
707-545-3844 / mvshops.com

SNOOPY’S HOME ICE
1667 West Steele Ln., Santa Rosa
707-546-7147 / snoopyshomeice.com

THE BARLOW: ARTISAN MAKERS MARKETPLACE
6780 Depot St., Sebastopol
707-824-5600 / thebarlow.net
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.

The race course is a tour of Sonoma County vineyards and wineries, which passes through five distinct regions. The swim takes place at Lake Sonoma, one of the most rustic swim venues you’ll see in the sport. The bike course is a mix of terrain, and travels through the Russian River, Dry Creek, Alexander Valley, and Chalk Hill grape growing regions. The three loop, out-and-back, run course takes the athletes from the vibrant downtown transition and finish area along the scenic, shaded Santa Rosa Creek Trail.

**PARKING AND TRANSPORTATION**

**PARKING**
Athletes are encouraged to use Santa Rosa Public Parking lots during the week and on race day. There are numerous parking lots spread around in close proximity to the IRONMAN Village and Transition 2.

**SHUTTLE TO LAKE SONOMA**
We strongly encourage all athletes to take the shuttles provided from downtown Santa Rosa to Lake Sonoma which start leaving at 4:15 AM at the corner of B Street & 2nd Street. The last bus will leave around 5:30 AM. There is limited parking near Transition 1, some which requires additional shuttling.

Athletes and spectators who choose to drive may be subject to additional delays as they will be shuttled from the lower parking area adjacent to the visitors center up to T1. Spectators and athletes who choose to drive to swim start should give themselves extra time and should plan to arrive no later than 5:15 AM to Lake Sonoma.

**HUNGRY?**
CHECK OUT THESE LOCAL RESTAURANTS!

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belly Left Coast Tap Room</td>
<td>523 Fourth St.</td>
<td>707-526-5787</td>
<td>belly707.com</td>
</tr>
<tr>
<td>Mercato Pasta &amp; Produce</td>
<td>630 Third St.</td>
<td>707-523-1400</td>
<td><a href="http://www.mercatopastaandproduce.com">www.mercatopastaandproduce.com</a></td>
</tr>
<tr>
<td>Fourth Street Market &amp; Deli</td>
<td>300 Mendocino Ave., 707-573-9832</td>
<td></td>
<td></td>
</tr>
<tr>
<td>La Rosa Tequileria &amp; Grille</td>
<td>500 Fourth St.</td>
<td>707-523-3663</td>
<td>larasasantarosa.com</td>
</tr>
<tr>
<td>La Vera Pizza</td>
<td>629 Fourth St.</td>
<td>707-575-1113</td>
<td>laverapizza.com</td>
</tr>
<tr>
<td>Mary’s Pizza Shack</td>
<td>615 Fourth St.</td>
<td>707-571-1959</td>
<td>maryspizzashack.com</td>
</tr>
<tr>
<td>Oliver’s Market</td>
<td>641 Stony Point Rd.</td>
<td>707-284-3530</td>
<td>oliversmarket.com</td>
</tr>
<tr>
<td>The Parish Café</td>
<td>703 Fourth Street</td>
<td>707-843-7804</td>
<td>theparishcafe.com</td>
</tr>
<tr>
<td>Russian River Brewery</td>
<td>725 Fourth Street</td>
<td>707-545-2337</td>
<td>russionriverbrewing.com</td>
</tr>
<tr>
<td>Third Street Aleworks</td>
<td>610 Third St.</td>
<td>707-523-3060</td>
<td>thirdstreetaleworks.com</td>
</tr>
</tbody>
</table>

**IRONMAN Track** provides official real-time athlete tracking for select global IRONMAN and IRONMAN 70.3 events. We bring the excitement of race day to spectators and fans by delivering real-time results for professional and age-group racing.

**Features:**
- Track an athlete’s times, paces, split estimates and division placement in real time
- Interact with live maps on the course
- Track multiple athletes at the same time
- Receive push notifications as progress is made
- Follow important event information and updates
- Share updates to various social media platforms

**This is a two-loop course and each loop will return near the Courthouse Square for ideal spectator viewing with the Finish on the north side of the Courthouse Square.**