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 on Old Military Road, near Station Street.

LOT 3: West Valley Road, off Saranac Avenue near Cummings Road.

Shuttles run from 6 AM Sunday to 1 AM 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.

SCHEDULE OF EVENTS

THURSDAY, JULY 25
9 AM to 5 PM  IRONMAN Village – Athlete Check-In, Official IRONMAN Store, IRONKIDS Fun Run Registration
11 AM & 2 PM  Athlete Briefings

FRIDAY, JULY 26
9 AM to 5 PM  IRONMAN Village – Athlete Check-In & Official IRONMAN Store
10 AM  First Timer Seminar with IMU Coaches
11 AM & 3 PM  Athlete Briefings
12 PM to 1:30 PM  IRONKIDS Fun Run Registration
2 PM  IRONKIDS Fun Run & Dip ‘n’ Dash
6 PM to 8 PM  Welcome Ceremony

SATURDAY, JULY 27
7:30 AM to 9:30 AM  Free Pancake Breakfast
9 AM to 3 PM  IRONMAN Village
9 AM to 5 PM  Official IRONMAN Store
10 AM to 3 PM  Mandatory Bike & Gear Bag Check-In
11 AM  Athlete Briefing

SUNDAY, JULY 28 - RACE DAY
4:30 AM to 6 AM  Transition Area Open
6:25 AM  Male Pro Athlete Race Start
6:40 AM  Age Group Rolling Race Start
7 AM to 8 PM  Official IRONMAN Store
12 PM to 8 PM  IRONMAN Village
6 PM to Midnight  Mandatory Bike and Gear Check-Out

MONDAY, JULY 29
7 AM to 2 PM  IRONMAN Village - Official IRONMAN Store
7:30 AM to 9:30 AM  Awards Ceremony immediately followed by the 2019 IRONMAN World Championship Slot Allocation and Rolldown Ceremony
9:30 AM  IRONMAN Emergency Contact: ATHLETE SERVICES 813-415-1133 LAKEPLACID@IRONMAN.COM

ALTERNATE ROUTES

LAKE PLACID TO JAY From Saranac Avenue/Route B6, 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 AM to 6 PM.

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 Bonniewood 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 Thumbs 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. Route I-87 to 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 2 in Tupper Lake. Right on 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 32 to Route 9N North. Route 9N North to Saranac Lake. Route 9N South 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 B6, 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 B6 to Wilmington. Straight through intersection on Bonniewood 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 AM to 6 PM.
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 2019 Viewsport IRONMAN Lake Placid marks the 21st IRONMAN Lake Placid. Over the course of 17 hours on Sunday July 28, 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.

### ACTIVITIES

**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.

**WHITEFACE VETERANS’ MEMORIAL HIGHWAY:**
Take the Whiteface Veterans’ Memorial Highway to the top of Whiteface Mountain, New York’s fifth-highest peak. This won’t be your typical drive. The road will lead you directly to the summit of the mountain. Enjoy gorgeous views spanning hundreds of miles.

**HIGH FALLS GORGE:**
Just a short trip up I-87, High Falls Gorge is fun for the whole family. Visitors can view 4 majestic waterfalls, hike the nature trail, mine for gemstones and grab a bite to eat at the River View Cafe.

**HIKING:**
Hiking is a popular outdoor activity in Lake Placid. Enjoy family-friendly trails such as Cobble Hill, or challenge yourself on the Adirondack’s 46 High Peaks.

**BOAT RENTALS:**
Conveniently located in the middle of town, Mirror Lake Boat Rentals offers several ways to get out on the water.

### 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 B6 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. Spectators can see their athlete multiple times throughout the run along the shores of Mirror Lake.

The IRONMAN Tracker App by Dilltree provides official real-time athlete tracking. Download the app to your phone to track athlete’s times, find them on the interactive map, and share race-day updates on social media.

### RESTAURANTS

- **Smoke Signals:**
  2489 Main St.
  Hours: 4 PM to 9 PM
- **Main St. Pizza:**
  2673 Main St.
  Hours: 12 PM to 11 PM
- **Lake Placid Pub & Brewery:**
  B13 Mirror Lake Dr.
  Hours: 11:30 AM to 2 AM
- **Lisa G’s:**
  6125 Sentinel Rd.
  Hours: 11:30 AM to 10 PM
- **The Cottage:**
  77 Mirror Lake Dr.
  Hours: 11:30 AM to 10 PM
- **Dancing Bears:**
  2404 Main St.
  Hours: 11 AM to 9 PM
- **Dine & Skate:**
  5686 Cascade Rd.
  Hours: 11 AM to 9 PM

**‘Dack Shack**
2099 Saranac Ave.
11 AM to 9 PM

**Lisa G’s**
6125 Sentinel Rd.
11:30 AM to 10 PM

**The Cottage**
77 Mirror Lake Dr.
11:30 AM to 10 PM

**Dancing Bears**
2404 Main St.
7 AM to 10 PM