

WHAT TO DO

GERRY BOYLE PARK

Gerry Boyle Park is home base for the event. We will have a few food vendors but you may want to bring snacks/drinks. There are several children play areas but limited shade. You are welcome to bring tents/chairs/coolers, but they must be walked into the park race morning. The designated TriClub area is along the finish line chute, but the rest of the park is open for general spectators. It is approximately a 1.5-mile walk to the center of downtown Cambridge from Gerry Boyle Park.

BLACKWATER NATIONAL WILDLIFE REFUGE

This 27,000-acre wildlife refuge includes the 4-mile Wildlife Drive, water trails for paddling, walking trails, a visitor center — and stunning views of the marshland and wildlife. The refuge is home to one of the largest populations of bald eagles on the East Coast. Blackwater Adventures offers bike, kayak and fishing tours throughout the Refuge and surrounding area. For more information visit blackwateradventuresmd.com.

HARRIET TUBMAN

Harriet Tubman grew up in slavery in Dorchester County. It's from this area that she first escaped slavery, and where she returned about 13 times over a decade to lead some 70 friends and family members to freedom. The visitor center, located near Blackwater National Wildlife Refuge includes a small exhibit hall including multimedia exhibits, a theater, and gift shop. There is also a self-guided driving tour of the Harriet Tubman Underground Railroad Byway. For more information visit harriettubmanbyway.org.

DOWNTOWN CAMBRIDGE

Take a walk down historic High Street from Long Wharf Park and into Downtown Cambridge. The downtown area continues along Poplar and Race streets where you'll find shops, art galleries and restaurants that are ready to welcome you. For more information visit downtowncambridge.org.

DORCHESTER COUNTY VISITORS CENTER

If you are looking for more to do, check out visitdorchester.org or visit the Dorchester County Office of Tourism at 2 Rose Hill Place, Cambridge, MD 21613. The Visitor's Center also has a great playground and small beach area.

SCHEDULE OF EVENTS

FRIDAY, JUNE 7

1:30 PM to 7:30 PM	Shuttle Bus Service
2 PM to 7 PM	IRONMAN Village <ul style="list-style-type: none">Information Tent
2 PM to 7 PM	Official IRONMAN Store

SATURDAY, JUNE 8

8 AM to 5 PM	Shuttle Bus Service
9 AM to 4 PM	IRONMAN Village <ul style="list-style-type: none">Information Tent
9 AM to 4 PM	Official IRONMAN Store

SUNDAY, JUNE 9

4:30 AM to 5:30 PM	Shuttle Bus Service
6 AM	Race Start at Gerry Boyle Park
8 AM to 4 PM	Official IRONMAN Store
8 AM to 4 PM	Information Tent
3:30 PM	Awards Ceremony & 2024 VinFast IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony

To volunteer with us, visit
IRONMAN.VOLUNTEERLOCAL.COM
or scan the QR code!



IRONMAN EMERGENCY CONTACT
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2024 SPECTATOR GUIDE



JUNE 9, 2024





Welcome to Cambridge! IRONMAN 70.3 Eagleman begins with a 1.2-mile swim in the brackish water of the Choptank River on the Delmarva Peninsula. The 56-mile bike takes athletes through Dorchester County and into Blackwater National Wildlife Refuge, a critical waterfowl sanctuary for birds migrating along the Atlantic Flyway which contains nearly one-third of Maryland's tidal wetlands. The course is flat, fast, and scenic. The day finishes with a 2x out-and-back 13.1-mile run through the residential streets of Cambridge.

PARKING & SHUTTLES

Parking around the race venue is difficult. Please be considerate of the local community. DO NOT park in areas marked "NO PARKING" or "RESIDENT PARKING ONLY". When possible, use the shuttle bus service that is free and convenient; it will run continuously during the scheduled times. Shuttle drop-off is just outside Gerry Boyle Park (corner of Hambrooks Blvd and Glenburn Ave). The venue QR code will take you to an interactive map where you can see parking locations.

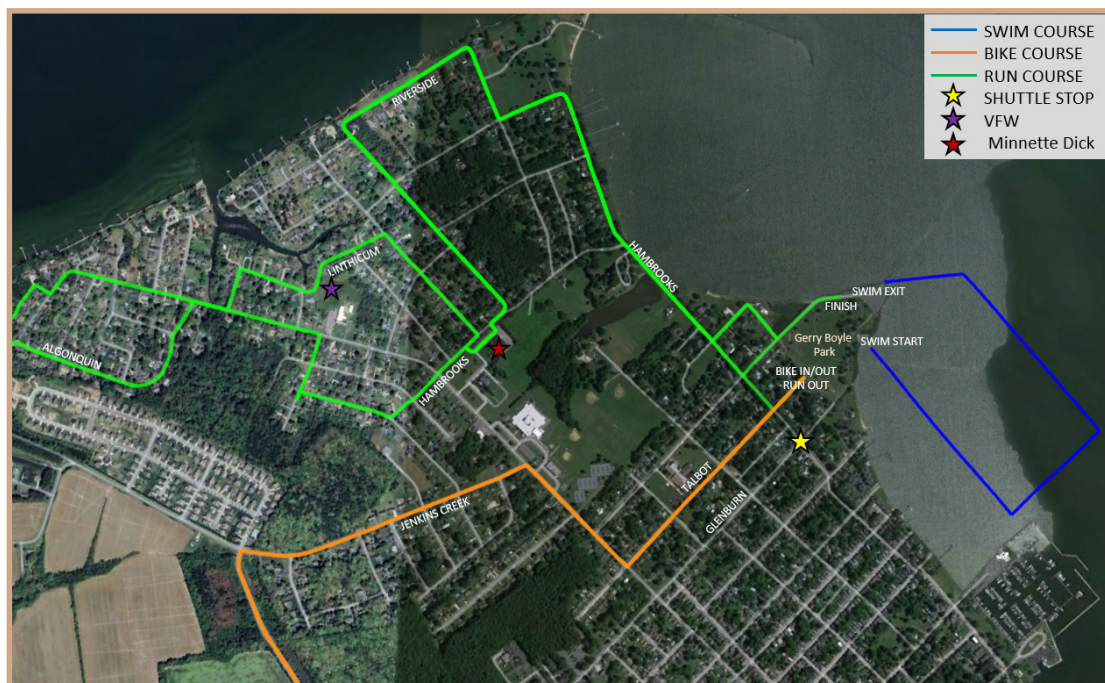
EVENT PARKING

- Friday, June 7 from 1:30 PM to 7:30 PM at St Paul's UMC
- Saturday, June 8 from 8 AM to 5 PM at Mace's Lane Middle School
- Sunday, June 9 (race day) from 4:30 AM to 5:30 PM at Mace's Lane Middle School

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.

Scan here to check out an interactive map of the venue on Google Maps:



To follow your athlete's progress on race morning, download the IRONMAN Track App to your smartphone.



From the shoreline and parking lot in Gerry Boyle Park, there are great views of the swim start off the boat ramp and the athletes' exit from the sandy beach through the field to transition.



Roads are heavily congested during the bike portion of the event. Unless you are already on the course when the bike portion starts, we do not recommend driving out on course to spectate. In order to avoid getting stuck out on the course, and for the safety of the athletes, the best option is watch the bike start and finish from Transition at Gerry Boyle Park.



Spectators can take a short walk to the run aid station at Minnette Dick Hall/St. Mary's Church on Hambrooks. Along the new portion of the run course will be a special spectator area sponsored by the VFW. They will have food and drinks for sale outside while you cheer on your athlete! Please be mindful to stay on the edge of the road and not encroach on private property or impede other athletes.



The Finish Line is located at Gerry Boyle Park. There will be viewing areas along the finish line chute.