

# PARKING & SHUTTLE

Parking around the race venue is difficult. DO NOT park in areas marked "NO PARKING" or "RESIDENT PARKING ONLY". You will be subject to fines and/or towing if parking in these areas. Where possible, use the shuttle bus service. There are also paid lots operated by nonprofits near both Gerry Boyle Park & Long Wharf.

## RACE WEEK PARKING & SHUTTLES (WEDNESDAY, THURSDAY & FRIDAY)

Event parking is available at St. Paul's United Methodist Church (205 Maryland Ave). Shuttles will run from there to IRONMAN Village & Gerry Boyle Park (transition). Athletes may bring bikes on the bus. It is a short walk between IRONMAN Village & Gerry Boyle Park, but you may ride a shuttle from either location to the other. Be mindful the shuttle may return to the parking area prior to arriving at your intended destination.

## RACE DAY

Event parking is at Mace's Lane Middle School on Mace's Lane. Shuttles will pick up at the school & drop off outside Gerry Boyle Park (corner Hambrooks Blvd and Glenburn Ave). They will run beginning at 4:45 AM on Saturday until 1 AM on Sunday.

After the swim, spectators may board shuttles to the high school to see athletes begin their second loop and pick up their Personal Needs Bags. The last bus will return from the school at 2:30 PM.

Shuttles will run between Gerry Boyle Park (transition) & IRONMAN Village until the race is finished. In the evening, please give priority seating to athletes rather than filling the bus with friends & family. The pick-up/drop-off location is the corner of Mill and Water St.

If you are walking from Gerry Boyle Park (transition) to the IRONMAN Village or back, please STAY ON THE SIDEWALK. This route is part of the run course and you must be respectful of athletes still on course.



# SCHEDULE OF EVENTS

## WEDNESDAY, SEPTEMBER 13

- 11:30 AM to 5:30 PM Shuttle Bus Service
- 12 PM to 5 PM IRONMAN Village
- 12 PM to 5 PM Official IRONMAN Store

## THURSDAY, SEPTEMBER 14

- 8:30 AM to 5:30 PM Shuttle Bus Service
- 9 AM to 5 PM IRONMAN Village
- 9 AM to 5 PM Official IRONMAN Store
- 5:45 PM to 6:30 PM Welcome Social
- 6:30 PM to 7:30 PM Welcome Ceremony

## FRIDAY, SEPTEMBER 15

- 8:30 AM to 3:30 PM Shuttle Bus Service
- 9 AM to 3 PM IRONMAN Village
- 9 AM to 3 PM Official IRONMAN Store
- 5 PM Community Welcome Concert - Jimmy Charles

## SATURDAY, SEPTEMBER 16

- 4:15 AM to 1 AM Shuttle Bus Service
- 5 AM to 6:30 AM Transition Open
- 6:35 AM Pro Race Start
- 6:50 AM Age Group Rolling Race Start
- 9 AM to 9 PM Official IRONMAN Store
- 12 PM to 7 PM IRONMAN Village

## SUNDAY, SEPTEMBER 17

- 7 AM to 1 PM IRONMAN Village
- 7 AM to 1 PM Official IRONMAN Store
- 8:15 AM to 9:30 AM Celebration Day & Volunteer Appreciation Breakfast
- 9:30 AM Awards Ceremony & 2024 VinFast IRONMAN World Championship Slot Allocation/Rolldown Ceremony



IRONMAN EMERGENCY CONTACT  
Athlete Services: 813-484-6064



# 2023 SPECTATOR GUIDE



SEPTEMBER 16, 2023





## WELCOME TO CAMBRIDGE

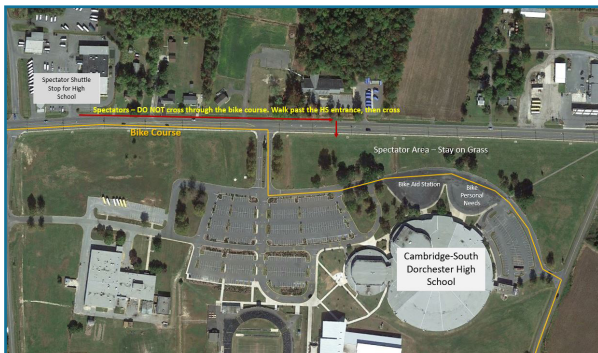
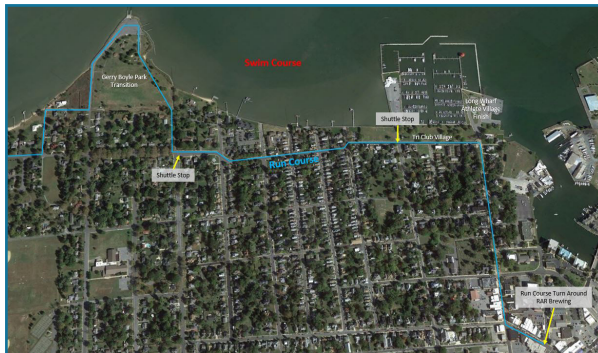
IRONMAN Maryland begins with a 2.4-mile swim in the brackish water of the Choptank River on the Delmarva Peninsula. The 112-mile bike takes athletes through Dorchester County and into Blackwater National Wildlife Refuge, a critical waterfowl sanctuary for birds migrating along the Atlantic Flyway which contains nearly one-third of Maryland's tidal wetlands. The course is flat, fast and scenic. The day finishes with a 26.2-mile run that winds through the residential area and downtown with plenty of opportunities to see your athlete along the way.

## FOOD VENDORS

There will be a limited number of food vendors at Gerry Boyle Park and Long Wharf as well as a beer truck next to the Finish Line!

## INTERESTED IN VOLUNTEERING?

Visit the volunteer tent in the IRONMAN Village, or go to the Volunteer tab at [IRONMAN.COM/IM-MARYLAND](http://IRONMAN.COM/IM-MARYLAND).



## BLACKWATER NATIONAL WILDLIFE REFUGE

This 27,000-acre wildlife refuge includes the four-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. For more information visit [BLACKWATERADVENTURESMD.COM](http://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 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](http://HARRIETTUBMANBYWAY.ORG).

## LONG WHARF

The location of Athlete Village and the Finish Line, Long Wharf is also home to the iconic Choptank River Light House. The Light House is open from 9:30 AM to 5:30 PM daily for tours. For more information visit [CHOOSECAMBRIDGE.COM/226/CHOPTANK-RIVER-LIGHTHOUSE](http://CHOOSECAMBRIDGE.COM/226/CHOPTANK-RIVER-LIGHTHOUSE). In addition, adjacent to Long Wharf will be the weekly Farmers Market on Thursday, September 16 from 3 PM to 6 PM with 20+ local vendors.

## DOWNTOWN CAMBRIDGE

Just a short walk from Long Wharf along Historic High St. is Downtown Cambridge. Once you enter downtown on Poplar and Race Streets, you'll find shops, art galleries and restaurants. For more information visit [DOWNTOWNCAMBRIDGE.ORG](http://DOWNTOWNCAMBRIDGE.ORG).

## DORCHESTER COUNTY VISITORS CENTER

If you are looking for more to do, check out [VISITDORCHESTER.ORG](http://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. If you are interested in paddle boarding, you can contact Overboard Paddle and Fitness for private sessions from the Visitor's Center at [OVERBOARDPADDLEANDFITNESS.COM](http://OVERBOARDPADDLEANDFITNESS.COM).

## NATIVE AMERICAN FESTIVAL

The 31st Annual Native American Festival is Saturday, September 16 if you are looking for entertainment while your athlete is on course. For more information visit [FACEBOOK.COM/THENWBI](http://FACEBOOK.COM/THENWBI).

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 download the IRONMAN Tracker App:



## TRACK YOUR ATHLETE:

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



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



Cambridge South Dorchester High School parking lot to see the riders as they pick up their Personal Needs Bags and refresh at an aid station. Shuttle buses will leave from outside Gerry Boyle Park after the swim and return to the park on a regular basis until 2:30 PM.



From 12 PM on, watch runners directly outside Gerry Boyle Park at the corner of Glenburn and Hambrooks. Then, anywhere along Water or High Street, or at the run turn-around, directly outside the microbrewery RAR on Poplar Street! On the opposite end of the course, there is plenty of room to spectate near Sandy Hill Elementary School.



## FINISH LINE:

The Finish Line is located at Long Wharf park.