

ET Spectators Guide for Ironman Wisconsin 2015

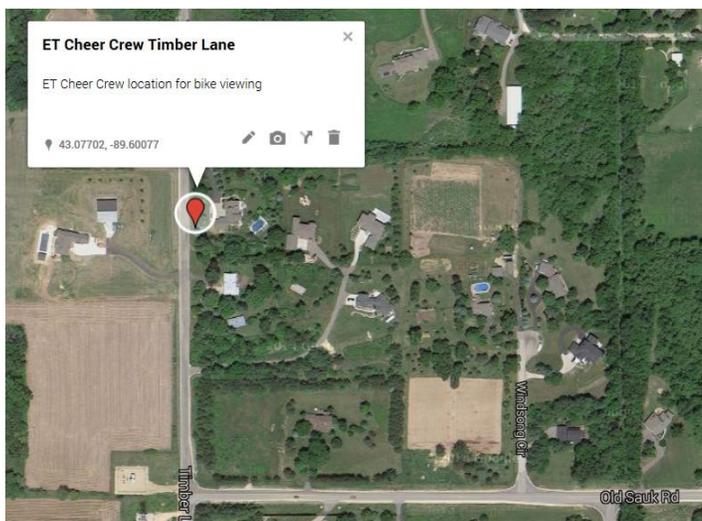


First, and MOST importantly, please wear your ET shirts, jackets and hats. The [ET Cheer Crew](#) is world famous and our athletes love to see everyone flying the ET colors! Go Team [Experience Triathlon!!](#)

We start our day around 6:00am on the parking ramp of the Monona Terrace helix that the athletes walk down to start their race. We stand on the side closest to the lake, about 50-100 yards up the ramp from its base but before the ramp starts to curve into a helix. We are on the athlete's left as they run up the ramp following their swim. The race starts at 7:00am and we'll be there until our last athlete is out of the water, so probably until 8:45'ish.

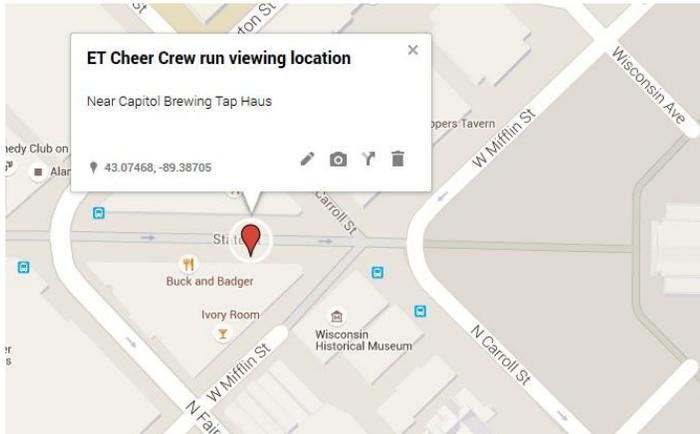
We then load into our cars and head to Panera, 3416 University Ave., to pick up some sandwiches to bring out to the bike course. Our designated spot on the bike course is the 2nd of the 3 major hills (aka the 3 B's) at Timber Lane, just north of Old Sauk Road. From the Capitol area/swim start, you get on University Ave. heading West towards Middleton. Left on Whitney Way, right on Old Middleton Rd., slight left onto Old Sauk Rd. Stay on Old Sauk, crossing the Beltline, until you come to Windsong Circle. Turn right and park anywhere here. Walk west to the next intersection, Timber Lane, and turn right. There will be lots of crowds, and you will see the bikers coming up the big hill. We spectate on the east side of the road (the athlete's left) between approximately the 1st and 2nd driveways. The athletes come by this spot twice since it's a 2 loop bike course. Needless to say, we'll be there for the better part of the afternoon. Until approximately 3:00pm.

[Click here for google map to bike viewing location](#)



We'll then head back into Madison and park ourselves in one of the many ramps near State St. somewhere around the Capitol Tap Haus in the 100 block of State St.

[Click here for google map to run viewing location](#)



We'll be able to see the athletes several times on the run from this spot since it's also a 2 loop run course. We'll have dinner at the Capitol Tap Haus or somewhere on State St.

At some point after our athletes have headed back out for their second loop on the run course, we'll head down to the finish line area and spend the rest of the night re-connecting with our athletes behind the finish line area where they exit. We basically hangout, celebrate, take pictures and have fun with the ET Family until our final athlete finishes. It's an emotional end to an epic day. There is no place on earth like Athlete Exit on an Ironman day! 😊

