

ET Spectator's Guide for Ironman Wisconsin 2019

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 weekend with a **Team dinner** to share some camaraderie, recognize our Ironman Wisconsin athletes and get in the race zone! All are welcome. [Click here for Details.](#)

Special notes on race day contact and remote athlete tracking...

1. **ET race day contact** is Drew Repoza. Drew can be reached at 630-697-4439 in case of questions/issues or directions. THANK YOU, Drew!!
2. **Remote online Athlete Tracking methods:** You can track our athletes during the day at **Ironman.com**. Look for the Live Coverage link and Wisconsin and the Athlete Tracker page. Enter their name or bib number. You can also use the official tracking app on your phone. It's called **Ironman Tracker**.

Parking option before race start: With the streets of Madison open prior to race start and ample parking ramps available, we prefer to drive and park within a few blocks of the race start instead of parking at the Alliant Center and taking the shuttle bus. [Click here](#) for information and location of the closest parking to the start.

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.

The 2019 bike course is the same as 2018 Ironman Wisconsin course. Therefore, 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'll set up the big ET flags and cheer 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. Please make sure you have enough nutrition and hydration for the day out there! Some will bring a folding camp chair and/or a small cooler to keep beverages and food cool. Sunscreen and bug spray are also a good thing to bring along.

[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 Freiburg Taphaus 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 Taphaus or somewhere on that first block of State St.

At some point after our athletes have headed back out for the 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 with their medals. We basically hang out, 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!