



**2017 IRONMAN®
LAKE PLACID**

SPECTATOR GUIDE

7.23.17 • WWW.IRONMAN.COM/LAKEPLACID • #IMLP

SCHEDULE OF EVENTS

THURSDAY, JULY 20

- 9 AM - 5 PM IRONMAN Village/Official IRONMAN Store
- 9 AM - 5 PM IRONKIDS Lake Placid Fun Run and Dip 'n' Dash Registration

FRIDAY, JULY 21

- 9 AM - 5 PM IRONMAN Village/IRONMAN Official Store
- 9 AM - 1:45 PM IRONKIDS Lake Placid Fun Run and Dip 'n' Dash Registration
- 2 PM IRONKIDS Lake Placid Fun Run and Dip 'n' Dash
- 6 PM - 8 PM Opening Ceremony (Live Music from 6 to 7)

SATURDAY, JULY 22

- 7:30 AM - 9:30 AM NC Ministries Free Pancake Breakfast
- 9 AM - 5 AM IRONMAN Village/Official IRONMAN Store

SUNDAY, JULY 23

- 4:30 AM - 6 AM Transition Area Opens
- 6:30 AM Pro Men Start
- 6:40 AM Age Group Athlete Start
- 7 AM - 8 PM Official IRONMAN Store
- 12 PM - 8 PM IRONMAN Village
- 10 PM - 12 PM Finish Line Party to Cheer on the Final Finishers

MONDAY, JULY 24

- 7 AM - 2 PM IRONMAN Village/Official IRONMAN Store
- 8 AM - 10 PM Celebration Day Breakfast
- 9:30 AM Award Ceremony
- 11 AM 2017 IRONMAN World Championship Slot Allocation/Rolldown Ceremony
- 5:30 - 7:30 Volunteer Appreciation Party



IRONMAN Emergency Contact:
ATHLETE SERVICES 813.415.1133
LAKEPLACID@IRONMAN.COM

LOCAL ATTRACTIONS

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.

GET YOUR SHOPPING ON!

Be sure to visit our Official IRONMAN Merchandise Store located in the IRONMAN Village and get a souvenir to remember your weekend!

HIKING

Hiking is a popular outdoor activity in Lake Placid. Enjoy family-friendly trails such as Cobble Hill, or challenge yourself on the Adirondacks' 46 High Peaks!

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.

INTERESTED IN VOLUNTEERING?

Visit the volunteer tent in the IRONMAN Village, or click on the Volunteer tab at IRONMAN.COM/LAKEPLACID.

HUNGRY? CHECK OUT THESE RESTAURANTS!

Fireside Steak House

2653 Main St.
Hours: 4:30 PM-9 PM

Main St. Pizza & Pasta

2673 Main St.
Hours: 4:30 PM- 11 PM

Wiseguys Sports Bar & Grill

11 School St.
Hours: 11:30 AM - 3 AM

Downtown Diner

2728 Main St.
Hours: 7 AM-2 AM

Lake Placid Pub & Brewery

813 Mirror Lake Dr.
Hours: 11:30 AM - 9 PM

The Farmhouse Cafe

2726 Main St.
Hours: 7 AM-3 PM

Wyatt's

2727 Main St.
Hours: 11 AM-8 PM

Caffe Rustica

1936 Saranac Ave.
Hours: 5 PM-9 PM

'dack Shack

2099 Saranac Ave
Hours: 8 AM-9 PM

Smoke Signals

2489 Main St
Hours 4 PM-9 PM

Dancing Bear's Lounge

2404 Main St
Hours: 7 AM-10 PM

