



IRONMAN®

WORLD CHAMPIONSHIP

Kona | Hawai'i

SCHEDULE OF EVENTS

Friday, October 3, 2025

Start	End	Event	Location
6:30am	10:00am	IRONInfo Booth	Kailua Pier

Saturday, October 4, 2025

Start	End	Event	Location
6:30am	10:00am	IRONInfo Booth	Kailua Pier
7:00am	4:00pm	Official IRONMAN® Store - Store 2 Opens	In front of KBR
7:30am		Kona Town Fun Run Supported by HOKA	Hale Hālāwai, Ali'i Drive
9:00am	5:00pm	Official IRONMAN® Store - Main Store Opens	KBR Parking Lot
12:00pm	6:00pm	Street Eats - A Kailua Village Food Truck Festival	Historic Kailua Village
2:00pm	4:00pm	Ho'ala Training Swim Packet Pick Up	KBR Conference Room 6

Sunday, October 5, 2025

Start	End	Event	Location
5:30am	6:45am	Ho'ala (Rise to the Occasion) Training Swim Packet Pick-up Onsite registration is not available.	Courtyard by Marriott King Kamehameha's Kona Beach Resort (KBR) - Honu's Lawn
6:30am	11:00am	IRONInfo Booth	Kailua Pier
7:00am		Ho'ala IRONMAN® Training Swim -2.4 miles	Kamakahonu Beach
7:00am	4:00pm	Official IRONMAN® Store - Store 2	In front of KBR
9:00am	5:00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot
12:00pm	6:00pm	Kokua Kailua Stroll	Ali'i Drive

Monday, October 6, 2025

Start	End	Event	Location
6:30am	10:00am	IRONInfo Booth	Kailua Pier
7:00am	10:00am	Live Aloha Coffee Boat	Kailua Bay
7:00am	12:00pm	Active Release Techniques (ART)	KBR Honu's Lawn
7:00am	4:00pm	Official IRONMAN® Store - Store 2	In front of KBR
9:00am	5:00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot
9:00am	4:00pm	Volunteer Check-In	KBR
9:00am	4:00pm	IRONMAN Information Center/Lost and Found/ `Ohana	KBR Conference Room 6
6:00pm	8:00pm	Heroes of Hawai'i (Hawaiian Cultural Legacy)	KBR Lu'au Grounds

Tuesday, October 7, 2025

Start	End	Event	Location
6:30am	11:00am	IRONInfo Booth	Kailua Pier
7:00am	10:00am	Live Aloha Coffee Boat	Kailua Bay
7:00am	12:00pm	Active Release Techniques (ART)	KBR Honu's Lawn
7:00am	4:00pm	Official IRONMAN® Store - Store 2	In front of KBR
9:00am	5:00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot
9:00am	3:30pm	IRONKIDS® Keiki Dip-n-Dash Registration	KBR Canoe Landing
9:00am	4:00pm	Athlete Check-in	KBR Ballrooms 2, 3, 4
9:00am	4:00pm	Accreditation Office	KBR Conference Room 5
9:00am	4:00pm	VIP Guest Services	KBR Paddlers
9:00am	4:00pm	Media Center	KBR Ballroom 1
9:00am	4:00pm	Volunteer Check-In	KBR
9:00am	4:00pm	IRONMAN Information Center/Lost and Found/ `Ohana	KBR Conference Room 6
12:00pm	7:00pm	IRONMAN® Village	Hale Hālāwai, Ali'i Drive
4:00pm		IRONKIDS® Keiki Dip-n-Dash	Ka'ahumanu Place
5:00pm		Parade of Nations (athletes gather at 4:00pm)	KBR to Hale Hālāwai, Ali'i Drive

Wednesday, October 8, 2025

Start	End	Event	Location
6:30am	11:00am	IRONInfo Booth	Kailua Pier
7:00am	10:00am	Live Aloha Coffee Boat	Kailua Bay
7:00am	12:00pm	Active Release Techniques (ART)	KBR Honu's Lawn
7:00am	4:00pm	Official IRONMAN® Store - Store 2	In front of KBR
8:00am	12:00pm	IRONMAN World Championship Course Insider Race Tips	Refer to Page 3 Below

KBR = Courtyard by Marriott King Kamehameha's Kona Beach Resort



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SCHEDULE OF EVENTS (CONTINUED)

Wednesday, October 8, 2025

Start	End	Event	Location
9:00am	4:00pm	Athlete Check-in	KBR Ballrooms 2, 3, 4
9:00am	4:00pm	Accreditation Office	KBR Conference Room 5
9:00am	4:00pm	VIP Guest Services	KBR Paddlers
9:00am	4:00pm	Media Center	KBR Ballroom 1
9:00am	4:00pm	Volunteer Check-In	KBR
9:00am	4:00pm	IRONMAN Information Center/Lost and Found/ `Ohana	KBR Conference Room 6
9:00am	5:00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot
9:00am		Race Briefing - German	KBR Lu`au Grounds
10:00am		Race Briefing - French	KBR Lu`au Grounds
10:00am	4:00pm	IRONMAN® Village	Hale Hālāwai, Ali'i Drive
11:00am		Race Briefing - Spanish	KBR Lu`au Grounds
12:00pm		Race Briefing - Portuguese	KBR Lu`au Grounds
1:00pm		Race Briefing - Japanese	KBR Lu`au Grounds

Thursday, October 9, 2025

Start	End	Event	Location
7:00am	10:00am	Live Aloha Coffee Boat	Kailua Bay
7:00am	12:00pm	Active Release Techniques (ART)	KBR Honu's Lawn
7:00am	4:00pm	Official IRONMAN® Store - Store 2	In front of KBR
7:15am		UnderPants Run (UPR) presented by The IRONMAN Foundation	KBR - Back Parking Lot
9:00am	2:00pm	Athlete Check-in	KBR Ballrooms 2, 3, 4
9:00am	4:00pm	Accreditation Office	KBR Conference Room 5
9:00am	4:00pm	VIP Guest Services	KBR Paddlers
9:00am	4:00pm	Media Center	KBR Ballroom 1
9:00am	4:00pm	Volunteer Check-In	KBR
9:00am	4:00pm	IRONMAN Information Center/Lost and Found/ `Ohana	KBR Conference Room 6
9:00am	6:00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot
10:00am	4:00pm	IRONMAN® Village	Hale Hālāwai, Ali'i Drive
6:00pm		E Komo Mai (Welcome) Banquet	KBR Parking Lot
8:00pm	9:00pm	Race Briefing - English	KBR Parking Lot

Friday, October 10, 2025

Start	End	Event	Location
7:00am	12:00pm	Active Release Techniques (ART)	KBR Honu's Lawn
7:00am	4:00pm	Official IRONMAN® Store - Store 2	In front of KBR
9:00am	4:00pm	Accreditation Office	KBR Conference Room 5
9:00am	4:00pm	VIP Guest Services	KBR Paddlers
9:00am	4:00pm	Media Center	KBR Ballroom 1
9:00am	4:00pm	Volunteer Check-In	KBR
9:00am	4:00pm	IRONMAN Information Center/Lost and Found/ `Ohana	KBR Conference Room 6
9:00am	5:00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot
10:00am	2:00pm	IRONMAN® Village	Hale Hālāwai, Ali'i Drive
11:00am	6:00pm	Check-in and Cheer: Professional Athlete Bike Check-in	Bike Compound - Kailua Pier
11:30am	6:00pm	Age Group Athletes Bike/Helmet/Gear Check-in	Bike Compound - Kailua Pier

Saturday, October 11, 2025

Start	End	Event	Location
4:30am	6:15am	Personal Needs Drop/Transition Opens	KBR Parking Lot
5:30am	12:45am	IRONMAN Information Center/Lost and Found/ `Ohana	KBR Conference Room 6
5:30am	7:00am	Accreditation Office	KBR Conference Room 5
5:30am	1:30am	Media Center	KBR Ballroom 1, 2, 3
6:25am		Race Start - Professional Women	Kailua Pier
6:27am		Race Start - Physically Challenged/Intellectual Disability & Handcycle Women	Kailua Pier

KBR = Courtyard by Marriott King Kamehameha's Kona Beach Resort



SCHEDULE OF EVENTS (CONTINUED)

Saturday, October 11, 2025

Start	End	Event	Location
6:40am		Race Start - Age Group Women - First Wave	Kailua Pier
7:00am	4:00pm	Official IRONMAN® Store - Store 2	In front of KBR
8:00am	6:00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot
7:00pm	1:00am	Bike & Gear Pick-up (no earlier than 7.00pm and no later than 1.00am)	Kailua Pier
11:00pm		Magic Hour Final Finishers Spectator Celebration	Finish Line

Sunday, October 12, 2025

Start	End	Event	Location
8:00am	6:00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot
9:00am	12:00pm	Media Center	KBR Ballroom 1, 2, 3
9:00am	2:00pm	IRONMAN Information Center/Lost and Found/ `Ohana	KBR Conference Room 6
6:00pm		Banquet of Champions	KBR Parking Lot

Monday, October 13, 2025

Start	End	Event	Location
10:00am	2:00pm	IRONMAN Information Center/Lost and Found/ `Ohana	KBR Conference Room 6
5:00pm		Volunteer Mahalo Party	KBR Parking Lot

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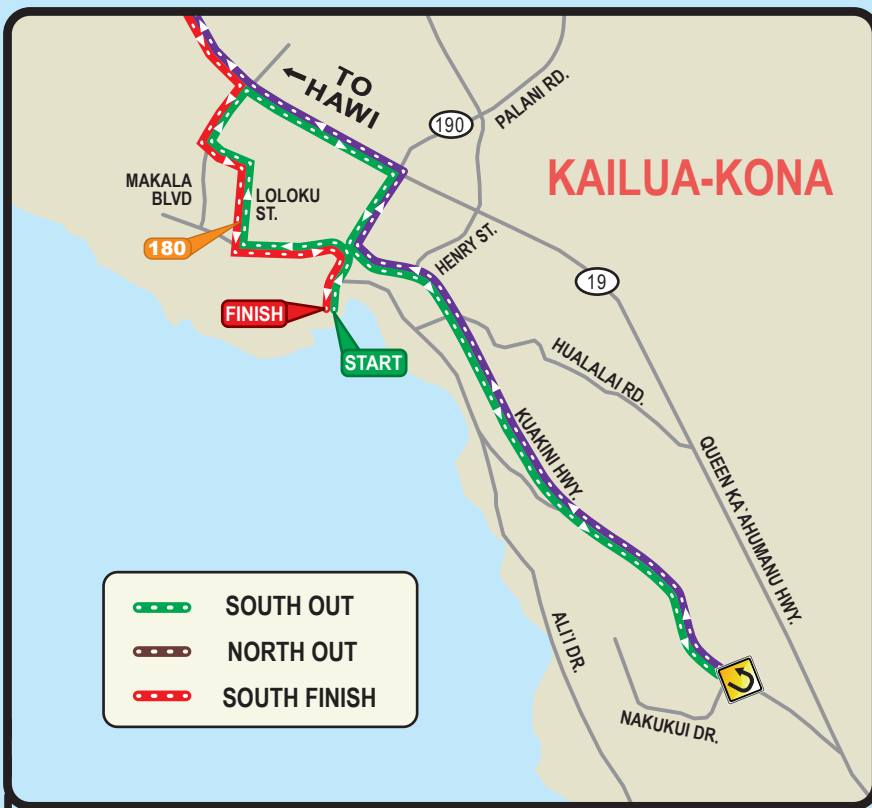
IRONMAN WORLD CHAMPIONSHIP COURSE INSIDER RACE TIPS

Learn invaluable insider information from our IRONMAN World Championship team to help you have the best possible day on race day.

Between 8am and 12pm we will run through all three disciplines, swim, bike and run and provide you with some tips to conquer the course. You can join us for all or any of these sessions.

- Swim Course – Insider Race Tips
 - o When – Wednesday, October 8
 - o Time – 8:00am
 - o Where – Info Booth on the Pier
 - o Agenda:
 - Overview of swim course
 - Navigating the start
 - Tips on sighting into the sun
 - Q&A
- Race Venue Overview – Insider Tips
 - o When – Wednesday, October 8
 - o Time – 10:00am
 - o Where – Kailua Pier
 - o Agenda:
 - Overview – Venue Map
 - T1 and T2
 - Post Race
 - Q&A
- Bike and Run Course – Insider Race Tips
 - o When – Wednesday, October 8
 - o Time – 11:00am
 - o Where – IRONMAN Village Expo Stage - Hale Hālāwai
 - o Bike Course Agenda:
 - Overview of bike course
 - Highlight key points of the course
 - Navigating the heat and wind
 - Insider Tips on how to best “race” the course
 - o Run Course Agenda:
 - Overview of run course
 - Highlight key points of the course
 - Navigating the heat
 - Tips to having your best possible run on this unique course





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ZOOT®

BIKE COURSE

112 mi - 180.2 km

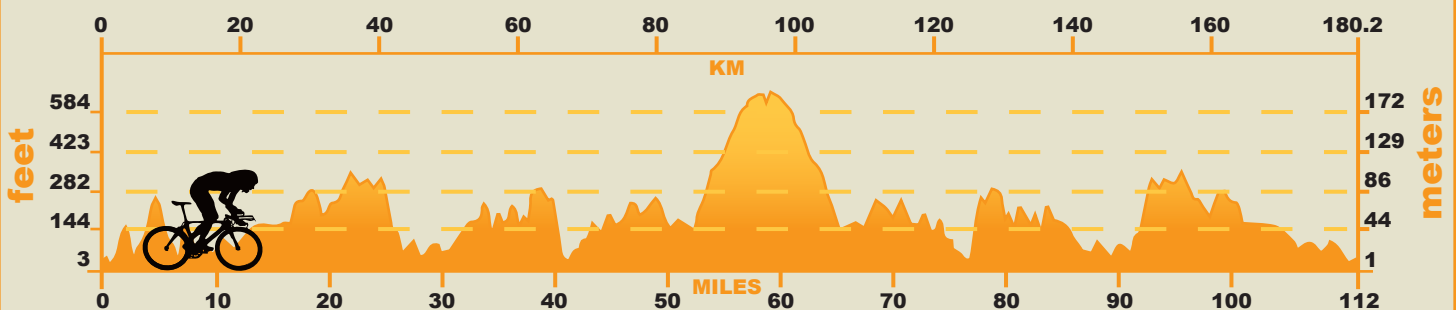
KONA INTERNATIONAL AIRPORT

HONOKOHAU HARBOR

KAILUA-KONA



Starting Elevation: 5 ft / 2 m • Finishing Elevation: 5 ft / 2 m • Total Elevation Gain: 5814 ft / 1772 m

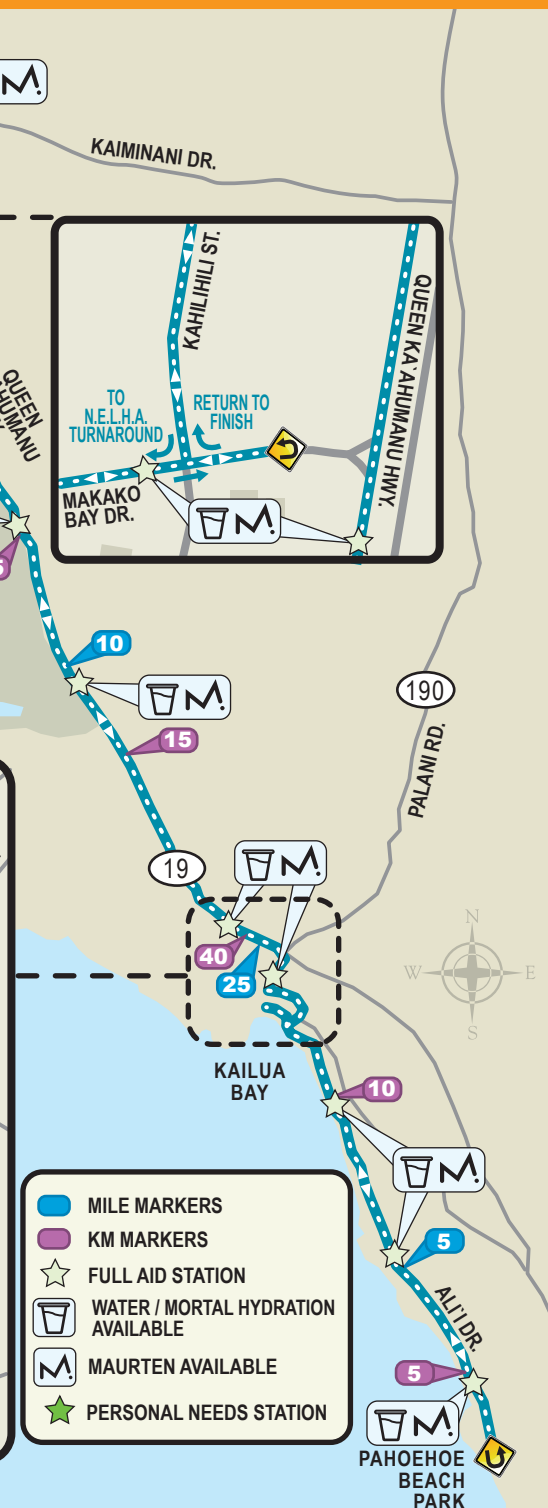


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RUN COURSE
26.2 mi - 42.2 km



Starting Elevation: 5 ft / 2 m • Finishing Elevation: 5 ft / 2 m • Total Elevation Gain: 1009 ft / 307 m

