



IRONMAN®

WORLD CHAMPIONSHIP

Kona | Hawaiʻi

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
6:00am	7:15am	Kona Town Fun Run Supported by HOKA Athlete Check-in	Hale Hālāwai, Aliʻi Drive
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, Aliʻi Drive
9:00am	5:00pm	Official IRONMAN® Store - Main Store Opens	KBR Parking Lot
11:00am	5:00pm	Street Eats - A Kailua Village Food Truck Festival	Historic Kailua Village
2:00pm	4:00pm	Lā Pena (Community Paint Day) with Emily States	Hale Hālāwai (Kitchen wall)
2:00pm	4:00pm	Hoʻala Training Swim Packet Pick Up	KBR Conference Room 6

Sunday, October 5, 2025

Start	End	Event	Location
5:30am	6:45am	Hoʻala (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		Hoʻala 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

Monday, October 6, 2025

Start	End	Event	Location
6:30am	10:00am	IRONInfo Booth	Kailua Pier
7:00am	10:00am	AG1 Live Aloha Coffee Boat (get your free AG1)	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/ ʻOhana	KBR Conference Room 6
6:00pm	8:00pm	Heroes of Hawaiʻi (Hawaiian Cultural Legacy)	KBR Luʻau Grounds

Tuesday, October 7, 2025

Start	End	Event	Location
6:30am	11:00am	IRONInfo Booth	Kailua Pier
7:00am	7:50am	Elevate & Rise Yoga Session - Set Your Intention ** Yoga mats are limited. Please bring a towel	Imu Grounds
7:00am	10:00am	AG1 Live Aloha Coffee Boat (get your free AG1)	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/ ʻOhana	KBR Conference Room 6
12:00pm	7:00pm	IRONMAN® Village	Hale Hālāwai, Aliʻi Drive
2:00pm	3:00pm	AHA! Mele performance by Pohai Makamae	IRONMAN Village Stage/Hale Hālāwai
4:00pm		IRONKIDS® Keiki Dip-n-Dash	Kaʻahumanu Place
5:00pm		Parade of Nations (athletes gather at 4.00pm)	KBR to Hale Hālāwai, Aliʻi Drive
6:00pm	7:00pm	AHA! Mele performance by Stephen Henderson	IRONMAN Village Stage/Hale Hālāwai

Wednesday, October 8, 2025

Start	End	Event	Location
6:30am	11:00am	IRONInfo Booth	Kailua Pier

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
7:00am	10:00am	AG1 Live Aloha Coffee Boat (get your free AG1)	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	9:00am	Insider Swim Course Tips - Chuck Glynn	Refer to Page 4 Below
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
10:30am	12:30pm	Daniela Ryf Documentary Premier Viewing & Q&A with Daniela	IRONMAN Village Stage/Hale Hālāwai
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
2:00pm	3:00pm	IRONMAN Pro Series Athlete Q&A	IRONMAN Village Stage/Hale Hālāwai
3:00pm	4:00pm	IRONMAN Athlete Ambassador Panel	IRONMAN Village Stage/Hale Hālāwai

Thursday, October 9, 2025

Start	End	Event	Location
7:00am	7:50am	Elevate & Rise Yoga Session - Set Your Intention ** Yoga mats are limited. Please bring a towel	Imu Grounds
7:00am	10:00am	AG1 Live Aloha Coffee Boat (get your free AG1)	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	11:00am	Insider Tips: Venue Overview - Laina Reisenfeld	IRONMAN Village Stage/Hale Hālāwai
10:00am	4:00pm	IRONMAN® Village	Hale Hālāwai, Ali'i Drive
11:00am	12:00pm	LIVE STREAM: Pre Race Professional Athlete Press Conference	IRONMAN Village Stage/Hale Hālāwai
12:00pm	2:30pm	Insider Tips: Bike & Run Course with Mirinda Carfrae & Julie Moss	IRONMAN Village Stage/Hale Hālāwai
2:00pm	2:30pm	Balancing Motherhood & Racing with Mirinda Carfrae & Julie Moss	IRONMAN Village Stage/Hale Hālāwai
3:00pm	4:00pm	AHA! Mele performance by Bridge	IRONMAN Village Stage/Hale Hālāwai
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	AG1 Live Aloha Coffee Boat (get your free AG1)	KBR Honu's Lawn
7:00am	4:00pm	Official IRONMAN® Store - Store 2	In front of KBR
7:00am	12:00pm	Active Release Techniques (ART)	KBR Honu's Lawn
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

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SCHEDULE OF EVENTS (CONTINUED)

Friday, October 10, 2025

Start	End	Event	Location
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
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

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
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
1:00pm	9:00pm	"Watch & Wait" - Watch the race and reunite with your athlete!	KBR Back 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.

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 – Thursday, October 9
 - o Time – 10:00am
 - o Where – IRONMAN Village Expo Stage - Hale Hālāwai
 - o Agenda:
 - Overview – Venue Map
 - T1 and T2
 - Post Race
 - Q&A
- Bike and Run Course – Insider Race Tips
 - o When – Thursday, October 9
 - o Time – 12:00pm
 - 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

IRONMAN VILLAGE CULTURAL EXPERIENCE

- Tuesday, October 7
 - o Epic Wāhine Mākeke
12:00pm – 7:00pm
 - o Pua & Aloha Lei Stand with Auntie Jaymie
1:00pm – 3:00pm
- Wednesday, October 8 & Thursday, October 9
 - o Epic Wāhine Mākeke
10:00am – 4:00pm
 - o Pua & Aloha Lei Stand with Auntie Jaymie
11:00am – 1:00pm
- Friday, October 10
 - o Epic Wāhine Mākeke
10:00am – 2:00pm
 - o Pua & Aloha Lei Stand with Auntie Jaymie
11:00am – 1:00pm