

# ATHLETE GUIDE



20.10.19 | IRONMAN 70.3 SHANGHAI

# WELCOME

## TO IRONMAN 70.3 SHANGHAI

**Jackie Wang**  
RACE DIRECTOR

Welcome to the 2019 IRONMAN 70.3 Shanghai Chongming.

This is the 2nd edition of IRONMAN 70.3 Shanghai Chongming. On behalf of the whole IRONMAN team we sincerely welcome you to join us at the great event in the best season on Chongming Island. Chongming Island in Shanghai is the third largest island in China. As the largest alluvial island at the estuary of a river, and the largest sand island in the world, Chongming Island is also acclaimed as the "Door to the Yangtze River".

Chongming Island, surrounded by the river and standing by the sea, has generous rainfall and the relative air humidity here maintains 80% all year round. The content of negative oxygen ions in the air is abundant which makes the island to be like a natural oxygen bar.

Chongming County is the National Sustainable Development Experimental Area, China Longevity County, National Model Green County, and Shanghai Low Carbon Economy Demonstration Area. Chongming is an island with unique scenery to get-away from modern city life and one of the best training places for triathletes.

The 2019 IRONMAN 70.3 Shanghai Chongming race will have 30 qualifying slots for the 2020 IRONMAN World Championship and 50 qualifying slots for the 2020 IRONMAN 70.3 World Championship in Taupō, New Zealand. The 2019 IRONMAN 70.3 Shanghai will offer 25 bonus Women for Tri qualifying slots to the 2020 IRONMAN 70.3 World Championship in Taupō, New Zealand,

As you start your taper and fine tune your plans I'd like to offer just a few tips:

- Make your flight booking to Pudong(PVG International Airport). Refer to the event website to book the shuttle from PVG airport to Chongming Island. Our travel partner will provide round trip service with reasonable charge from the airport to Chongming Island.
- IRONMAN 70.3 Shanghai Chongming take place in the western portion of Chongming Island. We have arranged free shuttle bus from Xanadu hotel (8K to Mingzhu Lake Park) and XinChong Hotel(22K to Mingzhu Lake Park) to MingZhu Lake Park where the swim and IRONMAN Village is located. Pay attention to our pre-race info for the parking plan and follow instructions.
- IRONMAN 70.3 Shanghai Chongming race will begin with a 1.2-mile (1.9km) swim in freshwater Mingzhu Lake. The swim will be a single-loop rolling start format with expected water temperature to be 19-21 Celsius. Athletes will then embark on a flat two-loops 56-mile (90km) bike course that finishes at Mingzhu Lake Park. Finally, athletes will take on a three-loops 13.1-mile (21.1km) run course circling the lake in Mingzhu Lake Park that features plenty of shade. The swim-to-bike and bike-to-run transitions are both lakeside in Mingzhu Lake Park, with the finish line located near the entrance to the park.

I would like to thank all city officials, sponsors, LvHua County, SanXing County, Miao County, XinHai County, all of the communities and volunteers for their support to make this event a reality.

Enjoy your time on Chongming Island and good luck to you for a safe and successful race

Jackie Wang

IRONMAN 70.3 Shanghai, Race Director.



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# MESSAGE FROM THE HEAD REFEREE

**Phil Dally**  
IRONMAN HEAD REFEREE

	DRAFTING VIOLATION
	BLUE CARD
	five minute time penalty served in a penalty tent on the bike course

	LITTERING VIOLATION
	BLUE CARD
	five minute time penalty served in a penalty tent on the bike course

	BLOCKING VIOLATION
	YELLOW CARD
	30 seconds stop and go time penalty

	DISQUALIFICATION (DSQ)
	RED CARD
	ANY COMBINATION OF THREE BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

IRONMAN will operate under the three strikes and you're out principle with respect to BLUE CARD violations. DRAFTING AND LITTERING are the only two violations that will result in a BLUE CARD violation and an athlete will incur a time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (30 seconds stop and go penalty) also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served at the point of infraction. While YELLOW CARD violations will not count against your three strikes, IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive yellow card violations.

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2019 IRONMAN Competition Rules.

The POSITION violations are summarized:

Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.

Keep six bike lengths of clear space between your bike's front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Always pass on the left of the cyclist in front of you; Never on the right to avoid an ILLEGAL PASS call. Complete your pass within 25 seconds to avoid a DRAFTING call.

Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a DRAFTING call.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of POSITION violations, and there are no protests or appeals. Other common violations include:



#### HELMET CHINSTRAP

Your chinstrap must be securely fastened whenever you are on your bike on race day.



#### RACE NUMBER

You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be properly attached to your bike frame and must be visible from both sides.



#### LITTERING

Do not throw ANYTHING outside of official aid stations. Littering will result in a BLUE CARD violation, which is a five minute time penalty



#### UNAUTHORIZED EQUIPMENT

Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).



#### OUTSIDE ASSISTANCE

Non-racers may NOT ride or run alongside you.



#### TIME PENALTIES

Remember that even though DRAFTING and LITTERING are the only violations that incur a five minute time penalty, you must go to a penalty tent for any violation to have your number marked. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. I sincerely hope you have a great race and achieve all your goals.



# 2019 赛事日程

\*SCHEDULE OF EVENTS IS TENTATIVE & SUBJECT TO CHANGE - Please continue to check back regularly for updates.

## FRIDAY, OCTOBER 18, 2019 - 10月18日 周五

9:30 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles from XinChong Hotel ↔ MingZhu Lake Park 摆渡车运行 (往返新崇酒店和明珠湖公园)
10:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles from Xanadu Hotel ↔ MingZhu Lake Park 摆渡车运行 (往返桃源水乡大酒店和明珠湖公园)
10:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Village Open 铁人村开放
10:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Athlete Check-In (No Athlete Check-In On Race Day) 运动员报到 (比赛当天不接受报到)
10:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	IRONKIDS Registration 小铁人注册
10:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Official Merchandise Store Open 官方纪念品区开放
10:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Bike Store and Tech Services Open 自行车维修中心开放
10:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Information Booth Open 信息中心开放
2:00 PM	2:45 PM	MingZhu Lake Park 明珠湖公园	Chinese Language Athlete Briefing 运动员技术会议 (中文)
3:00 PM	3:45 PM	MingZhu Lake Park 明珠湖公园	English Language Athlete Briefing 运动员技术会议 (英文)

## SATURDAY, OCTOBER 19, 2019 - 10月19日 周六

8:30 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles from XinChong Hotel ↔ MingZhu Lake Park 摆渡车运行 (往返新崇酒店和明珠湖公园)
9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles from Xanadu Hotel ↔ MingZhu Lake Park 摆渡车运行 (往返桃源水乡大酒店和明珠湖公园)
9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Village Open 铁人村开放
9:00 AM	4:30 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Athlete Check-In (No Athlete Check-In On Race Day) 运动员报到 (比赛当天不接受报到)
9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Official Merchandise Store Open 官方纪念品区开放
9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Bike Store and Tech Services Open 自行车维修中心开放
9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Information Booth Open 信息中心开放
9:00 AM	10:00 AM	MingZhu Lake Park 明珠湖公园	IRONKIDS Registration 小铁人注册
9:00 AM	10:30 AM	MingZhu Lake Park 明珠湖公园	Practice Swim (Registered Athlete Only, Wristband and timing chip required) 游泳试水 (仅限已报道注册运动员, 试水运动员需佩戴手环和计时芯片)
9:00 AM	5:00 PM	MingZhu Lake Park 明珠湖公园	Mandatory Bike and Gear Bag Check-in (Bikes Not Racked by 5:00pm Will Not Be Eligible To Race) 转换区自行车、装备包检录 (在下午5点前完成所有装备检录, 否则将无法比赛)
10:00 AM	10:30 AM	MingZhu Lake Park 明珠湖公园	Pro Athlete Panel 职业运动员见面会
10:45 AM	11:00 AM	MingZhu Lake Park 明珠湖公园	IRONKIDS Warm Up with IRONMAN Pro Athletes 职业运动员带领小铁人热身
11:00 AM	12:00 PM	MingZhu Lake Park 明珠湖公园	IRONKIDS Start 小铁人比赛
1:00 PM	1:45 PM	明珠湖パーク 明珠湖公园	本語アスリート プリーフィング 运动员技术会议 (日文)



ATHLETE GUIDE: 1.9 KM SWIM • 90 KM BIKE • 21.1 KM RUN





2:00 PM	2:45 PM	MingZhu Lake Park 明珠湖公园	Chinese Language Athlete Briefing 运动员技术会议 (中文)
3:00 PM	3:45 PM	MingZhu Lake Park 明珠湖公园	English Language Athlete Briefing 运动员技术会议 (英文)
4:00 PM	4:45 PM	MingZhu Lake Park 明珠湖公园	Chinese Language Athlete Briefing 运动员技术会议 (中文)

## 2019 赛事日程

\*SCHEDULE OF EVENTS IS TENTATIVE & SUBJECT TO CHANGE - Please continue to check back regularly for updates.  
比赛日程为手册编辑完成时的最新版，仍有可能发生调整。请定期关注官方通知获取更新。

**SUNDAY, OCTOBER 20, 2019 - RACE DAY 10月20日 周日**

5:00 AM	6:15 AM	Xinchong Hotel 新崇酒店	Shuttles from XinChong Hotel ↔ MingZhu Lake Park 摆渡车运行 (往返新崇酒店和明珠湖公园)
5:15 AM	6:30 AM	Xanadu Hotel 桃源水乡大酒店	Shuttles from Xanadu Hotel ↔ MingZhu Lake Park 摆渡车运行 (往返桃源水乡大酒店和明珠湖公园)
5:30 AM	7:00 AM	MingZhu Lake Park 明珠湖公园	Transition Opens and Body Marking Begins 转换区开放, 提供文身号码服务
7:40 AM		MingZhu Lake Park 明珠湖公园	Pro Men Start 职业男子组出发
7:45 AM		MingZhu Lake Park 明珠湖公园	Pro Women Start 职业女子组出发
8:00 AM		MingZhu Lake Park 明珠湖公园	Age Group Rolling Start 分龄组滚动式出发
8:00 AM	5:15 PM	MingZhu Lake Park 明珠湖公园	IRONMAN Village Open 铁人村开放
8:00 AM	5:15 PM	XMingZhu Lake Park 明珠湖公园	Official Merchandise Store Open 官方纪念品区开放
8:00 AM	5:15 PM	MINGZHU LAKE PARK 明珠湖公园	Information Booth Open 信息中心开放
11:20 AM		Finish Line MingZhu Lake Park 明珠湖公园终点线	First Athlete Finish the Race (Approx) 第一名运动员完成比赛 (预估时间)
11:30 AM	5:15 PM	MingZhu Lake Park 明珠湖公园	Post-Race Athlete Food 赛后运动员餐
11:30 AM	5:15 PM	MingZhu Lake Park 明珠湖公园	Morning Clothes Available 领取晨装包
2:15 PM	6:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles from MingZhu Lake Park ↔ XinChong Hotel 摆渡车运行 (往返明珠湖公园和新崇酒店)
2:15 PM	6:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles from MingZhu Lake Park ↔ Xanadu Hotel 摆渡车运行 (往返明珠湖公园和桃源水乡大酒店)
2:15 PM	5:15 PM	MingZhu Lake Park 明珠湖公园	Athlete Bike and Gear Bag Check Out 转换区自行车、装备包开放验出
5:00 PM	7:00 PM	MingZhu Lake Park 明珠湖公园	Shuttles From XinChong Hotel ↔ Xanadu Hotel 摆渡车运行 (往返新崇酒店和桃源水乡大酒店)
6:30 PM	7:45 PM	Xanadu Hotel 桃源水乡大酒店	Awards Banquet 颁奖宴会
7:45 PM	9:30 PM	Xanadu Hotel 桃源水乡大酒店	IRONMAN World Championship And IRONMAN World Championship 70.3 Slot Allocation Roll Down 世锦赛入围资格确认
9:00 PM	9:40 PM	Xanadu Hotel 桃源水乡大酒店	Shuttles From Xanadu Hotel ↔ XinChong Hotel 摆渡车运行 (桃源水乡大酒店和新崇酒店)

# PRE-RACE INFORMATION

## PERSONAL COMMUNICATION PLAN

Prior to departing for Shanghai be sure to establish a communication plan with family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency. Even if you are in Shanghai with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

### RACE DAY EMERGENCY CONTACT IRONMAN ATHLETE SERVICES

+86 185 1395 8012 AND Shanghai 70.3@IRONMAN.com

EMERGENCY PHONE HOURS ARE AS FOLLOWS:

Friday, October 18:	10:00 am - 5:00 pm
Saturday, October 19:	9:00 am - 5:00 pm
Sunday, October 20 - RACE DAY!	5:00 am - 9:30 pm

## ATHLETE CHECK-IN

Athlete Check-In hours:

Friday, October 18:	10:00 am - 5:00 pm
Saturday, October 19:	9:00 am - 4:30 pm

Please note that Athlete Check-In will not be open on race day.

If you do not check in during the designated Athlete Check-In hours you will not be permitted to race.

FOR REGISTRATION PLEASE BRING ALONG:

- Valid photo identification
  - Printed or online confirmation email from IRONMAN.
- Registration process:

**Make sure you know your bib number before coming to the reception at the registration tent. You will have to check and confirm your data.**

Proceed to the appropriate counter (organized according to start numbers) where you will be given your athlete's wristband.

ALL RACE PACKETS MUST BE PICKED UP BY 4:30 PM ON SATURDAY, October 19.

AWARD BANQUET TICKETS:

Don't forget to purchase an award ceremony ticket for your family and friend in order for them to join you and celebrate together. The cost of the ticket is 190 RMB and you can purchase on site at info booth with Cash, Alipay, Wechat, Visa, Mastercard or Unionpay at the entrance of Expo, Mingzhu Lake Park before the race or at the entrance of award ceremony after the race.

## ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas.

You will not be allowed to remove your bicycle and/or gear from the Transition area following the race without your wristband affixed to your wrist. Please do not remove your wristband until after the event, as it will identify you as an athlete. You must be wearing your wristband if you plan to claim a slot for the 2020 IRONMAN World Championship or 70.3 World Championship.

## IRONMAN EXPO & MERCHANDISE

Exhibition Area, IRONMAN Village and Merchandise Store open hours are:

Friday October 18:	10:00 am - 5:00 pm
Saturday, October 19:	9:00 am - 5:00 pm
Sunday, October 20 - RACE DAY!	8:00 am - 5:15 pm

## BIKE & GEAR BAG CHECK-IN

MANDATORY BIKE AND GEAR BAG CHECK-IN

Saturday, October 19 from 9:00 am to 5:00 pm at Mingzhu Lake Park-

Transition Area.

NO ONE will be allowed in after this time so please give yourself plenty of time. Please place your bike in the appropriate numbered spot on the bike racks during Bike & Gear Check-In. Only athletes with wristbands on may enter Transition.

All swim to bike gear, including but not limited to helmet and glasses, shall be put into Gear Bag (blue). The only exception is the shoes if they are clipped on the bike pedal.

**Please note.** While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather.

Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once Bike Check-In is over.

## BIKE STORE AND TECH SERVICE

Bike Maintenance is in Expo, opening hours are:

Friday, October 18:	10:00 am - 5:00 pm
Saturday, October 19:	9:00 am - 5:00 pm

Bike technicians and bike pumps will be available in the transition area on race morning as well as 4 mechanics on course.

## ATHLETE BRIEFING

MANDATORY Athletes Briefing will be at Mingzhu Lake Park.

You can choose the time from the schedule below:

Friday, October 18
2:00 pm - 2:45 pm (Chinese Language)
3:00 pm - 3:45 pm (English Language)
Saturday, October 19
1:00 pm - 1:45 pm (Japanese Language)
2:00 pm - 2:45 pm (Chinese Language)
3:00 pm - 3:45 pm (English Language)
4:00 pm - 4:45 pm (Chinese Language)

## INFORMATION CENTER

Information center will provide you with all the event related info.

Friday, October 18:	10:00 am - 5:00 pm
Saturday, October 19:	9:00 am - 5:00 pm
Sunday, October 20 - RACE DAY!	8:00 am - 5:15 pm

LOCATION: Entrance at Mingzhu Lake Park

## MEDICAL INFORMATION

All athletes visiting China are strongly encouraged to purchase an international medical insurance policy before arrival in China. Such a policy should include coverage for participation in athletic events and coverage for the People's Republic of China (PRC). Emergency medical treatment is not free for foreign visitors to China. Treatment at any medical facility in China requires payment at the time of care.

## WARM TIP :

According to the regulations of the Shanghai Municipal Administration of Culture and Tourism, the Shanghai tourist accommodation industry will not offer disposable items like toothbrushes, combs, bath wipes, razors, nail files, shoe wipes, etc. since July 1st, 2019. Please ask for the front desk if you need items mentioned above.



ATHLETE GUIDE: 1.9 KM SWIM • 90 KM BIKE • 21.1 KM RUN



# PRE-RACE SHUTTLE BUS

## 2019 IRONMAN 70.3 Shanghai Shuttle Bus Plan

Date	Time	Route	Distance	Time/One Way	Notes	
2019/10/18 Friday	10:00am - 4:30pm	Xanadu Hotel→Mingzhu Lake Park	8KM	15mins	Coach	Bus starts every 30 minutes.
	10:30am--5:00pm	Mingzhu Lake Park→Xanadu Hotel				
	9:30am--4:00pm	Xinchong Hotel→Mingzhu Lake Park	26KM	40mins	Coach	Bus starts every 30 minutes.
	10:30am--5:00pm	Mingzhu Lake Park→Xinchong Hotel				
2019/10/19 Saturday	9:00am-4:30pm	Xanadu Hotel→Mingzhu Lake Park	8KM	15mins	City bus (can take bike)	Bus starts every 30 minutes.
	9:30am--5:00pm	Mingzhu Lake Park→Xanadu Hotel				
	8:30am--4:00pm	Xinchong Hotel→Mingzhu Lake Park	26KM	40mins		Bus starts every 30 minutes.
	9:30am-5:00pm	Mingzhu Lake Park→Xinchong Hotel				
2019/10/20 Sunday	5:15am-6:30am Athletes Priority	Xanadu Hotel→Mingzhu Lake Park	8KM	15mins	City bus	Bus starts every 15 minutes.
	2:00pm-6:00pm	Mingzhu Lake Park→Xanadu Hotel			City bus (can take bike)	
	5:00pm-6:15pm Athletes Priority	Xinchong Hotel→Mingzhu Lake Park	26KM	40mins	City bus	Bus starts every 5 minutes.
	2:00pm-6:00pm	Mingzhu Lake Park→Xinchong Hotel				Bus starts every 10 minutes.
	5:00pm--7:00pm	Xinchong Hotel→Xanadu Hotel	25KM	40mins	City bus (can take bike)	Bus starts every 5 minutes.
	9:00pm--9:40pm	Xanadu Hotell→Xinchong Hotel				
Recommend to take our shuttle on race day because of the traffic control.						

Recommend to take our shuttle on race day because of the traffic control.



# PRE-RACE

## PARKING PLAN

### PARKING PLAN

From Oct 18th(Fri)-Oct 19th(Sat), please drive your own vehicle to the west of SanHua road, park your car on MingZhu Lake Avenue, make sure you will follow the signage and instructions for parking. Then take shuttle from the parking lot to get to the entrance of IRONMAN Village.


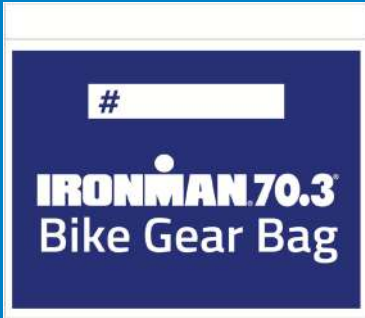
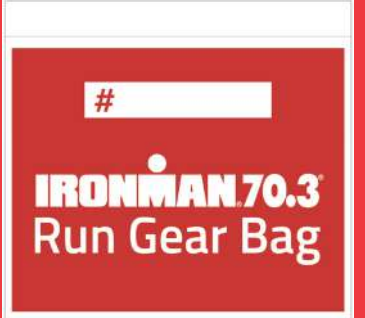
Race day parking on Oct 20th(Sun), please drive your own vehicle to the west of SanHua road, park your car on MingZhu Lake Avenue no later than 6:30 AM, make sure you will follow the signage and instructions for parking. Then take shuttle from the parking lot to get to the entrance of MingZhu Lake Park. Transition will be closed at 7:00 AM.





# GEAR BAGS

## DROP OFF & COLLECTION

BAG			
BAG	WHITE GEAR BAG	BLUE BIKE BAG	RED RUN BAG
DROP OFF LOCATION	LEAVE THE BAG WELL TIED IN THE DESIGNATED DROP AREA AT THE SWIM START SUNDAY 5:30AM - 7:00AM	LEAVE THE BAG AT YOUR NUMBER GEAR RACK IN TRANSITION SATURDAY 9:00AM - 5:00PM	LEAVE AT YOUR NUMBER GEAR RACK IN TRANSITION SATURDAY 9:00AM - 5:00PM
USE OCCASION	BEFORE THE START	SWIM TO BIKE	BIKE TO RUN
USE DURING RACE	NO USE DURING RACE YOUR WHITE GEAR BAG SHOULD CONTAIN ANY CLOTHES YOU REQUIRE AFTER RACE.	AT YOUR NUMBER GEAR RACK, REMOVE YOUR BIKE GEAR AND PLACE ALL SWIM GEAR INTO BLUE BAG, LEAVE THIS BAG TO VOLUNTEERS OUT OF CHANGING TENT IN TRANSITION.	AT YOUR NUMBER GEAR RACK, REMOVE YOUR RUN GEAR AND PLACE ALL BIKE GEAR INTO RED BAG, LEAVE THIS BAG WITH VOLUNTEERS OUT OF CHANGING TENT IN TRANSITION.
POST RACE COLLECTION	BAGS WILL BE TRANSPORTED FROM SWIM START BACK TO MORNING GEAR PICK UP LOCATION NEAR THE FINISH AREA BAG CHECK OUT: SUNDAY 11:30PM - 5:15PM	BAGS WILL BE AT TRANSITION CHECK OUT: SUNDAY 2:15PM - 5:15PM	BAGS WILL BE WITH YOUR BIKE IN TRANSITION BIKE CHECK OUT: SUNDAY 2:15PM - 5:15PM



# SWIM PRACTICE

## SWIM PRACTICE

Saturday, 19 October, 2019

9:00AM - 10:30AM

The swim practice will take place at the official swim start of IRONMAN 70.3 Shanghai. All athletes must have registered and collected their athlete wristband from registration before they are able to join the swim. Athletes without a wristband and timing chip can't enter the water. Athletes must wear their Official Swim Cap provided in registration.

All athletes need to exit the water after their practice promptly; entry to the swim will be closed 15 minutes before athletes are due to exit the water.

# RACE DAY

## INFORMATION

### MORNING CLOTHES BAG

You will receive a white Morning Clothes Bag at Athlete Check-In. Prior to the swim start on race morning, place any items (e.g. dry clothes, car or hotel room key, meds) you may need access too immediately after completing the race in your Morning Clothes Bag. Leave the bag well tied in the designated drop area at the swim start. We will transport them back to Mingzhu Lake Park finish area where athletes can retrieve them post race. **Please do not leave any valuable items in the morning clothes bags.**

### RACE MORNING PROCEDURE

Athletes may enter Transition beginning at 5:30 a.m.- NO EARLIER! Remember to bring your morning bag and timing chip with you on race morning. No chip = No timing.

Athlete Check-In will not be offered on race day. Bike technicians and bike pumps will be available in the transition area on race morning. Please do not wear your bib number during the swim. The bib number will not hold up for the duration of the race if they get wet.

You will not be permitted into Transition without your wristband securely on your wrist. If you need a replacement wristband a swim cap, or timing chip, please see the timing tent near the swim start. Volunteers will help you with the body marking if you need. Transition closes at 7:00 am. All athletes must be out of the transition area and headed to the start before this time. Please place yourself according to your realistic swim times. Please stay more in the back the slower you swim. This is a rolling swim start. You must enter the water at the designated point to cross the timing mat which will activate your chip. DO NOT enter and begin the swim from any other point. Failure will lead to disqualification.

### BIB NUMBER

Make sure your bib number and the names of the sponsors can be read easily and are not altered. The use of a bib number belt is allowed. We suggest – for your own safety – that you write your name, blood group, any allergies and the phone number of your emergency contact on the back side of your bib number.

Please keep your bib number visible in FRONT of your body during the run. Please wear the BIB tattoos on both sides of your arms before going to course in the morning on the race day.

### FLOTATION DEVICES

According to the race rules, the use of any flotation devices is prohibited. There

are enough lifeguards standing by for your safety during swim.

### TOILETS

Kindly remind you to go to toilet before going to the start. You can also find toilets at the swim start area, in transition area and Aid Stations.

### AID STATIONS

Aid stations are every 22.5 km (14 miles) on the bike and approximately 1.5-2 km (0.9 -1.2miles) apart on the run. The general offerings are as follows:

#### BIKE:

Water  
Bananas  
Electrolyte Beverage  
Energy Bar  
Energy Gel

#### RUN:

Water  
Bananas  
Cola  
Plain Potato Chips  
Electrolyte Beverage  
Energy Bar  
Energy Gel



NO CHIP = NO TIME



ATHLETE GUIDE: 1.9 KM SWIM • 90 KM BIKE • 21.1 KM RUN



# RACE DAY

## INFORMATION

### RACE TIMING AND CUT-OFFS

The race will officially end 8 hours and 30 minutes after the last athlete enters the water via the rolling start. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

#### SWIM CUT-OFF

The swim course will close 1 hour and 10 minutes after the last swimmer enters the water. Each athlete will have 1 hour and 10 minutes to complete the 1.9 km swim. Individual athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs. Estimated course closure for swim is at 9:45AM.

#### BIKE CUT-OFF

The bike course will close 5 hours and 30 minutes after the last athlete enters the water. Each athlete or relay team will have 5 hours and 30 minutes to complete the swim and bike. Any athlete or relay team that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course will receive a DNF.

First intermediate cut off is at start of second loop at 11:56 AM(44.8 KM) Second intermediate cut off is at the intersection of Chenhai Ave. and Sanhua Rd. at 1:11PM(72.5 KM).

Third intermediate cut off point is at the intersection of Chenhai Ave. and Beiyuan Rd.(the north far end U-turn) at 1:31PM(79.8 KM).

Bike course final cut off is 2:05PM.

### RUN CUT-OFF

The run course will close 8 hours and 30 minutes after the last athlete enters the water. Each athlete or relay team will have 8 hours and 30 minutes to complete the entire course. Any athlete or relay team that takes longer than 8 hours and 30 minutes to complete the entire course will receive a DNF.

First intermediate cut off point is at the start of the second loop at 3:08PM(6.35 KM).

Second intermediate cut off is at the start of third loop at 4:14PM(13.4 KM). Final cut off is 5:05 PM athlete must have passed under the finish arch.

### MEDICAL EMERGENCY

If you need medical service, please inform the staff and volunteers near you and remain in the same location. The ambulance and medical team will come to help you as soon as possible.

### HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT



# RACE DAY

## ATHLETE CHECK LIST PROVIDED BY IRONMAN U



### PRE-RACE:

- Directions to Hotel
- Directions to Athlete Check-In
- Directions to Race Start
- Directions to Race Finish
- Photo I.D.
- Printed/online registration confirmation email
- Bike Services/Tune up
- Attend Athlete Check-In
- Attend Athlete Briefing
- Study the race courses and plan your nutrition

### RACE DAY – SWIM:

- Timing Chip and Strap
- Swimsuit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at Check-In)
- Ear Plugs/Nose Plug (optional)
- Throw away long sleeved shirt and shoes to wear and discard before the race or place in your Morning Clothes Bag (if provided)

### RACE DAY – BIKE:

- Bike Pump
- Extra Nutrition
- Extra Water Bottles
- Aero Water Bottle Straw
- Bike Repair Kit
  - Bar-end plugs
  - CO2 Cartridge(s)
  - Spare Tire
  - Spare Tube
  - Tire levers
  - Valve Stem Extenders

Patch Kit  
Wrench Set/Tools

- Vaseline
- Sunscreen
- Helmet
- Sunglasses
- Bike Shoes
- Socks
- GPS Watch or Bike Computer

### RACE DAY – RUN:

- Fuel Belt
- Race Belt or Safety Pins
- Bib Number
- Hat/Visor
- Reflective Tape (if applicable)
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

### MISCELLANEOUS:

- Body Glide
- Antibacterial
- Contacts or Rx Glasses
- Heart Rate Monitor & Chest Strap
- Towel
- Hair Ties
- Sunscreen
- Post-Race Clothing
- Extra Swimsuit and Cap for Practice Swim (If Applicable)
- Extra Tri Kit for Practice
- Have a Great Race!

# POST-RACE INFORMATION

## BICYCLE AND GEAR RECOVERY

Mandatory Bike and Gear Bag Recovery begins at 2:15 pm at MingZhu Lake Park. You must have your athlete wristband on in order to enter transition. Morning Clothes Bags and Gear bags will be at MingZhu Lake Park, just show the volunteers your wristband and they will retrieve your bag. Please exercise patience while the volunteers are assisting you. If you are unable to personally claim your Bike and Morning Clothes Bag, a family member or friend should have your Bike Check-Out ticket provided in your race packet prior to race day. If your family does decide to pick these items up for you as a courtesy, please ask them to leave a message on your cell phone so we have no panicked athletes - it happens a lot!

## POST-RACE MASSAGE THERAPY

Post-race massage therapy will be provided on race day. Complimentary 10-minute massages will be available for athletes ONLY after the race on a first-come, first-served basis at the MASSAGE TENT from 11:30 am-5:15 pm at MingZhu Lake Park just after passing through the finish line area.

## ATHLETE FOOD TENT

Athlete post-race food area is open from 11:30 am to 5:15 pm at the MingZhu Lake Park. The athlete post-race food area is for athletes only and your athlete wristband provides you with access. There will be a no re-entry policy once you've exited. Athletes will be provided water, cola, fruit, nuts, cookies and a salty snack in the post-race recovery area.

## AWARDS CEREMONY

The Awards Ceremony is scheduled for 6:30pm. Don't miss out on claiming your award! Unclaimed awards will be held for 30 days and then donated to a local charity if unclaimed.

The IRONMAN World Championship and IRONMAN 70.3 World Championship slot rolldown allocation is scheduled for 7:45 pm (pending final finisher) at Xanadu Hotel. Eligible athletes receiving a slot can either accept a slot to the IRONMAN World Championship or a slot to the IRONMAN 70.3 World Championship (but not both).

### AWARD BANQUET TICKETS:

Don't forget to purchase an award ceremony ticket for your family and friend in order for them to join you and celebrate together. The cost of the ticket is 190 RMB and you can purchase on site at info booth with Cash, Alipay, Visa, Mastercard or Unionpay at the entrance of Expo, Shanghai Expo MingZhu Lake Park before the race or at the entrance of award ceremony after the race.

## RACE PHOTOGRAPHS

FinisherPix will have several photographers working at the swim exit, on the bike course, on the run course, and of course, at the finish line!

### How to order your pix?

- Register your email address at [www.finisherpix.com](http://www.finisherpix.com) to be notified as soon as photos are online.
  - Have your number visible on the FRONT of your bike helmet so you can be identified in your cycling photos.
  - Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
  - Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- please write to [SUPPORT@FINISHERPIX.COM](mailto:SUPPORT@FINISHERPIX.COM) for more details.
- Visit [www.finisherpix.com](http://www.finisherpix.com) to view, order, and share your photos from the event.

If you have already ordered your photo package during registration, you will receive an email with download link after race. If you don't get the email, please email to [support@finisherpix.com](mailto:support@finisherpix.com).

## LOST AND FOUND

Lost and Found will be at the Race Information Booth during race week and on race day. Please check the schedule of events for Race Information Booth hours and location. After the conclusion of the event, please contact [Shanghai70.3@IRONMAN.COM](mailto:Shanghai70.3@IRONMAN.COM) to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed items will be donated within 30 days.

## MEDICAL AREA

The medical area is for athletes only and family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete's condition.

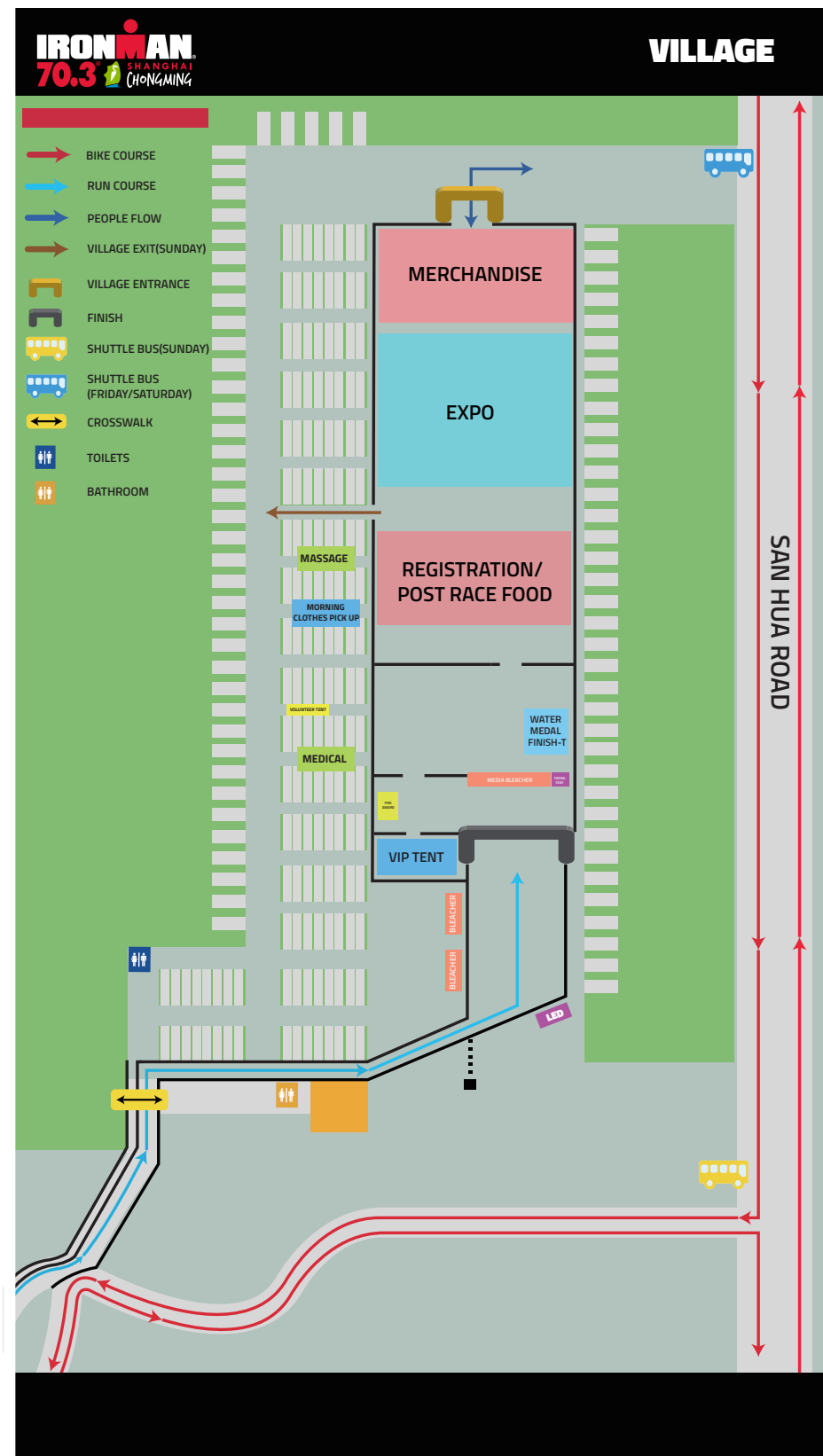
## PRO PRIZE PURSE - \$25,000

1st Place \$5,000	2nd Place \$2,750	3rd Place \$1,750
4th Place \$1,250	5th Place \$1,000	6th Place \$750

## COMPETITOR RESPONSIBILITIES

- When you pick up your race packet and Timing Chip at Athlete Check-In, stop by the chip verification table to ensure that your correct name shows up on the computer screen.
- You must wear your Timing Chip at all times while you are racing. Prior to the swim, fasten the Timing Chip to your left ankle with the strap provided and do not remove it until you have finished the run.
- You may apply Vaseline around your ankle; it will not affect the Timing Chip. Volunteers will help you remove the Timing Chip at the finish line.
- If you do not start the race, you are responsible for returning the Timing Chip to timing.
- If you drop out or are pulled from the race at any time, turn in your Timing Chip to a race official. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your Timing Chip.
- Your race Timing Chip is a loaner. By picking up your race number and Timing Chip, you are guaranteeing that you will return the chip to timing, or you will be billed \$75.00 (USD) for its replacement.
- If you lose your Timing Chip during the event, you are responsible for a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra Timing Chips at the timing locations above. If you lose your Timing Chip while on the run course, please notify a timing official immediately after crossing the finish line.
- Failure to wear your Timing Chip on race day, return your chip after the event or pay the replacement cost of your lost Timing Chip may disqualify you from future IRONMAN events.

# VILLAGE LAYOUT



# SWIM COURSE

## SUMMARY



The swim will be a self-seeded rolling start based on the athletes projected finish time. Athletes will start swim from the floating platform from the dock of MingZhu Lake Park. Swimmers will swim 1 counterclockwise loop in MingZhu Lake Park, finish the swim at the wood dock, and run to transition.



# SWIM COURSE

## RULES AND INSTRUCTIONS

- Athletes must wear swim cap provided by IRONMAN.

- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.

- No aqua socks (neoprene booties) unless the water temperature is 65 degrees Fahrenheit or colder.

- When the use of wetsuits is forbidden, clothing covering the neck, clothing covering any part of the arms below the elbows, and clothing covering any part of the leg below the knee, is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.

- Swim goggles and facemasks may be worn. Snorkels will not be allowed under any circumstance for any IRONMAN or IRONMAN 70.3 event. Any athlete granted permission to use a snorkel will not be eligible for age-group awards and will not be eligible for IRONMAN World Championship slots or IRONMAN 70.3 World Championship slots.

- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

- The swim course will close 1 hour and 10 minutes after the final wave start. Each athlete will have 1 hour and 10 minutes to complete the 1.9km swim. Individual athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

- While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Participants are further admonished to exercise caution and use common sense if they select to swim prior to the event and to be mindful of underwater hazards. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to: currents, underwater obstructions, tides, rip currents and indigenous marine life

### ⚠️ REMINDER ABOUT WETSUIT

Dear Ironman 70.3 Shanghai Athletes:

We kindly remind you to pay attention to the temperature of the Water and be prepared with your wetsuit for race day.

IRONMAN rules dictate that wetsuits are mandatory for the swim if the water temperature is below 16°C/60.8°F.

When mandatory, the wetsuit must at least cover the torso.

Athletes should plan accordingly for the conditions.

The IRONMAN Merchandise Store will have wetsuits available for purchase.

Swim booties are allowed below 18.3°C/65°F.

Ironman race officials reserve the right to shorten or cancel the swim if conditions dictate.

Please refer to below terms from the 2019 IRONMAN competition rules about wetsuit usage

### WETSUIT RULES

(a) For age-group athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)

IRONMAN may, in its sole discretion, allow age-group athletes to wear wetsuits and participate in a separate non-competitive wetsuit wave/division, provided, however, that such athletes participating in the designated non-competitive wetsuit wave/division will not be eligible for age group awards including, without limitation, IRONMAN World Championship slots or IRONMAN 70.3 World Championship slots;

(b) For professional athletes, wetsuits may be worn in water temperatures up to and including 21.9 degrees C/71.5 degrees F; (DSQ)

(c) A wetsuit may cover any part of the body except the face, hands, or feet;

(d) A race kit may be worn underneath the wetsuit;

(e) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

(f) Wetsuits are mandatory for professional athletes and age-group athletes for water temperatures below 16 degrees C/60.8 degrees F. (DSQ)

### ⚠️ SWIMWEAR POLICY WHEN THE USE OF WETSUITS IS PROHIBITED

(a) Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene); (DSQ)

(b) Swimwear may contain a zipper;

(c) Sleeves that extend from shoulder to elbow may be worn;

(d) Wetsuit (neoprene) shorts/bottoms are prohibited (DSQ);

(e) Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees; (DSQ) and

(f) A textile race kit may be worn underneath swimwear, provided, however, that the textile race kit must not extend past the elbow and must not extend past the knees. (DSQ)

### ⚠️ ILLEGAL EQUIPMENT

(a) Headsets or headphones are prohibited during the swim segment of the Race. (1:00 Minute Stop-and-Go Time Penalty, DSQ if not remedied promptly)

(b) Athletes may not use communication devices of any type, including but not limited to cellphones, smart watches, and two-way radios, in any distractive manner during the Race. A "distractive manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distractive manner during the Race will result in disqualification; and

(c) Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If such permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee of such permission prior to the start of the Race. Athletes seen with an unauthorized camera, phone camera, or video camera will be disqualified.

### ⚠️ Swim to Bike Transition

After the swim, you will be directed through the timing chutes from the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike.

Personal nutrients are permitted if carried on you or your bike. Sunscreen is available in transition. Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course.



# IRONMAN SWIMSMART

## TOP 10 CHECKLIST

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here's a top-10 checklist to help get you ready.

### 1. PREPARE FOR RACE CONDITIONS

- Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.

### 2. RACE IN SHORTER EVENTS

- Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
- For extra guidance, talk to a coach or your local triathlon club.

### 3. LEARN ABOUT COURSE DETAILS

- It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarize yourself with the course.
- Keep in mind, every body of water is different, so you'll need to educate yourself on water current and surf conditions.
- Study the event timetable to plan for proper arrival and preparation.

### 4. ENSURE HEART HEALTH

- As an athlete in training, you should take the proper steps to assess your health with your physician.
- The American Heart Association suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

### 5. PAY ATTENTION TO WARNING SIGNS

- If you experience chest pain or discomfort, shortness of breath, lightheadedness or blacking out while training, consult your doctor.

### 6. DON'T USE NEW GEAR ON RACE DAY

- Focus on controlling as much as you can on race day.
- You should never race in equipment you haven't trained in this is not the time to test new gear.
- Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
- Prepare for the unexpected with backups of all your gear.

### 7. WARM UP ON RACE DAY

- Arrive early enough on race day for a proper warm-up prior to the start, preferably in the water.
- If you aren't able to warm up in the water, spend between 5 and 10 minutes getting loose.
- Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

### 8. CHECK OUT THE COURSE

- Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.
- Identify basic navigation points so that you know what you are swimming towards.

### 9. START EASY – RELAX AND BREATHE

- Don't race at maximum effort from the start.
- Relax and focus on proper breathing technique as you settle into a sustainable pace.

### 10. BE ALERT AND ASK FOR HELP

- In a race setting always stop at the first sign of a medical problem.
- If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
- Race rules allow for competitors to stop or rest at any time during the swim.
- Feel free to hold on to a static object like a raft, buoy, or dock.
- You may also rest by holding on to a kayak, boat or even a paddleboard. As long as you don't use it to move forward, you won't face disqualification.



# BIKE COURSE

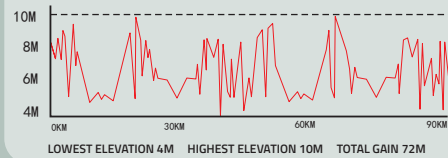
## SUMMARY



### BIKE COURSE 90KM/2LOOPS



#### BIKE COURSE ELEVATION



- TRANSITION
- BIKE COURSE (90KM/2LOOPS)
- 1<sup>st</sup> LOOP KILOMETER MARKER
- 2<sup>nd</sup> LOOP KILOMETER MARKER
- TURNING POINT
- AIDS STATION
- PENALTY TENT





# BIKE COURSE DESCRIPTION

## TURN BY TURN

- Ride on right side of the road at all time
- Exit north gate of Mingzhu Lake Park and turn right.
- Turn right at intersection of Sanhua Rd. and Chenhai Ave.
- Turn around at the intersection of Chenhai Ave. and Honghai Rd.
- Turn around at the intersection of Chenhai Ave. and Beiyuan Rd.
- Turn right at the intersection of the Chenhai Ave. and Sanhua Rd.
- Turn around at U-Turn on Sanhua Rd.
- Finish 1st loop at about 45.8 KM and start 2nd Loop.



# BIKE COURSE

## RULES AND INSTRUCTIONS

### 1. DRAFTING AND POSITION RULES

(a) "Drafting" means to remain within the draft zone (as described below) of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited; (5:00 Minute Time Penalty)

(b) The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete; (5:00 Minute Time Penalty)

i. Prior to entering the draft zone of another athlete, athletes must move to the side of the athlete being overtaken (i.e., no slipstreaming). Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty)

(c) Athletes must remain outside of the draft zone (6 bike lengths between bikes) except when passing. Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty)

(d) A "pass" occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken;

(e) The overtaking athlete may not back out of a draft zone after entering into it. Once an overtaking athlete enters the draft zone of another athlete, a pass must be completed; (5:00 Minute Time Penalty)

(f) An overtaken athlete must immediately drop out of the draft zone of the passing athlete, and must continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by the overtaken athlete prior to dropping out of the draft zone will result in an overtaken violation; (30 or 60 Second Time Penalty (as applicable))

(g) Overtaken athletes who remain within the draft zone of the passing athlete for more than 25 seconds will be given a drafting violation; (5:00 Minute Time Penalty)

(h) Athletes must ride single file on the far-right side (or left side depending on local law) of the bike course road except when passing another athlete (or for reasons of safety). Side-by-side riding is not permitted and may result in a drafting or blocking violation; (5:00 Minute Time Penalty or 30 Second Time Penalty (as applicable))

(i) Exceptions: An athlete may enter the drafting zone without penalty only under the following

conditions:

(i) If an athlete enters the drafting zone and completes a pass within 25 seconds;

(ii) For safety reasons;

(iii) Entering and exiting an aid station or transition area;

(iv) An acute turn; and

(v) If a Race Official exempts a section of the course because of narrow lanes, constructions, detours, or for other safety reasons.

(j) Athletes who impede the forward progress of other athletes will be given a blocking violation; (30 Second Time Penalty (as applicable)) and

(k) Athletes violating rules under this Section 5.04 will be notified "on the spot" by a Race Referee. Please note: if a safety hazard prevents a referee from notifying an athlete "on the spot" (e.g., heavy traffic, narrow roads, congested area, etc.) the referee will notify the penalized athlete when the safety hazard no longer exists.

#### THE OFFICIAL WILL:

A blue card will be used for drafting violations and intentional littering, and a yellow card will be used for certain other rule infringements;

When a rule violation is issued by a Race Referee with respect to conduct on the bike course, the Race Referee will: Notify the athlete that the athlete has received a yellow card, blue card, or red card and will show the athlete the corresponding card;

Instruct the athlete to report to the next PT on the course

#### THE ATHLETE WILL:

(i) Report to the next PT and tell the PT official the color of the card received. If the athlete fails to report to the next PT or fails to report the correct color of the card, the athlete will be disqualified;

(ii) Have bike numbers marked by the PT official with a slash (/);

(iii) Register on the PT sign-in sheet;

(iv) Upon receiving a yellow card, resume the Race only after remaining in the PT for 1:00 Minute (and only after completion of (ii) and (iii) above); and

(v) Upon receiving a blue card, resume the Race only after remaining in the PT for 5:00 Minutes (and only after completion of (ii) and (iii) above).

### 2. PENALTY TENT

(a) All bike-course time penalties will be served in a designated Penalty Tent ("PT"). The location of the PTs will be stated in the Event-specific Athlete Information Guide. After a rule violation is issued

to the athlete, it is the athlete's responsibility to report to the next PT on the course. Failure to stop at the next PT on the bike course will result in disqualification;

(b) While in the PT, athletes can consume only the food and/or water that is on the athlete's bike or person; (DSQ)

(c) Athletes are prohibited from using the restroom while serving a penalty in the PT. Using the restroom while serving a time penalty will result in disqualification; and

(d) Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the PT is prohibited. (DSQ)

### 3. ILLEGAL EQUIPMENT

(a) Helmet mirrors or mirrors attached to the bike or body (collectively, "mirrors") may be used by athletes during the Race, provided, however, that (A) prior to the Race, the athlete must first notify the head official of athlete's intent to use or possess such mirrors during the Race, and (B) any athlete using or possessing a mirror during the Race will be ineligible to receive awards including, without limitation, World Championship entry slots. Using or possessing mirrors during the Race without providing prior notification to the head referee will result in disqualification;

(b) Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee of such permission prior to the start of the Race. Athletes seen with a camera, phone camera, or video camera will be disqualified;

(c) Athletes may not use communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distracting manner during the Race. A "distracting manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distracting manner during the Race will result in disqualification;

(d) Headsets or headphones are prohibited during the bike segment of the Race; (1:00 Minute Penalty, DSQ if not remedied promptly); and

(e) Bike or parts of the bike not complying with the bike specifications are prohibited; (30 Second Time Penalty (as applicable)) or DSQ depending on severity).

# BIKE COURSE

## RULES AND INSTRUCTIONS

### 4. OTHER

(a) No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

(b) Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a blue card (5 minute time penalty).

(c) Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.

(d) Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

(e) Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However race officials may at their own discretion make final judgment as to the soundness of the bike.

(f) Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.

(g) HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.

(h) Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots. Athletes using a mirror without permission will be disqualified.

### 5. MEDICAL SUPPORT

If you need minor medical assistance, a SAG vehicle will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the SAG vehicle will take you to the next aid station.

There will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance. Cyclists still on the course at 5 hours and 30 minutes after the final wave start will be disqualified and will not be permitted to continue in the event.

There will be bike aid stations strategically placed along the bike course. It is your responsibility to slow for safe nutrient pick-up.

Call out your requirements clearly and in advance.

Crews are instructed not to step across the white line for handoffs. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course. A five minute time penalty will be assessed for discarding litter outside the designated drop zone.

Technical support vehicles will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vehicles will be on the course throughout the day, but are limited in number. Please be self-sufficient.

Helmets, bike shoes, and other cycling gear may be placed on the bike or in a transition bag. Shoes and shirt must be worn at all times.

### 6. LOCAL TRAFFIC LAWS

Please remember that members of the local community use the bike course roads.

Realize that you are an ambassador for the sport and the event and the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community.

Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy.

Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return. Please think before you act. When training, please follow these suggestions:

Please wear a helmet during all official activities when you are riding your bike. This includes competition, course familiarization and training session activities when you are riding your bike. This includes competition, course familiarization and training sessions.

Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.

Please obey traffic laws (stop at stop signs, signal when turning, etc.).

Please do not use private property as a toilet.

Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash can.

Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.

### 7. CUT-OFF TIMES

The bike course will close 5 hours and 30 minutes after the final athlete enters the water. Each athlete or relay team will have 5 hours and 30 minutes to complete the swim. Any athlete or relay team that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course will receive a DNF.

First intermediate cut off is at start of second loop at 11:56 AM (44.8 KM)

Second intermediate cut off is at the intersection of Chenhai Ave. and Sanhua Rd. at 1:11 PM (72.5 KM).

Third intermediate cut off point is at the intersection of Chenhai Ave. and Beiyan Rd. (the north far end U-turn) at 1:31 PM (79.8 KM).

Bike course final cut off is 2:05 PM.

Please understand that based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected for all IRONMAN 70.3 events.

# BIKE

## STORE AND TECH

### OFFICIAL BIKE STORE

Bee's Knees Company was founded in 2019 and is the Official Wheel Rental Business of the IRONMAN China races. We're here to give both beginner triathletes and experts the opportunity to conveniently ride fast carbon race wheels without having to purchase them. You can rent newly released 2019 XERO Race-specific carbon wheels.

### WHEEL RENTAL FEE: 500RMB

- 2019 XERO Race-specific carbon clincher wheels
- INNOVA clincher tires
- Your rental fee off the sale price if you decide to buy
- Free cassette and wheel swap at the events
- Book now: E-mail: 276333713@qq.com

### BIKE RENTAL FEE: 1200~1800RMB

- Provide a variety of CEEPO and GIANT carbon road bikes
- Bike and standard wheels. NO pedals
- Your rental fee off the sale price if you decide to buy
- Book now: E-mail: 276333713@qq.com

Even better, if you do decide that you love the wheels so much, we'll be

happy to them to you at a discounted price. We'll also subtract one rental fee from discounted price for a used set and 2 rental fees for a new set.

Race Day Wheels will be at the majority of IRONMAN 70.3 events, so if you're looking to hit a PR this year, lock in your carbon wheel.

### BIKE STORE & TECH

Our staff of triathlon experts will be at the IRONMAN village offering quality triathlon supplies, equipment, gear and nutrition from the industry's top manufacturers. Our expert bike technicians will provide the highest level of service for repairs and upgrades that you may need prior to race day.

#### Inspect Before the Competition FOR 100RMB

- Inspect and inflate tires
- Lube Chain and Derailleurs
- Torque all fasteners
- Precision Gear and Brake Adjustment

#### Pre-race bike assembly service: 300RMB

If your bike is carried by bike case, we will provide service to help you with the assembly and get you ready for the race.

#### Post-race bicycle disassembly service: 200RMB

If you need to pack your bike into the bike case after the race for delivery, we will provide service to help you disassemble your bike.



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# RUN COURSE

## SUMMARY

Athletes will take on a three-loop 13.1-mile (21km) run course circling the lake in Mingzhu Lake Park that features plenty of shade. Run start from south of transition, follow signage to go to 2nd/3rd loop at about 6.5km/13km. For athletes finished 3 loops, turn left run along the bridge to the finish line at MingZhu Lake Park north gate.



## Run Course Rules and Instructions

1. Athletes may run, walk, or crawl.

2. Athletes must wear their IRONMAN 70.3 issued bib number in front of them clearly visible at all times on the course. bib numbers identify the official athletes in the race.

Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.

3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-Athlete ESCORT RUNNERS ARE ALLOWED.

This is an individual endurance event.

Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are still competing.

4. Athletes are expected to follow the

directions and instructions of all race officials and public authorities.

5. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

6. Athletes racing without a shirt or racing top will be disqualified.

7. The run course will close 8 hours and 30 minutes after the final athlete enters the water. Each athlete or relay team will have 8 hours and 30 minutes to complete the entire course. Any athlete or relay team that takes longer than 8 hours and 30 minutes to com-

plete the entire course will receive a DNF.

First intermediate cut off point is at the start of the second loop at 3:08PM(6.35 KM).

Second intermediate cut off is at the start of third loop at 4:14PM(13.4 KM). Final cut off is 5:05 PM athlete must have passed under the finish arch.

IRONMAN reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time and average speed up to that point.



# RULES

## RUN COURSE RULES AND INSTRUCTIONS

### FINISH LINE POLICY

Friends or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).

### RULES APPLYING TO ALL SEGMENTS OF THE RACE

**1** Any athlete holding current elite/professional status from their National Triathlon Federation or a current IRONMAN Professional Membership (as verified by elite/pro status of an athlete's National Triathlon Federation) is prohibited from racing as an AGE GROUP athlete within the same calendar year, in ANY sanctioned triathlon events anywhere in the world, where there is an elite/pro wave, within the same calendar year.

Disqualification and potential sanction from IRONMAN events, and forfeiture of any AGE GROUP World Championship qualifying slots may result for any athlete that has not adhered to this policy.

**2** Athletes are expected to follow directions and instructions of all course marshals and public authorities.

**3** Race officials shall have authority to disqualify any athlete.

**4** Medical personnel shall have ULTIMATE and FINAL authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in disqualification.

**5** Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and may result in the athlete being suspended from competing in any IRONMAN or IRONMAN 70.3 event in the future, depending on the severity of the rule violation.

**6** As a condition of participation in each IRON-

MAN and IRONMAN 70.3 event, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out of competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

Please refer to IRONMAN's Competition Rules for additional guidance and information.

**7** If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the timing tent located at the finish line and turn in their bib number and Timing Chip immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any IRONMAN event in the future.

**8** IRONMAN reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings. Notification of any change will be in accordance with IRONMAN Competition Rules.

**9** Prize money for any sanctioned event shall be offered equally between men and women in both amount and depth. Additionally, Professional triathletes may not win Age Group awards and Age Group athletes are not eligible for prize money.

**10** For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the Information Booth.

**11** Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If such permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee of such permission prior to the start of the Race. Athletes seen with an unauthorized camera, phone camera, or video camera will be disqualified.

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**12** Athletes may not use communication devices of any type, including but not limited to cellphones, smart watches, and two-way radios, in any distractive manner during the Race. A "distractive manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification;

**13** Assistance provided by event personnel or Race Officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tires, inner tubes and punctures repair kits. Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.

**14** Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing

# QUALIFYING

## FOR THE 2020 IRONMAN WORLD CHAMPIONSHIP & IRONMAN 70.3 WORLD CHAMPIONSHIP

There will be 30 qualifying age group slots for the 2020 IRONMAN World Championship taking place in Kona Hawaii.

There are also 50 qualifying age group slots for the 2020 IRONMAN 70.3 World Championship taking place in Taupo New Zealand. Final Slot Allocation will be determined on race day based on the number of official starters. Qualified athletes **MUST** claim their slot in-person on Sunday, October 20th.

### How does the Age Group slot allocation work?

First, a quick note to clarify what we mean below by an "Age Group." An Age Group is a particular age group within a particular gender. For example, "Male 25-29" is one Age Group, and "Female 25-29" is a different Age Group.

### SLOT ALLOCATION/ROLLODOWN POLICY for IRONMAN World Championship and IRONMAN 70.3 World Championship

Athletes **MUST** claim their slot in-person during the IRONMAN World Championship and IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony on Sunday, October 20th, 6:30pm. And the slot allocation will begin at 7:45pm. We recommend being at least 15 minutes early as you must be present to accept a slot. Please be prepared to pay the 1025 USD plus 8% Active fee for 2020 IRONMAN World Championship Kona entry fee and the \$500.00 USD plus 8% Active fee for 2020 IRONMAN 70.3 World Championship entry fee with CREDIT CARD ONLY; no check or cash.

#### IRONMAN World Championship Rolldown Policy

The allocation process:

##### •Before race day:

- o Each Age Group is tentatively allocated one slot (each, an "Initially Allocated Slot").
- o All other slots available for the race (the "Proportionally Allocated Slots") are not allocated until race day.

##### •On race day:

- o If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slots.
- o The Proportionally Allocated Slots are then allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories.

##### •After the race:

- o Before Roll-Down: If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

During Roll-Down:

- o If any slot allocated to an Age Group is unclaimed (after Roll-Down for that Age Group is completed), then that unclaimed slot is re-allocated, within

the same gender, to the Age Group with the highest ratio of starters to slots.

#### IRONMAN 70.3 World Championship Rolldown Policy

The allocation process:

##### •Before race day:

- o Each Age Group is tentatively allocated one slot (each, an "Initially Allocated Slot").
- o All other slots available for the race (the "Proportionally Allocated Slots") are not allocated until race day.

##### •On race day:

- o If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slots.
- o The Proportionally Allocated Slots are then allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories.

##### •After the race:

- o Before Roll-Down: If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.
- o During Roll-Down: If any slot allocated to an Age Group is unclaimed (after Roll-Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

### ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN World Championship is subject to IRONMAN's Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age-Group Athletes. The waiver serves to provide additional notification of and consent to IRONMAN's Anti-Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules. Please refer to IRONMAN's Competition Rules for additional guidance and information.

# MESSAGE FROM IRONKIDS

## ABOUT THE EVENT:

The IRONKIDS Shanghai Fun Run will race around the MingZhu Lake Park and cross the same finish line as the IRONMAN athletes!

## WHERE:

MingZhu Lake Park.

## WHEN:

Saturday, October 19, 2019 at 10:45 am special warm up with IRONMAN pro athletes and at 11:00 am. RACE START!!!

## AGE GROUPS:

Athletes between the ages of 3 and 15 are invited to participate in this great event!

## REGISTRATION:

Registration will be located within the IRONMAN 70.3 Shanghai Expo

Friday, October 18: 10:00 am - 6:00 pm

Saturday, October 19: 9:00 am - 10:00 am  
and online at Active.com.

We will have an IRONKIDS tent set up for on-site registrations. Please allow yourself 10 to 15 minutes to completely register. All athletes must check-in at packet pick-up in order to receive their race materials. IRONKIDS staff as well as volunteers will be present to assist you throughout the process.

## COURSE AND DISTANCE

The course will run along the Mingzhu Lake Park.

New this year is a wave start so kids will be running with their fellow age groupers! The distance will be 1 km and 500 meters!

## COST:

The cost to enter the IRONKIDS Shanghai Fun Run is CNY 200.

Each athlete will receive an IRONKIDS finisher T-shirt, an IRONKIDS finisher medal, IRONKIDS hat, IRONKIDS string bag, post race refreshment and the pride of calling themselves an IronKid!

## ABOUT IRONKIDS:

The mission of IRONKIDS is to inspire and motivate youth through the sport to lead an active, positive, and healthy lifestyle. Children will compete in age-appropriate distances with an emphasis on fitness, fun and safety.

## CONTACT INFO:

All inquiries can be directed to Shanghai 70.3@ironman.com



# MESSAGE FROM IRONMAN ALL WORLD ATHLETE

An athlete can achieve All World Athlete status in one or all of the following categories: IRONMAN, IRONMAN 70.3 and OVERALL (IRONMAN and IRONMAN 70.3 combined).

There are three levels associated with the All World Athlete program:

GOLD (top one percent)  
SILVER (top five percent)  
BRONZE (top ten percent)

For questions regarding the ALL World Athlete Program, please contact: [awa@ironman.com](mailto:awa@ironman.com)

## BENEFITS FOR THIS RACE:

- \* Fast pass check in
- \* All World Athlete logo on bibs
- \* All World Athlete Swim caps
- \* All World Athlete Tattoos



ATHLETE GUIDE: 1.9 KM SWIM • 90 KM BIKE • 21.1 KM RUN





# IRONMAN

## 俱乐部计划



GD Pioneer Triathlon Club  
 Beijing Elites Triclub  
 Guangxi Triathlon Sports Club  
 Shanghai Triathlon Club  
 Beijing Team 3  
 Chongqing Liangjiang Triathlon Club  
 Aqua Triathlon Club  
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 Beijing Ace Club  
 DONGGUAN TRIATHLON SPORTS ASSOCIATION  
 Guilin Triathlon Club  
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 AustSports Association  
 Dalian Triathlon Association  
 Exceed Triathlon Club Inc  
 Guangzhou Kingkong Triathlon Club  
 OL Ball and Chain Triathlon Club  
 TEAM HOPE  
 TRIATHLON BUDDIES  
 Wagga Triathlon Club  
 Xiamen Mix Triathlon Club  
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 Illawarra Triathlon Club  
 Liberight Triathlon Club  
 Mackay Triathlon Club  
 Melbourne Triathlon Club Inc  
 Mokdong Tri Club  
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 Welland Valley Triathlon Club  
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**IRONMAN ALL WORLD ATHLETE**

The IRONMAN All World Athlete program is our way of rewarding age-group athletes' hard work, dedication, and performance. The program uses IRONMAN's Age Group Rankings system to determine the top 10% of athletes each year. For more information, visit [ironman.com/allworldathlete](http://ironman.com/allworldathlete). To order your exclusive AWA kit, visit [ironmanstore.com](http://ironmanstore.com).



**HOW DO YOU RANK? FIND OUT AT [IRONMAN.COM/ALLWORLDATHLETE](http://IRONMAN.COM/ALLWORLDATHLETE).**



# IRONMAN. TRICLUB PROGRAM

The IRONMAN TriClub Program was launched in 2012 with the goal of building community among the hundreds of TriClubs that race with IRONMAN every year.

By joining this FREE program, clubs receive a variety of benefits: priority entry to IRONMAN and IRONMAN 70.3 events, exclusive IRONMAN partner discounts, participation in IRONMAN TriClub Villages, and the chance to become IRONMAN TriClub World Champions.

**HOW DOES YOUR CLUB RANK? MAKE SURE YOU AND YOUR CLUB ARE REGISTERED AT [WWW.IRONMAN.COM/TRICLUBS](http://WWW.IRONMAN.COM/TRICLUBS).**

# MESSAGE FROM IRONMAN U

## ABOUT:

IRONMAN U is an innovative educational environment, offering classes for coaches and endurance athletes of variety skills and abilities.

As the gold standard of endurance racing, IRONMAN owns exciting competitions and comprehensive training structure. IRONMANU will support you throughout the journey from the first training step to beating your goal.

### IRONMAN U PHILOSOPHY

#### 5 Pillars of IRONMAN

- Balance
- Consistency
- Endurance
- Adaptability
- Recovery

### MISSION

IRONMAN U's mission is to promote a global gold standard for endurance sports training and education.

### VISION

IRONMAN U's vision is to create an international community of knowledgeable coaches and athletes sharing their expertise, experiences and together, growing endurance sports. Those having completed an IRONMAN U program will be empowered to handle the physical and mental challenges of endurance sports events.

You could find more details on [university.ironman.com](http://university.ironman.com)



Wang Kaiyuan,  
IRONMAN certified coach, The Leading Promotor and Practitioner of Cycle Power Training in China, Co-Translator of the Classic Book: TRAINING AND RACING WITH A POWER METER, The Leading Bike Fitter in China by 10 Years Experience & 1000+ Cases, Pose Method Running Technique Specialist, Master Student, Research Direction: Biomechanics. School of Kinesiology, Shanghai UNIV. of Sport.

--2017 IRONMAN HAWAII WORLD CHAMPIONSHIP KONA FINISHER  
--2015 IRONMAN 70.3 AUSTRIA WORLD CHAMPIONSHIP FINISHER  
--12 YEARS ROAD CYCLE TRAINING EXPERIENCE, CTSA ELITE ATHLETE, LEVEL 2 MARATHONER.





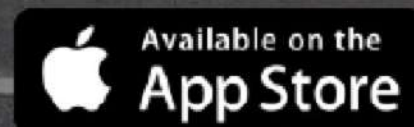
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Download the IRONMAN Tracker App and follow your athlete on race day! Receive updates and find the perfect spot to cheer as they pass by on course!