



21. MAI 2023

BAD SCHÖNBORN

IRONMAN® 70.3® KRAICHGAU

Powered By KraichgauEnergie

1.9KM SWIM • 90KM BIKE • 21.1KM RUN

IRONKIDS
KRAICHGAU

5150
TRIATHLON
KRAICHGAU

NIGHT RUN
KRAICHGAU-GERMANY

- ACTIVE
- BREITLING 1884
- VINFAST
- GATORADE
- HOKA
- RÖKA
- ATHLETIC
- EXOT
- FULGAZ
- MILKHAUS
- MILKHAUS
- NERVANA
- QATAR AIRWAYS
- Santini
- wahoo
- KraichgauEnergie

ATHLETE GUIDE 5150 2023 ENGLISH

GET IN THE VIBE WITH 2022 HIGHLIGHTS



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WELCOME

Dear athletes

for the 17th time it is called 'Triathlon in Kraichgau' this year. In 2005 the history of triathlon started in Kraichgau, the land of 1000 hills. At that time nobody thought that one day it would become one of the biggest IORNMAN 70.3 events in Europe. This was made possible by the countless helpers, the region with its municipalities and the partners. Together they form a community that lives triathlon - for you and with you. I would like to thank you very much for this incredible journey.

I would like to welcome you all to the beautiful Kraichgau region. After months of preparation, we are now happy that the season is starting in Germany as well. The frame of the triathlon weekend is of course the IRONMAN 70.3 Kraichgau powered by KraichgauEnergie and the 5150 Kraichgau powered by KraichgauEnergie. On Saturday, the Bitburger 0.0% Triathlon Bundesliga will be embedded here, promising triathlon sport at the highest level!

To round off the event weekend in a sporting way, this year again the "little ones" can start at the IRONKIDS. New is the NightRun Kraichgau on Friday evening. A run for everyone, which can be completed individually or as a relay.

The IRONMAN team is looking forward to a great triathlon weekend and I would like to take this opportunity to thank all helping hands, the region and our partners and all other sponsors.

I wish you all a lot of success and even more fun at the IRONMAN 5150 Kraichgau powered by KraichgauEnergie. Enjoy your time in the beautiful Kraichgau.

Sporty greetings
Simon Jung
Race Director

Simon Jung
Race director



TOP 5 THINGS TO SEE

MAULBRONN MONASTERY

This UNESCO World Heritage Site is considered the most completely preserved medieval Cistercian monastery complex north of the Alps.

Visit the website here: www.kloster-maulbronn.de



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TECHNOLOGY MUSEUM SINSHEIM

More than 3'000 exhibits and legends of the motorized age can be discovered here. Whether chrome-flashing old-timers or legendary airplanes. Plus an IMAX 3D laser 4K cinema with spectacular films.

Visit the website here: www.technik-museum.de



Copyright: Auto – Technik-Museum e.V.

BAROQUE CASTLE BRUCHSAL

The only ecclesiastical resident of the Baroque period in the Upper Rhine region and former seat of the Prince-Bishop of Speyer. Numerous event and special tours on various topics are offered.

Visit the website here: www.bruchsal-erleben.de



Copyright: Schloss-Bruchsal

TRIPSDRILL ADVENTURE PARK

Germany's first adventure park with over 100 attractions and a wildlife park with 40 different animal species. The new attraction "Höhenflug", the wooden roller coaster "Mammut" and the catapult roller coaster "Karacho" provide plenty of thrills.

Visit the website here: www.tripsdrill.de



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THERMARIUM BAD SCHÖNBORN

The Thermarium Wellness & Health Park combines the diverse application possibilities of the Bad Schönborn thermal brine springs with a spacious sauna landscape, a dead sea salt grotto, a medical fitness center and a modern wellness center. The thermal landscape comprises a total of 6 thermal brine pools.

Visit the website here: www.thermarium.de



Copyright: Tourist Information Bad Schönborn

CHECK LIST

PRE-RACE

- Directions to :
 - Registration / official shop
 - Athlete check-in
 - Race start Race finish
- Photo I.D.
- Valid triathlon license/day pass
- Bike adjustment
- Study the race courses
- Plan and test your nutrition
- Attend athlete briefing

RACE DAY – SWIM

- Timing Chip
- Swimsuit/Wetsuit (*if applicable*)
- Goggles (*consider a spare pair as well*)
- Race Day Swim Cap (*provided at registration*)
- Ear Plugs/Nose Plug (*optional*)

RACE DAY – BIKE

- Helmet
- Bike shoes and socks
- Bike pump
- GPS watch or bike computer
- Bib number
- Bike Repair Kit
- Bar-end plugs
- CO2 Cartridge(s)
- Spare Tube
- Repair kit/tools
- Extra nutrition
- Vaseline
- Sunscreen
- Sunglasses

RACE DAY – RUN

- Running shoes and socks
- Race belt or safety pins
- Hat/visor
- Extra nutrition and water bottles
- Sunscreen
- Sunglasses
- Reflective tape (*if applicable*)

MISCELLANEOUS

- Towel
- Post-race clothing
- Contacts or Rx Glasses
- Body Glide
- Lip balm
- Hair ties
- Your good mood :)

SCHEDULE

FRIDAY 19TH MAY

HOURS	DESCRIPTION	LOCATION
12am-7pm	IRONMAN Merchandise	Bad Schönborn-Mingolsheim
12am-7pm	Sport EXPO	Bad Schönborn-Mingolsheim
12am-7pm	Registration open	Bad Schönborn-Mingolsheim
3pm-5pm	Late-Registration NightRun Kraichgau	Bad Schönborn-Mingolsheim
6pm	Start NightRun Kraichgau	Bad Schönborn-Mingolsheim
5pm	PRO Talk	Event stage, Bad Schönborn-Mingolsheim
5pm-8pm	Welcome Banquet	Bad Schönborn-Mingolsheim

SATURDAY 20TH MAY

HOURS	DESCRIPTION	LOCATION
10am-6pm	Registration open	Bad Schönborn-Mingolsheim
10am-6pm	IRONMAN Merchandise	Bad Schönborn-Mingolsheim
10am-6pm	Sport EXPO	Bad Schönborn-Mingolsheim
1pm-2pm	Race Briefing German (51.50 & Relay)	Bad Schönborn-Mingolsheim
1pm-6pm	Pick-up media accreditation	Bad Schönborn-Mingolsheim
1pm-2pm	Late Registration IRONKIDS	Ubstadt-Weiher
3pm	Start IRONKIDS	Ubstadt-Weiher
5pm	Start 1. Bitburger 0,0% Triathlon-Bundesliga Damen	Ubstadt-Weiher
6:30pm	Start 1. Bitburger 0,0% Triathlon-Bundesliga Herren	Ubstadt-Weiher

SCHEDULE

SUNDAY 21ST MAY

HOURS	DESCRIPTION	LOCATION
8:15am	Start – Male Pro-Athletes 70.3	Ubstadt-Weiher
8::20am	Start – Femal Pro-Athletes 70.3	Ubstadt-Weiher
8:30am-9:15am	Rolling Start – Agegroup-Athletes Only 70.3 Athletes & Relay	Ubstadt-Weiher
9am-4pm	Media Center open	Bad Schönborn-Mingolsheim
9:30am-12pm	Registration open Only 5150 Athletes & Relay	Ubstadt-Weiher
10am-6pm	IRONMAN Merchandise	Bad Schönborn-Mingolsheim
10am-6pm	Sport EXPO	Bad Schönborn-Mingolsheim
11am-12:45pm	Bike Check-in & Drop-off Bag (blue + red) Only 5150 Athletes & Relay	Transitiion 1, Ubstadt-Weiher
Until 1pm	Drop-off Bag (white) Only 5150 Athletes & Relay	Transitiion 1, Ubstadt-Weiher
1:15pm – 1:45pm	Rolling Start – Agegroup-Athletes Only 5150 Athletes & Relay	Ubstadt-Weiher
From 11:30am	Finish Line Party	Bad Schönborn-Mingolsheim

SUNDAY 21ST MAY

HOURS	DESCRIPTION	LOCATION
3pm-6:30pm	Bike Check-out	Transition 2, Bad Schönborn-Mingolsheim
5:45pm	Cut-off Finishline – 5150	Bad Schönborn-Mingolsheim
6pm	Award Ceremony – 70.3 Pro-Athletes, Athletes & Relay	Event stage, Bad Schönborn-Mingolsheim
7pm	Award Ceremony – 5150 Athletes & Relay	Event stage, Bad Schönborn-Mingolsheim



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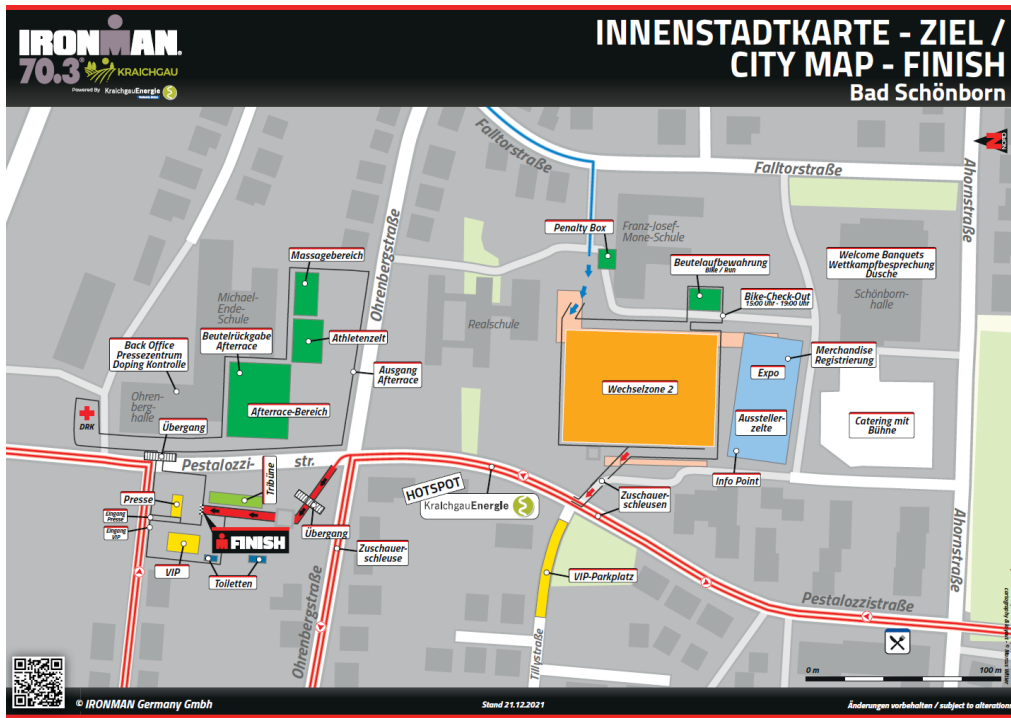
qatarairways.com/IRONMAN

*Only for athletes.



2023 OFFICIAL AIRLINE PARTNER

EVENT SITE



MERCHANDISE STORE

Opening Times:

Friday, May 19: 12am – 7pm

Saturday, Mai 20: 10am – 6pm

Sunday, Mai 21: 10am – 6pm

ROAD CLOSURES

All courses are closed for traffic during the Race. In case of emergency, rescue vehicles with the sirens on, shall always have free passage. Please yield and let them pass you.

RACE WEEK TRAINING

All training during non-race times on the race course is conducted at your own risk. Please never swim alone and always obey traffic law.

PARKING

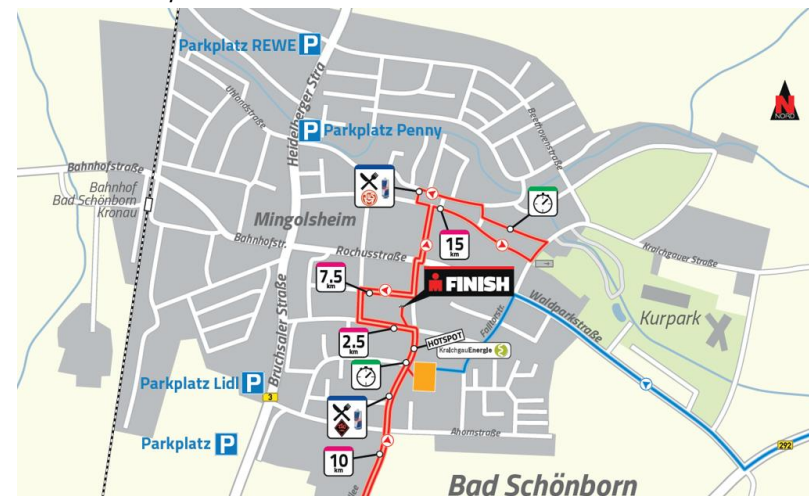
PARKING - HARDTSEE

There are sufficient parking facilities in the immediate vicinity of the Hardtsee.



PARKING - BAD SCHÖNBORN

Parking is available in Bad Schönborn, which is only a few minutes walk from the event site. **PLEASE NOTE:** There is a parking ban near the "Schönbornhalle" on Friday and Saturday.



Further information about the parking facilities can be found [here](#).

SHUTTLES

SATURDAY (20 May 2023)

Shuttle between Bad Schönborn and Ubstadt-Weiher (constant commute)
 → **3 Athlete- / shuttlebuses (bike transport is possible)**

	<i>From</i>	<i>Time</i>
First Depature	Bad Schönborn	1:30pm/ 1:35pm/ 1:40pm
Last Depature	Ubstadt-Weiher (Fa.Gisy)	7:00pm
Bus-STOP Bad Schönborn	on the right hand side after the roundabout in direction "Langenbrücken"	
Bus-STOP Ubstadt-Weiher	At the company Gisy, Ubstadter Straße 21	

SUNDAY (21 May 2023)

Shuttle between Ubstadt-Weiher – Gochsheim – Menzingen (constant commute)
 → **3 Public-Shuttles**

	<i>From</i>	<i>Time</i>
First Depature	Bad Schönborn	9:15am/ 9:30am/ 9:45am
Last Depature	Ubstadt-Weiher (Lidl)	1:00pm/ 1:05pm/ 1:10pm
Bus-STOP Bad Schönborn	At the Lidl, Ubstadter Straße 34	
Bus-STOP Gochsheim	Volksbank, Wilhelmstraße 9	
Bus-STOP Menzingen	At the entrance,/ the crossing after the Railroad-Bridge	

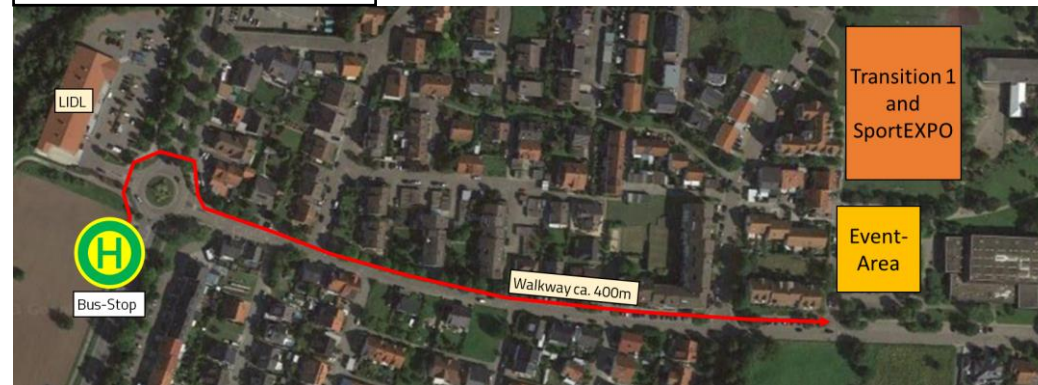
Bus Stop: Ubstadt-Weiher



Shuttle between Bad Schönborn and Ubstadt-Weiher (constant commute)
 → **4* Athlete-Shuttles (bike transport is possible)**

	<i>From</i>	<i>Time</i>
First Depature	Bad Schönborn	6:15am/ 6:20am/ 6:25am/ 6:30 am
Last Depature	Bad Schönborn	7:30pm
Bus-STOP Bad Schönborn	on the right hand side after the roundabout in direction "Langenbrücken"	
Bus-STOP Ubstadt-Weiher	At the Lidl, Ubstadter Straße 34	

Bus Stop: Bad Schönborn



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- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
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- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

contactus@nirvanasportstravel.com

nirvanasportstravel.com



REGISTRATION

LICENSEE

- 1 **Valid proof of national triathlon license.** You can also buy a 1-day license on site at registration for 20,- Euros, only cash is accepted.

REMINDER OF REGISTRATION HOURS

DATE	HOURS	LOCATION
Friday 19 th May	12pm-7pm	Merchandise Tent, Bad Schönborn-Mingolsheim
Saturday 20 th May	10am-6pm	Merchandise Tent, Bad Schönborn-Mingolsheim
Sunday 21 st May	9.30am-12pm	Ubstadt-Weiher, Hardtsee

PLEASE NOTE

- 1 **Please be aware that this race does not pre-allocate BIB numbers before registration opens.**
Bib numbers will be allocated on a first come, first served basis at the registration desk.
- 2 All athletes must wear all official race participant items issued at Athlete Check-In. Items include; the official swim cap, wristband, bike stickers, race bib number, and timing chip. Failure to do so will result in a DSQ.

ALL ATHLETES MUST HAVE REGISTERED BEFORE 12pm ON SUNDAY, MAY 21st. NO REGISTRATION WILL BE POSSIBLE AFTER THIS TIME.

TIMING CHIP WILL BE HANDED OUT AT BIKE CHECK-IN (TRANSITION 1) ON SUNDAY.

REGISTRATION

BEFORE THE RACE

- 1 An email will be sent to you with a QR code during the race week. Print it or save it to your smartphone and present it at the registration desk.
- 2 Present your annual triathlon licensee/bought one day pass at the licensee control, before you pass into the registration tent.
- 3 Please report to the volunteers by following the signage.
- 4 Collect your race number and package by presenting your **identity card.**
A wristband will be provided. You will be asked to put it on immediately and to wear it the entire competition weekend. In addition, the QR code on the wristband serves as a "chip ticket": Chip for bike.



RACE PACKAGE

YOUR PACKAGE INCLUDES

<p>1 BIB NUMBER: You must wear your bib on your back for the bike course and in front for the run course. It must be attached with three points. You can use safety pins if you wish. However, as you have to change it from one position to another in transition, it is strongly recommended that you get a running belt which saves you time, allows you to change clothes easily and avoids making holes in your clothes.</p>	
<p>1 SWIM CAP: You must wear the swim cap given to you when you collect your bib number during the SWIM.</p>	
<p>STICKERS: You will also have a sheet of stickers; please place relevant sticker on your bike, helmet and bags: 3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seatpost of your bike, 1 sticker to stick on the front of your helmet, 1 sticker to stick on your wristband.</p>	
<p>1 ATHLETE'S WRISTBAND: A wristband with a QR code will be placed on your wrist when you collect your bib. This wristband will identify you as an official athlete and must be worn during the whole week of the race. The wristband is required for medical identification purposes and gives you access to the transition areas and all athlete areas during, before and after the race. You will not be allowed to remove your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist.</p>	
<p>1 ATHLETE'S BACKPACK: To be collected at the time of registration. 2 TRANSITION BAGS AND 1 STREET WEAR BAG: Your belongings must be placed in these bags (see next page).</p>	

Athletes must wear the official race items given to them during the registration. Certain items must be worn: the official swim cap, wristband, stickers, number and timing chip.

Individual marking/ labelling of the bag or the bag stand is not allowed. Penalty = yellow card!

Failure to comply with this rule will result in **disqualification**.

TRANSITION BAGS

BLUE BAG / BIKE BAG



Should contain the gear you need for the bike course, including your helmet with stickers on the front, bib number fixed with 3 points, shoes if they are not clipped on the bike, jacket, muffs, nutrition, sunglasses, etc.
After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

Drop-off in Transition 1 :

Ubstadt-Weiher, Hardtsee - Sunday 21st May at the Bike Check-in from 11am to 12:45pm

RED BAG / RUN BAG



Should contain the gear you need for the run course: running shoes, socks, nutrition, etc.
After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet.

Drop-off in Transition 1 :

Ubstadt-Weiher, Hardtsee - Sunday 21st May at the Bike Check-in from 11 am to 12:45pm

It will be transported by the organizer to transition zone 2.

WHITE BAG / STREET WEAR BAG



This is your street wear bag; it is for you to put any additional clothing you wear before the race and anything you may require after the race.

Can be dropped off at the truck at transition zone 1 until 1pm if required and will be available again directly after the finish.

DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS



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CHECK-IN & BRIEFING

SCHEDULE REMINDER

DATE	HOURS	DESCRIPTION	LOCATION
20 May	1pm-2pm	Race Briefing German (51.50 & Relay)	Event stage, Bad Schönborn-Mingolsheim

ATHLETE BRIEFING

The athlete briefing will take place on Saturday, 20. May and will be held **only in German**. The briefing will give you important information about the specificities of the course, the rules and the cut-off times for each discipline and above all the last minute changes that could take place due to the weather conditions.

CHECK IN

«Check-in» is in the triathlon dictionary as the time when you drop off your transition bags and bike, on raceday.

Bike service

Our partner Veloland Brand is attending the IRONMAN Village. On race day, Veloland Brand will be on the bike course during the race (fix position at KM 22).



MANDATORY BIKE, BIKE AND RUN BAGS CHECK-IN

DROP OFF YOUR BIKE AND BIKE BAG AS WELL AS YOUR RUN BAG AT TRANSITION 1, UBSTADT-WEIHER

Before entering the bike park, please put on your helmet and fasten the chin strap. Please also be prepared for the following inspections:

- a visual inspection of the bike (wheels with disc brakes are allowed)
- a break system check and a check of your helmet,
- a check that the race numbers are on your bike and your helmet and a check of your athlete bracelet.
- You must rack your bike and your BIKE bag according to your number.
- Bike covers are NOT ALLOWED.
- Your helmet must be inside your BIKE bag.
- Shoes and nutrition can be clipped onto your bike on race morning.
- Make sure you have packed all your gear for Transition 1 in the BIKE bag. Don't forget to put your bib number in the bag.
- Check that you have put all your gear for transition 2 into the RUN bag.

When storing your bike and bags, take time to familiarize yourself with the transition zone. Don't forget to check where the entries and exits are located. There will be volunteers in the transition to answer any questions, so ask them on spot, don't wait until race day.

TIMING CHIP



WHAT IS THE TIMING CHIP FOR?

The chip will register your individual start time as you cross the timing mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, overall and age group ranking.

WHEN AND WHERE TO COLLECT THE TIMING CHIP?

You must collect your chip when exiting transition zone at Ubstadt-Weiher on Sunday 21st of May.

WHEN AND WHERE TO WEAR THE TIMING CHIP?

It must be worn on your left ankle during the entire race. NOTE that you must have your timing chip on for Bike Check-Out. So keep it on even if you drop out of the race.

WHAT IF I LOSE MY TIMING?

If the chip is lost during the race, a replacement chip must be collected from the transition area, so you can continue the race.

Your race timing chip is a loaner. You must return the chip to the timing company. In case of loss a fee of EUR 50,00 has to be paid.

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

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RACE DAY

RACE MORNING

The transition area 1 is open from 11am – 12:45pm for bike check-in and Drop-off Bag (blue + red) for the 5150 Athletes and Relay and by persons with the appropriate authorisation card.

Coaches, attendants and spectators are not allowed to enter!

Air pumps will be provided in transition zone 1. You can bring your own air pumps to the transition area, but they will not be transported in the white bags.

The organiser is not responsible for the transport or the pumps brought into the transition area.

Check your tire pressure. You can clip your bike shoes on the pedals and attach the nutrition to your bike.

STREET WEAR BAG



The white bag with the changing clothes (for after the race) has to be dropped at the REWE parking place before the swim start until 1pm. and will be available for the athletes again in the Athletes Garden.

TOILETS

The toilets in the bike park are reserved for transition 1.

Toilets are available in the start area, please use them and keep the toilets clean for transition 1.

Toilets will be available throughout the course at the different aid stations..

IF YOU HAVE LOST OR FORGOTTEN YOUR TIMING CHIP ON RACE MORNING, PLEASE CONTACT AN IRONMAN OFFICIAL, AND THEY WILL PROVIDE YOU WITH A NEW ONE.

CUT OFF TIMES

00:50:00 

02:45:00  + T1 + 

04:00:00  + T1 +  + T2 + 

**TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME
NOT ON THE GUN START TIME**

NO INTERMEDIATE CUT-OFFS ON THE 5150 KRAICHGAU

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



ON-COURSE NUTRITION PRODUCTS

BIKE COURSE

Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

Maurten GEL 100 & GEL 100 CAF 100

Maurten GEL 100 & GEL 100 CAF 100 are true gels: a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

226ers Race Day Bar

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.



RUN COURSE

Red Bull Energy Drink

Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins, and sugars. One 250 ml can contains 80 mg caffeine, about the same as a cup of coffee. The product will be served on the run course diluted with water in paper cups.

Gatorade Powder

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

Maurten GEL 100 & GEL 100 CAF 100

226ers Vegan Gummy Bar

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.



RACE DAY

CUPS AND GELS SHOULD BE THROWN IN THE BINS PROVIDED. NOT ON THE GROUND!

ATHLETES WILL BE ISSUED A PENALTY IF CAUGHT LITTERING BY A RACE OFFICIAL.

BIKE AID STATIONS

Aid station 1: KM 24

- **Drinks:** Gatorade-sportsdrink blood orange flavor & water in sport bottles (75cl)
- **Energetic bars:** 226ers Race day bars *strawberry, black/dark chocolate, apple & cinnamon, banana & ginger*
- **Energetic gels:** Maurten Gels (with or without caffeine)
- **Bananas**



RUN AID STATIONS

Lap 1: KM 1,5 - KM 2,7 - KM 4,3

Lap 2: KM 6,5 - KM 7,7 - KM 9,3

- **Drinks:** Gatorade-sportsdrink blood orange flavor, Water, Red Bull, Coca-Cola, Sparkling Water (Drinks are served in cups)
- **Energetic bars:** 226ers *Gummy bars Cherry & Cola*
- **Energy gels:** Maurten Gels (with or without caffeine)
- **Fruits, compote and salty products**



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SWIM

The 5150 Kraichgau powered by KraichgauEnergie will implement a rolling swim start for age group and relay athletes. Age group and relay athletes will enter the water in a continuous stream through a controlled access point from 1:15pm – 1:45pm:

4-5 athletes will start every 3-5 seconds.

Athletes will be directed to self-seed on race day based on their anticipated swim time. Volunteers will be in the staging area with signs and will assist with this process. Being as accurate as possible with your self-seeding will make for the best swim.

A swim-in is allowed until 10min before the start at 1:15am

Before the swim start every athlete is obliged to be in transition zone 1, which closes at 12:45am

Each participant must pass through the starting arch BEFORE the starting signal to cross the timing mat and activate the timing system. Exit the water ONLY via the official exit and cross the timing mat to be re-registered. If not this will result in disqualification. In addition, the organisers will assume that the person is still in the water and will arrange a search at the competitor's expense

LOST CHIP

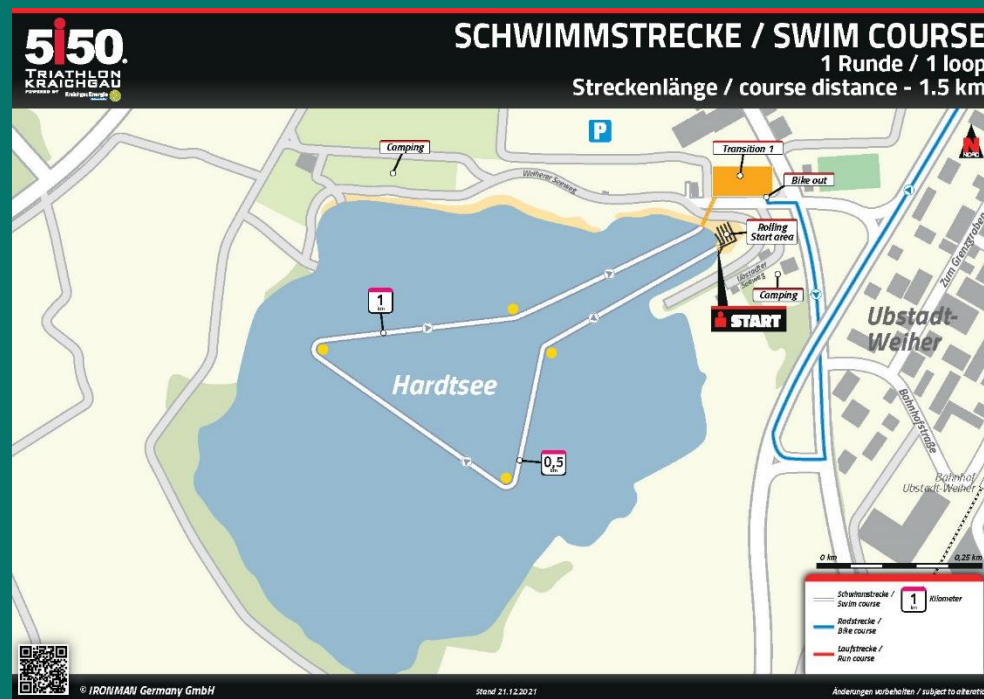
If you have forgotten your timing chip on race morning or loose it during the swim or bike leg of the race, you are able to get a new timing chip in the transition area (at raceday morning at swim start). Please contact an IRONMAN official, and they will issue a new chip. The swim cap must be worn throughout the swim. Should you be in any kind of need; lifeguards will be in the water to help you.

CUT OFF TIME

The swim course will close 50 minutes after the final athlete starts the swim. Each athlete or relay team member will get 50 minutes to complete the swim course regardless of when they start the swim. Any athlete or relay team member who takes longer than 50 minutes to complete the swim will not be allowed to continue and will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

COURSE

A one loop 1.5 km swim course at Hardtsee



START TIME	START GROUP	SWIM CAP COLOR
1:15pm – 1:45 pm	MEN	POWDER BLUE
	WOMEN	NEON GREEN
	RELAY	NEON PINK

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2x IRONMAN CHAMPION

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wahoo

SWIM

WETSUIT

Wetsuits may be worn in water temperatures up to and including 21.9°C. Wearing a wetsuit is prohibited when the water temperature is 22°C and above and mandatory when the water temperature is 15.9°C and below.

The wearing of competition clothing under a swimming costume is allowed.

PROHIBITIONS:

In case of a neoprene ban, this ban also applies to swimming costumes with rubber and/or neoprene parts/coatings. In case of violation the participant will be disqualified.

SWIMWEAR

(non-wetsuit legal swims only)

Swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene.

Swimwear must not cover the neck, extend past the elbow, nor extend past the knees.

Swimwear may contain a zipper. A race kit may be worn underneath swimwear;

SWIM COURSE RULES

- It is forbidden for athletes to wear their bib number during the SWIM (*disqualification*),
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water,
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- The wetsuit must not be removed before the transition zone (*YELLOW card - 15 second penalty*).
- Any assistance required during the swim will result in disqualification if forward progress was made.
- IRONMAN officials and medical staff reserve the right to pull athletes off the course if deemed medically necessary.

SWIM CAP

The official swim cap must be visible and "clean". Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

SPECTRALE WEARES

Athletes may place their glasses on a table near the swim exit before the start and pick them up there after the swim. The athlete is responsible for the marking (start number) of the glasses.

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, orientation (includes water clarity, depth and distance perception), and wearing a wetsuit if needed.

2. RACE IN SHORTER EVENTS

Proper training is the best way to reduce anxiety. It's also a good idea to race shorter distance triathlons or single-sport events (for example, an open water swim event), as well as join clinics and club activities to prepare yourself for open water conditions.

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, event athlete guide and pre-race communication to familiarize yourself with the course.

Keep in mind that everybody of water is different- educate yourself on water currents and surf conditions, if applicable. Study the event schedule to plan for optimal 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 and European Society of Cardiology offer suggestions for cardiac screening of competitive athletes. These include a physical exam as well as an assessment of your family history, personal heart health and may include a recommendation of additional diagnostic studies. Wherever you live, we recommend you consult with your physician before you race.

5. PAY ATTENTION TO WARNING SIGNS

While training, if you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness) or blacking out, or have any other medical concerns or symptoms, consult your doctor immediately.

6. DON'T USE NEW GEAR ON RACE DAY

Focus on controlling as many factors 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 an adequate warm-up prior to start. Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race. **Please note that warming up in the water is prohibited.**

8. CHECK OUT THE COURSE

Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colors and locations.

9. START EASY – RELAX AND BREATHE

Follow the race day instructions regarding the swim start format that have been provided in the event athlete guide. For events with a rolling swim start, don't overestimate your ability. Please line up in the appropriate position based on instructions provided in the event athlete guide. Don't race at maximum effort from the start - ease into your swim.

Relax and focus on your breathing as you settle into a sustainable place.

10. BE ALERT AND ASK FOR HELP

In a race setting always stop at the first sign of a medical problem. The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim. If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat. Feel free to hold on to a static object like a raft, buoy, or dock. As long as you don't use it to move forward, you won't face disqualification.

Comp. rules can be found here:



Competition Rules (ironman.com)

TRANSITIONS

Please note that there will be changing tents. You can use a poncho towel to change if you want too. **Nudity is prohibited.**

TRANSITION 1

When exiting the water, you will run to and enter the Transition 1. Right after entering the transition zone, you must pick up your **BLUE BIKE BAG** with your bike gear from the designated bag rack. You then sit down on the benches and make your change, there are designated areas for athletes who needs privacy while changing.

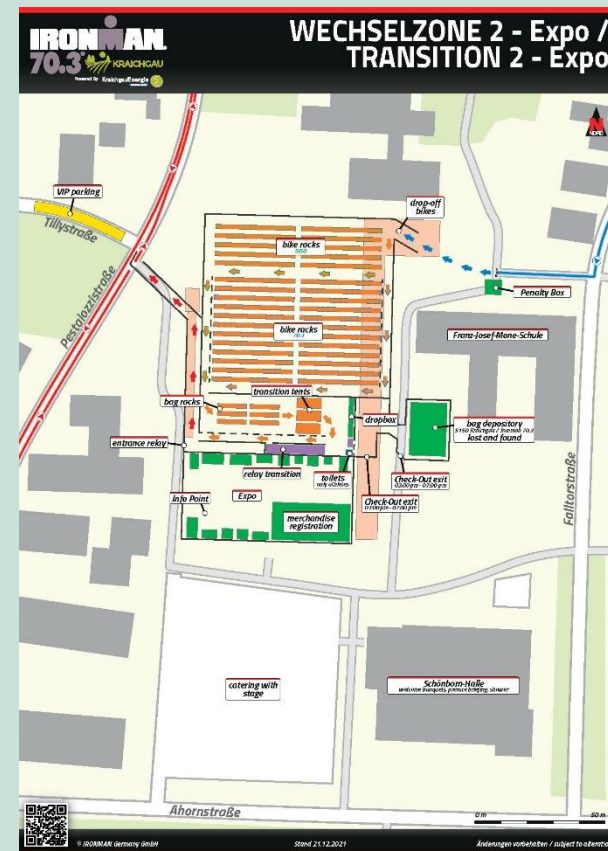
After completing your change, you will need to pack your wetsuit and other swim gear in the **BLUE BIKE BAG**, and places it in the "drop off zone" behind the changing tent.

For relays, a box right before entering the transition zone, will indicate the area where the timing chip should be handed over to the next team member.

Only the following items are allowed on the bike: Cycling shoes (clicked in), bottles in the Holder. The ground must be kept completely clear!

Please note that before removing the bike from its place at the bike rack, you need to have the chinstrap of your helmet securely fastened. The chinstrap must be always fastened when the athlete is in contact with the bike. Failure to do so may cause a penalty from one of the race marshals.

You must cross the bike mount line before mounting your bike. The line will be clearly marked and is located when exiting the Transition Zone.



TRANSITION 2

Heading into Transition 2, you will dismount your bike at the bike dismount line. The bikes will be taken off by helpers in transition area 2 and brought to the bike racks. There are separate areas for IRONMAN 70.3 and 5150 participants.

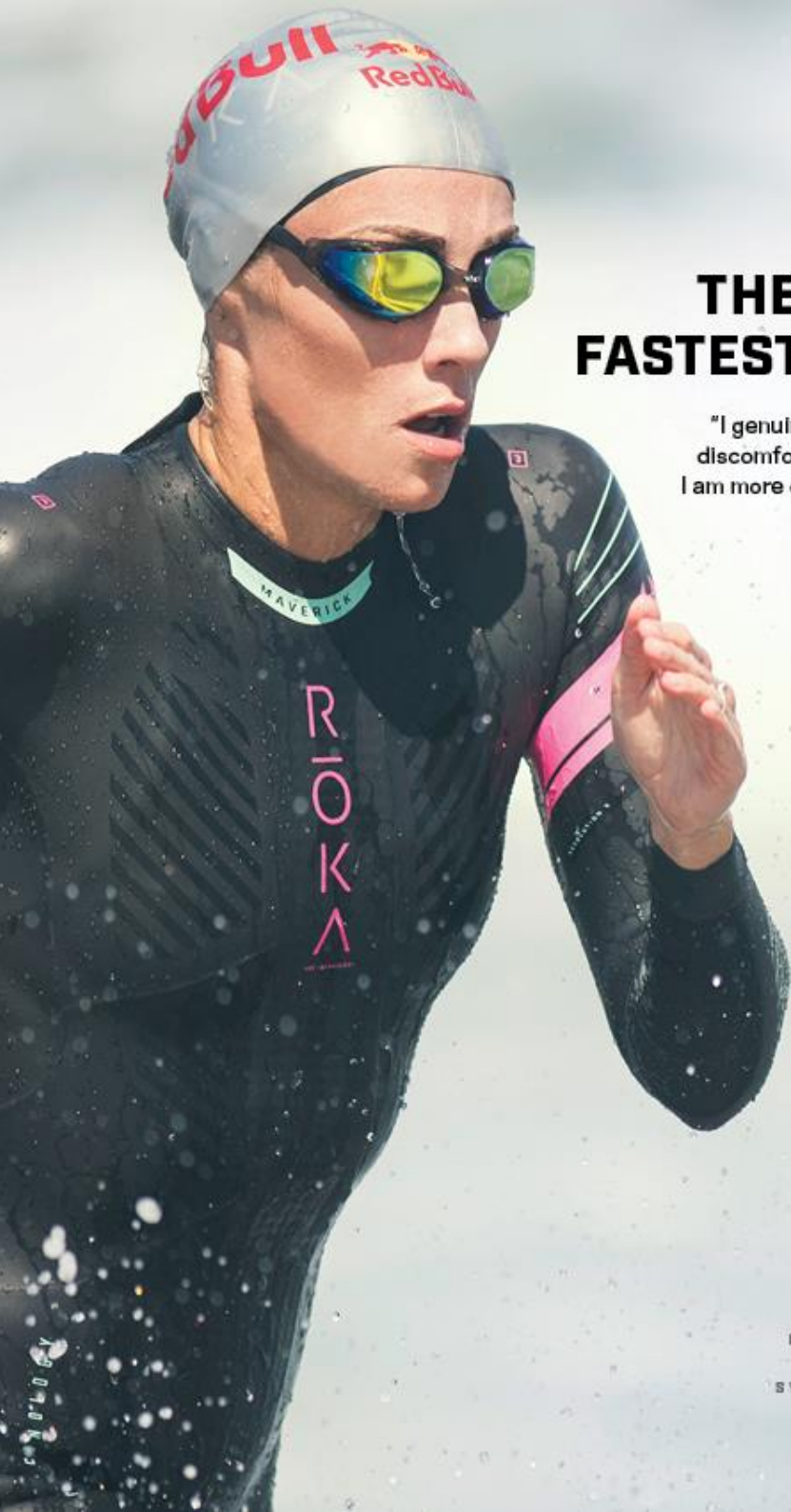
You will then pick up your **RED RUN BAG** and sit down on the benches where you change into your running apparel, there are designated areas for athletes who needs privacy while changing.

After completing your change, you need to put all your bike gear into the **RED RUN BAG**, including your bike helmet, bike shoes must either stay on the bike pedals or be placed in the **RED RUN BAG**. The athlete puts the **RED RUN BAG** in the "drop-off zone" behind the change tent and heads out of the transition zone to start the half marathon.

At the entrance to transition area 2 is penalty box no. 2, which is part of the bike course and must be visited if necessary.

In transition zone 2 all bicycles will be checked by the organiser for possible manipulations (electronic or mechanical doping). In case of a positive manipulation result a disqualification will take place.

After finishing, your **BLUE BIKE BAG** and **RED RUN BAG** can be collected in the transition zone 2 along with your bike between 3pm – 6.30pm. You need to have your race number and timing chip with you to be able to check out your gear.



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- Paul, Seattle, WA

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AVAILABLE ON



BIKE

BIKE TECH SUPPORT

On the route will be a bike technician who can help you with the most basic mechanical problems. I.e. flat tires, broken cables, etc. (KM 22).

Please note that you are responsible for carrying extra tubes, tires, tools, etc. on your bike during the race. The bike technicians and tools at the aid stations are only meant as an additional service.



SAG WAGON

There will be a SAG wagon on the bike course, able to pick you and your bike up, if you choose to withdraw from the race while on the bike course. Please approach an IRONMAN official on course, and they will guide you to the nearest pick-up point. If you do not make the course Cut-off, the SAG wagon will pick you up, wherever you are located on the course.

DROP OUT

If you decide to drop out, please inform a referee and only a referee. Keep your timing chip for the check-out at T2 from 3pm to 6:30pm.

LOST CHIP

If you lose or forget your chip during the bike leg, you have to inform an official (referee) or go to transition zone 2.

COURSE

The one loop 40KM bike is hilly with a succession of hidden gradients going up and down. Athletes will cycle in a single time trial without any personal escort and can enjoy varied landscapes of the Kraichgau with its 1000 hills. (Elevation +/- 350m).

[GPX track >>> Click here](#)

AID STATION

KM 24

MAIN DIFFICULTIES

- Critical points will be marked by danger signs or/ and indicated by helpers
- There are many sharp 90° turns on the course, some of them after fast a descent

CUT OFF TIME

2h45 : SWIM + T1 + BIKE

Each athlete or relay team member will have 2 hours and 45 minutes to complete the swim, T1 and the bike course regardless of when they start the swim, after that the course is closed. Any athlete or relay team member that takes longer than 2 hours and 45 minutes to complete the swim, T1 and bike course will not be allowed to continue and will receive a DNF.

SAFTY FIRST

Right hand traffic is mandatory!

You must follow directions and instructions from race officials, race marshals, police and the National Guard officers. Failure to do so may cause disqualification from the race.

The bike course is completely closed to other traffic. However, oncoming traffic is to be expected at all times.

BIKE MEDICAL

Doctors and trained medical personal of the German-Red-Cross will be available along the bike course. Contact an IRONMAN official in case you require medical assistance. At each of the Aid Stations, there will be a small first aid kit, able to aid minor injuries, such as scrapes and small cuts.

Sufficient insurance coverage in case of illness and accident is the personal responsibility of the participants and must be confirmed in the registration, as a possible hospital stay will be settled via the personal health insurance.

If you are involved in an accident with another person, e.g. another athlete, volunteers, spectators etc., be sure to remain at the location of the accident, until a member of the National Police Force is present.

BIKE

BIKE RULES

It is mandatory to obey traffic regulations.

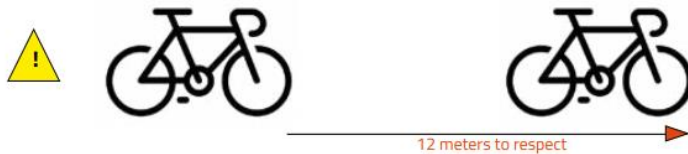
Specificity of drafting:

Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.

Drafting is prohibited (blue card).

Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing.

Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).



YELLOW & BLUE CARD - BIKE

The blue card is used in case of drafting:

- 1te BLAUE KARTE → 2:00 minutes
- 2te BLAUE KARTE → + 2:00 minutes
- 3te BLAUE KARTE → DSQ

In case of a yellow card the penalty is:

- 15 seconds

When an athlete receives a card on the bike course, he must execute his penalty at the penalty tent and make sure that the referee has noted on his number that the penalty has been executed.

It is the referee who starts the stopwatch and who allows the athlete to resume the race once the penalty has been executed.

Comp. rules can be found here:



[Competition Rules \(ironman.com\)](https://www.ironman.com)

Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear.

Read on for an essential checklist to get you ready for any two-wheeled challenge.

1. IT STARTS WITH YOUR BIKE

Your seat and handlebars should be adjusted to the appropriate height and reach for you. Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly. Keep your bike clean and your chain lubed. Use front and rear lights when riding in low light conditions – this may be required by law in your area. Tires should be inflated to the recommended pressure.

2. LEARN THE BASICS

Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking. If you're unfamiliar with shifting gears, practice doing this in a low-traffic area. Practice riding a straight line, and cornering (right, left, U-turns).

3. SUIT UP

Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride. Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race. Choose clothing that is visible in low-light conditions.

4. BE PREPARED TO RIDE

Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed. Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5. PLAN AHEAD

Always obey all traffic signals and signs. Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you. Select a ride distance appropriate to your fitness.

6. INFORM OTHERS

In the event of an incident, someone should know where you are riding. Always carry personal identification with you and emergency contact information. Carry a cell phone for emergencies.

7. STAY ALERT

Leave the playlists and podcasts for indoor workouts. Don't use your phone while riding – pull off the road if you need to make a call or send a text. Don't take photos and selfies while riding. Look at the road and the riders around you, not your bike computer. Be able to see and hear what is going on around you.

8. OBEY THE LAW

Always stop at stop signs and lights. Remember, cyclists have the same responsibilities as vehicles. Know the traffic laws for your area, especially those regarding riding two abreast or single file. Know where the vehicles are around you and anticipate that drivers may not see cyclists. When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

9. COMMUNICATE

Use verbal and hand signals so others know if you are stopping or turning. Make eye contact with drivers and other cyclists. Watch for hazards in the road including potholes, debris, or water bottles. Visually and verbally communicate with the specific volunteer in the aid station you will be taking from, letting them know you are taking aid directly from them.

10. SAFETY FIRST

Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass. Your hands should always be able to get to the brakes quickly. Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.



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COURSE

The **two-loop 10km run course** from the city centre of Bad Schönborn to Bad Langenbrücken and back will be watched by hundreds of visitors along the track.

AID STATIONS

Lap 1: KM 1,5 - KM 2,7 - KM 4,3

Lap 2: KM 6,5 - KM 7,7 - KM 9,3

Cups and gels should be thrown in the bins provided, not on the ground. Athletes will be issued a penalty if caught littering by a race official.

RUN RULES

During the run you must at all times wear the race number visible on the front.

It is compulsory to keep to the right when running, be considerate of other athletes and allow them to overtake if necessary.

Coaching is allowed only on the side of the race. It means that the coaches are not allowed to follow athletes directly on the course.

Athletes cannot accept help from anyone during the race.

For visual lap control, participants will receive a coloured arm/ wrist band during each lap. Please pay attention to the signposting of the finishing straight and to the instructions of the helpers

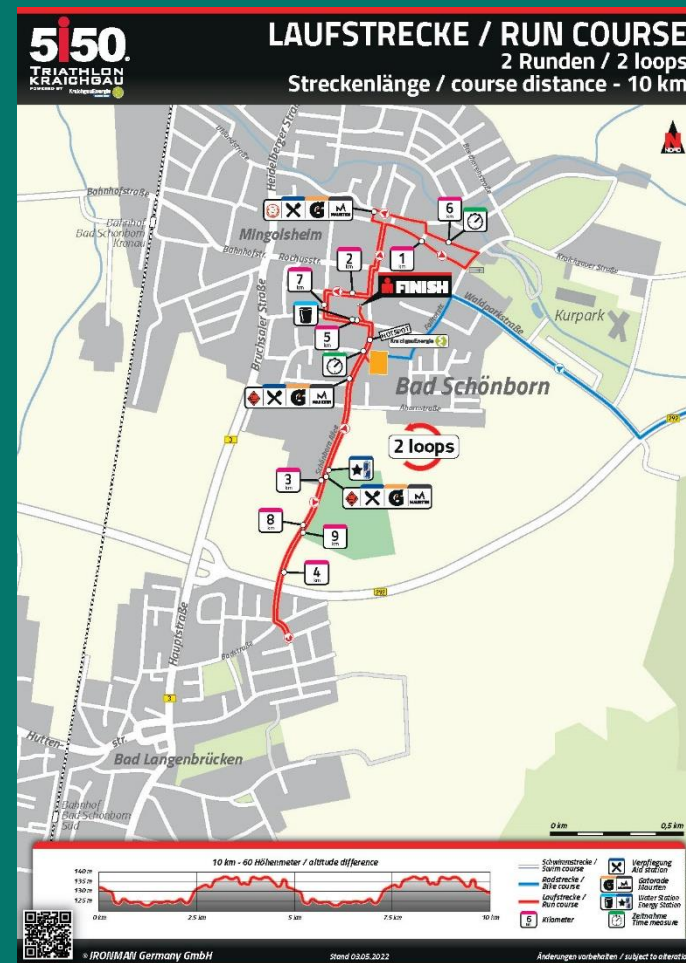
YELLOW CARD - RUN

15 seconds «stop & go» penalty. The athlete who receives this penalty must stop immediately upon receipt of the card, with the referee who issued it. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

Comp. rules can be found here:



[Competition Rules \(ironman.com\)](https://www.ironman.com)



CUT OFF TIME

4h00 : SWIM + T1 + BIKE + T2 + RUN

Each athlete or relay team member will have 4 hours to complete the entire course. Any athlete or relay team member that takes longer than 4 hours to complete the entire course and does not finish before the run course is closed will receive a DNF. Any athlete or relay team member that takes longer than 4 hours to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.

DROP OUT

If you decide to drop out, please inform a referee and only a referee. Keep your timing chip for the check-out at T2 from 3pm to 6:30pm.

Don't try this on race day*



* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

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for the ultimate smooth ride



HOKA FLY HUMAN FLY

RELAY TEAM

BEFORE THE RACE

- The team captain needs to ensure that all team members are registered successfully.
- The following age limits apply for participation on the race-day:
Swimmer: 14 years; Cyclist: 15 years; Runner: 14 years
- All members of the Relay team must have registered and filled out their information 10 days prior to race day. If failed to do so, IRONMAN holds the rights to deny the team participation, giving no compensation
- The change of a team member can be done until 10 days prior to race day. No changes will be accepted past this deadline

RACE WEEK

- 1 It is compulsory that all relay team members register and collect the team's race pack together within the specified times.
 - Each team member will need their ID.
- 2 It is not possible for one team member and/or team captain to pick up race packs for more than their own relay team, not even with authorization.
- 3 **IMPORTANT:** participate to the race briefing for more information regarding relay teams.

THE MAJORITY OF INFORMATION IN THE ATHLETE GUIDE APPLIES TO RELAY TEAMS, WITH REGARDS TO TIMING AND REQUIREMENTS TO REGISTER AND RACK.

RACE DAY

- **TIMING CHIP & BIB NUMBERS:** Relay participants will receive their timing chip at the bike check-in on Sunday. The timekeeping chip must ALWAYS be worn by all relay participants on the ankle with the Velcro strap and is valid as a baton.
- **THE CYCLIST** needs to give the timing chip to the swimmer before starting the race. You have received two BIB numbers; one for the cyclist and one for the runner.
- **ON RACE DAY** The bike and helmet will be handed in on Sunday before the race between 11am and 12:45pm at transition 1, Ubstadt-Weiher. You also have to bring your race number. You need to store all bags and racing gear (except for the bike) in the designated area. The box for discipline changes are next to the entrance of the Transition Zone.
- **DURING THE RACE** The athletes waiting for their turn, can access the Transition area by showing their wristbands.
- **YOU NEED TO BE READY** (fully clothed + BIB number attached) waiting at the relay area in the transition zone, until the previous team member arrives.
- **THE CYCLIST WILL GET THE BIKE** after having received the timing chip from the swimmer. After finishing the bike leg, the cyclist will return the bike to the bike rack before handing over the timing chip at the meeting point to the runner. During the race it is only the biker that runs through the transition area both before the bike course and after.
- **WHEN YOU ARE NOT RACING**, then try to stay within the designated Relay area. If you need to change clothing, please use the changing areas in the Transition area positioned by the bag racks. There will be enclosed areas where both male and female athletes can perform nude changing.
- **BE AWARE OF OTHER ATHLETES** that are still racing, respect and step aside.
- **KEEP CUT-OFF TIMES** for each discipline in mind. Cut-off times are the same for relays as for Age Group athletes.
- **EACH TEAM MEMBER** receives a finisher t-shirt as well as one finisher medal.
- **MEDAL ENGRAVING:** Please keep in mind that you need to purchase medal engraving for each medal (2 or 3 times) not just once for the team.
- **FINISH THE RUN TOGETHER** with your team is allowed (finish photo). We recommend to meet at Pestalozzistraße - before the grids start leading into the finish channel.
- **ALL TEAM MEMBERS** are allowed into Athletes Garden where the finisher shirts and medals are to be collected.



FINISHLINE

FINISH LINE PARTY

The moment we have all been waiting for, the last meters after 1.5 km swimming, 40 km bike ride and 10 km running. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras - it could be you in the headlines of the evening's television news or on the front cover of the race magazine next year!

Close to the Finish Line, put your bib on the front side. Zip your trisuits above the sternum. You must cross the Finish Line alone. Fans, kids or pets are not allowed to cross the line due to safety measures and will result in DQ.

AFTER-FINISH

1. The medal will be given to you just after the Finish Arch.
Engraving of the medals will be offered in the Athletes Garden
2. Then, pick up your Finisher shirt in the athletes garden.
3. The 5150 Kraichgau massage team will provide a free post-race massage to athletes, ONLY on a first come, first served basis.
4. Regenerate and relax in the athletes garden, which offers a sweet and salty buffet to refuel after your achievement
5. Get back your STREET WEAR bag at the athletes garden.

CHECK-OUT

OPENING HOURS	DESCRIPTION	LOCATION
3pm-6:30pm	Check-out Bike and personal belongings	Transition 2

Bikes are only returned in exchange for the race-chip. If the chip got lost the athlete has to show a valid identity card/passport. Personal belongings that have been left in the transition areas can be picked up separately by showing the race-number and a valid picture-ID/passport, if the athlete is not going to pick up the equipment himself. Once the athlete has left the bike check-out, claims of damage or loss of material will not be accepted anymore.

ECO-RULES

ECO-ZONE

Special areas are provided for the disposal of your waste. It is forbidden to dispose of waste outside these areas.

If you do not respect this rule, you will have to collect your waste and you will be disqualified from the race.

WASTE SORTING

Due to increased occurring of accidents we have to point out the importance of **proper disposal of waste**. You will find littering zones at every aid station of the bike and run course. Please make sure to drop used bottles into the intended areas.



ADVICE

Please use public transport, shuttles offered by the organisation or soft transport such as cycling.

Encourage car-sharing to get to the event.

Take only the necessary quantities from the refreshment stands. Any leftover products will be distributed to a local association, so don't waste them.

Buy local food while travelling. The Kraichgau region is full of delicious food, so now is the time to enjoy it.



AWARDS CEREMONY

AWARDS CEREMONY - SUNDAY 21st MAY

OPENING HOURS	DESCRIPTION	LOCATION
7pm	Award Ceremony – 5150 Athletes & Relay	Event stage, Bad Schönborn-Mingolsheim

- Trophy for the Top 3 of each age group category
- Trophy for the Top 3 Relays Team (*Men, Women, Mixed*)

Attendance is mandatory at the Awards ceremony, no awards will be sent afterwards.

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The IRONKIDS Kraichgau is a festive race for children aged 8 to 13.

Schedule: Saturday 20th May from 3pm

Start: Hardtsee, Ubstadt-Weiher

REGISTRATION

The registration fee is EUR 12,- + 9% Active fee (until 19th Mai 2023, 11:59pm)
Late registrations are only possible to a limited extent on site for EUR 15,- +9% Active fee
(only with credit card)

IRONKIDS REGISTRATION

Included in the application are the BIB, timing chip (return at finish line), swim-cap, medal, finisher shirt and drinks & fruits at the finish area

CATEGORIES (AGE-GROUPS)

2010 and 2011: 100m swim/ 2,5km bike/ 400m run

2012, 2013, 2014 und 2015: 50m swim/ 1,0km bike/ 400m run

IRONKIDS BIB COLLECTION & LATE REGISTRATIONS:

Saturday 20st May: 1pm - 2pm

Location: Hardtsee, Ubstadt-Weiher

The child does not need go to Registration. Race Packages can be collected by parent/guardian with the email confirmation.

IRONKIDS BIKE CHECK-IN

Saturday 20st May: 1:45pm – 2:45pm

Location: Transition 1 Hardtsee, Ubstadt-Weiher

FINISH LINE AND EXIT

When they have crossed the finish line, every kid will receive their IRONKIDS medal.

The parent/ guardian must be present at the Exit to collect the child.

Please be patient and don't push or shout as you are waiting to be reunited with your child. Be respectful of IRONKIDS staff, volunteers and the other parents/guardians around you. The process does take some time but is essential for the children's welfare. We thank you for your patience and understanding, in the interest of all children participating in the event.





We celebrate our premiere! In 2023 we run together for the first time into the night sky - with an atmospheric, summer evening run we open the triathlon weekend in Kraichgau. We would like to call on all runners in all performance and age groups, all friends and families of triathletes, as well as all sports enthusiasts in the region to take up the challenge of our 10km run. Whether you are a beginner or an ambitious hobby runner, young or old, whether you are chasing a new best time or finally want to spend an evening with your loved ones, here you can show how sporty you are!

Schedule: Friday 19th May from 6pm

Start: Schönbornhalle, Ahornstraße 49, Bad Schönborn

Track: 4 Laps à 2,5km

RACE-TRACK MAP

REGISTRATION

The registration fee is EUR 15,- (Individual) or EUR 30,- (Team) + 9% Active fee (until 18th Mai 2023, 12pm)
Late registrations are only possible to a limited extent on site (parking-lot Schönbornhalle)

- EUR 20,- +9% Active fee (single)
- EUR 35,- +9% Active fee (relay)

NIGHTRUN REGISTRATION

→ **Payment only possible with credit card**

Included in the application are the BIB, timing-chip (return at finish), medal, finisher shirt and drinks & fruits at the finish area

MINIMUM AGE

Single starter U 16 (from year 2009)
Relay age 10 or older (Deadline-Day 19th May 2023)

NIGHTRUN BIB COLLECTION :

Saturday 19th May: 3pm - 5pm

Location: Parking – Lot Schönbornhalle



NIGHT RUN
KRAICHGAU • GERMANY

18:00 Uhr
19. MAI 2023

Schönbornhalle,
Ahornstraße 49,
76669 Bad Schönborn



HEAD REFEREE'S MESSAGE

REMINDER

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 2023 IRONMAN Kraichgau.

BLAUE KARTE

1 blue card: two – minute-time penalty
2 blue card: 2 + 2 – minute-time penalty
3 blue card: DSQ
Penalty served in a penalty tent on the bike course
e.g. Drafting

YELLOW CARD

15 second time-penalty:
- In a penalty tent (**BIKE**)
- Stop-and-Go (**RUN**)
e.g. Blocking the progress of other athletes

RED CARD

Disqualification (DSQ)
e.g. Non-compliant material or equipment

ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

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.

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.

All the rules can be found in the 5150 Kraichgau 2023 regulations and the particularities of the race in this athlete guide.

ULI ZIERL

IRONMAN 70.3 Kraichgau
Head of referee

BLUE CARD

The athlete will be disqualified if he/she receives three **BLUE CARD** penalties. "DRAFTING" is the only violation that results in a **BLUE CARD** and earns the athlete a time penalty (to be served in the penalty tent at the exit of transition area 2).

YELLOW CARD

For violations of the **YELLOW CARD**, the athlete must serve a 15 sec. penalty, either in the penalty tent (**BIKE**) or as a stop & go time penalty (**RUN**).

IRONMAN race rules continue to allow disqualification of an athlete for repeated rule violations should an athlete receive excessive **YELLOW CARD** violations.

RED CARD

An athlete receiving a red card will be **immediately** disqualified.



IRONMAN COMPETITION RULES

5150 Kraichgau will be sanctioned by the rules included in the IRONMAN 2023 Competition Rules. For more information regarding these rules, please visit the following webpage: [Competition Rules \(ironman.com\)](https://www.ironman.com/competition-rules)

Please inform your family, friends, coach and supporters that they are not allowed to accompany alongside you in the race, and that you are not allowed to receive any outside assistance. If this is not respected, you will be penalized.

For safety reasons it is vital that if an athlete drops out of the race at any time (especially before, during or after the swim) the athlete MUST inform a race official about this.

You are expected to follow directions and instructions from all race officials, race marshals and race management. Only race marshals have the authority to disqualify an athlete. All lifeguards and medical personnel 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.

Fraud, theft, abusive treatment of volunteers or other acts of poor sportsmanship are grounds for immediate disqualification and will result in the athlete being suspended from any race in the IRONMAN series in the future.

MEDICAL

There will be medical assistance and facilities throughout the race. In the finish area medical staff will be ready to assist you after completing the race.

Competing in an IRONMAN race may cause serious damage to the body. Please bear in mind that the right hydration before and during the race can be vital for your success in the race. Remember that you race at own risk, and that the race organizers cannot be held responsible for any injury, damage - or in extreme cases, death - during the race.

This is a long-distance endurance event, so we advise all participants only to start the race if they have trained well, feel fit and don't have any physical problems – especially regarding the vital organs. If you have had problems with irregular heart rhythms in training, we would highly recommend that you see a specialist for a health check prior to the race.

ANTI DOPING

As a condition of participation in each IRONMAN and IRONMAN 70.3 events, 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.

COMMON RULE, VIOLATIONS & PENALTIES

SUMMARY OF GENERAL COMPETITION RULES	PENALTIES	CARD
Public nudity or indecent exposure	DSQ	
Littering outside of the trash/rubbish drop zones	DSQ	
Using unsportsmanlike behavior	DSQ and potential suspension	
Failure to follow the prescribed course	DSQ	
Failure to wear a shirt or sport top during the bike or run	15 sec. Time penalty if remedied, DSQ if not remedied promptly	
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 15 sec. Time Penalty will be assessed, If not: DSQ	
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race	DSQ of both athletes	
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension	
Not stopping in the next penalty tent after being obliged to do so	DSQ	
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets, ... in any distractive manner during the race.	DSQ	
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ	

GOOD TO KNOW

ONE QUESTION?

Please send us a message on Facebook or by email to:
kraichgau5150@theironmangroup.com.

LOST AND FOUND

Lost and found equipment is collected during the race and the race week at the info-point. There you can pick them up. The opening hours for the info-point are Friday 12-7pm, Saturday & Sunday from 10am to 6pm.

After the race we will bring the lost and found equipment to the transition 2 and you can pick up your stuff there at the check-out.

If you do not pick up your belongings at the race, we will contact you after the race (if we can connect the lost and found stuff to you). The athlete needs to pay for the skipping fee if the item must be shipped.

The organizer accepts no liability.

SAFETY AND SECURITY

Athletes: Safety first, please do not take any unnecessary risks.

Be sure to give your emergency contact your bib and your Active account information.

Coaches: If an athlete is no longer visible on the tracker, it may only be a fault chip. In the event of an incident, the organization will reach out to the emergency contact directly.

If you witness an **accident or health problem:**
Please contact **07253 802645** - emergency services

THIS NUMBER IS ONLY AVAILABLE ON SUNDAY

When contacting our Security and emergency hotlines, please:

- *Keep calm*
- *Be specific about the information you provide*
- *Provide the athlete's bib number*
- *Indicate the exact location (e.g. the name of a marshal position), the reason for your call, the presence of witnessed*

HOW TO FOLLOW THE RACE?

GOING TO THE EVENT

The 5150 Kraichgau is a **big party** that will bring together thousands of athletes to "The land of the 1000 hills".

We invite you to come to the start at the Hardtsee, Ubstadt-Weiher, to the finish at Bad Schönborn, but also all along the SWIM, BIKE and RUN course to encourage the athletes and live the IRONMAN atmosphere.

IRONMAN.COM

On the IRONMAN.com website, you will find all the essential details of the event as well as a link allowing you to access the LIVE race ranking, the position of your favourite athletes and other options.

IRONMAN TRACKER APP (IOS AND ANDROID)

The 5150 Kraichgau offers you real-time information and live results via the IRONMAN Tracker app.

DOWNLOAD THE APP

Features include live participant tracking, instant notifications, leaderboards, map tracking, event notifications, event information and more!

- **Live Web Tracker:** See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.
- **Live Leaderboard:** See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.
- **Live Map Tracking:** Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read.

FACEBOOK/INSTAGRAM

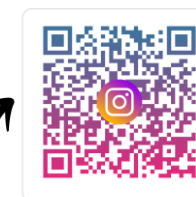
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Instagram – IRONMAN Germany



SCAN ME



SCAN ME



SPORTOGRAF

SPORTOGRAF

Sportograf is proud to be the official photographic service of the athletes at 5150 Kraichgau.

We will provide you with our «Foto-Flat» which includes all your amazing personal content from various prime locations along the course, as well as beautiful photographs of the scenic views and the race day in general.

Order your race images here: www.sportograf.com

If you have marked in your registration that you wish to see your race photos, you will receive a direct link from Sportograf around a week after the race.

HELP US TAKE YOUR BEST PHOTOS:

- Please be sure to keep your number visible in front of your HELMET to help us identify more of your photos.
- Check out our photo spots and smile for the camera - even if it hurts!
- Celebrate when you cross the finish line! Don't worry about stopping your watch, the timing company will ensure an accurate record of your achievement.

ALWAYS REMEMBER YOUR RACE
get your personal pictures on **SPORTOGRAF.COM**



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