


# GUIDE

## FIRST TIMER



**30** JUNE  
2024

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 [Ironman703Luxembourg](#)

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Remich - Région Moselle



# TABLE OF CONTENTS

Welcome to your first IRONMAN event	3
Checklist for packing	4
Checklist for event days	5
Head referee's message	6
Pre-race FAQ	8
Race day morning FAQ	9
SWIM FAQ & Checklist	10
BIKE FAQ & Checklist	12
Quick puncture repair	15
RUN FAQ & Checklist	16
After race FAQ	18
Tips & tricks	19

# WELCOME TO YOUR FIRST IRONMAN EVENT

Dear athlete,

The time has come for you to start your IRONMAN adventure in Luxembourg with many other athletes from all over the world!

As you approach the start line of the first race section, the swim in the cool waters of the beautiful Moselle, the music from the speakers and the motivating words of our moderators will give you goose bumps. A moment you can already look forward to today.

I am delighted that you have decided to take part in our race through three countries to experience the unique IRONMAN atmosphere for the first time.

Together with the communities, authorities and our partners, we have been working for months to offer you an unforgettable experience. Our team has done everything to create the right platform for you to push yourself beyond your own limits. The IRONMAN 70.3 Luxembourg Remich - Région Moselle is a favourite race for first timers and we hope that you will enjoy your race here too.

Numerous hours of training and preparation are already behind you. It's time to put the finishing touches to your form and get to grips with the race-specific details of your upcoming challenge.

Whether it's your first race with us or your first triathlon ever: With this guide, we want to give you some initial guidance so that you can find your way around in the best possible way and perhaps ease your nervousness a little.

Enjoy your race and look forward to the finish line in Remich.

See you at the finish line!



**Johanna Bons**  
Race Director

# CHECKLIST FOR PACKING



## PRE-RACE

- Photo I.D.
- Valid triathlon license or a one-day licensee
- Check out locations & directions
- Practice bike adjustment
- Study the race courses
- Plan and test your nutrition

## RACE DAY - BIKE

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

## 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 - RUN

- Running shoes and socks
- Hat/visor
- Extra nutrition and water bottles
- Sunscreen
- Sunglasses

## MISCELLANEOUS

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

# CHECKLIST FOR EVENT DAYS



SCHEDULE



COURSE



ATHLETE GUIDE



## Before travelling:

- Check the schedule and make your plan accordingly
- Read the Athlete Guide
- Check your data in your [ACTIVE Profile](#)  
(make sure your registration is confirmed and age group, country and additional information are correct - if not send an email to [luxembourg70.3@ironman.com](mailto:luxembourg70.3@ironman.com))

Travel to Luxembourg

## Friday or Saturday

### Before going to registration:

- Take your ID
- Prepare your QR code  
(you can find the QR code in the race week or confirmation email)
- Annual license  
(if you don't have an annual license and you didn't purchase the one-day license online, you can purchase it on site for 25.00€)

Pass the license control and go to one of our desks to collect your race pack

### Our staff will give you:

- Bib number
- Wristband
- Stickers (more instructions on the sticker sheet backside)
- Swim cap
- Athlete T-Shirt

### Go to the IRONMAN shop to collect:

- Athlete backpack with blue, red and white transition bags

## Friday

- Join our NightRun with your friends and family

## Saturday

- Attend the race briefing

### Prepare everything for the Bike Check-In:

- Put the stickers on your bike, helmet and bags  
(read the instructions on the backside of the sticker sheet)
- Prepare the blue bag with your bike clothes
- Prepare the red bag with your run clothes
- Fill out the information on the back of your bib  
(medical data, emergency contacts, etc.)
- Check your bike

It's time to go to transition!

### At the entrance, the referees will check:

- Your helmet with the sticker (put your helmet on)
- The bike with the sticker (under the seat)
- If you have your blue and red bag (with clothes in)

### Afterwards:

- Leave your bike on your rack number  
(place is marked with your bib number; please don't leave your GPS device on the bike or other valuable objects)
- Leave your blue and red bag on the hangers  
(place is marked with your bib number; blue bag with the helmet inside)
- At the transition exit you will receive your timing chip

Sleep well

## Sunday: It's your Race Day!

### Before leaving, don't forget your:

- Timing chip (put it on your left ankle)
- White bag (with clothes for after the race)
- Wetsuit

### Before your swim start:

- Go to transition to check your bike, fill your bottles, put your wetsuit on... (optional)
- Put your street clothes and post-race necessities in your white bag and drop it
- Put on your wetsuit

Go to the swim start area and choose your start box (based on your estimated swim time)

Enjoy your race!



## Congratulations on your amazing race!

- Collect your medal (Finish line)
- Collect your white bag (Athletes garden)
- Check your results  
(if you need to appeal you should come to the event tent before the awards ceremony between 5:30pm and 6:00pm)
- Check-Out your bike & bags
- Return the timing chip (transition)

## Awards Ceremony & Slot Allocation

- Pick up your award & attend the slot allocation if you'd like to get a slot for the 70.3 World Championship in Taupō (don't forget your ID and credit card)

# HEAD REFEREE'S MESSAGE

You have invested a lot of time, money and emotion into getting to the start line of any IRONMAN event, and the last thing anyone wants is for the day to end with the disappointment of a DSQ. The officials who are at the swim, in transition, out on the bike and run course and at the finish line are there to make sure that everyone has a safe and fair race and not to disqualify as many people as possible.

However, every IRONMAN event is a World Championship qualifying event and because this applies to every age group taking a range of times to complete the course, the rules will be applied throughout the event. To avoid having a bad day, here are some of the most common causes of athletes being disqualified:

- **Littering** – Athletes shall not dispose of trash or equipment (including, but not limited to, water bottles, gel/bar wrappers, broken bike parts, clothing items, etc.) on the course except at aid stations or other designated trash-disposal points. Intentional or careless littering will result in a disqualification.
- **Outside assistance** – athletes should not take anything or give anything to anyone who is not allowed.
- **Nudity** – the only place you can strip off completely is in the screened off areas in the transition tents.
- **Abusive behavior** – there are hundreds of volunteers who have given up their day to make your day special, any physical or verbal abuse of them or any other race officials or members of the public will not be tolerated.
- **Electronic devices** – we want your attention to be on the road, the marshals, the athletes around you, and not on any type of electronic device. This includes music players, mobile phones, cameras, 'smart' helmets, bone conducting headphones etc.
- **Prohibited Equipment** - additional equipment that has the effect of reducing wind resistance is prohibited during the bike segment of the Race. This includes, but is not limited to, any bottles/hydration or any other insert located in the front of an athlete's race suit or calf sleeves. In addition, any devices or materials (including duct tape) added or blended into the structure of your bike with the intent to reduce resistance to air penetration are prohibited.
- **Finish line** – you cannot bring any family member or friend down the finish line with you. This is for the safety of the potential child, other athletes and to make sure everyone has the same opportunity for a special IRONMAN finish line photo. Imagine the two athletes behind you sprinting for a WC slot and having to try and avoid the athlete in front with a child on each hand.




Please make sure you read the event athlete guide and attend the event briefing. The website has a link to the full IRONMAN set of rules, try and have a quick read through.

[2024 rules](#)

Remember the officials are there to make sure that all 2000 plus athletes have a safe and fair day, and we know that 99% of you want the same. There are always a few athletes who think they can break the rules to gain an unfair advantage and I'm sure you will support us in trying to stop them.

It is a great achievement to complete an IRONMAN event, wear your medal and t-shirt proudly, knowing you finished the event safely, fairly and honorably!

## CARDS & PENALTIES

<p>Blue Card</p> 	<p><i>e.g. Drafting</i></p>	<p>1 blue card: five-minute time penalty                  2 blue cards: ten-minute time penalty                  3 blue cards : DSQ</p> <p>Penalty to be performed in the dedicated tent</p>
<p>Yellow Card</p> 	<p><i>e.g. Blocking the progress of other athletes</i></p>	<p>30 second Stop and Go time penalty served in penalty tent (bike) or next to the referee (run)</p> <p>IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations</p>
<p>Red Card</p> 	<p><i>e.g. Non-compliant material or equipment, Littering</i></p>	<p>An athlete receiving a red card will be immediately disqualified (DSQ)</p>

REPEATED VIOLATIONS MAY RESULT IN RACE DISQUALIFICATION

## TIME LIMITS / CUT-OFFS

All IRONMAN events have time limits for completing each element of the event and these are rigorously enforced. There are several reasons for this:

- The roads are only closed for a fixed length of time, and we have to allow the local residents and businesses back onto the roads at the agreed time
- The volunteers and marshals need to be released from their duties at the agreed time, we can't expect them to stay for an indefinite period

You must complete each discipline within an allotted time from the start of your race i.e. from when you go over the start timing mat at the beginning of the swim. If the rolling start begins for example at 08:00 and ends at 08:30, there will be 30 minutes when some athletes could be over the cut off and some within, depending on where they started in the rolling start. Officials can see each athlete's individual swim times and will stop any that have not made the cut. The same process happens at the end of the bike section.

In addition to these cut-off times, there is an intermediate cut-off point on the bike course. This is a fixed time that is not dependent on the athlete's start time. It is carefully calculated to ensure that if you are stopped at this point, you really would not have been able to reach the end of the bike or run course within the rolling cut-off time. One point will be in Filsdorf at 12:40p.m.

Possible further points on the bike or run course will be announced in the athlete guide and race briefing shortly before the event.

The only fair way we can apply the cut offs is to use the times that we advertise, so an athlete will be stopped if they are 1 second or 1 hour over the allowed time.



# PRE-RACE - FAQ

## What do I need to bring to registration?

- Photo ID (e.g. passport, driving licence, identity card, ...)
- QR code from email confirmation or race week email
- Annual triathlon license or one day license

## What's my BIB number?

This race does not pre allocate BIB numbers before registration opens. BIB numbers will be allocated on a first come first serve basis during registration onsite.

(AWA Gold and Silver, and TriClub Pole Position athletes are still reserved lower BIB number ranges.)

## I will be late for the registration and bike check-in; can I check in late?

NO - Unfortunately, it is not possible to pick up your bib and/or check in your bike outside the scheduled times.

## Can someone else collect my bib number or check my bike in?

NO - Only the athlete in person will be able to collect their bib and drop off their bike. This cannot be done by a friend or family member. For security reasons, we must give you a wristband to wear on your wrist during the whole race weekend. In addition, we need to ensure that your equipment is safe for you personally. No exceptions can be made.

## What will I receive when I collect my bib?

- 1 bib & 1 sticker sheet with instructions on the back for attaching the stickers
- 1 wristband
- 1 swim cap
- 1 t-shirt
- 1 backpack with 2 transition bags, 1 streetwear bag

## When do I receive my timing chip?

You will receive your timing chip when you exit the bike check-in.

## I've registered on site but now don't want to race, what should I do?

Please send an email to [luxembourg70.3@ironman.com](mailto:luxembourg70.3@ironman.com) as soon as possible to let us know that you won't be racing, this is really important, so we know you're safe before the race starts.

## What goes in the transition bags?

- **BLUE BAG:** gear you need for the bike course, including your BIB number, the helmet with stickers on the front, shoes if they are not clipped on the bike, jacket, nutrition, sunglasses, etc.
- **RED BAG:** gear you need for the run course: running shoes, socks, nutrition, etc.
- **WHITE BAG:** street wear bag, it can be used to put any additional clothing you wear before the race or may need after the race

## Is the athlete briefing mandatory?

YES - 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.



# RACE DAY MORNING - FAQ

## Can I rack my bike on race morning?

NO - you must attend bike check in between 1:00pm and 06:30pm on Saturday. No exceptions can be made.

## How do I get to transition/race start on race morning?

On the morning of the race, shuttle buses will run from Stadtbredimus, Mondorf-les-Bains and Besch to the start area in Remich. You can find the exact journey times in the Athletes Guide. There are also a number of car parks in Remich and on the German side in Nennig, which are accessible on the morning of the race.

## How should I arrive on race morning?

We advise that you come in your trisuit, and wetsuit rolled down to your waist with a jumper on to keep warm. There are no specific changing areas in the morning so please arrive ready to race.

## Can I access transition on race morning?

YES - you can access transition from 06:15 – 7:45am so you can add your bike computer and any different food or drink to your bike on race morning, if needed

## How can my friends and family follow me during the race?

They can download the IRONMAN tracker application [here](#). The data will be updated the day before the race.

## 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 wear the timing chip?

It must be worn on your left ankle during the entire race.

## What if I lose my timing chip?

If you lose your chip, you can ask for a new one in the transition area. Our team will give you a new chip and inform the timing partner of the exchange.



# SWIM - FAQ

## Do I need to wear a wetsuit?

A wetsuit is mandatory for water temperature below 16 degrees. We encourage you to wear a wetsuit between 16 and 24.5 degrees. You are not allowed to wear a wetsuit above 24.5 degrees (*unless informed otherwise on race week due to specific racing conditions*).

## What should I wear if a wetsuit is not allowed?

If the wetsuit is not allowed, your swimwear must be 100% textile material. 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.

## Can I use other items?

No fins, gloves, paddles, snorkels, socks or flotation devices (*including pull buoys and floats*) of any kind are allowed. Swim goggles and facemasks may be worn.

## Do I have to wear the official swim cap?

YES - The official swim cap must be worn during the swim course. You can wear your own swim cap under the official swim cap. If you have allergies, please notify the person in charge of registration.

## Can I wear my bib number during the swim?

NO - Athletes are not allowed to wear their bib during the swim course (*disqualification*).

## Can I warm up in the water before the start?

YES - You can swim and warm up in the Remich outdoor pool, which is located in the immediate vicinity of the swim start, between 6.30 and 8.00 am.

## How is the start organized?

The race will implement a rolling start for age group athletes.

Athletes will be directed to self-seed on race morning based on their anticipated swim time. Signs will mark the areas at the swim start. Being as accurate as possible with your self-seeding will make for the best swim.

Age group athletes will enter the water in a continuous stream through a controlled access point.

The timing chip will register each athlete's start time when they cross the timing mat at the swim entry.

## What are the buoys like? Will I be able to see them easily?

There will be various buoys on the swim course. There will be yellow and orange buoys to mark the course as well as various other coloured buoys to indicate turns or exits, for example. Our speakers will explain the swim course in detail before the start and will also talk about it during the race briefing.

## What should I do if I don't feel well?

You are allowed 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. As long as you don't use it to move forward, you won't face disqualification.

If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat. They will then move towards you to give you assistance.

# TOP 10 - CHECKLIST SWIM

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 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 every 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 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.

## 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.

# BIKE - FAQ

## Do I have to use a triathlon specific or TT bike?

NO - It's your choice as long as you respect the IRONMAN rules. You can check the bike specifications in section 5.03 of the [IRONMAN competition rules](#).

## Do I need to wear my bib on the bike course?

YES - In this race, the athlete must wear their race number on their back while completing the bike course. In addition, the sticker with the start number must be attached to the front of the helmet and the seat post sticker must be attached in such a way that the start number is visible from both sides.

## Will there be kilometers markers on the bike course?

YES - There will be 10-kilometre markers along the bike course.

## How is the course marked?

With kilometer markers and road markings to indicate distances, directions, aid stations and road hazards.

## Will the road be open to traffic?

Some roads are completely closed, others are partially closed. As traffic is channelled at some points and emergency vehicles are allowed on the course, traffic must be expected at all times. All sections of the course are secured in such a way that a safe race is possible.

## What are the rules for the bike course?

You can find all the rules concerning the bike in the [IRONMAN competition rules](#). We advise you to read them carefully.

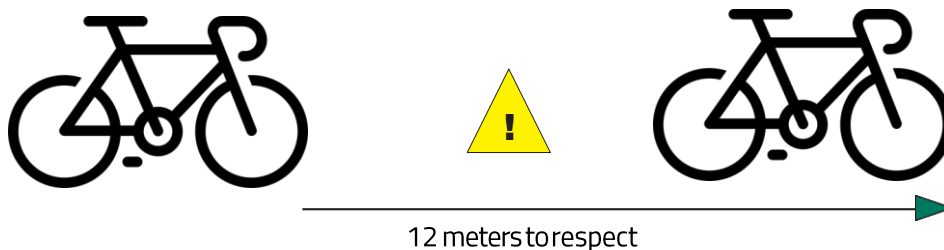
## What is drafting? What do I risk?

"Drafting" means to remain within the draft zone of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited.

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.

Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty).

All drafting and position rules in the section 5.04 of the [IRONMAN competition rules](#).



## In which penalty tent should I stop if I get a penalty card?

After a rule violation is issued to the athlete, it is the athlete's responsibility to report to the next penalty tent on the course. Failure to stop at the next penalty tent on the bike course will result in disqualification. The location of the penalty tent will be stated in the event-specific athlete guide.

# BIKE - FAQ

## Can my family and friends hand me things?

NO - 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.

Assistance provided by Race Referees or Race Officials (including official Event volunteers) is allowed but such assistance is limited to: providing drinks, nutrition, mechanical and medical assistance, and other necessary assistance (as may be approved by the Event Director or Head Referee).

Athletes competing in the same Race may assist each other with incidental items such as, but not restricted to: nutrition and drinks after an aid station, pumps, tires, inner tubes, and puncture repair kits.

Athletes may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Specifically, items that may not be provided to other athletes includes but is not restricted to: complete bicycles, bicycle frames, wheels, helmets, and shoes.

## Can I get help if I have a mechanical problem with my bike?

YES - There will be a bike service during the race. Type and location will be announced in the race briefing. Note that this bike service will be positioned at fixed points along the course and will not be flexible on call. Athletes may also help each other by lending tubes or other items that are needed (except essential race equipment).

## Can I have headphones / phones / music?

NO - You 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, and taking photographs. Headsets, headphones, or audio-capable eyewear or cycling helmets are prohibited during the bike segment.

## What should I do if I want to drop out of the race on the bike course?

We will have a broom car (final vehicles) to collect all athletes who are still on the bike course and bring them back to the transition area. There may be some waiting times.

## What should I do if I don't feel well?

You are allowed to stop or rest at any time during the bike. If you or another athlete need help, ask a volunteer or an official. They have the emergency telephone number and will contact the medical staff to let them know where you are.

## How will the aid stations be organized?



*Subject to change*

## Are there toilets on the bike course?

YES - Toilets will be located in transition and at each aid station.



# TOP 10 - CHECKLIST BIKE

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.

# QUICK PUNCTURE REPAIR

We at IRONMAN like to see everyone get to the Finish Line and even though we have bike mechanics out on the course, you should be able to replace a punctured inner tube yourself so we thought we would give you a few pointers on how to. We also recommend you practice this before racing. We suggest that you carry at least 3 repair kits incase you are unlucky to have several.

## YOUR REPAIR KIT WILL NEED THE FOLLOWING:

- new inner tube (*make sure the valve is long enough if you have deep rim wheels*)
- 2 or 3 levers (*make sure these are strong as cheap ones can bend*)
- CO2 canisters x 2 OR an inflator/pump

## TO MEND YOUR PUNCTURE, YOU WILL NEED TO:

- remove the wheel. If it's the back wheel change, move your gears so the chain is on the smallest cog on the back wheel -this makes it easier to put back on ;
- check the outside of the tyre to see if anything is stuck in it i.e a thorn, glass, nail, tack etc and remove ;
- use the tyre levers to remove the tyre. This is the hardest part of changing a tyre. Place the two levers under the rim of the tyre, about three inches apart and push down until part of the tyre rim pops over the wheel rim. Remove one of the levers and place under the tyre rim a further two or three inches away and keep doing this until one side of tyre is all over the rim ;
- remove the existing inner tube. Remember to unscrew the ring from the valve ;
- run your fingers along the inside of the tyre tube to make sure nothing is sticking through that could puncture the new inner tube (be careful not to cut your fingers). This is usually why new inner tubes puncture as soon as you inflate them. If you hit a pothole and punctured, it's likely that you won't have anything stuck in the tyre but always good practice to check ;
- take out your new inner tube and open the valve, blowing a small amount of air into the tube –this will help it sit correctly under the tyre ;
- insert the valve into the wheel rim hole and push the inner tube into place ;
- starting at the valve, put the tyre back into place, making sure the inner tube is not getting pinched ;
- push the valve so the rim of the tyre goes under the valve and screw the ring on to the valve ;
- moving away from the valve, push the tyre wall back over the rim doing as much as you can before needing a lever ;
- for the last bit reverse the lever and place under the tyre, making sure not to pinch the inner tube and force the tyre rim back into place ;
- place the wheel back on your bike, making sure to tighten it before inflating ;
- inflate your tyre (making sure the valve is open) using a CO2 cannister or pump. If using a CO2 canister, inflate till tyre is hard. This will leave some air still in your canister – keep this in case you need to top up or are unlucky enough to get another puncture.



# RUN - FAQ

## Do I need to wear my bib on the run course?

YES - Athletes must wear their IRONMAN issued bib number in front of the athlete's person and the bib must be clearly visible at all times on the run course.

## Will there be kilometers markers on the run course?

YES - there will be HOKA 5-kilometre markers along the run course.

## How is the course marked?

You will find on the run course: kilometer markers, U-turn and aid station signs.

## Are there any scrunchies for counting laps?

YES - You will receive scrunchies after each lap.

## Which shoes are prohibited?

You can find the list of prohibited shoes [here](#).

## Can my family and friends hand me things?

NO - 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.

## Can I have headphones/ phones / music?

NO – You are not allowed to 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, and taking photographs. Headsets, headphones, or audio-capable eyewear are prohibited during the run segment.

## How will the aid stations be organized?



*Subject to change*

## Are there toilets on the run course?

YES - Toilets will be located in transition and at each aid station.

## What should I do if I don't feel well?

You are allowed to stop or rest at any time during the run. If you or another athlete need help, ask a volunteer or an official. They have the emergency telephone number and will contact the medical staff to let them know where you are. If you are under the care of medical staff, they will inform us whether or not you should stop the race.

## What should I do if I want to drop out of the race on the run course?

If you want to drop out on the run course, let an official know (except for medical reasons). For safety reasons, we need to know that you are safe and that you are no longer on the run course. Keep your timing chip for the bike check-out. If you're not feeling well, there's a medical tent at the finish line, so don't hesitate to consult a doctor

# TOP 10 - CHECKLIST RUN

Start on the run leg of a triathlon demands a unique set of strategies to seamlessly transition from bike and optimize performance. From pacing and hydration to mental resilience and course knowledge, these 10 tips are designed to guide triathletes through the critical running segment, ensuring a successful and well-rounded race experience.

## 1. START SLOW AND PACE YOURSELF

Begin the run at a manageable pace to conserve energy for later stages. It's easy to get caught up in the excitement, but starting too fast can lead to fatigue.

## 2. STRECHING IS KEY

Three minutes before, five minutes after. That's the least you need to do but more is most definitely better. Hip flexors, ankles and calves are the most important muscle groups to keep flexible to improve performance.

## 3. DRESS APPROPRIATELY

Wear moisture-wicking clothing and proper running shoes. Dress according to the weather conditions, considering factors like temperature and humidity. Choose clothing that is visible in low-light conditions. Choose lightweight and breathable running shoes that provide the necessary support. Consider elastic laces for quick transitions.

## 4. HYDRATATION STRATEGY

Proper hydration is essential for peak performance. Drink water consistently leading up to the race and take advantage of water stations along the route. Stay hydrated throughout the triathlon, but be mindful of not overhydrating during the bike segment to prevent discomfort while running.

## 5. NUTRITION PLANNING

Have a nutrition plan for the entire triathlon, including the run. Consume a balanced meal with complex carbohydrates the night before the race. Consider carrying energy gels or snacks to refuel during the run leg.

## 6. FIND SAFE, TRAFFIC-FREE ROUTES

Find - and plan in advance - some routes that you can regularly use in all kinds of weather conditions, ideally traffic-free. But if you have to run on the road and there's no footpath, make sure you run against the traffic, unless you're approaching a blind bend, in which case you should swap sides until it's safe to cross back.

## 7. PRACTICE MENTAL TOUGHNESS

Running is not just a physical challenge but also a mental one. Stay focused, positive, and visualize yourself crossing the finish line. Break the race into smaller, manageable segments.

## 8. TAKE TIME TO REST

Rest days are just as important as supercharged ones. Everyone knows that recovery needs to be built into any exercise routine, yet it's often hard to work out the ideal ratio.

## 9. KNOW THE COURSE

Familiarize yourself with the race course in advance. Knowing the terrain, elevation changes, and key landmarks can help you plan your strategy and mentally prepare for the challenges.

## 10. CELEBRATE MILESTONES

Acknowledge and celebrate your achievements as you reach different milestones during the race. This positive reinforcement can boost your morale and motivation.

# AFTER-RACE - FAQ

## Can my family run down the Finish Line with me?

NO - you will be disqualified if you bring anyone on to the course that is not participating in the race.

## Are there showers after the race?

YES – There will be showers in the post race area.

## What should I do if I don't feel well after the race?

If you are feeling unwell, there is a medical tent at the finish line, so don't hesitate to consult a doctor. If you have already returned to your hotel/home, you can contact 112, which is the emergency number available throughout Europe.

## Where will my white bag be after the race?

Your white bag will be waiting for you in the post race area, shortly after the Finish Line.

## Where do I give my timing chip?

You will hand out your timing chip at the exit of the bike check out. Your race timing chip is a loaner. You must return the chip to the timing company, or you will be billed for its replacement.

## When can I collect my bike and transition bags after the race?

You can collect your bike and transition bags at the bike check out (Sunday, 2:30 – 6:00pm).



# TIPS & TRICKS

Participating in your first IRONMAN is a significant athletic accomplishment that requires careful preparation and planning. Here are tips and tricks to help you make the most of your first IRONMAN experience:

## Start Early, Train Consistently

Begin training well in advance and follow a structured plan to gradually build your endurance.

## Perfect Your Transitions

Practice smooth transitions between swimming, cycling, and running to save time on race day.

## Prioritize Nutrition and Hydration

There are four disciplines in an IRONMAN, Swim - Bike - Run - Nutrition.

You need to practice your nutrition and use what is going to be given out on the course. Never try anything new on race day - stick to what you know!

## Know the Course and Conditions

Familiarize yourself with the race course, walk to swim start from transition, swim exit to T1, bike out and bike into T2 and then the run out of T2. This will help when the race day nerves kick in and to help you find your bags and bike quicker

## Stay safe and look after each other

Even if it's a competition, remember that safety and security are a priority for you and all the other athletes. Make sure that the person to be contacted in an emergency is not someone taking part in the race and that they will be present on race day. Don't forget to write their mobile number on the back of your BIB, along with your medical details.

## Listen to Your Body

Pay attention to signs of fatigue or pain, adjust training as needed, and be flexible with race-day expectations. If you raced the bike, you'll walk the run - don't push yourself too hard

Taper 2/3 weeks before the event. Don't try to catch up with missed training. Take the time to rest and try to get as much sleep as possible. You are likely to feel tired the week of the race and get pains and aches - this is normal so don't panic!

Enjoy your red-carpet moment and make sure you smile coming over the Finish Line - you've worked hard for that moment!

**Remember that completing an IRONMAN 70.3 is an incredible accomplishment, and the journey is as important as the destination. Stay positive, stay disciplined, and most importantly, enjoy the process.**

**Good luck!**

# ENJOY YOUR FIRST IRONMAN EVENT!



**IRONMAN**  
**70.3**  **LUXEMBOURG**  
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