DIMANCHE
6 SEPTEMBRE
SWIM 1.9 KM ● BIKE 90 KM ● RUN 21.1 KM
ATHLETE GUIDE
RELAY
Fellow athletes, welcome to Les Sables d’Olonne!

What a pleasure it is to once again be able to share the passion of triathlon all together. This event marks the long-awaited return of sporting events after a period of doubts, cancellations, and disappointments. This Sunday, September 6th, in compliance with the health measures enforced by the national health authorities, you will be a part of a historic race. Last year’s race was elected best IRONMAN triathlon in 2019, this year all eyes will be on you around the world. All you have to do is enjoy the exceptional racecourse that Les Sables d’Olonne and Vendée have to offer.

Us being able to take part in this triathlon this weekend, is mainly thanks to the volunteers who massively showed up to give a hand despite the current circumstances. That is why I would like to take this opportunity to say THANK YOU to them. Please also do the same throughout your adventure in Les Sables d’Olonne.

A big thank you to the town of Les Sables d’Olonne, the department of Vendée and the Pays de la Loire Region for their support, not to mention our local and European private partners.

Finally, I would like to thank you personally for your patience and support throughout these difficult months. Several measures, in compliance with barrier gestures, have been implemented in order for this race to take, I ask that you follow those rules and respect your fellow athletes of the IRONMAN community.

Have a nice race!

Matthieu Boyer
Race director

The city of Sables d’Olonne is delighted to host again the IRONMAN 70.3.

With 2019 being so successful, we are eager to welcome you back for the second edition of our remarkable sporting event.

This postponed event due to the global pandemic, will be the opportunity for the city of Les Sables d’Olonne to renew with sporting events to which they are so committed.

From our iconic channel to our Remblai through our marshes and forests, this new edition will be an exceptional playground to our athletes.

A special thank you goes to the team and volunteers who are involved in this event.

Welcome to Les Sables d’Olonne.

Yannick Moreau
Mayor of Sables d’Olonne

After last year’s successful edition, the Vendée Departmental Council, the main sporting partner in our department, is delighted to welcome you at this year’s IRONMAN 70.3 Les Sables-d’Olonne race: which is one of triathlon’s most demanding events.

A «dream location» in the words of the IRONMAN France Director, our region has been highlighted thanks to the prestigious Vendée Globe, which will take place just a couple of weeks after our event!

The Vendée Departmental Council supports this legendary event for the 1700 triathletes, including the world’s best, who will be competing on an exceptional racecourse.

I would like to thank the 850 volunteers, the organizing club «Les Sables Vendée Triathlon» and its president, who contribute to keeping Sport in Vendée alive.

Once again, the Vendée Departmental Council is showing their support to major events on its territory, for enthusiast’s biggest pleasure!

Yves AUVINET
President Conseil Départemental de la Vendée
After a truly successful first edition in 2019, the IRONMAN 70.3 Les Sables-d’Olonne - Vendée is once again shaping up to be one of the Region’s major sporting events this autumn.

This event highlights the affection the Loire inhabitants have for sport and competition, but it also reveals the devotion of those who bring the culture of triathlon to life in our Region, Pays de la Loire. That goes for our talented athletes to the many amateurs and organizers of sporting competitions in our region.

The Pays de la Loire Region is proud to support and be a part of this fine adventure. With the establishment of this new IRONMAN 70.3 on the Atlantic coast, the Pays de la Loire, the leading sports region in France, has once again proved itself to be a dream location for hosting major sporting events.

I wish you a nice race!

CHRISTELLE MORANÇAIS
President Région des Pays de la Loire
Introduction

This 2020 season has been marked by the global pandemic, COVID-1, forcing many organizations to cancel mass events, including some of ours.

As enthusiasts, experienced triathletes (Yves Cordier, Director of IRONMAN France and ex-professional triathlete), endurance athletes (many IM staff members are IRONMAN finishers and have completed Ultra Trails) and above all rigorous collaborators, we have put a lot of hard-work to be able to hold this event.

In this athlete guide, we will detail the race specifics and the measures we will implement due to COVID-19.

Here are the main topics:

- Face coverings are mandatory in all race venues throughout the weekend, except from the start line to the finish line.
- Bring your own face coverings as they are mandatory up to the start line of the race, and we will provide you with a face cover in the finish area.
- You must use the Hand Sanitizing Stations when they have been implemented
- Post-race food and beverages will be provided to athletes in a lunch bow (not a buffet)
- Our Slot Allocation and Awards Ceremony will be modified
- You must respect Social distancing in all race areas as well as during the run course, to be applied to the best of your ability.

The IRONMAN 70.3 Les Sables d’Olonne - Vendée will implement a Rolling Start in waves according to age groups. Each category will be provided with a different coloured cap and a specific bib. As a result, the benefit of «low» bib numbers for the AWA and Triclubs athletes, has been exceptionally removed for this edition.

Due to COVID-19, the registration benefits also had to be exceptionally removed.
### Friday 4th September

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<td>Athlete check-in</td>
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### Saturday 5th September

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### Sunday 6th September

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<td>2pm - 5pm</td>
<td>Check out bike and bags</td>
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<tr>
<td>5pm - 7pm</td>
<td>Awards Ceremony</td>
<td>Amphithéâtre Les Atlantes</td>
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</table>
WHEN SPEED MEETS COMFORT

Santini

santinicycling.com
NO PARKING
- Rue Bernicot
  Saturday 11pm to Sunday 2pm
- Quai Amiral de la Gravière
  Saturday 11pm to Sunday 2pm
- Boulevard de l’île Vertime
  All the week

Face mask mandatory
Face mask mandatory

EXPO

LISTE DES EXPOSANTS
1 DEBOER
2 AQUAMAN
3 ...
4 SAILFISH
5 PLANETE CYCLE
6 FRANCE BIKE RENTALS

MERCHANDISING
PLACE DU PALAIS DE JUSTICE
ENTRÉE / ENTRANCE PUBLIC / ATHLETES
SORTIE / EXIT PUBLIC / ATHLETES

PALAIS DE JUSTICE

JARDIN GARDEN
JARDIN GARDEN

PROMENADE DE L'AMIRAL LAFARGUE
ATHLETE CHECK IN
License / No-license

Only one member of your relay team can pick up the race package at registration. Please note that this athlete must have all the necessary documents for the pick-up: the identity card (or photocopy) of each participant, the annual or daily licenses and if necessary medical certificates. **No exception will be made.**

**License**

Do you have a license affiliated to a Triathlon Federation in the UK, Netherlands, Germany, Belgium, Luxembourg, Switzerland, Italy, Spain or Portugal?

Bring your **ID card / Passport** and your **license** with you to the registration desk.

Do you have a license affiliated to a Federation from a country that’s not listed above?

You must buy a **one day license online from the French Federation of Triathlon** (sent by email or available on our website) and bring to the registration desk your **Triathlon license**, your **ID card / Passport** and a **medical certificate** dated of less than one year of the race day and with the mention «triathlon in competition»

If you have a SWIM license and are racing the swim segment, you will need to present your license and the relay day license. In this case, the medical certificate is replaced by the SWIM license. This is valid for the bike segment (BIKE license) and the run segment (ATHLETISM license).

**No-license**

You must buy a **one day license online from the French Federation of Triathlon** (sent by email or available on our website) and bring to the registration desk your **ID card / Passport** and a **medical certificate** dated of less than one year of the race day and with the mention «triathlon in competition»

**How does it work?**

1. An email has been sent with your bib number and a QR code. **Print it or keep it on your smartphone and present it at the registration desk.**

2. Take the information of your bib number available on our website - IRONMAN 70.3 Les Sables d’Olonne - Vendée.

3. Go to the registration area and queue at the corresponding license checking line.

4. Pick up your race package. A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during race week until the check-out. **It will be the responsibility of the athlete who collects the package to give the wristbands to his team members registered for the race. No wristbands: no entry into the transition area.**

**Schedule reminder**

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<td>9am - 3pm</td>
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</tbody>
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COVID-19 MEASURES

REGISTRATION AREA

- Wash your hands with the gel provided by the organization
- It is mandatory to wear a face mask
- Avoid groups
- Respect social distancing
- Respect the traffic flow direction

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info@ACTIVEendurance.com
Race package includes:

- Two bibs: Team members must wear the bib fixed by Three (3) points in the back during the bike segment and in the front during the run segment.

- One swim cap: You must wear it during the swim segment. Stick your tattoo on it.

- Stickers board:
  - Three stickers for the «RUN» «BIKE» «STREET WEAR» bag
  - One sticker for your saddle
  - One sticker for your helmet (front side)

- Three Tattoos: One for your left calf - One for your left arm - One for your swim cap

- ▲ NEW ON IRONMAN FRANCE - COVID-19 MEASURES ▲

«BIKE» & «RUN» bag:
* Drop off your gear bags next to your bike in the Bike Park on Saturday the 5th from 11am to 7pm.

You are not required to leave your transition bags at the check-in. You can organize yourselves. However, if you decide to leave your bags in the Bike Park, you must place your BIKE bag (blue) on the left side of the bike and your RUN bag (red) on the right side of the bike. Nothing else must be on the ground.

- Put your gear for Transition 1 (SWIM to BIKE) in the BLUE bag.
  - Bib number fixed with 3 points
  - Helmet with your bib number on the front side
  - Bike shoes (if you have not fixed it on your bike)
  - Jacket, arm muff, etc.
  - Nutrition, sun glasses, etc.

- Put your gear for Transition 2 (BIKE to RUN) in the RED bag.
  - Run shoes
  - Socks
  - Nutrition
  - Sunscreen
  - Etc.

«STREET WEAR» bag:
* Drop off: in front of Les Atlantes, close to the swim start on race day morning.

- Put your gear for after the race.
- Do not put valuable or fragile objects
The «check-in» is in the triathlon dictionary as the time when you drop off your transition bags and bike, the day before the race.

**Schedule reminder**

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<td>11am - 7pm</td>
<td>Parking Port Olona</td>
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</table>

**BIKE SERVICE**

Our partner France Bike Rental offers you a last check of your bike before the start.

More information and book your slot [www.francebikerentals.com]>

**Face mask mandatory**

**Bike check in - BIKE & RUN bags drop off**

Come to the bike park entrance with your bib number fixed by 3 points and your stickers stick on front of your helmet and on the saddle tube.

Bike brakes will be checked as well as the handlebars. Disc brakes are allowed.

Place your bike on the rack according to your bib number. Covering your bike is prohibited (DSQ). The «BIKE» gear bag goes on the left hand side of your bike. The «RUN» gear bag goes on the right hand side of your bike. No gear can be placed outside of the bags.

Bike shoes can be clipped on your bike and nutrition or bottles can be placed on your bike on race day morning.

Check again your BIKE bag for Transition 1 and your RUN bag for Transition 2. Do not forget to leave your bib in your BIKE bag.

**Timing chip**

The timing chip will be provided at the end of the bike check-in at Parking Port Olona.

It will be the responsibility of the team member who is doing the check-in to give it to the swimmer before the swim start.

Do not lose it or forget it on race morning!
Directly on site
Known in the world, the channel of Vendée Globe is the perfect place to follow the swim segment. On the run course, you can go everywhere from the Port to Lac de Tanchet, along the Remblai or close to the Finish Line. Athletes will also run on the beach (during 300m). Bring your towel, your parasol, and enjoy the race.

IRONMAN.com
On IRONMAN.com. A link will bring you on the LIVE coverage with the ranking and the position of your favorite athletes as well as other options.

IOS & Android IM Tracker
Download the app IM Tracker on your smartphone to follow the race and know the ranking, position of your favorite athletes and more.

Face mask mandatory for the public in the race venue
**RACE DAY**

**Stick your tattoos**

Tattoo swimming cap: left side.
Calf tattoo: left side on the cyclist.
Arm tattoo: left side on the runner.

If you wear compression socks, put your tattoos on so that they are visible.

**SOS TATTOO : How to stick it on your skin?**

* Remove the light protect layer
* Put the tattoo on your skin with the sticky side - narrow in direction of the top.
* With your hand or a sponge, get your tattoo wet for few minutes.
* When it is ready, the paper will slide off by itself.
* Let it dry during one minute! You are ready!

**BIKE PARK**

Come to the bike park entrance with the tattoos stuck on your left arm and calf, and your timing chip attached on your **left** ankle.

Check your tyre pressure. Clip your shoes on your pedals if you want as well as your nutrition.

Due to COVID-19, you can leave your bike pump next to your bike, behind your BIKE gear bag, aligned with your bike.

BIKE team member will be able to access the transition zone via the RUN exit from 7:00 am. RUN team member will be able to access the transition zone via the RUN exit from 9:15 am.

---

**STREET WEAR bag**

All your gear for after the race should be in your STREET WEAR bag.

**Drop off :** on race day morning close to the start area, you will find a dedicated area with volunteers. From 5:30am to 7:50am.

**Advice :** the rolling start will last 50 minutes. Wear your gear until few minutes before giving them to the volunteers to stay warm.

You will get your bag back after the race at same place, in front of Les Atlantes.

**Toilets**

Toilets in the bike park are reserved for the SWIM to BIKE and BIKE to RUN transitions. Toilets are available in the race start area, please use them and keep the toilets clean.

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<td>Parking Port Olonna</td>
</tr>
<tr>
<td></td>
<td><strong>Caution !</strong> You have 20 minutes by walk from bike park to swim start.</td>
<td></td>
</tr>
<tr>
<td>7.10am</td>
<td>PRO Men start</td>
<td>Base de mer</td>
</tr>
<tr>
<td>7.12am</td>
<td>PRO Women start</td>
<td>Base de mer</td>
</tr>
<tr>
<td>7.14am</td>
<td>PC Start</td>
<td>Base de mer</td>
</tr>
<tr>
<td>7.15am</td>
<td>Race start</td>
<td>Base de mer</td>
</tr>
<tr>
<td>8am</td>
<td>Last swimmer in the water</td>
<td>Base de mer</td>
</tr>
<tr>
<td>9am - 4pm</td>
<td>IRONMAN Expo</td>
<td>Place du Palais de Justice</td>
</tr>
<tr>
<td>2pm - 5pm</td>
<td>Bike and bags check-out</td>
<td>Parking Port Olona</td>
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<tr>
<td>5pm</td>
<td>Awards Ceremony</td>
<td>Amphithéâtre Les Atlantes</td>
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<tr>
<td>6pm</td>
<td>Slots allocation</td>
<td>World Championship IRONMAN 70.3</td>
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**Cut off Time**

**SWIM : 1h15** - **BIKE + SWIM : 5h35** - **SWIM + BIKE + RUN : 8h05**
**Rolling Start**

6 athletes will start each 8 seconds.

Wave start is given at a specific time, by age category.

**Cut off time**

Swim cut off: 1h15

**Relays**

Start at 7.38am

**I lost/forgot my timing chip**

If you have forgotten your timing chip before your start, you can pick up a new one close to the swim start, underneath the «SWIM» arch. A volunteer with a sign board «SOS PUCE / SOS CHIP» will help you.

If you have lost your timing chip during the swim, you can pick up a new one in transition 1, at the exit of the bike park.
SWIM Rules

It is forbidden to wear your bib during the swim segment (DSQ).

It is not allowed to give your material (swimsuit, swim cap, goggles...) to another person at the exit of the water.

You must take off your swimsuit in the transition area (yellow card - 30 seconds penalty).

Swim suits De Soto Water Rover and Speedo Elite Triathlon with specific technology on the forearms are forbidden.

How the start will work?

There are only 5 starting corrals.

At 7.10am (PRO Men Start) the first 5 age groups must be in their starting corrals, ready to go! (M40-44 first then M18-24, M30-34, W40 & -, M35-39).

When one category starts, the following categories will be asked to step forward and feed themselves into the starting corrals, according to the start schedule.

Swim entrance is in front of Les Atlantes, close to the STREET WEAR bags.

Wear the face mask until the start line. Trash cans will be available close to the start line.

Respect social distancing in the starting corrals.

Athlete Guide 2020 - IRONMAN 70.3 Les Sables d'Olonne - Vendée
Due to COVID-19, there will be no RELAY transition zone in the bike park on race day. Relay athletes will have to wait in a fixed position at the bike spot and wait their team members.

However, if you want to use transition bags, put your swim gear away in your «BIKE» bag and then put it back in it’s place on the left hand side of your bike and make sure all gear is in the bag.

The helmet of the cyclist must be attached, chinstrap closed. (yellow card - 30 second time penalty)

Jump on your bike after the mount line, at the exit of the bike park. (yellow card - 30 seconds penalty)

DNF

In case of withdrawal, tell a referee and only to a referee.

Do not forget to keep your chip with you. You need it to get your gear and your bike back during the check out from 2pm to 5pm. No check-out will be allowed outside check-out hours.
Cut Off Time

5H35 : SWIM + BIKE

Aid Stations

KM 23 - KM 53 - KM 73

Products

ENERVIT Gels : Orange or Raspberry with caffeine
ENERVIT Bars sans gluten : Apricot or Red fruits
ISO Drink ENERVIT : Orange
Water
Bananas

Profile

+ : 600m
- : 600m

Main difficulty: Series of rolling up and down. Wind can be an additional factor of difficulty.
BIKE Rules

It is mandatory to respect the rules of the road.

Drafting is not allowed. You must respect 12 meters of distance between front wheels. You must pass the other competitors in 25 seconds maximum.

If you do not respect the drafting rules, referees will give you a blue card (5min added to your bike time).

Blue card - BIKE

5 minutes to serve in penalty area location 50 meters prior to the Bike Park on the right.

Yellow card - BIKE

30-second «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.

Please keep in mind the social distancing.

TRANSITION 2

Due to COVID-19, there will be no RELAY transition zone in the bike park on race day. Relay athletes will have to wait in a fixed position at the bike spot and wait their team members.

However, if you want to use the transition bags, put your gears away in your «RUN» bags and then put it back in it’s place on the right hand side of your bike and make sure all gear is in the bag.

If you loose your chip during the bike, you can get another one at the end of the transition 2.

DNF

In case of withdrawal, tell a referee and only to a referee.

Do not forget to keep your chip with you. You need it to get your gear and your bike back during the check out from 2pm to 5pm. No check-out will be allowed outside check-out hours.
**ON-COURSE NUTRITION PRODUCTS**

**BIKE COURSE**

Enervit Sport Gel: A glucosepolyglucose based gel. A gluten free, high-energy concentration formula containing 25g of carbs, a vitamin mix and 25mg of caffeine (Raspberry flavour only). Available in Orange & Raspberry with Caffeine flavour.

Enervit Sport Competition Bar (30g): A gluten free high-energy concentration bar with 23g of carbs, one 25g of carbs. Available in both Apricot & Red Berry flavours.

Enervit Sport ISO drink: A carbohydrate-electrolyte containing 25g of carbs per serving. The drink will be served in Enervit bottles.

**RUN COURSE**

Enervit Sport ISO drink: A carbohydrate-electrolyte containing 25g of carbs per serving. The drink will be served in Enervit paper cups.

**ORGANICS by Red Bull Simply Cola**

A lightly carbonated soft drink containing various natural flavourings from plant extracts. One 250ml can contains 32mg of caffeine. It is NOT an energy drink. The cans are 100% recyclable.

For more product information visit ORGANICS by Red Bull® [www.organicsbyredbull.com](http://www.organicsbyredbull.com)

**Red Bull Energy Drink**

Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins and sugars. One 250ml can contains 80mg of caffeine, about the same as a cup of coffee. The cans are 100% recyclable. The product will be served diluted with water in Red Bull paper cups.

**C’est parce qu’elle apporte naturellement des minéraux, du sodium et des bicarbonates que St-Yorre est l’eau choisie par les triathlètes pour s’hydrater.**

[WWW.ST-YORRE.COM](http://WWW.ST-YORRE.COM) — REJOIGNEZ LA COMMUNAUTÉ SUR [STYORRERUNNING](http://STYORRERUNNING)
**Run**

**Cut off time:** 8h05

First part of 2km along the Chanel before a short part of 300m on the sand. Then you will have to run 3 laps.

**Aid Stations**

LAP 1: KM 2.6 / 4.1 / 5.2 / 7
LAP 2: KM 8.8 / 9.9 / 11.4 / 13.2
LAP 3: KM 15.1 / 16.6 / 17.7 / 19.5

**Products:** Self service is not allowed. Only the volunteers can give you the products.

- ENERVIT Gels: Orange or Raspberry with caffeine
- ENERVIT Bars sans gluten: Apricot or Red fruits
- ISO Drink ENERVIT: Orange
- Water, St-Yorre sparkling water, Coca-Cola, Red Bull
- Bananas, oranges, Chips

**RUN Rules**

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.

*Due to the COVID-19 measures, you must try to respect 4 meters between you and other athletes*

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**Yellow card - Run**

30-second «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.

*Please keep in mind the social distancing.*
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SWIM 1.9 | BIKE 90 | RUN 21
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.

Do not stay on the Finish Line to avoid gathering and to respect health measures.

**After-Finish**

Team members are not allowed to cross the finish line together.

A « RELAY TEAM ENTRY » zone will be set up after the finish line to allow the relay team to go to the after-finish zone together.

SWIM and BIKE relay members must wear the mask to access this zone.

Medals will be given to you just after the Finish Arch. The organisation will provide you masks. Please wear it immediately. If you do not comply with this rule a referee can punish you.

Enter into the Atlantes to pick your Finisher Shirt and a «lunch box». Because of the COVID-19, we cannot provide a buffet and massages at the After Finish area.

**Lunchbox** : Water, St Yorre Sparkling water, Chips, Coca-Cola, Red Bull, Cheese, Bread with cereals, salads, aperitive chips, bananas, fruits bars, Mars, exotic fruits trail, purees, local specialty

**Check - out**

<table>
<thead>
<tr>
<th>Timing</th>
<th>Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2pm - 5pm</td>
<td>Pick up your bags and your bike</td>
<td>Parking Port Olona</td>
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</tbody>
</table>

Do not forget to keep your chip with you. You need it to get your gear and your bike back during the check out from 2pm to 5pm.
Timing | Description | Location
--- | --- | ---
5pm - 7pm | Awards Collection | Les Atlantes, Amphitheatre

Podiums & trophy for the Top 3 of each AG category
Podiums & trophy for the Top 3 Relays Team (Men, Women, Mixed)
Podiums & trophy for the Top 5 PRO Men & PRO Women
Podiums & trophy for the Top 3 TriClubs

AWARDS

Compex vous fait bénéficier d’une offre promotionnelle exclusive !
Offre spéciale pour tous les participants. CLIQUEZ ICI !

Exclusive promotional offer from Compex.
Special offer for all participants. CLICK HERE

Lire la notice. Les électrostimulateurs Compex sont des dispositifs médicaux de classe IIa qui portent au titre de cette réglementation le marquage CE. Ce sont des appareils dédiés à la stimulation des nerfs sensoriels de personnes en bonne santé afin d’augmenter le débit sanguin. Ils sont destinés à la stimulation des nerfs sensoriels afin d’obtenir des effets antalgiques.
MEASURES
COVID-19

AWARDS

Face mask mandatory

Only rewarded athletes can enter into the Amphitheatre of Atlantes.

Only one member of the TriClub can pick up the trophy.
RULES

The same rules apply for « Relays » and individual competing athletes at the IRONMAN® 70.3® Les Sables d’Olonne Vendée race.

We remind you that the complete rules and regulations are available on our website and that it is your responsibility to know them.

When issued a yellow card, no matter the course, the athlete must correct the fault (when possible) and do the 30-second penalty on spot with the referee who issued the penalty. The referee will start the stopwatch, and let the athlete know when they can carry on with their race once the penalty has been served.

For example (please read our rules and regulation for more cases): non-compliant uniform, intentionally interfering the forward progress of another athlete, littering outside of the ecozones...

A blue card is a 5-minute time penalty to punish athletes for drafting.

When issued a blue card, the 5-minute time penalty must be done in the penalty area located 50 meters prior to the Bike Park

Reminder:
1 blue card = 5:00 Minute Time Penalty
2 blue cards = 10:00 Minute Time Penalty
3 blue cards= Disqualification

The official results will be published once the race is over and all penalties have been added on to finish times and validated by the Head Referee.

A red card is an immediate disqualification. When issued a red card in the middle of a segment (swim, bike or run) the athlete can complete the current discipline in order to make it to the transition area but the athlete can not continue on with the rest of the race. However, the athlete must not cross the finish line.

SPECIFIC EXAMPLES

SPECIFICITES COVID-19 :
Face covering :
Athletes must wear face coverings as soon as they enter our race venues for registration (Race village, Athlete Check-in, Bike Check-in, Bike Park...) and after the race (Finish line, Post-finish line area, check-out...).
Failure to comply will result in a disqualification or a did not start. Referees can punish competitors before, during and after the event, from registration until final results have been published.

** I did not comply with the draft zone on the bike course, and was issued a blue card from a referee, who notified me as per the rules.

* A 5-Minute Time Penalty will be added to my final bike time. I do not need to stop.

****

** I littered outside of the trash zone and a referee issued me a yellow card.

* I must stop on spot, correct the fault by throwing the waste away properly, and then serve the 30-second time penalty with the referee who issued the penalty. Then I can carry on with my race.

****

** I wore my bib underneath my neoprene wetsuit. A referee issued me a red card.

* I stop immediately where the referee is, and I cannot continue the race. A person from the organization will escort me to the streetwear zone where I can pick up my change of clothes. However, I will not be able to check out outside of opening hours.

****

** I took a shortcut in the Bike Park by passing underneath a bike rack.

* I must stop on spot, and serve the 30-second time penalty with the referee who issued the penalty. Then I can carry on with my race.

*****
GOOD TO KNOW

One question? Please send us a message on Facebook

Our partner Finisher Pix will shoot you during the race. Look at your photos 48 to 72h after the race on their website. If you pre-order the photos, you will receive an email with a download link. If you do not receive the email, please contact support@finisherpix.com.

If you have lost something during the event, please contact us at lessablesdolonne70.3@ironman.com.

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 are on site, you can go to the Medical Info Stand located near the main entrance of the Atlantes.

- If you witness a security incident:
  Please, contact 09.79.98.18.20 - security

- If you witness an accident or health problem:
  Please contact 09.79.98.18.24 - emergency services

When contacting our Security and emergency hotlines, please:
  - Keep calm
  - Be specific when providing the following information:
    - Athlete’s bib number
    - Exact location (e.g. the wording of a flagging post)
    - The reason for your call
    - The presence of witnesses
Tous ensemble, inventeurs de solutions agiles pour emmener nos clients toujours plus loin

Transport avec manutention
Cour de ferme
Messagerie industrielle
International
Transport avec température dirigée

During the cycling course, prefer bars to gels and, if you like, once or twice you can switch your supplements with traditional food (i.e. fruit or cookies).

ENERVIT ON COURSE NUTRITION
The following Enervit Sport products will be distributed to athletes at the aid stations:

- EVERY 20'
- EVERY 30'
- EVERY 45'
- EVERY 60'

ENERVIT SPORT GEL
ENERVIT SPORT COMPETITION BAR
ENERVIT SPORT ISOTONIC DRINK

The following Enervit Sport products will be distributed to athletes at the aid stations:

- EVERY 20'
- EVERY 45'

ENERVIT® Nutrition System® 70.3

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SWIM, BIKE, RUN STRESS-FREE

Services provided for the exclusive use of Nirvana guests:
- Flights - Airport Transfers - Athlete Focused Accommodation
- Secure Bike Storage - Early Race Day Breakfast - Resort Support Team
- Dedicated Registration Desk - Private Q&A with IRONMAN Race Announcer
- Guided Course Familiarisation Tours - Access to Nirvana Pre-Start Lounge
- Reserved Table at Welcome Banquet - Race Entry for Sold Out Events

contactus@nirvanaeurope.com
www.nirvanaeurope.com
E. Leclerc
Les Sables d’Olonne
L’esprit de Compétition!

fournisseur officiel de

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LES SABLES D’OLONNE
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