

**IRONMAN**<sup>®</sup>  
**70.3**<sup>®</sup>  SWITZERLAND  
RAPPERSWIL-JONA

# FIRST TIMER GUIDE

ENGLISH



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# WELCOME TO YOUR FIRST IRONMAN EVENT

Dear athletes,  
welcome to Rapperswil-Jona!

We are thrilled to welcome you to the 2024 edition of IRONMAN 70.3 Switzerland, nestled in the picturesque region around Lake Obersee. The entire town and its surroundings, along with our dedicated organizing committee and enthusiastic volunteers, are eagerly awaiting your arrival in the charming City of Roses.

Congratulations on putting in the hours to train for your first IRONMAN race.

This guide will give you some useful information and advice for your first IRONMAN. It does not replace the Athlete Guide. We therefore strongly recommend that you read the event-specific Athlete Guide in addition to this guide.

The day you have worked so hard for has finally arrived. It's time to enjoy your race, soak in the amazing atmosphere, and to have confidence in yourself. Believe in the dedication that has brought you to this moment. Remember, we're here to support you every step of the way

We wish all athletes a successful and memorable race day. Let the beauty of Rapperswil-Jona inspire you as you take on this challenge. Enjoy it and don't forget to smile when you cross the finish line.

See you very soon!



**Sahra Walter**  
Race Director

# FIRST TIMER CHECKLIST



Courses & Venue



Athlete Guide



Time Schedule

## PRE-RACE

- Check the schedule & plan travels accordingly
- Study the racecourses & race information (e.g. Athlete Guide)
- Train accordingly / plan and test nutrition
- Purchase a triathlon license or a one-day license
- Check your registration and details in your Active account

## RACE WEEK

*For detailed information around the registration process, the Bike Check In and other important things you have to be aware of, please carefully read through the Athlete Guide, which gets published 4 weeks prior race day on the official IRONMAN event website.*

- Meet us at registration for Athlete Check In (Don't forget your photo ID!)  
In registration our staff will give you:
  - BIB number & Sticker Sheet (instructions on the back)
  - Athlete Wristband & Event Swim Cap
  - Backpack (incl. Bags – at the IRONMAN Shop)
  - Participant Shirt
- Visit the event venue (Expo, Finish/Start,..)
- Watch the Race Briefing
- Check-In your bike and bags (check schedule)  
Prepare before arriving at the Check In:
  - Put on the stickers (instruction on backside)
  - Prepare the Blue (bike) and Red Bag (run) with clothes  
At the entrance of the transition, the referees will check:
  - The sticker on your bike, helmet and transition bags  
*Helmet, bags (red/blue), BIB number and bike will stay in transition but you will have access on race morning.*
- At the transition exit you will get a Timing Chip

## RACE DAY MORNING

BEFORE ARRIVING ON SITE:

- Take your Timing Chip, White Bag, wetsuit & swim equipment with you

BEFORE SWIM START:

- Check your tire pressure
- Clip your bike shoes to the pedals (or leave them in the Blue Bag)
- Attach nutrition/bottles on your bike
- Drop your White Bag (with post-race clothing) off in the designated area
- Put on your swim clothing

## MISCELLANEOUS

- Contact lenses or Rx glasses
- Body glide, Lip balm, Hair ties, Towel
- YOUR SMILE 😊

## RACE DAY - SWIM

- Timing Chip (provided at Bike Check In)
- Swimsuit / wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Event Swim Cap (provided at registration)
- Ear plugs / nose plug (optional)

## RACE DAY - BIKE

- Helmet
- Bike shoes and socks
- Bike pump
- GPS watch, bike computer and heart rate belt if needed
- Race belt or safety pins
- Bib number
- Bike repair kit, Bar-end plugs
- CO2 Cartridge(s), Spare tube
- Extra nutrition
- Vaseline, Sunscreen, Sunglasses

## RACE DAY - RUN

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

## POST RACE

- Give back the Timing Chip at the Finish Line
- Collect your medal
- Collect your White Bag
- Check Out your bike and bags
- Access the Athlete Garden with food, drinks and massage
- Go to Award Ceremony & Slot Allocation

# FRIENDLY FACES

Taking on an IRONMAN 70.3 is no mean feat, and understandably, you may have some nerves. If this is the case, the IRONMAN team always have time for any questions and are happy to calm any last minute worries onsite. You'll be able to find our staff in IRONMAN polo shirts. To give you an idea of who is best to talk to in each area, please see below:

## GENERAL

Leading the IRONMAN 70.3 Rapperswil-Jona team is Sahra Walter. She works tirelessly over the year to ensure you have a fantastic racing experience. Being Race Director means that Sahra is rarely in one place for long, but she is always happy to answer any questions you might have or listen to any feedback. If you can't find her in person, our Athlete Services team can pass on questions and messages to Sahra throughout the event.

## REGISTRATION

Here you'll be able to find the Athlete Services team whose job it is to look after you. Our team consisting of Magdalena and Leonie will be happy to answer any questions you may have. They will be present at registration from the opening on Friday until the closing on Saturday. You'll then be able to find them at Transition on race day morning and then next to the start arch before the start, as well as during the Slot Allocation.

## SWIM COURSE

At the swim portion, you'll meet Kewin, who serves as our Swim Course Director. He's dedicated to providing helpful advice, whether it's tips to prevent your goggles from fogging up or guidance on navigating the start area. Kewin will be supported by volunteers who will assist you in finding your way to the start.

## TRANSITION

Here you can find Juri and Christoph, our Venue Managers for Transition. They are both very friendly and always happy to have a chat about anything Transition related - whether it's the run to Transition, the flow into Transition on Race Day or simply where to rack your bike. They continue working long after the race has finished, helping athletes to be reunited with their bike and bags, so please make sure to say a big thank you as it is a long day for everyone.

## BIKE COURSE

Directing our Bike Course is our very own source of energy, Lukas. He has worked for the IRONMAN 70.3 Switzerland in Rapperswil-Jona for many years and his knowledge of each ascent, descent, corner and flat is incredible. Lukas and his team tend to be out on the course during the lead up to the race.

## RUN COURSE

Directing our Run Course is Patrik und Reto. Having so many years of IRONMAN 70.3 Rapperswil-Jona experience, they are the perfect men to have on the final stretch of your journey, so they and the Run Course team will be there to power you through the last kilometres of your first IRONMAN 70.3. This team is usually out on the course preparing, so if you have any questions about the run, please ask the Athlete Services team who can find out for you.

# 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 Start, 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** – Intentional or careless littering will result in a DSQ in Switzerland.
- **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. If you cannot make it to the bathrooms at the next aid station, please make sure you maintain public decency and be as discrete as possible.
- **Abusive behaviour** – 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.
- **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 watch the [Race Briefing](#). You can access all the IRONMAN rules below. Please read them carefully. **In addition to that, please be aware that the Swiss Triathlon Federation needs to follow some slightly different rules for the IRONMAN 70.3 Switzerland, Rapperswil-Jona. Please make sure to attend the Race Briefing and read the Athlete Guide properly.**




## 2024 RULES

Remember, the officials are there to make sure that all 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, we are 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 honourably.

# HEAD REFEREE'S MESSAGE

## PENALTIES

	<b>Blue Card</b> 1 blue card: five-minute time penalty Penalty to be performed in the Penalty Tent at the run out <i>e.g. Drafting</i>
	<b>Yellow Card</b> 30 second time penalty served in the next Penalty Tent at run out <i>e.g. Blocking the progress of other athletes</i>
	<b>Red Card</b> Disqualification (DSQ) <i>e.g. Littering, Non-compliant material or equipment</i>

### BLUE CARD

DRAFTING is the only violation that will result in a BLUE CARD violation, and an athlete will incur a time penalty to be served in the Penalty Tent.

### YELLOW CARD

YELLOW CARD violations (stop and go penalty) require an athlete to stop 30 seconds in the Penalty Tent (BIKE) or to stop next to the referee for 30 seconds (RUN). IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations, should an athlete receive excessive YELLOW CARD violations.

### RED CARD

An athlete receiving a red card will be immediately disqualified.

**ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.**

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
- This is an IRONMAN event. Part of being able to say that you have completed a 70.3 or a full IRONMAN is that you completed it within the Cut-Offs.

*You must complete each discipline within an allotted time from the start of your race, from when you go over the start timing mat at the beginning of the swim. If the Rolling Start begins at 06:00 and ends at 06:30, there will be 30 minutes from 08:20 to 08:50 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 are intermediate Cut Off points on the Bike and Run Course. These are fixed time of day Cut Offs and are not dependent on the athlete's start time. They are carefully calculated to ensure that if you are stopped at one of these points, you would not have been able to get to the end of the bike or run section within the Rolling Cut-Off. These intermediate Cut Off times and distances will be in the event information and the Race Briefing for each 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.*

# FAQ PRE-RACE

## 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 licence if you have one

## 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 served basis during registration on-site.  
(AWA Gold and Silver, TriClub Pole Position and Nirvana Europe athletes are still reserved lower BIB number ranges.)

## I will be late for the registration and Bike Check In; can I check in late?

Unfortunately, it is not possible to pick up your bib or check in your bike outside the scheduled times.

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

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. No exceptions can be made.

## When do I receive my Timing Chip?

You will receive your Timing Chip when you exit the Transition after Bike Check In.

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

Please send an email to [rapperswil70.3@ironman.com](mailto:rapperswil70.3@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.

## Where should I place my stickers?

Place the bike-race-number on the seat-post of your bike.  
Place the helmet number on the front of your helmet and one sticker on each of your Transition Bags.  
You will find instructions also on the backside of the sticker-sheet you get on site at registration.

## What goes in the transition bags?

- **BIKE BAG (blue bag):** gear the cyclist needs for the Bike Course, including the helmet with stickers on the front, shoes if they are not clipped on the bike, jacket, nutrition, sunglasses, etc.
- **RUN BAG (red bag):** gear the runner needs for the Run Course: running shoes, socks, nutrition, etc.
- **STREETWEAR BAG (white bag):** it is for you to put any additional clothing you wear before the race and anything you may require after the race.

## Is the Race Briefing mandatory?

YES - the Race Briefing will be online during the race week; please check the Event Schedule for details. The Race 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.



# FAQ RACE DAY MORNING

## Can I rack my bike on race morning?

NO - you must attend Bike Check In between 10am and 6pm on Saturday. No exceptions can be made.

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

There are several public parking garages in the center of Rapperswil-Jona that are accessible at all times (approx. 10 minutes' walk to the event site). In addition, our athletes can park in the Grünfeld parking lot, which is connected to the event site by bus. There is a free shuttle bus that runs every 5 minutes between 5am and 7:45am on race morning.

## 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 6am – 7.50am 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 Timing 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 Timing Chip, you can get an extra one with the team in Transition during Race Day. Our team will provide you with a replacement chip so you can continue the race.

# FAQ SWIM

## Do I need to wear a wetsuit?

For age-group athletes racing in Switzerland, a wetsuit is mandatory for water temperature below 19 degrees Celsius. It is forbidden to wear a wetsuit with water temperatures above 24.5 degrees Celsius. *(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, or 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?

The official event 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?

Athletes are not allowed to wear their bib during the Swim Course *(disqualification)*.

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

There will be no warm-up area in the water prior to the start, so make sure you prepare properly in the assembly area.

## How is the start organized?

This event will have a "Rolling Start". Start blocks with fixed start times have been allocated according to the indicated expected swim time of each athlete. You will receive your swim start time at registration. Within a starting block there will be a "Rolling" Start, i.e., every few seconds, two athletes will be sent into the race. Please be in the pre-start area in time. The Timing Chip will register each athlete's start time when they cross the timing mat at the swim entry ramp.

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

On the course, you'll find two Roka buoys at the start and two at the finish, just a few meters from the shore, creating an entry/exit point to the water. The course is then formed by yellow and orange buoys which, show you the direction to follow. Finally, there are pyramid-shaped buoys measuring to indicate the bends.

## 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.

## Will there be showers at the exit?

No.

# 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 (including 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.

Remember that every-body of water is different - educate yourself about 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 the water conditions, the swim entry and exit layouts, as well as the 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 the 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.

# FAQ BIKE

## 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 - At this event, it's required to wear the athletes BIB number on the bike segment on your back. Athletes also must wear their bike helmet number on the front of their helmet. The athletes' bike frame sticker must also be securely attached to the bike and must be visible from both sides.

## Will there be kilometers markers on the Bike Course?

Yes, kilometer markers will be on the Bike Course and mark every 10k.

## How is the course marked?

Signage, road markings and cones will indicate directions and road hazards.

## Will the road be open to traffic?

The whole course is very well secured. Some roads are completely closed, others are closed in direction of the course. Nonetheless, always be vary of traffic (e.g. course staff, official crossing points, resident traffic). The traffic rules and the Swiss road traffic law must be strictly observed. For instance, a crossing of the security line leads to a disqualification!

## What are the rules for the Bike Course?

You can find all the rules concerning the bike and the Bike Course in the [IRONMAN competition rules](#). For example, athletes always have to stay on the very right of the bike course lane. This ensures other athletes have enough space to pass safely. We advise you to read the rules 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 Run Course will result in disqualification. The location of the penalty tent will be stated in the event-specific Athlete Guide.

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

Stop at one of our course marshals and inform them about your drop out. The course marshall will then inform race control and transport back to the event site will be organised for you and your bike.

### 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?

There are two bike mechanics on the route to assist you with your most basic mechanical needs. I.e. flat tire, broken cables etc. In case you need bike tech support, approach a volunteer, they will have their number at hand. Keep in mind that the bike mechanic will support you only by bringing the tools. You still need to fix the mechanical issue by yourself. Furthermore, you are responsible to carry extra tubes, tires, tools etc. with you on the bike course. Please be aware that there may be waiting times.

### Can I have headphones / phones / music?

Athletes may not use communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distractive manner during the race. A "distractive manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media and taking photographs. Headsets, headphones, or audio-capable eyewear or cycling helmets are prohibited during the bike segment.

### 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*



Littering zone  
Water  
Energetic drink  
Fruits  
Energetic gel  
Energetic bar  
Energetic drink  
Water  
Littering zone

### Are there toilets on the bike course?

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 do so. Furthermore, we also recommend you practice this before racing. We suggest that you carry at least 3 repair kits, in case 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 tire levers to remove the tire. This is the hardest part of changing a tire. Place the two levers under the rim of the tire, 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 tire rim a further two or three inches away and keep doing this until one side of tire 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 tire 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 tire ,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 tire ;
- 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 tire goes under the valve and screw the ring on to the valve ;
- moving away from the valve, push the tire 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 tire, 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 tire (making sure the valve is open) using a CO2 canister or pump. If using a CO2 canister, inflate till tire 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.

# FAQ RUN

## 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-Boards with kilometers along the Run Course.

## How is the course marked?

You will find on the Run Course: markers on the flow, boards, U-turn and aid station signs.

## Are there any scrunchies for counting laps?

NO - there are no more lap bands.

## 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 the athlete, may not pass food or other items to the 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?

Athletes may not use communication devices of any type, including but not limited to two-way radios, cell phones, smartwatches, 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?

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 needs 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 of 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. HYDRATION 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 over-hydrating 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.

# FAQ AFTER-RACE

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

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

## Are there showers after the race?

Yes; they are in the After Race Area in the stadium and there are additional ones behind the stadium.

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

If you are feeling unwell, there is our medical staff at the finish line, so don't hesitate to ask for assistance. If you have already returned to your hotel/home, you can contact "Regio144", which is the emergency number available.

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

Your white bag will be waiting for you in the After Race Area in the stadium.

## Where do I give my timing chip?

You will hand out your Timing Chip at the Finish Line. Your race Timing Chip is a loaner. You must return the chip to the timing company, or you will be billed for its replacement. Volunteers will help you directly after crossing the Finish Line and take your Timing Chip.

## When can I collect my bike and Transition Bags after the race?

You can collect your bag and Transition bags at the Bike Check Out



# 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 racecourse, 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 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 RACE <

See you in Rapperswil-Jona!

