

2023 IRONMAN 5150 WESTFRIESLAND

ATHLETE GUIDE

**SWIM**

**BIKE**

**RUN**

SUNDAY 25TH JUNE



# WELCOME

To 2023 IRONMAN 5150 Westfriesland



Dear Athlete,

It gives me great pleasure to welcome you to the town of Hoorn and the region of Westfriesland for the IRONMAN 5150 Westfriesland.

You are about to embark on a wonderful experience on an extremely fast course with a sheltered swim, a flat smooth fast bike course and a 2-lap run which is again flat and fast. We have made a number of changes to the courses which we hope you like, and we are excited to see you all race on.

A special word of thanks to the seven municipalities of Westfriesland, the province of North-Holland and the Westfriesland Events foundation who's help and guidance has been invaluable and with their cooperation this event would not proceed.

The IRONMAN team that took over this event along with our local Operations Manager Rick van Duin have been working extremely hard to make this the best event so far. Added to this will be the amazing support the event gets from local suppliers, business's, team leaders and of course the large volume of volunteers without whom the event would not succeed. A special mention to the large number of first athletes taking on this IRONMAN 5150 Event. We hope you enjoy the experience and no matter when you finish it will get a personal best (PB)!

On behalf of myself, Rick and the entire team I would like to wish you an enjoyable safe race, and a memorable day and we hope to see you all back here in 2024.

Kind Regards,

**John Wallnutt**

**Race Director**

**IRONMAN 5150 Westfriesland**



# WELCOME

To 2023 IRONMAN 5150 Westfriesland



Dear Athletes,

On behalf of the board of Stichting Westfriesland Events, the 7 municipalities and the Province of North Holland, I would like to welcome you. We hope that after all the hours of training work here you will experience perfect conditions to show the best you can give. We have set out the flattest bike course for you. You will see many kilometers of water with which the West Frisian has lived for centuries and which has shaped us in character. Elements that we recognize in how you experience your sport. Never give up. Don't forget to enjoy this part of the Netherlands with a rich past and a healthy future.

Hopefully we will see you again.





# Go Go Go

Zwemmen, fietsen en hardlopen in West-Friesland. Een typisch Noord-Hollands decor voor een topevenement. We wensen alle triatleten heel veel succes!

De provincie is sponsor van de IRONMAN 70.3 Westfriesland 2023. Het evenement voor echte bikkels.



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## 2023 IRONMAN 70.3 WESTFRIESLAND, 5150 AND 4:18:4

### EVENT SCHEDULE *Subject to change*

HOURS	DESCRIPTION	LOCATION
<b>Friday 23rd June</b>		
13:00 - 16:30	IRONKIDS Registration	Julianapark
13:00 - 16:30	IRONKIDS Mandatory bike & gear Check In	Julianapark
14:00 - 19:00	Athlete Registration (70.3, 5150, 4:18:4)	Julianapark - IM Village
14:00 - 19:00	IRONMAN Village <ul style="list-style-type: none"><li>• Expo</li><li>• Information Point</li><li>• VIP Spectator credential pick-up</li><li>• Official IRONMAN Merchandise Store</li></ul>	Julianapark
15:00	<b>IRONKIDS EVENT STARTS</b>	Schellinkhousterdijk Beach (julianapark)
15:00	Age Group 6 -7	
15:30	Age Group 8 - 9	
16:00	Age Group 10 - 11	
16:30	Age Group 12 - 13	
17:00	Age Group 14 - 15	
1 week prior to race day	Athlete Race Briefing	Online

Please note for IRONKIDS registration will close for each age group 30mins before the start time.



## Saturday 24th June

10:00 - 17:00	Athlete Registration (70.3, 5150, 4:18:4)	Julianapark - IM Village
10:00 - 18:00	Transition Open for Mandatory bike & gear bag check-in (70.3, 5150, 4:18:4)	Julianapark - Transition
10:00 - 18:00	IRONMAN Village <ul style="list-style-type: none"> <li>• Expo</li> <li>• Information Point</li> <li>• VIP Spectator credential pick-up</li> <li>• Official IRONMAN Merchandise Store</li> </ul>	Julianapark

## Sunday 25th June

05:00 - 06:45	Transition Open	Julianapark - Transition
07:00	<b>Age Group 70.3 Swim Start</b>	<b>WSV Hoorn</b>
08:00	<b>Age Group 5150 Swim Start</b>	<b>WSV Hoorn</b>
08:30	<b>Age Group 4:18:4 Swim Start</b>	<b>WSV Hoorn</b>
07:00 - 16:00	IRONMAN Village	Julianapark
09:30 - 17:30	Official IRONMAN Store	Julianapark - IM Village
10:00 - 15:00	VIP Finish Line Tent	Julianapark (Hollandia)
12:00	5150 and 4:18:4 Awards Ceremony	Julianapark
13:00 - 17:30	Transition Open for Mandatory bike & gear check out	Julianapark - Transition
17:30 - 19:30	70.3 Awards Ceremony	Julianapark

### Important Notices:

- Slot allocation will start immediately following the awards ceremony - be early!
- You must be present to claim your slot - no exceptions.
- Registration, check in and transition will close at the listed times - no exceptions will be made due to safety reasons. Please arrive early and plan your event weekend accordingly.







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\*Only for athletes.



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# DIRECTIONS AND PARKING

## TRAVEL INFORMATION

### Directions/Locations:

The IRONMAN Village including:

- Registration
- EXPO
- Information point
- The official IRONMAN Store

Are all based in **Julianapark**.

The transition zone and finish line are also in Julianapark, therefore everything is within walking distance.

### Parking

Hoorn has its own train and bus station and is therefore easily accessible by public traffic. From the station it is about 10 minutes' walk to the main locations (transition zone, registration, start and finish).

The three main car parks in Hoorn to be used are:

- 't Jeudje - this the largest car park in the area and is indoors
- Nieuwe Wal
- ABC

Please [CLICK HERE](#) to review a full list of the car parks in Hoorn.





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- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

### CONTACT US

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

[contactus@nirvanasportstravel.com](mailto:contactus@nirvanasportstravel.com)

[nirvanasportstravel.com](http://nirvanasportstravel.com)



# REGISTRATION



**LOCATION: Julianapark - IM Village**

## OPENING TIMES

Friday 23rd June 14:00 - 19:00  
Saturday 24th June 10:00 - 17:00

It is **compulsory** that athletes register and collect their race packs within the times stated on the Event Week Schedule.

There will be **NO late registrations**, please take this into consideration when organising travel!

To register you will require:

- RACE LICENCE** from an ITU-affiliated national governing body or Dutch Triathlon Association (NTB) competition license (incl. trial license). If you do not have any of these you will need to purchase a one day licence from the 'purchase merchandise' section of your MyEvents page on Active.
- PHOTO ID**
- REGISTRATION QR CODE**, received in your confirmation email and will be sent again during race week (please note internet can be limited onsite so please have these ready before you arrive)

Remember if you do not own a Triathlon Licence, please **purchase one prior from your MyEvents page in the 'purchase merchandise' section prior to coming onsite!**

**RACE BRIEFING:** the race briefing will be online from the Monday of race week, this is compulsory to watch, so please take the time to watch it and ask any questions to your Athlete Services team in registration or via email on [multisportwestfriesland@ironman.com](mailto:multisportwestfriesland@ironman.com), we are here to help!

ITEM	WHEN TO USE IT	EXAMPLE
BIB NUMBER	You will receive a race number to wear on your back for the bike and front for the run. It is strongly recommended that you get a <b>race belt</b> to save you time in transition, and for ease of transition from bike to run. Please note this race does <b>not</b> pre-allocate BIB numbers before registration opens. BIB numbers will be allocated on a first come first serve basis during registration onsite.	
ID Wristband	Your wristband will be placed on your wrist in registration, this will be used to access athlete only areas. You must wear this wristband from this point until the awards ceremony.	
Swim Cap	You will be given a swim cap to wear for the race. This is compulsory to wear for the race. If you wish to wear another swim cap, please wear underneath.	
Race Stickers	You will be issued a sheet of stickers; these are for you to number your kit with. There will be one for your bike, helmet and transition bags, which must all be used.	
Transition Bags	Transition bags - see next page.	



# TRANSITION BAGS

## WHAT IS EACH BAG FOR?

### TRANSITION BAGS

You will be issued with three bags at registration. A blue, red and white bag in which to put your kit. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You will have access to your blue and red bag prior to the race start on Sunday.

Please note that you cannot mark these bags, other than with your race number sticker. Any marking will be removed by the referees and may result in a penalty.

You cannot store bike pumps in any of the bags. There will be spare track pumps and on-site mechanics at each transition should you need their assistance.

#### Blue Bike Bag

Contains the kit you need for the *bike discipline*, including your **helmet** and **race number** on a race belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

#### Red Run Bag

Contains the kit you need for the *run discipline*. After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet.

#### White Gear Bag (streetwear)

This is your after-race bag, it is for you to put any additional clothing ('*streetwear*') you wear before the race and anything you may require after the race. This gets handed in at the race start on Sunday morning before you go to swim start and can be accessed when you finish the race. If you have spectators watching, you do not have to use this.

**PLEASE NOTE:** do not put valuables or over fill the bags. IRONMAN are not responsible for the contents of the bags.



# TRANSITION BAGS

## WHAT IS EACH BAG FOR?

Please see below what you need to pack in each bag and what to do with them during the race:

### WHAT TO PACK IN EACH BAG BEFORE THE RACE



Include: clothes for after the race, towel, shoes

Drop off: on race morning

Collection: at the finish line after the race



Include: helmet, glasses, bike shoes, socks, bib number

Drop off: at Transition with your bike on Saturday

Collection: from Transition after the race



Include: running shoes, hat

Drop off: at Transition on Saturday

Collection: from Transition after the race

### WHAT TO DO DURING THE RACE



Take out: helmet, sunglasses, bike shoes, socks, bib number



Put back in: wetsuit, goggles, swim hat



Take out: running shoes, hat

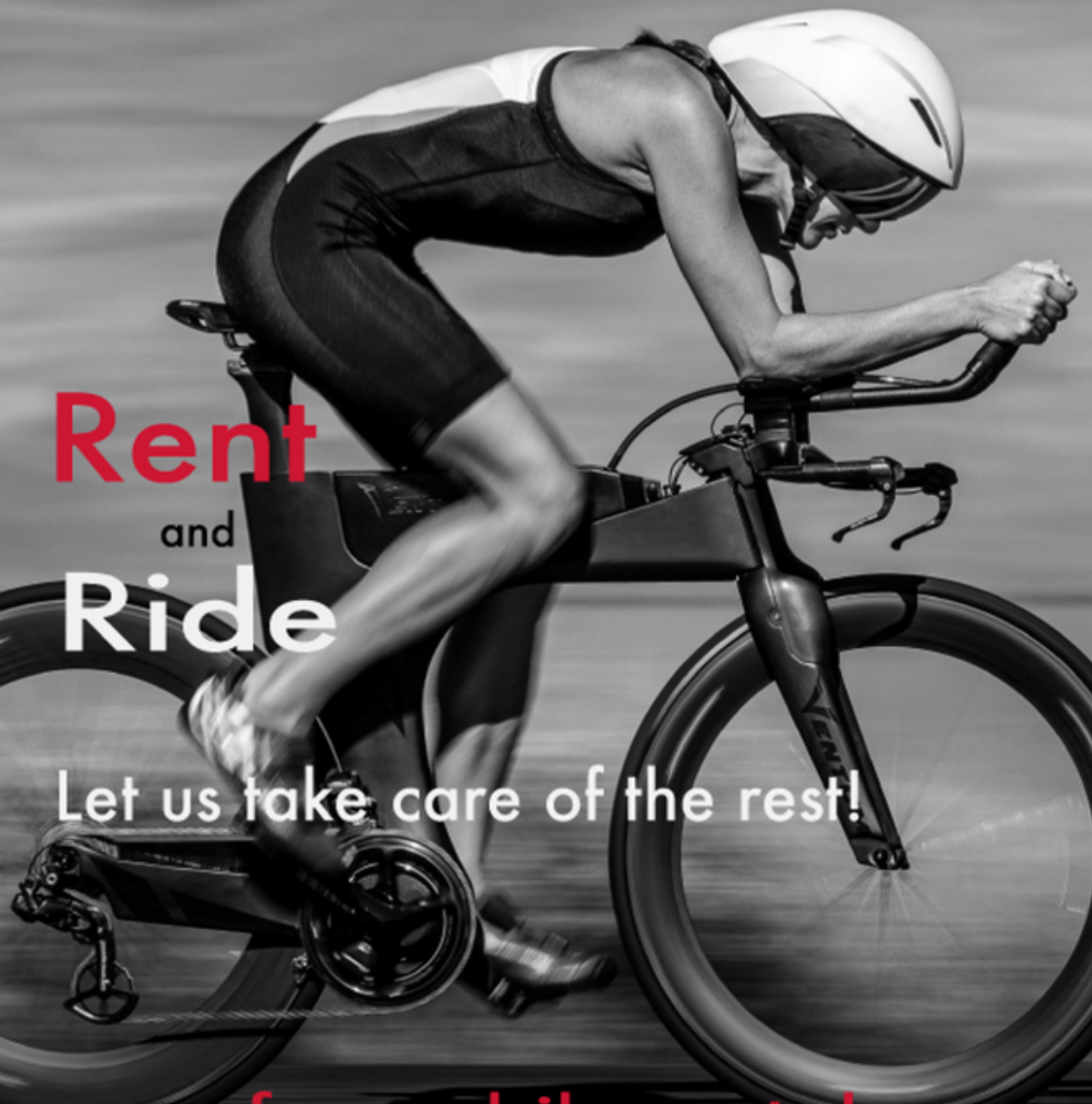


Put back in: helmet, sunglasses, bike shoes, socks, bib number



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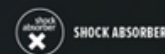


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# BIKE AND BAG RACKING

## TRANSITION

Saturday 24th June 10:00 - 18:00

## JULIANAPARK - TRANSITION

On Saturday, you must **rack your bike, blue and red bag** at Julianpark - transition.

At transition, you will need your bike, helmet, blue bag with all your bike gear in it and red bag with all your run kit in.

Be ready before you get to the entrance of transition. You must have your helmet on with the strap fastened, your race number stickers on the seat post of your bike, blue and red bag.

Your corresponding wristband will be checked as you enter transition. Without all these items, you will not be able to rack your bike, blue bag and red bag. You must be wearing your wristband to rack your bike and bags.

Athletes are responsible for ensuring that their bike and helmet are in safe, working order. IRONMAN will not be responsible for any bike failures. There will be bike mechanics at bike check-in on Saturday to help with any minor alterations.

When racking your bike, please take your time to familiarise yourself with transition, knowing where the entries and exits are. There will be volunteers in transition to answer any questions, ask them now, don't wait until race day.

Security will be onsite overnight on Saturday and on Sunday morning.

## TIMING CHIP

### WHEN AND WHERE TO COLLECT:

You will collect your timing chip as you exit transition with the QR code on your wristband. This needs to be worn on your left ankle during the entire race.

### WHAT IS A 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.

### WHAT IS I LOSE IT DURING THE RACE?

If you lose your timing chip during the race you must notify a timing official in transition who can issue you with a replacement, so you can continue.

### POST RACE COMPLETION:

*Your timing chip is on loan to you, failure to return the chip will result in a £50.00 fee being charged.*

***Important - Only athletes with verifiable electronic timing data will be eligible to accept a World Championship 70.3 slot or receive an award in their Age Group.***





# A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

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# CUT OFF TIMES

There are no cut off times for the 5150 Westfriesland event HOWEVER:

**IRONMAN, reserves the right to remove an athlete from the course and disqualify them if our course staff determines there is no possibility that the athlete could finish the given discipline (swim, bike, run) and entire race safely.**

**We understand you have a goal to achieve, however your health and wellbeing is very important to us and we want you all to race safely.**

# RULES & REGULATIONS

## 2023 IRONMAN RULES

### TRANSITION

#### Withdrawal Pre-Race

If you wish to withdraw prior to the race start (after you have registered), please inform the help desk at registration and return your timing chip. If you do not return your timing chip you will be charged £50 for its replacement. It is important that you let us know if you are not racing so all athletes are accounted for and we know you are safe.

#### Withdrawal During The Race

Any athlete withdrawing from the race at any point must report to a staff member, please ask for the team leader of the area you are in. They will take your details and report them to the race office. Any athlete who fails to report their withdrawal may result in suspension from future IRONMAN events. Athletes who receive medical assistance from our medical team are exempt from this rule.

### Rules & Regulations

IRONMAN enforce a series of regulations and every athlete should ensure that they are aware of the rules for their own safety and that of athletes around them.


#### PLEASE NOTE THE FOLLOWING LOCAL RULES

- Littering will result in a penalty
- Race numbers must be worn on the bike
- Any graffiti painted on the road will result in disqualification of the athlete (chalk can be used)


### GENERAL RULES

- Outside assistance is not allowed. Friends, family members, coaches or supporters may not bike, drive or run alongside an athlete, nor may they pass food or other items to an athlete.
- No iPods, video recording, listening or recording devices are allowed.
- Athletes who abuse Race Officials will be disqualified.
- Athletes who fail to follow instructions of a Race Official will be disqualified.
- If, in the view of the Race Officials, an athlete is unable to complete that section of the course within the cut off time, they may be withdrawn from the race immediately.
- Disc brakes are now allowed globally


**Penalties will be issued by referees, as well as a team of motorcycle marshals on the bike course using the following card system.**

 Yellow Card – 30 second penalty

You must report to the penalty box in the transition area.

 Blue Card – 5 Minute Penalty

You must report to the penalty box in the transition area.

 Red Card – Disqualification

The penalty box will be situated in transition. If you break a rule on the course, a referee will show you a card and report your race number to the penalty box staff.

When you enter transition, you must stop at the penalty box to report your number and the penalty that you are serving.

Failure to report to the penalty box or serve the required penalty after being shown a card, will result in disqualification from the race.

If you are in any doubt over whether you were shown a card or not, it is better to report to the penalty tent and serve the penalty. This allows you to complete the event, rather than be disqualified for not serving a penalty.

# COMMON RULES, VIOLATIONS AND PENALITIES

2023 IRONMAN RULES

SUMMARY OF GENERAL COMPETITION RULES	PENALTIES	CARD
Public nudity or indecent exposure	DSQ	
Littering outside of the trash/rubbish drop zones	DSQ	
Using unsportsmanlike behavior	DSQ and potential suspension	
Failure to follow the prescribed course	DSQ	
Failure to wear a shirt or sport top during the bike or run	1 min Time penalty Stop-and-Go if remedied, DSQ if not remedied promptly	
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 1 min Stop-and-Go Time Penalty will be assessed, If not: DSQ	
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race	DSQ of both athletes	
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension	
Not stopping in the next penalty tent after being obliged to do so	DSQ	
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets, ... in any distractive manner during the race.	DSQ	
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ	

## RACE DAY TRANSITION AREA

### TRANSITION

We recommend you arrive a minimum of **90 minutes** before the swim start. Please note the transition closing time of **08:00**. It is better to be prepared and relaxed before the race, than rushing to get ready if you are running late.

PLEASE NOTE: entry into transition is for athletes only your spectators will need to wait outside the transition area for you.

You will have access to your **bike, blue and red bag**, prior to the race start. Now is the time to put your drinks bottles and nutrition on your bike, check it is in the right gear to start and pump up your tyres if needed.

You need to drop your white bag to the designated white bag drop zone on race morning and prior to joining the walk down to swim start. We suggest you arrive with your base layer swimming gear already on.

Again, take this time to familiarise yourself with your surroundings, where your bike is located etc. Do not attempt to mark your bike or racking area. Any markings will be removed by race officials, and you may be penalised.

If you discover you have forgotten anything in the morning, race number, timing chip or swim hat, please notify an IRONMAN official as soon as possible so there is time to obtain a replacement.

### WHITE BAG DROP

Athletes wanting to hand in their white bags will need to drop these at the designated on the way to swim start. Athletes must drop their white bags by **08:00**.

White bags will be transported to the finish line, where you will be able to collect it upon completion of the race.





The one-loop 1500 meter swim course is located in the old harbor of Hoorn surrounded by the beautiful scenery of this Dutch city. After completing the swim, you'll use the short exit to continue towards the transition zone.

There will be a **self seeded rolling swim start**, if you feel you are a faster swimmer please go near the front, if you feel you are a slower swimmer please go nearer the back of the queue.

The age groupers will flow into the water in a rolling start.

You will receive an individual start time based on when your timing chip crosses the mat just before you enter the water.

*Please do not wear shoes to the swim start. Any items left at the swim start will be disposed of immediately after the swim has finished.*

If you are not an experienced open water swimmer, we strongly recommend that you:

- Ensure that you place yourself at the back of the **rolling start seeding**.
- **Stay calm.**
- If you run into trouble, **lie on your back and hold an arm in the air** to attract the attention of a kayak, which will come to you. You may hold onto the kayak to catch your breath and then continue swimming, always following the kayaker's instructions, however if it is necessary a rescue boat will come to return you to land.

#### WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5°C). Wearing a wetsuit is prohibited when the water temperature is above 24.5°C and mandatory when the water temperature is below 16°C (unless informed otherwise on race week due to specific racing conditions).

At IRONMAN 5150 Westfriesland we recommend you wear a wetsuit.



#### PROHIBITED WETSUIT:

De Soto Water Rover Wetsuits cannot measure more than 5 mm thick. De Soto Water Rover and Speedo Elite Triathlon wetsuits with forearm reinforcement are NOT permitted.

#### SWIMWEAR POLICY

*(non-wetsuit legal swims only)*

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

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

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

#### SWIM COURSE RULES

- It is forbidden for athletes to wear their bib number during the SWIM (disqualification),
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water,
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- The wetsuit must not be removed before the transition zone (YELLOW card - 30 second penalty).
- No nudity is allowed on the race site. If you wish to change completely there will be separate male and female change areas for this in the transition marquee.
- Any assistance required during the swim will result in disqualification if forward progress was made.
- IRONMAN officials and medical staff reserve the right to pull athletes off the course if deemed medically necessary.
- Swimmers are required to stay on course, failure to follow the course may result in a penalty

#### SWIM CAP

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

Please [CLICK HERE](#) to read the 2023 IRONMAN Rules for the full information and any updates!

# SWIM COURSE

1 loop  
course distance - 1.5 km



subject to alterations

status 06.04.2023

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

- 1. PREPARE FOR RACE CONDITIONS**  
Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers, orientation (includes water clarity, depth and distance perception), and wearing a wetsuit if needed.
- 2. RACE IN SHORTER EVENTS**  
Proper training is the best way to reduce anxiety. It's also a good idea to race shorter distance triathlons or single-sport events (for example, an open water swim event), as well as join clinics and club activities to prepare yourself for open water conditions.
- 3. LEARN ABOUT COURSE DETAILS**  
It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website, event athlete guide and pre-race communication to familiarize yourself with the course. Keep in mind that every body of water is different- educate yourself on water currents and surf conditions, if applicable. Study the event schedule to plan for optimal arrival and preparation.
- 4. ENSURE HEART HEALTH**  
As an athlete in training, you should take the proper steps to assess your health with your physician. The American Heart Association and European Society of Cardiology offer suggestions for cardiac screening of competitive athletes. These include a physical exam as well as an assessment of your family history, personal heart health and may include a recommendation of additional diagnostic studies. Wherever you live, we recommend you consult with your physician before you race.
- 5. PAY ATTENTION TO WARNING SIGNS**  
While training, if you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness) or blacking out, or have any other medical concerns or symptoms, consult your doctor immediately.
- 6. DON'T USE NEW GEAR ON RACE DAY**  
Focus on controlling as many factors as you can on race day. You should never race in equipment you haven't trained in, this is not the time to test new gear. Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly. Prepare for the unexpected with backups of all your gear.
- 7. WARM UP ON RACE DAY**  
Arrive early enough on race day for an adequate warm- up prior to start. Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race. **Please note that warming up in the water is prohibited.**
- 8. CHECK OUT THE COURSE**  
Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colours 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.





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- Paul, Seattle, WA

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FASTEST IRONMAN  
SWIMMER ON THE PLANET



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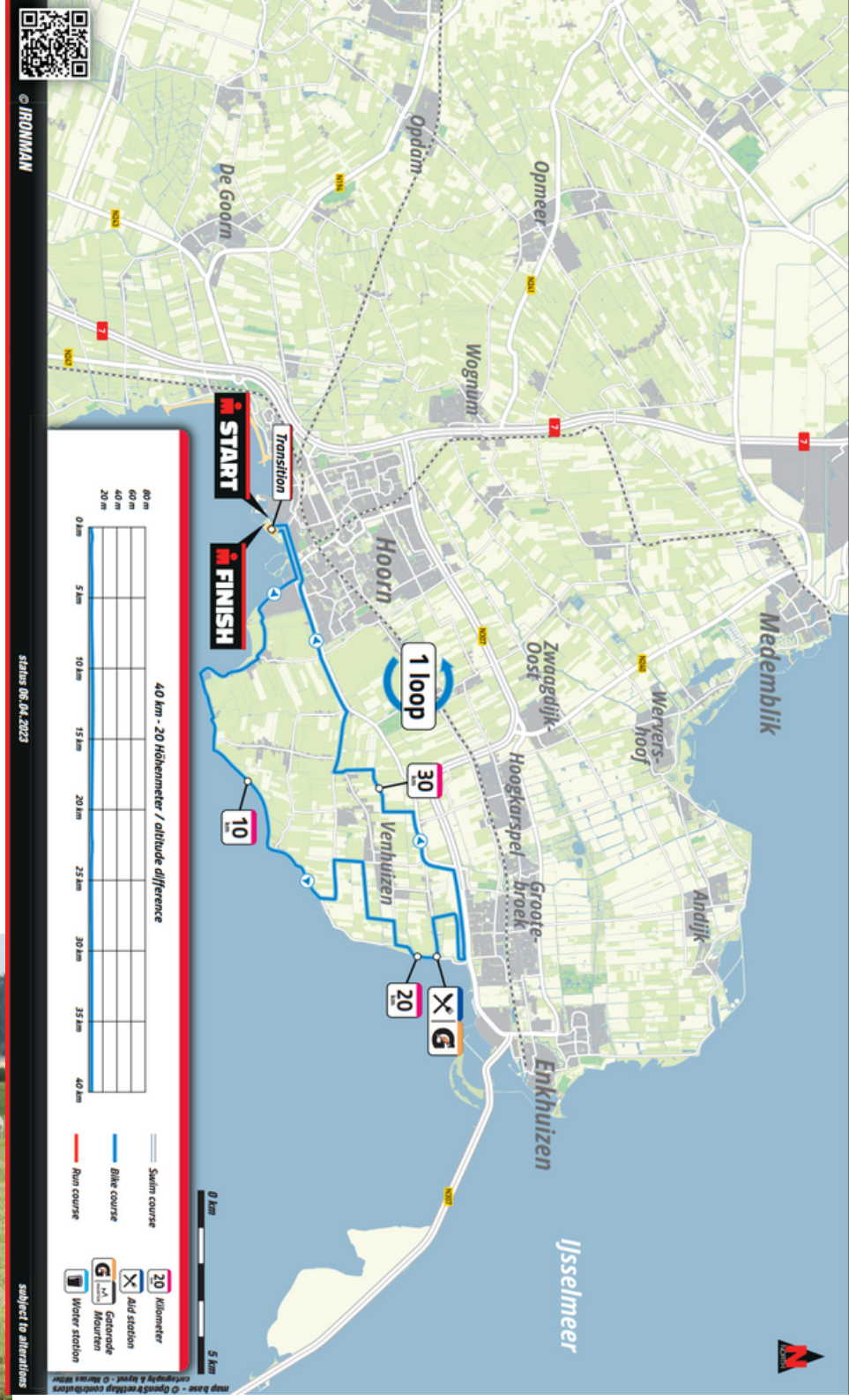
Apply now to be part of our industry leading Clubs program. Experience your very own virtual clubroom, a dedicated space to host hasslefree group rides, workouts and events, all year round and only on FulGaz. Visit [fulgaz.com/clubs](https://fulgaz.com/clubs) to find out more and apply today.

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**IRONMAN**

AVAILABLE ON







# BIKE 40KM

When you exit the transition zone the course will lead you to the 'Zuiderdijk'. From this dyke, you'll have an amazing view on the 'Markermeer, a typical Dutch experience which can't be matched by anything. After you complete the course on the dyke, the course will lead you through some villages in the region of Westfriesland where the impact and the history of the Dutch East India Company is still visible.

With minimal elevation across the course, it should be a great course from some fast times and great for first timers!

[Click here for the GPX file!](#)

Dome helpful rules below:

- All athletes are required to ride road/triathlon bikes only, no mountain bikes.
- Athletes must ride single file on the right side of the road near the verge except when passing another cyclist.
- Do not cross the centre line.
- Any littering on the bike course will result in disqualification.





# BIKE COURSE RULES

1. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.

2. No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

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

4. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.

5. No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

6. Helmets, bike shoes, and other cycling gear cannot be placed around the athlete's bike in transition. Shoes and shirt must be worn at all times.

7. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.

8. Athletes must wear a bike helmet number on the front of their helmet.

9. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

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

Rules continued on next page.

11. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Any littering on the bike course will result in disqualification. We are privileged to be able to hold this race in an area of outstanding natural beauty and all have a responsibility to leave it unspoiled.

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

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

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

15. Headphones, headsets which are inserted in or covering the ears are not allowed during any portion of the event.

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

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

18. Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling segment of the Race. Uniforms with a front zipper may be unzipped to any length, provided, the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders.

Please [CLICK HERE](#) to read the 2023 IRONMAN Rules for the full information and any updates!





JESSE THOMA  
2x IRONMAN CHAMPION

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# ASSISTANCE ON COURSE

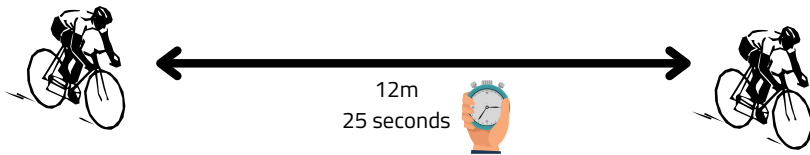
## MEDICAL

If you feel unwell or unable to continue the race, please let an official know. If you see a fellow athlete looking unwell and struggling to continue the best thing you can do for them is to alert an official out on the route so that medical help can be requested urgently. If they are "wobbly" on their legs, unable to focus and or appear confused, you can help them by supporting them to the ground safely and lifting their legs in the air to help get blood back to their heart and brain. Do not try and support them to continue the race as this can have a detrimental effect to their health.

## DRAFTING

Drafting is when you enter someone's slip stream. The minimum distance between two athletes is 12 meters measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete; if you remain in this zone without overtaking, you will receive a blue card. A "pass" occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken. It is then up to the overtaken athlete to drop back 12m within 25 seconds, so they are not drafting. Re-passing by the overtaken athlete prior to dropping out of the draft zone will incur in a drafting penalty. Athletes cannot block another athlete from passing.

### Draft Zone



## BIKE MECHANICS

There will be mechanics on course to assist with serious mechanical issues. The mechanics and race officials will **not assist with repairing punctures and you should be self-sufficient when it comes to minor mechanical issues.**

While the Support Team may, at their discretion, provide spare parts to athletes, you will be required to visit the mechanics when you have completed the race to pay for these items. The mechanics will be following the course and are not on call, we cannot guarantee a response time, and this is dependent on demand and locations.







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A WORLD CHAMPION TRISUIT



**Santini**

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The two-loop run course will allow you to experience the history of the city center and the Dutch East India Company heritage. Passing by monumental buildings and the docks, your finish will be on 'Baatland' located right next to the start.

The course is only marked during race week and uses barriers, road markings and cones in some places to mark the route.

### RUN RULES:

- No form of locomotion other than running, walking or crawling is allowed.
- During the run you must at all times wear the race number visible on the front.
- A shirt must be worn at all times during the run, and not zipped open beneath your breast bone.
- 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.
- Athletes are encouraged to wear appropriate footwear due to the varied terrains.





# RUN

1. Athletes may run, walk, or crawl
2. Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is strictly prohibited and may result in disqualification
3. Headphones or headsets which are inserted to or covering the ears are not allowed during any portion of the event
4. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified
5. Athletes are expected to follow the directions and instructions of all race officials and public authorities
6. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
7. No individual Support Vehicles or pacers are allowed. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing
8. Running with a bare torso is prohibited. Athletes must wear a shirt, jersey or sports top/sports bra at all times during the run segment on the race. Uniforms with a front zipper may be unzipped to any length, provided that the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders. The uniform should be fully zipped when crossing the finish line.

Please [CLICK HERE](#) to read the 2023 IRONMAN Rules for the full information and any updates!





Don't try this on race day\*



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

Find exclusive offers for IRONMAN registered athletes on: [maurten.com/ironman](http://maurten.com/ironman)



# ENTER RUNNING BLISS

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for the ultimate smooth ride



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# ON COURSE NUTRITION

## AID STATIONS

### BIKE COURSE

#### LOCATION

There will be one aid station on the bike, at the location and kilometres below:

- Zuiderdijk / 18 km

#### NUTRITION AVAILABLE

Each feed station will contain the following:

- Gatorade Thirst Quencher (blood orange)
- Water
- Bananas
- 226ers Race Day Bars (various flavours)

Water from these aid stations will be handed out in 750ml IRONMAN branded bike bottles.

Gatorade will be handed out in 750ml Gatorade Endurance Plastic bottles with sport cap that fit in bike cages.

### RUN COURSE

#### LOCATION

There will be two stations on the run course, located approximately at the kilometres below:

- 1km
- 2km - both sided

#### NUTRITION AVAILABLE

Each aid station will contain the below:

- Gatorade Thirst Quencher in cups (orange)
- 226ers gummy bars (various flavours)
- Maurten GEL100 & GEL100 CAF
- Water in cups
- Cola in cups
- Bananas
- Red Bull
- Sweet and salted snacks

The drinks and nutrition will be handed out by volunteers.



Cups and gels should be thrown in the bins provided or the drop litter zones. Athletes will be disqualified if caught littering by a Race Official.

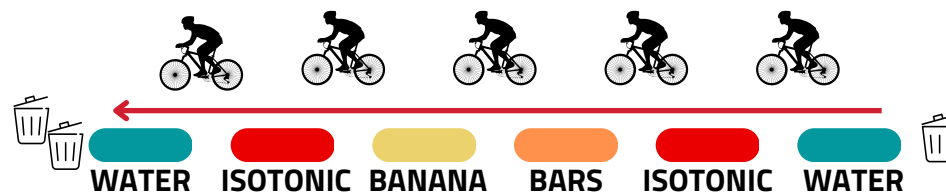


# ON COURSE NUTRITION

## AID STATION LAYOUT

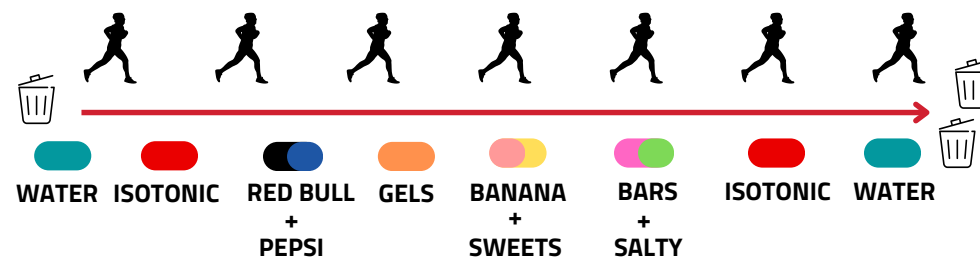
### BIKE COURSE

The aid stations layout will be as per the image below for the bike course (subject to alternations):



### RUN COURSE

The aid stations will be laid out as per the image below for the run course (subject to alterations):



Please remember littering on the course will lead to disqualification. Therefore, please use the bins provided. The layout is subject to change



# AID STATION SUMMARY FOR IRONMAN 5150 WESTFRIESLAND

## AID STATION SUMMARY - IRONMAN 5150 WEST-FRIESLAND 2023

MARKER (KM)	LOCATION	WATER	ISOTONIC	COLA	SWEETS	SALTED SNACKS	RED BULL	ENERGY BARS	BANANA	ENERGY GEL
<b>BIKE COURSE</b>										
2.5	Zuiderdijk 7, 1606 MK Venhuizen	■	■	X	X	X	X	■	■	X
<b>RUN COURSE</b>										
1.3	Grote Oost 3b, 1621 BW Hoorn	■	■	■	■	■	■	■	■	■
2.13	Westerdijk 4, 1621 LE Hoorn	■	■	■	■	■	■	■	X	■
2.2	REDBULL	X	X	X	X	X	■	X	X	X

Please see a summary of the aid stations available at IRONMAN 5150 Westfriesland, if you go from the left hand side of the page you can read the miles and location of the aid station and then moving along what will be available there. The green box is what is available and the black X means this will not be available.

# ON-COURSE NUTRITION PRODUCTS

## BIKE COURSE

### Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUID5 to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

### 226ers Race Day Bar

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



## RUN COURSE

### Red Bull Energy Drink

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

### Gatorade Powder

Gatorade products have the FLUID5 to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

### Maurten GEL 100 & GEL 100 CAF 100

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

### 226ers Vegan Gummy Bar

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



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# FIRST TIMERS!

We can't wait to welcome you to 2023 IRONMAN 5150 Westfriesland to experience your first IRONMAN 5150 event!

We kindly ask you to take the time to familiarise yourself with the Athlete Guide in full but please do use the FAQs below to help you through your first 5150 event with us!

## 1. What do I need to bring to registration?

- Photo ID (e.g. passport, driving licence)
- QR code from email confirmation or race week email
- Race Licence (ITU recognised or BTF one day licence)

## 2. When do I receive my timing chip?

- At bike check in

## 3. Do I receive a race pack prior to the race?

- No, all race materials will be given to you at onsite registration on Friday 23rd June (14:00 - 19:00) or Saturday 24th June (10:00 - 18:00)

## 4. 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

## 5. I've registered onsite but now don't want to race, what should I do?

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

## 6. Can I rack my bike on race morning?

- No, you must attend bike and gear check in between 10:00 and 18:00 on Saturday. No exceptions can be made

## 7. What goes in the transition bags?

- **WHITE BAG** = streetwear - any clothes you arrive in on race morning or want after the race (your white bag will be transported to the finish line)
- **BLUE BAG** = bike gear (e.g. helmet, bike shoes)
- **RED BAG** = run gear (e.g. trainers, sun cap, sun cream)

## 8. How do I get to Transition/Race Start on race morning?

- Athletes can view different parking options on the link below: <https://www.ikhouvanhoorn.nl/en/visiting/parking-in-hoorn/>

## 9. What shall I arrive in 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

## 10. What should I do with my timing chip after the race?

- You must hand this over at transition at bike checkout, there will be a bucket for you to place this into

## 11. Can I access transition on race morning?

- Yes! You can access transition from 05:00 - 06:45 so you can add your bike computer and any different food or drink to your bike on race morning, if needed

## 12. Do I need to wear a wetsuit?

- We strongly advise that you wear a wetsuit for IRONMAN 5150 Westfriesland

## 13. Can I use disc brakes?

- Yes

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

- No, this is your choice - if you have any concerns that your bike may not be appropriate, please email the team and we can provide guidance

## 15. Can my family and friends hand me things?

- No, you are not allowed any outside assistance during the race, this will lead to disqualification

## 16. 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

## 17. 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

# FIRST TIMER CHECKLIST

## BEFORE TRAVELLING:

- Check the schedule and plan accordingly
- Read the Athlete Guide
- Watch the Online Race Briefing
- Check the Start List  
(ensure your age group, country and information is correct - email [multisportwestfriesland@ironman.com](mailto:multisportwestfriesland@ironman.com) if any changes need to be made)



## FOR REGISTRATION:

- Bring your valid Photo ID
- Be sure to have your QR code ready
- Bring your Annual Race Licence (if you have one)  
(if you don't have an annual licence, you can purchase one on your MyEvents page through the additional purchases).

## AT REGISTRATION:

- BIB number
- Wristband
- Sticker set
- Swim cap
- Backpack
- Blue, red and white transition bags

Preparation is key

## PREPARATION FOR TRANSITION:

- Place the stickers on your bike, helmet and bags
- Prepare your blue bag with your bike clothes
- Prepare your red bag with your run clothes
- Check your bike over

**5150**  
TRIATHLON  
WESTFRIESLAND THE NETHERLANDS

## TIME FOR TRANSITION !

### REFEREES WILL CHECK (TRANSITION):

- Your helmet with the sticker (put your helmet on)
- Your bike is also stickered correctly (under seat)
- Your brakes will be checked
- You have your blue and red bag (with helmet, bike shoes, run shoes etc)

### FIRST:

- Leave your bike at your rack number
- Leave your blue bag on the hanger
- Leave your red bag on the hanger

### AND THEN:

- Collect your timing chip when you exit transition  
(familiarise yourself with the transition flow)



## IT'S RACE DAY!

### DON'T FORGET:

- Timing chip (put it on your left ankle)
- Your white bag
- Your wetsuit
- Any bottles/nutrition you want to use

### BEFORE SWIM START:

- Go to transition to check your bike, add nutrition and fill your water bottles
- Put your wetsuit on
- Drop off your white bag prior to going to swim start
- Self-seed yourself in your estimated swim time



## CONGRATULATIONS ON YOUR RACE!

- Collect your finisher items
- Collect your white bag from the finish
- Go to transition to check out your bike and bags
- Check your results (appeals must be made before 16:30)
- Attend Awards Ceremony

# POST RACE INFORMATION

FINISH LINE, POST FINISH, BIKE & BAG COLLECTION

## FINISH LINE

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

*Please note spectators cannot cross the finish line with you. If you come down the finish line with a spectator, you will be disqualified. Please ensure your spectators are aware of this, as it is for safety as well as fairness to other athletes.*

## POST FINISH (Medal, finisher tee, recovery, streetwear bag)

1. The medal will be given to you just after the Finish Arch.  
*Medal engraving is available into the After Finish Area.*
2. Then, pick up your Finisher tee-shirt.
3. Help yourself yourself to food and drink, refuel after your achievement!
4. Take time to recover, chat to fellow athletes, and let your achievement sink in, in the athlete only zone!
5. Get back your STREET WEAR bag at the After Finish Area.

Please make sure you respect your fellow athletes at this time with space when necessary! You have just completed a major achievement and may be tired!

## BIKE & BAG COLLECTION

**Transition will be open from 13:00 to 17:30** for the collection of bikes and transition bags. You will need to show your wristband with corresponding number to your bike and bags to collect your items from transition. It is recommended you check you have all your items before you leave. **All equipment must be collected by 17:30 no exceptions.**

# POST RACE INFORMATION

RESULTS, AWARDS, LOST PROPERTY

## RESULTS

Results will be available live on the IRONMAN Tracker App during event day and <https://www.ironman.com/5150-westfriesland-results> the day after the event.

If you have a query with your result after the race, please report it ASAP to the Athlete Services team in the registration/awards marquee before 16:30. Queries after this time must be emailed to [multisportwestfriesland@ironman.com](mailto:multisportwestfriesland@ironman.com) with full details.

All queries are compiled and resolved with the timing company within 14 days of the event.

## AWARDS

Location: Julianapark - (registration marquee)

Time: 17:30 - 19:30

Awards Available:

- Top 3 male and female athletes in each age group

***Awards will not be posted, it is your responsibility to check the results and attend the Awards Ceremony if you would like to receive your award.***

## LOST PROPERTY

Lost property will be held in corresponding areas, around the transition areas. Please ask the transition manager or member of staff in the finish line area. If you are missing an item, please check with lost property before or after the Award Ceremony on race day. If you find an item, please take it to lost property so its owner can retrieve it.

Items will not be posted after the event so check all your belongings before you go home.



# POST RACE INFORMATION

## QUESTIONS?

Any questions, please kindly email [multisportwestfriesland@ironman.com](mailto:multisportwestfriesland@ironman.com), we are here to help you have the best pre, during and post event experience possible!

## SOCIAL MEDIA

There will be live updates during race weekend on the [Instagram](#) and [Facebook](#) pages. Please ensure you 'like' the pages for up-to-date information and pass it on to your friends and family who may not be on site, so they can follow the race.

## RACE PHOTOGRAPHY

Sportograf is proud to be the official athlete photo service at IRONMAN 5150 Westfriesland.

We will provide you with our "Foto-Flat" which includes all your amazing personal content from several top locations around the course as well as the beautiful impression shots of the scenery and the race day in general.

Order your race images here: [www.sportograf.com](http://www.sportograf.com)

Help us take the best pictures of you:

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

Stay up to date and FOLLOW Sportograf on [Facebook](#) and [Instagram](#)

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# VOLUNTEERS

Put your hands in the air for the VOLUNTEERS!

We just want to take this moment to thank all our volunteers for taking time out of their day to make this event possible. We truly would not be able to do this without you!

Think about your day as an athlete and how long you are on your feet and please consider the time volunteers dedicate to making your dreams possible! Be considerate, polite and thank them when you can!





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We look forward to welcoming you and wish you a great race!

