




 mainova   
**IRONMAN**<sup>®</sup>  
**FRANKFURT**   
EUROPEAN CHAMPIONSHIP

RACE BRIEFING 2023

# EXPO & MERCHANDISE

## IRONMAN Merchandise & Expo:

 Friday: 10 am – 6 pm

 Saturday: 10 am – 6 pm

 Sunday: 10 am – 6 pm

 Location: Mainkai










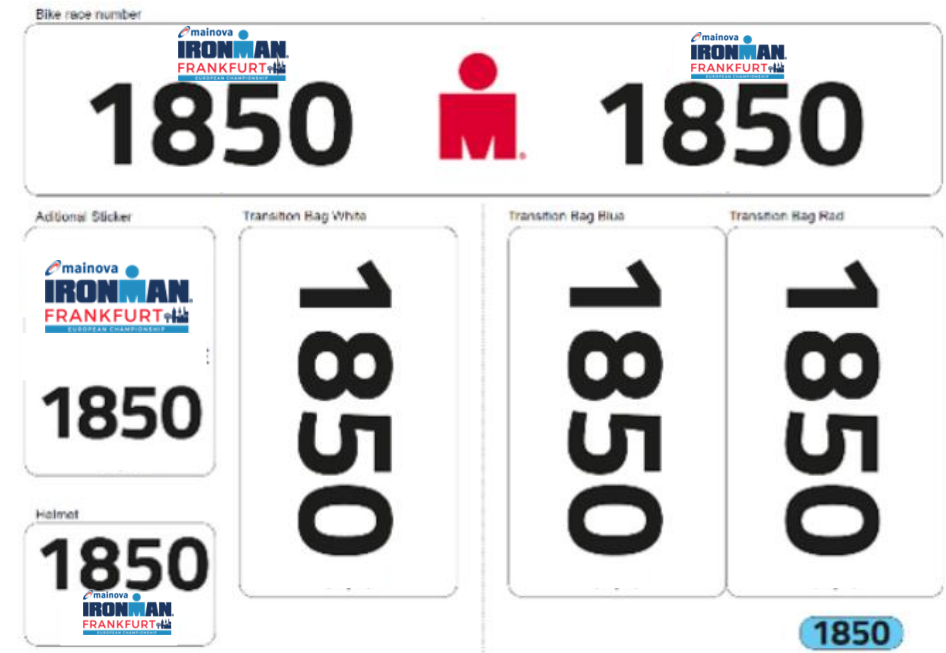


# REGISTRATION

Registration is open:  
**Friday 10 am – 6 pm**  
**Saturday 10 am – 1 pm**

**At registration you will receive:**

-  Athlete Wristband
-  Race Number
-  Helmet Sticker
-  Bike Sticker
-  Bag Stickers
-  Swim Cap
-  3 Transition Bags



# BIB (RACE NUMBER)



## RACE NUMBER x 1

This race number **must** be worn on your back during the bike and on your front during the run.

We recommend that you fix it to a race belt.

**Bib is needed for check-in on Saturday and for check-out on Sunday!**



## BIKE NUMBER x 1

Place this race number around your seat post.

# BIB (RACE NUMBER)

## EMERGENCY CONTACT

Please fill in your medical details and emergency contact on the reverse of the race number

**Name:** \_\_\_\_\_  
Nom / Nombre / Nome / Namn / Név / Navn

**Address:** \_\_\_\_\_  
Adresse / Dirección / Indirizzo / Adress / Cim

**Emergency Contact Name:** \_\_\_\_\_  
Persona da contattare in caso di necessità / Persona a contactar en caso de necesidad / Notfällen zu benachrichtigenden Person /  
Personne à contacter en cas de nécessité / Nødtelefon / Segélyhívó / Nöd kontakt

**Emergency Contact Number:** \_\_\_\_\_  
Notrufnummer / Numéro de téléphone d'urgence / Número de contacto de emergencia / Numero di emergenza /  
Nödsituationer kontaktnummer / Segélyhívó szám / Nødtelefon nummer

**Health Risk Factors:** \_\_\_\_\_  
Gesundheitlichen Risikofaktoren / Factors de risc per la salut / Factores de riesgo para tu salud / Fattori di rischio per la salute / Riskfaktor för  
hälsan/ Egészségügyi kockázati tényőzök / Helse risikofaktor

**Current Medication:** \_\_\_\_\_  
Medikamente / Médicament / Medicación / Medicazione / Medicinering / Jelenleg szedett gyógyszer / Nåværende Medisinerig

**Allergies:** \_\_\_\_\_  
Allergien / Alergia / Allergier/ Allergie / Allergia

# RACE NUMBERS



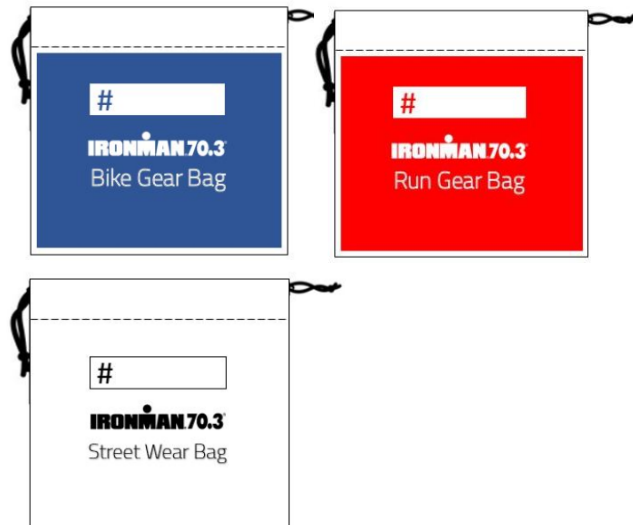
## HELMET STICKER

Place the sticker on the front of your helmet



## 3 x TRANSITION BAGS & 3 x STICKERS

Place 1 sticker firmly to the front of each bag before you fill it



**BLUE**    **Bike Gear**

**RED**     **Run Gear**

**WHITE**   **Post-Race**

# REGISTRATION ITEMS



## ATHLETE WRISTBAND

You will attach your own wristband to your wrist in registration. This gives you access to athlete-only areas.



## IRONMAN Frankfurt SWIM CAP

You must wear the swim cap that you get at registration. You can wear 2 caps or a neoprene cap, but the official race cap must be worn on top.

# BLUE BAG - BIKE

- 🚶 Pack this bag with everything you need for the bike section, it must include: **Race number, Helmet, Bike gear**
- 🚶 You must hang this bag in Transition 1 when you rack your bike on **Saturday 1 pm – 6 pm**
- 🚶 After finishing the swim, you **MUST** put your swim gear into this bag, including wetsuit  
DO NOT leave any items out of your bag
- 🚶 Bike shoes: attach shoes on the pedals or leave them in the blue bag
- 🚶 Can be accessed race-morning pre-race (4:30 am – 6:15 am) for last minute checks and additions
- 🚶 Pickup: in Transition Area after the race





# RED BAG - RUN

- 👤 Pack this bag with everything you need for your run section.
- 👤 You must hang this bag in Transition 2 on **Saturday 12 pm – 6 pm**
- 👤 or in Transition 1 on **Saturday 1 pm – 6 pm**
- 👤 After finishing the bike, you **MUST** put your bike gear into this bag, including helmet
- 👤 Pickup: in Transition Area after the race



# BIKE CHECK-IN



ATHLETES ONLY




NO TRANSITION BAGS, NO  
CHECK-IN!

Athletes have to check-in:

 Bike

 Helmet

 BIB

 Transition bags  
(marked with the race number)

# RACE CHIP

- ❗ The Race Chip will be handed out after Bike Check-In in Transition Area 1 by showing the athletes wristband
- ❗ The Race Chip has to be worn at the left ankle

## After the race:

- ❗ Bikes won't be returned if the athlete is not able to show his race chip







# BIKE MECHANIC

## Saturday

-  Infront of the Transition Area for Check-In:  
1 pm – 6 pm

## Sunday

-  Transition Area before the start
-  On the bike course:
  -  2 stations (Km 30 & 90; Km 117 & 173)
  -  2 mobile bike mechanics on the course





# SUNDAY, JULY 2<sup>nd</sup> - SHUTTLE SERVICE

## Shuttle busses:

- ❗ Shuttle service commuting between Frankfurt and Langener Waldsee
- ❗ More information on the website and in the Athletes Guide
- ❗ Note: Saturday for the Check-In ONLY athletes and bikes; Sunday also spectators

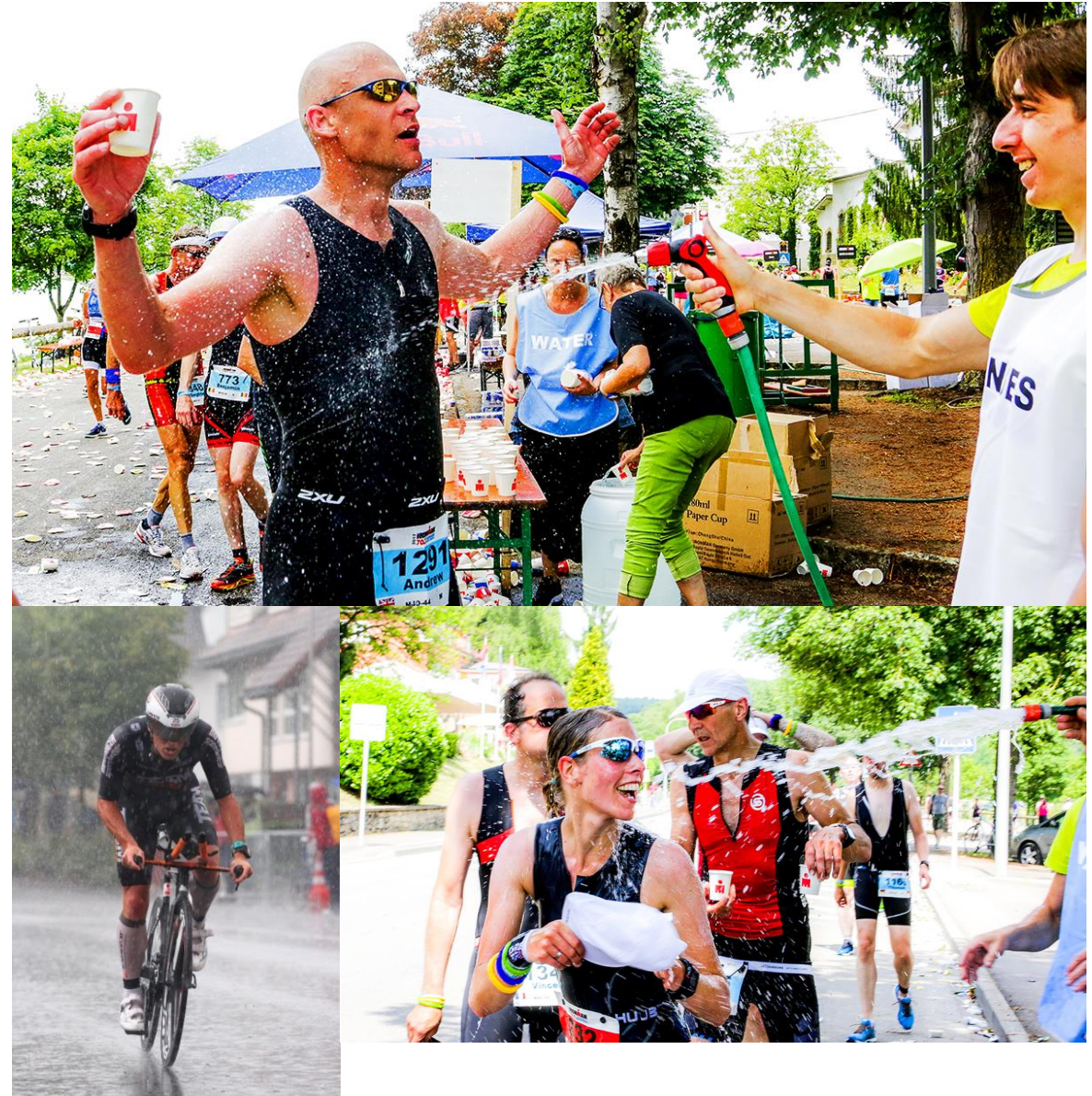
# RACE DAY MORNING

- 🚶 Transition Area open: 4:30 am – 6:15 am
- 🚶 Drop-off bag (white): until 6:15 am
- 🚶 Start – 6:25 am Women PRO
- 🚶 Start – 6:40 am – 7 am Age-Group / Rolling Start



# WEATHER ON RACE DAY

- ❗ We will watch the weather on race day
- ❗ If the conditions are too extreme, we reserve the right to cancel, change or shorten the race if the security of the athletes can't be guaranteed
- ❗ The decision whether to start with or without swimsuit will be published 1 hour before the start of the race



# MEDICAL

- ❗ If you have had any sickness in the past 48 hours, re-consider if you are fit to race
- ❗ Ensure all medical details are correct on the back of your race BIB, including your emergency contact details
- ❗ Ensure your friends and family know your race number
- ❗ Keep to your race plan – remain hydrated
- ❗ There are medical staff and mobile assets on the course (mechanics & sweep busses)
- ❗ Enjoy your day!



# TRANSITION 1 – RACE DAY

- 📍 Open from 4:30 am – 6:15 am for pre-race access
- 📍 Mechanics available on race morning in Transition
- 📍 Hand in your white bag early to avoid a last-minute rush
- 📍 Track pumps are available



# WHITE BAG - FINISH

- ❗ This should contain warm/dry clothes for post-race
- ❗ You must drop off this bag in the Transition Area on Sunday until 6:15 am
- ❗ Pickup: in the Athletes Garden after the race
- ❗ You do not have to use this bag



➔ **DO NOT PUT VALUABLES IN THE BAG**

➔ **DO NOT OVERFILL THE BAG (OR PUT TRACK PUMPS IN)**

# PERSONAL NEEDS BEUTEL

- ❱ 2 x personal needs bags
- ❱ Hand over at the infopoint in transition area 1 at Sunday morning
- ❱ Will be delivered close to Aid Station 1 on the Bike Course and after the Water Station on the Run Course



# RELAYS

## TRANSITION

We recommend you arrive in transition a minimum of 90 minutes before the swim start

**IT IS YOUR RESPONSIBILITY TO BE IN PLACE IN TIME TO RECEIVE YOUR TIMING CHIP FROM THE PREVIOUS TEAM MEMBER**

If the swimmer/cyclist does not make it to transition within the cut off time, the remainder of the team WILL be allowed to continue with the race

## CHANGING TENTS AND HANDOVER LOCATION

You are permitted to change in Transition before your race section

Please make yourself aware of the relay meeting point within transition

## FINISH LINE

All athletes in the team are permitted to run down the finish line together. The relay meeting point will be at the start of the Finish Chute and identified with a purple relay flag





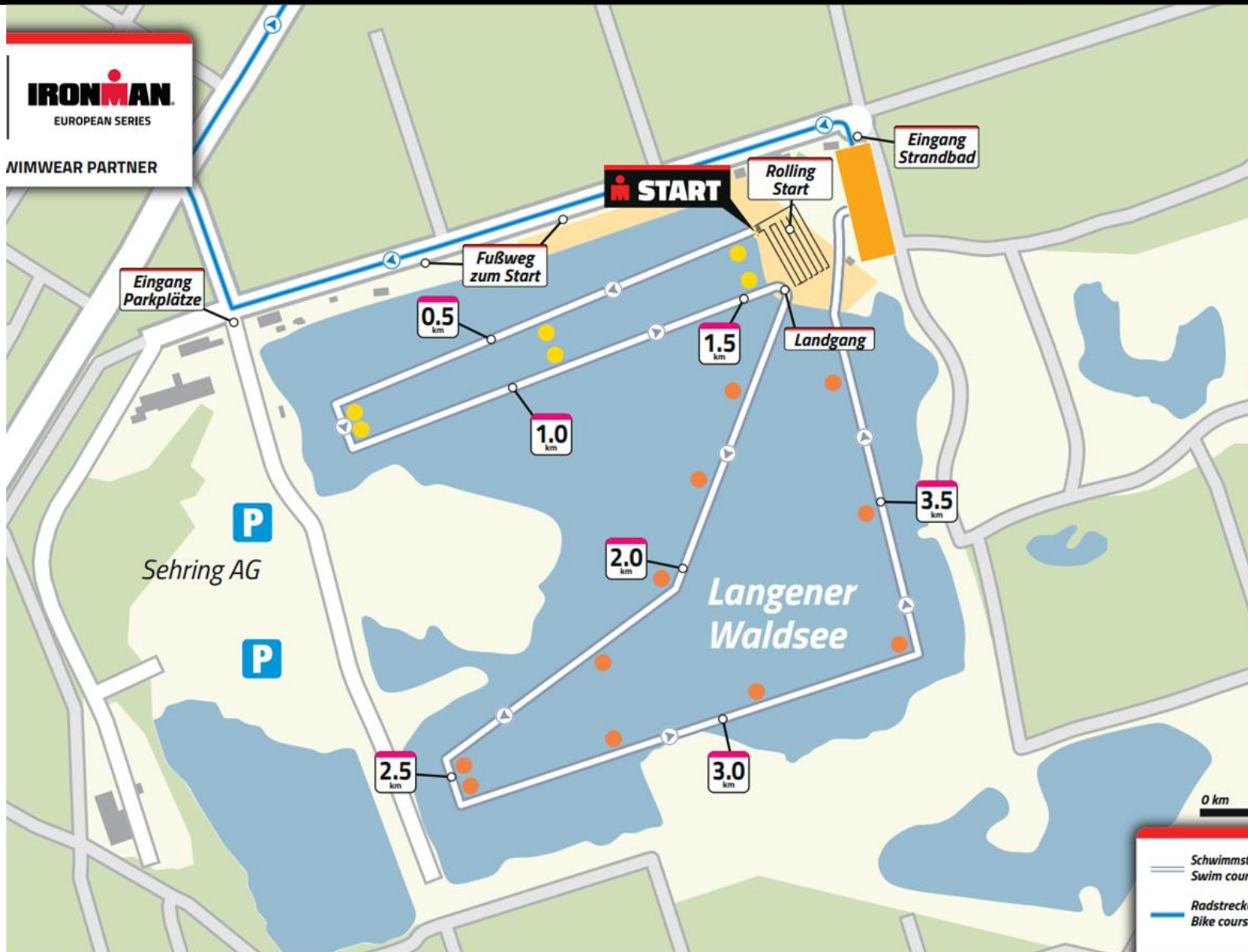
# IF


- ❗ You lose your timing chip, you can collect another one from Transition
- ❗ You finish without a chip, report this to the finish line staff as soon as you cross the line
- ❗ You fail to cross the finish line wearing your chip, you cannot qualify for the World Championship or a podium place

## IF you need to WITHDRAW from the race but...

- ❗ You racked your bike but decided not to start, immediately email us at [frankfurt@ironman.com](mailto:frankfurt@ironman.com) with your name and race number
- ❗ You arrive on race morning or cross the timing mat at swim start, and decide not to start, you must report to the race referee immediately
- ❗ You decide to withdraw during the event, you must report to an official and return your timing chip

# SWIM – RACE DAY



 Length:  
3,8 km

 Laps: 1

# START GROUPS

START	Start Group	Colour
06:25	PRO WOMEN	NEON GREEN
06:40 – 07:00	AGEGROUP WOMEN	NEON RED
	AGEGROUP MEN	
	MAINOVA RELAY	DARK BLUE

# SWIM START – RACE DAY

- ❗ Rolling Swim Start: from 6:40 am – 7 am
  - ❗ You will self-seed yourself on race morning, depending on your estimated swim time
  - ❗ Start interval is set shortly before the race
- ❗ Use all the open areas around swim start to wait for your estimated swim time to be called over the PA system
- ❗ Race numbers must NOT be worn under wetsuits

**PLEASE BE HONEST AND ORDER IN YOUR REALISTIC ESTIMATED RACE TIME!**

This is the only way to guarantee fluent start with the same chances for everybody.



# SWIM START – RACE DAY

- ❗ Athletes have to cross the timing mats to activate the timing system
- ❗ Athletes who jump over fences or swim into the start area from the side will not be registered and not timed → **Disqualification**
- ❗ Timing mats are located directly at the shore
  - Every athlete automatically crosses the timing mats when they enter the water
- ❗ Swim start = land start



# DURING SWIMMING

- ❌ Shortcutting
- ❌ Unfair behaviour
- ❌ Wearing a wetsuit when prohibited













- ❌ If assistance in the water needed: lie on your back and hold an arm in the air to attract the attention of the kayaks who will come to you. You may hold onto the kayak to catch your breath and continue swimming, always following the kayaks instructions.

# SWIM EXIT

- ❗ After completing the swim course everybody has to leave the lake at the official swim exit to cross the timing mats for the registration
- ❗ If you leave the water in another way, you won't get registered, and we suppose that you are still in the water
  - ➔ We will organize a rescue operation
  - ➔ You will be responsible for the costs



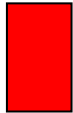
# TRANSITION1: SWIM → BIKE



-  You may remove your wetsuit to your waist on the run to transition
-  Go to your bags
-  Put on your bike gear
-  Put on your helmet, fasten the strap
-  Put on your bib number – wear it on your back
-  Wetsuit and swim wear into the blue bag
-  Put your bag in the dropbox after the transition tent
-  If your cycle shoes are in your blue bag, they must be put on in the changing tent not by the bike
-  Go to your bike
-  Push your bike to the mount line



# TRANSITION 1: SWIM → BIKE






## RED CARD



-  Using communication or entertainment media
-  Urinating in the Transition Area

## YELLOW CARD

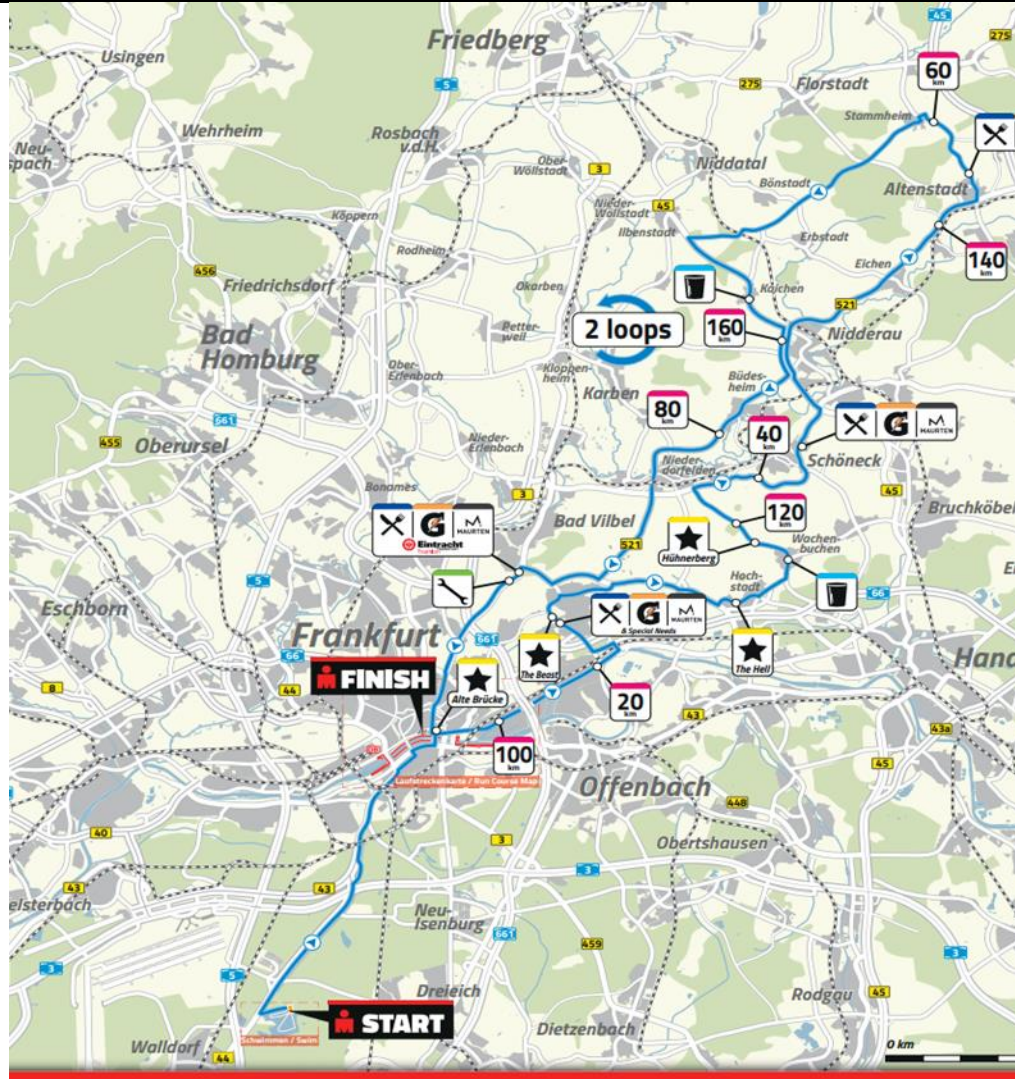


-  Wearing BIB during swimming
-  Changing of clothes at the bike
-  Dropping blue Transition Bag outside the dropbox purposed
-  Open helmet after bike pick up
-  Riding the bike in Transition Area



**WEAR YOUR BIB NUMBER AT THE BACK. IT IS REQUIRED TO WEAR A SHIRT!**


# BIKE – RACE DAY

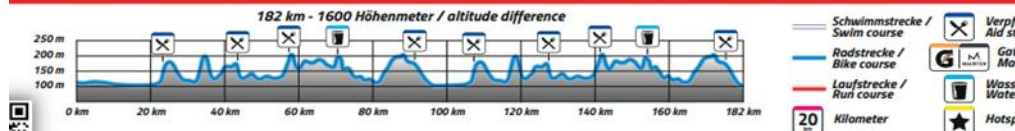


 Length: 182 km

 Altitude: approx. 1600 m

 Laps: 2

 4 aid stations & 2 water stations per lap



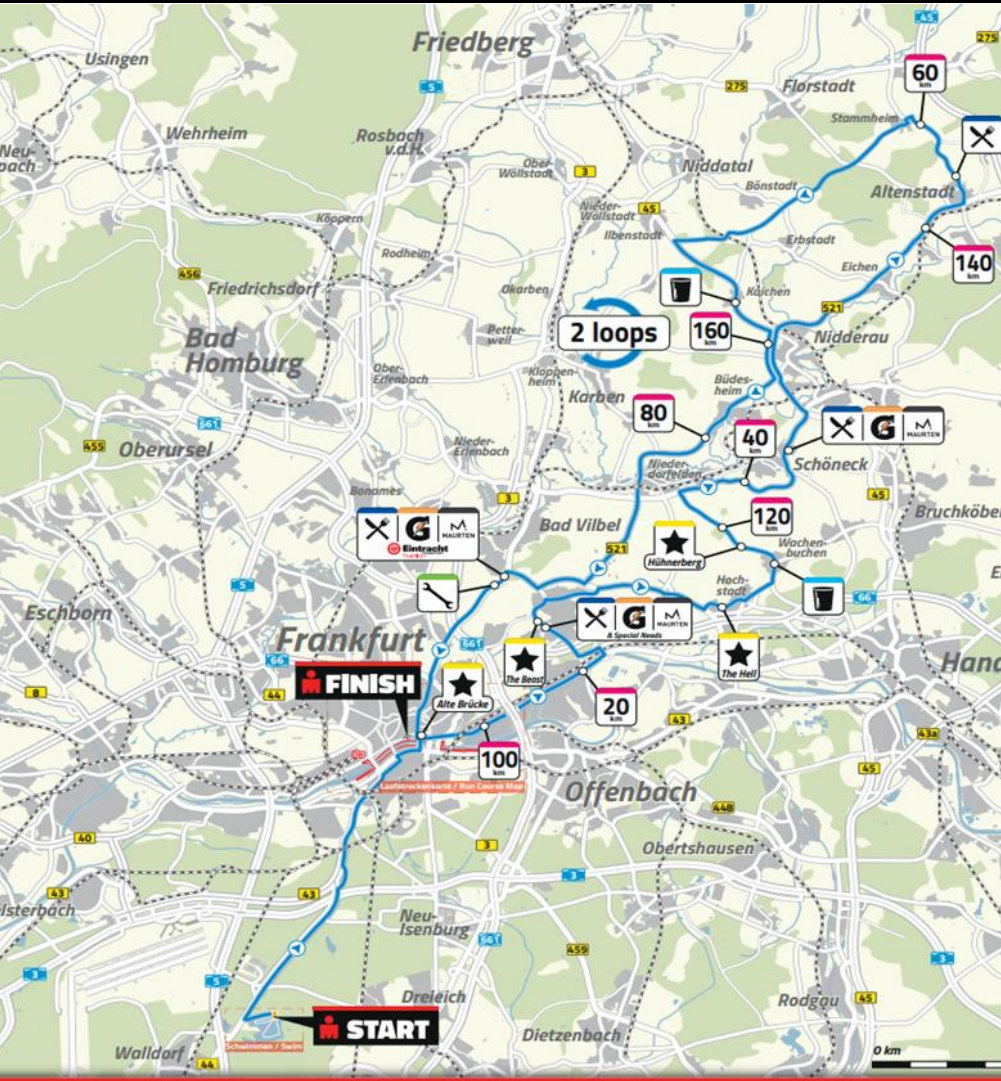
# BIKE COURSE – CRITICAL SECTIONS (1)




Pay attention to these kind of signs

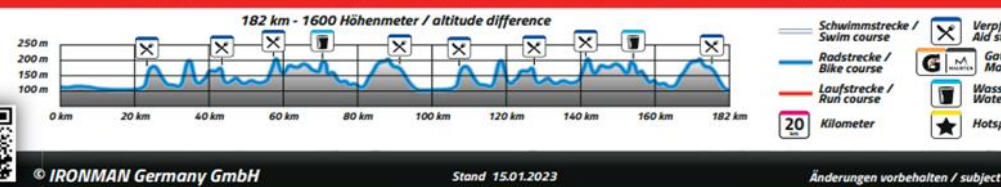




# BIKE COURSE – CRITICAL SECTIONS (2)



-  Km 30 / 114 Cobblestones at Hochstadt (The Hell)
-  Km 37 / 121 Sharp right at Niederdorfelden (after steep descent)
-  Km 44 / 128 driveway to B54 (S-curve)





# BIKE COURSE – AID STATIONS

- Water, Gatorade Ready-to-Drink Bottles (750 ml)
- Maurten GEL 100 & GEL 100 CAF 100
- 226ERS Race Day Bar



# AID STATIONS – WASTE DISPOSAL

Due to increased occurring of accidents we have to point out the importance of proper disposal of waste

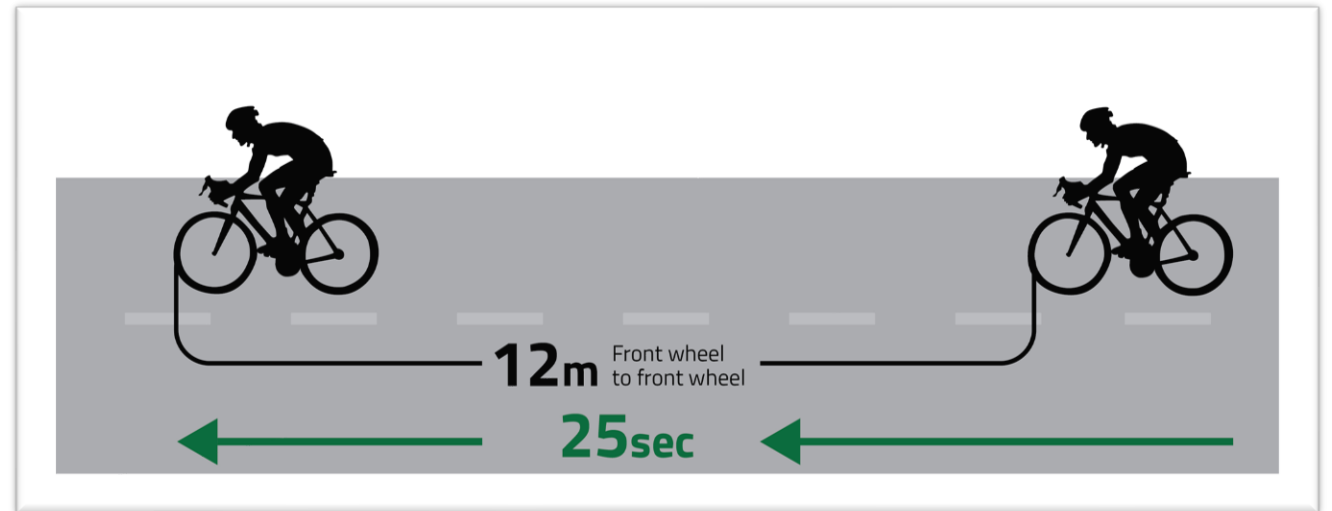
It is the only way to provide any accidents due to bottles on the course!

**PLEASE DROP USED BOTTLES INTO THE INTENDED AREAS**

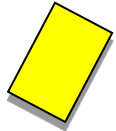


# BIKE KEY RULES – RACE DAY

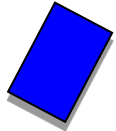
- ❗ No blocking! – stay right, pass left!
- ❗ Overtake to the left and immediately merge right after completing the overtake!
- ❗ Maximum of 2 athletes side by side and only when overtaking!
- ❗ Do not cut corners!
- ❗ Do not cross the centre line of the road!



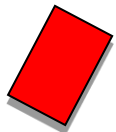
# BIKE KEY RULES – RACE DAY



Yellow Card: 00:30 min time penalty



Blue Card: 05:00 min time penalty (for each 05:00 min!)



Red Card: Disqualification (you can finish the race but without rating!)



**NO STOP IN PENALTY BOX  
→ DISQUALIFICATION**



# BIKE COURSE - RULES

## RED CARD



- Public urinating
- Intentional littering out of allowed areas (nearby aid stations)
- Usage of any communication or entertainment equipment
- Accepting assistance from a third party
- Passing on the right

## BLUE CARD



- Once overtaken, remaining in the draft zone for more than 25 seconds
- Drafting
- Passing athletes takes longer than 25 seconds

## YELLOW CARD












- Not wearing a helmet during the race
- Make forward progress without bike
- Coaching
- Obstruction by blocking (biking on the left side)

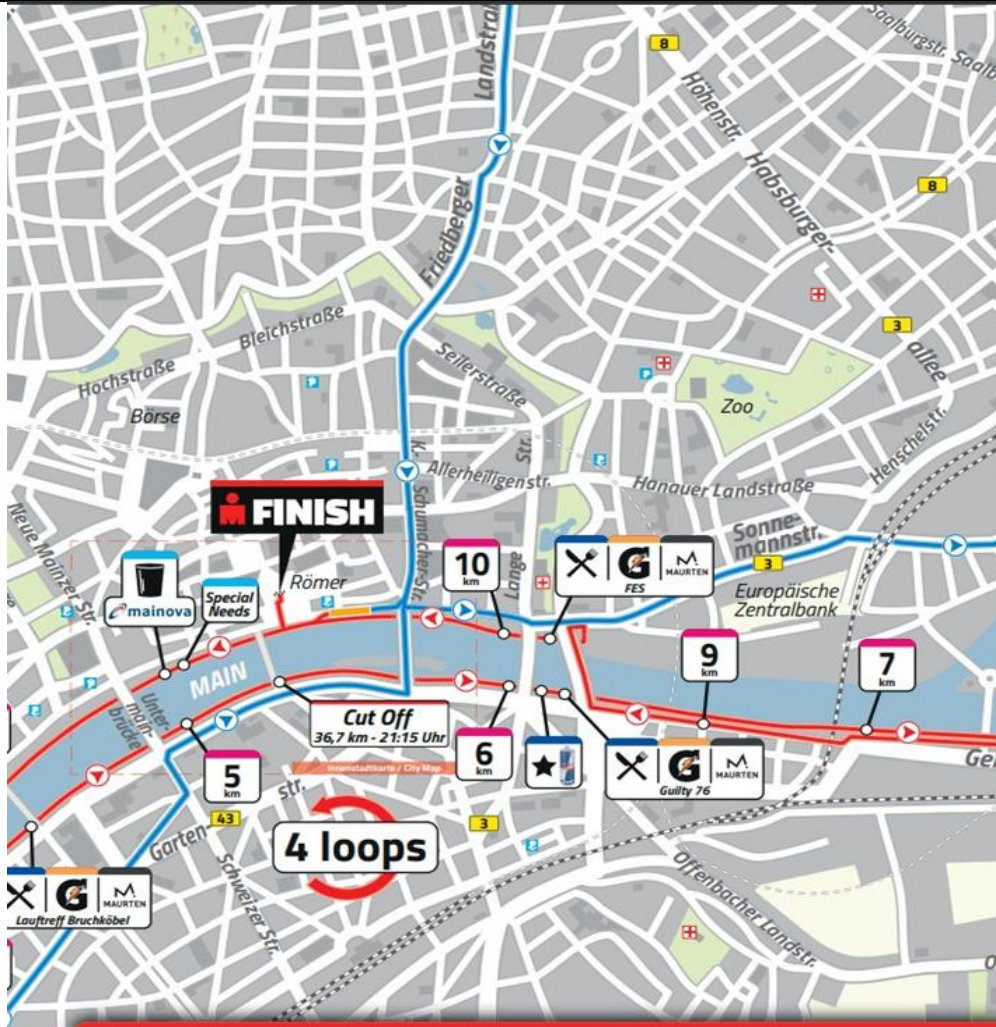


**DOING BIKE REPAIRS OR GOING TO TOILET DURING A PENALTY ARE PROHIBITED!**

# TRANSITION 2: BIKE → RUN

-  Dismount at the dismount line
-  Push the bike back to its position and hang it to the rack
-  Do not remove your helmet until you have hung your bike on the rack.
-  Go to your red bag at the bag hangers.
-  Go to the changing tent
-  Put on your running gear.
-  Put your cycling gear (incl. helmet) in the red bag.
-  Put your bag in the dropbox after the transition tent
-  Turn your race number to the front

# RUN – RACE DAY



 Length: 42,2 km

 Altitude: 100 m

 Laps: 4

 **6 Aid stations & 1 water station per lap**



**NO PENALTY BOXES ON THE RUN COURSE!  
ATHLETES HAVE TO STOP IMMEDIATELY FOR  
30 SECONDS!**

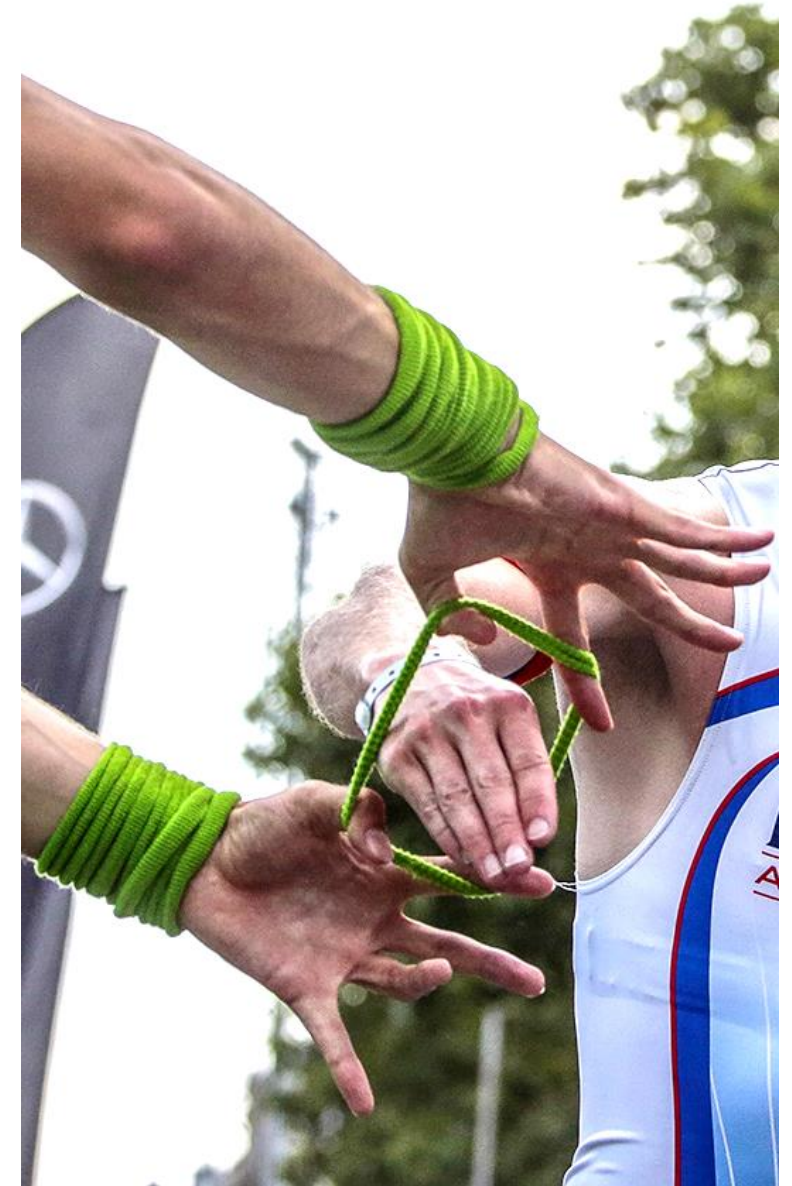
42.2 km - 100 Höhenmeter / altitude difference



Stand 15.01.2023

# RUN COURSE – LAP CONTROL

- ❏ Please wear the wristbands visible on the right arm
- ❏ Volunteers support the delivery
- ❏ Only if all bands are gathered athletes are allowed to turn into the Finish Line





# RUN AID STATIONS – RACE DAY

- All aid stations (2 per lap) are set up the same way
- Water, Gatorade in pre-filled cups, Coca-Cola & Red Bull Energy Drink (diluted with water)
- Maurten GEL 100 & GEL 100 CAF 100
- 226ers Vegan Gummy Bar
- Fruits
- Cracker



# Drinking water – Natural energy!

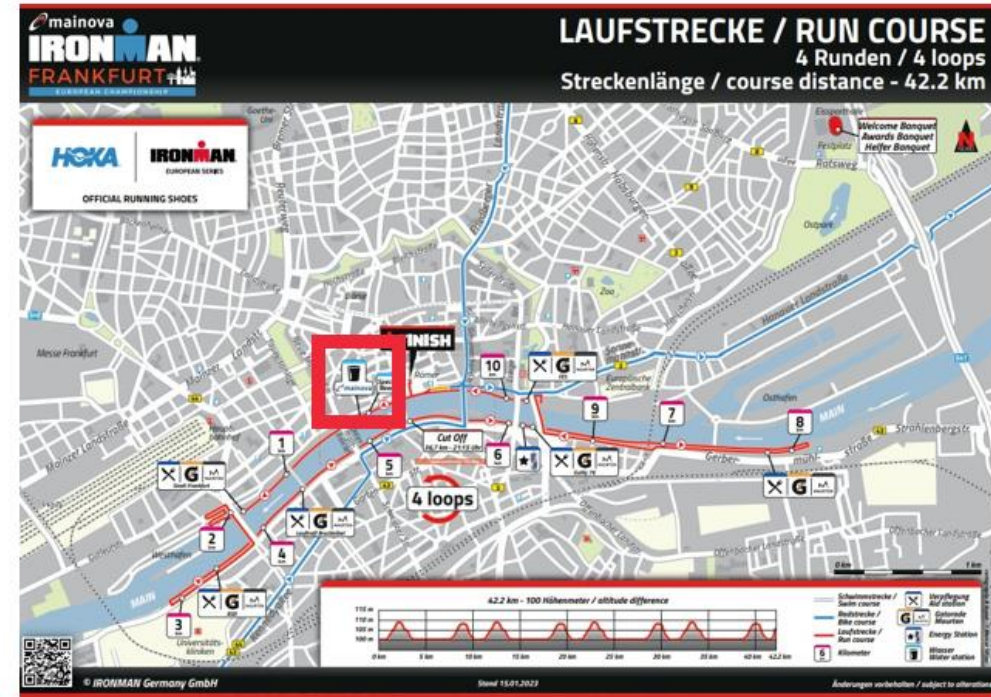
## Reusable cup system at the Mainova water station

Title sponsor Mainova ensures more sustainability on the run course!

At the Mainova water station (ahead of the Untermainbrücke on the northern side of the Main) there will be only reusable cups.

There is a marked drop-off area behind the water station.

Please do not throw the cups on the floor!



# Drinking water – Natural energy!

Refill station for spectators at the Mainova water station

Free water supply at the Mainova water bars:

- Expo (Thursday until Sunday)
- Römerberg (Sunday)

Please bring your own bottle or mug and refresh yourself with Mainova drinking water for free.





# RUN COURSE - RULES

## RED CARD



- **Shortcutting**
- **Public urinating**
- **Intentional littering out of allowed areas (nearby aid stations)**
- **Usage of communication or entertainment equipment**
- **Accepting assistance from a third party**
- **Use of unauthorized running shoes (with a stack height sole thickness of greater than 40mm and containing more than one plate rigid structure)**

## YELLOW CARD



- **Coach / Manager enters the course**
- **Coach running with the athlete beside the course**

To avoid penalties:

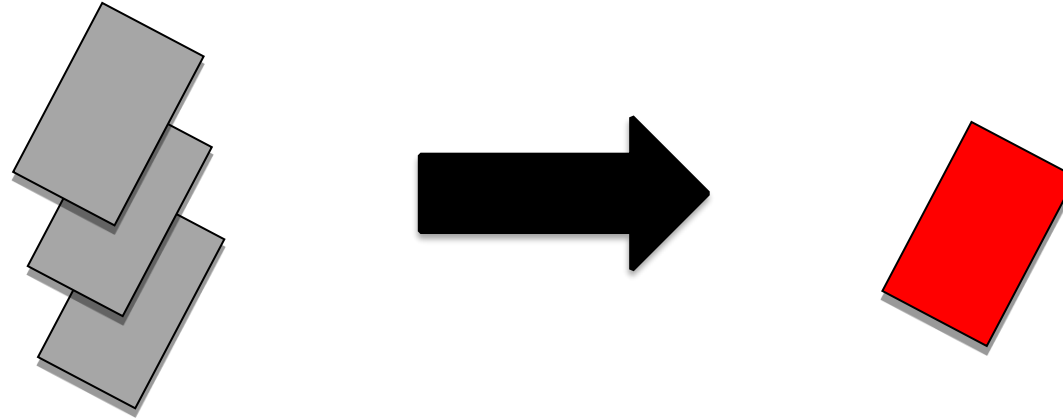
- ✓ **Medical support only from the official medical team (except diabetics)**





# RULES

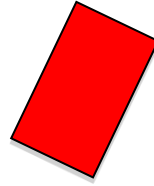
the accumulation of three cards – no matter which colour – will result in a disqualification



Yellow cards will no longer count as a “strike” (penalty counting towards disqualification), but athletes may still be disqualified should the Head Referee consider the accumulation of yellow cards to be in violation of IRONMAN Competition Rule 3.03(b).

# RULES & PENALTIES

## LITTER & GRAFFITI : Red Card



- ❗ Residents and businesses have to plan their day and accept traffic disruption to accommodate IRONMAN → Prolonged reminders through litter and graffiti is not permitted and is against the law
- ❗ Graffiti includes any good luck messages your family and friends leave in permanent paint
- ❗ Litter includes: Water bottles, Gel wrappers, Gel wrapper tear-offs, Used inner tubes, Co2 canisters, Food wrapping (including banana skins)
- ❗ ZERO TOLERANCE - Discarding litter outside of designated areas at feed stations is an immediate DQ
- ❗ Static referees and moto marshals are on course to target littering

# CUT OFF TIMES

## Swim


2h20

## Bike

10h00: Swim + T1 + Bike

## Run

15h00: Swim + T1 + Bike + T2 + Run

-  We will reserve the right to remove an athlete from the course and DQF the athlete if our course staff determines that there is no possibility of finishing the discipline or race before the posted cut-off times based on your location, the time and average speed to that point.



# FINISH LINE PROCEDURE

- ❗ It is prohibited to cross the finish line or even step onto the finish line with a companion (spectator)  
→ **Disqualification**
- ❗ You will receive a medal immediately after the finish line
- ❗ You receive your finisher shirts and your white bag at the Athletes Garden, show your race number!
- ❗ Furthermore, there are toilets and our medical team waiting for you in the Athletes Garden





# ADDITIONAL INFORMATION

## Accident

- ❗ Athlet – Spectator → the police needs to be called! You have to stay till the police has arrived!
- ❗ Athlet – Athlet → communicate with each other, whether both of you can continue. If not, both athletes must stay till the police arrives!

## Manipulation of the bike

- ❗ In transition area we will check all bikes for electronical or mechanical manipulation. If the result of the check is positive, the athlete will be disqualified!

## Lost & Found

- ❗ Put your bib number and name on all your equipment
- ❗ Personal belongings which are unmarked or have been left in the Transition Areas can be picked up at the Awards Ceremony

# BIKE & BAG CHECK OUT – RACE DAY

**Sunday 5:30 – 11 pm** You will be able to collect your bike along with blue and red bags all at the same time

- ❗ One way flow through Transition
- ❗ Athletes must collect their own bike and transition bags
- ❗ Athletes will collect their bags first and then their bike
- ❗ Athletes must collect everything in one go (Blue Bag, Red Bag and Bike)
- ❗ **Don't forget your timing chip** – You will exchange your timing chip for your bike at check out




# MONDAY, 3<sup>rd</sup> JULY

**11 am – 12 pm**

Athletes Brunch, Eissporthalle Frankfurt






**12 pm – 2 pm**

Awards & Slot Allocation IRONMAN World Championship Nice and Hawaii 2023, Eissporthalle Frankfurt

-  Trophies and prizes are handed out personally only; Trophies and prizes which have not been picked up will expire
-  The Awards Ceremony is open to the public
-  Please wear your athlete wristband to check-in before the Awards & Slot Allocation

# IRONMAN WORLD CHAMPIONSHIP



-  IRONMAN European Championship Frankfurt will allocate 50 starting slots for the VinFast IRONMAN World Championship 2023 in Hawaii and 200 starting slots for the VinFast IRONMAN World Championship 2023 in Nice
-  The slot allocation will take place after the award ceremony
  - Athletes must be present in person to claim their slot
-  Slots are divided amongst all age groups based on number of starters
-  The price of the slot for IRONMAN World Championship in Kona is \$1,400 USD + Hawai'i GE tax (\$65.94) & Active processing fees (\$43.83), total \$1509.77.
-  The price of the slot for IRONMAN World Championship in Nice is \$1,400 USD & Active processing fees (\$41.86), total \$1441.86 (includes taxes).
  - Credit card payment only
  - Valid ID/passport



# APPEAL

- ❗ It is NOT permitted to appeal against fact-based referee decisions such as drafting or blocking
- ❗ Appeals are possible until half an hour before the award ceremony

# I AM TRUE



"WTC is committed to fair competition and we take our role in the fight against doping seriously. We have been diligent in creating a program that balances detection and deterrence, to ensure that the fundamental values of fair play and healthy living are preserved."

- Andrew Messick, CEO, WTC

**#KNOWTHERULES**

# STAY IN TOUCH & GOOD LUCK

Stay in touch and share your IRONMAN Frankfurt journey on our social pages!

- 👤 Instagram @ironman\_germany
- 👤 Facebook IRONMAN Germany
- 👤 Facebook Event IRONMAN European Championship Frankfurt 2023
- 👤 #IMFrankfurt
- 👤 We're here to help so keep an eye out for our IRONMAN staff and volunteers on race week and if you have any questions either send us a message on our social media or email [frankfurt@ironman.com](mailto:frankfurt@ironman.com)





 mainova   
**IRONMAN**<sup>®</sup>  
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