



# 2023 ATHLETE GUIDE

NOVEMBER 19, 2023



# WELCOME

## TABLE OF CONTENTS



**WELCOME  
MESSAGES**



**EVENT  
SCHEDULE**



**COLOR BAGS  
& CUT OFFS**



**RACE DAY INFO**



**SWIM COURSE**



**BIKE COURSE**



**RUN COURSE**



**CUT OFF TIMES  
POLICY**



**AID STATIONS**



**AWARDS CEREMONY/  
SLOT ALLOCATION &  
ROLLODOWN**



**TRICLUBS**



Dear IRONMAN Cozumel athletes,

On behalf of the people of Quintana Roo, I would like to welcome you to the 15th edition of IRONMAN Cozumel. We are proud to host this great endurance event each year, which has grown to become one of the most highly respected long distance triathlons in the world.

Not only are the nearly 2,000 athletes here to challenge themselves on race day but the competitors enjoy time with family and friends while exploring our beautiful destination. Our world-class tourism infrastructure and endless natural attractions make Cozumel one of the top tourist destinations in not only Mexico but all of Latin America.

The beauty of Cozumel and our friendly people will inspire and accompany the athletes on their personal journey to the finish line.

Welcome and best of luck to all!

**Mara Lezama Espinosa**  
**Quintana Roo State Governor**



Welcome to the 15th edition of IRONMAN Cozumel! It is my great honor to receive nearly 2,000 athletes—plus family and friends—who are visiting from all over the world and eager to accomplish their goals on race day.

The Mexican Caribbean is known for its incredible landscapes, stunning turquoise waters, delectable cuisine and the warmth and hospitality of the people of Quintana Roo. I am confident that you will enjoy amazing experiences during your stay in Cozumel.

At the Ministry of Tourism of Quintana Roo, we understand the importance of preparation and perseverance. Whether hosting a major international endurance event for thousands of visitors or embarking on a personal 140.6-mile journey to the finish line, success can only be achieved through careful planning and determination.

I wish you much success and look forward to seeing you again soon in Cozumel!

Best wishes,

**Mr. Bernardo Cueto Riestra**  
**Secretary of Tourism of Quintana Roo**



Dear IRONMAN Cozumel participants,

I extend my warmest welcome to all competitors, along with their family and friends, in this year's IRONMAN Cozumel. The island is the ideal setting for an endurance event of this magnitude. Our 15 years of experience in hosting this world class event demonstrates how well the community and race organization work so well together.

Cozumel is one of the favorite destinations of visitors to Quintana Roo. While some of you are visiting for the first time, many are returning to again explore all that the island offers – the natural beauty of our beautiful beaches and underwater sea life, plus the unique local cuisine and unmatched hospitality of our people.

We wish you the best on race day and invite you to visit again in the very near future!

**Javier Aranda Pedrero**  
**General Director Of The Council For Tourism Promotion Council of Quintana Roo**



On behalf of the people of Cozumel, I extend my warmest welcome to all athletes competing in the 15th edition of the Mazda IRONMAN Cozumel in 2023.

Cozumel's natural beauty and activities attract millions of people worldwide to visit by air and sea each year. Additionally, we have the ideal infrastructure and world-class hospitality necessary for hosting major international sports events, positioning Cozumel as The Island of Sports.

We recognize and embrace two important goals of the Mazda IRONMAN Cozumel – it's the culmination of a year's training for the 2,000+ athletes participating on race day plus the event energizes the economy for the local businesses and families that live here on the island.

Our entire community is confident that you and your family and friends will create amazing memories during your visit here.

Best of luck!

**Cordially,**  
**Lic. Juanita O. Alonso Marrufo**  
**Municipal President of Cozumel**

# MESSAGE FROM THE HEAD REFEREE: IRVING ZAVALA

IRONMAN Cozumel will operate under the “three strikes and you’re out” principle.

Even though DRAFTING is the only violation to incur a time penalty (to be served in the nearest penalty box at various spots on the bike course), every bike course violation requires a stop in the penalty tent. Drafting penalties require a 5-minute stop; all other violations require 1 minute penalty.

ONLY BLUE card violations will count toward your three strikes— three blue card violations result in a Disqualification (DQ).

To maximize your understanding of the rules on race day, please take the time to read the following summary of Position Violations.

- Always ride on the right side of your lane to avoid an illegal position or blocking call.
- Age Group and Elite athletes must keep six bike lengths (12 meters) between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.
- Always pass on the lefthand side of the cyclist in front of you, never on the righthand side, to avoid an illegal passing call.
- Age Group and Elite athletes must complete your pass within 25 seconds to avoid a blocking call.
- If you are passed, drop back six bike lengths before attempting to re-pass, to avoid an overtaken or DRAFTING call.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. In the case of Position Violations, the referee’s ruling is final and is not open to protests or appeals.

The following are several other common rule violations:

- ! **HELMET CHINSTRAP** — the chinstrap of your helmet must be securely fastened whenever you are on your bike and/or running or walking with your bike during the race in the transition area. You must put your helmet on and fasten the chinstrap before grabbing and/or leaving your bike on the rack.
- ! **RACE NUMBER** — you must wear your race number during the bike and run portions of the race. Your bike number must be properly attached to your bike in a visible place.
- ! **LITTERING** (stop and go at the next penalty box) — do not throw away ANYTHING outside the official aid stations!
- ! **UNAUTHORIZED EQUIPMENT** — sorry, absolutely no compression socks (during the swim), no wetsuit, cell phones, MP3 players, Oakley Thumps, iPods or other audio listening devices!
- ! **OUTSIDE ASSISTANCE** — do NOT accept any assistance from anyone other than a race official, and do NOT have non-racers ride or run alongside you!
- ! **You must go to a penalty box for any violation to have your number marked. There will be no penalty boxes on the run. If you are penalized on the run, the official will mark your number on the spot.**

Please remember to treat other athletes, volunteers and race officials with courtesy and consideration. Failure to do so is considered **UNSPORTSMANLIKE CONDUCT** and may result in disqualification.

I sincerely hope you have a perfect race, lots of fun and that you achieve your goals.

Head Referee, 2023 IRONMAN Cozumel Irving Zavala.

Head referee del MAZDA IRONMAN Cozumel 2023. Irving Zavala.

	DRAFTING VIOLATION
	BLUE CARD five minute time penalty served in a penalty tent on the bike course
	LITTERING VIOLATION
	BLUE CARD five minute time penalty served in a penalty tent on the bike course
	BLOCKING VIOLATION
	YELLOW CARD 1 minute time penalty served at the next penalty tent
	DISQUALIFICATION (DSQ)
	RED CARD

ANY COMBINATION OF **THREE BLUE CARDS** WILL RESULT IN RACE DISQUALIFICATION.

# EVENT SCHEDULE

## 2023 IRONMAN COZUMEL



### Thursday November 16th, 2023:

START	END	EVENT	LOCATION
12:00 p.m.	4:00 p.m.	Athlete Check-in (Packet Pickup) <b>(ATHLETE SELECTION, GROUP 1)</b> Limited Capacity	Cozumel Convention Center
8:00 a.m.	12:00 p.m.	Free Bike <b>Tech Support</b>	10 Host Hotels (For validated guest athletes only)
12:00 p.m.	8:00 p.m.	<b>Official Store</b> —IRONMAN Cozumel	Cozumel Convention Center <b>(Buy &amp; Collect)</b>
12:00 p.m.	8:00 p.m.	<b>Information Booth</b>	Cozumel Convention Center
12:00 p.m.	8:00 p.m.	Free Bike <b>Tech Support</b>	Cozumel Convention Center
4:00 p.m.	8:00 p.m.	Athlete Check-in (Packet Pickup) <b>(ATHLETE SELECTION, GROUP 2)</b> Limited Capacity	Cozumel Convention Center
12:00 p.m.	8:00 p.m.	<b>Expo</b> —IRONMAN Cozumel	Cozumel Convention Center
2:00 p.m.	6:00 p.m.	Free Bike Tech Support	Host Hotels (For hotel guests only)

### Friday November 17th, 2023:

START	END	EVENT	LOCATION
8:00 a.m.	12:00 p.m.	Free Bike <b>Tech Support</b>	10 Host Hotels (For validated guest athletes only)
9:00 a.m.	1:00 p.m.	<b>Athlete Check-in (Packet Pickup) (ATHLETE SELECTION, GROUP 3)</b> Limited Capacity	Cozumel Convention Center
9:00 a.m.	5:00 p.m.	<b>Official Store</b> —IRONMAN Cozumel	Cozumel Convention Center <b>(Buy &amp; Collect)</b>
9:00 a.m.	5:00 p.m.	<b>Information Booth</b>	Cozumel Convention Center
9:00 a.m.	5:00 p.m.	Free Bike <b>Tech Support</b>	Cozumel Convention Center
9:00 a.m.	5:00 p.m.	<b>Expo</b> —IRONMAN Cozumel	Cozumel Convention Center
12:30 p.m.	1:30 p.m.	PRO Athlete Briefing (Only briefing)	Presidente Hotel (Coral Saloon) (Athlete Bracelet required). (Bike Rack available at Lobby Entrance)
1:00 p.m.	5:00 p.m.	<b>Athlete Check-in (Packet Pickup) (ATHLETE SELECTION, GROUP 4)</b> Limited Capacity	Cozumel Convention Center
1:30 p.m.	2:30 p.m.	Athlete Briefing ENGLISH (First briefing)	Presidente Hotel (Coral Saloon) (Athlete Bracelet required). (Bike Rack available at Lobby Entrance) (Same contents as digital Pre-Race Athlete Briefing)
2:00 p.m.	6:00 p.m.	Free Bike <b>Tech Support</b>	10 Host Hotels (For validated guest athletes only)
3:00 p.m.	4:00 p.m.	Athlete Briefing ENGLISH (Second briefing)	Presidente Hotel (Coral Saloon) (Athlete Bracelet required). (Bike Rack available at Lobby Entrance) (Same contents as digital Pre-Race Athlete Briefing)
4:30 p.m.	5:30 p.m.	Athlete Briefing SPANISH (Only briefing)	Presidente Hotel (Coral Saloon) (Athlete Bracelet required). (Bike Rack available at Lobby Entrance) (Same contents as digital Pre-Race Athlete Briefing)

### Saturday November 18th, 2023:

START	END	EVENT	LOCATION
7:00 a.m.	8:45 a.m.	Practice Swim <b>(Chip MANDATORY)</b>	Chankanaab Park (Swim Course Finish Line Section)
9:30 a.m.	12:30 p.m.	Red Bag Check-in at Transition Area 2 <b>(T2) (GROUP 1 &amp; GROUP 2)</b> .	Mega Super Center Parking Lot, 11th Ave entrance.
9:00 a.m.	12:30 p.m.	<b>MANDATORY Bike Check-in &amp; Blue Bag Check-In (T1). (GROUP 1 &amp; GROUP 2)</b> .	Transition Area 1 <b>(T1)</b> , Chankanaab Park Parking lot. <b>(Required use of face coverings at all times)</b>
9:00 a.m.	4:00 p.m.	<b>Official Store</b> —IRONMAN Cozumel	Quintana Roo Park (Finish Line) <b>(Buy &amp; Collect)</b>
9:00 a.m.	6:00 p.m.	Free Bike <b>Tech Support</b>	Transition Area 1 <b>(T1)</b> , Chankanaab Park Parking lot
12:30 p.m.	3:30 p.m.	Red Bag Check-in at Transition Area 2 <b>(T2) (GROUP 3 &amp; GROUP 4)</b> .	Mega Super Center Parking Lot, 11th Ave entrance.
12:30 p.m.	4:00 p.m.	<b>MANDATORY Bike Check-in &amp; Blue Bag Check-In (T1). (GROUP 3 &amp; GROUP 4)</b> .	Transition Area 1 <b>(T1)</b> , Chankanaab Park Parking lot. <b>(Required use of face coverings at all times)</b>

### Sunday November 19th, 2023:

START	END	EVENT	LOCATION
5:15 a.m.	5:45 a.m.	Free transportation to Start—T1—Chankanaab	Entrance of each of the 10 host hotels to transition area 1 (T1—Chankanaab) <b>(FOR VALIDATED ATHLETE GUESTS ONLY.)</b>
5:45 a.m.	6:35 a.m.	Free transportation	From transition 1 area (Chankanaab) (New Highway) to the Race Start at Marina Fonatur. <b>(ALL ATHLETES).</b>
5:20 a.m.	6:30 a.m.	Transition Area opens (T1)	Transition Zone 1 (T1), Chankanaab Park Parking lot.
5:20 a.m.	6:30 a.m.	Orange and Black bags delivery (Special Needs)	Transition Zone 1 (T1), Chankanaab Park Parking lot.
6:30 a.m.		Transition Area closes (T1)	Transition Zone 1 (T1), Chankanaab Park Parking lot.
6:35 a.m.		<b>LAST</b> Shuttle to start line (Marina Fonatur)	From transition 1 area (Chankanaab) (New Highway) to the Race Start at Marina Fonatur.
5:50 a.m.	6:55 a.m.	White bag delivery (Morning Clothes)	Marina Fonatur <b>(ATHLETES ONLY, CLOSED FOR SPECTATORS)</b>
7:00 a.m.		Professional Men's Race Start.	Marina Fonatur <b>(ATHLETES ONLY, CLOSED FOR SPECTATORS)</b>
7:02 a.m.		Professional Women's Race Start.	Marina Fonatur <b>(ATHLETES ONLY, CLOSED FOR SPECTATORS)</b>
7:10 a.m.		Age Groups Rolling Start	Marina Fonatur <b>(ATHLETES ONLY, CLOSED FOR SPECTATORS)</b>
10:20 a.m.		Approx. Swim Cut-Off	Chankanaab Park
11:00 a.m.	10:00 p.m.	<b>Official Store</b> —IRONMAN Cozumel	Quintana Roo Park (Finish Line) <b>(Buy &amp; Collect)</b>
4:00 p.m.		Transition Area 2 opens (T2—for equipment removal)	Transition 2 (T2), Mega Super Center Parking Lot
6:30 p.m.		Approx. Bike Cut-Off	Those athletes who have not finished their 2nd lap (72 miles) by <b>3:35 pm</b> , will not be able to start their 3rd lap of the bike course, due to the official cut-off time.

### Monday November 20th, 2023:

START	END	EVENT	LOCATION
1:00 a.m.		Approx. Run Cut-Off (Official Race Cut-Off time).	Downtown Cozumel Presidential Plaza. Finish Line will remain open seventeen hours after the last age group athlete starts the swim (Rolling Start) <b>(1:00 am approx)</b> , however, athletes that take more than seventeen hours to complete the full race course will appear as DNF. This applies regardless of whether they cross the finishline before <b>1:00 am approx</b> .
1:20 a.m.		Last chance to pick up bike and race bags at Transition 2 (T2). <b>(No Special Needs Bags)</b>	Transition 2 (T2), Mega Super Center Parking Lot
7:00 a.m.	<b>3:00 p.m.</b>	IRONMAN Cozumel Official Store <b>(Souvenir and Finisher Items)</b>	Quintana Roo Park (Finish Line) <b>(Buy &amp; Collect)</b>
5:30 p.m.		Awards Ceremony	New Señor Frog's (Punta Langosta Mall)
		SLOT allocation & Roll Down for the 2024 IRONMAN World Championship.	New Señor Frog's (Punta Langosta Mall)
		<b>Immediately following the Awards Ceremony.</b>	
		Closing Party <b>Immediately following the Slot Allocation &amp; Roll Down.</b>	New Señor Frog's (Punta Langosta Mall)

Official Event Schedule may change, please consult updates at mandatory pre-race meetings. Don't forget that the swim stage takes place in the sea and that weather conditions may change, therefore starting times may vary, your finishing cut off time is 17 hours after the last age group athlete starts the swim (Rolling Start). (When you complete the race, you must pick up your bike and gear bags at the transition 2 area no later than 01:20 a.m. approx on Monday, November 20th).

# ANYTHING IS POSSIBLE™

# PRE RACE INFORMATION

## PERSONAL COMMUNICATION PLAN:

Prior to departing to Cozumel be sure to establish a communications plan with family and friends back home. Establish a race day emergency contact with those who may need to reach you in case of emergency. Even if you are in Cozumel with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

## SWIMMING POOL



25 Meters, 8 Lanes  
Independence Sport Venue  
Av Andres Q Roo, Independencia, CP 77600  
San Miguel, Q.R.  
Average Temperature: 80.6 F  
Water Depth: 1.5 Meters

Monday to Friday from 9:00am to 1:00pm

[https://www.google.com.mx/?gfe\\_rd=cr&ei=SHuPVMpuM-mn8wedIIgoDQ#safe=active&q=unidad+independencia+cozumel](https://www.google.com.mx/?gfe_rd=cr&ei=SHuPVMpuM-mn8wedIIgoDQ#safe=active&q=unidad+independencia+cozumel)

Donation: \$3usd per hour, \$5usd per 2 hours  
This pool is not managed by LOC

## ATHLETE CHECK-IN:

Athlete check-in will take place at **COZUMEL CONVENTION CENTER**.

Athletes can select four different time slots for athlete check-in, there will be two time slots on Thursday and two time slots on Friday. Once Athletes select their registration time, that will also determine pre-set time for gear and bike check in on Saturday as well.

Athletes will receive more detailed info for this athlete selection process.

**ATHLETES ARE NOT ALLOWED TO ATTEND A GROUP OTHER THAN THE ONE THEY SELECTED.**

**AWAs will have priority to select any of the 4 groups. Showing at entrance his/her AWA Bib Number on the IRONMAN APP.**

### Thursday November 16 Athlete Check-in:

12:00 p.m. to 4:00 p.m. (Group 1) – (Limited Capacity)

4:00 p.m. to 8:00 p.m. (Group 2) - (Limited Capacity)

### Friday November 17 Athlete Check-in:

9:00 a.m. to 1:00 p.m. (Group 3) – (Limited Capacity)

1:00 p.m. to 5:00 p.m. (Group 4)– (Limited Capacity)

To complete the check-in process, athletes will need the following:

1. Show any of the four group selection confirmation at entrance.
2. Government issued photo identification, confirm Your Bib number (IRONMAN Live Tracker App)
3. IRONMAN Cozumel registration confirmation & signed waiver.

4. Pick up your athlete packet which must include:

- \*Race number
- \*Bike number
- \*Sticker number sheet for helmet and bags,
- \*Swim cap
- \*Athlete wrist band,
- \*Timing chip, **(Remember, You must pick up your timing chip after you get your competitor package, and in a different line).**
- \*Official back pack.
- \*Bags (5) (white, blue, red, orange and black).
- \*Bike check out tickets (2) for non athletes.

## IMPORTANT NOTICE:

**REGISTRATION FOR THIS EVENT IS PERSONAL, NON-TRANSFERABLE, NON-REFUNDABLE AND IT IS VALID FOR THIS EDITION ONLY (2023). IT IS STRICTLY FORBIDDEN TO HAND YOUR NUMBER TO ANOTHER PERSON OR TO PARTICIPATE WITH SOMEONE ELSE'S NUMBER; TO DO SO MAY LEAD TO A SANCTION OF UP TO 12 MONTHS.**

**EACH PARTICIPANT MUST PICK UP THEIR RACE KIT IN PERSON AND MUST SHOW A VALID PICTURE ID (i.e., passport, driver's license or visa).**

**All participants must be members of the Mexican Triathlon Federation, and those who are not annual members must purchase one-day memberships in order to officially register for the event.**

**All race packets must be picked up by 5:00 P.M. on Friday, November 17th.**

## ATHLETE WRISTBAND:

At athlete check-in you'll affix a wristband to your wrist which identifies you as an official participant and must be worn during the entire week. The wristband allows you access to the Athlete Briefings, Transition Areas, Race day buses from 10 official Host Hotels to Chankanaab (T1) (Validated Guest Hotel Athletes Only), recovery area, Awards Ceremony and gets you discounts on the Island. You will not be allowed to remove your bicycle and/or gear from the transition area following the race without your wristband still affixed to your wrist. Please do not remove your wristband until the end of the event.





SHARE YOUR EMOTION  
USING:



#MomentosMazda

Be part of our social networks.

 MazdaMéxico

 MazdaOficial

Feel Alive™

mazda.mx

## PERSONAL SAFETY:

Always train with at least one other person (especially in the open water). While swimming, please wear a bright color swim cap and ensure that your family members and/or friends know where you are.

When training, please bike and run on the shoulder without moving into the traffic lane. Please be courteous while riding your bike. The people you will be sharing the roads with, are the same people that will be out on the streets to support you on race day. Please ride in a single file, biking side by side is illegal.

As you are one of Cozumel's guests, please respect and obey the traffic laws during your training practices. Violators will be cited. You are required to carry proper identification at all times. If you are stopped, you must present your identification to the inquiring officer. Failure to do so may result in race disqualification. Your cooperation is appreciated.

## BIKE CHECK-OUT TICKET:

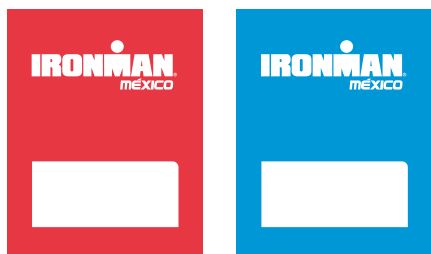
If you are unable to personally claim your bike and gear, a family member or friend must provide a copy of their photo ID along with the signed ticket to claim their athlete's gear.

As a precaution, give the ticket to a family member or friend prior to the race, even if you plan to claim your bike and gear yourself. You'll receive two bike check-out tickets in your packet.

Bike pick up time at T2 4:00 p.m. on Sunday Nov 19th until 01:20 a.m. Monday Nov 20th.

## BIKE (BLUE)/RUN (RED) GEAR, WHITE & PERSONAL NEEDS BAGS:

During athlete check-in you will receive 5 empty bags:



## ATHLETES ARE NOT ALLOWED TO ATTEND A GROUP OTHER THAN THE ONE THEY SELECTED.

**AWAs will have priority to select any of the 4 groups. Showing at entrance his/her AWA Bib Number on the IRONMAN APP.**

### Red:

Run gear bag (mandatory personal check in: Saturday November 18th, in the T2 rack located in Mega Super Center Parking lot (Transition 2) depending your group.

### Saturday (Red Bag Check-In)

9:30 a.m. to 12:30 p.m. (Group 1 and Group 2)  
12:30 p.m. to 3:30 p.m. (Group 3 and Group 4)

**There will not be official transportation for red bag drop-off—each participant is responsible for his or her own transport to the Mega Super Center.**

**Please remember that you cannot take your Red Bag to T2 on race morning—this must be done on Saturday at T2!**

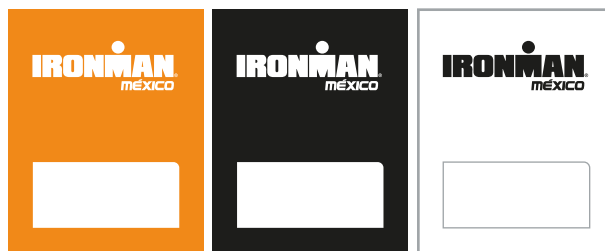
### Blue:

Bike gear bag. (mandatory personal check in: **Saturday** November 18th, in the T1 blue bag rack located in Chankanaab Park, (Transition 1) next to Changing Tents, depending your group.

### Saturday (Blue Bag & Bike Check-In)

9:00 a.m. to 12:30 p.m. (Group 1 and Group 2)  
12:30 p.m. to 4:00 p.m. (Group 3 and Group 4)

There will be no transportation from host hotels to Transition 1 Chankanaab (T1)



### Orange:

Bike personal need bag (check-in: **Sunday**, November 19th, transition buses next to Transition 1 at Chankanaab Park) from 5:20 to 6:30 a.m. prior to the start.

### Black:

Run personal need bag (check-in: **Sunday**, November 19th, buses next to Transition 1 at Chankanaab Park) from 5:20 to 6:30 a.m. prior to start.

### White:

Morning clothes bag (check-in: **Sunday**, November 19th, buses in Marina Fonatur) from 5:50 to 6:55 a.m. prior to the start. All articles must fit inside the white bag, only articles fitting properly in the assigned bags will be received. Valuable objects, air pumps or back packs won't be accepted. We highly recommend not placing cell phones, ipods, cameras, electronic devices, watches, sunglasses, etc. inside the bags.

Please pack the correct gear in the appropriate bag.

Be sure all of your gear is clearly marked with your name and race number sticker which will be included in your packet (sticker number sheet).

**The personal need bags are exclusively for nutritional purposes and/or to throw in a few extra clothes, no other items will be allowed. All bags will be discarded after the personal need bags station closes.**

**The Race Organization is not responsible for value objects left in bags.**

At the end of your race, you must pick up your bags (White, Blue & Red) and Bike at T2 (Mega Super Center).



## DIGITAL MANDATORY PRE-RACE MEETINGS

These briefings are put together by the Race Organizers and the Mexican Triathlon Federation (FMTRI), and contain important instructions and reminders of all the competition rules. They will be distributed on the official event web page, via email to all participants and published on all social media outlets of IRONMAN Mexico (the same way we offer this Athlete Guide).

## MANDATORY PRE-RACE MEETINGS (Same contents as digital Pre-Race Meetings)

These briefings are put together by the Race Organizers and the Mexican Triathlon Federation (FMTRI), with important instructions and reminders of all the competition rules.

**Presidente Hotel (Coral Saloon)**  
**Athlete Bracelet required.**  
**Bike rack available at Lobby entrance**



PRESIDENTE  
INTERCONTINENTAL®  
COZUMEL RESORT & SPA

### Friday November 17th

PROS (Only meeting): 12:30 p.m. to 1:30 p.m.  
ENGLISH (First meeting): 1:30 p.m. to 2:30 p.m.  
ENGLISH (Second meeting): 3:00 p.m. to 4:00 p.m.  
SPANISH (Only meeting): 4:30 p.m. to 5:30 p.m.

### PRACTICE SWIM:

Prior to race day, acclimatize yourself to water conditions by attending the swim practice on Saturday morning (7:00 – 8:45 a.m.) at Chankanaab Park (Swim Finish section). While swimming during the scheduled swim practice, always follow the instructions of water safety personnel and wear a bright color swim cap.

ONLY registered athletes in the race will be allowed to participate in the practice swim. Athletes MUST have completed the Athlete Check-In process on Thursday or Friday in order to participate.

**They must wear their racing chip at all times during the practice swim. Athletes will NOT be allowed to participate in the practice swim without their timing chip.**

### NO CHIP = NO SWIM PRACTICE

Do not swim out beyond the buoys and never swim alone!

**There will not be free transportation from host hotels to swim practice.**

**SWIM PRACTICE ARE SUBJECT TO CHANGES DEPENDING ON WEATHER CONDITIONS.**

**MANDATORY BICYCLE CHECK-IN FOR ATHLETES:**  
**Chankanaab Parking Lot**

**ATHLETES ARE NOT ALLOWED TO ATTEND A GROUP OTHER THAN THE ONE THEY SELECTED.**

**AWAs will have priority to select any of the 4 groups. Showing at entrance his/her AWA Bib Number on the IRONMAN APP.**

### Saturday (Bike & Blue Bag Check-In)

9:00 a.m. to 12:30 p.m. (Group 1 and Group 2)  
12:30 p.m. to 4:00 p.m. (Group 3 and Group 4)

All bicycles must be checked into Transition Area 1 (T1) and left overnight.

You have the option to cover your bike computer or remove it; full bike covers are not permitted.

Bicycles must all have the competitor's number attached to the frame.

Athletes must leave their bikes as they will be used on race day—changing of equipment, such as wheels, will not be permitted on race day.

You will have access to your bicycle starting at 5:20 a.m. to 6:30 a.m on race morning, but you will not be allowed to remove your bike from the transition area until the start of the bike leg.

Cycling shoes may NOT be left in Transition Area on **Saturday November 18th, ONLY BICYCLES.**

No loose gear will be allowed on the ground next to bicycles on bike check in day.

### BODY MARKING:

Body marking at IRONMAN Cozumel will be during Bike Check-In on Saturday, helmet and bike must be stickered. Athlete wristbands must also be worn from Athlete Check-In until the end of the event weekend.

### LOCAL RETAIL PARTNER DISCOUNTS:

Identify the Local Retail Partner Poster and receive attractive discounts and promotions in the best stores and restaurants.



# HOSPITALITY IRONMAN

Finish Line VIP Zone

Relax with friends at our exclusive  
finish line viewing area



Special VIP  
area adjacent  
to the finish line



Complimentary snacks  
and non-alcoholic  
beverages



Unwind in our  
comfortable  
seating



Access to clean,  
limited-use  
toilets

- Log in to your Active.com account
- Find the event for which you want to purchase VIP Lounge access and click Purchase Merchandise
- From the list, choose VIP Lounge
- Select the number of tickets you wish to purchase and click Continue to proceed

# RACE DAY INFORMATION

## MARINA FONATUR WILL BE CLOSED FOR SPECTATORS (ATHLETES ONLY)

### RACE DAY PARKING

The Chankanaab parking lot will be used as transition area 1 so there will not be any parking space available inside the park. Parking on the road is strictly prohibited, so please use the host hotels transportation or a taxi cab to get there.

There will also be free transportation (athletes only) at the main avenue (100 meters away from Chankanaab parking lot main entrance) to the swim start at the Marina Fonatur. (It takes about 15 minutes to get from T1 to the start line at Marina Fonatur.

Do not leave any valuables inside your car.

### RACE MORNING CHECK-IN PROCEDURE:

The transition 1 area will open at 5:20 a.m. on race day. Plan to arrive early.

### RACE PHOTOGRAPHS:

Finisher Pix Photo is proud to have been selected as the Official Photographers for the event. Finisher Pix will photograph all athletes and make these photos available on the event web site a few days after the event.

So what do you need to do?

1. Be sure to have your race / bib number visible at all times
2. Raise your arms and SMILE when you cross the finish line!



### IRONMAN LIVE APP:

Family members & friends will be able to follow you live online on race day. All they need to do is download the IRONMAN Live Tracker app and select 2023 IRONMAN Cozumel.



### FACEBOOK / INSTAGRAM

Follow Us for event latest news IRONMAN Mexico



## ALL WORLD ATHLETE PROGRAM (AWA)



### IRONMAN ALL WORLD ATHLETE

The IRONMAN All World Athlete program is our way of rewarding age-group athletes' hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 racing.

The program uses the IRONMAN Age Group Ranking system to determine which athletes have finished within the top 10 percent or better in their age group each calendar year. This system allows athletes to generate points based on their finish time behind the first official finisher in their age group. Athletes accumulate points for each race they complete. On December 31st, only the top three performances will count toward an athletes' All World Athlete status. This makes it easy for athletes to improve their ranking by simply racing more with IRONMAN.

An athlete can achieve All World Athlete status in one or all of the following categories:

IRONMAN, IRONMAN 70.3 and OVERALL (IRONMAN and IRONMAN 70.3 combined).

There are three levels associated with the All World Athlete program:

- GOLD (top one percent)
- SILVER (top five percent)
- BRONZE (top ten percent)

For questions regarding the ALL World Athlete Program, please contact: [agr@ironman.com](mailto:agr@ironman.com)

Benefits for this race:

- \* Priority Access to Athlete registration
- \* All World Athlete logo on bibs
- \* All World Athlete Swim caps
- \* Early bike check in (specific details in All World Athlete email)
- \* All World Athlete Tattoos

# NEVER FORGET YOUR RACE!



 **FinisherPix** | Powered by Smiles



**IRONMAN.**  
OFFICIAL PHOTOGRAPHER



Order your personal race photos here: [www.finisherpix.com](http://www.finisherpix.com)  
[www.facebook.com/finisherpix](http://www.facebook.com/finisherpix) | #finisherpix

## TRANSITION ZONES:

The Transition Area 1 (T1), will be located in the CHANKANAAB Park parking Lot, and will open on race day at 5:20 a.m. All athletes must be out of transition 1 (T1) 30 minutes before the start and head to the Marina Fonatur.

After you delivered your orange and black bags on the T1 buses, reviewed your Transition 1 Items, please take a 300 meter walk towards the new highway to take the buses again and go to the start line. It takes about 15 minutes to get from T1 to the Marina Fonatur. **The access to the start line zone is only for athletes, don't forget your bracelet.**

## MORNING CLOTHES BAG (WHITE BAG):

Prior to the swim start on race morning, place any items (e.g., dry clothes, hotel room key, meds) you may need after you finish in your morning clothes bag. The morning clothes bag drop buses will be clearly marked and will be located in Marina Fonatur. The event organizers are not responsible for items or bags so please do not place any valuables, mobile phones, cameras, electronic equipment, etc., in your morning clothes bag. After the start your morning clothes bag will be transported to T2 next to the Cozumel City Hall. You may collect it after the race.

Any items that do not fit inside the morning clothes bag, such as bike pumps and backpacks, will not be accepted.

The transition 2 (T2), will be located at the covered MEGA Supercenter parking lot in front of the Cozumel City Hall. At the end of the bike stage, you must hand your bike to a Volunteer to be hung on Your bike rack and proceed to Changing Tents.

There will not be any surveillance in T2 (MEGA Supercenter parking lot) after 01:20 am. on Monday, November 20th. The Organizing Committee won't be held responsible for any bikes after this hour.

## PRE-SWIM and SWIM START

**Athletes will be holding at their bike rack race morning until called out to shuttle buses. (Depending on the 8 estimated swim times below).**

Athletes will enter the water in a continuous stream through a controlled access point (approx. 3 Athletes every 6 seconds). An athlete's times will start when they cross timing mats at the start line. Athletes will self-seed on race morning based on their projected swim time. Volunteers and staff will be in the staging area with signs and will assist with this process. Self-seeding will not be mandatory but will be encouraged.

Age Group Athletes will begin to enter the water at 7:10 a.m. It is expected to take 50 minutes for all athletes to enter the water; everyone will be in the water by 8:00 a.m.

There will be 8 pre-swim corrals marked with estimated swim time.

- Corral 1.....Under 01:00 h (2.4mi)
- Corral 2.....01:00 - 01:10 h (2.4mi)
- Corral 3.....01:10 - 01:20 h (2.4mi)
- Corral 4.....01:20 - 01:30 h (2.4mi)
- Corral 5.....01:30 - 01:40 h (2.4mi)
- Corral 6.....01:40 - 01:50 h (2.4mi)
- Corral 7.....01:50 - 02:00 h (2.4mi)
- Corral 8.....Over 02:00 h (2.4mi)

**There will be no opportunity to warm up in the water prior to the swim start, and attempting to do so can result in disqualification.**





Download the IRONMAN Tracker App and follow your athlete on race day! Receive updates and find the perfect spot to cheer as they pass by on course!

# LOCATION MAPS:



**UPCOMING  
EVENTS**

**ARE YOU**

**READY?**



**IRONMAN**  
**70.3** CAMPECHE

**MARCH 17, 2024**

**IRONMAN**  
**70.3** MONTERREY  
PRESENTADO POR **INNOVASPORT**

**APRIL 14, 2024**

**REGISTER NOW [IRONMANMEXICO.COM](https://www.ironmanmexico.com)**



# SWIM COURSE

## 2.4 MILES (3.8 KM), (POINT TO POINT)

The 2.4 mile swim starts at the MARINA FONATUR and finishes at the concrete dock south of the dolphinarium at Chankanaab Park. The course is point to point.

During the swim, athletes must follow the buoy course. A bigger buoy will mark the only turn to the left to exit.

- On race morning, athletes will walk 350 meters approx from the T1 to the buses to be transported to Marina Fonatur. (swim start).
- The swim start for professional athletes is scheduled at 7:00 a.m. followed by a 7:10 a.m. Rolling Start for all age group athletes.
- The water visibility is 100%, buoys will be placed every 100m for your reference along the course.

### SWIM COURSE RULES AND INSTRUCTIONS:

1. Once you arrive at the swim start on race morning (Marina Fonatur), leave your morning clothes bag at designated drop area. You cannot leave any gear at your bicycle rack (T1).

2. Athletes who wear glasses may place them, prior to the start, on the table which will be located next to the swim finish gantry at T1. Be sure to label them with your name and race number.

3. Don't forget to bring the swim cap and timing chip provided at athlete check-in. Failure to wear the official swim cap may result in your disqualification.

4. Since the projected water temperature on race day is 84 F wetsuits will not be permitted.

5. There will NOT be an opportunity to warm up in the water prior to the start.  
6. Wearing swim goggles is recommended but not required.

7. No compression socks, fins, paddles or snorkels of any kind are allowed.


8. No individual paddlers or escorts allowed. Lifeguards, surfboards, kayaks and boats will adequately patrol the swim course.

9. Swimmers are required to stay on course and keep the course buoys markers to their left. Failure to do so may result in disqualification.

10. If you find yourself in need of assistance during the swim, raise an arm overhead, pump it up and down and call or seek assistance to the water safety personnel. Any swimmer who receives assistance, whether voluntary or involuntary, must retire and withdraw from the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.

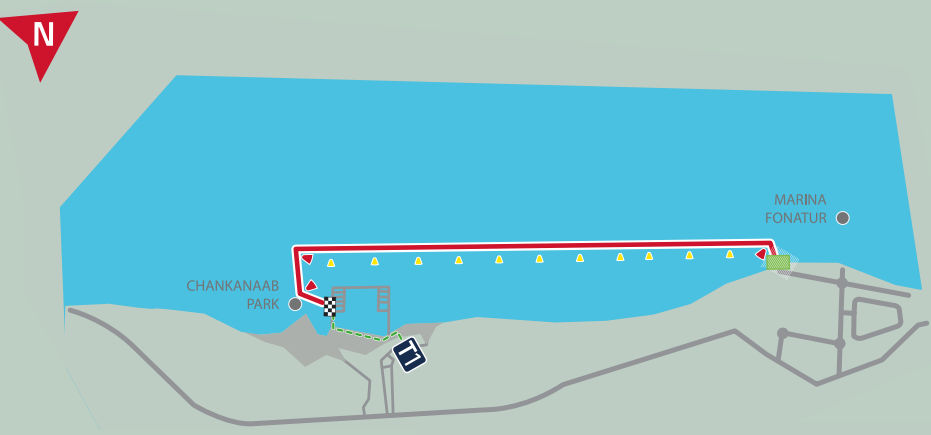
11. As you exit the water, you will cross timing mats on your way to the transition area 1. (Changing Tents).

12. After changing into your bike gear, place your swim gear inside the empty bike gear bag and hang it in the T1 Rack.



### SWIM COURSE

2.4 MILES / 3.8 KILOMETERS  
COZUMEL, QUINTANA ROO



**TURN BY TURN DIRECTIONS**

- Exit from start line heading southwest
- Turn left heading east.
- Turn left heading north and go to the swim finish.
- Go straight to the Transition 1 zone

**LEGEND**

- T1 TRANSITION 1 AREA
- START LINE
- SWIM FINISH
- TURN BUOYS
- OUTBOARD SIGHTING BUOYS
- RUN OUT TO TRANSITION

COPYRIGHT © WORLD TRIATHLON CORPORATION. ALL RIGHTS RESERVED.

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 and wearing a wetsuit if needed.

## 2 RACE IN SHORTER EVENTS

- Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
- For extra guidance, talk to a coach or your local triathlon club.

## 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 and pre-race communication to familiarize yourself with the course.
- Keep in mind, every body of water is different, so you'll need to educate yourself on water current and surf conditions.
- Study the event timetable to plan for proper 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 suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

## 5 PAY ATTENTION TO WARNING SIGNS

- If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

## 6 DON'T USE NEW GEAR ON RACE DAY

- Focus on controlling as much 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 a proper warm up prior to the start, preferably in the water.
- If you aren't able to warm up in the water, spend between 5 and 10 minutes getting loose.
- Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

## 8 CHECK OUT THE COURSE

- Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.
- Identify basic navigation points so that you know what you are swimming towards.

## 9 START EASY – RELAX AND BREATHE

- Don't race at maximum effort from the start.
- Relax and focus on proper breathing technique as you settle into a sustainable pace.

## 10 BE ALERT AND ASK FOR HELP

- In a race setting always stop at the first sign of a medical problem.
- If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
- Race rules allow for competitors 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.
- You may also rest by holding on to a kayak, boat or even a paddle board. As long as you don't use it to move forward, you won't face disqualification.

# LEGENDS

**NW**  
INNOVASPORT

**INN  
VICT  
US**



En Innovasport e Invictus  
hemos creado **Legends**.

La comunidad en donde **recompensamos  
tu esfuerzo y reconocemos tu historia.**

Regístrate, obtén tu membresía sin costo  
y disfruta de todos los **beneficios.**



ESCANEA EL CÓDIGO QR  
PARA UNIRTE



**IRONMAN**  
Cozumel



Visit the Official Store  
[www.buyandcollect.store](http://www.buyandcollect.store)

# BIKE COURSE

112 MILES (180 KM) (3 LAPS)

The bike course starts at the CHANKANAAB parking lot (T1), and finishes at T2 next to Cozumel City Hall in downtown.

You will have to complete 3 laps along the Highway around the Island in a counter clockwise direction. Every lap will go by the City Hall which is located next to T2 and the finish line. Upon leaving T1 at Chankanaab park, turn right on the Cozumel highway for about 12 miles towards the south side of the Island (Punta Sur), at this point you will head north for about 9 miles right next to the ocean, with strong cross winds, until the junction with Juarez Ave. (at a place called Mezcalitos), where you will turn left and go straight until 30th Ave. where you'll turn left and go straight until 11th street, turn right and go straight until City Hall to complete lap 1.

You will have to complete two more laps to finish this beautiful bike course. The first two laps are 39.5 miles each (63k), and the third lap is 33 miles (54k). The entire course is flat and the pavement is in perfect conditions.

**\*\* Important:** Due to the strong cross winds during a portion of the bike segment, the use of full DISC wheels will be strictly forbidden (all other wheels like HED three spoke or similar will be allowed), please take this into consideration when selecting your racing wheels. Race officials will monitor this at bike check in.

There will be five (5) on-course aid stations (approx 12.5km between each other) (20km, 30km, 43km, 55km, 69km, 82km, 92km, 105km ,117km, 131km, 145km 155km, 168km) to keep athletes well fueled during the bike leg, plus a Personal Need Bags station (97km, exclusively for nutritional purposes or extra clothes).

**All Orange bags will be disposed after bike aid stations closure.**

## TECH TIPS & OTHER DETAILS:

Bike inspection 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 discretion, make final judgment as to the soundness of bikes.

Prior to mandatory bike check-in on Saturday, be sure your bar-end plugs are in place and you have no loose spokes, brakes, headsets, stripped cables, etc. Adjust the hubs and position handlebars correctly. Ensure that cables and tires are in good condition and sew-up tires are glued properly onto the rims. Securely fasten all equipment you may carry with you on race day.

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. There will be a limited number of pumps available in the transition area on race morning, thus we recommend you bring your own. You must give your pump to a family member or friend before race start, since pumps will not be stored with your pre- swim bags.

For security and safety reasons, bikes will not be allowed out of the transition area once bike check-in begins on Saturday. No one will be allowed to enter the bike compound unless accompanied by a race official.

On race day, bike tech vehicles will patrol the course to aid in emergency repairs, but it is the sole responsibility of every athlete to carry the necessary items to make their own repairs and continue with their race.

## BIKE SHIPPING:



Tri Bike Transport offers bicycle transport to Cozumel (a service that is available from USA and Mexico for this event). This service will be located adjacent to Cozumel Convention Center (Thursday & Friday).

If you decide not to use a bike transport service, we recommend you travel with your bike as part of your luggage. Do not send your bike via any shipping service in order to avoid inconveniences with Mexican customs.

Most airlines recommend that you use the following procedures when shipping your bike:

Pack your bike as if you were shipping eggs. Do everything you can to ensure damage-free delivery. Boldly label your bike case with your name, address, etc., so it can be identified quickly. If you plan to arrive in Cozumel immediately before the bike check in, you risk having your bike arrive after you do.

Plan ahead!

## BIKE TECH SERVICES:

The official bike shop and technical provider of the event will open their event store and tech service center at the expo & packet pick up, official host hotels and transition area. They will be staffed by expert bike technicians and stocked with great deals on a variety of merchandise (tires, tubes, CO2, and more).

Please look at the event official program for service dates and times.

**During race day, bike tech services will be located at each bike aid station and a movil scooter tech between each aid station.**



**TRIBIKE**  
**TRANSPORT**

**OFFICIAL BIKE**  
**TRANSPORTATION.**



mazda



**IRONMAN**<sup>®</sup>

 Cozumel

**BOOK NOW:**

**56. 79. 37. 27**

Contacto@tribiketransport.com.mx  
www.tribiketransport.com.mx

# BIKE COURSE RULES AND INSTRUCTIONS:

1. All bikes must display the bike frame number clearly visible, bike number will be a sticker that you have to affix to your bike seat frame.
2. Tandems, fairings or any add-on device designed exclusively to reduce resistance are not allowed. Any new, unusual or prototype equipment will be subject to determination of legality by IRONMAN and / or the Chief Race Official.
3. All bikes must be checked in the Saturday prior to race day. Race officials reserve the right to reject any bike or helmet not meeting safety standards. If the bike does not meet safety standards, the athlete will be required to correct the problem before participating in the race. Once your bike is checked into the transition area, only small covers on the seat and/or computer will be allowed. Large plastic bags that cover the entire bike will not be permitted.
4. Position Rules:
  - a. Absolutely **NO DRAFTING** behind another bike or any other vehicle is allowed.
  - b. Athletes must ride single file on the far right side of the road except when passing another rider. Side-by-side riding is not allowed.
  - c. Overtaking Age Group and Elite riders may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing.
  - d. Riders must keep 12 meters (~6 bike lengths) distance between bikes except when passing.
  - e. An overtaken rider must fall back 12 meters (~6 bike lengths) before attempting to regain the lead from a cyclist ahead.
  - f. Athletes committing rule violations will be notified "on the spot" by an official.
  - g. The official will:
    - I. Call out your race number and notify you that you have received either a BLUE CARD for drafting, or a YELLOW CARD (1 minute) for any other penalty. The official will show you the corresponding color card.
    - II. He/she will instruct you to report to the next penalty box (PB) on the course. There will
  - h. The athlete will:
    - I. Report to the next PB and tell the PB Official whether you received a BLUE CARD or a YELLOW CARD. If you fail to report to the next PB, you may be disqualified.
    - II. The race officials will have race numbers marked by the PB official with a "/" for drafting or a "P" for all other penalties.
    - III. The athlete must register, via the sign-in sheet.
    - IV. He/she must resume the race immediately, upon having their numbers marked with a "P", for all non-drafting violations (YELLOW CARD). (1 minute).
    - V. Remain in the PB for FIVE (5) minutes for each drafting violation (BLUE CARD).
    - VI. The athlete will be disqualified if he/she receives any combination of three penalties. If you are disqualified, you may finish the bike course but may not start the run.
    - VII. Risk disqualification for not reporting to the PB.

5. Shoes may NOT be placed beside the bike. Shoes and shirts must be worn at all times.
6. Each participant must wear the IRONMAN Cozumel issued race number at all times while on the course. One of the two bib numbers must be placed low on the BACK of rider's jersey where it is clearly visible (**OPTIONAL for Bike Course / MANDATORY for Run Course**). Folding or cutting race number or intentional alteration of any kind is STRICTLY PROHIBITED. Race belts may be worn.
7. CPSC-approved helmets are required during the entire bike leg. It must be worn when running in and out of the transition area. Any athlete 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.
8. No individual support is allowed. Ample aid stations will be provided. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete and should be warned to stay completely clear of all athletes to avoid disqualification. It is incumbent upon each athlete to reject immediately any attempt to assist, follow or escort from someone outside the race. Bike bottles must be tossed toward the bottle drop at the entrance and/or exit of an aid station. A penalty will be assessed for discarding a bike bottle or any other litter/trash outside the designated drop zone.
9. Each participant is responsible for the repair and maintenance of their own bike. Assistance by anyone other than race personnel will be grounds for disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction. Technical support does not include the normal changing of flat tires. A limited number of neutral technical support vehicles will be on the course to assist with emergency repairs whenever possible.
10. Participants are expected to follow directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
11. Athletes may walk along the course with their bike, if necessary, but may not make progress on the bike course unless they carry, push or pull their bikes along with them.
12. All participants must mount and dismount in the marked zones at the transition area. Under no circumstances should an athlete ride their bike inside the transition area.
13. Headsets or headphones are not allowed during any portion of the race.
14. If an athlete needs minor medical assistance, there will be medical personnel at every aid station, where he/she may receive treatment. Depending upon the level of care required, ambulances may take the athlete to the nearest hospital to receive treatment. If you have a problem, please go to an aid station for further assistance.
15. If you don't respect littering area, you'll be subject of penalization.
16. After completing the bike portion hand your bike to a Volunteer and proceed to the Changing Tents.
17. After changing into their run gear, athletes must place their bike gear inside the empty run gear bag and leave it at the designated bag drop.

## 2023 IRONMAN COMPETITION RULES:

### Supertuck Position:

For Safety Reasons the following positions are prohibited:





## LOCAL TRAFFIC LAWS:

Please remember that members of the local community use the bike course roads. You are an ambassador for the sport and IRONMAN Cozumel, the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community.

When training, please follow these suggestions:


- Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.
- Please obey traffic laws (stop at stop signs, signal when turning, etc.).

- Please do not use private property as a toilet.
- Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash container.
- Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.
- Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy. Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return. Please think before you act.

## BIKE COURSE

112 MILES / 180 KILOMETERS / 3 LOOP  
COZUMEL, QUINTANA ROO




### TURN BY TURN DIRECTIONS

- Mount your bike, exit transition 1 and head southeast until Gral. Rafael E. Melgar St.
- Turn right on Gral. Rafael E. Melgar St. and head southwest
- Continue on Gral. Rafael E. Melgar St. and turn left heading southeast onto Quintana Roo C-1
- Continue on Quintana Roo C-1 and turn left heading Northwest onto Transversal Highway
- Turn left onto 30 Av.
- Turn right onto Quintana Roo St.
- Turn left onto Gonzalo Guerrero St.
- Turn right onto 15 Sur St.
- Repeat steps 2 - 8.
- In the last loop, Turn right onto Quintana Roo St. and go straight to transition 2 zone.
- Dismount

### LEGEND

- 1 TRANSITION 1 AREA
- 2 TRANSITION 2 AREA
- START LINE
- FINISH LINE
- 1 1<sup>ST</sup> LOOP MILE
- 5 2<sup>ND</sup> LOOP MILE
- 9 3<sup>RD</sup> LOOP MILE
- 1 1<sup>ST</sup> LOOP KILOMETER
- 5 2<sup>ND</sup> LOOP KILOMETER
- 9 3<sup>RD</sup> LOOP KILOMETER
- U U - TURN
- ↻ BEGIN 2<sup>ND</sup> LOOP
- 💧 WATER / AID STATION
- X MECHANICAL SERVICE



COPYRIGHT © WORLD TRIATHLON CORPORATION. ALL RIGHTS RESERVED.



**IN THIS EVENT**

**DRAFTING IS PROHIBITED**

**BE SAFE, BE FAIR,  
DON'T CHEAT!**

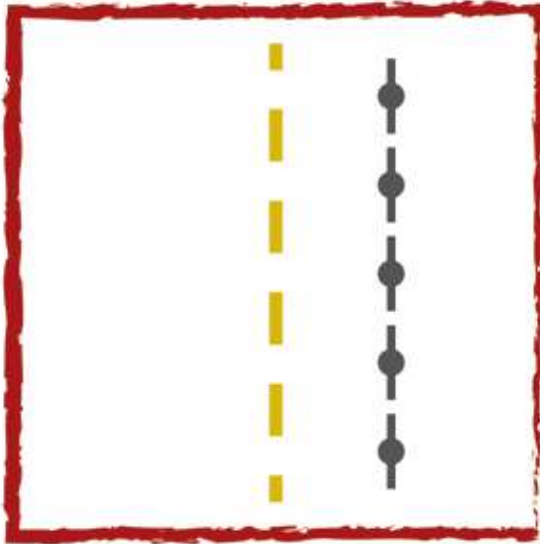
**I**   
**DRAFT**



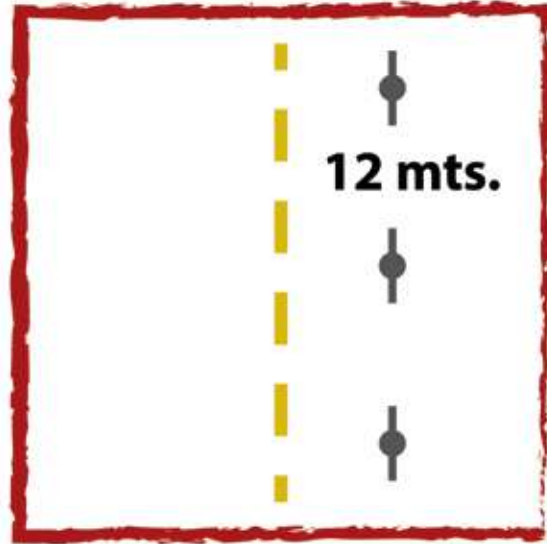
mazda

**IRONMAN**<sup>®</sup>

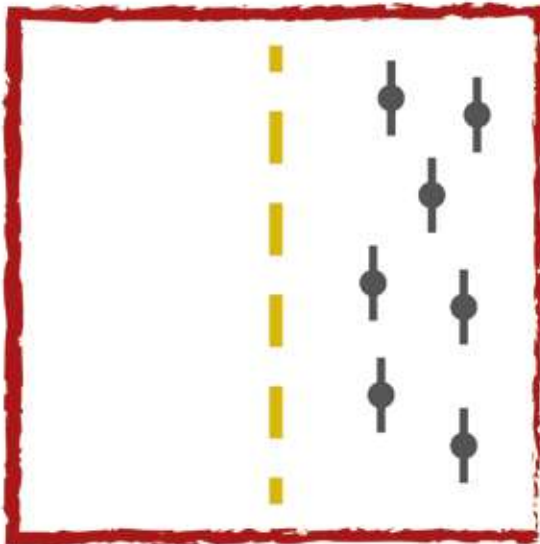
 Cozumel



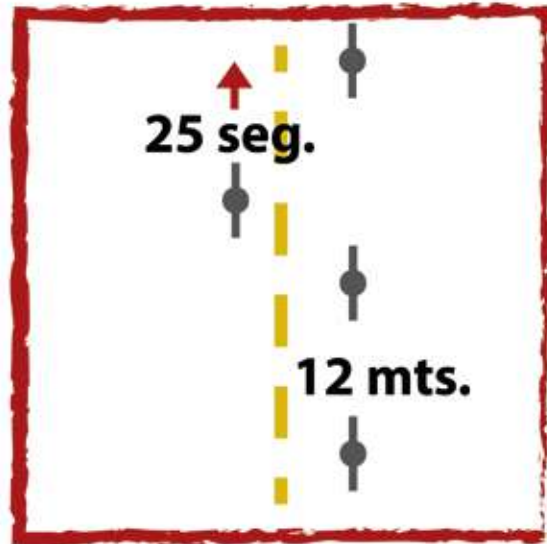
NO



YES



NO



YES



**12 mts.**  
**ZONA DE DRAFTING**

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. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

### BEFORE YOU RIDE

## 1 IT STARTS WITH YOUR BIKE

- Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
- 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.

## 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

- Select a route that limits the number interactions with vehicles – if possible factor in time of day and day of the week.
- 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.

### DURING THE RIDE

## 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.
- Keep your head up, particularly when riding in a group. 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. When riding in the aerobars, do not look down at the road, look ahead.
- When riding in a group, do not get fixated on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
- Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
- Pay particular attention when approaching aid stations during a race. Do not ride through aid stations in the aerobars.

## 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.
- While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
- Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid 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.
- If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
- When riding in a group, avoid riding in the aerobars unless you are riding in front. 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.

# RUN COURSE

26.2 MILES (42.2 KM) (3 LAPS)

The run course is flat and passes through many of Cozumel's signature sites, including its waterfront walk, downtown main plaza, and historic neighborhoods.

Run course stations are located every kilometer, although the entire course will be marked every 1 mile and every 5km. The finish line is at the City Hall plaza in downtown Cozumel.

After finishing the bike leg, hang your bike in T2. Based on covid protocols, there will be no changing tents.

The run will start towards the north along the main street (Rafael Melgar Ave.) until reaching the turnaround point near the Cozumel Golf Course. It will be an out and back 3 lap course. Each lap is 8.7 miles (14k).

## RUN COURSE RULES AND INSTRUCTIONS:

1. No form of locomotion other than running or walking is allowed.
2. Runners must wear their bib number at all times on the course. Race numbers issued by IRONMAN Cozumel identify the official participants in the race. Folding, cutting or intentionally altering the bib number is strictly prohibited.

The bib number must be placed on front of the runner and securely attached. Race belts may be worn. Shoes and shirts are required on the run segment, bare torsos are not allowed.

3. This is an individual event. Individual support vehicles or non-participant escort runners are prohibited and will result in the athlete's disqualification. Teamwork in the form of outside assistance, which provides an advantage over single competitors, is not allowed.

A non-participant escort runner includes participants who have withdrawn from the race, been disqualified or finished the race. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside a participant, may not pass food or other items to a participant and should be warned to stay completely clear of all participants to avoid disqualification. It is incumbent upon each participant to immediately reject any attempt of assistance from anyone. It is permissible for a participant who is still competing to run with other participants who are still competing.

4. Runners are expected to follow the directions and instructions of all race officials and public authorities.

## PROHIBITED RUNNING SHOES:

Prohibited Running Shoes (As of February 27, 2023)

- Adidas Adizero Prime X / Adizero Prime X Strung
- Asics SUPERBLAST
- New Balance FuelCell SuperComp Trainer



**ULTRAMAR**  
EXPERIENCE INNOVATION



**IRONMAN**

# WELCOMES YOU



## We are Bike Friendly!

Travel safely knowing that our staff is qualified to handle all of your equipment properly.

## Your bike travels at no additional cost

Días impares • Odd days

1, 3, 5, 7, 9, 11, 13, 15

17, 19, 21, 23, 25, 27, 29

**NOVIEMBRE • NOVEMBER**

**Horario • Schedule**

Días pares • Even days

2, 4, 6, 8, 10, 12, 14, 16

18, 20, 22, 24, 26, 28, 30

Desde • From  
**Playa del Carmen**

8:00 am  
10:00 am  
12:00 pm  
2:00 pm  
4:00 pm  
6:00 pm  
8:00 pm  
10:00 pm

Desde • From  
**Cozumel**

7:00 am  
9:00 am  
11:00 am  
1:00 pm  
3:00 pm  
5:00 pm  
7:00 pm  
9:00 pm

Desde • From  
**Playa del Carmen**

9:00 am  
11:00 am  
1:00 pm  
3:00 pm  
5:00 pm  
7:00 pm  
9:00 pm

Desde • From  
**Cozumel**

8:00 am  
10:00 am  
12:00 pm  
2:00 pm  
4:00 pm  
6:00 pm  
8:00 pm



Horarios sujetos a cambio sin previo aviso • Schedules subject to change without prior notice



#SIGUESUDANDO®



# Introducing the all-new **IRONMAN Mexico Finisher Challenge!**



**TO FORM  
THE M-DOT  
SUPREMO!!**

Complete five IRONMAN or IRONMAN 70.3 races in Mexico beginning in 2023 thru 2025 and earn the four additional epic medals in the IRONMAN Mexico Finisher Challenge. Once you've completed the IRONMAN Mexico Finisher Challenge, the four medals will form the IRONMAN M-Dot logo!

\*You have three years—2023 to 2025—to complete five races. Races completed in previous years (e.g. 2022 and earlier) do not count toward the IRONMAN Mexico Finisher Challenge.

## FINISH LINE POLICY:

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DQ).

## EVENT SANCTION:

Mexican Triathlon Federation (FMTRI) will sanction the IRONMAN Cozumel and the event will abide by their rules and their officials. Any abuse of marshals, race officials or volunteers is grounds for immediate disqualification.

## IRONMAN CUT OFF POLICY:

1) The swim course will close **2 hours and 20 minutes** after the last age group athlete starts the swim (Rolling Start). All athletes still in the water after the cut-off time will be disqualified and will not be permitted to continue the bike portion of the race.

2) The bike course will close **10 hours and 30 minutes** after the last age group athlete starts the swim (Rolling Start). All athletes still on the bike course after the cut-off time will be disqualified and will not be permitted to continue the race. **For those athletes who have not finished their 2nd bike lap (72 Mile) prior to 3:35 pm, will not be able to proceed to their 3rd lap of the bike course due to cut off time.**

3) The IRONMAN Cozumel course will close **17 hours** after the last age group athlete starts the swim (Rolling Start). Runners still on the course after that time will be given the opportunity to unofficially finish the race, upon the sole discretion of race organizers and public authorities.

**All athletes will have 17 hours to complete the entire race once they cross the starting mat at swim start. Anyone who does not complete the event in 17 hours will be designated as DID NOT FINISH (DNF) in the official results.**

<https://www.ironman.com/competition-rules>

## PARTIAL CUT OFF TIMES:

Considering that the last age group athlete starts the swim at 8:00 am (Rolling Start):

### BIKE

Mi 73.32 at 3:40 pm (Mega Super Center)

Mi 90.7 at 4:40 pm (Punta Sur)

Mi 103.1 at 6:02 pm (Mezcalitos)

### MARATHON

Mi 17.4 at 11:06 pm

Mi 21.7 at 11:52 pm

## RULES APPLYING TO ALL STAGES OF RACE:

It is the athlete's responsibility to know all aspects of the swim, bike and run.

1. Participants are expected to follow directions and instructions of all race officials and public authorities.

2. Course marshals shall have authority to disqualify any contestant.

3. Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant will result in disqualification.

4. No participant can use a Performance Enhancing drug or procedure. All doping processes and violations will be handled in strict accordance to the World Anti-Doping Agency (WADA) code. A list of banned substances is available at: [http://www.wada-ama.org/en/dynamic\\_ch2?pageCategory.id+370](http://www.wada-ama.org/en/dynamic_ch2?pageCategory.id+370), also known as the WADA Prohibited List. Participants may be requested to undergo drug testing before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures.

5. The Medical Control Rules set forth by FMTRI, in harmony with WADA regulations and policies on banned substances, will be binding on all participants. In addition, other rules and regulations, even if not yet recognized by the WADA, may be instituted, if such occurs, you hereby agree to abide by them.

6. Should any participant have an Adverse Analytical Finding according to the WADA code, all procedures with regards to handling of the sample, notification, testing of the B Sample, adjudication and suspensions will be performed in accordance with the WADA code.

7. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship, are grounds for immediate disqualification and will result in the suspension of the contestant from competing in any other IRONMAN event in the future.

8. If an athlete decides to withdraw from the race at any time, it is the responsibility of the contestant to report to the timing tent located at the finish line and turn in their bib number and timing chip immediately. It is essential that race officials know where contestants are on the course at all times. Failure to comply after withdrawing from the race may result in contestant being prevented from competing in any IRONMAN event in the future.

9. IRONMAN Cozumel reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings meetings.

10. As an FMTRI-sanctioned race, the IRONMAN Cozumel will subscribe to FMTRI rules specifically.

Professional athletes may not win age group awards and age group athletes are not eligible for prize money.

11. Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.

12. IRONMAN does not allow the transfer of an athlete's registration to another; no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any IRONMAN event.

## PHYSICALLY CHALLENGED DIVISION RULES:

Supplemental rules and regulations pertaining to the Physically Challenged division are consistent with FMTRI rules.

## PREVIOUS ACCEPTANCE IS REQUIRED BY FMTRI

### SWIM

1. IRONMAN reserves the right to seed contestant at the swim start (i.e., early start, late start, designated wave, etc.).

2. Athlete may use wetsuit during competition. Each athlete must obtain approval from IRONMAN prior to the race for all swimwear and accessories to be used during the swim. Any change thereafter will be grounds for disqualification. The use of any flotation devices is allowed by FMTRI but prohibited by IRONMAN unless otherwise approved by IRONMAN.

### BIKE

1. Cycling conduct and specifications are consistent with FMTRI rules.

2. Hand cycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards.

3. Equipment must otherwise conform to all other general rules for bicycles as it pertains to the IRONMAN competition, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle/hand cycle, regardless of any secondary benefit.

4. Participant is required to maintain control of his/her bicycle/hand cycle and to operate at a reasonable speed so as not to threaten the safety and well being of aid station volunteers, other competitors, race officials and spectators. Operation of a bicycle/hand cycle in a dangerous or reckless manner will be grounds for disqualification.

5. A CPSC-approved helmet is required during the entire hand cycle (bike) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.

## 6. DRAFTING IS PROHIBITED.

### RUN

1. Running conduct and specifications are consistent with FMTRI rules.

2. Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/hand cycle portion. Standard racing chairs shall be used.



# POSTER CONTEST AT



# IRONMAN®

Cozumel



SHOW YOUR SUPPORT BY CREATING A COLORFUL, INSPIRATIONAL AND WITTY MESSAGE FOR YOUR FAVORITE ATHLETE! A JURY OF JUDGES WILL CANVASS ALL EVENT VENUES ON RACE DAY AND SELECT 5 WINNERS TO RECEIVE ONE OF THESE WELCOME IRONMAN RUGS OF OUR OFFICIAL STORE. BE SURE TO PLAN AHEAD AND PACK YOUR POSTER SUPPLIES AT HOME.



**IRONMAN**  
MÉXICO

by  
ASDEPORTE

3. A CPSC-approved helmet is required during the entire wheelchair (run) segment including entry and/or exit to and from the transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.

#### OPEN DIVISION:

- The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group.

- There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event.

- Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions.

- Athletes in the Open Division are not eligible for awards or World Championship slots.

- Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I-VII, and Article XI. Please refer to the <https://www.ironman.com/policies> for additional information.

#### RACE TIMING:

The race will be timed with MyLaps® Technology.

You must wear your timing chip at all times while you are racing. Fasten it to either ankle with the Velcro strap provided before the swim start and leave it on until after you finish the run

You may apply Vaseline around your ankle. It will not affect the chip. Volunteers will help you remove the chip at the finish line.



If you do not start the race on Sunday, you are still responsible for returning the chip to race management. Chips shall also be returned by mail to **Asdeporte Head Quarters "Plaza Reforma", 600 Prolongación Paseo de la Reforma 1st Floor, Colonia Santa Fe Peña Blanca, ZC 01210, Alcaldía Álvaro Obregón, Mexico City.**

If you drop out or are pulled from the race at any time, turn your chip in to a race official. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip.

Your race chip is a loaner. By picking up your race number and chip, you are guaranteeing that you will return the chip to race management, or you will be billed on your credit card \$100 USD for its replacement.

If you lose your timing chip during the event, you are responsible for a replacement at the following location: timing tent next to the finish line gantry.

If you lose your timing chip while on the run course, notify a timing official immediately after crossing the finish line.

### NO CHIP = NO TIME

#### BICYCLE AND GEAR BAGS RECOVERY:

You are required to pick up your bicycle and bike and run gear bags at the second transition area (T2) after the race (Sunday 4:00 p.m. – Monday 1:20 a.m.). You must have your athlete wristband on for entry into the transition area.

There will not be event provided shuttle bus service from T2 to host hotels after the race, you may get a taxi right next to T2, please note that some of the host hotels are along the race course, you may expect delays to get to your destination.

### IMPORTANT MEDICAL & HEALTH INFORMATION

Your safety is our primary concern. The medical team will be staffing the medical facilities at **HOSPITAL COSTAMED**. Medical resources will also be available while you are out on course.

If you are not feeling well on race morning, we strongly advise you not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.

- **If you are not feeling well on race morning, we strongly advise you not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.**
- **DO NOT BE AFRAID TO ASK FOR HELP. If at any time during the race you experience chest pain or discomfort, shortness of breath, or light-headedness (dizziness), please stop immediately and seek medical attention:**
  - **During the swim** raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling "help." You can also grab onto a kayak, paddle board or nearby boat.
  - **During the bike**, if you are not at or near an aid station – STOP – let someone know you need help. Anyone can help – another athlete, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number for faster assistance.
  - **During the run**, same as the bike. If you are not at or near an aid station – STOP – let someone know you need help. Anyone can help – another athlete, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number for faster assistance.
- After you have finished the race, please do not leave the post-race area until you are reasonably certain you are ok and are able to drink without vomiting and stand without dizziness. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.

### MANAGE YOUR HEALTH AND SAFETY ON RACE DAY – RACE HEALTHY, RACE SMART

There will be medical staff and facilities throughout the race course. Trained individuals will be stationed along the swim course (in boats and on rescue boards) to assist you in case of an emergency.

Additionally, there will be a primary medical aid station at the finish, as well as mobile medical teams roaming the course. Over half of the visits occur after participants have finished the race. Please do not leave the finish area until you and your friends are sure you are okay, until you can drink without vomiting and stand without dizziness. The medical aid station at the finish line will officially close 18 hours after the swim start. All athletes seeking medical attention after that time will be referred to local emergency room facilities. All medical expenses incurred are the sole responsibility of the athlete and not IRONMAN Cozumel.

Particular dangers include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death.

During events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish. Also, please be attentive when taking water, sports drinks or other supplies from volunteers when you're on your bike to avoid an accident or injury to yourself or another. Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes. Be especially careful to rinse your goggles of any excess defogger solutions to avoid eye irritation.

If you spend three months prior to the event in a climate cooler than Cozumel, we suggest you consider an acclimation period in Cozumel before the race. The chance of dehydration and electrolyte imbalance can be reduced significantly by a proper period of acclimatization.

Stay with your familiar and proven routine regarding training, nutrition and equipment, especially just prior to the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during the event is especially important.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day. Failure to do so will result in suspension of participation in future IRONMAN events.

You are solely responsible for avoiding medications that appear on the list of banned substances as determined from WADA.

Feedback from previous IRONMAN contestants indicates we can never over emphasize the importance of hydrating prior to and during the event. IRONMAN Cozumel's Chief Physician recommends you begin hydrating heavily several days before the race and drink enough water so your urine is clear, colorless and copious by race day.

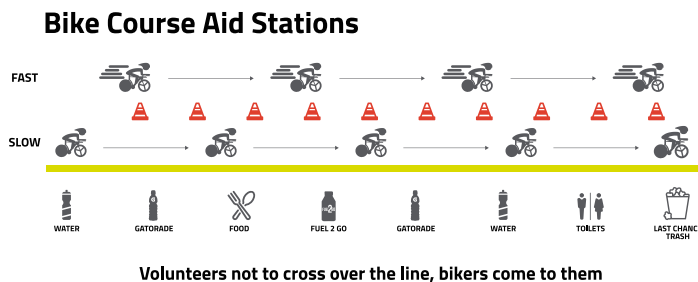
## AID STATIONS:

### BIKE:

There will be five (5) on-course aid stations (approx 12.5km between each other) (20km, 30km, 43km, 55km, 69km, 82km, 92km, 105km, 117km, 131km, 145km, 155km, 168km) to keep athletes well fueled during the bike leg, plus a personal need bags station (97km, exclusively for nutritional purposes or extra clothes).

Aid stations will supply you with Gatorade regular formula (orange flavor) in ready-to-drink sport- top bottles, water, Bars, Fuel 2 Go (gel), ice, bananas and restrooms. Be sure to toss empty bike bottles and sports nutrition wrappers at the drop targets at each aid station.

Bike aid stations will close 10 hours, 30 minutes after the last age group athlete starts the swim (Rolling Start).

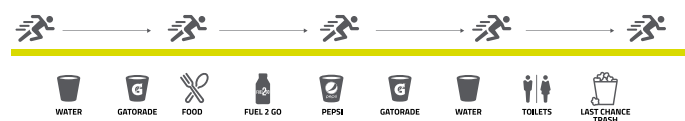


To avoid risk, please reduce your speed in order to use bike aid station. If your speed is high, you won't be able to take items from each aid station.

### MARATHON:

On the run course, aid stations will be located approximately every kilometer and will offer Gatorade regular formula (lemon-lime and orange flavor), water, Pepsi, Fuel2Go (gel), tangerines, pretzels, peanuts and mosquito repellent. There will be portable toilets at each of the aid stations on the bike and run course.

## Run Course Aid Stations



Volunteers not to cross over the line, runners come to them



### FUEL 2 GO

**Fuel2Go** is a Mexican company dedicated to the development of products focused on sports nutrition. All the products are developed by sports dietitians of the Mexican Federation of Sports Nutrition (FMND).

**Gel2Go** is the energy you need to perform at your best in your physical activity, as it features the newest technology in foods based on scientific studies relating to sports nutrition. It has been shown that during moderate intensity exercise or intermittent exercise lasting longer than 1 hour, consuming 30-60 g of carbohydrates has great benefits as it reduces fatigue and improves physical performance.

Gel2Go contains 20 g of carbohydrates so it is recommended to be consumed 15 minutes before starting physical activity and every 30-45 minutes, this in order to consume about 50 g per hour. Furthermore, scientific studies show that there may be up to 65% more oxidation and better utilization when using mixtures of carbohydrates. Such is the case of Gel2Go, which is made from a mixture of maltodextrin, fructose and isomaltulose. Gel2Go contains sodium and potassium, electrolytes that are lost in greater proportion when sweating. It also contains 25mg of caffeine, which has beneficial effects in terms of energy optimization and perception of personal burnout.

Learn more about our products by entering our page [www.fuel2go.com.mx](http://www.fuel2go.com.mx)

### RECOVERY ZONE:

After crossing the finish line, all athletes will receive an official medal and a **finisher T shirt**, athletes must keep walking into the tent area to receive Gatorade, water, Pepsi, fruit, hot soup, bars & pizza.

**If this is your second, third, fourth or fifth IRONMAN Event in México during 2023, don't forget to claim your additional medal to form THE IRONMAN M DOT SUPREMO.**

**Don't forget to claim your Finisher T Shirt, and if you registered before Oct 19 (1 month before raceday, don't forget to claim your Finisher Printed Diploma.**

### AWARDS CEREMONY:

**Monday November 20th, 5:30 p.m.**

**Place: SEÑOR FROG<sup>®</sup> (Punta Langosta Shopping Center).**



The first 5 places of each category of age groupers, the best 5 TRICLUBs and best 5 places for PROs will be awarded.

Please do not remove the wristband prior to the ceremony or you will be denied entry.

If You are not able to attend and pick up your trophy, please contact athlete services [cozumel@ironman.com](mailto:cozumel@ironman.com) to coordinate the shipping.

All shipping cost must be covered by the athlete, so try to pick up your trophy on Monday 5:30 p.m.



**IRONMAN**

**When should I take Gel2Go?**

1 gel 15 minutes before  
the competition

1 gel every 30-45  
minutes during the  
competition

# FUEL2GO

**Gel2Go** is an energy-dense portable packet with the necessary amount of carbohydrates and key ingredients, like electrolytes and caffeine, to sustain energy demands and maximize your performance during competition.

## Why should I take Gel2Go?

- Maintains energy levels
- Delays fatigue
- Helps replenish electrolytes
- Improves sports performance

## Gel2Go contains:

- 20 g carbohydrate mix
- 25 mg caffeine
- 53 mg sodium
- 27 mg potassium

@gel2gomx

[www.fuel2go.com.mx](http://www.fuel2go.com.mx)



# SLOT ALLOCATION & ROLLDOWN PROCEDURE FOR THE 2024 IRONMAN WORLD CHAMPIONSHIP:



**Monday November 20th, Immediately following the Awards Ceremony.**  
**Place: SEÑOR FROG'S (Punta Langosta Shopping Center).**

1. Fifty Five (55) qualifying slots for the 2024 IRONMAN World Championship will be awarded to the top age group finishers.

**Forty (40) Female Age Group Qualifying slots, France on September 22, 2024,**

**Fifteen (15) Male Age Group Qualifying Slots, Kailua-Kona, Hawai'i on October 22, 2024.**

Please review the table at the event site for the projected slot allocation by category. Final slot allocation will be determined on race day based on the number of official starters.

2. Look at the preliminary results after the race to know if you have qualified to compete at the IRONMAN World Championship, if so, you must assist to the SLOT ALLOCATION meeting.

You must claim your slot in person after the awards ceremony on Monday, November 20th, Immediately following the Awards Ceremony at Señor Frogs. Please be prepared to pay online (**WOMEN**) - \$1,450 USD + Active Processing (\$1,511.48 USD) or (**MEN**) - \$1,450 USD + Active Processing fees & Hawai'i GE Tax (\$1,582.68 USD). Sorry we will not accept cash, personal or traveler checks or any other currency, (**NO AMEX, DINERS, DIGITAL CARD, APPLE PAY OR CASH ACCEPTED**). Please bring two forms of Credit Card payment in case your credit card is decline. Payment must be received at the ceremony to claim your slot. Only one card accepted (split payment will not be accepted).

Any unclaimed slots will be rolled down to the next eligible present finishers.

3. The athlete must be present at the roll down with Photo. If the athlete is not present to claim the slot, the slot will be forfeited to another athlete.

4. A slot will "roll down" to the next person (same gender) in a designated age group if the athlete originally earning the slot is not present or has declined the slot.

5. Should any slot(s) "roll down" through an entire age group without being claimed, that unclaimed slot will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Group within the gender with the largest athletes-to-slots ratio will receive the first reallocated slot, followed by the next largest ratio receiving the second reallocated slot (if applicable), and so on.

6. Age group slots may not be assigned to pros and pro slots may not be assigned to age groups. NO EXCEPTIONS.

7. If an athlete wins a slot, that slot must be used in the year it is assigned.

8. If an athlete wins a slot, they must pay all IRONMAN World Championship entry fees at their qualifying event.

9. The race organization reserves the right to recall any slots that may have been awarded in error.

<https://www.ironman.com/im-world-championship-2024-slot-allocation>

## CLOSING PARTY:

Cheer and celebrate you are an IRONMAN! Señor Frog's Restaurant will celebrate all athletes with a closing party, don't miss it!

**Monday November 20th, Immediately following the Slot Allocation & Roll Down.**

**Place: SEÑOR FROG'S (Punta Langosta Shopping Center).**

## REGISTRATION FOR THE 2024 IRONMAN COZUMEL:

Online registration for next year's IRONMAN Cozumel will be available on [www.ironmanmexico.com](http://www.ironmanmexico.com) beginning at 12:00 p.m. central time on Monday, November 20th, 2023. There will be no onsite registration.

## LOST & FOUND:

IRONMAN Cozumel staff will take all found items to the Official Store (Finish Line Area). Please note that IRONMAN Cozumel is not responsible for lost objects.

We highly recommend that you mark your gear with your bib number, as IRONMAN Cozumel is not responsible for any lost items. For luggage lost while traveling, please contact your airline.

**BEST OF LUCK AND WE'LL SEE YOU AT THE FINISH LINE!**

**DON'T FORGET TO COMPLETE THE EVENT SURVEY!**

# NEVER RACE ALONE

Thanks Coach!

IRONMAN



IRONMAN.U

Find a coach at  
[u.ironman.com/find-a-coach](http://u.ironman.com/find-a-coach)

IRONMAN  
TRICLUB PROGRAM

Find a club at  
[www.ironman.com/find-a-club](http://www.ironman.com/find-a-club)

-  Team Z
-  Team Zoot
-  TRIZONE
-  Kennedy Law Racing
-  Nutriperformance Triathlon
-  BIKING
-  Trimarni Coaching and Nutrition
-  TRI 60 TEAM
-  Team Liv2Win
-  Regatas Triatlón
-  Nightriders triathlon
-  K2 Multisport
-  BASE Performance Team
-  Plush Global
-  Peaks Coaching Group Brasil
-  AquilesMD
-  3P TRI TEAM
-  Wyn Republic
-  Spaero Triathlon
-  Raisins Team
-  Live
-  Even
-  Al-Limite
-  TRIV's
-  TriOn3
-  Trikats
-  STUNNING
-  Barracudas Triatlon (Mexico)
-  Alpunto
-  Zur2 Team
-  TRIZEN
-  Tribus Adventure
-  Tiki Triathlon and Sports Nutrition
-  Tempo AC
-  Team\_VidaFit\_CR
-  Team Varlo
-  STARRT (St. Albert Road Runners and Triathlon Club)
-  Southern Ontario Triathlon Club (SO-TRI)
-  Snakes TyM
-  Salt Lake Tri Club
-  Pedalea Tri Team
-  NYX Endurance
-  Moxie Multisport
-  Mid Maryland Triathlon Club
-  Mauna Endurance
-  Lymphoma Research Foundation Triathlon Team
-  Harford Multisport Club
-  GYM ACUATIC TRI TEAM
-  FW Tri Club-Friends Who Tri
-  AP Racing
-  AlinaNutriSport
-  youngsters\_community
-  Well-Fit Performance
-  VO2MATT
-  TRITYC
-  TriDot Triathlon Training
-  TriBike Transport
-  Triathlon Club of San Diego
-  Top Line Coaching
-  TMB Racing
-  The Cupcake Cartel
-  The Bridge
-  TEAM X3M SNOOZE
-  Team Trainer Sports
-  Southern Utah Triathlon Club
-  South Bay Squad
-  SLAP Tri Team - Powered By Wheel Works
-  sisu-training
-  Santitreinos
-  Sacramento Triathlon Club
-  Riot Racing Club
-  QT2 Systems
-  Python Team EC
-  Picados GT
-  NEW TEAM TRIATLON
-  mind2motion
-  Merge Multisport
-  Leeds and Bradford Triathlon Club
-  LA TRI Club
-  Kristiansand Triathlon

"To be included in IRONMAN TriClub Competition and Rankings at this race, you must confirm that your TriClub name is correctly affiliated with your IRONMAN account before (Deadline time/date: Always the Friday before event weekend. Check the current TriClub Participant List [HERE](#) (link to list posted on website), and if you or your club is not listed, please email [triclub@ironman.com](mailto:triclub@ironman.com) "

- |  |   |
|--|---|
|  Katy Area Triathlon Squad             |  TrilogySportClub                    |
|  Ironsquad                             |  TriLife Racing                      |
|  I Love Supersport                     |  trifunctionals                      |
|  Fortuna Düsseldorf Laufen & Triathlon |  TRIFIT PERU                         |
|  ETT Elite Training Team               |  TriDubai                            |
|  ERDINGER Active TEAM                  |  Tricali                             |
|  Endurance Nation                      |  Triathlöwen Bremen e.V.             |
|  Eintracht Frankfurt Triathlon         |  Triathlon Training Team             |
|  D3 Multisport                         |  Triathlon Team Hamburg              |
|  CNMC Triathlon Team                   |  Triathlon Rimouski                  |
|  Central Florida Tri Club              |  TriAnimals                          |
|  California Triathlon                  |  TRI-LOCO                            |
|  Breakthrough Performance Coaching     |  Tri Tortoises                       |
|  Bart Coaching                         |  Tri Team Limmattal                  |
|  Alien Racing                          |  Tri Nerds                           |
|  ZONETRI                               |  Tri Evolution Peru                  |
|  YEAH!Sport                           |  Tri Again                          |
|  X3me Sports Performance management  |  Tri Academy Squad                 |
|  Wolfpack Endurance Team             |  Train Smooth                      |
|  Windrush Triathlon Club             |  TR3X                              |
|  Whitesharks                         |  Third Coast Training              |
|  WesTriTeam                          |  The Wolves                        |
|  Weltraumjogger Berlin e.V.          |  The Training Club                 |
|  We Advance Mx                       |  The Mohawk Foundation             |
|  Warrnambool Tri Club                |  The Crew Costa Rica               |
|  Warringah Triathlon Club            |  The Collective Beat               |
|  VSK Osterholz-Scharmbeck            |  Terrible Tuesdays Athletic Club   |
|  VOITTO Team                         |  Team Zoot Canada                  |
|  Vo2Max Costa Rica                   |  TEAM TRIMAC                       |
|  Vision Quest Coaching               |  Team TriLife                      |
|  Västerås Triathlonklubb             |  Team Tres Piñas                   |
|  Valhalla/Valkyrie Racing            |  Team Sirius Tri Club              |
|  Umbali                              |  Team Runner's Edge/LITC           |
|  UA SOCIETE GENERALE                 |  Team Red White & Blue             |
|  TYM Triathlon                       |  TEAM R3                           |
|  Tulsa Area Triathletes              |  Team INFINIT Performance          |
|  TT3 Time Trial Triathlon            |  Team Hatch                        |
|  TSG Maxdorf e. V.                   |  Team F3                           |
|  TriSALMONES                         |  Team Every Man Jack               |
|  TriMafia                            |  Team Blaze Spokane Triathlon Club |

"To be included in IRONMAN TriClub Competition and Rankings at this race, you must confirm that your TriClub name is correctly affiliated with your IRONMAN account before (Deadline time/date: Always the Friday before event weekend. Check the current TriClub Participant List [HERE](#) (link to list posted on website), and if you or your club is not listed, please email [triclub@ironman.com](mailto:triclub@ironman.com) "



- |  |  |
|--|--|
|  Team Betty                                |  Paragon Training                         |
|  Team Sam                                  |  PACO TORA-ARSEN                          |
|  SURICATOSTRIATLONTEAM                     |  Optima Racing Team (UK)                  |
|  sub11 Endurance Training                  |  ONYERLEFT                                |
|  Strike Force Racing                       |  ONTRISPORTS                              |
|  SRZ Team                                  |  NRGPT                                    |
|  Sportverein trisboat                      |  Northants Tri                            |
|  Sports Monkeys Triathlon Club             |  Nixus                                    |
|  Spiridon Frankfurt                        |  Newport Coast Triathlon Team             |
|  SPADOTTO TRIATHLON TEAM                   |  New Delhi TriClub                        |
|  Snake River Triathlon Club                |  MyProCoach                               |
|  Sheehy Lexus of Annapolis Ambassador Team |  MX Endurance                             |
|  Schwimm Aktiv Club                        |  MTrainingLab                             |
|  SC Bayer 05 Uerdingen                     |  Momia Coaching                           |
|  SBR Weston                                |  MiTri                                    |
|  S3 Multisport Performance Team            |  Mission Multisport                       |
|  RuLLeZteam                               |  MIMEN MULTISPORT                        |
|  Rocky Mountain Tri Club                 |  Metro Tri Club                         |
|  Rockwall Triathlon Club                 |  Mersey Tri                             |
|  RMA Triathlon Paris                     |  Meridian Performance                   |
|  Rincon TriClub                          |  MENUCI ASSESSORIA                      |
|  Ride Now                                |  Marcos Paulo Reis Assessoria Esportiva |
|  RFTEAM                                  |  Manocchio Triathlon Team               |
|  RedLava Team                            |  Manabi World Triathlon Team            |
|  Rebel Raccoons                          |  MACH 5 RACING                          |
|  RCBT                                    |  Lyatskiy Team                          |
|  Rampage Racing and Endurance            |  LP Endurance                           |
|  RAF Triathlon                           |  Live For Brie                          |
|  Quad Cities Triathlon Club              |  Les Chickens                           |
|  ProjectPR Coaching                      |  LES ALLIGATORS ANNECY TRIATHLON        |
|  Pro Endurance Academy                   |  Las Vegas Triathlon Club               |
|  Precision Multisport                    |  Lacerta                                |
|  power & pace by tri-mag.de              |  LA PANDILLA                            |
|  PO/YPO TRIATHLETES                      |  KIS Performance Team                   |
|  Playtri Colorado Tri Team               |  KAUAK Triathlon Team                   |
|  Penticton Triathlon club                |  Jonnyo Coaching Triathlon Club         |
|  Peninsula Multisport                    |  Jersey Shore Triathlon Club            |
|  Pearland Triathlon Racing Club          |  Ironmind Assessoria Esportiva          |
|  Pathetic Triathletes Group              |  IRONMID-ninobici                       |
|  pasos del sur                           |  Ironman Army Team Ecuador              |

"To be included in IRONMAN TriClub Competition and Rankings at this race, you must confirm that your TriClub name is correctly affiliated with your IRONMAN account before (Deadline time/date: Always the Friday before event weekend. Check the current TriClub Participant List [HERE](#) (link to list posted on website), and if you or your club is not listed, please email [triclub@ironman.com](mailto:triclub@ironman.com) "

# IRONMAN<sup>®</sup>

## TRICLUB PROGRAM

## MAZDA IRONMAN COZUMEL 2023

-  iraceliikeagirl
-  Inlet Tri Club
-  HPC Heemstede
-  Houston Racing Triathlon Club
-  HissyFit Racing
-  Hannover 96 Triathlon
-  GUS GANGES
-  Golden Gate Triathlon Club
-  Garza Team MultiSports
-  Fxck Cancer Endurance Club
-  FusionTEAMnl
-  Full Runners
-  Full Circle
-  ful-on tri
-  Fremantle Triathlon Club
-  Fraser Bicycle Race Team
-  Fort Worth TC
-  Fort Lauderdale Triathletes
-  finishers winterthur
-  Fillnow Coaching
-  FilAmTri
-  Exceed Endurance
-  Estoril Praia
-  Energy Lab Apparel
-  EnduranceMX
-  Endurance House Madison
-  Endurance Center Aruba
-  Empire Tri Club
-  El Paso Triathlon Club
-  Edge Triathlon
-  DucksMx
-  Dragons Querétaro
-  dont track me i suck
-  Desam.es
-  DDS srl
-  DC Triathlon Club
-  CPH Triathlon
-  Coeur d' Alene Triathlon Team
-  COCUSSE TRI TRAINING
-  CMTEAM
-  Close The Gap Sports and Science
-  Cleveland Tri Club
-  Cleethorpes Tri Club
-  Cincinnati Triathlon Club
-  CD Cadiz Costa de la Luz
-  Capital YTri
-  Capital District Triathlon Club
-  Canyonradpack
-  Cannibal Triathlon Team
-  BR Esportes
-  Bons Temps Triathletes
-  Boca Raton Triathletes
-  blueseventy racing
-  Black Triathletes Association
-  Big Sexy Racing LLC
-  AXXIS SPORTS
-  Axes Endurance Club
-  ATHLOS HN
-  ASD DOLOMITICA NUOTO CTT
-  AquaSport
-  Apeiron Triathlon
-  ANIMALES NOCTURNOS TRI-TEAM
-  amphibious triathlon team
-  Alamo 180
-  ADR Triathlon Team
-  ADAMO CREW
-  A4
-  #estiloNEGRO

"To be included in IRONMAN TriClub Competition and Rankings at this race, you must confirm that your TriClub name is correctly affiliated with your IRONMAN account before (Deadline time/date: Always the Friday before event weekend. Check the current TriClub Participant List [HERE](#) (link to list posted on website), and if you or your club is not listed, please email [triclub@ironman.com](mailto:triclub@ironman.com) "



What's

**MONEYBACK**  
SHOPPING INCENTIVE

Shop here & get your **MONEYBACK**  
SHOPPING INCENTIVE

1. Shop at authorized stores.
  2. Your purchase must be greater than \$1,200.00 MXN pesos
  3. When you purchase in cash, please note that you can only get **8.97%** of your up to \$3,000.00 MXN pesos.
- No limits apply when paid in non-cash forms of payment.



You can accumulate receipts from the same stores during your trip to Mexico.

4. Ask the store for all receipts, hand written and printed, as well as you credit card vouchers.
5. Visit any **MONEYBACK** module and present the following information:

- Copy of your passport and cruise ID
- Hand written and printed receipts
- Copy of your credit card vouchers

When traveling by plane you also need to show your boarding pass and immigration fo

6. You will receive your **8.97%** **MONEYBACK** within 45 days of leaving the count card (45 days from the time all info above is provided).\*

### **The following items are not subject to**

- Consumptions and services (hotels, restaurants, taxis, airplane tickets, etc.)
- Food
- Books
- Medicines
- Opened liquor bottles

\*In case info is missing during presentation in any **MONEYBACK** office in Mexico, it can be sent via e-mail (see info on the back)



# IRONMAN®

## Cozumel



## ISLA Cozumel

