

**VISIT  
RWANDA**



**RwandAir**  
*Fly the dream of Africa*

**IRONMAN**  
**70.3**  **RUBAVU  
RWANDA**



**ATHLETE RACE GUIDE**

# RACE SCHEDULE



## SUNDAY 14 AUGUST 2022

**06:30 - 07:45**  
Transition Open &  
Bike Maintenance  
*Transition at*  
*Avenue de la Cooperation*

**IRONMAN 70.3 Rwanda  
START**  
**Gisenyi Beach on**  
**Avenue de la Cooperation**  
ROLLING START: 08:00

**-- 09:15**  
Swim course closes

**-- 12:10**  
First athlete expected  
to finish

**-- 13:20**  
Bike course closes

**13:30 - 17:00**  
Bike & Bag Check-out open  
*Transition at*  
*Avenue de la Cooperation*

**± 16:35**  
IRONMAN 70.3 Rwanda  
ENDS  
*Finish Line at*  
*Avenue de la Cooperation*

**17:00**  
Slot Allocation:  
IRONMAN 70.3 World  
Championship  
*Lake Kivu*  
*Serena Hotel*

**18:00**  
Doors open to  
Awards Ceremony  
*Lake Kivu*  
*Serena Hotel*

**18:30**  
Awards Ceremony  
*Lake Kivu*  
*Serena Hotel*

## MONDAY 15 AUG 2022

**09:00 - 11:00**  
Finisher shirt swop/  
Timing queries/  
Lost & found  
*Lake Kivu*  
*Serena Hotel*

**DOWNLOAD  
THE IRONMAN  
TRACKER APP  
TO TRACK  
YOUR ATHLETE**

## FRIDAY 12 AUG 2022

**14:00 - 18:00**  
Registration  
*Lake Kivu*  
*Serena Hotel*

**14:00 - 18:00**  
Rwanda tourism  
& crafts  
*Lake Kivu*  
*Serena Hotel*

**14:00 - 18:00**  
Bike Workshop  
*Lake Kivu*  
*Serena Hotel*

**18:00**  
Race Briefing  
*Online*

## SATURDAY 13 AUG 2022

**08:00 - 14:00**  
Registration  
*Lake Kivu*  
*Serena Hotel*

**08:00 - 14:00**  
Rwanda tourism  
& crafts  
*Lake Kivu*  
*Serena Hotel*

**08:00 - 14:00**  
Bike Workshop  
*Lake Kivu*  
*Serena Hotel*

**14:00 - 17:00**  
Bike & Bag Check-In  
*Transition at*  
*Avenue de la Cooperation*

**14:00 - 17:00**  
Bike Maintenance  
*Outside transition at*  
*Avenue de la Cooperation*

**VISIT  
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## OUR SERVICES

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[www.cot.org.rw](http://www.cot.org.rw)

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## INFO NOTE FOR PASSENGERS ARRIVING OR DEPARTING FROM RWANDA THROUGH KIGALI INTERNATIONAL AIRPORT

The following Covid-19 travel guidelines and procedures are in place for travellers, effective immediately. These guidelines will be regularly reviewed and revised in light of health conditions.

### Before Departure

- a. Passengers boarding flights to Kigali must present a negative Covid-19 test (rapid or PCR) taken no more than 72 hours prior to departure. Children under five (5) years of age do not require a test.
- b. The Passenger Locator Form is no longer a requirement before departure.**

### Arrival

- a. An additional Covid test is no longer required upon arrival at Kigali International Airport.
- b. Certain meeting venues and national parks require Covid tests. Testing is available at health facilities and other designated sites for 5,000 RWF (or US\$5) for rapid antigen tests, and 50,000 RWF (or US\$50) for PCR tests required for all visits to primates in Volcanoes, Nyungwe and Gishwati-Mukura National Parks. Rwandan citizens pay a subsidized cost for PCR tests of 30,000 RWF (or US\$30).
- c. Face masks are no longer mandatory in Rwanda, but their use is encouraged in public indoor settings.

### Test Results

Test results will be shared by SMS or email, and via the online portal accessible at [www.rbc.gov.rw](http://www.rbc.gov.rw). In case of difficulty obtaining results, contact the RBC Medical Team on 114 or [covid@rbc.gov.rw](mailto:covid@rbc.gov.rw).

### Departure

- a. A Covid test is no longer a requirement to depart Rwanda by air.** However, Covid testing (at own cost) is available for all travellers whose final destination requires one at health centres and other designated sites.
- b. All Rwandan travellers aged 12 years and above must show proof of full vaccination before departing Rwanda by air.

### Emergency contact information

Call 114 or email [covid@rbc.gov.rw](mailto:covid@rbc.gov.rw)

*Welcome to Rwanda and thank you for your cooperation in the fight against Covid.*



# WELCOME MESSAGES



Dear Guests, IRONMAN Competitors, Athletes,  
As we welcome the month of August 2022, we gear up for the first edition of the IRONMAN 70.3 triathlon race that Rwanda will host on August 14th 2022 in Rubavu District.

On behalf of the Government and the people of Rwanda, I welcome all participants both from abroad and from within Rwanda who have registered to compete for the prestigious title of IRONMAN. For the last decade, Rwanda has been positioning itself as a sports destination through the organization and hosting of continental and international level competitions across multiple disciplines. This month we celebrate yet another milestone by having the IRONMAN 70.3 Rwanda, the first of its kind in East and Central Africa.

IRONMAN, which has the triathlon's three components of swimming, cycling and running has the sport's uniqueness of combining sport performance and tourism.

We hope and trust that all participants will have the opportunity to experience the Eastern Province's scenic views on the shores of Lake Kivu while performing to their best to win the competition's title. With the competition's reputation and participation of athletes from all parts of the world, Rwanda looks at adding the IRONMAN 70.3 triathlon on the country's annual events' calendar and ensures to all participants a memorable event and experience.

I extend my appreciation to the organizers for entrusting Rwanda with the hosting and organization of this competition. Our gratitude also goes to all partners and sponsors and to the authorities of Rubavu District.

Dear Participants, Organizers,

I also extend my deepest appreciation to His Excellency President Paul KAGAME, whose visionary leadership and continued support for the development of sport, not only in Rwanda but also in Africa, allows the organization and hosting of such an event.

To all competitors I wish the very best of luck! To visitors and accompanying guests, I wish you a Rwanda full experience while you VISIT RWANDA!

MUNYANGAJU Aurora Mimosa Minister of Sports



Dear Athletes,

Murakaze Neza!

We are thrilled to welcome you to Rwanda for the inaugural edition of IRONMAN 70.3 that will be held in the beautiful Rubavu district on 14 August 2022.

Known as the land of a thousand hills, Rwanda's stunning scenery and warm, friendly people offer unique experiences in one of the most remarkable countries in the world.

The lake side district of Rubavu is blessed with extraordinary biodiversity, providing a picturesque and serene setting for all sporting and travel enthusiasts.

This year's Ironman Rwanda will take you through a 1.9 km swim at the waterfront of the charming Lake Kivu, Africa's sixth largest lake, a 2-lap biking course beside the lake with eucalyptus trees lining the road and every inch of the hills seemingly terraced with bananas, and a 3-lap 21.1km run course that incorporates the shoreline of Lake Kivu and suburban Rubavu.

We promise athletes a spectator lined race all the way, with excited crowds cheering them on as they charge on towards the finish line. I and my team will be part of these crowds.

After exploring Rwanda's beautiful outdoors through sport, I invite you to enjoy a moment of comfort and relaxation in the beautiful town of Rubavu.

Rubavu's waterfront is lined with fading old mansions, hotels and trendy bars on the lakeshore, ideal for sundowner cocktails.

I also invite you to enjoy a once-in-a-lifetime experience of trekking the magnificent mountain gorillas in Volcanoes National Park, located just an hour away from Rubavu.

I wish you all success in the race and look forward to receiving you yet again in the 2023 and 2024 Ironman Rwanda editions.

Welcome to Rwanda

Clare AKAMANZI Chief Executive officer  
RWANDA DEVELOPMENT BOARD

# WELCOME MESSAGES



Dear athletes,

Welcome to the inaugural IRONMAN 70.3 Rwanda! This will be the first year of IRONMAN racing in East Africa and we are so excited to be a part of this auspicious event.

Your race will start with a 1.9km swim in one of the African Great Lakes, Lake Kivu. The two-lap bike course takes you through the rural Rwandan villages and along the spectacular shoreline of Lake Kivu. The 21.1km run course incorporates the shoreline of Lake Kivu and suburban Gisenyi. You can look forward to a spectator lined run course all the way to the finish line!

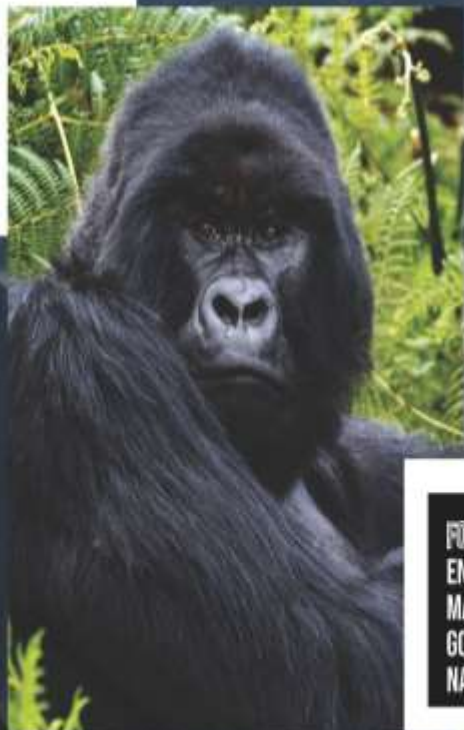
Remember to take in the atmosphere, cheer on your fellow athletes and celebrate as you run down the finish line.

We wish you all the best of luck with your final training and preparation and look forward to seeing you cross the finish line in Rwanda.

**Your IRONMAN 70.3 Rwanda Team**

# RWANDA IS OPEN

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**NATURALLY REFRESHING  
WITH EVERY DROP.  
GO GREEN...**



# PRE-RACE INFORMATION

## TRAVEL INFORMATION

Accommodation options are available in Kigali (Capital City) and in Rubavu (race venue which is approx. 4 hours from Kigali).

For accommodation options please visit: [Smart Bookings](#)

## TRANSFER OPTIONS

Transfer options are also available as follows:

- Airport to Kigali Hotel
- Airport to Kivu Hotel
- Kigali Hotel to Kivu Hotel
- Kivu to Airport
- Kivu to Kigali Hotel to Airport

To book a transfer, click on this link. You will be able to choose a private transfer or a shared bus.



## BIKE TRANSFER & RENTAL

Should you wish to book a bike transfer please use the smart bookings link above.

For bike rentals, we have partnered with a local bike shop. The Shop 250 offers rentals for \$40 per day. To rent a bike, please complete this [form](#).

### USEFUL INFORMATION

#### Visas & Entry Requirements

Citizens of countries members to the following international organizations; African Union, Commonwealth and La Francophonie get visa upon arrival and are waived visa fees for a visit of 30 days - Albania, Algeria, Antigua and Barbuda, Armenia, Australia, Bangladesh, Barbados, Belize, Belgium, Botswana, Brunei Darussalam, Burkina Faso, Bulgaria, Cameroon, Canada, Cape Verde, Cambodia, Comoros, Congo, Cyprus, Dominica, Djibouti, Egypt, Eswatini, Equatorial Guinea, Eritrea, Ethiopia, Fiji, France, Gabon, Grenada, Greece, Guinea-Bissau, Guyana, India, Kiribati, Jamaica, Laos, Lebanon, Lesotho, Liberia, Libya, Luxembourg, Madagascar, Malawi, Mali, Malaysia, Malta, Mauritania, Maldives, Monaco, Morocco, Mozambique, Namibia, Nauru, New Zealand, Niger, Nigeria, Pakistan, Papua New Guinea, Principality of Andorra, Romania, Republic of Macedonia, Saharawi Republic, Somalia, South Africa, Sudan, Switzerland, Togo, Tunisia, The Bahamas, The Gambia, Tonga, Tuvalu, Trinidad and Tobago, Saint Lucia, St Vincent and The Grenadines, Samoa, Solomon Islands, Sri Lanka, United Kingdom, Vietnam, Vanuatu, Zambia, and Zimbabwe.

A citizen of East African Community Member States (Burundi, Kenya, Uganda, United Republic of Tanzania and South Sudan) shall be issued a pass/entry visa free of charge upon arrival to stay for the period of six months.

The following countries to be granted 90 days valid visa free of charge upon arrival: Angola, Benin, Central African Republic, Chad, Cote d'Ivoire, Democratic Republic of Congo, The Federation of Saint Christopher and Nevis, Ghana, Guinea, Indonesia, Haiti, Mauritius, Philippines, Senegal, Seychelles, Sierra Leone, Sao Tome and Principe, Singapore and the state Qatar.

Citizens of all countries that all not visa exempt have also option to submit application online or at the Rwanda Diplomatic Missions of the country of residence before departure. Those applying online have the option to pay online or upon arrival. There is no single affiliated Agent that is authorised to apply for visa on your behalf. Such Agents may mislead you and charges more than the required visa fees.

The visa fees must not exceed 50 USD for single entry visa or 70 USD for multiple entry.

# PRE-RACE INFORMATION

## RACE VENUE ORIENTATION

The IRONMAN 70.3 Rwanda is a unique experience offering:

- 2-day Rwanda Tourism & Craft Expo
- 2 days of IRONMAN Merchandise offerings
- IRONMAN 70.3 Rwanda Race Day
- IRONMAN 70.3 Rwanda Awards Dinner.

We suggest you try and plan to stay for the duration of the full programme and Feel the Spirit which is IRONMAN.

We hope that you enjoy your stay and that this event is a memorable one.

## RACE BRIEFING

Friday, 12 August 2022 - ONLINE

A pre-recorded Race Briefing will be streamed on our social media platforms in the build up to the event. Additionally, a live briefing will be streamed on Friday, 12 August 2022, with all the most up to date race related information.

Questions can be submitted during the pre-recorded and live briefings and will be answered by an IRONMAN Staff member.

## ATHLETES REGISTRATION

### Serena Hotel, Lake Kivu

Friday : 14h00 - 18h00

Saturday : 08h00 - 14h00

All Athletes must have registered by 14h00 on Saturday, 13 August 2022. No registrations will be possible after this.

To register, you will need an Official government issued photo ID, passport, or driver's license.

## One Day License Fee

A one-day license fee at the cost of \$10 (10 US dollars) per individual or Team, is payable by all participants. One day license fee is payable by Debit / Credit card ONLY (Visa / Master cards).

## PACK COLLECTION & INDEMNITY

At Registration you will receive the following in your race pack:

- Athlete Wristband – must be worn at all times.
- Backpack
- Race Number – for Bike & Run
- Safety pins
- Race Sticker Sheet
- Bike & Gear Check out card
- Official Swim Cap
- Transition Bags x3\*
  - WHITE – Streetwear bag
  - BLUE – Bike bag
  - RED – Run bag

\*These plastic bags have been imported to Rwanda with special permission and must be responsibly disposed of, or taken with you, out of the country.

Before leaving this registration point, all athletes will be required to sign a general waiver and a medical waiver for private hospital administration, if required.

## TIMING CHIPS

Timing Chips can be collected from the timing table in Registration where you will be required to confirm your timing chip correlates with your race number and your name.

## IRONMAN BIKE WORKSHOP

Friday : 14h00 – 18h00

Saturday : 08h00 – 14h00

The Shop 250 bike shop will be set up at the Registration Venue. Fees will be charged for services rendered.

On Saturday during Bike & Gear Check-in between 14h00 and 17h00, Bike Maintenance will be available for your assistance – minor adjustments only, just outside Transition.





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# PRE-RACE INFORMATION

## TRAINING

There are no official IRONMAN training sessions associated with the IRONMAN 70.3 Rwanda. Below are a few notes on public spaces where athletes can train.

### SWIM TRAINING:

There is no official swim training programs, however you can swim off the beach inside Lake Kivu Serena Hotel.

### BIKE TRAINING:

The most suitable pre-event bike training route is from Gisenyi, out on Avenue de la Production, along the shores of Lake Kivu, towards Kigufi Hill. (on the outbound journey the lake will be on your right-hand side)

### RUN TRAINING:

The recommended run training route is from Lake Kivu Serena Hotel along Avenue de la Revolution towards the DRC border (on the outbound journey the lake is on your left-hand side) , followed by a right turn into the neighboring suburb of Gisenyi.

## BIKE & GEAR CHECK IN

SATURDAY, 13 AUGUST 2022 : 14h00 – 17h00

### ORIENTATION:

Bike & Gear Check in takes place at Transition, in the Avenue de la Cooperation.

All participating athletes must check a bike and both Bike & Run bags into Transition during this checking in time slot.

You will have access to these Bike & Gear Bags in Transition from 06h30 – 07h45, on Race Morning.

### CHECK -IN NOTES :

Only athletes are allowed into Transition.

Bike Maintenance will be available for assistance just inside Transition.

Referees will do a bike and helmet-check on entrance into Transition (see the “IRONMAN Competition Rules” regarding Equipment and Specifications); wear your helmet in line to speed up the process.





# PRE-RACE INFORMATION

It is the athlete's responsibility to know what equipment is / is not allowed (see 'IRONMAN Competition Rules' regarding equipment & Specifications).

Pack your Race Bib Number in your Bike Bag. For this event, the race bib numbers are worn on the Bike & Run leg of the race.

Road, Tri Bikes, mountain bikes and disk brakes are allowed. No recumbent bikes and fairings add on devices designed exclusively to reduce resistance are allowed. Equipment will be subject to a final determination of legality by the Race Director and/or Chief Referee.

Your Race Bib number must be in your Bike Bag in Transition with your cycling gear (with safety pins in the registration pack or athletes own race belt). This is to be worn during the bike and run leg of the race only.

Your packed and numbered Bike and Run bags must be checked in now, you will hang these bags on the racks at the change area. These bags can be accessed on race morning

All athletes MUST have the supplied identification stickers affixed. On the bike, this will either be on the seat post or on the left seat stay (rear portion of the frame that leads from the seat post to the back wheel). The helmet sticker must be stuck to the front of the helmet. See the pictures in the tables for guidance.

No items may be left on the bike overnight, nutrition and clipped in shoes should be placed on the bike on race morning.







Athletes may cover their bike computers only or remove them (recommended). Full bike covers are not permitted.

We recommend that race technical equipment (including bike computers, batteries, etc.) be left in Transition Bags on race morning and only connected (if possible) during Transition.

No-one will be allowed into Transition after 17h00 when check-in closes.

It is illegal to interfere (including remove, swop, steal & / or tamper) with another athlete's equipment / nutrition in the Transition area (including during Bike Check – Out ) : this is a serious offense and may lead to your disqualification.

Overnight security is provided in the Transition Area.

ITEM	IMAGE
<b>Race Bib Number</b>  Medical & Next of Kin info to be filled out on the back  Worn on your back during the Bike & on your front during the run.  Used to check your bike & Gear out of Transition	
<b>Sticker Sheet</b>  Identification stickers to be placed on the Bikes Seat Post or Rear Stay, Athletes Helmet and transition bags	
<b>Athlete Wristband</b>  Wristband must be worn at all times as this will be your entry to "athlete only, restricted areas"	
<b>Transition Bags</b>  <b>Streetwear :</b> Post race casual clothes / shoes  <b>Bike :</b> Pack all cycling clothing, helmet & shoes if not on your bike in this bag  <b>Run :</b> Running gear should be packed into this bag	
<b>Bike Check out Card</b>  Used by family / friend if athlete cannot check-out their own bike: athletes race bib number to also be supplied.	
<b>Official Swim Cap</b>  All Athletes must wear the official event swim cap supplied	

# PRE-RACE INFORMATION

## RELAY TEAM RACE KIT

Your Race Bib number must be in your Bike Bag in T1 with your cycling gear (with safety pins in registration pack or athletes own race belt). This is to be worn during the bike and run leg of the race only.

The team cyclist's packed and numbered Bike bag must be checked in now, you will hang this bag on the rack next to the change area. This bag can be accessed on race morning.

All athletes MUST have the supplied identification stickers affixed. On the bike, this will either be on the seat post or on the right seat stay (rear portion of the frame that leads from the seat post to the back wheel). The helmet sticker must be stuck to the front of the helmet. See the pictures in the tables for guidance:

No items may be left on the bike overnight, nutrition and clipped in shoes should be placed on the bike on race morning.







Athletes may cover their bike computers only or remove them (recommended). Full bike covers are not permitted.

We recommend that race technical equipment (including bike computers, batteries, etc) be left in Transition Bags on race morning and only connected (if possible) during Transition.

No-one will be allowed into Transition after 17h00 when check-in closes.

It is illegal to interfere (including remove, swop, steal & / or tamper) with another athlete's equipment / nutrition in the Transition area (including during Bike Check – Out ) : this is a serious offense and may lead to your disqualification.

Overnight security is provided in the Transition Areas.

ITEM	IMAGE
<b>Race Bib Number</b>  Medical & Next of Kin info to be filled out on the back  Worn on your back during the Bike & on your front during the run.  Used to check your bike & Gear out of Transition	
<b>Sticker Sheet</b>  Identification stickers to be placed on the Bikes Seat Post or Rear Stay, Athletes Helmet and transition bags	
<b>Athlete Wristband</b>  Wristband must be worn at all times as this will be your entry to "athlete only, restricted areas"	
<b>Transition Bags</b>  <b>Streetwear :</b> Post race casual clothes / shoes  <b>Bike :</b> Pack all cycling clothing, helmet & shoes if not on your bike in this bag  <b>Run :</b> Running gear should be packed into this bag	
<b>Bike Check out Card</b>  Used by family / friend if athlete cannot check-out their own bike: athletes race bib number to also be supplied.	
<b>Official Swim Cap</b>  All Athletes must wear the official event swim cap supplied. Relay Team swimmers will have a different colour cap to individual athletes.	

# PRE-RACE INFORMATION

## TRANSITION BIKE & BAG CHECK IN

IRONMAN 70.3 Rwanda  
Transition Bike & Bag Check In  
Saturday : 14h00 - 17h00  
Note entrance & exit points





# RACE DAY INFORMATION

## ATHLETE PARKING

### RACE DAY PARKING/ACCESS

Parking is available on Avenue de la Cooperation, very close to Lake Kivu Serena Hotel.

Please note, that cars will not be able to leave this spot between the start of road closure **06:00** and the opening of the bike course at **13:30**. This road will be closed for the duration of the bike course segment of IRONMAN 70.3 Rwanda



# RACE DAY INFORMATION

## RACE MORNING PROCEDURE

### TRANSITION 1 : 06h30 – 07h45

Enter Transition at the bike out / bike in gate. From here athletes can walk past their bikes through the bikes & gear bag racks, then exit transition through the swim in / run out gate on the seaside for race start.

Once you have completed the pre-race transition check, you must make your way to the swim start. Please note that the Avenue de la Cooperation, Transition area and the swim start chute will be an access-controlled area, your Athlete wristband will give you access to this area.

The race organisers do not accept responsibility for any valuable items in Transition Bags/on bikes.

Should you bring your own foot pump, please ensure it is labelled (name, race number & telephone number) and place it in the area provided, in Transition. No pumps may be stored in Transition or Streetwear bags.

Athletes with critical aids such as prescription spectacles and hearing aids can leave them at a designated table in transition as they head off to the Swim Start. Please write your name, race number & telephone number on the envelope provided for these items.

There are toilets located Inside the Transition area.

### BIKE MAINTENANCE

A “Bike Maintenance” area will be available just inside the Transition area. This is for minor adjustments. They will not be responsible for any lost/missing items.

### STREETWEAR BAG DROP

The streetwear bag is for clothes you will be wearing just before the race start and after you completed the race. Should you drop out during the race, this is also the first bag you will have access to, so pack it wisely.

Once you exit Transition to go to the Athlete Village area adjacent to the Transition area, place the items you are wearing (including slops/sandals/warm clothing) into your Streetwear Bag.

Hang your Streetwear Bag on the racks according to your race number.

You will collect / have access to this bag, immediately after your completion or withdrawal of the race. These bags must be collected by 17h00.

IRONMAN does not accept responsibility for any valuable items lost in your Streetwear or Transition bags.



# RACE DAY INFORMATION

## **DROP OUT PROCEDURE**

### **DROP-OUT CLERKS**

The drop out clerks are at the following points:

- Control tent outside Transition
- Drop-Out Tent in the IRONMAN Village
- During the swim, these Drop Out clerks will be at the Medical Pods at Swim Entrance / Exit

The following is of critical importance: Any athletes who drop out from the event for any reason must be recorded.

### **PRE-RACE**

Athletes who have checked a bike into transition and then drop out before or during the swim portion must report to the Drop Out Clerks / IRONMAN Staff Member. They are at the swim start and swim exit points, within proximity to the Medical Flags. This is of critical importance for the swim clear procedure towards the end of the swim.

### **BIKE**

Athletes who drop out during the bike portion of the event must either make their way to one of the "SAG" vehicles along the course or wait to be picked up by the sweep team. Once back at Transition, you will still need to report to the Drop out tent.

Athletes who withdraw from the race will have access to their Streetwear Bags.

### **RUN**

Athletes who withdraw from the race will have access to their Streetwear Bags.

When dropping out of the race for whatever reason, the Drop Out Clerk / IRONMAN Staff member will do the following:

- Record your race number.
- Take a photo of you.
- Update your status on a Timing App.



# RACE DAY INFORMATION

## COURSE INFORMATION

### SWIM COURSE – 1.9 km / 1.2 Miles

Cut off: 1 hour and 10 mins from each athlete's individual start time.

Take on a 1.9km swim at the waterfront of Gisenyi in Lake Kivu, one of the African Great Lakes. Lake Kivu, is just south of the equator and lies at an altitude of 1463 meters above sea level. The IRONMAN 70.3 Rwanda makes use of a rolling swim start. The course is rectangular and swum in an anti-clockwise direction.

Each athlete is expected to have the ability and conditioning to complete the swim. Please ensure that you read the IRONMAN Swim Smart program: <https://www.ironman.com/swim-smart>. The swim will take athletes around buoys in an anti-clockwise direction: all red turn buoys, are passed on your left; the last red buoy is passed on your right. The yellow buoys are "guider buoys": you can swim either side of these.

Once you have completed your Transition checks you will be required to make your way directly to the swim holding area.

The swim holding area will be made up of rows of 5 athletes with gaps between them, if the row in front of you is full you may not push to the front of the group, you **MUST** stand in the next available gap. Athletes who do not adhere to the queueing system will be penalized.

A group of 5 athletes will be released every 5 seconds to cross the timing mat to commence the swim.

There is **NO** access to the water or a swim warm-up area : do a land-based warm-up.

Ensure you have your official swim cap on (mandatory) and swim goggles, if required. Additional swim caps are available at the final holding area, before entering the Lake at the Swim Start.

Ensure your Timing Belt and Chip are secured to your LEFT ankle. Replacement timing chips + chip belts may be collected from the final holding area, before entering the sea at the Swim Start.

## ROLLING START PROCEDURE

The Age Group rolling swim start will start at 08h00.

All athletes must be in the holding area 5mins prior to race start.

These rows of 5 athletes will have gaps between them, if the row in front of you is full you may not push to the front of the group, you **MUST** stand in the next available gap. Athletes who do not adhere to the queueing system will be penalized.

Your race time starts when **YOU** cross the Swim Start mat.

## WETSUIT RULING

The average water temperature in Lake Kivu between July and September is around 22/24° Celsius which under normal conditions makes it a wetsuit optional swim for age group athletes.



Wetsuits will be compulsory if the water temperature is below 16°C. For Age Groupers, wetsuits may be worn in water with temperatures up to and including 24.5° C. (However, IRONMAN may allow age group athletes to wear wetsuits in water temperatures up to 28.8° C : these athletes will start at the back of the field in the rolling swim start and will not be eligible for age-group awards, including championship slots – an indemnity must be signed by those athletes opting to swim with wetsuits here.)

As per WTC rules, the swim will be shortened if the water temperature is between 12° and 13.9° C. If the water temperature is below 12° C, the swim will be cancelled. See official "Competition Rules".

# RACE DAY INFORMATION

## IRONMAN 70.3 Rwanda : SWIM COURSE



To view the course maps online click here: <https://www.ironman.com/im703-rwanda-course>

# RACE DAY INFORMATION

## COURSE INFORMATION

### TRANSITION 1 : Swim to Bike

#### ATHLETES PROCEDURE

Athletes may strip the top of their wetsuits down to their waists as they run up from the lake into T1. The bottom half may only be fully removed once in the Transition Change area. Public nudity is prohibited.

Walk-through 'foot baths' to rinse off sand will be located at the entrance to Transition

There are medics inside Transition area with a Medical Tent inside the athlete village area, adjacent to Transition area.

Collect your Bike Bag. Changing must take place on the mats (or in the tent, if required) and not at the bag racks area, nor next to your bicycle.

Ensure your timing chip is still strapped to your LEFT ankle. Should it be missing - first check in your wetsuit, and only thereafter get a new one from the timing volunteers.

Place all your swim gear including your WETSUIT into your Bike Bag: it is the athlete's responsibility to ensure ALL your equipment is placed in your bag. Tie the bag closed and drop your bag off in the Bag Drop Zone just outside of the change area.

Ensure that your race bib number is facing backwards (either on your race belt or pinned to the back of your cycling top – we recommend the use of a race belt, as the race bib must face forward during the run) Please do not swim with this race bib number on.

Ensure your helmet is on your head and the chin strap is securely fastened before handling your bike.

If your shoes are not clipped into your pedals on your bike, you **MUST** put them on when changing and run in your cycling shoes. Athletes will be penalised for attempting to put cycling shoes on at the Mount Line.

From here, **PUSH** your bike to the exit of Transition and over the Mount Line.

Under no circumstances may you ride your bike inside the Transition area. You may only mount your bike outside Transition at the Mount/Dismount line, as instructed by the Race Referee.

A Bike Maintenance Mechanic will remain at the exit of Transition until the last athlete has left on the bike course.

Transition will close 10 minutes after the last athlete entered from the swim course. All athletes in Transition must leave for the bike course within this timeframe.

The time spent in Transition is included in your total race time.

Please see "Competition Rules" for additional information and Penalty Procedure.



# RACE DAY INFORMATION

## COURSE INFORMATION

### BIKE COURSE – 90.1 KM / 56 MILE

Cut off: 4 hours and 5 mins from each athletes' individual start time.

The IRONMAN 70.3 Rwanda four lap 90,1km (56mile) bike course takes athletes through the rural Rwandan villages and along the spectacular shoreline of Lake Kivu.

### COURSE DESCRIPTION:

When exiting Transition, follow the road from transition up to Gorillas Lake Kivu Hotel where you will turn right. From here all cycling is on the right-hand side of the road. Pass the finish line traffic triangle and turn right at the next road direction Kigufi to the turn around point which is 12.1km from transition.

Cycling remains on the right-hand side of the road. Outside Kigufi, athletes will make a U-turn from right to left and back track to the finish line traffic triangle which athletes will go around anti-clockwise. That completes lap 1.

Athletes will do 4 laps of this course but at the end of lap 4, athletes will pass the finish line traffic triangle and continue to transition on the same path that brought you to this point.

Support and Gear (SAG) vehicle, which athletes who want to abandon the race can use to return to the race village when they bike course. See next point on SAG.

There may be runners on the course when cyclists return to transition. Note that they have right of way. Be alert and comply with instructions of the course marshals. Athletes will approach Transition from the same direction they left T1.

### SAG (SUPPORT AND GEAR)

There are dedicated IRONMAN "SAG" vehicles with trailers on the course to collect athletes who drop out. These vehicles will return with athletes and their gear to Transition at the closure of the bike course. The SAG driver must record the athletes race number & take a photo for recording purposes .

- **SAG Point 1** : Turnaround 2 (lake side)

Athletes returning to Transition in these SAG vehicles will need to complete the Drop – Out procedure with the Drop- Out Clerk outside of Transition.

Should you have handed in a Streetwear bag on race morning, please collect this bag from the Finish Line area.

### PENALTY TENTS:

The penalty tent on the bike course is located after the bike aid station shortly after crossing the Sebeya River. Athletes will pass this penalty tent eight times.

# RACE DAY INFORMATION

## IRONMAN 70.3 Rwanda : BIKE COURSE



To view the course maps online click here: <https://www.ironman.com/im703-rwanda-course>

# RACE DAY INFORMATION

## COURSE INFORMATION

### BIKE MAINTENANCE:

There is one static and two roving bike mechanics on course.

#### Bike Maintenance Static Point :

- Bike Aid Station

Tubes (only 700c road bikes) and bombs are sponsored. All other spares will be charged to your race number. Your email address will be supplied to the Bike Maintenance Service Provider in order for an invoice to be emailed to your post event, please ensure payments are made promptly.

Bike Aid Station carry the following stock for athlete's use at the Aid Station: (may not be taken for stock).

- 10 x 700 C road bike tubes
- 1 x set of tyre levers
- 1 x pump

There are no spare wheels on the course.

### AID STATIONS:

There is one aid station on the bike course which athletes will pass four times and will serve athletes approaching from both directions, but on different sides of the road

The Litter Zones for athletes is 100m either side of the Bike Aid Stations. Do not litter outside these aid station litter zones. Rwanda is an extremely clean, virtually litter free country. We must contribute to this endeavour.

### BIKES:

The course is very hilly with lots of turns and a number of very steep descents. Plan your bike set up accordingly.

See IRONMAN Competition Rules on more details related to bicycles.

### GEOGRAPHY:

**Elevation:** The bike course starts at 1463m above sea level and the highest point on this bike course is 1750m. The total meters elevation gained over the entire bike course is 1491m.





# RACE DAY INFORMATION

## COURSE INFORMATION

### TRANSITION 2 : Bike – Run

Athletes must dismount before the dismount line; Race referees will be present at the dismount line to assist.

Athletes must either run into Transition wearing their cycling shoes or leave them clipped on their bike. You may not take your cycling shoes off your feet and clip them onto your bike once you have dismounted.

Athletes will self-rack their bikes according to their race numbers.

Follow the demarcated route through Transition to collect your Run Bag. Changing may only take place at the change / tent area.

Place all your bike gear into your Run Bag. It is the athlete's responsibility to ensure ALL your equipment is placed in your bag.

Tie the bag closed and drop your bag off in the 'Bag Drop' zone just outside the change area.

During the run, athletes race bib number must face forward. This is important, not only for identification purposes but also for race photos on the run leg.

Check that your timing chip is still in place on your left ankle. If necessary, additional Timing Chips can be collected from the "Drop-Out Clerk" gazebo just outside Transition.

Medical facilities are available to athletes just outside the Transition area at the Swim In / Run out gate.

Continue through the demarcated route in Transition to exit to the run course.

Transition will close to all athletes 10 minutes after the last athlete has entered from the bike to change for the run.

Your transition time is included in your TOTAL race time.

# RACE DAY INFORMATION

## COURSE INFORMATION

### RUN COURSE – 21.1 KM

Cut off: 3 hours and 15 mins from each athletes' individual start time.

The 3 lap 21.1km run course incorporates the shoreline of Lake Kivu and suburban Gisenyi. Athletes can expect a spectator lined run course all the way to the finish line!

### COURSE DESCRIPTION:

When exiting Transition, you will make a U turn outside transition to run parallel past transition along the shoreline, direction Goma. Running is on the lefthand side, on this out and back course. After 1,5km along the shoreline, you will turn right, followed by another right on the NR4. After 2,3km into the run course you will turn left onto the airport road reaching the turnaround point 3,5km. From here you will make a U turn around a tall orange cone and back track to Transition where the second turnaround point is located, also at a large orange cone.

You will run to the airport road turn around point three times before backtracking for the last time to the lake shore, but veering left at the Gorillas Lake Kivu Hotel, 20,2km into the run. From here you will hug the righthand side of the road up to the finish line, where you will turn right onto the red carpet.

Please note that there is a cross over point with cyclists outside the Gorillas Lake Kivu Hotel. Runners will have right of way. However, be alert and listen to instructions from course marshals.

### ELEVATION :

The run course starts at 1471m above sea level and the highest point on this run course is 1528m. There is overall 291m of elevation gained on the run course.

### AID STATIONS

There are 2 run aid stations on the run course and are approximately 3km apart

**Aid Station 2:** Transition turn around

**Aid Station 3 :** Airport Road turn around

# RACE DAY INFORMATION

## IRONMAN 70.3 RWANDA : RUN COURSE



To view the course maps online click here: <https://www.ironman.com/im703-rwanda-course>



# RACE DAY INFORMATION

What to expect on the Finish Line

## **FINISH LINE PROCEDURE**

On completion of your race:

**MEDALS** : Athletes will receive their Finisher Medals.

**WATER** : Athletes will receive water on the finish line.

**FINISHER SHIRTS** : All Athletes must collect the "Finisher T Shirt" as ordered during the online registration. No shirt swops will be done on the finish line post race.

Sizes can be swapped out, subject to availability, on Monday from 09h00 - 11h00 at Lake Kivu Serena Hotel.

**TIMING CHIPS** : Remove your Timing Chip + Chip Belt (if not your own) strip the two from each other and place them into the bins provided before leaving the finish line area.

## **STREETWEAR**

Collect your Streetwear Bag from the racks as you exit the Finish Line area, where you hung them according to your race number.

IRONMAN does not accept responsibility for any valuable items lost in your Streetwear or Transition bags.

## **FINAL AID**

Enjoy refreshments at the Final Aid Station in the public area of the IRONMAN Village. Please note that the refreshments supplied here are for athletes only.

# RACE DAY INFORMATION

## AID STATIONS

### BIKE

**Please Note:** Toilet facilities are available at the Aid Station.

The Aid Station is situated in Gisenyi town, you will pass by this station 3 times, roughly every 22KM.

The following will be available per table, in the following order:

#### **Aid Station 1:** (outside Serena)

- Water (500ml cycling bottle with yellow top)
- USN Sport EnerG (500ml bottle with red top)
- USN Vooma Ultra Gels
- USN Vooma Bar
- USN Sport EnerG (500ml bottle with red top)
- Water (500ml cycling bottle with yellow top)

At each Aid Station on the Bike course there will be a box of bike maintenance items: at the start of the race these will hold

- 10 x (road bike) 700 C tubes
- 1 x set tyre levers
- 1 x pump

NOTE: Litter zones will be within 100m of either side of the bike aid stations.

### RUN

These Aid Stations are situated approximately every 2.5km and will offer:

#### **Aid Station 2:** (Outside Transition turn/around)

- Water in red cups
- USN Sport EnerG in USN branded cups
- USN Vooma Ultra Gels
- USN Vooma Bars
- USN Sport EnerG in USN branded Cups
- Water in red cups

#### **Aid Station 3:** (Airport Road turn/around)

- Water in red cups
- USN Sport EnerG in USN branded cups
- Coca Cola in white cups
- USN Vooma Ultra Gels
- USN Vooma Bars
- Coca-Cola in white cups
- USN Sport EnerG in USN branded Cups
- Water in red cups

**NOTE:** Litter zones will be within 50m of either side of the run aid stations.

# RACE DAY INFORMATION

## COMPETITION RULES

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties. In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in IRONMAN Competition Rules, the Competition Rules set forth in IRONMAN Competition Rules shall govern. Each athlete is responsible for knowing and understanding all Competition Rules (including without limitation any additional rules set forth in the Event-specific Athlete Information Guide).

Please note: NO cell / mobile phones are allowed.

**SUMMARY OF GENERAL COMPETITION RULES	PENALTIES
Public nudity or indecent exposure	DSQ – Red Card
Littering outside of the trash/rubbish drop zones	30 Second Time Penalty once corrected (Yellow Card), and, if intentional, a 5:00 minute Time Penalty (Blue Card). Rwanda DSQ – Red Card
Using unsportsmanlike behaviour	DSQ and potential suspension (Red card)
Failure to follow the prescribed course. It is the athlete's responsibility to know the course. Athletes must cover the prescribed course in its entirety. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.	DSQ – Red Card
Failure to wear a shirt or sport top during the bike or run	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 30 Second Time Penalty will be assessed (Yellow Card), If not: DSQ (Red card)
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race, or assisting the physical forward progress of another athlete on any part of the course during the Race.	DSQ of both athletes (Red card)
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension (Red card)
Not stopping in the next penalty tent after being obliged to do so	DSQ (Red card)
Use of communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, smart helmets (i.e., helmets enabled with Bluetooth technology), in any distractive manner, during the Race	DSQ – Red Card
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ – Red Card
Unless pre-approved by the Head Referee, using communication devices of any type during Race competition. NO cell phones allowed.	DSQ (Red card)
3 Blue Cards will result in a DSQ	DSQ
**SUMMARY OF SWIM RULES PENALTIES	PENALTIES
In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee	DSQ (Red card)
In a non-wetsuit swim, wearing swimwear that is not 100% textile material.	DSQ (Red card)
Wearing a wetsuit that measures more than 5mm thick	DSQ (Red card)
Using a snorkel	DSQ – Red Card



# RACE DAY INFORMATION

## COMPETITION RULES

**SUMMARY OF BIKE RULES PENALTIES	PENALTIES
Drafting violation	5:00 minute Time Penalty per violation (Blue Card)
Blocking (side by side riding)	30 Second Time Penalty (Yellow Card)
Once overtaken, re-passing prior to dropping out of the draft zone	30 Second Time Penalty (Yellow Card)
Once overtaken, remaining in the draft zone for more than 25 seconds for all triathletes	5:00 minute Time Penalty (Blue Card)
Failure to wear a shirt or sport top during the bike portion	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Front Zipper of uniform in not connected at the bottom of if the top does not cover the shoulders.	DSQ, if not remedied promptly (Red Card)
During the bike segment, wearing the helmet unfastened or insecurely fastened	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Wearing headsets or headphones during competition	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions, after bike check – out.	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Make forward progress without bike during the bike segment	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
**SUMMARY OF RUN RULES PENALTIES	PENALTIES
Wearing headsets or headphones during competition	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Failure to wear a shirt or sport top during the run portion	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Front Zipper of uniform in not connected at the bottom of if the top does not cover the shoulders.	DSQ, if not remedied promptly (Red Card)
Crossing the finish line with a non-participating individual	DSQ (Red card)
**SUMMARY OF TRANSITION AREA RULES PENALTIES	PENALTIES
Blocking the progress of other athletes	30 Second Time Penalty (Yellow Card)
Interfering with another athlete's equipment	30 Second Time Penalty (Yellow Card)

### Notes:

- An athlete may not physically assist the forward progress of another athlete.**
- 3 x Blue Cards will result in a DSQ
- \*Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in disqualification (See Event-specific Athlete Information Guide for more information). Rwanda relevant.
- \*\*Please note: at select Event venues athletes are required to wear their athlete bib number on both the bike and run segments of the Race (See Event-specific Athlete Information Guide for more information). Rwanda relevant.
- Not wearing a helmet during all Event activities when the athlete rides the bike e.g., competition, familiarisation and training sessions and after bike check-out, is prohibited and will result in disqualification from future participation in IRONMAN 70.3 Rwanda events.
- Please note that it is illegal to interfere (including remove, swop, steal and / or tamper) with another athlete's equipment / nutrition in the Transition area (including during check-out): this may lead to disqualification.

# RACE DAY INFORMATION

## APPEALS

Should you wish to lodge an appeal against another athlete or referee's decision, this must occur within 15 minutes after you cross the Finish Line. However, no athlete may file a protest about a judgement call, which includes drafting and blocking (see "Competition Rules"). Please advise one of the IRONMAN staff members on site / at the Finish Line soonest that you wish to see the Head Race Referee to lodge an appeal.

The Head Race Referee should be located at the Drop Out Control gazebo in Transition, when the bike course closes. The location will be confirmed by the IRONMAN staff member.

Payment of \$50,00 (US Dollar) to the Head Race Referee. This will be reimbursed if your appeal is successful.

Appeal committee: Race Director / Head Race Referee / Triathlon Federation Representative.

## TIMING & CUT OFFS

Stops, rests, transitions, etc.. will be included into your total race time. Splits will be recorded for each segment of the race, i.e.. swim time, Transition 1 (T1) time, bike time, Transition 2 (T2) time and run time. In addition to the 8 hours 30 minutes overall cut-off time, there are cut-off times for each segment of the race, as listed in the document above. The cut-off time for the swim segment is 1 hours 10 minutes after your start; the cut-off time for the bike segment is 5 hours 15 minutes after your start of the race and the cut-off for the run is total time 8 hours 30 minutes. It is of utmost importance that you are aware of, and adhere to, these timing conditions as they improve the quality of the race. Disqualified and cut-off athletes will be removed from the race in order to maintain accurate times and places in the race results. Additional DNF's may be identified after the event when checking finishing times.

PLEASE NOTE: Loss of a Timing Chip will result in a charge of \$100.00 (US Dollar) allocated to your specific race number. Failure to wear your chip on race day, return your chip after the event, or pay replacement costs, will disqualify you from future IRONMAN events.

When you collect your Race Pack at Registration, you will collect a Timing Chip from + Chip Belt from the timing table here you will also verify that your chip number correlates to your name. Should you wish to race with your own Chip Belt please only request a Timing Chip without a strap from the timing company

If you do not start the race on Sunday, you must ensure you return your chip to the Drop-Out recorder either at the Medical Pods on the beach or Drop-out Control outside Transition. Please ensure they record your chip return.

If you have not racked a bike it is the athlete's responsibility to return the timing chip + belt to the timing van/Drop Out control.

If you drop out of the race at any time on race day, **you MUST notify the Drop-Out Clerk outside Transition** or in the IRONMAN Village (info tent). Failure to do so may disqualify you from participating in future IRONMAN triathlons.

***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 lose your Timing Chip during the event, it is your responsibility to get a replacement chip (at a price). These can be found at the Drop-out Clerk gazebo outside Transition.

If you lose your Timing Chip on the RUN course, you must notify a Race Official/Referee immediately after crossing the Finish Line.

If you are disqualified for a rule violation during the race (and you are going to lodge an appeal at the end of your race), you may continue. If you are cut-off, you may NOT continue. (See Competition Rules)

Please do not intentionally cross the Finish Line as part of a group. Our timing equipment does not record ties.

The chips are special active chips, not the run-of-the-mill Timing Chip. These cost \$100.00 (US Dollar) each and if lost/not returned, the athlete will be held liable for the replacement cost. Timing Chips + Chip Belts should be removed and placed in the bins provided on the Finish Line after the race.

**NOTE: It is the Athletes responsibility to ensure that the timing chip is securely fastened to your left ankle. Should you not use your own strap, please ensure that you pin and tape the strap issued with the chip to safely secure it. Should you lose this chip, including during the swim, you will be charged for a replacement chip.**

**NO CHIP = NO TIME**

# RACE DAY INFORMATION

## DRUG FREE SPORT

As a condition of participation in each IRONMAN and IRONMAN 70.3 event, all registered athletes are required to acknowledge and abide by IRONMAN's Drug Free Rules. In accordance with all the Drug Free Rules, all registered athletes are subject to in and out-of-competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, Drug Free Sport's drug free rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and seek advice from qualified medical professionals.

## MEDICAL

**Please note: *No members of the public, family, friends or media will be allowed into the medical tent at any time.***

Should an athlete need to be transported to hospital, the emergency contact (as per registration information) will be informed. Information pertaining to which hospital the athlete has been transported to will be given to the emergency contact.

**Important:** Full disclosure of all medical conditions, general health and surgical procedures within the previous 12 months are required. If you are taking any medication or have any medical problem(s) 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. You are required to notify the IRONMAN Rwanda Race Office, in writing, if there is any change in your medical status/condition after your registration application has been processed. 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 by the World Anti-Doping Agency (WADA).**

Medical consultation/clearance may be necessary from an attending physician prior to acceptance/participation in the race. In all cases, the final decision of medical consideration is at the discretion of the race Head Doctor.

## Race day pre-event athlete medical evaluation:

On race morning, athletes requiring medical evaluation on whether to race or not must be assessed by a doctor in the Main Medical Tent. Access and entry onto the medical system must be logged as per standard race day procedure. The result of the assessment, i.e. clearance to race or non-participation advice, must also be recorded on the system. Thus, the main medical tent will be set up and ready to assess athletes from 1 hours prior to the Start of the race.

There will be medical staff and facilities throughout the IRONMAN race course. The Main Medical Tent will handle injuries or medical problems of athletes that withdraw/are withdrawn during the race.

Qualified individuals will be stationed throughout the swim course, with medical pods on the beach to assist you in case of a medical emergency. During the swim, problems among athletes may include nausea and vomiting from swallowing sea water and from motion sickness. Medication taken before the swim may help, but you are strongly advised to try the medication several times before the race to avoid any adverse reactions to it. **Before taking any medication, be sure it is not on the Banned Substance List from the World Anti-Doping Agency (WADA).**

There will be a Medical Tent at the Transition Area where This is the only area of the race where athletes may receive actual medical attention and strapping and then continue racing (at the discretion of the medical team).

On the bike and run, particular dangers include dehydration, hyponatremia, over-hydration, sunburn, exhaustion and injuries sustained from accidents. Please be attentive when passing through Aid Stations to avoid the possibility of an accident or injury to yourself or another. Be aware that during events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize.

# RACE DAY INFORMATION

Please ask for medical **advice** if you have the slightest hint, you may need it. **You will not be penalized for receiving medical evaluation.** You will be withdrawn from the race only if you require transportation, IV fluids, and medication or if medical personnel feel your continued participation is not in your best health. The medical personnel will do all they can to keep you in the race and assure a safe finish.

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

**IRONMAN staff, water safety officials and / or medical officials reserve the right to withdraw athletes from the course if they are judged to be incapable of finishing within time or without physical risk of serious injury or death.**

More than half of the visits to the medical tent occur after athletes have finished the race. Please do not leave the finish area until you and / or your family / friends are certain that you are okay, until you can drink without vomiting and stand without dizziness.

**Please note:** we will not administer a drip for recovery purposes post-event in the medical tent. A drip will only be administered by the Doctor on duty for medical reasons.

If you are transported to the Medical Tent (and/or hospital) and are unable to collect your own equipment, a family member or friend will need your "Bike Check-Out Card" (which you received in your Registration Pack) as well as your Race number / bib to collect your bike and bags.

The medical tent will officially close at 17h00. All athletes seeking medical attention after that time will be referred to local emergency room facilities. All medical expenses incurred there are the sole responsibility of the athlete. Failure to meet financial responsibility to local medical facilities will result in suspension of future participation at IRONMAN 70.3 Rwanda events until accounts are settled.

## ACCIDENT REPORTING

Athletes must remain at the scene of an accident in which they are involved with a motor vehicle until an incident report has been completed with an official IRONMAN staff member and / or local traffic department officer.



# RACE DAY INFORMATION

## FINISH LINE



## BIKE CHECK OUT



# POST RACE INFORMATION

## BIKE & GEAR CHECK OUT

SUNDAY: 13h30 – 17h00

The official Bike and Transition Bags check-out process will take place between 13h30 – 17h00 at Transition, Avenue de la Cooperation.

Bike & Bags will be checked out using your Race Number. Volunteers will check your Race Number on your wristband to the Race Number on the Bike & Bags.

If you cannot collect your own bike, give your **“bike check-out card”** (as received in registration pack) and **Race Number / bib** to a friend or family member.

No bags may be passed over the fence – must be checked out with your bike.

Do not ride your bike home / to hotel if you are not wearing a helmet.

All bikes and bags must be collected by 17h00 on race day. The organisers are not responsible for items left in Transition on Sunday after 17h00

And again: Please note that it is illegal to interfere (including remove, swop, steal & / or tamper) with another athletes equipment / nutrition in the Transition area: this may lead to a disqualification.

## SPORTOGRAF

Sportograf is proud to be the official athlete photo service at the IRONMAN 70.3 Rwanda.

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

Help us take the best pictures of you:

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

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

# POST RACE INFORMATION

## SLOT ALLOCATION

The IRONMAN 70.3 Rwanda is offering 45 Age Group Slots for the 2023 IRONMAN 70.3 World Championship in Lahti, Finland. All athletes who have qualified for the 2023 IRONMAN 70.3 World Championship and want to accept a slot **MUST** be present at slot allocation on Sunday, 14 August 2022 at 17h00 **ONLY Athletes**.

Athletes who have an automatic slot (Marked on the results sheet outside the venue) will need to come to slot allocation in the Serena Hotel. Athletes who qualify and accept their slot will be required to proceed with the payment of the entry fee €650 (Euro)\* + 9.25% Active fee. Any slots not taken will then be rolled over by the Tampa office, USA.

Prior to race day, at least one slot will be tentatively allocated to each Age Group category (both male and female). Final numbers of slots per Age Group will be determined on race day based on the number of official starters. If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender.

If there are no more eligible finishers in a particular Age Group or no other finishers accepted the slot in that Age Group, that unclaimed slot will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Groups within the gender with the largest athlete-to-slots ratios will receive the second re-allocated slots and so on.

See the IRONMAN website for additional information

NOTE : Only Age-Group Athletes are eligible to receive Age-Group World Championship qualifying Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they have qualified for, hold professional or elite status. Any change in an athlete's status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of Athlete to make such disclosure will be cause for disqualification from such Event and may result in sanction from WTC Events.

## ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN World Championship is subject to IRONMAN's Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age Group Athletes online. The waiver serves to provide additional notification of and consent to IRONMAN's Anti-Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules.





**ALWAYS REMEMBER YOUR RACE**  
get your personal pictures on **SPORTOGRAF.COM**



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**F L A T**



# POST RACE INFORMATION

## AWARDS

### Awards Dinner:

Sunday : 18h30 – 22h00

Doors will open at 18h00.

Venue: Lake Kivu, Serena Hotel

Awards Dinner tickets will be on sale for family/friends. These can be purchased for \$55 (US Dollar) at registration. No tickets will be sold at the door.

Your athlete wristband is your access ticket to the Awards Dinner. Seating will be on a first come, first served basis.

Awards procedure starts at 18h30: IRONMAN 70.3 Rwanda trophies will be awarded to the first 3 athletes in each Age Group category for both male and female athletes and the top 3 teams.

Please note: Athletes **MUST** be present at the Awards Dinner to collect their trophy. No trophies will be posted after the event.

### LOST & FOUND

Monday : 09h00 – 11h00

Race Day lost & found property will be located at the Lake Kivu Serna Hotel– from 09h00 - 11h00 on Monday.

It is recommended that you mark all your race gear with your name prior to race day as the event organisers will not be responsible for lost items.

### SHIRT SWOPS

Monday : 09h00 – 11h00

On Race Day, **Finisher Shirts** will be available at the Finish Line Area after the completion of your race. **Athletes have to take the size ordered** on their registration form.

Sizes can be **swopped** out, subject to availability, on Monday from 09h00 - 11h00 at the Lake Kivu, Serena Hotel.

**PLEASE NOTE: Finisher Shirts will NOT be posted to athletes.**

### TIMING QUERIES

Preliminary results will be continually updated on race day on the website [www.ironman.com/im703-rwanda](http://www.ironman.com/im703-rwanda) and this link will redirect you to the official site.

Should you have any Timing queries, please email them to [Michele.Dalton@ironman.com](mailto:Michele.Dalton@ironman.com) & [Sharon.Talbot@ironman.com](mailto:Sharon.Talbot@ironman.com)

### CERTIFICATES

Certificates will be available online within 14 days after the event for you to download & print yourself from the website [www.ironman.com/im703-rwanda](http://www.ironman.com/im703-rwanda) and this link will redirect you to the official site.

# ADDITIONAL INFORMATION

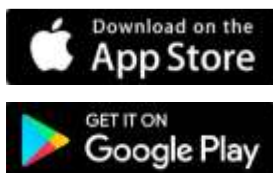
## PUBLIC INFORMATION

### ATHLETE TRACKING

IRONMAN Tracking App

Sharing the experience with your athlete is inspiring and emotional. Follow your favourite athlete on race day with our IRONMAN Tracking App. You can also view the race schedule and get notifications.

The App can be downloaded on iOS or Android



### ROAD CLOSURE DURING THE EVENT:

THE FOLLOWING ROAD CLOSURES WILL APPLY ON SUNDAY 14 AUGUST 2022 :

The entire bike course will be closed as follow:

Gisenyi to Ruhengeri RN4 T junction with NR11 and NR11 to the Sebeya River bridge 06:00 – 12:30

Gisenyi to Avenue de la Production up to Kivu Paradis Resort/ Kigufi 06:00-13:30

See bike course maps

Local roads in Gisenyi for the run course:

06:00-16:35

See run course maps

## VOLUNTEERS

An event of this magnitude not only owes its success to the race organisers, sponsors or management, but largely to a dedicated fraternity of volunteers.

The IRONMAN 70.3 Rwanda team works with volunteers ranging from scholars to organisations to make the race possible.

### HOW TO GET INVOLVED:

For more information, contact :  
[sibane@ikazepco.com](mailto:sibane@ikazepco.com)

We are very grateful for the hard work put in by our volunteers to make the race, safer and easier for our athletes.

## GET SOCIAL



[www.facebook.com/IRONMANRWANDA](https://www.facebook.com/IRONMANRWANDA)



[www.instagram.com/ironman\\_rwanda/](https://www.instagram.com/ironman_rwanda/)

# ALTERNATIVE COURSE PROCEDURE

## IN THE EVENT OF AN ALTERNATIVE COURSE

The process for athletes is as follows:

The call will be made at 07h00 by the Race Director.  
The announcer will inform the athletes in Transition just after 07h00.

### SCENARIO 1:

Shortened Swim - All Athletes. Transition as normal.

Distance for all: SWIM – 4 buoys | BIKE 90 km | RUN 21.1 km

4 buoys: past first yellow, left on 1<sup>st</sup> RED, left on second yellow, pass second red on your left, then to the beach swim exit.

### SCENARIO 2:

Swim Cancelled : Rolling Bike Start for all

Start at 08h30

Process for an Alternative Race Start - Scenario 2:

Announcement will be made that the race will be changed to a rolling bike start for all.

Go to your BIKE bag and prepare for the bike leg.

Age Groupers will self-seed themselves in the chute at the Bike Exit / Entrance: Start at 08h30.

Rolling bike starts 2 athletes every 8 seconds.

Your Start time will be registered at the time your timing chip on your left ankle crosses the timing mat.

The bike cut-off of 4hrs 05mins for the bike leg will still apply.

After the bike, you will transition to the run as normal.

### Notes for Age-Groupers: Scenario 2 :

The bike cut-off of 4hrs 05mins for the bike leg will be done post-race by the timing company as everyone's start times will differ.

Run time for the 21.1km remains..

Please be aware that you could be DNF'd after the race based on final timing verified by timing company.