



IRONMAN®

70.3®



WEYMOUTH UK

AID

STATION

GUIDE

Nutrition Guide for IRONMAN 70.3 Weymouth

2022



# NUTRITION GUIDE BREAKDOWN

We appreciate that sometimes the Athlete Guide can be a lot of information to take in at once. Due to this, we have created a bite size Nutrition Guide to give you all the information you need about the on course nutrition and aid station layouts at this year's IRONMAN 70.3 Weymouth. Our volunteers will be on hand to replenish the aid stations with product to ensure you can grab some as you go by but please note this is subject to availability.

We would suggest trying out the nutrition we provide and train with them if you are hoping to use them on the day but you don't have to use the nutrition you provide, this is your choice.

If you have any questions regarding nutrition on the course, you can get in touch with our Athlete Services team on the email address below:

[weymouth70.3@ironman.com](mailto:weymouth70.3@ironman.com)

## BIKE COURSE

### LOCATION

Aid stations on the bike course will be located at the miles and locations below;

Puddletown Forest: Mile 16.5

Henley Bay: Mile 27.6

Gales Hill: Mile 39

### NUTRITION AVAILABLE

Each feed station will contain the following:

- Gatorade Thirst Quencher
- Water
- Bananas
- 226ers Bars (various flavours)

Water from these feed stations will be handed out in 750ml bike specific drink bottles.

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

## RUN COURSE

### LOCATION

There will be three stations on the run course, approximately 1.5 miles apart.

### NUTRITION AVAILABLE

Each feed station will contain the below:

- Gatorade Thirst Quencher in cups
- Maurten
- Water in cups
- Cola in cups
- Bananas

The drinks and nutrition will be handed out by volunteers so you are able to collect nutrition as you go past.

There will also be a Red Bull 'Energy Station' at mile 1, mile 5.9 and mile 10.8.

Cups and gels should be thrown in the bins provided or the drop litter zones. Athletes will be issued a penalty if caught littering outside of these areas by a race official.

# REUSABLE CUP TRIAL

## NEW FOR 2022

IRONMAN 70.3 Weymouth 2022 and you, as an athlete, will play a part in helping IRONMAN make its next step in becoming more sustainable and reducing waste.

On **Run Aid Station 3 (Custom House Quay) ONLY**, we will be trialling a no cup aid station.



## WHAT DOES THIS MEAN TO YOU?

It means that in your registration pack you will receive a reusable IRONMAN silicone cup. You can either scrunch up and put in your tri-suit pocket or using the loop on the cup, clip onto your race belt on race day.

## HOW WILL IT WORK?

As you approach the aid station have your cup ready, upon arrival one of our dedicated volunteers will fill your cup up with either water or Gatorade from a jug. You're welcome to have your cup filled up multiple times. When the cup is empty do not throw it away simply put it back in your pocket or on your race belt until you revisit the aid station on your second loop or ultimately keep it as another memento of your race.

## WILL THERE STILL BE CUPS ON RUN AID STATION 3?

No, there will not be any other cups on this aid station, it will be a completely cup free area requiring you to carry your cup if you intend to hydrate at this station. There will still be bananas and gels.

## WHAT ABOUT THE OTHER AID STATIONS?

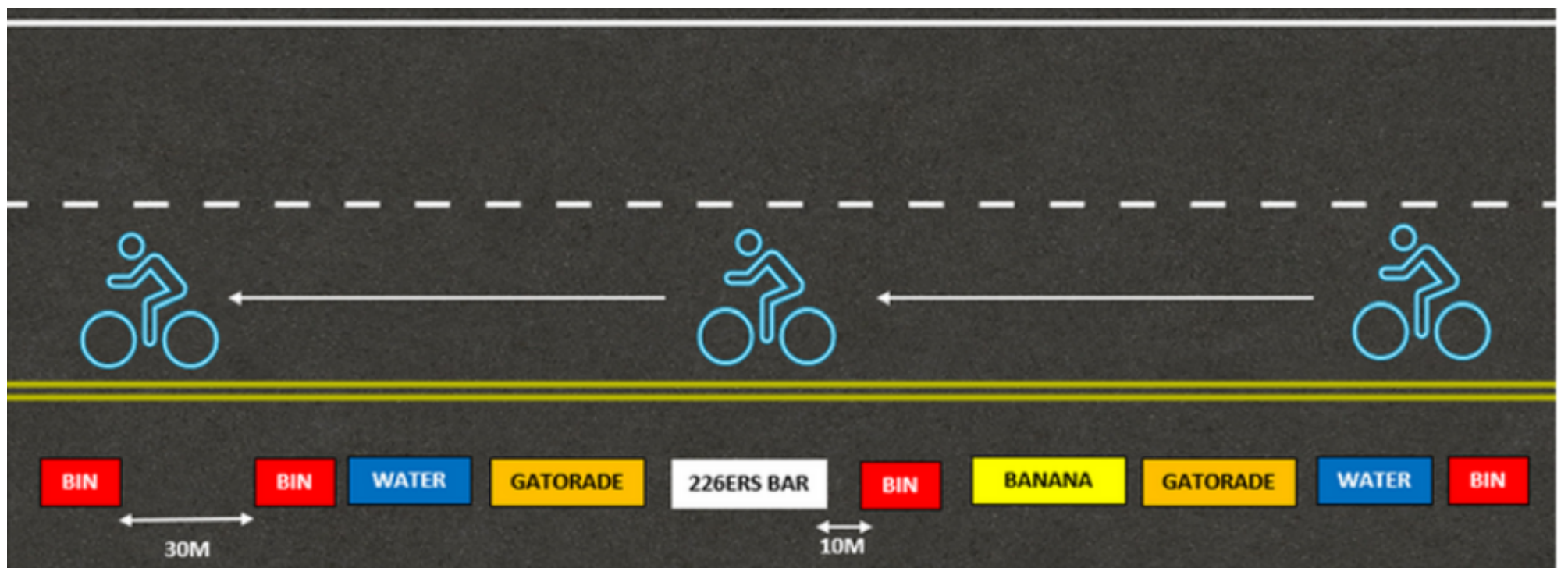
The aid stations on the bike will still have bottles and the other two on the run will have recycled bamboo cups as you would have seen on other IRONMAN events and will function as normal without the requirement of the silicone cup.

This is an important step in making our events more sustainable and the functionality of this trial along with your feedback post-event will have an impact on developing all future IRONMAN events.

# AID STATION LAYOUT

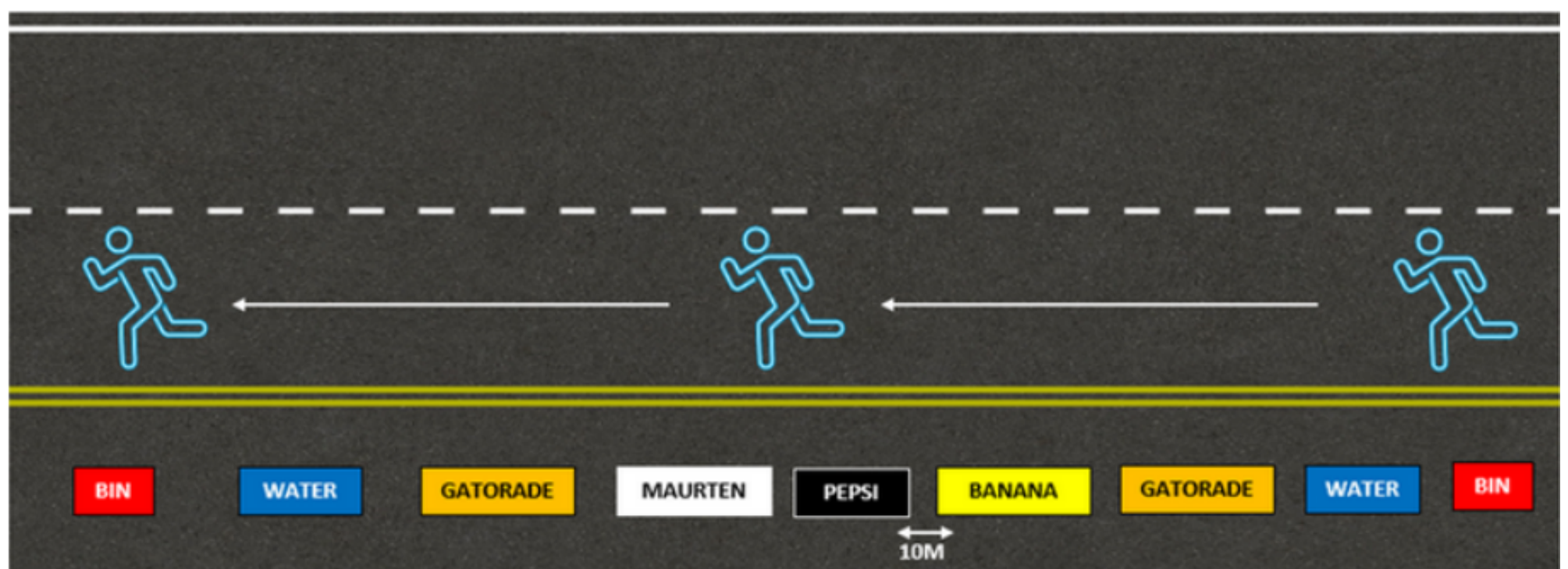
## BIKE COURSE

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



## RUN COURSE





























































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



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

# AID STATION SUMMARY FOR IRONMAN 70.3 WEYMOUTH 2022

## AID STATION SUMMARY – IRONMAN 70.3 WEYMOUTH 2022

MARKER (mi)	LOCATION	 WATER	 ISOTONIC	 COLA	 RED BULL	 ENERGY BAR	 BANANA	 MAURTEN ENERGY GEL
BIKE COURSE								
16.5 – LAP 1	PUDDLETOWN FOREST ///cackling.plums.hazel			X	X			X
27.6	HENLEY LAY-BY ///level.whiplash.melon			X	X			X
39	GALES HILL ///spoons.lunching.dish			X	X			X
RUN COURSE								
0.2 – LAP 1	THE FRONT SKATEPARK ///blatantly.sank.safari				X	X		
1	RED BULL ACTIVATION ///catch.grips.honeybees	X	X	X		X	X	X
2.3	THE BEACH CAFÉ ///pills.notion.splice				X	X		
3.5	CUSTOM HOUSE QUAY ///cones.cups.trying			X	X	X		
5.1 – LAP 2	THE FRONT SKATEPARK ///blatantly.sank.safari				X	X		
5.9	RED BULL ACTIVATION ///catch.grips.honeybees	X	X	X		X	X	X
7.2	THE BEACH CAFÉ ///pills.notion.splice				X	X		
8.4	CUSTOM HOUSE QUAY ///cones.cups.trying			X	X	X		
10 – LAP 3	THE FRONT SKATEPARK ///blatantly.sank.safari				X	X		
10.8	RED BULL ACTIVATION ///catch.grips.honeybees	X	X	X		X	X	X
12.1	THE BEACH CAFÉ ///pills.notion.splice				X	X		



# ON-COURSE NUTRITION PRODUCTS

## Gatorade Powder **RUN COURSE**

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

## Gatorade Ready To Drink **BIKE COURSE**

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

### RUN COURSE

## GEL 100 CAF 100

The GEL 100 CAF 100 contains 100 mg of caffeine – that's the equivalent of 1,5 espressos – or one cup of brewed coffee. That's a lot compared to many of the traditional gels out there. It delivers 25 grams of carbohydrates through a unique blend of fructose and glucose (ratio of 0.8:1). It packs a high weight to energy ratio and doesn't contain any added flavours, preservatives or colourants. Just like all of our products, it's vegan-friendly.

## Red Bull Energy Drink **RUN COURSE**

Red Bull Energy Drink is a lightly carbonated functional beverage containing taurine, caffeine, B-vitamins and sugars. One 250ml can contains 80mg caffeine, about the same as a cup of coffee. The cans are 100% recyclable. The product will be served diluted with water in Red Bull paper cups.



## GEL 100 **RUN COURSE**

This is the GEL. It's a bold statement. But nonetheless true. From a technical perspective, traditional gels are water and carbohydrates simply mixed into syrups, often containing added flavors and preservatives. The GEL 100 is completely different. It's a biopolymer matrix, filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptakes of up to 100 grams of carbohydrates per hour.

### BIKE COURSE

## Vegan Gummy Bar

30-g energy bars with a gelatin texture, formulated with a high-quality, organically sourced carbohydrate mix and with pectin, gluten-free, and suitable for vegans. They are easy to chew, digest, and carry. Perfect in both training and competitions, as they help us to keep up blood glucose, giving our body the energy it needs while maintaining a high level of physical performance.

## Race Day Bar **BIKE COURSE**

40-g energy bars, gluten-free and suitable for vegans. Rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins, +10 vitamins. They are easy to chew. We increased the amount of figs and reduced dates to control the glycemic index. This means that they provide energy but insulin peaks are reduced. Available in different flavours, with or without BCAAs.