

IRONMAN®

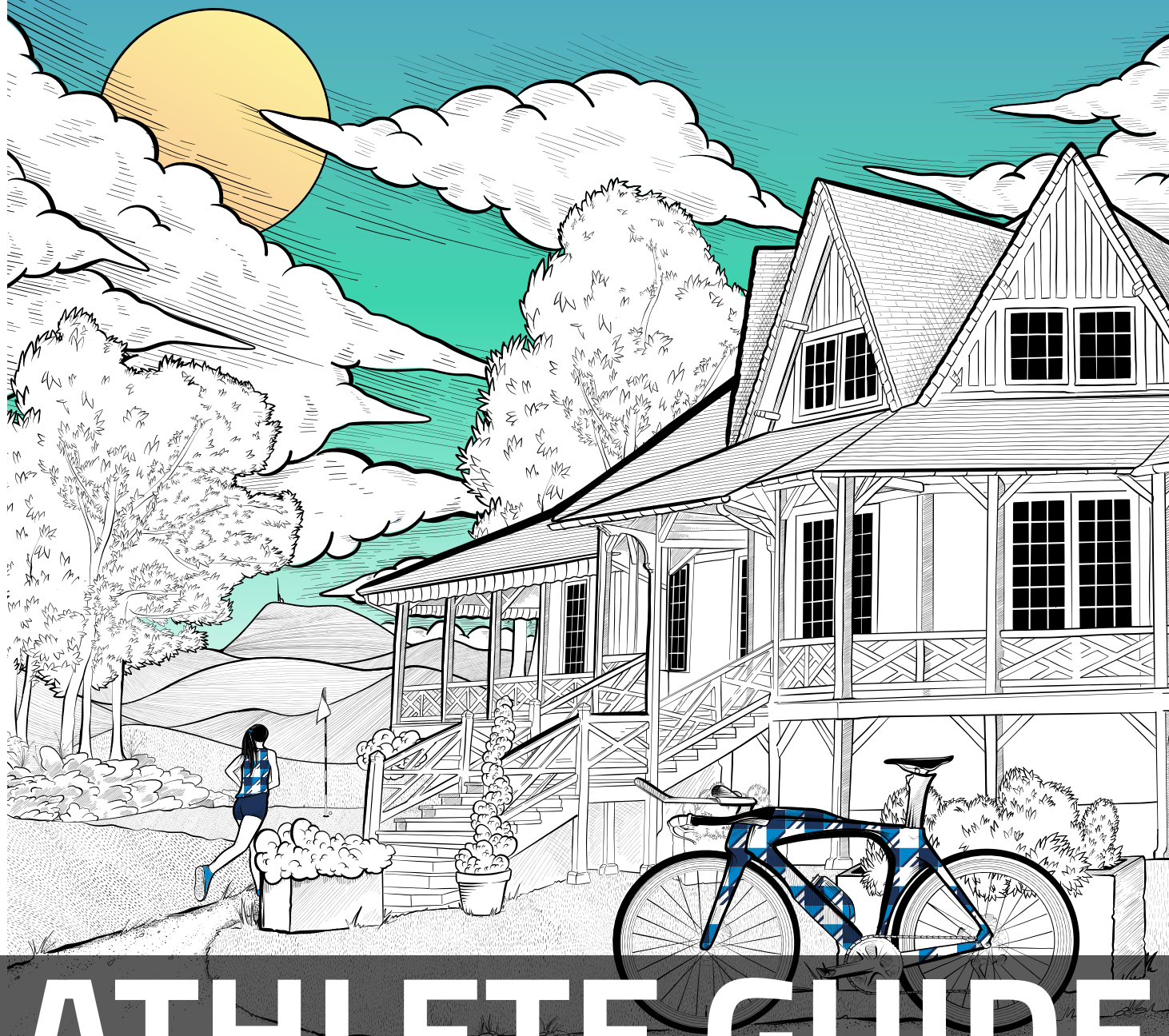
70.3® VICHY

19 AOÛT 2023

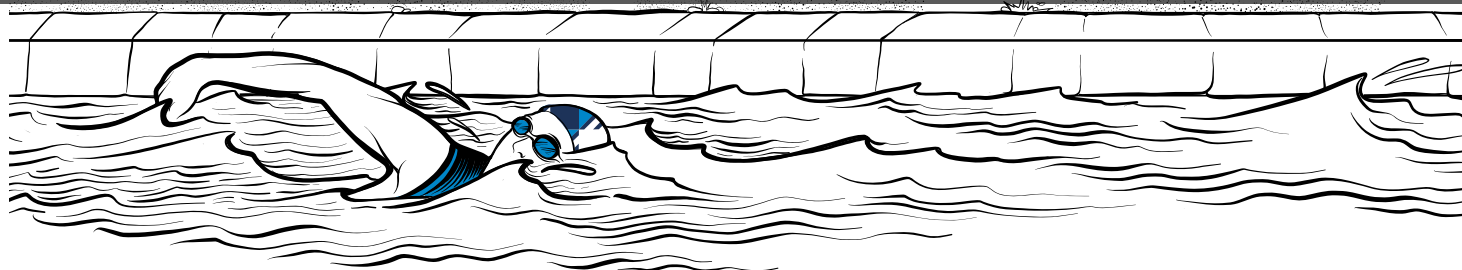
IRONMAN®

VICHY

20 AOÛT 2023



# ATHLETE GUIDE



ACTIVE BREITLING 1884 VINFAST GATORADE HOKA RÖKA ATHLETIC BREWING CO. <KDI> FULGAZ HONORE MAURTEN NIRVANA QATAR AIRWAYS Santini wahoo

VICHY SPORT La Région Auvergne-Rhône-Alpes S'Yorre

Get in the vibe with 2022 highlights :



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Resilience is the absolute key to fighting fate.

After a magical year in 2021 for the IRONMAN and the IRONMAN 70.3 Vichy, a year in 2022 that shook us up and put our certainties into perspective (*storms are always a factor to be taken into consideration in the world of outdoor sport and never underestimate Mother Nature*).

We've worked even harder to ensure that this 2023 edition is a return to normality and that we all enjoy the same enthusiasm and success as we did in 2021.

For this 8th edition of the IRONMAN 70.3 and IRONMAN Vichy duo, our teams, the City of Vichy, the Vichy Community and the AURA Region, have pulled out all the stops to give you a truly memorable welcome and ensure that you have an unforgettable time on your way to achieving your feat.

2022 will have been just an anecdote in our adventure, but it will have taught us to be humble and never rest on our laurels.

The 2023 edition will be a success, thanks to you and your abnegation.

Enjoy the race and see you at the finish line.



**Vincent Guédès**  
Race Director





# VICHY

## SPORT



**Vous souhaitez vous entraîner avec votre équipe  
ou votre club sur le mythique parcours de l'Ironman Vichy ?**

**Informations :**

**+33 4 70 58 76 49 ou christophe@vichysport.com**



Vichy mon Amour @ Cindy Michard

Welcome to Vichy and the region for the 2023 IRONMAN!

Vichy, «Queen of the Water Cities», listed as a UNESCO World Heritage Site in 2021 alongside ten other Great Water Cities of Europe, is proud and happy to welcome the IRONMAN Vichy and 70.3 athletes and their families from all over the world. The Lac d'Allier and its banks, the town centre of Vichy with its parks and thermal spa, and the landscapes of the Montagne Bourbonnaise will provide a magnificent, demanding environment worthy of the efforts and performances of these «iron men and women».

In fact, the entire Vichy Community is being used as a venue for the IRONMAN. The heart of the Vichy urban area beats to the rhythm of top-level sport. Last June, the 6th Virtus Global Games, organised by the Fédération Française du Sport Adapté, were successfully held in Vichy. The most important international competition for top-level athletes with intellectual disabilities, Down's syndrome and autism without intellectual disabilities, it brought together more than 1,000 top-level athletes from around forty different nations.

In the summers of 2023 and 2024, the Auvergne-Rhône-Alpes sports complex in Vichy will be hosting training camps for the American triathlon and para-triathlon teams, which have been awarded the Terre de Jeux (Land of Games) label and the Centre de Préparation aux Jeux Olympiques et Paralympiques de Paris 2024 (Paris 2024 Olympic and Paralympic Games Preparation Centre). Vichy Communauté's sports facilities and environment convinced Ryan Bolton, High Performance Technical Advisor to the US Triathlon Team, to choose Vichy to prepare for the Paris 2024 Olympic Games.

The IRONMAN Vichy is also a human adventure for the local people and the many volunteers involved in organising this 2023 event. For their part, the departments of the town and the Vichy Community are doing everything they can to welcome the organisers and the athletes in the best possible way. I would like to thank them all for their efforts. Thanks to everyone's motivation, the athletes will have warm memories of their competition and of our region, thus contributing to the reputation of Vichy and its urban area throughout the world.

In conclusion, I would like to pay tribute to the commitment, availability and dedication of the IRONMAN Vichy organising teams, and I would particularly like to thank Vincent GUEDES, the race director.

I wish you all a great IRONMAN Vichy 2023!



**Frederic AGUILERA**  
Mayor of Vichy

SWIM 1.9 | BIKE 90 | RUN 21.1





# La Région

Auvergne-Rhône-Alpes



## La Région partenaire de l'IRONMAN de Vichy

La Région  
sur tous les terrains

La Région qui agit

Auvergne-Rhône-Alpes is a major sports region. With an unparalleled diversity of natural spaces, our territory offers athletes an ideal setting to practice a variety of disciplines and compete in the most demanding events.

The IRONMAN Vichy and the IRONMAN 70.3 Vichy are one of the most outstanding examples. With nearly 4,000 participants expected, this 2023 edition promises to be an unmissable event for all the most seasoned triathletes on the planet in search of challenges and thrills.

More than a leading sporting competition, this IRONMAN will also be a wonderful showcase for the beauty of our landscapes with a course that takes place in an idyllic setting made up of our Bourbonnais mountain and Lake Allier.

Through our support for this event, it is also the values of sport that we want to defend and promote: courage, perseverance, surpassing oneself and one's limits. They are essential for me and it is a source of pride that the Region helps to disseminate them by being a partner of IRONMAN Vichy.

All my encouragement to the athletes and excellent races to all!



**Laurent WAUQUIEZ**

President Region Auvergne-Rhône-Alpes

SWIM 1.9 | BIKE 90 | RUN 21.1



# HEAD REFEREE'S MESSAGE

**Michel DECOVEMACKER**

IRONMAN 70.3 Vichy  
Head of referee

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2023 IRONMAN Rules.

## REMINDER OF PENALTIES

### BLUE CARD

The athlete will be disqualified if he receives three BLUE CARD penalties.




DRAFTING and LITTERING are the only violations that will result in a BLUE CARD violation and an athlete will incur a time penalty (*to be served in the penalty tent, located on the bike course at KM29, KM 51 and at the entrance of the transition 2*).

### YELLOW CARD

YELLOW CARD violations (stop and go penalty) require an athlete to stop 30 seconds in the penalty tent (BIKE) or to stop next to the referee during 30 seconds (RUN). IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations.

### RED CARD

An athlete receiving a red card will be immediately disqualified.

	<b>Blue Card</b> 1 blue card: five-minute time penalty 2 blue cards: ten-minute time penalty 3 blue cards : DSQ Penalty to be performed in the dedicated tent e.g. Drafting or littering
	<b>Yellow Card</b> 30 second Stop and Go time penalty served next to the referee e.g. Blocking the progress of other athletes
	<b>Red Card</b> Disqualification (DSQ) e.g. Non-compliant material or equipment

**ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.**

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of POSITION violations, and there are no protests or appeals.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. I sincerely hope you have a great race and achieve all your goals.

All the rules can be found in the IRONMAN 2023 regulations and the particularities of the race in this athlete guide.







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\*Only for athletes.

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# TOP 5 THINGS TO SEE

## THE VICHY PASTILLE

The Vichy pastille is a white octagonal candy known for its digestive properties.

It takes its name from the French town of Vichy (Allier) where it is made from the waters of the spa.



## THE BANKS OF THE ALLIER

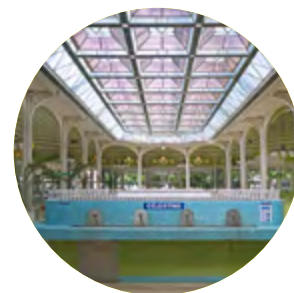
After extensive work, the Allier lake was created in 1963.

All around, the banks are dotted with viewpoints on the Allier, with leisure and sports activities and with «guinguettes» where you can eat or have a drink in an exceptional setting.



## THE VICHY SOURCES

The queen of the water cities was not conceived in a day and its sources not had come down in the last shower. They have been flowing happily for centuries in the heart of our old planet. If their virtues for the treatment of joint ailments and digestive disorders have been beneficial to many curists, their beneficial flow has also influenced the town planning, the architecture and the aesthetics of the spa town.



## THE OPERA OF VICHY

The Vichy Opera House, a pure jewel of Art Nouveau style (1901) with 1480 seats, offers numerous events related to live performance.

Since its renovation in 1995, the Opera has organised some sixty events throughout the year.



## GRAND MARCHÉ DE VICHY

Vichy's covered market covers 6800 m<sup>2</sup> dedicated to local food trade and crafts as well as to the promotion of Bourbonnais and Auvergne products.

65 agricultural producers from the Vichy area are installed on the mezzanine (1964 m<sup>2</sup>) on Wednesdays, Saturdays and Sundays from 7am to 1pm.



# CHECKLIST

## PRE-RACE

- Directions to :
  - Registration / official shop
  - Athlete check-In
  - Race start
  - Race finish

- Photo I.D.
- Valid triathlon license or day pass & medical certificate (*if not validated*)

- Bike adjustment
- Study the race courses
- Plan and test your nutrition
- Attend athlete briefing

## RACE DAY - SWIM

- Timing Chip
- Swimsuit/Wetsuit (*if applicable*)
- Goggles (*consider a spare pair as well*)
- Race Day Swim Cap (*provided at registration*)
- Ear Plugs/Nose Plug (*optional*)

## RACE DAY - BIKE

- Helmet
- Bike shoes and socks
- Bike pump
- GPS watch or bike computer
- Bib number
- Bike Repair Kit
  - Bar-end plugs
  - CO2 Cartridge(s)
  - Spare Tube
  - Repair kit/tools
- Extra nutrition
- Vaseline
- Sunscreen
- Sunglasses

## RACE DAY - RUN

- Running shoes and socks
- Race belt or safety pins
- Hat/visor
- Extra nutrition and water bottles
- Sunscreen
- Sunglasses

## MISCELLANEOUS

- Towel
- Post-race clothing
- Contacts or Rx Glasses
- Body Glide
- Lip balm
- Hair ties
- Your good mood :)







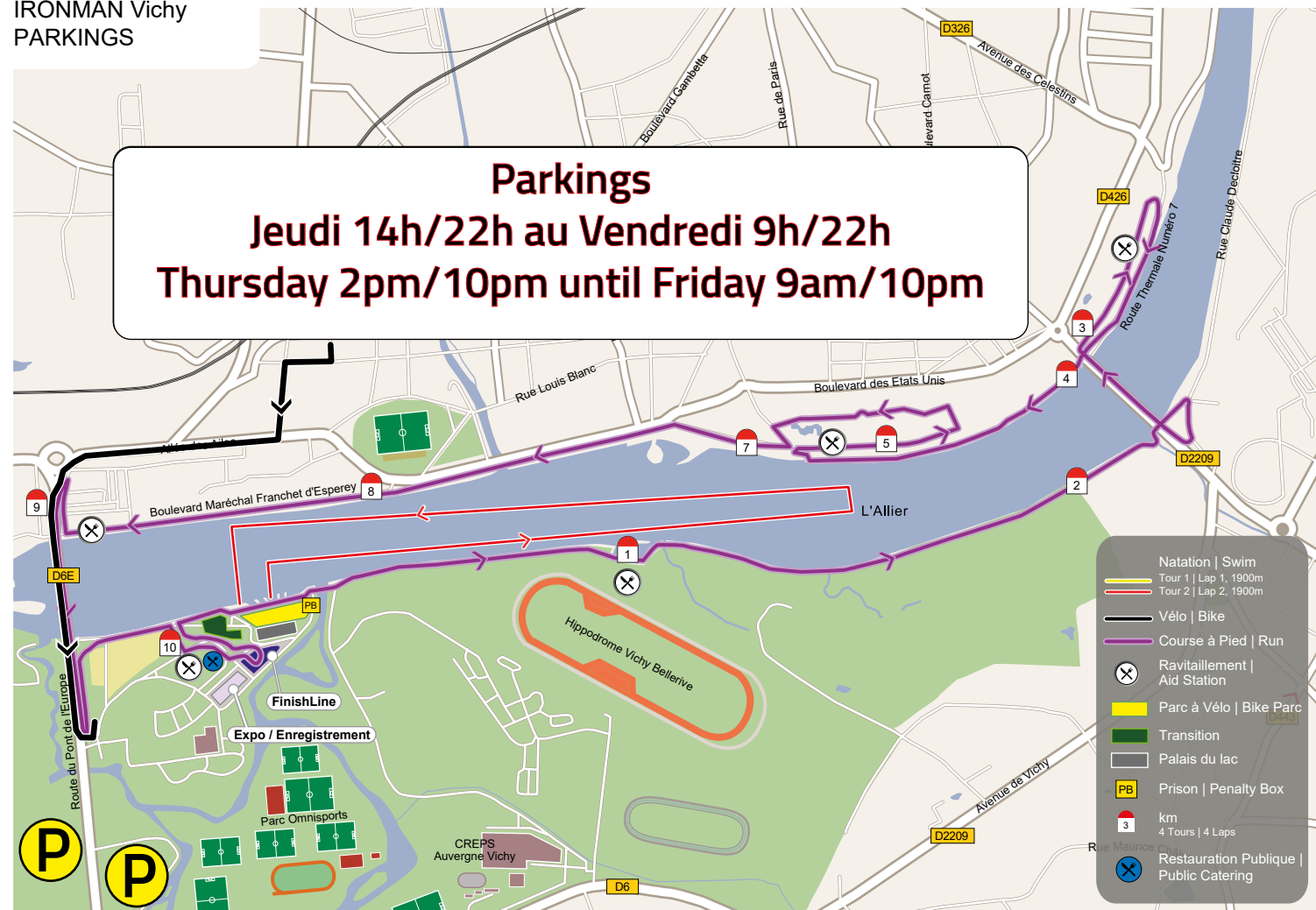
# GENERAL MAP



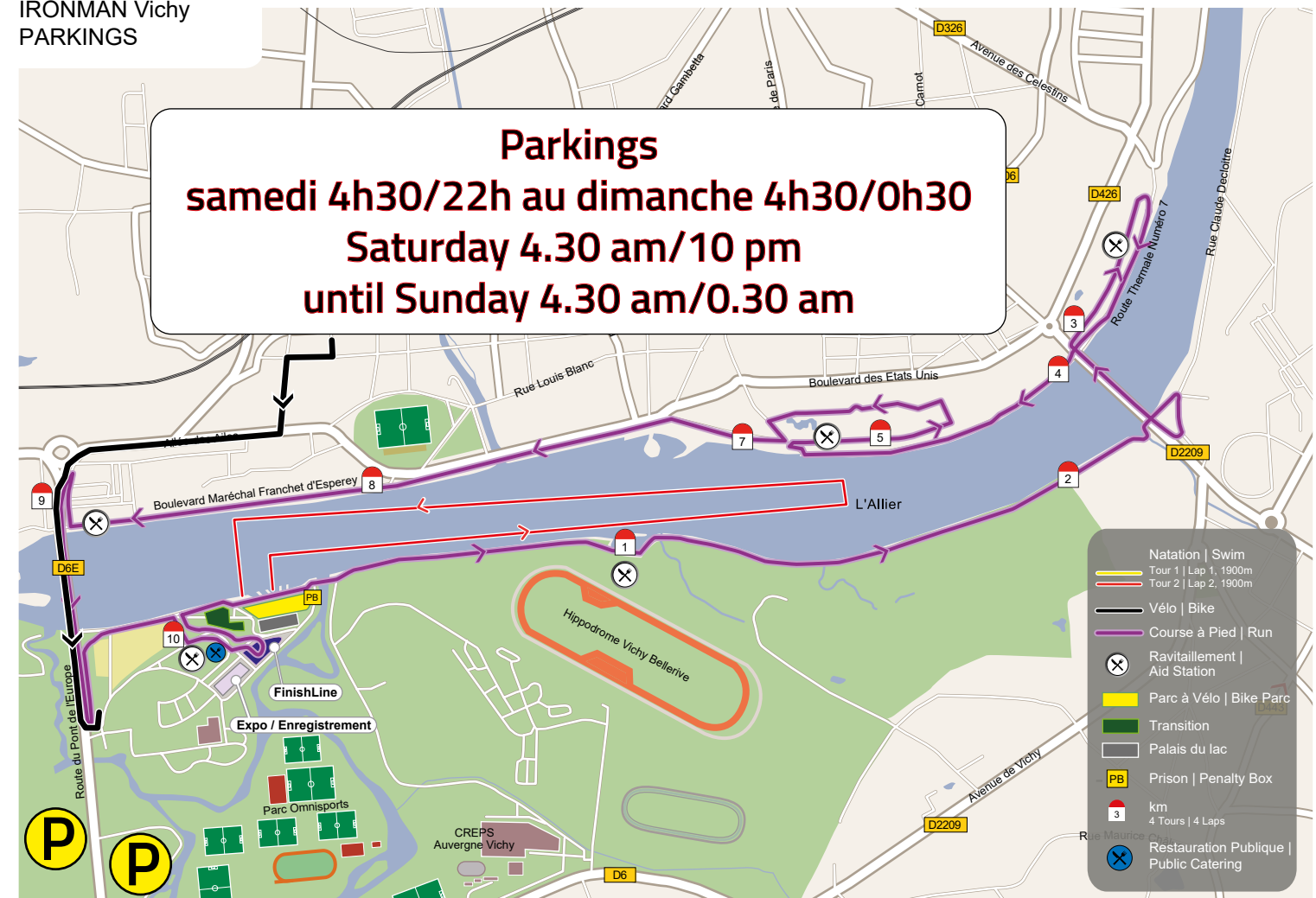


# PARKING

IRONMAN Vichy  
PARKINGS



IRONMAN Vichy  
PARKINGS





# SCHEDULE

## Thursday 17<sup>th</sup> August

Opening hours	Description	Location
2pm - 7pm	IRONMAN Expo	Centre Omnisports Region AURA
2pm - 7pm	Registration	Centre Omnisports Region AURA

## Friday 18<sup>th</sup> June

Opening hours	Description	Location
9am - 7pm	IRONMAN Expo	Centre Omnisports Region AURA
9am - 5pm	Registration	MJC, Centre Omnisports Region AURA
10am - 11am	Athlete briefing <u>FRENCH</u>	Amphitheatre Centre Omnisports Region AURA
11am - 12pm	Athlete briefing <u>ENGLISH</u>	Amphitheatre Centre Omnisports Region AURA
2pm - 7pm	BIKE and BIKE bag check-in	Transition 1 - Palais du Lac Centre Omnisports Region AURA
2pm - 7pm	RUN bag check-in	Transition 2 Centre Omnisports Region AURA

## Saturday 19<sup>th</sup> August

Opening hours	Description	Location
5am - 6.30am	Bike park opening	Transition 1 - Palais du Lac Centre Omnisports Region AURA
5am - 6.30am	STREETWEAR bag drop off	Transition 1 - Palais du Lac Centre Omnisports Region AURA
6.37am	Paratriathletes Start	Palais du Lac Centre Omnisports Region AURA
6.40am	IRONMAN 70.3 Start	Palais du Lac Centre Omnisports Region AURA
9am - 7pm	IRONMAN Expo	Centre Omnisports Region AURA
1.15pm - 4pm	Check-out BIKE and RUN bag	Transition 2
6pm	Awards Ceremony	Amphitheatre Centre Omnisports Region AURA
7pm	Slot allocation	Amphitheatre Centre Omnisports Region AURA

## Sunday 20<sup>th</sup> August

Opening hours	Description	Location
6.40am	IRONMAN Start	Palais du Lac Centre Omnisports Region AURA
9am - 7pm	Official race shop	Centre Omnisports Region AURA
10am - 12pm	IRONKIDS	Finish line



# DISCOVER 2024 IRONMAN RACES IN FRANCE



SWIM

3,8km / 1,9km



BIKE

180km / 90km



RUN

42,2 km / 21,1km

**IRONMAN** | **IRONMAN 70.3**



**IRONMAN 70.3**  
Aix-en-Provence  
19 May 2024

1



**IRONMAN France Nice**  
& **IRONMAN 70.3 Nice**  
16 June 2024

2



**IRONMAN 70.3 Les Sables d'Olonne-Vendée**  
30 June 2024

3



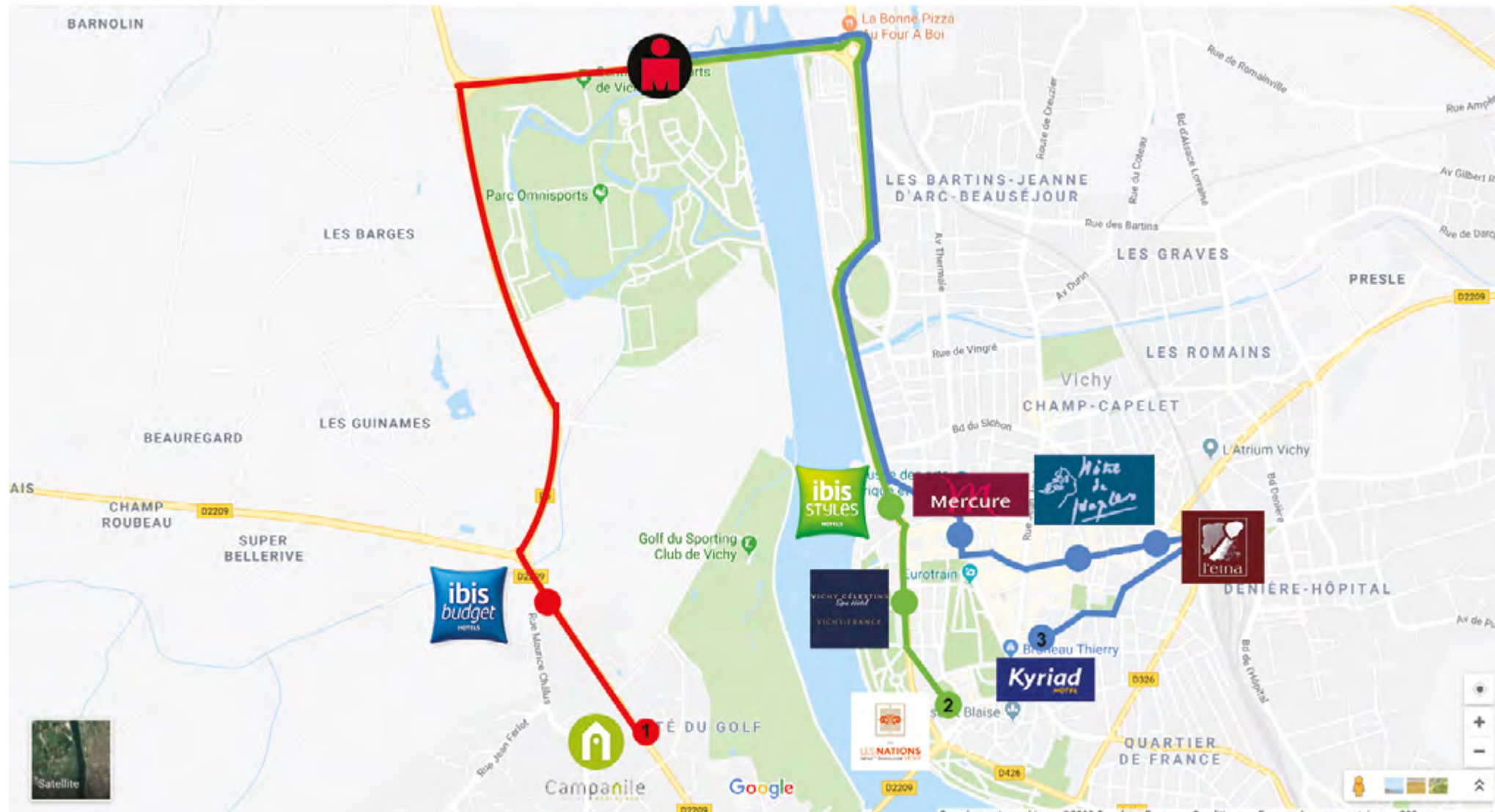
Discover the IRONMAN and IRONMAN 70.3 races in France

\*More information about the race in Vichy to come soon





# SHUTTLES



**DATE : Saturday 19<sup>th</sup> August**

**ATTENTION**, you must be at the stop 10 minutes before the time.

## **MANDATORY BOOKING**

### **Line 1 - Area Bellerive sur Allier**

- Departure at 4.35am - Hôtel Campanile 74 avenue de Vichy 03700 Bellerive
- Stop at 4.40am - Hôtel Ibis 145 avenue de Vichy 03700 Bellerive
- Arrival at 4.45am - Centre Omnisport Region AURA

### **Line 2 - Area Nations**

- Departure at 4.30am - Hôtel des Nations 13 boulevard de Russie 03200 Vichy
- Stop at 4.35am - Hôtel des Célestins 111 boulevard des Etats-Unis 03200 Vichy
- Stop at 4.40am - Hôtel Ibis Style 13 avenue Pierre Coulon 03200 Vichy
- Arrival at 4.50am - Centre Omnisport Region AURA

### **Line 3 - Area train station**

- Departure at 4.30am - Hôtel Kyriad 6 avenue du président Doumer 03200 Vichy
- Stop at 4.35am - RestAURAnt l'Etna 65 rue de Paris 03200 Vichy
- Stop at 4.40am - Hôtel de Naples 22 rue de Paris 03200 Vichy
- Stop at 4.45am - Hôtel Mercure 1 avenue Thermale 03200 Vichy
- Arrival at 4.55am - Centre Omnisport Region AURA



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- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
- Early Access to IRONMAN store before public opening
- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

## CONTACT US

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

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

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





# REGISTRATION

License / no-license

It is **mandatory** to import the documents below on the [Dokeop](#) platform in order to participate in the IRONMAN 70.3 Vichy.

**Please note, we will no longer be accepting any medical documents on site during registration so you must upload your annual license and/or medical certificate to their platform before August, 16th 2023, 11.59am.**

## French & affiliated countries licences

A Triathlon license affiliated to a Triathlon Federation in:  
Belgium, France, Germany, Italy, Luxembourg, Netherlands, Portugal, Spain, Switzerland, or Great Britain.

## ITU affiliated licenses

An ITU triathlon license affiliated to a Federation from a country that is not listed previously

**AND**

A French triathlon one-day license purchased online on the French Federation website.

## Unlicensed

A medical certificate dated less than one year from the day of the race, that states you can race a «triathlon in competition»

**AND**

A French triathlon one-day license purchased online on the French Federation website.

## EXCEPTIONS

**ATTENTION:** Some Triathlon Federations are not part of the ITU. If you have a triathlon license from one of the following countries, you will need to upload a medical certificate dated less than one year from the day of the race, that states you can race a "triathlon in competition" AND a French triathlon one-day license purchased online on the French Federation website.

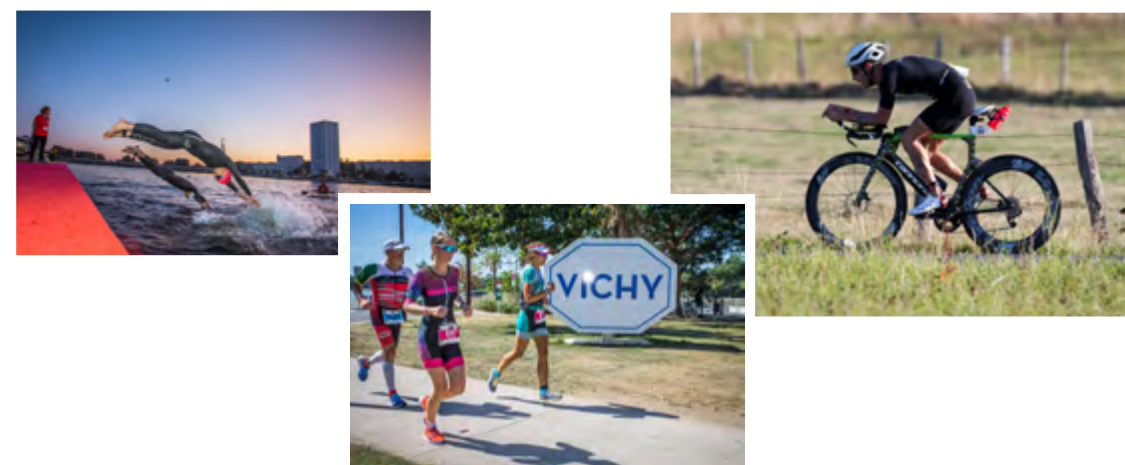
*Vietnam, Ethiopia, Yemen, North Korea, Mali, Tajikistan, Laos, Eritrea, Turkmenistan, Liberia, Mauritania, Albania, Lesotho, Kosovo, Gabon, Swaziland, Timor-Leste, Comoros, Bhutan, Montenegro, Western Sahara, Cape Verde, Brunei, Vanuatu, Sao Tom and Principe, Federated States of Micronesia, Marshall Islands, San Marino.*

# REGISTRATION

Process for the registration

## Reminder of registration hours

Date	Opening hours	Location
17 <sup>th</sup> August	2pm - 7pm	MJC - Centre Omnisports Region AURA
18 <sup>th</sup> August	9am - 5pm	MJC - Centre Omnisports Region AURA



1

Upload your documents: license and/or medical certificate on the Dokeop platform.

2

An email will be sent to you with a QR code during the race week.  
*Print it or save it to your smartphone and present it at the registration desk.*

Please report to the volunteers by following the signage.

Please note that we will not assign bib numbers before the opening of the registration.  
*Bib numbers will be allocated on a first come, first served basis at the registration desk.  
AWA Gold and Silver athletes, TriClub Pole Position and Nirvana keep their privileges.*

Collect your race number and package by presenting your **identity card**.

A wristband will be provided. You will be asked to put it on immediately and to keep it on until the bike and transition bags are collected after the race

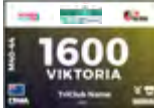

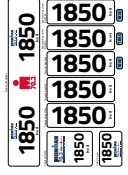


3

4



# RACE PACKAGE

## Your package includes:

<p><b>1 bib number:</b> You must wear your bib on your back for the bike course and in front for the run course. It must be attached with three points. You can use safety pins if you wish. However, as you have to change it from one position to another in transition, it is strongly recommended that you get a running belt which saves you time, allows you to change clothes easily and avoids making holes in your clothes.</p>	
<p><b>1 swim cap:</b> You must wear the swim cap given to you when you collect your bib number during the SWIM.</p>	
<p><b>Stickers:</b> You will also have a sheet of stickers; please place relevant sticker on your bike, helmet and bags: 3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seatpost of your bike, 1 sticker to stick on the front of your helmet, 1 sticker to stick on your wristband.</p>	
<p><b>1 athlete's wristband:</b> A wristband with a QR code will be placed on your wrist when you collect your bib. This wristband will identify you as an official athlete and must be worn during the whole week of the race. <b>You will have to stick a sticker on it that will be given to you during registration.</b> The wristband is required for medical identification purposes and gives you access to the transition areas and all athlete areas during, before and after the race. You will not be allowed to remove your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist.</p>	
<p><b>1 athlete's backpack:</b> To be collected at the time of registration. <b>2 transition bags and 1 STREET WEAR bag:</b> Your belongings must be placed in these bags (see next page).</p>	

Athletes must wear the official race items given to them during the registration. Certain items must be worn: the official swim cap, wristband, stickers, number and timing chip.

Failure to comply with this rule will result in **disqualification**.

## Transition bags

### BLUE BAG / BIKE BAG



Should contain the gear you need for the bike course, including your helmet with stickers on the front, bib number fixed with 3 points, shoes if they are not clipped on the bike, jacket, muffs, nutrition, sunglasses, etc.  
After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

**Drop off in Transition 1:**  
**Palais du Lac, Centre Omnisports Region AURA**  
Friday 18<sup>th</sup> August from 2pm to 7pm.

### RED BAG / RUN BAG



Should contain the gear you need for the run course: running shoes, socks, nutrition, etc.  
After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet.

**Drop off in Transition 2:**  
**Entrance of Centre Omnisports Region AURA**  
Friday 18<sup>th</sup> August from 2pm to 7pm.

### WHITE BAG / STREET WEAR BAG



This is your street wear bag: it is for you to put any additional clothing you wear before the race and anything you may require after the race.

**Drop off on race day at the entrance of Transition 1 before the start.**

**DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS.**

**PUT YOUR GPS IN YOUR TRANSITION BAG TO AVOID THEFT.**





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# CHECK-IN & BRIEFING

## Schedule reminder - Friday 18<sup>th</sup> August

Hours	Description	Location
10am - 11am	Athlete Briefing - <u>FR</u>	Amphitheatre Centre Omnisports Region AURA
11am - 12pm	Athlete Briefing - <u>EN</u>	Amphitheatre Centre Omnisports Region AURA
2pm - 7pm	Check-in BIKE and bags	Transition 1 & transition 2 Centre Omnisports Region AURA

## Athlete briefing

The athlete briefing will take place during the race week. The briefing will give you important information about the specificities of the course, the rules and the cut-off times for each discipline and above all the last minute changes that could take place due to the weather conditions.

**Briefings will be held in French or English** (see schedule above).

## Check in

«Check-in» is in the triathlon dictionary as the time when you drop off your transition bags and bike, the day before the race.

### Bike service



Our partner FBR is attending the IRONMAN Village. More information about the available services, prices and reservations at:

<https://www.francebikerentals.com/ironman/ironman-bike-service/>

On race day, FBR will be in Transition to assist you in case of a last minute bike issue, before the start and during transition as well at each aid station of the bike.



## Mandatory bike, bike and run bags check-in

### DROP OFF YOUR BIKE AND BIKE BAG AT TRANSITION 1 - PALAIS DU LAC

Before entering the bike park, please put on your helmet and fasten the chin strap. Please also be prepared for the following inspections:

- a visual inspection of the bike (wheels with disc brakes are allowed).
  - a break system check and a check of your helmet,
  - a check that the race numbers are on your bike and your helmet and a check of your athlete bracelet.
- 
- You must rack your bike and your BIKE bag according to your number.
  - Bike covers are NOT ALLOWED.
  - Your helmet must be inside your BIKE bag.
  - Shoes and nutrition can be clipped onto your bike on race morning.
  - Make sure you have packed all your BIKE gear for Transition 1 in the BIKE bag. Don't forget to put your bib number in the bag.

### DROP OFF YOUR RUN BAG AT TRANSITION 2

Check that you have put all your RUN gear for transition 2 into the RUN bag.

When storing your bike and bags, take time to familiarize yourself with the transition zone. Don't forget to check where the entries and exits are located.

There will be volunteers in the transition to answer any questions, so ask them on spot, don't wait until race day.

## Timing chip



### WHAT IS THE TIMING CHIP FOR?

The chip will register your individual start time as you cross the timing mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, overall and age group ranking.

### WHEN AND WHERE TO COLLECT THE TIMING CHIP?

You must collect your chip when exiting transition zone on Friday 18<sup>th</sup> August.

### WHEN AND WHERE TO WEAR THE TIMING CHIP?

It must be worn on your left ankle during the entire race.

Please note that you must have your timing chip on for Bike Check-Out. So keep it on even if you drop out of the race.

**Your race timing chip is a loaner. You must return the chip to the timing company, or you will be billed for its replacement.**

### WHAT IF I LOSE MY TIMING CHIP?

If you lose your timing chip, go to the SOS PUCE stand at the exit of the bike park in T1 and at the penalty tent in T2. Our team will provide you with a replacement chip so you can continue the race.



# RACE DAY

## Proceed to the Bike Park on race day morning if needed.

The Bike Park will be open from 5am to 6.30am, please have your timing chip attached to your left ankle. Check your tire pressure. You can clip your bike shoes on the pedals and attach the nutrition to your bike.

Pumps will be provided by the organization. If you bring your own pump, once you are done using it please place it in your STREET WEAR bag. And don't forget to place your race number on it in case of loss.

**From 6.30am, the bike park will be closed. Go to the swim start.**



## STREET WEAR Bag

Put your post-race change in the STREET WEAR bag and drop it off at the start.

You can leave your STREET WEAR bag until 6.30am.

The STREET WEAR bag is to be picked up with your BIKE bag in the «After-Finish» area where you will enjoy a buffet at the finish.



## Toilets

Toilets will be available at Swim start, transition 1 and transition 2 and at the aid stations.

## Showers

If you wish to have a shower after the race, showers will be available in the Centre Omnisports Region AURA gym.

## Traffic

Check the traffic impact of the event by scanning the QR code below or by clicking on the link :

[Road traffic](#)





# ON-COURSE NUTRITION PRODUCTS

## BIKE COURSE

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

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 750 ml Thirst Quencher bottles will be available for touchless collection.

### Maurten GEL 100 & GEL 100 CAF 100

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

### 226ers Race Day Bar

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



## RUN COURSE

### Red Bull Energy Drink

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

### Gatorade Powder

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

### Maurten GEL 100 & GEL 100 CAF 100

### 226ers Vegan Gummy Bar

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



# RACE DAY

Cut off times	01:10:00	
	05:45:00	+ T1 +
	08:30:00	+ T1 +  + T2 +

TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME NOT ON THE GUN START TIME

## Intermediate cut-offs

**SWIM COURSE - Intermediate cut off time: Exit of Transition 1 - 8.30am**

**BIKE COURSE - Intermediate cut off time: KM51 - 11.16am**

**RUN COURSE - Intermediate cut off time: KM10.5 - 2.18pm**

IRONMAN, reserves the right to remove an athlete from the course and disqualify them if our course staff determines there is no possibility that the athlete could finish the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time, and average speed up at that point.

Athletes who do not meet the above cut-offs will be disqualified and will not be eligible for age-group awards or for 2024 VInFast IRONMAN 70.3 World Championship.

## Aid stations

### BIKE

Liquid station 1: KM 16

Aid station 2: KM 51

Aid station 1: KM 29

Aid station 3: KM 66.5

Drinks: Gatorade Sports Drink blood orange flavor 75cl and water in bike can 75cl.

Energetic bars: 226ers Race day bars *strawberry, black/dark chocolate, apple & cinnamon, banana & ginger*

Energetic gels: Maurten Gels (*with or without caffeine*)

Bananas

### RUN

KM 0.1 - KM 3 - KM 4.7 - KM 6.9 | KM 9 (*only water*)

KM 10.5 - KM 13.4 - KM 15.1 - KM 17.3 | KM 19.4 (*only water*)



Drinks: Gatorade Sports Drink blood orange flavor, Water, Red Bull, Coca-Cola, Sparkling Water

Energetic bars: 226ers Gummy bars *Cherry & Cola*

Energy gels: Maurten Gels (*with or without caffeine*)

Bananas, oranges, watermelons, fruit spreads and salty products

Drinks are served in cups.

**Cups and gels should be thrown in the bins provided, not on the ground.**

**Athletes will be issued a penalty if caught littering by a race official.**



# BORN IN THE LAB, PROVEN ON THE COURSE.

With a legacy over 50 years in the making, it's the most scientifically researched and game-tested way to replace electrolytes lost in sweat.



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# SWIM

This event will implement a rolling swim start for age group athletes:

- **6.37am: Paratriathletes start**
- **6.40am: Age group and Open Division start**
- **7.10am: End of rolling start**

Age group athletes will enter the water in a continuous stream through a controlled access point from 6.40am:

**4 athletes will start every 6 seconds.**

The timing chip will register each athlete's start time when they cross the timing mat at the swim entry ramp.

Athletes will be directed to self-seed on race morning based on their anticipated swim time. Volunteers will be in the staging area with signs and will assist with this process. Being as accurate as possible with your self-seeding will make for the best swim.

There will be no warmup in the water prior to the start, so make sure you prepare properly in the assembly area.

## Course

The course consists of a 1.9 kilometre loop. It will take place in the Lac d'Allier.

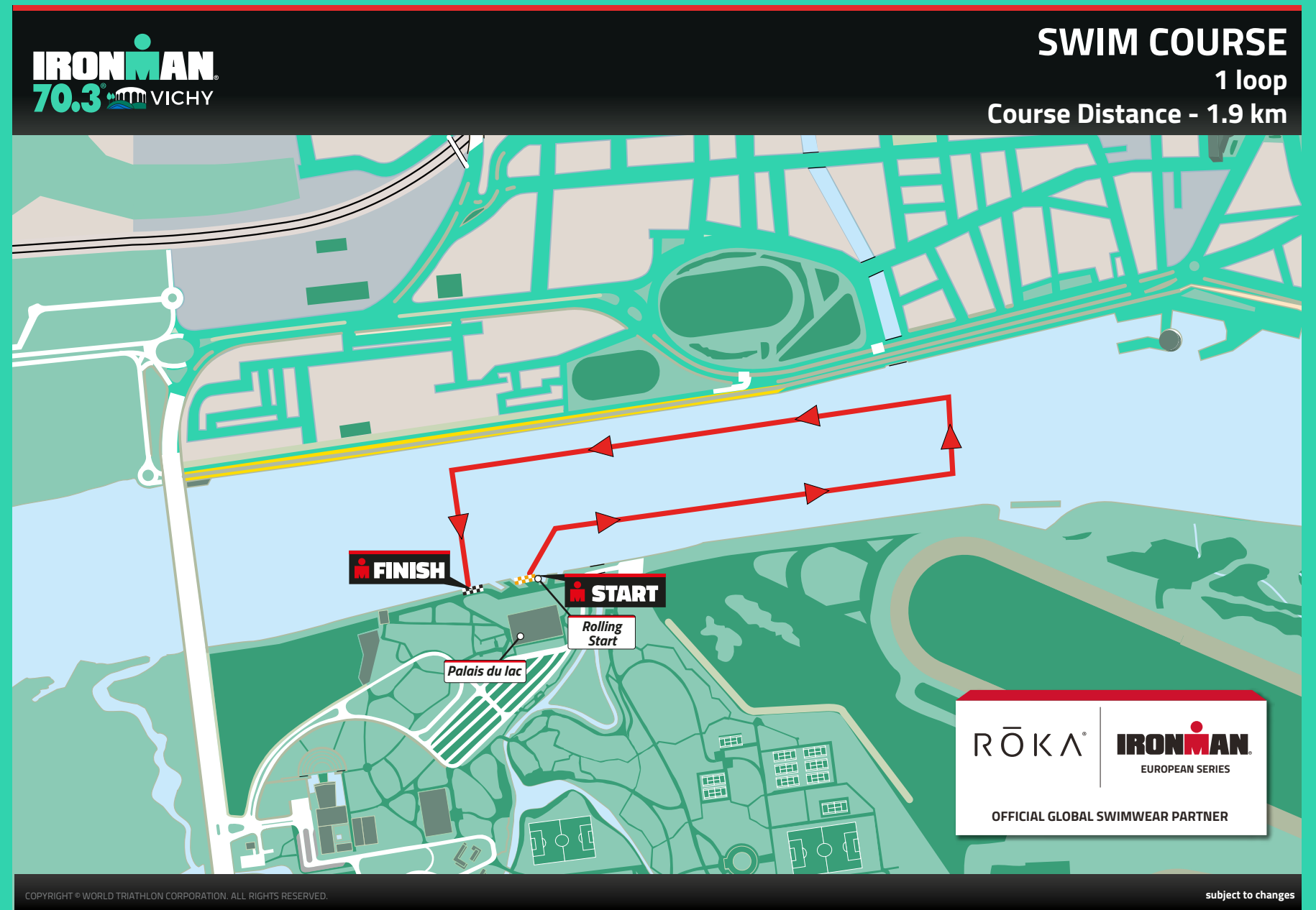
## Cut off time

The swim course will close 1 hour and 10 minutes after the final athlete starts the swim.

Each athlete or relay team will get 1 hour and 10 minutes to complete the swim course regardless of when they start the swim.

Any athlete or relay team who takes longer than 1 hour and 10 minutes to complete the swim will not be allowed to continue and will receive a DNF.

IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.



## Lost chip - Reminder

If you lose your chip during the swimming part, you will be able to find one at the SOS PUCE area located at the exit of the bike park - transition 1.



RŌKA



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- Paul, Seattle, WA

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**ELEMNT RIVAL**

**wahoo**



# SWIM

## Wetsuit rules

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.6°C). Wearing a wetsuit is prohibited when the water temperature is above 24.6°C and mandatory when the water temperature is below 16°C.

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

## Swimwear policy (non-wetsuit legal swims only)

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

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

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

## Swim course rules

- It is forbidden for athletes to wear their bib number during the SWIM (*disqualification*),
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water,
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- Athletes cannot stop in the flow zones of the transition area (*YELLOW card - 30 second penalty*).
- Any assistance required during the swim will result in disqualification if forward progress was made.
- IRONMAN officials and medical staff reserve the right to pull athletes off the course if deemed medically necessary.

**All the rules can be found in the [2023 IRONMAN regulations](#).**

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.

## TOP 10 - Checklist SWIM

### 1. PREPARE FOR RACE CONDITIONS

Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers, orientation (includes water clarity, depth and distance perception), and wearing a wetsuit if needed.

### 2. RACE IN SHORTER EVENTS

Proper training is the best way to reduce anxiety. It's also a good idea to race shorter distance triathlons or single-sport events (for example, an open water swim event), as well as join clinics and club activities to prepare yourself for open water conditions.

### 3. LEARN ABOUT COURSE DETAILS

It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website, event athlete guide and pre-race communication to familiarize yourself with the course.

Keep in mind that every body of water is different-educate yourself on water currents and surf conditions, if applicable. Study the event schedule to plan for optimal arrival and preparation.

### 4. ENSURE HEART HEALTH

As an athlete in training, you should take the proper steps to assess your health with your physician. The American Heart Association and European Society of Cardiology offer suggestions for cardiac screening of competitive athletes. These include a physical exam as well as an assessment of your family history, personal heart health and may include a recommendation of additional diagnostic studies. Wherever you live, we recommend you consult with your physician before you race.

### 5. PAY ATTENTION TO WARNING SIGNS

While training, if you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness) or blacking out, or have any other medical concerns or symptoms, consult your doctor immediately.

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

Focus on controlling as many factors as you can on race day. You should never race in equipment you haven't trained in, this is not the time to test new gear. Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly. Prepare for the unexpected with backups of all your gear.

### 7. WARM UP ON RACE DAY

Arrive early enough on race day for an adequate warm-up prior to start. Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race. **Please note that warming up in the water is prohibited.**

### 8. CHECK OUT THE COURSE

Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colors and locations.

### 9. START EASY – RELAX AND BREATHE

Follow the race day instructions regarding the swim start format that have been provided in the event athlete guide. For events with a rolling swim start, don't overestimate your ability. Please line up in the appropriate position based on instructions provided in the event athlete guide. Don't race at maximum effort from the start - ease into your swim.

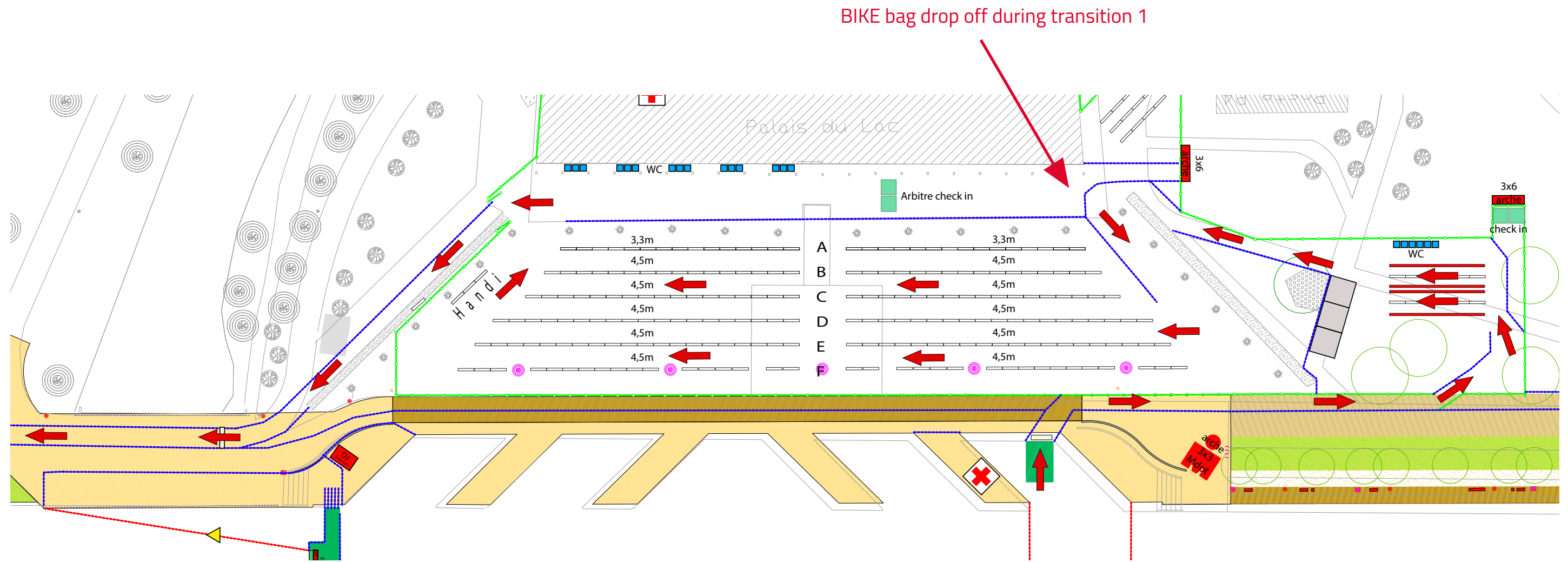
Relax and focus on your breathing as you settle into a sustainable place.

### 10. BE ALERT AND ASK FOR HELP

In a race setting always stop at the first sign of a medical problem. The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim. If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat. Feel free to hold on to a static object like a raft, buoy, or dock. As long as you don't use it to move forward, you won't face disqualification.



# TRANSITION 1



## Transition 1

When you get out of the water, follow the path to the «BIKE» transition bags.

Take your bag, change and **drop it off in the «drop off» area at the end of the transition. Do not put your bag back on the rack.**

Note that there will be changing tents if you wish to change completely.

Your helmet must be fastened with the chin strap closed. Please do not get on your bike until after the line marked on the ground at the exit of the bike park.



# A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

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Athlete guide 2023 - IRONMAN 70.3 Vichy

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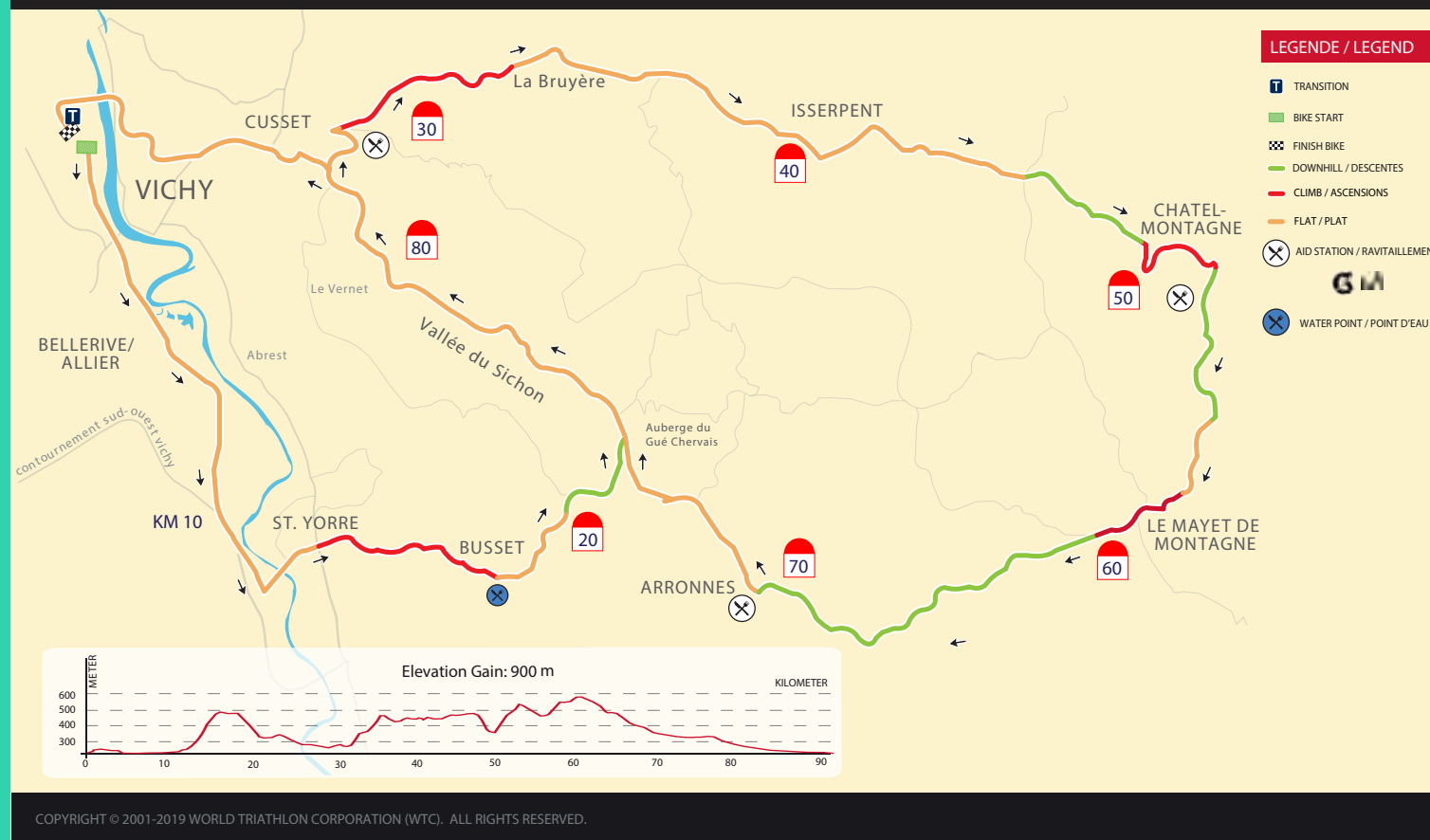
Région  
Auvergne-Rhône-Alpes

ROK

ROK

SWIM START





## Course

The 90-kilometre loop will take you through the Bourbonnais mountains.

## Elevation gain

+ : 983 m  
- : 983 m

## Aid Stations

### Liquid aid stations:

- KM 16

### Solid and liquid aid stations:

- KM 29
- KM 51
- KM 66

Drinks: Gatorade Sports Drink blood orange flavor 75cl, water in bike can 75cl

Energetic bars: 226ers Race day bars *strawberry, black/dark chocolate, apple & cinnamon, banana & ginger*

Energetic gels: Maurten Gels (*with or without cafein*)

Bananas

## Toilets

Toilets will be available throughout the bike course at the different aid stations.

## Cut off time

**5h45 : SWIM + T1 + BIKE**

### Intermediate cut off time: KM51 - 11.16am

The bike course will close **5 hours and 45 minutes** after the final athlete starts the swim. Each athlete or relay team will have 5 hours and 45 minutes to complete the swim, T1 and the bike course regardless of when they start the swim. Any athlete or relay team that takes longer than 5 hours and 45 minutes to complete the swim, T1 and bike course will not be allowed to continue and will receive a DNF.

## Lost chip

If you lose or forget your chip during the bike leg, you can find one in the SOS PUCE area in the penalty tent at the entrance of the Transition 2.

## Penalty tents

- KM 29 - Cusset entrance
- KM 51 - Chatel-Montagne
- Transition 2 entrance

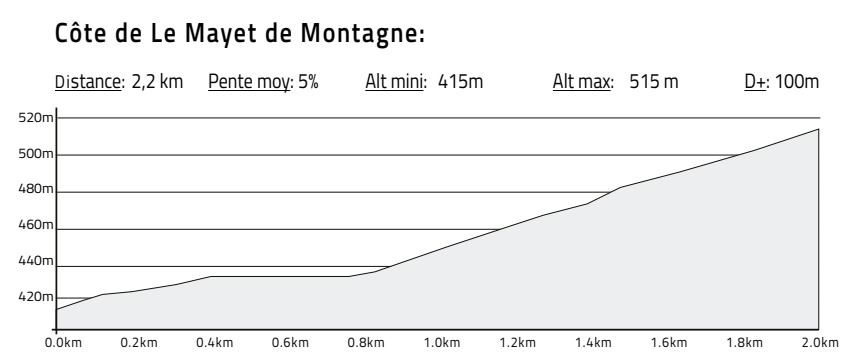
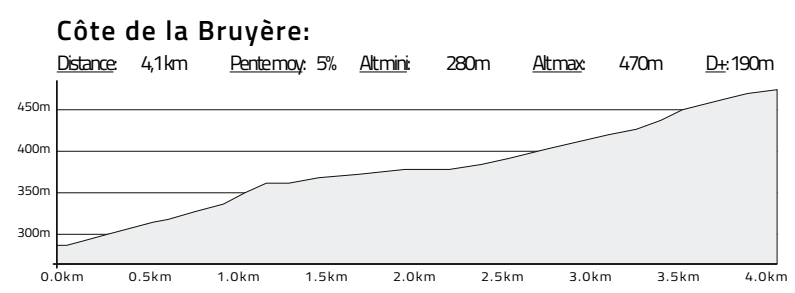
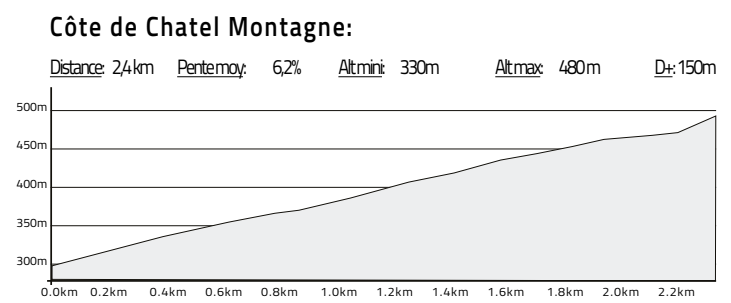
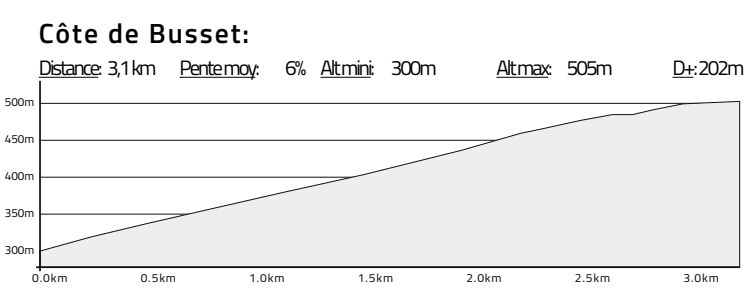
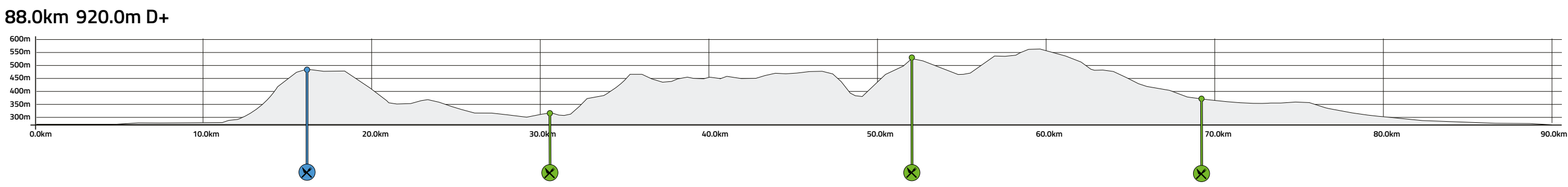
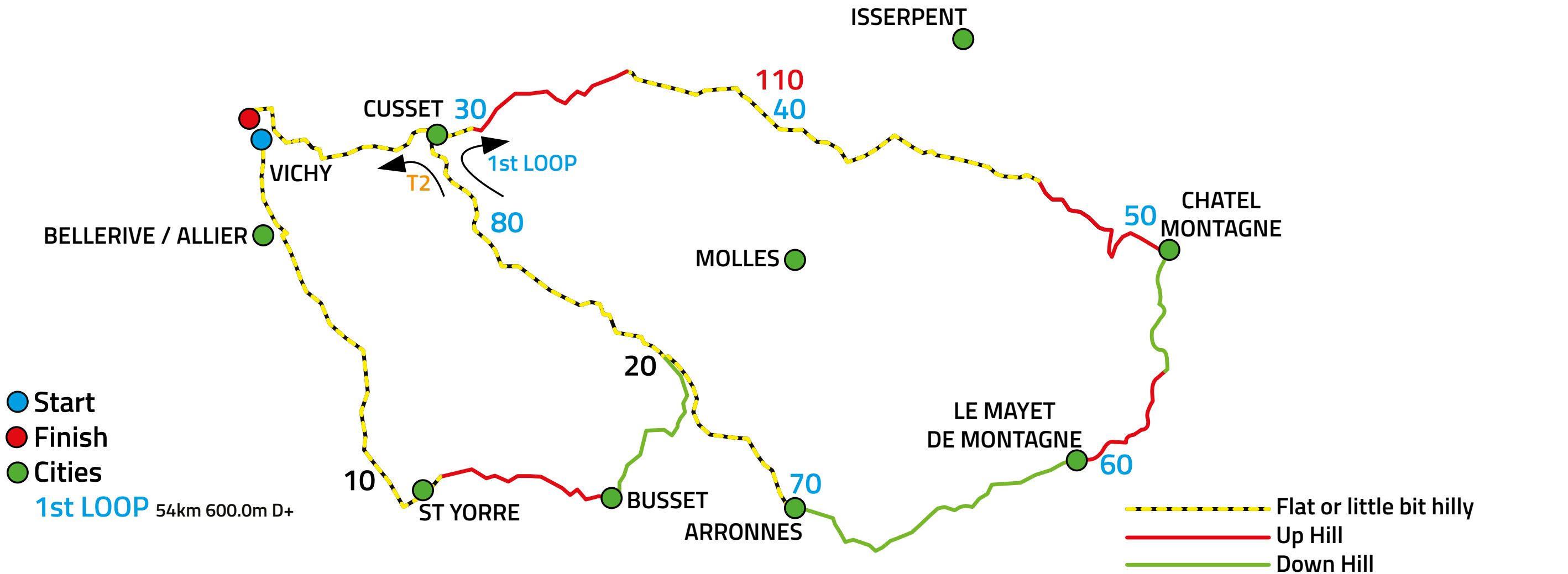
## Drop out

If you decide to drop out, please inform a referee and **only a referee**.

Keep your timing chip for the check-out at T2 from 1.15pm to 4pm.

Please note that a bus will follow the last athlete if you need to go back at Vichy with a transport.







# BIKE

## BIKE Rules

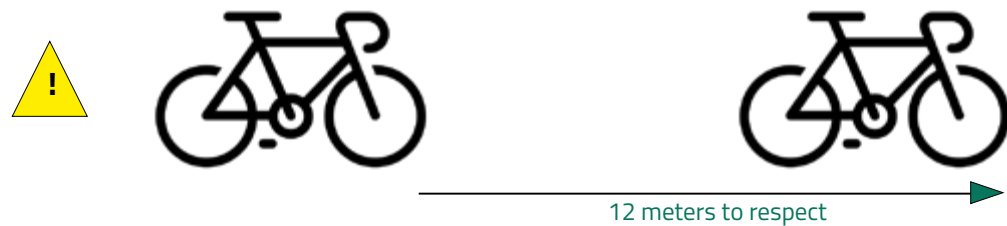
It is mandatory to obey traffic regulations.

**Specificity of drafting:** Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.

**Drafting is prohibited (blue card).**

Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing.

Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).



### Blue card - BIKE

Blue card is used in case of drafting:



- 1st BLUE CARD Offense 5:00 minutes
- 2nd BLUE CARD Offense 10:00 minutes
- 3rd BLUE CARD Offense DSQ

When an athlete receives a blue card, he must perform his penalty at the Blue Card Penalty Tent located on the Bike course: KM29, KM51 and at the entrance of T2 and make sure that the referee has noted on his number that the penalty has been performed.



### Carton jaune - BIKE

The athlete who receives this penalty on the bike must stop at the penalty tent for 30 seconds: KM29, KM51 and at the entrance of T2 and make sure that the referee has noted on his number that the penalty has been performed.

All the rules can be found in the [2023 IRONMAN regulations](#).

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. Read on for an essential checklist to get you ready for any two-wheeled challenge.

## TOP 10 - Checklist BIKE

### 1. IT STARTS WITH YOUR BIKE

Your seat and handlebars should be adjusted to the appropriate height and reach for you. 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. Choose clothing that is visible in low-light conditions.

### 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

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.

### 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. 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.

### 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. Watch for hazards in the road including potholes, debris, or water bottles. Visually and verbally communicate with the specific volunteer in the aid station you will be taking 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. 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.



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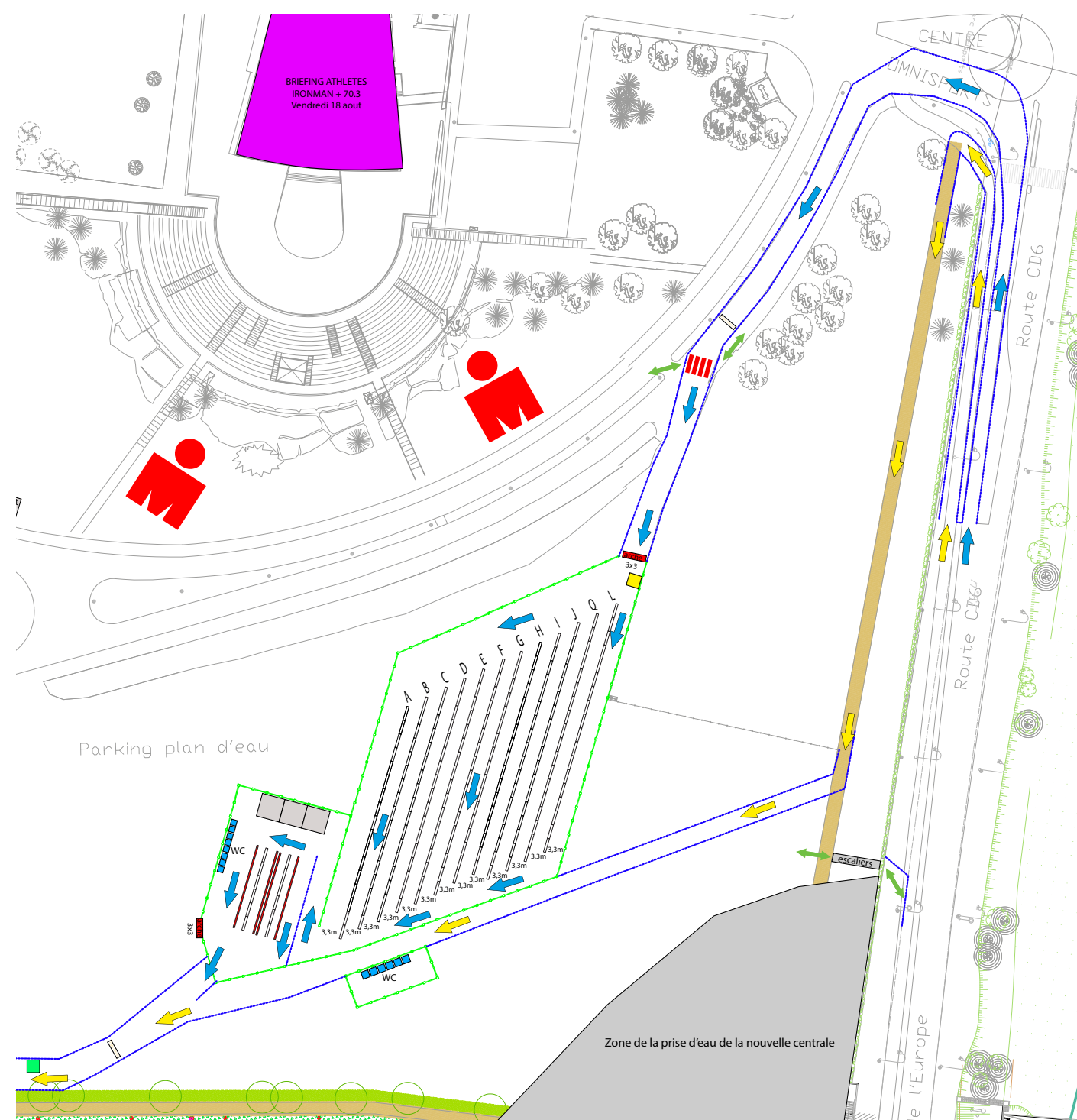


# TRANSITION 2

Please dismount your bike before crossing the line on the ground.

Go to your place inside the bike park and then follow the path to the transition bags. Take your bag, change and **put it back on its rack.**

**Note that there will be changing tents in case you want to change completely.**



SWIM 1.9 | BIKE 90 | RUN 21.1



# RUN

## Course

After exiting the T2 bike park, you will make your first loop on the «Finish Line» and then go on to complete your two loops of around 10 kilometres, returning to the «Finish Line» at each loop.

## Aid stations

**KM 0.1 - KM 3 - KM 4.7 - KM 6.9 | KM 9 (only water)**  
**KM 10.5 - KM 13.4 - KM 15.1 - KM 17.3 | KM 19.4 (only water)**

Drinks: Gatorade Sports Drink blood orange flavor, Water, Red Bull, Coca-Cola, Sparkling Water

Energetic bars: 226ers Gummy bars Cherry & Cola

Energy gels: Maurten Gels (with or without caffeine)

Bananas, oranges, watermelons, fruit spreads, and salty products

Drinks will be served into cups.

**Cups and gels should be thrown in the bins provided, not on the ground.**  
**Athletes will be issued a penalty if caught littering by a race official.**

## Toilets

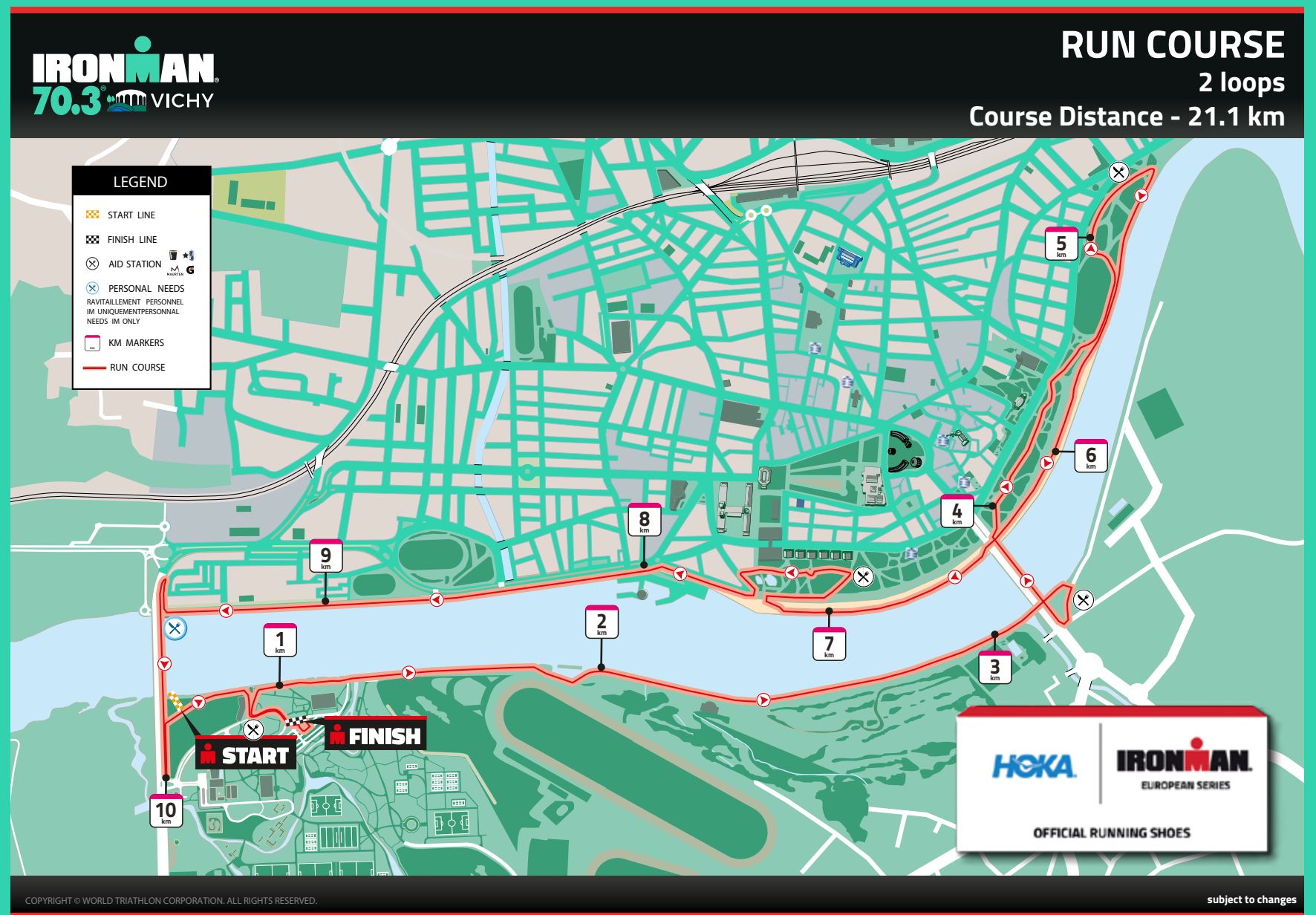
Toilets will be available throughout the run course at the different aid stations.

## Cut off time

**8h30 : SWIM + T1 + BIKE + T2 + RUN**  
**Intermediate cut off time: KM10.5 - 2.18pm**

The run course will close **8 hours and 30 minutes** after the final athlete starts the swim. Each athlete or relay team will have 8 hours and 30 minutes to complete the entire course. Any athlete or relay team that takes longer than 8 hours and 30 minutes to complete the entire course and does not finish before the run course is closed will receive a DNF.

Any athlete or relay team who takes longer than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.



## Drop out

If you decide to drop out, please inform a referee and only a referee. Keep your timing chip for the check-out at T2 from 1.15pm to 4pm.

## RUN Rules

Athletes may run, walk, or crawl. Coaching is allowed only on the side of the race. It means that the coaches are not allowed to follow athletes directly on the course.

Athletes cannot accept help from anyone during the race.

## Yellow card - RUN

30 seconds «stop & go» penalty. The athlete who receives this penalty must stop immediately upon receipt of the card, with the referee who issued it. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

**All the rules can be found in the 2023 IRONMAN regulations.**



Don't try this on race day\*



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

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# ENTER RUNNING BLISS

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# RELAY TEAMS

The majority of information in the Athlete Guide applies to relay teams, with regards to timing and requirements to register and rack.

## Registration

**It is compulsory that all relay team members register and collect the team's race pack together within the specified times.**

- Each team member will need their ID.
- Each team member will need to import a licence or medical certificate and/or a relay day licence from the FFTRI into Dokeop.
- Please note, any changes to team members must be made no later than 10 days before race day. Any changes after this date will not be accepted:

*You will not be able to change team members at registration.*

*If any of the team members cannot attend registration prior to race day there must be no changes.*

## Race package

As a relay team you will receive 1 backpack for each member and:

- 2 bib to be worn for BIKE and RUN
- 1 wristband each team member
- 1 swim cap
- 1 sticker sheet – for the bike and transition bags

## Swim start

The swimmer must be positioned in the starting corral +40 minutes for the start.

## Transition

In the transition area, there will be an area dedicated to the relays.

**It is in this area that you will be able to exchange your timing chip.**

Please make sure that all team members know these areas.

**You will be autonomous in managing your transition bags.**

## Finish line

You will be able to finish the race together by joining the RUN runner on his last loop, at the pedestrian passage at the start of the finish line, and **cross the finish line as a team.**

## Rules

It is the responsibility of each team member to understand the course they are to run, and the time they must be in place for the swim start, transitions and finish.



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# IRONMAN<sup>®</sup> 70.3<sup>®</sup> AIX-EN-PROVENCE

19 May 2024

Start the 2024 season in the splendorous French Provence!



+ info

## FINISH LINE

Close to the Finish Line, put your bib on the front side. Zip your trisuits above the sternum.  
**You must cross the Finish Line alone. Fans, kids or pets are not allowed to cross the line due to safety measures.**

### After-finish

1. The medal will be given to you just after the Finish Arch.  
*Medal engraving is available into the After Finish Area.*
2. Then, pick up your Finisher tee-shirt in front of the medal.
3. The IRONMAN 70.3 Vichy massage team will provide a free post-race massage to athletes, ONLY on a first come, first served basis.
4. Enjoy a sweet and salty buffet and refuel after your achievement
5. Get back your STREET WEAR bag and you BIKE bag on the way to the after finish area

### Check-out

Opening hours	Description	Location
1.15pm - 4pm	Check-out BIKE and RUN bag	Transition 2

Do not forget to keep your chip with you. You need it to get your gear and your bike back during the check out. **You must present your bib and athlete wristband at the check-out.**







SWIM 1.9 | BIKE 90 | RUN 21.1



# AWARDS CEREMONY

## Awards Ceremony - Saturday 19<sup>th</sup> August

Opening hours	Description	Location
6pm	Awards Ceremony	Amphitheatre - Espace du Parc

-  Trophy for the Top 3 age groupe Men / Women overall
-  Trophy for the Top 3 of each age group category
-  Trophy for the Top 3 Relay Teams (Men, Women, Mixed)
-  Trophy for the Top 3 TriClubs

**Attendance is mandatory at the Awards ceremony, no awards will be sent afterwards.**




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# 70.3 WORLD CHAMPIONSHIP

## Slot Allocation - Saturday 19<sup>th</sup> August

Opening hours	Description	Location
7pm	Slot Allocation	Amphitheatre - Espace du Parc

### Slot allocation

2023 IRONMAN 70.3 Vichy will award slots for the **2024 VinFast IRONMAN 70.3 World Championship in Taupo, New Zealand to be held on 14-15<sup>th</sup> December 2024:**

- **40 qualifying slots for the age group**

*Please note, slot allocations are subject to change and may be verified, [here](#).*

If you qualify for the 2023 edition of the IRONMAN 70.3 Vichy you are eligible to participate in the 2024 VinFast IRONMAN 70.3 World Championship in Taupo, New Zealand only. Every participant willing to qualify must participate in the slot allocation ceremony. Since not all the participants are willing to get the qualification, qualifying slots will be proposed to the following athletes according to their official ranking in the age group until the slot allocation is over.

Be sure to bring a valid ID and a credit card to pay the registration fee at the ceremony.

**Please be ready to pay the registration fee by credit card ONLY. We DO NOT accept cash or cheques.**

**The amount is \$780 (UDS) (Active fee included)  
Attendance is mandatory at the slot allocation, no slot will be awarded afterwards.**

*Be sure to check that you have all the necessary documents and visas to travel to the VinFast IRONMAN 70.3 World Championship. It is your responsibility to check travel requirements before accepting the slot.*

### Rules

To accept a slot to the 2024 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony.

Photo ID is required to be presented and payment must be made at this point in time.

### How does the Age Group Slot Allocation Work?

“Age Group” refers to a grouping of athlete peers based on their gender and age range. For example, ‘Male 25-29’ is one Age Group, and ‘Female 25-29’ is another. Your Age Group is determined by your age as of December 31<sup>st</sup> of the year of the event. For example, if you are Male and turn 25 in 2023, then your Age Group Category for any race in 2023 is M25 – 29.

**The Slot Allocation Process:** The following Slot Allocation Process will be conducted for each gender separately:

#### Before Race Day

Each Age Group with registered athletes is tentatively allocated one slot each (an “Initially Allocated Slot”). All other slots available for the race (the “Proportionally Allocated Slots”) are not allocated until race day.

#### On Race Day

If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot

The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender, i.e., the more athletes in an Age Group, the more slot allocations they receive.

#### After the Race

##### Before Roll Down

If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

##### During Roll Down

If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

### Other information

**Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots.**

Athletes holding current Professional or Elite status with any World Triathlon 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 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 the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.





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LEARN MORE

SWIM 1.9 | BIKE 90 | RUN 21.1





The IRONKIDS Vichy is a festive race for children aged 5 to 13.  
No ranking or timing on this event. **Only fun and pleasure.**

Schedule: Sunday 20<sup>th</sup> August from 10am  
Start: Finish line - Centre Omnisports Region AURA

## Registration

**Registration is only possible online.**

Your donation, of a minimum of 2€ and a maximum of 6€, will be donated to the local association  
Sur les pas de Romane. *If you wish to make a higher donation, you can contact the association directly.*

## Categories

Bee *yellow* (5-7 years old): run 400 metres  
Panda *pink* (8-9 years old): run 800 metres  
Coyote *orange* (10-11 years old): run 1200 metres  
Rabbit *green* (12-13 years old): run 1600 metres

## IRONKIDS bib collection

Thursday 17<sup>th</sup> August: 9am - 7pm  
Friday 18<sup>th</sup> August: 9am - 7pm  
Saturday 19<sup>th</sup> August: 9am - 5pm

Location: Registration - Espace du Parc - Centre Omnisports Pierre Coulon

The child does not need go to Registration. Race Packages can be collected by parent/guardian with the email confirmation.  
*You can register and collect Race Packs for multiple children.*

## Finish line and exit

When they have crossed the finish line, the kids will receive their finisher gift and a snack.  
The parent/ guardian must be present at the Exit with a matching wristband to collect the child.

Please be patient and don't push or shout as you are waiting to be reunited with your child.  
Please be respectful of IRONKIDS staff, volunteers and the other parents/ guardians around you  
The process does take some time but is essential for the children's welfare. We thank you for your patience and understanding, in the interest of all children participating in the event.

# MÊME PASSION, OBJECTIF DIFFÉRENT.



**PAS DE COURSE À LA FINISH LINE CETTE FOIS ? UNE FOLLE ENVIE  
D'AVOIR VOS PROCHES AUPRÈS DE VOUS POUR RELEVER LE DÉFI ?**

**Vivez des émotions nouvelles. Rejoignez la #TeamBénévoles.**



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<https://volunteerfr.ironman.com>



# ECO-RULES

## Eco-zone

Dedicated areas are provided for disposing of your waste. It is forbidden to throw your waste outside these areas on the course.

If you do not respect this rule, you must comply by collecting your waste if possible. If not, you must apply a 5-minutes penalty directly to the penalty tent.



## Waste sorting

You will find sorting areas on all the main sites of the IRONMAN 70.3 Vichy, please respect the selective sorting according to the instructions visible throughout the event.

## Advice

Please use public transport or soft transport such as cycling.

Encourage car-sharing to get to the event.

Take only the necessary quantities from the refreshment stands. Any leftover products will be distributed to a local association, so don't waste them.

Buy local food while travelling. The Vichy region is full of delicious food, so now is the time to enjoy it.



# RMC EN PODCAST

**SUR L'APPLICATION ET LES PLATEFORMES D'ÉCOUTE\***



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\* Apple Podcast - Spotify - Deezer



# GOOD TO KNOW

## One question?

Please send us a message on Facebook or by email to:

[vichy70.3@ironman.com](mailto:vichy70.3@ironman.com).

## Lost and found

During race week, lost and found items will be available **at the Info Point**.

Once the event is over, please contact [vichy70.3@ironman.com](mailto:vichy70.3@ironman.com) to find the missing items and arrange for their return.

Shipping charges will apply.

*\*All unclaimed items will be donated within 30 days.*

## Safety and security

**Athletes:** Safety first, please do not take any unnecessary risks.

Be sure to give your emergency contact your bib and your Active account information.

**Coaches:** If an athlete is no longer visible on the tracker, it may only be a fault chip. In the event of an incident, the organization will reach out to the emergency contact directly.

**If you are on site:** You can go to the Medical Info Stand located next to the finish line.

If you witness a **security incident:**  
**Please contact +33(0)9 79 98 18 20 - security**

If you witness an **accident or health problem:**  
**Please contact +33 (0)9 79 98 18 24 - emergency services**

**When contacting our Security and emergency hotlines, please:**

- *Keep calm*
- *Be specific about the information you provide*
- *Provide the athlete's bib number*
- *Indicate the exact location (e.g. the name of a marshal position), the reason for your call, the presence of witnesses*

# HOW TO FOLLOW THE RACE?

## Going to the event

The IRONMAN70.3 Vichy is a **big party** that will bring together thousands of athletes from the banks of the Allier to the finish line arena.

We invite you to come to the start from the banks of Allier, to the stands of the finish but also all along the SWIM and RUN course to encourage the athletes and live the IRONMAN atmosphere.

Please note that for safety reasons, both for the spectators and the athletes, we ask you to avoid the BIKE course. However some spots in the village are accessible. For example, you can easily go by car the village of Cusset, close to Vichy and enjoy the atmosphere there.

## IRONMAN.com

On the IRONMAN.com website, you will find all the essential details of the event as well as a link allowing you to access the LIVE race ranking, the position of your favourite athletes and other options.

## Application IOS et Android IRONMAN Tracker

**The IRONMAN 70.3 Vichy offers you real-time information and live results via the IRONMAN Tracker app.**

Features include live participant tracking, instant notifications, leaderboards, map tracking, event notifications, event information and more!

- **Live Web Tracker:** See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.
- **Live Leaderboard:** See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.
- **Live Map Tracking:** Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read.







# SPORTOGRAF

## Sportograf

Sportograf is proud to be the official photographic service of the athletes at IRONMAN 70.3 Vichy.

We will provide you with our «Foto-Flat» which includes all your amazing personal content from various prime locations along the course, as well as beautiful photographs of the scenic views and the race day in general.

Order your race images here: <https://www.sportograf.com/fr/event/9334>

### Help us take your best photos:

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

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



# RACE REPORT

## Trimax

Trimax is proud to be media partner of IRONMAN 70.3 Vichy!

Read the race report in the online magazine of August on Trimax website and on the IRONMAN France Social Media.

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