



mainova
IRONMAN
FRANKFURT
EUROPEAN CHAMPIONSHIP

2. JULI 2023

LIVE IM HR FERNSEHEN | 06:30 - 15:45

3.8KM SWIM • 180KM BIKE • 42.2KM RUN

ACTIVE BREITLING V8 VINFAST GATORADE HOKA RÖKA ATHLETIC SKI FULGAZ M. MAURITEN NIRVANA QATAR AIRWAYS Santini wahoo

mainova SPORTSTADT hrfernsehen

ATHLETES GUIDE

2023

ENGLISH

GET IN THE MOOD WITH THE 2022 HIGHLIGHTS



TABLE OF CONTENTS

WELCOME

TOP 5 THINGS TO SEE & CHECK-LIST

SCHEDULE

EVENT-SITE & INFORMATION

REGISTRATION

RACE PACKET

BAG DROP OFF & PERSONAL NEEDS

BEFORE THE RACE

RACEDAY

AID-STATION

SWIM

SWIM - RULES

TRANSITION

BIKE

BIKE - RULES

RUN

FINISHLINE

OTHERS & CHECK-OUT

AWARD CEREMONY - RESULTS – SLOT ALLOCATION

IRONMAN COMPETITION RULES

GOOD TO KNOW

SPORTFOTOGRAF



VINFAST

future of mobility



DISCOVER VF 8 AND VF 9,
COMING TO THE US, EUROPE
AND CANADA IN Q4 2022
www.vinfastauto.us

WELCOME

Hello dear athletes,

On behalf of the entire IRONMAN team, I am pleased to welcome you to the 21st edition of the Mainova IRONMAN European Championship Frankfurt.

For 21 years now, the race has been taking place in the Main metropolis and the surrounding area, for 21 years the world's elite have been meeting here and for 21 years age group athletes from all over the world have been competing on the longest day of the year.

In today's fast-paced world, that's a very long time and it shows how important the Mainova IRONMAN European Championship Frankfurt is in the triathlon world.

Our whole team has worked for months to make this day something very special and together with all partners and authorities we are looking forward to welcoming you at the finish line on the Römer after the longest day of the year when you hear us call:

"You are an IRONMAN"!

Sporty greetings,

Mike Matthias
Senior Project Manager



ZAFIRO HOTELS



One island, three sports.
One goal: to enjoy them all here



A paradise for first-class triathletes from all over the world. At **Zafiro Hotels** we take sport and your well-being really seriously, just the way you do. Don't miss your chance to visit this beautiful island and also enjoy your favourite sport.

Zafiro Tropic **** RENEWATED

- New, heated semi-Olympic pool
- Refurbished gym
- Improved cycling-friendly area

From €40 per person



Zafiro Palace Alcúdia *****

- Spacious and comfortable suites
- Heated outdoor swimming pool
- Gym, cycling area, spa

From €58 per person



SPECIAL BENEFITS

Use the promocode **ZAFIROTRI** to get a very special discount and your gift. Only at www.zafirohotels.com



WELCOME

Dear athletes, dear guests, dear fans,

Welcome to the sports city of Frankfurt am Main and the Rhine-Main region. Many months or even years of intensive preparation are behind you. Now the Mainova IRONMAN European Championship Frankfurt is waiting for you. We are looking forward to celebrating a great sports festival with you. Because our common passion for the supreme discipline of endurance sports unites us.

We are happy to be part of this powerful community. With our energy, we move our home city of Frankfurt and keep the metropolitan region running. We are also involved in top-level and popular sports. Because we are convinced of the power of movement. That's what connects us - whether it's popular sports or triathlon elite.

The race day starts for you already in the early morning hours. With the start at the Langener Waldsee at sunrise, the longest day of the year begins atmospherically. On the bike course through the Rhine-Main area, the many spectators will keep you motivated. This is especially true on what is probably the most beautiful city running course in Germany, where we are happy to support you with our Mainova drinking water.

At the end of your efforts, the emotional highlight awaits you with the legendary finish on Frankfurt's Römerberg. Enjoy the special flair and this unique experience to the full. You have earned it!

Make sure you reach the finish line safely!

Dr. Constantin H. Alsheimer
CEO of the Mainova AG



**Sie suchen eine
Ladelösung für
Ihr Zuhause?**

**Mainova begleitet Sie beim Start in die
E-Mobilität. Sichern Sie sich Ihre Wallbox
fürs schnelle und sichere Laden daheim.**

**Jetzt bestellen unter
www.mainova.de/wallbox**



TOP 5 THINGS TO SEE

CITY TOUR AND MAINTOWER

Germany's financial metropolis with its impressive skyline offers much more than stock trading and banks. With cultural and culinary highlights, as well as a fascinating view, the MAINTOWER is certainly one of Frankfurt's landmarks..



rovided by: telesniuk/Shutterstock.com

THE MAINUFER

The Mainufer invites you to extensive walks, bswp. along the museum bank. Numerous benches and green spaces allow for a relaxed picnic by the water while watching the sun set behind the skyline. Especially in summer, half the city meets in the evening on the banks of the Main.



Copyright: djama - Fotolia

THE FAMOUS "ÄPPLER"

Typical for Frankfurt is the "Äppler". For non-locals, it is also known simply as apple wine. Traditionally, it is served in a "Bembel" (pitcher) and drunk in a "Gerippten". Äppler is the perfect summer drink in summer, but can also be tasted as "hot cider" in winter at Christmas markets



Foto: picture alliance / dpa/Arne Dedert

THE "KLEINMARKTHALLE"

Located between the world-famous Römerberg and the shopping street "Zeil" is the Kleinmarkthalle. At its numerous international market stalls you can discover and taste all kinds of culinary diversity. Whether you're in the mood for an oriental curry or a Frankfurt sausage - you're sure to find it here.



<https://kleinmarkthalle.de/>

THE GRÜNEBURGPARK

Numerous parks with large green spaces in and around Frankfurt offer the opportunity to engage in sports with like-minded people. The Grünenburgpark, within easy reach of the Goethe University campus, is particularly special, as outdoor boot camps, running events and slackline sessions take place there almost daily in the summer.



© Frank Wagner / Fotolia

CHECK-LIST

PRE-RACE

- Directions to :
 - Registration / official shop
 - Athlete check-In
 - Race start / Race finish
- Photo I.D.
- Valid triathlon license or day pass
- 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
- Reflective tape (*if applicable*)

MISCELLANEOUS

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

SCHEDULE

THURSDAY 29th JUNE

TIME	DESCRIPTION	LOCATION
10am – 6pm	Registration IRONMAN open	Mainkai
10am – 6pm	IRONMAN Merchandise & Expo	Mainkai
1pm – 6:30pm	Late Registration NightRun	Mainkai
7pm – 9pm	Start NightRun presented by Helaba	Mainkai

FRIDAY 30th JUNE

TIME	DESCRIPTION	LOCATION
10am – 6pm	Registration IRONMAN Frankfurt	Mainkai
10am – 6pm	IRONMAN Merchandise & Expo	Mainkai
10am	Opening-Press Conference	Mainova AG
12pm	Pre-race Briefing PRO-Athletes	Mainova AG
2:30pm / 4pm	Pre-race Briefing German/ English	Grandstand at Römerberg
3pm – 6pm	Hand out media-accreditation	Magistratssitzungssaal

SATURDAY 01st JULY

TIME	DESCRIPTION	LOCATION
8:30am – 9:30am	Late Registration IRONKIDS	Römerberg
10am – 1pm	Registration IRONMAN Frankfurt	Mainkai
10am – 6pm	IRONMAN Merchandise & Expo	Mainkai
10am - 11:30am	IRONKIDS presented by Mainova	Römerberg
12pm – 6pm	Run-Bag Drop-off	Transition 2 at Mainkai

SATURDAY 01st JULY

TIME	DESCRIPTION	LOCATION
1pm – 6pm	Bike Check-In Transition	Langener Waldsee
3pm – 4pm	Hand out media-accreditation	Magistratssitzungssaal

SUNDAY 02nd JULY (RACEDAY)

TIME	DESCRIPTION	LOCATION
4:30am – 6:15am	Transition 1 open and White-Bag Drop-Off	Langener Waldsee
6:25am	Start PRO-Athletes (F) EM	Langener Waldsee
6:40am – 7:00am	Agegroup Start/ Rolling Start	Langener Waldsee
8am – 10pm	Media Center open	Magistratssitzungssaal
10am – 6pm	IRONMAN Merchandise & Expo	Mainkai
From 2pm	Finish Line Party	Römerberg
Approx. 3:15pm/ 3:30pm	First Athlet (M) / (F) in the Finish	Römerberg
5pm	After Race Press Conference	Magistratssitzungssaal
5:30pm – 11pm	Bike Check-out	Transition 2 at Mainkai
10pm	Race close	Römerberg

MONDAY 03rd JULY

TIME	DESCRIPTION	LOCATION
11am – 12:30pm	Athletes Brunch	Eissporthalle Frankfurt, Ratsweg
12pm – 2pm	Award Ceremony & Slot Allocation VinFast IRONMAN World Championships Nizza & Hawaii 2023	Eissporthalle Frankfurt, Ratsweg



Get race-ready with Hyperice

Our suite of products help to relieve tension, unlock sore muscles, and prime your body and mind to be at their best, so you can recover faster and train harder.

Swim. Bike. Run. Recover.



Normatec 3 Legs®



Hypervolt 2®



Fly to IRONMAN® events worldwide with Qatar Airways

As Official Airline Partner of the Global IRONMAN® Series and IRONMAN® 70.3® Series, until 2025, Qatar Airways is proud to connect athletes, officials and fans worldwide. Athletes travelling to and from events will benefit from additional offers, including promotional fares and special offers.



Save up to **10%** as a registered athlete



Earn **2,000** Avios in Economy Class and **4,000** bonus Avios in Business or First Class



Enjoy enhanced flexibility with one complimentary date change



Carry your race bike as checked baggage at no additional cost*

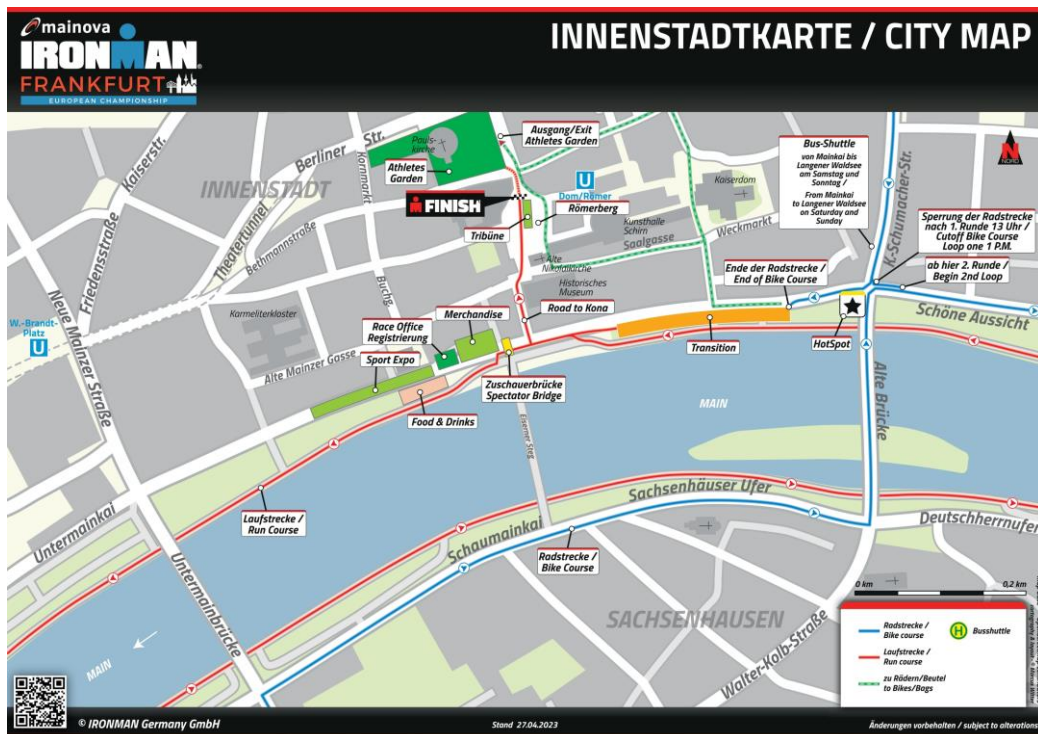
qatarairways.com/IRONMAN

*Only for athletes.



2023 OFFICIAL AIRLINE PARTNER

EVENTSITE & INFOS



SPORTEXPO

The SportExpo of the Mainova IRONMAN European Championship Frankfurt is located at the Mainkai.
Opening hours: Thursday to Sunday, 10 a.m. – 6 p.m.

MERCHANDISE STORE

The merchandise articles of the Mainova IRONMAN Frankfurt are available at the Merchandise Store at the Mainkai, near the "Eisener Steg".
Opening hours: Thursday to Sunday, 10 a.m. – 6 p.m.

UNATTENDED LUGGAGE

If a bag (backpack, bag, suitcase, etc.) is standing around somewhere without an owner, i.e. not in the direct vicinity of its owner, or not directly and obviously attributable to a particular person, it will have to be checked in case of doubt whether it is a bag that has been deposited there for the purpose of an attack. Therefore, refrain from attaching bags with cable ties to scaffolding, tents or grids!

TRAFFIC INFORMATION

The courses will be closed to traffic during the race. In case of emergency, rescue vehicles with blue lights on will always have free passage. Please be considerate of them and let them pass.

LOCK BIKE ROUTE

There will be a total of 12 locks along the bike course to help divert traffic and make appropriate areas accessible.

REROUTING

A detailed overview of the rerouting possibilities on race day can be found [>>>here<<](#)

TRANSIT TIMES (BIKECOURSE)

LOCATION	ROAD CLOSURE From	FIRSTS ROUND		SECOND ROUND		ROAD CLOSURE Until
		FIRST CYCLIST	LAST CYCLIST	FIRST CYCLIST	LAST CYCLIST	
Langerner Waldsee	3:30am	07:15am	09:30am	-	-	9:30am
Frankfurt/ Alte Brücke	6:30am	07:36am	09:59am	09:45am	1pm	5pm
Bergen Enkheim	6:50am	07:53am	10:23am	10:03am	1:18pm	1:28pm
Maintal	7:00am	08:02am	10:36am	10:12am	1:36pm	1:46pm
Schöneck Killianstädten	7:20am	08:21am	11:01am	10:31am	2:09pm	2:19pm
B45/ an Heldenberg Hin & Rückweg	7:25am	08:24am	11:06am	10:34am	2:19pm	3:55pm
An Eichen vorbei	7:35am	08:35am	11:21am	10:45am	2:35pm	2:45pm
Altenstadt	7:40am	08:43am	11:32am	10:53am	2:51pm	3:01pm
Kaichen	8:00am	09:06am	12:05am	11:16am	3:38pm	3:48pm
Schöneck Budesheim	8:10am	09:15am	12:17pm	11:25am	3:53pm	3:55pm
B521 bei Bad Vibel	8:25am	09:34am	12:44pm	11:44am	4:27pm	4:37pm
Frankfurt/ Nibelungenallee	8:35am	09:43am	12:55pm	11:53am	4:51pm	4:55pm
Frankfurt/ Mainkai	0:00°	09:45am	12:59pm	11:55am	4:56pm	0:00°

SHUTTLES AND DIRECTIONS

SHUTTLE SERVICE

On Saturday and Sunday we offer all athletes a free bus transfer (incl. bike transport) to the Langener Waldsee and back to the city. The shuttles for spectators will only run on race day (Sunday 02 July).

Date	For	From	To	Time
01. July	Athletes	Kurt Schumacher Str.	Bike Check-In Langener Waldsee	12:30pm 5:30pm
02. July	Athletes & Spectators	Kurt Schumacher Str. & Hotel Meridien	Start Langener Waldsee	04:00am 6:00am

Buses will be available for the return transport of spectators to the city, after the start at the Langener Waldsee, as well as for the athletes after the end of the race back to the Langener Waldsee.

Date	For	From	To	Time
02. July	Spectators (Return transport)	Langener Waldsee (Parkplatz „Sehring“)	Walter-Kolb Str.	8:30am– 10:am
02. July	Athletes (Return transport)	Kurt Schumacher Str.	Parking-Lots Langener Waldsee	6pm – 12am

An overview map with the departure points can be found [here...](#)

Shuttleservice Map
>> click here<<

For spectators we also recommend the use of public transport. The journey to the Langener Waldsee is possible with the S-Bahn lines S3 and S4 to the stops "Langen Flugsicherung". From there it is a 20 - 30 minute walk to the swim start.

DIRECTIONS TO LANGENER WALDSEE

Please note: When arriving by car to the Langener Waldsee on the day of the competition, it is not possible to take the same way to the lake as before on Saturday to the Bike Check-In. Please note the instructions >>.

Saturday, the 01.07.2023

The access to the parking lot at the Langener Waldsee is uncomplicated via the B44.

Address for navigation devices:
Sehringstraße 1, 63225 Langen

Sunday, the 2.07.2023

Keep in mind that the **B44 coming from the north is CLOSED** on the day of the race. The access to the Langener Waldsee is **ONLY** possible via the **A5** (AS Langen-Mörfelden).



ACTIVE



✓ 10k

✓ Marathon

✓ Cycling race

Triathlon

Explore your next race on ACTIVE.com

IRONMAN
EXPERIENCES
POWERED BY NIRVANA



Take your racing experience to the next level with Enhanced Athlete Event Experiences powered by NIRVANA

Curated to meet the needs of IRONMAN athletes, enjoy a range of enhanced services such as priority check-in, dedicated bike maintenance, bike and bag return to your hotel post-race and much more.

- 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

nirvanasportstravel.com



REGISTRATION

LICENSE

If an athlete is not a member of a national triathlon federation, the athlete has to buy a day license. The day license is available for 30,00€ at the license control at the entrance of the registration. The day license can only be paid in cash!

PLEASE NOTE

Please note that race numbers for this race will not be assigned in advance, but on a first-come, first-served basis when you pick up your race packet.

- AWA Gold and Silver athletes, TriClub Pole Position and Nirvana athletes retain their privileges.
- All athletes must wear the official race number and paraphernalia issued at registration. This includes the official swim cap, wristband, bike stickers, bib number, and timing chip

Failure to comply will result in disqualification.

**ALL ATHLETES MUST BE REGISTERED BY SATURDAY, 1st of July, 1pm.
REGISTRATION WILL NOT BE POSSIBLE AFTER THIS TIME.**

**THE TIMING CHIP WILL BE HANDED OUT AT THE BIKE
CHECK-IN IN THE TRANSITION AREA.**

REMINDER FOR REGISTRATION

Date	Time	Location
29 th June	10am – 6pm	Mankai
30 th Juni	10am – 6pm	Mainkai
01 st Juli	10am – 1pm	Mainkai



© Ingo Kutsche for IRONMAN



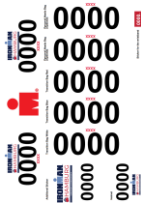



© Ingo Kutsche for IRONMAN

- During the race week you will receive an email with a QR code. Print it out or save it on your smartphone and show it at registration.
- Pick up your race number, race kit and athlete backpack by showing your ID.
- An athlete wristband will be put on you directly at the registration. This wristband must be worn at least until you pick up your bike and change bags after the race. **If you want to come to the award ceremony and slot allocation, please keep the wristband on until then.**
- Fill in the personal information on the back of the race number !

RACEPACKAGE

YOUR PACKAGE INCLUDES

<p>STARTNUMBER: The start number must be worn on the back for the bike course and on the front for the run course. Wearing a start number band is allowed. Please fill out the emergency information on the back of the race number.</p>	
<p>SWIMCAP: There is an obligation to wear the provided swim cap. This will be issued together with the start number.</p>	
<p>STRANUMBER-STICKER:</p> <ul style="list-style-type: none"> • 1x Sticker for the bike helmet: This should be attached to the front of the helmet. • 1x Sticker for the bike: This must be attached to the brake cable or the seat post. • 3x sticker for the respective change bag; blue, red, white. • 2x sticker for the Personal Needs bags; orange, black. • 1x additional sticker for free disposal 	
<p>ATHLETEBAND: Serves to identify the athlete and must be worn on the wrist during the entire race weekend. In addition, the QR code on the wristband serves as a "chip ticket" and is therefore mandatory for bike check-in and check-out from the transition area. In addition, the athlete wristband is valid as an admission ticket for the Award Banquet as well as the slot allocation.</p>	
<p>COMPETITIONCHIP AND CHIPBAND:</p> <p>Race chip and chip band will be provided by the organizer and will be issued only in the transition area at the bike handover on Saturday (at the exit). The chip must be worn on the left ankle. No chip, no timekeeping!</p> <p>Own chips are not allowed. The chips provided by the organizer are the responsibility of the athlete. The organizer recommends to put on the chip immediately after receiving it. In addition, the race chips are needed for the bike pick-up after the race: Chip against Bike. In case of loss of the competition chip a fee of EUR 50,00 has to be paid. If the chip is lost during the race, a replacement chip must be picked up in the transition area.</p>	

BAG DROP-OFF

TRANSITION BAGS

BLUE BAG / BIKE



This should contain the equipment you will need for the bike course, including your helmet with sticker on the front, race number (race number band is allowed), shoes (or clipped to the bike), sunglasses, food, etc. No items are allowed on the ground.

Drop off at Transition 1, Langener Waldsee

Saturday 01st July at the Bike Check-In 1pm to 6pm

(obligatory, a later drop-off or a drop-off on race morning is not allowed).

RED BAG / RUN



This should include the equipment needed for the run, such as running shoes, socks, etc.

Drop off at Transition 2, at Mainkai

Saturday 01st July at the Check-In from 12pm to 6pm

OR

**at the Bike Check-In (Transition 1) Saturday 01 July from 1pm to 6pm
(bag will be transported to T2)**

(obligatory, a later drop-off or a drop-off on race morning is not allowed).

WHITE BAG / Streetwear for after the race



The white bag with the changing clothes (clothes that are needed after the race) will be handed in, **until 6:15am**, before the swim start. There is a special area for this in the transition area next to the exit to the swim start. The bags will be available again in the Athletes Garden after the finish.

Individual marking/identification of the bags/stands is not allowed and will be penalized with a yellow card!

The transition area may only be entered by participants of the IRONMAN European Championship Frankfurt and by persons with the appropriate authorization card. Coaches, attendants, relatives (also children) and spectators are not allowed to enter the transition area due to insurance reasons.

PERSONAL NEEDS

SELF CATERING/ PERSONAL NEEDS

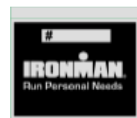
Drop-Off: On race day morning next to the exit to the swim start between transition area and swim course.

Personal Needs bags will be available on race day morning, if desired, in transition 1 (between transition area and swim start).

Two bags for self-catering:



Orange Bag –
for the Bikecourse



Black Bag –
for the Runcourse

NOTICE

- The organizer explicitly points out that the self-catering is the responsibility of the participant.
- You will receive the colored bag (bike **orange** / run **black**) only on race day morning at the info point in T1 and will need to drop it there as well.
- The organizer organizes the transport and the deposit of the bags at the race courses. Only the bags provided by the organizer will be transported. It is the responsibility of the participants to find their numbered "Personal Need" bags on the food station tables and take them with them.
- Unused bags will be discarded.

Location Personal Needs Bike: in front of aid station 1 (KM 22.5, KM 106.5)

Location Personal Needs Run: in front of water station (KM 0,4 / 10,8 / 21,2 / 31,6)

It is not allowed to have self-catering / Personal Needs served by coaches, family or friends. Violation of the rules will result in disqualification for "unauthorized acceptance of aid".

OBLIGATORY BIKE CHECK – IN

Return your bike together with the bike bag, as well as the run bag in the designated transition areas.

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.

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 gear for Transition 1 in the **BIKE BAG**. Don't forget to put your bib number in the bag.
- Check that you have put all your gear for transition 2 into the **RUN BAG**.



2023 OFFICIAL BIKE RENTAL PARTNER



Rent and Ride

Let us take care of the rest!

www.francebikerentals.com



R2^{3.0} CALF SLEEVES



Compression Grid Pattern
Targeted high level muscle support.
Decreasing the risk of injury and cramps.



Waffle Proprioceptive Stripes
Promote microcirculation and lymphatic flow.
Less chance of shin splints & stomach inflammation



Achilles Proprioceptive Stripes
Promotes support and microcirculation to the achilles tendon.
Added support & less inflammation



Fibular Stripes
3D textured yarn activates the fibular muscles, improving balance & stability.
Less chance of sprained ankles

MICRO GAINS, **MACRO RESULTS.**



MASSAGING FIBER



SHOCK ABSORBER



THERMO-REGULATION



K-PROTECT



REFLECTIVE LOGO



www.compressport.com



BEFORE THE RACE

RACE-BRIEFING

A detailed online race briefing in German and English will be available during the race week on the event website and on the IRONMAN European Championship Frankfurt facebook page.

In addition, pre-race briefings in English and German will be held on Friday June 30, 2023 at the grandstand at Römerberg. For PRO athletes the pre-race briefing will take place at Mainova AG.

It is still mandatory for each participant to attend one of the three options!

REMINDER

DATE	TIME	DESCRIPTION	LOCATION
30 th June	12pm	Pre-race Briefing PRO-Athletes	Mainova AG
30 th June	2:30pm	Pre-race Briefing German	Grandstand at Römerberg
30 th June	8pm	Pre-race Briefing English	Grandstand at Römerberg

TIMING CHIP



WHAT IS THE TIMING CHIP FOR?

The chip registers your individual start time when you cross the timing mat at the swim start and provides your swim time, bike time, run time, finish time, transition times, overall and age group scores.

WHEN AND WHERE TO PICK UP THE TIMING CHIP?

You must pick up your chip on Saturday, June 17, at bike drop-off in transition area.

WHEN AND WHERE TO WEAR THE TIMING CHIP?

It must be worn on the left ankle throughout the race. Note that you must wear your timing chip at bike check-out. So keep it on even if you drop out of the race.

WHAT IF I LOSE MY TIMING CHIP?

If the chip is lost during the race, a replacement chip must be picked up in the transition area so you can continue the race. Please contact a helper/IRONMAN staff member immediately.

Your race timing chip is a loaner. You must return the chip to the timing company. In case of loss a fee of EUR 50,00 has to be paid.

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

RED BULL GIVES YOU WIINGS. 

RACEDAY

RACEDAY

NON-START AND EARLY FINISH OF THE RACE:

- Should an athlete not be able to start on race morning (e.g. due to illness) or finish the race early, it is necessary to inform a referee or responsible person or to report to the transition area.
- In case of a non-reporting, the timing chip is still activated. Thus, costs for search or rescue (possibly also for the athlete himself/herself) can arise, as the organizer assumes an emergency situation and initiates appropriate measures.
- **STARTING PLACE:** It is forbidden to give your starting place to another athlete. Any violation will result in a disqualification and possibly a ban from future IRONMAN events.

WEATHER ON RACEDAY

- The sun will rise on 02nd July around 5:21am. Sunset will be around 9:36pm.
- The average daytime temperature to be expected is 15° to 24°C. We will monitor the weather conditions accordingly.
- In case of extreme weather conditions we reserve the right to cancel, modify or shorten any part of the race if the safety of the participants cannot be guaranteed.

IF YOU LOSE YOUR TIMING CHIP ON THE MORNING OF THE RACE, YOU MUST SEE AN IRONMAN TEAM MEMBER. THIS PERSON CAN GIVE YOU A NEW CHIP.

CUT OFF TIMES

The participants have the following options for the individual disciplines or for the whole competition the following times (from the individual start):

02:20:00	
10:00:00	 + T1 + 
15:00:00	 + T1 +  + T2 + 

Following must be noted:

1. The ultimate cut-off after the swim is at 9:20am at the swim exit.
2. On the bike course, the access to the second lap (at KM 98 "alte Brücke") will be closed at 1pm.
3. The ultimate cut-off for finishing the bike (bike dismount line) is at 5pm. The ultimate cut-off for passing KM 36.7 on the run course is at 9:15 pm.
4. The ultimate cut-off is at 10pm.

Athletes who cannot meet these times must finish the competition. **The end of the competition is at 22:00.** Athletes who arrive later at the finish line will not appear in the results list. Road closures, safety precautions, course marshals, etc. are only active until the cut-off times!

Participants who have to finish the race early have to sign out immediately with a race judge or an IRONMAN official. Otherwise the organizer will assume that you are still on the course and may have a serious problem. The costs for the assigned search by the rescue service have to be paid by the causing participant.

AID STATIONS

AID STATION ON THE BIKECOURSE

On the bike course there are four aid stations per lap and two water stations:

Bergen-Enkheim:	ca. KM 22,7 / KM 107
Wachenbuchen (WS):	ca. KM 33 / KM 117
Schöneck:	ca. KM 43 / KM 127
Altenstadt:	ca. KM 57 / KM 141
Kaichen (WS):	ca. KM 72,5 / 156,5
Bad Vilbel:	ca. KM 90 / KM 174

The following food/drinks will be distributed at the aid points (WS only have water):

- **Wasser** (In wheel bottles 750ml)
- **GATORADE** Sports Drink (750ml plastic bottles suitable for bottle cages on the bike)
- **MAURTEN GEL**, 100 & CAF 100
- **226ERS Race Bar**, cut in half with packaging
- **Bananas**, cut in half with peel

All Aid Stations are set up in the same order



The water station is set up as so:



Attention: Waste disposal is generally only allowed within the marked areas. (littering zones) Please pay attention to the corresponding signs at the run u. Littering outside the marked areas will result to penalty.



AID STATION ON THE RUNCOURSE

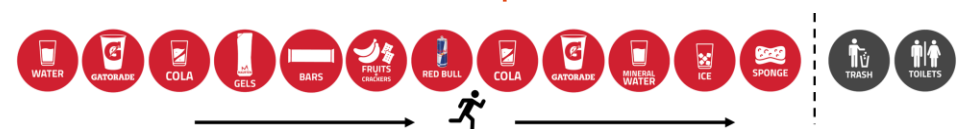
On the run course there are six aid stations per lap and two water stations:

Unterrainbrücke (WS):	KM 0,4 / 10,8 / 21,2 / 31,6
Friedensbrücke:	KM 1,2 / 11,6 / 22 / 32,4
Mainufer Uni-Klinik:	KM 3,2 / 13,6 / 23 / 33,4
Holbeinsteg:	KM 4,4 / 15 / 26,4 / 36,8
Ignatz-Bubis-Brücke:	KM 6,2 / 16,6 / 27 / 37,4
Mainwasenweg:	KM 8,1 / 18,5 / 28,9 / 39,3
Flößerbrücke:	KM 9,9 / 20,3 / 30,7 / 41,1

The following food/drinks will be distributed (WS only have water):

- **Water** (in paper cup with IRONMAN logo)
- **Cola** (diluted with water in organic cup)
- **Red Bull** (diluted with water in organic cup with Red Bull logo)
- **Gatorade** (in paper cup with Gatorade logo)
- **Bananas**, cut in half with peel
- **MAURTEN GELS** 100 & CAF 100
- **226ers Gummy Bars**, cut in half with packaging
- **Salty Snacks** (crackers, pretzel sticks, prepared in individual paper cups with IRONMAN logo)

All Aid Stations are set up in the same order



The water station is set up as so:



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.



2023 OFFICIAL SPORTS DRINK

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.



SWIM

SWIM PROCEDURE

[GPX track >>> click here](#)

The swim start is as follows:

- 6:25am Start of the Femal Pro Athletes
- The Maingroup and Agegroup is starting between 6:40am and 7:00am (Rolling Start).

The athletes place themselves in the designated pre-start area and sort themselves into the areas according to the respective estimated swimming time. Please be honest with yourselves, because this is the only way to ensure a smooth and safe process with equal opportunities.

In a rolling start athletes will be sent on their IRONMAN adventure. It will take about 20 minutes until all participants have started.

The starting arch with the timing mat is located directly on the beach and is crossed by each participant.

Participants must exit the water via the official exit and cross the timing mat to be recorded again.

If you exit the water at any other point and do not cross the timing mat, your swim exit will not be recorded. This will result in disqualification.

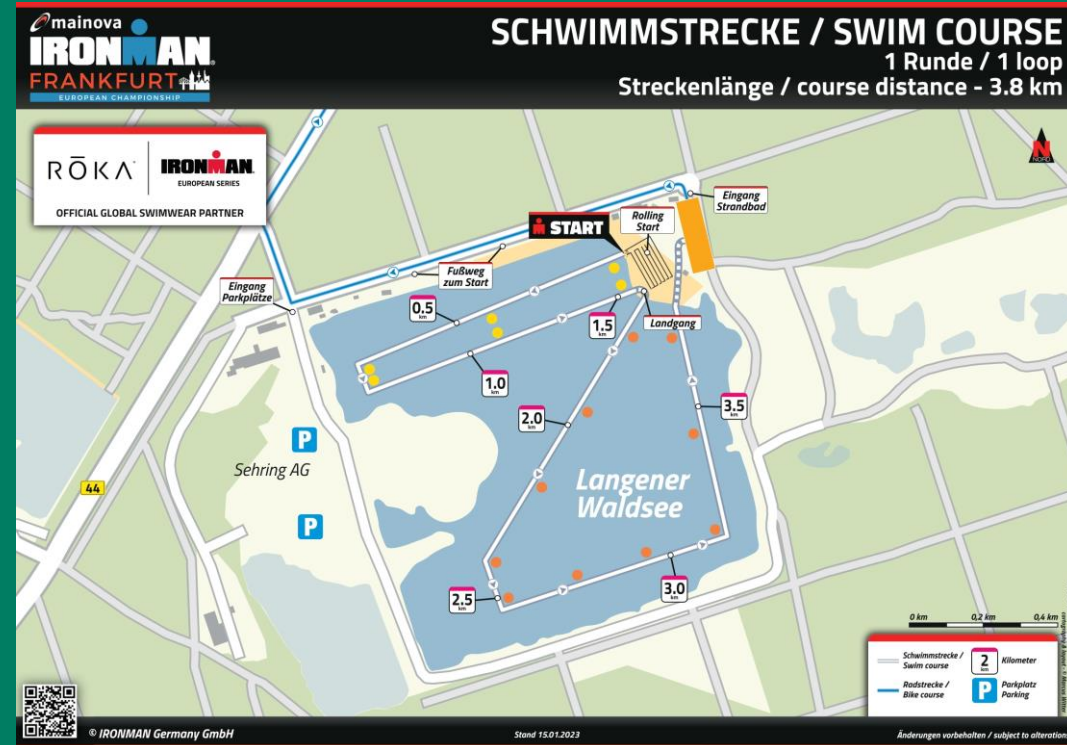
In addition, the organizers will assume that the person is still in the water and will arrange for a search at the participant's expense. Therefore, we ask each disqualified participant to immediately notify the event staff or the Red Cross of his or her disqualification.

CUT-OFF

Time limit for swim: 2 Hours 20 Minutes
Cut-Off: 9:20am (Swim-Exit)

COURSE

It is a land start from the beach of the Langener Waldsee, with a short shore leave after the first 1.5km. The start area is to be entered via the official entrance. Entering the start area from the side or climbing over fences is prohibited.



START-TIME	STARTING GROUP	SWIMCAP - COLOR
6:25am	PRO WOMEN	NEON GREEN
6:40am – 7am	AGEGROUP WOMEN	NEON RED
	AGEGROUP MEN	
	MAINOVA RELAY	DARK BLUE

JESSE THOMAS
2x IRONMAN CHAMPION

RŌKA

UPGRADE YOUR EYEWEAR

ULTRA-PREMIUM OPTICS. ZERO SLIP.
INSANELY LIGHTWEIGHT.

GEKOSM
Patented Fit &
Retention System

C³
C3™ Unmatched Optics
& Premium Lens Coatings


Ultra-Lightweight
Materials

wahoolfitness.com/rival



NEVER. LOSE. FOCUS.

ELEMNT RIVAL Multisport Watch keeps your focus locked on your performance, not your equipment. Unique multisport features like Touchless Transition, Multisport Handover, and Perfect View Zoom create a seamless performance advantage.

ELEMNT RIVAL

wahoo

SWIM

NEOPRENE SUIT

The decision whether to swim with or without a wetsuit will be officially announced one hour before the race start in the pre-start area and in the transition area.

COMPRESSION SOCKS

The wearing of compression socks is not allowed during the swim. In case of a neoprene ban, this ban also applies to swimsuits.

WEARERS OF GLASSES

Spectacle wearers may place their glasses on a table on the way from the transition area to the swim start before the start and pick them up again shortly after the swim exit. The athlete is responsible for the marking (start number) of the glasses.

SWIMMING CAP

The official swim cap must be visible and "clean". Stickers or other homemade markings are not allowed on the swim cap.

IMPORTANT:

Outside of competition, swimming at Langener Waldsee is at your own risk. Please abide by the rules of the local lido and follow the instructions of the staff.

Open water swimming in a triathlon is very different from swimming in a pool. To avoid stress, it is important that you are healthy, fit and prepared on race day. Here is a top 10 checklist to help you prepare.

1. PREPARATION FOR RACEDAY

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

2. PARTICIPATE IN SHORTER RACES

Proper training is the best way to reduce anxiety. It is also a good idea to participate in shorter triathlon distances or individual sport events (e.g. an open water swim competition), as well as courses and club activities to prepare for open water conditions.

3. LEARN ABOUT THE DETAILS OF THE COURSE

It is important that you prepare both mentally and physically before race day. Read the race website and athlete guide thoroughly before the race to familiarize yourself with the course. Remember that everybody of water is different.

4. ENSURE HEART-HEALTH

As a training athlete, you should work with your physician to take the proper steps to assess your health.

The American Heart Association and the European Society of Cardiology provide recommendations for the cardiac evaluation of competitive athletes. These include a physical exam, as well as an assessment of their family history and personal heart health, and possibly a recommendation for additional diagnostic testing. Regardless of where you live, we recommend that you consult your physician prior to racing.

5. BE AWARE OF WARNING SIGNS

If you experience chest pain or discomfort, shortness of breath, dizziness or fainting during exercise, or have any other medical concerns or symptoms, contact your physician immediately.

6. DONT USE NEW EQUIPMENT AT RACEDAY

Focus on controlling as many factors as possible on race day. You should never race with equipment you have not trained with; this is not the time to test new equipment.

Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories are working properly.

7. WARM UP ON RACEDAY

Be there early enough on race day so that you can warm up sufficiently before the start.

Take 5 to 10 minutes to loosen your muscles with arm swings and other gentle movements. Light jogging or brisk walking can also help stimulate circulation and prepare your body for the race.

8. GET TO KNOW THE COURSE

Familiarize yourself with the course by checking water conditions, entry and exit points, and turn buoy colors and locations.

9. START CALM – RELAX AND BREATHE

On race day, follow the swim start instructions provided in the event's athlete manual. Do not overestimate your abilities in events with a rolling start. Line up in the correct position according to the instructions in the Athlete's Handbook. Do not start with maximum effort - take a relaxed approach to the swim.

Relax and focus on your breathing as you get into a stable position.

10. BE AWARE AND ASK FOR HELP

Always stop at the first sign of a medical problem during a race. IRONMAN race rules allow competitors to stop or rest at any time during the swim. If you or another athlete needs assistance, raise your hand to alert a lifeguard or safety boat.

Feel free to hold onto a fixed object such as a raft, buoy or dock. As long as you do not use it to move forward, you will not be disqualified.



© Ingo Kutsche for IRONMAN

TRANSITION

TRANSITION 1 (SWIM → BIKE)

After the swim, enter the transition area and then grab your **BLUE CHANGING BAG** with your cycling gear (helmet, sunglasses and race number, etc.) from the bag rack. Then change in the transition tents; there is a designated area for athletes who need privacy while changing.

After the change, all swimming utensils must be stowed independently in the **BLUE CHANGING BAG**, which will be placed in the drop boxes after the change tents.

To ensure a clean transition area and a smooth process,

- no objects are allowed to be unattached to the bike
- bike shoes only if they are clipped into the pedals, already be/remain on the bike
- please use the designated areas when changing and keep the running path and bag racks clear for the other athletes.
- the chin strap of your helmet must always be tightly closed when in contact with the bike (i.e. also before you get it out of the bike rack). Failure to do so may result in a penalty from one of the course marshals.

TRANSITION 2 (BIKE → RUN)

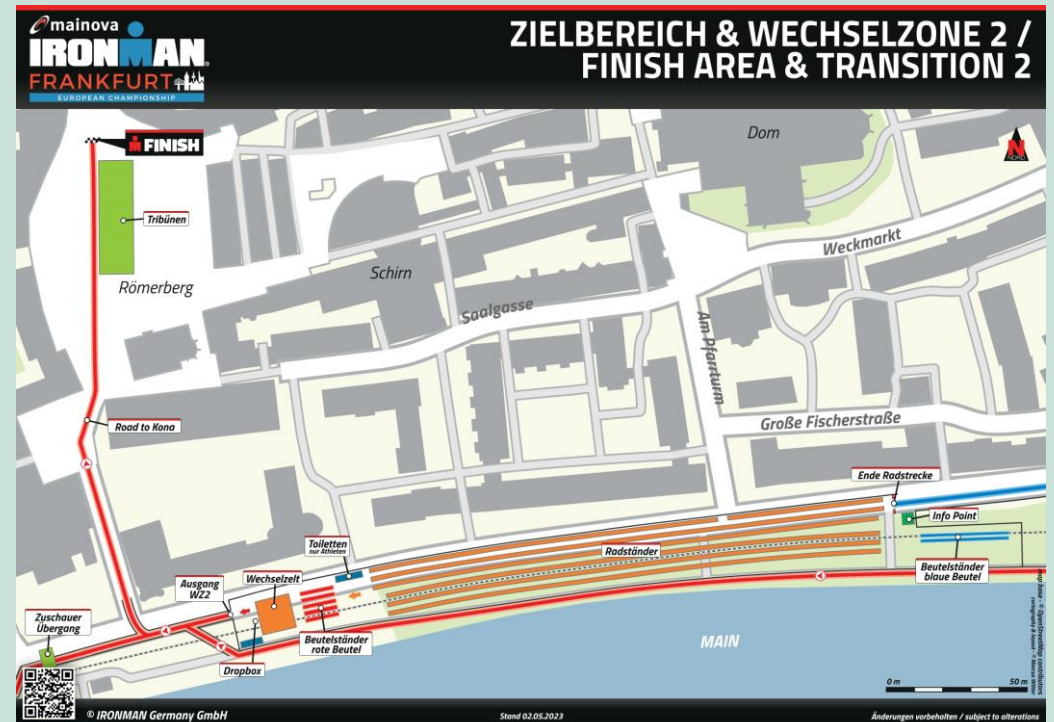
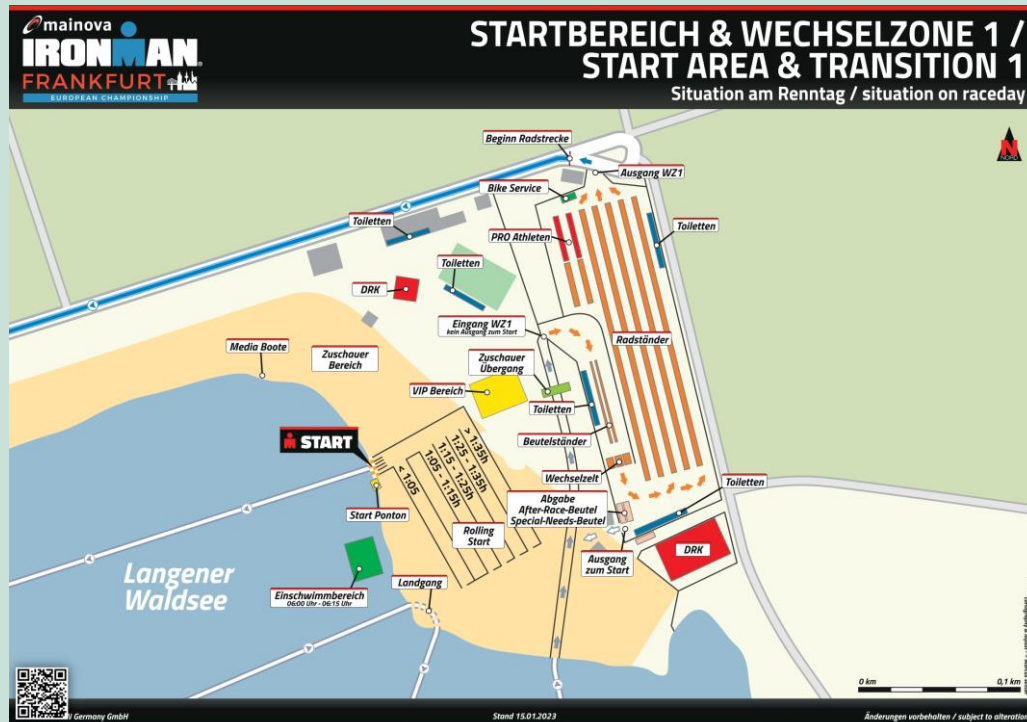
After completing the bike leg, you will hang your bike independently in the appropriate place on the bike rack.

You will take your **RED CHANGING BAG** from the bag rack and go to the change tent to change into your running clothes. There are designated areas for athletes who need privacy while changing.

The discarded cycling gear must be packed independently in the empty **RED CHANGING BAG** (cycling shoes may remain clipped to the pedals). The **RED CHANGING BAG** is then placed in the drop box provided for this purpose.

ATTENTION: In case of a not yet redeemed penalty, it is mandatory to use the penalty box 3 just before the turn old bridge to the transition area.

After the finish you can pick up your **BLUE** and **RED CHANGING BAG** in transition area 2 together with your bike between 5:30pm and 11pm. You must have your race number and timing chip with you to pick up your equipment





ROKA

MAVERICK X2

THE WORLD'S FASTEST WETSUIT

"I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

PATENTED

PROTECTED BY DOMESTIC AND INTERNATIONAL PATENTS WITH ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY
FASTEST IRONMAN
SWIMMER ON THE PLANET



OFFICIAL TRAINING PLATFORM OF
IRONMAN

OVER 100 OFFICIAL IRONMAN COURSES NOW AVAILABLE

- ✓ Train on REAL roads for REAL results
- ✓ Ride solo, with your club mates and your coach
- ✓ Get the FulGaz advantage when you line up on race day

[DOWNLOAD NOW](#)

CALLING ALL COACHES AND CLUB LEADS

Apply now to be part of our industry leading Clubs program. Experience your very own virtual clubroom, a dedicated space to host hasslefree group rides, workouts and events, all year round and only on FulGaz. Visit fulgaz.com/clubs to find out more and apply today.

AVAILABLE ON



GPX track > > [click here](#)

RADSTRECKE

The bike course is generally good and fast, but has isolated climbs outside the city center. Some places are technically demanding, so we ask you to pay attention to the following danger spots:

KM 30 / 114 Cobblestones at Hochstadt (The Hell)

KM 37 / 121 Sharp right at Niederdorfelden (after steep descent)

KM 44 / 128 driveway to B45 (S-curve/chicane)

CUT-OFF ZEIT

10h00: SWIM + T1 + BIKE

Cut Off Cycling: There will be a continuous cut off! At 1:30pm the entrance to the 2nd cycling lap will be closed. At this time the broom car will also start with an average speed of 25 km/h and collect all participants who are slower.

IMPORTANT

The bike course runs mostly on one lane per racing direction. Therefore, it is extremely important that you strictly adhere to the right-hand driving rule and under no circumstances cross the center line when overtaking. This will be strictly punished by judges, as there is a significantly increased potential for danger.

BIKE SERVICE

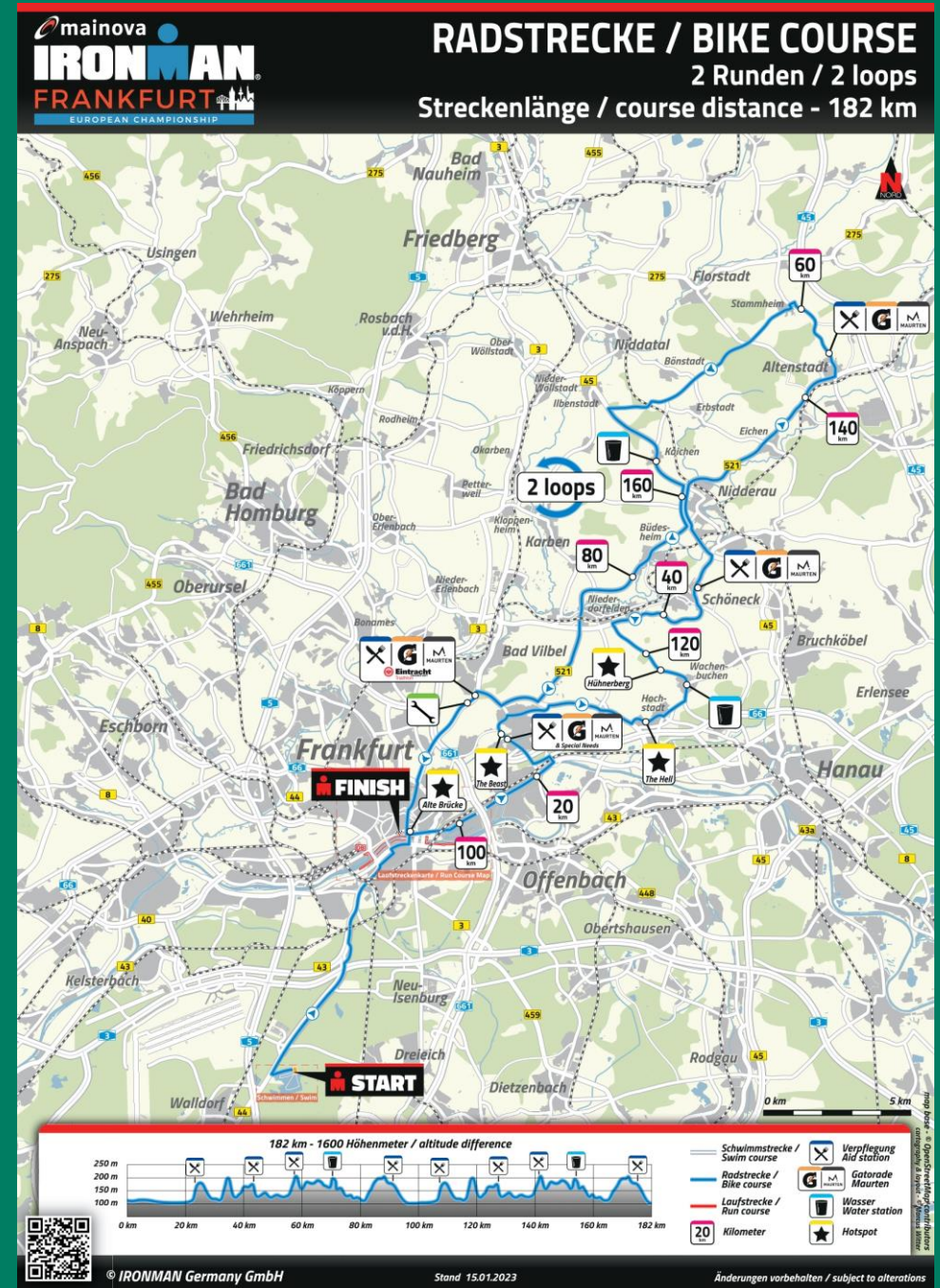
In case of problems with the bike on Saturday and Sunday in the transition area until shortly before the start, our partner Bike-Rite will be at your disposal, who will accompany you on the bike course afterwards. In addition, a bike service will be offered after "The Hell" and at VP4. (There will also be a service from ADAC at the Expo).

The stations are located at the following kilometer points:

- KM 30 Hochstadt " The Hell " (RadHaus)
- KM 90 Bad Vilbel after the aid station 4

PERSONAL NEEDS

The table with Personal Needs is located in front of Aid Station 1 (KM 22,5 and KM 106,5) in Bergen Enkheim. Bags handed in by age groups and professional athletes will be marked accordingly.



BIKE - RULES

Slipstream riding ban (Drafting)

The cycling is a single time trial with slipstream riding ban and without any personal escort.



Closing of the course

The bike course basically consists of two laps (approx. 84km each), starting with the first part from WZ 1 at the Langener Waldsee to the old bridge. The bike course is completely closed to other traffic. However, oncoming traffic or, in case of emergency, emergency vehicles are to be expected at any time.

Competition operation

Trained security personnel of the IRONMAN European Championship Frankfurt will set up locks for other road users at certain points along the competition course under police supervision. The competition will not be affected by the locks.

On the entire bike course there is a strict right-hand driving rule.

PENALTY BOX

The penalty boxes are clearly marked and distributed along the bike course and must be approached by the athlete himself/herself when a penalty is issued. There are three penalty boxes:

- KM 45.6 / 129.6 from Windecken B45, exit right Heldenbergen
- KM 75.5 / 159.5 from Kaichen B45, exit right Karben
- KM 97.4 / 181.4 at Kurt-Schumacher-Str.

ATTENTION:

When a penalty is given, the next penalty box must always be approached!

Participating in a triathlon requires training on the bike. To be optimally prepared, it is important that you arrive on race day healthy, fit and with the right equipment.

Below is a checklist to help you prepare for any challenge on two wheels.

1. IT STARTS WITH YOUR BIKE

Your seat and handlebars should be adjusted to the appropriate height and reach for you. Make sure all bolts are properly tightened so they don't come loose while riding, and that your brakes and gears are working properly. Keep your bike clean and the chain oiled. Use your front and rear lights when riding in low light conditions. Tires should be inflated to the recommended pressure.

2. LEARN THE BASICS

Practice getting on and off the pedals as well as starting, stopping, and emergency braking. If you are not familiar with shifting, practice this in a low-traffic area. Practice riding in a straight line and making turns (right, left, U-turns).

3. SPORTSWEAR

Always wear an approved helmet during practice and racing. The helmet should fit properly without moving on the head while riding. Wear clothing that is appropriate for the weather you will be exposed to while riding and that will help maintain your body temperature. Choose clothing that is visible in low light conditions.

4. BE PREPARED FOR THE RIDE

Carry an adequate amount of water and food and have the ability to purchase additional supplies if needed. Know how to use a tire repair kit and appropriate tools and be sure to carry them.

5. PLAN AHEAD

Always obey all traffic signals and signs. Ride in designated bike lanes, if available, and where there are normally other bikes to ensure that vehicles are aware of you. Choose a route that is appropriate for your physical condition.

6. INFORM OTHERS

In the event of an incident, someone should know where you are traveling. Always carry your ID card and emergency contact information. Carry a cell phone for emergencies.

7. BE AWARE

Don't use your cell phone while driving - pull off the road if you need to make a call or send a text. Don't take photos or selfies while driving. Pay attention to the road and drivers around you. Be able to see and hear what is going on around you.

8. OBEY THE LAW

Always stop at stop signs and traffic lights. Remember that bicyclists have the same responsibilities as motorists. Find out the traffic laws in your area, especially the rules about riding two abreast or single file. Be aware of where vehicles are around you and anticipate that drivers may not see bicyclists. When passing a parked car or another cyclist, make sure there is enough room to avoid contact.

9. COMMUNICATION

Give verbal signals and hand signals so others know if you are going to stop or turn. Make eye contact with motorists and other bicyclists. Watch for hazards on the road, such as potholes, debris, or water bottles. Communicate visually and verbally with the appropriate aid worker at the aid station from whom you are accepting aid.

10. SAFETY FIRST

Pull off to the side of the road as far as safely possible. There are situations where you will need to position yourself on the road in such a way that traffic cannot pass. This may be the case when you are turning or when it is not safe for vehicles to pass. Your hands should always be able to quickly access the brakes. If you take unnecessary risks, you may gain a few seconds while driving, but you risk your life.



EKOI

IRONMAN
GLOBAL SERIES

2023 OFFICIAL BICYCLE HELMET

EKOI.COM

FIND US AT EVERY IRONMAN EVENT OR ONLINE

VIPER TRISUIT,
A WORLD CHAMPION TRISUIT



Santini

WWW.SANTINICYCLING.COM

RUN

RUN COURSE

The running course is a circuit that must be completed four times. Entering the running course is reserved only for the athletes for reasons of fairness and safety.

For the visual lap control, the participant can receive a colored control tape in each lap. In this case, the instructions of the helpers must be followed. The lap bands are for self-control and are not obligatory! Nevertheless we recommend every participant to use the offer. The lap bands are available in the eastern area after the aid station 5 Mainwasenweg (approx. KM 8 / 18 / 28 / 38).

RULES

There is no penalty box on the running course. If an athlete receives a penalty card, he will be marked on the spot and must stop for one minute.

CUT-OFF TIME

The cut-off at 9:15pm is at the 'Eiserner Steg' (south side) KM 36,7, so eliminated athletes can go directly across the Main River to the finish line.

15h00: SWIM + T1 + BIKE + T2 + RUN
Final cut-off: 10pm

AID STATIONS ON THE RUN-COURSE

On the run course there are 6 aid stations and 1 water station per lap at the following locations:

Untermainbrücke (WS):	KM 0,4 / 10,8 / 21,2 / 31,6
Friedensbrücke:	KM 1,2 / 11,6 / 22 / 32,4
Mainufer Uni-Klinik:	KM 3,2 / 13,6 / 23 / 33,4
Holbeinsteg:	KM 4,4 / 15 / 26,4 / 36,8
Ignatz-Bubis-Brücke:	KM 6,2 / 16,6 / 27 / 37,4
Mainwasenweg:	KM 8,1 / 18,5 / 28,9 / 39,3
Flößerbrücke:	KM 9,9 / 20,3 / 30,7 / 41,1

PERSONAL NEEDS

KM 0,4 / 10,8 / 21,2 / 31,6

The Personal Needs area is located in front of the water station at the Untermainbrücke. Bags handed in by age groups and professional athletes will be deposited according to their bib number and are marked accordingly.

Disposing of trash of any kind outside of the designated areas will result in disqualification.

[GPX track >>> click here](#)

mainova IRONMAN FRANKFURT EUROPEAN CHAMPIONSHIP

LAUFSTRECKE / RUN COURSE
 4 Runden / 4 loops
 Streckenlänge / course distance - 42.2 km

OFFICIAL RUNNING SHOES
 HOKA | IRONMAN EUROPEAN SERIES

FINISH
 36,7 km - 21:15 Uhr

4 loops

42.2 km - 100 Höhenmeter / altitude difference

Legend:
 - Schwimmstrecke / Swim course
 - Radstrecke / Bike course
 - Laufstrecke / Run course
 - Kilometer
 - Verpflegung Aid station
 - Gatorade Maurten
 - Energy Station
 - Wasser Water station

© IRONMAN Germany GmbH
 Stand 15.01.2023
 Änderungen vorbehalten / subject to alterations

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.

Find exclusive offers for IRONMAN registered athletes on: maurten.com/ironman



ENTER RUNNING BLISS

CLIFTON 9

The perfect balance of soft and light,
for the ultimate smooth ride



HOKA FLY HUMAN FLY



FINISHLINE

FINISH LINE AREA

- It is forbidden to enter the finish channel or cross the finish line with escorts, this will result in disqualification.
- You will receive your well-deserved medal.
- After leaving the finish line area, you will find the Athletes Garden approx. 50m further on Paulsplatz (Paulskirche).

ATHLETES GARDEN

The Athletes Garden is the regeneration and functional area for athletes of the IRONMAN European Championship Frankfurt.

AREAS

- Medical area for regeneration and care
- Massage
- Changing room and Showers
- Hand Out Finisher Shirts/ Withe Bags
- Medal engraving service

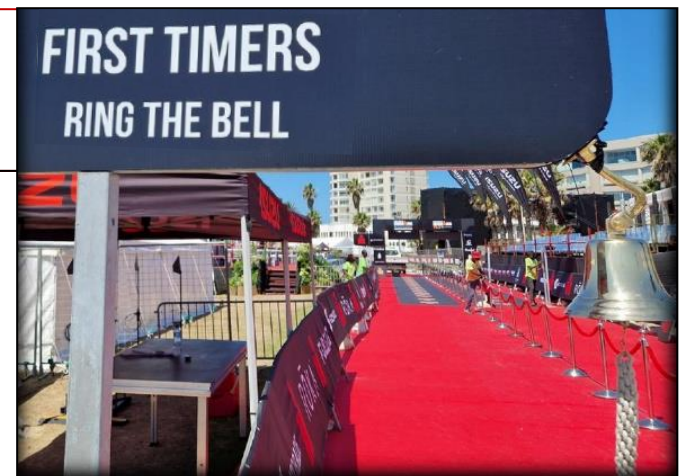
CATERING

- Water
- Gaterode Iso-Drink
- Red-Bull in cans
- Bananas, Apple und Oranges
- Pastries, cakes and salty snacks

**First IRONMAN?
Ring the bell!
Ring it loud!
Ring it with pride!**

The IRONMAN First Timers bell is located at the beginning of the finish straight about 50m before the finish. Ring it if it's your first IRONMAN ever!

**FIRST TIMERS
RING THE BELL**



CHECK-OUT

BIKE CHECK-OUT TRANSITION 2

OPENING TIME	DESCRIPTION	LOCATION
5:30pm – 11pm	Bike Check-out	Transition 2 am Mainkai

Bikes that have not been picked up by 23:00 will not be supervised from that time on.

The bike will be issued only in exchange for the timing chip and after showing the athlete wristband and race number.

In case of loss of the chip, the identity card or passport must be shown. In case of emergency, the bike handover can also be done to persons who legitimize themselves with the timing chip, athlete tape and the start number of the representing athlete as well as their own identity card.

The **blue** and **red bags** must also be collected from the transition area at the times indicated above. It is also mandatory to bring the start number, the athlete's band as well as the timing chip (or legitimation with identity card/passport in case of loss of the chip).

No claims for damages or reports of loss can be made after leaving the bike hand-out area.



© Ingo Kutsche for IRONMAN

FURTHER INFORMATION

MEDICAL

The entire event will be accompanied by the medical service of the German Red Cross. After crossing the finish line, the athletes will be received by helpers of the team in the finish area. Our medical staff will check the well-being of all participants before they are directed to the post finish area/Athletes Garden. The instructions of the medical staff must be followed! The medical team asks (especially in warm weather) all athletes to drink a lot and regularly (mineral water and especially isotonic drinks). This also applies after the finish.

Sufficient insurance coverage in case of illness and accident is the personal responsibility of the participants and must be confirmed in the registration, as a possible hospital stay will be billed through the personal health insurance.

ANTI DOPING

For professionals, the IRONMAN Pro Membership rules apply. If age group athletes are drawn for doping control and take medication permanently or due to illness before the race, they have to carry a medical certificate with them. Subsequent submission is not possible (storage in a white bag is recommended).

AWARD CEREMONY AND RESULTS

AWARD CEREMONY – Monday 03rd JULY

TIME	DESCRIPTION	LOCATION
12pm – 2pm	Award Ceremony	Eissporthalle Frankfurt, Ratsweg

AWARDS

Athletes can pick up their respective award at the award ceremony. You also have the possibility to take a winner's photo there. Trophies and prizes will only be handed out personally. Trophies and prizes not collected will be forfeited.

RESULTS

A result list is continuously available online, at the latest from the end of the race. For the determination of the race results, the so-called arbitration court in the sense of this event will meet the day after the race between **8:45am and 9:15am**. The place of the meeting is the place of the award ceremony.

An appeal against possible penalties, disqualifications or false scores can only be made on Monday morning before the award ceremony. After that the results are binding and incontestable.

The arbitration panel is composed as follows:

Race Director of the event or a representative designated by him/her. Head Referee of the event or a representative appointed by him/her A person qualified to be a judge.

The Court of Arbitration shall determine the results of the competition, subject to any doping findings yet to be made.

SLOT ALLOCATION

SLOT ALLOCATION – Monday 03rd JULY

TIME	DESCRIPTION	LOCATION
12pm – 2pm	Slot Allocation VinFast IRONMAN World Championships Nizza & Hawaii 2023	Eissporthalle Frankfurt, Ratsweg

SLOT ALLOCATION

The Mainova IRONMAN European Championship Frankfurt 2023 awards qualification slots for the VinFast IRONMAN World Championship 2023 in Nice, France and the VinFast IRONMAN World Championship 2023 in Kailua-Kona, Hawaii:

- 200 qualifying slots for male age group athletes (Nice).
- 50 qualification slots for female age group athletes (Hawaii)

The qualification achieved at the Mainova IRONMAN European Championship Frankfurt 2023 is exclusively valid for the respective IRONMAN World Championship in Nice on September 10, 2023 or in Hawaii on October 14, 2023.

REGELN

Athletes who wish to claim their qualifying slot must be present in person.

All athletes wishing to accept a slot must check in at the entrance to the area. Only athletes marked as "Present" in the system will be considered for a slot. Athletes who are not marked as "Present" in the system will not be called during the slot allocation and cannot accept a slot. A subsequent check-in during already running slot allocation is not possible. Since not all participants will claim the qualification slot they have reached, they will be moved up according to a special allocation key of the WTC until the last qualification slot has been allocated. The organizer explicitly reserves the final decision regarding the allocation of qualification places.

Participants must identify themselves with a valid identity card. Payment can only be made by credit card and must be made immediately upon acceptance of the slot. Cash and check payments are not possible.

Entry fee HAWAII: 1400,00 US\$ + ACTIVE fee + Hawai'i GE tax (only for AG female)
Entry fee NICE: 1400,00 US\$ + ACTIVE fee (only for AG men) .

The allocation of slots for the IRONMAN World Championships in Nice and Hawaii will be calculated at the IRONMAN European Championship Frankfurt 2023 based on the actual starters* on race day. The exact number of slots per age group can therefore only be announced on race day. After the swim start, the overview of the slots per age group will be determined and posted at the Info-Point and in the athletes' garden.

ATTENTION: Please make sure that you meet all visa and entry requirements for the IRONMAN World Championships in Nice and Hawaii 2023. It is your responsibility to ensure that you are able to present all the correct documents to enter before accepting your slot.

SLOT ALLOCATION

HOW DOES THE ALLOCATION OF AGE CLASS PLACES WORK?

- The term "age group" refers to a grouping of athletes based on their gender and age.
- For example, "Male 25-29" is one age group and "Female 25-29" is another. Your age group is determined by your age on December 31 of the year in which the event is held.
- For example, if you are male and will turn 25 in 2023, your age group category for any race in 2023 will be M25-29.

THE SLOT ALLOCATION PROCESS:

The following slot allocation procedure will be conducted separately for each gender:

BEFORE THE RACEDAY

- Each age group with registered athletes will be provisionally assigned one slot (an "initially assigned slot").
- All other slots available for the race (the "proportionally allocated slots") will be allocated only on race day.

ON RACEDAY

- If there are no starters in an age group, the slot originally allocated to that age group will be cancelled and merged with the proportionally allocated slots.
- The proportionally allocated slots are then distributed to 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 gender, i.e. the more athletes in an age group, the more slot allocations that age group will receive.

AFTER THE RACE

Before the move-up procedure:

If there are no finishers in an age group that had one or more starters, the originally assigned slot for that age group within the same gender will be reassigned to the age group with the highest ratio of starters to slots.

During the move-up procedure:

If a slot assigned to an age group is not claimed (after the move-up procedure for that age group is completed), that unclaimed slot within the same gender will be assigned to the age group with the highest ratio of starters to slots.

FURTHER INFORMATION

Only age group athletes are eligible to receive qualifying spots for age group world championships.

- Athletes who have a current professional or elite status with a national triathlon federation that is a member of the WTC or who have competed as elite athletes in international competitions during the calendar year are not eligible for age group starting positions.
- Participants must not have professional or elite athlete status at the time of the event or at the time of the World Championships for which they have qualified.
- Any change in an Athlete's status prior to participation in an Event or a Qualifying World Championship must be immediately reported to WTC.
- If the athlete fails to make this notification, he/she will be disqualified from the event and may be subject to sanctions by WTC.

ALWAYS ADVANCING — MORE THAN JUST MEDALS —
YOUR SOURCE FOR AWARDS, APPAREL & PROMOTIONAL PRODUCTS

The image displays a collection of medals and promotional items. From left to right: a silver medal with a red ribbon, a silver medal with a green ribbon, a silver medal with a yellow ribbon, a silver medal with a blue ribbon, and a silver medal with a red ribbon. The medals feature various designs, including the Ironman logo, the text "NO MOUNTAIN HIGH ENOUGH", and the text "IRONMAN IRELAND CORK". The Ironman logo is prominently displayed in the center. Below the medals, the text "IRONMAN GLOBAL SERIES" and "2023 OFFICIAL MEDAL SUPPLIER" is visible. At the bottom, the text "The Official Medal Supplier of IRONMAN and the Rock 'n' Roll Running Series" and the website "www.AlwaysAdvancing.net | info@alwaysadvancing.net" are displayed.

The Official Medal Supplier of IRONMAN and the Rock 'n' Roll Running Series
www.AlwaysAdvancing.net | info@alwaysadvancing.net



DISCOVER THE
BREITLING ENDURANCE
PRO IRONMAN
COLLECTION.



Visit: www.ironmanstore.com



IRONMAN COMPETITION RULES

Uli Zierl
IRONMAN FRANKFURT
Head Referee

Here you will find a summary of the most common rule violations and sanctions - this list is not an "all-inclusive list" of all rule violations and sanctions. It is the responsibility of each athlete to know and understand the competition rules (including any additional rules specific to the event).

BLUE CARD

1. blue card: five-minute-timepenalty
2. blue card: 2x five-minute-timepenalty
3. blue card: DSQ

Penalty is served in a penalty tent on the bike course

YELLOW CARD

Yellow cards will result in a one minute time penalty:

- This will be served on the bike course in the penalty box.
- During the rest of the race as a "stop and go" penalty on the spot

RED CARD

- Disqualification: DSQ (athletes can finish the race, but are no longer in the classification).
- If a rule violation, which was punished with a yellow card, is not corrected, a red card may follow.

**Three penalty cards
- regardless of their color –
will result in disqualification.**

GENERAL RULE VIOLATIONS	CARD	CARD	CARD
Blocking and interfering with other athletes.	Yellow		Red
Outside help (other than referees, officials, or other participants).			Red
Waste disposal only in and immediately after the food service area. Waste disposal outside the designated containers / areas.			Red
Public nudity or inappropriate exposure.			Red
Public urination in the transition area or on the bike and run course.			Red
Cycling or running without a T-shirt or sports top (DSQ if not fixed).	Yellow		Red
Unsportsmanlike conduct (possible exclusion from IRONMAN events).			Red
Support of another athlete, which prevents you from continuing the race yourself.			2x Red
Leaving the competition course (if not returning to the same place).			Red
Self-catering/personal needs may not be provided by caregivers and will be punished with a disqualification as "unauthorized acceptance of outside help" in case of violation.			Red
Use of communication devices (cell phones, smart watches, etc.) during the race that creates a distraction from the race will result in disqualification. This includes talking on the phone, sending messages, playing music, using social media, taking pictures, etc. - anything that interferes with the athlete's attention in any way.			Red

RULE VIOLATIONS IN TRANSITION	CARD	CARD	CARD
Blocking and interfering with other participants.	Yellow		Red
Stealing another athlete's equipment.	Yellow		Red
Cycling in the transition area (before Mount Line or after Dismount Line).	Yellow		
Swimsuit below the waist before reaching the change tent.	Yellow		
Moving on the bike.			Red
The bicycle helmet can either be placed on the bicycle or packed in the blue changing bag. If it is in the changing bag, the helmet must be put on and the chin strap closed before leaving the changing tent. After cycling, the bicycle helmet must be packed in the red changing bag and may only be opened after entering the changing tent. In case of violation, the athlete will receive a yellow card.	Yellow		

IRONMAN COMPETITION RULES

RULE VIOLATIONS SWIM	CARD	CARD	CARD
Start before the start signal (only relevant for professional athletes).	Yellow	White	Red
Wearing the race number under the swimsuit.	Yellow	White	Red
RULE VIOLATIONS BIKE	CARD	CARD	CARD
Blocking and interfering with other athletes.	Yellow	White	Red
Continuing the competition without a bike.	Yellow	White	Red
Do not approach the next penalty box.	White	White	Red
Cycling without helmet.	Yellow	White	Red
Overtake on the right.	White	White	Red
Slipstreaming; overtaken athlete stays in the slipstream zone for more than 25 seconds.	White	Blue	White
Overtaken athlete may overtake again only after leaving the slipstream zone.	White	Blue	White
Overtaking process takes longer than 25 seconds.	White	Blue	White
RULE VIOLATIONS RUN	CARD	CARD	CARD
Accompaniment of athletes by attendants, friends, etc. (for professional athletes = disqualification).	Yellow	White	Red
Receiving beverages/food outside of food service areas..	White	White	Red
Crossing the finish line with a companion who is not participating in the race.	White	White	Red

- A rule violation during the swim will be penalized in the transition area.
- A rule violation in the transition area and on the run course will be punished directly and must be served directly.
- All penalties on the bike course must be served in the respective penalty boxes.
- Disc brakes are allowed in all IRONMAN and IRONMAN 70.3 races worldwide.

Please note that the rules may change slightly for different events. You will be informed about the valid rules in the race briefing.

For the Mainova IRONMAN European Championship Frankfurt 2023 applies:

In case of an accident involving an athlete, the athlete is legally obliged to wait at the accident site until the accident has been logged by an official or the police. Failure to do so is an unauthorized removal from the scene of the accident, which will be prosecuted by the police.

In addition, it is not allowed to pollute the race track or roadway. Pollution also includes any kind of painting and lettering. Violation will also result in a police investigation.

Triathlon is an individual event and it is your responsibility to fully understand the rules and avoid penalties. The referee's decision is final for POSITION violations and there will be no protests or appeals.

Please treat other athletes, all volunteers and referees with courtesy and consideration. Failure to do so is UNSPORTAL CONDUCT and may result in disqualification.

An overview of the regulations that apply to all IRONMAN events can be found here:

[IRONMAN Frankfurt 2023 General Competition Rules](#)

GOOD TO KNOW

LOST AND FOUND

Lost and found items will be collected and brought to the Infopoint at the Mainkai during the race week, where you can pick them up during opening hours.

After the race, lost and found items will be taken to the award ceremony (at the ice rink) and you can pick them up there on July 03rd from 8:45am-2pm.

If you have not found or picked up your lost property on site, you can contact us via mail. Then we will see if we can find it later. If you wish, we will send you your lost and found items for a fee.

The organizer assumes no liability and responsibility for lost items on the course, transition area and event site.

SAFETY AND SECURITY

If you are involved in an accident:

Athlete - Spectator:

The police must be informed immediately! Until the arrival of the police, all parties involved in the accident must remain on site!

Athlete - Athlete:

Communicate with each other if all involved can resume the race. If not, all athletes must wait until the police arrive on the scene.

Important: If an athlete has to end the race prematurely, it is mandatory to inform a referee or official or to report to the transition area.

INFOPOINT

During the event days, the following two Infopoints will be available as contact points for assistance of any kind:

- **Infopoint** Mainkai at the Sportexpo:
Thursday – Sunday each 10am – 6pm
On Sunday the Infopoint is located near the Athletes' Garden on Bethmannstraße
- **Infopoint** Langener Waldsee (next to the exit of the transition area):
Saturday 2pm – 7pm und Sunday 5am – 10am

HOW TO FOLLOW THE RACE

GOING TO THE EVENT

IRONMAN Frankfurt is a big celebration that will bring thousands of athletes together in a multicultural city. We invite you to cheer on the athletes at the start at Langener Waldsee and at the finish at Römerplatz, but also along the entire swim, bike and run course and experience the IRONMAN atmosphere.

IRONMAN.COM

On the IRONMAN.com website you will find all the important information about the race as well as a link where you can check the LIVE ranking of the race, the position of your favorite athletes and other options.

Download the App
>> click here <<

IRONMAN TRACKER APP (IOS AND ANDROID)

IRONMAN Frankfurt gives you real-time information and live results via the IRONMAN Tracker app.

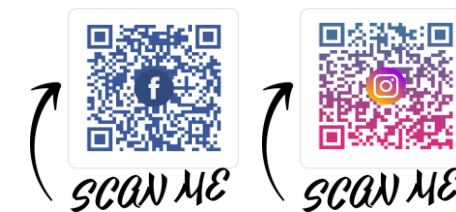
Features include live participant tracking, instant notifications, leaderboards, map tracking, event notifications, event information and more!

- **Live Web Tracker:** View times and current pace within seconds of a participant passing each checkpoint. Estimated times are displayed based on current pace.
- **Live Leaderboard:** See who is winning via the live leaderboard. The top runners in each category are displayed in real time as they lead the way.
- **Live map tracking:** Participants' positions are plotted on the interactive course map as they progress along the course. The position of each participant is estimated based on the last timing of the bib number.

FACEBOOK/INSTAGRAM

Please follow us on our social media channels:

- **Facebook** – IRONMAN Germany
- **Instagram** – ironman_germany



The IRONKIDS Frankfurt powered by Mainova is a very special running event, because where our professionals will finish a few hours later, the youngest can work off their energy.

Date: Saturday 01st July 2023

Starting time: from 10am in different starting groups

Location: Römerberg, Frankfurt am Main

REGISTRATION

The registration fee is 3 EUR excl. 9% ACTIVE fee (until June 30, 2023, 12:00 o'clock).

IRONKIDS REGISTRATION
>>click here<<

Registration includes race number, medal for all participants and drinks & fruit in the finish area

START DOCUMENTS PICKUP & LATE REGISTRATION:

Date: Saturday 01st July 2023: from 8:30am – 9:30am (pick-up & late registrations)

Location: Römerberg, Frankfurt am Main

The starting documents can be picked up by the parents/guardians with the e-mail confirmation.

Late registrations are possible to a limited extent on site, for 5 EUR excl. 9% ACTIVE fee **(only with card payment)**.

AGE GROUP AND DISTANCES

Each child decides for themselves which distance they want to complete. As organizers, we only make a recommendation.

Agegroup	Distance	Start
2021 – 2020	100m	10:00am
2019 – 2017	500m	~10:15am
2016 – 2014	1000m	~10:30am
2013 – 2012	1.500m	~10:50am
2011 – 2010	2.000m	~11:10am

COURSE-MAP
>>click here<<

FINISH AND EXIT

When the children have crossed the finish line, each child will receive their IRONKIDS medal.

Parents/guardians must be present at the exit to pick up their child. Please be patient and do not push or yell while waiting to receive your child back. The process may take some time, but it's essential for the children's well-being. We thank you for your patience and understanding.

NEW: LIABILITY RELEASE

→ must be electronically approved by a parent or guardian at the time of registration. This applies to both online registration and late registration on site.





If the day runs you, run the night

Under this motto we would like to invite all recreational and hobby runners to our IRONMAN NightRun presented by Helaba. Together with you we would like to spend a relaxed sporty evening with friends and colleagues. The IRONMAN NightRun presented by Helaba is a relay race for teams consisting of three persons. The course leads in a 5km circuit in front of the backdrop of the Frankfurt skyline along the river Main.

Schedule: Thursday, 29th June 2023 at 7pm

Start & Registration: Mainkai, Frankfurt am Main

Course: 3 Laps of 5km each in a relay team

Minimum age: 14 Years

COURSE - MAP
>>click here<<

REGISTRATION

The registration fee is 33 EUR + 9% ACTIVE (until June 27, 2023, 11:59pm).

NIGHTRUN REGISTRATION

>>click here<<

LATE-REGISTRATION

If you miss the deadline of the online registration, a late registration of the missing relay members or a completely new relay is possible with the help of an electronic late registration form limited on site (29.06.23, 1pm – 6:30pm) - **only card payment possible!**

→ Each participant receives a NightRun functional shirt

NEW: LIABILITY RELEASE

It is already not possible since 2019 for one team member to register the complete team or even multiple teams. Each participant must register in person via our registration platform Active.com - online registration closes at midnight on Tuesday, June 27, 2023. In addition, the liability release form must be signed electronically by a parent or guardian. This applies to both online registration and on-site late registrations.



29.06.23



SPORTOGRAF

SPORTOGRAF

Sportograf is proud to be the official photo service for the athletes of the Mainova IRONMAN Frankfurt European Championships 2023.

We provide you with our "photo flat" which includes all your great personal content from various top locations along the course, as well as beautiful photos of the views and race day in general.

Order your race photos here: www.sportograf.com Your personal race photos will be available 24 - 48 hours after the race at sportograf.com.

Good luck with your race

HELP US TAKE YOUR BEST PHOTOS:

- Please make sure you wear your race number clearly visible in front of your HELMET so we can take more photos of you.
- 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 the clock stopping, because the timing company will ensure an accurate record of your performance.

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



F O T O
S P O R T O G R A F . C O M
F L A T

IRONMAN[®] TRICLUB



JOIN THE PROGRAM

WWW.IRONMAN.COM/TRICLUBS

[@IRONMANTRICLUB](https://www.instagram.com/IRONMANTRICLUB)

A ATHLETIC
BREWING CO[®]

IRONMAN[®]
GLOBAL SERIES

2023 OFFICIAL ALCOHOL-FREE BEER PARTNER

BEER, FIT FOR ALL TIMES

AWARD-WINNING • GREAT TASTE • ALCOHOL-FREE (<0.5% ABV)



UK.ATHLETICBREWING.COM | [@ATHLETICBREWINGEU](https://www.instagram.com/ATHLETICBREWINGEU)

HAVE A GREAT RACE

