

23  
OCT 2022

# SWIM BIKE RUN

**IRONMAN**  
**70.3** SARDEGNA  
ITALY

# ATHLETE GUIDE

[www.ironman.com/im703-sardegna](http://www.ironman.com/im703-sardegna)

ACTIVE

BREITLING  
1884

VINFAST

GATORADE

HOKA  
PLY HUMAN PLY

RÖKA



EKOI

FULGAZ

HAWAII

MAURTEN

QATAR  
AIRWAYS

Santini

wahoo

ForteVillage  
SARDEGNA

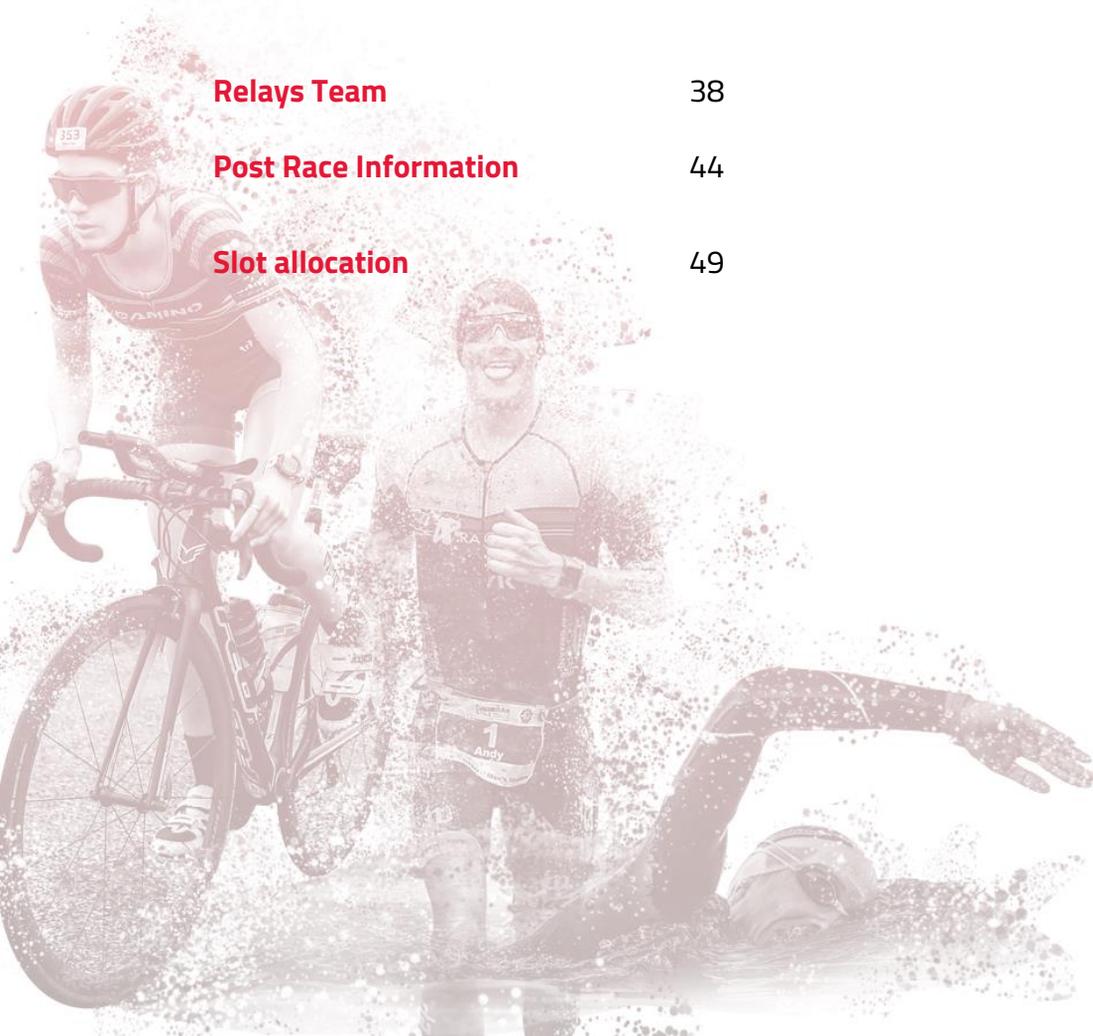
SARDEGNA Turismo

SANBENEDETTO



# TABLE OF CONTENTS

<b>Welcome Message</b>	3
<b>Event Schedule</b>	6
<b>Top 5 things to see</b>	8
<b>Race Venue</b>	9
<b>Pre-race Information</b>	11
<b>Swim</b>	26
<b>Bike</b>	30
<b>Run</b>	35
<b>Relays Team</b>	38
<b>Post Race Information</b>	44
<b>Slot allocation</b>	49



# WELCOME

TO THE IRONMAN® 70.3 ITALY Sardegna



Welcome to one of the most suggestive 70.3 course of IRONMAN.

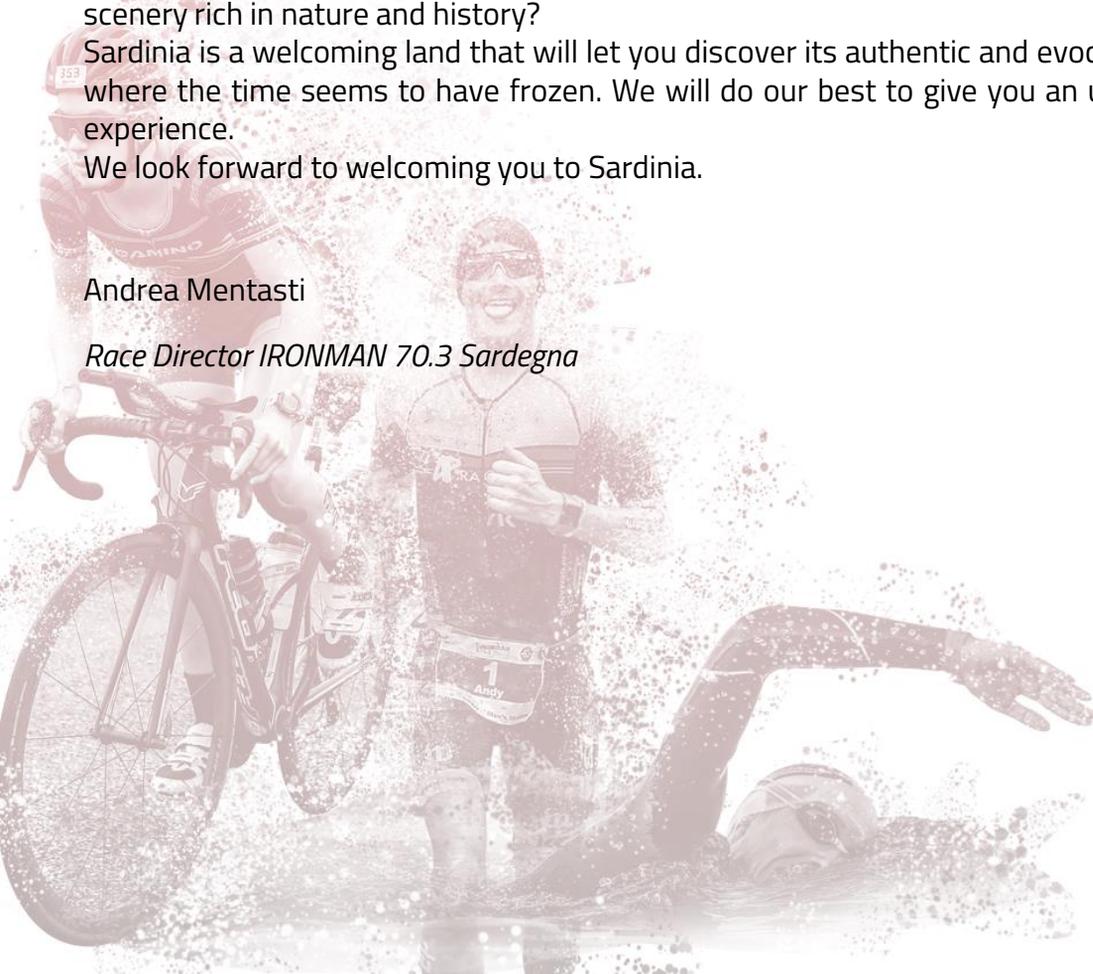
An event that has its heart inside the Forte Village Resort, to make all the pre-race operations easy. Can you imagine a place where the climate still offers the warmth of a summer weekend, swimming 1.9km in crystal-clear waters and pedalling 90km along a technical route that tests your skills but at the same time offers you breath taking scenery rich in nature and history?

Sardinia is a welcoming land that will let you discover its authentic and evocative villages where the time seems to have frozen. We will do our best to give you an unforgettable experience.

We look forward to welcoming you to Sardinia.

Andrea Mentasti

*Race Director IRONMAN 70.3 Sardegna*





VINFAST

# VINFAST IS PROUD TO BE AN EXCLUSIVE PARTNER OF IRONMAN

Breaking boundaries together



Reserve your 100% electric VinFast SUV now:  
[www.vinfastauto.eu](http://www.vinfastauto.eu)

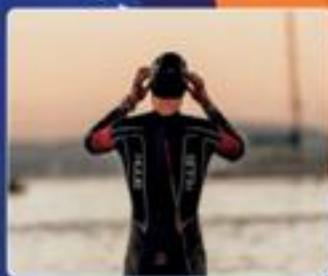
**NIRVANA**

**IRONMAN**  
EUROPEAN SERIES

2022 OFFICIAL TRAVEL PARTNER

## Helping athletes reach their finish line for over 15 years

Take the stress out of all your event accommodation and travel arrangements so you can savour that finish line moment



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



## *Discover our Collection*

Discover our exclusive collection: Forte Village, our luxury resort nestled among 50 hectares of beautiful gardens along on the shores of the soft whitest sand beach imaginable; Palazzo Fiuggi, Italy's most iconic and historical hotel now open as the world's leading wellness and medical retreat and Palazzo Doglio in Cagliari, the first example of high-end hospitality in the stunning capital city of Sardinia



**ForteVillage**  
SARDINIA

  
**PALAZZO FIUGGI**  
WELLNESS MEDICAL RETREAT

  
**PALAZZO DOGLIO**  
CAGLIARI

# EVENT SCHEDULE

## IRONMAN 70.3 Sardegna

### THURSDAY 20<sup>TH</sup> OCTOBER

TIME	EVENT	PLACE
14.00 - 18.00	Registration & Race kit pick-up IRONMAN 70.3 Sardegna	<a href="#">IRONMAN Forte Village Arena</a>
14.00 - 18.00	IRONMAN Merchandise Store & Expo Area	

### FRIDAY 21<sup>ST</sup> OCTOBER

9.00 - 18.00	Registration & Race kit pick-up IRONMAN 70.3 Sardegna	IRONMAN Forte Village Arena
9.00 - 18.00	IRONMAN Merchandise Store & Expo Area	

### SATURDAY 22<sup>ND</sup> OCTOBER

9.00 - 14.00	Registration & Race kit pick-up IRONMAN 70.3 Sardegna	IRONMAN Forte Village - Arena
9.00 - 18.00	IRONMAN Merchandise Store & Expo Area	IRONMAN Forte Village
12.00 - 18.00	Bike Check-in + Blue Bag drop off	T1 (close to the beach)
	Red Bag drop off	T2 (close to leisure land)

### SUNDAY 23<sup>RD</sup> OCTOBER

7.00-8.30	White bag drop off at the swim start	IRONMAN Forte Village- Beach
7.00 - 8.30	Transition Area open - last check - Bike Service available	IRONMAN Forte Village
9.00	Start IRONMAN 70.3 Sardegna Rolling start	IRONMAN Forte Village-Beach
9.00-17.00	Expo Area & IRONMAN Merchandise Store	IRONMAN Forte Village
12.50-18.00	Athlete's Garden	Forte Village - Forte Arena
15.30-18.30	Bike Check-out	Forte Village - Leisure Land
18.30	Award Ceremony & Slot Allocation IRONMAN 70.3 Sardegna	IRONMAN Forte Village Arena



# CELEBRATE YOUR FINISH WITH THE ULTIMATE MEMENTO

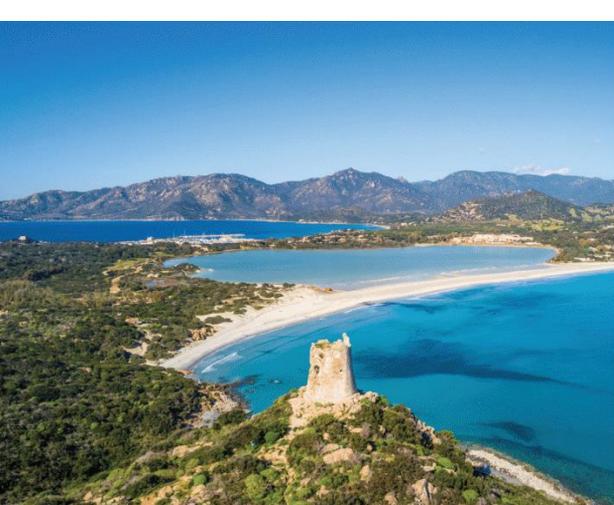
Discover the new  
special edition Breitling  
Endurance Pro Watch  
for IRONMAN Finishers



 BREITLING

 IRONMAN

Available online at [www.ironmanstore.com](http://www.ironmanstore.com)



REGIONE AUTÒNOMA DE SARDIGNA  
REGIONE AUTONOMA DELLA SARDEGNA

**SARDEGNA**  
www.sardegnaturismo.it

“La Sardegna è lieta di ospitare IRONMAN, un evento internazionale di grande prestigio. La nostra regione vanta valori unici di accoglienza e ospitalità, in piena sicurezza, e siamo orgogliosi di poterli offrire a tutti i triatleti in gara, alle famiglie e agli amici che li accompagnano. Siamo sempre di più una “terra di sport” e ringraziamo i grandi eventi per il loro supporto. L’IRONMAN 70.3 SARDEGNA si sposa perfettamente con la nostra politica di promozione del territorio, soprattutto nell’ottica di una vera destagionalizzazione turistica. Il nostro augurio e il nostro consiglio è che possiate approfittare di questo passaggio nella nostra isola, per scoprire anche luoghi meno frequentati, farvi incuriosire da aspetti diversi, per giungere all’essenza di una terra magica, circondata sì da un mare spettacolare ma ricchissima di storia, di tradizioni, di cultura, di natura e di un patrimonio archeologico unico al mondo”

***On. Giovanni Chessa – Assessore del Turismo dell’Artigianato e del Commercio della Regione Sardegna***

“Sardinia is pleased to host IRONMAN, a highly prestigious international event. Our region boasts unique values of welcome and hospitality, in complete safety, and we are proud to be able to offer them to all the triathletes in the competition, to the families and friends who accompany them. We are more and more a “land of sport” and we thank big events for their support. The IRONMAN 70.3 SARDINIA fits perfectly with our policy of promoting the area, especially with a view to real tourist seasonal adjustment. Our hope and our advice is that you can take advantage of this passage on our island, to discover less frequented places, to be intrigued by different aspects, to reach the essence of a magical land, surrounded by a spectacular sea but very rich in history, traditions, culture, nature and a unique archeological treasure”

***On. Giovanni Chessa - Councilor for Tourism, Craft and Commerce of Regione Sardegna***



# TOP 5 THINGS TO SEE

## IRONMAN 70.3 Sardegna

### PULA THE ARCHAEOLOGICAL PARK OF NORA

Pula is a 'treasure chest' of natural, archaeological, and cultural resources that has no equal on the island. Pula's summer nightlife, with events and aperitifs in the squares, is combined with excursions and sporting activities. For example, you can run along the tree-lined avenues leading to the archaeological park of Nora, where you will learn about the origins of Pula.



### TEULADA

Incomparable coastal beauty makes it one of the most attractive tourist resorts in Sulcis, at the south-western tip of Sardinia. Incomparable coastal beauty makes it one of the most attractive tourist resorts in Sulcis, at the south-western tip of Sardinia. The greatest Sardinian artists of the 20th century were inspired by its landscapes and customs. Set on a valley floor, enclosed by uncontaminated hills, Teulada is a town of three thousand five hundred inhabitants in the lower Sulcis area, famous for its coastal scenery of incomparable beauty, where sheer cliffs alternate with coves of light, soft sand.



### SANT'ANNA ARRESI

It has become a famous and popular tourist destination thanks to Porto Pino, a Mediterranean 'pearl' of dazzling beauty and an ecosystem in harmony between placid lagoons, lush greenery, fine white sand dunes and a clear turquoise sea. Sant'Anna Arresi is a pretty town of almost three thousand inhabitants in the lower Sulcis area, with a thousand natural, cultural, and gastronomic attractions. It is a splendid tourist destination with pink coves and long beaches of fine white sand that plunge into the turquoise sea, and with traditions, culture, and archaeology.



### CAGLIARI

The regional capital of Sardinia reflects the Mediterranean atmosphere and offers everything you want from a holiday: history and art, sea and parks, comfort, and good food. Glimpses of historic neighbourhoods with sea views, shopping streets and panoramic terraces, including the inimitable bastion of Santa Croce. In the four historic districts, you will discover millennia of history from prehistoric times to the rule of the House of Savoy. At the end of the cultural tour, you can enjoy the many natural attractions: the Cagliari lagoon, the Molentargius-Saline Park, to be explored by mountain bike while watching the flight of pink flamingos, and the sea. Take a dip at Poetto, the city's soft sandy beach, which is eight kilometres long and lined with a pedestrian and cycle path. It is also splendid at night when it reveals its glamorous side.



### FOOD TIPS

The simple recipes and strong flavours of typical Sardinian cuisine. The typical Sardinian dishes are based on simple ingredients and strong flavours. Among the first courses, fregula with clams and malloreddus alla campidanese should be served with fresh white wine and a strong red wine respectively. The king of main courses throughout the island is the tasty roast suckling pig, a typical Sardinian speciality, slowly barbecued and scented with myrtle branches on which it is placed after cooking. Among the seafood main courses, in addition to the local roast fish, another traditional dish is the burrida, made with sea dogfish marinated in vinegar.



# RACE VENUE



## **IRONMAN 70.3 Sardegna- Merchandise Store**

At the IRONMAN Merchandise Store located on Ironman Forte Village it will be possible to find all the official merchandising of IRONMAN 70.3 Sardegna.

Opening hours: Thursday 20th October 14.00-18.00; Friday 21st and Saturday 22nd 9.00-18.00; Sunday 23rd October 9.00-17.00.

## **IRONMAN 70.3 Sardegna Expo**

The IRONMAN 70.3 Sardegna, Exhibition Area will take place at Ironman Forte Village.

Opening hours: Thursday 20th October 14.00-18.00; Friday 21st and Saturday 22nd 9.00-18.00; Sunday 23rd October 9.00-17.00.

## **Lost & found**

Any items that may be lost and found by the IRONMAN staff will be deposited and left available for recovery by the athletes at the Info Point in the Forte Village resort.

Opening hours: Thursday 20th October 14.00-18.00; Friday 21st and Saturday 22nd 9.00-18.00; Sunday 23rd October 9.00-17.00.

## **Bike Service**

A service area will be set up near the Transition Area, where technical assistance and inner tube inflation service will be provided before the race

Inside the expo area a bike service will be available for a fee.

Inside the Transition Area pumps will be available for the athletes. It is possible to use your own pump, but it must not be left next to the bike or placed inside the bags. The organizer is not responsible in case of loss. An assistance service will also be available along the route.



# PRE-RACE INFORMATION

## Athlete check-in and race kit pick-up

### WHEN

- Thursday, October 20<sup>th</sup> from 2pm to 6pm
- Friday, October 21<sup>st</sup>, from 9am to 6pm
- Saturday October 22<sup>nd</sup>, from 9am to 2pm

### WHERE

[IRONMAN Forte Village](#)

## What will you need?

To collect the racepack you have to bring with you:

- A valid photo ID
- Confirmation of registration with QR code (received by email)



**Due to responsibility reasons, you will not be allowed to collect someone else's race pack**

During the race athletes must wear all official items received at pack pickup. Items include: the official swim cap, wristband, bike stickers, bib and timing chip (you will receive it in the Transition Area).

Otherwise, the athlete will be disqualified.

## YOU WILL RECEIVE

- **Athlete wristband:** this band will identify you as an official athlete and must be worn during race weekend. The wristband allows you access to transition and Athlete Garden. It shall be worn for the bike check-out and the Awards Ceremony / slot allocation as well.



- **Race bib:** it is allowed to use your own race number belt. Please fill in the emergency contact details on the back of your race bib before bike check-in.



- **Swim cap:** Athletes have to wear the swim cap provided by the organizer.

- **Race number stickers:** 1 sticker needs to be placed on the front of the bike helmet; 1 long sticker needs to be placed on the rear brake cable, gear cable or the seat-post; 3 stickers for the blue, red and white transition bags (bags cannot be personalized).



- **3 transition bags** (blue, red, white)



# LICENSE AND MEDICAL CERTIFICATE

Please read the following information to clarify the requirements in terms of triathlon license and medical certificate for our IRONMAN races in Italy.

When you registered to the event, you received an email from Dokeop with a link that invited you to complete a questionnaire to determine your situation.

**This questionnaire is mandatory for all participants.**

Your situation depends on the answer:

## Situation #1

I have an annual triathlon license issued by the Italian Triathlon Federation.

- No document is awaited on Dokeop.
- The FITRI license has to be shown on-site in order to be checked by the Italian Federation.

## Situation #2

I have an annual triathlon competition license issued by a federation affiliated to the European Triathlon.

- The copy of the license must be uploaded on Dokeop

## Situation #3

I have an annual triathlon license from another country

- The copy of the license must be uploaded on Dokeop
- A medical certificate of no contraindication to the practice of triathlon in competition dating less than one year before the race must be uploaded on Dokeop.

## Situation #4

I do not have a triathlon license and I am an Italian resident

- No document is awaited on Dokeop.
- A FITRI day license has to be purchased on site at the bibs collection (cost: 30 euros; payment has to be done with credit card)
- A medical certificate issued by an authorized Italian sports medicine center will be required in order to be checked by the Italian Triathlon Federation onsite.

## Situation #5

I do not have a triathlon license and I am NOT an Italian resident

- A USAT (USA Triathlon) license has to be purchased on the USAT website (<https://member.usatriathlon.org/login>) and the copy of the license must be uploaded on Dokeop
- A medical certificate of no contraindication to the practice of triathlon in competition dating less than one year before the race must be uploaded on Dokeop.

NB : **Click here** to use our medical certificate generator to make sure to have the right document.

If you have doubts about the process, please visit [DOKEOP's help center](#).



**DOKEOP**





**IRONMAN.**  
EUROPEAN SERIES

**OFFICIAL BIKE RENTAL PARTNER**

[www.francebikerentals.com](http://www.francebikerentals.com)



# PRO RACING SOCKS V4.0



VENTILATION



PROTECTION



SUPPORT



**UNLOCK  
YOUR FULL  
POTENTIAL**

\*LIBÈRE TOUT TON POTENTIEL





# 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**

# TRANSITION BAGS

## What is each bag for?

You will receive three bags at registration during the race pack pick-up: a blue, red and white bag in which to put your kit. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them.

### BLUE BAG (BIKE)

Contains the kit you need for the bike discipline, including your helmet and race number on a race belt.

After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

### RED BAG (RUN)

Contains the kit you need for the run discipline.

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.

### WHITE BAG (STREET WEAR)

This is your after-race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race. This is delivered to the Athlete Garden on Saturday morning between 7:00am and 8:30am.

## IMPORTANT:

- You will have access to your blue and red bags in the Transition Area before the start of the race on Sunday. You cannot access the blue and red bags after 8:30 a.m. on October 23<sup>rd</sup>.
- You cannot mark these bags except with your bib number sticker. Any marking will be removed by referees and may result in a penalty.
- You cannot leave bike pumps in any of the bags. There will be mechanics on site in case you need their assistance.



# BIKE CHECK-IN

SATURDAY, OCTOBER 22<sup>ND</sup>  
FROM 12PM TO 6PM

## Bike check-in

Bike check-in must be done on Saturday, October 22nd, from 12 pm to 6 pm in the Transition Area (Forte Village).

### PLEASE NOTE:

Bike Check-In + Blue Bag T1 (Close to the beach)

Red Bag T2 (Close Leisure land Forte Village)

At bike check-in you must be equipped with:

- **Wristband.**
- **Bicycle** (sticker with the race number on the brake cable, on the shifting cable or on the seat tube).
- **Bike helmet** (sticker with the race number placed on the front of the helmet). Inside the Transition Area the helmet must be placed on the bike or inside the blue bag.
- **Bike Shoes.** They can be attached to the pedals of the bike or placed inside the blue bag.
- **Bib.** Inside the change zone, the bib number must be placed on the bike or inside the blue bag.
- **Blue bag.** It must be marked with the race number by means of the appropriate sticker and it contains clothes and personal materials for the cycling event. It must be personally placed in the change zone on the bag-rack structure in correspondence with your race number.
- **Red bag.** It must be marked with your race number using the appropriate sticker and contains your personal clothing and materials for the running event (including running shoes). It must be placed in the change area on the bag-rack structure in correspondence with your race number.

### WARNING:

- The bike, helmet and bags, once deposited, cannot be removed from the Transition Area.
- Any customization of the bags other than the appropriate stickers will result in a penalty.
- The timing chip is delivered at the exit of the Transition Area after the bike check-in. In case of loss of the chip, the athlete will have to pay € 50.00 for not returning it.
- It is not possible to check-in on the day of the race.
- Athletes can access the Transition Area again on race day from 7:00 am to 8:30 pm.
- Only athletes and Ironman staff are allowed access to the Transition Area. **Family members (including children) are not allowed in this area.**

### Suggestions:

It is recommended that a reasonable amount of time be allowed for this particular preparatory phase, so that you can become familiar with the Transition Area as well as know the exact location of your bike on the rack and the route you need to take to enter and exit the Transition Area.

Our volunteers inside the transition area are available to help the athletes.

In case of loss of personal items or any other problems in the Transition Area, you will have to talk to the responsible of the Transition Area.



# PRE-RACE BRIEFING



Sardegna 70.3

Register

Course

Athletes

## Athlete Information

Schedule

Athlete Guide

Start List

Athletes must attend the mandatory online briefing before the race. The briefing will cover important information about course characteristics, rules and discipline time limits and, most importantly, any last-minute changes that may occur due to the weather forecast.

The briefing will be available a few days before the race on our [website](#).

*\*This will be a pre-recorded video that you can refer to as often as you need.*



**ACTIVE**

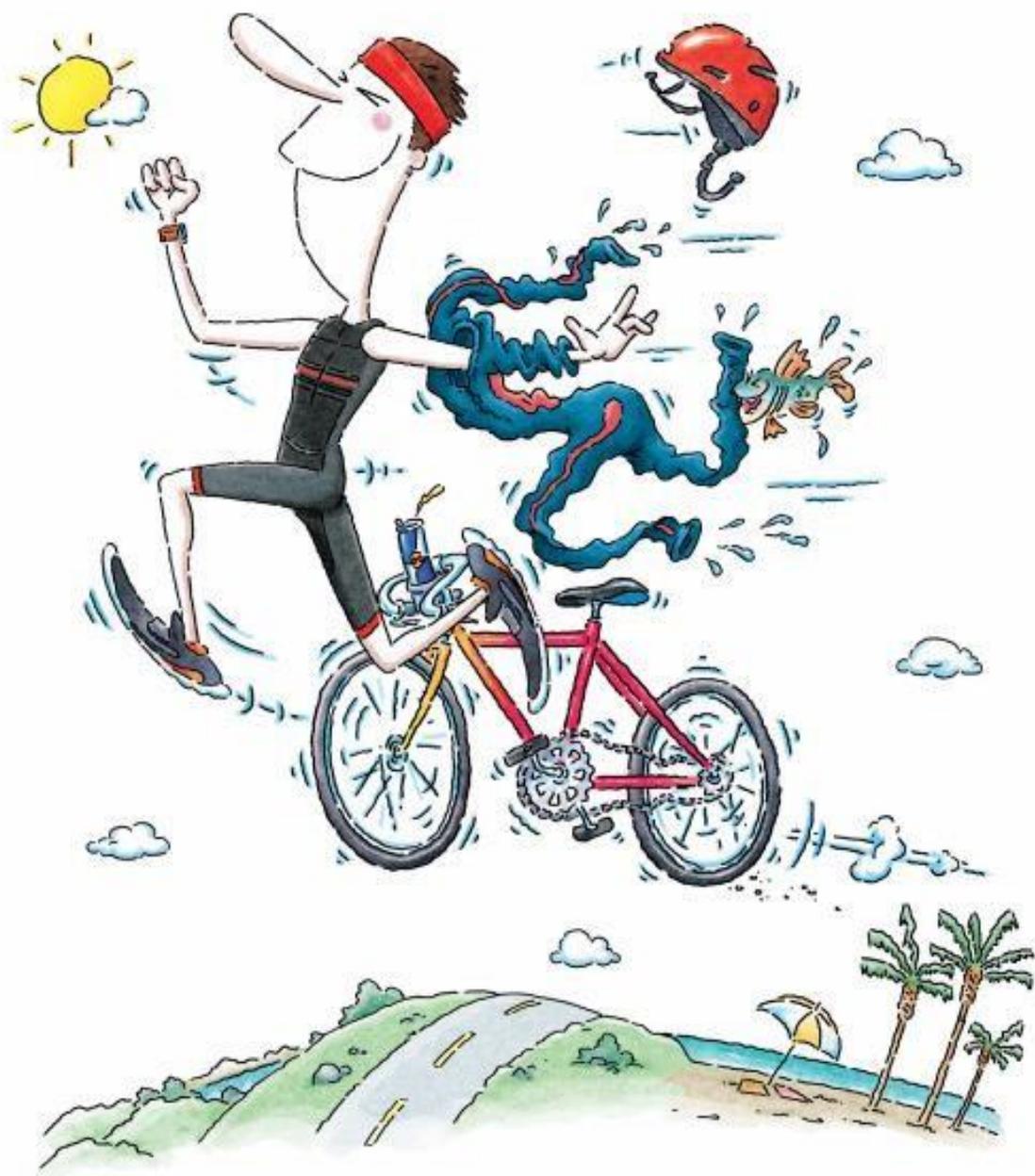
# From 5k runs and marathons to cycling races and triathlons

ACTIVE.com makes finding events fast  
and convenient.

**Get started with ACTIVE.com**



# A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

**RED BULL GIVES YOU WINGS.** 

# RACE DAY INFORMATION

## RACE DAY PARKING

The large parking lot of the Forte Arena, at Km 39 of S.S. 195, is available to athletes and companions. From here you can access the different pre-race areas and the transition area on the morning of October 23rd.

The public not residing at Forte Village can still park here and access the Expo, Transition and Finish line

Although there are plenty of parking spaces, we ask that you share your car with another athlete whenever possible to reduce traffic congestion on race morning. Please give yourself enough time on race morning to arrive at transition with ample time to prepare for race day.

Roads can be congested as athletes and spectators converge on the area in a short period of time.

## RACE MORNING PROCEDURE

Transition opens at 7:00-8:30 am on race morning. Remember to bring your timing chip, swim cap and wetsuit (optional). Bike mechanics and pumps will be available at the transition area on race morning.

Please do not wear your bib number during the swim. Leave it with your gear and put it on before biking.

The transition zone closes at 8:30 am. All athletes must be out of the transition zone and heading to the swim before this time.

## SERVICES

Bike mechanic service available in Transition and at two points on the route and will be communicated in the briefing.

There will be 1 mobile bike mechanic service on the bike route and essential spare kits at the aid stations.

## MEDICAL AREA

The medical area is reserved for athletes, family members are not allowed. Overcrowding in the medical area prevents medical staff from doing their job.

If you need information about an athlete during the race, please go to the Info Point.

## TOILETS

Chemical toilets are located in various areas of the village, in the transition area and near the aid stations.

## LITTER ZONES

They will be located near the aid stations and marked by appropriate signs.

## AID STATIONS

There will be 4 Aid Stations on the cycling route and 4 on the running route. The products featured are as follows.

### BIKE:

Water  
Banana  
Gel  
Bars  
ISO Drink(Gatorade)

### RUN:

Water  
Cola  
Fruit  
ISO Drink(Gatorade)  
Bars  
Gel  
Redbull



# CUT-OFF TIMES

01:10:00 

05:15:00  + T1 + 

08:00:00  + T1 +  + T2 + 

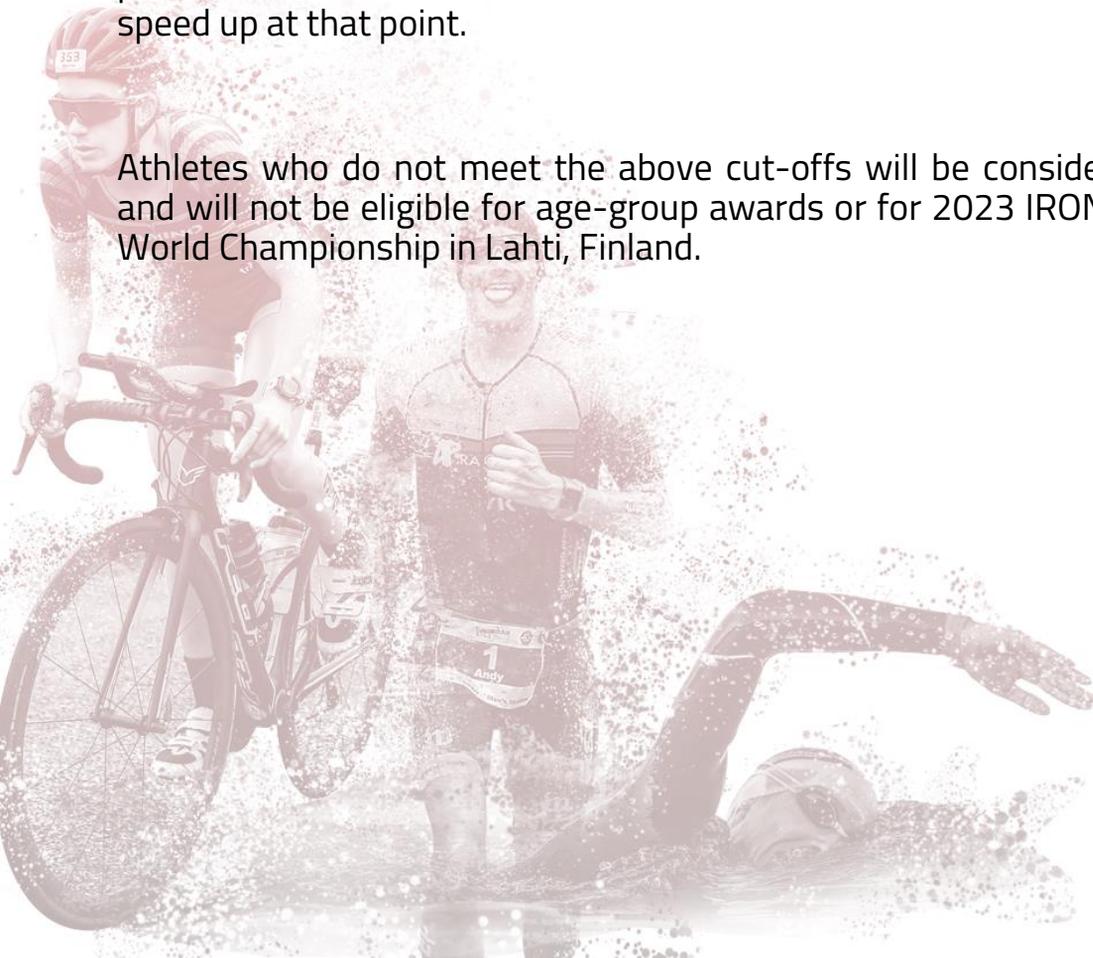
---

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

---

IRONMAN, reserves the right to remove an athlete from the course and DNF 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 considered a DNF and will not be eligible for age-group awards or for 2023 IRONMAN 70.3 World Championship in Lahti, Finland.



# ATHLETE CHECK LIST

## PRE-RACE:

- Directions to Hotel
- Directions to Athlete Check-In
- Directions to Race Start
- Directions to Race Finish
- Photo I.D.
- Valid Triathlon license or Day pass & Medical Certificate
- Bike Services/Tune up
- Attend Athlete Check-In
- Attend Athlete Briefing
- Study the race courses and plan your nutrition

## RACE DAY – SWIM:

- Timing Chip and Strap
- Swimsuit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at Check-In)
- Ear Plugs/Nose Plug (optional)
- Take off long-sleeved shirt and shoes and discard before the race or place in your provided Street Wear Bag

## RACE DAY - BIKE

- Bike Pump
- Extra Nutrition
- Extra Water Bottles
- Aero Water Bottle Straw
- Bike Repair Kit
  - Bar-end plugs
  - CO2 Cartridge(s)
  - Spare Tire
  - Spare Tube
  - Tire levers
  - Valve Stem Extenders
  - Patch Kit
  - Wrench Set/Tools
- Vaseline
- Sunscreen
- Helmet
- Sunglasses
- Bike Shoes & Socks
- GPS Watch or Bike Computer

## RACE DAY – RUN:

- Fuel Belt
- Race Belt or Safety Pins
- Bib Number
- Hat/Visor
- Reflective tape (if applicable)
- Running Shoes & Socks
- Sunglasses
- Water Bottle

## MISCELLANEOUS:

- Body Glide
- Antibacterial Gel
- Contacts or Rx Glasses
- Heart Rate Monitor & Chest Strap
- Towel
- Hair Ties
- Lip Balm
- Post-Race Clothing
- Extra Swimsuit and Cap for practice swim (if applicable)
- HAVE A GREAT RACE!



Vittorio Brumotti per San Benedetto

CO<sub>2</sub>  
IMPATTO **ZERO**

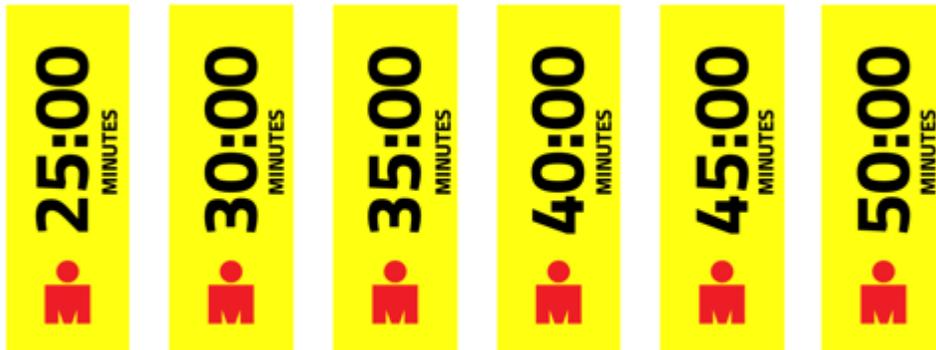
**PROTEGGI LA NATURA CON NOI!**

Che spettacolo la natura,  
scegliamo di proteggerla.  
Insieme a noi c'è San Benedetto  
che compensa il 100% delle emissioni  
della linea Ecogreen rendendola  
CO<sub>2</sub> Impatto Zero.



[www.sanbenedetto.it](http://www.sanbenedetto.it)

# ROLLING START



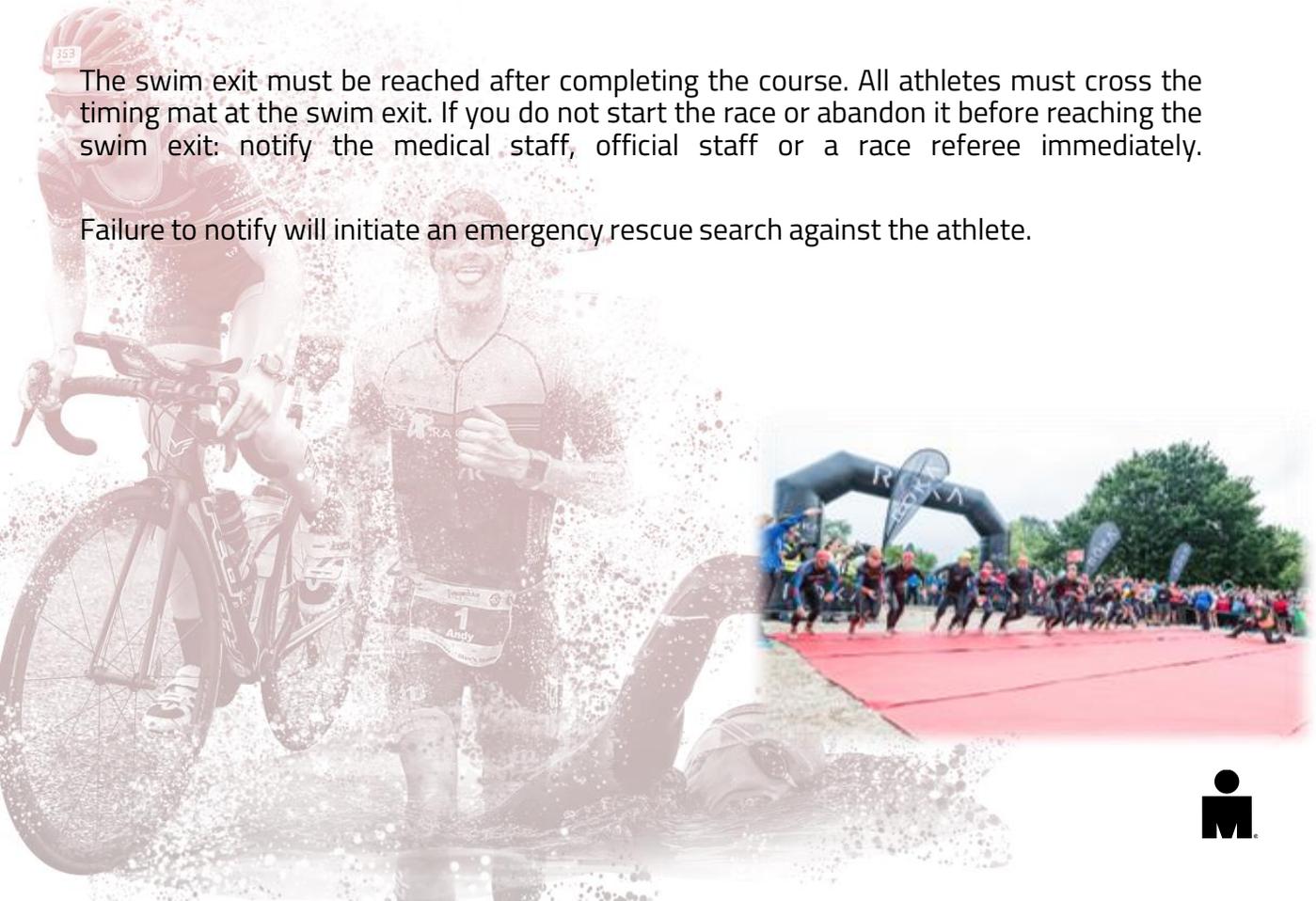
Athletes will arrange themselves according to the estimated finish time for the swim leg. Look for the signage, with the time that is closest to your ability.

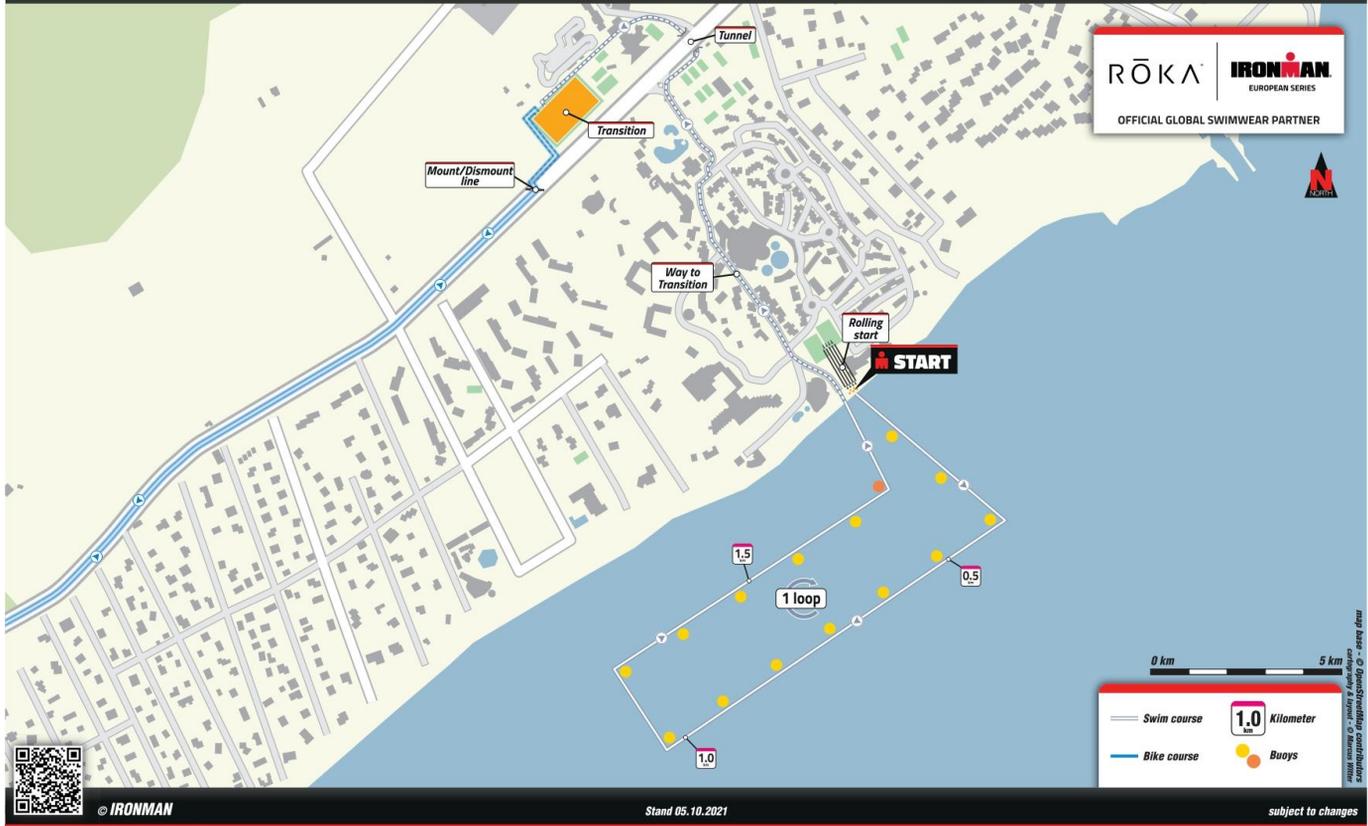
The 5 ranges are as follows:

- < 25minutes
- 30 - 35 minutes
- 35-40 minutes
- 40- 45 minutes
- > 50 minutes

The swim exit must be reached after completing the course. All athletes must cross the timing mat at the swim exit. If you do not start the race or abandon it before reaching the swim exit: notify the medical staff, official staff or a race referee immediately.

Failure to notify will initiate an emergency rescue search against the athlete.





## Swim

The swim start takes place according to the rolling start procedure. Athletes position themselves independently in the pre-swim area according to their estimated time for the swimming fraction. The 5 ranges available are:

- < 30 minutes
- 30 – 34 minutes
- 34 – 38 minutes
- 38 – 44 minutes
- > 44 minutes

Age-group athletes will place themselves in the zone corresponding to the time taken for the swimming event. The swimming course will take place on a single circuit. It is not allowed to wear socks during the swimming trial. In case the use of the wetsuit will be prohibited during the test, swimsuits with rubber and/or neoprene percentages will not be allowed.

Athletes wearing eyeglasses may place them prior to the start on a table located at the swim event exit. Athletes are personally responsible for marking the goggles with their bib number. Athletes' chip will be activated when crossing the mat located at the swim entrance.

### CUT- OFF TIME: 1 hour 10 minutes from the start.

Athletes must be in the close to the swim-in area 25 minutes before the start time.

**Attention:** in case of loss of the chip it is compulsory to ask for a replacement chip at the Info Point inside the Transition Area

### Transition swim-bike

The blue bag contains clothes and what is necessary for the bike portion. **The athlete must change in front of the bike station. The used clothing must be placed in the blue bag and left near the bike station.**



RŌKA

MAVERICK X

## THE WORLD'S MOST LOVED 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

# SWIM RULES

## SWIM COURSE RULES

- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- No aqua socks (neoprene booties) unless the water temperature is 65 degrees Fahrenheit or colder.
- When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, **as long as forward progress is not made.** Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- The swim course will close 1 hour and 10 minutes after the last athlete enters the water. Each athlete will have 1 hour and 10 minutes to complete the 1.9 KM swim. Individual athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

## SWIM TO BIKE TRANSITION

After swimming, you'll pass through a corridor that gives you access to the transition area.

You will have to take your blue bag from the racks, and put on fraction bike clothing.

Public nudity is NOT allowed.

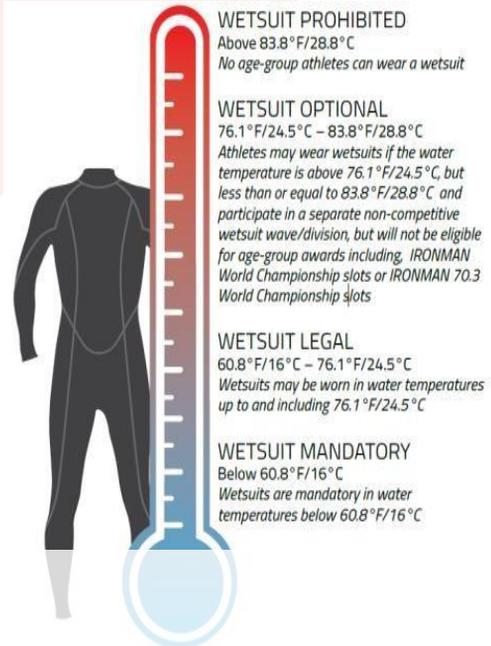
Athletes will place all of their swim gear inside their bike bags and leave the bags on the rack.

## WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5 degrees Celsius). Wetsuits will be prohibited in water temperatures greater than 83.8 degrees Fahrenheit (28.8 degrees Celsius).

Athletes who choose to wear a wetsuit in water temperatures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius) will not be eligible for Age Group awards, including IRONMAN 70.3 World Championship slots or Rolldown slots. Athletes electing to wear a wetsuit will be placed in a wetsuit optional wave after all the non-wetsuit athletes.

*Prohibited Wetsuit: De Soto Water Rover Wetsuits cannot measure more than 5 mm thick.*



## 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. Compression gear may be worn during non-wetsuit swims provided that it is made of 100% textile material and that material does not extend past the elbows or knees. Any compression wear that extends past the elbows or knees will not be permitted in non-wetsuit swims (this includes compression sleeves, compression socks, or compression tights).

IRONMAN®

ekoï

IRONMAN®  
EUROPEAN SERIES

2022 OFFICIAL BICYCLE HELMET

[Eko.com](https://www.eko.com)

# BIKE



## Bike

The bike course is totally closed to traffic. IRONMAN staff, with security personnel and under strict police supervision, will operate pedestrian and/or car crossings at certain points along the route. The race will not be interfered with by the crossings.

**IMPORTANT:** It is not allowed to cross the centerline at any time of the fraction, even in the phases of overtaking. Violations will be punished with disqualification.

In the event that the athlete is sanctioned by a race judge, he must stop at the first Penalty Box that meets along the way. The exact location of the Penalty Boxes will be specified during the pre-race briefing.

Along the bike course there are two full refreshment points and one that offers only water.

**CUT- OFF TIME swim and bike: 5:15 hours from the start**

## Aid Station items in bike course:

- Water
- Banana
- Gel
- Bars
- ISO Drink(Gatorade)



VIPER TRISUIT,  
A WORLD CHAMPION TRISUIT



**Santini**

WWW.SANTINICYCLING.COM

# BIKE COURSE RULES

## POSITION RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
- A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
- 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).
- Overtaken athletes must immediately fall back six bike lengths before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back six bike lengths will result in an overtaken violation.
- Overtaken athletes who remain in the draft zone (6 bike lengths of clear space between bikes) for more than 25 seconds, or who do not make constant rear progress out of the drafting zone, will be given a drafting violation.
- Athletes must ride single file on the far-right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
- Athletes who impede the forward progress of other athletes will be given a blocking violation.
- Athletes committing rule violations will be notified "on the spot" by an official.
- Do not attempt to discuss the penalty with the official.

## THE OFFICIAL WILL:

1. Notify you that you have received either a BLUE CARD for drafting and littering or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.
2. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course.

## THE ATHLETE WILL:

1. Report to the next PT and tell the PT Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PT, you will be disqualified.
2. Have race numbers marked by the PT Official
3. Register, via the sign-in sheet.
4. Resume the race after serving a 30 second time penalty for all non-drafting violations (YELLOW CARD).
5. Remain in the PT for the time indicated in the table below, for each drafting and littering violation (BLUE CARD).
6. Be disqualified if you receive three BLUE CARD penalties. An athlete may finish the race if he or she has been issued a red card disqualification, unless otherwise instructed by the Race Referee.
7. Be disqualified for not reporting to the PT.



**12 METERS  
25 SECONDS TO PASS!**



# FULGAZ

LESS VIRTUAL  
MORE REALITY

Ride 1500+ iconic routes from around the world, all in stunning 4K.

Featuring real-world imagery, cutting-edge technology, and new rides released every week, FulGaz is your go-to training partner year-round!

DOWNLOAD TODAY



AVAILABLE ON



iOS



Apple TV

# IRONMAN<sup>®</sup> TRICLUB



JOIN THE PROGRAM

[WWW.IRONMAN.COM/TRICLUBS](http://WWW.IRONMAN.COM/TRICLUBS)

 @IRONMANTRICLUB



**IRONMAN.**  
EUROPEAN SERIES

**OFFICIAL BIKE SERVICE PARTNER**



[www.francebikerentals.com](http://www.francebikerentals.com)

# RUN



- Aid Station 1:** km 2,1  
km 12,1
- Aid Station 2 :** km 4,9  
km 14,8
- Aid Station 3 :** km 7,5  
km 17,4
- Aid Station 4:** km 9,9  
km 19,9

## Transition bike-run

After completing the bike course and placing the bike on the rack, the athletes will collect the red bag containing the necessary for the last fraction of the race.

**The athlete can get changed in front of the bike station.** Clothing used must be placed in the red bag to be stored near the bike station.

## Run

The running course is developed in 2 laps. There are no penalty boxes on the running course. If an athlete receives a penalty during the running event, the penalty will be highlighted on the bib and the time penalty must be served on the spot.

**CUT-OFF TIME: 8:00 from the start**

## Aid stations items along the course

- Water
- Cola
- Fruit
- ISO Drink(Gatorade)
- Bars
- Gel
- Redbull



# PROGRESS HAS NO PAUSE

JAM TREDDING  
T.F. SCHWABER WORLD CHAMPION



[SHOP NOW](#)

**CARBON X 3**

THE REVOLUTIONARY CARBON RACER,  
JUST GOT FASTER.

**HOKA**

# RUN COURSE RULES

1. Athletes may run, walk, or crawl.
2. Athletes must wear their IRONMAN 70.3 issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.
3. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.
4. Headphones or headsets which are inserted to or covering the ears are not allowed during any portion of the event.
5. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.
6. NO INDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT RUNNERS ARE ALLOWED.
7. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing.
8. Athletes are expected to follow the directions and instructions of all race officials and public authorities.
9. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
10. RUNNING WITH A BARE TORSO IS PROHIBITED. ATHLETES MUST WEAR A SHIRT, JERSEY, OR SPORT TOP/SPORTS BRA AT ALL TIMES DURING THE RUN SEGMENT OF THE RACE. UNIFORMS WITH A FRONT ZIPPER MAY BE UNZIPPED TO ANY LENGTH, PROVIDED, THE ZIPPER IS CONNECTED AT THE BOTTOM OF THE UNIFORM AT ALL TIMES AND THE TOP OF THE UNIFORM COVERS THE SHOULDERS. THE UNIFORM SHOULD BE FULLY ZIPPED WHEN CROSSING THE FINISH LINE.
11. The run course will officially close 8 hours after the last athlete enters the water.

## FINISH LINE POLICY

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



# RELAY TEAMS

## INFORMATION

The majority of the information in this Athlete Guide applies to relay teams, with regards to timings and requirements to register and rack. Where there are variations due to team logistics, we have provided the information below.

### REGISTRATION

The race pack pick-up for all athletes will take place on Thursday, Friday and Saturday. It is compulsory that all relay team members register and pick up the team's race packet within the times indicated in the event programme. Each team member will need an ID and will have to sign a waiver.

Team members will confirm their details at the time of collecting their race pack, you will be able to update your details at the Help Desk.

Please note: it is not possible to replace team members when collecting the race pack, only to update their details. **Any change of team members must be made no later than 10 days before the day of the competition. Any changes after this date will not be accepted.**

### RACE PACK

As a relay team you will receive 3 athlete backpacks and an envelope, containing:

- 2xRace BIBs – one for the bike, one for the run
- 3xID Wristbands – one for each team member
- 1xSwim Cap
- 1xSticker Sheet – for the bike and transition bags



### TRANSITION POINTS

This is the area where you can exchange your timing chip. Please make sure that all team members know exactly the dedicated transition point on race day.

### RULES

Please make sure that you are familiar with the general rules for IRONMAN and the specific rules that relate to each discipline for the relevant athlete. These are outlined in this document.

It is the responsibility of each team member to understand the course they must complete, and what time they must be in place for the swim start, changeovers and the finish line.



# ON-COURSE NUTRITION PRODUCTS

## Gatorade Powder **RUN COURSE**

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

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

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

### BIKE & RUN COURSE

## GEL 100 CAF 100

The GEL 100 CAF 100 contains 100 mg of caffeine - that's the equivalent of 3.5 espressos - or one cup of brewed coffee. That's a lot compared to many of the traditional gels out there. It delivers 25 grams of carbohydrates through a unique blend of fructose and glucose (ratio of 0.8:1). It packs a high weight to energy ratio and doesn't contain any added flavors, preservatives or colourants. Just like all of our products, it's vegan-friendly.

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

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



## GEL 100 **BIKE & RUN COURSE**

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

### RUN COURSE

## Vegan Gummy Bar

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

## Race Day Bar **BIKE COURSE**

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

# 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.



2022 OFFICIAL SPORTS DRINK

# Withdrawals

## PRE-RACE

If you wish to withdraw from the race prior to the race start (after you have registered) please inform the organization staff at this number:

**+34 634917728**

## DURING THE RACE

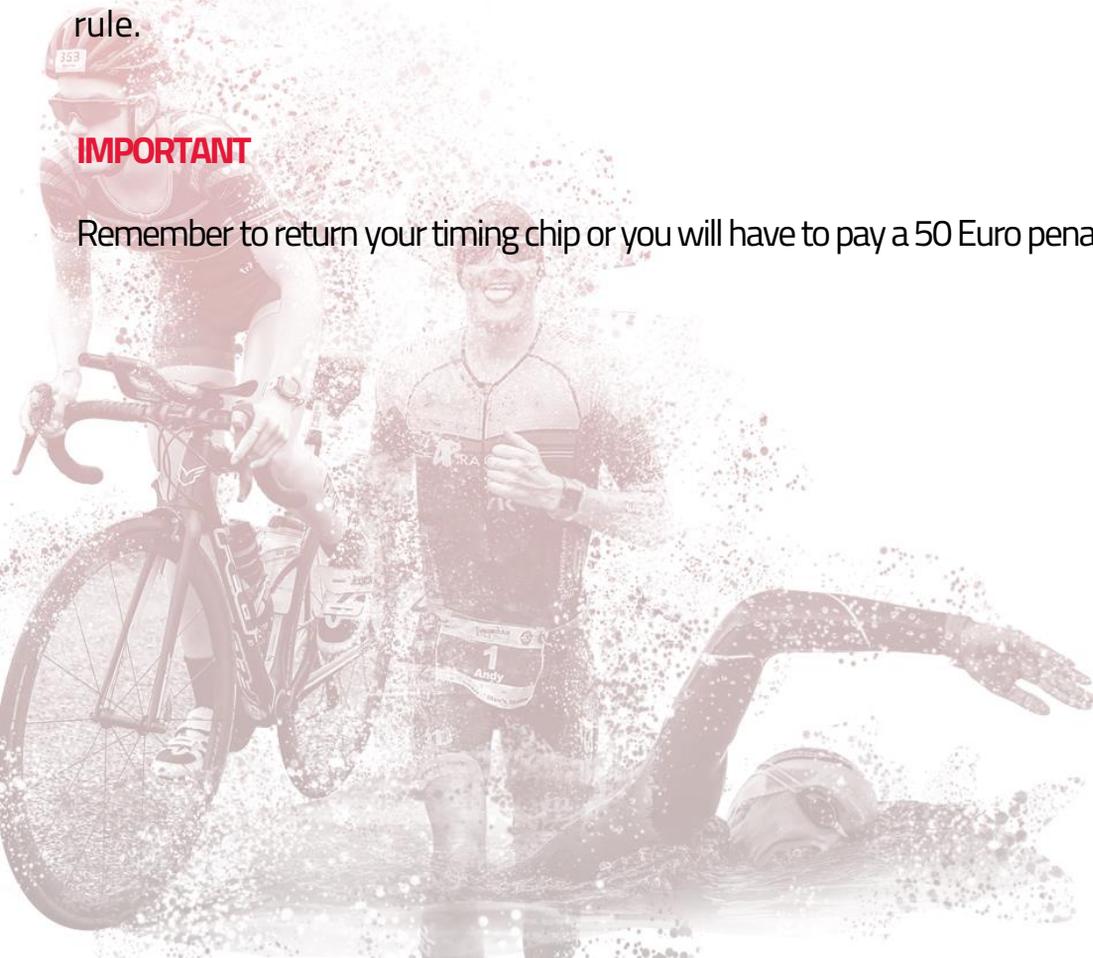
For safety reasons, any athlete who withdraws during the race is required to notify a race judge who will also report to IRONMAN staff. In case the withdrawal is not reported to the race judge, IRONMAN reserves the right to suspend the opportunity to participate in upcoming events.

In addition, Italian athletes affiliated with an Italian sports club are subject to the disciplinary process at the Federation.

Athletes who receive medical care from our medical team are exempt from this rule.

## IMPORTANT

Remember to return your timing chip or you will have to pay a 50 Euro penalty.



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.

[maurten.com/ironman](http://maurten.com/ironman)



BUY AND TEST - 20% OFF VOUCHER: **IRONMAN22**  
Voucher valid on [www.226ers.com](http://www.226ers.com)

# POST-RACE INFORMATION

## Bike Check-out

- Check-out will take place from **1530 to 1830** on Sunday 23<sup>rd</sup> October at the Transition Area. The responsibility of the organizers will cease at 19:00. Bikes can be picked up only by the athletes. The athlete must present himself with bib, bracelet and chip that must be returned at the bike check-out.
- In case of loss of the chip, the bike can be collected only upon presentation of a valid identity document. In this case the athlete must pay a penalty of € 50.00.
- If the athlete is unable to collect the bicycle and its equipment for health reasons, these can be collected by a delegate equipped with a valid identity document, the athlete's bib number, chip and a valid identity document of the athlete. Once you leave the check-out point, any complaints about damage or loss of personal belongings will no longer be taken into account. You are advised to check your equipment carefully before leaving the area.
- In case of loss of personal items or any other problems in the Transition Area, you will have to contact the Responsible Staff of the Transition.
- The Transition Area is subject to video surveillance.

## Finisher shirt, medals and certificates

All athletes will receive the medal as soon as they cross the finish line, while the Finisher Shirt will be given inside the Athletes Garden, upon presentation of the bib and medal.

The certificate (which indicates the time achieved in the race and the respective position in the ranking) can be downloaded from the official website [www.ironman.com](http://www.ironman.com).

## Athletes Garden

The Athletes Garden is located at Forte Village-Forte Arena. Entrance is strictly reserved to IRONMAN athletes and staff.

## Awards Ceremony

The awards ceremony will take place on Sunday, October 23<sup>rd</sup> starting at 6:30 p.m. at Ironman Forte Village.

Trophies and prizes may only be collected in person. Prizes and trophies not collected during the award ceremony cannot be claimed later

## For a better recovery

“Hyperice is proud to be the official recovery partner of IRONMAN. Athletes can immediately start the recovery process by visiting the Hyperice Recovery Zone. Located beyond the finish line, this area will be an essential part of your race day. Athletes have access to Hypervolts, a percussion massage gun that relieves tension and stiffness, and aids recovery”.



2022 OFFICIAL RECOVERY TECHNOLOGY



# IMPORTANT INFORMATION

## CHIP

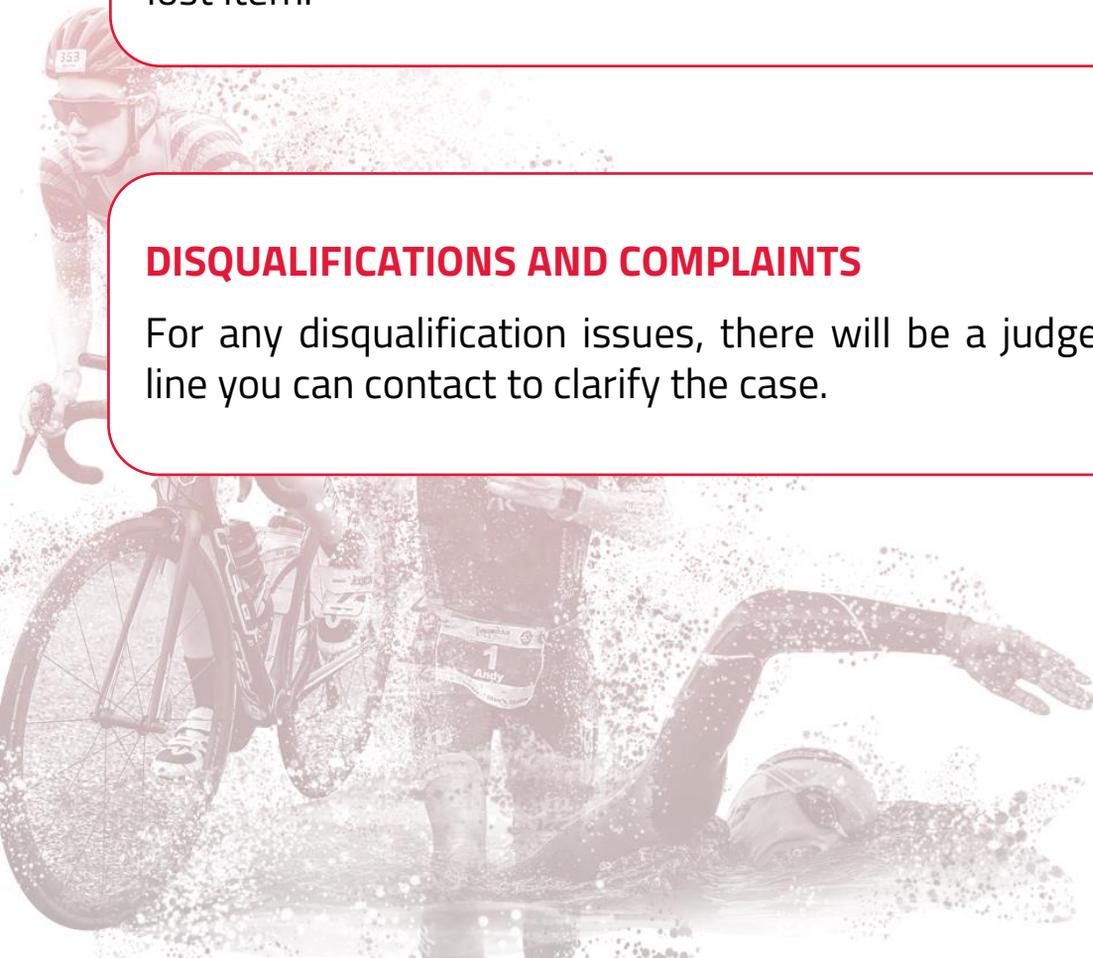
The chip must be returned compulsorily at transition to the volunteers. If it is not returned, we will have to charge you a 50 euro fine.

## LOST PERSONAL ITEMS

You will need to contact the Responsible Staff of the Transition Area or go to the info point and inform them of any lost item.

## DISQUALIFICATIONS AND COMPLAINTS

For any disqualification issues, there will be a judge at finish line you can contact to clarify the case.



# POST RACE: ADDITIONAL PURCHASES

## SPORTOGRAF

Sportograf is proud to be the official photo service for the athletes of IRONMAN 70.3 Sardegna.

We will provide you with our "Photo-Flat" that includes all your great personal content from different points on the course, as well as beautiful images of the landscape and the race day in general.

Order your race images here: [www.sportograf.com](http://www.sportograf.com)



Help us take the best photos of you:

- Be sure to keep your bib number prominently displayed in front of your bike helmet to help us identify more photos of you!
- Notice our camera spots and smile for the camera, even if you are suffering!
- Celebrate when you cross the finish line! Don't worry about touching your watch; the timing service will ensure an accurate record of your accomplishment.

Stay updated and FOLLOW Sportograf on Facebook and Instagram.



# POST RACE: ADDITIONAL PURCHASES

## MEDAL ENGRAVING

- GET YOUR FINISHER TIME ENGRAVED ON YOUR MEDAL DIRECTLY AFTER THE RACE
- Make it an unforgettable experience by booking this service on your Active profile, on the Official Merchandise Store or in the medal engraving point on site.
- Please note: medal engravings will only be done on site. If you have selected this option, it is your responsibility to ensure that this is completed after the race.



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



The Official Medal Supplier of IRONMAN and the Rock 'n' Roll Running Series

[www.AlwaysAdvancing.net](http://www.AlwaysAdvancing.net) | [info@alwaysadvancing.net](mailto:info@alwaysadvancing.net)





Recovery  
is your edge



**FI** Hyperice

**IRONMAN**  
GLOBAL SERIES

OFFICIAL RECOVERY TECHNOLOGY

# SLOT ALLOCATION

## Slot Allocation 70.3 World Championship Qualifying

IRONMAN 70.3 Sardegna 2022 is giving away **45 slots** for the IRONMAN 70.3 2023 World Championships in Lahti, Finland.

The slot award ceremony will be held on Sunday, October 23<sup>rd</sup> immediately following the awards ceremony at 6:30 p.m. at the Forte Village Arena.

***Athletes must attend in person to accept their slot for the 70.3 World Championships in Lahti on August 26-27, 2023.***

The final number of slots available for each category will be recalculated based on the number of athletes who started on race day.

Both participants and companions can freely access the ceremony.



**IRONMAN 70.3 WORLD CHAMPIONSHIP 2023**

**[Lahti, Finland]**

August 26 – 27, 2023

650.00 (EUR) + 9.25% Active fee

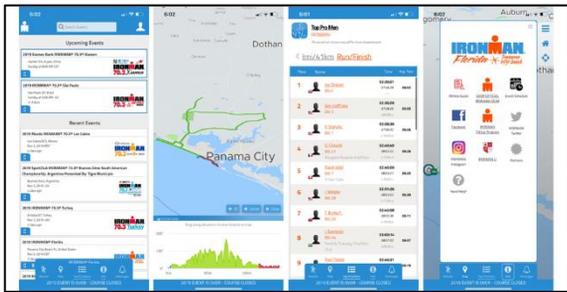


# HOW TO WATCH THE EVENT



## TRACK TOUR ATHLETE

The IRONMAN 70.3 Sardegna 2022 features real-time information while providing Live Results via the IRONMAN Tracker App.



## FEATURES INCLUDE:

- **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.
- **Real-time Facebook / Twitter Notifications:** Get automatic updates as progress is made on the course. As a spectator, the results of the participant you are tracking can be posted to your Facebook or Twitter feed automatically allowing friends and family to share in the excitement! If you are a participant, claim your profile and enable Facebook or Twitter notifications. Your stats will post live as you pass each checkpoint.
- **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. **NOTE: Participants do not need to carry their phones for this feature to work.**
- **Mobile App:** Features include Live Participant Tracking, Push Notifications, Leaderboards, Map Tracking, Event Messages, EventInfo and more!

## IRONMAN.COM

Follow the race live on [www.ironman.com](http://www.ironman.com)

## GET SOCIAL

Share your IRONMAN 70.3 Sardegna experience across your profiles with **#IM703Sardegna**

Stay connected with IRONMAN SARDEGNA across our social channels to be on top of all the latest news and exciting events:

**@IRONMANLive:** your home for detailed race day coverage (pacing, time splits, etc) of the professional race while you're on the go.

[facebook.com/IMItaly](https://facebook.com/IMItaly)

[instagram.com/ironmanitaly](https://instagram.com/ironmanitaly)

**IRONMAN Athlete Tracker App**



# BREW WITHOUT COMPROMISE™



AWARD-WINNING • GREAT TASTE • VEGAN-FRIENDLY



@ATHLETICBREWING | ATHLETICBREWING.COM

© 2021 Athletic Brewing Company, Stratford, CT and San Diego, CA. Near Beer ~0.5% alc/vol



**I WANT MORE**

ALL WORLD ATHLETE PROGRAM

