

IRONMAN®
70.3® IRELAND
CORK

Comhairle Contae Chorcaí
Cork County Council

AID STATION GUIDE

Aid Station Guide for IRONMAN 70.3 Ireland,
Cork 2022

AID STATION GUIDE BREAKDOWN

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

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

If you have any questions regarding nutrition on the course, you can get in touch with our Athlete Services team on the email address below:
ireland70.3@ironman.com

BIKE COURSE

LOCATION

Aid stations on the bike course will be located at the kilometres and w3w below:

- Bike Aid Station 1 – Pre-Garryvoe Station -
///pitcher.fading.fuels (22KM) - left hand side of the road
- Bike Aid Station 2 – Midleton College
///mirror.antamoy.disown (52.3KM) - right hand side of the road
- Bike Aid Station 3 – Inch National School
///barcode.typhoon.silvery (76.2 KM) - left hand side of the road

NUTRITION AVAILABLE

Each aid station will contain the following:

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

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

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



RUN COURSE

LOCATION

Aid stations on the run course will be located at the kilometres and w3w below:

- Run Aid Station 1 – Old Fuel station
///grossing.growing.memorandum (3.0KM + 12.5 KM)
- Run Aid Station 2 – Tesco
///happiest.detractors.reunion (4.9KM + 14.3KM)
- Run Aid Station 3 – Copper Alley
///delayed.pusuer.behold (3a - 7.6KM + 16.9KM, Run 3b (Water Station) - 8.9KM+ 18.3KM, Run 3c - 9.7KM + 19.0KM)

NUTRITION AVAILABLE

Each aid station will contain the below:

- Gatorade Thirst Quencher (orange) in cups
- Maurten GEL 100 & GEL100 CAF 100
- Water in cups
- Cola in cups
- Bananas

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

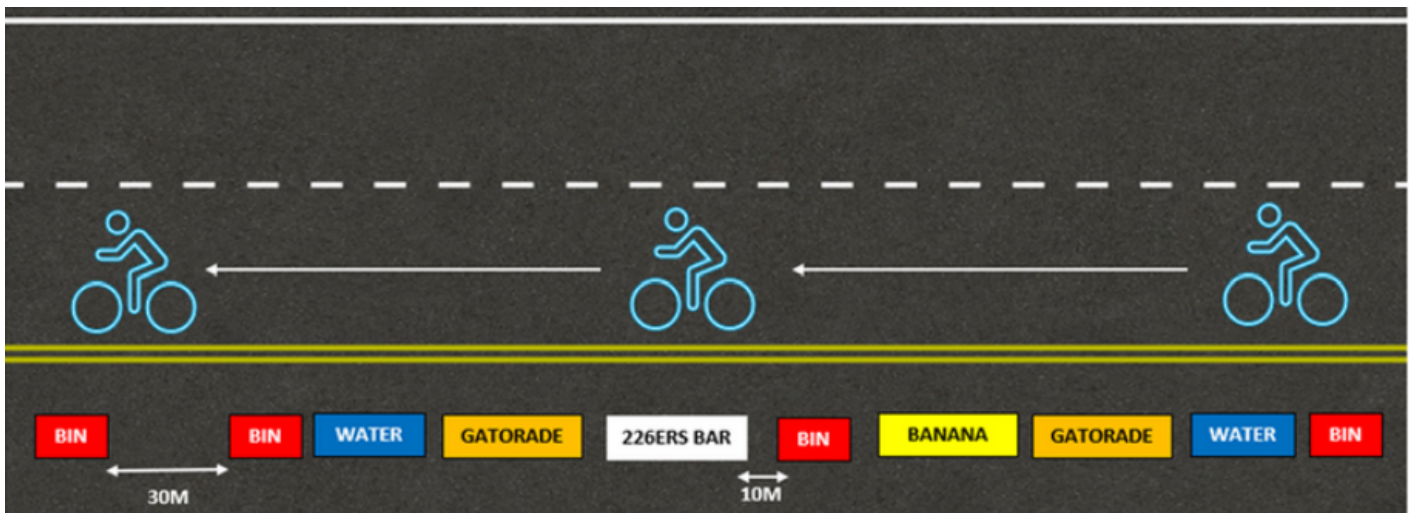
There will also be a Red Bull 'Energy Station' at the northern turn point, approx. 9.3KM and 18.6KM.

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

AID STATION LAYOUT

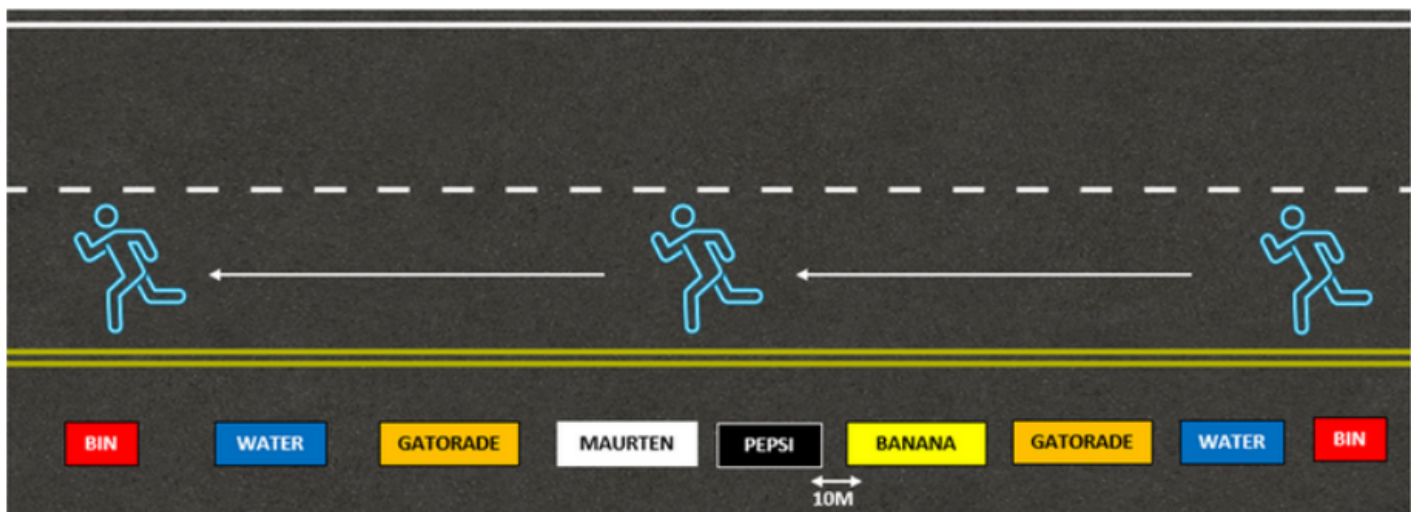
BIKE COURSE

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










RUN COURSE

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



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

AID STATION SUMMARY FOR IRONMAN 70.3 IRELAND, CORK 2022

AID STATION SUMMARY – IRONMAN IRELAND 70.3 2022								
MARKER (km)	LOCATION							
BIKE COURSE								
21.7	PRE-GARRYVOE STATION	<div></div>	<div></div>	X	X	<div></div>	<div></div>	X
50.5	MIDLETON COLLEGE	<div></div>	<div></div>	X	X	<div></div>	<div></div>	X
73.5	INCH NATIONAL SCHOOL	<div></div>	<div></div>	X	X	<div></div>	<div></div>	X
RUN COURSE								
2.9 – LAP 1	OLD FUEL STATION	<div></div>	<div></div>	<div></div>	X	X	<div></div>	<div></div>
4.7	TESCO	<div></div>	<div></div>	<div></div>	X	X	<div></div>	<div></div>
9.2	RED BULL STATION	X	X	X	<div></div>	X	X	X
7.4, 8.5, 9.3	COOPER ALLEY	<div></div>	<div></div>	<div></div>	X	X	<div></div>	<div></div>
12.1 – LAP 2	OLD FUEL STATION	<div></div>	<div></div>	<div></div>	X	X	<div></div>	<div></div>
13.8	TESCO	<div></div>	<div></div>	<div></div>	X	X	<div></div>	<div></div>
18.7	RED BULL STATION	X	X	X	<div></div>	X	X	X
16.3, 17.7, 18.3	COOPER ALLEY	<div></div>	<div></div>	<div></div>	X	X	<div></div>	<div></div>

ON-COURSE NUTRITION PRODUCTS

Gatorade Powder **RUN COURSE**

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

Gatorade Ready To Drink **BIKE COURSE**

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

RUN COURSE

GEL 100 CAF 100

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

Red Bull Energy Drink **RUN COURSE**

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



GEL 100 **RUN COURSE**

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

BIKE COURSE

Vegan Gummy Bar

30-g energy bars with a gelatine 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.