

I FEEL
SLOVENIA

IRONMAN[®]

70.3[®] SLOVENIAN ISTRIA

Presented By



ma
www.foma-sport.com

RACE BRIEFING



SAFE RETURN TO RACING



VIRTUAL CLUB RACES TRAINING PROGRAMS **RESOURCES** CONNECT SHOP LIVE Login Help

RETURN TO RACING GUIDELINES



- Smart Program
- Athlete Smart
- Return Pledge
- Return Tips
- Safe Return Guidelines**
- Swim Smart
- Cycle Smart
- Racing in the Heat

Safe Return to Racing Guidelines

Racing must return in a manner consistent with sound public health guidelines. The IRONMAN Group, global leaders in the mass participation industry, have crafted interim guidelines to outline best practices for operating IRONMAN's global mass participation triathlon events in the context of the COVID-19 outbreak. These guidelines were prepared in accordance with industry standards for open air mass participation sporting events including standards from World Health Organization (WHO) and guidance from the IRONMAN Global Medical Advisory Board. These guidelines are designed to allow for IRONMAN and IRONMAN 70.3 triathlons to be organized in a manner consistent both with a community's objectives and with the expectations of public health entities around the world.

During the development of these guidelines, The IRONMAN Group conducted detailed benchmarking of many of our races around the world to measure concentrations of physical touchpoints and proximal interactions. Our approach started from when athletes arrive at an event for packet pick-up and continued until they left the venue post-race – and focused on all aspects of the race experience including (but not limited to) registration, expo, merchandise, welcome functions, transition, swim start, aid stations, finish line and day after functions.

The implementation of the guidelines can reduce total touchpoints and interactions by as much as 90% as compared to 2019 racing standards.

- please check ironman official safe return to racing guidelines
- WWW.IRONMAN.COM/RETURN-GUIDELINES



COVID-19 MEASURES

Measures we need to implement due to COVID-19.

Athletes need to obtain valid »RVT« condition.

- R – recovered
- V – vaccinated
- T – tested

R- Recovered can be proved in two different ways:

- with proof of a positive PCR test result older than 10 days and not older than six months,
- with a doctor's certificate that you have recovered from covid-19 and no more than six months had passed since the onset of symptoms.

V – vaccinated:

- Vaccination can be proved with a vaccination certificate

T – tested

The »RVT« condition is also met if we have been tested for the presence of SARS-CoV-2 virus and our result has been negative. Both polymerase chain reaction (PCR) tests and rapid antigen tests (HAG) are valid.

A negative HAG test result should not be older than 48 hours and a PCR test result should not be older than 72 hours.



COVID-19 MEASURES



- Wash your hands regularly with warm water and soap (min. 20 seconds)
- Masks are mandatory in all public spaces, on public transport, in open spaces or outside if a distance of at least 1,5 metres is not maintained and in personal vehicles.
- We cough and sneeze only into the sleeve or into the handkerchief and away from others. Use a safe distance of 2 m and protect against virus transmission.
- RTV condition is obligatory for bars/restaurant (indoors, persons over 18 years of age), accomodation (persons over 18 years of age), organised assembly or gatherings indoors (persons over 18 years of age), gatherings outdoors of over 100 people, cultural events (persons over 15 years of age), sporting events (persons over 15 years of age), pools (within accommodation; over 18 years of age), casinos, meeting industry and night clubs.



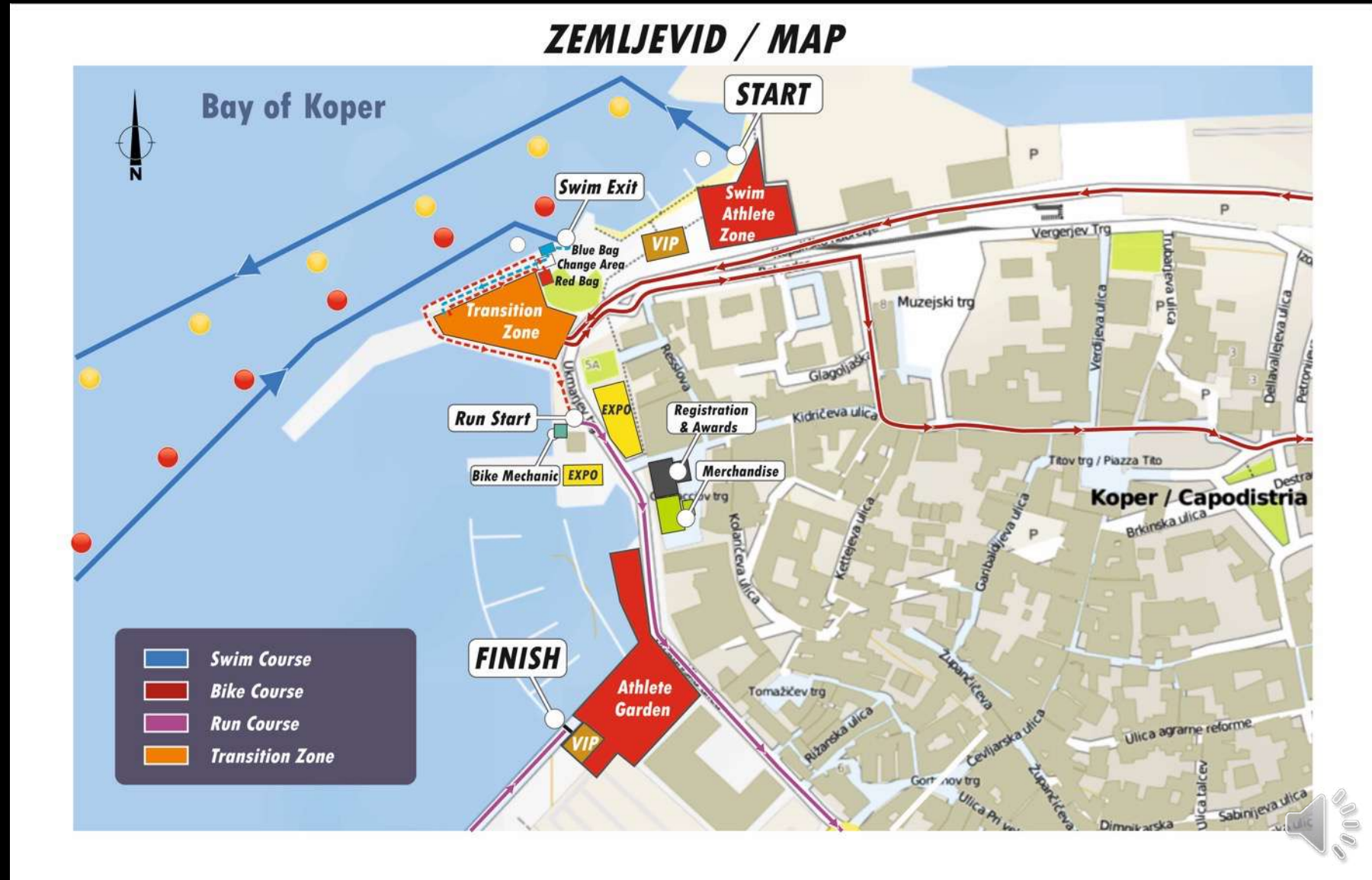
RAPID COVID-19 TEST

Rapid COVID-19 testing will be available at the Event Venue

- Location: Taverna
- Working hours: FRI 10-18h / SAT 10-18h / SUN 13-20h
- Price: 12.00 EUR



EVENT VENUE



PARKING



ATHLETE CHECK IN



FRIDAY
10-18h
TAVERNA
KOPER



SATURDAY
10-17H
TAVERNA
KOPER

WHAT TO BRING:

- ID
- Valid Triathlon – License
If you don't have a license:
 - A daily license can be purchased onsite (Taverna)
 - Daily license price - 20 EUR (cash only)
- Active Registration confirmation (QR code)
- Face mask



CONTENT STARTER PACK

1200
Llobregat Blázquez

DOB: _____
Age Group: _____
Nationality: _____
AWA Status: _____
TriClub: _____
Swim Cap Colour: _____

IRONMAN 70.3 SLOVENIAN TRIATHLON
I FEEL LOVE IT!
SLOVENIAN TRIATHLON
Telikom Slovenija

AWA
IRONMAN ALL WORLD ATHLETE

TRICLUB POLE POSITION

STO I FEEL LOVE IT!
ALUMINIJUM
SLOVENIJA

LUKA KOPER
Port of Koper

Mercator GENERALI

FRUTABELA



BECOME A MEMBER

 >  > 

IRONMAN TRICLUB PROGRAM

1. RACE NUMBER
2. SWIM CAP
3. 1 STICKERSHEET
4. ATHLETE WRISTBAND
5. TRANSITION BAGS
6. DOUBLE TATOOS
7. ATHLETE BACKPACK



RACE NUMBER



PLEASE FILL IN YOUR MEDICAL DETAILS AND EMERGENCY CONTACT
(BACK OF THE BIB NUMBER)

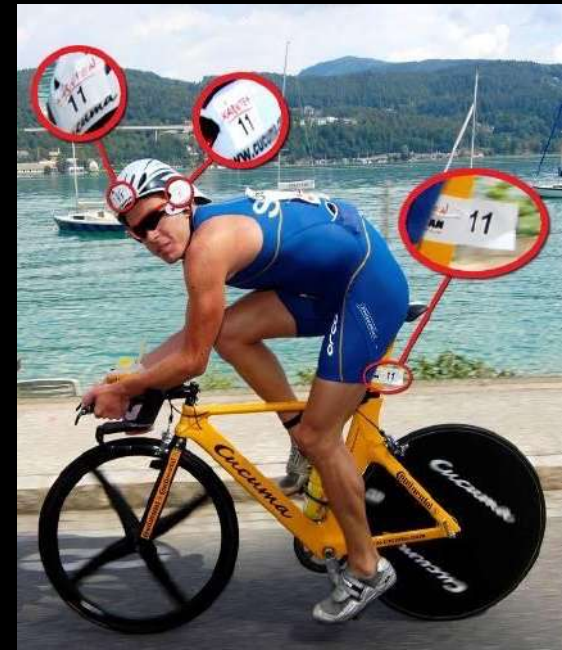
- ✗ NO BIB NUMBER FOR SWIM
- ✓ MANDATORY BIB NUMBER FOR BIKE
- ✓ MANDATORY BIB NUMBER FOR RUN



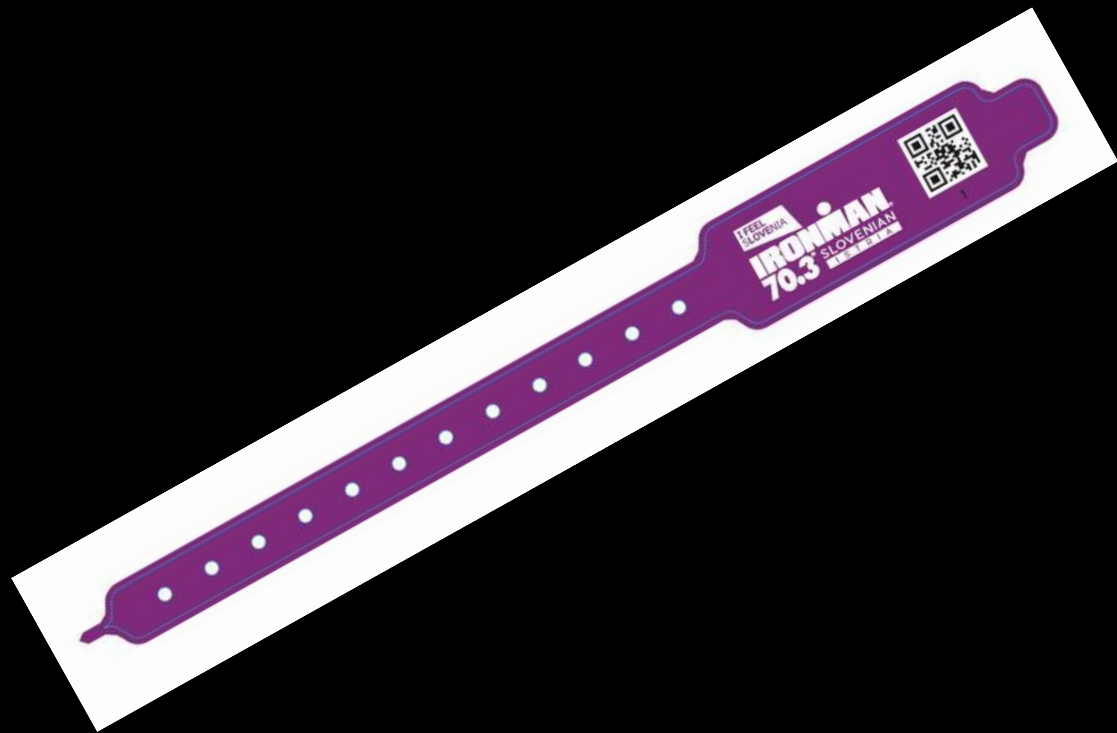
BIKE STICKER / HELMET STICKER / BAG STICKER



BIKE STICKER – stick it to the seat post or rear brake cable
HELMET STICKER – stick it to the front of the helmet
BAG STICKER – stick it to the Red / Blue / White bag



ATHLETE WRISTBAND



ACCESS TO:

- TRANSITION ZONE
- SWIM START
- FINISH AREA
- AWARDS CEREMONY



BIKE CHECK IN



SATURDAY
12:00 - 19:00

NO BIKE CHECK IN
ON RACE DAY !!!



BIKE CHECK IN

BIKES MUST NOT
BE FULLY
COVERED



CHECK IN PROCEDURE

STEP 1 – number stickers on helmet and bike, wear your BIB number

STEP 2 – wear your helmet with chinstraps fastened

STEP 3 – the **BLUE**(helmet & BIB no.) and **RED** bag MUST be checked-in (don't put bike pump into any bag)

STEP 4 – **BLUE** and **RED** bag as well as your helmet stay in transition together with your bike

STEP 5 - collect your timing chip at the exit



BIKE MECHANIC



FRIDAY
10:00 – 18:00
EXPO ZONE



SATURDAY
10:00 – 18:00
EXPO ZONE



SUNDAY
6:30 – 08:30
TRANSITION ZONE

DURING THE RACE

- AID STATION 2
- AID STATION 3
- MOBILE MECHANICS - COURSE



RACE DAY



RACE DAY

STICK TO WHAT YOU KNOW

HAVE BREAKFAST, ENOUGH FLUIDS

PLAN YOUR JOURNEY WISELY

TRANSITION OPENS FROM 07:00 – 08:30



RACE DAY

1. WEAR YOUR TIMING CHIP AROUND YOUR LEFT ANKLE
2. WEAR THE OFFICIAL SWIM CAP
3. HAND IN YOUR WHITE BAG
(on your way to swim start into the van)



SWIM START

7:00 – 8:30 – TRANSITION OPEN

UNTIL 8:30 – DROP-OFF WHITE BAG

7:00 – 8:40 – WARM UP

9:00 – ROLLING START

EVERY ATHLETE SEEDS THEMSELF ACCORDING TO THEIR REALISTIC SWIM TIME

AREA 1	< 30 min	AREA 5	45-50min
AREA 2	30-35min	AREA 6	50-55min
AREA 3	35-40min	AREA 7	OVER 1 hour
AREA 4	40-45min	AREA 8	RELAY TEAMS



ROLLING START

9:00 am ROLLING START

5 athletes all 4 sec

Relay will start at the end of the Rolling Start

Start Ends approx. 9:20 am

The timing system is located before you enter the water

Your race only starts when you have crossed the timing system

DO NOT HURRY !!!!



SWIM RULES

Anti Clockwise Swim – Buoys on your left shoulder

NO SHORT CUTTING of the course

NO Socks – but calve compression socks allowed

Event swim cap mandatory



SWIM COURSE

Make yourself familiar with the race conditions

Swim warm-up helps to get used to the water temperature

Start slow, stay calm and breath easy

If are not feeling comfortable start at the back



**SHOULD YOU DECIDE NOT TO START OR QUIT DURING
THE SWIM PLEASE INFORM A RACE OFFICIAL**



WATER TEMPERATURE



Water temperature below 18.9 C wetsuit mandatory

Water temperature over 24.5 C NO wetsuits

If wetsuit mandatory the wetsuit must cover elbows and knees

Water temperature announcement at 7am on Race Day



T1 SWIM - BIKE

1. Strip your wetsuit to the hip only. Run to your bike.
2. Only fully strip your wetsuit at your bike.
3. Put your bike gear on.
4. Put your swim gear into the blue bag (inc. wetsuit).
5. Put your BIB number on (on the back).
6. Put your helmet on and close the chinstrap.
7. Leave your blue bag at your spot.
8. Push your bike to the exit and to the mount line.



RELAY HANDOVER



BIKE INFO

1 lap with 90.1 km and 1295m elevation gain

Keep right – pass left

3 Aid Stations

2 Penalty Spots

1. Merezige km 74
2. T2 km 90.1



KOLO / BIKE
1 KROG / 1 LAP
DOLŽINA / DISTANCE - 90,1km
VIŠINSKI METRI / ELEVATION GAIN - 1295 m

ZEMLJEVID / MAP



BIKE INFO



Attention



Bike Mechanic



Penalty Tent



CAUTION ON THE BIKE COURESE



Don't take any unnecessary risk !

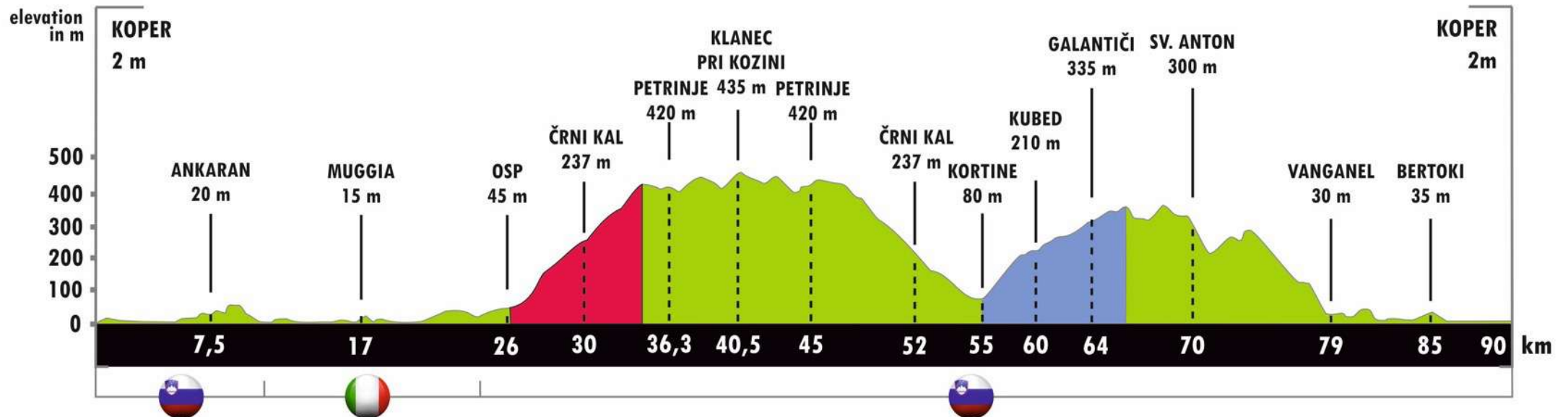
Ride carefully and focus on the road

Unexpected situation can occur (e.g. spectators crossing the road)



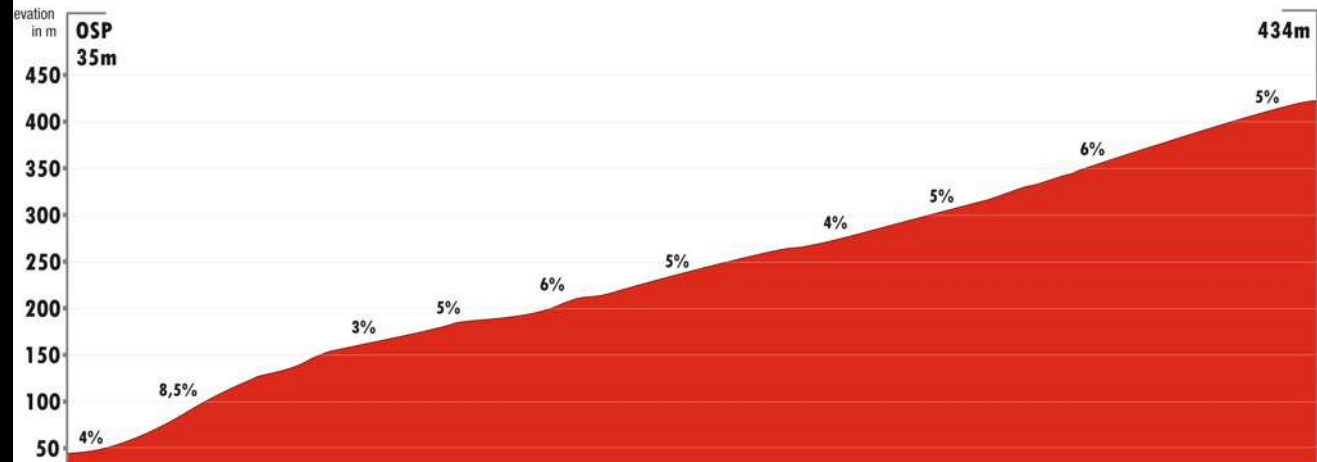
BIKE COURSE PROFILE

PROFIL / PROFILE

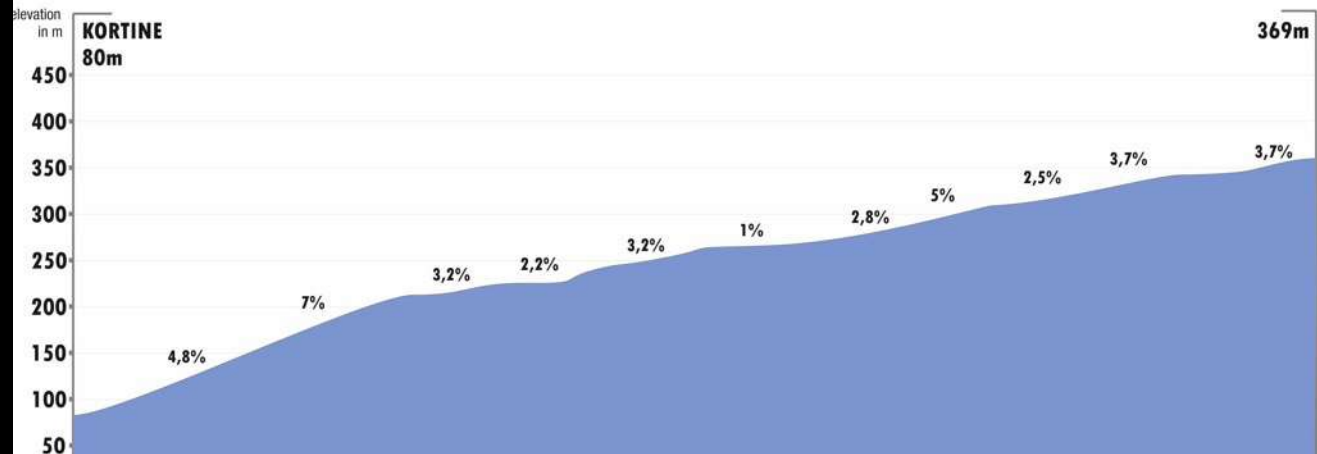


BIKE COURSE PROFILE

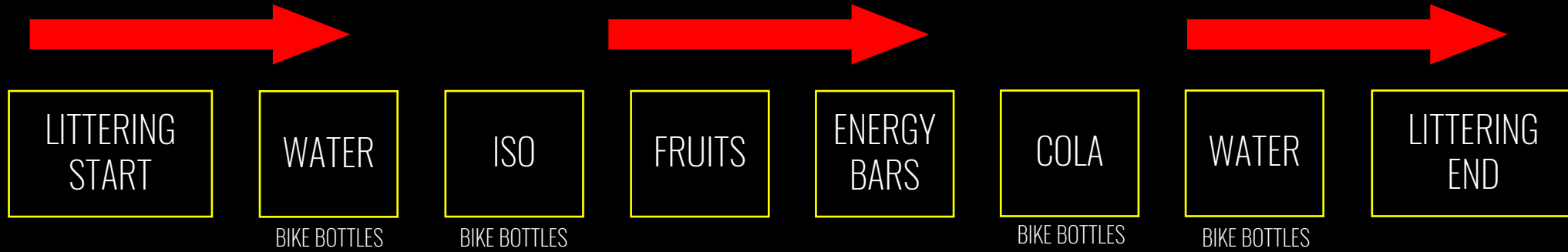
PROFIL VZPONA 1 / CLIMB 1 PROFILE



PROFIL VZPONA 2 / CLIMB 2 PROFILE



BIKE AID STATION



RULES & REGULATIONS

Drafting is NOT allowed

Draft zone is 12 meters (your front wheel <-> back of the wheel of the athlete in front of you)

25 seconds to complete the pass

25 seconds for the overtaken athlete to drop back

NO Blocking – stay right, pas left!

Always keep an eye on oncoming traffic



IMMEDIATE DISQUALIFICATION

Discard trash outside the littering zones (Littering)

Crossing the middle of the road

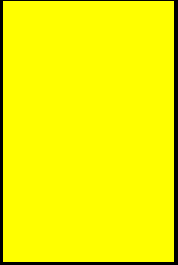
Mobile Escort / Coaching

Relieving yourself in public

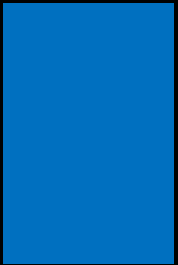
Headphones, iPods, mobile phones, cameras (e.g. GoPro)



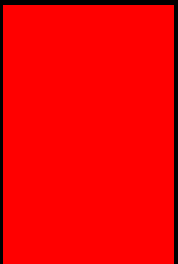
PENALTIES



YELLOW CARD: 1 minutes at the penalty tent



BLUE CARD: 5 minutes at the penalty tent



RED CARD: immediate disqualification

1. You have to stop at the penalty tent/spot
 2. Tell the referee which card you were shown
 3. Follow the instructions of the referees
- If you don't go to the penalty tent - DISQUALIFICATION



T2 BIKE – RUN

1. After completing bike course go to transition.
2. Dismount at the dismount line.
3. Push your bike to your spot and rack it there.
4. Only open your chinstrap when your bike is racked.
5. Put on your running gear. Upper body must be covered.
6. Put all your bike gear into the Red Bag
7. The helmet needs to be put into the Red Bag.
8. Turn your BIB number to the front.



RELAY HANDOVER



RUN INFO

1 lap with 20.1km

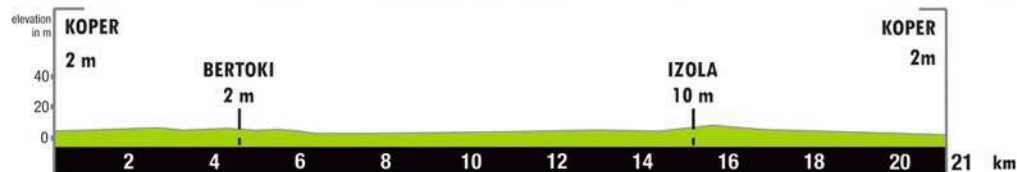
20m elevation gain

5 Aid Stations + 1 Water Aid Station



TEK / RUN
1 KROG / 1 LAP
DOLŽINA / DISTANCE - 21,3km
VIŠINSKI METRI / ELEVATION GAIN - 20 m

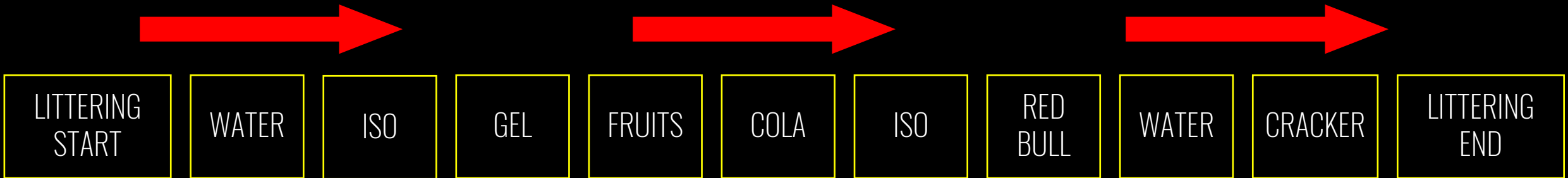
ZEMLJEVID + PROFIL / MAP + PROFILE



RUN AID STATIONS

5 Aid Stations / 2 doublesided / 3 onesided

Every 2.5-3km



FINISHLINE

It is not allowed to run down the finish line with friends, relatives or children = DISQUALIFICATION

Relays – just the runner is allowed to run through the finish line (no relay meeting point)

Don't forget to take your
FINISHER MEDAL & FINISHER T-SHIRT



ENJOY THE FINAL METERS OF YOUR JOURNEY

YOU ARE AN



SUMMARY RELAY

SWIM START: Relays will start as the last group of the Rolingstart

TRANSITION: Relay handover from swim to bike and bike to run in the marked area

FINISH LINE: Just the runner is allowed to run through the finish line (no relay meeting point)



MEDICAL SERVICE

A professional team of doctors and first responders are at your disposal:

- Medical service during the race
- Medical tent at the finish area



AFTER THE RACE

Grab your Finisher Shirt

Pick up your White Bag

Food & Drinks

Medal Engraving

Bike Check Out 15:00 – 18:30

(Athlete Wristband and BIB number mandatory for Bike Check out)

Award Ceremony 18:30 – 20:00

Slot Allocation – Online



IRONKIDS



SATURDAY
16:00 – 19:00

Location: Izola, center

Online Registration available at the Facebook Event:
Ironkids 2021 – otroški tek v Izoli / Kids Running Event

Registration onsite only if there is a free slots for
registration – 18.09. in Izola from 14:30 to 15:30

For safety reasons max. 100 participants (kids)
Due to reducing number of gathers because of COVID-19
please each child be accompanied just by 1 parent.



Age groups:

- Group 2017-2019: 200m
- Group 2014-2016: 400m
- Group 2011-2013: 600m
- Group 2009-2010: 800m
- Group 2007-2008: 1200m

Each child gets a finish medal.



FRIENDLY REMINDER

COVID-19 / RVT CONDITION

ALWAYS WEAR A MASK INDOORS





GOOD LUCK!
HAVE A SAFE & SUCCESSFUL RACE!



STO

SLOVENIAN
TOURIST
BOARD

I FEEL
SLOVENIA



Telekom
Slovenije



LUKA KOPER

Port of Koper