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2023 ATHLETE GUIDE



AUGUST 20, 2023

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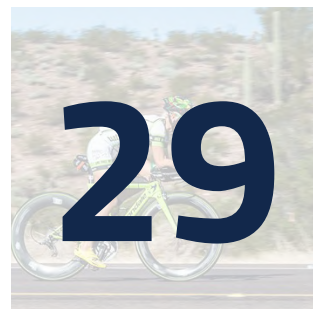
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QUALIFYING FOR THE WORLD CHAMPIONSHIP



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PRIME MINISTER • PREMIER MINISTRE

2023

Dear Friends:

I am pleased to extend my warmest greetings to everyone taking part in Ironman Mont-Tremblant. I would also like to welcome all of the athletes from abroad.



Once again this summer, Mont-Tremblant will experience the energy and excitement that come along with hosting this prestigious event, taking place over two weekends. These competitions, which attract some of the best triathletes in the world, will no doubt offer spectators the opportunity to witness high-level performance in action.

I would like to commend the organizing committee for its hard work and dedication in planning this extraordinary event.

On behalf of the Government of Canada, I offer my best wishes for a memorable experience.

Sincerely,

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.
Prime Minister of Canada



MESSAGE DU PREMIER MINISTRE

Les courses IRONMAN sont parmi les plus éprouvantes du monde sportif, toutes disciplines confondues. Les athlètes qui y participent se dévouent à l'excellence sportive et font des sacrifices impressionnants en vue d'atteindre le niveau requis pour une telle compétition. Je suis donc profondément admiratif envers tous ceux et celles qui se trouveront sur la ligne de départ de l'événement IRONMAN Mont-Tremblant 2023.

Je souhaite aux participants et participantes de performer à la hauteur de leurs espérances et de vivre des moments inoubliables tout au long de l'événement. La nature à couper le souffle qui entoure le mont Tremblant permettra à ces femmes et à ces hommes de faire le vide et de se concentrer sur l'effort dans les trois segments de la compétition, soit la nage, le vélo et la course à pied.

Je remercie le comité organisateur, les équipes de travail et les bénévoles qui ont contribué à la tenue de la course IRONMAN Mont-Tremblant 2023. Je souhaite la meilleure des chances aux triathlètes. Participer à cette épreuve est une grande réussite en soi. Vous pouvez en retirer une grande fierté.

Courage, et bon succès!

François Legault

IRONMAN races are among the most demanding in the sporting world, regardless of the discipline. The participating athletes devote themselves to athletic excellence and make impressive sacrifices to attain the level that such a competition demands. I admire all the athletes on the starting line at the IRONMAN Mont-Tremblant 2023 event.

To the participants, I extend my best wishes for performance that meets their expectations and unforgettable moments throughout the event. The breath-taking nature that surrounds Mont-Tremblant will enable the athletes to empty their minds and concentrate on the competition's three sections, swimming, cycling, and marathon running.

I would like to thank the organizing committee, the working groups, and the volunteers who have contributed to the IRONMAN Mont-Tremblant 2023 race. Best wishes to all the triathletes. To participate in the event is an achievement. You can indeed be proud of it.

Courage, and good luck!

MESSAGE FROM THE GOVERNMENT OF QUEBEC

On bouge dans les Laurentides!

Le gouvernement du Québec s'associe fièrement au succès du IRONMAN Mont-Tremblant. En plus de promouvoir la pratique régulière d'activités physiques et les bonnes habitudes d'une vie saine, cet événement contribue à la notoriété du Québec comme destination sportive de choix.

En accueillant des athlètes d'ici et d'ailleurs, ce rassemblement vitalise l'économie des Laurentides. C'est grâce à des rendez-vous uniques comme celui-ci que la région peut proposer une offre événementielle diversifiée qui rehausse son attractivité et son rayonnement.

Nous invitons la population à venir applaudir chaleureusement les participants, qui pourront se dépasser tout en partageant leur passion commune pour le triathlon. C'est aussi le moment de profiter des attraits locaux et de découvrir les installations sportives et de plein air de la région.

Bonne chance aux athlètes!

La ministre du Tourisme
et ministre responsable de la région de Lanaudière,
Caroline Proulx

La ministre responsable du Sport, du Loisir
et du Plein air,
Isabelle Charest



Votre
gouvernement

Québec 

MESSAGE FROM THE MAYOR

Welcome to Mont-Tremblant!

Once again this year, Mont-Tremblant is pleased to be hosting the IRONMAN competitions and to have the opportunity to welcome you to our beautiful region that we are so very proud of and can't wait to share with you.

Our volunteers are looking forward to meeting you, cheering you on and supporting you all the way to the finish line. Their passion and overflowing energy is contagious! I guarantee you that no energy drink in the world can match their enthusiasm!

With a new event team in place, supported by our valued partners and municipal staff, you can expect a sporting event unlike any other. The beautiful setting will surely charm you and your loved ones, creating memories of this exceptional time that you shared together. Breathtaking nature, endless activities and culture, great food and shopping in one-of-a-kind boutiques—you will leave here with unforgettable memories, a full heart and one desire: to come back and see us really soon!

Environmental protection and fighting climate change are at the top of our list of priorities and that is why all events that we host must meet our high standards in terms of sustainable development. Thank you for helping us make this edition of IRONMAN an example of eco-responsibility. An easy way of making a difference is to just take public transit during your stay. The Mont-Tremblant BUS is free for everyone, including visitors!

I wish you all success and a wonderful stay with us, discovering all that the region has to offer. Enjoy the competition!

Luc Brisebois
Mayor of Mont-Tremblant



LUC BRISEBOIS
MAYOR OF MONT-TREMBLANT

MESSAGE FROM STATION MONT TREMBLANT

Dear athletes and spectators,

I want to extend a warm welcome to the athletes and supporters of IRONMAN Mont-Tremblant events. Our employees, volunteers and partners have made every effort to ensure that your experience at our destination, and in our region, matches your determination to excel. May your stay with us bring you larger-than-life moments in our safe, inviting, and inspiring resort environment.

You are about to experience a spectacular event with many special highlights. We hope that it will create unforgettable memories for you and the loved ones who share it with you.

Patrice Malo
PRESIDENT AND CHIEF OPERATING OFFICER
Station Mont Tremblant



PATRICE MALO
PRESIDENT AND COO
STATION MONT TREMBLANT

MESSAGE FROM TOURISME MONT-TREMBLANT

Dear athletes,

Welcome to Mont-Tremblant!

We are happy and excited to welcome you for the first time, or again, to our magnificent region for the 10th edition of IRONMAN Mont-Tremblant! This major international event returns this year, to the great pleasure of all participants and our citizens, with competitors from all over the world. During your stay, you will experience the vitality of our community and the desire of our tourism industry to make your stay an unforgettable one.

Alongside this unique event, we invite you to enjoy your spare time discovering our five districts and their distinctive attractions that have made our destination so famous. We are convinced that your stay with us will be unforgettable. In fact, why not start planning your next visit now, whether it's for family fun or for training purposes? Just head over to our website at www.mont-tremblant.ca.

On behalf of all our tourism partners in the region, enjoy the competition and your stay in Mont-Tremblant!

Philippe Laudat
President, Tourisme Mont-Tremblant



PHILIPPE LAUDAT
PRESIDENT
TOURISME MONT-TREMBLANT

WELCOME

RACE DIRECTOR

Hello Mont-Tremblant athletes!

We are very excited to welcome you to Mont-Tremblant for the 10th edition of the IRONMAN Mont-Tremblant ! I am honored to be your race director and to have the chance to welcome you to our beautiful region.

As a long-time citizen of La Conception and having grown up in Mont-Tremblant, this community is close to my heart and I hope that you will take a few days to enjoy all it has to offer.

The rallying point for the event is at the bottom of the ski trails at Station Mont-Tremblant, where there are plenty of activities and restaurants for everyone to enjoy. The bike course will take you to the municipality of Labelle via La Conception. During your training or reconnaissance on the course, I invite you to detour and enjoy the small roads of the area, many of which have beautiful views, will take you along the Diable River and the superb covered bridge of La Conception. The running course goes through the charming old village of Mont-Tremblant and our precious P'tit Train du Nord trail. Plan to stop in the village and check out the small cafés, boutiques, and the famous chocolate factory; the villagers are very friendly and welcoming. Tourisme Mont-Tremblant is a great resource to help you plan your stay. Visit their website WWW.MONT-TREMBLANT.CA/EN for more information on lodging and activities around Mont-Tremblant.

Our volunteer director, Lina, has worked hard to recruit the people who will help make your day memorable. We know that volunteers sometimes become your "family" in a time of need, so go ahead and give them a smile, a thank you or a high five.

Together, let's celebrate 10 years of history, 20,000 volunteers and just as many athletes !

The hard work is done, be proud of yourself, live the emotion to the fullest; we will see you at the finish line!

Pauline Alix
Race Director



PAULINE ALIX
RACE DIRECTOR



HORAIRE 2023 | 2023 SCHEDULE

SUJET À CHANGEMENT | SUBJECT TO CHANGE

(mise à jour: 27 juillet | Last Updated: July 27, 2023)

DÉBUT START	FIN END	ÉVÉNEMENTS - LUNDI, MARDI ET MERCREDI - 14, 15 et 16 AOÛT EVENTS - MONDAY, TUESDAY & WEDNESDAY - AUGUST 14, 15 & 16	EMPLACEMENT LOCATION
8am	6pm	Ouverture de la plage pour entraînement de nage libre - CIRIM Beach Open for Swim Training - CIRIM	Parc Plage Parc Plage
DÉBUT START	FIN END	ÉVÉNEMENTS - JEUDI 17 AOÛT EVENTS - THURSDAY, AUGUST 17	EMPLACEMENT LOCATION
7am	6pm	Ouverture de la plage pour entraînement de nage libre - CIRIM Beach Open for Swim Training - CIRIM	Parc Plage Parc Plage
9am	5pm	Boutique officielle IRONMAN, Expo Official IRONMAN Store, Expo	Village IRONMAN IRONMAN Village
9am	5pm	IRONMAN & 70.3 enregistrement des athlètes (aucun enregistrement IRONMAN le samedi) IRONMAN & 70.3 Athlete Check-In (No IRONMAN Athlete Check-In on Saturday)	Camp de base Basecamp
10am	4pm	Centre d'accueil média et VIP Media & VIP Welcome Center	Camp de base Basecamp
11am		IRONMAN Réunion des athlètes IRONMAN Athlete Briefing	Scène Stage
2pm		IRONMAN Réunion des athlètes IRONMAN Athlete Briefing	Scène Stage
DÉBUT START	FIN END	ÉVÉNEMENTS - VENDREDI 18 AOÛT EVENTS - FRIDAY, AUGUST 18	EMPLACEMENT LOCATION
7am	6pm	Ouverture de la plage pour entraînement de nage libre - CIRIM Beach Open for Swim Training - CIRIM	Parc Plage Parc Plage
9am	5pm	Boutique officielle IRONMAN, Expo Official IRONMAN Store, Expo	Village IRONMAN IRONMAN Village
9am	5pm	IRONMAN & 70.3 enregistrement des athlètes (aucun enregistrement IRONMAN le samedi) IRONMAN & 70.3 Athlete Check-In (No IRONMAN Athlete Check-In on Saturday)	Camp de base Basecamp
11am		IRONMAN Réunion des athlètes IRONMAN Athlete Briefing	Scène Stage
12pm	7pm	Centre d'accueil média et VIP Media & VIP Welcome Center	Camp de base Basecamp
12pm		Panel professionnels Pro Panel	Scène Stage
2pm		IRONMAN Réunion des athlètes IRONMAN Athlete Briefing	Scène Stage
5:30pm		70.3 Réunion des athlètes 70.3 Athlete Briefing	Scène Stage
7pm	9pm	Cérémonie de bienvenue avec groupe musical Welcome Ceremony with Live Band	Scène Stage
DÉBUT START	FIN END	ÉVÉNEMENTS - SAMEDI 19 AOÛT EVENTS - SATURDAY, AUGUST 19	EMPLACEMENT LOCATION
7am	6pm	Ouverture de la plage pour entraînement de nage libre - CIRIM Beach Open for Swim Training - CIRIM	Parc Plage Parc Plage
9am	1pm	70.3 enregistrement des athlètes 70.3 Athlete Check-In	Camp de base Basecamp



HORAIRE 2023 | 2023 SCHEDULE

SUJET À CHANGEMENT | SUBJECT TO CHANGE

(mise à jour: 27 juillet | Last Updated: July 27, 2023)

DÉBUT START	FIN END	ÉVÉNEMENTS - SAMEDI 19 AOÛT EVENTS - SATURDAY, AUGUST 19	EMPLACEMENT LOCATION
9am	5pm	Boutique officielle IRONMAN, Expo <i>Official IRONMAN Store, Expo</i>	Village IRONMAN <i>IRONMAN Village</i>
10am	2pm	IRONMAN & 70.3 dépôt obligatoire vélo et sacs d'équipement IRONMAN & 70.3 Mandatory Bike & Gear Bag Check-In	Aire de transition <i>Transition Zone</i>
10am	4pm	Centre d'accueil média et VIP <i>Media & VIP Welcome Center</i>	Camp de base <i>Basecamp</i>
11am		70.3 Réunion des athlètes 70.3 Athlete Briefing	Scène <i>Stage</i>
DÉBUT START	FIN END	ÉVÉNEMENTS - DIMANCHE 20 AOÛT - JOURNÉE DE COURSE EVENTS - SUNDAY, AUGUST 20 - RACE DAY	EMPLACEMENT LOCATION
5am	6am	IRONMAN ouverture de l'aire de transition - Dépôt des sacs de ravitaillement IRONMAN Transition Zone Open - Personal Needs Bag Drop-Off	Village IRONMAN, Aire de transition et Scène <i>IRONMAN Village, Transition Zone & Stage</i>
5am	12am	Centre d'accueil média <i>Media Welcome Center</i>	Camp de base <i>Basecamp</i>
5:15am	6:15am	IRONMAN dépôt des vêtements du matin IRONMAN Morning Clothes Drop-Off	Club plage et tennis - Aire départ nage <i>Beach & Tennis Club - Swim Start</i>
6am		IRONMAN départ femmes professionnels IRONMAN Pro Female Start	Club plage et tennis - Aire départ Nage <i>Beach & Tennis Club - Swim Start</i>
6:10am		IRONMAN départ tous groupes d'âge par "rolling start" IRONMAN Age Group Rolling Start	Club plage et tennis - Aire départ Nage <i>Beach & Tennis Club - Swim Start</i>
7am	8am	70.3 ouverture de l'aire de transition et dépôt des équipements 70.3 Transition Zone Open & Equipment	Village IRONMAN, Aire de transition <i>IRONMAN Village, Transition Zone</i>
7am	8am	70.3 dépôt des vêtements du matin 70.3 Morning Clothes Bag Drop-Off	Club plage et tennis - Aire départ Nage <i>Beach & Tennis Club - Swim Start</i>
8am		70.3 départ officiel tous groupes d'âge par "rolling start" 70.3 Official Age Group Rolling Start	Club plage et tennis - Aire départ Nage <i>Beach & Tennis Club - Swim Start</i>
10am	7pm	Boutique officielle IRONMAN, Expo <i>Official IRONMAN Store, Expo</i>	Village IRONMAN <i>IRONMAN Village</i>
11am	12am	Accueil VIP <i>VIP Welcome</i>	Chalet des Voyageurs <i>Chalet des Voyageurs</i>
2pm	5pm	70.3 récupération sac du matin, vélo et équipements 70.3 Morning Clothes Bag, Bike & Equipment Check-Out	Aire de transition <i>Transition Zone</i>
4pm		70.3 gagnants et 'Slot Allocation'/'Rolldown' du championnat du monde VinFast IRONMAN 70.3 2024 70.3 Awards & 2024 VinFast IRONMAN 70.3 World Championship Slot Allocation/Rolldown	Village IRONMAN Zone Expo <i>IRONMAN Village</i>
5:30pm	12am	IRONMAN récupération sac du matin, vélo et sac d'équipement IRONMAN Morning Clothes Bag, Bike & Gear Bag Check-Out	Village IRONMAN, aire d'arrivée et transition <i>IRONMAN Village, Finish Line Area & Transition</i>
DÉBUT START	FIN END	ÉVÉNEMENTS - LUNDI 21 AOÛT - CÉRÉMONIE DES GAGNANTS EVENTS - MONDAY, AUGUST 21- CELEBRATION DAY	EMPLACEMENT LOCATION
8am	12pm	Boutique officielle IRONMAN, Expo <i>Official IRONMAN Store, Expo</i>	Village IRONMAN <i>IRONMAN Village</i>
9:30am		IRONMAN gagnants et 'Slot Allocation'/'Rolldown' du championnat du monde VinFast IRONMAN 2023/2024 IRONMAN Awards & 2023/2024 VinFast IRONMAN World Championship Slot Allocation & Rolldown	Scène <i>Stage</i>

ATHLETE CHECK-IN

WHEN

- Thursday, August 17 from 9 AM to 5 PM
- Friday, August 18 from 9 AM to 5 PM

Athlete Check-In will not be open on Saturday or on race day. If you do not check in during the designated Athlete Check-In hours, you will not be permitted to race. ALL RACE PACKETS MUST BE PICKED UP BY 5 PM ON FRIDAY, AUGUST 18.

ADDRESS

Camp de Base - Quartier Tremblant
161 Chem. du Curé Deslauriers,
Mont-Tremblant

WHAT TO BRING

- Photo ID or Passport
- Active.com Registration QR Code
- USAT memberships/passes will NOT be accepted

ATHLETE CHECK-IN STEPS

1. Please bring the Active.com registration QR code either on your phone or printed.
2. Show Photo ID and Active.com QR Code to volunteers to receive Bib Number.
3. Sign waivers on iPad.
4. Pick up Athlete Race Packet.
5. Pick up Athlete Giveaway Items in the Official IRONMAN Merchandise Store.

PLEASE NOTE: Athletes will pick up their timing chip when entering the Athlete Check-In area.

YOUR RACE PACKET WILL INCLUDE

- Race Bib - to be worn on the run.
- Bike/Helmet Stickers
- Swim Cap
- Bike Check-Out Ticket
- Athlete Wristband - must be attached at time of check-in and worn until after the race is complete. All previous wristbands must be removed.
- 5 Gear Bags - White Morning Clothes Bag, Blue Bike Gear, Red Run Gear, Orange Bike Personal Needs, Black Run Personal Needs

EMERGENCY CONTACT

Athletes are required to check in at the venue during the dates and times listed above and on the Event Schedule. Athlete Check-In will not be available outside the posted times.

To inform IRONMAN of any emergency during race week, athletes must call the EMERGENCY PHONE NUMBER listed below.

813-442-9026

MONTTREMBLANT@IRONMAN.COM

Emergency phone hours are as follows:

Thursday, August 17	9 AM to 6 PM
Friday, August 18	9 AM to 8 PM
Saturday, August 19	9 AM to 7 PM
Sunday, August 20	5 AM to 12:30 AM
Monday, August 21	9 AM to 1 PM

ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas. Any wristbands from previous events must be removed.

BIKE STICKERS

You will receive the following stickers in your athlete packet:

- Bike Frame Sticker
- Helmet Sticker
- Bike Stem Sticker
- 5 Extra Gear Bag Stickers (to label belongings, if applicable)

Make sure the frame sticker is visible on both sides of your bike. The bike frame sticker cannot be altered in any fashion and the race logo MUST be visible. The helmet sticker will be affixed to the front of your helmet, and the bike stem sticker will be placed in between handlebars.

Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at Athlete Check-In. Any previous event stickers on the bike must be removed. We recommend you label your gear bags with a permanent marker in addition to using the gear bag stickers.



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PRE-RACE INFO

IRONMAN VILLAGE INFORMATION

The IRONMAN Village is the center of the event weekend, serving as the location for Athlete Check-In, Athlete Briefings, and the IRONMAN Merchandise Store. The village is free and open to the public, offering a great opportunity for athletes to pick up final race day essentials.

MANDATORY ATHLETE BRIEFING

Mandatory Athlete Briefings will be held during IRONMAN Village hours in the days prior to the event (check the Event Schedule for times) and are hosted for the benefit of all athletes. Briefings will cover important information pertaining to any peculiarities of the course, rules and cut-off times for the disciplines, and most importantly, any last minute changes or procedures to the event that have occurred, or may potentially occur due to weather related forecasts.

WELCOME CEREMONY

The Welcome Ceremony with a live band will take place at 7 PM on Friday, August 18 at the stage. Friends and family members are encouraged to attend.

MANDATORY BIKE & GEAR CHECK-IN

Mandatory Bike and Gear Bag Check-In is on Saturday, August 19 from 10 AM to 2 PM in transition.

All bicycles and Bike/Run Gear Bags must be checked in on Saturday and left overnight. Bicycles and Bike/Run Gear Bags will not be permitted to enter transition on race morning. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once Bike Check-In is over.

You will have access to your bicycle beginning at 5 AM on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race. Pack your bike and run gear in the appropriate gear bag and place them in the proper place. Be sure your running gear has reflective material on the front and back of your clothing and shoes. Helmets and cycling shoes MUST go into the Bike Gear Bag. No loose gear will be allowed on the ground next to the bicycles in transition.

PERSONAL SAFETY

Always train with at least one other person (especially in open water swims). Register at CIRIM (IRONMAN Mont-Tremblant Regional Information Centre) when swimming. There, you will have access to race and training courses, and can also borrow a swimming buoy. While swimming, please wear a brightly coloured swim cap and ensure that your family members and/or friends know where you are. Swim in the designated area marked with cones.

When training, please bike on the shoulder without moving into the traffic lane and run on the sidewalk. Please be courteous and aware that the people sharing the roads with you are people you will count on during race day to fulfill your physical and emotional needs. Please ride in a single file, as biking side by side is illegal. Carry an ID with you when training on the bike and run courses. As you are one of Mont-Tremblant's invited guests, please respect and obey the traffic laws during your training practices.

SWIMMING IN LAKE TREMBLANT

Please make sure to train in the designated marked course with white buoys. Stop by the CIRIM to get all required information and details on training courses. The swim course utilizes a body of water that is open to the general public for swimming, boating and other recreational and commercial activities. IRONMAN wishes to caution all participants that it does not provide lifeguard services prior to the event, and that all participants who swim prior to race day will do so at their own risk.

While we make reasonable efforts to inspect the swim entry and exit, the inspection does not take place until just before the swim discipline starts. Participants are further admonished to exercise cautiously and use common sense if they elect to swim prior to the event and to be mindful of water hazards. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to currents, underwater obstructions, tides, rip currents and indigenous marine life.

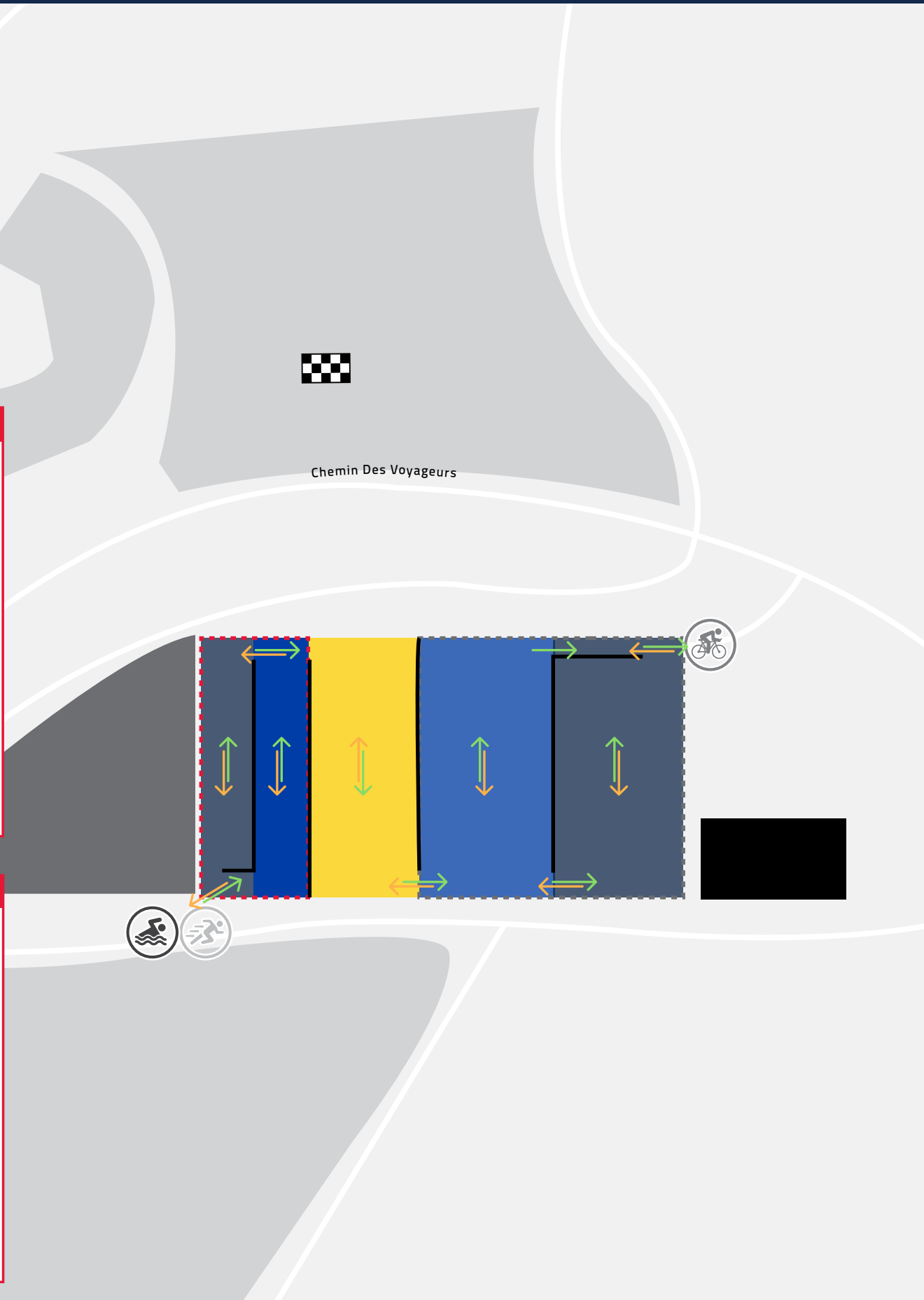


LÉGENDE

- ATHLÈTES 70,3
- ATHLÈTES IM
- VESTIAIRE
- RAMASSAGE VÊTEMENTS DU MATIN
- VILLAGE IRONMAN
- LIGNE D'ARRIVÉE
- SAC ÉQUIPEMENTS VÉLO
- TRANSITION
- BARRICADES
- ENTRÉE NAGE VERS LE VÉLO
- VÉLO VERS LA SORTIE COURSE À PIED
- ENTRÉE DE NAGE
- ENTRÉE ET SORTIE DE VÉLO
- SORTIE VERS LA COURSE À PIED

LEGEND

- 70.3 ATHLETES
- IM ATHLETES
- CHANGE TENT
- MORNING CLOTHES PICKUP
- IRONMAN VILLAGE
- FINISH LINE
- BIKE GEAR BAG
- TRANSITION
- BARRICADES
- SWIM IN TO BIKE OUT
- BIKE IN TO RUN OUT
- SWIM IN
- BIKE IN/BIKE OUT
- RUN OUT



GEAR BAGS



Drop-Off: Race morning at designated drop area in swim start.

Use: Pack your Morning Clothes Bag with your swim cap, goggles, wetsuit (if applicable) and anything else you will need in transition race morning. Prior to the swim start, put on your swim gear and place any items you will need after the race (dry clothes, medication, etc.) in your Morning Clothes Bag. Any items that do not fit inside the Morning Clothes Bag, such as bike pumps and backpacks, will not be accepted.

Pick-Up: At the finish line area from 2 PM to 12 AM (Midnight) on race day.



Drop-Off: Saturday, August 19 between 10 AM and 2 PM in transition.

Use: Pack your Bike Gear Bag with all the gear you will need on the bike course (helmet, cycling shoes, sunglasses). All gear, including cycling shoes and helmets MUST go into the bag. With the narrow mount line area and bike chute, we don't feel it is safe to have shoes clipped to bike. After the swim, change into your bike gear and place your swim gear in this bag. Drop off your bag before getting your bike.

Pick-Up: In transition from 5:30 PM to 12 AM (Midnight) on race day.



Drop-Off: Saturday, August 19 between 10 AM and 2 PM in transition.

Use: Pack your Run Gear Bag with all the gear you will need on the run course (hat, running shoes, race belt). After you dismount your bike, grab your Run Gear Bag, change into your run gear and place your bike gear in this bag. Drop off your bag before starting on the run course.

Pick-Up: In transition from 5:30 PM to 12 AM (Midnight) on race day.



Drop-Off: Race morning from 5 AM to 6 AM at the designated area outside transition.

Use: A personal needs station will be located near the mid-point on the bike course. These stations are for personal needs purposes. Athletes can pack this bag with preferred nutritional items, extra pairs of socks, sunscreen, etc.

Pick-Up: None. Personal needs bags will not be returned after the race. Do not put anything of value in your Bike Personal Needs Bag.



Drop-Off: Race morning from 5 AM to 6 AM at the designated area outside transition.

Use: A personal needs station will be located near the mid-point on the run course. These stations are for personal needs purposes. Athletes can pack this bag with preferred nutritional items, extra pairs of socks, sunscreen, etc.

Pick-Up: None. Personal needs bags will not be returned after the race. Do not put anything of value in your Run Personal Needs Bag.

RACE DAY INFO

RACE MORNING PROCEDURE

Transition opens at 5 AM on race morning. Remember to bring your timing chip, swim cap, and wetsuit. Bike technicians and pumps will be available in transition race morning. Please do not wear your bib number for the swim. The number will not hold up for the duration of the race if it gets wet.

You will not be permitted in transition on race day without your wristband, swim cap and timing chip. If you have misplaced any of these items, please see the transition director for a replacement.

Transition closes at 6 AM.

BODY MARKING

Athletes will not need to be body marked for the race. To ensure they are able to be properly identified, athletes must wear their self-marked swim cap on the swim, their stickered helmet on the bike and their race bib on the run. Athlete wristbands must also be worn from Athlete Check-In until the end of the event weekend.

AID STATIONS

Aid stations are approximately every 20 kilometers (12 miles) on the bike and approximately 1.8 kilometers (1.12 miles) apart on the run. The general offerings are as follows:

BIKE

Water
Gatorade
Maurten Gel 100
KRONO BARS (Crunchy Salted Caramel)
Fruit - Bananas

RUN

Water
Gatorade
Red Bull
Cola
Maurten Gel 100
KRONO BARS (Crunchy Salted Caramel)
Chips
Pretzels
Fruit
Broth
ActivICE (In Transition Only)

TIMING CHIP

Your timing chip will not be in your packet. You must stop at the timing table as you enter the Athlete Check-In area to pick up your chip. At the timing table, you will verify that your name matches your number.

Your chip must be worn on your left ankle at all times during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff member or timing team member. It is essential that we know where you are on the course at all times for your safety. If you are transported to any medical station, the medical staff will take responsibility for your chip. If you lose your timing chip during the event, you are responsible for obtaining a replacement from a volunteer at one of the following locations: swim start, swim exit, bike exit or run exit. If you lose your chip while on the run course, please notify a timing official immediately after crossing the finish line.

Failure to wear your timing chip on race day, return your chip after the event, or pay the replacement cost of your lost chip may disqualify you from future IRONMAN events. After the race, if you realize you still have your chip, please mail it within 5 business days to:

Sportstats Office
155 Colonnade Rd. Unit #18
Ottawa, ON, K2E 7K1

Please use package envelope and do not put any value on it for customs.

IRONMAN TRACKER

The IRONMAN Tracker App provides official real-time athlete tracking for select IRONMAN and IRONMAN 70.3 events. Download the app to your phone to track athlete's times, find them on the interactive map, and share race-day updates on social media!



 **REHYDRATE**
 **REPLENISH**
 **REFUEL**

GATORADE PROVIDES FLUIDS TO HELP **REHYDRATE**,
ELECTROLYTES TO HELP **REPLENISH**,
CARBOHYDRATES TO HELP **REFUEL**.

Gatorade® sports drink helps maintain normal water and electrolyte balance. Carbohydrates provide energy.

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RACE DAY INFO

RACE TIMING AND CUT-OFFS

All athletes will have 17 hours to complete the entire race once they cross the starting mat at swim start. Anyone who does not complete the event in 17 hours will be designated as DID NOT FINISH (DNF) in the official results. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

SWIM CUT-OFF

The swim course will close 2 hours and 20 minutes after the last athlete enters the water via the rolling start. Each athlete will have 2 hours and 20 minutes to complete the 2.4-mile swim. Athletes who take longer than 2 hours and 20 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.

BIKE CUT-OFF

The bike course will close 10 hours and 30 minutes after the last athlete enters the water. Each athlete will have 10 hours and 30 minutes to complete the swim, T1 and the bike course regardless of when they start the swim. Athletes who take longer than 10 hours and 30 minutes to complete the swim, T1 and the bike course will receive a DNF.

THERE ARE THREE INTERMEDIATE CUT-OFFS ON THE BIKE COURSE:

- Turn-around on Ch des Voyageurs to start the second loop (km 90) at 1:10 PM.
- Turn-around on the 117N in Labelle (km 125) at 2:50 PM.
- Entrance of Chemin Duplessis/Quatre-Sommets intersection (km162) at 4:35 PM.

Any athlete who does not reach these locations by these times will not be permitted to continue. *The final bike course cut-off will be at the dismount line 10 hours and 30 minutes after the last athlete enters the water.*

RUN CUT-OFF

The run course will close 17 hours after the last athlete enters the water. Each athlete will have 17 hours to complete the entire race. Athletes that take longer than 17 hours to complete the entire race will receive a DNF.

THERE ARE TWO INTERMEDIATE CUT-OFFS ON THE RUN COURSE:

- The start of the second lap at 9 PM (clock tower at Tour des Voyageurs).
- KM 32 at 10:40 PM (turn-around at Montée Ryan).

Any athlete who does not reach these locations by these times will not be permitted to continue as an official athlete and will receive a DNF. *The final course cut-off will be at the finish line 17 hours after the last athlete enters the water.*

TRANSITION CUT-OFF

Transition areas from swim to bike, and bike to run, will close 20 minutes after the swim course cut-off and 20 minutes after bike course cut-off. IRONMAN officials reserve the right to pull athletes from the course who do not adhere to established cut-offs.

Based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected for all IRONMAN events.

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

WETSUIT OPTIONAL RACES

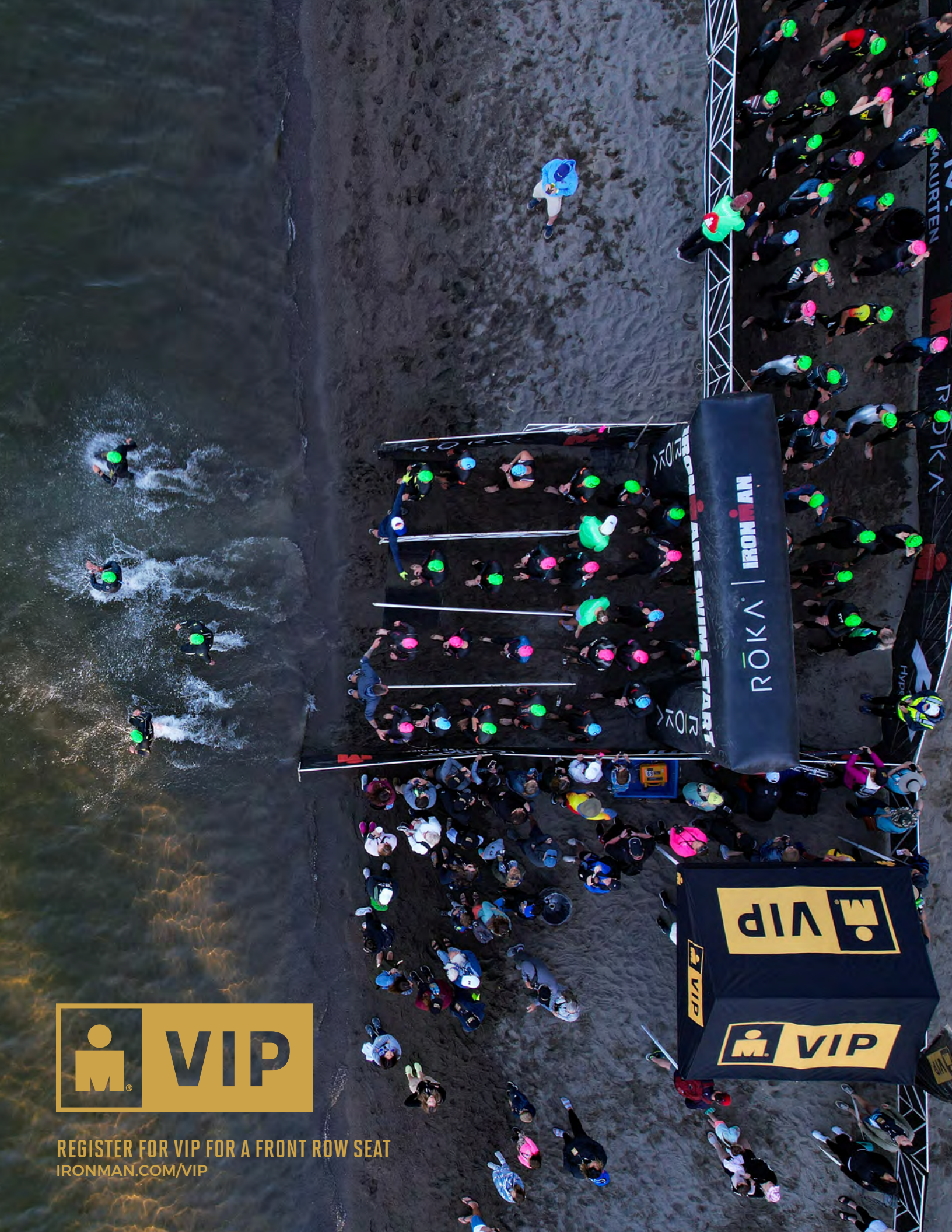
If the water temperature on race morning measures above 76.1 F/24.5 C but less than or equal to 83.8 F/28.8 C, the race will be wetsuit optional and athletes who choose to wear a wetsuit will not be eligible for Age Group awards, including IRONMAN World Championship slots or Rolldown slots. If the water temperature is in this range and you choose to wear a wetsuit, you will start after the non-wetsuit swimmers. Wetsuit athletes will have the full 2 hours and 20 minutes to complete the swim but will have to adhere to the Age-Group bike and run course cut offs and closures (in other words times will not be adjusted based on a later start time).

RACE FINISH, TIMING, AND RESULTS

Section 2.05

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

- Did not start ("DNS") – Enters an Event but fails to start;
- Disqualified ("DSQ") – Starts an Event and was disqualified;
- Did not finish ("DNF") – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes;
- Not classified ("NC") – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.



REGISTER FOR VIP FOR A FRONT ROW SEAT
[IRONMAN.COM/VIP](https://www.ironman.com/vip)

POST-RACE INFO

BICYCLE AND GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out, and Morning Clothes Bag recovery, is from 5:30 PM to 12 AM (Midnight) in transition on race day. You must have your athlete wristband on in order to claim your bike and gear.

If you are unable to personally claim your bike and gear, a family member or friend may use your Bike Check-Out ticket that will be provided in your race packet. As a precaution, give this ticket to a family member or friend prior to the race, even if you plan to reclaim your bike and gear yourself. If a friend or family member does decide to pick up these items for you, please ask them to leave a message on your cell phone so we have no panicked athletes—it happens a lot!

IRONMAN CELEBRATION DAY

Join us for food and entertainment at IRONMAN Celebration Day on Monday, August 21. Browse the vendors, shop for merchandise, see the Awards Ceremony, and celebrate your efforts! Admission is free for everyone, but food is only provided for athletes. Please do not remove your athlete wristband prior to the function, as it is your athlete identification.

RACE PHOTOGRAPHY

FinisherPix will have several photographers working at the swim exit, on the bike course, on the run course, and of course, at the finish line!

HOW TO ORDER YOUR PIX

- Register your email address at WWW.FINISHERPIX.COM to be notified as soon as photos are online.
- Have your number visible on the FRONT of your bike helmet so you can be identified in your cycling photos.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit WWW.FINISHERPIX.COM to view, order, and share your photos from the event.

LOST AND FOUND

During race week, Lost & Found will be available at the Information Tent. Please check the Event Schedule for the Information Tent hours and locations. After the conclusion of the event, please contact MONTTREMBLANT@IRONMAN.COM to locate any missing items and schedule returns. Shipping fees will apply. All items will be held for 30 days.

MEDICAL AREA

The medical area is for athletes only; family members will not be granted access. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete's condition.

VOLUNTEERS

Please remember to thank the Volunteers! The race wouldn't be possible without their assistance.

FINISHER CERTIFICATE

To get your finisher certificate, go to IRONMAN.COM/IM-MONT-TREMBLANT and click on results. Once you find your result page, click on the "Get Certificate" button in the upper right hand corner and the certificate will generate as a PDF.

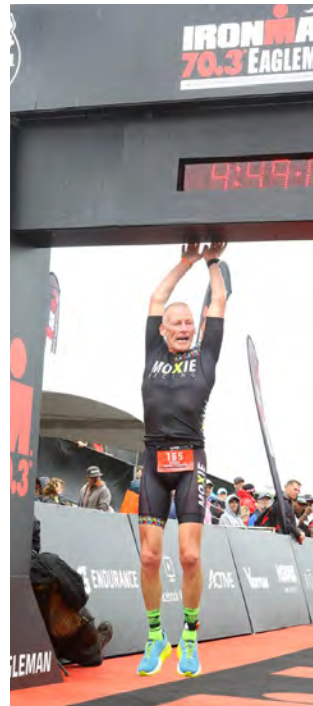
TIMING/RESULTS

If there is an issue with your timing, please e-mail TIMING@IRONMAN.COM.



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NEVER FORGET **YOUR RACE**



IRONMAN
OFFICIAL PHOTOGRAPHER

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QUALIFYING

FOR THE IRONMAN WORLD CHAMPIONSHIP

SLOT ALLOCATION/ROLLODOWN CEREMONY

Athletes may claim their slot only IN PERSON and only at the 2023/2024 VinFast IRONMAN World Championship Slot Allocation/Rolldown Ceremony on Monday, August 21 immediately following Awards. Awards will start at 9 AM at the stage, so please be present no later than 9:15 AM for slot allocation, because you must be present to accept a slot. Photo ID must be presented and payment must be made at this point in time. Please be prepared to pay the entry fee with CREDIT CARD ONLY; no check or cash.

This event offers Qualifying Slots to the 2023 Women's VinFast IRONMAN World Championship and to the 2024 Men's VinFast IRONMAN World Championship. Please note, slot allocations are subject to change. [CLICK HERE](#) for the most up-to-date information and qualifying slot numbers.

HOW DOES AGE GROUP SLOT ALLOCATION WORK?

"Age Group" refers to a grouping of athlete peers based on their gender and age range. For example, 'Male 25-29' is one Age Group, and 'Female 25-29' is another. Your Age Group is determined by your age as of December 31 of the year of the event.

THE ALLOCATION PROCESS

BEFORE RACE DAY:

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

ON RACE DAY:

- o If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slots.
- o The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender. The more athletes in an Age Group, the more slot allocations it will receive

AFTER THE RACE:

- o *Before Rolldown:*
If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.
- o *During Rolldown:*
If any slot allocated to an Age Group is unclaimed (after Rolldown for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

ATHLETE STATUS

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC's Pro Membership program, or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they qualified for, hold Professional or Elite status.

Any change in an athlete's status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN World Championship is subject to IRONMAN's Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age-Group Athletes. The waiver serves to provide additional notification of and consent to IRONMAN's Anti-Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules.

[CLICK HERE](#) to view an informational video regarding Anti-Doping Rules for Age Group athletes.

WITHDRAWAL POLICY

Withdrawal requests must be received in writing via e-mail to WORLDCHAMPIONSHIPKONA@IRONMAN.COM. Without exception, all requests must be received 45 days prior to race day to be eligible for a partial refund of \$175 USD. No refunds will be issued for requests made after the 45 day deadline. Transfers or deferments are NOT permitted.

LEGEND

- T TRANSITION AREA
- START LINE
- FINISH LINE
- TURN BUOYS
- OUTBOUND SIGHTING BUOYS
- RETURN SIGHTING BUOYS
- RUN OUT TO TRANSITION
- FULL DISTANCE COURSE
- 70.3 DISTANCE COURSE

ROLLING SWIM START

IRONMAN Mont-Tremblant will feature a "Rolling Start." Athletes will enter the water from a self-seeded swim start line. Self-seeding will be based on your individual abilities according to your expected finish time. You can avoid being overtaken by stronger swimmers by seeding yourself with athletes of a similar skill and ability levels. Each athlete will be allotted 2 hours and 20 minutes to complete the swim course. For more information on a rolling swim start, refer to this helpful [VIDEO](#).

Athletes' official race time will start when they cross the timing mat. All athletes will have 17 hours to complete the entire event (subject to intermediate cut-off times throughout the event).

LUCY CHARLES-BARCLAY
FASTEST IRONMAN SWIMMER ON THE PLANET

RÖKA

MAVERICK X2

FASTEST WETSUIT IN THE WORLD.

"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

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PROTECTED BY DOMESTIC AND
INTERNATIONAL PATENTS WITH
ADDITIONAL PATENTS PENDING

RÖKA® SWIM COURSE

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 face masks may be worn. Snorkels are prohibited. Medical exceptions will not be considered.
- 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 2 hours and 20 minutes after the last athlete enters the water. Each athlete will have 2 hours and 20 minutes to complete the 2.4-mile swim. Individual athletes who take longer than 2 hours and 20 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

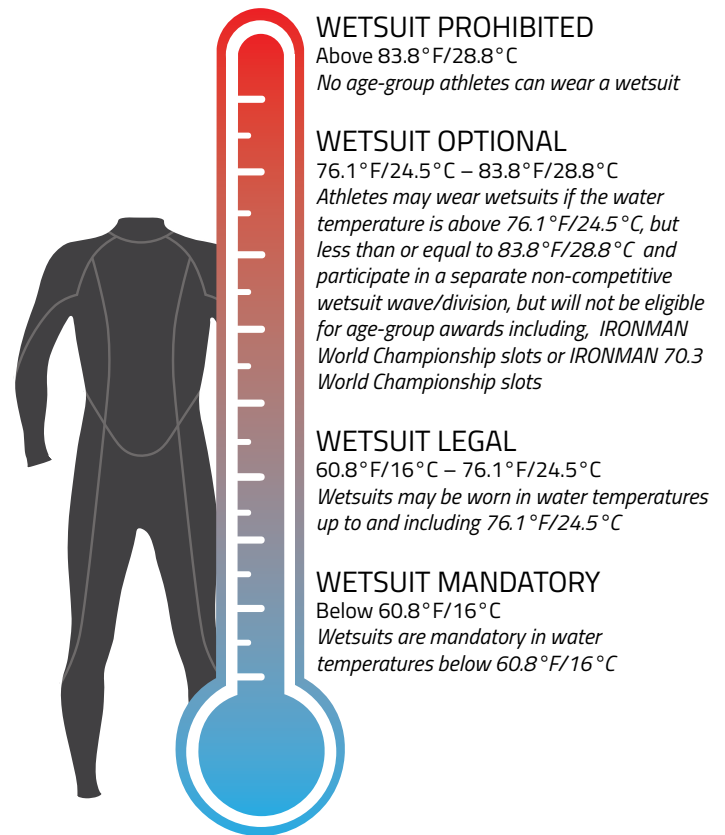
After the swim, you will be directed through the timing chutes to the swim to bike transition where you can pick up your gear bag and enter the change tent. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Sunscreen is available in transition.

Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our primary concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the paddleboards, kayaks, buoys, and aquatic crafts that line the course.

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 above 76.1 F/24.5 C but less than or equal to 83.8 F/28.8 C will not be eligible for Age Group awards, including IRONMAN World Championship slots or Rolldown slots. *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, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. 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 (no rubberized material such as polyurethane or neoprene) 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 during non-wetsuit swims (this includes compression sleeves, compression socks, or compression tights).

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here's a top-10 checklist to help get you ready.

1 PREPARE FOR RACE CONDITIONS

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

2 RACE IN SHORTER EVENTS

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

3 LEARN ABOUT COURSE DETAILS

- It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website, event athlete guide and pre-race communication to familiarize yourself with the course.
- Keep in mind that every body of water is different—educate yourself on water currents and surf conditions, if applicable.
- Study the event schedule to plan for optimal arrival and preparation.

4 ENSURE HEART HEALTH

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

5 PAY ATTENTION TO WARNING SIGNS

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

6 DON'T USE NEW GEAR ON RACE DAY

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

7 WARM UP ON RACE DAY

- Arrive early enough on race day for an adequate warm-up prior to the start, preferably in the water.
- If you aren't able to warm up in the water, spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race.

8 CHECK OUT THE COURSE

- Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colors and locations.
- Take part in the official practice swim if one is offered. This provides you an opportunity to get oriented with the swim course.
- Identify navigation landmarks such as buildings or landscape features to use for sighting in every direction you'll be swimming.

9 START EASY – RELAX AND BREATHE

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

10 BE ALERT AND ASK FOR HELP

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

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& Premium Lens Coatings

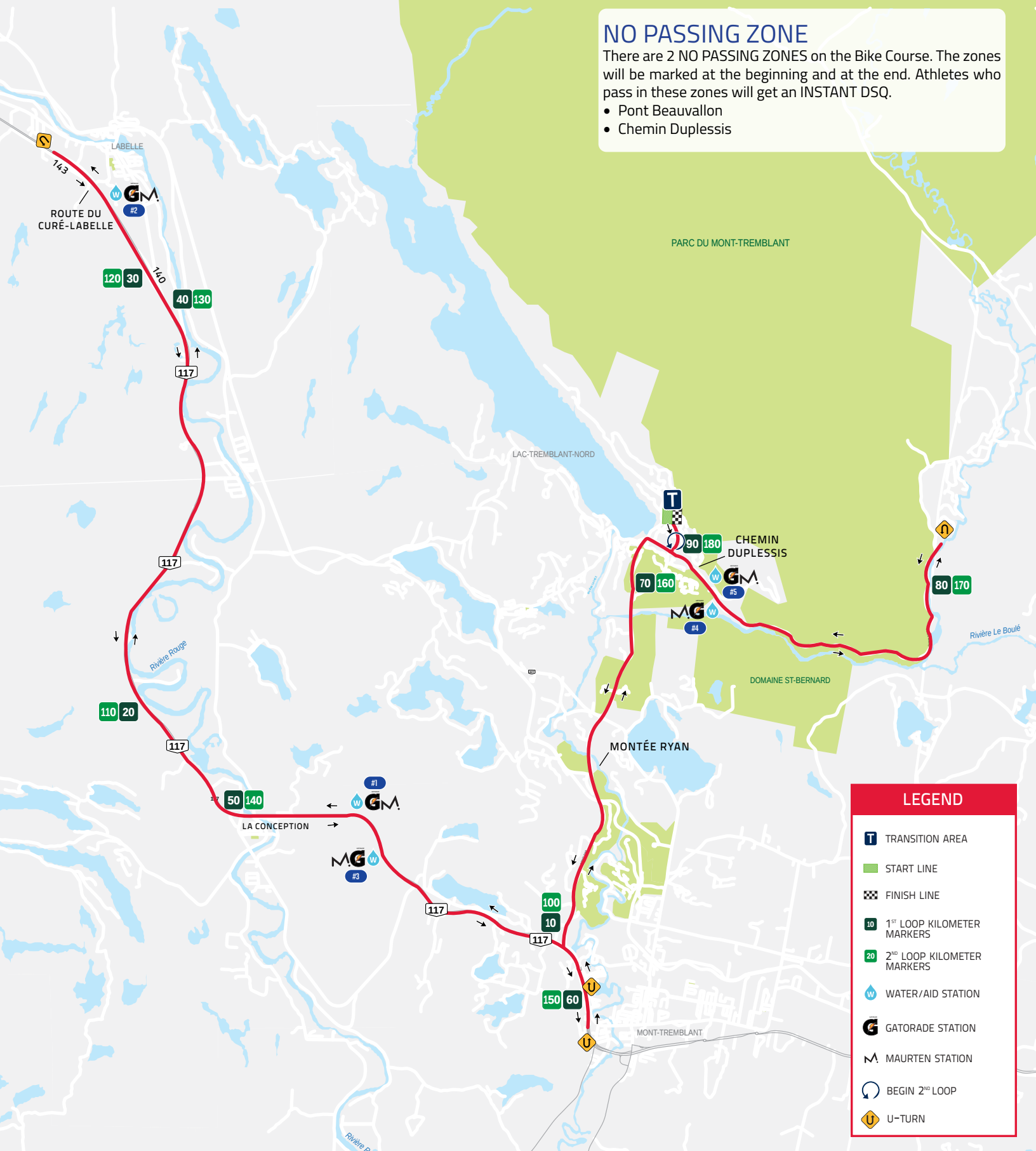


Ultra-Lightweight
Materials

NO PASSING ZONE

There are 2 NO PASSING ZONES on the Bike Course. The zones will be marked at the beginning and at the end. Athletes who pass in these zones will get an INSTANT DSQ.

- Pont Beauvallon
- Chemin Duplessis



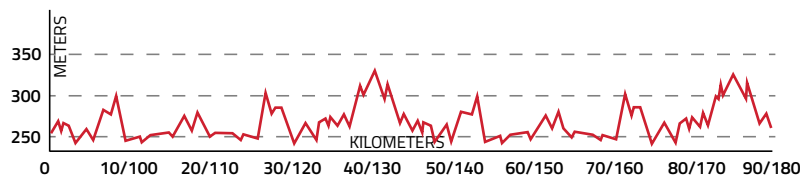
LEGEND

- T** TRANSITION AREA
- START LINE
- ⚑** FINISH LINE
- 10** 1st LOOP KILOMETER MARKERS
- 20** 2nd LOOP KILOMETER MARKERS
- W** WATER/AID STATION
- G** GATORADE STATION
- M** MAURTEN STATION
- ↻** BEGIN 2nd LOOP
- U** U-TURN

TURN BY TURN DIRECTIONS

- Right on Chemin des Voyageurs leaving the Transition Zone
 - Right on Chemin Duplessis
 - Left on Montée Ryan
- Left to take the service road for Route 117 North until exit 119
 - Right on Route 117 North to km 143
- At km 143, u-turn, and stay on the same Route 117, going South
 - Left at km 118 take the service road for Route 117 North
 - Right on Montée Ryan
 - Right on Chemin Duplessis
- U-turn on Chemin Duplessis at 9.1 km after Chemin des Quatre-Sommets
 - Right on Chemin des Voyageurs
- U-turn at Chemin des Voyageurs - In front of P2 Parking lot
 - Right on Chemin Duplessis to begin the 2nd lap

Start Elevation: 232 m ▪ Finishing Elevation: 263 m ▪ Gain: 1573 m





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IRONMAN®
GLOBAL SERIES

2023 OFFICIAL BICYCLE HELMET

EKOI.COM

FIND US AT EVERY IRONMAN EVENT OR ONLINE

FULGAZ® BIKE COURSE

1. POSITION RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear 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 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 a race referee.
- Do not attempt to discuss the penalty with the Race Referee.

THE RACE REFEREE WILL:

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

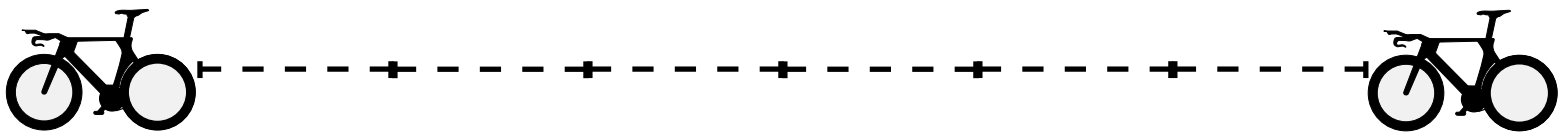
THE EXACT LOCATION OF THE PTS WILL BE STATED AT THE PRE-RACE MEETING.

THE ATHLETE WILL:

- 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.
- Have race numbers marked by the PT Official with a "/".
- Register, via the sign-in sheet.
- Resume the race after serving a 1-minute time penalty for all non-drafting violations (YELLOW CARD).
- Remain in the PT for the time indicated in the table below, for each drafting and littering violation (BLUE CARD).
- 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.
- Be disqualified for not reporting to the PT.

Race Distance: IRONMAN

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



FULGAZ® BIKE COURSE

2. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.
3. No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
4. The sole responsibility of knowing and following the prescribed cycling 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.
5. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.
6. No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.
7. Helmets, bike shoes, and other cycling gear may NOT be placed around the athlete's bike in transition. Please use the appropriate gear bag. Shoes and shirt must be worn at all times.
8. 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.
9. Athletes must wear a bike helmet number on the front of their helmet.
10. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.
11. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to 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.
12. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a blue card (5 minute time penalty).
13. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.
14. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
15. Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race referees may at their own discretion make final judgment as to the soundness of the bike.
16. Headphones, headsets which are inserted in or covering the ears are not allowed during any portion of the event. Bone-conducting headphones are also not permitted.
17. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots. Athletes using a mirror without permission will be disqualified.
18. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, Bluetooth enabled or "smart" helmets, and two-way radios, in any distractive manner during the Race. A "distractive manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.
19. Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling 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.

BIKE TO RUN TRANSITION

After the bike, you will dismount and rack your bike. You may leave your shoes clipped into your pedals. From there, you will enter the run course.

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Santini

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Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

BEFORE YOU RIDE

1 IT STARTS WITH YOUR BIKE

- Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
- Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly.
- Keep your bike clean and your chain lubed.
- Use front and rear lights when riding in low light conditions – this may be required by law in your area.
- Tires should be inflated to the recommended pressure.

2 LEARN THE BASICS

- Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking.
- If you're unfamiliar with shifting gears, practice doing this in a low-traffic area.
- Practice riding a straight line, and cornering (right, left, U-turns).

3 SUIT UP

- Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.
- Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.
- Choose clothing that is visible in low-light conditions.

4 BE PREPARED TO RIDE

- Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed.
- Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5 PLAN AHEAD

- Select a route that limits the number interactions with vehicles – if possible factor in time of day and day of the week.
- Always obey all traffic signals and signs.
- Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you.
- Select a ride distance appropriate to your fitness.

6 INFORM OTHERS

- In the event of an incident, someone should know where you are riding.
- Always carry personal identification with you and emergency contact information.
- Carry a cell phone for emergencies.

DURING THE RIDE

7 STAY ALERT

- Leave the playlists and podcasts for indoor workouts.
- Don't use your phone while riding – pull off the road if you need to make a call or send a text.
- Don't take photos and selfies while riding.
- Keep your head up, particularly when riding in a group. Look at the road and the riders around you, not your bike computer.
- Be able to see and hear what is going on around you. When riding in the aerobars, do not look down at the road, look ahead.
- When riding in a group, do not get fixated on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
- Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels.
- Pay particular attention when approaching aid stations during a race. Do not ride through aid stations in the aerobars.

8 OBEY THE LAW

- Always stop at stop signs and lights—remember, cyclists have the same responsibilities as vehicles.
- Know the traffic laws for your area, especially those regarding riding two abreast or single file.
- Know where the vehicles are around you and anticipate that drivers may not see cyclists.
- When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

9 COMMUNICATE

- Use verbal and hand signals so others know if you are stopping or turning.
- Make eye contact with drivers and other cyclists.
- While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
- Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid from, letting them know you are taking aid directly from them.

10 SAFETY FIRST

- Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass.
- If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
- When riding in a group, avoid riding in the aerobars unless you are riding in front. Your hands should always be able to get to the brakes quickly.
- Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.

Transport Your Bike

Since 2004, TriBike Transport has helped over 130,000 athletes by providing **HASSLE-FREE, ECONOMICAL, UNPARALLELED** bike transport. Whether using our Fully-Assembled, Pack & Ship or Valet Service, we take the hassle out of transporting your bike, so you can focus on your race.

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RACE FOR MORE

IRONMAN Foundation Athletes
swim, bike, and run to leave a
positive impact on race communities



2023 PROGRAM SCHEDULE

Athletic Brewing IRONMAN 70.3 Oceanside
CAF Surf Clinic and Race For Change Relays

Visit Panama City Beach IRONMAN 70.3 Gulf Coast
Military Care Packages (IRONMAN Village) & Operation Gold Star

IRONMAN 70.3 Chattanooga
Bikes For Kids (IRONMAN Village) & Race For Change Relays

IRONMAN 70.3 Maine
Military Care Packages (IRONMAN Village) & Operation Gold Star

VinFast IRONMAN 70.3 World Championship, Lahti, Finland
Service Project

VinFast IRONMAN Men's World Championship, Nice, France
Service Project

IRONMAN 70.3 Augusta
Race For Change Relays & Swim Clinic

VinFast IRONMAN Women's World Championship, Kailua-Kona, USA
Race For Change Swim Clinic

IRONMAN 70.3 Waco
Military Care Packages (IRONMAN Village) & Operation Gold Star

Learn about racing with **IRONMAN Foundation** at
North America and **World Championship** events!

IRONMANFOUNDATION.ORG

**Programs Schedule Subject to Change*



\$55+ Million

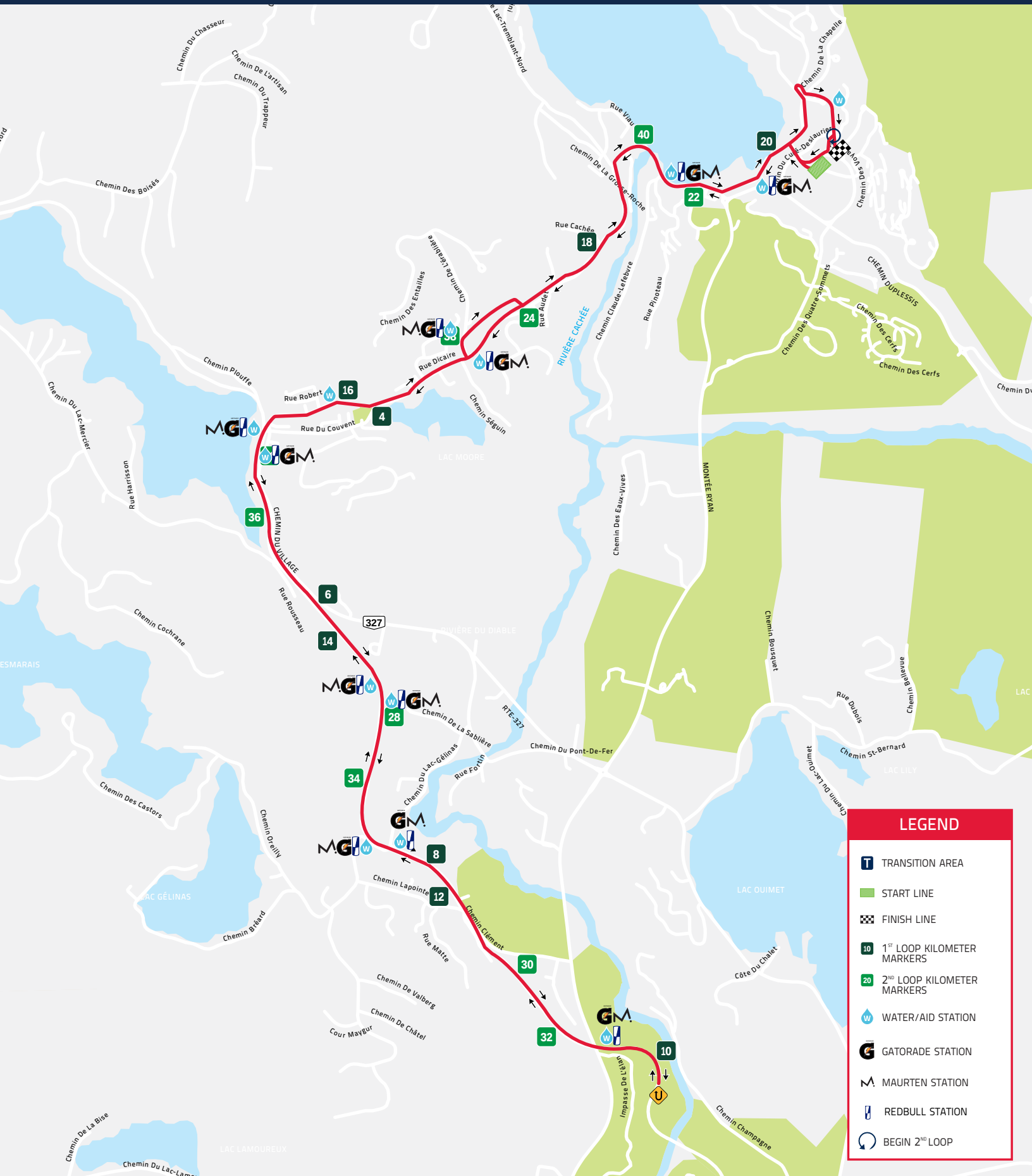
Charitable Giveback Since 2003



10,000

Organizations Supported to Date

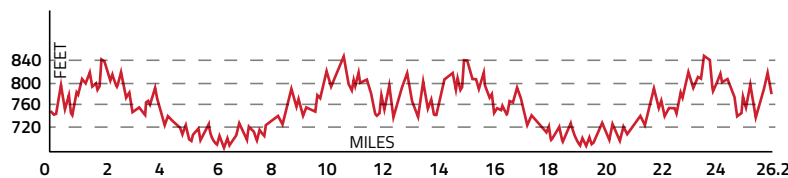




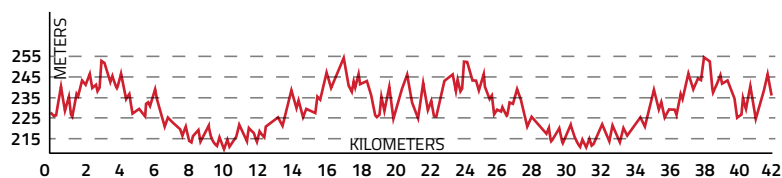
TURN BY TURN DIRECTIONS

- On leaving the transition zone, go towards Lac Tremblant
 - Left on Chemin de la Chapelle
 - Right on Chemin du Village
 - Right on Chemin Plouffe
 - Left on Linear Park Trail
 - U-turn after Montée Ryan
- Run back along Linear Park Trail, towards Chemin du Village at Hotel Mont-Tremblant
 - Left on Chemin du Village
 - Left on Chemin de l'Erablière
 - Right on the Bike Path
 - Left on Chemin du Village
- Left on Chemin de la Chapelle all the way to the Hôtel Quintessence
 - Left in Hôtel Quintessence entrance
- Right on Chemin de l'Ermite which becomes Chemin Kandahar
 - Enter into Tremblant pedestrian village
- Right on Rue des Remparts toward the base of Cabriolet lift
- Right on Chemin des Voyageurs where you will begin a 2nd lap (personal needs)
- **FINISH LINE:** After crossing Chemin du Curé-Deslauriers, keep left towards Quartier Tremblant - Base Camp all the way to the front of Chalet des Voyageurs, next to the lamppost

Start Elevation: 748ft ▪ Finishing Elevation: 774ft ▪ Gain: 1,419ft



Start Elevation: 227m ▪ Finishing Elevation: 236m ▪ Gain: 433m



RUN COURSE RULES

1. Athletes may run, walk, or crawl.
2. Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.
3. Headphones or headsets which are inserted to or covering the ears are not allowed during any portion of the event. Bone-conducting headphones are also not permitted.
4. 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.
5. NO INDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT RUNNERS ARE ALLOWED.

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.

6. Athletes are expected to follow the directions and instructions of all race officials and public authorities.
7. 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.
8. 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.

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).

EVENT SANCTION AND RULES

TriBC has sanctioned the IRONMAN Mont-Tremblant. Our rules are published with permission from TriBC. [CLICK HERE](#) for a complete set of IRONMAN Competition Rules.

ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.



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



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FLY



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



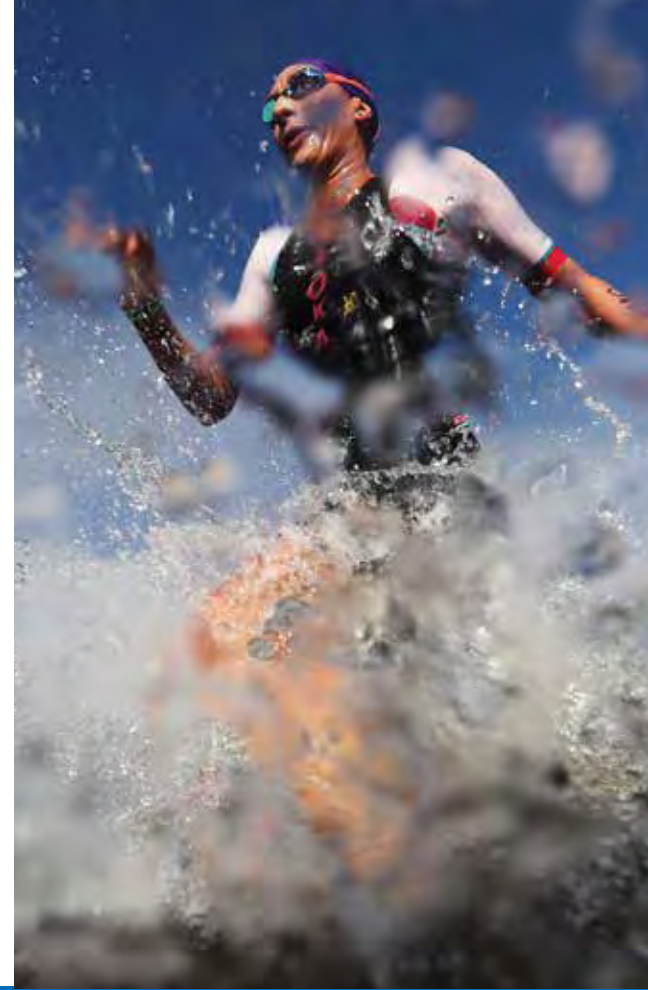
OVERALL RULES

1. Any athlete holding current elite/professional status from their National Triathlon Federation or a current IRONMAN Professional Membership (as verified by elite/pro status of an athlete's National Triathlon Federation) is prohibited from racing as an AGE GROUP athlete within the same calendar year, in ANY sanctioned triathlon events anywhere in the world, where there is an elite/pro wave within the same calendar year. Disqualification and potential sanction from IRONMAN events, and forfeiture of any AGE GROUP World Championship qualifying slots may result for any athlete that has not adhered to this policy.
2. Athletes are expected to follow directions and instructions of all course marshals and public authorities.
3. Race officials shall have authority to disqualify any athlete.
4. Medical personnel shall have ULTIMATE and FINAL authority to remove a athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in disqualification.
5. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and may result in the athlete being suspended from competing in any IRONMAN or IRONMAN 70.3 event in the future, depending on the severity of the rule violation.
6. As a condition of participation in each IRONMAN and IRONMAN 70.3 event, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.
7. If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the timing tent located at the finish line and turn in their bib number and timing chip immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any IRONMAN event in the future.
8. IRONMAN reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings. Notification of any change will be in accordance with IRONMAN Competition Rules.
9. Prize money for any sanctioned event shall be offered equally between men and women in both amount and depth. Additionally, Professional triathletes may not win Age Group awards and Age Group athletes are not eligible for prize money.
10. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the Information Tent.
11. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, Bluetooth enabled or "smart" helmets, and two-way radios, in any distractive manner during the Race. A "distractive manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.
12. 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 who were not given permission will be disqualified.
13. IRONMAN does not allow the transfer of an athlete's registration to another person - no exceptions will be made to this rule. Any attempt to transfer a registration to another person will result in disqualification and suspension from future participation in any IRONMAN or IRONMAN 70.3 event.
14. Assistance provided by event personnel or Race Officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tires, inner tubes and punctures repair kits. Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. An athlete cannot physically assist the forward progress of another athlete on any part of the course. The penalty for this will be disqualification of both athletes.
15. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.

WORKING TOGETHER FOR AN ECO-FRIENDLY EVENT.

Improving our practices, reducing our carbon footprint, reducing and offsetting the effects of greenhouse gas emissions as well as optimizing the positive socioeconomic effects on the community of Mont-Tremblant: here are the cornerstones of our commitment. To achieve this, we need the strength of cooperative action from the participants, collaborators and supporters.

Together, we will make a difference. Be a part of the movement. Contribute to its success.



HOW CAN YOU HELP?

- By using public transport or by carpooling
- By bringing a water bottle that you can fill up at our various stations
- By reducing overpackaging and litter on site
- By recycling and composting on site
- By bringing your reusable bag when shopping
- By collaborating with our Green Team the day of the event



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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

DIVISIONS

PHYSICALLY CHALLENGED/ INTELLECTUAL DISABILITY OPEN DIVISION

IRONMAN MONT-TREMBLANT IS NOT WHEELCHAIR ACCESSIBLE ON THE RUN COURSE.

Participation in the PC/ID Open Division is available to athletes with a medically verified Visual Impairment (as such term is defined below), Special Teams (as set forth in Section 8.05), athletes with an intellectual disability (as set forth in Section 8.06), or athletes with a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment (except as otherwise outlined in Section 8.06) are not eligible to participate in the PC/ID Open Division.

1. The term "Visual Impairment" means either:
 - (a) a visual acuity of 20/200 (6/60 meters) or less in the better-seeing eye with best conventional correction (meaning with regular glasses or contact lenses) or
 - (b) a visual field (the total area an individual can see without moving the eyes from side to side) of 20 degrees or less (also called tunnel vision) in the better-seeing eye.
2. Visually impaired athletes must:
 - (a) use only one (1) Guide (Guide can be of either gender).
 - (b) be tethered during the swim segment of the race.
 - (c) ride a tandem bicycle during the bike segment of the race.
 - (d) during the run segment of the race, use either an elbow lead or a tether lead.

FOR MORE INFORMATION REGARDING THE PC OPEN/EXHIBITION DIVISION, PLEASE VIEW THE [IRONMAN POLICIES](#) OR E-MAIL PHYSICALLYCHALLENGED@IRONMAN.COM.

HANDCYCLE DIVISION

IRONMAN MONT-TREMBLANT IS NOT HANDCYCLE APPROVED.

Handcycle (HC) is a competitive division open to athletes who are paraplegic, quadriplegic or double above-the-knee amputees, and race using a hand cranked cycle on the bike, and a racing chair for the run. Handcycle athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run course. Conduct and standards for handlers of HC athletes is governed by the International Triathlon Union Rules.

The HC Division is a competitive division. Race awards with respect to the HC Division will not be based upon age-groups within the HC Division, but will be given to the top female and male finishers of the HC Division.

FOR MORE INFORMATION REGARDING HANDCYCLE DIVISION, PLEASE VIEW THE [IRONMAN POLICIES](#) OR E-MAIL HANCYCLE@IRONMAN.COM.

OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or does not wish to participate in a specific gender or age-group division.

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event.

Athletes in the Open Division are not eligible for awards or World Championship slots and are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN POLICIES](#) for additional information.



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AWARD-WINNING TASTE • LOW CALORIE • NON-ALCOHOLIC



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© Athletic Brewing Company. Milford, CT and San Diego, CA. Near beer <0.5% alc/vol. Average Analysis of Athletic Lite per 12 fl. oz. - Calories 25, Carbohydrates 5g, Protein 0g, Fat 0g. Average Analysis of Upside Dawn per 12 fl. oz. - Calories 45, Carbohydrates 10g, Protein <1g, Fat 0g. Average Analysis of Run Wild per 12 fl. oz. - Calories 65, Carbohydrates 14g, Protein <1g, Fat 0g. Average Analysis of Free Wave per 12 fl. oz. - Calories 70, Carbohydrates 16g, Protein 1g, Fat 0g. Average Analysis of Cerveza Atletica per 12 fl. oz. - Calories 60, Carbohydrates 14g, Protein 1g, Fat 0g.



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VIOLATIONS

Jimmy Riccitello
GLOBAL DIRECTOR OF RULES
& OFFICIATING

	DRAFTING VIOLATION
	BLUE CARD Five-minute time penalty served in a penalty tent on the bike course.
	LITTERING VIOLATION
	BLUE CARD Five-minute time penalty served in a penalty tent on the bike course.
	BLOCKING VIOLATION
	YELLOW CARD One-minute time penalty served at the next penalty tent.
	DISQUALIFICATION (DSQ)
	RED CARD
THREE BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.	

IRONMAN will operate under the “three strikes and you’re out” principle with respect to BLUE CARD violations. DRAFTING AND LITTERING are the only two violations that will result in a BLUE CARD violation and an athlete will incur a five-minute time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (**one-minute time penalty**) also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served at the point of infraction. While YELLOW CARD violations will not count against your three strikes, IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive yellow card violations.

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

The POSITION violations are summarized:

Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.

Keep six bike lengths of clear space between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Always pass on the left of the cyclist in front of you; Never on the right to avoid an ILLEGAL PASS call. Complete your pass within 25 seconds to avoid a DRAFTING call.

Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a DRAFTING call.

Do not use any device that will distract you from paying full attention to your surroundings. Using a device in a distracting manner will result in disqualification.

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

-  **HELMET CHINSTRAP**
Your chinstrap must be securely fastened whenever you are on your bike on race day.
-  **RACE NUMBER**
You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be properly attached to your bike frame and must be visible from both sides.
-  **LITTERING**
Do not throw ANYTHING outside of official aid stations. Littering will result in a BLUE CARD violation, which is a five minute time penalty.
-  **UNAUTHORIZED EQUIPMENT**
Sorry, absolutely NO communication devices, MP3 players or other audio devices (Yes, that means NO cell phones) may be used during competition.
-  **OUTSIDE ASSISTANCE**
Non-racers may NOT ride or run alongside you.
-  **TIME PENALTIES**
Remember that even though DRAFTING and LITTERING are the only violations that incur a five minute time penalty, you must go to a penalty tent for any violation to have your number marked. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

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



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



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MEDICAL POLICY

Your insurer must receive notice of your accident within 30 days of the accident date and receive claim documentation within 90 days. ALL claims must be submitted with itemized statements and paid receipts (originals are required if there is no other coverage available), which indicate patient's name, type of purchase or service, date of each purchase or service, and amount charged for each purchase or service.

A physician statement confirming diagnosis and recommended treatment is required if you are claiming other than dental or ambulance expense. Only claims in excess of the deductible specified in your plan will be considered for payment up to your maximum benefits. Expenses eligible under any other health care plan(s) must be submitted to that plan(s). Your sport accident policy will pay only the amount of expenses that are not eligible with any other insurer.

IF YOU ARE CLAIMING ANY OF THE BENEFITS LISTED BELOW, YOU MUST INCLUDE THE FOLLOWING INFORMATION WITH YOUR CLAIM: FOR BENEFITS NOT LISTED BELOW, PLEASE CONTACT THE INSURER FOR CLAIMS PROCEDURE.

A. SERVICES OF PHYSIOTHERAPIST, CHIROPRACTOR, OSTEOPATH

Physician referral; type of service; date of each treatment; amount charged for each treatment; date of treatment paid by Provincial Medical Plan; if private fees apply, confirming coverage has been exhausted

B. HOSPITAL ROOM ACCOMMODATION
Not an eligible expense

C. SCHEDULED FRACTURE INDEMNITY

If your injury results in any of the fractures or dislocations listed on the policy schedule, there may be an amount payable to you, not more than one amount (the largest) is payable; a statement completed by the licensed physician or surgeon confirming the fracture/dislocation

D. DENTAL ACCIDENTS

Exact date of accident; breakdown of services performed; circumstances surrounding the accident; is there other dental coverage? Enclose details; confirmation that treatments only relate to the accident; provide other insurer's explanation; are further treatments estimated?

E. SERVICES AVAILABLE WITHIN THE PROVINCIAL PLAN

Your Sport Accident Policy does not make payment for any services or treatment that is available within the provincial plan, whether there is enrollment in the provincial plan or not

YOUR SPORT ACCIDENT POLICY MAY INCLUDE A DEDUCTIBLE AND/OR PERCENTAGE OF REIMBURSEMENT. (Example: \$100 deductible or \$30 per treatment up to \$3.)

Particular dangers include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death.

During events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish. Also, please be attentive when taking water and sponges from volunteers when you're on your bike to avoid the possibility of accident or injury to yourself or another.

Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes. Be especially careful to rinse your goggles of any excess defogger solutions to avoid eye irritation.

If you spend three months prior to the event in a different climate, we suggest you consider an acclimation period before the race. The chance of dehydration and electrolyte imbalance can be reduced significantly by a proper period of acclimation.

Stay with your familiar and proven routine regarding training, nutrition and equipment, especially just prior to the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during the event is especially important.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day.

At Athlete Check-In, you are required to notify the medical team, in writing, if there is any change in your medical status/condition after your application has been processed. Failure to do so will result in suspension of participation in future IRONMAN events.

You are solely responsible for avoiding medications that appear on the list of banned substances as determined from WADA.

Feedback from previous IRONMAN and IRONMAN 70.3 athletes indicates we can never over emphasize the importance of hydrating prior to and during the event. IRONMAN's Chief Physician recommends you begin hydrating heavily several days before the race and drink enough water so your urine is clear, colorless and copious by race day.

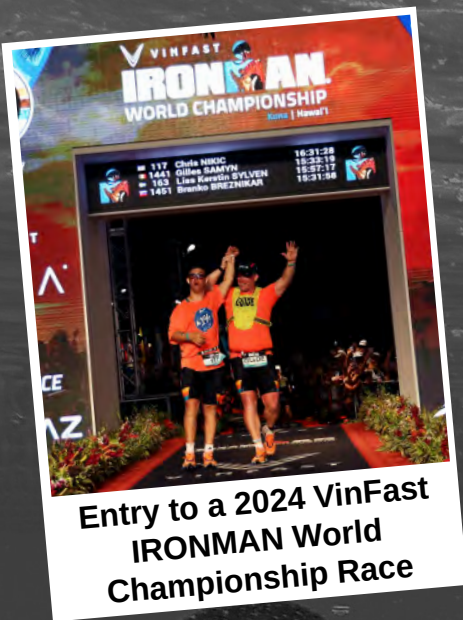
PLEASE NOTE

Full disclosure of medical condition(s), general health and surgical procedures within the previous 12 months is required. Medical consultation/clearance may be necessary from an attending physician prior to participating in the event.

In all cases, the final decision of medical consideration is at the discretion of the IRONMAN Medical Director.

LAULIMA AUCTION

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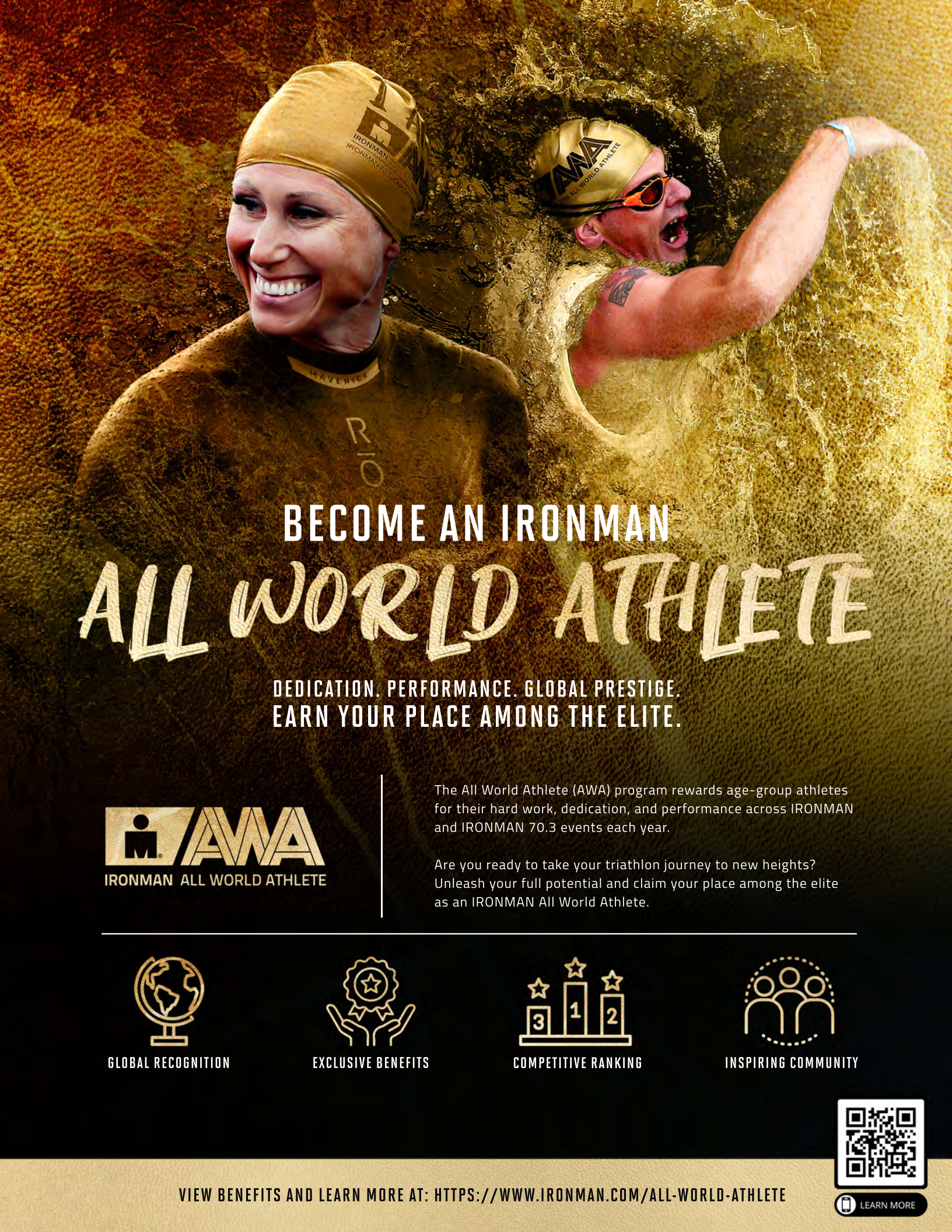
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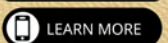
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FAQS

1. WHEN WILL THE BIB LIST BE POSTED?

All bib numbers will be assigned on site. There will not be a bib list available ahead of time.

2. HOW DO I GET MY ACTIVE QR CODE FOR ATHLETE CHECK-IN?

Log in to [HTTPS://MYEVENTS.ACTIVE.COM/WTC](https://myevents.active.com/wtc), go to your event and select the "Registration & QR Code" button. Please print out or screenshot this on your mobile device for easy reference later.

3. WHAT AGE GROUP WILL I RACE IN?

The Age Group breakdown is as follows:

18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

You will race in the Age Group corresponding with your Triathlon Quebec age, which is your age on December 31, 2023.

4. WHAT IF I CANNOT STAY FOR SLOT ALLOCATION OR AWARDS?

If you are not present for Slot Allocation, you automatically forfeit your slot should you qualify. All athletes who qualify and wish to claim their slot must be present. If you cannot stay for the Awards Ceremony, email MONTTREMBLANT@IRONMAN.COM within 30 days to arrange for your award to be shipped.

5. WHAT SHOULD I DO IF THERE IS A PROBLEM WITH MY RACE TIMING?

If there is an issue with timing, please contact TIMING@IRONMAN.COM. If you have a question regarding your Age Group Ranking, please contact AWA@IRONMAN.COM.

6. HOW DO I UPDATE MY TRICLUB?

Login to your IRONMAN profile and click on 'Club Membership'. Click 'Add Club' to update your affiliation. Updates must be made 45 days prior to race day. Affiliations cannot be updated on-site. Please email TRICLUB@IRONMAN.COM with any questions.

7. HOW DOES MEDICAL SUPPORT WORK ON COURSE?

If you need minor medical assistance, a SAG vehicle will take you to the medical tent. Ambulances will also be available take you to the nearest hospital. If you have a technical problem or have bonked, the SAG vehicle will take you to the next aid station. If you have a problem on course, go to an aid station for assistance.

8. HOW DO I SAY THANK YOU TO A VOLUNTEER IN FRENCH ?

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- 2" DISC OF TRIATHLON SYMBOL • LAMINATED REPLICA OF YOUR BIB #

This Bib Frame would normally cost \$185, but is currently available for

\$159
Only (+S/H)



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ATHLETE CHECK LIST

HAVE YOU REMEMBERED TO:

Book flights and accommodations to arrive in time for Athlete Check-In?

PRE-RACE:

- ☐ Directions to Hotel
- ☐ Directions to Athlete Check-In
- ☐ Directions to Race Start
- ☐ Directions to Race Finish
- ☐ Photo ID
- ☐ 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)
- ☐ Throw away long sleeved shirt and shoes to wear and discard before the race or place in your provided Morning Clothes 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)
- ☐ Extra Tri Kit for practice

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