



**IRONMAN**  
WALES CYMRU  
PEMBROKESHIRE SIR BENFRO

# 2024 FIRST TIMER GUIDE

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# WELCOME MESSAGE

Well done on making it through all the hours of training to your first IRONMAN race. The town of Tenby and everyone here at IRONMAN is ready and looking forward to welcoming you to the event. I'm sure your journey this far has not been without its challenges and it probably won't be any different on the day of the race. There may be hills you think you can't climb, or miles you think you can't cover but we're with you and will be willing you all the way to the finish line as you become an IRONMAN for the first time. And maybe that finish line will spur you on to become one of the many who said 'never again', but go on to join us at more IRONMAN start lines!

- Your IRONMAN Wales Race Director, Rebecca Sutherland

We are here to support you every step of the way to have the best experience possible at your first IRONMAN event so we have created this little guide with information that may be useful to you if you haven't raced with us before. If you have any other questions, please do email us at **Wales@ironman.com** and we will be more than happy to help. Have a great race!

- Your Athlete Services Team



# CHECKLIST



## PRE-RACE

- Study the race courses
- Train accordingly
- Plan and test your nutrition
- Purchase a Triathlon licence or a One-day licence.

## RACE WEEK

- Meet us at registration for Athlete Check-in
- Don't forget your Photo ID.
- Your bib number will be allocated on-site.
- Visit race sites :
  - IRONMAN Village
  - Start line
  - Finish line
- Attend athlete briefing online (mandatory)
- Proceed to transition for Bike & Bag Check-in
- Make any final bike adjustments

## RACE DAY MORNING

- Check your tyre pressure
- Clip your bike shoes to the pedals
- Attach nutrition to your bike
- Drop your STREET WEAR bag off at Swim Start (optional)

## MISCELLANEOUS

- Towel
- Post-race clothing
- Contacts Lenses or Rx Glasses
- Lip balm
- Hair ties
- Your Smile :)

## RACE DAY - SWIM

- Timing Chip
- Swimsuit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at registration)
- Ear Plugs/Nose Plug (optional)

## RACE DAY - BIKE

- Helmet
- Bike shoes and socks
- Bike pump (also available in TI)
- GPS watch or bike computer
- Bib number
- Race belt or safety pins
- Bike Repair Kit
  - Bar-end plugs
  - CO2 Cartridge(s)
  - Spare Tube
  - Repair kit/tools
- Extra nutrition
- Vaseline
- Sunscreen
- Sunglasses

## RACE DAY - RUN

- Running shoes and socks
- Hat/visor
- Extra nutrition and water bottles
- Sunscreen
- Sunglasses

# FRIENDLY FACES

Taking on an IRONMAN event is no mean feat and understandably, you may have some nerves. If this is the case, the IRONMAN team always have time to answer any questions that you may have.

You'll be able to find our staff in IRONMAN branded high vis jackets, or in branded black polo shirts. To give you an idea of who is best to talk to in each area, please see below:

## Leading the IRONMAN Wales team is Rebecca Sutherland.



Rebecca works tirelessly over the year to ensure you have a fantastic racing experience.

As Race Director, Rebecca is rarely in one place for long, but he is always happy to answer any questions that you may have.

If you can't find him in person, our Athlete Services team are happy to pass on any questions or feedback to Rebecca throughout the event weekend.

## Registration

The IRONMAN Athlete Services Team - made up of Sarah, Emily, Katie and Caitlin - can be found in the Registration tent on Friday and Saturday.

The team are always happy to answer any questions that you may have and to resolve any last minute problems.

On race day, you can find the team at Transition, next to the swim start arch and at the awards ceremony.

## Swim Course

At swim you'll find Lewis, our Swim Course Director. Lewis is always on hand to give you swim specific advice - whether it's how often to sight, tricks to stop your goggles fogging up or where to stand in the starting pens. He will be accompanied by volunteers who will show you how to get to the start area.

## Transition

Here you can find our Transition team. They are very friendly and always happy to help with anything Transition related - whether it's the run to Transition, the flow into Transition on race day or simply where to rack your bike. The team continues working long after the race has finished, helping athletes to reunite with their bike and bags so please make sure to say a big thank you as it is a long day for everyone.

## Bike Course

Directing our Bike Course is our very own source of energy, John.

John has managed countless IRONMAN bike courses and his knowledge of each ascent, descent and corner is unparalleled. John and his team tend to be out on the course during the lead up to the race.

## Run Course

Directing our Run Course is Dean. Having worked in the Sports Events industry for years, Dean is the perfect person to have supporting you on the final stretch of your IRONMAN. Dean and his team are usually out on the course preparing for the race so if you have any questions about the run, please ask the Athlete Services team who can find out for you or point you in the right direction.


# HEAD REFEREE'S MESSAGE

You have invested a lot of time and emotion into getting to the start line of any IRONMAN event, and the last thing anyone wants is for the day to end with the disappointment of a DSQ. The officials who are at the swim, in transition, out on the bike and run course and at the finish line do not enjoy disqualifying athletes but they are there to enforce the rules and to ensure that everyone has a safe and fair race.

**To avoid having a bad day, here are some of the most common causes of athletes being disqualified:**

- **Littering** – Intentional or careless littering will result in disqualification.
- **Outside assistance** – athletes should not take anything or give anything to anyone who is not a race official or member of the IRONMAN team.
- **Nudity** – the only place you can strip off completely is in the screened off areas in the transition tents. If you cannot make it to the bathrooms at the next aid station, please make sure you maintain public decency and be as discrete as possible.
- **Abusive behaviour** – there are hundreds of volunteers on the course who have given up their day to make your day special, any physical or verbal abuse of them or any other race officials or members of the public will not be tolerated and will result in disqualification from the race.
- **Electronic devices** – we want your attention to be on the road, the marshals, the athletes around you, and not on any type of electronic device. This includes music players, mobile phones, cameras, 'smart' helmets, bone conducting headphones etc.
- **Finish line** – You must cross the finish line alone, you cannot bring any family member or friend down the finish line with you. This is for the safety of everyone and to make sure that all athletes have the same opportunity for a special finish line photo.

Please make sure you read the event athlete guide and attend the event briefing. Please also familiarise yourself with the [\*\*2024 IRONMAN Rules\*\*](#).



Remember the officials are there to make sure that all athletes can enjoy a safe and fair race. There are always a few athletes who think they can break the rules to gain an unfair advantage and we are sure you will support us in trying to make the race fair for all,

It is a great achievement to complete an IRONMAN event, wear your medal and t-shirt proudly, knowing you finished the event safely, fairly and honourably.

# PENALTIES

All IRONMAN events have time limits for completing each discipline (swim, bike and run) and these are rigorously enforced. There are several reasons for this:

- The roads are only closed for a fixed amount of time, and we have to allow the local residents and businesses to access the roads again at the pre-agreed time.
- The volunteers and marshals need to be released from their duties at the agreed time, we can't expect them to stay for an indefinite period.

This is an IRONMAN event. Part of being able to say that you have completed a or a full IRONMAN is that you completed it within the cut offs.

Further information regarding cut offs can be found in the Athlete Guide and in the Athlete Briefing.

If you have any questions, or Athlete Services team is always happy to help.

## Cut Off Times

You must complete each discipline within an allotted time. Your time starts the moment that you cross the start timing mat at the beginning of the swim. The IRONMAN Wales swim start will be a **self seeded rolling start** and it will take 20 minutes for all athletes to enter the water. Officials can see each athlete's individual times and will stop any athletes that have not made the cut.

In addition to the cut off times at the end of each discipline, there are also intermediate cut off points on the bike and run course. These intermediate cut offs have been calculated based on the slowest time an athlete could take to complete the event within the overall cut off time i.e. 17 hours from their individual start time. The location and time limits of the intermediate cut offs will be communicated in the IRONMAN Wales Race Briefing. Please ensure that you familiarise yourself with these cut offs before starting the race.

The only fair way to enforce cut offs in IRONMAN events is through having the same rules for all athletes. An athlete will be stopped regardless of whether they are 1 second or 1 hour over the permitted time.

## Reminder of Penalties

### BLUE CARD

The athlete will be disqualified if he receives three BLUE CARD penalties.

DRAFTING is the only violation that will result in a BLUE CARD violation and an athlete will incur a time penalty (*to be served in the penalty tent, located on the bike course at KM29, KM 51 and at the entrance of the transition 2*).




### YELLOW CARD

YELLOW CARD violations (stop and go penalty) require an athlete to stop for 1 minute in the penalty tent (BIKE) or to stop next to the referee for 1 minute (RUN).

IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations.

### RED CARD

An athlete receiving a red card will be immediately disqualified.

	<b>Blue Card</b> 1 blue card: five-minute time penalty 2 blue cards: ten-minute time penalty 3 blue cards : DSQ Penalty to be performed in the dedicated tent <i>e.g. Drafting or littering</i>
	<b>Yellow Card</b> 30 second Stop and Go time penalty served next to the referee <i>e.g. Blocking the progress of other athletes</i>
	<b>Red Card</b> Disqualification (DSQ) <i>e.g. Non-compliant material or littering</i>

# PRE-RACE FAQ

## What do I need to bring to registration?

- Photo ID (e.g. passport, driving licence, identity card, etc.)
- QR code from email confirmation or race week email.
- Proof of race pass OR affiliation to your national triathlon federation (your federation must cover you to race in the UK). You can find out more information on the BTF website [HERE](#).

## What is my bib number?

This race does not pre allocate BIB numbers before registration opens. bib numbers will be allocated on a first come first serve basis during registration onsite.

*\*AWA Gold and Silver athletes, TriClub Pole Position athletes and athletes who booked an athlete experience package with Nirvana are still reserved lower BIB number ranges.*

## I will be late for the registration and bike check-in. Can I check in late?

Unfortunately, it is not possible to pick up your bib or check in your bike outside the scheduled times. You can view the IRONMAN Wales schedule [HERE](#).

## Can someone else collect my bib number or check my bike in?

Only the athlete in person will be able to collect their bib and drop off their bike. This cannot be done by a friend or family member. For security reasons, we must give you a wristband to wear on your wrist during the whole race weekend. No exceptions can be made.

## What will I receive when I collect my bib?

- 1 bib & 1 sticker sheet
- 1 wristband
- 1 swim cap
- 1 t-shirt ( only)
- 1 backpack, 2 transition bags, 1 streetwear bag, 2 personal needs bags, 1 pink bag

## When do I receive my timing chip?

You will receive your timing chip when you exit the bike check-in in Transition 1.

## I've registered on site but now don't want to race, what should I do?

Please send an email to [Wales@ironman.com](mailto:Wales@ironman.com) as soon as possible to let us know that you won't be racing. This is really important as we need to know that you're safe before the race starts.

## Where should I place my stickers?

Place the bike-race-number on the seat-post of your bike.

Place the helmet number on the front of your helmet and one sticker on each of your transition bags.

## What goes in the transition bags?

- BIKE BAG: all gear that you will need for the bike course e.g. your helmet with stickers on the front, shoes if they are not clipped on the bike, jacket, nutrition, sunglasses, bib etc.
- RUN BAG: all gear that you will need for the run course: running shoes, socks, nutrition, etc.
- STREETWEAR BAG: is for you to put any additional clothing you wear before the race and anything you may require after the race.

## Is the athlete briefing mandatory?

YES - watching the athlete briefing is mandatory.

The briefing will provide you with important information about the specificities of the course, the rules and the cut-off times for each discipline and above all the last-minute changes that could take place due to the weather conditions. The briefing will be emailed to you 1 week before the race. It will also be published on the IRONMAN Wales website.

If you are still unsure of anything after reading the athlete guide and watching the athlete briefing, our Athlete Services team are always happy to help you. The team is contactable on [Wales@ironman.com](mailto:Wales@ironman.com)



# RACE DAY MORNING FAQ

## Can I rack my bike on race morning?

NO - you must attend bike check on Saturday from 08:30 - 15:00. No exceptions can be made. \*This time may be subject to change, please check the IRONMAN Wales event schedule [HERE](#) for up to date information.

## Can I access transition on race morning?

YES - you can access transition on race morning so you can add your bike computer and any different food or drink to your bike, if needed. The transition opening hours on race morning will be published in the IRONMAN Wales Event Schedule.

## How do I get to transition/race start on race morning?

There are very limited parking options in Tenby and we advise that you do not park in the town unless absolutely necessary. There will be a shuttle service running regularly from Carew Park & Ride to the Green (a 10 min walk from the venue) on Saturday and Sunday. More information regarding the shuttle bus including the schedule and information about how to purchase tickets will be available in the Athlete Guide.

## How should I arrive on race morning?

We advise that you arrive dressed in your trisuit with your wetsuit rolled down to your waist. Please also wear a jumper or coat to keep warm. There are no specific changing areas in the morning so please arrive ready to race.

## How can my friends and family follow me during the race?

Friends and family can download the IRONMAN tracker application [here](#). The race specific data will become available the day before the race.

## What is the timing chip for?

The chip will register your individual start time as you cross the timing mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, and overall and age group ranking.

## When and where to wear the timing chip?

The timing chip must be worn at all times on your left ankle during the race.

## What if I lose my timing chip?

If you lose your timing chip, let a member of the IRONMAN team know and we will help you to locate your chip or provide you with a new one.





**SWIM**



# SWIM FAQ

## **Do I need to wear a wetsuit?**

A wetsuit is mandatory for water temperature below 16 degrees. We encourage you to wear a wetsuit between 16 and 24.5 degrees. You are not allowed to wear a wetsuit above 24.5 degrees (unless informed otherwise on race week due to specific racing conditions).

## **What should I wear if a wetsuit is not allowed?**

If the wetsuit is not allowed, your swimwear must be 100% textile material. 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 zip. A race kit may be worn underneath swimwear.

## **Can I use other items?**

No fins, gloves, paddles, snorkels, socks or flotation devices (including pull buoys and floats) of any kind are allowed. Swim goggles are encouraged.

## **Do I have to wear the official swim cap?**

The official swim cap must be worn during the swim course. You can wear your own swim cap under the official swim cap. If you have allergies, please notify the person in charge of registration and they will provide you with a suitable swim cap.

## **Can I wear my bib number during the swim?**

Athletes are not allowed to wear their bib during the swim course (breaking this rule will result in disqualification).

## **Can I warm up in the water before the start?**

It is strictly forbidden to warm up in the water. We recommend that you warm up in the on land staging area next to the start line.

Top Tip: Bring an extra bottle of water with you on race morning. Empty it down the inside of your wetsuit just before you start to help you to acclimatise to the cold water.

## **What are the buoys like? Will I be able to see them easily?**

On the course, you'll find two Roka buoys at the start and two at the finish, just a few metres from the shore, creating an entry/exit point to the water. The course is then formed by large yellow buoys which show you the direction to follow/ can be used for sighting and orange buoys that indicate turns.

## **What should I do if I don't feel well?**

You are allowed to stop or rest at any time during the swim. Feel free to hold on to a static object like a raft, buoy, or pontoon. As long as you don't use it to move forward, you won't face disqualification.

If you or a fellow athlete needs help, lie on your back and raise your hand to alert a lifeguard or safety boat. They will then move towards you to give you assistance.

## **Will there be showers at the exit ?**

NO, there will not be showers at the swim exit.

## **How is the start organized?**

IRONMAN Wales will implement a self-seeded rolling start for age group athletes.

Athletes will be directed to the start line on race morning based on their anticipated swim time. Volunteers will be in the staging area with signs and will assist with this process. Being as accurate as possible with your self-seeding will make for the best swim. Age group athletes will enter the water in a continuous stream through a controlled access point. The timing chip will register each athlete's start time when they cross the timing mat at the swim entry.

## **Pink Bags**

An IRONMAN Wales only bag.

This bag is optional and can be used to store any shoes that you might want to wear for the 1km run between swim exit and transition. Please place your spare number sticker on this bag and take it with you down to the swim start on race morning and rack it on the hook corresponding to your bib number. Please remember to take this bag with you on the run to transition, as if it is left it will be classified as littering and will result in a DSQ.

# TOP 10 - CHECKLIST SWIM

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.

## **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.

## **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 to join club activities to prepare yourself for open water conditions.

## **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 colours and locations. The swim course map can be found [HERE](#).

## **Warm Up on Race Day**

Arrive early enough on race day for an adequate warm. 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. Please note that warming up in the water pre-race is prohibited at IRONMAN Wales.

## **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.

## **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.

## **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.

## **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.

## **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.

## **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.

**More information can be found in the Athlete Guide and Athlete Briefing.**



# BIKE



# BIKE FAQ

## **Do I have to use a triathlon specific or TT bike?**

No, it's your choice as long as you respect the IRONMAN rules. You can check the bike specifications in section 5.03 of the [IRONMAN competition rules](#).

## **Do I need to wear my bib on the bike course?**

YES- At this event, it's required to wear the athlete bib number on the bike segment. Athletes must wear their bib on their back (it is recommended that athletes attach their bib number to a tri-belt). Athletes must also wear their bike helmet number on the front of their helmet and their bike frame sticker must be securely attached to the bike and must be visible from both sides.

## **Will there be mile markers on the bike course?**

Yes, there will be markers every 10 miles on the bike course.

## **How is the course marked?**

Mile markers and road markings to indicate distances, directions, aid stations and road hazards.

## **What are the rules for the bike course?**

You can find all the rules concerning the bike in the [IRONMAN competition rules](#). We advise you to read them carefully.

## **What is drafting? What do I risk?**

"Drafting" means to remain within the draft zone of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited.

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 may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete.

Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty).

All drafting and position rules in the section 5.04 of the [IRONMAN competition rules](#).

## **In which penalty tent should I stop if I get a penalty card?**

After a rule violation is issued to the athlete, it is the athlete's responsibility to report to the next penalty tent on the course. Failure to stop at the next penalty tent on the bike course will result in disqualification. The penalty tent will be located at Transition 2.

## **Can my family and friends hand me things?**

NO - Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athletes, may not pass food or other items to athletes and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete.

Assistance provided by Race Referees or Race Officials (including official Event volunteers) is allowed but such assistance is limited to: providing drinks, nutrition, mechanical and medical assistance, and other necessary assistance (as may be approved by the Event Director or Head Referee).

Athletes competing in the same Race may assist each other with incidental items such as, but not restricted to: nutrition and drinks after an aid station, pumps, tires, inner tubes, and puncture repair kits.

Athletes may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Items that may not be provided to other athletes include but are not restricted to: complete bicycles, bicycle frames, wheels, helmets, and shoes.

## **Can I have headphones / phones / music?**

Athletes may not use communication devices of any type, including but not limited to two-way radios, mobile phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distracting manner during the race. A "distracting manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Headsets, headphones, or audio-capable eyewear or cycling helmets are prohibited during the bike segment.

### **What should I do if I want to drop out of the race on the bike course?**

Please always notify an event official, volunteer or marshal on the course if you want to stop the race. There will be sweep vehicles roaming the course and following the last athlete which can collect you and bring you back to the event venue.

### **What should I do if I don't feel well?**

You are allowed to stop or rest at any time during the bike. If you or another athlete need help, ask a volunteer or an official. They will be able to contact the medical staff to let them know where you are.

### **Are there toilets on the bike course?**

Toilets will be located in transition and at each aid station.

### **Will the road be open to traffic?**

The roads are safe along the entire route, we operate a closed road course.

### **Can I get help if I have a mechanical problem with my bike?**

There are bike mechanics available roaming the course. They are not on call but they will come to assistance as soon as they can. We recommend that you carry basic items with you such as spare inner tubes.

### **What are the special needs bags for? How do you recover them after the race?**

These are bags where you can put your personal provisions as well as things you might need on the course. You will be able to access this bag on both laps of the bike course.

- ORANGE bag : BIKE

**ATTENTION: You will not be able to get your items back from your PERSONAL NEEDS bags after the race, all items not retrieved during the race will be thrown away.**



# BIKE TRAINING SAFETY TIPS

## Plan Ahead

In training, 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.

## Inform Others

In the event of an incident during training, someone should know where you are riding. Always carry personal identification with you on training rides and a phone for emergencies. During the race you will not be permitted to carry a mobile phone. For your safety, please make sure that you have completed the emergency contact information on the reverse side of your bib. Let the event organisers know if you are experiencing any difficulties.

## Obey the Law

During training, always stop at stop signs and lights. Remember, cyclists have the same responsibilities as vehicles when using public roads. 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.

## Communicate

Use verbal and hand signals to let others know if you are stopping or turning. During the race watch for hazards on the road and communicate with the volunteers manning the aid stations to let them know if you wish to take aid directly from them.

## Safety first

During training, 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 may be when taking a turn or when it is unsafe for vehicles to pass. Your hands should always be able to reach the breaks quickly. Taking unnecessary risks might gain you a couple of seconds during your training ride or race, but it could risk you losing your life. Always train and race smart.

## It Starts With Your Bike

Your seat and handlebars should be adjusted to the appropriate height and reach for you.

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. Tyres should be inflated to the recommended pressure.

## Learn The Basics

Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking prior to race day.

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).

## Suit Up

Always wear an approved helmet in training and during a race. 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.

## Stay Alert

Leave the playlists and podcasts for indoor workouts. Pay attention to the road and the riders around you. Riding safely requires you to see and hear what is going on around you.

## Be Prepared To Ride

Carry the appropriate amount of water and nutrition.

Know how to use a puncture repair kit and appropriate tools and be sure to carry them with you.

# QUICK PUNCTURE REPAIR

We at IRONMAN like to see everyone get to the Finish Line and even though we have bike mechanics out on the course, you should be able to replace a punctured inner tube yourself. We also recommend you practice this before racing. We suggest that you carry at least 3 puncture repair kits in case you are unlucky enough to have several punctures during the race.

## Your Repair Kit Will Need The Following

- a new inner tube (make sure the valve is long enough if you have deep rim wheels)
- 2 or 3 levers (make sure these are strong as cheap ones can bend)
- CO2 canisters x 2 OR an inflator/pump

## To Mend Your Puncture, You Will Need To:

- remove the wheel. If it's the back wheel change, move your gears so the chain is on the smallest cog on the back wheel -this makes it easier to put back on ;
- check the outside of the tyre to see if anything is stuck in it i.e. a thorn, glass, nail, tack etc and remove ;
- use the tyre levers to remove the tyre. This is the hardest part of changing a tyre. Place the two levers under the rim of the tyre, about three inches apart and push down until part of the tyre rim pops over the wheel rim. Remove one of the levers and place under the tyre rim a further two or three inches away and keep doing this until one side of tyre is all over the rim ;
- remove the existing inner tube. Remember to unscrew the ring from the valve ;
- run your fingers along the inside of the tyre tube to make sure nothing is sticking through that could puncture the new inner tube (be careful not to cut your fingers). This is usually why new inner tubes puncture as soon as you inflate them. If you hit a pothole and punctured, it's likely that you won't have anything stuck in the tyre but always good practice to check ;

- take out your new inner tube and open the valve, blowing a small amount of air into the tube –this will help it sit correctly under the tyre ;
- insert the valve into the wheel rim hole and push the inner tube into place ;
- starting at the valve, put the tyre back into place, making sure the inner tube is not getting pinched ;
- push the valve so the rim of the tyre goes under the valve and screw the ring on to the valve ;
- moving away from the valve, push the tyre wall back over the rim doing as much as you can before needing a lever ;
- for the last bit reverse the lever and place under the tyre, making sure not to pinch the inner tube and force the tyre rim back into place ;
- place the wheel back on your bike, making sure to tighten it before inflating ;
- inflate your tyre (making sure the valve is open) using a CO2 cannister or pump. If using a CO2 canister, inflate till tyre is hard. This will leave some air still in your canister – keep this in case you need to top up or are unlucky enough to get another puncture.





# RUN



# RUN FAQ

## Do I need to wear my bib on the run course?

YES - Athletes must wear their IRONMAN issued bib number in front of the athlete's person and the bib must be clearly visible at all times on the run course. It is recommended that you attach your bib to a race belt.

## Will there be mile markers on the run course?

Yes, there will be mile markers along the run course.

## How is the course marked?

You will find on the run course: mile markers, U-turn and aid station signs.

## Are there any wristbands for counting laps?

YES - there will be wristbands for counting laps. An IRONMAN Volunteer will provide you with one coloured wristband for each lap of the run course that you complete.

## Which shoes are prohibited?

You can find the list of prohibited shoes [here](#).

## Can my family and friends hand me things?

NO - 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.

## Can I have headphones/ phones / music?

Athletes may not use communication devices of any type, including but not limited to two-way radios, mobile phones, smart watches, 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, and taking photographs. Headsets, headphones, or audio-capable eyewear are prohibited during the run segment.

## Are there toilets on the run course?

Toilets will be located in transition and at each aid station, and at the finish line.

## What should I do if I don't feel well?

You are allowed to stop or rest at any time during the run. If you or another athlete need help, ask a volunteer or an official. They have the emergency telephone number and will contact the medical staff to let them know where you are. If you are under the care of medical staff, they will inform us whether or not you should stop the race.

## What should I do if I want to drop out of the race on the run course?

If you want to drop out on the run course, let an official know. For safety reasons, we need to know that you are safe and that you are no longer on the run course. Keep your timing chip on your person, you will need it to collect your bike from transition. If you're not feeling well, there's a medical tent at the finish line, so don't hesitate to consult a doctor.

## What are the special needs bags for? How do you recover them after the race?

These are bags where you can put your personal provisions as well as things you might need on the course. You will be able to access this bag on all laps of the run course.

- BLACK bag : RUN

**ATTENTION: You will not be able to get your items back from your PERSONAL NEEDS bags after the race, all items not retrieved DURING the race will be thrown away.**



# TOP 10 - CHECKLIST RUN

From pacing and hydration to mental resilience and course knowledge, these 10 tips are designed to guide triathletes through the critical running segment, ensuring a successful and well-rounded race experience.

## **Start slow and pace yourself**

Begin the run at a manageable pace to conserve energy for later stages. It's easy to get caught up in the excitement, but starting too fast can lead to fatigue.

## **Stretching is key**

Always stretch for at least three minutes before and five minutes after your run. Hip flexors, ankles and calves are the most important muscle groups to keep flexible to improve performance.

## **Dress appropriately**

Wear moisture-wicking clothing and proper running shoes. Dress according to the weather conditions, considering factors like temperature and humidity. Choose clothing that is visible in low-light conditions.

Choose lightweight and breathable running shoes that provide the necessary support. Consider elastic laces for quick transitions.

## **Hydration strategy**

Proper hydration is essential for peak performance. Drink water consistently leading up to the race and take advantage of water stations on the course.

Stay hydrated throughout the triathlon, but be mindful of not overhydrating during the bike segment to prevent discomfort while running.

## **During training, find safe and traffic-free routes**

Find some routes that you can regularly use in all kinds of weather conditions, ideally traffic-free. If you have to run on a road with no footpath, make sure you run against the flow of traffic, unless you're approaching a blind bend, in which case you should swap sides until it's safe to cross back.

## **Practice mental toughness**

Running is not just a physical challenge but also a mental one. Stay focused, positive, and visualize yourself crossing the finish line. Mentally break the race into smaller, manageable segments.

## **Take time to rest**

Rest days are just as important as supercharged ones. Everyone knows that recovery needs to be built into any exercise routine, yet it's often hard to work out the ideal ratio.

## **Know the course**

Familiarize yourself with the race course in advance. Knowing the terrain, elevation changes, and key landmarks can help you plan your strategy and mentally prepare for the challenges.

## **Celebrate milestones**

Acknowledge and celebrate your achievements as you reach different milestones during the race. This positive reinforcement can boost your morale and motivation.

## **Nutrition planning**

Have a nutrition plan for the entire triathlon, including the run. Consume a balanced meal with complex carbohydrates the night before the race. Consider carrying energy gels or snacks to refuel during the run leg.



# AFTER RACE



# AFTER-RACE FAQ

## **Can my family run down the Finish Line with me?**

NO - you will be disqualified if you bring anyone on to the course that is not participating in the race.

## **Are there showers after the race?**

NO, there will be no showers available to athletes after the race.

## **What should I do if I don't feel well after the race?**

If you are feeling unwell, there is a medical tent at the finish line, so don't hesitate to consult a doctor. If you have already returned to your hotel/home, you can contact the emergency services.

## **Where will my white bag be after the race?**

Your white bag will be waiting for you in the post race area, shortly after the Finish Line.

## **Where do I give my timing chip?**

You will hand it your timing chip at the finish line. Your race timing chip is on loan to you. You must return the chip to the timing company, or you will be charged for its replacement.

## **When can I collect my bike and transition bags after the race?**

You can collect your bike and transition bags at the bike check out.

# GENERAL TIPS & TRICKS

Participating in your first IRONMAN is a significant athletic accomplishment that requires careful preparation and planning. Here are some tips and tricks to help you make the most of your first IRONMAN experience:

## **Start Early, Train Consistently**

Begin training well in advance and follow a structured plan to gradually build your endurance.

## **Perfect Your Transitions**

Practice smooth transitions between swimming, cycling, and running to save time on race day.

## **Prioritize Nutrition and Hydration**

There are four disciplines in an IRONMAN, Swim - Bike - Run - Nutrition. You need to practice your nutrition and use what is going to be given out on the course. Never try anything new on race day - stick to what you know!

## **Know the Course and Conditions**

Familiarise yourself with the race course, walk to swim start from transition, swim exit to T1, bike out and bike into T2 and then the run out of T2. This will help when the race day nerves kick in and to help you find your bags and bike quicker

### **Stay safe and look after each other**

Even if it's a competition, remember that safety and security should be the main priority for you and all the other athletes. Make sure that your emergency contact is not someone who is taking part in the race and that they will be present in Wales on race day. Don't forget to write their mobile number on the back of your bib, along with your medical details.

### **Listen to Your Body**

Pay attention to signs of fatigue or pain, adjust training as needed, and be flexible with race-day expectations. If you push too hard on the bike, you will end up walking the run – know your body and pace yourself.

Taper 2/3 weeks before the event. Don't try to catch up with missed training. Take the time to rest and try to get as much sleep as possible. You are likely to feel tired the week of the race and get pains and aches – this is normal so don't panic!



Enjoy your red-carpet moment and make sure you smile coming over the Finish Line – you've worked hard for that moment!

Remember that completing an IRONMAN event is an incredible accomplishment, and the journey is as important as the destination. Stay positive, stay disciplined, and most importantly, enjoy the race.

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**GOOD LUCK!**