

IRONMAN[®]

70.3[®]



VICHY

RACE BRIEFING



REGISTRATION OPEN UNTIL 5PM

Centre Omnisport Région AURA

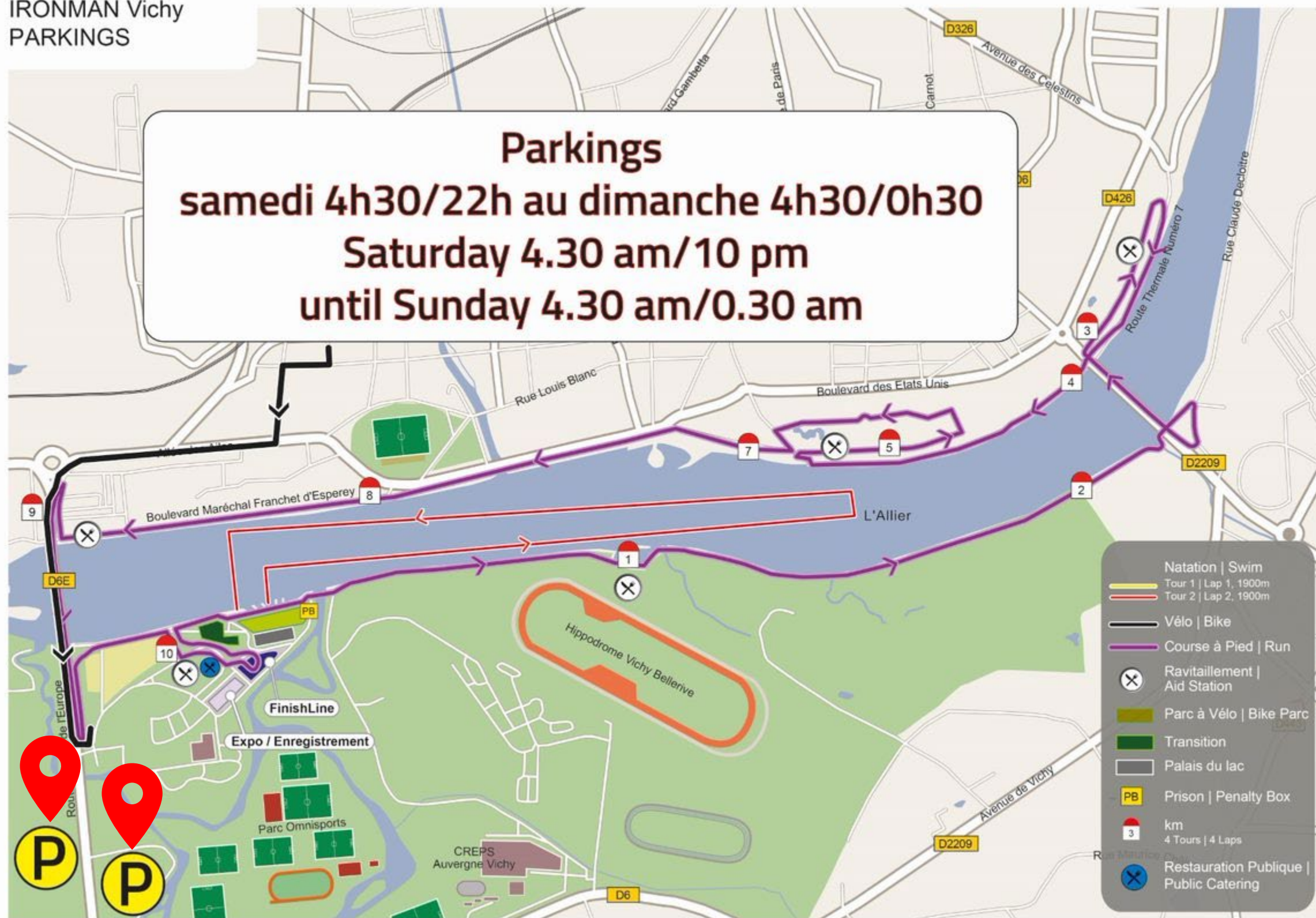




PARKING RACE DAY

IRONMAN Vichy
PARKINGS

Parkings
samedi 4h30/22h au dimanche 4h30/0h30
Saturday 4.30 am/10 pm
until Sunday 4.30 am/0.30 am



SHUTTLES on reservation (SOLD OUT)



RACE PACKAGE

- 1 wristband fixed by a volunteer
- 1 swim cap
- 1 bib : to be placed on the back during cycling and in front during running
- 3 transition bags : BIKE (blue), RUN (red) and STREETWEAR (white)
- Stickers for bike, bags and helmet

The athlete's backpack will be given to you in the merchandising tent on presentation of your race bib.



CHECK-IN

Friday : 2pm – 7pm


📍 Centre Omnisport Région AURA for Transition 1

Friday : 2pm – 7pm for Transition 2 📍

- Drop off bike and transition bags
- Transition and park scouting



CHECK-IN BIKE

 **Friday : 2pm – 7pm**
Palais du Lac, T1

- BIKE: Stick the dedicated sticker on the seatpost
 - Present yourself with your race number - 3 attachment points
 - HELMET: Stick the dedicated sticker on the front of your helmet - enter the park with the helmet on your head, chinstrap fastened.
 - Memorize the location of your bike and the transition route.
 - Then store your helmet in your BIKE bag (blue).
- **It is prohibited to cover your bike for th night**





TRANSITION BAGS/ BIKE



Friday : 2pm – 7pm
Palais du Lac, T1

To be used after the swim.

Drop in:

- Bib number (with bib belt)
- Helmet
- Glasses
- Socks
- Bike Shoes
- If required sun cream and nutrition products

Do not forget to stick your race number in the space provided
on your bag





TRANSITION BAGS/ RUN



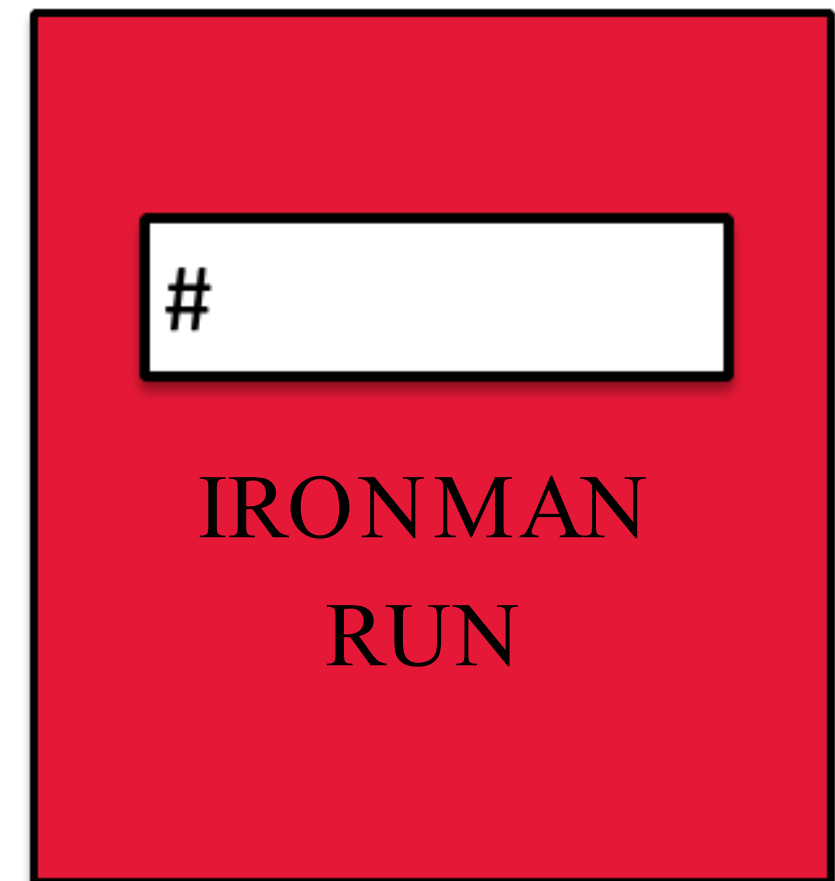
Friday: 2pm – 7pm
Entrance COS , T2

To be used after the bike.

Drop in:

- Spare socks
- Run shoes
- If required sun cream and nutrition product

Do not forget to stick your race number in the space provided
on your bag





STREETWEAR BAGS

 **Check-in : Race morning until 6.30pm**
Palais du Lac, T1

#

IRONMAN
Street-wear

To pick up after your race,
in the After-Finish Area, you've
packed all your post-race
belongings in it.





The IRONKIDS will take place on **Sunday august 20 from 10am**
at **Centre Omnisport Région AURA.**

Only fun and pleasure for this run!

4 categories :

- Bee 5-7 yo : 400m
- Panda 8-9 yo : 800m
- Coyote 10-11 yo : 1200m
- Rabbit 1213yo: 1600m

Online registration still available!



TIMING CHIP

- Pick up your timing chip on **Friday August 18th** at the Transition 1 exit when you drop off your bike and tour blue bag !
- You must wear your chip on your **left ankle** throughout the race.

If you lose or forget your chip, an SOS-chip tent will be available at the bike park exit and at the penalty tent. At the start, you can also pick up a chip at the arch on the start.



RACE DAY

BIKE PARK: entry in the bike park from 5am to 6.30am

Closing time at 6.30am !

As a reminder:

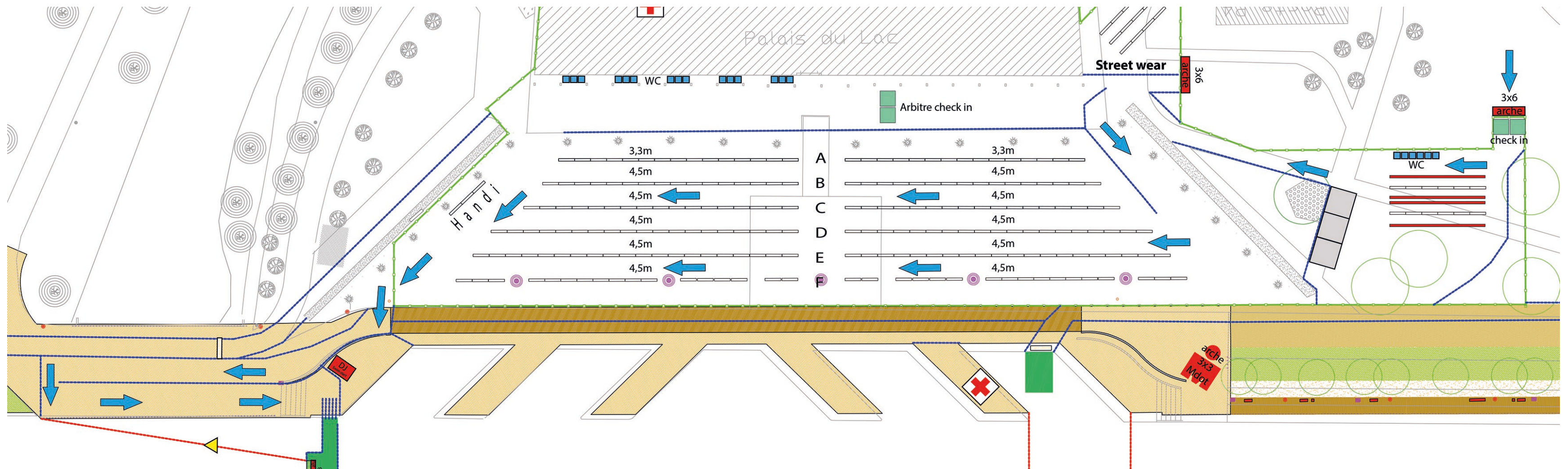
- **You can not change your wheels (DSQ)**
- The bike service provided by FBR will be available at the entrance of the bike park.
- Pumps will be available in the bike park.
- Personal bike pumps are to be dropped off with your white STREET WEAR bag

Do not forget your timing chip !



TRANSITION 1: RACE MORNING

- On race morning, follow the signs to your bike. If necessary, drop off your streetwear bag at the Palais du Lac.
- Once you've finished checking your equipment and dropped off your streetwear bag in the dedicated area, continue on your way to the swim start.



START OF THE RACE

6.37am : PARATRIATHLETES START

6.40am : ROLLING START IN WAVES

→ 4 athletes every 6 secondes

Timing chips and swim caps will be available in the start area if needed.

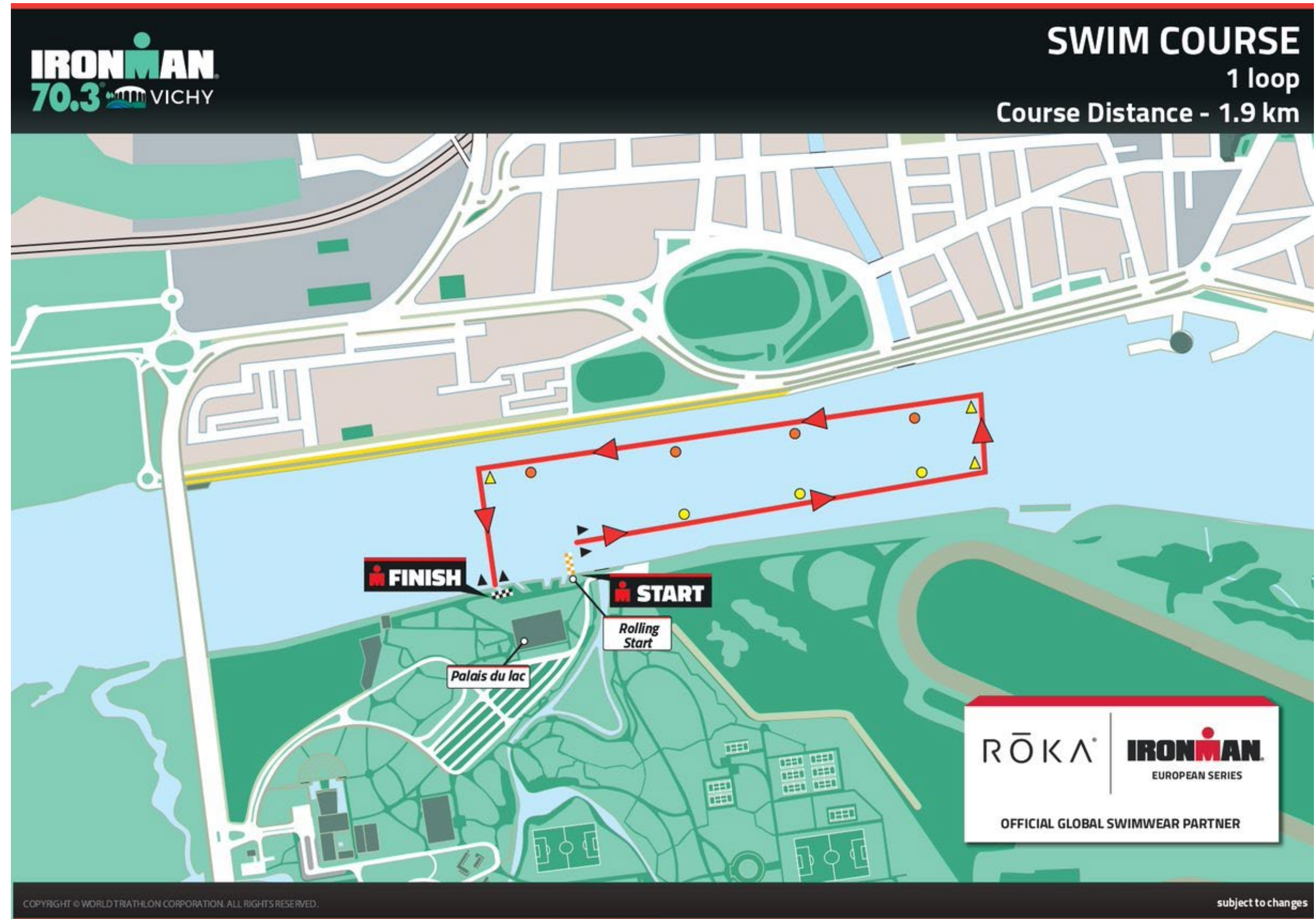




SWIM: 1,9 KM

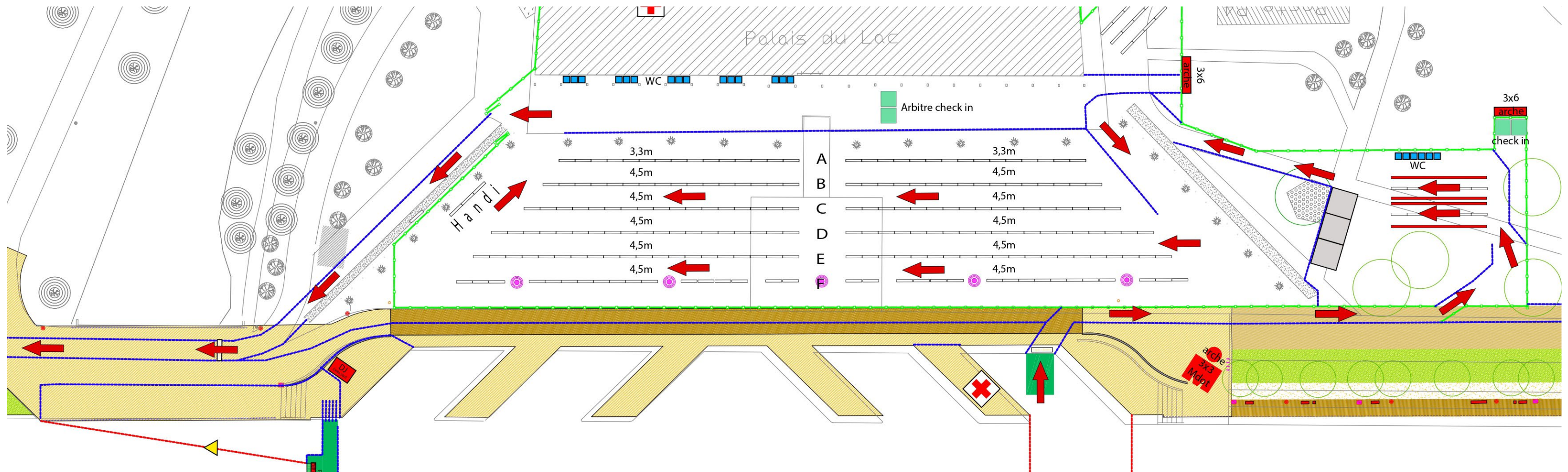
**CUT OFF TIME : 1H10 FOR
THE SWIM**

Your time starts at the entry
to the water. Start in the right
time wave and you have
1h10 to finish this part of the
race.



TRANSITION 1

- On exiting the water, follow the path to the "BIKE" transition bags. Pick up your bag, change and drop it off in the "drop-off" area at the end of the transition. Do not put your bag back on the rack.
- ***Nudity is FORBIDDEN*** in the entire zone. Change tents will be available.





CUT OFF TIME:

SWIM + T1 + BIKE:

5h45 race time

INTERMEDIATE CUT OFF:

KM51 : 11.16am (Châtel Montagne)

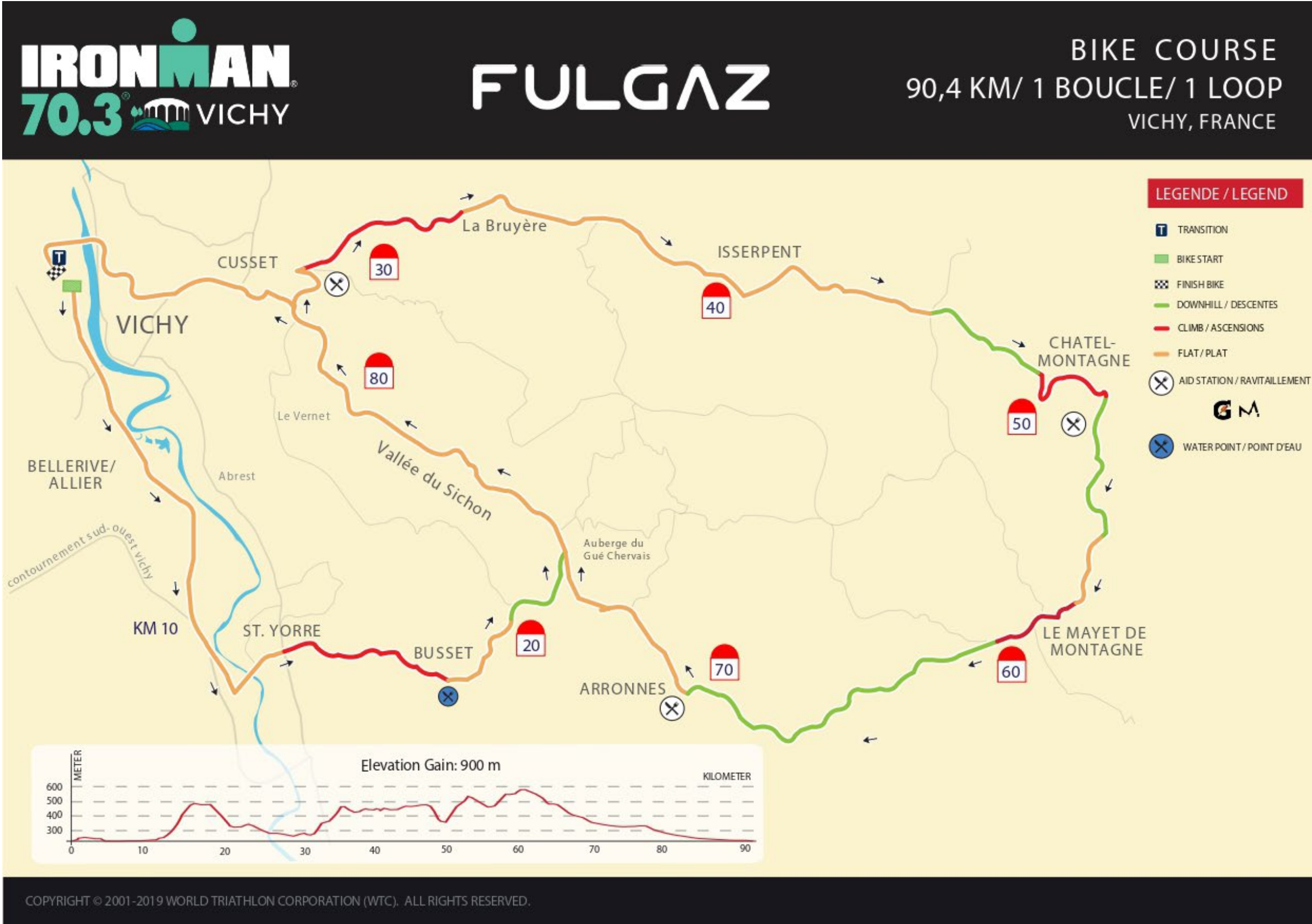
ELEVATION GAIN :

D+ : 983 m

D- : 983 m

PENALTY TENT:

KM29, KM51, KM80, T2



BIKE AID STATION

Aid station 1 (liquid only) : KM 16

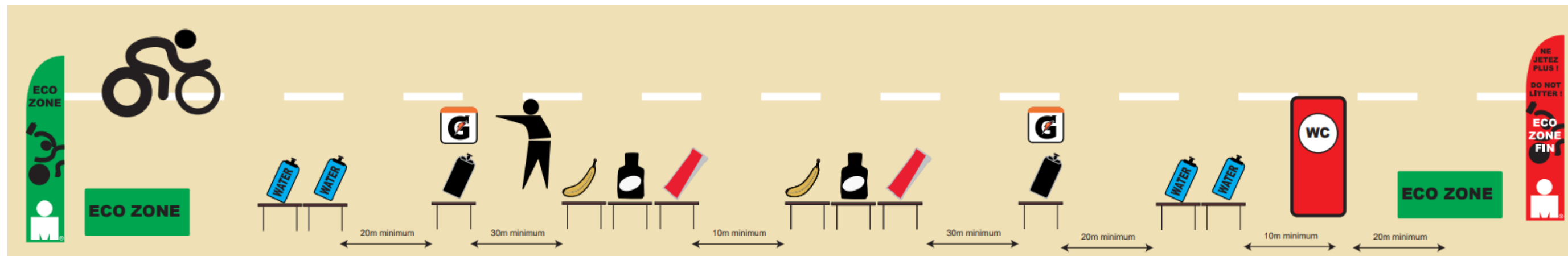
Aid station 2 : KM 29

Aid station 3 : KM 51

Aid station 4 : KM 66

- Drinks: Gatorade Sports Drink Blood Orange 75cl, water bottle 75cl
- Energy bars: 226ers Race day bars
- Energy gels
- Banana

Eco zones available in entrance and exit



Please respect the cleanliness of the course, as any littering outside the area will be punished.

BIKE: PASSAGES TO KNOW

STAY ALERT

- *After the BUSSET aid station, km 15:*

Technical, winding descent in two parts over 5 km.

- *After the Cusset aid station, km 30:*

There's a level crossing 200 m after the traffic circle.

- *Descent to Chatel Montagne, km 48:*

Technical descent with a bumpy surface

- *Km 60, after Mayet de Montagne, towards Arronnes:*

You'll have a narrow, bumpy descent

- *Km 80, your return is urban, increased vigilance, possibility of vehicle and/or spectator*

BIKE SERVICE

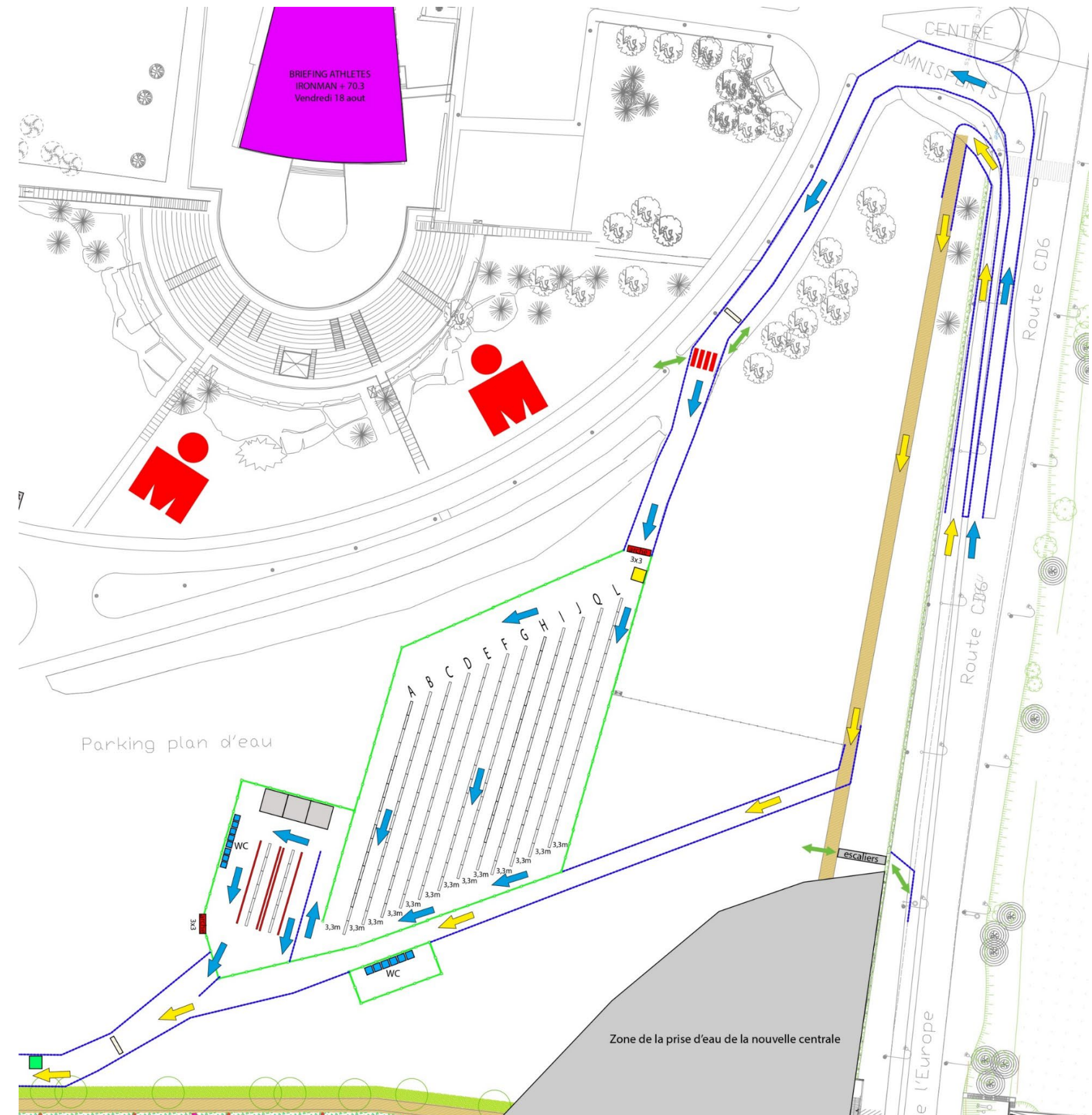


- Bike service in the IRONMAN village
- Bike service at transition (race day)

TRANSITION 2

- Dismount before the line marked on the ground and return to your location, helmet still on.
- Collect your RUN bag, pack your bike gear neatly and return the bag to your spot.
- Nudity is FORBIDDEN. Change tents will be available. Your bags must be deposited at the exit of these tents, before starting the run.

The referee's tent is located at the entrance to the bike park to take your penalty if it has not been taken before.





CUT OFF TIME TOTAL: 8h30

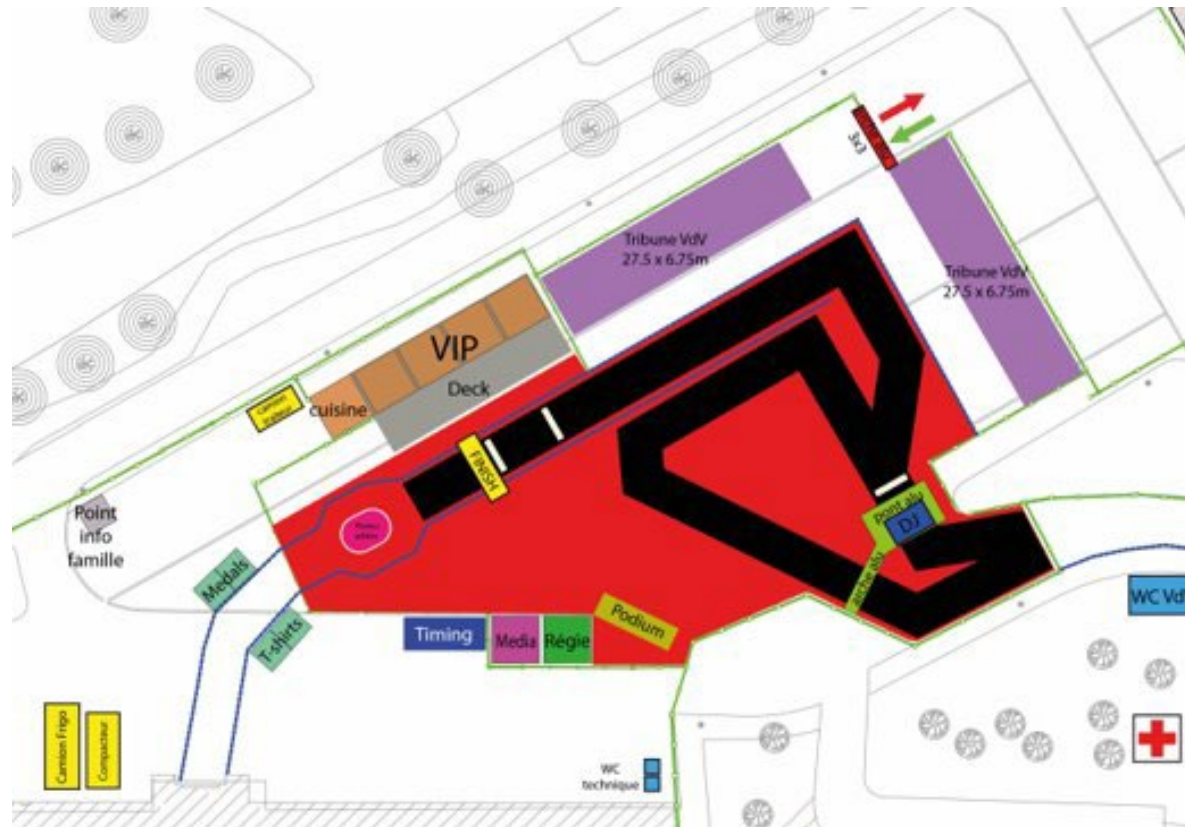
Cut Off start of 2nd loop : 14h18

Run course of 21.1 km

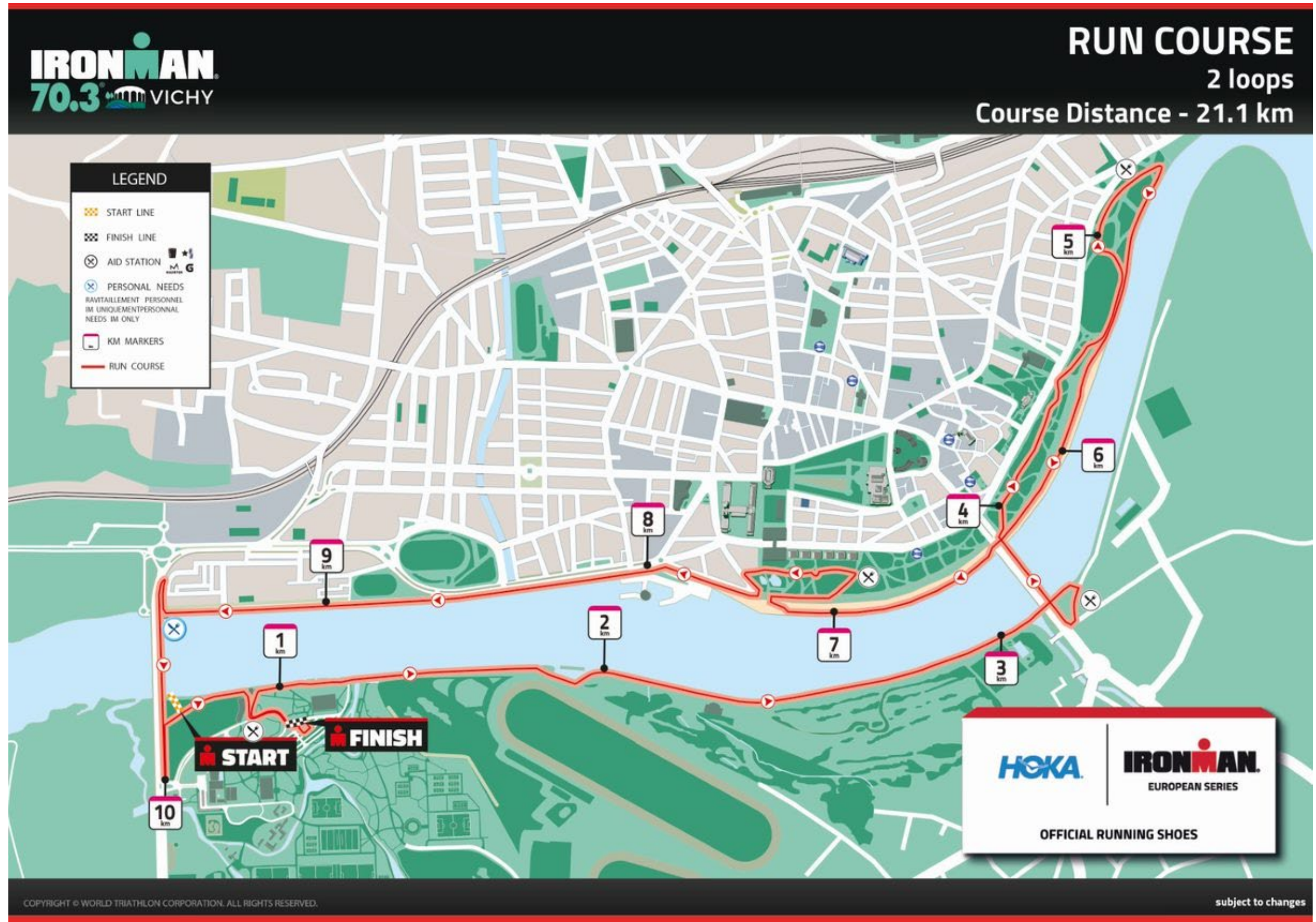
2 loops of 10.5 km.

Please note:

You will go through the finish arena 3 times



R U N : 2 1 . 1 K M



RUN AID STATION

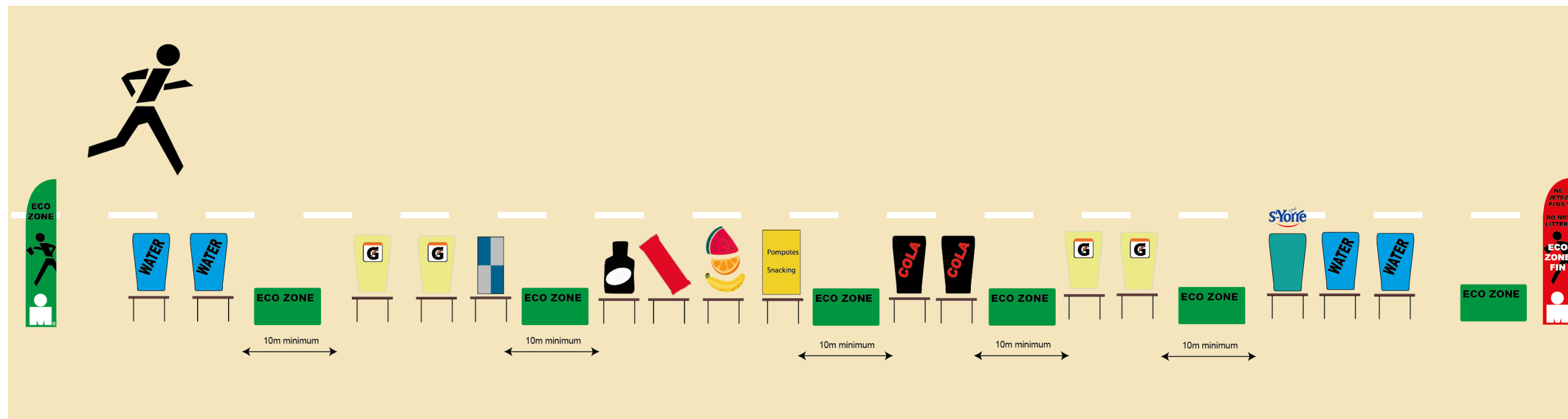
0,1KM - 3KM – 4,7KM – 6,9KM - 11.9KM - 9KM (water only) - 10.5KM - 13.4KM -
15.1KM – 17.3KM – 19.4KM (water only)

Drinks: Gatorade Sports Drink Orange, water, Red Bull, coca-cola, St-Yorre

Energy bars: 226ers Gummy bars cherry & cola

Energy gels: Maurten Gels (with or without caffeine)

Bananas, oranges, watermelons, compotes, savoury products, fruit pastes



*Please keep the
course clean and
use the eco-zones.*

FINISH LINE

- Not permitted to cross the finish line with companions
- The trisuit must be closed, otherwise you will be disqualified.
- You'll receive your medal and finisher's t-shirt once you've crossed the finish line.
- Please keep moving after the finish line and proceed to the after-finish area



AFTERFINISH

Here you will find :

- Medal engraving
- A variety of buffets
- Physios for recovery massages
- You can pick up your STREET-WEAR bag and your Bike bag (blue).





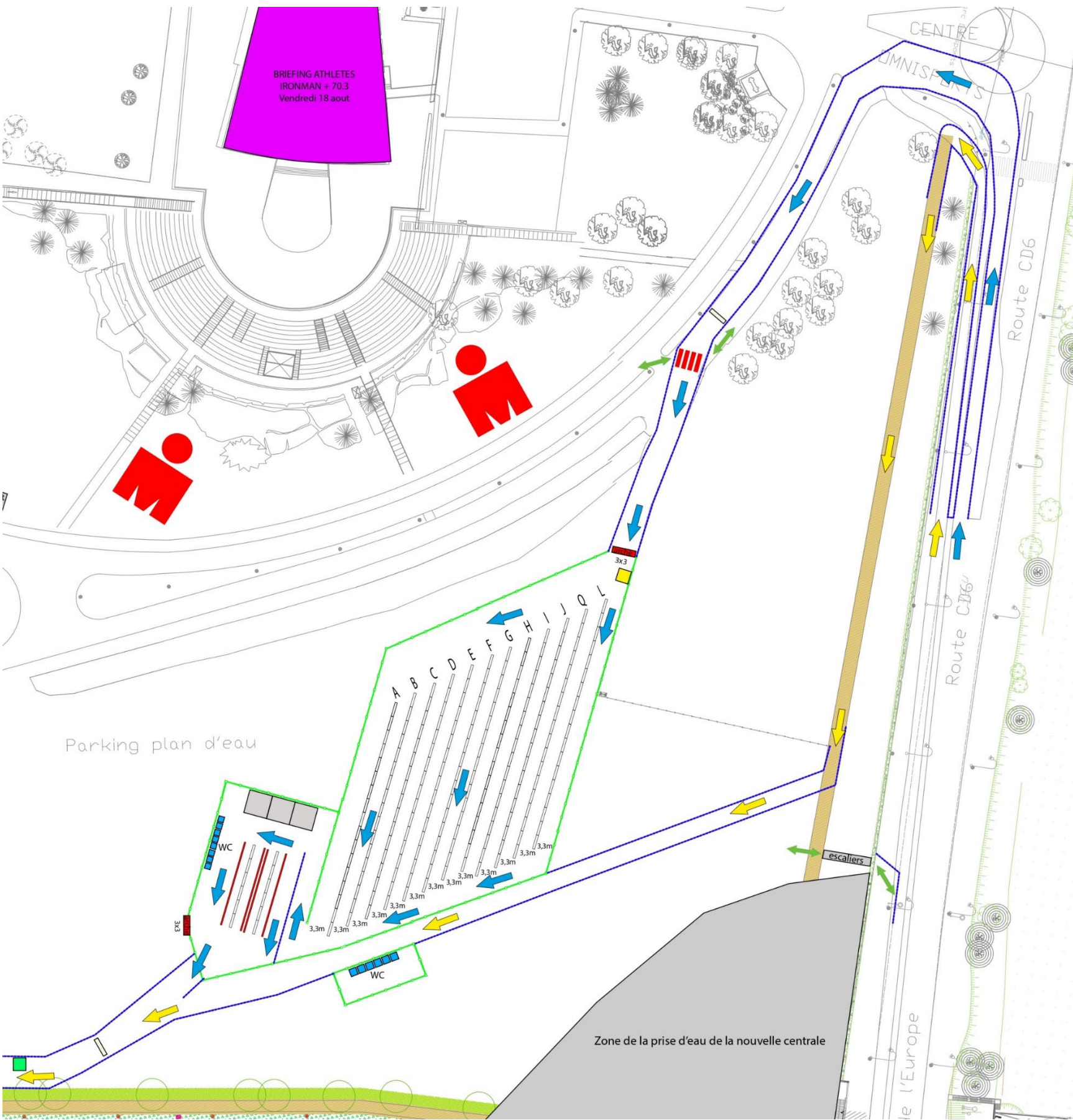
CHECK-OUT



Saturday : 1.15pm – 4.00pm
Transition 2





Collect your BIKE & RUN transition bags and your bike

You'll need your chip and wristband at check-out !



AWARDS CEREMONY

→ Saturday 19 august at 6pm
Amphithéâtre – Espace du Parc

-  Trophies for the first 3 of each individual category.
-  Trophies for the first 3 age groups men and women.
-  Trophies for the first 3 relay teams in each category (women, men, mixed).
-  Trophies for the first 3 TriClub teams.





WORLD CHAMPIONSHIP 70.3

The IRONMAN 70.3 Vichy 2023 will offer qualifying places for the VinFast IRONMAN 70.3 2024 World Championship:

- 40 age-group qualifying places

TAUPO, Nouvelle-Zélande
DECEMBER 14/15, 2024





WORLD CHAMPIONSHIP 70.3

MANDATORY attendance at slot allocation

→ Saturday, august 19 at 7pm at l'Amphithéâtre – Espace du Parc

- **ID MANDATORY**
- Registration fee to be paid immediately
780.00\$ (USD) + 9.25% Active fee
- Credit card **ONLY**



REGULATION REMINDERS

- It is the athlete's responsibility to read all the rules and regulations on the website.
- No refueling by an outside person
- Use of telephone, MP3, camera, etc. Prohibited....
- No shirtless running. Opening of the tri-function under the sternum authorized before entering the finish arena.
- No littering outside the eco-zone.





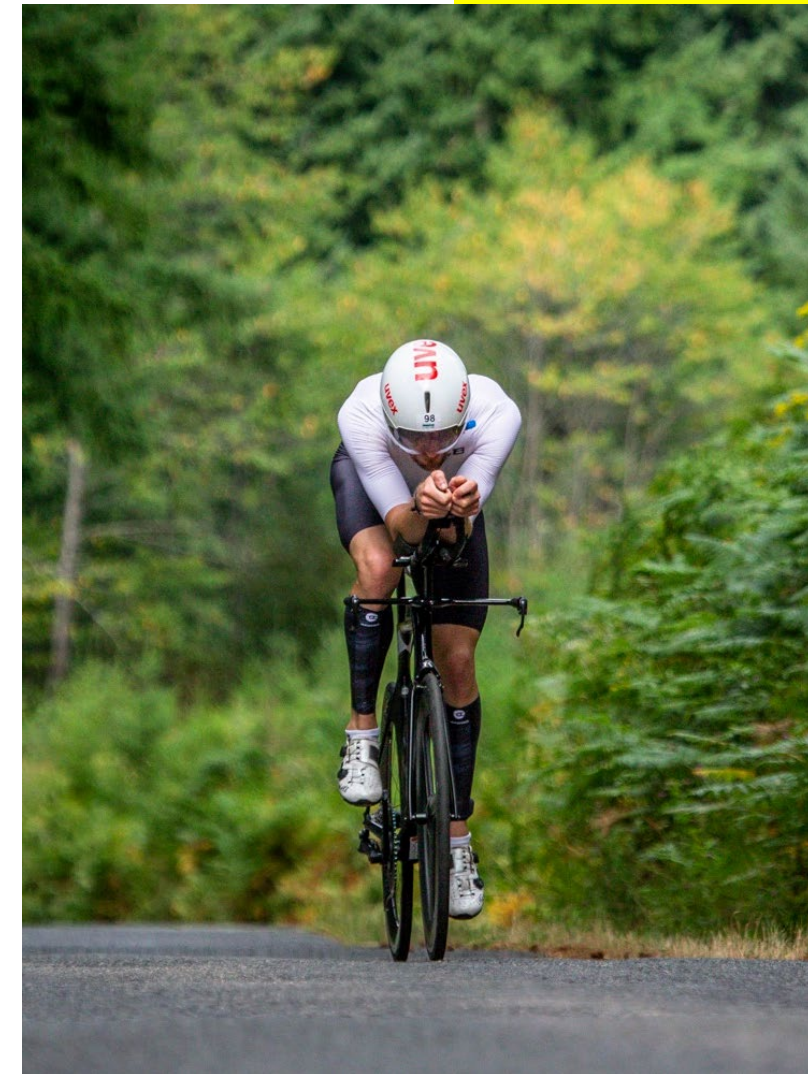
YELLOW CARD

ATTENTION: Yellow card = 30 seconds penalty to be carried out in a penalty tent

The yellow card can be distributed on :

- Swimming
- Cycling (at the penalty tent)
- Running (stop& go on site)

The rules are available on the website



DRAFTING FORBIDDEN

- Drafting distance = **12m** (front wheel - front wheel)

Maximum time for overtaking: 25 seconds

- 1 blue card = 5min penalty
- 2 blue cards = 10 min penalty
- 3 blue cards = DSQ

Penalty box : Penalty tents: at the entrance to the bike park, before the start line

It is the athlete's responsibility to know if he/she has taken a blue card and to go to the penalty box to carry out his penalty. At the end of the penalty, the referee must note on the bib that the penalty has been taken.

Penalty not taken = Disqualification





RELAY TEAM

Collection of race numbers and race package **all together.**

Relay teams are totally autonomous in the management of their transition bags. It is not compulsory to drop them off the day before the race, but athletes are obliged to use them.

Swimming start: The swimmer must imperatively position himself in the starting wave of the ***relays +40 minutes.***

Transition zone: Zone dedicated to relays. This is where you can **exchange your timing chip** between the SWIM and BIKE runners and between BIKE and RUN relay runners.

Finish line: : You can finish the race together by joining the RUN runner on the last loop. The meeting point is located at **the pedestrian crossing before the entrance to the stadium.**



QUESTIONS?

If you have any further questions about the race, please drop by the information desk or e-mail us at vichy@ironman.com.

IRONMAN[®]

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VICHY

GOOD RACE !