


**ISUZU** ●  
**IRONMAN**®  
**70.3**®  **MOSSEL BAY**  
**SOUTH AFRICA**  
AFRICAN TRICLUB CHAMPIONSHIP

**FIRST TIMER**  
**GUIDE**

Some helpful information and tips  
for those completing their first  
IRONMAN 70.3

# WELCOME TO FIRST IRONMAN EVENT

"Well done on making it through all the hours of training to first IRONMAN 70.3 race. The town of Mossel Bay and everyone here at IRONMAN is ready and looking forward to welcoming you to the event. We're 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 kilometers you think you can't cover but we're with you and we'll be willing you all the way to the finish line as you complete an IRONMAN 70.3 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!

**- IRONMAN 70.3 Mossel Bay Race Director, Werner Smit"**

We are here to support you every step of the way to have the best experience possible at your first IRONMAN event so have created this 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 [mosselbay70.3@ironman.com](mailto:mosselbay70.3@ironman.com) and we will be more than happy to help. We'll also be onsite so you can come and talk to us there too. Have a great race!

**- Your Athlete Services Team**

## **Important information to note:**

Please make sure to write your Emergency contact and medical details on the back of your BIB. Emergency contact should not be someone racing but someone who is there on Race Day.

If you have collected your race materials but then decide not to race, please return the timing chip to the Drop out tent or an IRONMAN staff member. This is so we know you are safe and not racing.

If you did not finish or are cut-off during the race, you will be looked after by the Athlete Services team and Race Captains in Transition. The process around collecting your bags and contacting your family, so they know you are safe, will be explained by one of the team here.

# FREQUENTLY ASKED QUESTIONS

## 1. What do I need to bring to registration?

Photo ID (e.g., ID, passport or driving licence)  
Race Licence (TSA or purchase a one-day licence)

## 2. When do I receive my timing chip?

At Registration

## 3. Do I receive a race pack prior to the race?

No, all race materials will be given to you at onsite registration on Thursday 16 November (14:00 – 18:00) or Friday 17 November (09:00 – 18:30) or Saturday 18 November (08:00 – 12:30)

## 4. What's my BIB number?

This paper race number must be on your back for the cycle and on the front for the run. Bib number will be in your race pack.

## 5. I've registered onsite but now don't want to race, what should I do?

Please hand your timing chip in at Drop out or to an IRONMAN staff member, so that we know where you are. This is very important.

## 6. Can I rack my bike on race morning?

No, you must attend bike check in between 14:00 and 17:00 on Saturday. No exceptions can be made

### What goes in the transition bags?

**WHITE BAG** = streetwear - any clothes you arrive in on race morning or want after the race

**BLUE BAG** = bike gear (e.g., helmet, bike shoes)

**RED BAG** = run gear (e.g., running shoes, sun cap, sun cream)

## 8. How do I get to Transition/Race Start on race morning?

Athletes can use the shuttle bus service from Diaz Hotel to transition and Point Hotel via Protea Hotel to transition on race morning, this starts at 04:30 until 6:15.

## 9. What shall I arrive in on race morning?

We advise that you come in your tri suit and wetsuit rolled down to your waist with a jumper on to keep warm. There are no specific changing areas in the morning so please arrive ready to race

## 10. What should I do with my timing chip after the race?

- You must hand this over at the Finish Line, there will be a bucket for you to place this into

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## 11. Can I access transition on race morning?

Yes! You can access transition from 05:00 – 06:15 so you can add your bike computer and any different food or drink to your bike on race morning, if needed

## 12. Do I need to wear a wetsuit?

We strongly advise that you wear a wetsuit for IRONMAN 70.3 Mossel Bay

## 13. Can I use disc brakes?

Yes

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

No, this is your choice - if you have any concerns that your bike may not be appropriate, please email the team and we can provide guidance

## 15. Will there be kilometer boards on the bike and run course?

Yes, there will be 10 km boards on the bike course and 1km boards on the run course

## 16. Can my family and friends hand me things?

No, you are not allowed any outside assistance during the race, this will lead to disqualification

## 17. 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

## 18. Are there showers after the race?

No, there are no showers in Athlete Village

## 19. 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



# FIRST TIMER CHECKLIST

## BEFORE TRAVELING:

- Check the schedule and make your plan accordingly.
- Read the Athlete Guide.
- Watch the online Race briefing

## TRAVEL TO MOSSEL BAY

### FOR REGISTRATION:

(Thursday from 14:00 to 18:00, Friday 09:00 to 18:30 or Saturday 08:00 to 12:30):

- Take your ID / Passport
- Annual license or credit card (if you don't have an annual TSA license you will be charged R120 at registration )

In registration you will pass the license control at the entrance, biometrics and then onto one of the desks to collect your race pack.

Our staff will give you:

- Bib number.
- Wristband.
- Stickers (more instructions on the sticker sheet backside).
- Swim cap.
- Blue, red and white transition bags.

## PREPARATION FOR TRANSITION:

You need to leave everything listed below in transition on Saturday from 14:00 to 17:00.

Before arriving at Transition:

- Put the stickers on your bike, helmet and bags (read the instructions on the backside).
- Prepare the blue bag with your bike clothes.
- Prepare the red bag with your run clothes.
- Check your bike.

Watch the briefing! (Race briefing will be live streamed on Wednesday 15 November at 17:30 on Social Media. Q & A on Friday 17 November 18:30 )

## TIME FOR TRANSITION:

(Saturday from 14:00 to 17:00)

### REFEREES WILL CHECK:

- Your helmet with the sticker (put your helmet on).
- The bike has also the stickered correctly (under the seat).
- You have your blue and red bag (with clothes in).

### AND THEN:

- Rack your bike according to your bib number.
- Rack your blue bag on the rack according to your bib number. (with the helmet inside).
- Rack your red bag according to your bib number.

Please don't leave your GPS device on the bike or other valuable objects. Nutrition: you can leave it on your bike now or on race day in the timeframe that the transition is open.

## SLEEP WELL

### IT'S RACE DAY!

#### DON'T FORGET

- Timing chip (put it on your left ankle).
- Your White bag.
- Your Wetsuit & Swim Cap
- Any bottles/nutrition you want to use

#### BEFORE SWIM START:

(Transition will be open from 05:00 to 6:15)

- Go to transition to check your bike, add your nutrition and fill your bottles... (optional)
- Put your wetsuit.
- Put your street clothes in your white bag and leave it in the white bag area.

Go to the swim start area and self-seed yourself in your estimated swim time.

**Enjoy your race!**

### CONGRATULATIONS ON YOUR RACE!

- Collect your medal.
- Collect your finisher t-shirt.
- Collect your white bag.
- Check your results (if you need to appeal you should ask for the head referee in the finish line before 16h00)
- Go to transition to checkout your bike and bags.

Slot Allocation (17:30)

Awards (18:30)

# TIPS AND TRICKS



Look after each other



Make sure emergency contact is not someone who is racing and someone who will be there on race day and their mobile number is written on the back of your BIB



If you raced the bike, you'll walk the run - don't push yourself too hard



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!



Never try anything new on race day - stick to what you know! For both kit and nutrition



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



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



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

# 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 must be able to replace a punctured inner tube yourself so we thought we would give you a few pointers on how to. We also recommend you practice this before racing. We suggest that you carry at least 3 repair kits incase you are unlucky to have several. Make sure your race day tyres are in good condition to race.

## YOUR REPAIR KIT WILL NEED THE FOLLOWING

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