

# RACE DAY SCHEDULE

13/05/2023

7:40	Age Group rolling Start
8:10	First Athlete expected on bike course
10:00	Swim Cut Off Expected
10:10	First Athlete expected on run course
11:30	First Excepted Finisher
14:20	Bike Cut-Off Expected
10:00 – 19:00	Merchandise Store, Alcúdia Beach
20:30	After Race Party, Alcúdia Beach

## WHAT IS A 70.3 IRONMAN?

IRONMAN 70.3 is a triathlon comprising of a 1.2 mile swim, 56 mile bike ride and a 13.1 mile run (a half marathon), all to be completed consecutively within 8 hours 30 minutes.

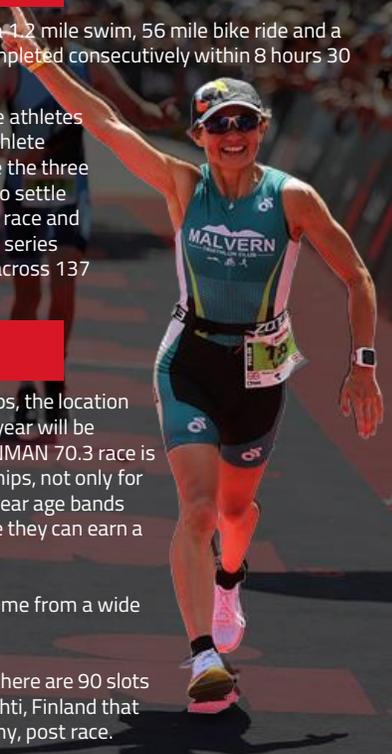
IRONMAN was founded in 1978 when some athletes in Hawaii were discussing who the fittest athlete would be. One suggested that they combine the three existing long distance events on the island to settle the debate. 13 athletes completed that first race and since then the sport has grown into a global series with 60,000 athletes competing each year across 137 races worldwide.

## IRONMAN 70.3 WORLD CHAMPIONSHIP 2023

For the IRONMAN 70.3 World Championships, the location changes each year - those who qualify this year will be heading to Lahti, Finland in 2023. Each IRONMAN 70.3 race is a qualifying event for the World Championships, not only for PRO athletes but for every age group. Five year age bands divide the athletes, as well as gender, where they can earn a slot for the World Championships.

Athletes range in age from 18 to 80+ and come from a wide variety of sporting backgrounds.

At Zafiro IRONMAN 70.3 Alcúdia-Mallorca, there are 90 slots available for the World Championships in Lahti, Finland that will be allocated during the Awards Ceremony, post race.



## VIP SUPPORTER PACKAGE

If you want to live an exclusive experience at Zafiro IRONMAN 70.3 Alcúdia-Mallorca, we have VIP Packages available for you!

For detailed information on the packages, please visit: [Supporters - Zafiro IRONMAN 70.3 Alcúdia-Mallorca](#)

## ACCESS ON RACE WEEKEND & PARKING

There will be a number of road closures in and around Alcúdia on the day of the event. Carretera d'Arta will be completely closed which will limit the mobility in the streets surrounding it on race day.

There are many streets with free parking spots close to Alcúdia Beach. Be advised Carretera d'Arta will be closed to traffic on Race Day, therefore we recommend to park on the streets on the North Side of Carretera d'Arta.

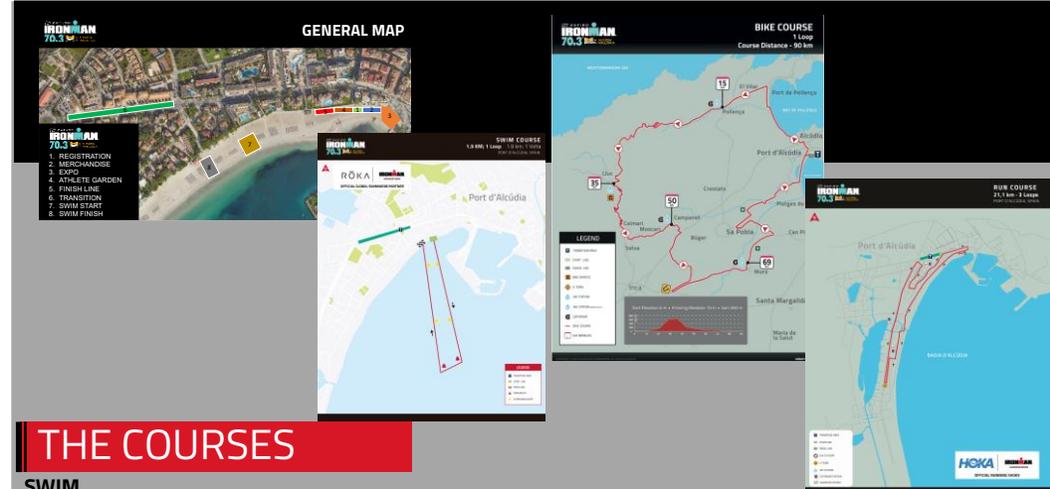
## HOTSPOTS

### ROMAN BRIDGE- POLLENÇA HOTSPOT

Athletes will come from Port de Pollença through the Ctra. Palma to Puerto Pollença passing by Pollença. This is a great place to cheer on athletes as they fly by the flat road before starting the ascension to Lluc. You can arrive by car using the MA-2201 road, and you can also enjoy the pretty town visiting "El Calvari" and their famous 365 steps! If you make it to the top you will enjoy amazing views.

### CAMPANET MAIN SQUARE HOTSPOT

If going from Pollença, go towards Crestatx, take the Ma-13 and exit at Cami de na Pontons and Cami d'Ullaro to arrive to Campanet's central square. Participants will ride through the narrow streets of this town where you can either enjoy a nice snack in the main square or, you can take the chance to visit the Campanet Caves. For those more adventurous, there is a 4km trail that takes you to Ses Fonts Ufanes, nature at it's finest!



## THE COURSES

### SWIM

The 1.9km loop swim begins at the Alcúdia Bay, goes on a clockwise direction to exit on the right side of where they started. Supporters will be able to line around the Swim Start and Swim Exit to cheer their athletes on.

### BIKE

The Zafiro IRONMAN 70.3 Alcúdia-Mallorca bike course sets off from Carretera d'Arta, turns right to Via de Corneli Atic, then taking Cami de l'Albufera to pass the Alcudia Village

and take Ctra. de Pollença. This road will take athletes along the Pollença Bay to take a left turn at Port de Pollença where athletes will take the Ctra. Palma to Port de Pollença and MA-10 where they will start the ascension to Lluc. They will then start the descension along the wavy roads and through pretty villages, passing spectators and hot spots on it's way back to the coast through MA-3433. The route then takes the Carretera d' Arta along Alcudia Bay, into the city and back to Transition.

### RUN

From Transition, the course is a 3 loop run along Alcúdia Bay. Athletes will pass a very nice spectator hotspot located at the Estany Gran where athletes will go over a wooden bridge to cross the channel. Athletes will pass next to the finishline, where stands will be placed for spectators, 2 times before crossing the red carpet and complete Zafiro IRONMAN 70.3 Alcúdia-Mallorca.

### SA POBLA HOTSPOT

Another great place to support your athlete is Sa Pobla, very close from Campanet and only 20 minutes away from Alcudia. This hotspot is your last opportunity to cheer on participants before they bike the final straight back to Alcudia. Sa Pobla is famous for their culinary tradition, don't miss the opportunity to try their local dish "arròs pobler" and "espinagada".

### TRANSITION

A great location to give words of encouragement will be at transition. Once athletes finish the swim, they'll run up the street which supporters can line and into the first part of transition. Supporters will be able to stand on the other side of the Transition fence where they will be able to talk to their athlete from few centimetres.

### ESTANY GRAN-CHANNEL BRIDGE HOTSPOT

Our recommended hotspot for the Run section is with no doubt the wooden bridge that goes over the little Estany Gran channel. Athletes will pass 3 times over this bridge! You can watch your athlete while getting some sun at the beach or enjoying some drinks at the Beach Bar.

Don't forget to download the IRONMAN Tracker App so you can follow your athlete around the course!



Instagram - @ironmantrispain #IRONMAN70.3Mallorca

