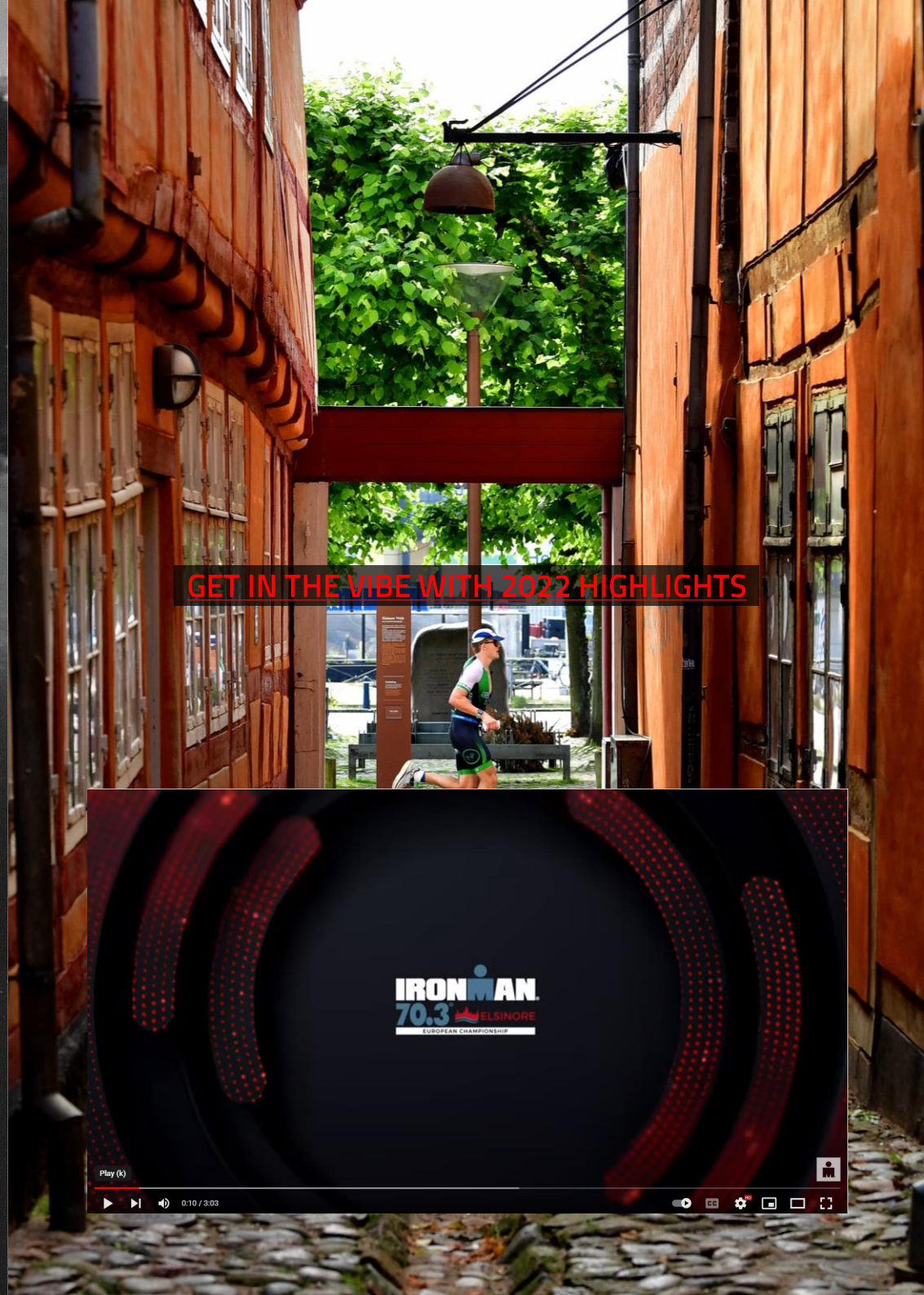




# ATHLETE GUIDE 2023

ENGLISH

**IRONMAN**  
**70.3**  **ELSINORE**



GET IN THE VIBE WITH 2022 HIGHLIGHTS

**IRONMAN**  
**70.3**  **ELSINORE**  
EUROPEAN CHAMPIONSHIP

Play (k)

0:10 / 3:03



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## WELCOME

Dear athletes and visitors,

It's a huge privilege that Elsinore Municipality again in 2023 can open the doors to IRONMAN 70.3 Elsinore.

This is the 9th time the IRONMAN 70.3 are held in Elsinore, and we as a municipality are proud to host this prestigious event.

Elsinore offers some unique Danish historical and cultural sights and beautiful nature, why this city and its surroundings are ideal for racing.

I know all athletes are fully focused on the race, but do hope you'll take some time to explore the city while you're here.

The race starts and finishes next to the beautiful Kronborg Castle. Which is well-known for Shakespeare's Hamlet. When you go out of the city on the bike course you will bike alongside the coast and through the breathtaking nature of North Zealand.

I'm feeling very confident that the courses you'll go on, are planned with hard and dedicated work from IRONMAN. Likewise, I know that IRONMAN has done everything they can to provide a great and safe experience with the prerequisites that exist in this reopening period.

Therefore, I hope you will visit Elsinore again someday, when the world is back to normal.

But for now, I wish you an amazing race and experience in Elsinore. A huge welcome and good luck with the race.

**Benedikte Kiær**  
Mayor of Elsinore



## WELCOME

Dear athletes,

We're looking forward to welcoming you to IRONMAN 70.3 Elsinore 2023. We hope you are just as excited as we are.

With thousands of spectators and the vibe in the old town and the magic castle of Kronborg we have an amazing atmosphere in Elsinore.

In collaboration with Elsinore Municipality, we have created the best possible event with courses possible within the municipality's borders.

The calm water in the harbour for the swim course which is extremely spectator-friendly. The bike course, which is adjusted and new for 2023 with less turns, and will be even faster. As well the historic atmosphere on run course around the castle and in the old town.

I hope that you orient yourself thoroughly how to choose a start group, as well as your race morning flow. It will get more space on the courses and a better and safer experience.

Lastly, a huge thanks to all our volunteers, their motivation and engagement, which gives this event that extra push and provides an amazing atmosphere. Give them a high-five!

We wish you good luck or as we say in Denmark "knæk og bræk" and have an amazing race.

**Martin Johansen**  
Race director





## TOP 5 THINGS TO SEE

### KRONBORG CASTLE

Located few 100 meters from the venue, this is a must to see. Also beside that you will run around it 4 times on the run course. The UNESCO castle is known from Shakespears Hamlet, but have also a huge impact on the Danish historie where the for instance Denmark earned money for all the ships passing in between Helsingør (Elsinore) and Helsingborg (now Sweden).



### M/S MARITIME MUSEUM OF DENMARK

Denmark have a great sailing and maritime history. At this national museum you can dive into exhibitions to learn ships, technology and people and their stories at the sea. The museum is build and set in the former dock of Elsinore Harbor.



### HOLGER DANSKE

The national mythical hero Holger Danske is asleep, deep down in the underground passages of Kronborg Castle's casemates. He has slept for hundreds of years. According to the old legend, Holger Danske will wake up the day Denmark is threatened by enemies. Only then will his eyes open. He will then get to his feet and raise his sword



### THE OLD TOWN

Helsingør/Elsinore has one of Europe's best preserved historical town centers. The town-plan from 14<sup>th</sup> century is a perfect grid consisting of 3 streets parallel to the coastline and 4 streets placed at right angles into them. You will run on almost them all 3 times during the run course. Only the cathedral Sct. Olai doesn't fit in – because it origins from 12<sup>th</sup> century.



### STREET FOOD MARKET – VÆRFETTS MADMARKET

Street food in rustic, maritime surroundings – the shipyard's street food market is an informal gathering place, where people of all ages can gather, enjoy and explore the amazing foods found all across the world.



More information and inspiration:

<https://www.visitcopenhagen.com/elsinore>

## CHECK LIST

### ☐ PRE-RACE

- ☐ Directions to :
  - Registration / official shop
  - Athlete check-In
  - Race start Race finish
- ☐ Photo I.D.
- ☐ Valid triathlon license or day pass
- ☐ Bike adjustment
- ☐ Study the race courses
- ☐ Plan and test your nutrition
- ☐ Attend athlete briefing

### ☐ 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
- ☐ GPS watch or bike computer
- ☐ Bib number
- ☐ 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
- ☐ Race belt or safety pins
- ☐ Hat/visor
- ☐ Extra nutrition and water bottles
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Reflective tape (*if applicable*)

### ☐ MISCELLANEOUS

- ☐ Towel
- ☐ Post-race clothing
- ☐ Contacts or Rx Glasses
- ☐ Body Glide
- ☐ Lip balm
- ☐ Hair ties
- ☐ Your good mood :)



## SCHEDULE

**HOURS** **EVENT** **LOCATION**

### TUESDAY 20<sup>TH</sup> JUNE

14:00–16:00 **Online RACE BRIEFING with Q&A Session** Facebook (online)  
Mandatory to watch before the race!

### WEDNESDAY 21<sup>ST</sup> JUNE

18:00–19:00 **PRACTICE SWIM – by a local TriClub** Culture Harbour  
Only legal option to swim in harbour before the race.  
More info at page 35.

### THURSDAY 22<sup>ND</sup> JUNE

18:00–19:00 **5K HOKA FUN RUN** Culture Harbour  
Free for all, just show up.  
More at page 35.

### FRIDAY 23<sup>RD</sup> JUNE

10:00–18:00 **IRONMAN VILLAGE OPEN** Culture Yard (Hall 14)

10:00–18:00 **ATHLETE REGISTRATION** Culture Yard (Hall 14)

13:00–15:00 **LIVE INTERVIEWS** Culture Yard (Hall 14)  
Tips and personal stories from PRO's and special athletes.  
More info at page 35.

15:30–17:30 **4:18:4 HELSINGØR REGISTRATION** Culture Yard (Hall 14)

18:00–22:00 **4:18:4 HELSINGØR** Culture Harbour  
More info at page 35.

### SATURDAY 24<sup>TH</sup> JUNE

10:00–18:00 **IRONMAN VILLAGE OPEN** Culture Yard (Hall 14)

10:00–18:00 **ATHLETE REGISTRATION** Culture Yard (Hall 14)

10:00–19:00 **BIKE/BAG CHECK-IN** Transition Area  
Entry most far away at IRONMAN BIKE inflatable arch.

11:00–12:00 **PRO BRIEFING** Culture Yard, Store Scene

12:30–14:00 **LIVE INTERVIEWS** Culture Yard (Hall 14)  
Tips and personal stories from PRO's and special athletes.  
More info at page 35.

13:00–14:00 **IRONKIDS** Culture Harbour  
Free for all, but you need to sign up online.  
More info at page 35.

**HOURS**

**EVENT**

**LOCATION**

### SUNDAY 25<sup>TH</sup> JUNE

05:30–07:45 **TRANSITION OPEN** Transition Area

05:30–08.30 **ATHLETE GARDEN (WHITE BAGS) OPEN** Culture Yard (Hall 14)

07:00–08:20 **PRE-SWIM WAITING AREA OPEN** Culture Harbour  
07:05–07:20 Group A (Green Swim Caps): Predicted swim time: < 28 min  
07:08–07.23 Group B (Pink Swim Caps): Predicted swim time: 28–32 min  
07.15–07.30 Group C (Yellow Swim Caps): Predicted swim time: 33–36 min  
07.35–07.50 Group D (Purple Swim Caps): Predicted swim time: 37–40 min  
07.50–08.05 Group E (Blue Swim Caps): Predicted swim time: 41–44 min  
08.05–08.20 Group F (Red Swim Caps): Predicted swim time: > 44 min

07:00–08:50 **PRE-SWIM AREA OPEN** Culture Harbour  
07:00–07:20 PRO  
07:20–07:38 Group A (Green Swim Caps): Predicted swim time: < 28 min  
07:23–07.45 Group B (Pink Swim Caps): Predicted swim time: 28–32 min  
07.30–08.05 Group C (Yellow Swim Caps): Predicted swim time: 33–36 min  
07.50–08.20 Group D (Purple Swim Caps): Predicted swim time: 37–40 min  
08.05–08.35 Group E (Blue Swim Caps): Predicted swim time: 41–44 min  
08.20–08.50 Group F (Red Swim Caps): Predicted swim time: > 44 min

07.30 **PRO FEMALE SWIM START** Culture Harbour

07:35–08:50 **AG SWIM START** Culture Harbour  
07:35–07:38 Group A (Green Swim Caps): Predicted swim time: < 28 min  
07:38–07:45 Group B (Pink Swim Caps): Predicted swim time: 28–32 min  
07:45–08.05 Group C (Yellow Swim Caps): Predicted swim time: 33–36 min  
08:05–08.20 Group D (Purple Swim Caps): Predicted swim time: 37–40 min  
08.20–08.35 Group E (Blue Swim Caps): Predicted swim time: 41–44 min  
08.35–08.50 Group F (Red Swim Caps): Predicted swim time: > 44 min

11:30 **FIRST FINISHER/WINNER** Culture Harbour

11:45 **PRO PODIUM / FLOWER CEREMONY** Culture Harbour

10:00–18:00 **ATHLETES GARDEN OPEN** (only athletes) Culture Yard (Hall 14)

10:00–18:00 **IRONMAN MERCHANDISE STORE OPEN** Culture Yard (Hall 14)

13:45–18:00 **BIKE/BAG CHECK-OUT** Transition Area  
Entrance from Run Out

17:20 **LAST FINISHER** Culture Harbour

18:00–20:00 **AWARDS AND IRONMAN 70.3 WORLD CHAMPIONSHIP SLOT ALLOCATION** Culture Yard, Store Scene





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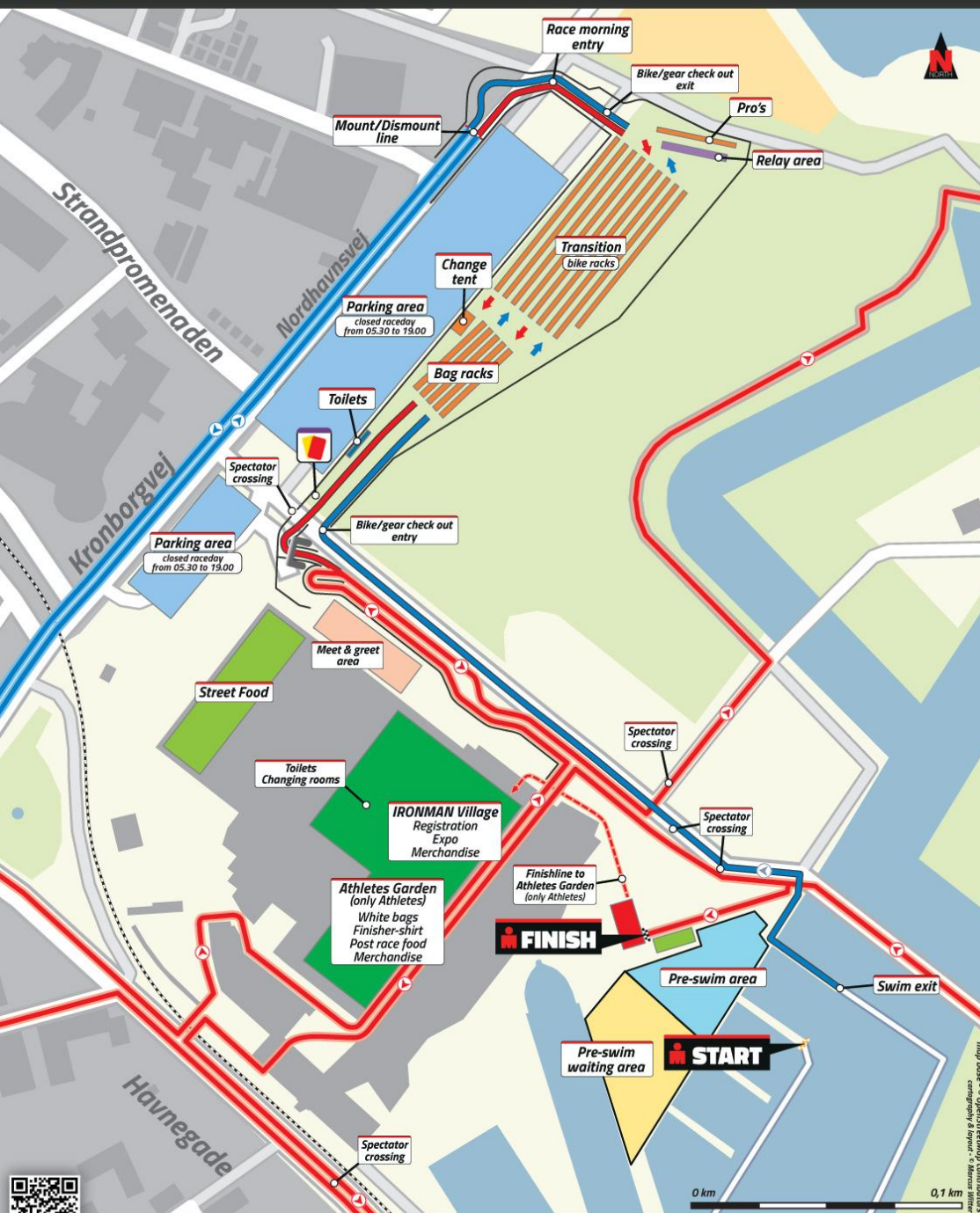


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\*Only for athletes.







## PARKING AND ARRIVAL

	Snekkersten st. → Helsingør st.	Helsingør st. → Snekkersten st.
R	runs minutes 42 every hour (starts running at 6.42 Sunday morning)	runs minutes 51 every hour
RE	runs minutes 29 every hour (starts running at 4.29 Sunday morning)	runs minutes 25 and 55 every hour

Most of the city will be open, as well on race day. But all roads for bike course and run course will be closed on race day.

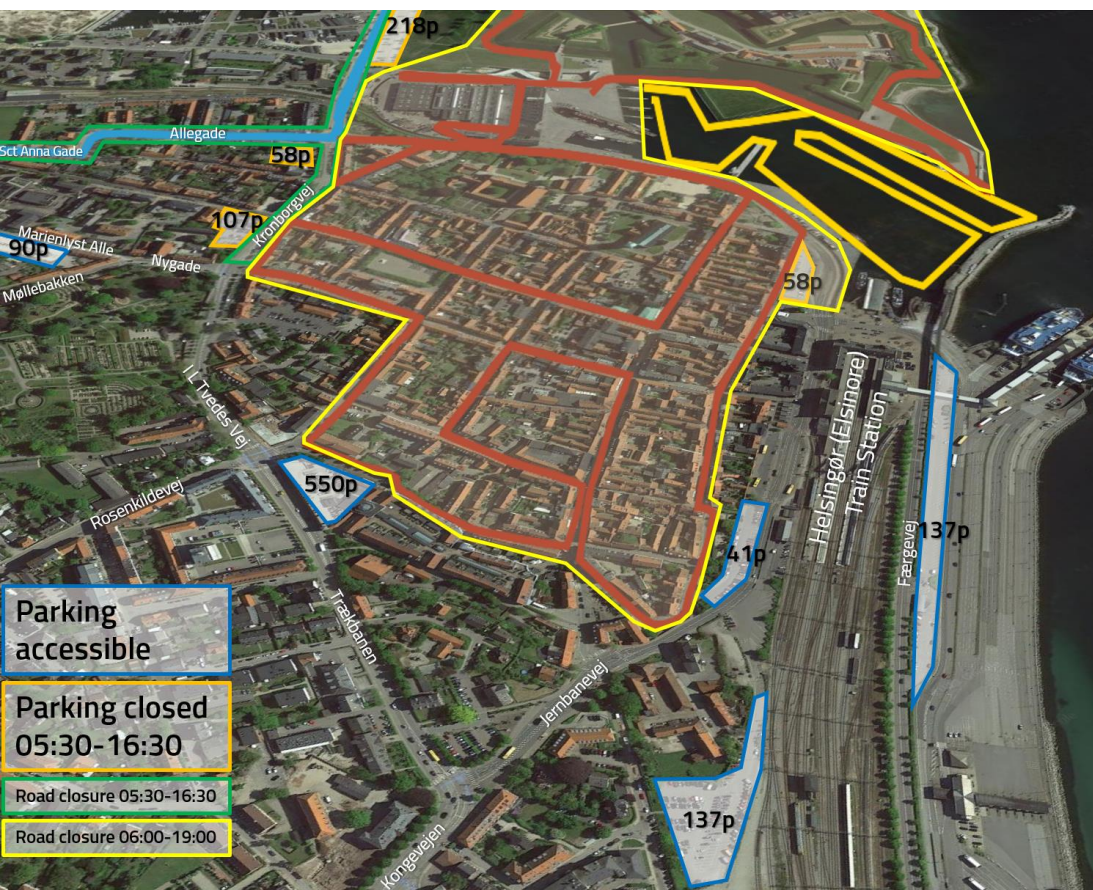
Elsinore is a 45min drive from Copenhagen with car. One hour with the train from Copenhagen Central Station to Elsinore Station (800m from the venue).

### ARRIVAL FOR IRONMAN VILLAGE (INCL. REGISTRATION PICK UP)

On Friday and Saturday it's easy to arrive, as the parking lots around the city will be open. Even the closest one to the venue (see venue map on previous page).

As well all public transport will be operating normal. Use Rejseplanen.dk and Google Maps for public transport guidance.

Note that there are minitriathlon 4:18:4 Friday evening where Nordre Strandvej up to Hellebæk will be closed between 17:00 and 20:00.



### ARRIVAL ON RACE DAY

Roads for bike course and run course will close 05:30 in the morning. Make sure to find your way into the venue in time (see the time schedule on pages 9-10).

Use the open parking lots (blue and yellow on the map), or use the public transport which is operating normal in the south of the city towards the central station (busses and train operating on the courses will be cancelled on race day).

### Alternative parking options at Snekkersten Station.

From here it will take you 4-6 minutes to arrive at Elsinore Station by the Re or R trains. See the train schedule in top.

### ROAD CLOSURES

Roads for bike course and run course will close 05:30 race morning. See above and follow this link for road closures (but overall, all roads for bike and run course are totally closed): [http://geo.os2geo.dk/couchdb/app-d2121ee08caf832b73a160f9ea022ad9/\\_design/leaflet/index.html#/6416adfd6c7bffccd5bd4826b51af48f](http://geo.os2geo.dk/couchdb/app-d2121ee08caf832b73a160f9ea022ad9/_design/leaflet/index.html#/6416adfd6c7bffccd5bd4826b51af48f)

### RACE WEEK TRAINING

All training during non-race times on the race course is conducted at your own risk.

Note: it is NOT legal to swim in the harbour before race day!

Please never swim alone and always obey traffic law.



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- Dedicated morning bag drop off
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- 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](mailto:contactus@nirvanasportstravel.com)

[nirvanasportstravel.com](http://nirvanasportstravel.com)





## REGISTRATION

### LICENSEE

- 1 **Valid proof of national triathlon license.** You can also buy a 1-day license on-site at registration for 125 DKK or buy one online with the QR-code below.



### PLEASE NOTE

**Please be aware that 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 and Tri club Pole Position athletes are still reserved lower BIB number range).*

All athletes must wear all official race participant items issued at Athlete Check-In. Items include; the official swim cap, wristband, bike stickers, race bib number, and timing chip. Failure to do so will result in a DSQ.

**ALL ATHLETES MUST HAVE REGISTERED BEFORE 18.00 ON SATURDAY, JUNE 24, NO REGISTRATION WILL BE POSSIBLE AFTER THIS TIME.**

**TIMING CHIP WILL BE HANDED OUT AT BIKE CHECK-IN.**

## REGISTRATION

### REMINDER OF REGISTRATION HOURS

DATE	HOURS	LOCATION
23 <sup>th</sup> June	10.00-18.00	Culture Yard (Hall 14)
24 <sup>th</sup> June	10.00-18.00	Culture Yard (Hall 14)



- 1 On Monday race week you will receive an email with your registration information. Please bring this to the registration, this email will include: QR Code.

- 2 Please report to the volunteers by following the signage.



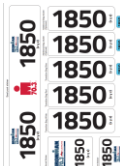


- 3 Collect your race number and package by presenting your **identity card**.

A wristband will be provided. You will be asked to put it on immediately and to keep it on until the bike and transition bags are collected after the race.



## RACE PACKAGE

### YOUR PACKAGE INCLUDES

<p><b>1 BIB NUMBER:</b> You must wear your bib on your back for the bike course and in front for the run course. It must be attached with three points.</p> <p>You can use safety pins if you wish. However, as you have to change it from one position to another in transition, it is strongly recommended that you get a running belt which saves you time, allows you to change clothes easily and avoids making holes in your clothes.</p>	
<p><b>1 SWIM CAP:</b> You must wear the swim cap given to you when you collect your bib number during the SWIM.</p>	
<p><b>STICKERS:</b> You will also have a sheet of stickers; please place relevant sticker on your bike, helmet and bags:</p> <p>3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seatpost of your bike, 1 sticker to stick on the front of your helmet, 1 sticker to stick on your wristband.</p>	
<p><b>1 ATHLETE'S WRISTBAND:</b> A wristband with a QR code will be placed on your wrist when you collect your bib.</p> <p>This wristband will identify you as an official athlete and must be worn during the whole week of the race. <b>You will have to stick a sticker on it that will be given to you during registration.</b></p> <p>The wristband is required for medical identification purposes and gives you access to the transition areas and all athlete areas during, before and after the race. You will not be allowed to remove your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist.</p>	
<p><b>1 ATHLETE'S BACKPACK:</b> To be collected at the time of registration.</p> <p><b>1 TRANSITION BAGS AND 1 STREET WEAR BAG:</b> Your belongings must be placed in these bags (see next page).</p>	

Athletes must wear the official race items given to them during the registration. Certain items must be worn: the official swim cap, wristband, stickers, number and timing chip.

Failure to comply with this rule will result in **disqualification**.

### TRANSITION BAGS

#### BLUE BAG / BIKE BAG



Should contain the gear you need for the bike course, including your helmet with stickers on the front, bib number fixed with 3 points, shoes if they are not clipped on the bike, jacket, muffs, nutrition, sunglasses, etc.

After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

**Drop off in Transition Saturday at Bike/Gear Check-In (you will have access to it race morning)**

#### RED BAG / RUN BAG



Should contain the gear you need for the run course: running shoes, socks, nutrition, etc.

After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet

**Drop off in Transition Saturday at Bike/Gear Check-In (you will have access to it race morning)**

#### WHITE BAG / STREET WEAR BAG



This is your street wear bag: it is for you to put any additional clothing you wear before the race and anything you may require after the race.

**Drop off on race day before the start in the Athletes Garden**

**DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS**





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## CHECK-IN & BRIEFING

### SCHEDULE REMINDER

DATE	HOURS	DESCRIPTION	LOCATION
20 June	14.00-16.00	Athlete briefing - English	Facebook (online)
24 June	10.00-19.00	Check in Bike and Bike bag	Transition Area

### ATHLETE BRIEFING

The athlete briefing will take place during the race week.

The briefing will give you 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.

**Briefings will be held in English** (see schedule above).

### CHECK IN

«Check-in» is in the triathlon dictionary as the time when you drop off your transition bags and bike, the day before the race.

#### Bike service

In the IRONMAN Village (Friday and Saturday) a bike mechanic will be in place. They have their own prices for all deliveries and services.

On race day, there will be bike mechanic in transition in the morning, and on motorbikes on the bike course.

Be aware, that on race day those bike mechanics do their best to get to you (after you have talked to an official), and that they are helping with minor adjustments, but it is required that you can do most of it by yourself (which also will be faster than waiting for a bike mechanic to come).

### MANDATORY BIKE, BIKE AND RUN BAGS CHECK-IN

#### DROP OFF YOUR BIKE AND BIKE BAG AT TRANSITION AREA

Before entering the bike park, please put on your helmet and fasten the chin strap. Please also be prepared for the following inspections:

- a visual inspection of the bike
- a break system check and a check of your helmet,
- a check that the race numbers are on your bike and your helmet and a check of your athlete bracelet.

- You must rack your bike and your BIKE bag according to your number.
- Bike covers are NOT ALLOWED.
- Your helmet must be inside your BIKE bag.
- Shoes and nutrition can be clipped onto your bike on race morning.
- Make sure you have packed all your gear for Transition 1 in the BIKE bag. Don't forget to put your bib number in the bag.

#### DROP OFF YOUR RUN BAG AT TRANSITION AREA

- Check that you have put all your gear for transition 2 into the RUN bag.

When storing your bike and bags, take time to familiarize yourself with the transition zone. Don't forget to check where the entries and exits are located.

There will be volunteers in the transition to answer any questions, so ask them on spot, don't wait until race day.

### TIMING CHIP

#### 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, overall and age group ranking.

#### WHEN AND WHERE TO COLLECT THE TIMING CHIP?

You must collect your chip when exiting transition zone on Saturday 24<sup>th</sup> June



#### WHEN AND WHERE TO WEAR THE TIMING CHIP?

It must be worn on your left ankle during the entire race.

Please note that you must have your timing chip on for Bike Check-Out. So keep it on even if you drop out of the race.

**Your race timing chip is a loaner. You must return the chip to the timing company, or you will be billed for its replacement.**

#### WHAT IF I LOSE MY TIMING CHIP?

If you lose your timing chip, go to:

- Race Morning: IRONMAN Staff in transition at penalty tent and/or near the swim start
- Through the race in transition at penalty tent.



# A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

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## RACE DAY

### RACE MORNING

#### Proceed to the Bike Park on race day morning if needed

The Bike Park will be open from 05.30 to 07.45, please have your timing chip attached to your left ankle.

Check your tire pressure. You can clip your bike shoes on the pedals and attach the nutrition to your bike.

Pumps will be provided by the organization. If you bring your own pump, once you are done using it please place it in your STREET WEAR bag. And don't forget to place your race number on it in case of loss.

**From 07.45, the bike park will be closed. Go to Athletes Garden to place your White Bag and to the swim start.**



#### WHITE STREET WEAR Bag

Put your post-race change in the WHITE STREET WEAR bag and drop it off in Athletes Garden (Hall 14). You can leave your STREET WEAR bag until the last start at 08.30. But see the schedule for what fits to your start time.

The STREET WEAR bag is to be picked up in the «After-Finish» area in Athletes Garden (same place as where you left it in the morning) where you will enjoy a meal at the finish.

#### Toilets

The toilets in the bike park are reserved for transition 1.

Toilets are available in the Athletes Garden for race morning. As well at the café/restaurant close to start area and finish line (entrance to the building straight from finish line through the round door).

Toilets will be available throughout the course at the different aid stations..

IF YOU HAVE LOST OR FORGOTTEN YOUR TIMING CHIP ON RACE MORNING, PLEASE CONTACT AN IRONMAN OFFICIAL, AND THEY WILL PROVIDE YOU WITH A NEW ONE.

### CUT OFF TIMES

01:10:00 

05:30:00  + T1 + 

08:30:00  + T1 +  + T2 + 

**TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME  
NOT ON THE GUN START TIME**

#### Intermediate cut-offs

- No intermediate cut-offs on the IRONMAN 70.3 Elsinore.

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

Athletes who do not meet the above cut-offs will be disqualified and will not be eligible for age-group awards or for 2023 VinFast IRONMAN 70.3 World Championship.







## RACE MORNING SCHEDULE

Plan your arrival at the venue and race morning flow according to the schedule below.

Be aware of road closures in the morning. All roads and traffic on Bike Course and Run Course closes already at 05.30.

See page 8 for information about parking, train-transport and suggestions for arrival.

GROUP	TRANSITION OPEN	ATHLETES GARDEN OPEN + WHITE BAG DROP	PRE-SWIM WAITING AREA OPEN (POSSIBLE SWIM WARM UP)	PRE-SWIM AREA OPEN	START TIMES
PRO's	05.30 - 07.15	05.30 - 07.15		07.00 - 07.20	07.30
GROUP A Green swim caps Est. swim time: < 28 min	05.30 - 07.20	05.30 - 07.20	07.05 - 07.20	07.20 - 07.38	07.35 - 07.38
GROUP B Pink swim caps Est. swim time: 28-33 min	05.30 - 07.30	05.30 - 07.30	07.08 - 07.23	07.23 - 07.45	07.38 - 07.45
GROUP C Yellow swim caps Est. swim time: 33-36 min	05.30 - 07.40	05.30 - 07.45	07.15 - 07.30	07.30 - 08.05	07.45 - 08.00
GROUP D Purple swim caps Est. swim time: 37-40 min	05.30 - 07.45	05.30 - 08.00	07.35 - 07.50	07.50 - 08.20	08.05 - 08.20
GROUP E Blue swim caps Est. swim time: > 41-44 min	05.30 - 07.45	05.30 - 08.15	07.50 - 08.05	08.05 - 08.35	08.20 - 08.35
GROUP F Red swim caps Est. swim time: > 44 min	05.30 - 07.45	05.30 - 08.30	08.05 - 08.30	08.20 - 08.50	08.35 - 08.50



# ON-COURSE NUTRITION PRODUCTS

## BIKE COURSE

### Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

### 226ers Race Day Bar

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.



## RUN COURSE

### Red Bull Energy Drink

Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins, and sugars. One 250 ml can contains 80 mg caffeine, about the same as a cup of coffee. The product will be served on the run course diluted with water in paper cups.

### Gatorade Powder

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

### Maurten GEL 100 & GEL 100 CAF 100

These are true gels: a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

### 226ers Vegan Gummy Bar

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.



## RACE DAY

CUPS AND GELS SHOULD BE THROWN IN THE BINS PROVIDED, NOT ON THE GROUND.

ATHLETES WILL BE ISSUED A PENALTY IF CAUGHT LITTERING BY A RACE OFFICIAL.

## BIKE AID STATIONS

Aid station 1: KM 17

Aid station 2: KM 37

Aid station 3: KM 46

Aid station 4: KM 66

- **Drinks:** Gatorade Sports Drink blood orange flavor and water in sport bottles of 75cl
- **Energetic bars:** 226ers Race day bars *strawberry, black/dark chocolate, apple & cinnamon, banana & ginger*
- **Energetic gels:** Maurten Gels (*with or without caffeine*)
- **Bananas**



## RUN AID STATIONS

Lap 1: KM 1,6 - KM 2,6 - KM 4,2 - KM 5,6

Lap 2: KM 8,1 - KM 9,0 - KM 10,5 - KM 12,0

Lap 3: KM 14,5 - KM 15,3 - KM 16,9 - KM 18,3 - KM 20,7

- **Drinks:** Gatorade Sports Drink blood orange flavor, Water, Red Bull, Coca-Cola
- **Energetic bars:** 226ers Race day bars, 226ers *Gummy bars Cherry & Cola*
- **Energy gels:** Maurten Gels (*with or without caffeine*)
- **Bananas, oranges and salty products**

Drinks are served in cups.





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# SWIM

## COURSE

A one loop 1.9 km swim course in Elsinore's old ferry terminal

## SWIM

This event will implement a mass start for Pro athletes and a rolling swim start for age group athletes. Age group athletes will enter the water in a continuous stream through a controlled access point from 07:35:

**3 athletes will start every 5 seconds.**

The timing chip will register each athlete's start time when they cross the timing mat at the swim entry ramp.

Athletes will be directed to self-seed 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.

There will be optional warmup in the water prior to the start, but ONLY in the designated area (see map). If you want to use this option, make sure you do not spend too much time in the water to follow the flow for your designated group.

## CUT OFF TIME

The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. Each athlete or relay team member will get 1 hour and 10 minutes to complete the swim course regardless of when they start the swim.

Any athlete or relay team member who takes longer than 1 hour and 10 minutes to complete the swim will not be allowed to continue and will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

## LOST CHIP

If you have forgotten your timing chip on race morning or loose it during the swim or bike leg of the race, you are able to get a new timing chip in the transition area (at race morning at swim start). Please contact an IRONMAN official, and they will issue a new chip. The swim cap must be worn throughout the swim. Should you be in any kind of need; lifeguards will be in the water to help you.



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70.3<sup>®</sup> EL SINORE

**SWIM COURSE**  
1 loop  
course distance - 1.9 km







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**wahoo**



# SWIM

## WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 24.5°C. Wearing a wetsuit is prohibited when the water temperature is above 24.5°C and mandatory when the water temperature is below 16°C.

**PROHIBITED WETSUIT:** De Soto Water Rover Wetsuits cannot measure more than 5 mm thick. De Soto Water Rover and Speedo Elite Triathlon wetsuits with forearm reinforcement are NOT permitted.

## SWIMWEAR POLICY (non-wetsuit legal swims only)

Swimwear must be 100% textile material. 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;

## SWIM COURSE RULES

- It is forbidden for athletes to wear their bib number during the SWIM (*disqualification*),
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water,
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- The wetsuit must not be removed before the transition zone (*YELLOW card - 30 second penalty*).
- Any assistance required during the swim will result in disqualification if forward progress was made.
- IRONMAN officials and medical staff reserve the right to pull athletes off the course if deemed medically necessary.

## SWIM CAP

The official swim cap must be visible and "clean". Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

All the rules can be found in the [IRONMAN 70.3 Elsinore 2023 regulations](#).

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.

## 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 start. 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. It is also possible for some in water warm up for 5 minutes when you reach "Pre Swim Waiting Area".

## 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.

## 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 place.

## 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.



# TRANSITIONS

See an overview of the transition layout on the Event Map at page 13.

## TRANSITION 1

When exiting the water, you will run to and enter the Transition Zone, where you will change to your biking apparel and get ready for the 90 km bike ride.

Right after entering the Transition zone, you must pick up your **BLUE BIKE BAG** with your bike gear from the designated bag rack. You then sit down on the benches and make your change. There are designated areas for athletes who needs privacy while changing.

After completing your change, you will need to pack your wetsuit and other swim gear in the **BLUE BIKE BAG**, and rack it back on the rack, in the same position you took it from (marked with your number).

**For relays, a designated Relay Area in the transition zone, will indicate the area where the timing chip should be handed over to the next team member.**

From here you will proceed to your bike and start the bike course.

Bike shoes must be clicked on the bike or in the blue bag. Do only do firstly with shoes clicked on bike if you're trained in getting your feet in shoes while on the bike. Lastly meaning that they needs to be taken on at the benches at changing area before entering the bike area.

Please note that before removing the bike from its place at the bike rack, you need to have the chinstrap of your helmet securely fastened. The chinstrap must be always fastened when the athlete is in contact with the bike. Failure to do so may cause a penalty from one of the race marshals.

You must cross the bike mount line before mounting your bike. The line will be clearly marked and is located when exiting the Transition Zone.

**Please note that there will be changing tents. You can use a poncho towel to change if you want too. Nudity is prohibited.**

## TRANSITION 2

Heading into Transition 2, you will dismount your bike right before the bike dismount line, take your bike back to your bike rack where you will rack you own bike.

You will then run to the changing area and pick up your **RED RUN BAG** and sit down on the benches where you change into your running apparel, there are designated areas for athletes who needs privacy while changing.

You need to put all your bike gear into the bag, including your bike helmet, Bike shoes must either stay on the bike pedals (clicked) or be placed in the **RED RUN BAG**. After completing your change, you will need to pack your gear in the **RED RUN BAG** and then rack it back on the rack, in the same place you took it from (marked with your number). Then when ready, you head out of the transition zone and start the half marathon.

After finishing the race, your **BLUE BIKE BAG** and **RED RUN BAG** can be found in the Transition Zone and can be collected along with your bike between 13.45 – 18:00. You need to have your race number and timing chip with you to be able to check out your gear.

**All race bags and bikes have to be picked up before 18.00 Sunday evening. IRONMAN 70.3 Elsinore is not responsible for bikes not picked up after 18.00.**





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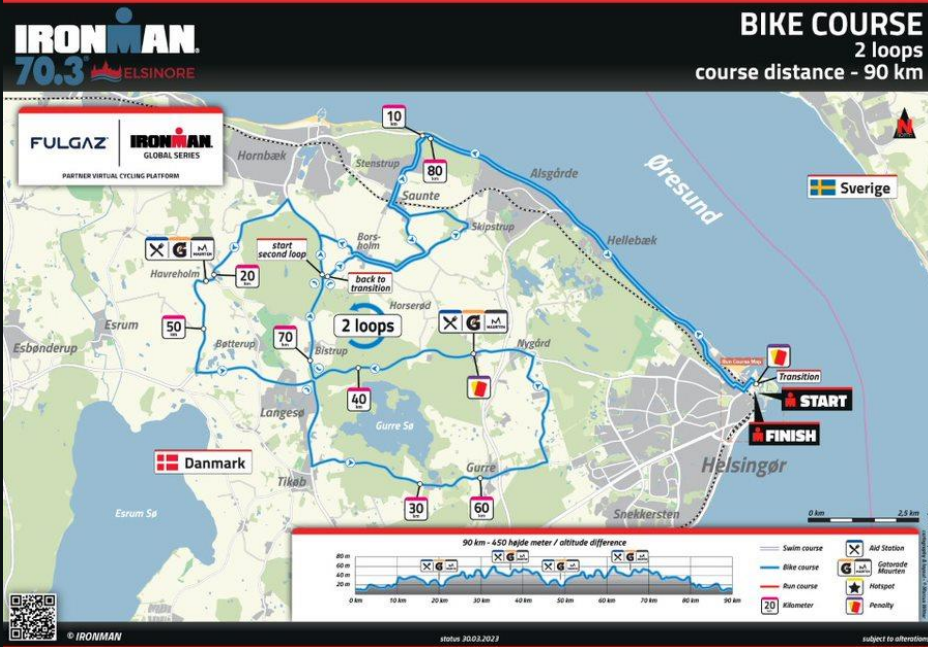
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BIKE



## COURSE

The Bike Course is 2 loop of 90 km, with a mix of city view, coastal line and countryside. You start the Bike Course along the coastal line in the northern Elsinore. After two small loops in the countryside, you go back to the city along the same coastal line stretch. With the turning point close to the city center and Transition zone you will feel the spectator's energy once more, before you go out for the last 30 km in the beautiful countryside.

## AID STATIONS

**KM 17,5 - KM 37 - KM 46 – KM 66**

## ELEVATION GAIN

+ : 450 m

- : 450 m

## MAIN DIFFICULTIES

- The Bike Course is a mix of rolling hills and long fast sections
- To pace the fast course right.
- Take care when entering and leaving the two loops

## CUT OFF TIME

**5h30min : SWIM + T1 + BIKE**

The bike course will close 5 hours and 30 minutes after the final athlete starts the swim. Each athlete or relay team member will have 5 hours and 30 minutes to complete the swim, T1 and the bike course regardless of when they start the swim. Any athlete or relay team member that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course will not be allowed to continue and will receive a DNF.

## SAFETY FIRST

You must follow directions and instructions from race officials, race marshals, police and the National Guard officers. Failure to do so may cause disqualification from the race.

## BIKE MEDICAL

If you need medical assistance on the Bike Course, paramedics on motorcycles will roam the Bike Course able to assist you. Contact an IRONMAN official in case you require medical assistance. At each of the Aid Stations, there will be a small first aid kit, able to aid minor injuries, such as scrapes and small cuts.

If you are involved in an accident with another person, e.g. another athlete, volunteers, spectators etc., be sure to remain at the location of the accident, until a member of the National Police Force is present.

## BIKE TECH SUPPORT

There will be bike tech support roaming the course, which is able to assist you with your most basic mechanical needs. I.e. flat tire, broken cables etc. At each of the three aid stations, you will find pumps, tubes and some basic tools. Please be aware that it is your own responsibility to carry extra tubes, tires, tools, etc. on your bike as you race. The bike techs and the tools at the aid stations are only there as an extra service, and is based on a first come, first serve practice.

## SAG WAGON

There will be a Sag wagon on the bike course, able to pick you and your bike up, if you choose to withdraw from the race while on the FULGAZ Bike Course. Please approach an IRONMAN Official on course, and they will guide you to the nearest pick-up point. If you do not make the Course Cut-off, the SAG wagon will pick you up, wherever you are located on the course.

## DROP OUT

If you decide to drop out, please inform a referee and only a referee.

Keep your timing chip for the check-out at T2 from 13:45 to 18:00.

## LOST CHIP

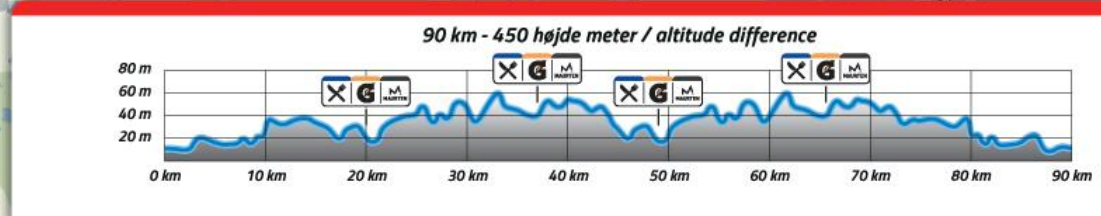
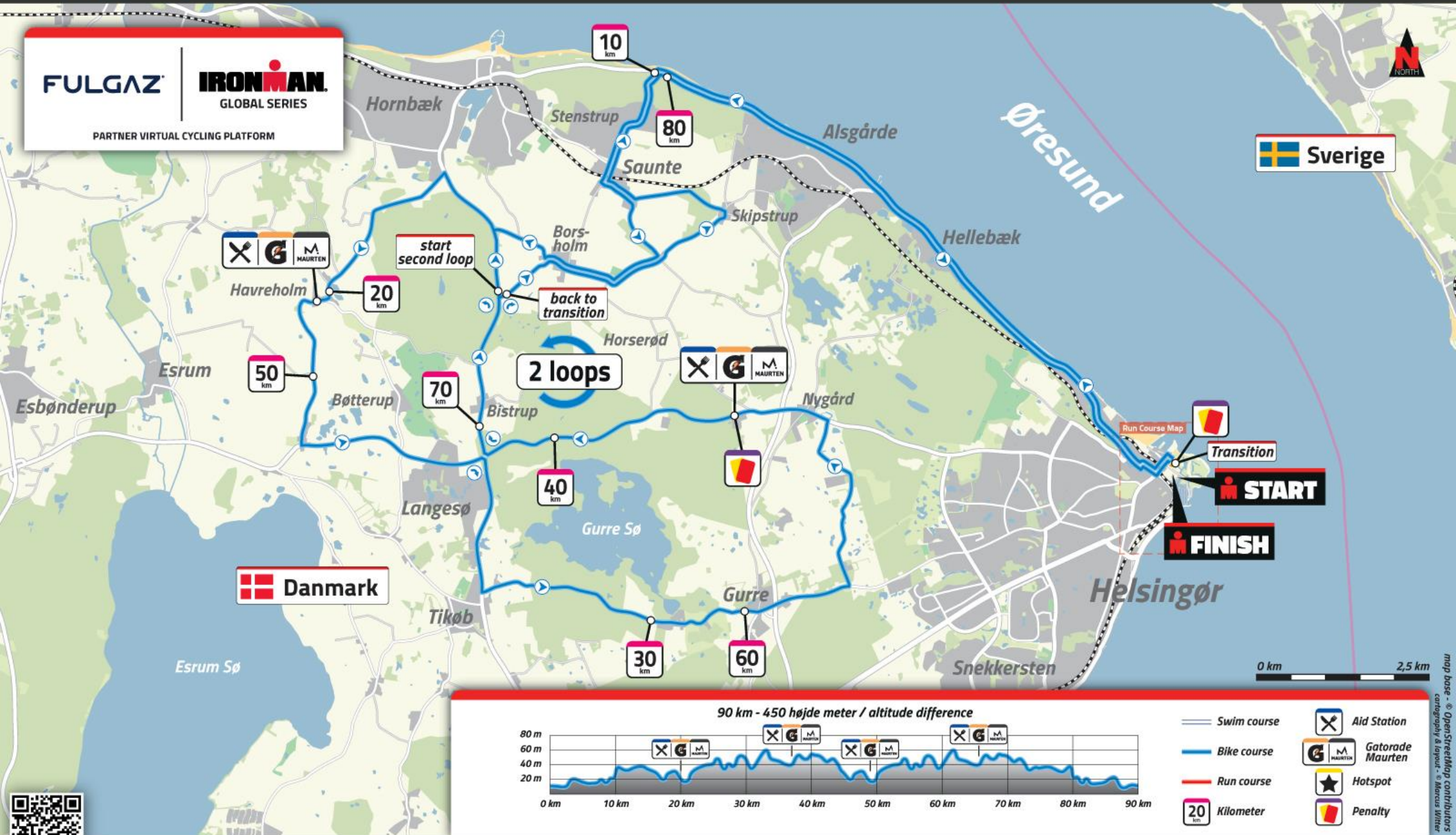
If you lose or forget your chip during the bike leg, you need to get to the Penalty Tent in Transition when you have finished your bike course.



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# BIKE

## BIKE RULES

**Disc wheels are strictly forbidden on the front wheel but** allowed on the rear wheel.

It is mandatory to obey traffic regulations.

**Specificity of drafting:** Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.

**Drafting is prohibited (blue card).**

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 c



### BLUE CARD - BIKE

Blue card is used in case of drafting:



1st BLUE CARD Offense 5:00 minutes 2nd BLUE CARD Offense 10:00 minutes 3rd BLUE CARD Offense DSQ

When an athlete receives a blue card, he must perform his penalty at the Blue Card Penalty Tent and make sure that the referee has noted on his number that the penalty has been performed.

### YELLOW CARD- BIKE

30 seconds «stop & go» penalty. The athlete who receives this penalty must stop at the next upcoming penalty tent – either the one on the bike course or in transition 2.

It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

**All the rules can be found in the IRONMAN 70.3 Elsinore 2023 regulations.**

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. Read on for an essential checklist to get you ready for any two-wheeled challenge.

## 1. 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. 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

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.

## 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. 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.

## 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. Watch for hazards in the road including potholes, debris, or water bottles. Visually and verbally communicate with the specific volunteer in the aid station you will be taking 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. 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.





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The IRONMAN 70.3 Elsinore run course is a 21.1 km run, with start and finish at Culture Harbour, Ny Kronborgvej 1. The run course consists of 3,5 loops.

It winds its way through the beautiful city of Elsinore via the impressive Culture Harbour, to the beautiful and around stunning Kronborg Castle. The course is flat, with asphalt, cobblestones and gravel.

**Lap 1: KM 1.6 - KM 2.6 - KM 4.2\* - KM 5.6**

**Lap 2: KM 8.1 – KM 9.0 – KM 10.5\* – KM 12**

**Lap 3: KM 14.5 - KM 15.3 - KM 16.9\* - KM 18.3 - KM 20.7**

**\*Water and energy**

**Cups and gels should be thrown in the bins provided, not on the ground. Athletes will be issued a penalty if caught littering by a race official.**

**8h30min : SWIM + T1 + BIKE + T2 + RUN**

Each athlete or relay team member will have 8 hours and 30 minutes to complete the entire course. Any athlete or relay team member that takes longer than 8 hours and 30 minutes to complete the entire course and does not finish before the run course is closed will receive a DNF. Any athlete or relay team member that takes longer than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.

If you decide to drop out, please inform a referee and only a referee. Keep your timing chip for the check-out at T2 from 13.45-17.15.

Athletes may run, walk, or crawl.

During the run you must at all times wear the race number visible on the front.

A shirt must be worn at all times during the run, and not zipped open beneath your breast bone.

Coaching is allowed only on the side of the race. It means that the coaches are not allowed to follow athletes directly on the course.

Athletes cannot accept help from anyone during the race.

30 seconds «stop & go» penalty. The athlete who receives this penalty must stop immediately upon receipt of the card, with the referee who issued it. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

**All the rules can be found in the IRONMAN 70.3 Elsinore 2023 regulations.**



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status 21.05.2023:

*subject to alterations*



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\* 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.

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FLY



## RELAY TEAM

### BEFORE THE RACE

- The team captain needs to ensure that all team members are registered successfully;
- All members of the relay team must own a valid license.
- All members of the Relay team must have registered and filled out their information 10 days prior to race day. If failed to do so, IRONMAN holds the rights to deny the team participation, giving no compensation
- The change of a team member can be done until 10 days prior to race day. No changes will be accepted past this deadline

### RACE WEEK

- 1 One member of your team can pick up your race pack at registration as long as the whole team is completed in Active (Registration platform) and therefore have signed the waiver digital. If you are unsure if your relay is complete, you can check the start list or email us.
- 2 It is not possible for one team member and/or team captain to pick up race packs for more than their own relay team, not even with authorization.
- 3 **IMPORTANT:** Watch the pre-recorded race briefing for more information regarding relay teams.

THE MAJORITY OF INFORMATION IN THE ATHLETE GUIDE APPLIES TO RELAY TEAMS, WITH REGARDS TO TIMING AND REQUIREMENTS TO REGISTER AND RACK.

### RACE DAY

- **TIMING CHIP & BIB NUMBERS:** The cyclist will receive the timing chip at the end of the transition area during Bike check-in. The cyclist need to give the timing chip to the swimmer before starting the race. You have received two BIB numbers; one for the cyclist and one for the runner.
- **ON RACE MORNING** When you enter the Transition area on Race morning, please find the designated Relay area. You need to store all bags and racing gear (except for the bike) in this area. The box for discipline changes are next to the entrance/exit of Transition Zone.
- **DURING THE RACE** The athletes waiting for their turn, can access the Transition area by showing their wristbands.
- **YOU NEED TO BE READY** (fully clothed + BIB number attached) and waiting at the appointed Relay area in the Transition zone, until the previous athlete from the team arrives.
- **THE CYCLIST WILL GET THE BIKE** after having received the timing chip from the swimmer. After finishing the bike leg, the cyclist will return the bike to the bike rack before handing over the timing chip at the meeting point to the runner. During the race it is only the biker that runs through the transition area both before the bike course and after.
- **WHEN YOU ARE NOT RACING,** then try to stay within the designated Relay area. If you need to change clothing, please use the changing areas in the Transition area positioned by the bag racks. There will be enclosed areas where both male and female athletes can perform nude changing.
- **BE AWARE OF OTHER ATHLETES** that are still racing, respect and step aside.
- **KEEP CUT-OFF TIMES** for each discipline in mind. Cut-off times are the same for relays as for Age Group athletes.
- **EACH TEAM MEMBER** receives a finisher t-shirt as well as one finisher medal.
- **MEDAL ENGRAVING:** Please keep in mind that you need to purchase medal engraving for each medal (2 or 3 times) not just once for the team.
- **ALL RELAY MEMBERS ARE ALLOWED TO RUN DOWN THE FINISH LINE TOGETHER:** Meet the runner at the bridge just before the finish line and run the last 50m together.
- **ALL TEAM MEMBERS** are allowed into Athletes Garden where the finisher shirts and medals are to be collected.



## FINISH LINE

### FINISH LINE PARTY

The moment we have all been waiting for, the last meters after 1.9 km swimming, 90 km bike ride and 21.1 km running. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras – it could be you in the headlines of the evening's television news or on the front cover of the race magazine next year!

Close to the Finish Line, put your bib on the front side. Zip your trisuits above the sternum.

You must cross the Finish Line alone. Fans, kids or pets are not allowed to cross the line due to safety measures.

### AFTER-FINISH

1. The medal will be given to you just after the Finish Arch.  
*Medal engraving is available into the After Finish Area.*
2. Say hi to your relatives, and when you're ready go into Athletes Garden, where you can find:
  - b) Your White Bags where you placed it in the morning
  - c) Your well deserved Finisher Shirt
  - d) Optional massage
  - e) Post-race Burger
  - f) Changing area

Hall 14 contain the Athletes Garden which is only for athletes, but the IRONMAN Merchandise Store in beginning of Hall 14 are open for everyone.

### CHECK-OUT

OPENING HOURS	DESCRIPTION	LOCATION
13.45 – 18.00	Check-out Bike and transition bags	Transition

Do not forget to keep your chip with you. You need it to get your gear and your bike back during the check out. **You must present your bib and athlete wristband at the check-out.**

Entrance of the check-out by the RUN arch for getting into Transition.



### WHY PLANT-BASED POST-RACE FOOD?

We know you know about global warming. In Denmark there is a big focus on being first-movers in sustainable initiatives. Events also have to be part of this journey.

However, all sustainable initiatives are not cheap, but in order not to be forced by too many expensive restrictions from the city, IRONMAN 70.3 Elsinore have to show that at least something is done. By that get allowed to execute without spending money on other stuff which will makes the experience for athletes even more different.

Among other things; the transition bags are in Ocean Waste Plastic, the cups at aid stations are in bamboo, and the food we serve is plant-based. And no, that's not all IRONMAN does. On European and global level, a lots of initiatives have been implemented and are underway. From materials to transport.

We know not everyone wants to eat a plant-based burger when you finish an IRONMAN. But something must be done.

We have chosen to go together with Denmark's best plant-based food supplier, The Organic Boho. With experience from last year, and development throughout the year, together we have made the tastiest plant-based burger in the world.

Give the burger in the Athletes Garden when you finish a chance.

Bon appetite.





## SUSTAINABILITY

### FINISHER MEAL AND OTHERS

See previous page around finisher meal for why this event have chosen to have plant-based meal as a part of “doing something”.

As well the transition bags are in ocean waste plastic. But overall we can't change everything to be sustainable at once, but do some part for now.

### ON-SITE PRINTING

As a step towards a more environmental-friendly IRONMAN event, we are using on-site printing to reduce the use of paper. It also means faster registration for athletes and less waste of paper, a win for everyone. The whole IRONMAN Europe in 2022 saved 25 906 registration packages and 122 937 envelopes, which would otherwise have been waste after the events.

### ADVICE

Please use public transport, shuttles offered by the organisation or soft transport such as cycling.

Encourage car-sharing to get to the event.

Take only the necessary quantities from the refreshment stands. Any leftover products will be distributed to a local association, so don't waste them.

Buy local food while travelling. The Elsinore region is full of delicious food, so now is the time to enjoy it.



## AWARDS CEREMONY

### AWARDS CEREMONY - SUNDAY 25TH JUNE

OPENING HOURS	DESCRIPTION	LOCATION
18.00	Awards Ceremony	Culture Yard, Store Scene

- Trophy for the Top 10 PRO Women
- Trophy for the Top 3 of each age group category
- Trophy for the Top 3 Relays Team (*Men, Women, Mixed*)
- Trophy for the Top 3 TriClubs

**Attendance is mandatory at the Awards ceremony, no awards will be sent afterwards.**

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## SLOT ALLOCATION

### SLOT ALLOCATION - SUNDAY 21<sup>ST</sup> JUNE

OPENING HOURS	DESCRIPTION	LOCATION
18.00	Slot Allocation	Culture Yard, Store Scene

### SLOT ALLOCATION

2023 IRONMAN 70.3 Elsinore will award slots for the 2023 VinFast IRONMAN 70.3 World Championship in Lahti, Finland to be held on 26-27<sup>th</sup> August 2023:

- **2 QUALIFYING SLOTS FOR PRO WOMEN**
- **60 QUALIFYING SLOTS FOR THE AGE GROUPS**
- **50 WOMEN 4 TRI SLOTS**

*Please note, slot allocations are subject to change and may be verified, [here](#).*

### RULES

To accept a slot to the 2023 VinFast IRONMAN World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony, and must be checked in at the entrance. No slot will be awarded afterwards.

Photo ID is required to be presented and credit card payment must be made at this point. We DO NOT accept cash or cheques.

### The amount is €650 (EUR) + 9.25% Active fee

Shortly, you will receive a registration link from the World Championship Team. This must be complete for you to be a confirmed athlete; no additional payment will be required.

*Be sure to check that you have all the necessary documents and visas to travel to the VinFast IRONMAN 70.3 World Championship. It is your responsibility to check travel requirements before accepting the slot.*

### HOW DOES THE 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<sup>st</sup> of the year of the event. For example, if you are Male and turn 25 in 2023, then your Age Group Category for any race in 2023 is M25 – 29.

**THE SLOT ALLOCATION PROCESS:** The following Slot Allocation Process will be conducted for each gender separately:

#### BEFORE RACE DAY

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

#### ON RACE DAY

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 Slot

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, i.e., the more athletes in an Age Group, the more slot allocations they receive.

#### AFTER THE RACE

##### *Before Roll Down*

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

##### *DURING ROLL DOWN*

If any slot allocated to an Age Group is unclaimed (after Roll Down 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

### OTHER INFORMATION

**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.

#### PLEASE NOTE!

YOU NEED TO BE CHECKED IN BY A VOLUNTEER AT THE ENTRANCE TO THE CEREMONY TO BE ABLE TO CLAIM A SLOT.





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ALL WORLD ATHLETE PROGRAM





## SIDE EVENTS

### SWIM PRACTICE

Organized by a local TriClub.

Be aware it's illegal to swim in the harbour, but this TriClub got permission to host a Swim Practice in the harbour on a big part of the swim course for IRONMAN 70.3 Elsinore, Sunday. Thereby, the ONLY option to swim in the harbour before the race (besides if you participate in 4:18:4 Helsingør).

- Wednesday June 21<sup>st</sup> 18.00
- Price: 150DKK
- Information and sign-up search for "Kronborg Openwater" on Facebook: <https://www.facebook.com/KronborgOpenwater> / For the specific event Wednesday June 21: <https://www.eventbrite.com/e/kronborg-openwater-d-2106-tickets-627383891107>

### 5K HOKA FUN RUN

We're gathering for a cozy run. Guiding 5km of some of the run course used to IRONMAN 70.3 Elsinore, Sunday. If someone wants to run faster, they're welcome.

Some partners will attend as well.

- Thursday June 22<sup>nd</sup> 18.00
- For free! No sign up, just show up for a cozy evening run and time.
- Meeting point: At the big IRONMAN Village inflatable arch outside the Culture Yard, Hall 14.

### 4:18:4 HELSINGØR (MINI-TRIATHLON)

A mini-triathlon for all beginners and those who wants to challenge themselves on short-distances with 400m swim, 18km bike and 4km run.

- Friday June 23<sup>rd</sup> 18.00
- DKK 435,00 (on Tier 1)
- For information and sign-up: <https://www.4184-danmark.com/>
- Facebook Event: <https://www.facebook.com/events/508281267884562>

### LIVE INTERVIEWS

In IRONMAN Village there will be a stage and couches where you can sit and listen to informal interviews with professionals and other interesting athletes.

Paul Kaye is facilitating the talk, and there is a guarantee that you can get some tips and tricks for the race, but otherwise inspiring insight into the training and life. Exact program will follow on the facebook event.

So beside getting you bib-number and startgear - take a chill in IRONMAN Village and enjoy the nice atmosphere.

- Friday June 23<sup>rd</sup> 13:00 – 15:00
- Saturday June 24<sup>th</sup> 12.30 – 14.00

### IRONKIDS

The IRONKIDS Elsinore is a festive race for children aged 0 to 12. No ranking or timing on this event. **Only fun and pleasure.**

- Saturday June 24<sup>th</sup> 13.00 – 14.00
  - 13.00 gathered warm up
  - 13.10 start for 0-3 years (200m)
  - 13.20 start for 4-7 years (500m)
  - 13.30 start for 8-12 years (1000m)
- Price: For free
- A parent needs to sign up the kid online. See facebook-event.
- Meeting Point: At the Finish Line area.
- Facebook event: <https://fb.me/e/VS3LKxLH>
- Each kid get a start-number (BIB-number) before, and a medal after the race.

[REGISTER HERE](#)

**IRONKIDS**®





## HEAD REFEREE'S MESSAGE

**Henrik Hansen**  
IRONMAN 70.3 Elsinore  
Head of referee

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 70.3 Elsinore Rules.

### RAPPEL DES PENALITES

#### 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 at the exit of the transition 2)*.

#### YELLOW CARD

YELLOW CARD violations (stop and go penalty) require an athlete to stop next to the referee during 30 seconds. 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.

**BLUE CARD**  
1 blue card: five-minute time penalty  
2 blue cards: ten-minute time penalty  
3 blue cards : DSQ  
Penalty served in a penalty tent on the bike course  
e.g. Drafting

**YELLOW CARD**  
30 second Stop and Go time penalty served next to the referee  
e.g. Blocking the progress of other athletes

**RED CARD**  
Disqualification (DSQ)  
e.g. Non-compliant material or equipment

**ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE 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.

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.

All the rules can be found in the IRONMAN 70.3 Elsinore 2023 regulations and the particularities of the race in this athlete guide.

**2023 Rules**

## BROADCAST LIVE COVERAGE

Elsinore have been chosen as one of the 12 IRONMAN 70.3 events globally to be broadcasted live.

Watch for free the pros battle with race coverage from IRONMAN 70.3 Elsinore. As well some overall great coverage of the event in Elsinore.

See the coverage after the event, or share it:

<https://watch.outsideonline.com/live-events/ironman-70-3>



**2023 LIVE COVERAGE SCHEDULE**

FREE IRONMAN race broadcasts at IRONMAN.COM/Live | YouTube | Facebook  
FREE IRONMAN 70.3 race broadcasts at watch.outsideonline.com

Date	Event	Location	Broadcast
JUN 18	IRONMAN ASIA-PACIFIC CHAMPIONSHIP CAIRNS	CAIRNS AIRPORT	IRONMAN.com/live
JUN 18	IRONMAN 70.3 LUXEMBOURG - RÉGION MOSELLE		Outside Watch
JUN 25	IRONMAN 70.3 ELSINORE		Outside Watch
JUN 25	IRONMAN COEUR D'ALENE		IRONMAN.com/live
JUL 02	IRONMAN EUROPEAN CHAMPIONSHIP FRANKFURT	MAINOVA	IRONMAN.com/live
JUL 09	IRONMAN SWITZERLAND THUN		IRONMAN.com/live
JUL 16	IRONMAN VITORIA-GASTEIZ		IRONMAN.com/live
JUL 23	IRONMAN LAKE PLACID	ATHLETIC BREWING	IRONMAN.com/live
JUL 30	IRONMAN 70.3 MAINE		Outside Watch
AUG 20	IRONMAN MONT-TREMBLANT		IRONMAN.com/live
AUG 26	IRONMAN 70.3 WORLD CHAMPIONSHIP WOMEN'S RACE		Outside Watch
AUG 27	IRONMAN 70.3 WORLD CHAMPIONSHIP MEN'S RACE		Outside Watch
SEP 10	IRONMAN WORLD CHAMPIONSHIP MEN'S RACE		IRONMAN.com/live
SEP 17	IRONMAN 70.3 KNOCKE-HEIST, BELGIUM		Outside Watch
SEP 24	IRONMAN 70.3 AUGUSTA		Outside Watch
OCT 14	IRONMAN WORLD CHAMPIONSHIP WOMEN'S RACE		IRONMAN.com/live
OCT 21	IRONMAN PORTUGAL-CASCAIS		IRONMAN.com/live
DEC 09	IRONMAN 70.3 TAUPŌ		Outside Watch
JUN 01	IRONMAN 70.3 OCEANSIDE	ATHLETIC BREWING	Outside Watch
APR 22	IRONMAN TEXAS	MEMORIAL HERMANN	IRONMAN.com/live
MAY 06	IRONMAN 70.3 N. AMERICAN CHAMPIONSHIP ST. GEORGE	INTERMOUNTAIN HEALTH	Outside Watch
MAY 13	IRONMAN 70.3 GULF COAST	VISIT PANAMA CITY BEACH	Outside Watch
MAY 21	IRONMAN 70.3 CHATTANOOGA		Outside Watch
JUN 04	IRONMAN EUROPEAN CHAMPIONSHIP HAMBURG		IRONMAN.com/live
JUN 10	IRONMAN 70.3 BOULDER		Outside Watch



## IRONMAN COMPETITION RULES

IRONMAN 70.3 Elsinore will be sanctioned by the rules included in the IRONMAN 2023 Competition Rules. For more information regarding these rules, please visit the following webpage: <http://www.ironman.com/rules-and-regulations>. The Danish Triathlon Federation will sanction and enforce the rules that are included in the IRONMAN 2023 Competition Rules.

Please inform your family, friends, coach and supporters that they are not allowed to accompany alongside you in the race, and that you are not allowed to receive any outside assistance. If this is not respected, you will be penalized.

**For safety reasons it is vital that if an athlete drops out of the race at any time (especially before, during or after the swim) the athlete MUST inform a race official about this.**

You are expected to follow directions and instructions from all race officials, race marshals and race management. Only race marshals have the authority to disqualify an athlete. All lifeguards and medical personnel have ultimate and final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.

Fraud, theft, abusive treatment of volunteers or other acts of poor sportsmanship are grounds for immediate disqualification and will result in the athlete being suspended from any race in the IRONMAN series in the future.

### MEDICAL

There will be medical assistance and facilities throughout the race. In the finish area medical staff will be ready to assist you after completing the race.

Competing in an IRONMAN race may cause serious damage to the body. Please bear in mind that the right hydration before and during the race can be vital for your success in the race. Remember that you race at own risk, and that the race organizers cannot be held responsible for any injury, damage - or in extreme cases, death - during the race.

This is a long-distance endurance event, so we advise all participants only to start the race if they have trained well, feel fit and don't have any physical problems – especially regarding the vital organs. If you have had problems with irregular heart rhythms in training, we would highly recommend that you see a specialist for a health check prior to the race.

### ANTI DOPING

As a condition of participation in each IRONMAN and IRONMAN 70.3 events, 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<sup>1</sup> 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.

## COMMON RULE, VIOLATIONS & PENALTIES

SUMMARY OF GENERAL COMPETITION RULES	PENALTIES	CARD
Public nudity or indecent exposure	DSQ	
Littering outside of the trash/rubbish drop zones	DSQ	
Using unsportsmanlike behavior	DSQ and potential suspension	
Failure to follow the prescribed course	DSQ	
Failure to wear a shirt or sport top during the bike or run	1 min Time penalty Stop-and-Go if remedied, DSQ if not remedied promptly	
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 1 min Stop-and-Go Time Penalty will be assessed, If not: DSQ	
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race	DSQ of both athletes	
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension	
Not stopping in the next penalty tent after being obliged to do so	DSQ	
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets, ... in any distractive manner during the race.	DSQ	
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ	



## GOOD TO KNOW

### ONE QUESTION?

Please send us a message on email to:  
[elsinore70.3@ironman.com](mailto:elsinore70.3@ironman.com).

### LOST AND FOUND

During race week, lost and found items will be available **at the Info Point**. After the race, we have the lost and found point at the finish line at the prize ceremony and slot allocation.

Once the event is over, please contact [elsinore70.3@ironman.com](mailto:elsinore70.3@ironman.com) to find the missing items and arrange for their return. Shipping charges will apply.

*\*All unclaimed items will be donated within 30 days.*

### SAFETY AND SECURITY

Athletes: Safety first, please do not take any unnecessary risks.

Be sure to give your emergency contact your bib and your Active account information.

Coaches: If an athlete is no longer visible on the tracker, it may only be a fault chip. In the event of an incident, the organization will reach out to the emergency contact directly.

If you are on site: You can go to the Medical Info Stand located in Athletes Garden, Hall 14 and around on the venue.

If you witness an **accident or health problem**:  
**Please contact +45 51 95 81 12 (medic coordinator)**

**When contacting our Security and emergency hotlines, please:**

- *Keep calm*
- *Be specific about the information you provide*
- *Provide the athlete's bib number*
- *Indicate the exact location (e.g. the name of a marshal position), the reason for your call, the presence of witnesses*

## HOW TO FOLLOW THE RACE?

### GOING TO THE EVENT

The IRONMAN70.3 Elsinore is a **big party** that will bring together thousands of athletes.

We invite you to come to the start at the Old ferry terminal, to the finish at the Culture Harbour but also all along the SWIM and RUN course to encourage the athletes and live the IRONMAN atmosphere.

Please note that for safety reasons, both for the spectators and the athletes, we ask you to avoid the BIKE course.

### IRONMAN.COM

On the IRONMAN.com website, you will find all the essential details of the event as well as a link allowing you to access the LIVE race ranking, the position of your favorite athletes and other options.

### IRONMAN TRACKER APP

The IRONMAN 70.3 Elsinore offers you real-time information and live results via the IRONMAN Tracker app.

Features include live participant tracking, instant notifications, leaderboards, map tracking, event notifications, event information and more!

- **Live Web Tracker**: See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.
- **Live Leaderboard**: See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.
- **Live Map Tracking**: Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read.

DOWNLOAD THE APP

### FACEBOOK/INSTAGRAM

Make sure to follow us on our Social media pages: Facebook: IRONMAN Denmark (@IronmanDanmark) Instagram – ironmandenmark.







## SPORTOGRAF

### SPORTOGRAF

Sportograf is proud to be the official photographic service of the athletes at IRONMAN 70.3 Elsinore.

We will provide you with our «Foto-Flat» which includes all your amazing personal content from various prime locations along the course, as well as beautiful photographs of the scenic views and the race day in general.

Order your race images here: [www.sportograf.com](http://www.sportograf.com)

If you have marked in your registration that you wish to see your race photos, you will receive a direct link from Sportograf around a week after the race.

### HELP US TAKE YOUR BEST PHOTOS:

- Please be sure to keep your number visible in front of your HELMET to help us identify more of your photos.
- Check out our photo spots and smile for the camera - even if it hurts!
- Celebrate when you cross the finish line! Don't worry about stopping your watch, the timing company will ensure an accurate record of your achievement.





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