



IRONMAN[®]

70.3[®]



IRELAND
CORK



Comhairle Contae Charcaí
Cork County Council

FIRST

TIMER

GUIDE

Some helpful information and tips for those
completing their first IRONMAN

WELCOME TO YOUR FIRST IRONMAN EVENT

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

- Your IRONMAN 70.3 Ireland Race Director, John Wallnutt

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 little guide with information that may be useful to you if you haven't raced with us before. If you have any other questions, please email us at ireland70.3@ironman.com and we will be more than happy to help. Have a great race!

- Your Athlete Services Team



SITE MAP



KEY LOCATIONS

Registration - Community Hall, Dolphin Square
EXPO and the Merchandise Store - Dolphin Square
Transition 1 - Green Park
Transition 2 - Youghal FC Grounds

Swim Start - Front Stand Beach
The Finish Line - Market Square

WHAT3WORDS

///goodly.shuts.name
///goodly.shuts.name
///worthy.reveal.comets
//walked.handsets.decrease
S
///chive.galloping.auctioneer
///finds.pitched.inflame

PARKING

From Friday 12th August to Sunday 14th August there will be a shuttle bus running from Ballyvergab/R634 to Front Strand Beach (just 750m from the finish line and approx. 1km walk to EXPO, merch and registration! Full details in the Athlete Guide)

FREQUENTLY ASKED QUESTIONS

1. What do I need to bring to registration?

- ID (e.g. passport, driving licence)
- QR code from email confirmation or race week email
- Race Licence (TI or Triathlon Federation approved)
- You can purchase a one day licence [HERE](#)

2. When do I receive my timing chip?

- At bike check in

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 11th August, Friday 12th August

4. What's my BIB number?

- This race does not pre allocate BIB numbers before registration opens. BIB numbers will be allocated on a first come first serve basis during registration onsite (Premium packages, AWA Gold and Silver, and Tri Club Pole Position athletes are still reserved lower BIB number ranges).

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

- Please send an email to ireland70.3@ironman.com as soon as possible to let us know that you won't be racing, this is really important so we know you're safe before the race starts

6. Can I rack my bike on race morning?

- No, you must attend bike and blue bag check in between 09:00 and 17:00 on Friday at Green Park and red bag check in between 09:00 and 17:00 on Friday. No exceptions can be made

7. What goes in the transition bags?

- **WHITE BAG** = streetwear (any clothes you arrive in on race morning or want after the race (your white bag will be transported to the finish line)
- **BLUE BAG** = bike gear (e.g. helmet)
- **RED BAG** = run gear (trainers, cap, sun cream)

8. How do I get to transition 1/race start on race morning?

You can either park at Claycastle and walk or get on the shuttle bus from Ballyvergan/R634 to transition and swim start.

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

- We advise that you come in your trisuit 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?

- Please take this off at the finish line and hand to volunteers or staff officials

11. Can I access transition on race morning?

- Yes! You can access transition from 04:30 - 05:45 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?

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

13. Can I use disc brakes?

- Yes

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

- No, this is your choice but you must have road tires!

15. Will there be mile markers on the bike and run course?

- Yes, there will be 10 km markers on the bike course and 5 km markers on the run

16. Can my family and friends hand me things?

- No, you are not allowed any outside assistance during the race

17. What is Personal Needs and how do I use it?

- Personal needs bags can be requested at registration and can be used for any supplies you may need on the bike and run course i.e. nutrition, sun cream or blister patches. These will be on the course for you to pick up when you need but please note that you will not get them back unlike the white, red and blue bags.

18. 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

19. Are there showers after the race?

- No, there are not showers in Athlete Village

20. 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

21. How do I get my blue bag after the race?

- Your blue bag will be transported to T2 so you can collect both bags and your bike from there after the race

USEFUL TIPS FROM OFFICIALS

You have invested a lot of time, money and emotion into getting to the start line of any IRONMAN event, and the last thing anyone wants is for the day to end with the disappointment of a DSQ. The officials who are at the swim, in transition, out on the bike and run course and at the finish line are there to make sure that everyone has a safe and fair race and not to disqualify as many people as possible.

However, every IRONMAN event is a World Championship qualifier and because this applies to every age group taking a range of times to complete the course, the rules will be applied throughout the event. To avoid having a bad day, here are some of the most common causes of athletes being disqualified.

- **Littering** – deliberate littering is a non-appealable DSQ
- **Outside assistance** – athletes should not take anything or give anything to anyone who is not a race official.
- **Nudity** – the only place you can strip off completely is in the screened off areas in the transition tents. If you cannot make it to the loo at the next aid station, please make sure you maintain public decency and be as discrete as possible.
- **Abusive behavior** – there are hundreds of volunteers who have given up their day to make your day special, any physical or verbal abuse of them or any other race officials or members of the public will not be tolerated.
- **Electronic devices** – we want your attention to be on the road, the marshalls, the athletes around you, and not on any type of electronic device. This includes music players, mobile phones, cameras, 'smart' helmets etc.
- **Finish line** – you cannot bring any family member or friend down the finish line with you. This is for the safety of the potential child, other athletes and to make sure everyone has the same opportunity for a special IRONMAN finish line photo. Imagine the two athletes behind you sprinting for a Kona slot and having to try and avoid the athlete in front with a child on each hand.

Please make sure you read the event athlete guide and watch the event briefing. The event website has a link to the full IRONMAN set of rules, try and have a quick read through.

Remember the officials are there to make sure that all 2000 plus athletes have a safe and fair day, and we know that 99% of you want the same. There are always a few athletes who think they can break the rules to gain an unfair advantage and I'm sure you will support us in trying to stop them.

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

If you have any questions about the rules, please contact athlete services at the event registration area and we will be happy to try to answer your questions.

From our IRONMAN Ireland Head Referee, Paul Lester



INFORMATION ABOUT CUT OFFS

All IRONMAN events have time limit for completing each element of the event and these are rigorously enforced. There are several reasons for this:

- The roads are only closed for a fixed length of time and we have to allow the local residents and businesses back onto the roads at the agreed time
- The volunteers and marshals need to be released from their duties at the agreed time, we can't expect them to stay for an indefinite period
- This is an IRONMAN event. Part of being able to say that you have completed a 70.3 or a full IRONMAN is that you completed within the cut offs

You must complete each discipline within an allotted time from the start of your race ie from when you go over the start timing mat at the beginning of the swim.

As all the UK events now have a rolling start, this will be a different time of day for each athlete.

The cut off times are:

Swim 1 hour 10 minutes

Swim and bike 5 hours 30 minutes

Swim, bike and run 8 hours 30 minutes

Therefore, if the rolling start begins at 06:00 and ends at 06:30, there will be 30 minutes from 07:10 to 07:40 when some athletes could be over the cut off and some within, depending on where they started in the rolling start. Officials can see each athletes individual swim times and will stop any that have not made the cut. The same process happens at the end of the bike section.

In addition to these cut off times there are intermediate cut off points on the bike and run course. These are at a fixed time of day cut offs and are not dependent on the athletes start time. They are carefully calculated to ensure that if you are stopped at one of these points you would not have been able to get to the end of the bike or run section within the rolling cut off. In a multi lap swim there may also be an end of first lap cut off.

These intermediate cut off times and distances will be in the race briefing for each event.

The only fair way we can apply the cut offs is to use the times that we advertise, so an athlete will be stopped if they are 1 second or 1 hour over the allowed time.

If you have any questions about cut offs, please ask the team at the Athlete Services Desk in Registration.

TIPS AND TRICKS



Look after each other!



Make sure the emergency contact is not someone who is racing and someone who will be there on race day and their mobile number is 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! You will thank yourself for this!



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



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 should 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 in case you are unlucky to have several.

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
- Inflate your tyre (making sure the valve is open) using a CO2 cannister or pump. If using a CO2 cannister, inflate till tyre is hard. This will leave some air still in your canister - keep this in case you need to top up or are unlucky enough to get another puncture

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**GOOD
LUCK!**

**BE SAFE AND
ENJOY!**

FROM YOUR IRONMAN IRELAND

TEAM

