



VINFAST



IRONMAN®

WORLD CHAMPIONSHIP

Kona | Hawai'i

ATHLETE GUIDE



HOLOMUA

Move Forward

‘A’ole hānau ‘ia mai ke kanaka he koa. He kilohana nō ia e pa‘a ai.

He kāka‘i kahī nō ho‘i i nā mea e ‘a‘a aku ana i nā palena o ke kanaka ‘ana; he kāka‘i kahī pū nō ho‘i i nā mea e ‘a‘a ana i nā palena o ka noke ‘ana, e holo ai ka wa‘a ke poho ka pe‘a.

Na kākou nō ho‘i i ka lawe a lilo o nā kai kūpikipiki‘ō o ka loli me ka ‘oli‘oli pū, no ka mea, ma kahi ‘olu‘olu ‘ole ka ulu nui. ‘O ke kahua pa‘a ka pōhaku kihi e kūpa‘a mau ai a e ‘alo ‘ia ai nā ‘īnea o ke ola.

No one is born an IRONMAN. It is a mantle that must be earned.

Few are those who dare to push the limits of the human spirit; few are those that drive the force of human perseverance, who raise their sails when the wind blows, and seize every opportunity. We are the ones who will ride the winds of change and be joyous when they come because in change we find opportunity for greatness. We are the ones who find strength and wisdom in our roots and harness it to brave the unknown.

‘O kēia ka ikaika o ko kākou ‘uhane.

This is the power of our spirit.

‘O kākou nā mea e HOLOMUA, no ka mea, aia ke kāmau nei i ke ala.

We are the ones that HOLOMUA – keep moving forward – because we believe that Anything Is Possible.

OCT 14 2023



Swim 2.4miles



Bike 112miles



Run 26.2miles

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HOLOMUA

Move Forward

WELCOME TO THE IRONMAN® WORLD CHAMPIONSHIP



Andrew Messick

Aloha Athletes,

Welcome to Kailua-Kona, Hawai'i, where dreams come true, and athletes prove that "ANYTHING IS POSSIBLE®". On behalf of our IRONMAN 'Ohana, congratulations on securing your place in what will be one of the most memorable editions of this esteemed race.

We make history this year with a women's-only VinFast World Championship race in Kailua-Kona. It's your turn to take center stage for the pinnacle event with a race week and race day dedicated to showcase the evolution of women's IRONMAN World Championship racing.

From our earliest days, women have been an important part of IRONMAN. Over the decades, women at IRONMAN have shown that they are tough, fit, prepared, dedicated, resilient and ambitious. We have always held all our athletes to the same standard of performance, regardless of gender or age. Lyn Lemaire was the first female finisher way back in 1979, and pioneers like Julie Moss and Paula Newby-Fraser, among so many others have inspired generations. New mother Chelsea Sodaro won the VinFast IRONMAN World Championship last year in emphatic fashion in her Kona debut and was met by her toddler daughter at the finish line, inspiring even more individuals around the world.

Women have always played consequential roles at IRONMAN off of the race course as well. Co-founder Judy Collins helped make the first races happen; owner and race director Valerie Silk moved the race to the Big Island and was the creator of our pioneering equal prize money policy for professional athletes; This year, Diana Bertsch celebrates her 20th IRONMAN World Championship as the leader of this event, and oversees a team that delivers all of our World Championship events around the world. Look around during race week: You will see women in positions of leadership and authority, all of whom are an integral part of our organization and work towards the core mission of providing you the experience you dream of.

As you stand on the shores of Kailua Bay, ready to embark on your swim-bike-run journey, we hope that you embrace your 'Ohana' – your extended family of other extraordinary women. You will become part of the rich legacy of women who have raced before you.

Our staff and incredible team of volunteers stand ready to ensure you have the best race day experience possible. May your journey be filled with determination, courage and triumph.

Wishing you a safe and memorable race experience,

Andrew Messick
President & Chief Executive Officer
The IRONMAN Group

Aloha!

On behalf of all of us at IRONMAN, welcome to the 2023 VinFast IRONMAN® World Championship. Beautiful Kailua-Kona, Hawai'i is primed to host this pinnacle event and, for the first time ever, a dedicated women's World Championship race. This iconic global sporting event will shine a spotlight on the very best female professional and age group triathletes. We congratulate you on securing your spot in this year's historic day of racing in Kona.

From its humble beginnings in 1978, the IRONMAN World Championship has witnessed spectacular performances and epic battles to the finish line from some of the best in sport, including significant and impactful women. You have overcome your own obstacles to secure your place in this sports legacy and we hope you are able to take in and appreciate the significant place you and the rest of the women in this field have in IRONMAN's history.

This iconic course has the ability to forge new strengths and courage in any athlete that steps foot on this magical island. Appreciation for the community and the obstructions you have surmounted to get here will help you realize your potential and achieve your goals on race day.

Few are those who dare to push the limits of the human spirit; few are those that drive the force of human perseverance, who raise their sails when the wind blows, and seize every opportunity. We are the ones who will ride the winds of change and be joyous when they come because in change we find opportunity for greatness. We are the ones who find strength and wisdom in our roots and harness it to brave the unknown. This is the power of our collective spirit. We are the ones that HOLOMUA – keep moving forward – because we believe that Anything Is Possible.

We hope that all athletes who travel from far and wide have an incredible experience thanks to our host communities, partners, and volunteers who have made this event possible. As you enter this breathtaking terrain, we ask that you bring awareness, courtesy, and respect for all on this monumental day. The island of Hawai'i has remained an influential piece of the IRONMAN narrative and we are excited to welcome you to this day in history.

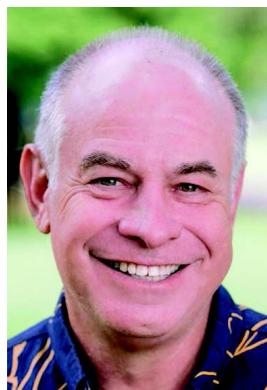
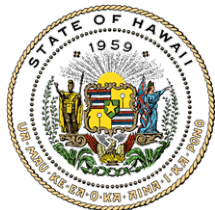
I, along with the entire IRONMAN 'Ohana, hope that you enjoy your stay! We look forward to watching you take on the clear waters of Kailua Bay and successfully navigate the wind-swept coast and lava fields to cross the thrilling finish line on Ali'i Drive. Find the spirit of aloha within yourself, know that "ANYTHING IS POSSIBLE," and always move forward.

Diana Bertsch
Senior Vice President, World Championship Events
The IRONMAN Group



Diana Bertsch

ALOHA FROM THE MAYOR OF KONA AND GOVERNOR OF HAWAII



Special Message from
Governor Josh Green, M.D. and Mayor Mitchell D. Roth
In Recognition of the
2023 IRONMAN World Championship
October 14, 2023

Aloha! On behalf of the State of Hawai'i, I am honored to welcome you all to the 2023 IRONMAN World Championship in Kailua-Kona, Hawai'i.

This year, over 2,500 elite athletes will swim 2.4 miles in Kailua Bay, bicycle 112 miles along the breathtaking shores of Kona-Kohala Coast and run 26.2 miles to the finish line on Ali'i Drive. Knowing that anything is possible, they will test their endurance and determination to succeed in this 140.6-mile journey on Hawai'i Island.

Mahalo to the triathletes who traveled near and far to take part in this memorable and exciting event. Your determination, indomitable spirit and the pursuit of excellence inspires us all. This year's IRONMAN World Championship would not have been possible without the sponsors and volunteers who helped organize it, mahalo nui loa!

With warmest Aloha,

A handwritten signature in black ink that reads "Josh Green M.D.".

Josh Green, M.D.
Governor, State of Hawai'i

We're proud of our ongoing partnership with IRONMAN and excited to welcome a myriad of talented female triathletes for the 2023 VinFast IRONMAN World Championship in October. Our shared commitment to balance led us to split the races, ensuring a great experience for residents and athletes alike.

We thank IRONMAN and its athletes for their understanding and continued commitment to Hawai'i.

With Aloha,

A handwritten signature in black ink that reads "Mitchell D. Roth".

Mitchell D. Roth
Mayor



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Image shown contains pre-production level vehicle. Actual production vehicles may differ.



**I PLEDGE TO BE PONO
(RIGHTEOUS) ON THE
ISLAND OF HAWAI`I.**

We invite athletes, their families, and all guests of the VinFast IRONMAN® World Championship to take the Pono Pledge as a symbolic gesture of your intent to Live Aloha.

Mahalo

www.ironman.com/kona-community



MESSAGE FROM THE HEAD REFEREE



Ron Kowalczyk

Hello and welcome to the 2023 VinFast IRONMAN World Championship in Kailua-Kona, Hawaii. We are looking forward to an exciting event. Before race day, please be sure to completely read and understand the 2023 IRONMAN Competition Rules and the Athlete Guide to help us ensure everyone has a safe and fair race. Also, there are race briefings scheduled where you will hear information regarding pre-race and race day procedures as well as be able to ask any questions you may have regarding the race or the rules. If you have questions, just ask – we are happy to help.

Be safe, compete fairly, and have an amazing VinFast IRONMAN World Championship!

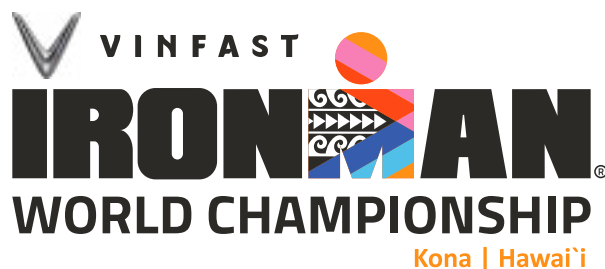
Ron Kowalczyk
IRONMAN North American Head Referee

 BREITLING

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IRONMAN
WORLD CHAMPIONSHIP
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SCHEDULE OF EVENTS

Friday, October 06, 2023

Start	End	Event	Location
6.30am	10.00am	IRONInfo Booth	Kailua Pier

Saturday, October 07, 2023

Start	End	Event	Location
6.30am	10.00am	IRONInfo Booth	Kailua Pier
7.30am		Kona Town Fun Run Register here	Begins at Hale Hālāwai – Ali'i Drive
11.00am	5.00pm	Street Eats - A Kailua Village Food Truck Festival	Historic Kailua Village

Sunday, October 08, 2023

Start	End	Event	Location
5.30am	6.45am	Ho`ala (Rise to the Occasion) Training Swim, Packet Pick-up Onsite registration is not available. Register here	Courtyard by Marriott King Kamehameha's Kona Beach Resort (KBR) - Honu's Lawn
6.30am	11.00am	IRONInfo Booth	Kailua Pier
7.00am		Ho`ala IRONMAN® Training Swim -2.4 miles	Kamakahonu Beach

Monday, October 09, 2023

Start	End	Event	Location
6.30am	10.00am	IRONInfo Booth	Kailua Pier
7.00am	10.00am	Live Aloha Coffee Boat	Kailua Bay
7.00am	12.00pm	Active Release Techniques (ART)	KBR Honu's Lawn
9.00am	4.00pm	`Ohana Info Center/Volunteer Station/ Lost and Found	KBR Conference Room 6
6.00pm	8.00pm	Heroes of Hawai'i (Hawaiian Cultural Legacy)	KBR Lu`au Grounds

Tuesday, October 10, 2023

Start	End	Event	Location
6.30am	11.00am	IRONInfo Booth	Kailua Pier
7.00am	8.30am	Elevate & Rise Yoga Session - Set Your Intention **Yoga Mats are limited. Kindly recommend bringing a towel.	KBR Formal Gardens**
7.00am	10.00am	Live Aloha Coffee Boat	Kailua Bay
7.00am	12.00pm	Active Release Techniques (ART)	KBR Honu's Lawn
9.00am	3.30pm	IRONKIDS® Keiki Dip-n-Dash Registration Register here	KBR Canoe Landing
9.00am	4.00pm	Athlete Check-in	KBR Ballrooms 2, 3, 4
9.00am	4.00pm	Accreditation Office	KBR Conference Room 3
9.00am	4.00pm	VIP Guest Services	KBR Marina Room
9.00am	4.00pm	Media Center	KBR Ballroom 1
9.00am	4.00pm	`Ohana Info Center/Volunteer Station/ Lost and Found	KBR Conference Room 6
2.00pm	4.00pm	IRONMAN & Feisty Media present: ▪ Harnessing Your Female Physiology for Performance (45 min) ▪ Hit Play Not Pause: Physiology for the Next Stage (45 min)	VinFast IRONMAN Village Expo Stage
4.00pm		IRONKIDS® Keiki Dip-n-Dash	Ka`ahumanu Place
5.00pm		Parade of Nations (athletes gather at 4.00pm)	KBR to Hale Hālāwai, Ali'i Drive

Wednesday, October 11, 2023

Start	End	Event	Location
6.30am	11.00am	IRONInfo Booth	Kailua Pier
7.00am	8.00am	Elevate & Rise Yoga Session **Yoga Mats are limited. Kindly recommend bringing a towel.	Pacific 19**
7.00am	10.00am	Live Aloha Coffee Boat	Kailua Bay

KBR = Courtyard by Marriott King Kamehameha's Kona Beach Resort

HOLOMUA

Move Forward

SCHEDULE OF EVENTS (CONTINUED)

Wednesday, October 11, 2023

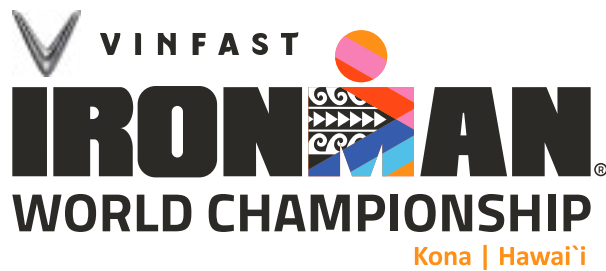
Start	End	Event	Location
7.00am	12.00pm	Active Release Techniques (ART)	KBR Honu's Lawn
8.00am	12.00pm	IRONMAN World Championship Course	Refer to Page 5 Below
		Insider Race Tips	
9.00am	4.00pm	Athlete Check-in	KBR Ballrooms 2, 3, 4
9.00am	4.00pm	Accreditation Office	KBR Conference Room 3
9.00am	4.00pm	VIP Guest Services	KBR Marina Room
9.00am	4.00pm	Media Center	KBR Ballroom 1
9.00am	4.00pm	Ohana Info Center/Volunteer Station/ Lost and Found	KBR Conference Room 6
9.00am		Race Briefing - German	KBR Lu'au Grounds
10.00am		Race Briefing - French	KBR Lu'au Grounds
11.00am		Race Briefing - Spanish	KBR Lu'au Grounds
12.00pm		Race Briefing - Portuguese	KBR Lu'au Grounds
12.00pm	12.30pm	Women For Tri Champions Club powered by FulGaz present: Understanding your Why panel featuring Michellie Jones, Kylie Simpson, Jocelyn McCauley, Rachel Zilinskas, and Ashley Norton	VinFast IRONMAN Village Expo Stage
1.00pm		Race Briefing - Japanese	KBR Lu'au Grounds
2.00	3.00pm	IRONMAN & Feisty Media Present: So, It's Your First Time Part II - Panel Discussion	KBR Lu'au Grounds

Thursday, October 12, 2023

Start	End	Event	Location
7.00am	10.00am	Live Aloha Coffee Boat	Kailua Bay
7.00am	12.00pm	Active Release Techniques (ART)	KBR Honu's Lawn
7.30am		UnderPants Run (UPR) presented by The IRONMAN Foundation Register here	KBR - Back Parking Lot
9.00am	2.00pm	Athlete Check-in	KBR Ballrooms 2, 3, 4
9.00am	4.00pm	Accreditation Office	KBR Conference Room 3
9.00am	4.00pm	VIP Guest Services	KBR Marina Room
9.00am	4.00pm	Media Center	KBR Ballroom 1
9.00am	4.00pm	Ohana Info Center/Volunteer Station/ Lost and Found	KBR Conference Room 6
3.00pm	3.00pm	IRONMAN & Feisty Media Present: Mental Strategies for Race Day	VinFast IRONMAN Village Expo Stage
6.00pm		E Komo Mai (Welcome) Banquet	KBR Parking Lot
8.00pm		Race Briefing - English	KBR Parking Lot

Friday, October 13, 2023

Start	End	Event	Location
7.00am	8.00am	Meditation: Mindset Readiness for Race Day **Yoga Mats are limited. Kindly recommend bringing a towel.	Pacific 19**
7.00am	12.00pm	Active Release Techniques (ART)	KBR Honu's Lawn
9.00am	4.00pm	Accreditation Office	KBR Conference Room 3
9.00am	4.00pm	VIP Guest Services	KBR Marina Room
9.00am	4.00pm	Media Center	KBR Ballroom 1
9.00am	4.00pm	Ohana Info Center/Volunteer Station/ Lost and Found	KBR Conference Room 6
11.00am	2.00pm	IRONMAN & Feisty Media Present: Feisty Live	Bike Compound - Kailua Pier
11.00am	6.00pm	Instagram Takeover for Bike Check-in	Bike Compound - Kailua Pier
		Check-in and Cheer: Professional Athlete	Bike Compound - Kailua Pier
		Bike Check-in	Bike Compound - Kailua Pier
11.30am	6.00pm	Bike/Helmet/Gear Check-in	Bike Compound - Kailua Pier



SCHEDULE OF EVENTS (CONTINUED)

Saturday, October 14, 2023

Start	End	Event	Location
4.30am	6.15am	Personal Needs Drop/Transition Opens	KBR Parking Lot
5.00am	12.30am	`Ohana Info Center/Volunteer Station/ Lost and Found	KBR Conference Room 6
5.30am	1.30am	Media Center	KBR Ballroom 1, 2, 3
6.25am		Race Start - Professional Women	Kailua Pier
6.27am		Race Start - Physically Challenged/Intellectual Disability & Handcycle Women	Kailua Pier
6.40am		Race Start - Age Group Women - First Wave	Kailua Pier
7.00pm	1.00am	Bike & Gear Pick-up (no earlier than 7.00pm and no later than 1.00am)	Kailua Pier
11.00pm		Magic Hour Final Finishers Spectator Celebration	Finish Line

Sunday, October 15, 2023

Start	End	Event	Location
9.00am	12.00pm	Media Center	KBR Ballroom 1, 2, 3
9.00am	2.00pm	`Ohana Info Center/Volunteer Station/ Lost and Found	KBR Conference Room 6
6.00pm		Banquet of Champions	KBR Parking Lot

Monday, October 16, 2023

Start	End	Event	Location
9.00am	2.00pm	`Ohana Info Center/Volunteer Station/ Lost and Found	KBR Conference Room 6
5.00pm		Volunteer Mahalo Party	KBR Parking Lot

KBR = Courtyard by Marriott King Kamehameha's Kona Beach Resort

HOLOMUA

Move Forward



SCHEDULE OF EVENTS

OFFICIAL IRONMAN® STORE AND IRONMAN® VILLAGE LOCATIONS AND HOURS

Friday, October 6, 2023

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2 Opens	In front of Courtyard by Marriott King Kamehameha's Kona Beach Resort (KBR)

Saturday, October 7, 2023

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBR
9.00am	5.00pm	Official IRONMAN® Store - Main Store Opens	KBR Parking Lot

Sunday, October 08, 2023

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBR
9.00am	5.00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot

Monday, October 09 2023

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBR
9.00am	5.00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot

Tuesday, October 10, 2023

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBR
9.00am	6.00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot
12.00pm	7.00pm	IRONMAN® Village	Hale Hālāwai, Ali'i Drive

Wednesday, October 11, 2023

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBR
9.00am	6.00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot
10.00am	4.00pm	IRONMAN® Village	Hale Hālāwai, Ali'i Drive

Thursday, October 12, 2023

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBR
9.00am	6.00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot
10.00am	4.00pm	IRONMAN® Village	Hale Hālāwai, Ali'i Drive

Friday, October 13, 2023

Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBR
9.00am	6.00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot
10.00am	2.00pm	IRONMAN® Village	Hale Hālāwai, Ali'i Drive

Saturday, October 14, 2023 - RACE DAY

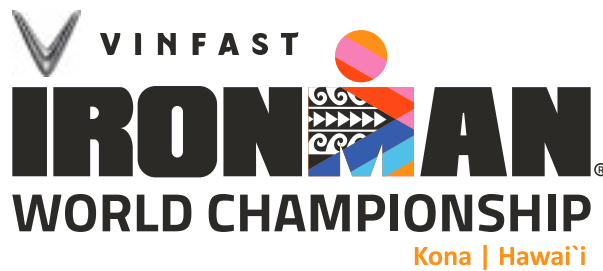
Start	End	Event	Location
7.00am	4.00pm	Official IRONMAN® Store - Store 2	In front of KBR
9.00am	6.00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot

Sunday, October 15, 2023

Start	End	Event	Location
9.00am	6.00pm	Official IRONMAN® Store - Main Store	KBR Parking Lot

KBR = Courtyard by Marriott King Kamehameha's Kona Beach Resort

HOLOMUA
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IRONMAN WORLD CHAMPIONSHIP COURSE INSIDER RACE TIPS

Learn invaluable insider information from our VinFast IRONMAN World Championship team to help you have the best possible day on race day.

Between 8am and 12pm we will run through all three disciplines, swim, bike and run and provide you with some tips to conquer the course. You can join us for all or any of these sessions.

- **Swim Course – Insider Race Tips – with Head of Operations, World Championship Events – Roch Frey, 2006 IRONMAN World Champion, Olympic Silver Medalist, and IRONMAN Hall of Fame Member – Michellie Jones, and Volunteer Swim Course Director – Jan War**
 - o When – Wednesday, October 11
 - o Time – 8:00am
 - o Where – Kailua Pier (swim start area)
 - o Agenda:
 - Overview of swim course
 - Navigating the start
 - Tips on sighting into the sun
 - Q&A
- **Race Venue Overview – Insider Tips – with Assistant Race Director IRONMAN World Championship, Kona, Hawai'i, Laina Reisenfeld**
 - o When – Wednesday, October 11
 - o Time – 10:00am
 - o Where – Kailua Pier
 - o Agenda:
 - Overview – Venue Map
 - T1 and T2
 - Post Race
 - Q&A
- **Bike and Run Course – Insider Race Tips – with Canadian Triathlon Legend, 11x IRONMAN Champion (including 5x IRONMAN Australia Champion) and Motivational Speaker – Lisa Bentley, and 13x Age Group IRONMAN World Titles and 18 Age Group Wins – Cherie Gruenfeld**
 - o When – Wednesday, October 11
 - o Time – 11:00am
 - o Where – VinFast IRONMAN Village Expo Stage - Hale Hālāwai
 - o Bike Course Agenda:
 - Overview of bike course
 - Highlight key points of the course
 - Navigating the heat and wind
 - Insider Tips on how to best “race” the course
 - o Run Course Agenda:
 - Overview of run course
 - Highlight key points of the course
 - Navigating the heat
 - Tips to having your best possible run on this unique course





HA‘AHEO MĀKOU I KE KĀKO‘O
I NĀ NANI O KO KĀKOU ‘ĀINA.

WE ARE PROUD TO SUPPORT
THE 2023 VINEFAST IRONMAN WORLD CHAMPIONSHIP.

The most authentic and meaningful practices of *aloha* and *mālama* happen in our communities. Events like this help us connect with what makes our Hawai‘i so special.

HAWAII TOURISM
AUTHORITY





IRONMAN[®] FOUNDATION

Support our Hawai`i `Ohana
Support Maui

DONATE NOW

Like so many across the world, we have been shocked and saddened to see the level of devastation caused by the wildfires in Maui, impacting our Hawai`i `Ohana. Families have felt significant loss and despair, many left without homes, their businesses, and loved ones.

Hawai`i, its culture, and people are intertwined in IRONMAN's DNA – it's the very core of our origins. With members of our own team, volunteers, friends, and family throughout Hawai`i, some of whom have been impacted directly, we extend our aloha and care to all of those who are facing the unimaginable.

Many in our community have asked what they can do to help. The IRONMAN Foundation will be accepting donations this World Championship season. Together with local aid organizations, our team on the ground will channel all donated funds to assist those in need, offering resources and financial support in the ways that Maui needs most.

To donate, simply visit maui.ironmanfoundation.org





Take your racing experience to the next level with Enhanced Athlete Event Experiences powered by NIRVANA

Curated to meet the needs of IRONMAN athletes, enjoy a range of enhanced services such as priority check-in, dedicated bike maintenance, bike and bag return to your hotel post-race and much more.

- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
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- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- 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

nirvanasportstravel.com





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*Only for athletes. Enrolment period: 01 April 2023 to 31 December 2023.
Travel period: 01 April 2023 to 30 June 2024.

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GLOBAL SERIES

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PRE-RACE INFORMATION

PERSONAL COMMUNICATION PLAN

Prior to departing for Hawai'i be sure to establish a communications plan with family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency. Even if you are in Hawai'i with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

Race Day Emergency Contact:
IRONMAN® World Championship
Phone: +1 (808) 329-0063

ATHLETE CHECK-IN

Athlete Check-in will be located at the Courtyard King Kamehameha's Kona Beach Resort - Ballrooms 2, 3 & 4. Athletes MUST adhere to their selected Athlete Check-In time. Please note that Athlete Check-In will NOT be open on Friday. If you do not check in during the designated Athlete Check-In hours you will not be permitted to race. **ALL RACE PACKETS MUST BE PICKED UP BY 2:00 P.M. ON THURSDAY, OCTOBER 12.**

Hours:

- Tuesday, Oct. 10 - Wednesday, Oct. 11 - 9:00 AM - 4:00 PM
- Thursday, Oct. 12 - 9:00 AM - 2:00 PM

Please bring the following items with you to Athlete Check-In:

- Photo Identification
- Active.com Registration QR Code
- USAT Membership Card (if an annual cardholder)

ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official participant and must be worn during race week. **The wristband is required for medical identification purposes and allows you access to the Transition area, Post-race areas, and Banquets.**

You will not be allowed to remove your bicycle and/or gear from the Transition area following the race without your wristband affixed to your wrist. Please do not remove your wristband until after race week, as it will identify you as an athlete.

PERSONAL SAFETY

Train with at least one other person when possible (especially in the water). Please use caution while swimming prior to the event. All participants who choose to swim prior to race day will do so at their own risk. Please note: **NO LIFEGUARD IS ON DUTY.** Swimming is a choice and is done at your own risk. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to, currents, underwater obstructions, tides, rip currents and indigenous marine life.

We ask your consideration of shore fishermen and boaters. The boaters are not used to contending with so many swimmers. Please start and finish your practice swims from the beach. PLEASE DO NOT USE THE BOAT RAMP and stay clear of the docking areas. No swimming is allowed within 100 feet of the pier (see map on page 31).

On the highway, please bike and run on the shoulder without crossing into the traffic lane. Drivers are not accustomed to large numbers of cyclists and runners on the roads. The IRONMAN® World Championship has become famous for special care of athletes during the race. This "Aloha" is given freely by our 5,000 volunteers.

When training, please be courteous and aware that those sharing the roads with you are the people you will count on during race day to fulfill your physical and emotional needs. Please ride single file.

As you are one of Kona's invited guests, please respect and obey the traffic laws during your training practices. Violators will be cited. You are required to carry proper identification at all times. If you are stopped, you must present your identification to the inquiring officer. Failure to do so may result in race disqualification. Your cooperation is appreciated.

MANDATORY BIKE, HELMET, AND BIKE & RUN GEAR BAG CHECK-IN

Mandatory Bike, Helmet, and Bike & Run Gear Bag Check-In is on Friday, October 13 from 11:30 a.m. to 6:00 p.m. at the Kailua Pier.

- Athletes MUST adhere to their selected Mandatory Bike, Helmet, and Bike & Run Gear Bag Check-In Time

Overnight security is provided in the bike compound. You have the option of covering your bike computer or removing it. **Full bike covers are not permitted.**

Bike and gear bag check-in will close at 6:00 p.m. No one will be permitted to check-in, rack or have access to their bags after 6:00 p.m.

Age group athletes are not permitted to put their helmet on the ground or in their bike gear bag. Helmets must be placed on bike.

Athletes will not have access to their bike gear bag or run gear bag on race morning.

NOTE: After checking in bike, helmet, and gear bags, athletes will go through the Medical Tent for an official weigh-in.

GEAR BAGS/PERSONAL NEEDS BAGS

You will receive your gear bags in your registration packet. Please pack your gear in the appropriate bag and bring it to the designated check-in area. You will be escorted to the bag racks where you will rack your own bags. If you anticipate finishing after sunset, please be sure your running gear has reflective material on the front and back of your clothes and shoes.

During Athlete Check-In, athletes will receive five bags:

- Grey [Pre-Swim/Morning Clothes]
- Blue [Bike Gear]
- Green [Bike Personal Needs]
- Red [Run Gear]
- Yellow [Run Personal Needs]

Please note: Personal Needs bags will be dropped off race morning before you pass through the body marking area. Pre-Swim/Morning Clothes gear bags will be dropped off as you exit Transition and picked up in post-race area.

BAGS ARE RESTRICTED IN EVENT SITE ON RACE DAY

Please plan accordingly and do not bring bags/backpacks on race day. Only IRONMAN® issued clear gear bags will be permitted and are subject to check. **NO PUMPS** will be permitted in Transition on race morning.

PRE-RACE INFORMATION

TIMING

The 2023 VinFast IRONMAN® World Championship is timed with Mylaps Pro Chip technology by Sportstats.

Your responsibilities as an athlete include:

- 1) You will receive your timing chip during Bike, Helmet, & Gear Bag Check-In. Be sure that your name shows up correctly on the computer screen.
- 2) You must wear your Mylaps Pro Chip at all times during the race. Fasten it to your left ankle with the velcro strap before the swim and leave it on until you check your bike and gear bags out race evening. You may apply Vaseline around your ankle; it will not affect the chip or timing. We recommend securing the Velcro strap using a safety pin since this is a non-wetsuit swim.
- 3) If you do not start the race, you are still responsible for returning the chip to race management. Chips should be returned to the Ohana Info Center located in Conference Room 6 at Courtyard King Kamehameha's Kona Beach Resort.

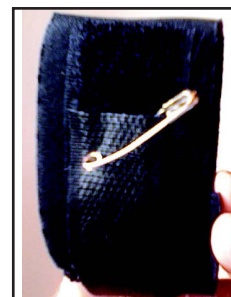
4) Swim wave start times:

Saturday, October 14, 2023

- 6:25 AM Race Start - Professional Women
 - 6:27 AM PC/ID & HC Athletes
 - 6:40 AM W35-39 Wave Start - Women
 - 6:45 AM W60-64, W65-69, W70-74, W75-79, W80-84 Wave Start - Women
 - 6:50 AM W55-59 Wave Start - Women
 - 7:00 AM W30-34 Wave Start - Women
 - 7:05 AM W40-44 Wave Start - Women
 - 7:10 AM W50-54 Wave Start - Women
 - 7:15 AM W25-29, W18-24 Wave Start - Women
 - 7:20 AM W45-49 Wave Start - Women
- 5) If you drop out of the race at any time, you must notify a race official. It is essential that we know where you are on the course at all times for your safety and our peace of mind.
 - 6) By picking up your race number and chip, you are guaranteeing that you will return your loaned chip to race management, or you will be fined \$75 for its replacement.
 - 7) If you lose your timing chip during the event, you are responsible for obtaining a replacement. Volunteers will have extra timing chips at the following locations: swim exit, bike exit and run exit. If you lose your timing chip on the run course, you must notify a timing official immediately after crossing the finish line.
 - 8) Do not intentionally cross the finish line as part of a group. Your finish placement may be jeopardized potentially resulting in loss of prizes or awards.

Remember: NO CHIP = NO TIME

Failure to wear your chip on race day, return your chip at bike check out or pay the chip replacement cost will disqualify you from future IRONMAN® events.



PRO PRIZE PURSE - \$375,000

1st Place \$125,000	2nd Place \$65,000
3rd Place \$45,000	4th Place \$25,000
5th Place \$20,000	6th Place \$18,000
7th Place \$15,000	8th Place \$13,000
9th Place \$12,000	10th Place \$11,000
11th Place \$8,000	12th Place \$6,000
13th Place \$5,000	14th Place \$4,000
15th Place \$3,000	

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RACE DAY INFORMATION

PHYSICAL ADDRESSES

Swim Start:

Kailua Pier
75-5664 Kaʻahumanu Place
Kailua-Kona, HI 96740

Transitions:

Kailua Pier
75-5664 Kaʻahumanu Place
Kailua-Kona, HI 96740

Finish Line:

Aliʻi Drive, Kailua-Kona, HI 96740

BAGS ARE RESTRICTED IN ALL CREDENTIALLED AREAS

To avoid delays or any inconvenience, please plan accordingly and do not bring them on race day. Only official IRONMAN® athlete issued clear gear bags will be permitted and are subject to check.

RACE MORNING PROCEDURE

Prior to arriving, please apply your race number tattoos on your upper arm. Remember to bring your Chip Strap and Mylaps Pro Chip, swim cap and goggles. Bike technicians and pumps will be available in the transition area race morning. Please do not wear your bib number in the swim. Leave it with your gear and put it on before you head out on the run course. The number will not hold up for the duration of the race if it gets wet. Bib number must be worn on the run. During the bike portion, bib numbers must be visible from the helmet sticker on the front of the bike helmet and from the bike stickers on both sides of the bike. You will not be permitted in transition on race day without your wristband, swim cap and timing chip.

DROP HOTLINE

If you decide not to start after you have registered and checked-in your bike, you are required to drop by calling the IRONMAN® World Championship Pre-Race Drop Hotline +1 (808) 334-3401.

- You must leave a message including:
 - Your first and last name
 - Bib number
 - Call back number

If you do not start after registering and checking-in your bike and do not officially drop by calling the Pre-Race Drop Hotline, you will not be allowed to compete at future IRONMAN® World Championship races. You will also risk not being allowed to participate in all other IRONMAN® events.

AID STATIONS

Aid stations general offerings are as follows:

Bike:

Gatorade Endurance Formula:
Orange Bike Bottles
Water
Cola
Red Bull (full cans)
Bananas
Oranges
Potato Chips
Maurten Gels

Run:

Gatorade Endurance Formula:
Lemon-Lime
Water
Cola
Red Bull (in cups)
Bananas
Oranges
Potato Chips
Chicken Broth
Maurten Gels
Fig Bars

Aid stations will also be located at the swim start, swim-to-bike and bike-to-run transition areas, the finish line and post-race.

Athletes should bring their own drink and nutrition on race morning. For those who prefer to have their own special food item(s) available on the course, we will provide a "Personal Needs" station near the midpoint of both the bike course at mile marker 60.1 mi/96.7 km and run course at mile marker 16.9 mi/27.2 km. You will be issued a bag for this purpose at Athlete Check-In. Bags will be collected the morning of the race at Courtyard King Kamehameha's Kona Beach Resort by the body marking area. **ONLY FOOD ITEMS WILL BE ACCEPTED** (no clothing, shoes, etc.), as this station is for nutritional purposes only. **All personal needs bags will be discarded after the race. IRONMAN® is not responsible for the contents.** Although we try to expedite assisting you in obtaining your personal needs bag at the station, the volume of athletes may require that you stop and find your bag.

Official athlete clear gear bags are the only bags allowed on race morning. Please note that the athlete backpacks provided at Athlete Check-In are not considered an official athlete gear bag and will not be permitted.

AID STATION LOCATIONS

Bike Aid Stations

B1	16.6 mi / 26.7 km
B2	29.4 mi / 47.3 km
B3	37.6 mi / 60.5 km
B4	44.3 mi / 71.3 km
B5	53.4 mi / 85.9 km
B6	59.9 mi / 96.4 km
B7	74.3 mi / 119.6 km
B8	85.0 mi / 136.8 km
B9	97.6 mi / 157.1 km
B10	103.4 mi / 166.4 km

Run Aid Stations

R1	1.3 mi / 2.1 km
R2	2.4 mi / 3.9 km
R3	3.5 mi / 5.6 km
R4	3.9 mi / 6.3 km
R5	5.0 mi / 8.0 km
R6	6.1 mi / 9.8 km
R7	7.4 mi / 11.9 km
R8	8.4 mi / 13.5 km
R9	9.8 mi / 15.8 km
R10	11.2 mi / 18.0 km
R11	12.1 mi / 19.5 km
R12	13.0 mi / 20.9 km
R13	13.9 mi / 22.4 km
R14	14.7 mi / 23.7 km
R15	15.7 mi / 25.3 km
R16	16.8 mi / 27.0 km
R17	17.8 mi / 28.6 km
R18	18.7 mi / 30.1 km
R19	19.7 mi / 31.7 km
R20	20.6 mi / 33.2 km
R21	21.5 mi / 34.6 km
R22	22.9 mi / 36.9 km
R23	24.3 mi / 39.1 km
R24	25.1 mi / 40.4 km

ENDURANCE

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Endurance athletes take things farther. Gatorade® Endurance Formula is designed for the specific demands of endurance athletes. On course at over 300 races nationwide.

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GOODS, AND ONLINE AT GATORADEENDURANCE.COM AND AMAZON.COM



Gatorade® Endurance Formula has nearly twice the sodium (200mg) and more than triple the potassium (140mg) of regular Gatorade® to help meet endurance athletes' needs.
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Don't try this on race day*



* 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.

Find exclusive offers for IRONMAN registered athletes on: maurten.com/ironman

RACE TIMING AND CUTOFFS

OVERALL CUT-OFF

Each athlete will have 17 hours (commencing on the athlete's swim start) to complete the course. Athletes who take longer than 17 hours to complete the course will receive an NC (Not Classified) and will not be eligible for awards of any kind or World Championship entry slots. The course will close 17 hours after the final athlete starts the swim.

All cut-offs are based on your elapsed time and include aid station stops, transitions, mechanical issues, and any other stops that occur after your race start.

IRONMAN reserves the right to remove any athlete from the course if the Operations Team believes the athlete will not finish the swim, bike, or run prior to a cut-off time, course closure, or for a perceived safety reason.

SWIM CUT-OFF

Each athlete will have 2 hours and 20 minutes (commencing on the athlete's swim start) to complete the swim. Athletes who take longer than 2 hours and 20 minutes to complete the swim will be prevented from continuing and will receive a DNF.

Access to bike course will close at 9:50 AM.

BIKE CUT-OFF

Each athlete will have 10 hours and 30 minutes (commencing on the athlete's swim start) to complete the swim, T1, and the bike course. Athletes who take longer than 10 hours and 30 minutes to complete the swim, T1, and the bike course will be prevented from continuing and will receive a DNF.

INTERMEDIATE BIKE CUT-OFF

There will be two Intermediate Bike Cut-Off points. The first Intermediate Bike Cut-Off point will be located at the turn around at Hawi at approximately 59.3mi/95.4km at 2:15 PM. The second Intermediate Bike Cut-Off point will be located at Queen Ka'ahumanu Highway and Scenic Point at approximately 93.5mi/150.5km at 4:45 PM. Athletes who have not reached the Intermediate Bike Cut-Off point at the turn around at Hawi by 2:15 PM or the Intermediate Bike Cut-Off point at Queen Ka'ahumanu Highway and Scenic Point by 4:45 PM will not be permitted to continue and will receive a DNF. Athletes who fail to meet the Intermediate Bike Cut-Off time will be transported back to the race venue by an IRONMAN SAG vehicle.

These cut-offs are in accordance with the approved traffic plan that coincides with the opening of the public roads to traffic.

Access to the run course will close at 6:00 PM.

RUN CUT-OFF

Athletes that take longer than 17 hours to complete the entire course will receive an NC (Not Classified).

INTERMEDIATE RUN CUT-OFF

The Intermediate Run Cut-Off point will be located at Kahilihili and Queen Ka'ahumanu Highway at **approximately** 18.7mi/30.1km of the run course. Athletes who have not reached the Intermediate Run Cut-Off point by 10:45 PM will not be permitted to continue and will receive a DNF.

These cut-offs are in accordance with the approved traffic plan that coincides with the opening of the public roads to traffic. IRONMAN reserves the right to remove an athlete from the event at any stage if, in the view of the officials, they are unable to complete that leg of the event within the cut off.

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WORLD CHAMPIONSHIP
Kona | Hawai'i

TRAINING WHILE ON THE ISLAND

NO RIDING ON ROADS SOUTH OF KONA TOWN

The roads south of Kona town are narrow and lack a shoulder on which cyclists can ride. Local residents have expressed concern for rider safety. The lengthy traffic delays caused by the inability to pass cyclists on these narrow roads creates a community inconvenience.

For your own safety and consistent with the Live Aloha Initiative and the Pono Pledge, please refrain from cycling on these portions of Hwy 190/Palani Rd, Hwy 180/Old Mamalahoa, HWY 11/ Queen Ka'ahumanu Hwy, and Hwy 160/ Napoopoo Rd (highlighted on the map).

SUPPORTING ATHLETES ON THE RUN COURSE

Riding against traffic while providing support to athletes running is unsafe and is against the law. Riding against traffic may result in a traffic citation. Please follow all traffic laws while training on the island.



Are you using MINERAL SUNSCREEN?

Why does it matter?

Coral reefs in Hawai'i are facing many threats. Research confirms chemicals found in many common sunscreens, such as oxybenzone, octinoxate, and octocrylene, are harming our marine ecosystems.

These chemicals damage coral DNA and larvae, contribute to coral bleaching, and affect the health of algae, fish, shellfish, urchins, and marine mammals.

By wearing as much protective clothing as possible, then applying limited amounts of **mineral sunscreen** where needed, we can all help Hawaii's coral and marine ecosystems flourish and remain healthy for generations to come.

Chemicals from sunscreens, other pollutants, and rising ocean temperatures are causing the health of coral reef ecosystems to decline at an accelerated pace.



May 1, 2018

Feb. 15, 2019

Protect yourself and the reef!

Follow this guide to protect yourself from the sun while also reducing your impact on coral reefs.



Best - Protective Clothing

Hats, sun wear shirts, rash guards, wraps, and board shorts



OK - Mineral Sunscreens

Zinc oxide and titanium dioxide-based sunscreens made without nanoparticles



NEVER

Products containing oxybenzone, avobenzene, homosalate, octinoxate, octisalate, octocrylene, or nanoparticles

Choosing a safe sunscreen

Determining whether a sunscreen is safe or not is simple: just look at the active ingredients. The only two active ingredients the U.S. Food and Drug Administration considers "safe and effective" are zinc oxide and titanium dioxide.

Be careful: Many sunscreens labeled as "reef-friendly" or "reef-safe" actually aren't. Always check the active ingredients to be sure!

Always remember... Don't stand on, step on, or touch coral: Stay afloat when snorkeling or swimming. Give marine life plenty of space: Never touch, chase, feed, or harass.

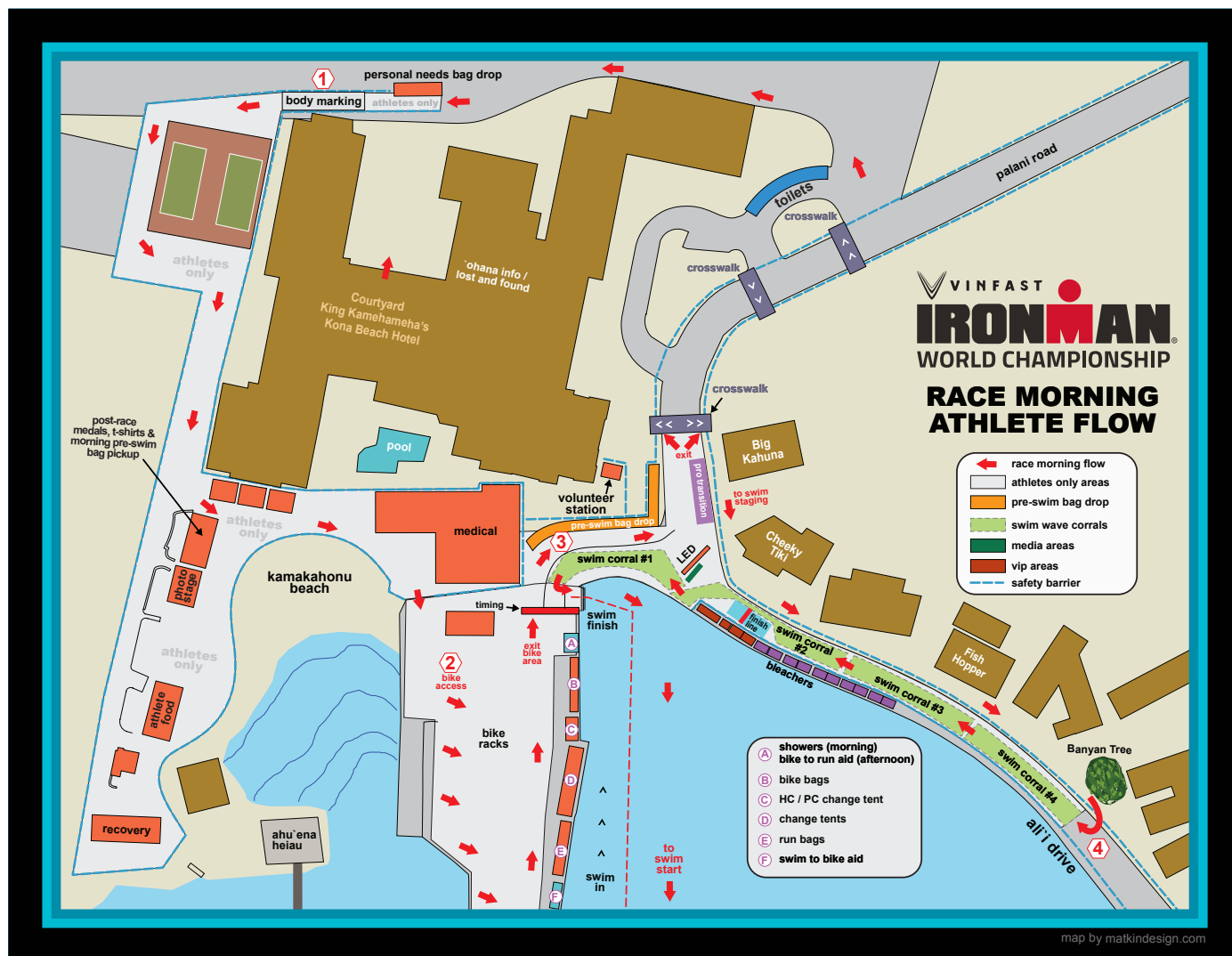
Look for these active ingredients:

✓ Zinc oxide ✓ Titanium dioxide ✓

Avoid these active ingredients:

✗ Oxybenzone ✗ Octisalate
 ✗ Avobenzene ✗ Octocrylene
 ✗ Homosalate ✗ Nanoparticles
 ✗ Octinoxate

RACE DAY INFORMATION



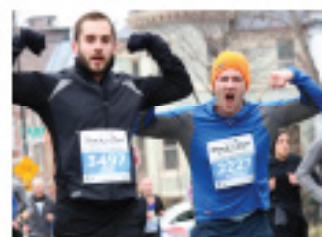
RACE MORNING FLOW: Athletes MUST flow by the Body Marking tent for tattoo spot-checks and touch-ups.

- Before entering Body Marking, drop off your Bike Personal Needs Bag and Run Personal Needs Bag.
- Body Marking will open at 4:30 a.m. Please note, this is an entry only access point.
- Athletes are responsible for applying their body tattoo. Volunteers are present only if you need additional assistance or touch ups.
- You will have full access to your bike, however, you will not have access to your Bike Gear Bag or Run Gear Bag. Bike pumps and bike technicians will be available.
- Pre-Swim toilets will be located in the KBR Parking lot. You can access these prior to entering the body marking area and then after you exit transition.
- Next, you will exit Transition at the Bike-In/Bike-Out arch and drop your Pre-Swim/Morning Clothes Bag under the sign with your designated bib number.
- Athletes have the option to exit to the left (hotel side) to access pre-swim toilets in the KBR parking lot. You may exit to the right to immediately head to the swim wave staging area located along the run finish chute.
- You must drop your Pre-Swim/Morning Clothes Bag first before exiting the secure area. Athletes will not be permitted to re-enter at this point with their Pre-Swim/Morning Clothes Bag.
- Transition will close at 6:15 a.m.
- Lastly, proceed to the swim staging chute entrance (under the banyan tree) no later than 25 minutes before your wave start time.



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- Paul, Seattle, WA

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LUCY CHARLES-BARCLAY
FASTEST IRONMAN
SWIMMER ON THE PLANET

RŌKΛ® SWIM COURSE

Experience the electrifying energy of the swim start as you dive into the crystal-clear waters of Kailua Bay for an unforgettable 2.4 mile (3.8km) swim. With the majestic sunrise over Mt. Hualālai as the backdrop, athletes will start in the water, and swim out-and-back in a clockwise direction facing small swells but otherwise mild and warm swim conditions. The swim starts and ends with a surge of excitement fueled by the crowds of media and spectators as you kick off your VinFast IRONMAN World Championship journey.

The swim course is a 2.4 mile elongated rectangle, approximately 1.2 miles on each side and 100 yards wide. The swim start is on the east side of the Kailua Pier, goes south and returns to the pier. Athletes must swim in a clockwise direction; keep all race buoys on their right at all times and swim around boats or buoys at the end of the course. The start line is an imaginary line between a fixed location on the pier and a buoy or race marker opposite this location. The starting line is approximately 130 yards from shore. After the final right hand turn on the course, the route to the swim finish will be accentuated by yellow course buoys or markers. Lane lines will funnel athletes to the swim exit. Even with these race day conditions, it is highly recommended that during training athletes become familiar with the location each aspect of the swim course.

The water temperature is expected to range between 79.5-80.1 degrees Fahrenheit or higher. Although there is usually no surf, be prepared to encounter small swells parallel to the course and surge at the swim exit. Wind chop does not usually occur early in the morning. Currents vary, although are usually in a northerly direction (with athletes on the return portion of the swim).

WARNING: The rocks and sides of the Kailua Pier have sea urchins and sharp marine growth on them. Always look and check before putting your feet or hands down on solid surfaces underwater. Encountering these dangerous marine organisms can ruin your race.

- The IRONMAN World Championship will have a total of 9 Age Group swim wave starts.
- Professional Women and PC/ID & HC athletes will stage in Transition. All other waves will stage along Ali'i Drive.
- Age Group athletes are required to exit Transition by 6:15 AM.
- Athletes must enter the water with their assigned wave.
- Starting in a wave earlier than assigned will result in disqualification.

SWIM TO BIKE TRANSITION

After the swim, you will be directed across a timing mat, then to the showers, obtain your bike transition bags and onto bike rack area. Sunscreen can be obtained after the change tents.

Public nudity is not permitted. We require you to be fully ready to race before leaving with your bike.

Personal nutrients are permitted as long as they are carried by you or placed on your bike. Sunscreen is available in transition.

NOTE: Any athlete electing not to continue the race at any time must notify a timing volunteer or race official immediately. Above all, the safety of each swimmer is our primary concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by lifeguards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course.



SWIM WAVE START CHART



DIVISION	WAVE	SWIM CAP	SWIM WAVE START TIME
PRO	PRO	WHITE	6:25 AM
PG, ID HC	1	NEON YELLOW	6:27 AM
F35-39	2	DARK BLUE	6:40 AM
F60-64	3	DARK GREEN	6:45 AM
F65-69		ORANGE	
F70-74		OCEAN BLUE	
F75-79		VIOLET	
F55-59	4	YELLOW	6:50 AM
F30-34	5	NEON RED	7:00 AM
F40-44	6	NEON GREEN	7:05 AM
F50-54	7	PEARLY SILVER	7:10 AM
F25-29	8	DARK RASPBERRY	7:15 AM
F18-24		NEON ORANGE	
F45-49	9	POWDER BLUE	7:20 AM

IRONMAN® SWIM COURSE RULES

- Each swimmer must wear an official swim cap provided by the race. Wearing swim goggles is recommended, but not required.
- No fins, snorkels, paddles, wetsuits or flotation devices of any kind are allowed.
- Please be sure your timing chip is properly fixed to your ankle.
- No individual paddlers or escorts allowed.
- Swimmers MUST flow through the Body Marking tent for tattoo spot-checks and touch-ups.
- Swimmers are required to stay on course, swim clockwise and keep course markers to the right. Failure to do so may result in disqualification.
- A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, pump it up and down, and call or seek assistance. A swimmer who has received assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the athlete withdraws from the race or receive medical assistance.
- After the swim, athletes must pick up their bike-gear bag. This is a security measure designed to maintain an accurate count of swimmers in and out of the water.
- After the swim, athletes must dress for the bike portion of the race in designated changing tent only. No changing will be allowed in the bike holding area as it impedes traffic through the bike lanes. **Public nudity is prohibited.**

SWIMWEAR POLICY

(non-wetsuit legal swims only)

Swimwear (Skinsuits/Speedsuits) must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. 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 can be worn underneath swimwear provided clothing does not extend past the elbow nor extend past the knees.

Any clothing or compression wear that extends past the elbow or knees will not be permitted in non-wetsuit swims. Compression wear may be worn after the swim and used during the bike and run.

Wetsuits are not allowed for professional competitors or age group competitors under the age of 70. Athletes aged 70 and older are allowed to use wetsuits, which must be 5mm thick or less. If an athlete aged 70 or older elects to use a wetsuit, the athlete will not be eligible for an age group award. They will however, be an "official" finisher.

There will be medical staff available at the IRONMAN® World Championship. The medical tent located next to Kailua Pier will handle any injuries or medical problems that arise during the swim. Individuals will be stationed along the swim course to assist you in case of a medical emergency. Problems among past athletes include nausea and vomiting from swallowing seawater, and motion sickness. Medications, such as Dramamine, taken before the swim may help, but you are strongly advised to try any medication several times before the race to avoid any adverse reactions to it. Athletes are solely responsible for their compliance with the Anti-Doping Rules and the WADA Prohibited List.

The 2.4-mile swim is an ocean swim, and each athlete is expected to have the ability and fitness level to complete the swim. Ocean swimming is slower than pool swimming, and the swim segment must be completed within 2 hours and 20 minutes or less in order to continue the race.

IRONMAN® provides a brightly colored swim cap for each athlete. This cap must be worn throughout the swim. Prior to the start, optional morning clothes/streetwear bags will be available for each athlete's clothes, shoes, etc. Items must fit in the provided pre-swim bag. **Valuables, pumps and backpacks will not be accepted at check-in.** These bags will be kept in the post-race area and should be retrieved immediately after you finish the marathon portion of the event.

RACE DAY

Pre-race check-in and tattoo spot-checks will begin at 4:30 AM. Your tattoos will be spot-checked by race officials. Please do not apply sunscreen, lotion or oils before or after applying your tattoos, as this will dissolve and distort your number. Your tattoos must be placed for maximum visibility.

For those who wear glasses, we can collect your glasses prior to the swim start and return them to you without delay as you emerge from the water. Please label them with your name and race number.

As you exit the water, there will be timing mats followed by fresh, cold water showers. It is required for our athlete count that you pick up your transition bag. You are not required to go into the changing tent; however, you may not change in the bag rack area or block another athlete's progress. **Public nudity is prohibited.** Please leave your bag in the designated bag rack/dressing area and go through and around the racks before heading to your bike. There will be an aid station outside the changing tent where liquids and foods are available.

PLEASE PICK UP YOUR PRE-SWIM/MORNING CLOTHES GEAR BY 1:00 A.M. AFTER YOUR RACE IN THE POST-RACE AREA. PRESENT YOUR ATHLETE WRISTBAND FOR ENTRY INTO THE BIKE COMPOUND.

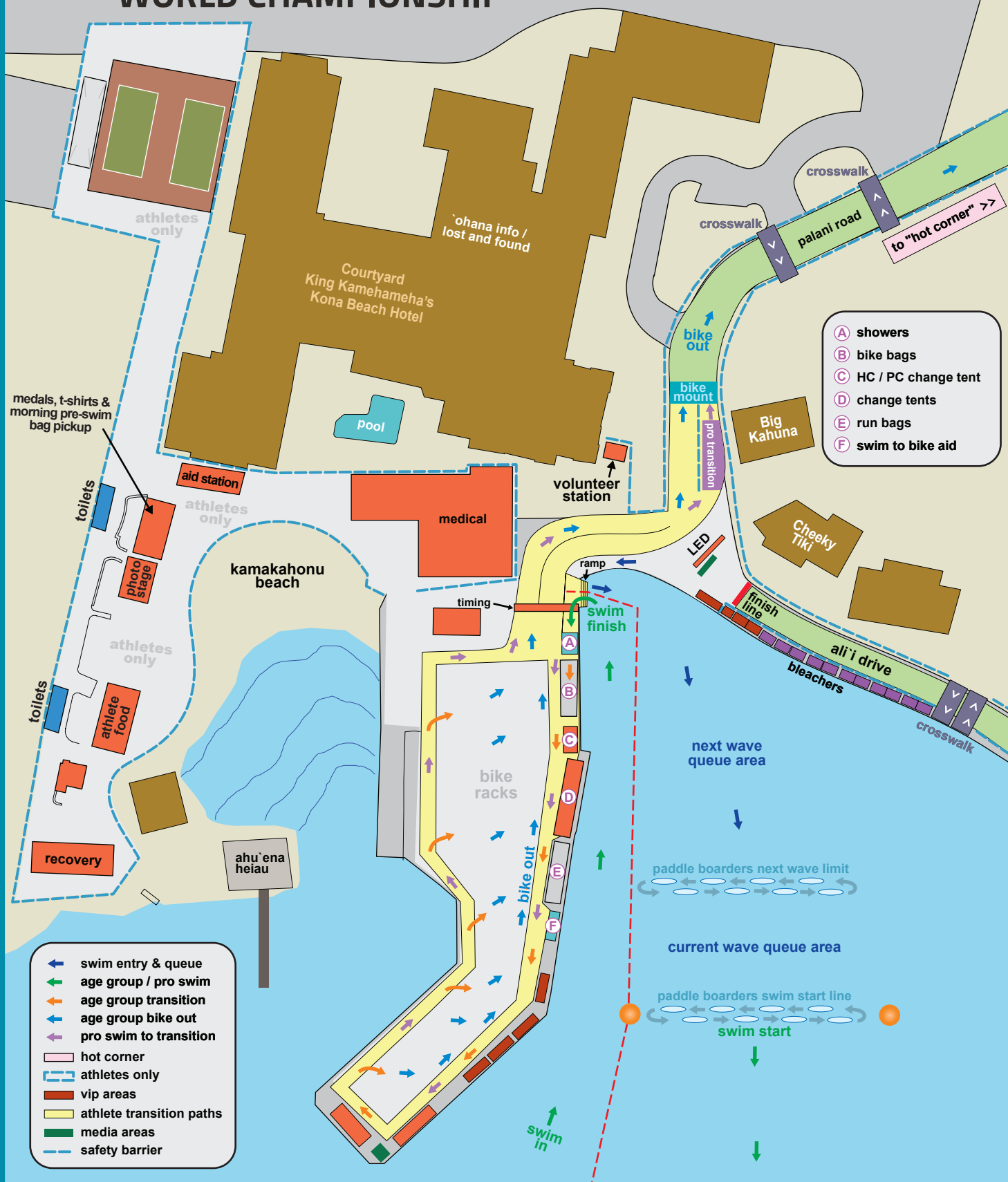
IRONMAN® SWIM COURSE

RECOMMENDATIONS FOR THE SWIM

- Seven to eight training buoys will be set out along the entire length of the IRONMAN® swim course two weeks before the event. Additional buoys and lane lines will be installed in the swim lane area near the pier. This will include a turnaround buoy at the end of the course. When training prior to race day, please wear a brightly colored swim cap so you are visible. Water safety volunteers on kayaks will patrol the training course and can be asked for information as needed. Please use the “buddy system” and train with a partner.
- When training, it is mandatory that you stay on the mountain/east side swim lane area and in line with the training buoys. Do not swim on the pier side of the swim lane area. **See map to the right.**
- Please use caution while swimming prior to the event. All participants who choose to swim prior to race day will do so at their own risk. Please note: there are **NO LIFEGUARDS ON DUTY**. Keep in mind that this is a natural body of water and subject to hidden hazards including, but not limited to, currents, tide fluctuations, underwater obstructions, floating mooring buoys, and sharp and irritating indigenous marine life. Do not touch or walk on rocky bottom.
- On race day, be sure to self-seed yourself in the starting area according to your anticipated swim time. If you are a slow swimmer, stay towards the back of the staging area.
- The swim start area will be very congested. To minimize the physical and psychological hazards, wait a few seconds for the crowd to disperse. It is recommended you aim to the left of the first few course buoys and swim in a straight line.
- It is highly recommended that you wear goggles and use anti-fog. You may wear a snorkel while training, but not during the race. **Extra swim goggles are available race morning at the pre-swim bag corral, at a table near the swim entry/exit stairs and on all water safety vessels and jet skis on the course.**
- Remember, be courteous when practicing on any portion of the IRONMAN® World Championship course.



SWIM TO BIKE TRANSITION



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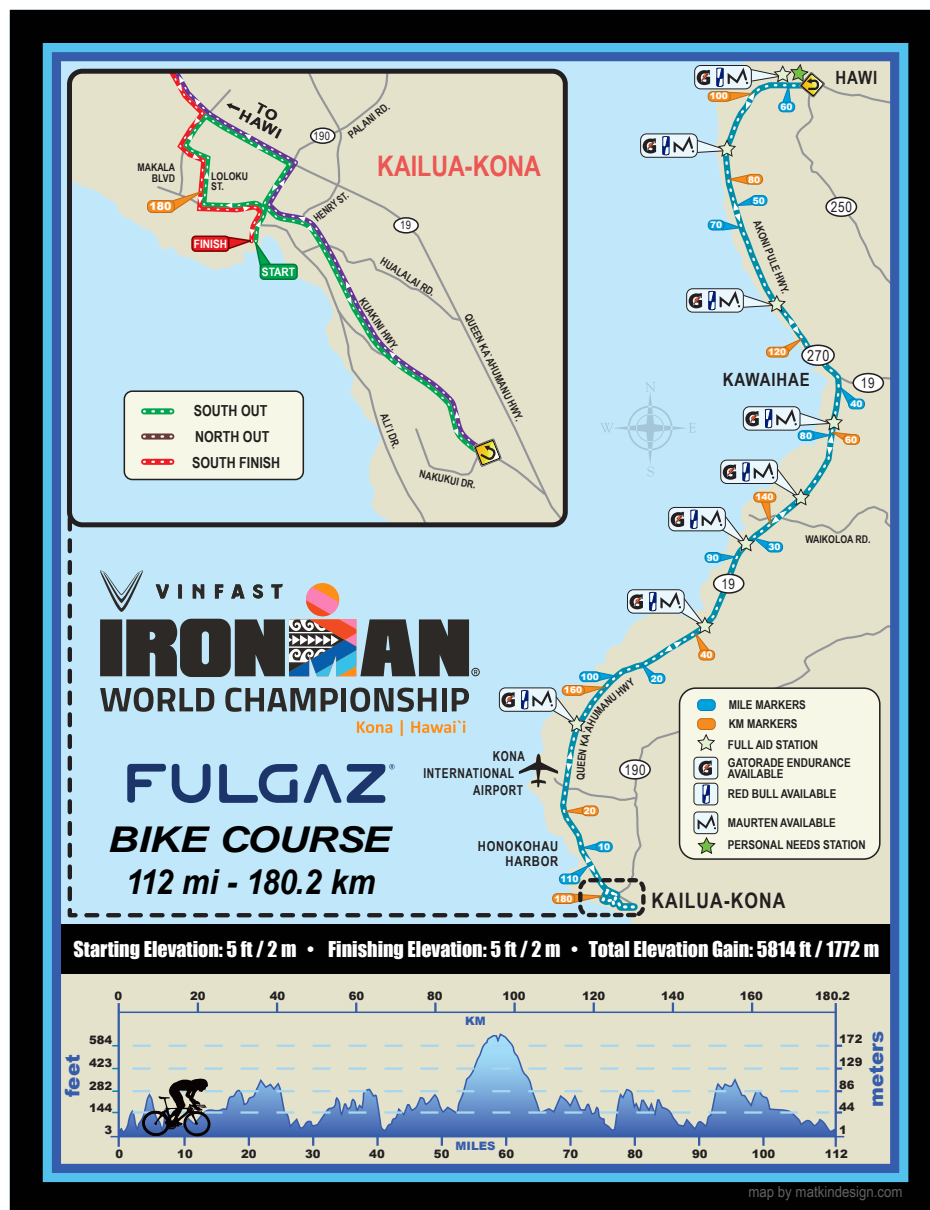


FULGAZ® BIKE COURSE

Embark on a cycling journey along the renowned 112 mile (180.2km) route, traveling from Kailua-Kona to the Hawi turnaround and back on the iconic Queen Kaʻahumanu Highway. Brace yourself for the challenging elevation gain on the climb to Hawi and find comfort in the captivating views of lava fields, coastlines, and ocean. Be prepared for the exposed terrain and strong crosswinds that add an thrilling dimension to this unforgettable FulGaz bike course.

TURN BY TURNS:

- When exiting the transition area on the Kailua Pier, do not get on your bike until the designated MOUNT area, which is located on Palani Drive in front of Aliʻi Adventures.
- Travel up Palani Road to Kuakini Highway.
- Turn left (north) onto Kuakini Highway (toward the Old Airport Park).
- Turn right on Loloku Street.
- Turn left into Kona Commons access road behind Target.
- Turn right onto Makala Boulevard.
- Turn right (south) on the Queen Kaʻahumanu Highway to Palani Road.
- Turn right on Palani Road. (Note: the Palani Road descent is a NO PASS ZONE. Penalties will be issued to cyclists riding dangerously.)**
- Turn left (south) onto Kuakini Highway to Kahakai Estates Subdivision and return back along Kuakini Highway to Palani Road.
- Turn right up Palani Road.
- Turn left (north) onto the Queen Kaʻahumanu Highway (Hwy 19) and travel north to Kawaihae Junction.
- Turn left at the junction, towards Kawaihae Harbor, for about 1 mile.
- Turn right (north) onto Akoni Pule Highway (Hwy 270). Be alert for possible local traffic.
- Along the route, the terrain is rolling with several quarter- to one-mile hills that reach a maximum grade of about 6 percent (6 foot rise for each 100 feet of distance).
- The bike turnaround is located in Hawi and is one of the official checkpoints on the course.
- Return by the same route. Head south on Akoni Pule Highway (Hwy 270).
- Turn left at Kawaihae Harbor.
- Turn right (south) onto Queen Kaʻahumanu Highway (Hwy 19).
- Turn right on Makala Boulevard
- Turn left on to the to the Kona Commons access road behind Target.
- Turn right on to Loloku Street.
- Turn left (south) on Kuakini Highway to Palani Road.
- Turn right on Palani Road and continue to the transition area.
- The first aid station is located 10.9 miles/ 17km and then aid stations will be located approximately every 8-10 miles/ 14-16km after that along the course.
- Follow directions by course officials. Do not ride past the DISMOUNT area.



Bike Aid Station Locations

B1	16.6 mi / 26.7 km
B2	29.4 mi / 47.3 km
B3	37.6 mi / 60.5 km
B4	44.3 mi / 71.3 km
B5	53.4 mi / 85.9 km
B6	59.9 mi / 96.4 km
B7	74.3 mi / 119.6 km
B8	85.0 mi / 136.8 km
B9	97.6 mi / 157.1 km
B10	103.4 mi / 166.4 km

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FULGAZ® BIKE COURSE RULES

POSITION RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
- A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
- 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 out of the draft zone once it is entered (drafting violation). Athletes must make continuous forward progress when passing (drafting violation).
- Overtaken athletes must continually fall back six bike lengths before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back six bike lengths will result in an overtaken or drafting violation.
- Overtaken athletes who remain within the draft zone (six bike lengths of clear space between bikes) for more than 25 seconds, or who do not make constant progress out of the drafting zone, will be given a drafting violation.
- Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
- Athletes who impede the forward progress of other athletes will be given a blocking violation.
- Athletes committing rule violations will be notified "on the spot" by an official.
- Do not attempt to discuss the penalty with the official.

THE OFFICIAL WILL:

- Call out your race number and/or notify you that you have received either a BLUE CARD for drafting and intentional littering or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.
- Instruct you to report to the next penalty tent (PT) on the course. There will be four PTs on the course.

PT's will be located at approximately 28 miles; at the bike turnaround in Hawi; at approximately 85 miles; and approximately one-half mile prior to the Bike-to-Run transition (in front of the Honda Dealership).

THE ATHLETE WILL:

- Report to the next PT and tell the PT Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PT, you may be disqualified.
- Have race numbers marked by the PT Official with a "/"
- Register, via the sign-in sheet.
- Remain in the PT for 1 minute, upon having your numbers marked with a "/" and registering, for all violations except drafting and intentional littering (YELLOW CARD).
- Remain in the PT for the time indicated in the table below, for each drafting and intentional littering violation (BLUE CARD).
- Be disqualified if you receive any combination of three BLUE CARD penalties.
- Be disqualified for not reporting to the PT.

BLUE CARD PENALTY TIMES:

1st Offense 5 Minutes
2nd Offense 5 Minutes
3rd Offense DSQ

For reasons of safety, solid (disc) rear wheels are prohibited at the IRONMAN World Championship (DSQ).

- Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.
- No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
- The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
- Shoes must be in the bike gear bag or secured to bike pedals. Shoes may NOT be placed beside the bike.
- Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the bike segment of the race. Uniforms with a

front zipper may be unzipped to any length, provided, the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders. Failure to wear a shirt while on the bike course or failure to have the zipper connected at the bottom at all times, may result in disqualification.

- Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.
- No athlete shall endanger himself or another participant. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.
- Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN®. If permission is given by IRONMAN®, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen using a camera, phone camera, or video camera in a distractive manner may be disqualified.
- Each athlete must place the helmet sticker that contains their race number on the front of their helmet and must display the bike frame number in a manner that allows it to be clearly seen by race officials from both sides of bike.
- Helmets are required during the entire bike race including in and out of the transition area. Athletes are allowed to wear helmets that meet or exceed the CPSC standard or the CEN standard. Alternations to hard-shell helmets that affect its integrity are not allowed. The helmet must be fastened before the athlete first mounts the bicycle. The athlete must dismount the bicycle prior to unfastening the chin strap.
- "No Pass Zone" Athletes are required to ride at a reduced rate of speed and maintain a static position on all Palani Road descents. This includes the descent from Queen Ka'ahumanu to Kuakini and the descent from Kuakini returning to transition. Both descents are approximately 2/10 of a mile and include sharp turns with an immediate left turn at the bottom of the hill. Failure to comply will result in a penalty to be served at the nearest Penalty Tent; PT 1 at ~28 miles for violating the rule on the way out of town, or PT 4 (by the Honda Dealership) for violating the rule on the way into town.
- Disregard for this rule that places other athletes and/or race officials in immediate danger will result in disqualification and a one-year suspension from all licensed and qualifying IRONMAN® events.



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FULGAZ® BIKE COURSE RULES

BIKE COURSE RULES AND INSTRUCTIONS: Please understand that based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected for all IRONMAN® events.

- No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

- Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a **BLUE CARD** (five minute penalty).

- Athletes must be individually responsible for repair and maintenance of their own bike. Assistance by anyone other than IRONMAN® World Championship Bike Technical Support or as specified in Section 2.02 of the IRONMAN Competition Rules, will be grounds for disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction. The IRONMAN® World Championship Bike Technical Support DOES NOT include the normal changing of flat tires.

- Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

- Bike inspection is not mandatory and will be provided at Bike Check-In, and technicians will be available. Athletes are ultimately responsible for their own bikes. However race officials may at their own discretion make final judgment as to the soundness of the bike.

After the bike portion, athletes must pick up their run-gear bag.

All athletes must mount and dismount in the marked zones at the transition area. Under no circumstances should an athlete ride their bike inside the transition area.

There will be no bike catching. Age Group athletes are required to self-rack their bike during T2/Bike to Run Transition.

Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices in a distractive manner during competition will result in disqualification. Headsets or headphones are not allowed during any portion of the event.

MEDICAL SUPPORT

If you need minor medical assistance, a SAG vehicle will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or, for any other reason are unable to continue, the SAG vehicle will take you to the next aid station.

At every aid station, there will be rest areas and medical personnel to assist in any medical problem. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.

Note: Bike aid stations will be approximately 12 miles apart along the bike course. It is your responsibility to slow for safe nutrient pick-up. Call out your requirements clearly and in advance. Crews are instructed not to step across the white line for handoffs. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course. A penalty will be assessed for discarding litter outside the designated drop zone.

Note: Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.

LOCAL TRAFFIC LAWS

- Please remember that members of the local community use the bike course roads.

- Realize that you are an ambassador for the sport and the event and the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community.

- Please think before you act. When training, please follow these suggestions:

- 1) Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.

- 2) Please obey traffic laws (stop at stop signs, signal when turning, etc.).

- 3) Please do not use private property as a toilet.

- 4) Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash can.

- 5) Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.

- 6) Cycling through the Natural Energy Laboratory of Hawai'i Authority (NELHA) is prohibited. Athletes found cycling through this facility risk disqualification.

- 7) **At all times while cycling and running prior to race day athletes must heed directions and instructions of all race officials and public authorities and abide by local traffic laws and the above suggestions. Failure to do so may result in disqualification.**

FULGAZ® BIKE COURSE

RECOMMENDATIONS FOR THE BIKE

Pack your bike carefully before shipping! When traveling to Kona, you may have to fly in to Honolulu first, then transfer to Kona on an inter-island carrier. Be aware that inter-island flights during race week will be heavily booked, and transporting your bike will require some additional planning.

The airlines recommend you use the following procedure to ship your bike to Kona:

- 1) Pack your bike as if you were shipping a carton of eggs. Do everything you can to ensure damage free delivery.
- 2) Boldly label your bike case with your name, address, cell phone number, etc., so it can be identified quickly.
- 3) If you plan to arrive in Kona only a few days before the race, you take the risk of having your bike get to Kona after you do.

Prior to bike check-in, please be sure your bar end plugs are in place and you have no loose spokes, brakes, headsets or stripped cables. Adjust the hubs and position handle bars correctly. See that cables and tires are in good condition and sewups are glued on rims properly. Securely fasten any other equipment you may carry with you. You are responsible for the safe condition of your bike.

For security reasons, no bike will be allowed out of the bike compound without identification once bike check-in begins. No one will be allowed to enter the bike compound unless accompanied by an official attendant.

Remember, you are ultimately responsible for the performance of your bike during the race.

Each year, a number of athletes have discovered flat tires on their bikes either before the race or after the swim. Know the inflation limit of your tires. If you over-inflate the tires, the morning sun can cause an increase in air pressure and ultimately, a blowout. A limited number of pumps are available on race morning. **Bike pumps and backpacks will not be accepted with pre-swin/morning clothes gear bag. Volunteers will ONLY accept gear that is in the official IRONMAN® Pre-Swim/Morning Clothes Bag.**

You are required to pick up your bike and other gear at the bike compound area beginning at 7:00 PM and no later than 1:00 AM on race day. You must present your athlete wristband for entry into the compound. If you are unable to personally pick up your bike, your bike check-out ticket may be used by a friend or family member. ID required.

LEGENDARY WINDS AND HEAT

From Ali'i Drive to the airport, a sea breeze blows from the ocean across the Queen Ka'ahumanu Highway approximately 10 to 12 mph. During the evening, this wind reverses and blows from the mountains. From the airport area to Hawi, you will be biking into the legendary Ho'omumuku headwinds that are most noticeable on this portion of the bike course north of the airport. These winds blow 5 to 35 mph, and in extreme conditions can gust up to 60 mph. After the Hawi turnaround, you will usually have these winds at your back to Kawaihae and side winds again along Highway 19. While air temperatures may register in the high 80s to low 90s Fahrenheit, temperatures along this section of the course may exceed 100 Fahrenheit due to the reflected heat from the lava and asphalt.

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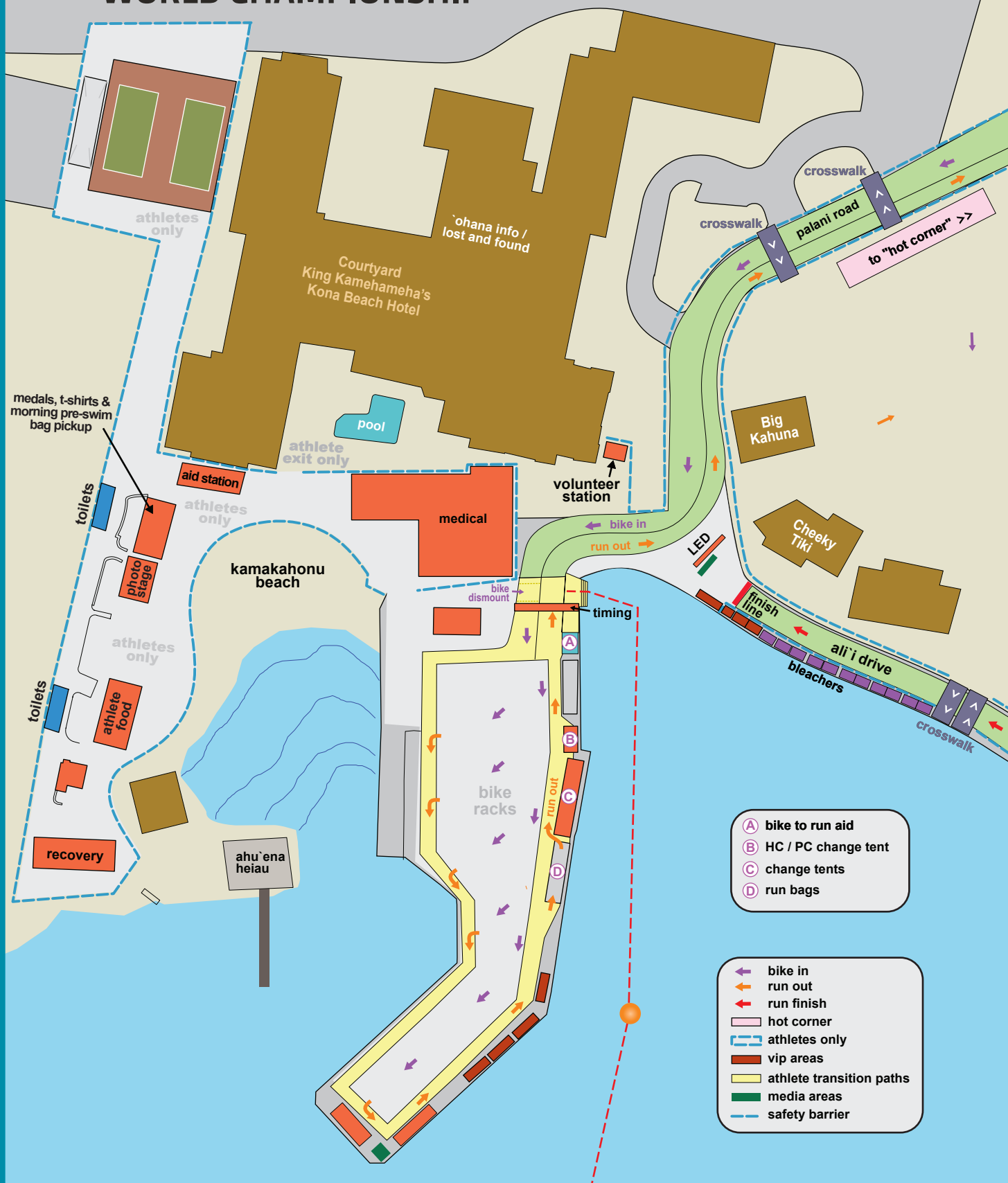
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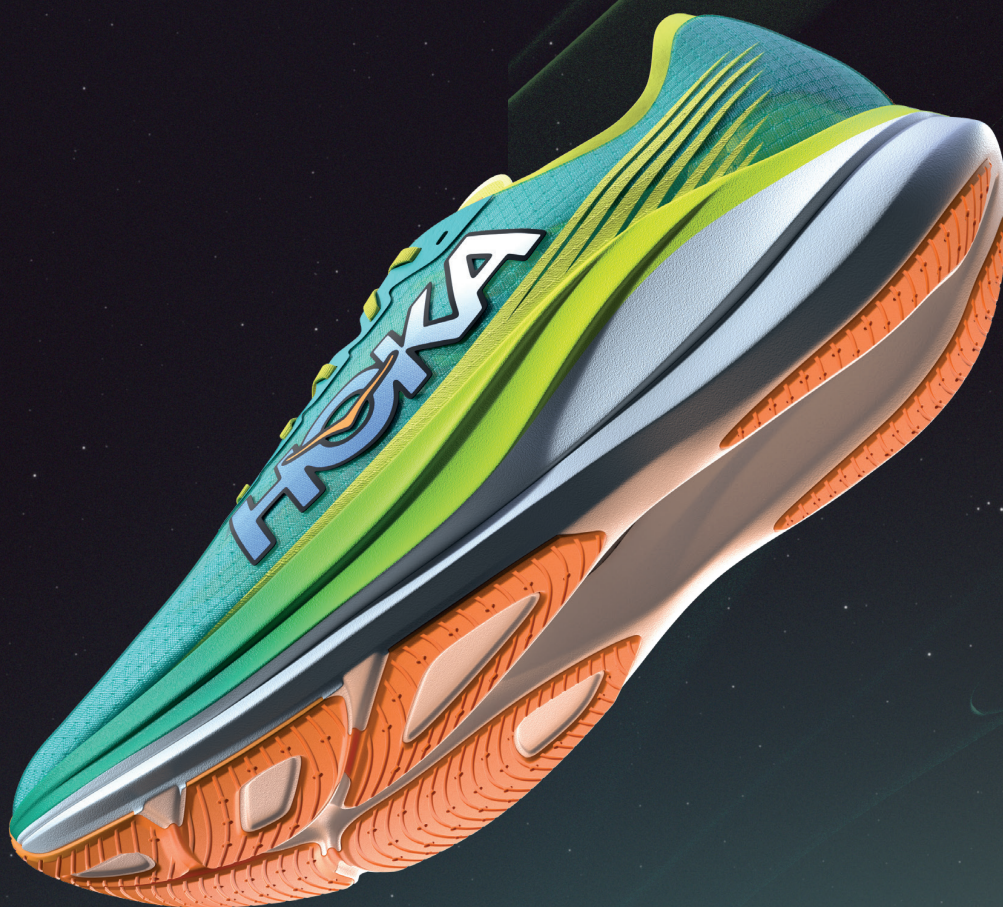


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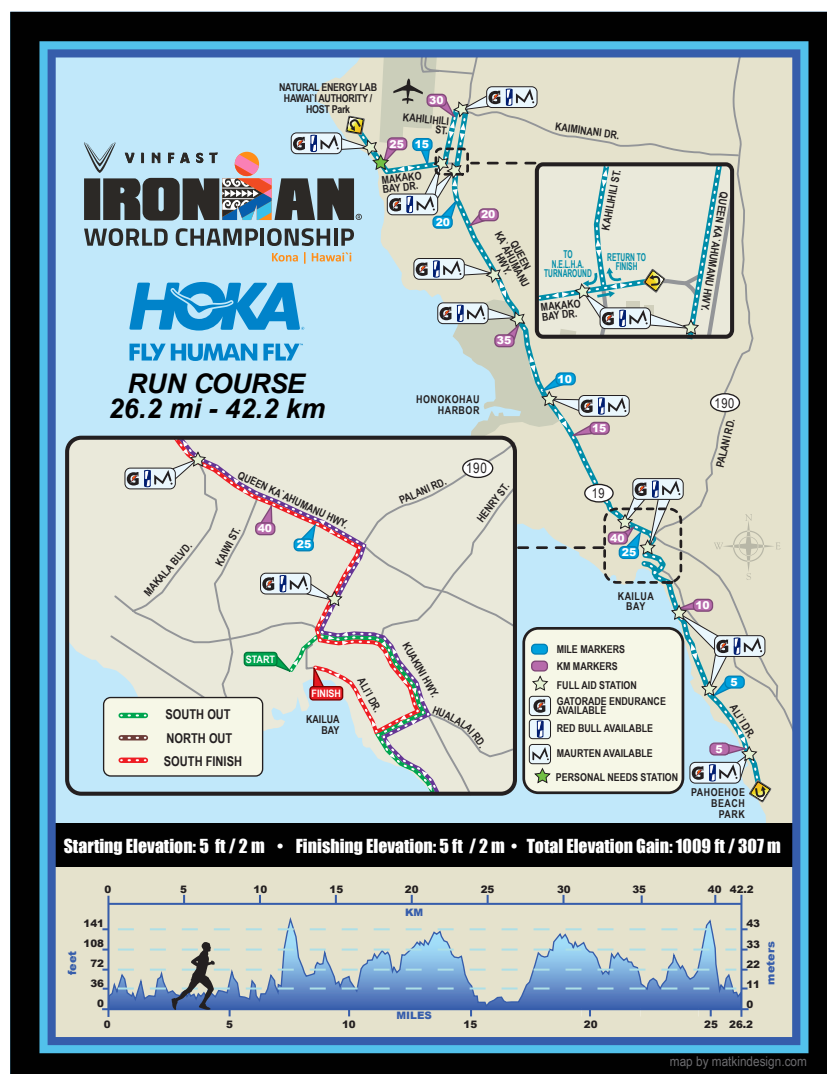
HOKA RUN COURSE

FLY HUMAN FLY™

Embark on the final leg, the HOKA run course, with an out-and-back jaunt past the spirited crowds on Ali'i Drive. The 26.2 mile (42.2km) run then takes you up Palani Road to the Queen Ka'ahumanu Highway, leading to the awaited HOST Park at the Natural Energy Laboratory Hawai'i Authority (NELHA). You'll navigate a rolling course with intermittent steep stretches, followed by the triumphant return along the highway. Your grand finale includes a victorious lap through Kona town, culminating in the exhilaration of crossing the finish line.

TURN BY TURNS:

- When exiting the transition area on the Kailua Pier, travel up Palani Road to Kuakini Highway.
- Turn right (south) on Kuakini Highway to Hualalai Road.
- Turn right on Hualalai Road and then left (south) on Ali'i Drive continuing south to the turnaround before Pahoehe Beach Park.
- This is the run turnaround and one of the official timing checkpoints on the run course.
- After completing the turnaround, head north on Ali'i Drive to Hualalai Road.
- Turn right on Hualalai Road to Kuakini Highway.
- Turn left (north) on Kuakini Highway and proceed to Palani Road.
- Turn right on Palani Road to Queen Ka'ahumanu Highway.
- Keeping in the southbound lanes (ocean side), turn left (north) on Queen Ka'ahumanu Highway to Kahilihili Drive at the Natural Energy Lab of Hawai'i Authority (NELHA).
- Turn left onto Kahilihili Drive to Makako Bay Drive.
- Turn right on Makako Bay Drive and proceed to the NELHA turnaround.
- After completing the NELHA turnaround, head back to the turn around on Makako Bay Drive.
- Turn right onto Kahilihili Drive to Queen Ka'ahumanu Highway.
- Turn right (south) on Queen Ka'ahumanu Highway toward town.
- Turn right on Palani Road.
- Turn left on Kuakini Highway.
- Turn right on Hualalai Road.
- Turn right on Ali'i Drive to the FINISH LINE!



Run Aid Station Locations

R1	1.3 mi / 2.1 km	R13	13.9 mi / 22.4 km
R2	2.4 mi / 3.9 km	R14	14.7 mi / 23.7 km
R3	3.5 mi / 5.6 km	R15	15.7 mi / 25.3 km
R4	3.9 mi / 6.3 km	R16	16.8 mi / 27.0 km
R5	5.0 mi / 8.0 km	R17	17.8 mi / 28.6 km
R6	6.1 mi / 9.8 km	R18	18.7 mi / 30.1 km
R7	7.4 mi / 11.9 km	R19	19.7 mi / 31.7 km
R8	8.4 mi / 13.5 km	R20	20.6 mi / 33.2 km
R9	9.8 mi / 15.8 km	R21	21.5 mi / 34.6 km
R10	11.2 mi / 18.0 km	R22	22.9 mi / 36.9 km
R11	12.1 mi / 19.5 km	R23	24.3 mi / 39.1 km
R12	13.0 mi / 20.9 km	R24	25.1 mi / 40.4 km

RUN COURSE

RULES, INSTRUCTIONS AND RECOMMENDATIONS

- No form of locomotion other than running, walking or crawling is allowed.

- Runners must wear their IRONMAN® issued bib number in front of them clearly visible at all times on the course. Bib numbers issued by IRONMAN® identify the official athletes in the race. Folding or cutting the race number or intentional alteration of any kind is STRICTLY PROHIBITED. Run number must be placed on FRONT of runner and securely attached. Race belts may be worn.

- Shoes and shirts are required on the run segment. Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race. Uniforms with a front zipper may be unzipped to any length, provided, the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders. The uniform should be fully zipped when crossing the finish line. Failure to wear a shirt while on the run course or failure to have the zipper connected at the bottom at all times, may result in disqualification.

- NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED. Teamwork as a result of outside assistance that provides an advantage over single athletes is not allowed. Ample aid and food stations will be provided. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race.

- **Friends, family members, coaches, media or supporters of any type may not bike, drive or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid disqualification.** It is incumbent upon each athlete to reject immediately any attempt to assist, follow or be escorted.

- Bags will be provided for the "Personal Needs Station" located near mid-point on the run course. "Personal Needs Station" is for nutritional purposes ONLY. All bags will be DISCARDED after "Personal Needs Station" is closed.

- Follow the directions and instructions of all race officials and public authorities.

- **Since the majority of athletes will still be on the course after dark, runners will be REQUIRED to wear reflective materials on the front**

SAFETY & VISIBILITY FOR THE RUN

Many athletes will still be on the course after dark. There are a limited number of street lights along the highway and the moon on the night of the race could be obscured by clouds. On a moonless night in Kona, it is very dark. We urge all of you to make yourselves as visible as possible. In addition to the required hot spots on your shoes (heels and toes) and reflective tape on your shorts (front and back), we suggest you use additional reflective tape or other materials to make yourself visible from both the front and the rear to cars and other runners. Illuminated lightsticks will be available at the aid stations.

All athletes still on the course at dusk will be required to obtain a lightstick for the duration of the race.

Your safety and the safety of all others is paramount!

FINISH LINE & POST-RACE INFORMATION

FINISH LINE POLICY

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DQ).

POST-RACE

The Athlete Post-Race Area will be exclusive to athletes only. This area will allow athletes to refresh and restore. We ask athletes to coordinate a designated meeting place for family and friends once finished with the Post-Race Area.

BIKE & GEAR PICK-UP

You are required to pick up your bike and other gear at the bike compound area **beginning at 7:00 PM and no later than 1:00 AM** on race day. You must present your athlete wristband for entry into the compound. If you are unable to personally pick up your bike, your bike check-out ticket may be used by a friend or family member. **Photo ID is required.**

NOTE: Bike and gear pick-up begins at 7:00 PM and ends at 1:00 AM

TIMING CHIP RETURN

Timing chips will be collected after athletes cross the finish line on the way to Post-Race.

If you realize you still have your chip after the race, please mail it within five (5) business days to one of the addresses below:

- SPORTSTATS USA
112 54th St SW
Grand Rapids, MI 49548

RACE PHOTOGRAPHY

FinisherPix will be capturing photos & video of all participants at the swim exit, on the bike course, on the run course, and of course, at the finish line!

Pre-order your personal race photos [HERE](#) (or follow the steps below) and get a free Outside+ account. Your Outside+ account will give you access to stream this race on-demand as well as other IRONMAN events.

How to order your pix:

- Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- Visit our Expo Booth during Race Week to learn more about where we will be as well as any special offers!
- Have your number visible on the FRONT of your bike helmet so you can be identified in your cycling photos.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit www.finisherpix.com to view, order, and share your photos from the event.

LOST AND FOUND

- Monday, October 9 - Friday, October 13 from 9:00 AM - 4:00 PM in the `Ohana Information Center at the Courtyard King Kamehameha's Kona Beach Resort.
- Race Day, Saturday, October 14 from 5:00 AM - 12:30 AM in the `Ohana Information Center at the Courtyard's King Kamehameha's Kona Beach Resort.
- Sunday, October 15 and Monday, October 16 after the race from 9:00 AM - 2:00 PM in the `Ohana Information Center at the Courtyard King Kamehameha's Kona Beach Resort.
- Starting Thursday, October 19, please go to the IRONMAN® race office at 73-4080 Hulikoa Drive STE 101-2, Kailua-Kona or call +1 (808) 329-0063.
- It is recommended that you mark your gear with your race number as IRONMAN® is not responsible for lost items.
- After the conclusion of the event, contact worldchampionshipkona@ironman.com to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed items will be donated after 30 days.

MEDICAL AREA

The medical area is for athletes only. Overcrowding in the medical area prevents the medical staff from doing their job.

Family members will not be allowed in the medical area. For information on an athlete receiving medical treatment, please visit the `Ohana Info Center located in Conference Room 6 at the Courtyard King Kamehameha's Kona Beach Resort.

POST-RACE & BIKE / GEAR CHECKOUT



map by matkindesign.com

- Bike and gear pick-up begins at 7 p.m. and ends at 1 a.m.
- Timing chips will be collected after athletes cross the finish line on the way to Post-Race.



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RULES

EVENT SANCTION & RULES

USA Triathlon (USAT) has sanctioned the 2023 VinFast IRONMAN® World Championship. For a complete set of the competitive rules please visit ironman.com and view the IRONMAN® Competition Rules. IRONMAN® has been granted certain rule dispensations so please read the Athlete Guide carefully as the rules may differ slightly from other USAT-sanctioned events.

Athletes should be aware of the serious consequences of violating USAT Competitive Rule 3.5 - Unregistered Participants, which states:

- Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.
- Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.
- Anyone who violates this rule may be banned for life from any IRONMAN® event. Violating this rule puts insurance coverage for the event at risk.

ANY VERBAL OR PHYSICAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN® WORLD CHAMPIONSHIP STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DQ.

RULES APPLYING TO ALL SEGMENTS OF RACE

- It is the athlete's responsibility to read and understand all rules concerning the swim, bike and run.

- Any athlete that competes as a Professional/Elite athlete anywhere in the world within the calendar year cannot compete as an Amateur/Age Group athlete in a USAT-sanctioned event in that same calendar year. Failure to disclose correct status (as defined in IRONMAN Competition Rule 2.04(e)) shall be cause for disqualifying the athlete from the event and may result in a one-year suspension from USAT-sanctioned events.

Once an athlete competes as a Professional/Elite in the IRONMAN® qualifying race series season, the athlete cannot compete as an Age Group athlete in that year's IRONMAN® World Championship and/or IRONMAN® 70.3® World Championship as an Amateur.

- Athletes are expected to follow directions and instructions of all course marshals and public authorities.

- Race officials shall have authority to disqualify any athlete.

- Medical personnel shall 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. Medical transport of any athlete will result in disqualification.

- Fraud, theft, and/or abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate DQ and will result in athlete being suspended from competing in any IRONMAN® or IRONMAN® 70.3 event in the future.

- As a condition of participation in each IRONMAN® and IRONMAN® 70.3 event, all registered athletes are required to acknowledge and abide by IRONMAN®'s Anti-Doping Rules and IRONMAN®'s Competition Rules. In accordance

with the Anti-Doping Rules, all registered athletes are subject to in and out of competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Code and the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances, Prohibited Methods and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals and anti-doping organizations. Please refer to IRONMAN®'s Competition Rules and your World Championship Events Anti-Doping & Qualifying Slot Waiver for additional guidance and information.

- The Medical Control Rules set forth by USAT, in harmony with IRONMAN®'s Anti-Doping Rules and IRONMAN®'s Competition Rules, will be binding on all participants. In addition, other rules and regulations, even if not yet recognized by the IRONMAN® Anti-Doping program, may be instituted, which if such occurs, you agree to abide by.

- If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the timing tent located at the finish line and turn in their bib number and MyLaps Pro Chip immediately.

- It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any IRONMAN® event in the future.

- IRONMAN® reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings. Notification of any change will be in accordance with USAT procedures.

- Professional triathletes may not win Age Group awards and Age Group athletes are not eligible for prize money.

- For additional information regarding training sites, safety

procedures and general information questions regarding the race, please go to the IRONInfo tent near Kailua Pier.

Fri. Oct. 6th - Thurs. Oct. 12th

- 6:30 AM - 10:00 AM Fri - Sat
- 6:30 AM - 11:00 AM Sun - Thu

- Communication devices of any type are strictly prohibited during competition. Use of such devices in a distractive manner may result in DQ.

- Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN®. If permission is given by IRONMAN®, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen using a camera, phone camera, or video camera in a distractive manner may be disqualified.

- IRONMAN® does not allow the transfer of an athlete's registration - no exceptions will be made to this rule. Any attempt to transfer registration will result in DQ and suspension from future participation in any IRONMAN® or IRONMAN® 70.3 event.

- It is required that all athletes are either a one-day or annual member of USAT. You will be required to show proof of your current annual USAT membership or purchase a one-day membership at Athlete Check-In in Kona.

- Urinating in the changing tent, unless using the provided luas (bathrooms), will result in disqualification.

- Shoes and shirts are required on the bike and run segments. Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the bike and run segments of the race. Uniforms with a front zipper may be unzipped to any length, provided, the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders. The uniform should be fully zipped when crossing the finish line. Failure to wear a shirt while on the bike and run courses or failure to have the zipper connected at the bottom at all times, may result in disqualification.

RULES HANDCYCLE & PHYSICALLY CHALLENGED/ INTELLECTUAL DISABILITY (PC/ID) OPEN DIVISION

SWIM

IRONMAN® reserves the right to seed athletes at the swim start (i.e., early start, late start, designated wave, etc.).

Athletes may use a wetsuit during competition. Each athlete must obtain approval from IRONMAN® prior to the race for all swimwear and accessories to be used during the swim.

Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by IRONMAN®.

BIKE

Handcycles are permitted on the IRONMAN® World Championship course. Please reference IRONMAN® Competition Rules for complete set of rules pertaining to the Handcycle Division.

Cycling conduct and specifications are consistent with IRONMAN® Competition Rules. Equipment must conform to all general rules for bicycles as it pertains to the IRONMAN® Competition Rules, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle, regardless of any secondary benefit.

Helmets must be approved by a national accredited testing authority and such authority must be recognized by World Triathlon and the relevant National Federation. Helmets must be worn during the entire wheelchair (bike) segment including in and out of the transition area. Any athlete riding without his or her chinstrap fastened will be disqualified.

RUN

Running conduct and specifications are consistent with IRONMAN® Competition Rules.

Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle portion. Standard racing chairs shall be used.

Helmets must be approved by a national accredited testing authority and such authority must be recognized by World Triathlon and the relevant National Federation. Helmets must be worn during the entire wheelchair (run) segment including in and out of the transition area. Any athlete riding without his or her chinstrap fastened will be disqualified.

Any Athletes that use a wheeled device on the run are required to have both a headlight and red flashing light attached to their racing chair during the entire segment. Athletes not complying will be removed from the course.

MANDATORY RACE BRIEFING FOR HANDCYCLE & PC/ID ATHLETES

All Physically Challenged, Intellectual Disability, and Handcycle athletes must attend the mandatory race briefing. Athletes will be notified of the race briefing time and location in a separate email. For a complete set of rules for the Physically Challenged/Intellectual Disability Open Division, please be sure to review pages 24–29 in the 2023 IRONMAN® Competition Rules: <https://www.ironman.com/competition-rules>

MOST COMMON RULE VIOLATIONS

Welcome to the VinFast IRONMAN World Championship in Kailua-Kona, Hawaii. As referees, it is our job to help ensure a safe and fair race. 2023 IRONMAN® Competition Rules apply except as indicated in the Athlete Guide.

Please take the time to read and understand the rules in the Athlete Guide and the 2023 IRONMAN® Competition Rules.

The POSITION violations are summarized as follows:

Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING penalty.

Keep six bike lengths of clear space between your bike's front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING penalty.

Always pass on the left of the cyclist in front of you; Never on the right to avoid an ILLEGAL PASS call. Complete your pass within 25 seconds to avoid a DRAFTING call.

If passed, drop back six bike lengths before attempting to re-pass to avoid an OVERTAKEN or DRAFTING penalty.

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 judgement calls, and there are no protests.

Other common violations include:

HELMET CHINSTRAP

Your chinstrap must be securely fastened whenever you are on your bike on race day.

RACE NUMBER

You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be properly attached to your bike and must be visible from both sides.

LITTERING

Do not throw ANYTHING outside of official aid stations. Blatant littering will result in a five minute penalty.

UNAUTHORIZED EQUIPMENT

Absolutely NO communication devices, cell phones or audio devices of any kind may be used in a distractive manner while competing.

OUTSIDE ASSISTANCE

Athletes may not provide any item of equipment to an athlete competing in the same race if it results in the donor athlete being unable to continue with his/her own race. Such equipment includes but is not restricted to: shoes, complete bicycle, frame, wheels, and helmet. The penalty for this will be disqualification of both athletes. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

Urinating in the changing tents, unless using the provided luas (bathrooms) will result in disqualification.

TIME PENALTIES

Remember that even though DRAFTING and LITTERING are the only violations that incurs a five minute time penalty, you must go to the closest penalty tent for all violations incurred on the bike course. There will be no penalty tents on the run. If you are penalized on the run, the official will enforce the penalty on the spot.

ANY VERBAL OR PHYSICAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN® WORLD CHAMPIONSHIP STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DQ.

Thank you for taking the time to review the rules. If you have any questions, please don't hesitate to ask one of the referees onsite. I hope you all have an amazing race day!



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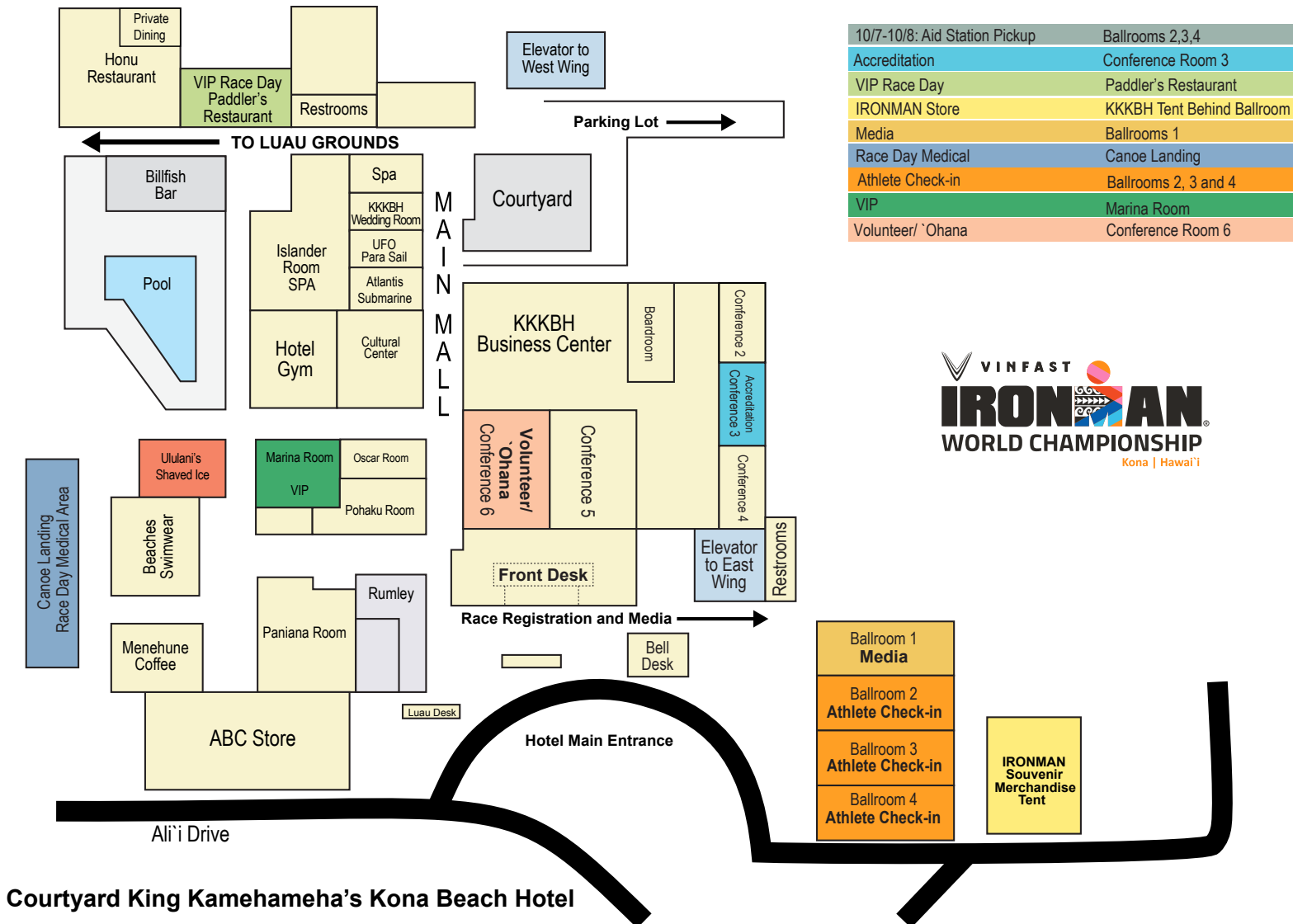


SPECTATOR GUIDE



map by matkindesign.com

VENUE LAYOUT



MEDICAL

Welcome to the 2023 VinFast IRONMAN® World Championship in Kailua-Kona, Hawai'i.

Your safety is our primary concern. Experienced IRONMAN® medical staff will be staffing the main medical facilities near the race start and finish as well as in the transition areas for T1 and T2. Mobile medical vans will be patrolling the entire land course.

The main medical tent is located in the pre and post-race area at the entrance to the Kailua Pier adjacent to the Courtyard King Kamehameha Kona Beach Resort, and is open only on race day from 6:00 AM until closing at 12:40 AM following the race conclusion. The medical tent as well as the official medical vans are considered part of the IRONMAN® course and may be visited for evaluation by a participating athlete without risk of disqualification. During events of extreme endurance the body's pain threshold may be raised. Please seek medical help if you have the slightest hint that you may need it. You will not be disqualified for receiving medical evaluation. You will be withdrawn from the race only if you require transportation, administration of intravenous fluids or certain other prescription medications, or, if in the opinion of examining medical personnel, continued participation could result in significant injury/illness. IRONMAN® medical volunteers will do all they can to keep you in the race and to ensure you finish the race safely.

If you spent the three months prior to the IRONMAN® World Championship in a cooler climate we suggest you spend at least a three-week acclimatization period in Kona before race day. Kona is hot, humid, and can be very windy. The chances of significant dehydration and/or electrolyte losses can be greatly reduced through proper acclimation.

Stay with your known and proven routines regarding training and equipment, especially in the days leading up to the race. This is also important in regards to dietary choices and medications. Hydration and adequate electrolyte intake, especially sodium intake, during training as well as competition is especially important in IRONMAN® races. Hyper hydration prior to the event is not recommended but you certainly should not begin the day in a dehydrated state. We encourage every athlete to participate in the pre-race weigh-in as you pass out of Bike Check-In. Please avail yourself of this service as your pre-race weight may impact your diagnosis and treatment if you require medical services upon completion of the race.

If you are taking any prescribed medications or have any medical conditions that may impact your health, performance or your treatment should you require medical intervention, it is your responsibility to notify race administration well in advance of race day. After your application has been processed, you must notify the Kona race office immediately, in writing, of any change in your medical status/conditions. Failure to do so may result in suspension or loss of eligibility to participate in future IRONMAN® events. Please understand: Full disclosure of medically relevant conditions, general health, and surgical procedures within the twelve months prior to race day is expected. Additional medical information may be necessary from your attending physician prior to acceptance into the IRONMAN® World Championship.

In all cases the final decision of medical clearance is at the discretion of the IRONMAN® Chief Physician and Medical Directors in consultation with the Race Director.

Athletes are solely responsible for your compliance with the Anti-Doping Rules and the WADA Prohibited List.

Please be aware that extended travel may increase the risk of Deep Vein Thrombosis (DVT). Hydrate well before and during flying, try to move about on a regular basis during travel, consider the use of compression socks to improve blood return from the legs. Symptoms of DVT may include leg swelling, calf pain or cramping. If leg swelling persists after your flight, if you have calf or leg pain unrelated to training or shortness of breath, please visit one of the Kona area hospitals for evaluation.

The great majority of medical visits are to the main medical tent near the finish line after the athlete has completed the race. Please do not leave the post-race area until you are reasonably certain you are ok and are able to drink without vomiting and stand without dizziness. The process of adjusting to relative inactivity after over 12 hours of racing may take a while and some degree of cramping and discomfort is normal and does not require medical intervention. Intravenous fluids are only provided to athletes admitted to the medical tent who present with a clear medical need for immediate fluid replacement.

Please note: the race is officially closed at 12:40 AM. The medical tent will be available to all registered competitors for evaluations up to 15 minutes after the last official finisher. After the medical tent closes, athletes requiring further medical attention will be referred to a local hospital.

While every effort is made to provide care on site, there are types of evaluation and care that can only be provided at one of the two community hospitals in West Hawai'i. In the event a major medical condition or trauma presents, patients may need referral to a hospital in Honolulu, 200 air miles from the Island of Hawai'i. On site medical services provided by event medical staff are provided free of charge; all medical expenses incurred outside the medical tent or official IRONMAN® medical vans are the sole responsibility of the athlete. USAT provides secondary coverage in qualified circumstances. Failure of the athlete to meet financial responsibility for care provided at local medical facilities may result in suspension from participation in future IRONMAN® events until accounts are settled.

MEDICAL (CONTINUED)

Please note that USAT provides secondary insurance coverage in qualified circumstances. The athlete excess medical coverage protects each participant for the day of the event at USAT-sanctioned races, camps and clinics. When athletes purchase a USAT annual license or one-day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in a USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage. All claimants will pay anywhere from \$250 USD (two-hundred and fifty U.S. dollars) to \$1,000 USD (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

- Athletes must file with their primary healthcare provider (i.e. UnitedHealthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.).
- Athlete completes a medical claim form.
- Athletes can contact the race director for the form or email eventservices@usatriathlon.org. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form.

For a copy of the claim form, please email eventservices@usatriathlon.org.

Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased a USA Triathlon annual license or one-day permit and were injured through participation in a USA Triathlon sanctioned event. Please email questions to eventservices@usatriathlon.org.

ANTI-DOPING

REMINDER: Athletes are responsible for personally knowing what constitutes a violation of the Anti-Doping Rules, including without limitation personally knowing what substances and methods are on the WADA Prohibited List ("Prohibited Substances"), and for monitoring and ensuring his/her own compliance with the Anti-Doping Rules and the IRONMAN® Competition Rules.

IRONMAN® may, for the purposes of enforcing the Anti-Doping Rules and with or without notice at any time or place, collect urine or blood samples (or any other biological specimens) from athletes. Athletes further acknowledge and consent that IRONMAN® has the right to require each athlete to provide his/her whereabouts at any time for purposes of collecting samples and, unless there is a compelling justification (as determined by Organizer in its sole discretion), evading, refusing, or failing to submit to any request for a sample constitutes a violation of the Anti-Doping Rules.

All Athletes intending to use a Prohibited Substance or a Prohibited Method for a legitimate medical reason must seek a Therapeutic Use Exemption ("TUE") from their National Anti-Doping Organization ("NADO") or Regional Anti-Doping Organization ("RADO"), as applicable, in accordance with the policies of those organizations. Certain medications, supplements, common beverages, and other "over-the-counter" or otherwise legal products may contain Prohibited Substances. Choosing supplements that have been screened for prohibited substances by an independent laboratory can significantly lower the risk of a positive test or adverse health effects. Learn more about supplements, prohibited substances and making informed decisions at www.IRONMAN.com/anti-doping. When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals and Anti-Doping Organizations.

Please refer to IRONMAN®'s Competition Rules and your 2023 World Championship Events Anti-Doping & Qualifying Slot Waiver for Age-Group Athletes for additional guidance and information.

MEDICAL AND HEALTH INFORMATION

Your safety is our primary concern. Medical resources will be available while you are out on course and the medical team will be staffing facilities in the post-race area.

- If you are not feeling well on race morning, we strongly advise that you do not start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.
- If you start to feel unwell at any point of the day, we urge you to seek help rather than continue. You will not be disqualified for receiving a medical evaluation.

DO NOT BE AFRAID TO ASK FOR HELP!

If at any time during the race you experience chest pain or discomfort, shortness of breath, or light-headedness (dizziness), please stop immediately and seek medical attention:

- During the swim raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling "help." You can also grab onto a kayak, paddle board or nearby boat.
- During the bike, if you are not at or near an aid station – STOP – let someone know you need help. Anyone can help - another athlete, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number for faster assistance.
- During the run, same as the bike. If you are not at or near an aid station – STOP – let someone know you need help. Anyone can help - another athlete, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number for faster assistance.

After you have finished the race, please do not leave the post-race area until you are reasonably certain you are ok and are able to drink without vomiting and stand without dizziness. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.

Medical services will be available through the end of the event. If you seek medical treatment or are admitted to the hospital after the conclusion of the event, due to privacy laws, we will not be notified unless you let us know directly.

MANAGE YOUR HEALTH AND SAFETY ON RACE DAY RACE HEALTHY, RACE SMART

BANQUETS & QUALIFYING FOR 2024

THE 2023 VINFAST IRONMAN® WORLD CHAMPIONSHIP E KOMO MAI (WELCOME) BANQUET & THE BANQUET OF CHAMPIONS

Each athlete who completes the Athlete Check-in process in Kona will receive an athlete wristband that allows him/her free entry into the 2023 VinFast IRONMAN® World Championship E Komo Mai (Welcome) Banquet and the Banquet of Champions. Please do not remove the wristband prior to the functions or you will be denied entry.

Additional details regarding Banquet Tickets are available on our event website:

ironman.com/im-world-championship-2023

We recommend purchasing tickets early, as the banquets do sell out. During race week, you may pick up pre-purchased tickets at the IRONMAN® Ohana Information Center, located in Courtyard King Kamehameha's Kona Beach Resort Conference Room 6. A limited amount of tickets will also be available for purchase during race week. Athletes will be admitted to the banquets with their athlete wristband. Cut bands will not be accepted at the gate.



Photo credit: FinisherPix



QUALIFYING FOR 2024

Age group champions and Handcycle champions will automatically qualify for the 2024 VinFast IRONMAN® World Championship in Nice, France to be held on September 22, 2024.

Athletes who qualify for the VinFast IRONMAN® World Championship will receive an official IRONMAN® World Championship Coin. This memento will serve to mark and signify qualifying IRONMAN® athletes accomplishment. We applaud these individual's on their hard work and dedication as they celebrate their journey to the VinFast IRONMAN® World Championship.



For 2023 VinFast IRONMAN® World Championship Results, please visit:

www.ironman.com/im-world-championship-2023-results

KONA FACTS

Average Rainfall for October:

Hawi: 4.36 inches

Kailua: 1.20 inches

Average Water Temperature for October:

79.3-80.6°F-26-27.3°C

Depth of Water: Over half the swim course is approximately 20 feet deep. Some depths can reach up to 90 feet.

Temperature for October:

Average High: 85°F/29°C

Average Low: 72°F/22°C

Temperature can exceed 100°F

Average Humidity Pattern:

High: 85 percent during coolest part of day (evening)

Low: 40 percent during warmest part of day (afternoon)

October 14, 2023

Moon Phase:

New Moon

Tides:

9:49 a.m. Low Tide

3:19 p.m. High Tide

Sunrise: 6:18 a.m.

Sunset: 6:01 p.m.



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- 2" DISC OF TRIATHLON SYMBOL • LAMINATED REPLICA OF YOUR BIB #

This Bib Frame would normally cost \$185, but is currently available for

\$159
Only (+S/H)



3 OPENING BIB FRAME

Beautifully display your finisher's medal in a customized commemorative **THREE OPENING BIB FRAME** and document forever your participation in this very special event!

Includes

- EVENT LOGO PLATE, ENGRAVED PLATE WITH NAME & SPLIT TIMES
- ADDITIONAL FINISHER'S MEDAL • 3 5" X 7" MAT OPENINGS (COURSE MAPS INCLUDED)
- 2" DISC OF TRIATHLON SYMBOL • LAMINATED REPLICA OF YOUR BIB #

This Bib Frame would normally cost \$215, but is currently available for

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The logo for Active.com, featuring the word "ACTIVE" in a bold, sans-serif font with a stylized yellow and orange swoosh above the "A".

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