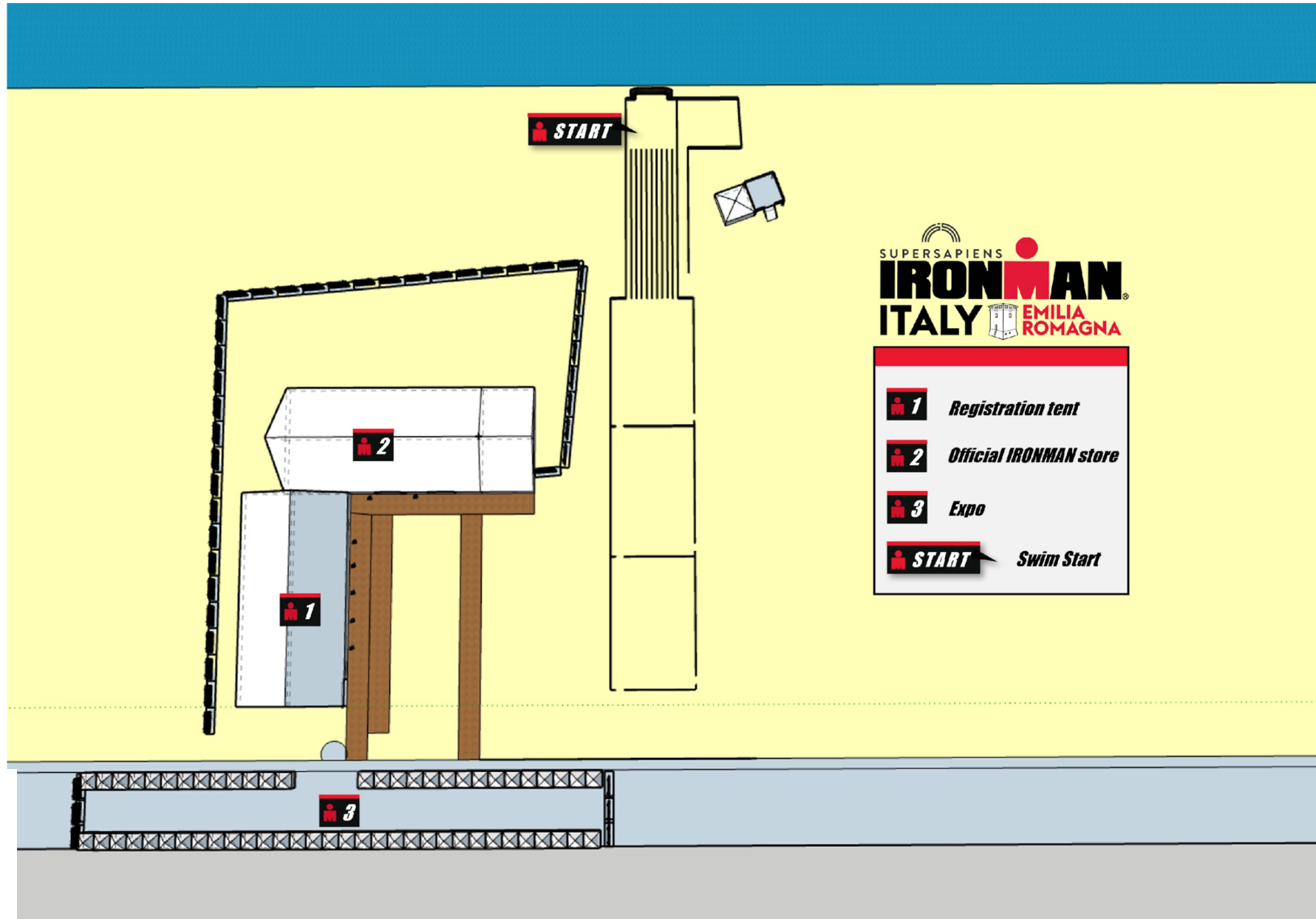


Welcome to

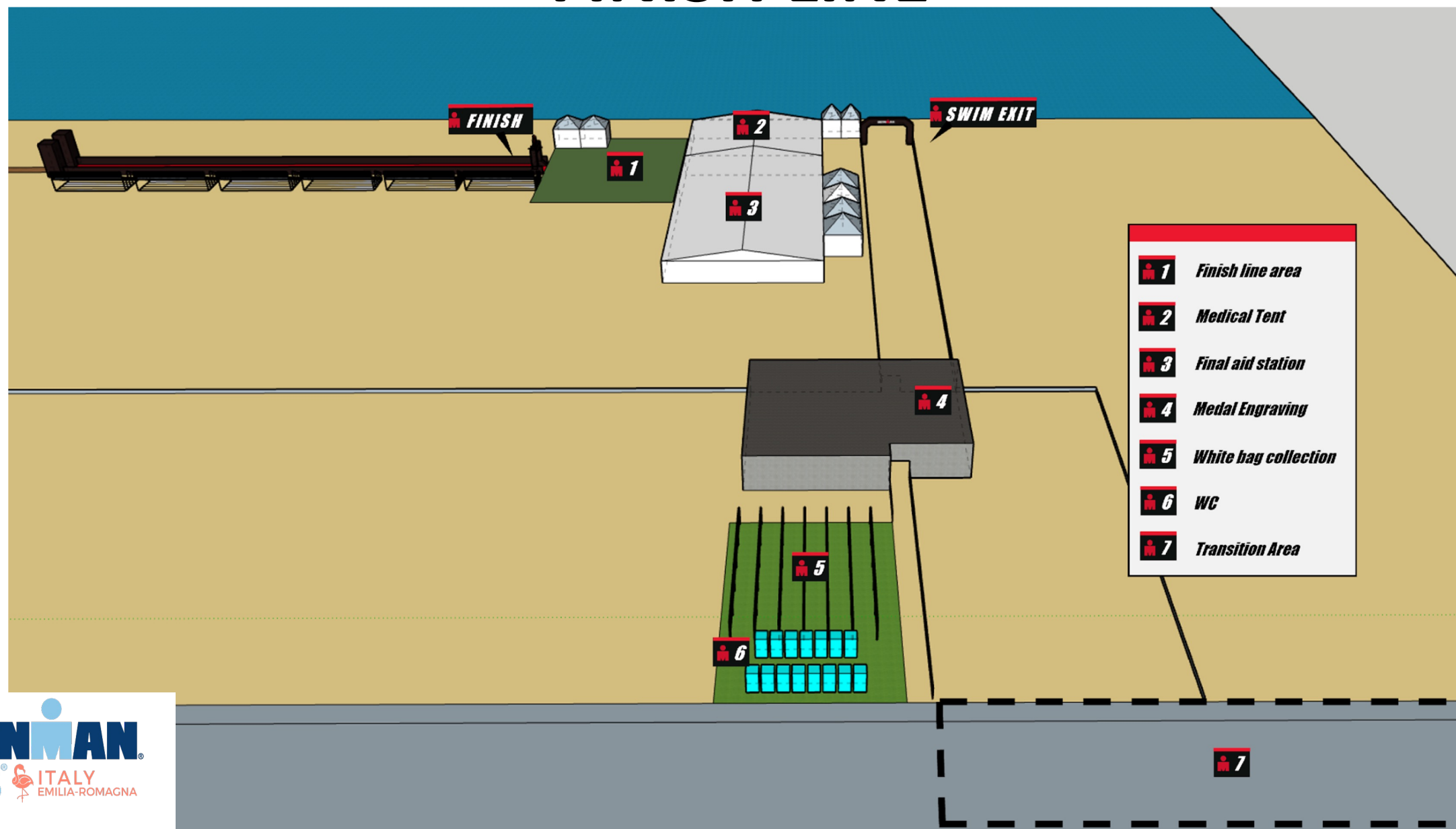
IRONMAN[®]
70.3[®]  **ITALY**
EMILIA-ROMAGNA

ATHLETE BRIEFING

START



FINISH LINE

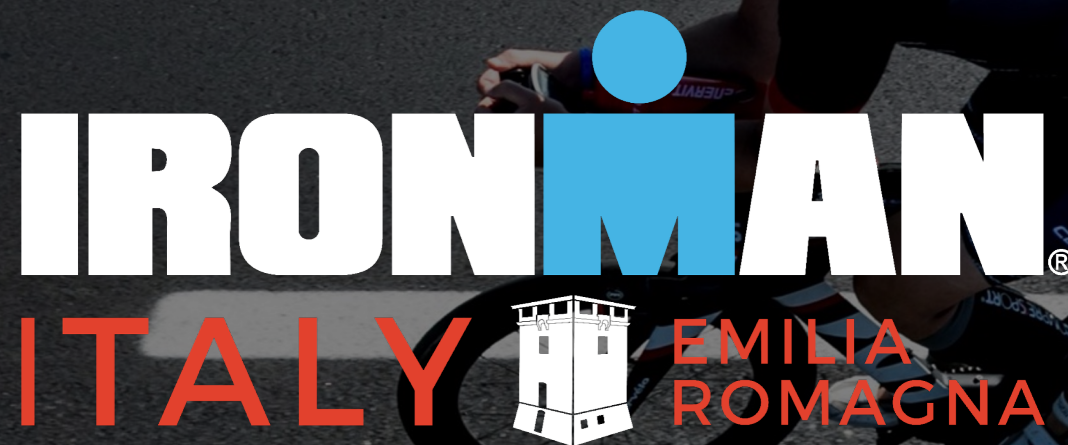


SCHEDULE

SATURDAY 16 September 2023			
FRO M	TO	ACTIVITIES	LOCATION
09:00	15:00	Registration 70.3 Italy Emilia Romagna & 5150 Cervia Triathlon	Lungomare Grazia Deledda (Free Beach)
09:00	19:00	IRONMAN Merchandising Store & Expo	Lungomare Grazia Deledda (Free Beach)

SCHEDULE

SUNDAY 17 September 2023			
FROM	TO	ACTIVITIES	LOCATION
06:00		Athletes' Garden; Drop off White bag 70.3	Fantini Club
06:00	11:30	Bike Check In IRONMAN 70.3 Italy Emilia Romagna & 5i50 Triathlon Cervia	Transition Area (Lungomare Grazia Deledda)
10:00	17:00	IRONMAN Merchandising Store & Expo	Lungomare Grazia Deledda (Free Beach)
12:00		AGE GROUP START – 6 athletes every 8"	Lungomare Grazia Deledda (Free Beach)
12:50		IRONMAN 70.3 RELAY START	Lungomare Grazia Deledda (Free Beach)
13:30		5i50 Triathlon Cervia START	Lungomare Grazia Deledda (Free Beach)
17:30		Cut Off 5150 Triathlon Cervia - 4 ore	
18:30	21:00	Bike Check out	
20:50		IRONMAN 70.3 Race finish	Finish line Area (Club Fantini Beach)
21:00		IRONMAN 70.3 & 5150 Awards Ceremony & Slot Allocation	Magazzini del Sale (V.le Nazario Sauro, 48015 Cervia RA)



BIKE CHECK IN

CHECK-IN

IMPORTANT!

Athlete wristband will identify you as an official athlete and must be worn all the time until bike check-out.

Check-in:

Sunday from 06:00 to 11:30

Transition Area:

Lungomare Grazia Deledda - Cervia

Check in bike entry :

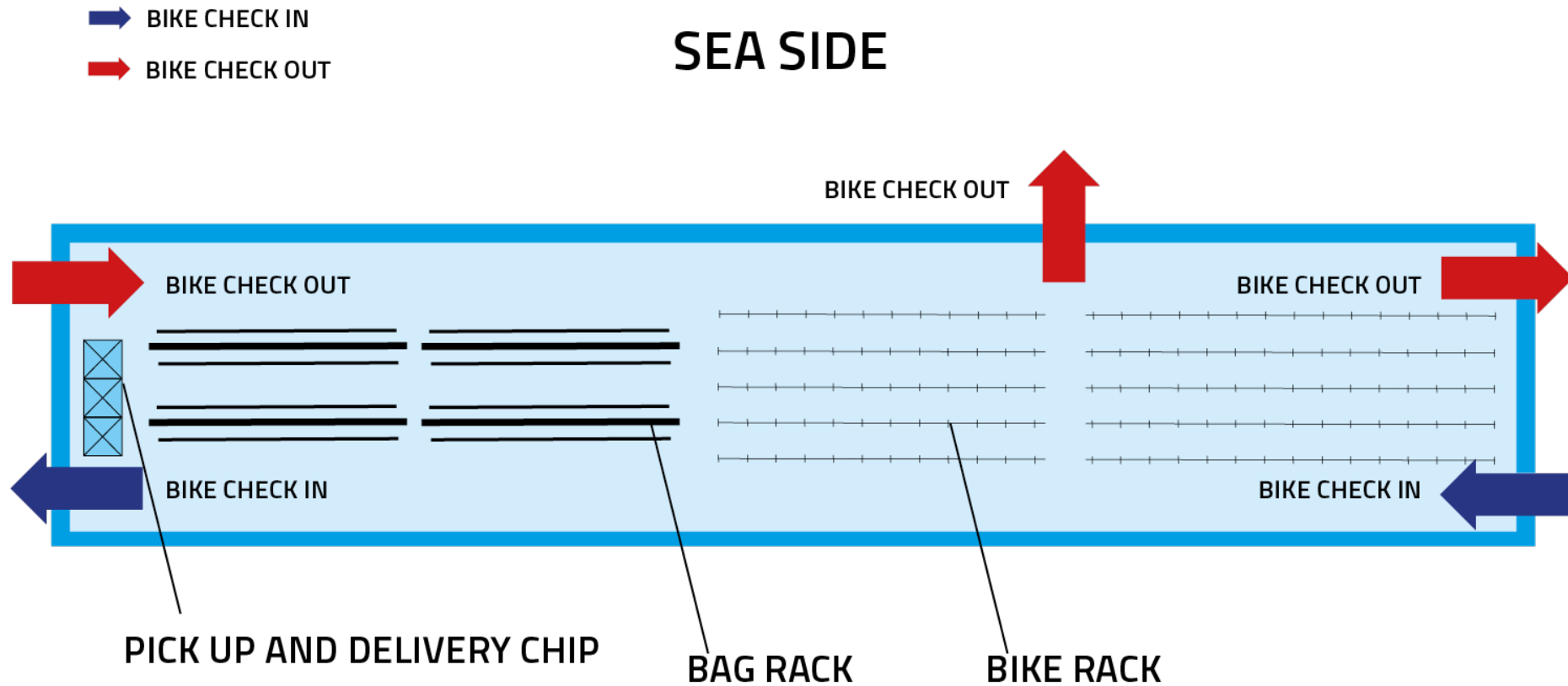
Pinarella side (south)

Viale E. De Amicis

Check in bike exit :

Milano Marittima/ Bagni Fantini side
(north)

CHECK-IN



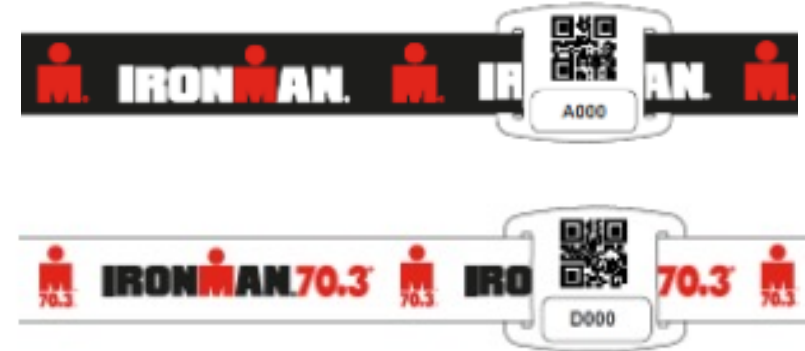
WRISTBANDS AND CHIPS



DELIVERY : Sunday at the EXIT of the CHECK-IN at Transition

RETURN : Sunday at the ENTRANCE of the CHECK-OUT in Transition

***IT IS RECOMMENDED TO WEAR
IT ON YOUR LEFT ANKLE***



IMPORTANT!!!

This bracelet will be handed out when collecting the athlete's pack at registration and will be used as the athlete's identification, it must be worn at all times. **Attention: It is NOT the timing chip.**

CHIP REPLACEMENT PROCEDURE

If during the race we detect that your chip is not working, we will leave you a replacement chip in transition.

You will find the new chip clipped around your transition bag.

- If it fails in the swim, we will leave the chip in the **BLUE BAG**.
- If it fails on the bike, we will leave the chip in the **RED BAG**.

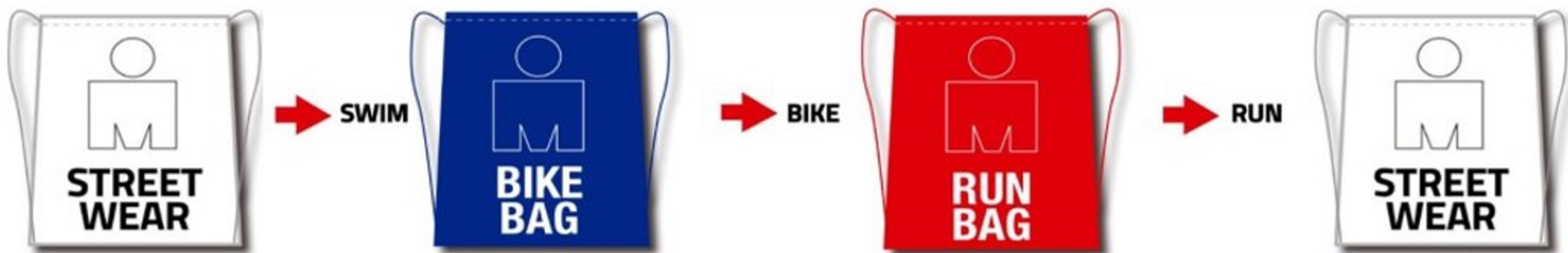


BIB REVERSE

<p>Name, Vorname: nom, prénom: last name, first name:</p> <p>Strasse: rue:</p> <p>street:</p> <p>PLZ / Ort: npo / lieu:</p> <p>zip code / city:</p> <p>Land: pays:</p> <p>country:</p> <p>Geburtsdatum: date de naissance:</p> <p>date of birth:</p>	<p>WICHTIGE MEDIZINISCHE INFORMATIONEN INFORMATIONS MEDICALES IMPORTANTS IMPORTANT MEDICAL INFORMATION</p> <p>Im Notfall bitte verständigen En cas d'accident prévenir In case of emergency contact</p> <p>Name / nom / name: _____</p> <p>Telefon / Téléphone / phone: _____</p> <p>Muttersprache des Sportlers: Langue maternelle de l'athlète: Primary language of athlete: _____</p> <p>Unfallversicherung: Assurance-accident: Accident insurance: _____</p> <p>Momentane Krankheiten, Allergien oder medizinische Behandlungen: Maladies, allergies ou traitements médicaux actuels: Any present illnesses, allergies or medications:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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IMPORTANT!
MEDICAL AND
EMERGENCY
CONTACT
INFORMATION
(NOT YOUR PHONE)

TRANSITION BAGS



ATHLETE
GARDEN
SUNDAY

CHECK-IN
BIKE PARK
SUNDAY

CHECK-IN
BIKE PARK
SUNDAY

ATHLETE
GARDEN
SUNDAY

PLEASE MAKE SURE THAT ALL YOUR BAGS ARE IDENTIFIED WITH YOUR BIB NUMBER

BLUE BAG - BIKE

YOU MUST HANG THIS BAG DURING BIKE CHECK-IN

- Helmet
- Glasses
- Socks
- Bike Shoes
- BIB Number (**compulsory during bike course**)
- Nutrition products

NOTE:

- Swim gear and wetsuit must be put inside your BLUE BAG after the swim.
- Bike shoes can be clipped on to your bike pedals.– **NOT RECOMMENDED UNLESS YOU ARE USED TO IT**
- Transition Bags will be collected during **CHECK OUT**.



RED BAG - RUN

YOU MUST HANG THIS BAG DURING BIKE CHECK-IN

- BIB Number
- Running Shoes
- Socks
- Glasses
- Hat
- Nutrition products

NOTE:

- Bike gear, including helmet and shoes (unless they are clipped on your pedals) must be put in the RED BAG after bike course.
- Transition Bags will be collected during **CHECK-OUT**.



WHITE BAG - STREET WEAR

TO DROP AT ATHLETE GARDEN FROM 05:00 AM TO 07:00 AM ON RACE DAY

- Warm/dry clothes for post-race
- There won't be showers

It can be picked-up at the end of the race direct the athlete garden.



Note : personal pumps cannot be left in bags

The organization will provide pumps in T1

BAGS CHECK IN

Hang your bags according to your race number

- **RED BAG** top hook
- **BLU BAG** bottom hook

All athletes are responsible for **packing & re-hanging bags during Transition.**



MAKE SURE ALL BAGS

HAVE YOUR RACE NUMBER

SERVICES

- Lost & Found items at the Info Point
-

- Bike mechanical assistance will be available at the first and second Aid Stations
 - Essential spare parts kits will be available at the Aid Stations
-

- White bags (street wear before and after race)

This service will be available on race day at Athlete Garden

SERVICES

Hyperice is proud to be the official recovery partner of IRONMAN. You can immediately start the recovery process by visiting the **Hyperice Recovery Zone** located beyond the finish line.

This area will be an essential part of your race day. You'll have access to **Hypervolts**: a percussion massage gun that relieves tension and stiffness, and aids recovery.



2022 OFFICIAL RECOVERY TECHNOLOGY





IRONMAN®

70.3®



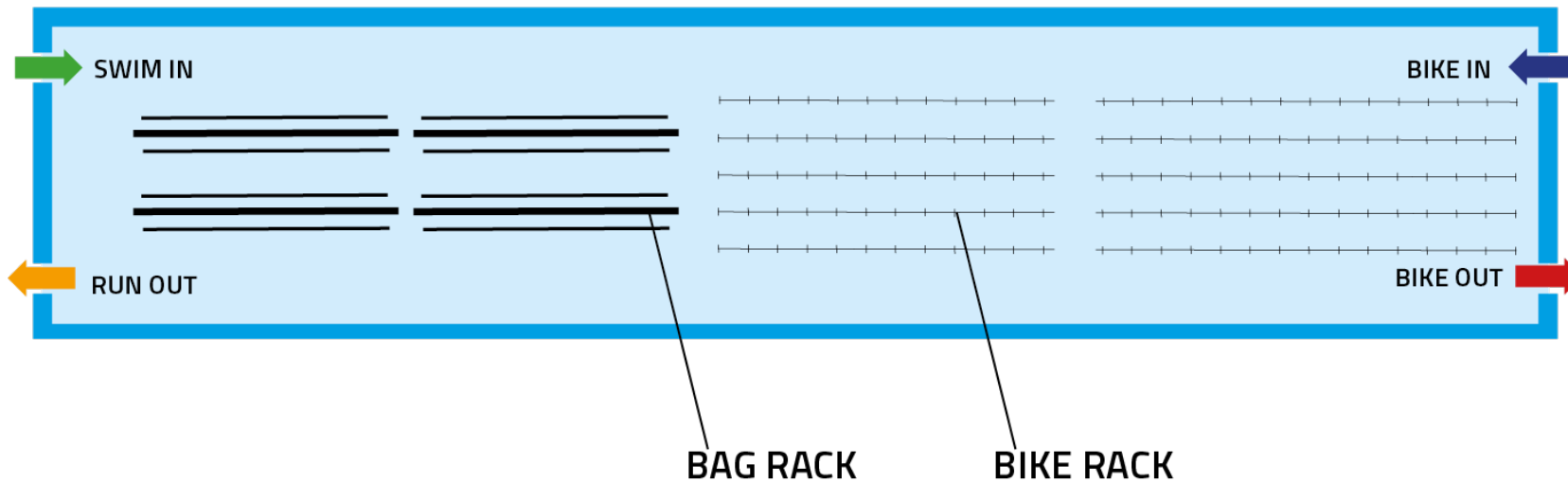
ITALY
EMILIA-ROMAGNA

TRANSITION

TRANSITION

- SWIM IN
- BIKE IN
- BIKE OUT
- RUN OUT

SEA SIDE



TRANSITION

Rack your bike by the seat
in the position marked with your bib number



PRE-RACE CHECKS

- Bike condition check
- Helmet check
- Race number sticker: Front
- Inside/outside condition
- Chinstrap lock
- Race Number check
- Transition bags check
- Swim cap check
- ID control and timing chip delivery

The helmet must be left in the **BLUE BAG** in transition

It's **NOT** allowed to swim with socks or compression socks.

CHECK-IN STEP BY STEP

CHIP WILL BE
HANDED TO
THE ATHLETES

HANG THE
BAGS
ACCORDING TO
RACE NUMBER

RACK THE BIKE

BIB NUMBER
AND
EQUIPMENT
CHECK

BIKE CHECK

A group of triathletes in wetsuits and swim caps standing at the starting line of an Ironman 70.3 triathlon race. The background shows a red and black tent structure.

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ITALY
EMILIA-ROMAGNA

COURSES



IRONMAN[®]

70.3[®]

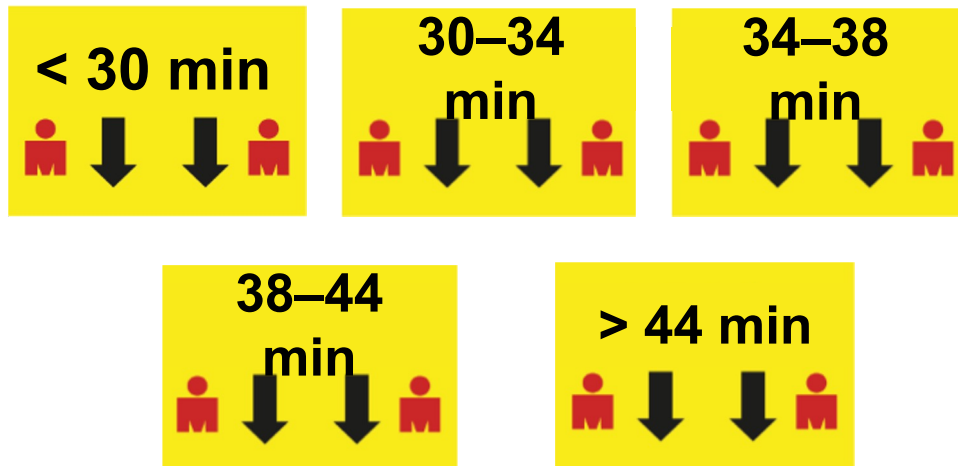


ITALY
EMILIA-ROMAGNA

SWIM

SWIM START PROTOCOL

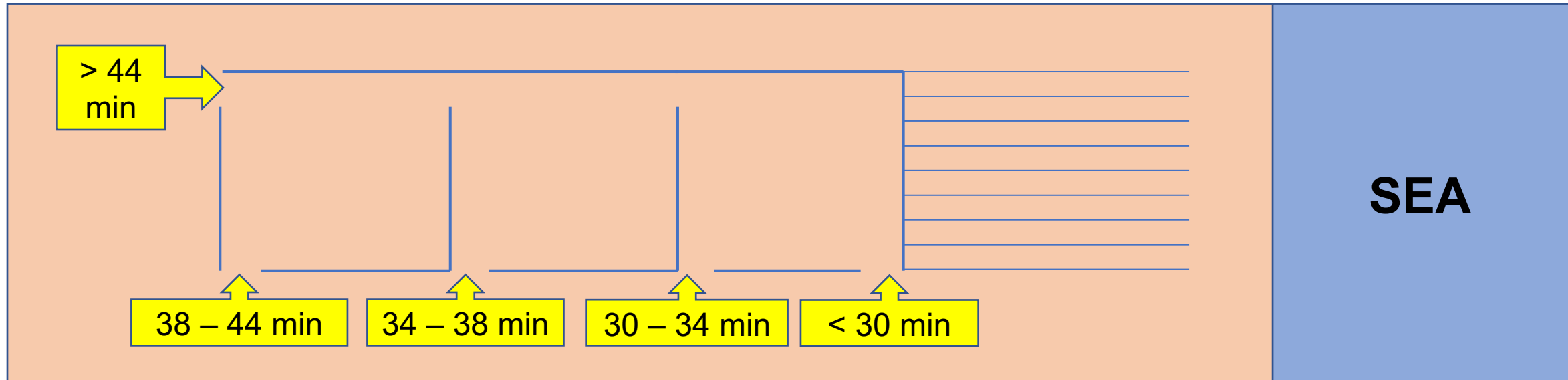
- Rolling start system: 6 athletes every 8 seconds
- At 12:00 Age Group start
- Last athlete at 12:50 approx
- The individual timing of each athlete will start when the chip cross the timing mat



LOOK FOR THE SIGNS WITH THE TIME YOU THINK YOU WILL TAKE TO FINISH THE SWIM AND ENTER THE ACCORDING STARTING GRID.

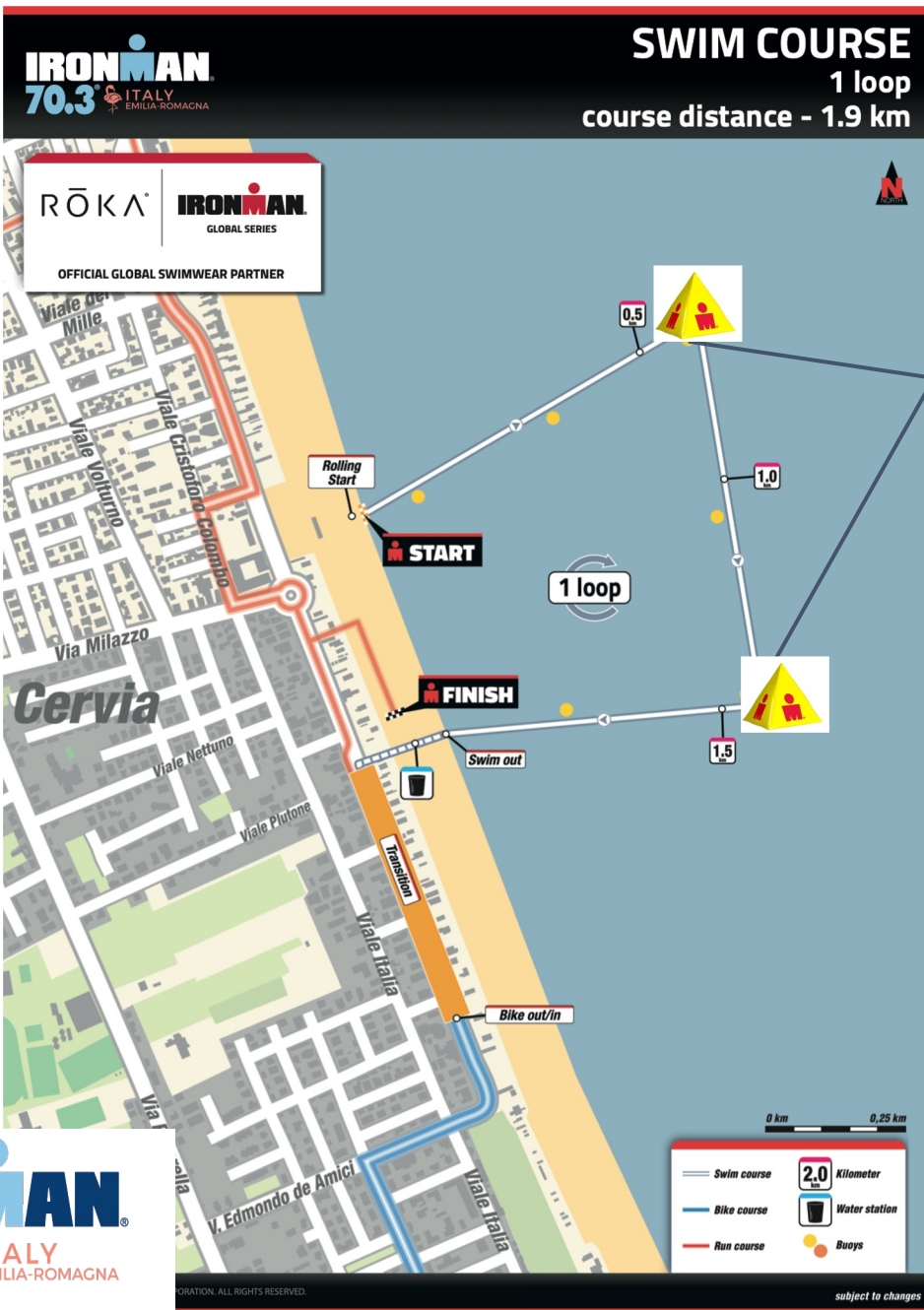
SWIM COURSE

70.3 rolling start end	Age Group Athletes	Green Swim Cup
12:00 – 12:50	Relay Athletes	Pink Neon Swim Cup



IT IS POSSIBLE TO ACCESS THE STARTING AREA FOR WARMING UP
BUT IT IS MANDATORY TO GET OUT OF THE WATER BEFORE 11:30

Athletes must be in the swim-in area 25 minutes before their respective start times



SWIM COURSE

- The course is one lap of 1,900m



- Keep the 2 turning buoys on your right
- Directional buoys perpendicular to the coast will be orange those parallel yellow

SWIM COURSE

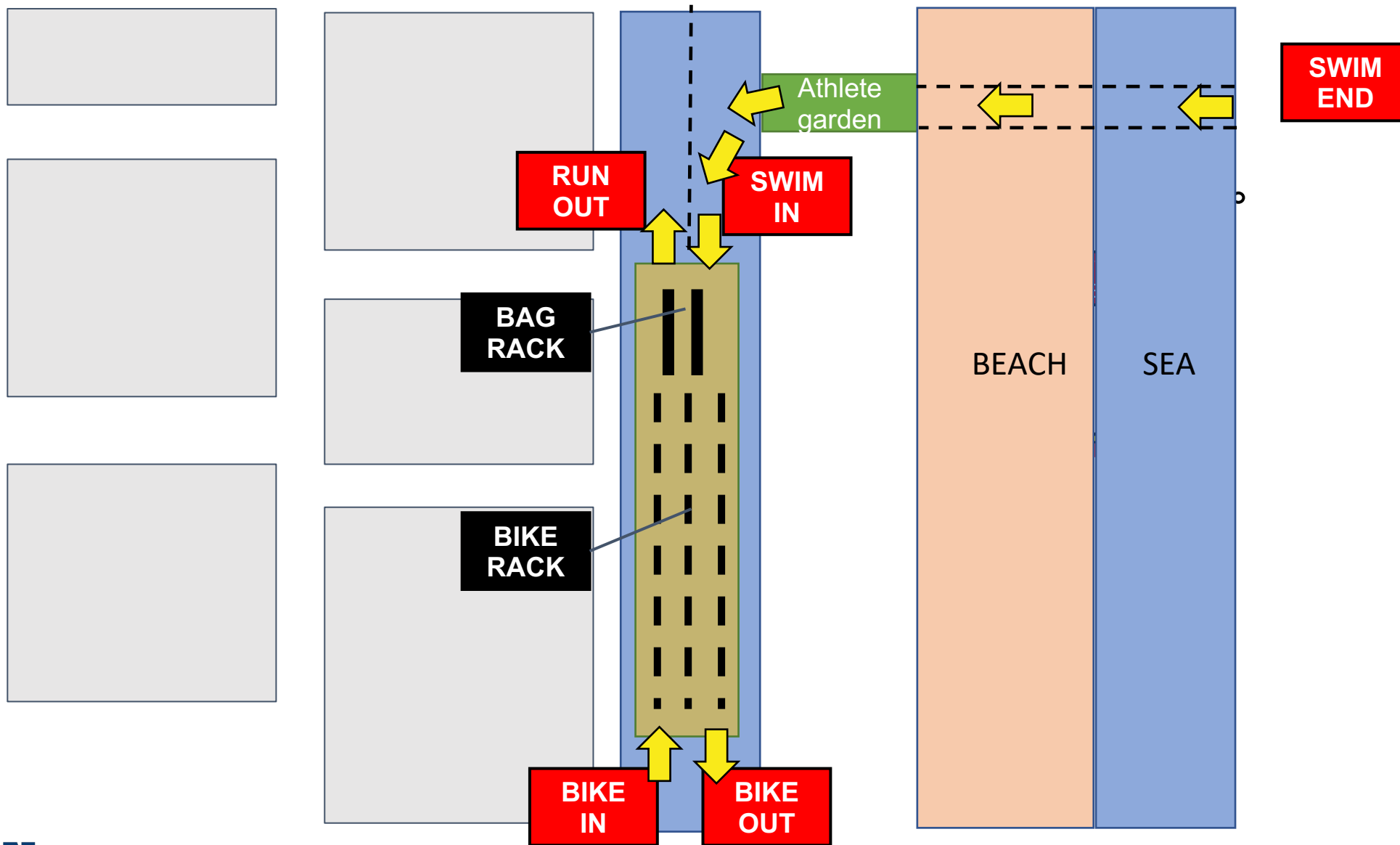
Athletes must reach the end of the swimming segment following the **official course**.

All athletes must **cross the timing chip mat** as they exit the water.

If you decide to stop swimming YOU MUST:

Let the **medical staff, organization staff or race officials** IMMEDIATELY know

Otherwise the **emergency services will be activated** and
the athlete will be **responsible for the extraordinary expenses incurred**.





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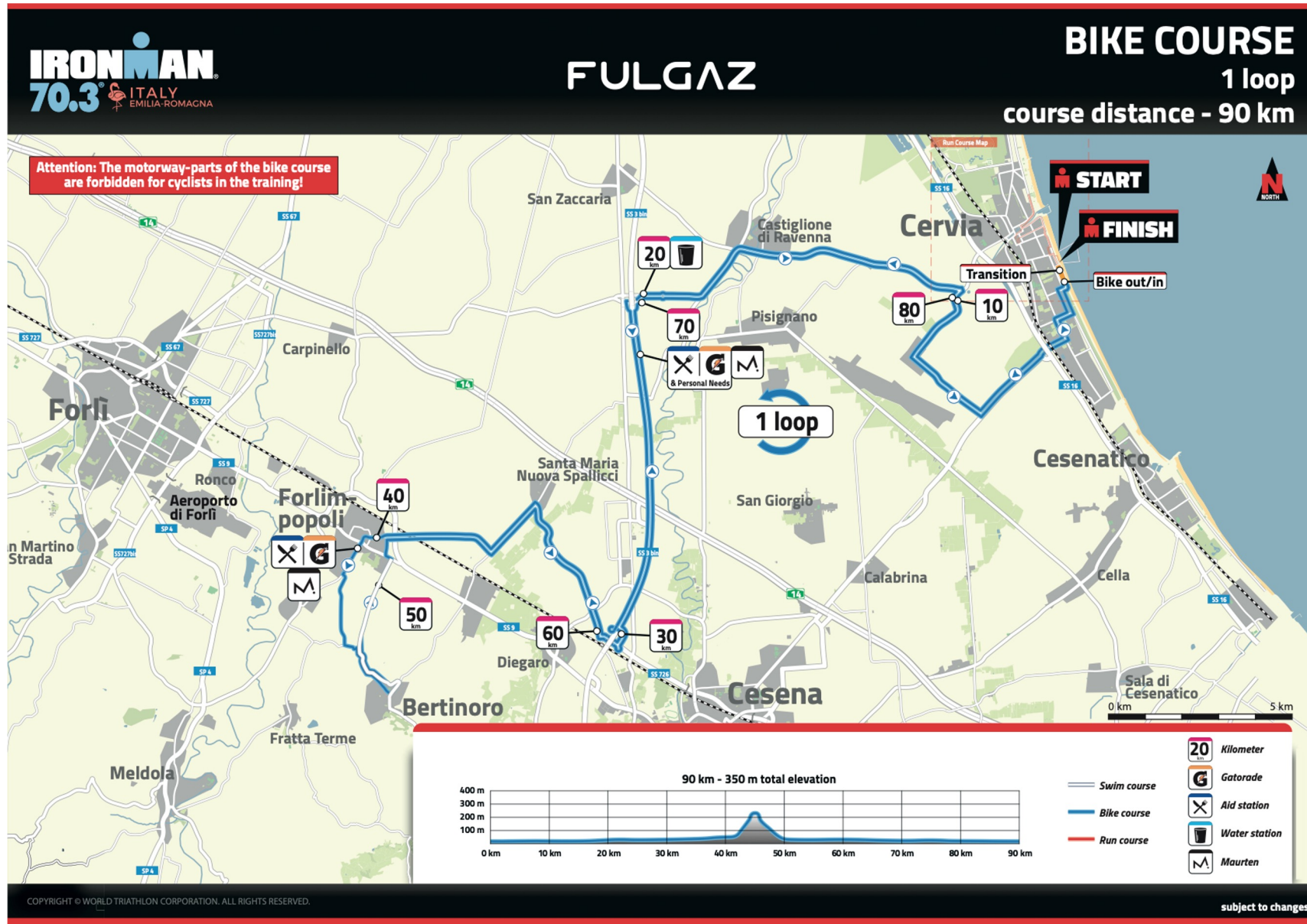


ITALY
EMILIA-ROMAGNA

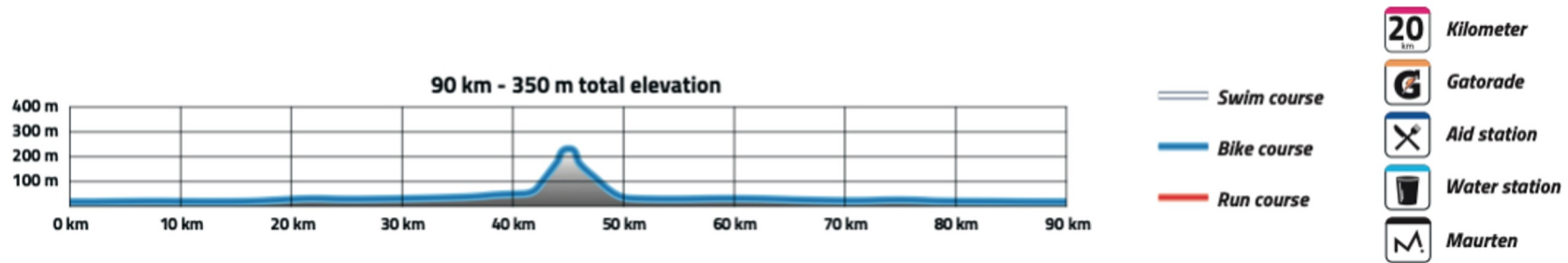
BIKE COURSE

BIKE COURSE

1 lap x 90 km
2 Aid Stations
1 Water station



ELEVATION PROFILE



AID STATIONS

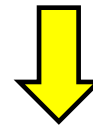
	LAP 1
WATER STATION	21.5 km
AID STATION 1	40.5 km
AID STATION 2	69 km



LITTERING AREA



NOT INTENTIONAL

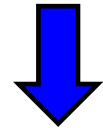


YELLOW
CARD

(Stop 30s-60s)



INTENTIONAL



BLUE
CARD

(Stop 5min)

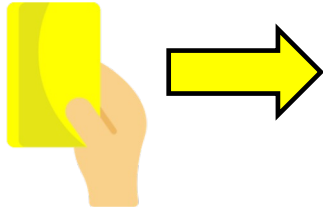
MAIN RULES

BIB NUMBER IS MANDATORY DURING BIKE COURSE

BIB NUMBER IS MANDATORY DURING RUN COURSE

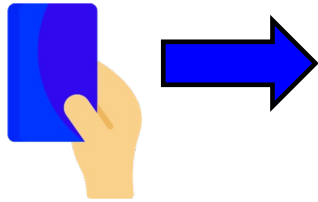
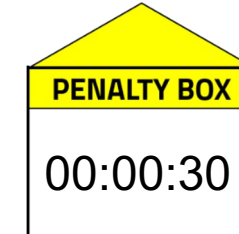
NO BIB NUMBER DURING BIKE OR ON COURSE = DISQUALIFICATION

MAIN RULES



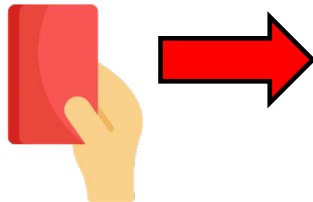
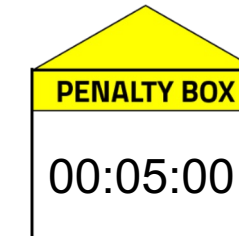
**YELLOW
CARD**

 **STOP 1M**



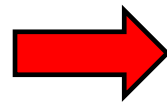
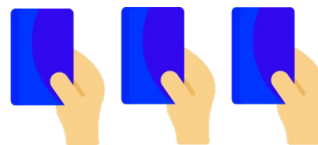
**BLUE
CARD**

 **STOP 5 MIN**



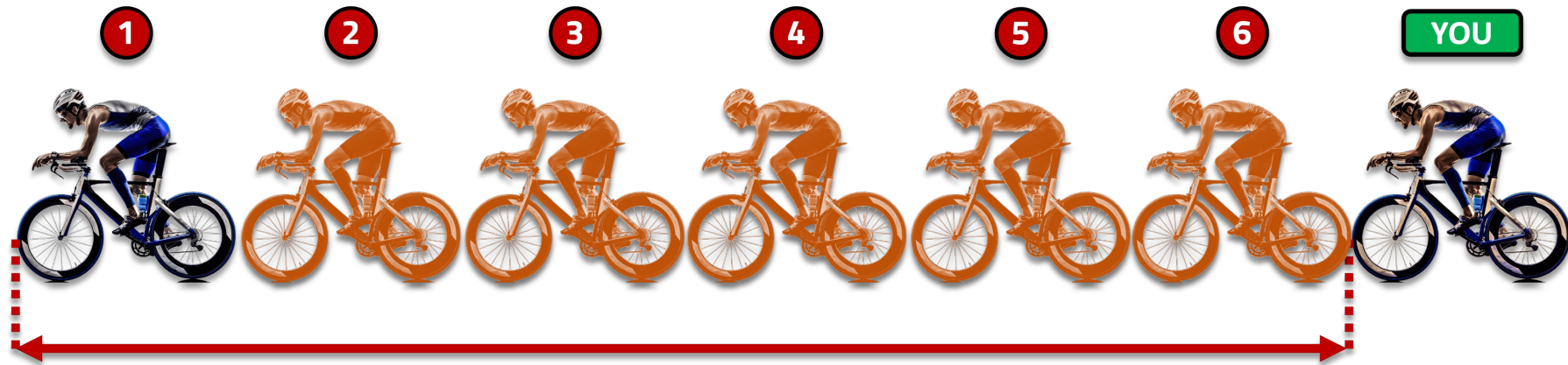
**RED
CARD**

 **DSQ**  **DISQUALIFICATION**



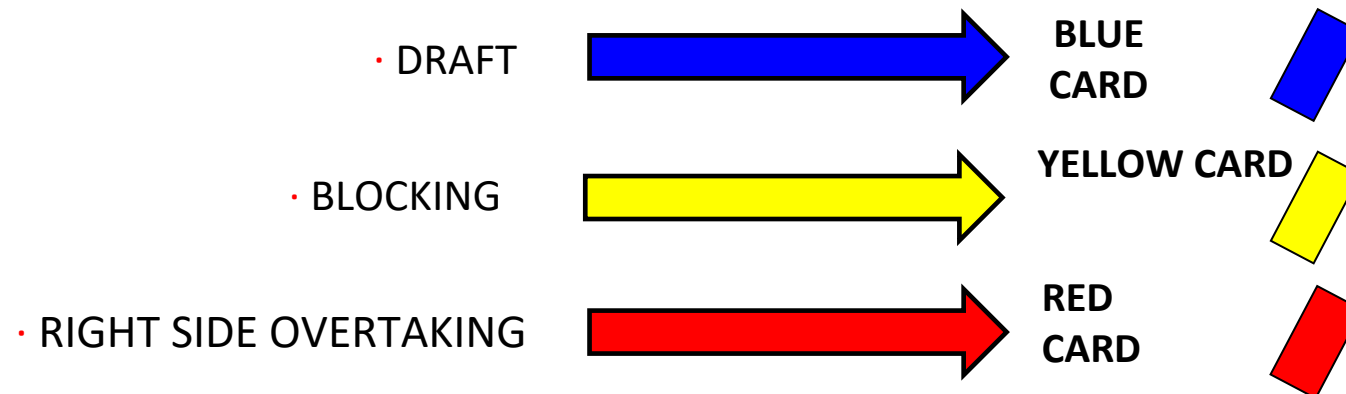
3 BLUE CARDS EQUAL A RED CARD

DRAFTING RULES



12 meters = 6 bikes "front wheel to front wheel"

The minimum distance between the bikes is 12 m: from the front wheel of the bike in front of you to the front wheel of the bike at your back



THE DRAFTING RULES WILL NOT BE APPLIED WHEN THE ROAD GOES DOWHILL

ADDITIONAL RULES

- It is not allowed to bike in the opposite direction = DISQUALIFICATION
- Bib number **must** be worn during bike course.
- The absence of the bib number entails DISQUALIFICATION
- The stop due to a penalty must be done at the **Penalty Tent**.
- It is not allowed to use headphones or any similar device
- It is forbidden to help another athlete during the race giving essential items that wouldn't allow both athletes to continue.



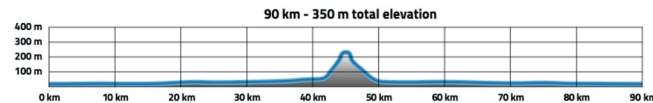
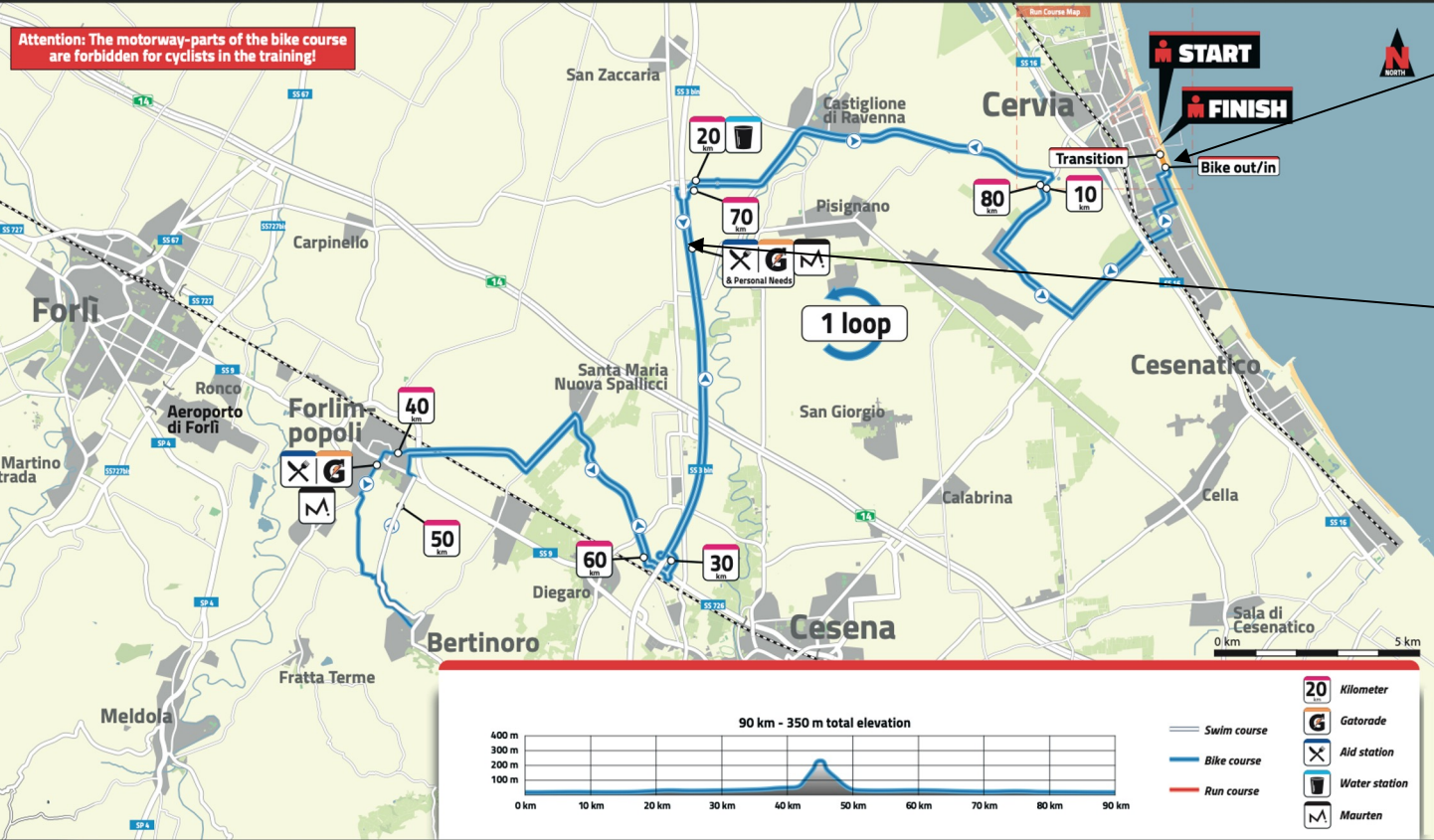
PENALTY BOX



FULGAZ

BIKE COURSE
1 loop
course distance - 90 km

Attention: The motorway-parts of the bike course are forbidden for cyclists in the training!



- At the end of the bike course, in T2
- At Aid Station 3 E45

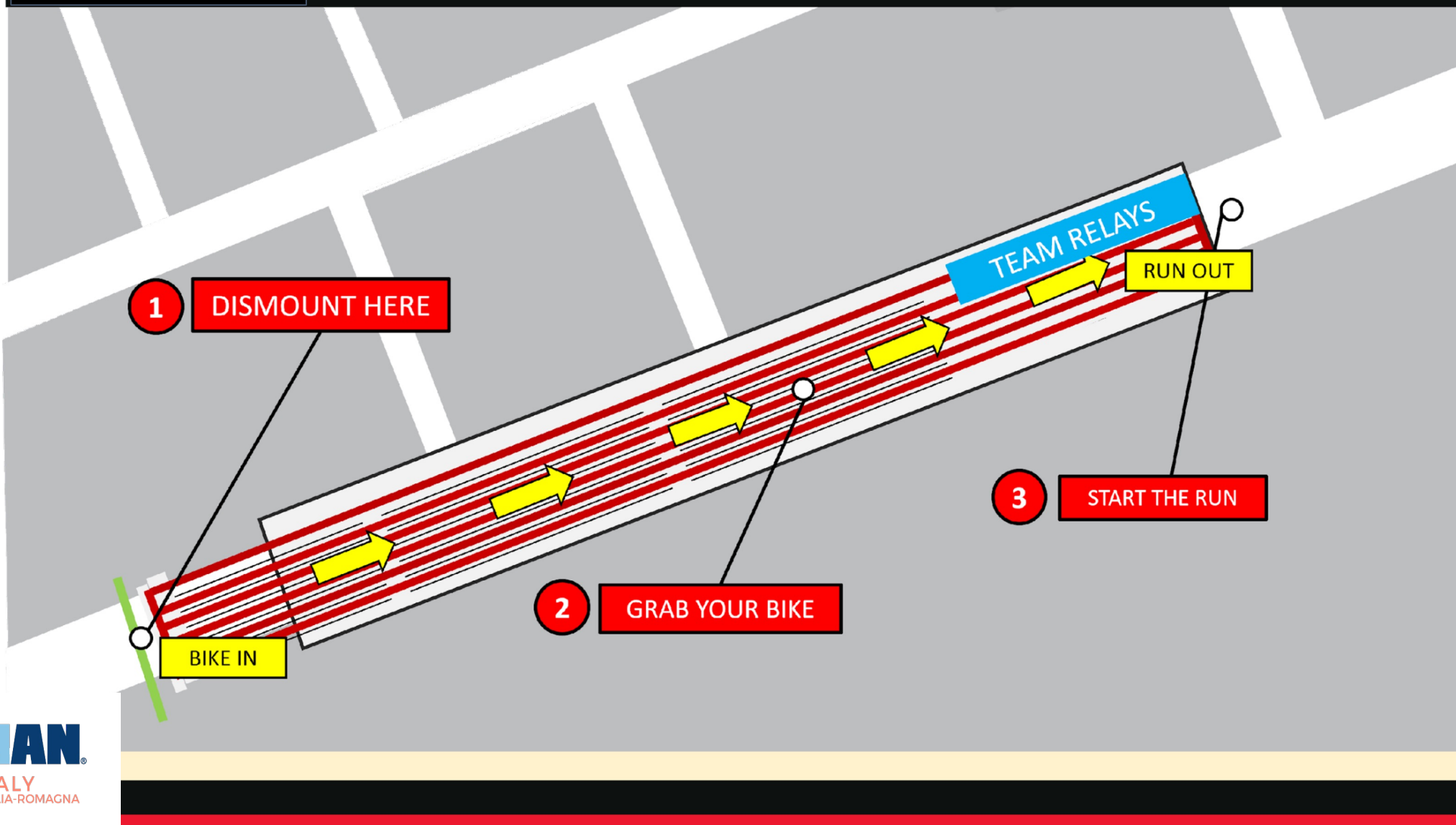


MECHANICAL ASSISTANCE

All athletes must be self-sufficient and able to repair minor problems on their own. Mechanical assistance will be an extra support provided at Aid Station 2 Forlimpopoli and 3 E45.

**MECHANICAL ASSISTANCE and spare parts
available ad Aid Stations**

	LAP 1
AID STATIONS 2	40 km
AID STATIONS 3	70 km





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RUN COURSE

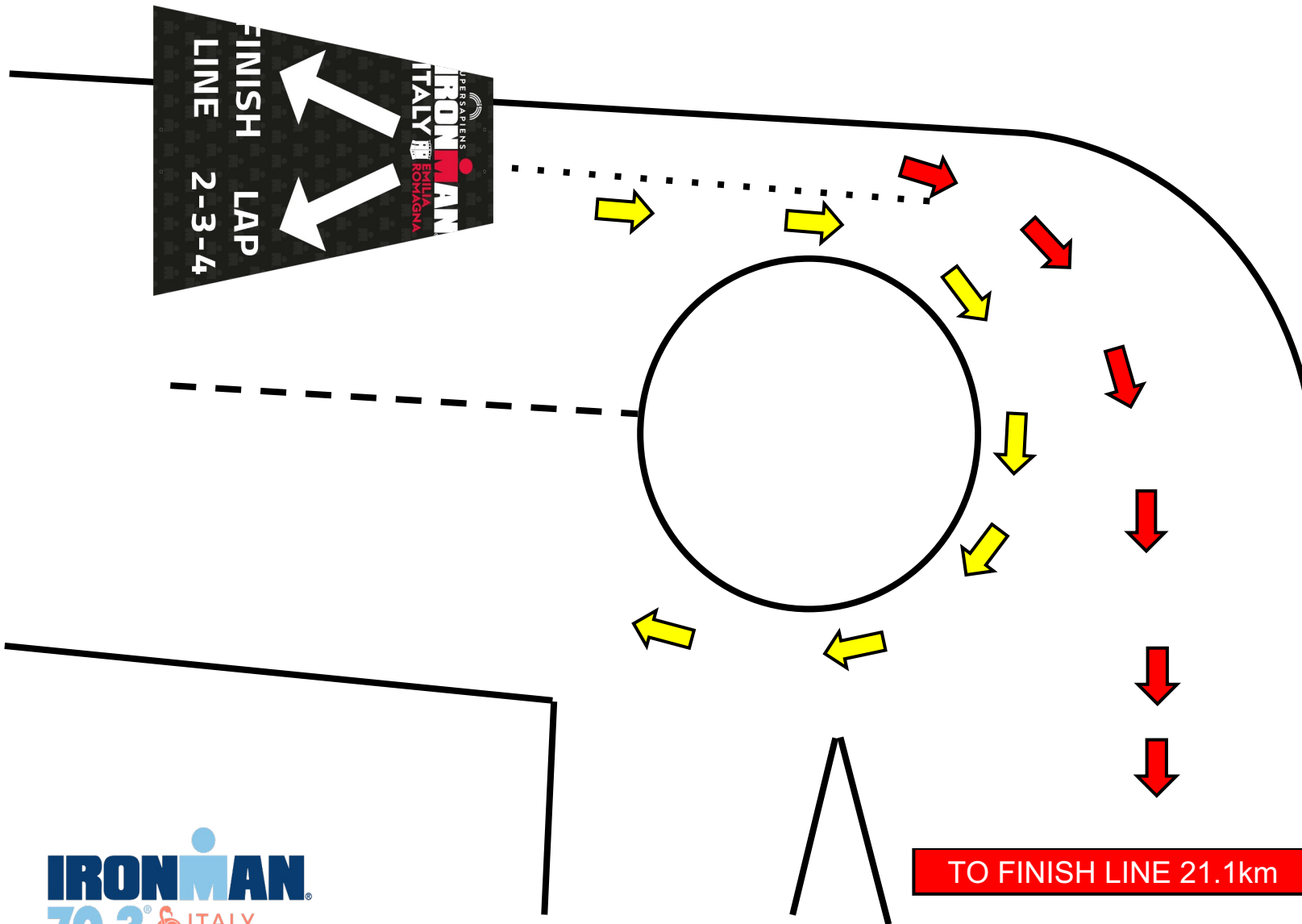


RUN COURSE

3 laps x 7 km
9 Aid Stations
3 Water Stations



LAPS VS FINISH LINE



**IRONMAN
70.3 ITALY
EMILIA ROMAGNA**

3 LAPS

**7 km
each lap**

AID STATIONS - RUN COURSE

	LAP 1	LAP 2	LAP 3
WATER STATION	0.7 km	7.45 km	14.2 km
AID STATION 1	1.8 km	8.55 km	15.3 km
AID STATION 2	3.9 km	10.65 km	17.4 km
AID STATION 3	5.8 km	12.55 km	19.3 km



LITTERING AREAS



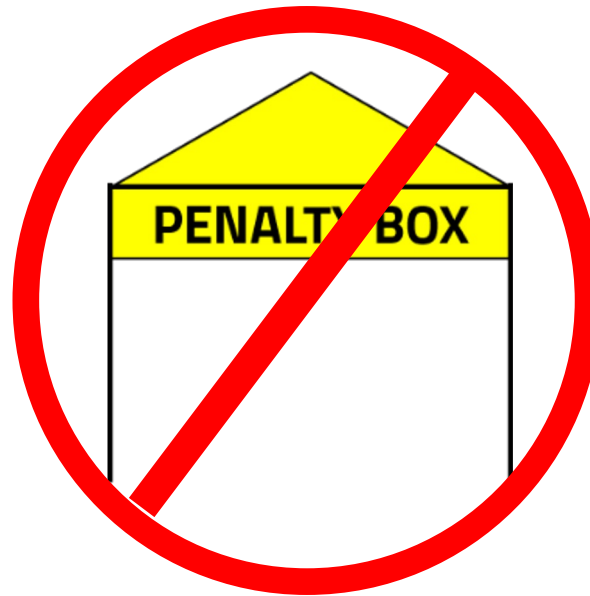
RUN PENALTIES

- Taking a short cut
- Do not wear the bib
- Throw litter outside the designed areas
- Cross the finish line accompanied by friends or family
- Urinate in public
- External assistance
- Be followed and accompanied
- Pace another athlete

Coaches must stay outside the course



RUN PENALTIES



**THERE WON'T BE PENALTY BOXES
ON THE RUN COURSE.
YOU WILL BE STOPPED ON THE SPOT.**



RUN COURSE

RUN CUT OFF

**8 HOURS AFTER
YOUR START TIME**

**LAST LAP BEGINNING AT KM 14:
BEFORE 20:15**



CUT OFF

01:10:00



05:30:00



08:00:00



RUN INTERMEDIATE
CUT OFF

at 20:15



AT KM 14 BEFORE THE
THIRD LAP BEGINNING



RACE DAY MEDICAL AND HEALTH ADVICE

- Your safety is our primary concern. The medical team will be staffing the medical facilities at **FANTINI CLUB** Medical resources will also be available while you are out on course..
- If you are not feeling well on race morning, we strongly advise you not to 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.



RACE DAY MEDICAL AND HEALTH ADVICE

- **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.



RACE DAY MEDICAL AND HEALTH ADVICE

- 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.

Manage your Health and Safety on Race Day – Race Healthy, Race Smart

IMPORTANT:

If you **stop the race** and quit, you **MUST** tell a
REFEREE, or a member of the **RACE**
ORGANISATION or the **INFO POINT**

RELAY

- **SWIM START** – The Swimmer will start with the other team relay swimmers.
- **CHIP HANDOVER** – Both the Swimmer and the Cyclist will handover the timing chip to their team relay at the Meeting Point in Transition.

Enter transition through the Relays Access gate during the race.

- **MEETING POINT** - Relay athletes will meet in front of their team bike spot in transition.
- **FINISH LINE** - Relay Teams can go through the Finish Line together. Meeting point will be after the last corner.
- **TEAM BIKE COLLECTION** - Timing Chip will be needed to collect the bike.

AWARDS CEREMONY AND SLOTS ALLOCATION

take place at the

Magazzini del Sale

(V.le Nazario Sauro, Cervia)

on **Sunday at 21:00**

PROTESTS AND APPEALS

- **RESULTS** - The provisional results will be published online
- **PENALTIES** - They will be posted together with the results
- **DOUBTS & QUESTIONS** – Will be clarified by race referees at the Registration Area
- **PROTESTS & APPEALS** – must be filed to the race officials immediately after the race

CHECK OUT

Transition Check out from 18:30 to 21:00

ONLY ATHLETES ALLOWED

1. Enter transition from **Swim in / Run out access**
2. Wear your race wristband
3. Collect your bags and bike
4. Return the chip at the exit control
5. It is allowed to exit from **the middle of the sea side transition area** and from **the opposite side of the entrance to the access point**

IRONMAN
70.3 ITALY
EMILIA-ROMAGNA



Bona sort!

Buena suerte!

Held og lykke

祝你好運

GOOD LUCK!

BONNE CHANCE!

IN BOCCA AL LUPO

Viel Glück!