MESSAGE FROM THE PRIME MINISTER OF CANADA

2019

Dear Friends:

I am pleased to extend my warmest greetings to everyone taking part in Ironman Mont-Tremblant. I would also like to welcome participants from abroad.

In June and August, Mont-Tremblant will host this prestigious competition featuring three races from dawn to dusk. I am sure this must-see event, which brings together the best athletes from around the world, will be a wonderful opportunity for competitors to strive for excellence in the magnificent setting of the Laurentians.

On behalf of the Government of Canada, I would like to commend the organizers for their hard work and dedication, which make this exceptional competition possible. I would also like to wish the participants the best of luck.

Sincerely,

The Right Hon. Justin P.J. Trudeau, P.C., M.P
Prime Minister of Canada
MESSAGES FROM THE GOUVERNEMENT DU QUÉBEC

Welcome to Mont-Tremblant on the occasion of this IRONMAN competition!

It is a pleasure to encourage and congratulate the athletes who have taken up the challenge of completing this major physical test. Few people can boast of having completed this contest in their lives, a contest that demands a great deal of discipline, work and determination. You all have reason to be proud of your persistence.

One thing is sure, you are preparing to put on quite a show for us!

I congratulate the organizers of this event, which promotes an active lifestyle, in addition to giving tremendous visibility to Mont-Tremblant, one of our tourism treasures. This splendid locality is both one of our most beautiful destinations and a choice venue to host a sports competition of this importance. Mont-Tremblant offers an enchanting setting, in all seasons, for athletes and tourists from around the world.

To all participants, I wish you a great IRONMAN and a pleasant stay in the Laurentians!

François Legault
Prime Minister of Québec

The Gouvernement du Québec supports the 8th IRONMAN Mont-Tremblant events, a major challenge in which seasoned athletes compete to surpass themselves and, ultimately, qualify for the 2019 IRONMAN World Championship in Kona.

Over the years, the event has maintained a familial and festive atmosphere while promoting physical activity and ranks among the foremost major international sporting events. It engenders significant tourism spinoff for the Laurentides region and raises the profile of the picturesque town of Mont-Tremblant. As a result, numerous festivals and original events now enrich Québec’s tourism offerings, for the benefit of everyone.

I hope that many residents and visitors will gather to applaud their favourite athletes and thus encourage them to achieve or surpass their goals. At the same time, I invite vacationers to extend their stay in the region to discover its attractions and activities.

Good luck to all of the swimmers, runners and cyclists!

Caroline Proulx
Minister of Tourism
MESSAGE FROM THE MAYOR

Our CULTURE is NATURE.

Welcome to Mont-Tremblant!

For eight years now, the people of Mont-Tremblant have had the privilege and pleasure of welcoming you to the Ironman Mont-Tremblant events.

I thank them, as I do the volunteers, organizers and partners. As always, they provide you with an authentic stay, an impeccable course and a safe, secure environment.

Those who have come to these competitions before will be happy to see once more the smiles and enthusiasm of the volunteers all along the course. New participants will have the pleasure of discovering our encouragement and support... which are more effective than the best energy gel!

With its background of legendary hospitality, Mont-Tremblant is proud to offer the athletes, their families and their friends an exceptional environment and quality facilities.

During your stay, you’ll find that there are many activities here. You are sure to leave with good memorabilia in your luggage and good memories in your heart.

I salute your determination and perseverance and I wish you the very best in terms of meeting your own challenges. Above all, enjoy yourself!
Dear Athletes and Supporters,

Tremblant is extremely proud to host the eighth edition of the Subaru IRONMAN Mont-Tremblant events, presented by Sportium. Our destination’s employees, volunteers and partners join me in extending a very warm welcome to you!

In addition to offering an exceptional deep nature setting for which the resort is renowned, no detail has been spared to make your experience truly memorable from tried-and-trusted courses and infrastructures to a dedicated team, and family-friendly activities. Tremblant is thrilled to be sharing its lively, safety-first, easy-to-reach and continually refreshed destination with you.

We salute your determination and desire to surpass yourselves that in turn, inspire us to offer you the very best of ourselves. We trust you’ll have a wonderful stay here with us, and hope your race outcome meets your every expectation!
MESSAGE FROM TOURISME MONT-TREMBLANT

Dear athletes and supporters,

Welcome to Mont-Tremblant!

We are pleased to welcome you to our beautiful region for the eighth edition of IRONMAN Mont-Tremblant! During your stay, you will undoubtedly witness the pride and dynamism of our community, that will do its utmost to make your visit absolutely exceptional in every way.

On the sidelines of this unique global event, we invite you to take advantage of your visit to discover our five districts and their distinctive offerings that are the hallmark of our destination and the joy of our 3 million annual visitors. We are confident that your stay with us will be unforgettable and we encourage you to plan your next visit on our website: www.mont-tremblant.ca.

On behalf of all of our tourism partners in the region,

Have a good race and enjoy your stay in Mont-Tremblant!
Yan Therrien
HEAD REFEREE

IRONMAN Mont-Tremblant will operate under the “three strikes and you’re out” principle with respect to BLUE CARD violations. DRAFTING AND LITTERING are the only two violations that will result in a BLUE CARD violation and an athlete will incur a 5-minute time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (one minute stop and go time penalty) also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served at the point of infraction. While YELLOW CARD violations will not count against your three strikes, IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive yellow card violations.

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2019 IRONMAN Competition Rules.

The POSITION violations are summarized:

Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.
Keep six bike lengths (12 meters) of clear space between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.
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.
Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a DRAFTING call.

Do not use any device that will distract you from paying full attention to your surroundings. Using a device in a distracting manner will result in disqualification.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee’s ruling is final in the case of POSITION violations, and there are no protests or appeals. 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 frame and must be visible from both sides.

- **LITTERING**
  Do not throw ANYTHING outside of official aid stations. Littering will result in a BLUE CARD violation, which is a five minute time penalty.

- **AUTHORIZED EQUIPMENT**
  Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).

- **OUTSIDE ASSISTANCE**
  Non-racers may NOT ride or run alongside you.

- **TIME PENALTIES**
  Remember that even though DRAFTING and LITTERING are the only violations that incur a five minute time penalty, you must go to a penalty tent for any violation to have your number marked. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification.

I sincerely hope you have a great race and achieve all your goals!
Dear athletes,

Since 2012, Triathlon Quebec has been a proud partner of the three different Ironman races held in Mont-Tremblant. Our team is dedicated to promoting a safe, fair and positive race experience for all participants. The services offered by the federation include a team of dedicated officials whose mandate is to ensure the safety of all athletes and the compliance with the triathlon competition rules. We also offer technical advice to race organizers in order to improve races courses and the schedules.

In recent years, Triathlon Quebec has developed a triathlon program in primary and secondary schools throughout the province which has proven to be very successful. This program is aimed at engaging young kids with our sport, as well as promoting an active, healthy and balanced lifestyle. Triathlon Quebec is also engaged in the promotion of a balanced practice of our sport through each sphere of practice (initiation, recreation, competition and high performance) in addition to offering several series of high quality events.

The arrival of the first Ironman event in Mont-Tremblant in 2012 had a positive impact in the development of our sport in Quebec. This event allowed many Quebec residents to discover this wonderful sport, and many have since taken part in triathlon events throughout the province. We are also very grateful to have seen the construction of a wonderful training center as well as the creation of the first training route in Mont-Tremblant.

The success of this event is the result of the excellent work done by organizing committee, volunteers, officials, the city of Mont-Tremblant and most of all, athletes like you who share a passion for our sport!

I am convinced that all of you have worked very hard to get to the startline of this wonderful event. It is now time to enjoy the moment and have fun. Don’t forget that triathlon is much more than a challenge, it’s a lifestyle. We sincerely wish you a wonderful race and hope to see you next year.
WELCOME
TO THE 2019 SUBARU IRONMAN MONT-TREMBLANT PRESENTED BY SPORTIUM

Dear athletes,

Wow! So many of you have shown up in great shape for the last 8 years at IRONMAN events in our beautiful Mont-Tremblant region in the heart of the magnificent Laurentians. More than 8,200 athletes have registered for our 2019 events, including the Sprint, 5i50, IRONMAN 70.3 and IRONMAN Mont-Tremblant. THANK YOU from the bottom of my heart for trusting us over the years to organize your ultimate day of accomplishment, which I'm sure you've dreamed of many times over.

Whether you realize it or not, you've motivated and mobilized an entire community to completely change their lifestyle and habits with your amazing enthusiasm for the triathlon, your thorough training and your fearlessness when crossing the finish line. We watch you swim in the training lane on Lac Tremblant, pedal on the IRONMAN training route, and run on the marked course in Mont-Tremblant, and you are such an inspiration to all of us.

Year after year, your family and friends encourage you and accompany you on both the most joyful and most painful days. We truly care about their well-being and security throughout the competitions, and that’s why we set up audience zones, a smartphone app to follow you in real time, activities for the little ones and your family, an exposition zone... and more, only a few steps away!

We couldn’t organize such massive events without the support of the entire Tremblant community, who constantly immerse us in their marvelous zest for life and 'joie de vivre'!

And what can I possibly say about the endless and enormous efforts from our 33,000 volunteers registered on the online platform since 2012? They are the heart of our organization and they support you throughout your IRONMAN race. Their boundless energy and constant encouragement help make our athletes dreams come true. And our wonderful production team ensures the event is secure, orchestrated, professional and... spectacular!

Since 2012, our IRONMAN Eco-Responsible Committee has made a significant effort to offer events that respect the highest standards of sustainable development and environmental responsibility. Thus, IRONMAN Mont-Tremblant was the winner of the 2018 Vivats contest (Loto-Québec prizes for responsible events) for “Socio-economic Engagement and Responsible Management of Residual Matter”. We are deeply proud of this recognition and are motivated to continue working to introduce more environmentally-responsible and sustainable development initiatives in every aspect of our events.

We would like to emphasize the important contributions from our institutional partners: the government of Québec, the Federal government, the city of Mont-Tremblant, Station Mont-Tremblant and Tourisme Mont Tremblant. We also want to mention the essential input from our title partner, Subaru, and from our presenting partner, Sportium. Without them, we couldn’t possibly offer an experience worthy of the highest international events.

I hope you have a wonderful IRONMAN Mont-Tremblant Festival weekend!!
### HORAIRE 2019 SCHEDULE* (page 1/2)
*SUJET À CHANGEMENT / SUBJECT TO CHANGE
(mise à jour / update: 15 avril / April 15, 2019)

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<tr>
<th>DÉBUT START</th>
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<th>ÉVÉNEMENTS - LUNDI, MARDI ET MERCREDI - 12, 13 ET 14 AOÛT</th>
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<td>7 AM 6 PM</td>
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<td>Ouverture de la plage pour entraînement de nage libre</td>
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| MIDI NOON   |         | Point de presse des athlètes professionnels PRO Athlete Press Conference | Scène SPORTIUM IRONMAN® Stage |
| 1 PM        |         | Réunion des athlètes professionnels PRO athlete briefing | Quartier Tremblant Camp de base / Base camp |
| 5 PM 7 PM   |         | BANQUET DE BIENVENUE DES ATHLÈTES PRÉSENTÉ PAR Québec [**] OUVERTURE DES STATIONS DE NOURRITURE SUIVI DU DÉBUT DE LA CÉRÉMONIE 5:45 PM | Village IRONMAN® - Tente de banquet IRONMAN® Village - Banquet Tent |
|             |         | Famille et amis sont bienvenus ($) ATHLETES WELCOMING BANQUET PRESENTED by Québec [**] FOOD STATIONS OPEN FOLLOWED BY CEREMONY STARTS 5:45 PM |                      |
|             |         | Family & friends welcome ($) Family & amis sont bienvenus ($) |                      |
| 7 PM        |         | RÉUNION OBLIGATOIRE DES ATHLÈTES MANDATORY ATHLETE BRIEFING | Village IRONMAN® - Tente de banquet IRONMAN® Village - Banquet Tent |
| 8 PM 9 PM   |         | SPECTACLE D’OUVERTURE - GROUPE MUSICAL ET FEUX D’ARTIFICE OPENING SHOW - LIVE BAND & FIREWORKS | Scène SPORTIUM IRONMAN® Stage |

*SUJET À CHANGEMENT / SUBJECT TO CHANGE
(mise à jour / update: 15 avril / April 15, 2019)
### Événements - Samedi 17 Août

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<td>Club plage et tennis - CIRIM</td>
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<td>5 PM</td>
<td>Kiosque d’information IRONMAN®, Boutique officielle IRONMAN®, EXPO IRONMAN® Information Booth, Official IRONMAN® Store, EXPO</td>
<td>Village IRONMAN® Village</td>
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**MIDI 4 PM**

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<td>DÉPÔT OBLIGATOIRE VÉLO ET SACS D’ÉQUIPEMENT</td>
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<td>3:30 PM</td>
<td>4 PM</td>
<td>RÉUNION OBLIGATOIRE DES ATHLÈTES PARTICIPANT À LA COURSE EN ÉQUIPE AU MOINS 1 MEMBRE DE L’ÉQUIPE DOIT Y ASSISTER Mandatory meeting for athletes participating in Relays At least one member of the team must attend</td>
<td>Zone de transition</td>
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### Événements - Dimanche 18 Août - Journée de Course

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<tr>
<td>5 AM</td>
<td>6:15 AM</td>
<td>OUVERTURE DE L’AIRE DE TRANSITION DÉPÔT DES SACS DE RAVITAILLEMENT ET MARQUAGE DES ATHLÈTES TRANSITION ZONE OPENS SPECIAL NEED BAGS DROP-OFF &amp; BODY MARKING</td>
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**6 AM**

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<tr>
<td>6 AM</td>
<td>6:45 AM</td>
<td>DÉPÔT DES VÊTEMENTS DU MATIN MORNING CLOTHES DROP-OFF</td>
<td>Village IRONMAN® Village</td>
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**6:27 AM**

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<td>6:27 AM</td>
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<td>Hymne national “Ô Canada!” et défilé aérien, Forces Armées Canadiennes (FAC) “Canadian anthem &amp; flypast from the Canadian Air Force (CAF)”</td>
<td>Village IRONMAN® Village</td>
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**6:35 AM**

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<td>DÉPART OFFICIEL HOMMES PROFESSIONNELS</td>
<td>Village IRONMAN® Village</td>
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**6:38 AM**

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<td>DÉPART OFFICIEL FEMMES PROFESSIONNELLES</td>
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**6:45 AM**

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<th>Début Start</th>
<th>Fin End</th>
<th>Événements</th>
<th>Emplacement</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45 AM</td>
<td></td>
<td>DÉPART OFFICIEL TOUS GROUPES D’ÂGE PAR “ROLLING START” OFFICIAL ALL AGE GROUP ROLLING START</td>
<td>Village IRONMAN® Village</td>
</tr>
</tbody>
</table>

**8 AM**

<table>
<thead>
<tr>
<th>Début Start</th>
<th>Fin End</th>
<th>Événements</th>
<th>Emplacement</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 AM</td>
<td>7 PM</td>
<td>Boutique officielle IRONMAN®, EXPO - Official IRONMAN® Store, EXPO</td>
<td>Village IRONMAN® Village</td>
</tr>
</tbody>
</table>

**4 PM**

<table>
<thead>
<tr>
<th>Début Start</th>
<th>Fin End</th>
<th>Événements</th>
<th>Emplacement</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 PM</td>
<td>MINUIT MIDNIGHT</td>
<td>Massothérapie gratuite pour athlètes Free massage therapy for athletes</td>
<td>Chalet des Voyageurs</td>
</tr>
</tbody>
</table>

**4 PM**

<table>
<thead>
<tr>
<th>Début Start</th>
<th>Fin End</th>
<th>Événements</th>
<th>Emplacement</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 PM</td>
<td>MINUIT MIDNIGHT</td>
<td>RÉCUPÉRATION SAC DU MATIN, VÉLO ET SACS D’ÉQUIPEMENT MORNING CLOTHES BAG, BIKE &amp; GEAR BAGS CHECK-OUT</td>
<td>Village IRONMAN® Village</td>
</tr>
</tbody>
</table>

### Événements - Lundi 19 Août - Cérémonie des Gagnants

<table>
<thead>
<tr>
<th>Début Start</th>
<th>Fin End</th>
<th>Événements</th>
<th>Emplacement</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 AM</td>
<td>11 AM</td>
<td>Kiosque d’information IRONMAN® - IRONMAN® Information booth</td>
<td>Village IRONMAN® Village</td>
</tr>
<tr>
<td>7 AM</td>
<td>12 PM</td>
<td>Boutique officielle IRONMAN®, EXPO - Official IRONMAN® Store, EXPO</td>
<td>Village IRONMAN® Village</td>
</tr>
<tr>
<td>7 AM</td>
<td>4 PM</td>
<td>Ouverture de la plage pour entraînement de nage libre - CIRIM Beach opens for swim training - CIRIM</td>
<td>Village IRONMAN® Village</td>
</tr>
</tbody>
</table>

**10:30 AM**

<table>
<thead>
<tr>
<th>Début Start</th>
<th>Fin End</th>
<th>Événements</th>
<th>Emplacement</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 AM</td>
<td>11 AM</td>
<td>BRUNCH DES ATHLÈTES ET BÉNÉVOLES</td>
<td>Village IRONMAN® Village</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>11 AM</td>
<td>Ouverture des stations de nourriture - Famille et amis sont bienvenus ($)</td>
<td>Village IRONMAN® Village</td>
</tr>
</tbody>
</table>

**11 AM**

<table>
<thead>
<tr>
<th>Début Start</th>
<th>Fin End</th>
<th>Événements</th>
<th>Emplacement</th>
</tr>
</thead>
</table>
PRE-RACE

PRE-RACE EMERGENCY CONTACT
Prior to departing for Mont-Tremblant, 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 Mont-Tremblant 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 ATHLETE SERVICES
819 341-0524
MONTTREMBLANT@IRONMAN.COM

ATHLETE CHECK-IN
Athletes must check-in and get their race packet on Thursday, August 15 or Friday, August 16 from 10 a.m. to 4 p.m. at Quartier Tremblant - Base Camp, 161 Chemin du Curé-Deslauriers, Mont-Tremblant, Quebec, J8E 1C9.

Please note that Athlete Check-In will NOT be open on Saturday or race day. If you do not check-in during the designated Athlete Check-In hours you will not be able to race. ALL RACE PACKETS MUST BE PICKED UP BY 4 P.M. ON FRIDAY, AUGUST 16.

Please bring the following items with you to Athlete Check-In:
Photo Identification. Your athlete number (bib number) which you will find on the website several weeks prior to the event
Athlete Check-In will not be available outside the posted times.

Athlete Check-In will not be available outside the posted times. Should an athlete have a legitimate emergency, IRONMAN will try to accommodate the athlete to the best of our ability as long as the athlete informs IRONMAN. To inform IRONMAN of any emergency during race week, athletes must call the EMERGENCY PHONE NUMBER listed above.

Athletes who show up after the posted check-in dates and times will not be allowed to race unless prior arrangements were made via the emergency phone. Athletes check-in schedule is in place to help athletes getting acclimated to the race environment, to the region and to receive any required information to make the event a success. Participating in an IRONMAN event should be taken seriously and requires adequate preparation to ensure the athlete’s security as well as the volunteers, event staff and the community involved.

MANDATORY ATHLETE BRIEFING
Athletes are required to attend the Mandatory Athlete Briefing held on Friday, August 16 at 7 p.m. at the Banquet Tent in the IRONMAN Village. The briefing will cover important information pertaining to any peculiarities of the course, rules and cut-off times for the disciplines and most importantly any last minute changes or procedures to the event that have occurred, or may potentially occur due to weather related forecasts.

GEAR BAGS
During Athlete Check-In, athletes will receive five bags. Please note the Special Needs bags will not be returned after race. Do not include anything valuable.
You will also receive 5 stickers to put on all your bags.
The bags are:
- White [Morning Clothes]
- Blue [Bike Gear]
- Red [Run Gear]
- Orange [Bike Special Needs] will not be returned after race
- Black [Run Special Needs] will not be returned after race

Please note you also need to write down in permanent marker your athlete number on your bike gear (blue) and run gear (red) bags.

MAKE SURE ALL YOUR CLOTHES FIT IN THE BAG AND THAT IT IS PROPERLY LABELLED & CLOSED. WE ARE NOT RESPONSIBLE FOR ANY LOST ITEMS. You will be able to drop the Morning Bag at Tremblant’s Beach and Tennis Club on race morning. The bag will be returned at the athlete food tent, upon your arrival to the finish. Any items that do not fit inside the Morning Bag, such as bike pumps and backpacks, will not be accepted. Any item left at the starting area (such as sandals) that are not placed in the Morning Clothes bag will be donated to charity.

*Special Need Bags will NOT be returned to athletes after the race.

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 throughout the weekend of the event. The wristband is required for medical identification purposes and allows you access to both transition areas and the post-race athlete recovery area.
You will not be allowed to remove your bike and/or gear from transition following the race without your wristband affixed to your wrist. Please do not remove your wristband before the IRONMAN Athlete Celebration, as it will identify you as an athlete. You must be wearing your wristband if you plan to claim a slot for the 2019 IRONMAN World Championship. Athletes must wear all official race participant items issued at Athlete Check-In including: the official swim cap, wristband, bike stickers, race bib number, and timing chip. Failure to do so or wear outside items will result in a DSQ.
PRE-RACE

ATHLETES BANQUET & OPENING CEREMONY

Join us as we kick off the 2019 IRONMAN Mont-Tremblant presented by Sportium with the Athletes Banquet & Opening Ceremony on Friday, August 16 at 5 p.m. at the Banquet Tent in the IRONMAN Village. A Live Music show will start at 8 p.m. followed by fireworks. The Athletes Banquet & Opening Ceremony is free of charge for all athletes. Friends & Family can purchase tickets online and onsite at the IRONMAN Information Booth (tickets are limited - first come, first serve). Live Music show & Fireworks are free of charge for everyone.

PERSONAL SAFETY

Always train with at least one other person (especially in open water swims). Register at CIRIM (IRONMAN Mont-Tremblant Regional Information Centre) when swimming. There, you will have access to race and training courses and can also borrow a swimming buoy. While swimming, please wear a brightly coloured swim cap and ensure that your family members and/or friends know where you are. Swim in the designated area marked with cones.

When training, please bike on the shoulder without moving into the traffic lane and run on the sidewalk. Please be courteous and aware that the people sharing the roads with you are people you will count on during race day to fulfill your physical and emotional needs. Please ride in a single file, as biking side by side is illegal. Carry an ID with you when training on the bike and run courses.

As you are one of Mont-Tremblant’s invited guests, please respect and obey the traffic laws during your training practices.

SWIMMING IN LAKE TREMBLANT

Please make sure to train in the designated marked course with white buoys. Stop by the CIRIM to get all required information and details on training courses. The swim course utilizes a body of water that is open to the general public for swimming, boating and other recreational and commercial activities. IRONMAN Mont-Tremblant wishes to caution all participants that it does not provide lifeguard services prior to the event, and that all participants who swim prior to race day will do so at their own risk.

While we make reasonable efforts to inspect the swim entry and exit, the inspection does not take place until just before the swim discipline starts. Participants are further admonished to exercise cautiously and use common sense if they elect to swim prior to the event and to be mindful of water hazards. 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.

MANDATORY BIKE & GEAR CHECK-IN

MANDATORY BIKE CHECK-IN IS SATURDAY, AUGUST 17 FROM 12:00 P.M TO 4:00 P.M. - NO BIKE CHECK-IN ON RACE DAY.

Bike Drop-Off: Transition Area, rack your bike in the designated area with your bib number. Rack it by the saddle, with the number on the rack facing you. You need to be able to read the number on the rack while looking at your bike from the front.

While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. You will have access to your bicycle beginning at 5 a.m. on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.

Bike/Run Gear Bag Drop-Off: Changing tent

All bicycles and Bike/Run Gear Bags must be checked in on Saturday and left overnight. Bikes and Bike/Run Gear Bags will not be permitted to enter transition on race morning. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. You will have access to your bicycle beginning at 5 a.m. on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.

Pack your bike and run gear in the appropriate gear bag and place them in the proper place. Be sure your running gear has reflective material on the front and back of your clothes and shoes. Helmet and bike shoes MUST go into the athlete’s Bike Gear Bag. No loose gear will be allowed on the ground next to the bicycles in transition.

Please note you also need to write down in permanent marker your athlete number on your bike gear (blue) and run gear (red) bags.
RACE DAY

RACE DAY PARKING
If you are staying on-site, area hotels offer 1,400 indoor parking spaces in addition to 1,110 more parking spaces within accommodations outside of the pedestrian village. If you are not staying on site, you will have access to free parking at Wheeler Airport, 2180 rue Labelle, Mont-Tremblant QC J8E 1T8. Shuttle services to the resort will be ongoing from 4 a.m. on Sunday up to 1 a.m. on Monday morning. Then, public transit will take over.

SHUTTLE BUS SERVICE
Public Transit will be free during the IRONMAN Mont-Tremblant starting at 4 a.m.

SPECIAL NEED BAGS
You will receive an orange Bike Special Need Bag and black Run Special Need Bag at Athlete Check-In. A Special Need Station will be located near the mid-point on the bike and run course. These special need stations are for special need purposes, such as nutritional items or an extra pair of socks, etc. On Race Day morning between 5 a.m. and 6:15 a.m. you can drop your special needs bags in the designated area outside transition. Do NOT put anything of value in your Bike/Run Special Need Bags. Special needs bags will NOT be returned after the race.

BODY MARKING
Body marking will begin at 5 a.m by the Sportium IRONMAN Stage. We will also write your age (of December 31st, 2019) on your calf. Do not number yourself expecting to bypass body marking. Do not apply sunscreen or lotion until you have been body marked.

BIBS
Bibs only need to be worn for the run section and must be worn in front. You can wear you bib for the bike section, but please do not wear it during the swim.

RACE MORNING PROCEDURE
Transition will be open from 5 a.m. to 6:15 a.m. on race morning. Arrive early enough to set-up your gear. Bike technicians and pumps will be available in transition race morning.

BIKE STICKERS
You will receive 8 stickers in your athlete packet:
- Bike frame sticker
- Helmet sticker
- Bike stem sticker
- 5 Gear bag stickers to label properly your bags

Make sure the frame sticker is visible on both sides of your bike. The bike frame sticker cannot be altered in any fashion and the race logo MUST be visible. The helmet sticker will be affixed to the front of your helmet, and the bike stem sticker will be placed in between handlebars. Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at Athlete Check-In. Any previous event stickers on the bike must be removed.

RACE TIMING
The race will officially end 17 hours after the swim start. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race: group athlete starts the swim cut-off.

SWIM CUT-OFFS
Each athlete will get the full 2 hours and 20 minutes to complete the 2.4 mile swim regardless of what time they enter the water. Athletes who take longer than 2 hours and 20 minutes to complete the swim will receive a DNF.

BIKE CUT-OFF
Athletes will have 10 hours et 30 minutes to complete the bike course after their wave start or will get a DNF.

The firts cut-off will be at:
- 1:30 p.m: at the turn-around on Ch des Voyageurs for the beginning of the second loop (km 90 of the race)
- 3:00 p.m: turn around on the 117N in Labelle (km 125 of the race)
- 3:45 p.m: middle of La Conception hill at exit 126 of the 117N (km 141 of the race)
- 4:35 p.m: Entrance of Chemin Duplessis/Quatre-Sommets intersection (km 162 of the race)
- 5:30 p.m: Entrance transition zone. Athletes crossing the transition zone line after 5:30 p.m. will get a DNF.
RACE DAY

AID STATIONS
There will be 5 aid stations at approximately every 18 km (11 miles) on the bike course and 12 complete aid stations and 2 water stations at approximately every 2km (1.2 miles) on the run course. This is what you will find at Aid Stations:

BIKE:
- BASE Performance Hydration
- Peach Mango
- BASE Performance Bars
- GU Roctane Energy Gels
- Water
- Bananas

RUN:
- BASE Performance Hydration (Various)
- BASE Performance Bars
- GU Roctane Energy Gels
- Water
- Coke
- Pretzels
- Fruits (bananas, oranges)
- Chicken Broth (after 4:00pm)

*Note that all items have varied flavours on the course

TEAM ZONE – FOR ATHLETES PARTICIPATING IN THE RELAY

Inside the transition zone, there will be another zone, limited, only accessible to Relay team members. This zone will be clearly identified accordingly. Access to that zone is only through a specific entrance at the back, right next to the TELUS stage. Do not enter the Team Zone from any other Transition Zone access point (swim entrance and run exit for example) when the race is ongoing. This can compromise the athletes’ including yourself, security.

Each team member must be inside the Team Zone to carry out the chip transfer. This transfer can only be done inside the Team Zone. The athletes performing the bike part will be required to have on all their bike equipment (bike shoes, helmet) inside the Team Zone to be ready to start as soon as they receive their chip. The athletes performing the run part will also need to wear all their running equipment, including the bib, inside the Team Zone to be ready to start right when they receive the chip. All athletes will need to leave the Team Zone as soon as their part is over and they will not have access to that zone again, for security reasons.

Bike and equipment return after the event will be at the same time for team members as any other athlete. It will also be the same process. Please check the official schedule for more details.

Please note there is an athlete meeting, which is mandatory for at least one member of each team, on Saturday, August 17 at 3:30 p.m. inside the transition zone, near the main entrance.

RUN CUT-OFF
Athletes will have to exit the transition and start the run course before 5:40 p.m. The first lap of the run course must be completed by 9 p.m. (clock tower at hotel des Voyageurs) and by 10:30 p.m. at km 32 (close to second lap turn-around at Montée Ryan).

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

Athletes who finish before the midnight cut-off but have a finishing time of more than 17 hours will be considered a DNF and will not be eligible for age-group awards or for IRONMAN World Championship slots or rolldown slots.

Vitesse, estimation, emplacement en temps réel. Cartes, infos, évènements importants et plus encore !
Speed, estimates, location in real time. Maps, info, important events and more!
**RACE DAY**

**ATHLETE CHECK LIST**

<table>
<thead>
<tr>
<th><strong>DID YOU REMEMBER TO:</strong></th>
<th><strong>RACE DAY – BIKE:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>✔️ Book flights and accommodation to arrive in time for Athlete Check-In?</td>
<td>✔️ Bike Pump</td>
</tr>
<tr>
<td></td>
<td>✔️ Extra Nutrition</td>
</tr>
<tr>
<td></td>
<td>✔️ Extra Water Bottles</td>
</tr>
<tr>
<td></td>
<td>✔️ Aero Water Bottle Straw</td>
</tr>
<tr>
<td></td>
<td>✔️ Bike Repair Kit</td>
</tr>
<tr>
<td></td>
<td>Bar-end plugs</td>
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<tr>
<td></td>
<td>CO2 Cartridge(s)</td>
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<tr>
<td></td>
<td>Spare Tire</td>
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<tr>
<td></td>
<td>Spare Tube</td>
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<tr>
<td></td>
<td>Tire levers</td>
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<tr>
<td></td>
<td>Valve Stem Extenders</td>
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<tr>
<td></td>
<td>Patch Kit</td>
</tr>
<tr>
<td></td>
<td>Wrench Set/Tools</td>
</tr>
<tr>
<td></td>
<td><em>No spare tube or tire will be available with the Technical Service Team</em></td>
</tr>
<tr>
<td>✔️ Directions to Hotel</td>
<td>✔️ Vaseline</td>
</tr>
<tr>
<td>✔️ Directions to Athlete Check-In</td>
<td>✔️ Sunscreen</td>
</tr>
<tr>
<td>✔️ Directions to Race Start</td>
<td>✔️ Helmet</td>
</tr>
<tr>
<td>✔️ Directions to Race Finish</td>
<td>✔️ Sunglasses</td>
</tr>
<tr>
<td>✔️ Photo I.D.</td>
<td>✔️ Bike Shoes</td>
</tr>
<tr>
<td>✔️ Bike Services/Tune up</td>
<td>✔️ Socks</td>
</tr>
<tr>
<td>✔️ Attend Athlete Check-In</td>
<td>✔️ GPS Watch or Bike Computer</td>
</tr>
<tr>
<td>✔️ Attend Athlete Briefing</td>
<td>✔️ Race Day Swim Cap (provided at Check-In)</td>
</tr>
<tr>
<td>✔️ Study the race courses and plan your nutrition</td>
<td>✔️ Ear Plugs/Nose Plug (optional)</td>
</tr>
<tr>
<td></td>
<td>✔️ Throw away long sleeved shirt and shoes to wear and discard before the race or place in your Morning Clothes Bag</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>MISCELLANEOUS :</strong></th>
<th><strong>RACE DAY – BIKE :</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>✔️ Body Glide</td>
<td>✔️ Vaseline</td>
</tr>
<tr>
<td>✔️ Antibacterial</td>
<td>✔️ Sunscreen</td>
</tr>
<tr>
<td>✔️ Contacts or Rx Glasses</td>
<td>✔️ Helmet</td>
</tr>
<tr>
<td>✔️ Heart Rate Monitor &amp; Chest Strap</td>
<td>✔️ Sunglasses</td>
</tr>
<tr>
<td>✔️ Towel</td>
<td>✔️ Bike Shoes</td>
</tr>
<tr>
<td>✔️ Hair Ties</td>
<td>✔️ Socks</td>
</tr>
<tr>
<td>✔️ Chapstick</td>
<td>✔️ GPS Watch or Bike Computer</td>
</tr>
<tr>
<td>✔️ Post-Race Clothing</td>
<td>✔️ Fuel Belt</td>
</tr>
<tr>
<td>✔️ Extra Swimsuit and Cap for practice swim (if applicable)</td>
<td>✔️ Race Belt or Safety Pins</td>
</tr>
<tr>
<td>✔️ Extra Tri Kit for practice</td>
<td>✔️ Bib Number</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>RACE DAY – SWIM :</strong></th>
<th><strong>Have a Great Race!</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>✔️ TiMING CHIP and Strap</td>
<td></td>
</tr>
<tr>
<td>✔️ Swimsuit/Wetsuit (if applicable)</td>
<td></td>
</tr>
<tr>
<td>✔️ Goggles (consider a spare pair as well)</td>
<td></td>
</tr>
<tr>
<td>✔️ Race Day Swim Cap (provided at Check-In)</td>
<td></td>
</tr>
<tr>
<td>✔️ Ear Plugs/Nose Plug (optional)</td>
<td></td>
</tr>
<tr>
<td>✔️ Throw away long sleeved shirt and shoes to wear and discard before the race or place in your Morning Clothes Bag</td>
<td></td>
</tr>
</tbody>
</table>
BIKE & GEAR CHECK-OUT
Mandatory Bike and Gear Check-Out is from 4 p.m. to midnight in the transition area on race day. You are required to reclaim your bike and gear after your race. You must have your athlete wristband on in order to claim your bike and gear. If you are unable to personally claim your bike and gear, a family member or friend may use your Bike Check-Out ticket that will be provided in your race packet. As a precaution, give this ticket to a family member or friend prior to the race, even if you plan to reclaim your bike and gear yourself. If a friend or family member does decide to pick up these items as a courtesy, please ask them to leave a message on your cell phone so we have no panicked athletes — it happens a lot!

Please note you will need one ticket for the bike check-out and one ticket for the gear bags check-out.

2019 BRUNCH OF CHAMPIONS
Join us for food and entertainment on Monday, August 19 at 10:30 a.m. at the IRONMAN Mont-Tremblant Brunch of Champions! See the awards ceremony and attend the Rolldown and Slot Allocations for the 2019 IRONMAN World Championships, and celebrate your efforts!

Admission and food is free for all athletes.

Please do not remove your athlete wristband prior to the function, as it is your athlete identification.

Food tickets will be available for purchase for friends and family online prior to the event and at the Information Booth during Expo hours. Please refer to the Event Schedule for dates and times.

Quantities are limited - first come, first served!

IRONMAN FINISHER SHIRT EXCHANGE
Athletes will have an opportunity to exchange their finisher shirt for a different size, if needed, at the Race Office on Monday, August 19 from 8 a.m. to 10 a.m. (second floor of Quartier Tremblant - Base Camp). Shirt sizes are based on availability and are not guaranteed. Athletes must bring their original shirt in order to swap sizes!

LOST & FOUND
During race week, Lost & Found will be available at the IRONMAN Information Booth in the IRONMAN Village. After the race, Lost & Found will be available at the Tremblant Guest Services Desk at 819 681-3000 ext. 46817 or by email at isac@tremblant.ca. Shipping fees will apply.

It is recommended that you identify your gear with your bib number as IRONMAN is not responsible for lost items.

*All unclaimed items will be donated within 30 days.

RACE PHOTOGRAPHY
FinisherPix will have several photographers working at the swim exit, on the bike course, on the run course, and of course, at the finish line!

HOW TO ORDER YOUR PIX:
- Register your e-mail address at www.finisherpix.com to be notified as soon as photos are online.
- 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.
- Athletes who pre-purchased their FinisherPix with their registration will receive their order a few days post-race.

IRONMAN MEDICAL ZONE
The medical clinic is located at Quartier Tremblant - Base Camp and is for athletes only. Your family will not be authorized to enter.

For information on an athlete receiving medical treatment, please make your way to the first floor of the Quartier Tremblant - Base Camp.

VOLUNTEERS
Please remember to thank the Volunteers! The race wouldn’t be possible without their assistance. For more information about volunteering for this event, contact: mt@ironmanvolunteers.com

FINISHER CERTIFICATE
To get your finisher certificate, go to ironman.com/monttremblant and click on results. Once you find your result page, click on the “Get Certificate” button in the upper right hand corner and the certificate will generate as a PDF.

TIMING/RESULTS
If there is an issue with your timing, please e-mail: timing@ironman.com
SWIM COURSE

3.8 KM | 2.4 MI

Athletes will start the 2.4-mile swim on the golden sand of the Beach & Tennis Club. Lac Tremblant is a clean freshwater lake, with relatively calm waters. The average water temperature should be a comfortable 65F/18C. The swim ends at the Parc Plage, at a small beach near the Hotel Quintessence, the region’s most luxurious hotel, 300 meters from the transition point.

ROLLING START

Age Group athletes will be asked to self-seed themselves according to the following swim times in the staging area:

- Under 1h05 mins
  - 1h05-1h10
  - 1h10-1h15
  - 1h15-1h20
  - 1h20-1h25
  - 1h25-1h30
  - 1h30-1h35
  - 1h35-1h40
  - 1h40-1h50
- Over 1h50 mins

There will be a warm up area at the start, athletes are asked to be out of the water approximately 15 minutes before they are about to start.

- Athletes must wear the swim cap provided by the event.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- No aqua socks (neoprene booties) unless the water temperature is 65 degrees Fahrenheit or colder.
- When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.
- Swim goggles and facemasks may be worn. Snorkels are prohibited. Medical exceptions will not be considered.
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- The swim course will close 2 hours and 20 minutes after the last athlete enters the water. Each athlete will have 2 hours and 20 minutes to complete the 2.4 mile swim. Individual athletes who take longer than 2 hours and 20 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.
SWIM COURSE
3.8 KM | 2.4 MI

WETSUIT RULES
Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5 degrees Celsius). Wetsuits will be prohibited in water temperatures greater than 83.8 degrees Fahrenheit (28.8 degrees Celsius).

Athletes who choose to wear a wetsuit in water temperatures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius) will not be eligible for Age Group awards, including IRONMAN World Championship slots or Rolldown slots. Prohibited Wetsuit: De Soto Water Rover Wetsuits cannot measure more than 5 mm thick.

SWIMWEAR POLICY
(non-wetsuit legal swims only)
Swimwear 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 may be worn underneath swimwear.

Compression gear may be worn during non-wetsuit swims provided that it is made of 100% textile material (no rubberized material such as polyurethane or neoprene) and that material does not extend past the elbows or knees. Any compression wear that extends past the elbows or knees will not be permitted in non-wetsuit swims (this includes compression sleeves, compression socks, or compression tights).

SWIM TO BIKE TRANSITION
After the swim, you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Sunscreen is available in transition.

Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course.
An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it’s important that you arrive on race day healthy, fit and prepared. Here’s a top-10 checklist to help get you ready.

1. PREPARE FOR RACE CONDITIONS
   • Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.

2. RACE IN SHORTER EVENTS
   • Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
   • For extra guidance, talk to a coach or your local triathlon club.

3. LEARN ABOUT COURSE DETAILS
   • It’s important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarize yourself with the course.
   • Keep in mind, every body of water is different, so you’ll need to educate yourself on water current and surf conditions.
   • Study the event timetable to plan for proper arrival and preparation.

4. ENSURE HEART HEALTH
   • As an athlete in training, you should take the proper steps to assess your health with your physician.
   • The American Heart Association suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

5. PAY ATTENTION TO WARNING SIGNS
   • If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

6. DON’T USE NEW GEAR ON RACE DAY
   • Focus on controlling as much as you can on race day.
   • You should never race in equipment you haven’t trained in this is not the time to test new gear.
   • Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
   • Prepare for the unexpected with backups of all your gear.

7. WARM UP ON RACE DAY
   • Arrive early enough on race day for a proper warm-up prior to the start, preferably in the water.
   • If you aren’t able to warm up in the water, spend between 5 and 10 minutes getting loose.
   • Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

8. CHECK OUT THE COURSE
   • Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.
   • Identify basic navigation points so that you know what you are swimming towards.

9. START EASY – RELAX AND BREATHE
   • Don’t race at maximum effort from the start.
   • Relax and focus on proper breathing technique as you settle into a sustainable pace.

10. BE ALERT AND ASK FOR HELP
    • In a race setting always stop at the first sign of a medical problem.
    • If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
    • Race rules allow for competitors to stop or rest at any time during the swim.
    • Feel free to hold on to a static object like a raft, buoy, or dock.
    • You may also rest by holding on to a kayak, boat or even a paddleboard. As long as you don’t use it to move forward, you won’t face disqualification.
BIKE COURSE

180 KM - 112 MI

Stations d'aide | Aid Stations

B-1
Route 117 nord | North
Km 16 & 106

B-2
Route 117 nord | North
Km 32 & 122

B-3
Route 117 nord (direction sud) | North (going South)
Km 53 & 143

B-4
Chemin Duplessis
Km 73 & 163

B-5
Chemin Duplessis
Km 88 & 178

2 boucles de 90 km
2 laps of 56 mi

*Voir détail au verso
See detail on back

*NOUVEAU | NEW*
NO PASSING ZONE

There are 2 NO PASSING ZONES on the Bike Course. The zone will be marked at the beginning and at the end. Athletes who will be passing in those zones will get an INSTANT DSQ.

- Pont Beauvallon
- Chemin Duplessis
BIKE COURSE

RULES AND INSTRUCTIONS

1. POSITION RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Athletes must keep six bike lengths (12 meters) 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).
- Overtaken athletes must immediately 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 violation.
- Overtaken athletes who remain in the draft zone (6 bike lengths of clear space between bikes) for more than 25 seconds, or who do not make constant rear 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:

i. Notify you that you have received either a BLUE CARD for drafting and littering or a YELLOW CARD for any other penalty. The official will show you the corresponding coloured card.
ii. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course.

THE EXACT LOCATION OF THE PTS WILL BE STATED AT THE PRE-RACE MEETING.

2. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete’s side of the bike rack.

3. 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.

4. 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.

5. 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.

6. No athletes shall endanger themselves or another athlete. 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.

7. Helmets, bike shoes, and other cycling gear may be placed on the bike or in a transition bag. Shoes and shirt must be worn at all times.

8. 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 with a camera, phone camera, or video camera without permission will be disqualified.

9. Athletes must wear the bike helmet sticker number on the front of their helmet.
BIKE COURSE
RULES AND INSTRUCTIONS

10. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

11. 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.

12. 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 (5 minute time penalty).

13. Athletes must be individually responsible for repair and maintenance of their own bike. Assistance from official race personnel is permitted.

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

15. Bike inspection is not mandatory and will not be provided at Bike Check-In, although 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.

16. Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.

17. Headsets or headphones are not allowed during any portion of the event.

18. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots. Athletes using a mirror without permission will be disqualified.

19. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the Race. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.

20. ATHLETES RACING WITHOUT A SHIRT OR RACING TOP WILL BE DISQUALIFIED. UNIFORMS WITH A FRONT ZIP MUST NOT BE UNDONE BELOW THE POINT OF THE END OF THE BREASTBONE (STERNUM). DSQ IF NOT REMEDIED PROPERLY.
OFFICIAL BIKE STORE
QUILICOT
WWW.BICYCLESQUILICOT.COM

Les Bicycles Quilicot operates 5 locations between Montréal and Mont-Tremblant. We specialize in selling, repairing and tuning all types of bikes.

Bicycles Quilicot will set up a bike shop on site and offer full mechanical services before and after the race. We will be happy to help athletes with any last-minute problems and introduce spectators to new products.

Contact person: Filippa Greene, Gérante de la boutique de Mont-Tremblant, f.greene@bicyclesquilicot.com

Email address for reservations and information requests: ironman@bicyclesquilicot.com

Name of service: BICYCLES QUILICOT EXPRESS
A bike repair and assembly and box storage services directly in store at Mont-Tremblant or on-site at the event.

Athletes can save their spot and send their bike directly at our shop in Mont-Tremblant: 2505, rue de l'Aulnaie, Mont-Tremblant, QC, J8E 0E5

TECH TIPS AND OTHER DETAILS

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

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. There will be a limited number of pumps available in the transition area on race morning so we recommend you bring your own. You must give your pump to a family member or friend before the race start, since pumps will not be accepted with your Morning Clothes Bags.

For security and safety reasons, bikes will NOT BE ALLOWED out of transition once transition closes at 6:30 a.m. Once transition closes, no one will be allowed to enter transition unless accompanied by a race official. On race day, bike tech vehicles will patrol the course to aid in emergency repairs.

* No spare tube or tire will be available with the Technical Service Team.
PARCOURS DE COURSE À PIED
RUN COURSE
42.2 KM | 26.2 MI

Stations d’aide
Aid stations

1. Chemin de la Chapelle
2. Ch. du Village au ch. de l’Horizon
3. Ch. du Village près du parc Daniel-Lauzon
4. Parc linéaire à la plage du lac Mercier
5. Parc linéaire site traitement des eaux
6. Parc linéaire au coin du ch. du Lac Gélinas
7. Parc linéaire après la montée Ryan
8. Parc linéaire au coin du ch. du Lac Gélinas
9. Parc linéaire alla traitement des eaux
10. Parc linéaire à la plage du lac Mercier
11. Parc linéaire au coin de l’Erablière
12. Ch. du Village face au Pinoteau
13. Ch. Kandahar au rond-point avant le secteur piétonnier

2 boucles de 42.2 km
Two laps of 13.1 mi
2019 SUBARU IRONMAN MONT-TREMBLANT presented by SPORTIUM, Run Course Profile

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**DIRECTIONS DU PARCOURS**

- En sortant de l’aire de transition, se diriger vers le lac Tremblant
- À gauche sur le chemin de la Chapelle
- À droite sur le chemin du Village
- À droite sur le chemin Plouffe
- À gauche sur la piste du Parc linéaire
- Demi-tour après la Montée-Ryan
- De retour sur la piste du Parc Linéaire, et se rediriger vers chemin du Village à l’hôtel Mont-Tremblant
- À gauche sur le chemin du Village
- À gauche sur le chemin de l’Érablière
- À droite sur la piste cyclable
- À gauche sur le chemin du Village
- À gauche sur le chemin de la Chapelle jusqu’à l’Hôtel Quintessence
- À gauche dans l’entrée de l’Hôtel Quintessence (ravitaillement personnel)
- À droite sur le chemin de l’Erablière qui changera en chemin Kandahar
- Entrer dans le village piétonnier de Tremblant
- À droite sur la rue des Remparts jusqu’à la base du Cabriolet
- À droite sur le chemin des Voyageurs pour le début de la 2e boucle

**LIGNE D’ARRIVÉE :** Après avoir traversé le chemin du Curé-Deslauriers, garder la gauche vers le Quartier Tremblant - Camp de base jusqu’au lampadaire situé devant le Chalet des voyageurs

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**COURSE DIRECTIONS**

- On leaving the transition zone, go towards Lac Tremblant
- Left on Chemin de la Chapelle
- Right on Chemin du Village
- Right on Chemin Plouffe
- Left on Linear Park Trail
- U-turn after Montée Ryan
- Run back along Linear Park Trail, towards Chemin du Village at Hotel Mont-Tremblant
- Left on Chemin du Village
- Left on Chemin de l’Erablière
- Right on the Bike Path
- Left on Chemin du Village
- Left on Chemin de la Chapelle all the way to the Hôtel Quintessence
- Left in Hotel Quintessence entrance (Special Needs)
- Right on Chemin de l’Ermité which becomes Chemin Kandahar
- Enter into Tremblant pedestrian village
- Right on Rue des Remparts toward the base of Cabriolet lift
- Right on Chemin des Voyageurs where you will begin a 2nd lap

**FINISH LINE:** After crossing Chemin du Curé-Deslauriers, keep left towards Quartier Tremblant - Base Camp all the way to the front of Chalet des Voyageurs, next to the lamppost

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**SUBARU IRONMAN MONT-TREMBLANT 2019 présenté par SPORTIUM, profil du parcours de course à pied**

2019 SUBARU IRONMAN MONT-TREMBLANT presented by SPORTIUM, Run Course Profile

**Élévation départ : 228m | Élévation maximale : 254m | Gain d’élévation : +476m / -432m**

Starting Elevation: 228m | Maximum Elevation: 254m | Elevation Gain: +476m / -432m
RUN COURSE
RULES & INSTRUCTIONS

1. Athletes may run, walk, or crawl.

2. Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.

   Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.

3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. 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. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should 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. It IS permissible for an athlete who is still competing to run with other athletes who are still competing.

4. Athletes are expected to follow the directions and instructions of all race officials and public authorities.

5. The sole responsibility of knowing and following the prescribed running 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.

6. RUNNING WITH NO SHIRT OR RACING TOP ON IS PROHIBITED.

7. The run course will officially close at midnight.

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 athlete adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).
1. Any athlete holding current elite/professional status from their National Triathlon Federation or a current IRONMAN Professional Membership (as verified by elite/pro status of an athlete’s National Triathlon Federation) is prohibited from racing as an AGE GROUP athlete within the same calendar year, in ANY sanctioned triathlon events anywhere in the world, where there is an elite/pro wave within the same calendar year. Disqualification and potential sanction from IRONMAN events, and forfeiture of any AGE GROUP World Championship qualifying slots may result for any athlete that has not adhered to this policy.

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

3. Race officials shall have authority to disqualify any athlete.

4. Medical personnel shall have ULTIMATE and FINAL authority to remove a 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.

5. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and may result in the athlete being suspended from competing in any IRONMAN event in the future, depending on the severity of the rule violation.

6. As a condition of participation in each IRONMAN® event, all registered athletes are required to acknowledge and abide by IRONMAN’s Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency’s anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

Please refer to IRONMAN’s Competition Rules for additional guidance and information.

7. 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 timing 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.

8. 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 IRONMAN Competition Rules.

9. Prize money for any sanctioned event shall be offered equally between men and women in both amount and depth. Additionally, Professional triathletes may not win Age Group awards and Age Group athletes are not eligible for prize money.

10. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the IRONMAN Information Booth.

11. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the race. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.

12. 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 with a camera, phone camera, or video camera who were not given permission will be disqualified.

13. IRONMAN does not allow the transfer of an athlete’s registration to another person - no exceptions will be made to this rule. Any
RULES

APPLYING TO ALL SEGMENTS OF THE RACE

attempt to transfer a registration to another person will result in disqualification and suspension from future participation in any IRONMAN event.

14. Assistance provided by event personnel or Race Officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tires, inner tubes and punctures repair kits. Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.

15. Athletes must cover the prescribed course in its entirety. Failure to do so will result in disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.

EVENT SANCTION AND RULES

Please visit www.ironman.com for a complete set of IRONMAN Competition Rules.

(a) Athletes must meet all requirements of the Event’s sanctioning body (e.g., including but not limited to the sanctioning bodies’ licensing and/or insurance requirements). Licensing and/or insurance requirements will be stated in the Event-specific Athlete Information Guide;

(b) Athletes under suspension by IRONMAN are not allowed to compete in any Event;

(c) An athlete’s racing age is determined by their age on December 31st in the year of the Event;

(d) Minimum racing age will be stated in the Event-specific Athlete Information Guide;

(e) An athlete who competes in a category different from his/her age will be disqualified from the Event(s) in which he/she participated in. Any awards, prizes, and/or points will be revoked;

(f) Any athlete that commits fraud by entering any Event under an assumed name or age, falsifying an affidavit or giving false information will be disqualified and risk suspension or expulsion from other Events.

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 ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.

IRONMAN reserves the right to make changes to these rules at any time.
PC OPEN DIVISION RULES

Participation in the PC Open Division is available to athletes with a medically verified physical, visual, or neurological impairment that substantially limits one or more major life activities. Athletes with miscellaneous conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and or cognitive impairment are not eligible for the PC Open Division. Questions from athletes and event organizers should be directed to USA Triathlon.

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
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. A CPSC-approved helmet is required during the entire bike segment including in and out of the transition area. Any athlete riding without an approved helmet or 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. A CPSC-approved helmet is required 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.

For a complete set of rules for the Physically Challenged Open Division, please make sure to review the 2016 IRONMAN Competition Rules.

ALL WORLD ATHLETE

The IRONMAN All World Athlete program is our way of rewarding age-group athletes’ hard work, dedication, and performance across IRONMAN and IRONMAN racing.

The program uses the IRONMAN Age Group Ranking system to determine which athletes have finished within the top 10 percent or better in their age group each calendar year. This system allows athletes to generate points based on their finish time behind the first official finisher in their age group. Athletes accumulate points for each race they complete. On December 31st, only the top three performances will count toward an athlete’s All World Athlete status. This makes it easy for athletes to improve their ranking by simply racing more with IRONMAN. If the race is deemed a non-wetsuit legal race, all athletes who choose to race in the wetsuit wave will receive base participation points in accordance with the All World Athlete age group ranking system. On December 31st, only the top three performances will count toward an athlete’s All World Athlete status. This makes it easy for athletes to improve their ranking by simply racing more with IRONMAN.

An athlete can achieve All World Athlete status in one or all of the following categories: IRONMAN, IRONMAN 70.3 and OVERALL (IRONMAN and IRONMAN 70.3 combined).

There are three levels associated with the All World Athlete program:
- GOLD (top one percent)
- SILVER (top five percent)
- BRONZE (top ten percent)

For questions regarding the ALL World Athlete Program, please contact: awa@ironman.com

BENEFITS FOR THIS RACE:
* Priority Access to Athlete registration
* All World Athlete Swim caps
* Early bike check in for Gold and Silver All World Athletes (specific details in All World Athlete e-mail)
QUALIFYING FOR THE 2019 IRONMAN WORLD CHAMPIONSHIP

There will be 40 qualifying Age Group slots to the 2019 IRONMAN World Championship (October 12, 2019) on offer at the 2019 IRONMAN Mont-Tremblant. Be prepared to pay the $975 USD entry fee with credit card ONLY. We will NOT accept cash or check as a valid form of payment.

Slot Allocation and Rolldown will be completed together in the same ceremony for all IRONMAN events. The calculation to determine the number of slots per age-group has not changed, we simply combined Rolldown and Slot Allocation into one ceremony.

NEW SLOT ALLOCATION/ROLLODOWN POLICY

Athletes MUST claim their slot in-person during the 2019 IRONMAN World Championship Slot Allocation/Rolldown Ceremony on Monday, August 19 at 11 a.m. immediately following the Awards Ceremony. We recommend being at least 15 minutes early. Be prepared to pay the $975 USD entry fee with CREDIT CARD ONLY; no check or cash.

Prior to race day, at least one slot shall be tentatively allocated to each Age Group category (both male and female). Final Slot Allocation will be determined on race day based on the number of official starters in each Age Group.

If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender. Final Slot Allocation shall be representative of the actual number of Age Group starters in each category in the race.

Please check the schedule of events for time and location. Anyone who wishes to claim a Rolldown slot must attend the IRONMAN World Championship Slot Allocation and Rolldown Ceremony and claim their slot in person. If an automatic qualifier in an Age Group chooses not to take the slot, does not attend the IRONMAN World Championship Slot Allocation and Rolldown Ceremony, or has already qualified, the next eligible finisher in that Age Group may claim the slot that has rolled down.

If there are no more eligible finishers in a particular Age Group or no other finishers in attendance at the IRONMAN World Championship Slot Allocation and Rolldown Ceremony in that Age Group, that unclaimed slot will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Group within the gender with the largest athletes-to-slots ratio will receive the first reallocated slot, followed by the next largest ratio receiving the second re-allocated slot (if applicable), and so on.

ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN World Championship is subject to IRONMAN’s Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age-Group Athletes. The waiver serves to provide additional notification of and consent to IRONMAN’s Anti-Doping Program, which includes IRONMAN’s efforts to combat, deter, and test for doping in accordance with IRONMAN’s Anti-Doping Rules. Please refer to IRONMAN’s Competition Rules for additional guidance and information.
The IRONMAN U Certified Coach Event Team will be onsite throughout the event weekend. These IRONMAN Certified Coaches are your go-to experts for last minute race day advice. They are a great resource as you begin your final race day preparations. Please feel free to reach out with them for questions, and we look forward to seeing you in Mont Tremblant!

**RACE WEEKEND YOU CAN FIND THESE COACHES**

- AT THE BECOME ONE TENT IN IRONMAN VILLAGE
- AT THE FIRST TIMERS SEMINAR
- AT BIKE CHECK IN
- IN TRANSITION ON RACE MORNING

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First 140.6 IRONMAN?

Don't forget to check in at the BECOME ONE booth
IRONKIDS

ABOUT THE EVENT
The Subaru IRONKIDS Fun Run is an age-appropriate fun race for “triathletes to be” held during the SUBARU IRONMAN Mont-Tremblant presented by Sportium week.

LOCATION
Start will be in P1 lane behind the Expo Tremblant Resort

WHEN
August 16, 2019
1 km start: 9:30 a.m.
5 km start: 9:50 a.m.

AGE GROUPS
1 km: Athletes 1 to 15 years of age. 1 person per child can participate free of charge as an accompanying adult.
5 km: Ages 6 and up The entire family can take part in the 5 km family run. The child must be able to run 5km on their own. Every participant must be registered – parents/grand-parents, kids/teens, uncle/aunt, cousins, friends, etc. Every participant must be able to run a 5-km distance.

REGISTRATION
Registration will be located at the IRONKIDS Tent in the IRONMAN Village. Every participant must come to registration to pick up their race material. IRONKIDS staff as well as volunteers will be present to assist you throughout the process.
August 15, 2019 10 a.m. to 4 p.m.
August 16, 2019 7 a.m. to 8:30 a.m.
Please allow yourself 10 to 15 minutes to complete registration.

COURSES AND DISTANCES
Start will be behind the IRONMAN boutique, in the P1 lane. Finish line of both courses will be at the Subaru IRONMAN Mont-Tremblant presented by Sportium Finish Line.

COST
The cost to enter the Subaru IRONKIDS Fun Run is $15 (CAD) and $20 (CAD) for the Subaru IRONKIDS Family Run.
Each athlete receives a race bib, finisher shirt, medal, goodie bag and the pride of calling themselves an IRONKID! (Please pick up goodie bag at registration).

ABOUT IRONKIDS
The mission of IRONKIDS is to inspire and motivate youth through sport to lead an active, positive, and healthy lifestyle. The 2019 IRONKIDS National Series targeting youth between the ages of 6-15, will provide an interactive weekend experience for the entire family that will not only showcase the nation’s top youth talent, but also will allow first-time athletes to experience a positive introduction to the realm of multisport. Children will compete in age-appropriate distances with an emphasis on fitness, fun and safety.

CONTACT INFO
All inquiries can be sent to: monttremblant@ironman.com
NEVER FORGET YOUR RACE!

Order your personal race photos here:  www.finisherpix.com
www.facebook.com/finisherpix  |  #finisherpix
Athlete Guide: 2.4 SWIM • 112 BIKE • 26.2 RUN

Saugeen Tri Club
SBRTRI Coaching Club
Second sTRIng
Shoreline Sharks Multisport Team
Silicon Valley Triathlon Club
SIX03 Endurance
Snapple Tri Club
SOAS/Hansym Racing
South Shore Tri Coach
Southeast Storm Triathlon Club
Southern Indiana Triathlon Team
Southern Ontario Triathlon Club (SO-TRI)
Sportfit Lab
St. Pete Bike and Fitness Tri Team
St. Petes Mad Dogs Triathlon Club
Stade Français
State 9 Racing p/b Vittoria
STOKE Multisport
Stouffville Tri Club
Sunset Coast Striders/Tri-Avengers
SV Multisport Gators
Swim Bike Run St. Louis
T3 Honu - DC
T3 Triathlon Philly
t3sports_ec
TB Cannstatt
Team Apex Multisport
Team Atomica
Team BBMC
Team Energy KW
Team Every Man Jack
Team FeXY
Team Firefighter
Team INFINIT Performance
Team Mossman Triathlon Club
Team Packed Apps
Team Red White & Blue
Team Revolution3
Team Rhino
Team Runner’s Edge/LITC
Team SFQ
Team Sirius Tri Club
Team Sweat Lodge
Team Toledo Triathlon Club
Team Trainer Sports
Team Trainiac
Team Tri Global
Team TriKeystone
Team Z
Team Zoot
TEAM2FOU FRANCE
Terrier Tri
The B Team
The Endurance Mob
The Fitness Pursuit
TMB Racing Triathlon Team
Tornado Triathlon Club Milton
Toronto Triathlon Club
TRI & TRAIL
Tri Fitness
Tri Hart
Tri Team Lutry
Tri Team Ticino
Tri-AcTion Mont-Tremblant
Triangle Triathlon Club - USA
Triathlete Within Club
Triathlon Club of Burlington
Triathlon Club of New England
Triathlon Club of San Diego
Triathlon Muskoka Inc
Triathlon Rive-Nord
TRIATLETTE
TriBella/MHM Women’s Team
TriBike Transport
Tribut Triathlon
Tri-Dawg Multisport Club
TriDetroit.com
Trifectas
Trifort de Chambly
TriKats
TriLife NYC
TriMafia
TRIMEGO
TriNergie de Shawinigan
Trinity Endurance Club
Triomax
Triple Threat Tough

Triple Threat Triathlon- Northwest Indiana
TriScottsdale
TriSport Erding e.V.
Tristar Athletes
Tri-Umph Red Deer Triathlon Club
TriWisconsin
Turks Head Racing
U-DO IRONMAN
University of Toronto Triathlon Club
Unknown Triathlon Team
US Military Endurance Sports
Vantage Point Endurance
Vision Quest Coaching
VMPS
VO2MATT
Wade Ink.
Wattie Ink.
Wildwood Warriors Triathlon Team
Wings and Beer Triathlon Club
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X3 Training
ZEUS Triathlon
Zone 5
Zoom Multisport

The simplest strategies make the biggest difference.

25%

off your access to baths or massage & bath packages upon presentation of your Ironman 2019 participant bracelet.

39
Receive a preferential rate for a physiotherapy evaluation upon providing proof of registration to the Subaru IRONMAN Mont-Tremblant.

OFFICIAL PHYSIOTHERAPY PARTNER

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www.actionsportphysio.com
WORKING TOGETHER FOR AN ECO-FRIENDLY EVENT.

Improving our practices, reducing our carbon footprint, reducing and offsetting the effects of greenhouse gas emissions as well as optimizing the positive socioeconomic effects on the community of Mont-Tremblant: here are the cornerstones of our commitment. To achieve this, we need the strength of cooperative action from the participants, collaborators and supporters.

Together, we will make a difference. Be a part of the movement. Contribute to its success.

HOW CAN YOU HELP?

→ By using public transport or by carpooling
→ By recycling and composting on site
→ By bringing a water bottle that you can fill up at our various stations
→ By using our digital tools and mobile applications to get the information that you are looking for
→ By reducing overpackaging and litter on site
→ By collaborating with our Green Team the day of the event
ATTENTION ATHLETES

Show Your Appreciation to an IRONMAN Volunteer

It takes thousands of volunteers to bring IRONMAN athletes across the finish line every year. This is your opportunity to show your appreciation to a volunteer who helps you reach your IRONMAN goal.

- WEAR IT.
- GIVE IT.
- THANK (& RACE) YOUR HEART OUT.

At Athlete Check-In, you will receive a red IRONMAN Foundation wristband with the instructions to “Give this wristband to your favorite volunteer this weekend to thank them for their service through sport and commitment to community.”

RED WRISTBAND = Volunteer Symbol of Service

Learn more about the IRONMAN Foundation at ironmanfoundation.org