



IRONMAN 70.3 Luxembourg – Région Moselle 2023

Volunteer Guide

June 18, 2023



Dear Volunteer,

First of all we would like to thank you for your interest in supporting us as a volunteer at the IRONMAN 70.3 Luxembourg – Région Moselle on June 18th, 2023.

This sporting event will welcome athletes from all over Europe, may it be professionals, age grouper or hand cycle athletes who are determined to win or set their personal record. Moreover, the IRONMAN 70.3 Luxembourg – Région Moselle will allocate 48 Age Group Qualifying slots (45 Age Group + 3 Hand Cycle) and 25 Extra Slots for Women to the 2023 VinFast IRONMAN 70.3 World Championship on 26 - 27 August 2023 in Lahti, Finland.

The role of volunteers at sporting events is of great importance since those helping hands are part of a smooth-running and successful event. Volunteers accompany athletes from start till end, meaning they will pack and hand out the starter kits and backpacks, but they will also cheer for them at the bike and run course and lastly, welcome them at the finish line with the well-deserved medal. Therefore, they will experience a thrill of anticipation, despair during the competition and pure happiness at the finish line. Based on all those emotions during the race weekend, volunteers will enjoy an unforgettable experience.

During the IRONMAN 70.3 Luxembourg – Région Moselle 800 volunteers will support us, and we are thrilled that you would like to be one of them. Being a volunteer means that you will experience a sporting event from a whole different perspective, get an insight into organizational structures and get to meet new people.

This volunteer guide provides you with all the necessary information regarding the various volunteer activities. However, if you have any further questions please do not hesitate and contact us via e-mail at luxembourg@ironmanvolunteers.com.

We will assign volunteer activities based on need, availability and experience. Despite that, we recommend you register fast – first come, first served.

All our volunteers will be equipped with a volunteer shirt, a cap and a volunteer bag. Moreover, everyone receives a lunch box.

Once again, THANK YOU so much for your interest! We are looking forward to welcoming you at the IRONMAN 70.3 Luxembourg – Région Moselle 2023.

Your IRONMAN Team

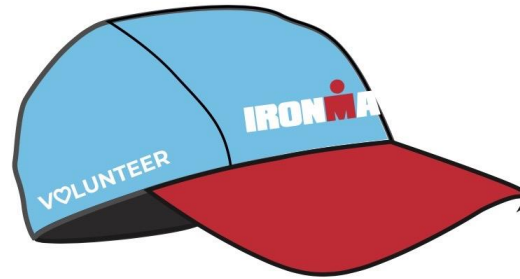


Background Information

What is the IRONMAN 70.3 Luxembourg – Région Moselle 2023?

The first IRONMAN 70.3 Luxembourg – Région Moselle took place in 2013 and welcomes yearly thousands of international athletes and visitors in the picturesque Moselle region. All participating athletes must master a 1,9km swim in the Moselle, 90km ride through the vineyards and 21,1km run along the river, before they are allowed to cross the finish line in the city center of Remich.

Volunteer 2023



Volunteer Activities

Packing of athlete and volunteer bags & starter kits:

- Packing of all athlete backpacks and volunteer bags, as well as the starter kits

Working Time: Thursday, June 15th 09.00 am - 06.00 pm

Registration

- You will be one of the first contact points at the event venue, therefore you will experience the nervousness and anticipation of the athletes just a few days before their big day
- You will explain them their starter kit and give them useful information

Working Times: Friday, June 16th 11.00 am - 07.00 pm

Saturday, June 17th 09.00 am – 05.00 pm

Info Point

- You know the race by heart? So, this is the perfect volunteer activity for you!
- You will answer all questions regarding the race weekend
- Spectators can inform themselves about schedule, courses and regulations

Working Times: Friday, June 16th 01.00 pm - 07.00 pm

Saturday, June 17th 09.30 am - 06.00 pm

Sunday, June 18th 07.00 am - 06.00 pm



Registration – NightRun:

- On Friday, the NightRun will take place: to make sure that all runners will be set and ready, we need you at the NightRun registration
- You will help us to hand out the starter kits and shirts
- Support electronic process of late registrations

Working Time: Friday, June 16th 01.30 pm - 07.30 pm

NightRun:

- Support the implementation (course marshals, finish line) of the NightRun

Working Time: Friday, June 16th 07.00 pm - 10.00 pm

IRONKIDS

- Be part of the IRONKIDS Luxembourg – Région Moselle and watch the future triathlon stars
- Support the implementation (course marshals, finish line) of the IRONKIDS

Working Time: Saturday, June 17th 08.00 am – 01.00 pm



Swim Course:

- Enjoy the breath-taking atmosphere at the swim start
- The excitement of the participants will cause goosebumps for all parties involved
- You will be positioned directly at the start and ensure that the participants enter the water timely-matched
- Support the swim exit of the athletes

Working Time: Sunday, June 18th 07.45 am - 11.30 am

Transition Area:

- Triathlon is defined by its transition areas since the transfer from one discipline into another one takes place here
- The direct contact with athletes will give you goosebumps
- Supporting athletes during Check-In on Saturday (leading them to the right bike rack, helping to place transition bag, answering questions)
- On Sunday morning you will take care of the after-race bags by collecting them and sorting them
- Ensure a smooth-running process in the transition tent

Working Times:	Saturday, June 17th	01.00 pm - 07.00 pm	for Check-In
	Sunday, June 18th	06.45 am - 03.00 pm	support in Transition Area 1
	Sunday, June 18th	02.30 pm – 07.30 pm	for Check-Out



Run Course:

Aid Station:

- Without your help, none of the athletes will make it to the finish line
- One of the most important tasks during race day is the nutrition of the athletes
- Hand out of drinks, energy bars, energy gels and fruits
- Management of aid station by refilling drink bottles and preparing food
- Cleaning of street and aid station

Working Time: Sunday, June 18th 10.30 am - 06.30 pm

Lap Bands:

- You will hand out lap bands for each lap an athlete has finished, so their counting is simplified

Working Time: Sunday, June 18th 11.00 am - 06.00 pm

Course Marshal:

- Enjoy the IRONMAN flair and be part of one of the most responsible sectors
- Ensure the closure of streets for a smooth process
- Motivational words towards the participants will give them additional power
- Announce potential danger spots
- Inform pedestrians about the sporting event and especially about the run course

Working Time: Sunday, June 18th 11.00 am - 06.15 pm





1.9km SWIM • 90.1km BIKE • 21.1km RUN

17 JUNE 2018

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Bike Course:

Course Marshals

- Enjoy the IRONMAN flair and be part of one of the most responsible sectors
- Ensure the closure of streets and therefore a smoothly process
- Motivational words towards the participants will give them additional power
- Announce potential danger spots
- Inform pedestrians about the sporting event and especially about the bike course
- Remich (Start) 08.30 am - 12.30 pm
- Stadtbredimus 08.30 am - 12.30 pm
- Ehnen 08.30 am - 01.30 pm
- Wormeldange 08.45 am - 01.30 pm
- Ahn 08.45 am – 01.30 pm
- Machtum 08.45 am - 01.30 pm
- Greveldange 09.15 am - 02.00 Upm
- Canach 09.15 am - 02.15 pm
- Moutfort 09.30 am – 02.30 pm
- Syren 09.45 am - 02.45 pm
- Filsdorf 09.45 am - 02.45 pm
- Ellange 10.00 am - 03.00 pm
- Mondorf-les-Bains 10.00 am - 03.15 pm
- Burmerange 10.00 am - 03.15 pm
- Schengen 10.15 am - 04.00 pm
- Contz-les-Bain 10.15 am - 03.45 pm
- Bech-Kleinmacher 10.30 am - 04.15 pm
- Remich (to Transition Area) 10.30 am - 04.15 pm

Bottle Station - Grevenmacher

- At the bottle station athletes will solely receive water and ISO drinks to keep their water demand high
- Refilling of water bottles
- Cleaning of street and aid station

Working Time: Sunday, June 18th
08.00 am - 01.15 pm



Finish Line:

- You will experience one of the most emotional moments of the day, as the athletes will express their feelings as soon as they cross the finish line
- You will give them their well-deserved medal
- Preparation of water cups

Working Time: Sunday, June 18th 11.30 am - 06.30 pm

Athletes Garden:

- After crossing the finish line athletes are just relieved and satisfied about achieving their goal, however they cannot move properly anymore, therefore they need your help:
 - Catering (Preparation of food and drinks)
 - Finisher Shirts
 - After-Race Bags

Working Time: Sunday, June 18th 09.30 am - 06.30 pm

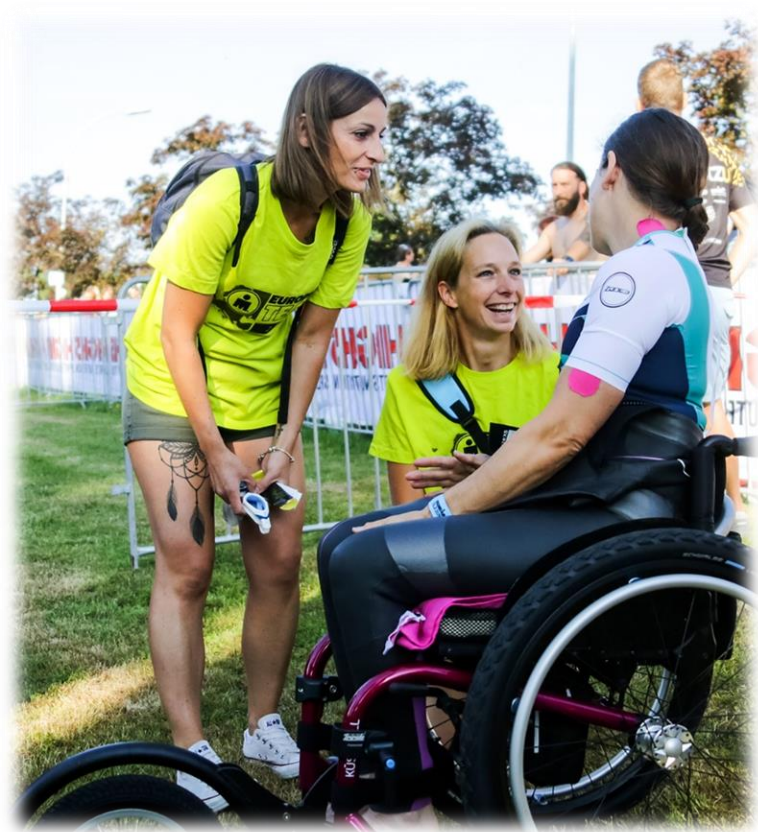


Award Banquet with Slot Allocation:

- Top athletes will get the opportunity to get one of the 48 Age Group Qualifying slots (45 Age Group + 3 Hand Cycle) and 25 Extra Slots for Women to the 2023 VinFast IRONMAN 70.3 World Championship on 26 - 27 August 2023 in Lahti, Finland
- Supporting electronic registration process

Working Time: Sunday, June 18th 05.00 pm - 09.30 pm





Overview of volunteer activities based on event days:

DAY	ACTIVITY	WORKING TIME	DESCRIPTION
THURSDAY, June 15th 2023	Packing	09.00 am - 06.00 pm	Packing of athlete + volunteer bags
FRIDAY, June 16th 2023	Registration	11.00 am - 07.00 pm	Hand out of starter kits and backpacks
	Info Point	01.00 pm - 07.00 pm	Providing information to athletes and spectators
	NightRun Registration	01.30 pm - 07.30 pm	Hand out of starter kits
	NightRun Course Marshal	07.00 pm - 09.30 pm	Course Marshal
	NightRun Finish Line	07.30 pm – 10.00 pm	Finish Line + Medals
SATURDAY, June 17th 2023	Registration	09.00 am - 05.00 pm	Hand out of starter kits and backpacks
	Info Point	09.30 am - 06.00 pm	Providing information to athletes and spectators
	IRONKIDS	08.00 am - 01.00 pm	Registration, Course Marshal, Finish Line
	Transition Area	01.00 pm - 07.00 pm	Check – In

DAY	ACTIVITY	WORKING TIME	DESCRIPTION
SUNDAY, June 18th 2023	Info Point	07.00 am - 06.00 pm	Providing information to athletes and spectators
	Swim Course	07.45 am - 11.30 am	Assistance at swim start and exit
	Transition Area	06.45 am - 03.00 pm	Support in Transition Area
	Transition Area	02.30 pm - 07.30 pm	Check-Out
	Bike Course – Aid Station	08.00 am - 02.30 pm	Handing out drinks
	Bike Course – Course Marshal	08.00 am - 03.45 pm	Closure of streets
	Run Course – Aid Stadion	10.30 am - 06.30 pm	Handing out food and drinks
	Run Course – Course Marshal	11.00 am - 06.15 pm	Closure of streets
	Run Course – Lap Bands	11.00 am - 06.00 pm	Handing out lap bands

DAY	ACTIVITY	WORKING TIME	DESCRIPTION
SUNDAY, June 18th 2023	Finish Line	11.30 am - 06.30 pm	Drinks, Medals
	Athletes Garden	09.30 am - 06.30 pm	Catering, After-Race Bags, Finisher Shirts
	Award Banquet & Slot Allocation	05.00 pm - 09.30 pm	Supporting the electronical process



THANK YOU