



IRONMAN[®] 70.3[®] DUISBURG

6. AUGUST 2023

1.9KM SWIM • 90KM BIKE • 21.1KM RUN



ATHLETE GUIDE 70.3 2023 ENGLISH

GET IN THE VIBE WITH THE 2022 HIGHLIGHTS



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WELCOME

Dear athletes,

After many months of preparations, we are all looking forward to the 3rd edition of the IRONMAN 70.3 Duisburg. I am even more looking forward to welcoming you all again to the 'Steel Heart of Europe'.

The fact that so many athletes want to experience IRONMAN 70.3 Duisburg reflects the attractiveness of the event. A huge Thank You to all the great volunteers, the city of Duisburg, the authorities and the partners without whom such an event would not be possible.

Once again, you can expect a 1.9 km swim course on the regatta course of the Duisburg Sportpark. Spectators will be able to follow and cheer you on along the course at all times. After a short stop in the transition area you will start the 90 km long bike course (2 laps). The course leads from the Sportpark Duisburg through parts of the city of Duisburg and over the historic 'Bridge of Solidarity'. Finally, you will complete the half marathon (3 laps) in the Sportpark Duisburg with its park-like landscape. You can already look forward to the finish in the 'Schauinsland-Reisen-Arena', the home stadium of the MSV Duisburg.

The IRONMAN Team is looking forward to a great triathlon weekend with you. I wish you all the best for the race, enjoy your big day and above all have a lot of fun!

Sporty greetings
Simon Jung
Race Director



Simon Jung
Race director

TOP 5 THINGS TO SEE

LANDSCHAFTSPARK DUISBURG

This is how industrial culture looks like: where people used to work today more than a million visitors party, climb, dive and hike every year. A disused steelwork has been transformed into a metropolitan oasis.

Visit the website here: [Landschaftspark Duisburg-Nord](#)



Copyright: Duisburg Kontor / Thomas Berns

SECHS-SEEN-PLATTE

The popular local recreation area covers 283 hectares. This natural paradise is the perfect place to spend your free time: Swimming pool, bridle paths, playgrounds and a whole 25KM of walking trails promise a soothing break from urban hustle and bustle.

Visit the website here: [Sechs-Seen-Platte | Stadt Duisburg](#)



Copyright: Stadt Duisburg

TIGER & TURTLE – MAGIC MOUNTAIN

From the cover of numerous magazines to the home screen on Windows computers - 'Tiger & Turtle - Magic Mountain' is one of the most photographed and most publicised motifs of recent times.

Visit the website here: [Tiger & Turtle - Magic Mountain | Stadt Duisburg](#)



Copyright: Duisburg Kontor GmbH

DUISBURG BY BIKE

Everyone knows Duisburg for industry, steel and the world's largest inland port - but the city of water and fire has more to offer than many suspect, especially as a tourist destination. Because of its diversity of landscape, water and industrial culture, the city on the Rhine and Ruhr has long been more than an insider tip for cycle tourists.

Visit the website here: [Duisburg mit dem Fahrrad | Stadt Duisburg](#)



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DUISBURG ZOO

With around one million visitors a year, the Duisburg Zoo is one of the best-known and most visited zoological gardens in Germany.

Visit the website here: [Zoo Duisburg | Stadt Duisburg](#)



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CHECK LIST

PRE-RACE

- Directions to :
 - Registration / official shop
 - Athlete check-In
 - Race start / Race finish
- Photo I.D.
- Valid triathlon license or day pass

- Bike adjustment
- Study the race courses
- Plan and test your nutrition
- Attend athlete briefing

RACE DAY – SWIM

- Timing Chip
- Swimsuit/Wetsuit (*if applicable*)
- Goggles (*consider a spare pair as well*)
- Race Day Swim Cap (*provided at registration*)
- Ear Plugs/Nose Plug (*optional*)

RACE DAY – BIKE

- Helmet
- Bike shoes and socks
- Bike pump
- GPS watch or bike computer
- Bib number
- Bike Repair Kit
- Bar-end plugs
- CO2 Cartridge(s)
- Spare Tube
- Repair kit/tools
- Extra nutrition
- Vaseline
- Sunscreen
- Sunglasses

RACE DAY – RUN

- Running shoes and socks
- Race belt or safety pins
- Hat/visor
- Extra nutrition and water bottles
- Sunscreen
- Sunglasses
- Reflective tape (*if applicable*)

MISCELLANEOUS

- Towel
- Post-race clothing
- Contacts or Rx Glasses
- Body Glide
- Lip balm
- Hair ties
- Your good mood :)

SCHEDULE

FRIDAY 04 AUGUST

TIME	DESCRIPTION	LOCATION
12pm – 7pm	IRONMAN SportExpo	Klönnewiese
12pm – 7pm	Merchandise Store	Klönnewiese
12pm – 7pm	Registration open	Main Building Regattabahn

SATURDAY 05 AUGUST

TIME	DESCRIPTION	LOCATION
10am – 6pm	IRONMAN SportExpo	Klönnewiese
10am – 6pm	Merchandise Store	Klönnewiese
10am – 5pm	Registration open	Main Building Regattabahn
11am – 12pm	Race Briefing German (70.3 & Relay)	Stands Regattabahn
12:30pm – 1:30pm	Race Briefing English (70.3 & Relay)	Stands Regattabahn
2pm – 6pm	Bike Check-In and Drop-Off Red and Blue Bag	Dreieckswiese

SUNDAY 06 AUGUST

TIME	DESCRIPTION	LOCATION
06:30am - 08:00am	Transition open	Dreieckswiese
until 08:30am	Drop-Off white Bags (After-Race-Bags)	Dreieckswiese
8am – 09:15 am	Rolling Start 70.3 Agegroup-Athletes, Relay in the end	Regattabahn
10am – 6pm	IRONMAN SportExpo	Klönnewiese
10am – 6pm	Merchandise Store	Klönnewiese
11:30am - 12:30pm	Finish of the first athletes and interviews	Schauinsland-Reisen-Arena, center
5:45pm	Cut-Off Finishline	Schauinsland-Reisen-Arena, center
2:30pm – 7pm	Bike + Bag Check-Out	Dreieckswiese
6:30pm	Award Ceremony IRONMAN 70.3 Duisburg	Stands Regattabahn
7:30pm	Slot Allocation – VinFast IRONMAN 70.3 WM 2024, Taupō, Newseeland	Stands Regattabahn



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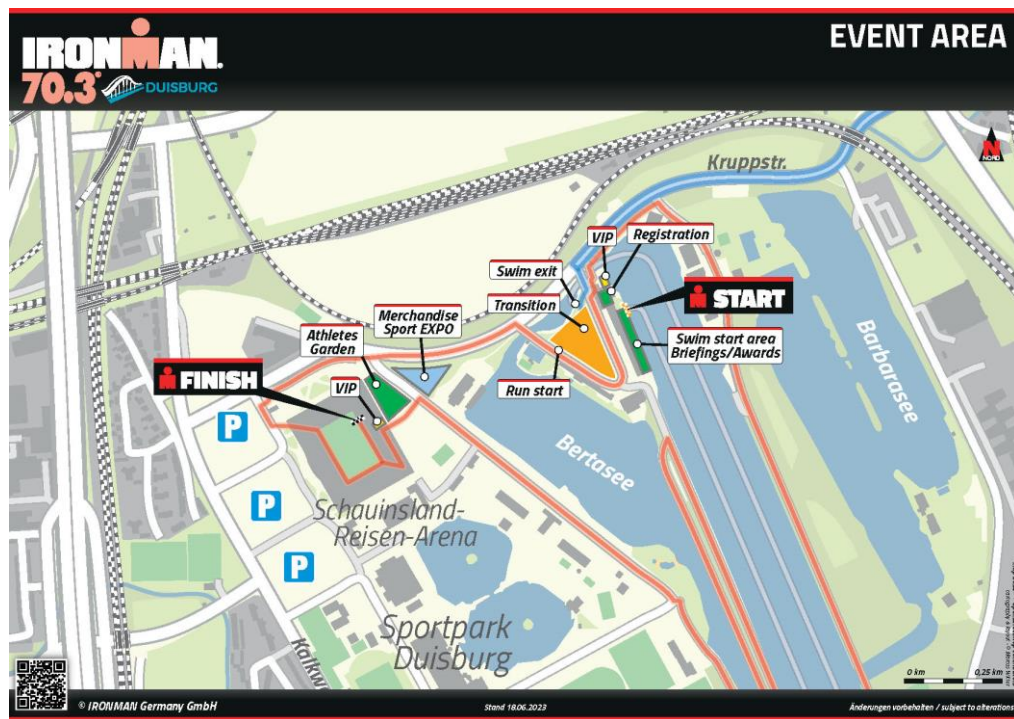
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*Only for athletes.



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EVENT SITE



MERCHANDISE STORE

Opening Times:

Friday, August 04: 12pm – 7pm

Saturday, August 05: 10am – 6pm

Sunday, August 06: 10am – 6pm

ROAD CLOSURES

All courses are closed for traffic during the Race. In case of emergency, rescue vehicles with the sirens on, shall always have free passage. Please yield and let them pass you.

RACE WEEK TRAINING

All training during non-race times on the race course is conducted at your own risk. Please always obey traffic law. Swimming on the regatta course is **forbidden** before race day!

PARKING

PARKING – SCHAUINSLAND-REISEN-ARENA

There is ample parking in the immediate vicinity of the Schauinsland-Reisen Arena. Please follow the signs to the car park!

TRAFFIC IMPACT

Of course, we as organisers try to reduce the restrictions for the residents to a minimum. However, road closures on race day are unfortunately unavoidable, especially on the bike course.

On race day there will be various restrictions between 6:30am and 3pm. The exact route and closing times can be found on the [interactive closing time map](#)<< or the [course map](#)<< and the [passing time table](#)<<.

If you have any further questions, please [contact traffic@ironman.com](mailto:traffic@ironman.com). If you have any questions during the event week, you can also contact our info phone: +49 175 8714468.

- Wednesday (02.08.23) to Saturday (05.08.23), 10am – 7pm & Sunday (06.08.23), 6am – 4pm

For all questions about public transport, please call the DVG telephone hotline: 0203 60 44 555

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- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

contactus@nirvanasportstravel.com

nirvanasportstravel.com



REGISTRATION

LICENSEE

- 1 **Valid proof of national triathlon license.** You can also buy a 1-day license on site at registration for 25,- Euros, only cash is accepted.

REMINDER OF REGISTRATION HOURS

DATE	HOURS	LOCATION
Friday 04 th August	12pm-7pm	Main Buidling, Regattabahn
Saturday 05 th August	10am-5pm	Main Building, Regattabahn

PLEASE NOTE

- 1 **Please be aware that this race does not pre-allocate BIB numbers before registration opens.**
Bib numbers will be allocated on a first come, first served basis at the registration desk. AWA Gold and Silver athletes, Nirvana and TriClub Pole Position keep their privileges.
- 2 All athletes must wear all official race participant items issued at Athlete Check-In. Items include; the official swim cap, wristband, bike stickers, race bib number, and timing chip. Failure to do so will result in a DSQ.

ALL ATHLETES MUST HAVE REGISTERED ONSITE BEFORE 5pm ON SATURDAY, August 5th. NO REGISTRATION WILL BE POSSIBLE AFTER THIS TIME.

TIMING CHIP WILL BE HANDED OUT AT BIKE CHECK-IN (TRANSITION) ON SATURDAY.

BEFORE THE RACE

- 1 An email will be sent to you with a QR code during the race week. Print it or save it to your smartphone and present it at the registration desk.
- 2 Present your annual triathlon licensee/bought one day pass at the licensee control, before you pass into the registration tent.
- 3 Please report to the volunteers by following the signage.
- 4 Collect your race number and package by presenting your **identity card**.
A wristband will be provided. You will be asked to put it on immediately and to wear it the entire competition weekend. In addition, the QR code on the wristband serves as a "chip ticket": Chip for bike.



RACE PACKAGE

YOUR PACKAGE INCLUDES

<p>1 BIB NUMBER: You must wear your bib on your <u>back</u> for the bike course and in <u>front</u> for the run course. It must be attached with three points. You can use safety pins if you wish. However, as you have to change it from one position to another in transition, it is strongly recommended that you get a running belt which saves you time, allows you to change clothes easily and avoids making holes in your clothes.</p>	
<p>1 SWIM CAP: You must wear the swim cap given to you when you collect your bib number during the SWIM.</p>	
<p>STICKERS: You will also have a sheet of stickers; please place relevant sticker on your bike, helmet and bags: 3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seatpost of your bike, 1 sticker to stick on the front of your helmet.</p>	
<p>1 ATHLETE'S WRISTBAND: A wristband with a QR code will be placed on your wrist when you collect your bib. This wristband will identify you as an official athlete and must be worn during the whole week of the race. The wristband is required for medical identification purposes and gives you access to the transition areas and all athlete areas during, before and after the race. You will not be allowed to remove your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist.</p>	
<p>1 ATHLETE'S BACKPACK: To be collected at the EXPO area.</p> <p>2 TRANSITION BAGS AND 1 STREET WEAR BAG: Your belongings must be placed in these bags (see next page).</p>	

Athletes must wear the official race items given to them during the registration. Certain items must be worn: the official swim cap, wristband, stickers, number and timing chip.

Individual marking/ labelling of the bag or the bag stand is not allowed. Penalty = yellow card!

Failure to comply with this rule will result in **disqualification**.

TRANSITION BAGS

BLUE BAG / BIKE BAG



Should contain the gear you need for the bike course, including your helmet with stickers on the front, bib number fixed with 3 points, shoes if they are not clipped on the bike, jacket, muffs, nutrition, sunglasses, etc.
After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

Drop-off in Transition:
Dreieckswiese - Saturday 05th August at Bike Check-in
from 2pm to 6pm

RED BAG / RUN BAG



Should contain the gear you need for the run course: running shoes, socks, nutrition, etc.
After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet.

Drop-off in Transition:
Dreieckswiese - Saturday 05th August at Bike Check-in
from 2pm to 6pm

WHITE BAG / STREET WEAR BAG



This is your street wear bag; it is for you to put any additional clothing you wear before the race and anything you may require after the race.

Can be dropped off at the exit of the transition zone before the start of the race (Sunday 06th till 8.30am) if required and will be available again directly after the finish.

DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS!



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CHECK-IN & BRIEFING

SCHEDULE REMINDER

DATE	HOURS	DESCRIPTION	LOCATION
05 th August	11am-12pm	Race Briefing German (70.3 & Relay)	Stands Regattabahn
05 th August	12:30pm-1:20pm	Race Briefing English (70.3 & Relay)	Stands Regattabahn

ATHLETE BRIEFING

The athlete briefing will take place on Saturday, 05. August and will be held in **German** or **English** (see schedule above). The briefing will give you important information about the specificities of the course, the rules and the cut-off times for each discipline and above all the last minute changes that could take place due to the weather conditions.

CHECK IN

«Check-in» is in the triathlon dictionary as the time when you drop off your transition bags and bike, the day before the race.

Bike service

Our partner ADAC Bike Support is attending the IRONMAN Village. On race day, he will be in Transition to assist you in case of a last minute bike issue, before the start and will be on the bike course during the race (fixed location: Marientor).



MANDATORY BIKE, BIKE AND RUN BAGS CHECK-IN

DROP OFF YOUR BIKE AND BIKE BAG AS WELL AS YOUR RUN BAG AT TRANSITION

Before entering the bike park, please put on your helmet and fasten the chin strap. Please also be prepared for the following inspections:

- a visual inspection of the bike (wheels with disc brakes are allowed)
- a break system check and a check of your helmet,
- a check that the race numbers are on your bike and your helmet and a check of your athlete bracelet.
- You must rack your bike and your BIKE bag according to your number.
- Bike covers are NOT ALLOWED.
- Your helmet must be inside your BIKE bag.
- Shoes and nutrition can be clipped onto your bike on race morning.
- Make sure you have packed all your gear for Change 1 in the BIKE bag. Don't forget to put your bib number in the bag.
- Check that you have put all your gear for Change 2 into the RUN bag.

When storing your bike and bags, take time to familiarize yourself with the transition zone. Don't forget to check where the entries and exits are located.

There will be volunteers in the transition to answer any questions, so ask them on spot, don't wait until race day.

TIMING CHIP



WHAT IS THE TIMING CHIP FOR?

The chip will register your individual start time as you cross the timing mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, overall and age group ranking.

WHEN AND WHERE TO COLLECT THE TIMING CHIP?

You must collect your chip when exiting transition zone on Saturday 05th August.

WHEN AND WHERE TO WEAR THE TIMING CHIP?

It must be worn on your left ankle during the entire race. NOTE that you must have your timing chip on for Bike Check-Out. So keep it on even if you drop out of the race.

WHAT IF I LOSE MY TIMING?

If the chip is lost during the race, a replacement chip must be collected from the transition area, so you can continue the race.

Your race timing chip is a loaner. You must return the chip to the timing company. In case of loss a fee of EUR 50,00 has to be paid.

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

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RACE DAY

RACE MORNING

The transition area opens on race day at 6:30am - 8:00am. It may only be entered by participants of the IRONMAN 70.3 Duisburg and by persons with the appropriate authorization card.

Coaches, attendants and spectators are not allowed to enter!

Air pumps will be provided in transition zone. You can bring your own **air pumps** to the transition area, but they are **not be allowed in the white bags**.

The organizer is not responsible for the transport, or the pumps brought into the transition area.

Check your tire pressure. You can clip your bike shoes on the pedals and attach the nutrition to your bike.

STREET WEAR BAG



The white bag with the changing clothes (for after the race) can be handed in at the exit of the transition before the swim start until 8.30am and will be available for the athletes again in the Athletes Garden.

TOILETS

There are sufficient toilets for use in the transition zone.

Toilets will be available throughout the course at the different aid stations..

IF YOU HAVE LOST OR FORGOTTEN YOUR TIMING CHIP ON RACE MORNING, PLEASE CONTACT AN IRONMAN OFFICIAL, AND THEY WILL PROVIDE YOU WITH A NEW ONE.

CUT OFF TIMES

01:10:00 

05:30:00  + T1 + 

08:30:00  + T1 +  + T2 + 

**TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME
NOT ON THE GUN START TIME**

INTERMEDIATE CUT-OFF

- **KM 45, south turning point, at 12:35pm**
- **KM 66, north turning point, at 1:30pm**

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

Athletes who do not meet the above cut-offs will be disqualified and will not be eligible for age-group awards or for 2024 VinFast IRONMAN 70.3 World Championship.



ON-COURSE NUTRITION PRODUCTS

BIKE COURSE

Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

Maurten GEL 100 & GEL 100 CAF 100

Maurten GEL 100 & GEL 100 CAF 100 are true gels; a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

226ers Race Day Bar

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.



RUN COURSE

Red Bull Energy Drink

Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins, and sugars. One 250 ml can contains 80 mg caffeine, about the same as a cup of coffee. The product will be served on the run course diluted with water in paper cups.

Gatorade Powder

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

Maurten GEL 100 & GEL 100 CAF 100

226ers Vegan Gummy Bar

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.



RACE DAY

CUPS AND GELS SHOULD BE THROWN IN THE BINS PROVIDED. NOT ON THE GROUND!

ATHLETES WILL BE ISSUED A PENALTY IF CAUGHT LITTERING BY A RACE OFFICIAL.

BIKE AID STATIONS

Aid station 1: KM 14,5 / KM 58,7

Aid station 2: KM 30 / KM 73

- **Drinks:** Gatorade-sportsdrink blood orange flavor & water in sport bottles (75cl)
- **Energetic bars:** 226ers Race day bars *strawberry, black/dark chocolate, apple & cinnamon, banana & ginger*
- **Energetic gels:** Maurten Gels (*with or without caffeine*)



RUN AID STATIONS

Lap 1: KM 0,5 - KM 2,5 - KM 6

Lap 2: KM 7,5 - KM 9,5 - KM 13

Lap 3: KM 14,5 - KM 16,5 - KM 20

- **Drinks:** Gatorade-sportsdrink blood orange flavor, Water, Red Bull, Coca-Cola, Sparkling Water (Drinks are served in cups)
- **Energetic bars:** 226ers Gummy bars *Cherry & Cola*
- **Energy gels:** Maurten Gels (*with or without caffeine*)
- **Fruits, comports and salty products**



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SWIM

SWIM

The IRNOMAN 70.3 Duisburg will implement a rolling start for age group athletes and relay athletes. The age group and relay athletes will enter the water in a continuous stream through a controlled access point from 8.00am – 9.15am:

3 athletes will start every 6 seconds.

The athletes place themselves in the designated pre-start area and sort themselves into the areas according to the respective estimated swim time. Please be honest with yourselves, as this is the only way to ensure a smooth and safe process with equal opportunities.

A warm-up is allowed in the Bertasee from 6:30 – 8:30am (entrance at the DSV)

Before the swim start every athlete is obliged to be in transition zone, which closes at 8:00am.

Each participant must pass through the starting arch BEFORE the starting signal to cross the timing mat and activate the timing system. Exit the water ONLY via the official exit and cross the timing mat to be re-registered. If not this will result in disqualification. In addition, the organizers will assume that the person is still in the water and will arrange a search at the competitor's expense

LOST CHIP

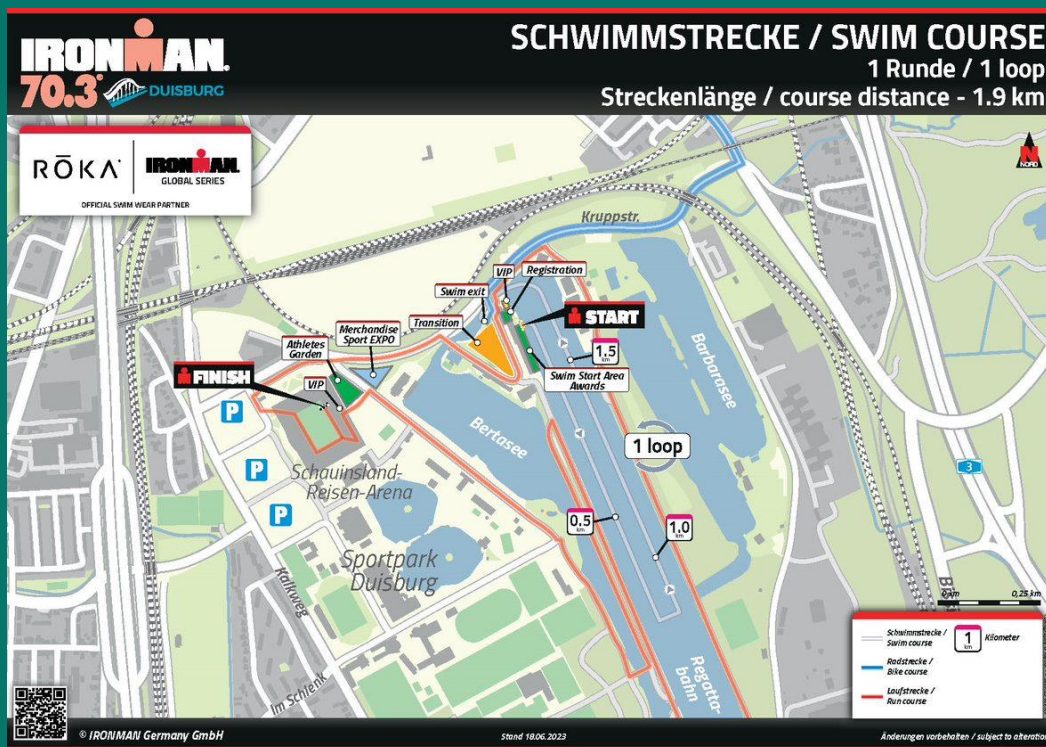
If you have forgotten your timing chip on race morning or loose it during the swim or bike leg of the race, you are able to get a new timing chip in the transition area (at race morning at swim start). Please contact an IRONMAN official, and they will issue a new chip. The swim cap must be worn throughout the swim. Should you be in any kind of need; lifeguards will be in the water to help you.

CUT OFF TIME

The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. Each athlete or relay team member will get 1 hour and 10 minutes to complete the swim course regardless of when they start the swim. Any athlete or relay team member who takes longer than 1 hour and 10 minutes to complete the swim will not be allowed to continue and will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

COURSE

A one loop 1.9 km swim course in the Regattabahn.



STARTING TIME	STARTER GROUP	SWIM CAP COLOUR
From 8:00 am - to 9:15 am	AGE GROUP WOMEN	NEON GREEN
	AGE GROUP MEN	RED
	RELAYS	LIGHT BLUE
	AWA GOLD, SILBER, BRONZE	GOLD

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wahoo

SWIM

WETSUIT

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5 °C). Wearing a wetsuit is prohibited when the water temperature is above 24.5 °C and mandatory when the water temperature is 15.9 °C and below. **If a wetsuit is allowed or not will be decided one hour before the race!**

The wearing of competition clothing under a swimming costume is permitted

PROHIBITIONS:

In case of a neoprene ban, this ban also applies to swimming costumes with rubber and/or neoprene parts/coatings. In case of violation the participant will be disqualified.

SWIMWEAR

(non-wetsuit legal swims only)

Swimwear must be 100% textile material. 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;

SWIM COURSE RULES

- It is forbidden for athletes to wear their bib number during the SWIM (*disqualification*),
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water,
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- The wetsuit must not be removed before the transition zone (*YELLOW card - 30 second penalty*).
- Any assistance required during the swim will result in disqualification if forward progress was made.
- IRONMAN officials and medical staff reserve the right to pull athletes off the course if deemed medically necessary.

SWIM CAP

The official swim cap must be visible and "clean". Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

GLASSES

Athletes may place their glasses on a table at the swim exit and pick them up there as well after the swim. The athlete is responsible for the marking (start number) of the glasses.

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, orientation (includes water clarity, depth and distance perception), and wearing a wetsuit if needed.

2. RACE IN SHORTER EVENTS

Proper training is the best way to reduce anxiety. It's also a good idea to race shorter distance triathlons or single-sport events (for example, an open water swim event), as well as join clinics and club activities to prepare yourself for open water conditions.

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, event athlete guide and pre-race communication to familiarize yourself with the course.

Keep in mind that everybody of water is different- educate yourself on water currents and surf conditions, if applicable. Study the event schedule to plan for optimal 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 and European Society of Cardiology offer suggestions for cardiac screening of competitive athletes. These include a physical exam as well as an assessment of your family history, personal heart health and may include a recommendation of additional diagnostic studies. Wherever you live, we recommend you consult with your physician before you race.

5. PAY ATTENTION TO WARNING SIGNS

While training, if you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness) or blacking out, or have any other medical concerns or symptoms, consult your doctor immediately.

6. DON'T USE NEW GEAR ON RACE DAY

Focus on controlling as many factors 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 an adequate warm-up prior to start. Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race.

8. CHECK OUT THE COURSE

Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colors and locations.

9. START EASY – RELAX AND BREATHE

Follow the race day instructions regarding the swim start format that have been provided in the event athlete guide. For events with a rolling swim start, don't overestimate your ability. Please line up in the appropriate position based on instructions provided in the event athlete guide. Don't race at maximum effort from the start - ease into your swim.

Relax and focus on your breathing as you settle into a sustainable place.

10. BE ALERT AND ASK FOR HELP

In a race setting always stop at the first sign of a medical problem. The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim.

If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat. Feel free to hold on to a static object like a raft, buoy, or dock. As long as you don't use it to move forward, you won't face disqualification.

Comp. rules can be found here:



Competition Rules (ironman.com)

TRANSITIONS

Please note that there will be a changing tent. You can use a poncho towel to change if you want too.
Nudity is prohibited.

CHANGE 1 – SWIM TO BIKE

When exiting the water, you will run to and enter the Transition. Right after entering the transition zone, you must pick up your **BLUE BIKE BAG** with your bike gear from the designated bag rack. You then sit down on the benches and change (there are designated areas for athletes who need privacy while changing).

After completing your change, you will need to pack your wetsuit and other swim gear in the **BLUE BIKE BAG**, and place it at your bag rack again.

There is a specific area in the transition zone, where the relays hand over the timing chip. As a relay, please familiarize with this area before race day.

Only the following items are allowed on the bike: Cycling shoes (clicked in), bottles in the bottle holder. The ground must be kept completely clear!

Please note that before removing the bike from its place at the bike rack, you need to have the chinstrap of your helmet securely fastened. The chinstrap must always be fastened when the athlete is in contact with the bike. Failure to do so may cause a penalty from one of the race referees.

You must cross the bike mount line before mounting your bike. The line will be clearly marked and is located when exiting the Transition Zone.

CHANGE 2 – BIKE TO RUN

For change 2, get off your bike at the dismount line and rack your bike on your bike rack. You will then pick up your **RED RUN BAG** and sit down on the benches where you change into your running apparel (there are designated areas for athletes who need privacy while changing).

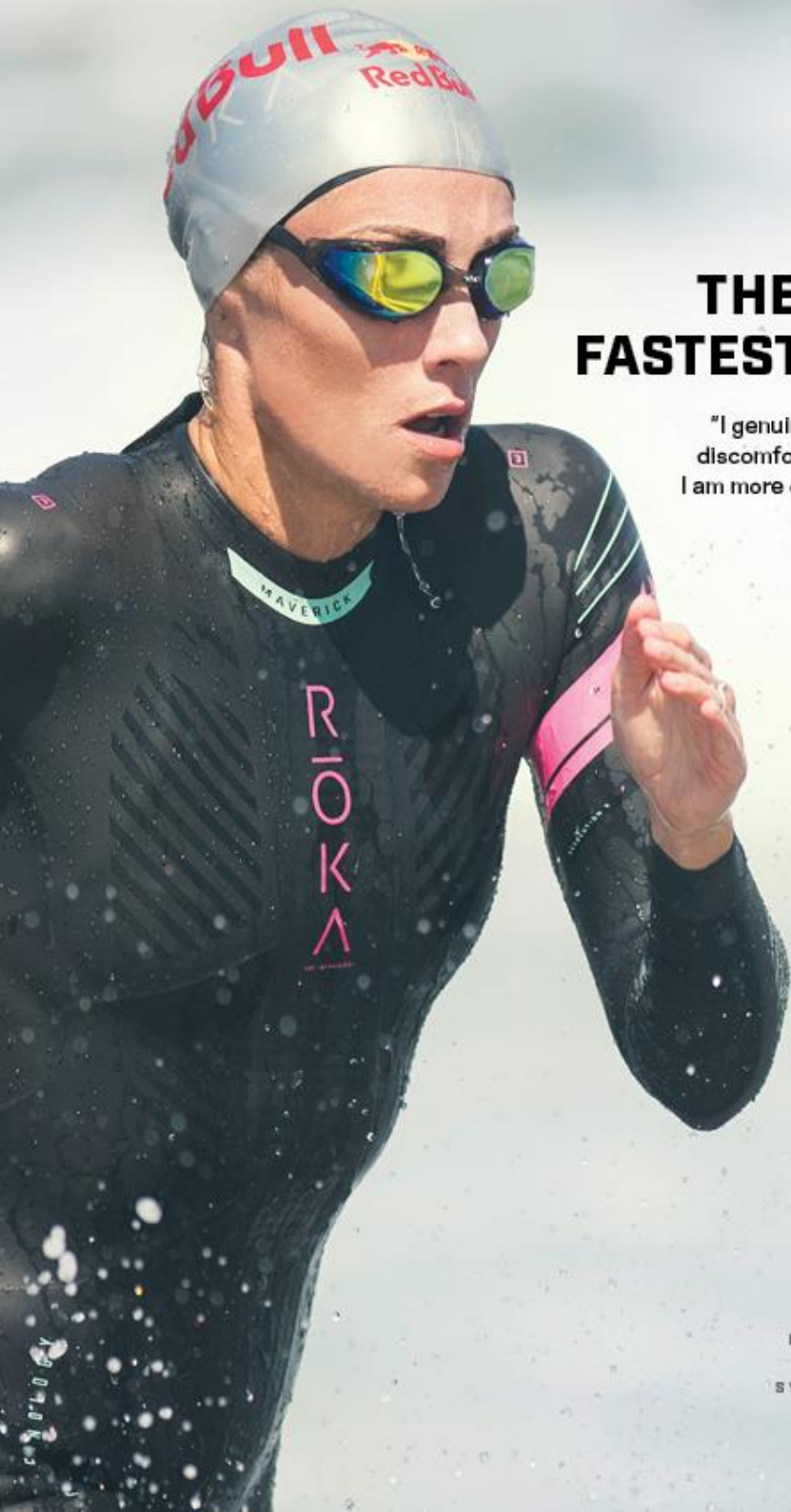
After completing your change, you need to put all your bike gear into the **RED RUN BAG**, including your bike helmet, bike shoes must either stay on the bike pedals or be placed in the **RED RUN BAG**. Put the **RED RUN BAG** on your bag rack again and start the half marathon.

There are two penalty boxes during the whole bike course. One of them is at the end of the bike course (interchange Koloniestraße/Lortzingstraße) where you must stop if necessary.

In the transition zone all bicycles will be checked by the organizer for possible manipulations (electronic or mechanical doping). In case of a positive manipulation a disqualification will take place.

After finishing, your **BLUE BIKE BAG** and **RED RUN BAG** can be collected in the transition zone along with your bike between 2.30pm – 7:00pm. You need to have your race number and timing chip with you to be able to check out your gear.





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- Paul, Seattle, WA

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AVAILABLE ON



BIKE

BIKE TECH SUPPORT

On the route will be a bike technician at a fixed location (Marientor) who can help you with the most basic mechanical problems, i.e. flat tires, broken cables, etc.

Please note that you are responsible for carrying extra tubes, tires, tools, etc. on your bike during the race. The bike technicians and tools are only meant as an additional service.



COURSE

The 90.1 km long bike course (2 laps) first leads from the 'Sportpark Duisburg' through parts of the city of Duisburg over the historic 'Brücke der Solidarität'. Then it goes along the Rhine in the direction of Moers. After a U-turn just before Moers, it takes the athletes back to the steel city of Duisburg. After completing the lap a second time, the course returns to the 'Sportpark Duisburg', where the athletes prepare for the running course.

AID STATIONS (2 per Loop)

KM 15 - KM 30 - KM 59 – KM 73

MAIN DIFFICULTIES

- Critical points will be marked by danger signs or/ and indicated by helpers

CUT OFF TIME

5h30 : SWIM + T1 + BIKE

Each athlete or relay team member will have 5 hours and 30 minutes to complete the swim, T1 and the bike course regardless of when they start the swim, after that the course is closed. Any athlete or relay team member that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course will not be allowed to continue and will receive a DNF.

SAFTY FIRST

Right hand traffic is mandatory!

You must follow directions and instructions from race officials, race marshals, police and the National Guard officers. Failure to do so may cause disqualification from the race.

The bike course is completely closed to other traffic. However, oncoming traffic is to be expected at all times.

BIKE MEDICAL

Doctors and trained medical personal of the German-Red-Cross will be available along the bike course. Contact an IRONMAN official in case you require medical assistance. At each of the Aid Stations, there will be a small first aid kit, able to aid minor injuries, such as scrapes and small cuts.

Sufficient insurance coverage in case of illness and accident is the personal responsibility of the participants and must be confirmed in the registration, as a possible hospital stay will be settled via the personal health insurance.

SAG WAGON

There will be a SAG wagon on the bike course, able to pick you and your bike up, if you choose to withdraw from the race while on the bike course. Please approach an IRONMAN official on course, and they will guide you to the nearest pick-up point. If you do not make the course Cut-off, the SAG wagon will pick you up, wherever you are located on the course.

DROP OUT

If you decide to drop out, please inform a referee and only a referee.

Keep your timing chip for the check-out at Transition from 2:30pm to 7.00pm.

LOST CHIP

If you lose or forget your chip during the bike leg, you have to inform an official (referee) or go to transition zone.

If you are involved in an accident with another person, e.g. another athlete, volunteers, spectators etc., be sure to remain at the location of the accident, until a member of the National Police Force is present.

BIKE

BIKE RULES

It is mandatory to obey traffic regulations.

Specificity of drafting:

Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.

Drafting is prohibited (blue card).

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).



YELLOW & BLUE CARD - BIKE

The blue card is used in case of drafting:

- 1te BLUE CARD → 5:00 minutes
- 2te BLUE CARD → + 5:00 minutes
- 3te BLUE CARD → DSQ

In case of a yellow card the penalty is:

- 30 seconds

When an athlete receives a card on the bike course, he must execute his penalty at the penalty tent and make sure that the referee has noted on his number that the penalty has been executed.

It is the referee who starts the stopwatch and who allows the athlete to resume the race once the penalty has been executed.

Comp. rules can be found here:



[Competition Rules \(ironman.com\)](https://www.ironman.com)

Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear.

Read on for an essential checklist to get you ready for any two-wheeled challenge.

1. IT STARTS WITH YOUR BIKE

Your seat and handlebars should be adjusted to the appropriate height and reach for you. Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly. Keep your bike clean and your chain lubed. Use front and rear lights when riding in low light conditions – this may be required by law in your area. Tires should be inflated to the recommended pressure.

2. LEARN THE BASICS

Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking. If you're unfamiliar with shifting gears, practice doing this in a low-traffic area. Practice riding a straight line, and cornering (right, left, U-turns).

3. SUIT UP

Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride. Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race. Choose clothing that is visible in low-light conditions.

4. BE PREPARED TO RIDE

Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed. Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5. PLAN AHEAD

Always obey all traffic signals and signs. Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you. Select a ride distance appropriate to your fitness.

6. INFORM OTHERS

In the event of an incident, someone should know where you are riding. Always carry personal identification with you and emergency contact information. Carry a cell phone for emergencies.

7. STAY ALERT

Leave the playlists and podcasts for indoor workouts. Don't use your phone while riding – pull off the road if you need to make a call or send a text. Don't take photos and selfies while riding. Look at the road and the riders around you, not your bike computer. Be able to see and hear what is going on around you.

8. OBEY THE LAW

Always stop at stop signs and lights. Remember, cyclists have the same responsibilities as vehicles. Know the traffic laws for your area, especially those regarding riding two abreast or single file. Know where the vehicles are around you and anticipate that drivers may not see cyclists. When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

9. COMMUNICATE

Use verbal and hand signals so others know if you are stopping or turning. Make eye contact with drivers and other cyclists. Watch for hazards in the road including potholes, debris, or water bottles. Visually and verbally communicate with the specific volunteer in the aid station you will be taking from, letting them know you are taking aid directly from them.

10. SAFETY FIRST

Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass. Your hands should always be able to get to the brakes quickly. Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.



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COURSE

On the 21.1-kilometre HOKA One run course (3 laps) in the 'Sportpark Duisburg', the athletes pass the swim course and various lakes in the park-like landscape. The 'Schauinsland-Reisen-Arena', the home stadium of MSV Duisburg, is where the impressive finish line is located.

AID STATIONS

Lap 1: KM 0,5 - KM 2,5 - KM 6

Lap 2: KM 7,5 - KM 9,5 - KM 13

Lap 3: KM 14,5 - KM 16,5 - KM 20

Cups and gels should be thrown in the bins provided, not on the ground. Athletes will be issued a penalty if caught littering by a race official.

RUN RULES

During the run you must at all times wear the race number visible on the front.

It is compulsory to keep to the right when running, be considerate of other athletes and allow them to overtake if necessary.

Coaching is allowed only on the side of the race. It means that the coaches are not allowed to follow athletes directly on the course.

Athletes cannot accept help from anyone during the race.

For visual lap control, participants will receive a coloured arm/ wrist band during each lap. Please pay attention to the signposting of the finishing straight and to the instructions of the helpers

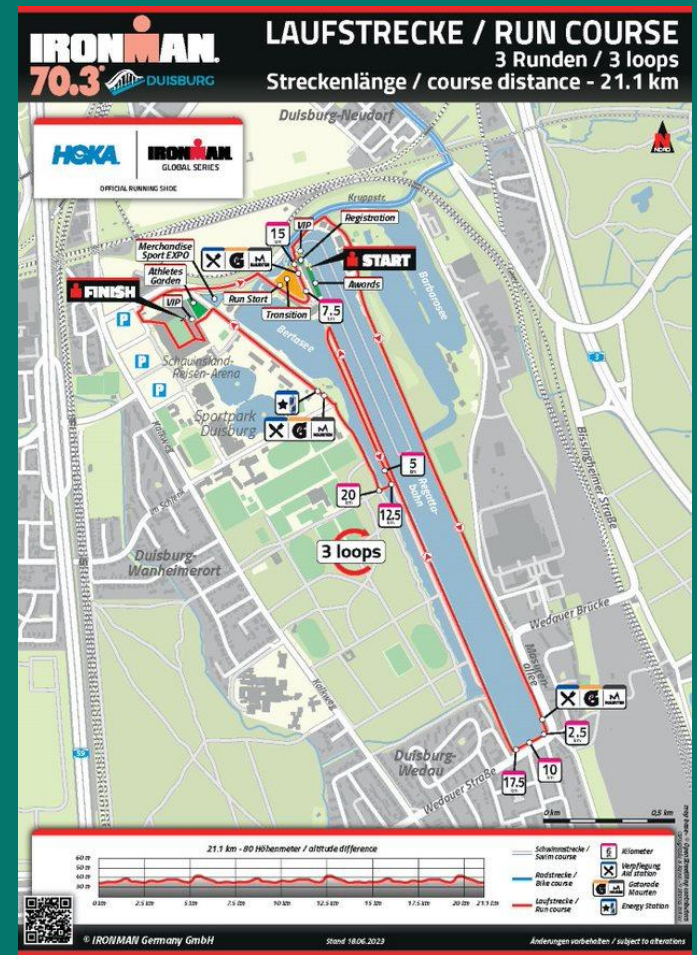
YELLOW CARD - RUN

30 seconds «stop & go» penalty. The athlete who receives this penalty must stop immediately upon receipt of the card, with the referee who issued it. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

Comp. rules can be found here:



[Competition Rules \(ironman.com\)](https://www.ironman.com)



CUT OFF TIME

8h30 : SWIM + T1 + BIKE + T2 + RUN

Each athlete or relay team member will have 8 hours and 30 minutes to complete the entire course. Any athlete or relay team member that takes longer than 8 hours and 30 minutes to complete the entire course and does not finish before the run course is closed will receive a DNF. Any athlete or relay team member that takes longer than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.

DROP OUT

If you decide to drop out, please inform a referee and only a referee. Keep your timing chip for the check-out at Transition from 2:30 to 7pm.

Don't try this on race day*



* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

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RELAY TEAM

BEFORE THE RACE

- The team captain needs to ensure that all team members are registered successfully before registration!
- The following age limits apply for participation on the race-day:
Swimmer: 14 years; Cyclist: 17 years; Runner: 16 years
- All members of the Relay team must have registered and filled out their information 10 days prior to race day. If failed to do so, IRONMAN holds the rights to deny the team participation, giving no compensation
- The change of a team member can be done until 10 days prior to race day. No changes will be accepted past this deadline

RACE WEEK

- 1 It is compulsory that all relay team members register and collect the team's race pack together within the specified registration times. Please check before if the whole team is completed in Active (Registration platform) and therefore have signed the waiver digital. If you are unsure if your relay is complete, you can check the start list or email us.
 - Each team member will need their ID.
- 2 It is not possible for one team member and/or team captain to pick up race packs for more than their own relay team, not even with authorization.
- 3 **IMPORTANT:** participate at the race briefing for more information regarding relay teams.

THE MAJORITY OF INFORMATION IN THE ATHLETE GUIDE APPLIES TO RELAY TEAMS, WITH REGARDS TO TIMING AND REQUIREMENTS TO REGISTER AND RACK.

RACE DAY

- **TIMING CHIP & BIB NUMBERS:** Relay participants will receive their timing chip at the bike check-in on Saturday. The timekeeping chip must ALWAYS be worn by all relay participants on the ankle with the Velcro strap and is valid as a baton.
- **THE CYCLIST** needs to give the timing chip to the swimmer before starting the race. You have received two BIB numbers; one for the cyclist and one for the runner.
- **ON RACE MORNING** The bike and helmet will be handed in on Saturday between 2:00pm - 6:00pm at transition. You also have to bring your race number. You need to store all bags and racing gear (except for the bike) in the designated area. Relays have a specific area in the transition zone.
- **DURING THE RACE** The athletes waiting for their turn, can access the Transition area by showing their wristbands.
- **YOU NEED TO BE READY** (fully clothed + BIB number attached) waiting at the relay area in the transition zone, until the previous team member arrives.
- **THE CYCLIST WILL GET THE BIKE** after having received the timing chip from the swimmer. After finishing the bike leg, the cyclist will return the bike to the bike rack before handing over the timing chip at the meeting point to the runner. During the race it is only the biker that runs through the transition area both before the bike course and after.
- **WHEN YOU ARE NOT RACING**, then try to stay within the designated Relay area. If you need to change clothing, please use the changing areas in the Transition area positioned by the bag racks. There will be enclosed areas where both male and female athletes can perform nude changing.
- **BE AWARE OF OTHER ATHLETES** that are still racing, respect and step aside.
- **KEEP CUT-OFF TIMES** for each discipline in mind. Cut-off times are the same for relays as for Age Group athletes.
- **EACH TEAM MEMBER** receives a finisher t-shirt as well as one finisher medal.
- **MEDAL ENGRAVING:** Please keep in mind that you need to purchase medal engraving for each medal (2 or 3 times) not just once for the team.
- **FINISH THE RUN TOGETHER** with your team is allowed (finish photo). We recommend to meet at [Bertaallee](#) before entering the stadium – right before the grids start leading into the finish channel.
- **ALL TEAM MEMBERS** are allowed into Athletes Garden where the finisher shirts are to be collected.



FINISHLINE

FINISH LINE PARTY

The moment we have all been waiting for, the last meters after 1.9 km swimming, 90 km bike ride and 21.1 km running. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras - it could be you in the headlines of the evening's television news or on the front cover of the race magazine next year!

Close to the Finish Line, put your bib on the front side. Zip your trisuits above the sternum. You must cross the Finish Line alone. Fans, kids or pets are not allowed to cross the line due to safety measures and will result in DQ.

AFTER-FINISH

1. The medal will be given to you just after the Finish Arch.
Engraving of the medals will be offered in the Athletes Garden
2. Then, pick up your Finisher shirt in the athletes garden.
3. The IRONMAN 70.3 Duisburg massage team will provide a free post-race massage to athletes, ONLY on a first come, first served basis.
4. Regenerate and relax in the athletes garden, which offers a sweet and salty buffet to refuel after your achievement
5. Get back your STREETWEAR bag at the athletes garden.

CHECK-OUT

OPENING HOURS	DESCRIPTION	LOCATION
2:30pm-7pm	Check-out Bike and personal belongings	Transition

Bikes are only returned in exchange for the race-chip. If the chip got lost the athlete has to show a valid identity card/passport. Personal belongings that have been left in the transition areas can be picked up separately by showing the race-number and a valid picture-ID/passport, if the athlete is not going to pick up the equipment himself. Once the athlete has left the bike check-out, claims of damage or loss of material will not be accepted anymore.

ECO-RULES

ECO-ZONE

Special areas are provided for the disposal of your waste. It is forbidden to dispose of waste outside these areas.

If you do not respect this rule, you will have to collect your waste and you will be disqualified from the race.

WASTE SORTING

Due to increased occurring of accidents we have to point out the importance of **proper disposal of waste**. You will find littering zones at every aid station of the bike and run course. Please make sure to drop used bottles into the intended areas.



ADVICE

Please use public transport, shuttles offered by the organisation or soft transport such as cycling.

Encourage car-sharing to get to the event.

Take only the necessary quantities from the refreshment stands. Any leftover products will be distributed to a local association, so don't waste them.

Buy local food while travelling. The Ruhrgebiet region is full of delicious food, so now is the time to enjoy it.



AWARDS CEREMONY

AWARDS CEREMONY - SUNDAY 06th AUGUST

OPENING HOURS	DESCRIPTION	LOCATION
6:30pm	Award Ceremony – 70.3 Pro-Athletes, Athletes & Relay	Stands Regattabahn

- Trophy for the Top 3 of each age group category
- Trophy for the Top 3 Relays Team (*Men, Women, Mixed*)
- Trophy for the Top 3 TriClubs

Attendance is mandatory at the Awards ceremony, no awards will be sent afterwards.

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SLOT ALLOCATION

SLOT ALLOCATION - SUNDAY 06ST AUGUST

OPENING HOURS	DESCRIPTION	LOCATION
7:30pm	Slot Allocation – IRONMAN 70.3 World Championships 2024	Stands Regattabahn

SLOT ALLOCATION

2023 IRONMAN 70.3 Duisburg will award slots for the 2024 VinFast IRONMAN 70.3 World Championship in Taupō, New Zealand, to be held on 14-15th December 2024:

- **40 QUALIFICATION SLOTS FOR AGE GROUP ATHLETES**

Please note, slot allocations are subject to change and may be verified, [here](#).

RULES

To accept a slot to the 2024 VinFast IRONMAN World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony! **No slot will be awarded afterwards.**

Photo ID is required to be presented and credit card payment must be made at this point. We DO NOT accept cash or cheques.

The amount is €780,00 \$ (USD)

Shortly, you will receive an e-mail with a registration link from the World Championship Team. You must click the link and complete the registration for you to be a confirmed athlete; no additional payment will be required.

Be sure to check that you have all the necessary documents and visas to travel to the VinFast IRONMAN 70.3 World Championship. It is your responsibility to check travel requirements before accepting the slot.



HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

“Age Group” refers to a grouping of athlete peers based on their gender and age range. For example, ‘Male 25-29’ is one Age Group, and ‘Female 25-29’ is another. Your Age Group is determined by your age as of December 31st of the year of the event. For example, if you are Male and turn 25 in 2023, then your Age Group Category for any race in 2023 is M25 – 29.

THE SLOT ALLOCATION PROCESS: The following Slot Allocation Process will be conducted for each gender separately:

BEFORE RACE DAY

Each Age Group with registered athletes is tentatively allocated one slot each (an “Initially Allocated Slot”). All other slots available for the race (the “Proportionally Allocated Slots”) are not allocated until race day.

ON RACE DAY

If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot.

The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender, i.e., the more athletes in an Age Group, the more slot allocations they receive.

AFTER THE RACE (Before Roll Down)

If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

DURING ROLL DOWN

If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

OTHER INFORMATION

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they qualified for, hold Professional or Elite status.

Any change in an athlete’s status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.



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HEAD REFEREE'S MESSAGE

REMINDER

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

ULI ZIERL
IRONMAN 70.3 Duisburg
Head of referee

BLAUE KARTE

1 blue card: five – minute-time penalty
2 blue card: 5 + 5 – minute-time penalty
3 blue card: DSQ
Penalty served in a penalty tent on the bike course
e.g. Drafting

YELLOW CARD

30 second time-penalty:
- In a penalty tent (**BIKE**)
- Stop-and-Go (**RUN**)
e.g. Blocking the progress of other athletes

RED CARD

Disqualification (DSQ)
e.g. Non-compliant material or equipment

ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

BLUE CARD

The athlete will be disqualified if he/she receives three **BLUE CARD** penalties. "DRAFTING" is the only violation that results in a **BLUE CARD** and earns the athlete a time penalty (to be served in the penalty tent at the exit of transition area 2).

YELLOW CARD

For violations of the **YELLOW CARD**, the athlete must serve a 30sec. penalty, either in the penalty tent (**BIKE**) or as a stop & go time penalty (**RUN**).

IRONMAN race rules continue to allow disqualification of an athlete for repeated rule violations should an athlete receive excessive **YELLOW CARD** violations.

RED CARD

An athlete receiving a red card will be **immediately** disqualified.

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.

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.

All the rules can be found in the IRONMAN 70.3 Duisburg 2023 regulations and the particularities of the race in this athlete guide.



IRONMAN COMPETITION RULES

Here you will find a summary of the most common rule violations and sanctions - this list is not an "all-inclusive list" of all rule violations and sanctions. It is the responsibility of each athlete to know and understand the competition rules (including any additional rules specific to the event).

GENERAL RULE VIOLATIONS	CARD	CARD	CARD
Blocking and interfering with other athletes.	Yellow		Red
Outside help (other than referees, officials, or other participants).			Red
Waste disposal only in and immediately after the food service area. Waste disposal outside the designated containers / areas.			Red
Public nudity or inappropriate exposure.			Red
Public urination in the transition area or on the bike and run course.			Red
Cycling or running without a T-shirt or sports top (DSQ if not fixed).	Yellow		Red
Unsportsmanlike conduct (possible exclusion from IRONMAN events).			Red
Support of another athlete, which prevents you from continuing the race yourself.			2x Red
Leaving the competition course (if not returning to the same place).			Red
Self-catering/personal needs may not be provided by caregivers and will be punished with a disqualification as "unauthorized acceptance of outside help" in case of violation.			Red
Use of communication devices (cell phones, smart watches, etc.) during the race that creates a distraction from the race will result in disqualification. This includes talking on the phone, sending messages, playing music, using social media, taking pictures, etc. - anything that interferes with the athlete's attention in any way.			Red

RULE VIOLATIONS IN TRANSITION	CARD	CARD	CARD
Blocking and interfering with other participants.	Yellow		Red
Stealing another athlete's equipment.	Yellow		Red
Cycling in the transition area (before Mount Line or after Dismount Line).	Yellow		
Swimsuit below the waist before reaching the change tent.	Yellow		
Moving on the bike.			Red
The bicycle helmet can either be placed on the bicycle or packed in the blue changing bag. If it is in the changing bag, the helmet must be put on and the chin strap closed before leaving the changing tent. After cycling, the bicycle helmet must be packed in the red changing bag and may only be opened after entering the changing tent. In case of violation, the athlete will receive a yellow card.	Yellow		

IRONMAN COMPETITION RULES

RULE VIOLATIONS SWIM	CARD	CARD	CARD
Start before the start signal (only relevant for professional athletes).	Yellow	White	Red
Wearing the race number under the swimsuit.	Yellow	White	Red
RULE VIOLATIONS BIKE	CARD	CARD	CARD
Blocking and interfering with other athletes.	Yellow	White	Red
Continuing the competition without a bike.	Yellow	White	Red
Do not approach the next penalty box.	White	White	Red
Cycling without helmet.	Yellow	White	Red
Overtake on the right.	White	White	Red
Slipstreaming; overtaken athlete stays in the slipstream zone for more than 25 seconds.	White	Blue	White
Overtaken athlete may overtake again only after leaving the slipstream zone.	White	Blue	White
Overtaking process takes longer than 25 seconds.	White	Blue	White
RULE VIOLATIONS RUN	CARD	CARD	CARD
Accompaniment of athletes by attendants, friends, etc. (for professional athletes = disqualification).	Yellow	White	Red
Receiving beverages/food outside of food service areas..	White	White	Red
Crossing the finish line with a companion who is not participating in the race.	White	White	Red

- A rule violation during the swim will be penalized in the transition area.
- A rule violation in the transition area and on the run course will be punished directly and must be served directly.
- All penalties on the bike course must be served in the respective penalty boxes.
- Disc brakes are allowed in all IRONMAN and IRONMAN 70.3 races worldwide.

Please note that the rules may change slightly for different events. You will be informed about the valid rules in the race briefing.

For the IRONMAN 70.3 Duisburg 2023 applies:

In case of an accident involving an athlete, the athlete is legally obliged to wait at the accident site until the accident has been logged by an official or the police. Failure to do so is an unauthorized removal from the scene of the accident, which will be prosecuted by the police.

In addition, it is not allowed to pollute the race track or roadway. Pollution also includes any kind of painting and lettering. Violation will also result in a police investigation.

Triathlon is an individual event and it is your responsibility to fully understand the rules and avoid penalties. The referee's decision is final for POSITION violations and there will be no protests or appeals.

Please treat other athletes, all volunteers and referees with courtesy and consideration. Failure to do so is UNSPORTAL CONDUCT and may result in disqualification.

An overview of the regulations that apply to all IRONMAN events can be found here:

[IRONMAN 70.3 Duisburg 2023 General Competition Rules](#)

GOOD TO KNOW

QUESTIONS?

Please send us a message on Facebook/Instagram or by email to:
duisburg70.3@ironman.com.

LOST AND FOUND

Lost and found equipment is collected during the race and the race week at the info-point. There you can pick them up. The opening hours for the info-point are Friday 12-7pm, Saturday & Sunday from 10:00 am to 06:00 pm.

After the race we will bring the lost and found equipment to the Award Ceremony and Slot Allocation and you can pick up your stuff there.
If you have lost something and cannot locate it, you can send us an e-mail after the race, and we can check the lost & found belongings. If we find it, we can send it to you if you pay for the shipping costs. The organizer accepts no liability.

SAFETY AND SECURITY

Athletes: Safety first, please do not take any unnecessary risks.
Be sure to give your emergency contact your bib and your Active account information.

Coaches: If an athlete is no longer visible on the tracker, it may only be a fault chip. In the event of an incident, the organization will reach out to the emergency contact directly.

If you witness an **accident or health problem:**
Please contact **+49 176 60187131**- emergency services

THIS NUMBER IS ONLY AVAILABLE ON SUNDAY

When contacting our Security and emergency hotline, please:

- *Keep calm*
- *Be specific about the information you provide*
- *Provide the athlete's bib number*
- *Indicate the exact location (e.g. the name of a marshal position), the reason for your call, the presence of witnesses*

HOW TO FOLLOW THE RACE?

GOING TO THE EVENT

The IRONMAN70.3 Duisburg is a **big party** that will bring together thousands of athletes.

We invite you to come to the start at the Regattabahn, to the finish in the Schauinsland-Reisen-Arena, but also all along the SWIM, BIKE and RUN course to encourage the athletes and live the IRONMAN atmosphere.

IRONMAN.COM

On the IRONMAN.com website, you will find all the essential details of the event as well as a link allowing you to access the LIVE race ranking, the position of your favourite athletes and other options.

IRONMAN TRACKER APP (IOS AND ANDROID)

The IRONMAN 70.3 Duisburg offers you real-time information and live results via the IRONMAN Tracker app.

DOWNLOAD THE APP

Features include live participant tracking, instant notifications, leader boards, map tracking, event notifications, event information and more!

- **Live Web Tracker:** See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.
- **Live Leaderboard:** See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.
- **Live Map Tracking:** Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read.

FACEBOOK/INSTAGRAM

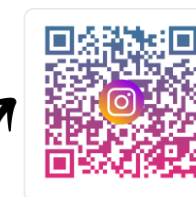
Make sure to follow us on our Social media:

Facebook – @ironmangermany

Instagram – IRONMAN Germany



SCAN ME



SCAN ME





SPORTOGRAF

SPORTOGRAF

Sportograf is proud to be the official photographic service of the athletes at IRONMAN 70.3 Duisburg.

We will provide you with our «Foto-Flat» which includes all your amazing personal content from various prime locations along the course, as well as beautiful photographs of the scenic views and the race day in general.

Order your race images here: www.sportograf.com

If you have marked in your registration that you wish to see your race photos, you will receive a direct link from Sportograf around a week after the race.

HELP US TAKE YOUR BEST PHOTOS:

- Please be sure to keep your number visible in front of your HELMET to help us identify more of your photos.
- Check out our photo spots and smile for the camera - even if it hurts!
- Celebrate when you cross the finish line! Don't worry about stopping your watch, the timing company will ensure an accurate record of your achievement.

ALWAYS REMEMBER YOUR RACE
get your personal pictures on **SPORTOGRAF.COM**



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S P O R T O G R A F . C O M
F L A T

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HAVE A GREAT RACE

