



IRONMAN[®]

70.3[®]  **KRAICHGAU**

Powered By KraichgauEnergie

Stadtwerke Bretten



RACE BRIEFING 2023

EXPO & MERCHANDISE

IRONMAN Merchandise open:

Saturday: 10 am – 6 pm

Sunday: 10 am – 6 pm

SportExpo open:

Saturday: 10 am – 6 pm

Sunday: 10 am – 6 pm



SATURDAY, MAY 20th

- 🏍 Bike Check-in and Drop-off bag (blue + red): 2 pm – 6 pm
- 🏍 Start IRONKIDS: 3 pm
- 🏍 Start 1. Bitburger 0,0% Triathlon-Bundesliga female: 5 pm
- 🏍 Start 1. Bitburger 0,0% Triathlon-Bundesliga male: 6.30 pm

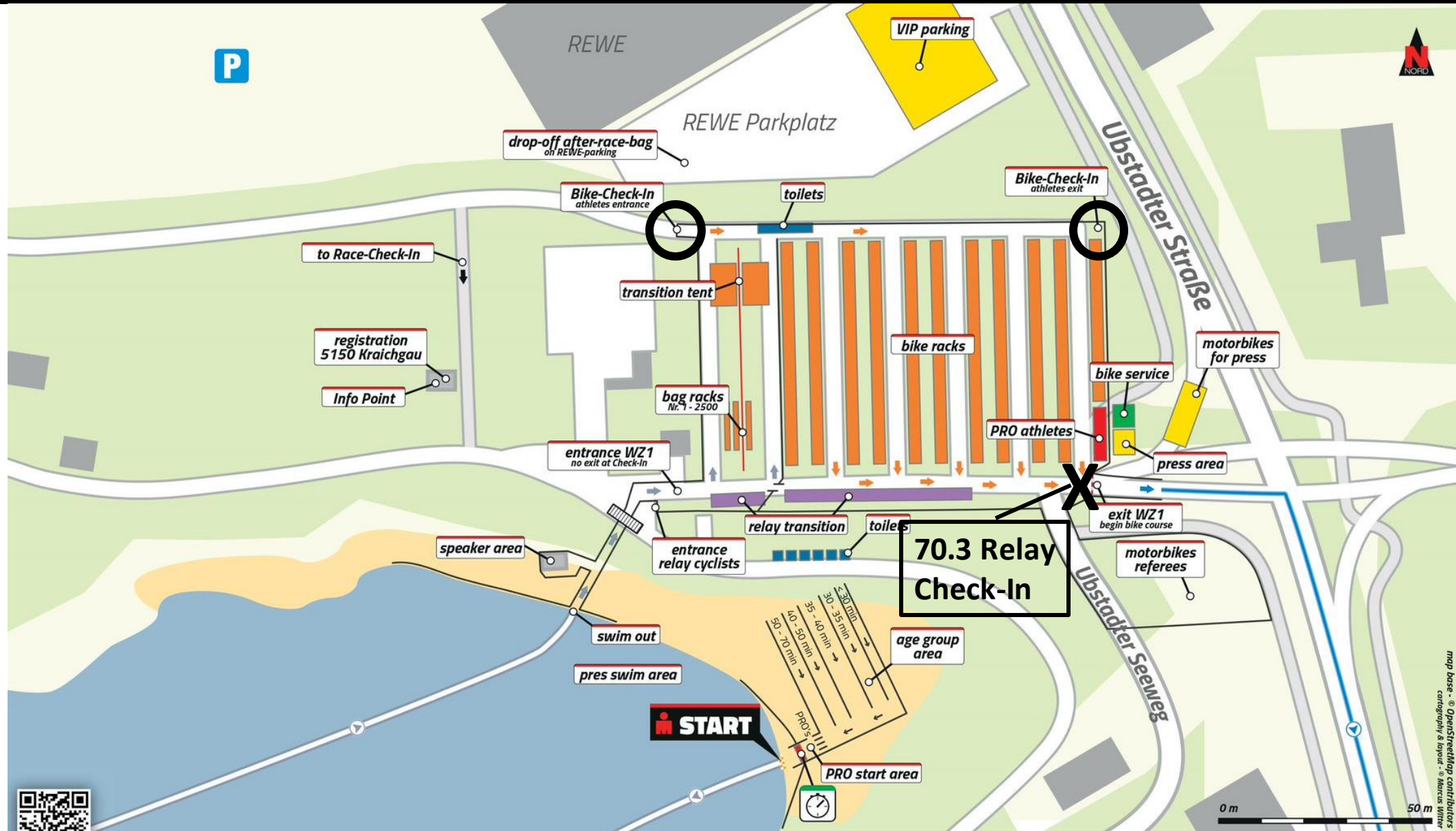


SATURDAY, MAY 20th - SHUTTLE SERVICE

Shuttle buses on Saturday, 20th

- 🚏 Shuttle service: Hardtsee between Ubstadt-Weiher and Bad Schönborn/Mingolsheim
- 🚏 From 2 pm - 7 pm
- 🚏 More information on our homepage


BIKE CHECK-IN - TRANSITION AREA 1

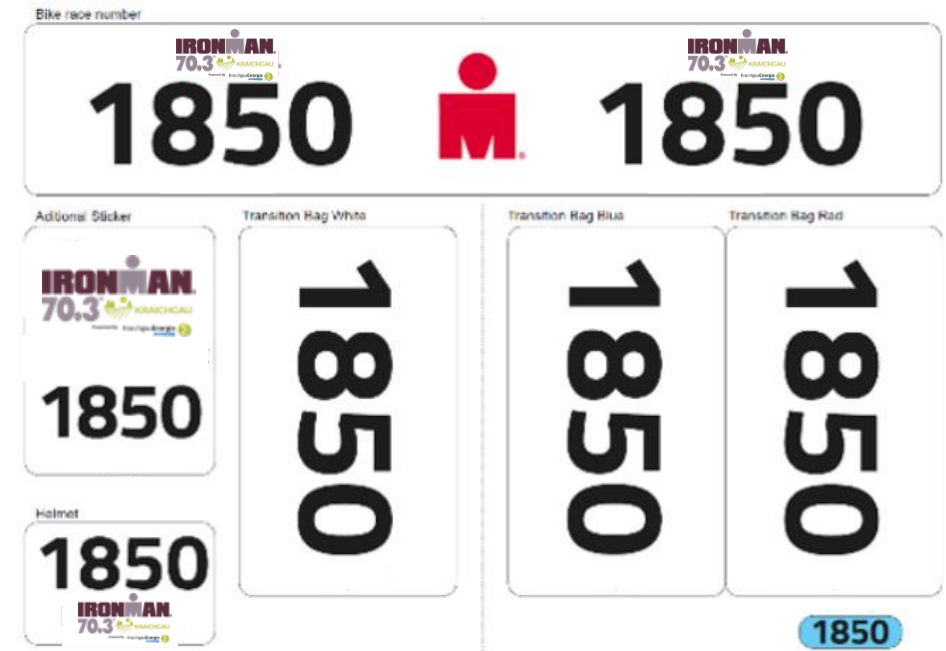


REGISTRATION

Registration is open:
Saturday 10 am – 6 pm

At registration you will receive:

-  Athlete Wristband
-  Athlete Backpack
-  Race Number
-  Helmet Sticker
-  Bike Sticker
-  Bag Stickers
-  Swim Cap
-  3 Transition Bags



BIB (RACE NUMBER)



RACE NUMBER

This race number **must** be worn on your back during the bike and on your front during the run.

We recommend that you fix it to a race belt.

Bib is needed for check-in on Saturday and for check-out on Sunday!



BIKE NUMBER

Place this race number around your seat post.

BIB (RACE NUMBER)

EMERGENCY CONTACT

Fill in your medical details and emergency contact on the reverse of the race number!

Name:
Nom / Nombre / Nome / Namn / Név / Navn

Address:
Adresse / Dirección / Indirizzo / Adress / Cim

Emergency Contact Name:
Persona da contattare in caso di necessità / Persona a contactar en caso de necesidad / Notfällen zu benachrichtigenden Person /
Personne à contacter en cas de nécessité / Nødtelefon / Segélyhívó / Nöd kontakt

Emergency Contact Number:
Notrufnummer / Numéro de téléphone d'urgence / Número de contacto de emergencia / Numero di emergenza /
Nödsituationer kontaktnummer / Segélyhívó szám / Nødtelefon nummer

Health Risk Factors:
Gesundheitlichen Risikofaktoren / Factors de risc per la salut / Factores de riesgo para tu salud / Fattori di rischio per la salute / Riskfaktorer för
hälsan/ Egészségügyi kockázati tényőzk / Helse risikofaktorer

Current Medication:
Medikamente / Médicament / Medicación / Medicazione / Medicinering / Jelenleg szedett gyógyszer / Nåværende Medisiner

Allergies:
Allergien / Alergia / Allergier / Allergie / Allergia

RACE NUMBERS



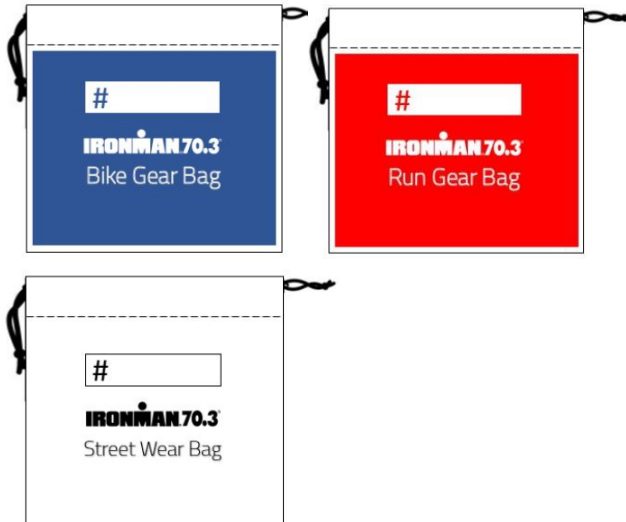
HELMET STICKER

Place the sticker on the front of your helmet



3 x TRANSITION BAGS & 3 x STICKERS

Place 1 sticker firmly to the front of each bag before you fill it



BLUE **Bike Gear**

RED **Run Gear**

WHITE **Post-Race**

REGISTRATION ITEMS



ATHLETE WRISTBAND

You will attach your own wristband to your wrist in registration. This gives you access to athlete-only areas.



IRONMAN 70.3 Kraichgau SWIM CAP

You must wear this swim cap for the swim.

You can wear 2 caps or a neoprene cap, but the official race cap must be worn on top.

BLUE BAG - BIKE

- 🧑 Pack this bag with everything you need for the bike section, it must include: **Race number, Helmet, Bike gear**
- 🧑 You must hang this bag in Transition 1 when you rack your bike
on **Saturday 2 pm – 6 pm**
- 🧑 After finishing the swim you **MUST** put your swim gear into this bag, including wetsuit *drop-off*.
- 🧑 **DO NOT** leave any items out of your bag
- 🧑 Bike shoes: attach shoes on the pedals or leave them in the blue bag
- 🧑 Can be accessed race-morning pre race (06:30 – 08:15) for last minute checks and additions
- 🧑 Pickup: in Transition Area 2 after the race



RED BAG - RUN

- 👤 Pack this bag with everything you need for your run section.
- 👤 You must hang this bag in Transition 1 on:
Saturday 2 pm – 6 pm
- 👤 After finishing the bike you **MUST** put your bike gear into this bag, including helmet
- 👤 Pickup: in Transition Area after the race



BIKE CHECK-IN



ATHLETES ONLY




**NO TRANSITION BAGS,
NO CHECK-IN!**

Athletes have to check-in:

 Bike

 Bike helmet

 BIB

 Red and Blue Transition bags
(marked with the race number)

RACE CHIP

- ❏ The Race Chip will be handed out after Bike Check-In in Transition Area 1 by showing the athletes wristband
- ❏ The Race Chip has to be worn at the **left wrist**

After the race:

- ❏ Bikes won't be returned if the athlete is not able to show his race chip



BIKE MECHANIC


Expo

 Friday: from 12 pm – 7 pm

 Saturday: from 10 pm - 6 pm

Transition Area 1

 Saturday: from 2 pm – 6 pm

 Sunday: from 6:30 am to 8:15 am

Bike course

 1 fixed station - km 22

 1 mechanic car between km 35 and km 55



SUNDAY, MAY 21st SHUTTLE SERVICE

Shuttle buses on Sunday, 21st

🚏 Shuttle service between Bad Schönborn and Ubstadt-Weiher

🚏 First trips from Bad Schönborn: 6:15 am – 7:30 pm

🚏 More information on our homepage

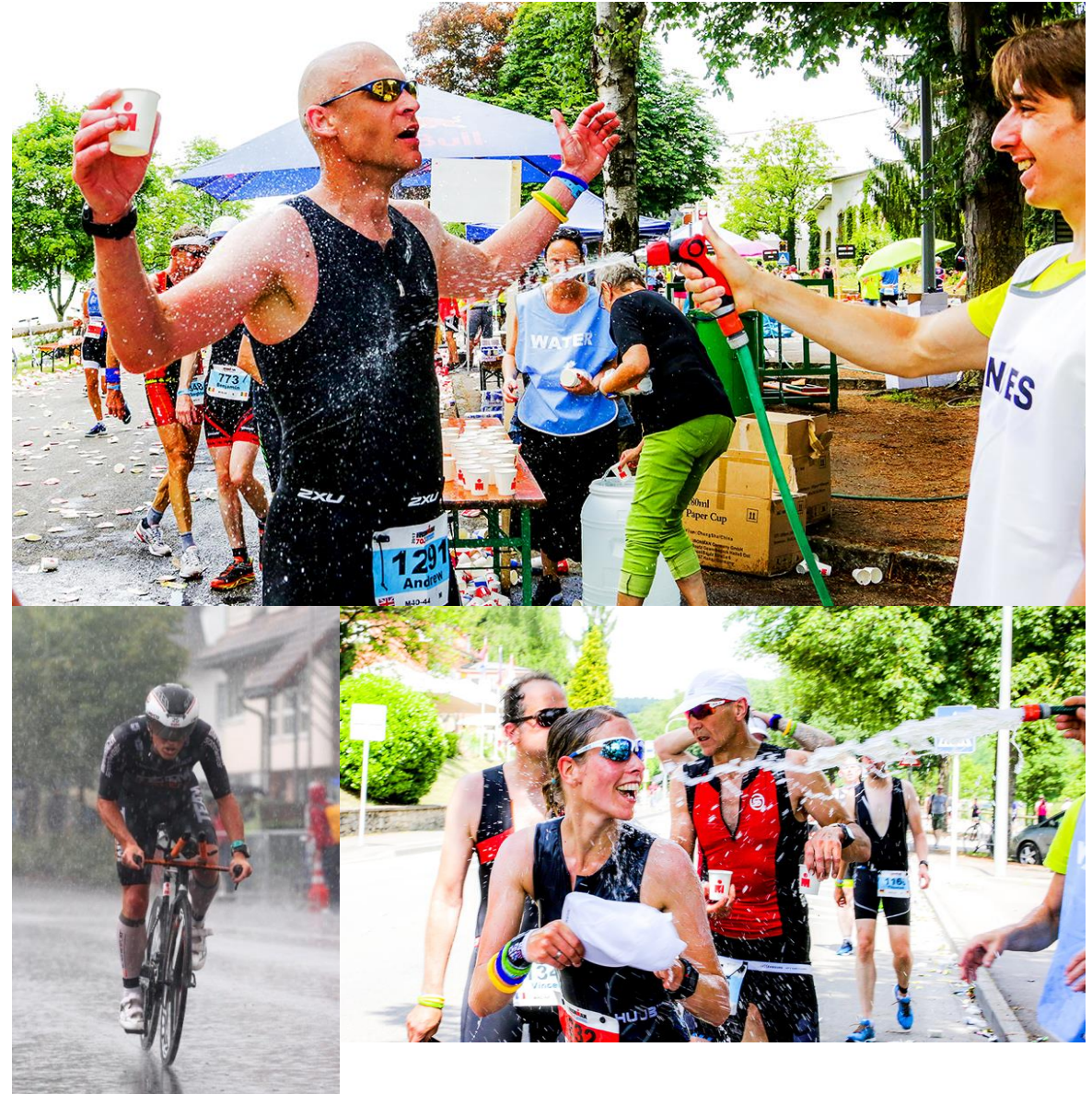
RACE DAY MORNING

- 🏍 Bike Check-In (only relay starters): 6:30 am – 7:45 am
- 🏍 Transition Area 1 open: 6:30 am – 8:15 am
- 🏍 Drop-off bag (white) in Transition 1: until 8:15 am
- 🏍 Start - Male Pro 8:15 am , Female Pro 8:20 am, Age Group 8:30 – 9:15 am, Relays at the end



WEATHER ON RACE DAY

- ❏ We will watch the weather on race day
- ❏ If the conditions are too extreme, we reserve the right to cancel, change or shorten the race if the security of the athletes can't be guaranteed
- ❏ The decision whether to start with or without swimsuit will be published 1 hour before the start of the race



MEDICAL





- ❗ If you have had any sickness in the past 48 hours re-consider if you are fit to race
- ❗ Ensure all medical details are correct on the back of your race BIB, including your emergency contact details
- ❗ Ensure your friends and family know your race number
- ❗ Keep to your race plan – remain hydrated
- ❗ There are medical staff and mobile assets on the course (mechanics & sweep busses)
- ❗ Enjoy your day!

TRANSITION 1 – RACE DAY

- 🧑‍🚒 Open 6:30 am – 8:15 am for pre-race access
- 🧑‍🚒 Mechanics available on race morning in Transition Area
- 🧑‍🚒 Hand in your white bag early to avoid a last-minute rush
- 🧑‍🚒 Track pumps are available



WHITE BAG - FINISH

-  This should contain warm/dry clothes for post-race
-  You must drop off this bag in Transition 1 on Sunday until 8:15 am
-  Pickup: in the Athletes Garden after the race
-  You do not have to use this bag

➔ **DO NOT PUT VALUABLES IN THE BAG**

➔ **DO NOT OVERFILL THE BAG (OR PUT TRACK PUMPS IN)**



RELAYS

TRANSITION

We recommend you arrive in transition a minimum of 90 minutes before the swim start

IT IS YOUR RESPONSIBILITY TO BE IN PLACE IN TIME TO RECEIVE YOUR TIMING CHIP FROM THE PREVIOUS TEAM MEMBER

If the swimmer/cyclist does not make it to transition within the cut off time, the remainder of the team WILL be allowed to continue with the race

CHANGING TENTS AND HANDOVER LOCATION

You are permitted to change in Transition before your race section




Please make yourself aware of the relay meeting point within transition

FINISH LINE




All athletes in the team are permitted to run down the finish line together. The relay meeting point will be at the corner Ohrenbergstrasse/Pestalozzistrasse and identified with a purple relay flag



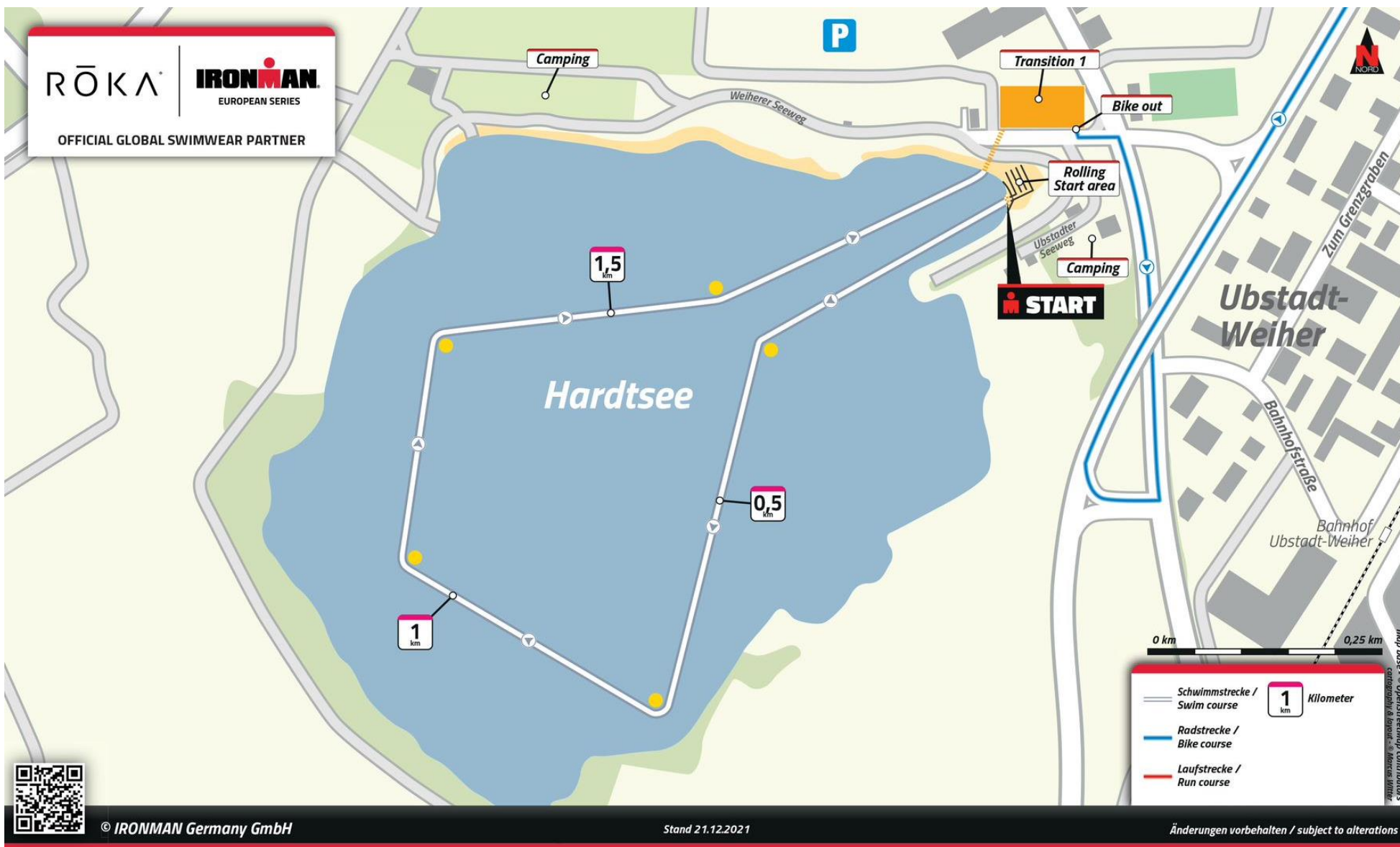
IF


-  You lose your timing chip, you can collect another one from Transition and you have to report that to an official
-  You finish without a chip, report this to the finish line staff as soon as you cross the line
-  You fail to cross the finish line wearing your chip, you cannot qualify for the World Championship or a podium place

IF you need to WITHDRAW from the race but...

-  You racked your bike but decided not to start, immediately email us at kraichgau70.3@ironman.com with your name and race number
-  You arrive on race morning or cross the timing mat at swim start, and decide not to start, you must report to the race referee immediately
-  You decide to withdraw during the event, you must report to an official and return your timing chip







SWIM – RACE DAY



 Length:
1,9 km

 Laps: 1

START GROUPS

Group	Starting Time	Swimcap
M PRO	8:15 am	Purple 
F PRO	8:20 am	Bright-red 
AG Women	From 8:30 am	Bright-green 
AG Men	From 8:30 am	Bright-blue/white  
Relay	at the end	Pink 

SWIM START – RACE DAY

- ❏ Rolling Swim Start: from 8:30 am – 9:15 am
 - ❏ You will self-seed yourself on race morning, depending on your estimated swim time
 - ❏ Every 5 seconds a group of 4 athletes start their personal IRONMAN-adventure
 - ❏ Relay athletes start at the end
- ❏ Race numbers must NOT be worn under wetsuits

PLEASE BE HONEST AND ORDER IN YOUR REALISTIC ESTIMATED RACE TIME!

This is the only way to guarantee the swim with the same chances for everybody.

SWIM START – RACE DAY

- ❗ Athletes have to cross the timing mats to activate the timing system
- ❗ Athletes who jump over fences or swim into the start area from the side will not be registered and not timed → **Disqualification**
- ❗ Timing mats are located directly at the shore
 - Every athlete automatically crosses the timing mats when they enter the water
- ❗ Swim start = land start

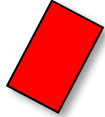



DURING SWIMMING

 Shortcutting



 Unfair behaviour



 If assistance in the water needed: lie on your back and hold an arm in the air to attract the attention of the kayaks who will come to you. You may hold onto the kayak to catch your breath and continue swimming, always following the kayaks instructions.












SWIM EXIT

- ❗ After completing the swim course everybody has to leave the lake at the official swim exit to cross the timing mats for the registration
- ❗ If you leave the water in another way, you won't get registered, and we suppose that you are still in the water

- ➔ We will organize a rescue operation
- ➔ You will be responsible for the costs

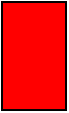




TRANSITION1: SWIM → BIKE

-  You may remove your wetsuit to your waist on the run to transition
-  Nude changing facilities are available
-  Go to your blue bag
-  Put on your bike gear
-  Put on your helmet, fasten the strap
-  Put on your bib number – you have to wear it on your back
-  Wetsuit and swim wear into the blue bag
-  Drop off your blue bag after the Transition Area
-  If your cycle shoes are in your blue bag, they must be put on in the changing area not by the bike
-  Go to your bike
-  Push your bike to the mount line

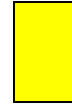
TRANSITION 1: SWIM → BIKE






RED CARD



-  Using communication or entertainment media
-  Urinating in the Transition Area

YELLOW CARD

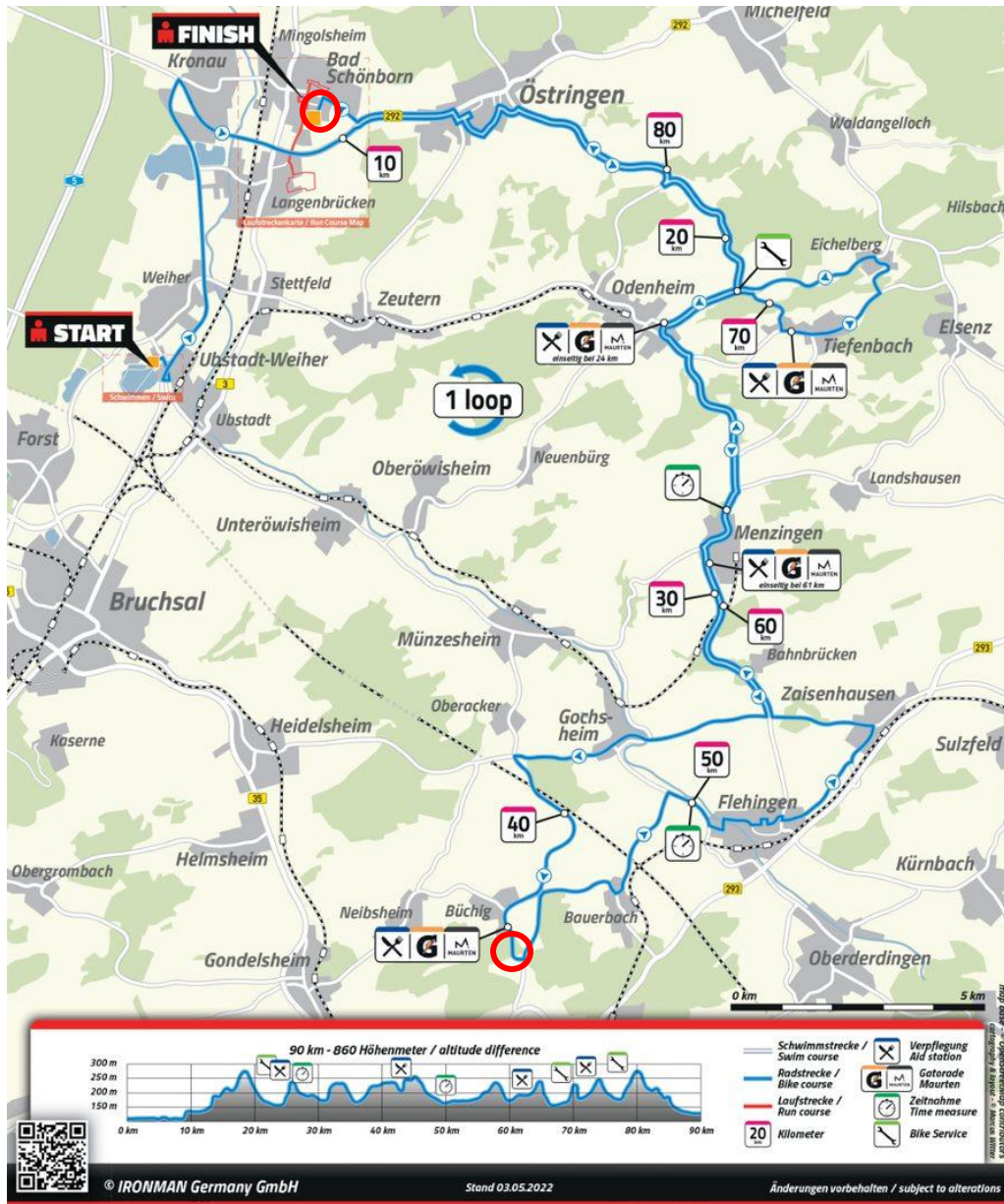


-  Wearing BIB during swimming
-  Changing of clothes at the bike
-  Dropping blue Transition Bag outside the dropbox purposed
-  Open helmet after bike pick up
-  Riding the bike in Transition Area



**WEAR YOUR BIB NUMBER
AT THE BACK. IT IS
REQUIRED TO WEAR A
SHIRT!**

BIKE – RACE DAY



🚶 Length: 90 km

🚶 Altitude: approx. 860 m

🚶 Laps: 1

🚶 4 aid stations: KM 24, 44, 61, 71

🚶 2 Penalty Tents: ○

🚶 Büchig – Km 44

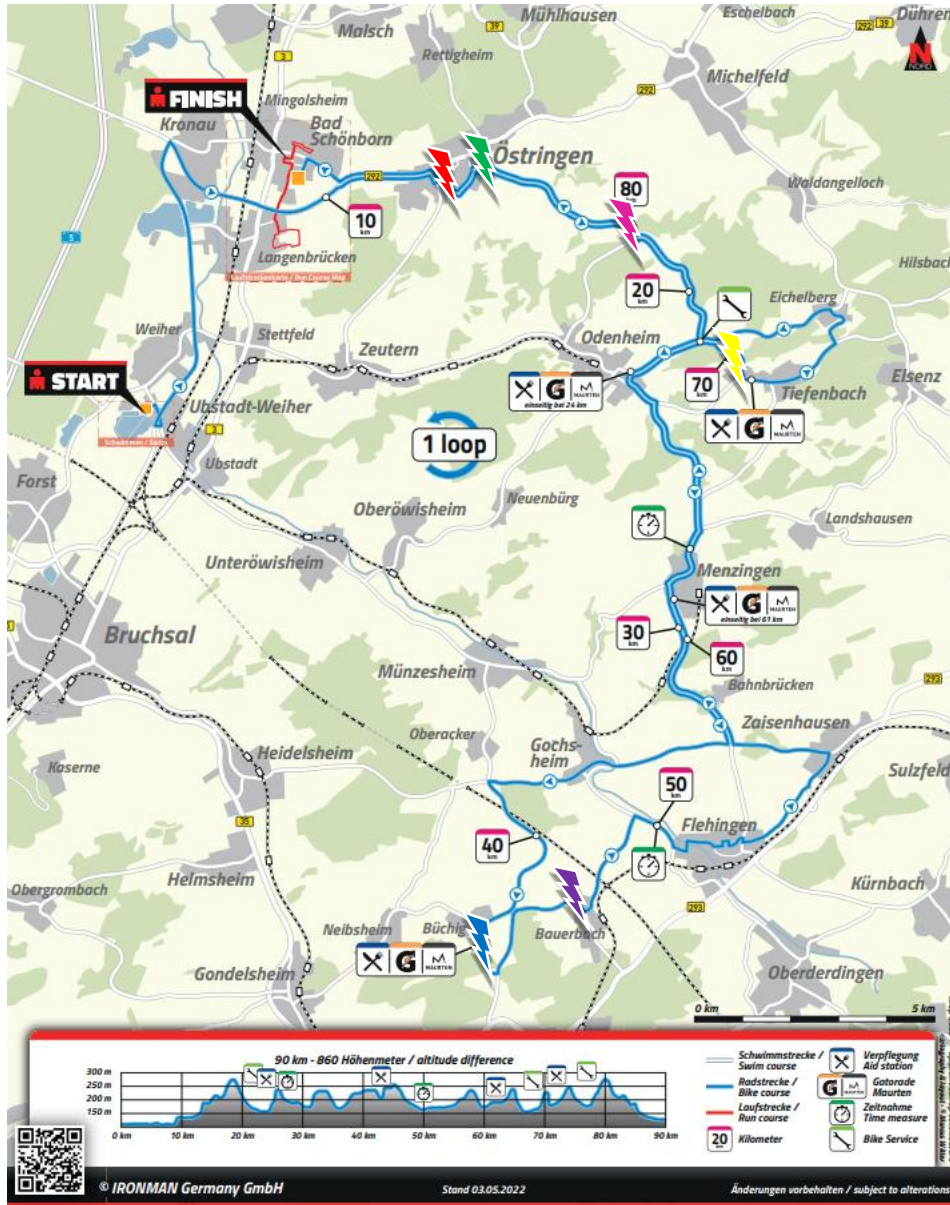
🚶 Before Transition 2

BIKE COURSE – CRITICAL SECTIONS (1)

Pay attention to these kind of signs



BIKE COURSE – CRITICAL SECTIONS (2)



Km 15: Östringen cemetery: 90°-turn right



Km 19 & 79,5: Schindelberg: 90°-turn in both directions



Km 43: Büchig: 90°-turn left, before the aid station



Km 47,5: Bauerbach: 90°-turn left after descent



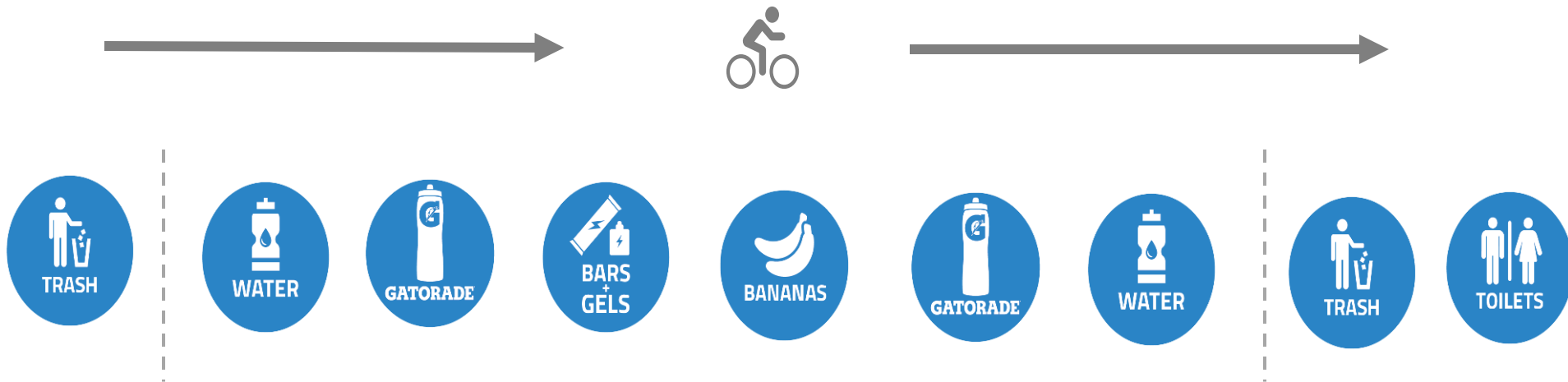
Km 70: Tiefenbach: 90°-turn left after descent



Km 85: Östringen: 90°-turn right after descent in Richard-Wagner-Strasse

BIKE COURSE – AID STATIONS

- ❏ Water, Gatorade Ready-to-Drink Bottles blood orange flavor (750 ml)
- ❏ Maurten GEL 100 & GEL 100 CAF 100
- ❏ 226ERS Race Day Bar (strawberry, black/dark chocolate, apple & cinnamon, banana & ginger)
- ❏ Bananas (halved)



AID STATIONS – WASTE DISPOSAL

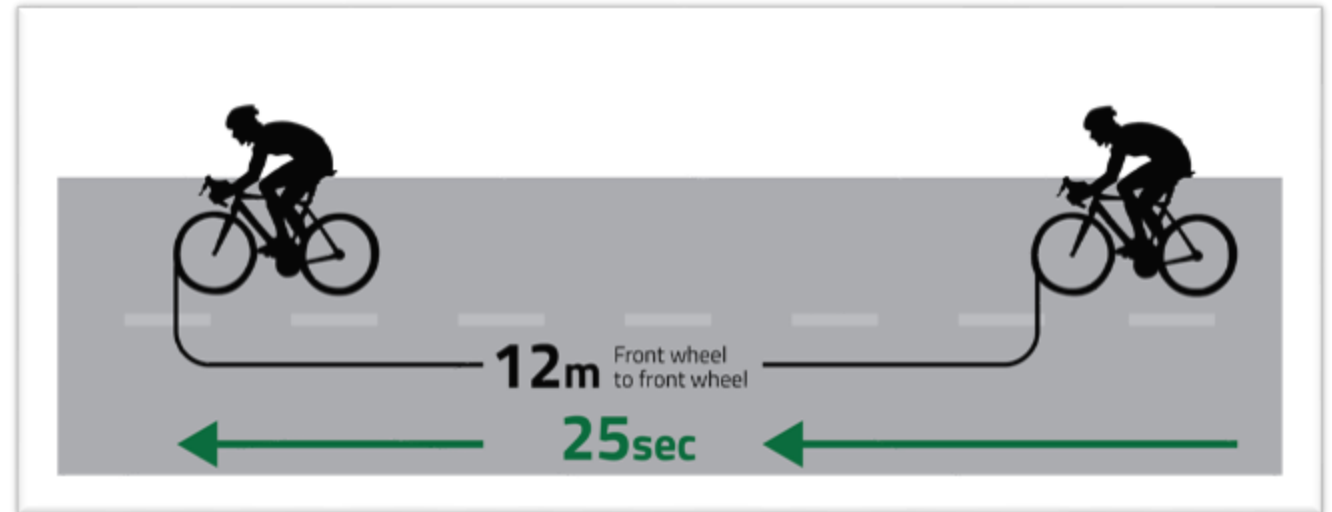
- Due to increased occurring of accidents we have to point out the importance of proper disposal of waste
- It is the only way to provide any accidents due to bottles on the course!

PLEASE DROP USED BOTTLES INTO THE INTENDED AREAS

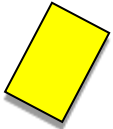


BIKE KEY RULES – RACE DAY

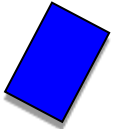
- ❏ No blocking! – stay right, pass left!
- ❏ Overtake to the left and immediately merge right after completing the overtake!
- ❏ Maximum of 2 athletes side by side and only when overtaking!
- ❏ Do not cut corners!
- ❏ Do not cross the centre line of the road!



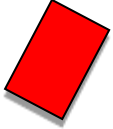
BIKE KEY RULES – RACE DAY



Yellow Card: 00:30 min time penalty



Blue Card: 05:00 min time penalty (for each 05:00 min!)



Red Card: Disqualification (you can finish the race but without rating!)



**NO STOP IN PENALTY BOX
→ DISQUALIFICATION**

BIKE COURSE - RULES

RED CARD



- Public urinating
- Intentional littering out of allowed areas (nearby aid stations)
- Usage of any communication or entertainment equipment
- Accepting assistance from a third party
- Passing on the right

BLUE CARD



- Once overtaken, remaining in the draft zone for more than 25 seconds
- Drafting
- Passing athletes takes longer than 25 seconds

YELLOW CARD












- Not wearing a helmet during the race
- Make forward progress without bike
- Coaching
- Obstruction by blocking (biking on the left side)



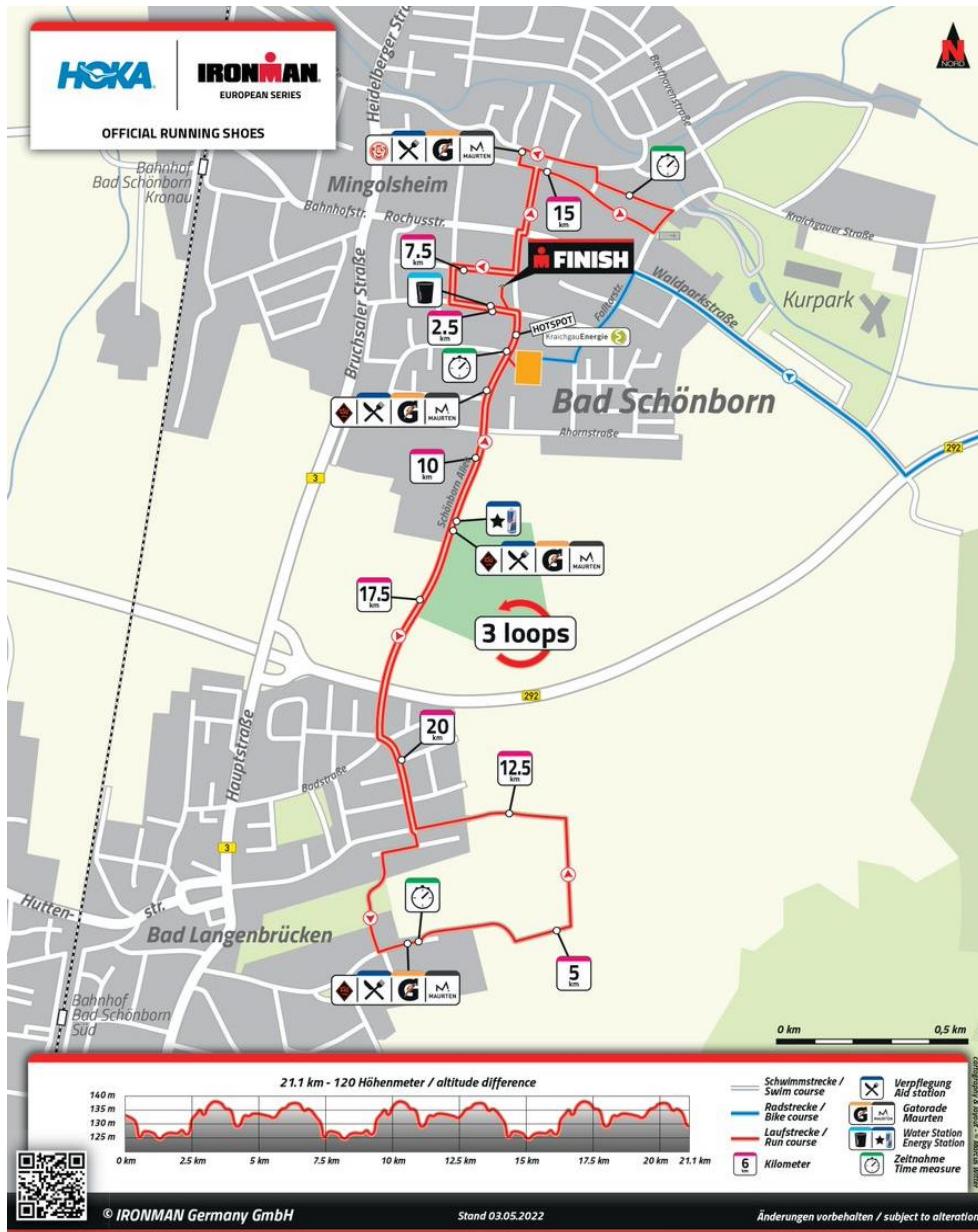
DOING BIKE REPAIRS OR GOING TO TOILET DURING A PENALTY ARE PROHIBITED!

TRANSITION 2: BIKE → RUN

-  Dismount at the dismount line
-  Give the bike to the volunteers
-  Do not remove your helmet until you gave away your bike
-  Go to your red bag at the bag hangers
-  Change in the transition area or go to the changing tent (nude changing is only allowed in the tent!)
-  Put on your running gear
-  Put your cycling gear (incl. helmet) in the red bag
-  Drop off your bag after the Transition Area
-  Turn your race number to the front



RUN – RACE DAY



 Length: 21,1 km

 Altitude: 120 m

 Laps: 3

→ every lap athletes receive a coloured wristband

 **4 Aid stations & 1 Water station**



**NO PENALTY BOXES ON THE RUN
COURSE!
ATHLETES HAVE TO STOP
IMMEDIATELY FOR 30 SECONDS!**





RUN COURSE – LAP CONTROL

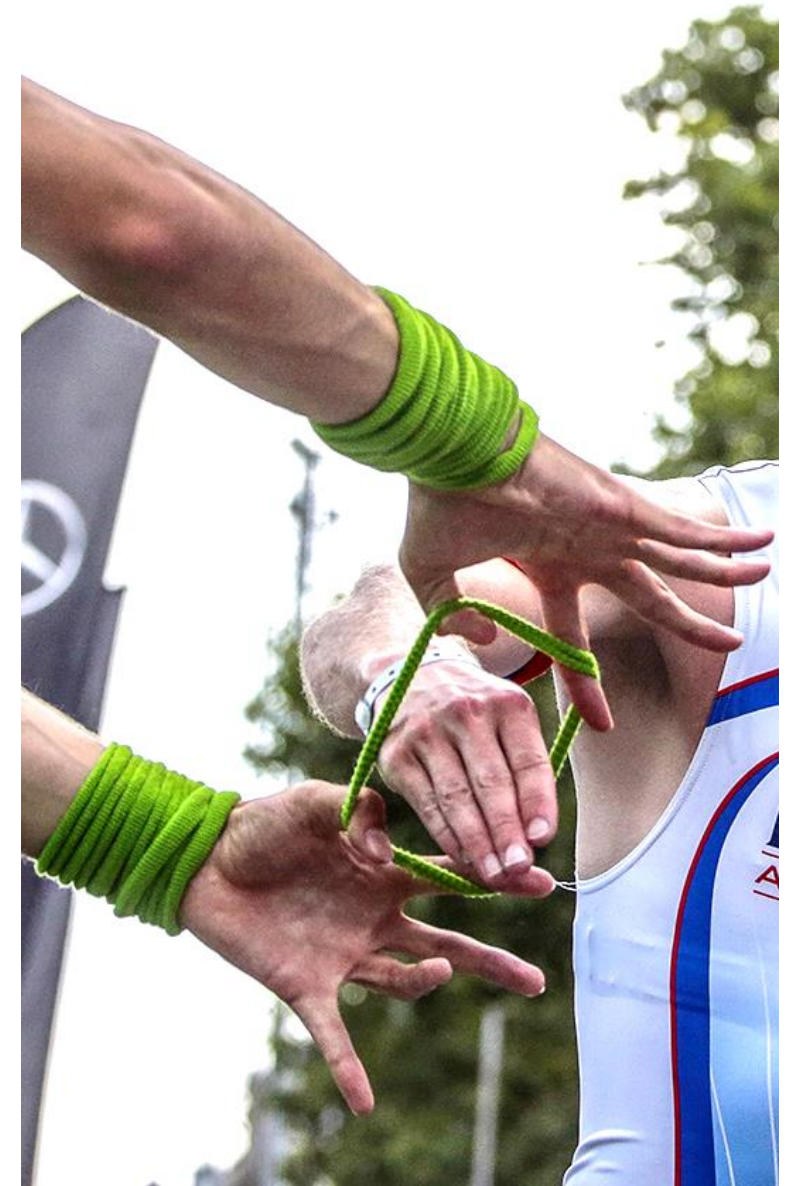
1. Lap: yellow wristband

2. Lap: blue wristband

3. Lap: red wristband

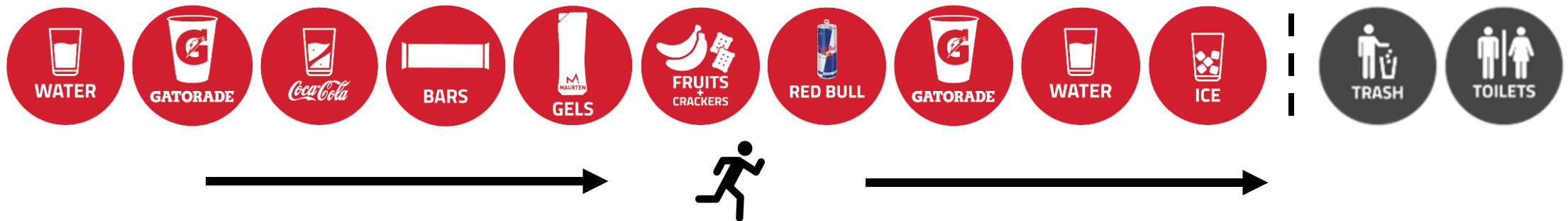


-  Lap control is located at southern loop
-  Please wear the wristbands visible on the right arm
-  Volunteers support the delivery
-  Only if all bands are gathered athletes are allowed to turn into the Finish Line



RUN AID STATIONS – RACE DAY

- ❏ All aid stations (4 per lap) are set up the same way
- ❏ Water, Gatorade Powder blood orange flavor in pre-filled cups, Red Bull Energy Drink (diluted with water)
- ❏ Maurten GEL 100 & GEL 100 CAF 100
- ❏ 226ers Vegan Gummy Bar (Cherry and Cola)
- ❏ Fruits
- ❏ Salty products



ON-COURSE NUTRITION

Don't try this on race day*



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

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

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.



**BORN IN THE LAB,
PROVEN ON
THE COURSE.**

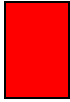
With a legacy over 50 years in the making, it's the most scientifically researched and game-tested way to replace electrolytes lost in sweat.



2023 OFFICIAL SPORTS DRINK

RUN COURSE - RULES

RED CARD



- **Shortcutting**
- **Public urinating**
- **Intentional littering out of allowed areas (nearby aid stations)**
- **Usage of communication or entertainment equipment**
- **Accepting assistance from a third party**
- **Use of unauthorized running shoes (with a stack height sole thickness of greater than 40mm and containing more than one plate rigid structure)**

YELLOW CARD



- **Coach / Manager enters the course**
- **Coach running with the athlete beside the course**

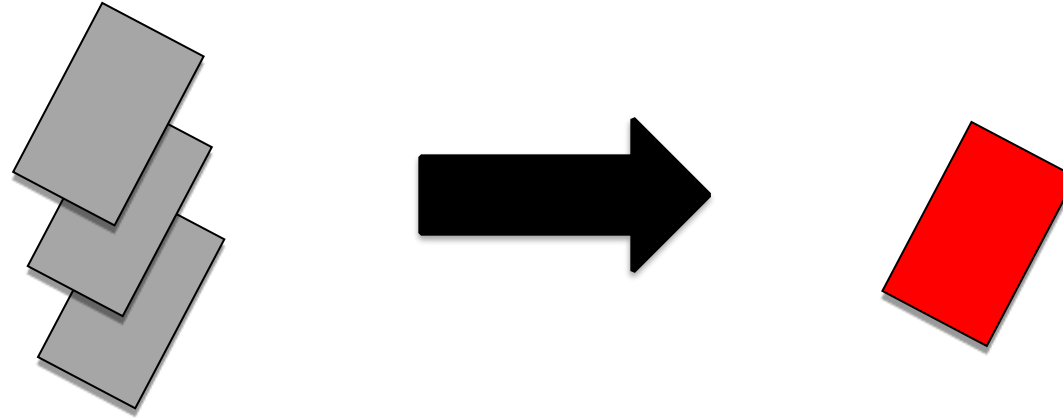
To avoid penalties:

- ✓ Medical support only from the official medical team (except diabetics)



RULES

the accumulation of three cards – no matter which colour – will result in a disqualification



Yellow cards will no longer count as a “strike” (penalty counting towards disqualification), but athletes may still be disqualified should the Head Referee consider the accumulation of yellow cards to be in violation of IRONMAN Competition Rule 3.03(b).

CUT OFF TIMES



Swim

1h10 after respective start



Bike

5h30: Swim + T1 + Bike



Run

8h30: Swim + T1 + Bike + T2 + Run



We will reserve the right to remove an athlete from the course and DQF the athlete if our course staff determines that there is no possibility of finishing the discipline or race before the posted cut-off times based on your location, the time and average speed to that point.



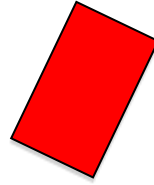
FINISH LINE PROCEDURE

- ❗ It is prohibited to cross the finish line or even step onto the finish line with a companion (spectator)
➔ **Disqualification**
- ❗ You will receive a medal immediately after the finish line
- ❗ You receive your finisher shirts and your white bag at the Athletes Garden, show your race number!
- ❗ Furthermore, there are toilets and our medical team waiting for you in the Athletes Garden



RULES & PENALTIES

LITTER & GRAFFITI : Red Card



- ❏ Residents and businesses have to plan their day and accept traffic disruption to accommodate IRONMAN → Prolonged reminders through litter and graffiti is not permitted and is against the law
- ❏ Graffiti includes any good luck messages your family and friends leave in permanent paint
- ❏ Litter includes: Water bottles, Gel wrappers, Gel wrapper tear-offs, Used inner tubes, Co2 canisters, Food wrapping (including banana skins)
- ❏ ZERO TOLERANCE - Discarding litter outside of designated areas at aid stations is an immediate DQ
- ❏ Static referees and moto marshals are on course to target littering

ADDITIONAL INFORMATION

Accident

- ❗ Athlet – Spectator → the police needs to be called! You have to stay till the police has arrived!
- ❗ Athlet – Athlet → communicate with each other, whether both of you can continue. If not, both athletes must stay till the police arrives!

Manipulation of the bike






- ❗ In transition area we will check all bikes for electronical or mechanical manipulation. If the result of the check is positive, the athlete will be disqualified!

Lost & Found

- ❗ Put your bib number and name on all your equipment
- ❗ Personal belongings which are unmarked or have been left in the Transition Areas can be picked up at the “Check Out”






BIKE & BAG CHECK OUT – RACE DAY

Sunday 3 pm – 6:30 pm You will be able to collect your bike along with blue and red bags all at the same time

-  One way flow through Transition
-  Athletes must collect their own bike and transition bags
-  Athletes will collect their bags first and then their bike
-  Athletes must collect everything in one go (Blue Bag, Red Bag and Bike)
-  **Don't forget your timing chip** – You will exchange your timing chip for your bike at check out

AWARDS CEREMONY

SUNDAY 06:00 pm – Bad Schönborn - Mingolsheim

-  Awards Ceremony will take place on the stage after the race
-  TOP 3 of each age group will be called on the stage
-  Provisional results will be available shortly after the race online via the IRONMAN App, website and social media
-  Trophies and prizes are handed out personally only; Trophies and prizes which have not been picked up will expire
-  The Awards Ceremony is open to the public

IRONMAN 70.3 WORLD CHAMPIONSHIP



- ❏ 45 Age Group Qualifying slots and 25 extra slots for women to the VinFast IRONMAN 70.3 World Championship 2023 in Lahti, Finland will be announced and presented with the awards presentations
- ❏ €650 + 9.25% Active fee: you must pay for your slot at the award ceremony by credit card only. There will be no exceptions to this rule
- ❏ Slot allocation will be held with the awards presentation in Bad Schönborn-Mingolsheim at 7:00 pm on race day
- ❏ Slots are divided amongst all age groups based on number of starters
- ❏ If a guaranteed slot is not accepted immediately it rolls down to next highest placed finisher in the same age group.
Anyone not claiming their slot when their name is called out will immediately lose their slot entitlement
- ❏ If no one accepts the slot it moves to another age group in the same gender

APPEAL

- ❖ It is unsuccessful to appeal against fact-based referee decisions such as drafting or blocking
- ❖ Appeals are possible until half an hour before the award ceremony

I AM TRUE



"WTC is committed to fair competition and we take our role in the fight against doping seriously. We have been diligent in creating a program that balances detection and deterrence, to ensure that the fundamental values of fair play and healthy living are preserved."

- Andrew Messick, CEO, WTC

#KNOWTHERULES

STAY IN TOUCH & GOOD LUCK

Stay in touch and share your IRONMAN 70.3 Kraichgau journey on our social pages!

- 👤 Instagram @ironman_germany
- 👤 Facebook IRONMAN Germany
- 👤 Facebook Event IRONMAN 70.3 Kraichgau
- 👤 #IM703Kraichgau
- 👤 We're here to help so keep an eye out for our IRONMAN staff and volunteers on race week and if you have any questions either send us a message on our social media or email kraichgau70.3@ironman.com



A triathlete in a black wetsuit and a green swim cap is swimming in a lake, with their head and one arm above water. A large orange buoy is in the foreground on the left. The background shows a calm lake and distant trees under a grey sky.

IRONMAN[®]

70.3[®]

The Kraichgau logo features a stylized yellow sun with rays and three green trees.

KRAICHGAU

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Stadtwerke Bretten

