

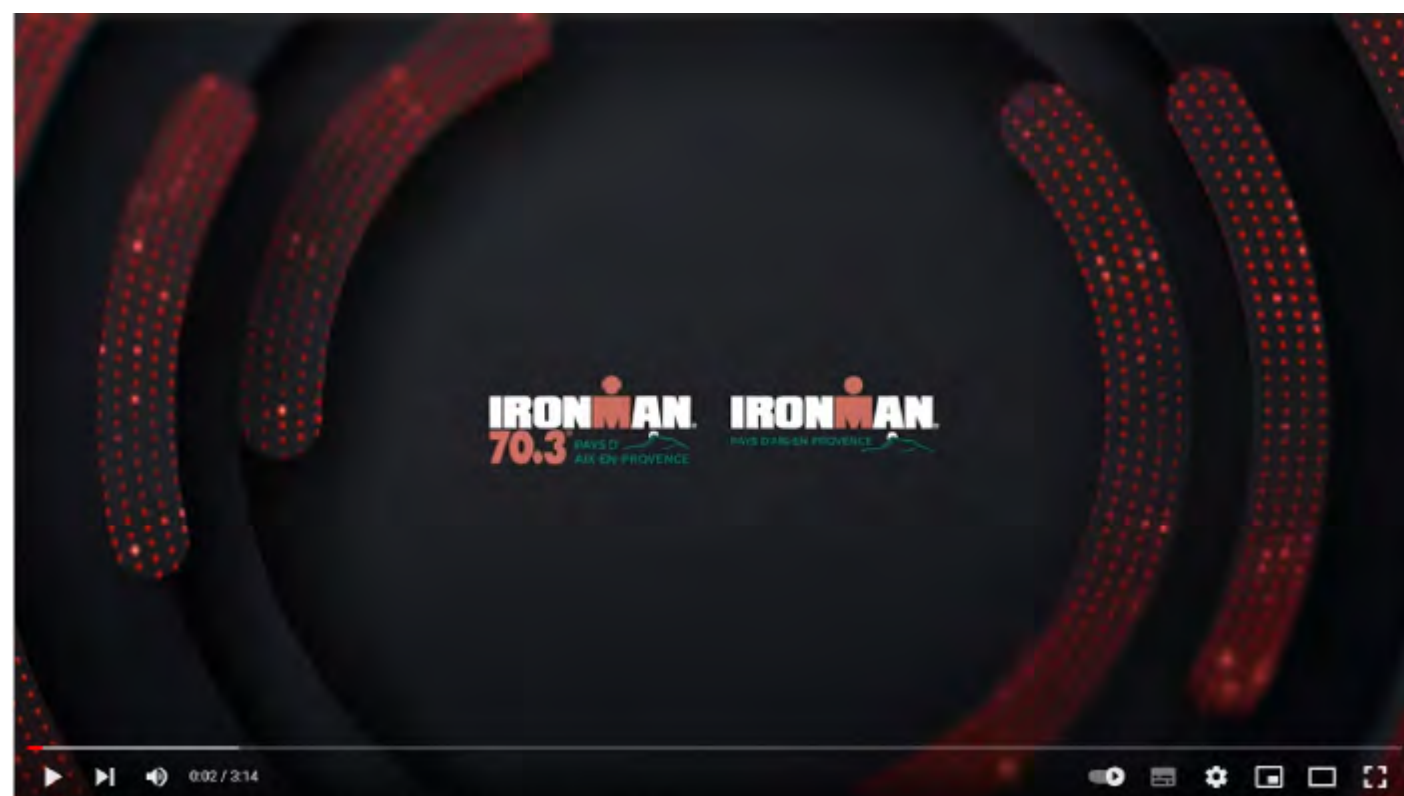
IRONMAN<sup>®</sup>  
70.3<sup>®</sup> AIX-EN-PROVENCE

21 MAI 2023

www.ironman.com/im703-aix-en-provence

# ATHLETE GUIDE

Get in the vibe with 2022 highlights :



Race Movie | IRONMAN & IRONMAN 70.3 Pays d'Aix-en-Provence 2022

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## Dear athletes, welcome to Aix-en-Provence!

We are delighted to welcome you to this new edition of the IRONMAN 70.3 Aix-en-Provence which will mark the beginning of the IRONMAN season in France!

This Sunday, May 21st 2023, you will be 2200 athletes coming from all over the world to the starting line with only one objective, to complete the 70.3 miles (*113 kilometres*) of swim, bike and run.

For many of you, the long distance season will start on the roads of the Pays d'Aix. They will be able to share the passion of the triple effort in front of the varied and magnificent landscapes that this Provençal triathlon offers. Stress, excitement and impatience at the start of the race at Peyrolles lake will be followed by pleasure and admiration on the bike through the vineyards and winding roads of the Sainte-Victoire massif! The day will end with a half-marathon in the centre of Aix-en-Provence where the public will be waiting for you at La Rotonde to cheer you.

In this guide, you will find all the information you need to live a full race experience. Please take the time to read it to avoid any stress or penalizing mistakes. After months of training, it would be a real shame to miss the event due to a lack of knowledge. We would also like to remind you to be careful on all the courses for your safety.

Finally, a big thank you to all our volunteers. Without them, we would not have a chance to have a great triathlon festival. Please take the time to thank them throughout the weekend!

Have a great race,

**Guillaume Louis**  
Race director





# AIXOIS, RELEVONS LE DÉFI !

*Aix, terre de jeux 2024*



## The Ironman in Aix, a sharing of values

Sport is part of the DNA of Aix-en-Provence. It is both a source of individual fulfilment and a lever of attractiveness for our city. This is why I am delighted to welcome the Ironman again this year.

This race is much more than a simple sporting event, it is a unique opportunity to promote the adoption of a healthy and active lifestyle that respects the environment. This taste for effort transmitted by the participants on the roads of Aix is an example of perseverance and willpower for all of us.

At the same time, I would like to thank all the volunteers and the organizing club, the Triathl'Aix, who have worked tirelessly to make this event a success.

I hope to see many of you on the start and finish lines.

**Sophie Joissains**

Mayor of Aix-en-Provence  
Vice-President of the Provence-Alpes-Côte d'Azur region





# Ici, on a du souffle

La Métropole soutient le sport de haut niveau  
et agit pour la pratique du sport pour tous.

The Aix-Marseille-Provence Metropole and the Bouches-du-Rhône Department are proud to support the 12th edition of the IRONMAN 70.3 Aix-en-Provence.

This prestigious triathlon event, which combines swimming, cycling and running, will allow participants to challenge their limits in the idyllic environment of our beautiful Provencal lands on May 21st.

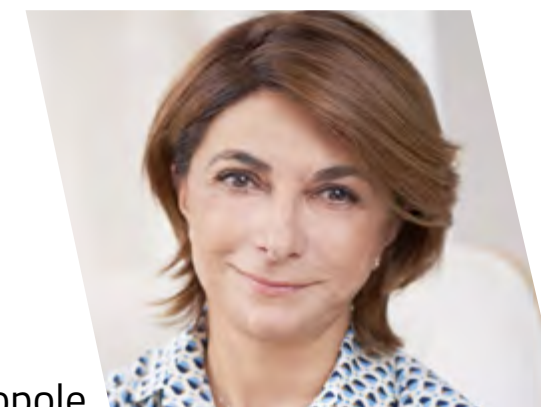
This particularly intense competition represents the values supported by our institutions: performance, surpassing oneself and self-sacrifice. On a daily basis, the Metropole and the Department deploy a particularly dynamic sports policy to offer our inhabitants ideal conditions for practicing.

In this respect, I am glad that we are proposing to social centres and partner associations to register children from priority neighbourhoods who wish to take part in the Ironkids race free of charge.

This year, nearly 2,200 international athletes will compete on a 113 kilometres course combining swimming, cycling and running, and nearly 800 volunteers will ensure the smooth running of the race.

I want to encourage and congratulate them all!

Good race to all,



**Martine VASSAL**

President of the Aix-Marseille-Provence Metropole  
President of the Bouches du Rhône Departmental Council



While swimming, biking or running: always push your limits.  
This is what drives the many participants of the IRONMAN 70.3 Aix-en-Provence.

In the postcard landscape of the Pays d'Aix, between the Sainte-Victoire and the Cours Mirabeau, the objective will be as much to appreciate the beauty of the course as to reach the finish line.

A big thank you to the organisers who honour our region through the different courses, and who allow the athletes to surpass themselves.

Have a good race.



### **Renaud MUSELIER**

President of the Provence-Alpes-Côte d'Azur Region  
Delegate President of Régions de France



# LA RÉGION SUD AU COEUR DE LA MÊLÉE

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Renaud Muselier  
Président de la Région Provence-Alpes-Côte d'Azur  
Président délégué de Régions de France



*Ca, c'est le Sud*





# HEAD REFEREE'S MESSAGE

**Jean-Luc LEBREJAL**  
IRONMAN 70.3 Aix-en-Provence  
Head of referee

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2023 IRONMAN 70.3 Aix-en-Provence Rules.

## REMINDER OF PENALTIES

### BLUE CARD

The athlete will be disqualified if he receives three BLUE CARD penalties.  
DRAFTING is the only violation that will result in a BLUE CARD violation and an athlete will incur a time penalty *(to be served in the penalty tent, located on the bike course at KM67 and at the entrance of the transition 2)*.

### YELLOW CARD

YELLOW CARD violations (stop and go penalty) require an athlete to stop next to the referee during 30 seconds. IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations.

### RED CARD

An athlete receiving a red card will be immediately disqualified.

**ANY COMBINATION OF THREE VIOLATIONS  
WILL RESULT IN RACE DISQUALIFICATION.**

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of POSITION violations, and there are no protests or appeals.

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 Aix-en-Provence 2023 regulations and the particularities of the race in this athlete guide.







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# TOP 5 THINGS TO SEE

## FONTAINE DE LA ROTONDE

Located on the Place du Général de Gaulle, the 12-metre high Rotonde fountain is made of cold stone and consists of two ponds with lions, dolphins, swans and children, the work of Truphème all around.



## CALISONS D'AIX

A delicious almond-shaped sweet, the calisson is the speciality of the city of Aix-en-Provence. Push the door of a confectionery or an artisanal factory and discover the inimitable taste of this treat.



## COURS MIRABEAU

The Cours Mirabeau is one of the most popular and lively places in Aix-en-Provence.

At any time of the day, it welcomes you with its cafés and restaurants as well as its plane trees while enjoying the Aix sun.



## THE ALLEYS OF THE OLD TOWN

Very picturesque, its shops, squares and fountains make a stroll through the streets of the old town of Aix very pleasant.

Take a stroll through its narrow streets to discover the southern atmosphere.



## PARC JOURDAN

One of the city's largest parks and a favourite walking area for the people of Aix, Parc Jourdan offers large lawns for relaxation. For children, there is a playground in front of the house where the association l'Oustau de Prouvènço, which promotes the Provençal language, is housed.



# CHECKLIST

## PRE-RACE

- ☐ Directions to :
  - Registration / official shop
  - Athlete check-In
  - Race start
  - Race finish
- ☐ Photo I.D.
- ☐ Valid triathlon license or day pass & medical certificate *(if not validated)*

- ☐ 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

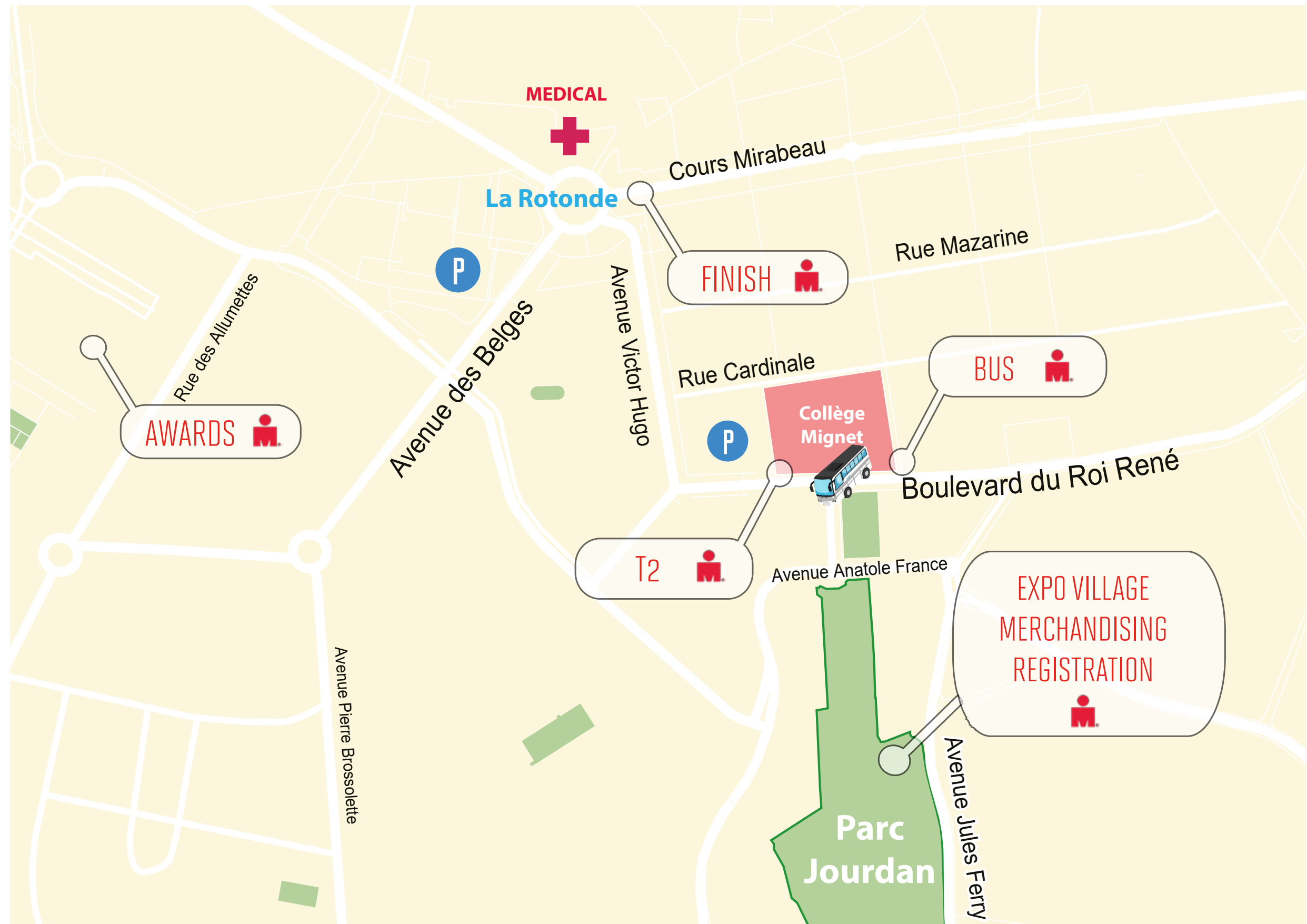
- ☐ Towel
- ☐ Post-race clothing
- ☐ Contacts or Rx Glasses
- ☐ Body Glide
- ☐ Lip balm
- ☐ Hair ties
- ☐ Your good mood :)







# GENERAL MAP





# SCHEDULE

## Friday 19<sup>th</sup> May

Opening hours	Description	Location
9am - 7pm	IRONMAN Expo	Parc Jourdan - Avenue Anatole France
9am - 7pm	Registration	Parc Jourdan - Avenue Anatole France

## Saturday 20<sup>th</sup> May

Opening hours	Description	Location
9am - 7pm	IRONMAN Expo	Parc Jourdan - Avenue Anatole France
9am - 4pm	Registration	Parc Jourdan - Avenue Anatole France
9am - 10am	Athlete briefing <u>ENGLISH</u>	Cinema Le Cézanne
10.30am - 11.20am	Athlete briefing <u>FRENCH</u>	Cinema Le Cézanne
11.20am	Presentation of the PRO athletes	Cinema Le Cézanne
1pm - 7pm	BIKE and BIKE bag check-in	Lake of Peyrolles
1pm - 7pm	RUN bag check-in	Collège Mignet, 24 boulevard Roi René
4pm	IRONKIDS	Aix en Provence- La Rotonde

## Sunday 21<sup>st</sup> May

Opening hours	Description	Location
5am	Shuttle service*	24 boulevard du Roi René
5.30am - 6.50am	Bike park opening	Lake of Peyrolles
7.00am	PRO Men Start	Lake of Peyrolles
7.02am	PRO Women Start	Lake of Peyrolles
7.10am	Race Start - Rolling start	Lake of Peyrolles
9am - 5pm	Official race shop	Place Cézanne - La Rotonde
10.53am	1 <sup>st</sup> male finisher	Aix en Provence- La Rotonde
11.27am	1 <sup>st</sup> female finisher	Aix en Provence- La Rotonde
1.45pm - 5.15pm	Check-out BIKE and transition bags	Transition 2 - Collège Mignet
4.15pm	End of the race	Aix en Provence- La Rotonde
5pm	Awards Ceremony	Amphitheatre of the Manufacture**
6pm	Slot allocation	Amphitheatre of the Manufacture**

\*Only for athletes who have booked online before April 21st.

\*\* 8 rue des Allumettes



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- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- 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](mailto:contactus@nirvanasportstravel.com)

[nirvanasportstravel.com](http://nirvanasportstravel.com)





# REGISTRATION

License / no-license

It is **mandatory** to import the documents below on the [Dokeop](#) platform in order to participate in the IRONMAN 70.3 Aix-en-Provence.

**Please note, we will no longer be accepting any medical documents on site during registration so you must upload your annual license and/or medical certificate to their platform before **May, 17th 2023, 11:59 p.m.****

## French & affiliated countries licences

A Triathlon license affiliated to a Triathlon Federation in:  
Belgium, France, Germany, Italy, Luxembourg, Netherlands, Portugal, Spain, Switzerland, or Great Britain.

## ITU affiliated licenses

An ITU triathlon license affiliated to a Federation from a country that is not listed previously

**AND**

A French triathlon one-day license purchased online on the French Federation website.

## Unlicensed

A medical certificate dated less than one year from the day of the race, that states you can race a «triathlon in competition»

**AND**

A French triathlon one-day license purchased online on the French Federation website.

## EXCEPTIONS

**ATTENTION:** Some Triathlon Federations are not part of the ITU. If you have a triathlon license from one of the following countries, you will need to upload a medical certificate dated less than one year from the day of the race, that states you can race a “triathlon in competition” AND a French triathlon one-day license purchased online on the French Federation website.

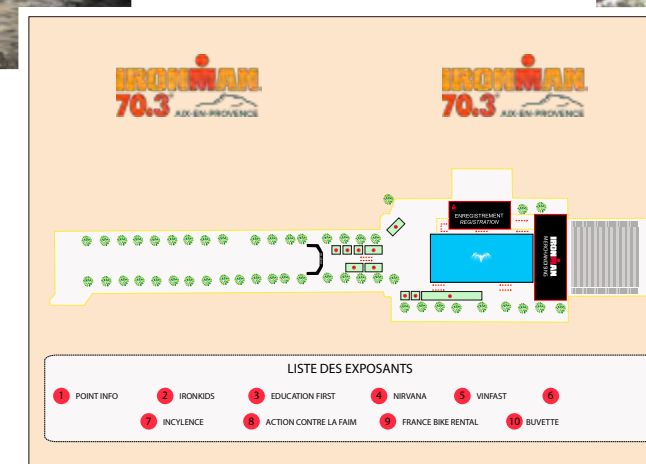
*Vietnam, Ethiopia, Yemen, North Korea, Mali, Tajikistan, Laos, Eritrea, Turkmenistan, Liberia, Mauritania, Albania, Lesotho, Kosovo, Gabon, Swaziland, Timor-Leste, Comoros, Bhutan, Montenegro, Western Sahara, Cape Verde, Brunei, Vanuatu, Sao Tom and Principe, Federated States of Micronesia, Marshall Islands, San Marino.*

# REGISTRATION

Process for the registration

## Reminder of registration hours

Date	Opening hours	Location
19 <sup>th</sup> May	9am - 7pm	Parc Jourdan - Avenue Anatole France
20 <sup>th</sup> May	9am - 4pm	Parc Jourdan - Avenue Anatole France



1

Upload your documents: license and/or medical certificate on the Dokeop platform.

2

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.*

Please report to the volunteers by following the signage.

Please note that we will not assign bib numbers before the opening of the registration.  
*Bib numbers will be allocated on a first come, first served basis at the registration desk.  
AWA Gold and Silver athletes, TriClub Pole Position and Nirvana keep their privileges.*

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 keep it on until the bike and transition bags are collected after the race



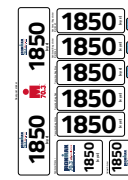


3

4



# RACE PACKAGE

## Your package includes:

<p><b>1 bib number:</b> You must wear your bib on your back for the bike course and in front 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><b>1 swim cap:</b> You must wear the swim cap given to you when you collect your bib number during the SWIM.</p>	
<p><b>Stickers:</b> 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, 1 sticker to stick on your wristband.</p>	
<p><b>1 athlete's wristband:</b> 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. <b>You will have to stick a sticker on it that will be given to you during registration.</b> 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><b>1 athlete's backpack:</b> To be collected at the time of registration.</p> <p><b>2 transition bags and 1 STREET WEAR bag:</b> 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.

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 1 :**  
**Lake of Peyrolles - Saturday 20<sup>th</sup> May from 1pm to 7pm.**



### 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 2 :**  
**Collège Mignet, 24 Boulevard du Roi René - Saturday 20<sup>th</sup> May from 1pm to 7pm.**



### 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.

**Drop off on race day before the start, close to the start line area.**

**DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS.**





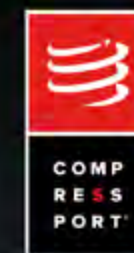
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# CHECK-IN & BRIEFING

## Schedule reminder

Date	Hours	Description	Location
20 May	9am - 10am	Athlete Briefing - <u>ENGLISH</u>	Cinema le Cézanne
20 May	10.30am - 11.30am	Athlete Briefing - <u>FRENCH</u>	Cinema le Cézanne
20 May	1pm - 7pm	Check-in BIKE and BIKE bag	Lake of Peyrolles
20 May	1pm - 7pm	Check-in RUN bag	Collège Mignet

## Athlete briefing

The athlete briefing will take place during the race week.

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.

**Briefings will be held in French or English** (see schedule above).

## 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 FBR is attending the IRONMAN Village. More information about the available services, prices and reservations at:

<https://www.francebikerentals.com/ironman/ironman-bike-service/>

On race day, FBR will be in Transition to assist you in case of a last minute bike issue, before the start and during transition.



## Mandatory bike, bike and run bags check-in

### DROP OFF YOUR BIKE AND BIKE BAG AT PEYROLLES LAKE

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. **Disc wheels are not 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 Transition 1 in the BIKE bag. Don't forget to put your bib number in the bag.

### DROP OFF YOUR RUN BAG AT MIGNET COLLEGE - 24 BD DU ROI RENE

- Check that you have put all your gear for transition 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 at Lac de Peyrolles on Saturday 20<sup>th</sup> May.

### WHEN AND WHERE TO WEAR THE TIMING CHIP?

It must be worn on your left ankle during the entire race.

Please 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.

**Your race timing chip is a loaner. You must return the chip to the timing company, or you will be billed for its replacement.**

### WHAT IF I LOSE MY TIMING CHIP?

If you lose your timing chip, go to the SOS PUCE stand at the exit of the bike park in T1 and at the penalty tent in T2. Our team will provide you with a replacement chip so you can continue the race.



# A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

**RED BULL GIVES YOU WIIINGS.** 

Athlete guide 2023 - IRONMAN 70.3 Aix-en-Provence



© Christophe Da Silva pour Action contre la Faim

## 828 MILLIONS

de personnes souffrent de la faim dans le monde. Action contre la Faim se bat contre cette injustice. Aujourd'hui, plus de 40 ans après sa création, notre ONG est un acteur majeur de la lutte contre la sous-nutrition. En

2021, c'est 25 millions de vies que nous soutenons en nous attaquant aux conséquences et aux causes structurelles de la faim. Les guerres, la crise climatique et environnementale, les inégalités socioéconomiques et de genre en sont les raisons principales. Avec et pour les communautés, nous rassemblons, agissons, apportons des solutions. Car oui, les solutions existent, et chez Action contre la Faim nous savons comment faire pour que la faim cesse d'être une fatalité. Nous intervenons dans 45 pays grâce à nos 7 domaines d'expertise déployés en local :



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RÉPONSE À  
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RECHERCHE  
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© Rémi Portier pour Action contre la Faim



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**Vous souhaitez agir et vous engager à nos côtés ? Rejoignez nos équipes bénévoles !**

Votre contact par mail :  
[bouches-du-rhone@actioncontrelafaim.org](mailto:bouches-du-rhone@actioncontrelafaim.org)

Plus d'informations sur notre site :  
[www.actioncontrelafaim.org](http://www.actioncontrelafaim.org)



# RACE DAY

## Proceed to the Bike Park on race day morning if needed.

The Bike Park will be open from 5.30am to 6.50am, please have your timing chip attached to your left ankle.

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

Pumps will be provided by the organization. If you bring your own pump, once you are done using it please place it in your STREET WEAR bag. And don't forget to place your race number on it in case of loss.

**From 6.50am, the bike park will be closed. Go to the swim start.**

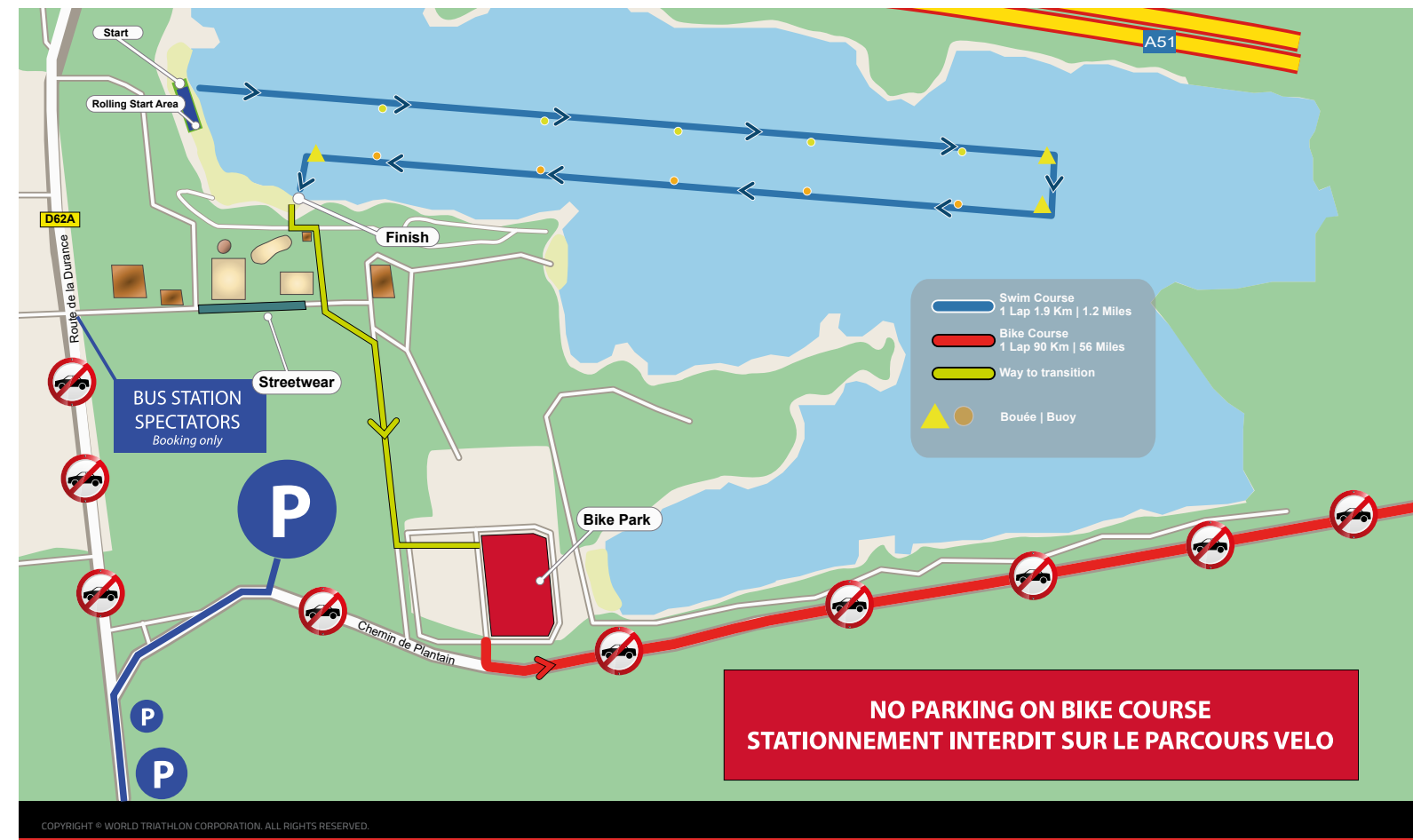


## STREET WEAR Bag

Put your post-race change in the STREET WEAR bag and drop it off at the start.

You can leave your STREET WEAR bag until the last start at 7.10am.

The STREET WEAR bag is to be picked up in the «After-Finish» area where you will enjoy a buffet at the finish.



## Shuttles

### Check-in shuttles

The check-in shuttles will leave from the Collège Mignet - 24 boulevard du Roi René according to the booked schedule.

**Please note that the check-in shuttles are exclusively dedicated to athletes who have already booked their seat before April 21st.**

### Departure shuttles

In order to go to the start of the IRONMAN 70.3 Aix-en-Provence, a shuttle service will be provided by the organization to bring you to the Lake of Peyrolles.

The departure will be from the Collège Mignet - 24 boulevard du Roi René at 5am for the athletes and 5.45am for the supporters. Start from Peyrolles to go back at Aix-en-Provence at 8.45am.

**Please note that the shuttles for the departure are exclusively dedicated to athletes and supporters who have already booked their seats before April 21st.**



# 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

	01:10:00		
Cut off times	05:20:00	+ T1 +	
	08:15:00	+ T1 +  + T2 +	

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

### Intermediate cut-offs

**BIKE COURSE - Intermediate cut off time: KM67 - 12h25**

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 2023 VInFast IRONMAN 70.3 World Championship.

### Aid stations

#### BIKE

Aid station 1: KM 21

Aid station 2: KM 50

Aid station 3: KM 80

Drinks: Gatorade Sports Drink blood orange flavor 75cl and water bottle 75cl

Energetic bars: 226ers Race day bars *strawberry, black/dark chocolate, apple & cinnamon, banana & ginger*

Energetic gels: Maurten Gels *(with or without caffeine)*

Bananas

#### RUN

Lap 1: KM 0.8 - KM 3.1 - KM 5.3

Lap 2: KM 7.5 - KM 9.8 - KM 12

Lap 3: KM 14.1 - KM 16.4 - KM 18.6 - KM 20.8



Drinks: Gatorade Sports Drink blood orange flavor, Water, Red Bull, Coca-Cola, Sparkling Water

Energetic bars: 226ers *Gummy bars Cherry & Cola*

Energy gels: Maurten Gels *(with or without caffeine)*

Bananas, oranges, watermelons, compote and salty products

Drinks are served in cups.

**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.**



# 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.



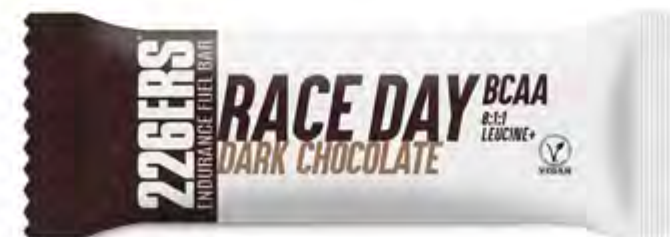
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## SWIM

This event will implement a mass start for Pro athletes and a rolling swim start for age group athletes:

- **7am: PRO Men start**
- **7.02am: PRO Women start**
- **7.10am: Age group and Open Division start**
- **8am: End of rolling start**

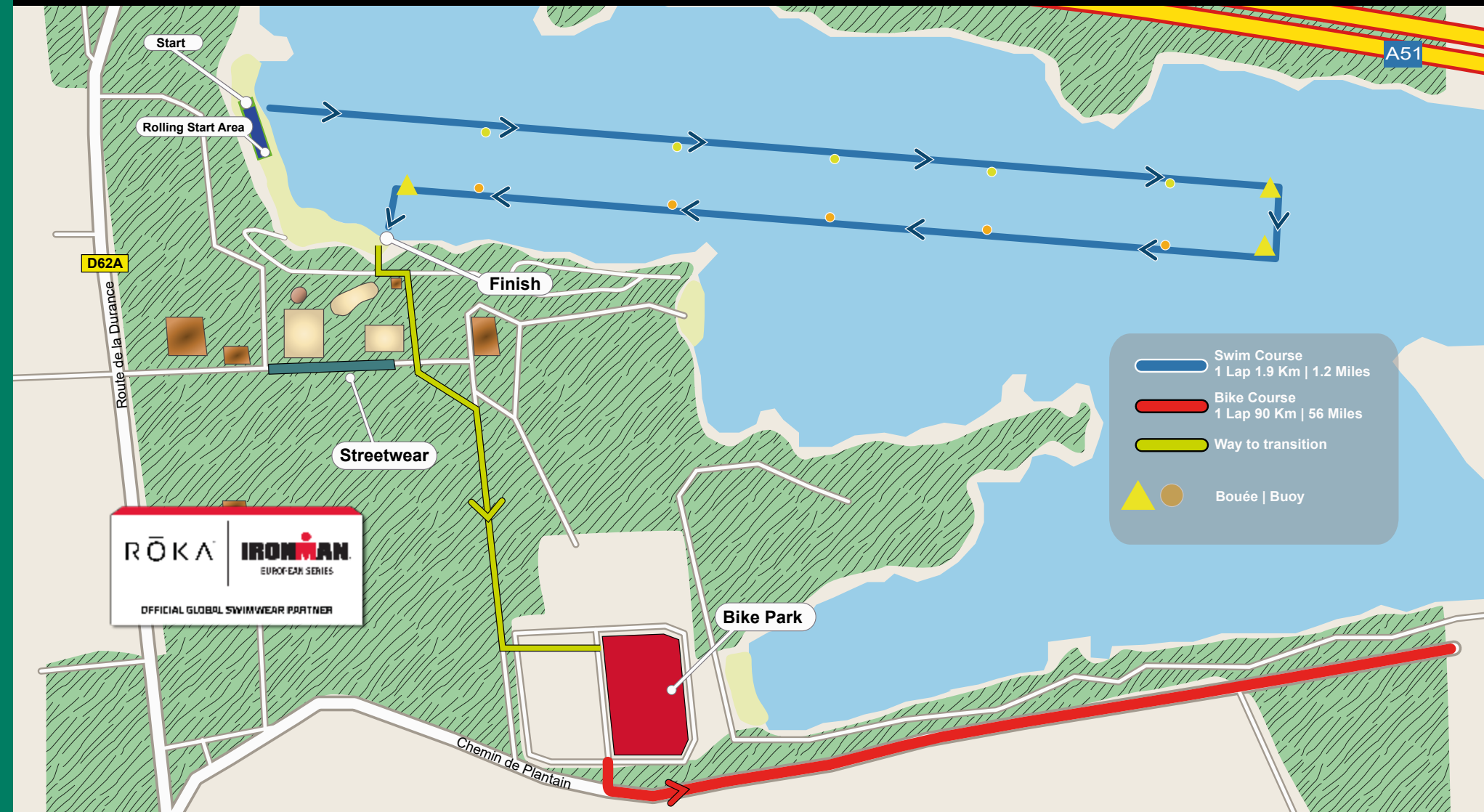
Age group athletes will enter the water in a continuous stream through a controlled access point from 7.10am:

**6 athletes will start every 8 seconds.**

The timing chip will register each athlete's start time when they cross the timing mat at the swim entry ramp.

Athletes will be directed to self-seed on race morning based on their anticipated swim time. Volunteers will be in the staging area with signs and will assist with this process. Being as accurate as possible with your self-seeding will make for the best swim.

There will be no warmup in the water prior to the start, so make sure you prepare properly in the assembly area.



### Course

A one loop 1.9 km swim course at Lake of Peyrolles.

### 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.

### Lost Chip

If you lose or forget your chip during the SWIM, you will be able to find one at the SOS PUCE area located at the exit of the bike park.



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wahoo



# SWIM

## Wetsuit rules

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 below 16°C.

**Prohibited wetsuit:** De Soto Water Rover Wetsuits cannot measure more than 5 mm thick. De Soto Water Rover and Speedo Elite Triathlon wetsuits with forearm reinforcement are NOT permitted.

## Swimwear policy (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.

**All the rules can be found in the [IRONMAN 70.3 Aix-en-Provence 2023 regulations](#).**

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.

## TOP 10 - Checklist SWIM

### 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 every body 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. **Please note that warming up in the water is prohibited.**

### 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.

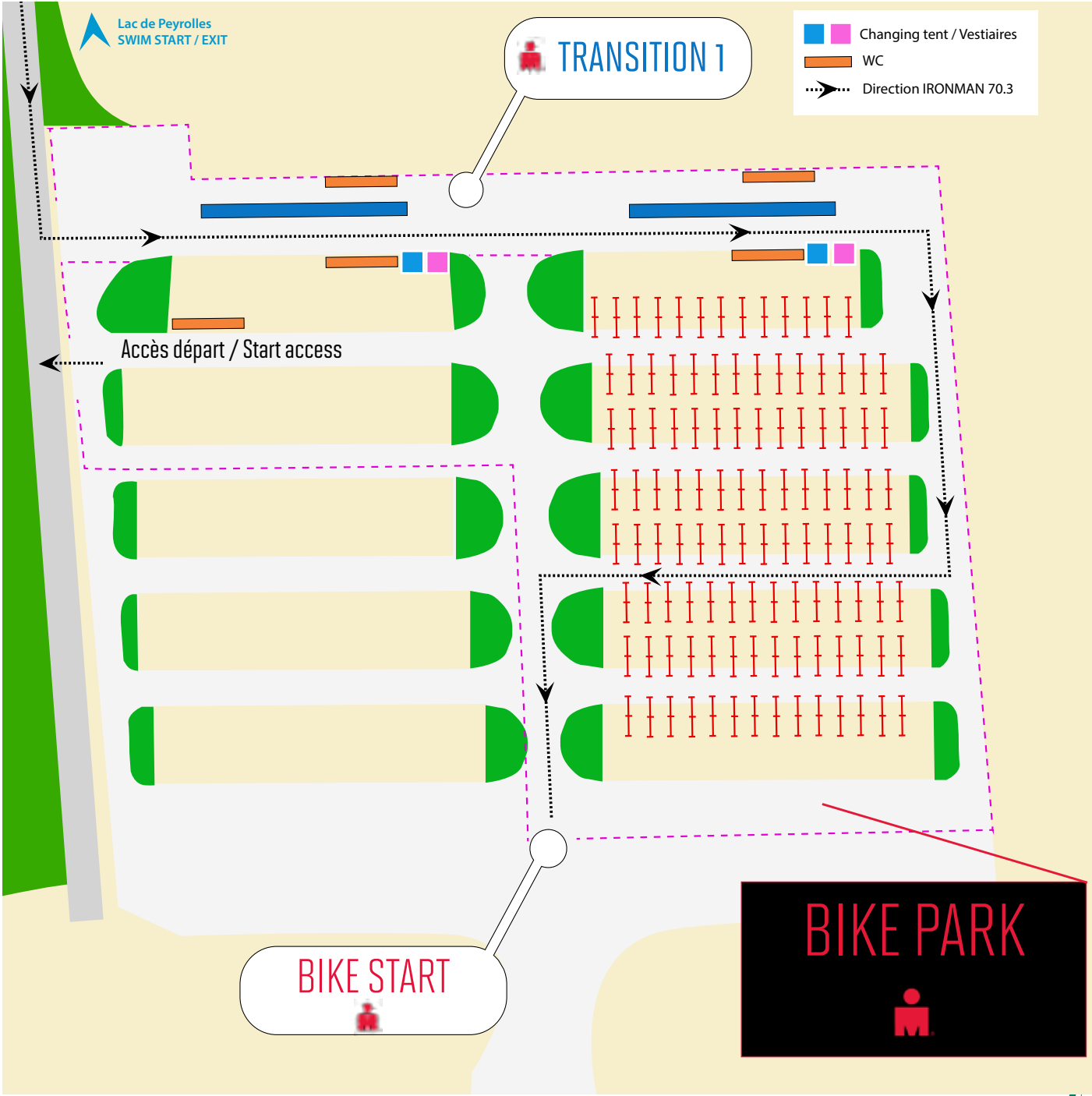


# TRANSITION 1

During T1, there will be a long way to go in between the water exit and the bike park entrance. Beware, on this segment it is forbidden to remove your wetsuit. However, you can lower the top part to your waist.

Get your bag that will be placed on the rack according to your bib number, change your clothes if needed and drop off the bags into the box close to your place. All items must be placed inside of your bag.


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



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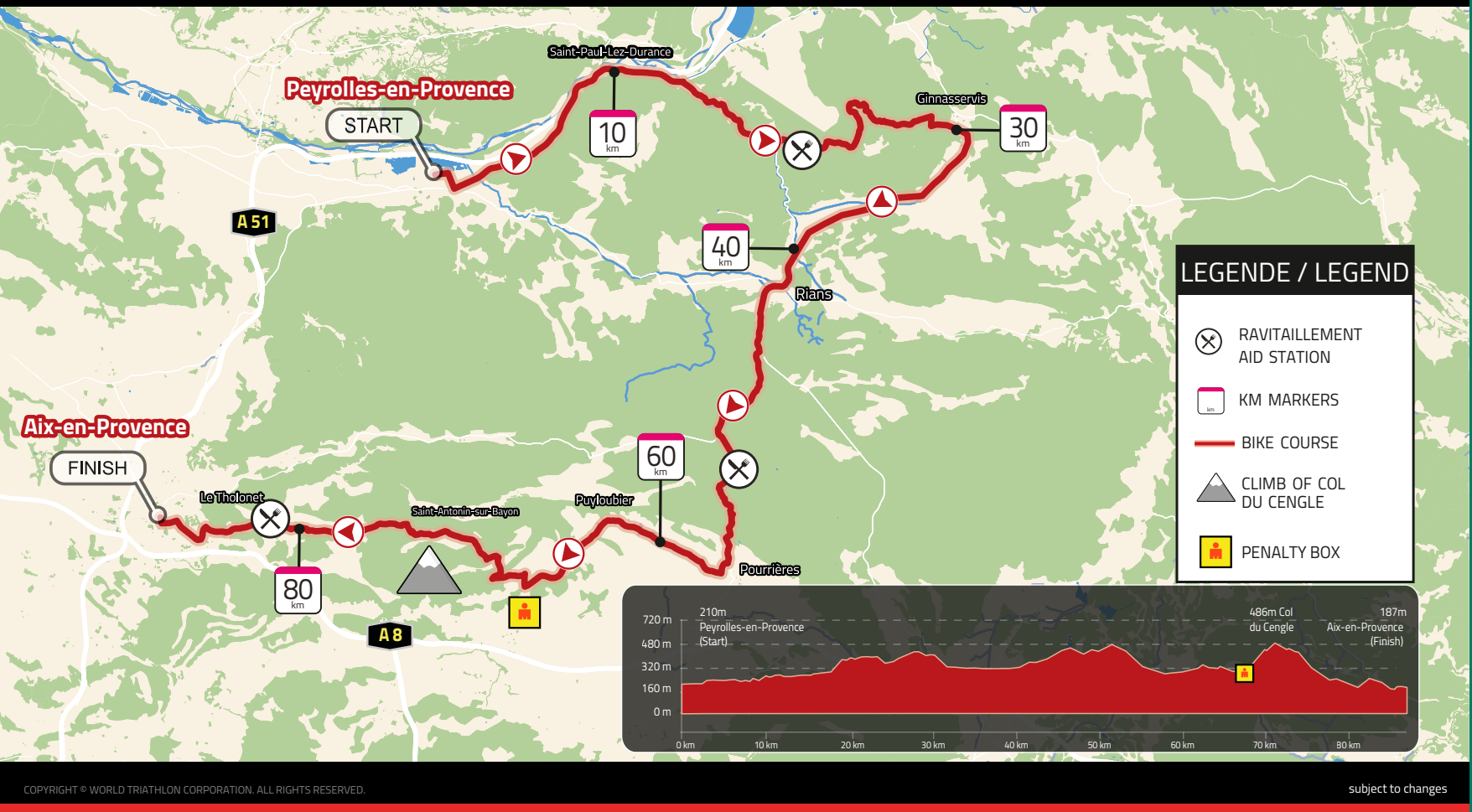
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## Course

The one loop 90KM bike is hilly with a succession of hidden gradients going up and down. Athletes will enjoy varied landscapes of Provence and the technical road of the mountain Sainte-Victoire before finishing at Aix-en-Provence.

## Elevation gain

+ : 1184 m  
- : 1207m

## 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 T2 from 1.45pm to 5.15pm.  
Please note that a bus will follow the last athlete if you need to go back at Aix-en-Provence with a transport.

## Cut off time

5h20 : SWIM + T1 + BIKE

Intermediate cut off time: KM67 - 12.25pm

The bike course will close 5 hours and 20 minutes after the final athlete starts the swim. Each athlete or relay team member will have 5 hours and 20 minutes to complete the swim, T1 and the bike course regardless of when they start the swim. Any athlete or relay team member that takes longer than 5 hours and 20 minutes to complete the swim, T1 and bike course will not be allowed to continue and will receive a DNF.

## Main difficulties

- Known to be windy, **it will be forbidden to ride with disc wheels** at the IRONMAN 70.3 Aix-en-Provence.
- The course is hilly with a succession of up and down false flats.
- The Col de Cengle from km 67 to km 71 with an average slope of 5%.

## Aid Stations

KM 21 - KM 50 - KM 80

Drinks: Gatorade Sports Drink blood orange flavor 75cl and water bottle 75cl  
Energetic bars: 226ers Race day bars strawberry, black/dark chocolate, apple & cinnamon, banana & ginger  
Energetic gels: Maurten Gels (with or without cafein)  
Bananas

## Lost chip

If you lose or forget your chip during the bike leg, you can find one in the SOS PUCE area at the penalty tent.



# BIKE

## BIKE Rules

### Disc wheels are strictly forbidden.

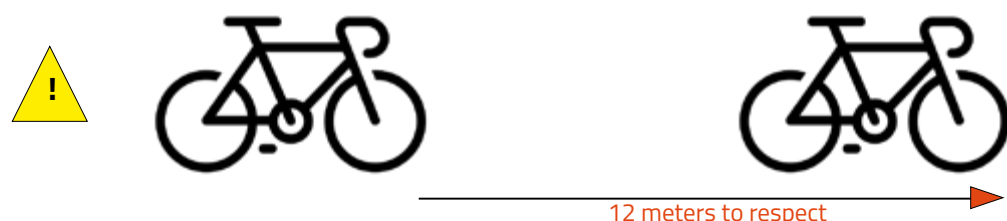
It is mandatory to obey traffic regulations.

**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).



### Blue card - BIKE

Blue card is used in case of drafting:



- 1st BLUE CARD Offense 5:00 minutes
- 2nd BLUE CARD Offense 10:00 minutes
- 3rd BLUE CARD Offense DSQ

When an athlete receives a blue card, he must perform his penalty at the Blue Card Penalty Tent located KM 67 on the bike and at the entrance of T2 and make sure that the referee has noted on his number that the penalty has been performed.



### Carton jaune - BIKE

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.

All the rules can be found in the IRONMAN 70.3 Aix-en-Provence 2023 regulations.

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.

## TOP 10 - Checklist BIKE

### 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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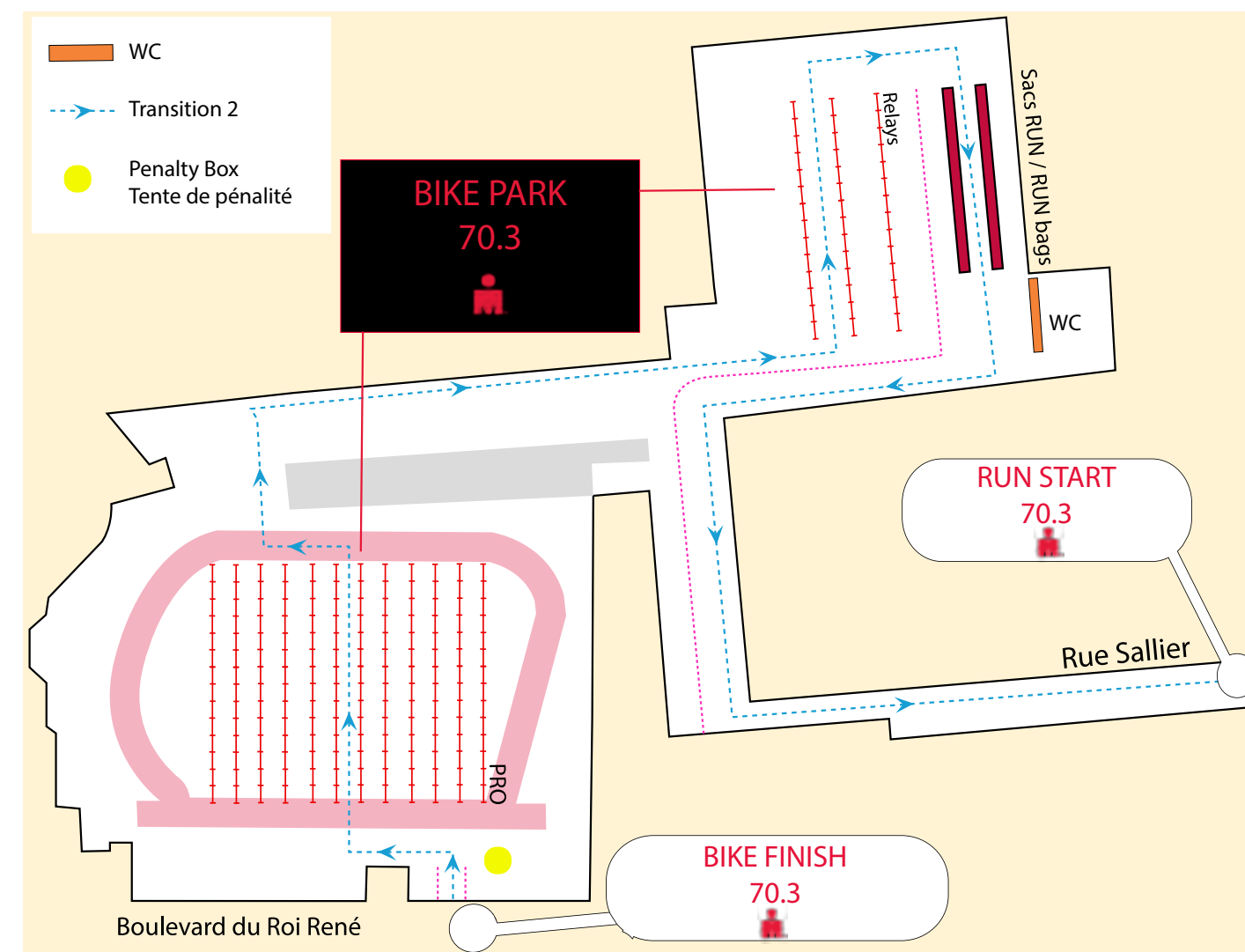
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## TRANSITION 2

Please dismount your bike before crossing the line on the ground. Beware, the motorbikes will continue on their way, do not follow them! When dropping off your RUN transition bag, please note the T2 entrance. Go to your place inside the bike park. Take your bag, change and **put it back on its rack**.

**Note that there will be no changing tents in transition 2 and that nudity is prohibited.** You can use a poncho towel to change if necessary.



SWIM 1.9 | BIKE 90 | RUN 21



# RUN

## Course

The **three-loop 21.1km run course** from the city centre to the Parc Naturel de la Torse will finish in front of thousands of spectators at the Fontaine de la Rotonde.

## Aid stations

**Lap 1: KM 0.8 - KM 3.1 - KM 5.3**

**Lap 2: KM 7.5 - KM 9.8 - KM 12**

**Lap 3: KM 14.1 - KM 16.4 - KM 18.6 - KM 20.8**

Drinks: Gatorade Sports Drink blood orange flavor, Water, Red Bull, Coca-Cola, Sparkling Water

Energetic bars: 226ers Gummy bars Cherry & Cola

Energy gels: Maurten Gels (with or without caffeine)

Bananas, oranges, watermelons, compote and salty products

Drinks will be served into cups.

**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.**



## Cut off time

**8h15 : SWIM + T1 + BIKE + T2 + RUN**

The run course will close **8 hours and 15 minutes** after the final athlete starts the swim.

Each athlete or relay team member will have 8 hours and 15 minutes to complete the entire course. Any athlete or relay team member that takes longer than 8 hours and 15 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 15 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 T2 from 1.45pm to 5.15pm.



**RUN COURSE**  
 3 Loops / 3 Tours  
 Course Distance - 21.1 km



## RUN Rules

Athletes may run, walk, or crawl.

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.

## 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.

**All the rules can be found in the IRONMAN 70.3 Aix-en-Provence 2023 regulations.**



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 TEAMS

The majority of information in the Athlete Guide applies to relay teams, with regards to timing and requirements to register and rack.

## Registration

**It is compulsory that all relay team members register and collect the team's race pack together within the specified times.**

- Each team member will need their ID.
- Each team member will need to import a licence or medical certificate and/or a relay day licence from the FFTri into Dokeop.
- Please note, any changes to team members must be made no later than 10 days before race day. Any changes after this date will not be accepted:

*You will not be able to change team members at registration.*

*If any of the team members cannot attend registration prior to race day there must be no changes.*

## Race package

As a relay team you will receive 1 backpack for each member and:

- 2 bib to be worn for BIKE and RUN
- 1 wristband each team member
- 1 swim cap
- 1 sticker sheet – for the bike and transition bags

## Swim start

The swimmer must be positioned in the starting corral: 40-45 minutes.

## Transition

In the transition area, there will be an area dedicated to the relays.

**It is in this area that you will be able to exchange your timing chip.**

Please make sure that all team members know these areas.

**You will be autonomous in managing your transition bags.**

## Finish line

You will be able to finish the race together by joining the RUN runner on his last loop, from the Avenue Victor Hugo, and **cross the finish line as a team.**

## Rules

It is the responsibility of each team member to understand the course they are to run, and the time they must be in place for the swim start, transitions and finish.



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20 AOÛT 2023



+ INFO

## FINISH LINE

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.

### After-finish

1. The medal will be given to you just after the Finish Arch.  
*Medal engraving is available into the After Finish Area.*
2. Then, pick up your Finisher tee-shirt.
3. The IRONMAN 70.3 Aix-en-Provence massage team will provide a free post-race massage to athletes, ONLY on a first come, first served basis.
4. Enjoy a sweet and salty buffet and refuel after your achievement
5. Get back your STREET WEAR bag at the After Finish Area.

### Check-out

Opening hours	Description	Location
1.45pm - 5.15pm	Check-out Bike and transition bags	Transition 2

Do not forget to keep your chip with you. You need it to get your gear and your bike back during the check out. **You must present your bib and athlete wristband at the check-out.**

Entrance of the check-out by the entrance of T2 at Collège Mignet, 24 Boulevard du Roi René.



SWIM 1.9 | BIKE 90 | RUN 21



# AWARDS CEREMONY

## Awards Ceremony - Sunday 21<sup>st</sup> May

### Opening hours





5pm

### Description

Awards Ceremony

### Location

Amphitheatre of the Manufacture  
8 rue des allumettes

-  Trophy for the Top 8 PRO Men / Women
-  Trophy for the Top 3 of each age group category
-  Trophy for the Top 3 Relay Teams (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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# 70.3 WORLD CHAMPIONSHIP

## Slot Allocation - Sunday 21<sup>st</sup> May

### Opening hours

6pm

### Description

Slot Allocation

### Location

Amphitheatre of the Manufacture  
8 rue des allumettes

## Slot allocation

2023 IRONMAN 70.3 Aix-en-Provence will award slots for the **2023 VinFast IRONMAN 70.3 World Championship in Lahti, Finland to be held on 26-27<sup>th</sup> August 2023:**

- **4 qualifying slots for PRO (2 Men / 2 Women),**
- **45 qualifying slots for the age groups,**
- **25 Women 4 Tri slots.**

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

If you qualify for the 2023 edition of the IRONMAN 70.3 Aix-en-Provence you are eligible to participate in the 2023 VinFast IRONMAN 70.3 World Championship in Lahti, Finland only. Every participant willing to qualify must participate in the slot allocation ceremony. Since not all the participants are willing to get the qualification, qualifying slots will be proposed to the following athletes according to their official ranking in the age group until the slot allocation is over.

Be sure to bring a valid ID and a credit card to pay the registration fee at the ceremony.

**Please be ready to pay the registration fee by credit card ONLY. We DO NOT accept cash or cheques.**

**The amount is €650 (EUR) + 9.25% Active fee**  
**Attendance is mandatory at the slot allocation, no slot will be awarded afterwards.**

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.

## Rules

To accept a slot to the 2023 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony.

Photo ID is required to be presented and payment must be made at this point in time.

### 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 31<sup>st</sup> 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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# I WANT MORE

ALL WORLD ATHLETE PROGRAM







The IRONKIDS Aix-en-Provence is a festive race for children aged 5 to 11.  
No ranking or timing on this event. **Only fun and pleasure.**

Schedule: Saturday 20<sup>th</sup> May from 4pm  
Start: La Rotonde

## Registration

**Registration is only possible online.**

Your donation, of a minimum of 2€ and a maximum of 6€, will be donated to the local association Le Point Rose.  
If you wish to make a higher donation, you can contact the association directly.

## Categories

Turtle (5-7 years): 500 meters  
Panda (8-9 years): 1000 meters  
Rabbit (10 - 11 years): 1400 meters

## IRONKIDS bib collection

Friday 20<sup>th</sup> May: 9am - 7pm  
Saturday 21<sup>st</sup> May: 9am - 1pm

Location: Expo village - Parc Jourdan

The child does not need go to Registration. Race Packages can be collected by parent/guardian with the email confirmation.

*You can register and collect Race Packs for multiple children.*

## Finish line and exit

When they have crossed the finish line, the kids will receive their finisher gift and a snack.  
The parent/ guardian must be present at the Exit with a matching wristband to collect the child.

Please be patient and don't push or shout as you are waiting to be reunited with your child.  
Please be respectful of IRONKIDS staff, volunteers and the other parents/ guardians around you  
The process does take some time but is essential for the children's welfare. We thank you for your patience and understanding, in the interest of all children participating in the event.

# MÊME PASSION, OBJECTIF DIFFÉRENT.



**PAS DE COURSE À LA FINISH LINE CETTE FOIS ? UNE FOLLE ENVIE  
D'AVOIR VOS PROCHES AUPRÈS DE VOUS POUR RELEVER LE DÉFI ?**

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# ECO-RULES

## Eco-zone



Dedicated areas are provided for disposing of your waste. It is forbidden to throw your waste outside these areas on the course.

If you do not respect this rule, you must comply by collecting your waste and must immediately apply a 30-second penalty directly to the referee who issued it to you.



## Waste sorting

You will find sorting areas on all the main sites of the IRONMAN 70.3 Aix-en-Provence, please respect the selective sorting according to the instructions visible throughout the event.

## 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 Aix-en-Provence region is full of delicious food, so now is the time to enjoy it.





# GOOD TO KNOW

## One question?

Please send us a message on Facebook or by email to:

[aixenprovence70.3@ironman.com](mailto:aixenprovence70.3@ironman.com).

## Lost and found

During race week, lost and found items will be available **at the Info Point**.

Once the event is over, please contact [aixenprovence70.3@ironman.com](mailto:aixenprovence70.3@ironman.com) to find the missing items and arrange for their return.

Shipping charges will apply.

*\*All unclaimed items will be donated within 30 days.*

## 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 are on site:** You can go to the Medical Info Stand located near la Rotonde, Place Jeanne d'Arc.

If you witness a **security incident**:

**Please contact 04 42 93 85 30 - security**

If you witness an **accident or health problem**:

**Please contact 04 42 93 85 30 - emergency services**

**When contacting our Security and emergency hotlines, 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 Aix-en-Provence is a **big party** that will bring together thousands of athletes from the Lake of Peyrolles to the city centre of Aix.

We invite you to come to the start at the Lake of Peyrolles, to the finish at the Rotonde but also all along the SWIM and RUN course to encourage the athletes and live the IRONMAN atmosphere.

*Please note that for safety reasons, both for the spectators and the athletes, we ask you to avoid the BIKE course.*

## 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.

## Application IOS et Android IRONMAN Tracker

**The IRONMAN 70.3 Aix-en-Provence offers you real-time information and live results via the IRONMAN Tracker app.**

Features include live participant tracking, instant notifications, leaderboards, 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.







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



# SPORTOGRAF

## Sportograf

Sportograf is proud to be the official photographic service of the athletes at IRONMAN 70.3 Aix-en-Provence.

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: [sportograf.com/event/9625](https://sportograf.com/event/9625)

### 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.

# RACE REPORT

## Trimax

Trimax is proud to be media partner of IRONMAN 70.3 Aix-en-Provence!

Read the race report in the online magazine of July on Trimax website and on the IRONMAN France Social Media.

➔ [www.trimax-mag.com](https://www.trimax-mag.com)





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