Dear athletes,

I’m happy to welcome you to the Northmost IRONMAN race. Tahko is known especially from winter sport facilities and the local entrepreneurs, and the city of Kuopio have invested significantly for making Tahko a all-year-around travel centre. The cooperation with local authorities, entrepreneurs and the city of Kuopio has been successful, and I would like to thank everyone involved in for a great collaboration.

The core of the race is wonderful, clean and unique Finnish nature. We are far away from the city centre, but the travel centre in Tahko will create a unique communal “IRONMAN Village.” The whole Tahko area has been reserved for only athletes and their supporters during the race week. The accommodation facilities allow you to stay even longer, and the several restaurants and other services have been created to serve high number of visitors, which means that there will be things to do and experience for everyone.

Completing IRONMAN race can be a very long process for most of the athletes and we will do our best to give you the best possible completion. Remember to enjoy the perks of your race day!

Juuso Kutvonen
Race Director
Welcome to Kuopio – the capital of good living!

I am delighted to welcome all competitors and participants in the IRONMAN 2022 event to Kuopio and Tahko. The setting and scenery in Tahko provide the race with a unique element and make it an unforgettable experience. The participants of IRONMAN 2021 enjoyed especially swimming in the pure waters of Lake Syväri’s Tahkolahdi bay. The overall swimming experience is rated one of the highest in IRONMAN races globally.

The competition has already broken records in being the world’s northernmost full-distance IRONMAN race. We are excitedly anticipating new records set by you, the competitors. IRONMAN is a challenging race, and the hilly local terrain presents its own challenges, too. Finland and Tahko region are a clean and safe place to run the race. The water and air quality are one of the best in world and they will boost your performances to the best.

Tahko is part of Kuopio and Kuopio is the 8th biggest city in Finland, with more than 121,000 inhabitants. Kuopio is a major centre of sport and culture. In ball games, our teams play in the top national leagues, several urban festivals take place on the shores of Lake Kallavesi, and our citizens can enjoy a wide range of sports facilities. Kuopio residents are indeed statistically very satisfied with the recreational opportunities and residential environment in their hometown.

So, in addition to Tahko, it's worth getting a taste of other experiences and sights in Kuopio. Welcome to Kuopio Market Place or “Mualiman napa” - The centre of the Universe, as we locals call it.

I wish all competitors and support teams a rewarding race!

Jarmo Pirhonen
Mayor of Kuopio
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I WANT MORE

ALL WORLD ATHLETE PROGRAM
COVID-19
IRONMAN Finland 2022

Border Control:
Currently, there are no travel restrictions when arriving to Finland. Please monitor the Border Control site for updates: https://raja.fi/en/frontpage

Note: IRONMAN Finland is not responsible of travel restriction decisions or other guidelines provided by the Finnish government.

Race Specific:
There are no requirements for vaccine reports or negative test results. Masks are not mandatory.

Note: IRONMAN Finland will follow the guidelines set by the authorities and the race specific requirements can change.
# EVENT SCHEDULE

IRONMAN Finland 2022

## Thursday 11 August 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.00</td>
<td>IRONMAN Merchandise / EXPO open</td>
</tr>
<tr>
<td>12.00</td>
<td>Athlete registration, IRONMAN Village</td>
</tr>
<tr>
<td>12.00</td>
<td>INFO open, next to Athlete Garden</td>
</tr>
<tr>
<td>17.00</td>
<td>Pasta Party</td>
</tr>
<tr>
<td>18.00</td>
<td>Race Briefing (English), Athlete Garden</td>
</tr>
<tr>
<td>19.00</td>
<td>Race Briefing (Finnish), Athlete Garden</td>
</tr>
</tbody>
</table>

## Friday 12 August 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00</td>
<td>IRONMAN Merchandise / EXPO open</td>
</tr>
<tr>
<td>10.00</td>
<td>INFO open, next to Athlete Garden</td>
</tr>
<tr>
<td>10.00</td>
<td>Athlete registration, IRONMAN Village</td>
</tr>
<tr>
<td>15.30</td>
<td>IRONKIDS, Piazza</td>
</tr>
<tr>
<td>16.00</td>
<td>Bike &amp; Gear Check in, Transition area</td>
</tr>
</tbody>
</table>

## Saturday 13 August 2022 - RACE DAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.00</td>
<td>INFO open, next to Athlete Garden</td>
</tr>
<tr>
<td>6.00</td>
<td>Transition Area open</td>
</tr>
<tr>
<td>6.00</td>
<td>White bag drop off, Athlete Garden</td>
</tr>
<tr>
<td>7.15</td>
<td>Age Group Rolling Start</td>
</tr>
<tr>
<td>10.00</td>
<td>IRONMAN Merchandise / EXPO open</td>
</tr>
<tr>
<td>16.00</td>
<td>Athletes cross the finish line, Athlete Garden open</td>
</tr>
<tr>
<td>18.00</td>
<td>Bike Check-out, Transition Area</td>
</tr>
</tbody>
</table>

## Sunday 14 August 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00</td>
<td>IRONMAN Merchandise / EXPO open</td>
</tr>
<tr>
<td>9.00</td>
<td>INFO open, next to Athlete Garden</td>
</tr>
<tr>
<td>10.00</td>
<td>Finnish national championships award ceremony</td>
</tr>
<tr>
<td>10.30</td>
<td>Awards Ceremony, Athlete Garden</td>
</tr>
<tr>
<td>11.00</td>
<td>IRONMAN World Championship 2022 &amp; 70.3 2023 slot allocation, Athlete Garden</td>
</tr>
</tbody>
</table>
EVENT VENUE
IRONMAN Finland 2022

Sääskiniementie 560
73310 Tahkovuori, Kuopio
Finland

Parking
There is parking place close to the Tahko Piazza at Tahko Spa Event Park. Athletes can also use parking place next to Transition area, but no possibility to leave during the race.

Transition area
It is about 1km walk from Transition area to IRONMAN Village and swim start
JOIN THE PROGRAM

WWW.IRONMAN.COM/TRICLUBS   @IRONMANTRICLUB
IRONKIDS
IRONMAN Finland 2022

Also the smaller ones can participate in IRONMAN Finland event. IRONKIDS is a “fun run” for children in the ages between 3 and 12. A “fun run” is a race where everyone is a winner and everyone receives a memory of the event. No timing, just pure fun of sport. The race kicks off with an energetic warm up.

Race day: **Friday August 12, 2022 starting at 3:30pm local time**
Race location: at Tahko Piazza, in the heart of race venue
Race gear pick up: registration tent at IRONMAN Village (Tahko Piazza)

Registration via Active, [link here.](#)

<table>
<thead>
<tr>
<th>Age</th>
<th>Birth year</th>
<th>Distance</th>
<th>Start time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-6y</td>
<td>2016-2019</td>
<td>400m</td>
<td>15:30</td>
</tr>
<tr>
<td>7-8y</td>
<td>2014-2015</td>
<td>600m</td>
<td>15:40</td>
</tr>
<tr>
<td>9-10y</td>
<td>2012-2013</td>
<td>800m</td>
<td>15:50</td>
</tr>
<tr>
<td>11-12y</td>
<td>2010-2011</td>
<td>1000m</td>
<td>16:00</td>
</tr>
</tbody>
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Registration (pick up race number from Race Office) for IRONKIDS is open:
Thursday, August 11, 12:00-20:00
Friday, August 12, 10:00-15:00

If you have any additional questions, please contact [tahko@ironman.com](mailto:tahko@ironman.com)
ATHLETE CHECK IN
IRONMAN Finland 2022

IRONMAN Registration opening hours:
Thursday, August 11, 12:00 – 20:00
Friday, August 12, 10:00 – 15:00

To register you need the following:
1. Valid photo ID
2. Your QR Code (you will receive this on race week - either print out the email or bring it on a mobile device so that your QR code can be scanned)
3. Your Annual Federation Race License or one-day license (this can also be purchased on-site 15€)

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 serve basis during registration onsite. (AWA Gold and Silver, and TriClub Pole Position athletes are still reserved lower BIB number range).

Please do not show up to registration but contact IRONMAN Finland, if you have experienced any of the following symptoms:
• Fever or chills
• Mild or moderate difficulty breathing
• New or worsening cough
• Loss of smell, taste or appetite
• Sore throat
• Runny or stuffy nose
• Vomiting or diarrhea
• Muscle joint pain or body ache

At registration, you will receive the following items:
1. Official IRONMAN Finland Backpack
2. Athlete wristband – must be worn always
3. Race BIB number
4. BLUE bike bag
5. RED run bag
6. WHITE street wear bag
7. Swim cap
8. 1 x number sticker for helmet
9. 1 x number sticker for bike
10. 3 x number stickers for BLUE, RED and WHITE bags

The Race Bag Stickers must be placed on the BLUE bike bag, the RED run bag and the WHITE street wear bag in the designated field on the bags.

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.

Timing chip will be handed out at the transition area at the time of bike check-in.
LICENSE
IRONMAN Finland 2022

You need to have a valid triathlon license, either international or one-day license.

Get your race license online:

This year we highly recommend purchasing the license for IRONMAN Finland race in advance if you don’t already have that. The licenses can be purchased for example from Suomisport (www.suomisport.fi) or from the federation of your own country.

If you buy it from Suomisport, please choose either international license or one-day license which is valid for IRONMAN Finland. You don’t need to be part of any club if you buy one-day license. We also recommend downloading the Suomisport app and show the license via the application. With these actions, athletes are ensuring a smooth and quick registration.

You can also buy one-day license at the registration (15€) with credit card.
CELEBRATE YOUR FINISH WITH THE ULTIMATE MEMENTO

Discover the new special edition Breitling Endurance Pro Watch for IRONMAN Finishers

Available online at www.ironmanstore.com
TRANSITION BAGS
IRONMAN Finland 2022

WHAT EACH BAG IS FOR?

These will be found in your athlete backpack. You will be issued with three bags at registration: a blue, red and white bag in which to put your kit. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You will have access to your blue and your red bag in Transition prior to the race start on Saturday. Please note that you cannot mark these bags, other than with your race number sticker. Any marking will be removed by the referees and may result in a penalty. Please note that you cannot store bike pumps in any of the bags.

Blue Bike Bag
Contains the kit you need for the bike discipline, including your helmet and race number on a race belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

Red Run Bag
Contains the kit you need for the run discipline. 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.

White Gear Bag
This is your after-race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race. Athletes will hand out the white bags to the Finish line tent and pick up from the same tent after the race.

Note: do not put valuables or over fill the bags. IRONMAN Finland is not responsible for the contents of the bags.
If you wish to have Personal Needs bags on bike or run course, please collect the bags from the **INFO Point** during race week and hand them in at Transition before 7:00am on Race morning.

These bags are not mandatory to use, but if you wish to use them, please mark them correctly with your number stickers.

**Hand out the Personal Needs bags at Transition Area on race morning before 7am!**

You will have access to these bags:
- Bike: Aid Station 3
- Run: Aid Station 1

We advise athletes to only place food and drinks in their bags, since **BAGS WILL BE THROWN AWAY AFTER THE RACE**. The Organization Committee is not responsible in case of loss or damage to valuables or clothes.

Athletes need to stop during bike and run course to get their special need bags. These bags are not handed out by volunteers.

*Note: do not put valuables or over fill the bags. IRONMAN are not responsible for the contents of the bags.*
ESTIMATED SWIM TIME
IRONMAN Finland 2022

Choose your swim cap colour based on your estimated swim time

NOTE! No pre-selection needed, you will take the correct swim cap colour at the time of registration.
Max 300-500 swim caps per wave, first come first served basis apply.

Rolling Start
Athletes will enter the water in a continuous stream through a controlled access point.
An athlete’s race-time will start when they cross timing mats just before entering the water.

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.

<table>
<thead>
<tr>
<th>Starting time Group approx.</th>
<th>Swim time</th>
<th>Swim cap colour</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15</td>
<td>Less than 1h 5min</td>
<td>Blue</td>
</tr>
<tr>
<td>7:20</td>
<td>1h 5min&lt; - &lt;1h 15min</td>
<td>Red</td>
</tr>
<tr>
<td>7:30</td>
<td>1h 15min&lt; - &lt;2h 20min</td>
<td>Green</td>
</tr>
</tbody>
</table>
BIKE CHECK IN
IRONMAN Finland 2022

IRONMAN Bike check-in opening hours:
Friday, August 13, 16:00 – 19:00

On Friday, you must check-in the following items:

- Bike
- Bike helmet
- BLUE bike bag
- RED run bag

Check-in will not be possible without all the above-mentioned items.

Please note that it is not allowed to mark your bike in any way with balloons, signs or similar. The race marshals will remove such effects.

Please maintain your bike before coming to Tahko.

Bike mechanic is on-site next to the finish line tent with limited number of spare parts.

Overnight security is provided in the Transition area and only athletes are allowed in Transition area.

Helmet sticker must be placed like this (front):

The sticker on the bike must be placed in one of the following ways:

The BLUE bike bag is for bike equipment. At bike check-in you must place the BLUE bike bag to the pointed rack in the transition area. The location is marked with your race number.

Helmets must be placed in the BLUE bike bag. The helmet must be a CE-approved in accordance with Finnish law. Race marshals have the right to reject helmets not meeting these standards. If rejected, the athlete must get hold of an approved helmet before participating in the race.

Note: Only the following items are allowed on the bike:

- Bike shoes secured to pedals
- Gels and bars attached securely to the bike
- Bottles secured in bottle-cages

It is NOT allowed to leave anything outside the RED run bag or BLUE bike bags. Race marshals will remove all items not safely secured to the bike and items that are not in the bags.

All removed items will be placed in the INFO Tent, located next to the Finish line tent.

Due to the risk of windy conditions, you are only permitted to cover handlebars, seat and pedals, and not the entire bike.

The RED run bag is for running apparel. At bike check-in you must place the RED run bag to the pointed rack in the transition area. The location is marked with your race number.

Only athletes and race officials are permitted to access to the Transition area. For security reasons, no bikes, helmets, RED run bag or BLUE bike bags are to be removed from the Transition area, once checked-in. At race day you will have access to the bags. Please see the schedule page.
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: maurent.com/ironman
At registration, you will receive a swim cap and at bike check-in you will receive a timing chip. Be sure to remember these items on race morning.

If you have lost or forgotten your timing chip or swim cap on race morning, please contact an IRONMAN Official at Info point or at Penalty tent in Transition area and they will provide you with a new one.

Personal needs bags
Athletes who wish to use personal needs bags, need to hand out the bags to Transition area from 6:00 to 7:00 on Race morning.

White bags
Athletes can bring the WHITE Street Wear bag with their personal clothing into the Athlete Garden (Finnish Line tent) before the race if needed. WHITE Street Wear bags drop off 6:00 – 7:15.

Athletes in the last group must leave the Athletes Garden no later than 7:15 and head to pre-start area.

There will be floor pumps available in the Transition area, which you are free to use prior to the start. Please note that if you bring your own floor pump, it is not allowed to store it in any of the race bags and must be handed to supporters.
**CUT-OFF TIMES**

IRONMAN Finland 2022

| Event Sequence | Time *
|----------------|--------
| Swim           | 2 h 20 min |
| Swim + T1      | 2 h 30 min |
| Swim + T1 + 90 km | 6 h 15 min |
| Swim + T1 + 180 km | 10 h 00 min |
| Swim + T1 + 180 km + T2 | 16 h 30 min |

Athletes have 16 h 30 min to complete the race based on the individual start time. Times are calculated based on the individual start time **NOT** on the gun shot time.

Due to safety, cut-off times must be respected. Race marshals will tell you if you did not make it in time.
THE WORLD’S MOST LOVED WETSUIT

“I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it.”

- Paul, Seattle, WA

PATENTED

PROTECTED BY DOMESTIC AND INTERNATIONAL PATENTS WITH ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY
FASTEST IRONMAN SWIMMER ON THE PLANET
ROKA SWIM COURSE
IRONMAN Finland 2022

UPDATED SWIM COURSE FROM 1 LOOP TO 2 LOOPS!

- 2 loops
- The swim course goes counter clockwise
- The swim entry is from the beach
- Expected water temperature 18-20° Celsius

Wetsuits are mandatory for Age-group athletes for water temperatures below 16° Celsius.

It is possible to warm up in the water before race start. Swim warm up area is located next to Swim Start. Warm up is available until 7:15am.
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 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 otherswimmers, 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.
   - For extra guidance, talk to a coach or your local triathlon club.

3. **LEARN ABOUT COURSE DETAILS**
   - It’s important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website, 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 cardiovascular 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 the start, preferably in the water.
   - If you aren’t able to warm up in the water, 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.
   - Take part in the official practice swim if one is offered. This provides you an opportunity to get oriented with the swim course.
   - Identify navigation landmarks such as buildings or landscape features to use for sighting in every direction you’ll be swimming.

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 pace.

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.
ON-COURSE NUTRITION PRODUCTS

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 with a mix of Gatorade Powder will be available for athletes to collect contactlessly.

Gatorade Ready To Drink
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 750ml Thirst Quencher bottles will be available for touchless collection.

Bike & Run Course

GEL 100 CAF 100
The GEL 100 CAF 100 contains 100 mg of caffeine—that’s the equivalent of 5 espresso shots or one cup of brewed coffee. That’s a lot compared to many of the traditional gels out there. It delivers 25 grams of carbohydrates through a unique blend of fructose and glucose (ratio of 0.8:1). It packs a high weight to energy ratio and doesn’t contain any added flavors, preservatives or colorants. Just like all of our products, it’s vegan-friendly.

Red Bull Energy Drink
Red Bull Energy Drink is a highly carbonated functional beverage containing taurine, caffeine, B-vitamins and sugars. One 250ml can contains 80mg of caffeine, about the same as a cup of coffee. The cans are 100% recyclable. The product will be served diluted with water in Red Bull paper cups.

Run Course

GEL 100
This is the GEL. It’s a bold statement. But nonetheless true. From a technical perspective, traditional gels are water and carbohydrates simply mixed into syrup; often containing added flavors and preservatives. The GEL 100 is completely different. It’s 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.

Vegan Gummy Bar
30g energy bar with a gelatine texture, formulated with a high-quality, organically sourced carbohydrate mix and with pectin, gluten-free, and suitable for vegans. They are easy to chew, digest, and carry. Perfect in both training and competitions, as they help us to keep up blood glucose, giving our body the energy it needs to maintain a high level of physical performance.

Race Day Bar
40g energy bars, gluten-free and suitable for vegans. Rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil and raisins, 70 vitamins. They are easy to chew. We increased the amount of fats and reduced dates to control the glycemic index. This means that they provide energy but insulin peaks are reduced. Available in different flavours, with or without BCAAs.
Grab your **BLUE** transition bag (Bag racks 1) and change in the pointed area. There is also a changing area available for athletes that need privacy to change. Leave your **BLUE** bag to the other rack (below your **RED** bag, Bag racks 2.) From here you will proceed to your bike and start the bike course.

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 be fastened always when the athlete is in contact with the bike. Failure to do so may cause a penalty from one of the race marshals.
You must cross the bike mount line before mounting your bike. The line will be clearly marked and is located when exiting the Transition area.
IRONMAN 226ERS

2022 EUROPEAN SERIES
OFFICIAL NUTRITION BAR PARTNER

226ERS BCAA MANGO

226ERS CAFFEINE CHERRY + COLA

226ERS RACE DAY STRAWBERRY

226ERS RACE DAY BANANA & GINGER

226ERS RACE DAY APPLE & CINNAMON

226ERS RACE DAY DARK CHOCOLATE

BUY AND TEST - 20% OFF VOUCHER: IRONMAN22
Voucher valid on www.226ers.com
YOUR FASTEST BIKE PERFORMANCE.
FULGAZ BIKE COURSE
IRONMAN Finland 2022

BIKE COURSE
180 KM / 2 LOOPS
TAHKO, FINLAN

VARPAISJÄRVI

TAHKO

TAHKOVOURI

LEGEND

TRANSITION AREA
START LINE
FINISH LINE
WATER/AID STATION
BEGIN NEXT LOOP

Start Elevation: 99 m • Finishing Elevation: 100 m • Gain: 1231 m
FULGAZ BIKE COURSE
IRONMAN Finland 2022

• 2 loops of 85km with mix of typical Finnish landscape between forest, lakes and fields
• The 2 loops are connected to 5km segment connecting to transition to the bike course
• The rolling bike course includes a total climb of 1100 meters (3,608 feet)

Bike Aid Stations

You will pass three aid stations on the bike course. They are placed at the following locations:
• Aid station 1 at 20 km and at 110 km
• Aid station 2 at 50 km and 140 km
• Aid station 3 at 72 km and 162 km
• Personal Needs bags (bike) available at Aid Station 3

Going into an aid station please follow the flow and remember that other athletes will follow right after you. Prepare yourself for the aid station in good time and reduce your speed. Volunteers will hand you supplies when you pass by them. Call out the product you require, so the volunteers can provide you accordingly.

Gatorade: Blood Orange (ready to drink in 750ml bottles)
Energy gel: Maurten GEL 100 & GEL 100 CAF 100
Energy bar: 226ers (race day bars)
Please remember that you have the full responsibility of your bike’s performance and safe conditions on race day. Please make sure that all mechanical parts are fully functional and that all equipment on the bike is securely fastened. The Bike Course is swept before the race, but we recommend using a solid racing tyre as you may come across some small stones and sand on the roads.

You must follow directions and instructions from race officials, race referees and police. Failure to do so may cause disqualification from the race. Please keep in mind that the bike course is a time trial for each single athlete. Any kind of drafting is forbidden.

All time penalties given on the bike course must be served in the next possible penalty tent. Penalty tents are located right after Aid Station 2 or inside the Transition Area. All penalties must be served at first given opportunity.

After biking, you will make your way into the Transition area. You need to dismount your bike before passing the dismount line into the zone, which is clearly marked with a Bike Dismount sign. You must place your bike at your designated bike rack with your race number on it.

If you are involved in an accident with another person, e.g. another athlete, volunteer, spectator etc., be sure to remain at the location of the accident, until IRONMAN Official is present.

Bike Tech Support
Please maintain your bike before coming to Tahko if needed.
There will be Bike Tech Support on-site next to the IRONMAN INFO point, but not on the course.
At each of the three aid stations, you will find pumps, tubes and some basic tools. Please be aware that it is your own responsibility to carry extra tubes, tires, tools, etc. on your bike as you race. The tools at the aid stations are only there as an extra service, and is based on a first come, first serve practice.

Bike Medical
If you need medical assistance on the Bike Course, paramedics on motorcycles will roam the Bike Course able to assist you. 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.
LESS VIRTUAL  
MORE REALITY

Ride 1500+ iconic routes from around the world, all in stunning 4K.

Featuring real-world imagery, cutting-edge technology, and new rides released every week, FulGaz is your go-to training partner year-round!

DOWNLOAD TODAY

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android
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. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

**BEFORE YOU RIDE**

1. **IT STARTS WITH YOUR BIKE**
   - Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
   - 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 low-traffic area.
   - Practice riding a straight line, and coming (right, left, U-turns).

3. **SUITE 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 away 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**
   - Select a route that limits the number of interactions with vehicles – if possible factor in time of day and day of the week.
   - 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.

**DURING THE RIDE**

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 before you text.
   - Don’t take photos and selfies while riding.
   - Keep your head up, particularly when riding in a group. 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. When riding in the aerobars, do not lock down at the road, look ahead.
   - When riding in a group, do not get fixed on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
   - Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
   - Pay particular attention when approaching aid stations during a race. Do not ride through aid stations during a race.

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.
   - While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
   - Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid 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.
    - If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
    - When riding in a group, avoid riding in the aerobars unless you are riding in front. 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.
Athletes must place their bike on their bike rack by themselves. When your bike is racked, take the **RED run bag** (Bag racks 2), and change at the **changing area**. You need to put all your bike gear into the **RED run bag**, including your bike helmet and place it to the bag rack (Bag racks 1) after the changing area. Bike shoes can stay in the bike pedals. There is a changing area available for athletes that need privacy to change.

After the race you need to pick up your bike, **RED run bag** and your **BLUE bike bag** from the transition area. To get your belongings out of the transition area, you need to have your race number, timing chip and wristband with you.

**You can pick up your belongings from transition area starting from 6pm. All race bags and bikes must be picked up before 1am on Sunday. IRONMAN Finland is not responsible for bikes not picked up after 1am.**
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.
SMOOTH ON DOWN THE ROAD

THE LEGENDARY CLIFTON RIDE,
NOW EVEN SMOOTHER.

CLIFTON 8
HOKA RUN COURSE
IRONMAN Finland 2022

- 5 loops
- The rolling hills of the course features approximately 70% running on asphalt and 30% on firm gravel

Run Aid Stations
- Aid Station 1 at 0 km, 8.2 km, 16.4 km, 24.6 km and 32.8 km
- Aid Station 2 at 2.2 km, 10.4 km, 18.6 km, 26.8 km and 34.8 km
- Aid Station 3 at 4.4 km, 12.6 km, 20.8 km, 29 km and 37.2 km
- Aid Station 4 at 6.4 km, 14.6 km, 22.8 km, 31 km and 39.2 km
- Red Bull station 1.7 km, 9.9 km, 18.1 km, 26.3 km and 34.5 km
- Personal Needs bags (run) available at Aid Station 1

You are only allowed to dispose garbage in garbage containers. Please keep the environment in mind before tossing garbage. Failure to follow these directions will cause a disqualification.

- Gatorade: Orange (powder)
- Other drinks: water, Red Bull, Cola
- Energy gel: Maurten GEL 100 & GEL 100 CAF 100
- Energy bar: 226ers gummy bars
Helping athletes reach their finish line for over 15 years

Take the stress out of all your event accommodation and travel arrangements so you can savour that finish line moment

nirvanaeurope.com
ATHLETE GARDEN
IRONMAN Finland 2022

Thursday August 11, 2022
• Pasta Party, 17:00-20:00
If you have purchased extra tickets to Pasta Party, you will receive the paper tickets in the same sheet as your BIB number. Please give the tickets to the guests.
• Race briefing in English, 18:00
• Race briefing in Finnish, 19:00

Saturday August 13, 2022
• White bag drop off, 6:00-7:15
• Post race food
If you have purchased extra tickets to Award Party, you will receive the paper tickets in the same sheet as your BIB number. Please give the tickets to the guests so they can join you for post race food and drinks.
• Medals
If you have purchased medal engraving, please go to the medal engraving station with your medal
• Finisher T-shirt

Sunday August 14, 2022
• Finnish national championship medal ceremony, 10:00
• Awards ceremony, 10:30
• Slot allocation 2022 IRONMAN World Championships Kona, 11:00
• Slot allocation 2023 IRONMAN 70.3 World Championships Lahti,
The extra 30 slots for 70.3 World Championships Lahti, will be done directly after Kona slots
INFO TENT
IRONMAN Finland 2022

Thursday, August 11, 12:00 – 20:00
Friday, August 12, 10:00 – 18:00
Saturday, August 13, 06:00 – 00:00
Sunday, August 14, 9:00 – 13:00

Lost and founds

IRONMAN Finland is not responsible for lost items. Lost and found items can be handed to race officials in the different zones or on the course.

They must be collected from the INFO Tent on Sunday August 14\textsuperscript{th} at the latest.

Lost items, that have not been picked up at these times will be kept in the custody of IRONMAN Finland, until Sunday September 11\textsuperscript{th}, and can be returned by full payment of shipping costs and administration fee.

After September 11\textsuperscript{th}, lost and found items will be discarded.
Recovery is your edge

Hyperice

IRONMAN GLOBAL SERIES
OFFICIAL RECOVERY TECHNOLOGY
SLOT ALLOCATION

IRONMAN Finland 2022

The 2022 IRONMAN World Championship will be held in Kailua-Kona, Hawai’i, on Saturday 8th October 2022. IRONMAN Finland will have 45 slots for age group athletes.

Each age group that has an entry will be allocated one slot. The remaining slots are allocated to each age group based on the number of athletes who start the race. If no athletes finish the race in a particular age group, then that slot will be moved to the age group with the largest athlete-to-slot ratio in the same gender.

Below is an example from a previous race. This is for use purely as a guide, as slot allocation will be calculated by the number of athletes who actually start the race on the day, not the number registered.

<table>
<thead>
<tr>
<th>Category</th>
<th>Slots</th>
<th>Category</th>
<th>Slots</th>
</tr>
</thead>
<tbody>
<tr>
<td>M18-24</td>
<td>1</td>
<td>F18-24</td>
<td>1</td>
</tr>
<tr>
<td>M25-29</td>
<td>3</td>
<td>F25-29</td>
<td>1</td>
</tr>
<tr>
<td>M30-34</td>
<td>4</td>
<td>F30-34</td>
<td>1</td>
</tr>
<tr>
<td>M35-39</td>
<td>4</td>
<td>F35-39</td>
<td>1</td>
</tr>
<tr>
<td>M40-44</td>
<td>5</td>
<td>F40-44</td>
<td>2</td>
</tr>
<tr>
<td>M45-49</td>
<td>4</td>
<td>F45-49</td>
<td>1</td>
</tr>
<tr>
<td>M50-54</td>
<td>3</td>
<td>F50-54</td>
<td>1</td>
</tr>
<tr>
<td>M55-59</td>
<td>1</td>
<td>F55-59</td>
<td>1</td>
</tr>
<tr>
<td>M60-64</td>
<td>1</td>
<td>F60-64</td>
<td>1</td>
</tr>
<tr>
<td>M65-69</td>
<td>1</td>
<td>F65-69</td>
<td>1</td>
</tr>
<tr>
<td>M70-74</td>
<td>1</td>
<td>F70-74</td>
<td>1</td>
</tr>
</tbody>
</table>

Athletes must be present at slot allocation in order to accept their slot. If athletes are not present, the slot will be forfeited and will roll down to the next person within the same category.

The IRONMAN World Championship entry fee needs to be paid on-site if you wish to accept your slot. You will also need to bring photographic ID with you.

Price for 2022 IRONMAN® WORLD CHAMPIONSHIP [Kailua-Kona, Hawai`i, USA] $1,050.00 USD which will be taxed at the Hawai`i GE Tax Rate of 4.712%, plus Active processing fees at the time of qualification.

Please ensure that you check all visa and entry requirements needed to travel to the 2022 IRONMAN® WORLD CHAMPIONSHIP in Kailua-Kona, Hawai`i, USA. It is your responsibility to ensure you will be able to provide all the correct documentation to allow you to travel, prior to accepting your slot.

Only age group athletes are eligible to receive age group World Championship qualifying slots. Athletes holding current professional or elite status with any ITU 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 have qualified for, hold professional or elite status. Any change in an athlete’s status prior to any event participation must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from the event and may result in sanctions for WTC events.
To celebrate the fact that Finland will be hosting the IRONMAN 70.3 World Championship for the first time ever next year, 2022 IRONMAN Finland will have 60 qualifying slots available for athletes wanting to take part in this pinnacle event in 2023. This means that IRONMAN Finland will provide the unique opportunity to qualify for two different World Championship events.

The 2023 IRONMAN 70.3 World Championship will be held in Lahti, on Saturday, August 26 (Women’s Race) and Sunday, August 27 (Men’s Race), 2023. IRONMAN Finland 2022 will have 30 slots for age group athletes.

Each age group that has an entry will be allocated one slot. The remaining slots are allocated to each age group based on the number of athletes who start the race. If no athletes finish the race in a particular age group, then that slot will be moved to the age group with the largest athlete-to-slot ratio in the same gender. Slot allocation will be calculated by the number of athletes who actually start the race on the day, not the number registered.

Athletes must be present at slot allocation in order to accept their slot. If athletes are not present, the slot will be forfeited and will roll down to the next person within the same category.

The IRONMAN 70.3 World Championship entry fee needs to be paid on-site if you wish to accept your slot. You will also need to bring photographic ID with you.

Price for 2023 IRONMAN® WORLD CHAMPIONSHIP [Lahti, Finland] €650 EUR plus Active processing fee 9.25% at the time of qualification.

Please ensure that you check all visa and entry requirements needed to travel to the 2023 IRONMAN 70.3 World Championships in Lahti, Finland. It is your responsibility to ensure you will be able to provide all the correct documentation to allow you to travel, prior to accepting your slot.

Only age group athletes are eligible to receive age group World Championship qualifying slots. Athletes holding current professional or elite status with any ITU 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 have qualified for, hold professional or elite status. Any change in an athlete’s status prior to any event participation must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from the event and may result in sanctions for WTC events.
A STEP AHEAD OF YOUR TRAINING PLAN?

RED BULL GIVES YOU WINGS.
COMPETITION RULES
IRONMAN Finland 2022

For more information regarding these rules, please visit the following webpage: https://www.ironman.com/competition-rules
The Finnish Triathlon Association will sanction and enforce the rules that are included in the IRONMAN 2022 Competition Rules.

Please note that MP3 players and other electronic entertainment devices are strictly forbidden on the courses - athletes not obeying this will be disqualified. Please inform your family, friends, coach and supporters that they are not allowed to accompany alongside you in the race, and that you are not allowed to receive any outside assistance. If this is not respected, you will be penalized.

For safety reasons it is vital that if an athlete drops out of the race at any time (especially before, during or after the swim) the athlete MUST inform a race official about this.

You must follow directions and instructions from all race officials, race referees and race management. Only race referees have the authority to disqualify an athlete, but they are entitled to do so single-handedly. All lifeguards and medical personnel have ultimate and final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. You are not allowed to use alcohol or any illegal, detrimental or dangerous drugs, stimulants, depressants or other substances or procedures with intent to improve performance, eliminate the sense of fatigue or for any other purpose. Violation of this rule is grounds for immediate disqualification.

Fraud, theft, abusive treatment of volunteers or other acts of poor sportsmanship are grounds for immediate disqualification and will result in the athlete being suspended from any race in the IRONMAN series in the future.

If an athlete decides to withdraw from the race at any time, it is the athlete’s responsibility to report it to the race marshals.

IRONMAN Finland reserves the right to make rule and course changes at any time if athletes are notified by email and/or at the pre-race race briefings.
### SUMMARY OF GENERAL COMPETITION RULES

<table>
<thead>
<tr>
<th>Rule</th>
<th>Penalties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public nudity or indecent exposure</td>
<td>DSQ</td>
</tr>
<tr>
<td>Littering outside of the trash/rubbish drop zones</td>
<td>DSQ</td>
</tr>
<tr>
<td>Using unsportsmanlike behavior</td>
<td>DSQ and potential suspension</td>
</tr>
<tr>
<td>Failure to follow the prescribed course</td>
<td>DSQ</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the bike or run</td>
<td>30 or 60 second Time penalty Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules</td>
<td>If it is possible to amend and return to the original situation then a 30 or 60 second Stop-and-Go Time Penalty will be assessed, if not: DSQ</td>
</tr>
<tr>
<td>Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race</td>
<td>DSQ of both athletes</td>
</tr>
<tr>
<td>Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information</td>
<td>DSQ and potential suspension</td>
</tr>
<tr>
<td>Not stopping in the next penalty tent after being obliged to do so</td>
<td>DSQ</td>
</tr>
<tr>
<td>Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distractive manner, during the Race</td>
<td>DSQ</td>
</tr>
<tr>
<td>Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer</td>
<td>DSQ</td>
</tr>
</tbody>
</table>

### SUMMARY OF SWIM RULES

<table>
<thead>
<tr>
<th>Rule</th>
<th>Penalties</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee</td>
<td>DSQ</td>
</tr>
<tr>
<td>In a non-wetsuit swim, wearing swimwear that is not 100% textile material.</td>
<td>DSQ</td>
</tr>
<tr>
<td>Wearing a wetsuit that measures more than 5mm thick</td>
<td>DSQ</td>
</tr>
<tr>
<td>Using a snorkel</td>
<td>DSQ</td>
</tr>
</tbody>
</table>
## COMPETITION RULES

### IRONMAN Finland 2022

<table>
<thead>
<tr>
<th><strong>SUMMARY OF BIKE RULES</strong></th>
<th><strong>PENALTIES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Drafting violation</td>
<td>5:00 Minute Time Penalty</td>
</tr>
<tr>
<td>Blocking (side by side riding)</td>
<td>30 or 60 seconds Stop-and-Go Time Penalty</td>
</tr>
<tr>
<td>Once overtaken, re-passing prior to dropping out of the draft zone</td>
<td>30 or 60 seconds Stop-and-Go Time Penalty</td>
</tr>
<tr>
<td>Once overtaken, remaining in the draft zone for more than 25 seconds</td>
<td>5:00 Minute Time Penalty</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the bike portion</td>
<td>30 or 60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Front zipper of uniform is not connected at the bottom or if the top does not cover the shoulders</td>
<td>DSQ if not remedied promptly</td>
</tr>
<tr>
<td>During the bike segment, wearing the helmet unfastened or insecurely fastened</td>
<td>30 or 60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Wearing headsets or headphones during competition</td>
<td>30 or 60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions</td>
<td>30 or 60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Make forward progress without bike during the bike segment</td>
<td>30 or 60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>SUMMARY OF RUN RULES</strong></th>
<th><strong>PENALTIES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wearing headsets or headphones during competition</td>
<td>30 or 60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the run portion</td>
<td>30 or 60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Front zipper of uniform is not connected at the bottom or if the top does not cover the shoulders</td>
<td>DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Crossing the finish line with a non-participating individual</td>
<td>DSQ</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>SUMMARY OF TRANSITION AREA RULES</strong></th>
<th><strong>PENALTIES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Blocking the progress of other athletes</td>
<td>30 or 60 seconds Stop-and-Go Time Penalty</td>
</tr>
<tr>
<td>Interfering with another athlete’s equipment</td>
<td>30 or 60 seconds Stop-and-Go Time Penalty</td>
</tr>
</tbody>
</table>
COMMON RULE VIOLATIONS AND PENALTIES
IRONMAN Finland 2022

ANTI DOPING
As a condition of participation in each IRONMAN® and IRONMAN® 70.3® event, all registered athletes are required to acknowledge and abide by IRONMAN’s Anti-Doping Rules.
In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing¹ and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency’s anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions).
When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

MEDICAL
There will be medical assistance and facilities throughout the race. In the finish line tent, medical staff will be ready to assist you after completing the race.
Competing in an IRONMAN race may cause serious damage to the body. Please bear in mind that the right hydration before and during the race can be vital for your success in the race.
Remember that you race at own risk, and that the race organizers cannot be held responsible for any injury, damage - or in extreme cases, death - during the race.
This is a long-distance endurance event, so we advise all participants only to start the race if they have trained well, feel fit and don’t have any physical problems – especially regarding the vital organs.
If you have had problems with irregular heart rhythms in training, we would highly recommend that you see a specialist for a health check prior to the race.
ALWAYS REMEMBER YOUR RACE
get your personal pictures on SPORTOGRAF.COM
SPORTOGRAF
IRONMAN Finland 2022

Sportograf is proud to be the official athlete photo service at IRONMAN Finland.

We will provide you with our “Foto-Flat” which includes all your amazing personal content from several top locations around the course as well as the beautiful impression shots of the scenery and the race day in general.

Order your race images here after the race: 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 after the race.

Help us take the best pictures of you:

• Please be sure to keep your bib number visible in FRONT of your BIKE HELMET to help us identify more photos of you!
• Notice our photo spots and smile for the camera – even if it hurts!
• Celebrate when you cross the finish line! Don’t worry about touching your watch, the timing company will ensure an accurate record of your achievement

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FAQ / GENERAL
IRONMAN Finland 2022

Venue Address – Where does the race take place?
Sääskiniementie 560, Tahkovuori, Kuopio, 73310 Finland

What nutrition is available on race day?
On-course you will find these products provided by our partners:
Gatorade: Bike – Blood Orange, Run – Orange
Red Bull: only Run course
Water
Cola: only Run course
Maurten GEL 100 & GEL 100 CAF 100
226ers bars: Bike - Race day bars, Run - Gummy bars
Bananas
Salt: only Run course

ONLINE REGISTRATION

I haven’t received my confirmation email – where can I find this?
Log into https://myevents.active.com/ironmaneurope and scroll through list of registered events
Choose “View my registration”

Additional purchases
You can view any additional purchases that you purchased either during registration, or after on your Active.com account.
To view them:
Log into your Active.com account and select MyEvents
In the race area, click on "Registration & QR code”
Scroll down to the Order receipt and then Order ID, and click the link

All new purchased items will displayed here (not from 2020 or 2021)

How can I change my TriClub or club not is on the list?
Please log in your IRONMAN profile and connect it with your Club. If your Club is not available in your profile, please contact triclubemea@ironman.com. Please note that it might take up to 48 hours that the TriClub is updated under your profile.
**FAQ / GENERAL**

IRONMAN Finland 2022

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**ATHLETE CHECK-IN**

**What do I need to do on race week?**
It is the athlete’s responsibility to participate the race briefing, and to be aware of the event’s rules and regulations. Furthermore the athlete needs to pick up the registration essentials prior race day and check in the bike.

**When and where is athlete check-in/registration?**
Athlete registration is at the same tent as IRONMAN Merchandise, Thursday 10:00-20:00 & Friday 10:00-15:00

**Will I know my BIB number before coming to registration?**
No. 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 serve basis during registration onsite. AWA Gold and Silver, and TriClub Pole Position athletes are still reserved lower BIB number range.

**What if I can’t make it to athlete check-in within the designated hours?**
You must check in and pick up your race packet during designated check-in hours. This rule is in effect for a number of important reasons and exists to make your experience safe and stress-free. The scheduling is designed to allow each athlete the opportunity to become oriented with the venue and receive all the necessary information needed for a successful race. Athlete check-in hours are posted well in advance of race week – please make your travel plans accordingly.

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**SUPPORTERS**

**Will I be allowed to cross the finish line with my athlete?**
Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy allows each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).

**Will I be allowed into the finish area to greet my athlete?**
Unfortunately, due to high congestion in the finish line area, no spectators will be allowed. Please do not try to gain access to this area, as it must remain clear for the safety of the athletes. Before the event, you and your athlete should decide on a meeting place for after they have finished.

**Will there be live online tracking and results on race day?**
Yes, during the event there will be live race day coverage including athlete tracking and up-to-date race results. Download our IRONMAN Tracker app to track your athlete.
FAQ / SWIM
IRONMAN Finland 2022

What kind of start does this race have?
IRONMAN Finland has a rolling beach start with athletes self-seeding according to their expected swim time.

What are the wetsuit restrictions?
Wetsuits are permitted if the water temperature is up to (and including) 76.1 degrees Fahrenheit (24.5 degrees Celsius) or colder. Wetsuits cannot measure more than 5 mm thick.

Wetsuits will be prohibited in water temperatures greater than 76.1 degrees Fahrenheit (24.5 degrees Celsius).

Wetsuits are mandatory for Age-group athletes for water temperatures below 16° Celsius.

WARNING: The De Soto Water Rover and the Speedo Elite Triathlon Wetsuit with forearm flaps wetsuits are PROHIBITED.

Athletes should contact the wetsuit manufacturer directly to confirm whether their suit is legal.

If wetsuits are prohibited, what are the swimwear restrictions?
Swimwear (Skinsuits/Speedsuits) must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene.
Swimwear must not cover the neck, extend past the elbows, nor extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear.
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In the event of a non-wetsuit swim, am I allowed to wear my compression gear?
Yes, provided that it is made of 100% textile material (no rubberized material such as polyurethane or neoprene) and that material does not extend past the elbows or knees. Any compression wear that extends past the elbows or knees will not be permitted in non-wetsuit swims (this includes compression sleeves, compression socks, or compression tights).

Can we practice the swim course prior to the event?
Yes, the lake if open for practice, but only at designated area from Swim start. There will be 2 buoys from Thursday on for training. For your safety, don't swim further and stay close to beachline. There are quite a lot boat traffic.

Can we enter the water prior to the race start to warm up?
Yes. Warm up swim is possible at Swim start area until 7:15am.

Can we rent a wetsuit for the event?
No.

What do I do if I need assistance during the swim?
If you feel the need, please turn on your back and raise an arm in the air to attract attention from the swim safety crew.
FAQ / BIKE
IRONMAN Finland 2022

- iPods, MP3 players, phones, video cameras etc. are not permitted on the course.
- Your race number must be worn on your back.
- Note that athletes must be able to repair a puncture without assistance and should carry spare inner tubes and tools.

**Are disc wheels permitted?**
Yes. However, race organizers reserve the right to restrict use depending on conditions.

**Is drafting allowed?**
IRONMAN races prohibit drafting. It is penalized by a blue card, which leads to a disqualification. Athletes have to respect Drafting rules: the minimum distance between two bikes is 12m, measured from the leading edge of the front wheel and extending to the front wheel of the following bike. 25 seconds is the maximum time allowed to overtake another bike.

**Can I rent a bike?**
No. There are currently no bike rentals in Finland.

**What is a Personal Needs bag?**
The Personal Needs bag allows you to bring your own food, which you will have access to once on the bike part.
It is forbidden to take the bag on the bike; you will have to stop and take what’s in the bag only.
If the athlete wants to have the personal needs bag (bike and/or run), it is the athlete’s responsibility to pick up the “personal needs bag”. You can pick them up from the Info tent during race week. The “personal needs bags” check-in for bike and run legs takes place on race day **between 6:00 and 7:00 at Transition Area**.

We advise athletes to only place food and drinks in their bags, since **BAGS WILL BE THROWN AWAY AFTER THE RACE**. The Organization Committee is not responsible in case of loss or damage to valuables or clothes.
FAQ / RUN
IRONMAN Finland 2022

- iPods, MP3 players, phones, video cameras etc. are not permitted on the course
- Your race number must be worn on your front

FAQ / PENALTIES
IRONMAN Finland 2022

IRONMAN® operates under the “three strikes and you’re out” principle with respect to BLUE CARD violations. DRAFTING is the only violation that will result in a BLUE CARD violation and an athlete will incur a 5-minute time penalty (to be served in the penalty tent, located in transition). YELLOW CARD violations (sixty-second time penalty) also require an athlete to stop at the penalty tent in transition. Any penalties incurred on the run course are to be served the moment the penalty is given or added to your finish time. While YELLOW CARD violations will not count against your three strikes, IRONMAN® Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations.

DRAFTING VIOLATION: BLUE CARD - five-minute time penalty served in a penalty tent on the bike course.
BLOCKING VIOLATION: YELLOW CARD - sixty-second time penalty served at the next penalty tent
DISQUALIFICATION: RED CARD - for example littering
FAQ / AFTER THE RACE
IRONMAN Finland 2022

Can someone else collect my items after the race?
No, the athlete racing MUST collect his/her belongings from transition personally. Wristbands will be checked upon entry and items will be checked against your wristband and race numbers when leaving.

Lost and founds
IRONMAN Finland is not responsible for lost items. Lost and found items can be handed to race officials in the different zones or on the course. They must be collected from the INFO Tent on Sunday August 14th at the latest. Lost items, that have not been picked up at these times will be kept in the custody of IRONMAN Finland, until Sunday September 11th, and can be returned by full payment of shipping costs and administration fee.

After September 11th, lost and found items will be discarded.
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- Bookings in advance by email [ari.hyvonen@tahko.com](mailto:ari.hyvonen@tahko.com)
  - Name
  - From airport (KUO) or railway station (Kuopio or Siilijärvi)
  - Your accommodation or where you want to go
  - Date and time
  - Amount of persons
  - Amount of bikes
  - Other details, for example if there are extra/big luggage
- No non-stop service, only for advanced bookings!
- **Deadline for booking at least one day before**

Please see current prices on the next page.
TRAVEL
IRONMAN Finland 2022

Minibus and taxi transfers A. Hyvönen
https://hyvosentaksi.tahko.com/

Kuopio Airport (KUO) – Tahko
One way
1-3 persons 80€, night flight 85€
4-6 persons 90€
7-8 persons 105€
9-17 persons (bus) 125€
18-26 persons (bus) 155€

Railway station Kuopio – Tahko
One way
1-3 persons 100€
4-6 persons 110€
7-8 persons 115€
9-17 persons (bus) 130€
18-26 persons (bus) 155€

Railways station Siilinjärvi – Tahko
One way
1-3 persons 70€
4-6 persons 85€
7-8 persons 95€
9-17 persons (bus) 110€
18-26 persons (bus) 135€

+5€ per bike
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