

A triathlete in a black and white wetsuit and red swim cap is running out of the water, splashing. The background shows a sunset over the Sea of Galilee with other participants visible in the distance.

**IRONMAN®**  
**70.3®**  **TIBERIAS**  
SEA OF GALILEE

# ATHLETE GUIDE

2022

# TIBERIAS HAS IT ALL

Looking for adventure, culture, romance, history, nature, religion or just enjoy a breathtaking view? Tiberias has it all! All you have to do is experience the unique blend.

Tiberias may well be the palette in which God dipped his paintbrush when he painted the surrounding landscapes. A place where the historical significance is the only thing that surpasses its beauty.



## **Leisure**

All year round, leisure activities in Tiberias provide a wide range of options for every age group. Tiberias is loaded with lavish shopping areas, resorts, restaurants, and spas that ensure your trip to Tiberias is hassle-free. With the beautiful landscape and outdoor to some world-class stay options and facilities, Tiberias packs an incredible amount of diversity in the luxury activities it offers. So be it a family vacation, a friends reunion or a solo trip to feed your wanderlust, these activities in Tiberias are a must for a leisurely vacation.

## **A Cradle of History, Old and New**

This 2000-year-old city is a melting pot of culture, philosophies, religions, and architecture. The great adventure is to explore it all.

## **Health and Wellness**

The Tiberias Hot Springs National Park displays one of the most spectacular mosaics of ancient synagogues in Israel. On the site, where the Hot Springs of Tiberias flow, there is a beautifully preserved 18th century structure of a Turkish Hamam <https://www.parks.org.il>

## **Your Gateway to the North**

Whether you're here for leisure or for the IRONMAN, Tiberias is the central hub for Israel's Northern Region. Giving you quick access to all things religious, historical, and natural.

**During the weekend of the competition, on 24-25/11, there will be an entertainment and leisure complex at the archeological park on Habanim street. The World Cup games will be screened, there will be food trucks and, beer brands from around the world.**



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# WELCOME

Dear Athletes,

I am excited to welcome you to the beautiful Sea of Galilee and the city of Tiberias, Israel.

I am greatly honored to be your Race Director as for the first time in history Israel will host a full distance IRONMAN event and Middle Eastern Championship.

We congratulate you on your accomplishments in qualifying for this Event and together, with all our staff, we will endeavor to provide you with an experience worthy of your accomplishments.

The Greater Sea of Galilee communities are fully prepared to host their first Middle Eastern Championship Event. We are extremely grateful to them for welcoming us with open arms.

I would like to thank the Ministry of Culture and Sport, Ministry of Tourism, the city of Tiberias, Jordan Valley Regional Council, Golan Regional Council, Sylvan Adams, The Israeli Triathlon Association, Israel Police, Comtec group, and the volunteers for their overwhelming support and efforts to make this dream come true.

We are all ready to provide you with the best race experience possible.

Remember that race day is the icing on your cake for all the hard work and dedication you have given to get to this point.

Be safe and smart while giving it your all and rest assured that we will be at the finish line, ready to greet you, as you accomplish your dreams.



Sincerely,  
Elad Mainz  
Race Director







Official Nutrition Suppliers for

# IRONMAN Israel

IRONMAN Israel Middle East Championship  
IRONMAN 70.3 Tiberias

**KOSHER**

Kosher parve



Vegan



Lactose free



Natural colours  
and flavours



Gluten free



GMO free



Soy free



No artificial  
additives



Zero banned  
substances

**32Gi.co.il**





# I WANT MORE

ALL WORLD ATHLETE PROGRAM





# EVENT SCHEDULE

## WEDNESDAY 23 NOVEMBER 2022

| TIME        | EVENT                                   |
|-------------|-----------------------------------------|
| 15:00-19:00 | Registration Open                       |
| 15:00-19:00 | IRONMAN Info Point                      |
| 15:00-19:00 | IRONMAN Merchandise & Expo Open         |
| 17:00-18:00 | All Athletes Pre-Race Briefing (Online) |

## THURSDAY 24 NOVEMBER 2022

| TIME        | EVENT                             |
|-------------|-----------------------------------|
| 09:00-16:00 | Registration open                 |
| 09:00-20:00 | IRONMAN Merchandise & Expo Open   |
| 09:00-20:00 | IRONMAN Info Point                |
| 14:00-17:00 | Check-in Bike and Transition Bags |
| 18:00-19:00 | Race Director FAQ - Facebook Live |

## FRIDAY 25 NOVEMBER 2022

| TIME        | EVENT                              |
|-------------|------------------------------------|
| 04:30-05:45 | Transition Area Open               |
| 06:00       | Opening Ceremony                   |
| 06:50-07:15 | Age Group Start / Rolling Start    |
| 09:00-19:00 | IRONMAN Merchandise & Expo Open    |
| 15:45       | Race close                         |
| 17:00-23:30 | Check-out Bike and Transition Bags |

## SATURDAY 26 NOVEMBER 2022

| TIME        | EVENT                           |
|-------------|---------------------------------|
| 09:00-13:00 | IRONMAN Merchandise & Expo Open |
| 10:00-12:00 | Award Ceremony                  |

# The International Desert Marathon

A weekend of running, sports and thrills

סוף שבוע של ריצה, ספורט וריגושים

# 16.12.22

42.2 ק"מ 21.1 ק"מ 10 ק"מ 5 ק"מ



DESERT  
MARATHON  
ISRAEL 2022 Eilat

משרד  
התיירות



משרד  
הספורט



MARATHON  
ISRAEL  
WE RUN EVERYWHERE





# TRICLUB PROGRAM

Becoming a member of the **IRONMAN TriClub Program** is easy and free of charge and gives you access to a wide range of great benefits. Trophies, discounts, Group bike racking, priority entries and many more benefits are just 1 step away.

**Here's how it works:**

- Register your club at [ironman.com](https://ironman.com)
- Create your athlete profile and tell us which club you are racing for

**IRONMAN.**  
**TRICLUB**

# IRONMAN VILLAGE





# PARKING





# STARTING ZONE





# TREK

## SPEED CONCEPT G3

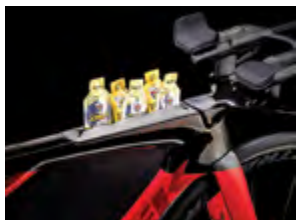
SO MUCH MORE THAN CASUAL  
GENERIC DISC BRAKES TT BIKE



OPTIMIZED "CLEAN" AIR  
FLOW THROUGH TWIN  
LEGGED AERO BAR



INTEGRAL TOP TUBE  
BENTO BOX - EASY TO  
USE AND CARE



CONCEALED STORAGE  
CARTRIDGE INTEGRATED  
IN THE DOWN TUBE



ISOSPEED SYSTEM -  
SMOOTHLY REDUCING  
VIBRATIONS & FATIGUE



90 SECONDS / 3 BOLTS:  
EASIEST TO PACK &  
ASSEMBLE



## MEET US AT THE EXPO



עין המפרץ - עין המפרץ סנטר | חיפה - פלימן 2, מרכז הקונגרסים  
משמר העמק - קיבוץ משמר העמק | כרכור - נחילות 2, מרכז מסחרי נווה  
קדימה - פארק תעשיות מערב | ת"א - החשמונאים 121 | אשדוד - הבנאים 10



# ATHLETE CHECK-IN

## WHEN

**Wednesday 23 November** | Registration Open 15:00-19:00

**Thursday 24 November** | Registration Open 09:00-16:00

Athlete Check-in will not be open on race days. If you do not check-in during the designated Athlete Check-in hours you will not be permitted to race.

## WHERE

GAI Beach Race center  
Eliezer Kaplan Blv, Tiberias,  
Registration hall

## WHAT TO BRING

- Official ID with photo (passport, ID-card, driver's license)
- Triathlon license from your national federation.  
You need to buy one-day license in case of having no triathlon license.  
Each relay team member is required to have insurance and ergometric test.  
Only credit card payments are accepted.
- Upload insurance into Active, this must be completed prior to the arriving on-site.  
<https://ldpage.net/wp-content/uploads/2022/07/ironman-Insurance.pdf>
- Agreeing with waiver is indicated when completing the registration in Active.



**IMPORTANT: Only the athlete in person can pick up the race package after passing medical screening. The race package will not be given to a third person, not even with proof.**

## YOUR RACE PACKET WILL INCLUDE:

- Official IRONMAN 70.3 Tiberias 2022 backpack
- Athlete wristband
- Race bib - (Teams have 2 race numbers)
- Sticker sheet (bike frame, helmet & gear bag stickers)
- Swim cap
- **WHITE** Morning Clothes Bag | Streetwear
- **BLUE** Bike Gear Bag
- **RED** Run Gear Bag



**IMPORTANT: Due to the screening procedure, please make sure that all Team members of a relay come to the registration together! We cannot hand out the registration package if the relay is not complete.**

## ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at Athlete Check-in.

This band will identify you as an official athlete and must be worn during race week.

The wristband is required for medical identification purposes and allows you access to both transition areas and post finish athlete recovery areas.

Any wristbands from previous events must be removed.

Your wristband must be worn for entry into Award Ceremony.

## STICKERS

You will receive the following sticker sheet in your athlete packet which includes:

- Helmet Sticker
- Bike Sticker
- 3 gear bag stickers to label belongings

Make sure the Bike sticker is visible on both sides of your bike. The bike sticker cannot be altered in any fashion and the race logo MUST be visible. The helmet sticker will be affixed to the front of your helmet. Athletes will not be permitted to have any other stickers on their bikes other than the bike sticker issued at Athlete Check-in. Any previous event stickers on the bike must be removed.

We encourage you to ask your questions via electronic channels. Our online helpdesk is at your service and you are more than welcome to shoot your questions via our mail address [ISRAEL@ironman.com](mailto:ISRAEL@ironman.com)

During the race week you can drop us a call at:  
+972-50-9032317



### White Morning Clothes Bag | Streetwear

Pack your morning clothes with your swim cap, goggles, wetsuit (if applicable) and anything else you will need in transition race morning. Prior to the swim start, put on your swim gear and place any items you will need after the race (dry clothes, hotel room key, medication) in your morning clothes bag.

Drop-Off: race morning, designated area at the start area.

Pick Up : finish line/ athlete garden



### Blue Bike Gear Bag

Pack your bike gear bag with all the gear you will need on the bike course (helmet, cycling shoes, sunglasses, race belt). All gear, including cycling shoes and helmets MUST go into the bag. On race morning you may clip your shoes to your bike.

After the swim, change into your bike gear and place your swim gear in this bag.

Leave your bag at designated area at the transition area before getting on your bike.

Drop-Off: Thursday 24 November 14:00-17:00 in transition at Gai Beach

Pick Up: check out bike and transition bags 17:00 – 23:30 transition area



### Red Run Gear Bag

Pack your run gear bag with all the gear you will need on the run course (hat, running shoes). After you dismount your bike, grab your run gear bag, change into your run gear and place your bike gear in this bag. Leave your bag at designated area at the transition area before starting on the run course.

Drop-Off: Thursday 24 November 14:00-17:00 in transition area at Gai Beach

Pick Up: check out bike and transition bags 17:00 – 23:30 transition area

\*Bike and run special needs bags are collected before entering to the transition area on race morning.

**These bags will not be returned. IRONMAN ISRAEL will not be responsible for any items left in bags\***



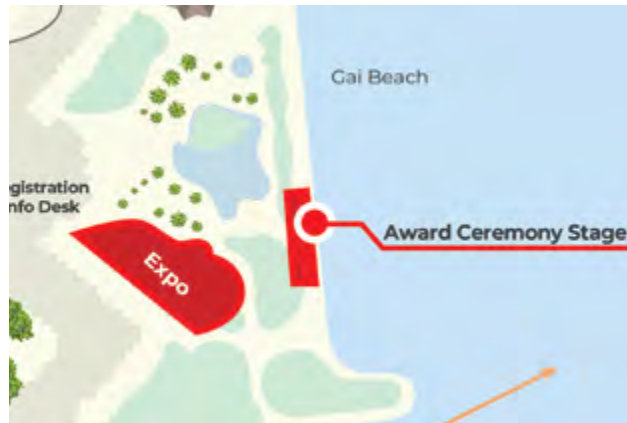
**IMPORTANT: In case you have any questions or concerns you can turn to the athlete's helpdesk for making changes and correcting your information or you can approach the nearest info booth if you have questions related to the race, venue, host city Tiberias etc.**



# IRONMAN EXPO

Do you want to take the IRONMAN spirit back home and relive those (bitter)sweet memories? Then IRONMAN EXPO is the "must visit" place for you. Besides official IRONMAN items, you can find some useful services there as well. We will have bike mechanics available to check your bike or lend a helping hand to assemble that fancy ride of yours.

**You can find the IRONMAN Expo at Gai BEACH race center.**



## OPENING HOURS:

|                        |             |
|------------------------|-------------|
| Wednesday, 23 November | 15:00-19:00 |
| Thursday, 24 November  | 09:00-20:00 |
| Friday, 25 November    | 09:00-19:00 |
| Saturday, 26 November  | 09:00-13:00 |

\*Subject to change





# PRE-RACE TRAINING

## RACE WEEK TRAINING

### SWIM

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GAI Beach is a private beach; it is forbidden to swim in the lake during the days prior to the race. Swim warmup will not be possible before the race.

### BIKE

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Bike course is on public roads and open for training at any time. It is your own risk and responsibility to train there.

When training, please bike and run on the shoulder without moving into the traffic lane.

Please be considerate and aware that the people sharing the roads with you are people you will count on during race day to fulfill your needs.

Please ride single file, as biking side by side can be a hazard.

### RUN

---

Run course is on public roads and open for training. It is your own risk and responsibility to train there. (It is our recommendation not to run on the main roads at the far end of course).

### RACE BRIEFINGS

Race briefing will take place on November 23 online, YouTube channel.

It's compulsory that Age Group athletes attend the briefing will cover important information pertaining to any peculiarities of the course, rules and cut-off times for the disciplines and most importantly, any last minute changes or procedures to the event that have occurred, or may potentially occur due to weather related forecasts.

Schedule: 17:00 – 18:00\*

\*Subject to change

## NUTRITION ON COURSE

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Gels, Chews, Isotonic drinks in a variety of flavors.



# BIKE CHECK-IN

## **Athlete & Teams cyclists Check-in - Thursday 24 November 2022, 14:00-17:00**

Check-in will not be open on race day.

If you do not check-in during the designated Athlete Check-in hours you will not be permitted to race.

Be ready before you get to the entrance of the Transition Area. You must have your helmet on with strap fastened and wearing your race number. Your race number stickers on the bike and helmet, Blue bike bag, Red run bag and your wristband will be checked as you enter the Transition Area. Without all these items you will not be able to enter the Transition Area.

If Team's swimmer and cyclist is the same person, he/she needs to check in his/her bike bag in Transition Area 1. If Team's cyclist and runner is the same person, he/she needs to check in his/her run bag in Transition Area 1.



**Only athletes and race officials can enter the Transition Area.**

Bike bag (blue) is for the bike equipment and run bag (red) is for the running equipment. Helmet must be placed in the Bike bag and is NOT allowed on the bike. On Race morning you can clip your shoes on the bike. After check-in you must place the bike bag and run bag on rack.

### **On race morning the following items are allowed on the bike:**

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

Overnight security is provided in the Transition Area. Bikes, bike bags and run bags are not allowed to be removed from the Transition Area once they are checked in. Athletes will have access to their bikes, bike bags and run bags on race day morning.

When racking your bike at Gai Beach take your time to familiarize yourself with Transition Area (entry, exit, flow, key areas etc.).



**IMPORTANT: The bike number must always be visible during the bike ride.**



# RACE DAY LAST MINUTE GEAR CHECK

Race day last minute gear check is on Friday 25 November 04:30-05:45. Athletes can make last minute adjustments in the Transition Area, pump the tires, bring the drinks and food to your bike etc. Only athletes and race officials can enter the Transition Area.

Please be sure to take your swim cap & timing chip with you. If you have lost or forgotten your timing chip on race day morning, please contact race officials in Starting Area to receive a new one.

During race day morning gear check, technical support will be provided at the Transition Area to offer last minute adjustments and service to bikes.

There will be tire pumps available in Transition Area which are free to use prior to the start.

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 your supporters.

Please note that it is not allowed to mark your bike nor bags in any way. The race officials will remove such markings. Cameras are not allowed in IRONMAN ISRAEL, please remove them before you check in your bike.

## TIMING CHIP

- Please ensure you receive your timing chip at Bike and Bike Gear Bag Check-in.
- You will return your chip in Bike and Gear Check-Out.
- You must always wear your timing chip while you are racing.
- Prior to the swim, fasten the chip around your ankle with the strap provided and do not remove this until you have crossed the finish line and completed the race.
- You may apply Vaseline around your ankle; it will not affect the timing chip.
- If you drop out or are pulled from the race at any time, you must notify and turn in your race bib to a race official. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential we know where you are on the course at all time, for your safety and our peace of mind.
- If you lose your timing chip during the event, you are responsible for obtaining a replacement at one of the following locations: Swim start - Swim exit - Bike exit - Run exit.
- Race officials will have extra timing chips at the timing locations above. If you lose your timing chip while on the run course, please notify a timing official immediately after crossing the finish line.



**NO CHIP = NO TIME**



# RACE START

## 06:50-07:15 Age Group / Team Rolling Start

Place yourself in the appropriate area according to your expected swim finish time.

Failing to do so will put you in a difficult position while swimming. The entrance to the water will be with a rolling start. This means that you should line up according to your expected swim time. The athletes will start in waves of 5 athletes every 5 seconds race time will start when crossing the timing mat just before entering the water.

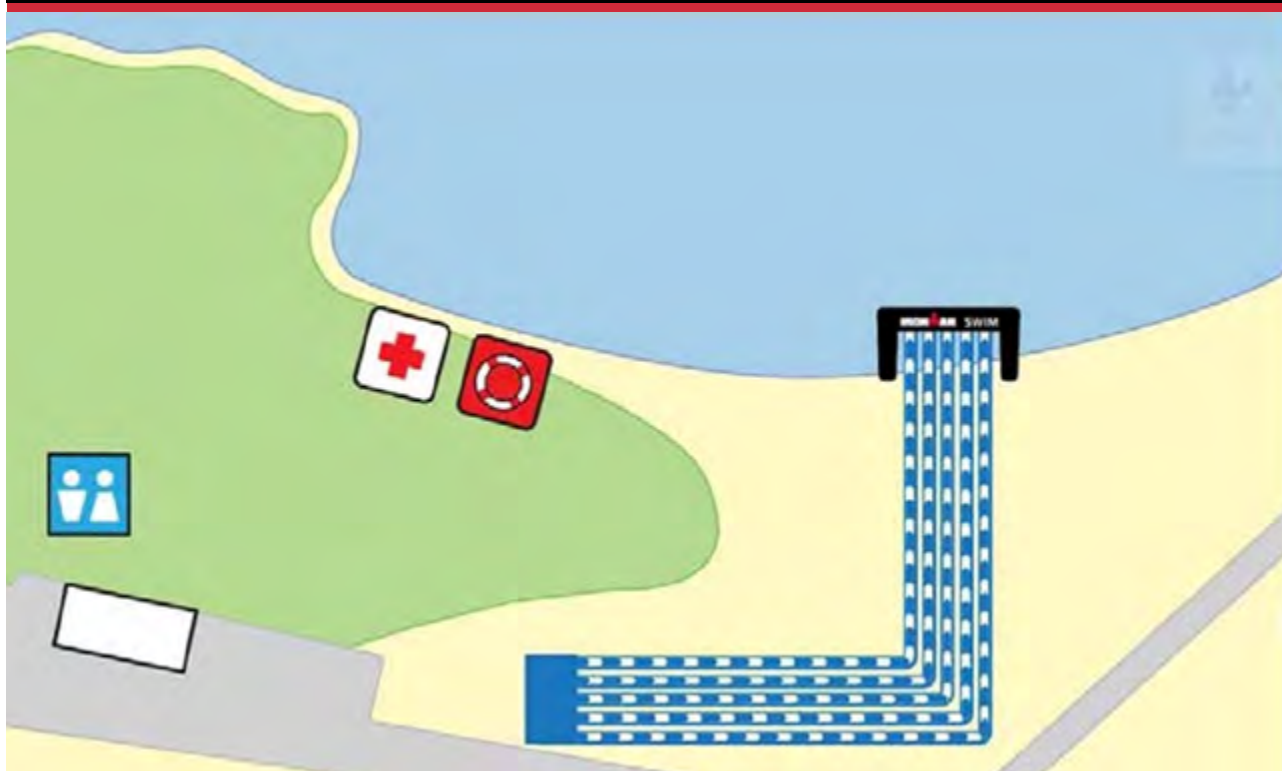
# SWIM CAP COLOR:

|                                                                                   |                   |           |
|-----------------------------------------------------------------------------------|-------------------|-----------|
|  | <b>Gold</b>       | AWA       |
|  | <b>Pink</b>       | Age Group |
|  | <b>Dark Green</b> | Relay     |
|  | <b>Silver</b>     | Tri Club  |

- 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 cup.
- You have received a WHITE streetwear bag at the registration.  
You can leave the WHITE streetwear bag with your personal clothes to the designated area at the start area.



## SWIM START



# SWIMSMART CHECKLIST

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared.

Here's a top-10 checklist to help get you ready.

## **1. Prepare for race conditions**

Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.

## **2. Race in shorter events**

Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics 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 and pre-race communication to familiarize yourself with the course. Study the event timetable to plan for proper 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 suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

## **5. Pay attention to warning signs**

If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

## **6. Don't use new gear on race day**

Focus on controlling as much 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

If you aren't able to warm up in the water, spend between 5 and 10 minutes getting loose. Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

## 8. Check out the course

Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.

Identify basic navigation points so that you know what you are swimming towards.

## 9. Start easy - relax and breathe

Don't race at maximum effort from the start.

Relax and focus on proper breathing technique 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.

If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat. Race rules allow for competitors to stop or rest at any time during the swim.

Feel free to hold on to a static object like a raft, buoy, or dock.

You may also rest by holding on to a kayak, boat or even a paddle board. As long as you don't use it to move forward, you won't face disqualification.







***ONE OF THE FASTEST  
CYCLING COURSES.***

***CHECK  
IT OUT!***

***AUGUST  
5-6, 2023***

***COME AND ACHIEVE YOUR  
PERSONAL BEST!***



**IRONMAN**  
**70.3**  **TALLINN**  
ESTONIA  
EUROPEAN CHAMPIONSHIP

**IRONMAN**  
 **TALLINN**  
ESTONIA



# SWIM COURSE

Swimming will take place at Lake Kinneret.

The start will be on Gai beach and athletes make one lap of 1.9 km.







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



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



# AGE GROUP ROLLING WAVE START

**IRONMAN® TIBERIAS 70.3** will feature an age group rolling wave start. Athletes will seed themselves within their respective age groups based on their projected swim times. The start will be on the seashore and 5 athletes will start every 5 seconds. The swim course will close 1 hour and 10 minutes after the last Teams start. Self-seeding will be based on your individual abilities according to your expected finish time. You can avoid being overtaken by stronger swimmers by seeding yourself with athletes of similar skill and ability levels. Athletes' official race time will start when they cross the timing mat. All athletes will have 8 hours and 30 minutes to complete the entire event (subject to intermediate cut-off times throughout the event)

## SWIM COURSE RULES

- Athletes must wear cap provided.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- No aqua socks (neoprene booties) unless the water temperature is 18.3 degrees Celsius or colder.
- When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal equipment and is not permitted.
- Compression sleeves or compression calf guards/ socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.
- Swim goggles and facemasks may be worn. Snorkels are prohibited. Medical exceptions will not be considered.
- No paddlers or escorts allowed. The course will be adequately patrolled by boats, kayaks and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made.
- Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made.
- Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- The swim course will close 1 hour and 10 minutes after the final athlete/Teams enters the water.
- Athletes who swim longer than 1 hour and 10 minutes to complete one lap of 1.9 km of the swim will receive a DNF.
- IRONMAN® officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

## WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 24.5 degrees Celsius.

Wetsuits will be prohibited in water temperatures (24.6 degrees Celsius) and greater.

Wetsuits are mandatory for Age Group athletes for water temperatures below 16 degrees.

Prohibited Wetsuit: De Soto Water Rover, Wetsuits cannot measure more than 5 mm thick. \*If the water temperature is greater than 25.5 degrees Celsius and less 28.8 degrees Celsius there will not be a wetsuit optional swim wave.



## SWIM TO BIKE TRANSITION

After the swim, you will be directed through the timing chutes from the swim to bike transition. If you wish to change your whole outfit, please head to changing area, public nudity is not permitted.

You must cross the bike mount line before mounting your bike.

The line will be clearly marked and is located at the exit of Transition Area.

There will be race officials at the mount/dismount line.

The helmet must be securely fastened at all times when the athlete is in possession of the bike.

Failure to do so may cause a penalty.

We require you to be fully ready to race before getting on your bike.

Any athletes electing not to race must notify an official at the swim start, swim finish or in transition.

Above all, the safety of each swimmer is our number one priority.

## Relay Transition area

For teams there will be a designated area in Transition Area for passing relay. There will be changeover box in the transition areas. Once the swimmer enters to the changeover box, the cyclist is good to go once he gets the chip from the swimmer in the changeover box. If the same team member is swimming and cycling, then the changing procedure is the same as for individual participants. After the cycling is done, the cyclist will rack her/his bike to her/his numbered place and goes to the relay exchange zone. Once the cyclist enters to the changeover box, the runner is good to go once he gets the chip from the cyclist in the changeover box.



JINGACLOTHING.COM

# FEEL THE BURN





# BIKE AND GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out is from 17:00-23:30 in the transition area on race day.

You are required to reclaim your bicycle and gear after the race. You must have your athlete wristband and timing chip in order to claim your bike and gear. After you collect your bike and bags please proceed to bike check out where we will check that you have the correct bike and transition bags.

This is where you return your timing chip so please bring it with you.

You will not be allowed to collect your bike and bags without the timing chip.

If your bike and bags are not reclaimed within time frame, IRONMAN ISRAEL will not be responsible for any items left over night.

In case you withdraw from the race or were disqualified/DNF you can pick up your bike and bags in Transition Area between 17:00-23:30







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[www.mekomi4me.co.il](http://www.mekomi4me.co.il)

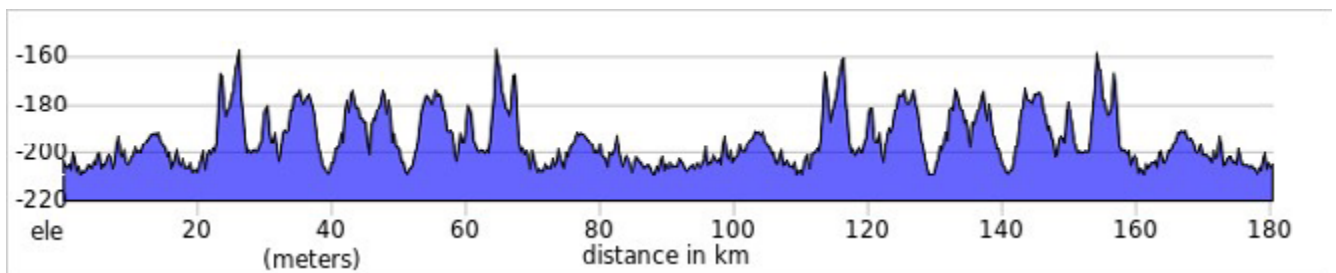
# BIKE COURSE

The fast and flat 1 loop, total out and back 90km bike course will take you through the magnificent Sea of Galilee landscape. Travelling south of the city of Tiberias to Maagan junction on to Kfar Nahom .



# TURN-BY-TURN DESCRIPTION

- Left bike out Road 90 Straight
- Lake house square Straight
- Hamei Tiberias square Straight
- Rabi meir square Straight
- Shikmim square Straight
- Zinbari square Straight
- Kinnert square Straight
- Beit Yerach square Straight
- Dgania Straight
- Emek HaYarden square Straight
- Zemah junction Straight
- Maagan junction road 92 left
- En Gev square Straight
- Susita square Straight
- Cufra square Straight
- Kursi square Straight
- Gamla square left
- Yahudia junction left to road 87
- Hayarden park Straight
- Arik bridge Straight
- Amnon beach Straight
- Kfar Nahum beach Straight
- U-turn



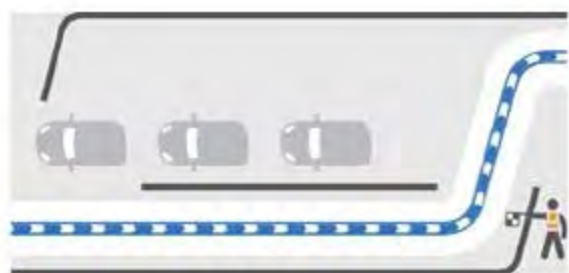
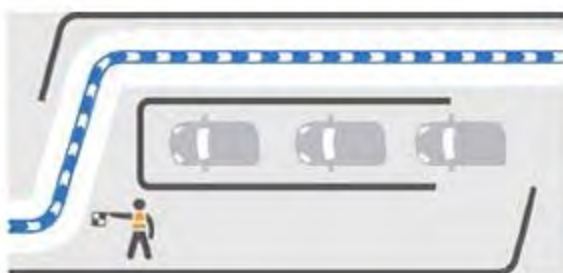
## BIKE ELEVATION GRAPH

90 kilometers · +541 m / -541 m

Bike course is closed for traffic. Police/marshals will be at all crossings during race day.  
In dangerous sections (narrow roads, etc.) there will be cones/ signs installed.

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 are tightened properly.

There will be sluices across the road. Note the volunteer guiding you whether to continue straight or turn. Please see the scheme below.







## BIKE TECHNICAL SUPPORT

There will be bike technical support roaming the course which is able to assist you with your most basic mechanical needs. In case you need bike technical support, approach the race officials and they will call the assistance for you.

Please be aware that it's your own responsibility to carry extra tubes, tires, tools, etc. on your bike as you race. The bike technicians and the tools at the Aid Stations are only there as an extra service and is based on a first come first serve basis.

Athletes are not allowed to be assisted or helped by anyone else other than the official bike mechanic. If you need medical assistance on the bike course, medical staff on motorcycles will be able to assist you. Contact race official in case you require medical assistance.

## SAG (SUPPORT AND GEAR) WAGON

There will be SAG wagons on the bike course to pick you and your bike up if you choose to withdraw from the race. Please approach the race officials on the course and they will guide you to the nearest pick-up point. If you do not make the course cut-off time, the SAG wagon will pick you up wherever you are located on the course.

# BIKE COURSE RULES AND CUT-OFF TIMES

**During the bike you must always wear the race number visible on the back.**

Torso must always be covered during the bike race.

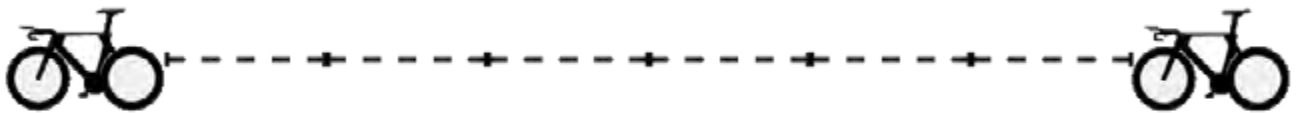
Number stickers on the bike and helmet are mandatory.

It is not allowed to cross the center line (except turn-around points).

You must follow directions and instructions from race officials and police. Failure to do so may cause disqualification from the race.

Please note that headsets and electronic entertainment devices are strictly forbidden on the courses. The cameras are also forbidden on the courses - athletes not obeying this will be disqualified.

You are only allowed to deposit bottles and garbage in the designated areas, which are clearly marked at the Aid Stations. If you litter outside of Aid Station areas, you will receive 5 minutes time penalty (Blue card).



## POSITION RULES

Absolutely NO DRAFTING of another bike or any other vehicle is allowed.

The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes).

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

A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.

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).

Overtaken athletes must immediately fall back six bike lengths before attempting to regain the lead from a front running bike. Immediately repassing prior to falling back six bike lengths will result in an overtaken violation.

Overtaken athletes who remain in the draft zone for more than 25 seconds, or who do not make constant rear progress out of the drafting zone, will be given a drafting violation.

Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.

Athletes who impede the forward progress of other athletes will be given a blocking violation.



**Penalties will be issued by race officials on the bike course using the card system below:**



**YELLOW CARD**

30 Second time penalty



**BLUE CARD**

5 Minute time penalty



**RED CARD**

Disqualification

Athletes committing rule violations will be notified “on the spot” by a race referee.

Do not attempt to discuss the penalty with the Race Referee.

The race referee will notify you that you have received either a BLUE CARD for drafting and YELLOW CARD for littering or any other penalty.

The race referee will show you the corresponding colored card and instruct you to report to the next penalty tent (PT) on the course,

There will be at least two PTs on the course. The exact Location of the PTs will be stated at the briefing.

The Athlete will Report to the next PT and tell the PT Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PT, you will be disqualified.

Have race numbers marked by the PT Official with a Register via the sign-in sheet.

Resume the race after serving a 30 second time penalty for all no drafting violations (YELLOW CARD)

Remain in the PT for the time indicated in the table below, for each drafting and littering violation (BLUE CARD)

Be disqualified if you receive three BLUE CARD penalties.

An athlete may finish the race if he or she has been issued a red card disqualification, unless otherwise instructed by the Race Referee.

1st BLUE CARD Offense 5:00 min

2nd BLUE CARD Offense 5:00 min

3rd BLUE CARD Offense DSQ

Due to road closures, the following intermediate cut-offs are in force:

5 hours 30 minutes (after you cross the swim start timing mat) is end of bike cut off, athletes will not be allowed to start the run.

Cut-off due to the athlete's safety, must be respected. Race officials will tell you if you did not make it in time. The IRONMAN 2022 Competition Rules are in force for IRONMAN ISRAEL. For information regarding rules, please visit the following website: [www.ironman.com/competition-rules](http://www.ironman.com/competition-rules)

# BIKE COURSE AID STATIONS

You will pass 3 Aid Stations on the bike course. They are placed at the following locations:

- **Susita square** (approx. 22 km)
- **Kfar Nahum** (approx. 47k)
- **Ein Gev** (approx. 69 km)

| AID STATION      | 22 | 47 | 69 |
|------------------|----|----|----|
| Water            | X  | X  | X  |
| Sport Drink      | X  | X  | X  |
| Energy Gel/Chews | X  | X  | X  |
| Fruits           | X  | X  | X  |

When 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 advance and reduce your speed. Volunteers will hand you supplies when you pass them by. There will be signs along the Aid Station listing what is on offer. Please discard any unwanted items after the “Trash Zone Start” sign and before “Trash Zone End” sign. If you litter outside these areas, you will be penalized.



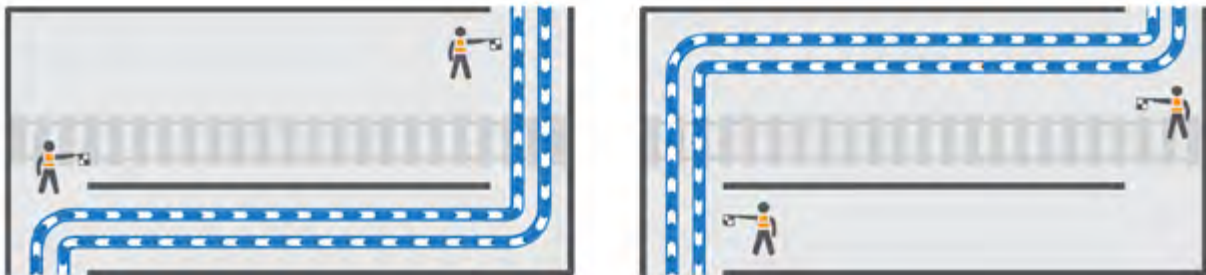


# RUN COURSE

The athletes will run the 21.1 km on a run course along the western shore of the Sea of Galilee and through Tiberias City Centre.

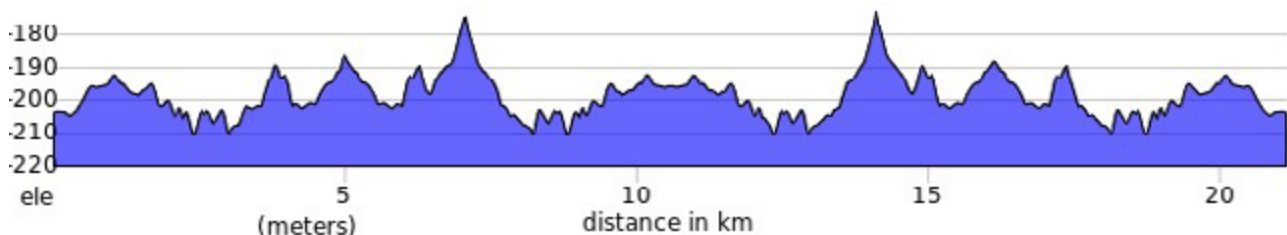


Athletes will run the along the western shore of the Sea of Galilee and through Tiberias City Centre. When running, make sure to always keep Right. There will be athletes approaching you from opposite direction on your right. South on the promenade in the same way you arrived. There will be a small U-Turn before Gai beach and start another lap.



## TURN BY TURN RUN COURSE DIRECTIONS

- Start at Gai Beach
- Turn right on Eliezer Kaplan Boulevard
- Enter Tiberias and continue straight
- Turn right onto Road 90
- Left at the Scottish Hotel roundabout
- Towards to Ron Beach Hotel
- Straight along new promenade till Bora Bora Beach
- Return to Road 90 towards Migdal
- U-Turn back towards Bora Bora Beach
- Continue straight on Road 90 up the street
- U-Turn before roundabout on Palmach Street
- Straight down Palmach Street
- Turn right back to Bora Bora Beach
- South on the promenade
- Towards to Ron Beach Hotel
- Right at the Scottish Hotel roundabout
- Turn left onto Road 90
- Continue straight on Eliezer Kaplan Boulevard
- Continue along the Sidewalk for the next lap or finish







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# RUN COURSE RULES

Athletes must wear their IRONMAN 70.3 issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.

Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is **STRICTLY PROHIBITED** and may result in disqualification

Headphones or headsets which are inserted to or covering the ears are not allowed during any portion of the event

Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.

IRONMAN race is an individual performance. Please inform your family, friends, coach, and supporters that they are not allowed to accompany you and that you are not allowed to receive any outside assistance or you will be disqualified,

The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race. Uniforms with a front zipper may be unzipped to any length, provided, the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders. The uniform should be fully zipped when crossing the finish line.

The run course will officially close 8 hours 30 minutes after the last athlete enters the water.

The moment we have all been waiting for, the last meters after 1.9 km swimming, 90 km bike ride and 21.1 km running. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras - IRONMAN rules state that spectators cannot cross the finish line with you. If an athlete crosses the finish line with a spectator, he/she will be disqualified! Please ensure your friends, family and supporters are aware of this – it is for safety as well as fairness to other athletes.

Relay team members are allowed to finish together and each relay team member can pick-up their finisher medal, shirt and package on their own.





# RUN COURSE MEDICAL ASSISTANCE

Should you need medical assistance on the run course, medical staff on bikes will be able to assist you. Contact race official in case you require medical assistance. Also please note that it might get cold late in the evening. Be sure to have something warm either in RED run bag or Run Personal Needs bags to put on later in the evening.

## RUN COURSE AID STATIONS

You will pass 3 Aid Stations on the run course. They are located approximately every 2 km. They are placed at the following locations:

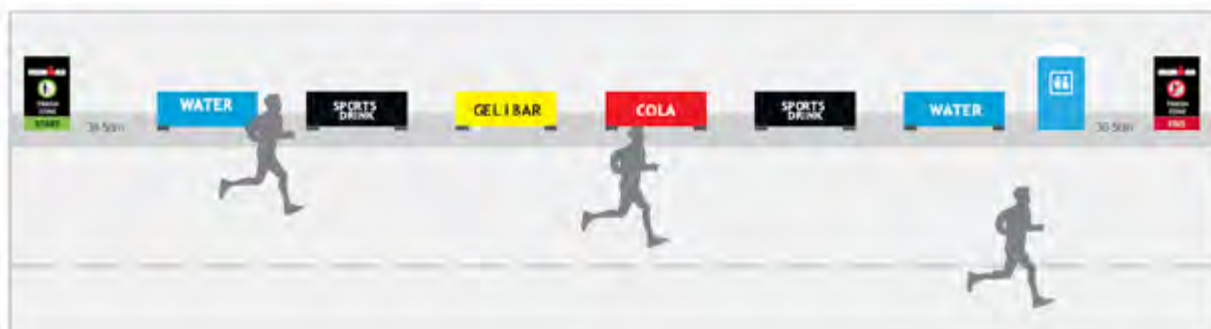
- **sufersal** 2 way aid station (approx. 800m )
- **hdayagim** 2 way aid station (approx. 3km)
- **hamataim** (approx. 5km)

| AID STATION      | 2 way | 2 way | 5 |
|------------------|-------|-------|---|
| Water            | X     | X     | X |
| Sport Drink      | X     | X     | X |
| Energy Gel/Chews | X     | X     | X |
| Fruits           | X     | X     | X |
| Cola             | X     | X     | X |

Please keep in mind to grab food and drinks in a way to prevent from bumping into athletes running on the sides.

Toilets will be placed at all Aid Stations.

Please discard any unwanted items after the “Trash Zone Start” sign and before “Trash Zone End” sign. If you litter outside these areas, you will be penalized.



# LET'S GO FOR A JOYRIDE



**BONDI 8**

Bold and bouncy performance  
that's nowhere near ordinary

**HOKA**  
FLY HUMAN FLY



# AWARD CEREMONY AND IRONMAN WORLD CHAMPIONSHIP SLOT ALLOCATION

## 2023 VinFast IRONMAN 70.3 World Championship Qualification Slots

The 2023 IRONMAN 70.3 Tiberias, Sea of Galilee offers 45 Age Group Qualifying slots to the 2023 VinFast IRONMAN 70.3 World Championship on 26 - 27 August 2023 in Lahti, Finland



### HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

An Age Group is a particular age group within a particular gender. For example, "Male 25-29" is one Age Group, and "Female 25-29" is a different Age Group.

#### THE ALLOCATION PROCESS:

##### BEFORE RACE DAY:

- Each Age Group with registered athletes is tentatively allocated one slot (each, an "Initially Allocated Slot") Allocated on race based on the number of starters and then proportionately allocated.

slot will roll down to the next person (of the same gender). The IRONMAN World Championship entry fee needs to be paid onsite if you wish to accept your slot. The cost of the slot by credit or debit card only, no cash payment will be accepted.

##### 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 Slots. The Proportionally Allocated Slots are then allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories.

##### 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:

##### AFTER THE RACE:

- Athletes must be present in order accept their slot. If athletes are not present to accept their slot, it will be forfeited. A

- 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.



## RACE TIMING AND CUT-OFFS

Each athlete will have 8 hours and 30 minutes to complete the course.

Athletes that take longer than the cut off to complete the entire course will receive a DNF and will not be eligible for age-group awards.

Additionally, athletes that are in an earlier wave and finish before the final course cut-off but take longer than 8 hours and 30 minutes to complete the race will receive a DNF and will not be eligible for age group awards.

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

Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race.

The following cut-off times apply for each segment of the race:

### SWIM CUT-OFF

Each athlete will have 1 hour and 10 minutes to complete 1.9 km swim.

Athletes who will not be able to make cut-off after the last athlete enters the water via the rolling age group will not be allowed to start the bike course.

T1 closes 10 minutes after the last official swim finisher.

Athletes will have 10 minutes to travel from the swim exit, through transition and across the bike mount line.



## BIKE CUT-OFF

Each athlete will have 5 hours and 30 minutes to complete the swim course, T1 and bike course.

These are in accordance with the approved traffic plan that coincides with the opening of the public roads to traffic, and riding in the dark.

Athletes who take longer than 5 hours and 30 minutes will not be allowed to start the run course and will be shown as DNF' after 'T1 and bike course

Should you not arrive at the Intermediate Cut-off location before the allotted cut-off time, Yehudia Junction until 16:00, SAG will be there to transport you back to the race venue. From this point on, should you for any non-medical related reason be taken off the course, SAG will be following the final cyclist to transport you back to the race venue.

T2 closes 10 minutes after the last official bike finisher.

Athletes will have 10 minutes to get from the bike dismount line, through transition and across the run start line.

## RUN CUT-OFF

The run course will close 8 hours and 30 after the last athlete enters the water via the rolling wave start.

Athletes that take longer than the cut off to complete the entire course will receive a DNF.

Athletes who do not make this cut-off may not remain on the course, they will be collected by the sweep vehicle. IRONMAN reserves the right to remove an athlete from the event at any stage if, in the view of the officials, they are unable to complete that leg of the event within the cut off.

Due to safety, cut-off times have to be respected. Race officials will tell you if you did not make it in time.





## FINISH AND POST-RACE AREA

The moment we have all been waiting for, the last meters after 1.9 km swimming, 90 km bike ride and 21.1 km running. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras - it could be you in the headlines of the evening's television news or on the front cover of the race magazine next year! IRONMAN rules state that spectators cannot cross the finish line with you. If an athlete crosses the finish line with a spectator, he/she will be disqualified! Please ensure your friends, family and supporters are aware of this – it is for safety as well as fairness to other athletes.

Relay team members are allowed to finish together and each relay team member can pick-up their finisher medal, shirt and package on their own.

The finisher package includes:

- Medal
- Finisher shirt
- Post-race food
- Post-race drinks

The following will be available:

- Toilets
- Medical personnel



# 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 testing 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. Please refer to IRONMAN's Competition Rules for additional guidance and information.

## MEDICAL

There will be medical assistance and facilities available from Wednesday to Friday. 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.

## LOST AND FOUND

Found items can be handed to race officials on the course or taken to the Info Booth. They must be collected from the Info Booth by Saturday, November 26th at 14:00 the latest. Found items that have not been picked up will be kept stored until December 15th, 2022 and can be returned to its owner in Tel Aviv. After December 15th, 2022 lost and found items will be discarded.



# IRONMAN TIBERIAS 70.3 EVENT

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## EVENT PARTNERS:



JORDAN VALLEY REGIONAL COUNCIL



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Israeli Triathlon Association







## RECOMMENDED RESTAURANTS

### **El Rancho Steak House**

A kosher fish and meat, South-American styled restaurant, located in Tiberias next to the city's archeological park.

### **Little Tiberias**

A quality chef-restaurant featuring gourmet French Mediterranean cuisine.

### **St Urban Wine Bar**

A Wine Bar & Mediterranean kitchen at The Scots Hotel.

### **Lotte**

The Culinary World of Chef Assaf Granit and The Machneyuda Group at the Galei Kinneret hotel.

### **Berenice Winery**

A few minutes from the Sea of Galilee, you will find the winery, accommodation, a wine cellar and an enchanting garden.

### **Galei Gil**

One of the first fish restaurants in Tiberias for 50 years and is well known for its fresh and tasty fish.

### **Hermitage**

An ancient and unique building of basalt, lies the Hermitage restaurant, on the Yigal Allon promenade in Tiberias, opposite the beautiful fountain. On the menu you will find authentic oriental food, including meats, fish and seafood: wonderful starters (such as kubbeh, monk eggplant, fried calamari, etc.), great intermediate dishes (veal in sauce) etc.

### **Decks**

Famous in Israel and abroad for its locally grown young tender meat dishes, organically grown vegetables, spices and fresh fruits. Decks specialized in the ancient Biblical Grill and the Fragrant American Hickory Wood Grill.

### **Pagoda**

Chinese, Thai, Japanese Kosher food





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