

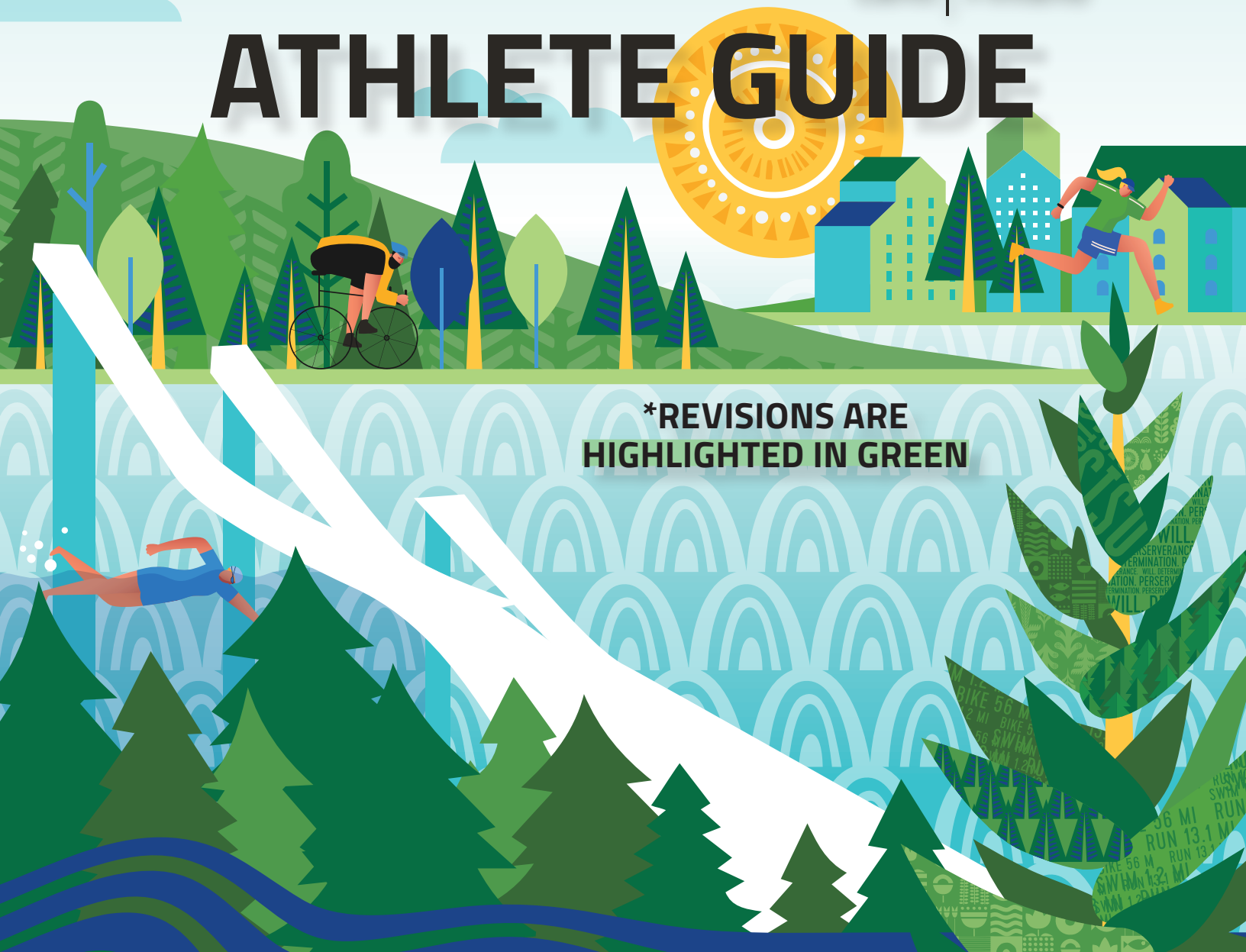


VINFAS

IRONMAN 70.3[®] WORLD CHAMPIONSHIP

Lahti | Finland

ATHLETE GUIDE



*REVISIONS ARE
HIGHLIGHTED IN GREEN

SISU

WILL. DETERMINATION. PERSERVERANCE.

SWIM 1.2 MI BIKE 56 MI RUN 13.1 MI

WOMEN AUGUST 26, 2023
MEN AUGUST 27, 2023

AS OF 8.17.23

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WELCOME



TIINA BOMAN

Dear IRONMAN athletes!

It is with great pleasure that I extend my warmest welcome to all of you to the picturesque city of Lahti, Finland, for this year's highly anticipated VinFast IRONMAN 70.3 World Championship. As the race director, I am honored to be part of this remarkable event, which showcases the perfect harmony between athleticism and the awe-inspiring natural beauty of Finland.

Lahti, known as the "Sports Capital of Finland," has a rich sporting heritage that spans decades. This vibrant city, nestled amidst the breathtaking landscapes of the Finnish Lakeland, is the epitome of an ideal triathlon destination. With its crystal-clear lakes, rolling hills, and lush forests, Lahti offers a backdrop that is both challenging and captivating, ensuring an unforgettable race experience.

Finland itself is a nation that embodies the spirit of endurance and perseverance, also known as SISU. Beyond its natural allure, Lahti boasts world-class infrastructure and amenities that cater to athletes and spectators alike. The city's state-of-the-art sporting facilities and well-maintained triathlon courses will provide you with an optimal environment to push your limits and showcase your skills. From the moment you arrive, you will feel the warm embrace of Finnish hospitality, as the locals are known for their friendliness and welcoming nature.

In addition to the outstanding race conditions, Lahti offers a plethora of cultural and recreational activities for you to enjoy. Take a leisurely stroll through the city's streets, immerse yourself in Finnish sauna culture and explore the local cuisine and indulge in authentic Finnish delicacies that will delight your taste buds. And if you have the opportunity, venture into the surrounding nature reserves and witness the unparalleled beauty that Finland is renowned for.

As the race director, my team and I have left no stone unturned in ensuring that every aspect of this event surpasses your expectations. Our dedicated team, along with the invaluable support of the local community and our event partners, are committed to delivering a world-class event that will leave a lasting impression on all of you.

To the athletes, I applaud your passion, dedication, and unwavering spirit. Your commitment to triathlon is an inspiration to us all, and we are thrilled to witness your remarkable performances on these hallowed grounds.

Once again, welcome to Lahti, welcome to Finland, and welcome to the VinFast IRONMAN 70.3 World Championship.

Best regards,

Tiina Boman
2023 VinFast IRONMAN 70.3 World Championship Race Director

WELCOME



Andrew Messick

On behalf of our entire IRONMAN team, I am privileged to welcome you, your family, and friends to beautiful Lahti, Finland, the happiest country in the world. We hope you enjoy the lovely city of Lahti, the gateway to Finnish Lakeland, the largest lake region in Europe. You will have a one of-a-kind experience racing through Salpausselkä ridge surrounded by pristine lakes and forests. Here you will find a unique blend of natural wonders and urban charm. A picturesque destination perfectly suited for some fast IRONMAN 70.3 World Championship triathlon racing.

In 2014 the global rotation of the IRONMAN 70.3 World Championship began bringing this event to world-class locations around the world, elevating the experience for our athletes. We are elated to once again find ourselves in a new destination and back to Europe for the first time since 2019.

As you prepare to start the race, be proud of the hard work and sacrifice that earned your place here. The hours, days, and months you have committed have all culminated in making it to this point. Embrace the challenges ahead and enjoy the unrivalled sensation of crossing the finish line in the sporting capital of Finland.

Thank you to the host city, partners, and volunteers who have put their hand up to make this event a great success and a memorable experience for all who take part. The people of Lahti are known for their friendly nature and welcoming spirit, making your stay even more enjoyable.

Welcome to Lahti, Finland – where nature, culture, and Sisu come together in harmony!

Enjoy your stay & we'll see you at the finish line,

Andrew Messick
The IRONMAN Group
President & Chief Executive Officer

Tervetuloa Suomeen!

On behalf of all of us at IRONMAN, welcome to stunning Lahti, Finland for the 2023 VinFast IRONMAN 70.3 World Championship. As you make your final preparations for race day, embrace this year's theme, Sisu, the Finnish word for grit, resiliency, and courage. Ingrained in each particle of the Finnish forests, lakes, and rocks is Sisu. It is a characteristic that every Finn can untap when faced with the seemingly impossible and is the embodiment of our athletes.



Diana Bertsch

The surrounding landscape you will encounter lends to Finland's reputation of "Land of a Thousand Lakes" with numerous interconnected lakes surrounding the city that will help create an experience unlike any other as you make cherished memories in your time here.

The unique and challenging course offers a swim in the beautiful Lake Vesijärvi, a ride through the tall birch forests and rolling hills of the Finnish countryside, a flat and fast run that leads athletes along the breathtaking lakeside communities and a Finnish finish that culminates in a one-of-a-kind celebration. You will find Sisu embedded in Lahti's ground on race day. It will be yours to draw upon, as a warrior on the Finnish frontier, helping to get you through the toughest moments as you reach your goals.

Our dedicated staff, incredible team of volunteers, and local community here in Lahti stand ready to ensure you have the best experience possible. As athletes arrive from over 100 countries, regions and territories from around the world, we ask that you carry an awareness, courtesy, and respect for all throughout your time here.

Enjoy the vast landscapes and charming community that Lahti has to offer, and channel the power of Sisu which the Finns have used to adapt and endure throughout their history to prove "ANYTHING IS POSSIBLE!"

Diana Bertsch
Senior Vice President, World Championship Events
The IRONMAN Group



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Image shown contains pre-production level vehicle. Actual production vehicles may differ.

MESSAGE FROM THE GLOBAL DIRECTOR OF RULES AND OFFICIATING

Jimmy Riccitello

IRONMAN® GLOBAL DIRECTOR OF RULES AND OFFICIATING



■	DRAFTING VIOLATION
	BLUE CARD five minute time penalty served in a penalty tent on the bike course

■	BLOCKING VIOLATION
	YELLOW CARD thirty-second time penalty served at the next penalty tent

■	DISQUALIFICATION (DSQ)
	RED CARD

THREE BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

IRONMAN® will operate under the “three strikes and you’re out” principle with respect to BLUE CARD violations. DRAFTING AND LITTERING are the only two violations that will result in a BLUE CARD violation and an athlete will incur a 5-minute time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (thirty-second time penalty) also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served the moment the penalty is given. 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.

So that you understand the rules on race day, please take the time to read the rules in the Athlete Guide and the 2023 IRONMAN® Competition Rules (the IRONMAN Competition Rules apply when the Athlete Guide is silent on an issue).

The POSITION violations are summarized:

Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.

Keep six bike lengths of clear space between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Always pass on the left of the cyclist in front of you; Never on the right to avoid an ILLEGAL PASS call. Complete your pass within 25 seconds to avoid a DRAFTING call.

Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a DRAFTING call.

Do not use any device that will distract you from paying full attention to your surroundings. Using a device in a distracting manner will result in disqualification.

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

- ! **HELMET CHINSTRAP**
Your chinstrap must be securely fastened whenever you are in possession of your bike.
- ! **RACE NUMBER**
You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be properly attached to your bike frame and must be visible from both sides.
- ! **LITTERING**
Do not throw ANYTHING outside of official aid stations. Purposeful littering will result in a BLUE CARD violation, which is a 5-minute penalty.
- ! **UNAUTHORIZED EQUIPMENT**
Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).
- ! **OUTSIDE ASSISTANCE**
Non-racers may NOT ride or run alongside you.
- ! **TIME PENALTIES**
Remember that even though DRAFTING is the only violation that incurs a five minute time penalty, you must go to a penalty tent for any violation to have your number marked. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. I sincerely hope you have a great race and achieve all your goals.

 BREITLING

VINFAST
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WORLD CHAMPIONSHIP
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Available online at ironmanstore.com



2023 Schedule of Events

Tuesday, August 22, 2023

Start	End	Event	Location
12.00pm	6.00pm	Official IRONMAN® Store	Lahti Sport & Fair Centre
12.00pm	6.00pm	IRONMAN® Information Tent	Lahti Sport & Fair Centre
12.00pm	6.00pm	IRONKIDS® Registration and Check-in Register here	Lahti Sport & Fair Centre
12.00pm	6.00pm	HOKA® GeoPark Adventure Run Registration & Check-in Register here	Lahti Sport & Fair Centre

Wednesday, August 23, 2023

Start	End	Event	Location
7.30am	10.30am	Practice Swim	Nosturi beach
9.00am	12.00pm	HOKA® GeoPark Adventure Run Registration & Check-in Register here	Lahti Sport & Fair Centre
9.00am	5.00pm	Accreditation	Lahti Sport & Fair Centre
9.00am	5.00pm	Media Center	Lahti Sport & Fair Centre
9.00am	5.00pm	VIP Guest Services	Lahti Sport & Fair Centre
9.00am	5.00pm	IRONKIDS® Check-in	Lahti Sport & Fair Centre
9.00am	6.00pm	IRONMAN® Information Tent	Lahti Sport & Fair Centre
9.00am	6.00pm	VinFast IRONMAN® Village	Lahti Sport & Fair Centre
9.00am	6.00pm	Official IRONMAN® Store	Lahti Sport & Fair Centre
9.00am	6.00pm	Lost and Found	Lahti Sport & Fair Centre
9.00am	6.00pm	Bike Tech Support	Lahti Sport & Fair Centre
9.00am	6.00pm	IRONMAN® 70.3® World Championship Athlete Check-in	Lahti Sport & Fair Centre
10.00am	1.00pm	Insider Race Tips and Venue Tour Insider Race Tips Schedule and Agenda	Teivaa Harbor/VinFast IRONMAN Village Stage
10.00am	4.00pm	Lahti Market Square Cultural Fair - Music, Dance, Crafts, traditional Finnish food & more	Lahti Market Square
2.00pm		HOKA® GeoPark Adventure Run	Lahti Stadium
5.00pm	6.00pm	IRONKIDS® Race	Lahti Stadium

Thursday, August 24, 2023

Start	End	Event	Location
7.30am	10.30am	Practice Swim	Nosturi beach
9.00am	5.00pm	Accreditation	Lahti Sport & Fair Centre
9.00am	5.00pm	Media Center	Lahti Sport & Fair Centre
9.00am	5.00pm	VIP Guest Services	Lahti Sport & Fair Centre
9.00am	6.00pm	IRONMAN® Information Tent	Lahti Sport & Fair Centre
9.00am	6.00pm	VinFast IRONMAN® Village	Lahti Sport & Fair Centre
9.00am	6.00pm	Official IRONMAN® Store	Lahti Sport & Fair Centre
9.00am	6.00pm	Lost and Found	Lahti Sport & Fair Centre
9.00am	6.00pm	Bike Tech Support	Lahti Sport & Fair Centre
9.00am	6.00pm	IRONMAN® 70.3® World Championship Athlete Check-in	Lahti Sport & Fair Centre
10.00am	10.45am	Race Briefing German	Sibelius Hall
11.00am	11.45am	Race Briefing French	Sibelius Hall
12.00pm	12.45pm	Race Briefing Spanish	Sibelius Hall
1.00pm	1.45pm	Race Briefing Japanese	Sibelius Hall
2.00pm	2.45pm	Race Briefing Finnish	Sibelius Hall
3.30pm	4.00pm	Parade of Nations Staging	Lahti Stadium
4.00pm	5.00pm	Parade of Nations	Lahti Stadium
6.00pm	8.00pm	Welcome Banquet	Lahti Sport & Fair Centre
8.00pm	8.45pm	Race Briefing English	Lahti Sport & Fair Centre

SISU. WILL. DETERMINATION. PERSEVERANCE.

SWIM 1.2 MI BIKE 56 MI RUN 13.1 MI
WOMEN AUGUST 26, 2023 MEN AUGUST 27, 2023

2023 Schedule of Events (continued)

Friday, August 25, 2023

Start	End	Event	Location
7.30am	10.30am	Practice Swim	Nosturi beach
9.00am	1.00pm	IRONMAN® 70.3® World Championship Athlete Check-in	Lahti Sport & Fair Centre
9.00am	5.00pm	Accreditation	Lahti Sport & Fair Centre
9.00am	5.00pm	Media Center	Lahti Sport & Fair Centre
9.00am	5.00pm	VIP Guest Services	Lahti Sport & Fair Centre
9.00am	6.00pm	IRONMAN® Information Tent	Lahti Sport & Fair Centre
9.00am	6.00pm	VinFast IRONMAN® Village	Lahti Sport & Fair Centre
9.00am	6.00pm	Official IRONMAN® Store	Lahti Sport & Fair Centre
9.00am	6.00pm	Lost and Found	Lahti Sport & Fair Centre
9.00am	6.00pm	Bike Tech Support	Lahti Sport & Fair Centre
12.00pm	6.00pm	Bike and Bike Bag Check in for Athletes racing Saturday ONLY	T1 – Sibeliustalo Lot
1.00pm	6.00pm	Run Bag Check-in for Athletes racing Saturday ONLY	T2 – Lahti Sport & Fair Centre Halls
1.00pm	6.00pm	IRONMAN® 70.3® World Championship Athlete Check-in for Athletes racing Sunday ONLY	Lahti Sport & Fair Centre

Saturday, August 26, 2023

Start	End	Event	Location
5.00am	7.00pm	Media Center	Lahti Sport & Fair Centre
5.30am	7.30am	Transition 1 Open	T1 – Sibeliustalo lot
6.00am	8.30am	Accreditation	Lahti Sport & Fair Centre
7.30am		START IRONMAN® 70.3® World Championship Professional Women	Teivaa Harbor
7.32am		START IRONMAN® 70.3® World Championship Physically Challenged/Intellectual Disability & Handcycle Women	Teivaa Harbor
7.40am		START IRONMAN® 70.3® World Championship Age Group – First Wave	Teivaa Harbor
9.00am	6.00pm	IRONMAN® Information Tent	Lahti Sport & Fair Centre
9.00am	6.00pm	VinFast IRONMAN® Village	Lahti Sport & Fair Centre
9.00am	6.00pm	Official IRONMAN® Store	Lahti Sport & Fair Centre
9.00am	6.00pm	Lost and Found	Lahti Sport & Fair Centre
9.00am	6.00pm	Bike Tech Support	Lahti Sport & Fair Centre
12.00pm	7.30pm	Bike and Bike Bag Check-in for Athletes racing Sunday ONLY	T1 – Sibeliustalo lot
2.00pm	4.00pm	Accreditation	Lahti Sport & Fair Centre
3.15pm	7.00pm	Bike and Gear Bag Check-out for Athletes racing Saturday ONLY	T2 – Lahti Sport & Fair Centre Halls
3.30pm	8.00pm	Run Bag Check-in for Athletes racing Sunday ONLY	T2 – Lahti Sport & Fair Centre Halls

SISU. WILL. DETERMINATION. PERSEVERANCE.

SWIM 1.2 MI BIKE 56 MI RUN 13.1 MI
WOMEN AUGUST 26, 2023 MEN AUGUST 27, 2023

2023 Schedule of Events (continued)

Sunday, August 27, 2023

Start	End	Event	Location
5.00am	7.00pm	Media Center	Lahti Sport & Fair Centre
5.30am	7.30am	Transition 1 Open	T1 – Sibeliustalo lot
6.00am	8.30am	Accreditation	Lahti Sport & Fair Centre
7.30am	6.00pm	Bike Tech Support	Lahti Sport & Fair Centre
7.30am		START IRONMAN® 70.3® World Championship Professional Men	Teivaa Harbor
7.32am		START IRONMAN® 70.3® World Championship Physically Challenged/Intellectual Disability & Handcycle Men	Teivaa Harbor
7.40am		START IRONMAN® 70.3® World Championship Age Group – First Wave	Teivaa Harbor
10.00am	6.00pm	IRONMAN® Information Tent	Lahti Sport & Fair Centre
10.00am	6.00pm	VinFast IRONMAN® Village	Lahti Sport & Fair Centre
10.00am	6.00pm	Official IRONMAN® Store	Lahti Sport & Fair Centre
10.00am	6.00pm	Lost and Found	Lahti Sport & Fair Centre
3.50pm	10.00pm	Bike and Gear Bag Check-out for Athletes racing Sunday ONLY	T2 – Lahti Sport & Fair Centre Halls
7.00pm		VinFast IRONMAN 70.3 World Championship Banquet of Champions	Lahti Sport & Fair Centre

Monday, August 28, 2023

Start	End	Event	Location
8.00am	12.00pm	Lost and Found	Lahti Sport & Fair Centre
8.00am	12.00pm	Bike Tech Support	Lahti Sport & Fair Centre



SISU. WILL. DETERMINATION. PERSEVERANCE.

SWIM 1.2 MI BIKE 56 MI RUN 13.1 MI
 WOMEN AUGUST 26, 2023 MEN AUGUST 27, 2023

TRAVEL & TRANSPORT INFORMATION

WELCOME TO LAHTI

The saying goes that it's as much about the journey as the destination, so we wish you a safe, streamlined and pleasant journey to Lahti - we know you'll love the destination. Now let's get you there!

Particularly for international visitors, we've prepared this Information Guide to help you with your travel movements once within Finland.

There are numerous options for airport transfers, race week movements and race day arrivals and departures. Read on for details based on some main points of origin.

As always, be sure to check our [VinFast IRONMAN 70.3 World Championship website](#) for updates and additional information, and remember that live scheduling information and service updates for any transport service provider is best checked and double-checked directly via the service provider's website - links to which are provided within the following pages. All information within this document is up to date as of the time of production.

We recommend and request that you book any charter or public transportation options as soon as possible to enable the services to scale capacity in line with demand.

We look forward to seeing you soon.

HELP AND INFORMATION

AT AIRPORT

If you arrive at Helsinki-Vantaa airport between Sunday 20th and Wednesday 23rd August, you will see a VinFast IRONMAN 70.3 World Championship branded help desk where knowledgeable attendants will be available to assist you.

Operating between 10am and 7pm, this team will be ready to answer any of your travel related questions and provide directions to help with your ongoing journey, be it via chartered bus, train, rental car or taxi.

IN LAHTI

The main arrival hub in Lahti is the Lahti Travel Centre. This transport hub brings together trains, long-haul buses, local buses, and taxis. 'Floating ambassadors', identifiable by their branded t-shirts will be available to assist you with any transport questions throughout race week.

In addition, ambassadors will be positioned throughout the city centre during race week, and also at info-hubs at the IRONMAN Village and Lahti Market Square to assist with transport and transfer questions.

VIA TELEPHONE

An athlete-dedicated phone service/ hotline will be available between Friday 19th and Monday 28th August specifically to assist with transport-related inquiries. The telephone number is +358442965885.

USEFUL ADDRESSES

Athlete Check-in & IRONMAN Village:
Lahti Sport and Fair Centre
Salpausselänkatu 7, 15110 Lahti, Finland

Lahti Travel Centre - Train Station
Mannerheiminkatu 15
15100 Lahti

Swim Start
Teivaa Harbour
Jalkarannantie 15, 15110 Lahti, Finland

Lahti Travel Centre - Bus Station
Askonkatu 2
15100 Lahti

Transition 1
Sibeliustalo Lot
Ankkurikatu 7, 15140 Lahti, Finland

Race Day Bus Charter Drop Off Point
Kartanonkatu 8
15140 Lahti

Transition 2
Lahti Sport and Fair Centre
Salpausselänkatu 7, 15110 Lahti, Finland

Finish Line
Salpausselänkatu 8, 15110 Lahti, Finland

TRAVEL & TRANSPORT INFORMATION

TRANSFERS FROM HELSINKI AIRPORT

To Lahti (approx. 1 hour)

BUS CHARTER

IRONMAN Express Shuttle operating 21 – 24 August
Departs 3 times a day at 14:00, 18:00, 22:00
Arrives at Lahti Travel Centre

- €30.80 /person + €25 /bike*
- Bus stops Lahti > Pajulahti > Vierumäki
- [BUY TICKETS HERE](#)

TRAIN

- Requires one change of train at Tikkurila
- One type of train departs every 30 mins
- Arrives at Lahti Travel Centre
- [BUY TICKETS HERE](#)

Commuter Z-Train (hourly)

- Approx €11 /person
- Can take bikes

Pendolino & Intercity Trains (hourly)

- Approx €5-10 /person
- Bikes not recommended

TAXIS

Approximately €150 - €200 each way

UBER/RIDESHARE

Approximately €150 - €200 one way**

CAR RENTALS

Prices from approximately €65 day

BIKE TRANSPORT TO RACE VILLAGE

TAVARATAKSI BIKE TRANSPORTATION SERVICE can take care of your bike transfer from Helsinki Airport to Lahti. Bikes will be delivered direct to the Race Office in Lahti Sports Centre IRONMAN Village. Service is available:

From Helsinki Airport to Lahti Sports Centre: Mon 21st to Fri 25th of August. (Collect bike from Tuesday onwards) Return from Lahti Sports Centre to Helsinki Airport: Sun 27th to Tues 29th of August.

€49/ bike each way

Bike transport must be pre-booked. [BOOK SERVICE HERE.](#)

TRANSFERS FROM HELSINKI AIRPORT

To Pajulahti or Vierumäki (approx. 1.5 hours)

BUS CHARTER

IRONMAN Express Shuttle operating 21 – 24 August
Departs 3 times a day at 14:00, 18:00, 22:00
Arrives at Pajulahti Sports Inst, Hotel Fennada, Holiday Club Vierumäki

- €30.80 /person + €25 /bike*
- Bus stops Lahti > Pajulahti > Vierumäki
- [BUY TICKETS HERE](#)

TRAIN

- It is **not recommended** to take public transport from HEL to Pajulahti or Vierumäki. Connections are infrequent and the overall travel time is long.
- You may take public transport to Lahti and then transfer to a taxi from this point.

TAXIS

Approximately €180 - €200 each way

UBER/RIDESHARE

Approximately €150 - €200 one way**

CAR RENTALS

Prices from approximately €65 day

 = RECOMMENDED

*Rate increase on 8/4/2023 by Reissu Ruoti

**Note, rideshare is not a readily available service on the Lahti end of the trip so an alternate return route should be planned.

BIKE STORAGE

TriBike Transport offers bike storage in Lahti during race week. Whether you're taking the train from another town or city, have limited hotel storage, or just want a lighter load, TriBike Transport can store your bike on site for you to access when you need it. Check in/out your bike anytime between Tues 22nd - Sun, 27th August, 9am-6pm
Located near IRONMAN Village under the track at Lahden Stadion
Fully secured overnight storage
Price: \$100 for unlimited check in/out during operating hours.

Click [HERE](#) to reserve your spot today!

TRAVEL & TRANSPORT INFORMATION

RACE WEEK: GETTING TO LAHTI

From Helsinki (approx. 1 hour)



TRAIN

- One type of train departs every 30 mins
- Arrives at Lahti Travel Centre
- [BUY TICKETS HERE](#)

Commuter Z-Train (hourly)

- Approx €11.70 /person
- Can take bikes

Pendolino & Intercity Trains (hourly)

- Approx €10-20 /person (reserved seats)
- Bikes **not recommended**.

PUBLIC BUS

- Matkahualto Public Service
- Journey duration approx. 1hr 20 mins via Express Bus
- Bikes **not recommended**
- 1 – 2 buses operate per hour
- €8 – 12 /person
- [BUY TICKETS HERE](#)

TAXIS

- Approximately €150 - €200 each way
- More details [HERE](#)

UBER/RIDESHARE approximately €150 one way*



CAR RENTALS prices from approximately €65 day

CAR PARKING public and paid facilities are available within Lahti City Centre.

Check page 6 for parking map.

RACE WEEK: GETTING TO LAHTI

From Pajulahti or Vierumäki (approx. 30 mins)



PUBLIC BUS

- Travel via LSL on a
 - o 2-zone ticket from Pajulahti, €3.60 for 2 hours or,
 - o 3-zone ticket from Vierumäki €6.70 for 3 hours
- Day (or multi-day) tickets may be purchased from €8 -16
- Tickets can be purchased ahead online, via an app, or onboard
- For onboard tickets, exact change is required (no cashless option)
- [SCHEDULE INFORMATION](#)
- [TICKET INFORMATION](#)

TAXIS

- Approximately €44 each way (Pajulahti) or €55 each way (Vierumäki)
- More details [HERE](#)

CAR PARKING public and paid facilities are available within Lahti City Centre. Check page 6 for parking map.



= RECOMMENDED

* **Note, rideshare is not a readily available service on the Lahti end of the trip so an alternate return route should be planned.**

RACE DAY TRAVEL INFORMATION

RACE DAY: GETTING TO LAHTI

From Helsinki (approx. 1 hour)

TRAIN

EARLY SPECIAL SERVICE 'IRONMAN TRAIN'

Provided by VR Finland specifically to accommodate IRONMAN athletes staying in Helsinki, operating Saturday 26 & Sunday 27 August only.


Departs Helsinki at 4:45am

- Train will stop at the following stations en route:

- Pasila
- Tikkurila
- Kerava
- Haarajoki
- Mäntsälä
- Henna
- Arrive: Lahti at 5.50am
- [BUY TICKETS HERE](#)

 TAXIs approximately €150 - €200 each way

 UBER/RIDESHARE approximately €150 one way*

 CAR PARKING public and paid facilities are available within Lahti City Centre. Check page 13 for parking map.

For spectators arriving after start time

TRAIN

- One type of train departs every 30 mins
- [BUY TICKETS HERE](#)

PUBLIC BUS

- Matkahualto Public Service
- Journey duration approx. 1hr 20 mins via Express Bus
- Bikes **not recommended**
- 1 – 2 buses operate per hour
- €8 – 12 /person
- [BUY TICKETS HERE](#)

RACE DAY: GETTING TO LAHTI

From Pajulahti or Vierumäki (approx. 30 mins)

BUS CHARTER

EARLY SPECIAL SERVICE IRONMAN Express Shuttle operating Friday 25 – Sunday 27 August only.

Friday - departs from 12 noon. Race Day - departs at 5am from Pajulahti, Hotel Talluka, Hotel Fennada or Vierumäki

Arrives Lahti at 5:30am

- €7.80 /person + €3 /bike
- Bus stops at Lahti Kartano (Kartanonkatu 8) and is a 10 min walk to race start
- [BUY TICKETS HERE](#)

 TAXIs approximately €40 - €60 each way

- More details [HERE](#)
- Prebooking taxis is recommended

For spectators arriving after start time

PUBLIC BUS

- Travel via LSL on a
 - o 2-zone ticket from Pajulahti, €3.60 for 2 hours or,
 - o 3-zone ticket from Vierumäki €6.70 for 3 hours
- Day (or multi-day) tickets may be purchased from €8 -16
- Tickets can be purchased ahead online, via an app, or onboard
- For onboard tickets, exact change is required (no cashless option)
- [SCHEDULE INFORMATION](#)
- [TICKET INFORMATION](#)

 = RECOMMENDED

*** Note, rideshare is not a readily available service on the Lahti end of the trip so an alternate return route should be planned.**

GETTING AROUND LAHTI

BUSES: LSL LAHTI REGION BUS SERVICE

- Tickets can be purchased ahead online, via an app, or onboard
- For onboard tickets, exact change is required (no cashless option)
- [BUY TICKETS HERE](#)

TAXIS

- More details [HERE](#)

SCOOTERS, EBIKES

- Tickets can be purchased ahead online, via an app, or onboard
- For onboard tickets, exact change is required (no cashless option)
- [BUY TICKETS HERE](#)

CAR PARKING

- Public and paid facilities are available within Lahti City Centre.
- Please see tentative car parking locations below and visit our [website](#) for up-to-date details on access, fees, and information.
- View Parking Map [HERE](#)



Take your racing experience to the next level with Enhanced Athlete Event Experiences powered by NIRVANA

Curated to meet the needs of IRONMAN athletes, enjoy a range of enhanced services such as priority check-in, dedicated bike maintenance, bike and bag return to your hotel post-race and much more.

- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
- Early Access to IRONMAN store before public opening
- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

CONTACT US

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

contactus@nirvanasportstravel.com

nirvanasportstravel.com





Fly to IRONMAN® events worldwide with Qatar Airways

As Official Airline Partner of the Global IRONMAN® Series and IRONMAN® 70.3® Series, until 2025, Qatar Airways is proud to connect athletes, officials and fans worldwide. Athletes travelling to and from events will benefit from additional offers, including promotional fares and special offers.



Save up to **10%**
as a registered athlete



Earn **2,000**
Avios in Economy Class and
4,000 bonus Avios in
Business or First Class



Enjoy enhanced flexibility
with one complimentary
date change



Carry your race bike as
checked baggage at no
additional cost*

qatarairways.com/IRONMAN

*Only for athletes. Enrolment period: 01 April 2023 to 31 December 2023.
Travel period: 01 April 2023 to 30 June 2024.

QATAR
AIRWAYS

IRONMAN
GLOBAL SERIES

2023 OFFICIAL AIRLINE PARTNER

ATHLETE CHECK-IN

WHEN

Wednesday, August 23

- All Athletes: 9:00 AM to 6:00 PM

Thursday, August 24

- All Athletes: 9:00 AM to 6:00 PM

Friday, August 25

- All Athletes: 9:00 AM to 1:00 PM
- Sunday Athletes Only: 1:00 PM to 6:00 PM

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. ALL RACE PACKETS MUST BE PICKED UP BY 6:00 PM ON FRIDAY, AUGUST 25.

WHERE

Lahti Sport and Fair Centre

WHAT TO BRING

- Photo Identification
- Active.com registration QR Code
- Valid license issued by Finnish Triathlon Federation (one-day or annual license)

RACE LICENSE

Athletes are required to hold a one-day or annual license provided by Finnish Triathlon Federation. No other licenses are accepted. The annual license can be purchased from Suomisport (www.suomisport.fi). We recommend downloading the Suomisport app to show the license at Athlete Check-in. Athletes will also have the option to purchase a one-day license through Active (15€) or at Athlete Check-in (20€) with a credit card. We highly encourage athletes to purchase a one-day license prior to Athlete Check-in to ensure a quick and smooth check-in process.

ATHLETE RESERVED CHECK-IN TIMES

Athletes MUST adhere to their selected Athlete Check-in time and are required to reserve the following:

- Athlete Check-in
- Bike and Bike Gear Check-in
- Run Gear Check-in
- Time blocks will be scheduled every half - hour each day

Athletes will receive an email from Active.com three (3) weeks prior to race day requiring you to select your check-in times.

YOUR RACE PACKET WILL INCLUDE:

- Two (2) race bibs - one (1) must be worn on the front for the run
- Sticker sheet (bike frame, helmet & gear bag stickers)
- Swim cap
- Bike Check-out ticket
- Athlete wristband- must be attached at time of check-in and worn until after the Banquet of Champions
- Grey Morning Clothes Bag | Streetwear
- Blue Bike Gear Bag
- Red Run Gear Bag

*You will receive your timing chip at Bike and Bike Gear Bag Check-in

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 the Welcome Banquet and Banquet of Champions.

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, athletes will have 2 EXTRA gear bag stickers

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.

EMERGENCY CONTACT

Athletes are required to Check-in at the venue during the dates and times listed above and on the Event Schedule. Athlete Check-in will not be available outside the posted times. Should an athlete have a legitimate, verifiable emergency that prevents them from picking up their materials, IRONMAN® will try to accommodate the athlete to the best of our ability as long as the athlete informs IRONMAN®.

To inform IRONMAN® of any emergency during race week, athletes must call +358505597362 or report to the Information Tent.

Information Tent hours are as follows:

Tuesday, August 22	12:00 PM - 6:00 PM	Lahti Sport & Fair Centre
Wednesday, August 23	9:00 AM - 6:00 PM	Lahti Sport & Fair Centre
Thursday, August 24	9:00 AM - 6:00 PM	Lahti Sport & Fair Centre
Friday, August 25	9:00 AM - 6:00 PM	Lahti Sport & Fair Centre
Saturday, August 26	9:00 AM - 6:00 PM	Lahti Sport & Fair Centre
Sunday, August 27	10:00 AM - 6:00 PM	Lahti Sport & Fair Centre

For questions, please email worldchampionship70.3@ironman.com.

IRONMAN VILLAGE





VINFAST

IRONMAN 70.3[®]

WORLD CHAMPIONSHIP

Lahti | Finland



8/26 & 8/27

STREAM LIVE OR ON-DEMAND

Outside Watch

Available at [Outside.Watch](https://www.outside.watch) or download on your favorite streaming devices.

Watch the IRONMAN 70.3 races anytime with a **FREE** Outside+ subscription when you purchase your FinisherPix photo package at [FinisherPix.com](https://www.FinisherPix.com)

IRONMAN 70.3

Outside⁺

2023 GLOBAL SERIES
OFFICIAL MEDIA PARTNER

PRE-RACE INFO

IMPORTANT ADDRESSES

Athlete Check-In/IRONMAN Village

Lahti Sport and Fair Centre
Salpausselänkatu 7, 15110 Lahti, Finland

Swim Start

Teivaa Harbor
Jalkarannantie 15, 15110 Lahti, Finland

Transition 1

Sibeliustalo Lot
Ankkurikatu 7, 15140 Lahti, Finland

Transition 2

Lahti Sport and Fair Centre
Salpausselänkatu 7, 15110 Lahti, Finland

Finish Line

Salpausselänkatu 8, 15110 Lahti, Finland

IRONMAN® VILLAGE INFORMATION

The IRONMAN® Village is the center of the event weekend, serving as the location for Athlete Check-In, vendors, and the IRONMAN Merchandise Store. The village is free and open to the public, offering a great opportunity for athletes to pick up final race day essentials.

MANDATORY ATHLETE BRIEFING

Athletes are required to attend a Mandatory Athlete Briefing on Thursday, August 24. There will be briefings offered in Spanish, French, Japanese, Finnish, German and English. Please check the Event Schedule for times.

The English Athlete Briefing will be after the Welcome Banquet at 8:00 PM on Thursday, August 24 at the Lahti Sport & Fair Centre.

Mandatory Athlete Briefings are hosted for the benefit of all athletes. The briefings 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.

PERSONAL SAFETY

Swimming in Lake Vesijärvi is only where marked training course is. **Swimming on the race course is prohibited due to boat traffic.**

Always train with at least one other person (especially in the open water). While swimming, please wear a brightly colored swim cap and ensure that your family members and/or friends know where you are. While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Athletes are further admonished to exercise caution and to be mindful of underwater hazards. Keep in mind that this is a natural body of water and is subject to hidden hazards including currents and underwater obstructions. Swimming the course prior to race day is at your own risk. Please follow the safety precautions listed above.

When training, please bike and run on the shoulder without moving into the traffic lane. Please be courteous and aware that the people sharing the roads with you are people you will count on during race day to fulfill your physical and emotional needs. Please ride single file, as **biking side by side is illegal**, and follow traffic rules.

ROUTE TO TRANSITION

Refer to the parking map for parking locations around Lahti and near Transition 1 at Sibeliustalo, and Transition 2 inside the Sport and Fair Centre. From Lahti near the City Market parking garage, P-Tori (Market Square Parking - Rauhankatu 15, 15140 Lahti, Finland), T1 and T2 are approximately a 10-15 minute walk.

OFFICIAL SWIM ACCESS

Athletes may swim on Wednesday, Thursday, and Friday from 7:30 AM to 10:30 AM at Nosturi Beach. All athletes will be required to check-in and check-out should they wish to swim on these days/times. Additional swimming outside of these days/times is offered at the following locations listed in the link below:

<https://www.lahti.fi/vapaa-aika/liikunta-ja-ulkoilu/uimarannat-ja-talviuinti/#Uimarannat>

Additional Swim Options:

- Lake Joutjärvi
- Uimarannankatu 3
- Lahti Vierumäki Sport Institute
- Valkjärvi and Suurjärvi Pajulahti Sports Institute
- Lake Kukkanen

Pools:

- Vierumäki
- Pajulahti
- Lahden Uimahalli, Svinhuvudinkatu 8, Lahti
- Kivimaan Uimahalli
- Outdoor swimming pool Maaumala
 - Lahti Sports Centre, Salpausselänkatu 8, 15110 Lahti
 - Two lanes dedicated to IRONMAN Athletes
 - Hours
 - Monday 14 Aug - Friday 25 Aug
 - 10:00AM - 5:00PM
 - Saturday 26 Aug
 - 10:00AM - 5:00PM
 - Sunday 27 Aug
 - 10:00AM - 5:00PM

OVERNIGHT BIKE PARKING - OPEN TO ALL ATHLETES

TriBike Transport is proud to offer bike storage in Lahti for all athletes during the week of IRONMAN 70.3 World Championship. Whether you are taking the train from another town or city, have limited hotel storage, or just want a lighter load, TriBike Transport can store your bike on site for you to access when you need it.

Details:

- Located near IRONMAN Village under the track at Lahden Stadion
- Check in/out your bike anytime Tuesday, August 22nd – Sunday, August 27th, 9am-6pm
- Fully secured overnight storage
- Price: \$100 for unlimited check in/out during operating hours*
- **BOOK SERVICE [HERE](#)**

*This service is included for TriBike Transport customers transporting their bike to Lahti

PRE-RACE INFO

GEAR BAGS

During Athlete Check-In, athletes will receive three bags:

■ Grey [Morning Clothes/Streetwear]

■ Blue [Bike Gear]

■ Red [Run Gear]

MORNING CLOTHES/STREETWEAR BAG

You will receive a grey Morning Clothes/Streetwear Bag at Athlete Check-In. Prior to the swim start on race morning, place any items (e.g., dry clothes, car or hotel room key, medicine) you may need at the finish line in your Morning Clothes/Streetwear Bag. Hand your bag in to the volunteers near the trucks parked in the swim staging area. These bags will be transported to the finish line area and hung up for collection post-race. Any items that do not fit inside the Morning Clothes/Streetwear Bag, such as bike pumps and backpacks, will not be accepted.

MANDATORY BIKE & BIKE BAG CHECK-IN

LOCATION T1: SIBELIUSTALO LOT

- Saturday Athletes: Friday, August 25 from 12:00 PM - 6:00 PM
- Sunday Athletes: Saturday, August 26 from 12:00 PM - 7:30 PM

Helmets will be checked by race officials during Bike and Bike Gear Bag Check-In. All helmets must then be placed in your Bike Gear Bag prior to hanging your bag on the rack. Helmets are not allowed to be left on your bike.

MANDATORY RUN BAG CHECK-IN

LOCATION T2: LAHTI SPORT & FAIR CENTRE

- Saturday Athletes: Friday, August 25 from 1:00 PM - 6:00 PM
- Sunday Athletes: Saturday, August 26 from 3:30 PM - 8:00 PM

As a reminder, athletes will only be allowed to check-in their bike, bike gear, and run gear during their previously selected check-in times.

STEP 1

T1 is located at the Sibeliusstalo lot. There will be limited parking available. Please only plan to check-in during your previously selected check-in times and limit your time to 30 minutes. Access to T1 can be achieved via surrounding street parking, City Market Parking Garage, P-Tori, and walking along the paths.

STEP 2

T2 is located at the Lahti Sport & Fair Centre.

PRO PRIZE PURSE - \$350,000

BREAKDOWN BY GENDER

1st Place \$50,000	2nd Place \$25,000
3rd Place \$18,000	4th Place \$12,000
5th Place \$10,000	6th Place \$8,500
7th Place \$8,000	8th Place \$7,500
9th Place \$7,000	10th Place \$6,500
11th Place \$6,000	12th Place \$5,500
13th Place \$4,500	14th Place \$3,500
15th Place \$3,000	

IRONKIDS

The IRONKIDS fun run offers young athletes the opportunity to feel the excitement of competition while enjoying the outdoors and promoting healthy living. Each athlete receives a race bib, finisher shirt, medal, goodie bag and the pride of calling themselves an IRONKID!

Registration and packet pick-up will be located at the entrance to the IRONMAN Village on Tuesday, August 22 from 12:00 PM to 6:00 PM and Wednesday, August 23 from 9:00 AM to 5:00 PM.

The race will start at 5:00 PM on Wednesday, August 23. Participants will start and finish on the Lahti Stadium Track.

HOKA GeoPark Adventure Run/Walk

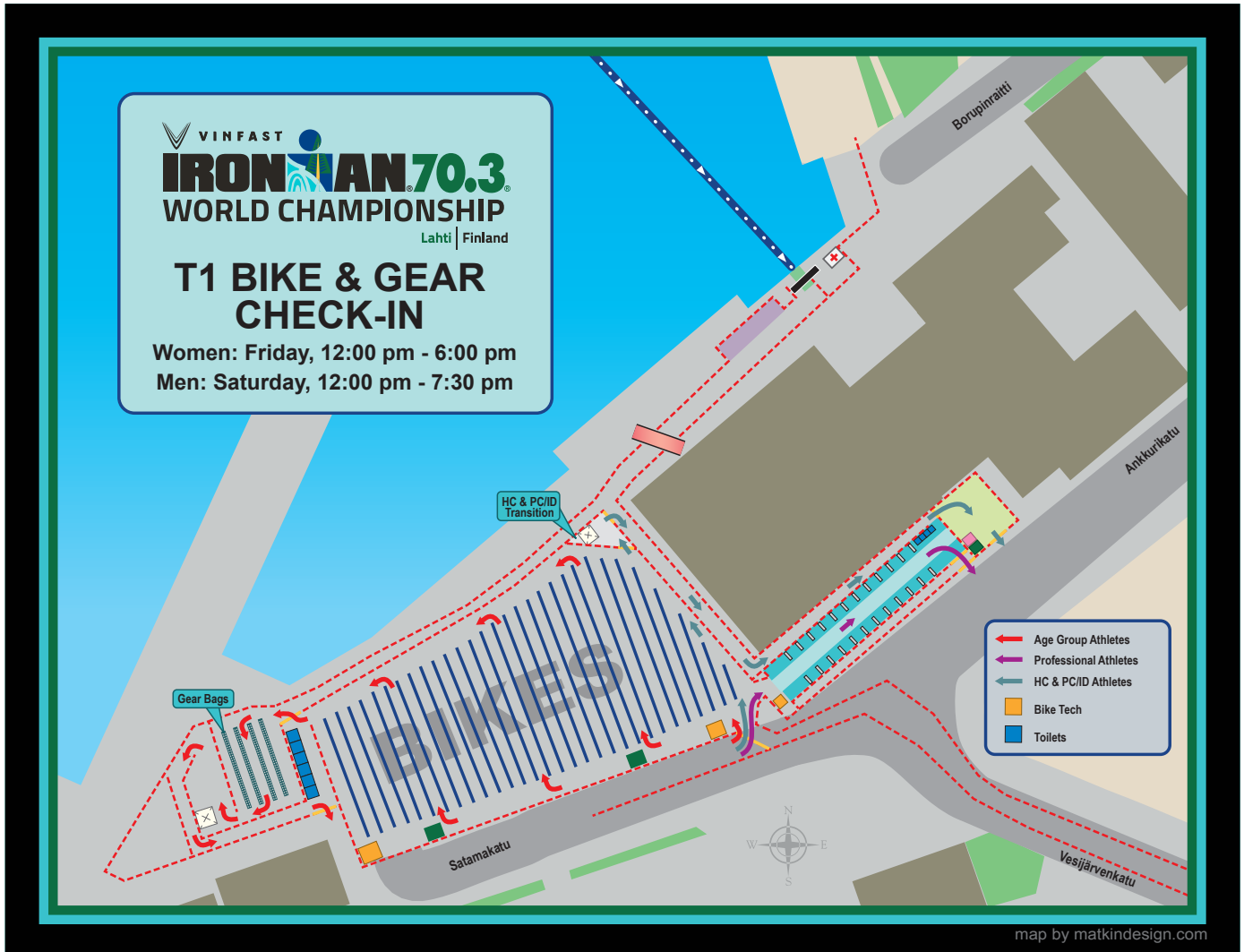
Race week of the 2023 VinFast IRONMAN 70.3 World Championship, friends, family and locals will have the opportunity to run through the beautiful forests and ski track trails around the famous Ski Jumps, while starting and finishing on the Lahti Stadium track.

Participants can check-in and pick up their packet at the entrance to the IRONMAN Village on Tuesday, August 22 from 12:00 PM to 6:00 PM and Wednesday, August 23 from 9:00 AM to 12:00 PM. Registration will also be available at this time pending that the race has not sold out online. The race will take place on Wednesday, August 23 at 2:00 PM at Lahti Stadium.

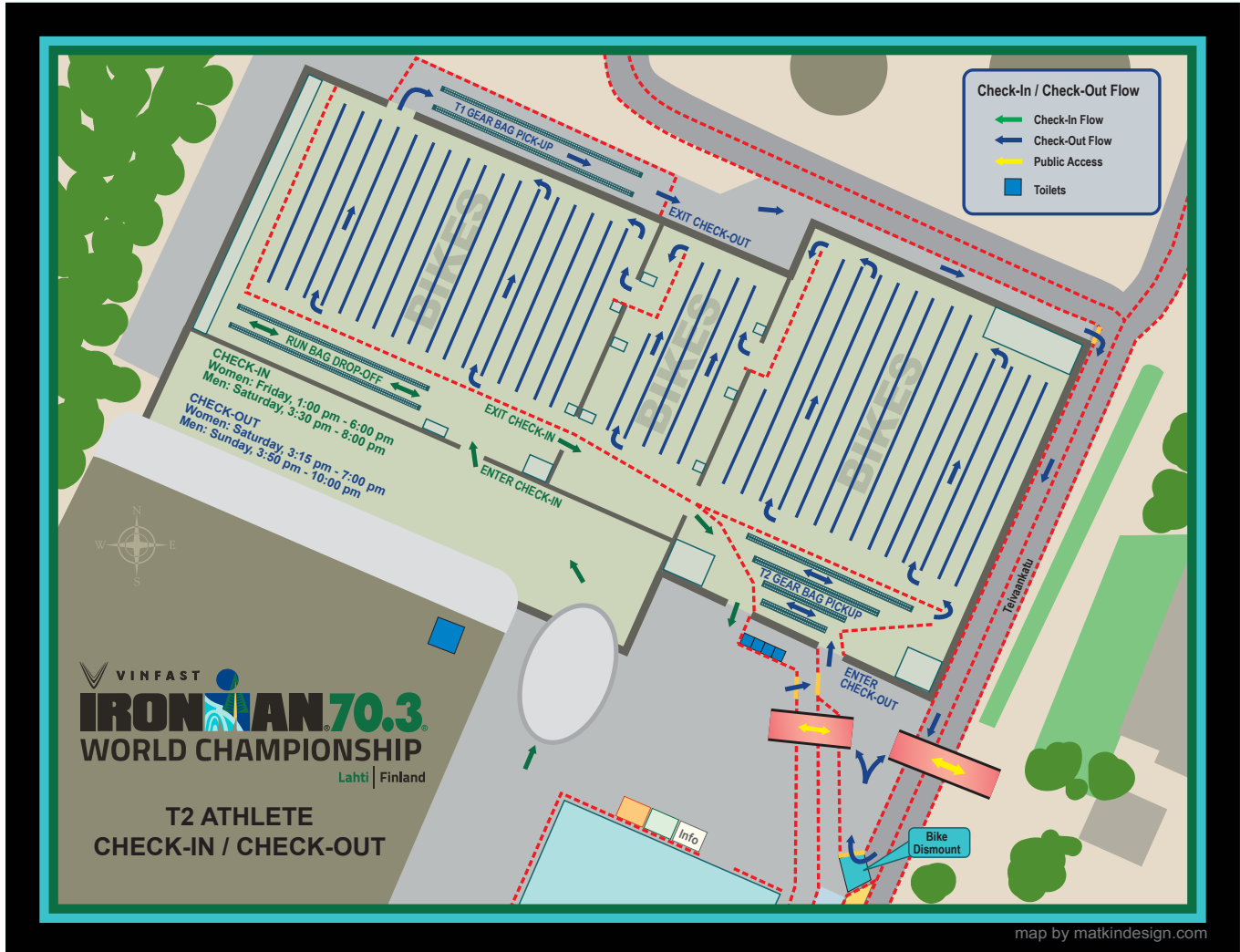
VENUE OVERVIEW



T1 CHECK-IN FLOW



T2 CHECK-IN FLOW



RACE DAY INFO

RACE MORNING PROCEDURE

Athletes may enter Transition 1 at Sibeliustalo lot beginning at 5:30 AM.

NO PARKING IS AVAILABLE AT T1 ON RACE MORNINGS. Athletes may get dropped off at T1 on race morning.

Plan extra time race morning as all entry points into Transition 1 and the Swim Start area are secured locations. All athletes entering race morning will have to go through these security locations.

Remember to bring your timing chip, swim cap, and wetsuit. Bike technicians and pumps will be available in transition race morning. Please do not wear your bib number in the swim for the number will not hold up for the duration of the race if it gets wet. Bib number must be worn on the run. During the bike portion, bib numbers must be visible from the helmet sticker on the front of the bike helmet and from the bike stickers on both sides of the bike. You will not be permitted in transition on race day without your wristband, swim cap and timing chip. If you have misplaced any of these items, please see the Transition Director at the entrance for a replacement.

Please pass your Morning Clothes/Streetwear Bag to the volunteers at the Morning Clothes / Streetwear trucks located at the back of the Swim Staging corral, before you enter the swim staging chute. Morning Clothes / Streetwear bags will be taken to the post-race finish line area for you to retrieve after you finish.

BAGS ARE RESTRICTED IN ALL CREDENTIALLED AREAS

To avoid delays or any inconvenience, please plan accordingly and do not bring bags on race day. Only official IRONMAN® athlete issued plastic gear bags will be permitted and are subject to check.

AID STATIONS

There will be three bike aid stations located at 11mi/18km, 28mi/46km, and 45mi/73km. There will be six run aid stations located approximately every 1mi/1.6km. The general offerings are as follows:

Bike:

Gatorade Thirst Quencher
Formula - Red Orange Sport
Top Bottle
Water
Bananas
Maurten Energy Gels 100
Maurten Energy Gels CAF100
Energy Bar
226ERS

Run:

Gatorade Thirst Quencher
Formula - Orange
Red Bull
Water
Cola
Pretzels or Chips
Chips
Bananas
Oranges
Maurten Energy Gels 100
Maurten Energy Gels
CAF100
Energy Bar
226ERS

TIMING CHIP

Please ensure you receive your timing chip at Bike and Bike Gear Bag Check-in. You will return your chip after you cross the finish line.

- You must always wear your timing chip while you are racing. Prior to the swim, fasten the chip around your left 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. Volunteers will help you remove the chip after the race.
- If you drop out or are pulled from the race at any time, you must notify and turn in your timing chip 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.
- Your race timing chip is being loaned to you. By picking up your race number and timing chip, you are guaranteeing you will return the chip to timing, or you will be billed for its replacement.
- If you lose your timing chip during the event, you are responsible for obtaining a replacement at one of the following locations:
 - Swim start final holding pen
 - Swim exit
 - Transition 1
 - Run exit
- If you realize you still have your chip after the race, please mail it within five (5) business days to one of the addresses below :

- SPORTSTATS USA
112 54th St SW
Grand Rapids, MI 49548
- MYLAPS Headquarters
Zuiderhoutlaan 4
2012 PJ Haarlem
The Netherlands

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

BORN IN THE LAB, PROVEN ON THE COURSE.

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



2023 OFFICIAL SPORTS DRINK

Don't try this on race day*



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

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

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EUROPEAN SERIES

2023 OFFICIAL NUTRITION BAR PARTNER



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Voucher valid on www.226ers.com

RACE DAY

SATURDAY, AUGUST 26

OVERALL CUT-OFF - WOMEN

Each athlete will have 8 hours and 30 minutes (commencing on the athlete's swim start) to complete the course. Athletes who take longer than 8 hours and 30 minutes to complete the course will receive an NC (Not Classified) and will not be eligible for awards of any kind or World Championship entry slots. The course will close 8 hours and 30 minutes after the final athlete starts the swim.

All cut-offs are based on your elapsed time and include aid station stops, transitions, mechanical issues, and any other stops that occur after your race start.

IRONMAN reserves the right to remove any athlete from the course if the Operations Team believes the athlete will not finish the swim, bike, or run prior to a cut-off time, course closure, or for a perceived safety reason.

SWIM CUT-OFF

Each athlete will have 1 hour and 10 minutes (commencing on the athlete's swim start) to complete the swim. Athletes who take longer than 1 hour and 10 minutes to complete the swim will be prevented from continuing and will receive a DNF.

Access to bike course will close at 11:20 AM.

BIKE CUT-OFF

Each athlete will have 5 hours and 30 minutes (commencing on the athlete's swim start) to complete the swim, T1, and the bike course. Athletes who take longer than 5 hours and 30 minutes to complete the swim, T1, and the bike course will be prevented from continuing and will receive a DNF.

INTERMEDIATE BIKE CUT-OFF

The Intermediate Bike Cut-Off point will be located at **approximately** 37.7 mile/60.7 km of the bike course. Athletes who have not reached the Intermediate Bike Cut-Off point by 1:25 PM will not be permitted to continue and will receive a DNF. Athletes who fail to meet the Intermediate Bike Cut-Off time will be transported back to the race venue by an IRONMAN SAG vehicle.

These cut-offs are in accordance with the approved traffic plan that coincides with the opening of the public roads to traffic.

Access to the run course will close at 3:00 PM.

RUN CUT-OFF

Athletes that take longer than 8 hours and 30 minutes to complete the entire course will receive an NC (Not Classified).

INTERMEDIATE RUN CUT-OFF

The Intermediate Run Cut-Off point will be located at approximately 6.5 mile/11 km of the run course. Athletes who have not reached the Intermediate Run Cut-Off point by 4:22 PM will not be permitted to continue and will receive a DNF.

These cut-offs are in accordance with the approved traffic plan that coincides with the opening of the public roads to traffic. 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.

VIPER TRISUIT,
A WORLD CHAMPION TRISUIT



Santini

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RACE DAY

SUNDAY, AUGUST 27

OVERALL CUT-OFF - MEN

Each athlete will have 8 hours and 30 minutes (commencing on the athlete's swim start) to complete the course. Athletes who take longer than 8 hours and 30 minutes to complete the course will receive an NC (Not Classified) and will not be eligible for awards of any kind or World Championship entry slots. The course will close 8 hours and 30 minutes after the final athlete starts the swim.

All cut-offs are based on your elapsed time and include aid station stops, transitions, mechanical issues, and any other stops that occur after your race start.

IRONMAN reserves the right to remove any athlete from the course if the Operations Team believes the athlete will not finish the swim, bike, or run prior to a cut-off time, course closure, or for a perceived safety reason.

SWIM CUT-OFF

Each athlete will have 1 hour and 10 minutes (commencing on the athlete's swim start) to complete the swim. Athletes who take longer than 1 hour and 10 minutes to complete the swim will be prevented from continuing and will receive a DNF.

Access to bike course will close at 11:20 AM.

BIKE CUT-OFF

Each athlete will have 5 hours and 30 minutes (commencing on the athlete's swim start) to complete the swim, T1, and the bike course. Athletes who take longer than 5 hours and 30 minutes to complete the swim, T1, and the bike course will be prevented from continuing and will receive a DNF.

Athletes registered for Sunday's IRONMAN 70.3 World Championship MAY NOT TRAIN ON ANY PORTION OF THE COURSE on Saturday, August 26. Registered athletes caught violating this rule risk disqualification. Thank you for respecting your fellow IRONMAN Competitors' race day.

INTERMEDIATE BIKE CUT-OFF

The Intermediate Bike Cut-Off point will be located at **approximately** 37.7 mile/60.7 km of the bike course. Athletes who have not reached the Intermediate Bike Cut-Off point by 2:10 PM will not be permitted to continue and will receive a DNF. Athletes who fail to meet the Intermediate Bike Cut-Off time will be transported back to the race venue by an IRONMAN SAG vehicle.

These cut-offs are in accordance with the approved traffic plan that coincides with the opening of the public roads to traffic.

Access to the run course will close at 3:45 PM.

RUN CUT-OFF

Athletes that take longer than 8 hours and 30 minutes to complete the entire course will receive an NC (Not Classified).

INTERMEDIATE RUN CUT-OFF

The Intermediate Run Cut-Off point will be located at approximately 6.5 mile/11 km of the run course. Athletes who have not reached the Intermediate Run Cut-Off point by 5:09 PM will not be permitted to continue and will receive a DNF.

These cut-offs are in accordance with the approved traffic plan that coincides with the opening of the public roads to traffic. 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.

RACE DAY FLOW

T1 RACE MORNING FLOW



RACE DAY FLOW

T1 SWIM TO BIKE TRANSITION



SWIMSMART TOP 10 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.
- Keep in mind, every body of water is different, so you'll need to educate yourself on water current and surf conditions.
- 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.

SWIM WAVE START TIMES

DIVISION	WAVE	SWIM CAP	SWIM WAVE START TIME
WOMEN'S RACE DAY: SATURDAY, AUGUST 26TH			
PRO FEMALE	PRO FEMALE	WHITE	7:30 AM
PC, ID	1	NEON YELLOW	7:32 AM
HC			
F40-44	2	VIOLET	7:40 AM
F70-74	3	OCEAN BLUE	7:49 AM
F75-79		DARK RASPBERRY	
F80+		NEON GREEN	
F35-39	4	DARK GREEN	7:58 AM
F65-69	5	NEON ORANGE	8:06 AM
F30-34	6	POWDER BLUE	8:15 AM
F60-64	7	PURPLE	8:24 AM
F55-59	8	GREEN	8:32 AM
F50-54	9	YELLOW	8:41 AM
F25-29	10	NEON PINK	8:51 AM
F18-24	11	PEARLY SILVER	8:58 AM
F45-49	12	DARK BLUE	9:06 AM
MEN'S RACE DAY: SUNDAY, AUGUST 27TH			
PRO MALE	PRO MALE	WHITE	7:30 AM
PC, ID	1	NEON YELLOW	7:32 AM
HC			
M40-44	2	VIOLET	7:40 AM
M70-74	3	OCEAN BLUE	7:56 AM
M75-79		DARK RASPBERRY	
M80-84		NEON GREEN	
M85-89			
M35-39	4	DARK GREEN	8:06 AM
M65-69	5	NEON ORANGE	8:22 AM
M30-34	6	POWDER BLUE	8:31 AM
M60-64	7	PURPLE	8:46 AM
M55-59	8	GREEN	8:56 AM
M50-54	9	YELLOW	9:10 AM
M25-29	10	NEON PINK	9:26 AM
M18-24	11	PEARLY SILVER	9:37 AM
M45-49	12	DARK BLUE	9:46 AM

SWIM START



RŌKA

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MAVERICK X2

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"I genuinely have ZERO shoulder discomfort!
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- Paul, Seattle, WA

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INTERNATIONAL PATENTS WITH
ADDITIONAL PATENTS PENDING

RŌKΛ[®] SWIM COURSE

The 1.93km (1.2 mile) ROKA swim course takes place in beautiful Lake Vesijärvi. Starting from Teivaa Harbour, the race begins when athletes dive from a wooden platform into the clear water to start their day with a splash. Athletes will swim the 3-turn course to finish in the passenger harbour, exiting up the stairs to a vibrant welcome by the crowd gathered at the terrace cafes and restaurants all in the shadow of the world renown Sibelius Hall. This swim exit experience is truly an arena feel and will provide an energy boost as athletes transition to the bike course.



RÖKΛ SWIM COURSE

AGE GROUP ROLLING WAVE START

IRONMAN® 70.3® World Championship 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 a platform and 10 athletes will start every 15 seconds.

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. Refer to the Course Cut Off pages for more information.

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 65 degrees Fahrenheit (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, canoes 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.

WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5 degrees Celsius). Wetsuits will be prohibited in water temperatures 76.2 degrees Fahrenheit (24.6 degrees Celsius) and greater.

Wetsuits are mandatory for Age Group athletes for water temperatures below 16 degrees C /60.8 F.

Prohibited Wetsuit: De Soto Water Rover Wetsuits cannot measure more than 5 mm thick.

*If the water temperature is greater than 76.1 degrees Fahrenheit (25.5 degrees Celsius) and less than 83.8 degrees Fahrenheit (28.8 degrees Celsius) there will not be a wetsuit optional swim wave.

SWIMWEAR POLICY (non-wetsuit legal swims only)

Swimwear 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 elbow, nor extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

Compression gear may be worn during non-wetsuit swims 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).

SWIM TO BIKE TRANSITION

After the swim, you will be directed through the timing chutes from the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike.

Personal nutrients are permitted if carried on you or your bike. Sunscreen is available in transition.

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.

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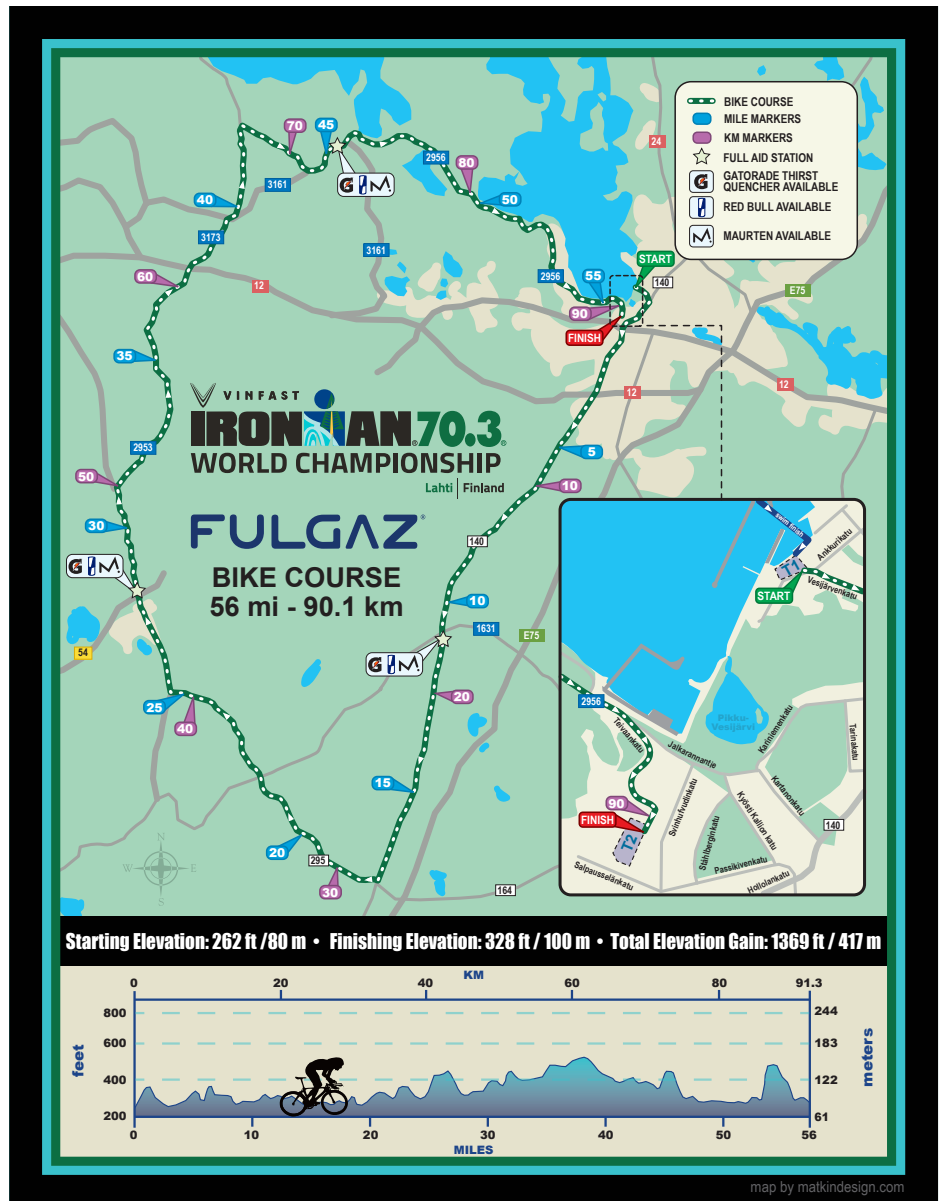


FULGAZ® BIKE COURSE

The FulGaz bike course begins at Lahti Harbour, in front of the famous Sibelius Hall. The 90km (56 mile) course will lead athletes through the stunning Finnish countryside. Escaping the lakeside city of Lahti, athletes will emerge from a tunnel to be immediately immersed in the rural sights. Lakes, fields and tall birch forests will captivate as athletes move through the small towns of Kärkölä and Hollola and enjoy the abundance of green fields and nature along the way. Small, rolling hills will keep cyclists challenged and focused, but this predominantly fast course will reward athletes that excel in the saddle. As riders re-enter town, they should prepare for a leg-burning steep incline before dismount near the Sport and Fair Centre.

TURN-BY-TURN DESCRIPTION

- Exit T1 Sibelius Hall Parking Lot and turn right on Vesijärvenkatu
- Turn right on Lahdenkatu (140) and continue straight which becomes Hollolankatu (140)
- Veer right onto the recreation path just before Hämeenlinnantie (Start No Pass Zone)
- Follow recreation path through tunnel under Hämeenlinnantie
- Veer left from the recreation path onto Helsingintie (140) (End No Pass Zone)
- Continue straight through the roundabout on Helsingintie (140)
- Turn right on Kärkolantie (295) and continue straight towards Järvelä
- Continue straight in Järvelä under train bridge, through roundabout and under overpass
- Turn right on Maavehmaantie (2953) and continue straight
- Veer left on recreation path through the tunnel under Tampereentie (12) (Start No Pass Zone)
- Turn right on Kaivomäentie
- Turn left on Manskiventie (3173) and continue straight (End of No pass Zone)
- Turn right on Isomylllytie and continue straight
- Turn left on Hatsinantie (3161) and continue straight
- Continue straight when Hatsinantie (3161) becomes Rantatie (2956)
- Continue straight through roundabout on Jalkarannantie (2956)
- Turn right on Teivaankatu and continue straight
- Arrive T2 Sport and Fair Centre Parking Lot



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FULGAZ® BIKE COURSE RULES

1. POSITION RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Athletes must keep six bike lengths of clear space between bikes 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 re-passing prior to falling back six bike lengths will result in an overtaken violation.
- Overtaken athletes who remain in the draft zone (six bike lengths of clear space between bikes) 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.
- Athletes committing rule violations will be notified "on the spot" by an official.
- Do not attempt to discuss the penalty with the official.

THE OFFICIAL WILL:

- Notify you that you have received either a BLUE CARD for drafting or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.
- 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 PRE-RACE MEETING.

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.

iv. Resume the race after serving a 30 second stop and go time penalty for all non-drafting violations (YELLOW CARD).

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

vi. 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.

vii. Be disqualified for not reporting to the PT.

viii. Be disqualified for littering.

Race Distance: IRONMAN 70.3

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

2. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.

3. No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

4. The sole responsibility of knowing and following the prescribed cycling 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.

5. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.

6. No athlete shall endanger themselves or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

7. Helmets and other cycling gear must be placed in a transition bag. Cycling shoes may be placed in either a transition bag or be locked into bike pedals. Shoes and shirt must be worn at all times.

8. 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.

9. Athletes must wear a bike helmet number on the front of their helmet.

10. Helmets must be approved by a national accredited testing authority and such authority must be recognized by the World Triathlon (formerly the International Triathlon

Union) and the relevant National Federation. Helmets must be worn during the entire bicycle segment including in and out of the transition area. Any athlete riding without his or her chinstrap fastened will be disqualified.

11. No Individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

12. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. **Discarding any item outside of the trash drop zones will result in a Blue Card, 5-minute penalty.**

13. Athletes must be responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.

14. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

15. Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However race officials may at their own discretion make final judgment as to the soundness of the bike.

16. Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.

17. Headsets or headphones are not allowed during any portion of the event.

18. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards. Athletes using a mirror without permission will be disqualified.

19. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the Race. A "distractive manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.

20. ATHLETES RACING WITHOUT A SHIRT OR RACING TOP WILL BE DISQUALIFIED. UNIFORMS WITH A FRONT ZIP MUST BE CONNECTED AT THE BOTTOM. DSQ IF NOT REMEDIED PROPERLY.



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FULGAZ® BIKE STORE, TRANSPORT, AND TECH

BIKE SUPPORT

There will be many experienced mechanics available to assist you in the IRONMAN Village, Bike Check-in and in Transition 1 on race days. These services will be available starting on Wednesday, August 23 through Monday, August 28.

Store Hours

Wednesday, August 23:	9:00 AM - 6:00 PM
Thursday, August 24:	9:00 AM - 6:00 PM
Friday, August 25:	9:00 AM - 6:00 PM
Saturday, August 26:	9:00 AM - 6:00 PM
Sunday, August 27:	7:30 AM - 6:00 PM
Monday, August 28:	8:00 AM - 12:00 PM

TECH TIPS AND OTHER DETAILS

Bike inspection is done by Referees, who will also check your helmet. Minor repairs/adjustments will be done by mechanics on site, but major repairs/new helmets will require going back to the IRONMAN® Athlete Village at the Lahti Sport & Fair Centre. Athletes are ultimately responsible for their own bikes. Technical support motorbikes will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. There will be a limited number of pumps available in the transition area on race morning.

For security and safety, once an athlete checks in their bike, they will not be allowed to remove it from the transition area until the start of the bike portion of the race. Once transition closes, no one will be allowed to enter transition unless accompanied by a race official. On race day, bike tech vehicles will patrol the course to aid in emergency repairs.

BIKE TRANSPORT TO RACE VILLAGE

TAVARATAKSI BIKE TRANSPORTATION SERVICE can take care of your bike transfer from Helsinki Airport to Lahti. Bikes will be delivered direct to the Race Office in Lahti Sports Centre IRONMAN Village. Service is available:

From Helsinki Airport to Lahti Sports Centre: Monday 21st to Friday 25th of August. (Collect bike from Tuesday onwards)
Return from Lahti Sports Centre to Helsinki Airport: Sunday 27th to Tuesday 29th of August.
€49/ bike each way

Bike transport must be pre-booked. [BOOK SERVICE HERE](#)

TRIBIKE TRANSPORT

TriBike Transport (TBT) is providing economical, hassle-free service to your race. Reserve your space today for unparalleled bike transport:

<https://www.tribiketransport.com/events/ironman-r-70-3-r-world-championship>

Fully Assembled Bike Transport

The original [Fully Assembled Bike Transport](#) service for cyclists and triathletes alike. For an additional fee, TBT will take your wheel bag and a gear bag, too!

Pack & Ship Bike Transport

TBT offers [PACK & SHIP](#) service to athletes living in areas that their trucks just can't get to. You're only responsible for dis-assembling and boxing your bike for outbound shipping and then re-assembly once your bike is returned home. TBT will handle everything in between!

Travel light with TBT!

For more information and to find a partner shop near you, please visit www.tribiketransport.com.

About TriBike Transport: Founded on the principle of stellar service and care for athletes and their bikes, since 2004, TriBike Transport (TBT) has provided safe, stress-free and competitively priced round-trip bicycle transportation to triathlon and cycling events. Bicycles are transported fully-assembled, or with our Pack & Ship service, via TBT's trusted partner shop network and professional drivers, easing the burden on athletes and allowing them to focus on their race. For detailed information visit www.tribiketransport.com.

OVERNIGHT BIKE PARKING - OPEN TO ALL ATHLETES

TriBike Transport is proud to offer bike storage in Lahti for all athletes during the week of IRONMAN 70.3 World Championship. Whether you are taking the train from another town or city, have limited hotel storage, or just want a lighter load, TriBike Transport can store your bike on site for you to access when you need it.

Details:

- Located near IRONMAN Village under the track at Lahden Stadion
- Check in/out your bike anytime Tuesday, August 22nd – Sunday, August 27th, 9am-6pm
- Fully secured overnight storage
- Price: \$100 for unlimited check in/out during operating hours*
- [BOOK SERVICE HERE](#)

*This service is included for TriBike Transport customers transporting their bike to Lahti

Transport Your Bike

Since 2004, TriBike Transport has helped over 130,000 athletes by providing **HASSLE-FREE, ECONOMICAL, UNPARALLELED** bike transport. Whether using our Fully-Assembled, Pack & Ship or Valet Service, we take the hassle out of transporting your bike, so you can focus on your race.

www.tribiketransport.com

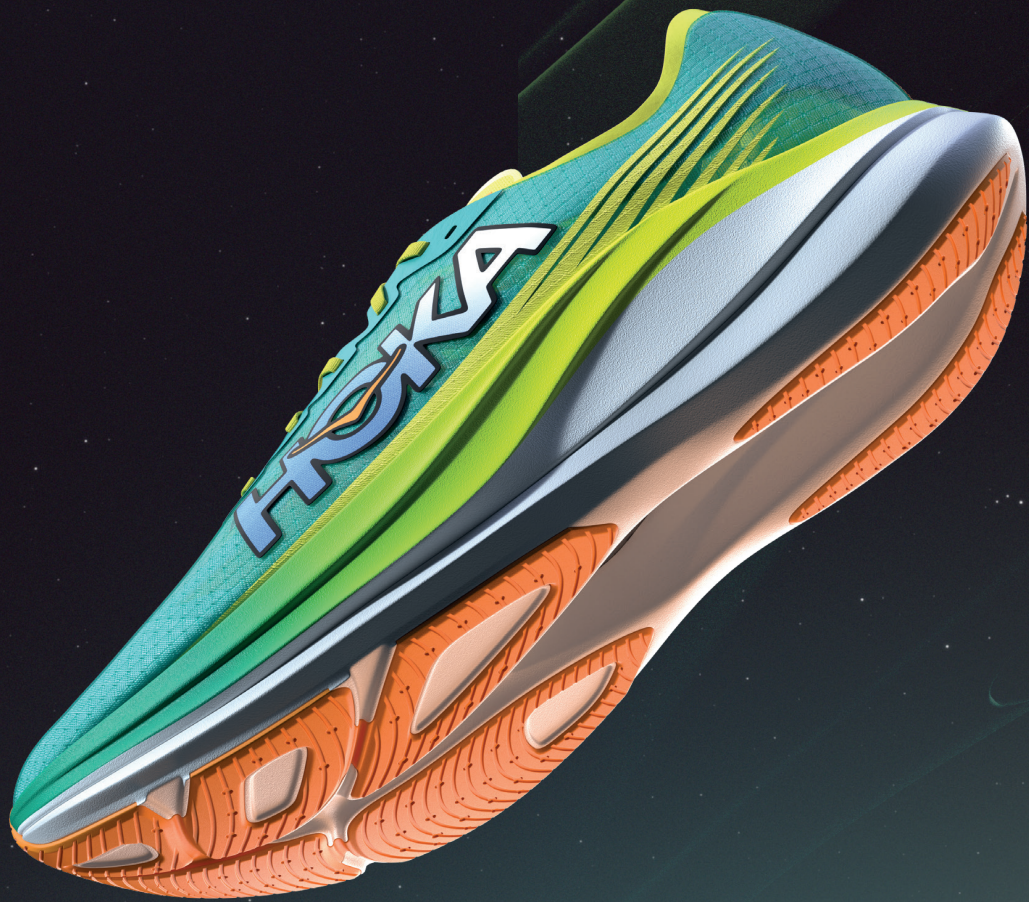


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RECORD-BREAKING PERFORMANCE

HOKA FLY
HUMAN
FLY

HOKA RUN COURSE

FLY HUMAN FLY

The 21.1km (13.1 mile) HOKA run course consists of two loops, and an indoor/ outdoor dynamic. Starting indoors within the Sport and Fair Centre, athletes will dash out of T2, run adjacent to IRONMAN Village, and head straight over a 40m long arched foot bridge. The course then leads runners to a fast-lap experience inside Lahti Stadium. Exiting the stadium, a long climb up Salpausselkä ridge will test the legs. And at the top of the climb, a gradual downhill will allow runners to loosen their legs again, on the way back towards Lake Vesijärvi. The run path will showcase beautiful water views, revisit the swim start line at Teivaa Harbour, and eclipse the Pikku-Vesijärvi (little lake within a charming, spectator-friendly park). A brief out-and-back near the popular "LAHTI" letters photo spot will see runners smiling as they return towards the Sport and Fair Centre for lap two. The 2023 VinFast IRONMAN 70.3 World Championship run course ends in iconic fashion, with a final right turn at the foot bridge, towards the famous Salpausselkä Ski Jumps, and into the finish chute.



TURN-BY-TURN DESCRIPTION:

- Exit T2 Sport and Fair Centre halls and run beside IM Village towards the foot bridge. After crossing the bridge, continue straight on and then turn right to Lahti Stadium
- Turn right on Teivaankatu and continue straight up and over the foot bridge for the first time
- Turn right to enter the Lahti Stadium
- Continue counterclockwise around the Lahti Stadium track
- Turn right to exit the Lahti Stadium and continue straight on Satamaradanpolku
- Turn right on the recreation path just before the bridge at Hämeelinnantie
- Continue straight on the recreation path beside Hämeelinnantie
- Turn right on the narrow recreation path 60m before the bridge at Keskussairaalanpöytä
- Cross Tähtitorninkatu and continue straight on the recreation path beside Sammalsuonkatu
- Turn right and continue straight on Kuntokatu
- Turn left and continue straight on Hiihtäjätie
- Turn right and continue straight on Tapanilankatu
- Veer right through tunnel just before Jalkarannantie
- Turn right after tunnel and continue along recreation path towards Rantapirtintie
- Turn left on Pajurannankatu and continue straight on Kivirannankatu
- Turn left and continue straight on the recreation path beside Rullakatu
- Follow the recreation path through the tunnel and turn left towards the pond
- Continue counterclockwise around Pikku-Vesijärvi
- Turn right and continue straight on the recreation path next to the lake
- U-Turn and continue on Satamaradanpolku towards T2 to complete Loop # 1
- Start Loop #2 up and over the foot bridge for the second time
- Complete Loop #2 and head up and over the bridge for the third time before turning right towards the finish line

RUN COURSE RULES

1. Athletes may run, walk, or crawl.

2. Athletes must wear their IRONMAN® 70.3® World Championship 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.

3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT RUNNERS ARE ALLOWED.

This is an Individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

4. Athletes are expected to follow the directions and instructions of all race officials and public authorities.

5. 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.

6. ATHLETES RACING WITHOUT A SHIRT OR RACING TOP WILL BE DISQUALIFIED. UNIFORMS WITH A FRONT ZIP MUST BE FULLY CONNECTED AT THE BOTTOM AND SHOULD BE FULLY ZIPPED WHEN CROSSING THE FINISH LINE.

7. The run course will officially close 8 hours and 30 minutes after the final athlete enters the water to start the swim.

FINISH LINE POLICY

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

EVENT SANCTION

Triathlon Finland has sanctioned the 2023 VinFast IRONMAN® 70.3® World Championship. Our rules are published with permission from Triathlon Finland. Please visit ironman.com for a complete set of IRONMAN® Competition Rules.

Under our sanctioning agreement with Triathlon Finland, athletes should be aware of the serious consequences of violating Competitive Rule governing - Unregistered Athletes, which states:

a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended from IRONMAN events for a period of up to one year.

b. Any person who in any way assists another athlete to violate this rule: by providing or selling a race number to that athlete shall be suspended from IRONMAN events for a period of up to one year.

Anyone who violates this rule may be banned for life from any IRONMAN® event. Violating this rule puts insurance coverage for the event at risk.

ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN 70.3 STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.

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OVERALL RULES

RULES APPLYING TO ALL SEGMENTS OF THE RACE

It is the athlete's responsibility to know all aspects of the swim, bike and run rules.

1. Any athlete who (i) holds elite/professional status from their World Triathlon Member National Federation for middle or long distance triathlon, (ii) has an IRONMAN Professional Membership (as verified by elite/pro status of an athlete's National Triathlon Federation), or (iii) has entered and participated in the Elite/Pro Division of a middle or long distance triathlon event with a prize purse of \$5,000 USD or greater, is prohibited from racing as an age-group athlete in ANY IRONMAN or IRONMAN 70.3-branded triathlon event operated by IRONMAN or its licensees, anywhere in the world where there is an elite/pro division, within the same calendar year.

Disqualification and potential sanction from IRONMAN® events, and forfeiture of any AGE GROUP World Championship qualifying slots may result for any athlete that has not adhered to this policy.

2. Athletes are expected to follow directions and instructions of all course marshals and public authorities.

3. Race officials shall have authority to disqualify any athlete.

4. Medical personnel shall 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. Medical transport of any athlete will result in disqualification.

5. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and may result in the athlete being suspended from competing in any IRONMAN® or IRONMAN® 70.3® event in the future, depending on the severity of the rule violation.

6. 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.

7. If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to notify a race official and turn in their timing chip. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any IRONMAN® event in the future.

8. IRONMAN® 70.3® reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings. Notification of any change will be in accordance with IRONMAN® Competition Rules.

9. Prize money for any sanctioned event shall be offered equally between men and women in both amount and depth. Additionally, Professional triathletes may not win Age Group awards and Age Group athletes are not eligible for prize money.

10. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the Information Booth.

11. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the race. A "distracting manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distracting manner during the Race will result in disqualification.

12. 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 who were not given permission will be disqualified.

13. IRONMAN® does not allow the transfer of an athlete's registration to another person - no exceptions will be made to this rule. Any attempt to transfer a registration to another person will result in disqualification and suspension from future participation in any IRONMAN® or IRONMAN® 70.3® event.

14. Assistance provided by event personnel or Race Officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tires, inner tubes and puncture repair kits. Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.

15. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.

RULES HANDCYCLE & PHYSICALLY CHALLENGED (PC)/ INTELLECTUAL DISABILITY OPEN DIVISION

SWIM

IRONMAN® 70.3® reserves the right to seed athletes at the swim start (i.e., early start, late start, designated wave, etc.).

Athletes may use a wetsuit during competition. Each athlete must obtain approval from IRONMAN® prior to the race for all swimwear and accessories to be used during the swim.

Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by IRONMAN®.

BIKE

Handcycles are permitted on the IRONMAN® 70.3® World Championship course. Please reference IRONMAN® Competition Rules for complete set of rules pertaining to the Handcycle Division.

Cycling conduct and specifications are consistent with IRONMAN® Competition Rules. Equipment must conform to all general rules for bicycles as it pertains to the IRONMAN® Competition Rules, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle, regardless of any secondary benefit.

Helmets must be approved by a national accredited testing authority and such authority must be recognized by World Triathlon and the relevant National Federation. Helmets must be worn during the entire wheelchair (bike) segment including in and out of the transition area. Any athlete riding without his or her chinstrap fastened will be disqualified.

RUN

Running conduct and specifications are consistent with IRONMAN® Competition Rules.

Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle portion. Standard racing chairs shall be used.

Helmets must be approved by a national accredited testing authority and such authority must be recognized by World Triathlon and the relevant National Federation. Helmets must be worn during the entire wheelchair (run) segment including in and out of the transition area. Any athlete riding without his or her chinstrap fastened will be disqualified.

MANDATORY RACE BRIEFING FOR HANDCYCLE & PC/ID ATHLETES

All Physically Challenged, Intellectual Disability, and Handcycle athletes must attend the mandatory race briefing at 10 AM on Friday, August 26. The briefing will begin at the Transition 1, in the Sibeliustalo lot. For a complete set of rules for the Physically Challenged/Intellectual Disability Open Division, please be sure to review pages 24-29 in the 2023 IRONMAN® Competition Rules: <https://www.ironman.com/competition-rules>



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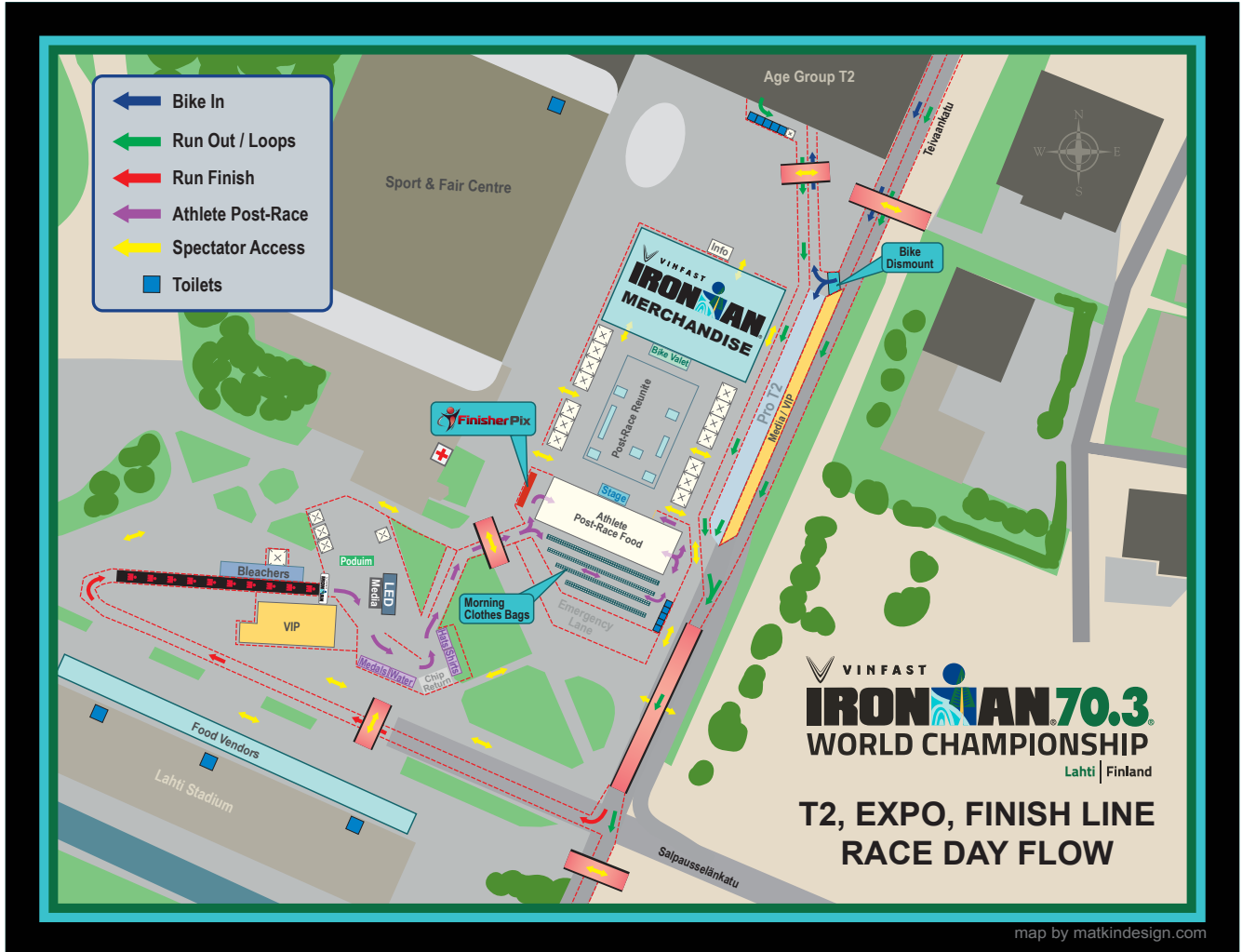


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POST RACE INFO

BIKE & GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out

Saturday Athletes: August 26 from 3:15 PM to 7:00 PM

Sunday Athletes: August 27 from 3:50 PM to 10:00 PM

You must have your athlete wristband on in order to enter and claim your bike and gear. If you are unable to personally claim your bike and gear bags, a family member or friend should have their Photo ID along with your Bike Check-Out ticket provided in your race packet prior to race day. As a precaution, give this ticket to a family member or friend prior to the race, even if you plan to claim your bike and gear yourself. If your family does decide to pick these items up for you as a courtesy, they must have your Bike Check-Out ticket and their Photo ID.

ATHLETE REUNITE ZONE

Your IRONMAN support crew can't wait to meet you after you've crossed the finish line. HAVE A PLAN where you and your support crew can finally hug, as the exit to the post race area can get crowded.

There will be four large Post Race Reunion flags, each a different color; which will be designated as reunite areas for you and your loved ones. Each flag will be placed in the Post Race Reunion area in front of the IRONMAN Village Stage, just after exiting the post race area. Make sure you all know the plan before race day.

LOST AND FOUND

Lost and Found will be located at the Information Tent at the entrance to the IRONMAN Village, during race week which is within the IRONMAN Village. On Monday post-race, Lost and Found will be located inside the Information Tent where Finisher Shirts may also be swapped if sizes are available from 8:00 AM - 12:00 PM. Please check the schedule of events for Information Tent hours and location. After the conclusion of the event, please contact worldchampionship70.3@ironman.com to locate any missing items and schedule returns. All unclaimed items will be donated after 30 days.

MEDICAL AREA

The medical area is for athletes only and family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, there will be a medical information tent located near the main medical tent at the finish line on both race days. Please visit the IRONMAN Information Tent for updates on your athlete's condition.

VOLUNTEERS

Please remember to thank the Volunteers! The race wouldn't be possible without their assistance.

For more information about volunteering for this event, please visit: <https://www.ironman.com/im703-world-championship-2023-supporters>

FINISHER CERTIFICATE

To view your finisher certificate, visit <https://www.ironman.com/im703-world-championship-2023-results>. Once you find your results, click on the "Get Certificate" button in the upper right hand corner and the certificate will generate as a PDF.

TIMING/RESULTS

If there is an issue with your timing, please e-mail timing@ironman.com.

RACE PHOTOGRAPHY

Pre-order your personal race photos (or follow the steps below) and get a free Outside+ account. Your Outside+ account will give you access to stream this race on-demand as well as other IRONMAN 70.3 events.

Preorder your race photos using the following links:

RACE DAY, August 26TH: WWW.FINISHERPIX.COM/E/6587

RACE DAY, August 27TH: WWW.FINISHERPIX.COM/E/6589

How to order your pix:

- Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- Visit our Expo Booth during Race Week to learn more about where we will be as well as any special offers!
- Have your number visible on the FRONT of your bike helmet so you can be identified in your cycling photos.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and 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.
- Visit www.finisherpix.com to view, order, and share your photos from the event.

BANQUETS

IRONMAN 70.3 Welcome Banquet

Welcome to the 2023 VinFast IRONMAN 70.3 World Championship! Join us for an evening of celebrating your journey to the world stage and the heritage and beauty of Finland.

- Thursday, August 24
- 6:00 PM - 8:00 PM
- Lahti Sport & Fair Centre

English speaking race briefing will begin immediately following the banquet festivities.

VinFast IRONMAN 70.3 World Championship Banquet of Champions

You rose to the challenge. Your determination and drive have brought you success in Lahti. Enjoy an evening of celebration as we recognize our Age Group and Professional Champions.

- Sunday, August 27
- 7:00 PM
- Lahti Sport & Fair Centre

The athlete wristband provides entry to both banquets. Tickets for family and friends are available online and on-site at the Information Booth inside IRONMAN Village.

MEDICAL POLICY

There will be medical staff and facilities throughout the IRONMAN® race course and the Medical Tent will handle injuries or medical problems of athletes that withdraw/are withdrawn during the race and for limited services immediately post race.

For Hospital and other medical care not provided on site, all athletes are responsible for expenses associated with transport via ambulance and all off site medical care and services.

Particular dangers include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death. During events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish.

If you spend three months prior to the event in a climate different than Lahti, Finland, we suggest you consider an acclimation period before the race. The chance of dehydration and electrolyte imbalance can be reduced significantly by a proper period of acclimation and hydration with sufficient and appropriate electrolyte based fluids.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day.

At Athlete Check-In, you are required to notify the medical team, in writing, if there is any change in your medical status/condition after your application has been submitted. Failure to do so will result in suspension of participation in future IRONMAN® events.

You are solely responsible for avoiding medications that appear on the list of banned substances as determined from WADA.

Any athlete needing to see medical personnel race morning should report to a medical tent at Transition 1 or at Swim Start in Teivaa Harbor. Medical personnel will be available in Transition 1 and at Swim Start beginning at 5:30 AM on Saturday and Sunday.

ANTI DOPING

REMINDER: Athletes are responsible for personally knowing what constitutes a violation of the Anti-Doping Rules, including without limitation personally knowing what substances and methods are on the WADA Prohibited List ("Prohibited Substances"), and for monitoring and ensuring his/her own compliance with the Anti-Doping Rules and the IRONMAN® Competition Rules.

IRONMAN® may, for the purposes of enforcing the Anti-Doping Rules and with or without notice at any time or place, collect urine or blood samples (or any other biological specimens) from athletes. Athletes further acknowledge and consent that IRONMAN® has the right to require each athlete to provide his/her whereabouts at any time for purposes of collecting samples and, unless there is a compelling justification (as determined by Organizer in its sole discretion), evading, refusing, or failing to submit to any request for a sample constitutes a violation of the Anti-Doping Rules.

All Athletes intending to use a Prohibited Substance or a Prohibited Method for a legitimate medical reason must seek a Therapeutic Use Exemption ("TUE") from their National Anti-Doping Organization ("NADO") or Regional Anti-Doping Organization ("RADO"), as applicable, in accordance with the policies of those organizations. Certain medications, supplements, common beverages, and other "over-the-counter" or otherwise legal products may contain Prohibited Substances. Choosing supplements that have been screened for prohibited substances by an independent laboratory can significantly lower the risk of a positive test or adverse health effects. Learn more about supplements, prohibited substances and making informed decisions @IRONMAN.com/anti-doping. When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals and Anti-Doping Organizations.

Please refer to IRONMAN®'s Competition Rules and your 2023 World Championship Events Anti-Doping & Qualifying Slot Waiver for Age-Group Athletes for additional guidance and information.



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