



FIRST TIMER GUIDE

Some helpful information and tips for those
completing their first IRONMAN 70.3

WELCOME TO YOUR FIRST IRONMAN EVENT

Well done on making it through all the hours of training to your first IRONMAN 70.3 race. The town of Weymouth and everyone here at IRONMAN is ready and looking forward to welcoming you to the event. We're sure your journey this far has not been without its challenges and it probably won't be any different on the day of the race. There may be hills you think you can't climb, or miles you think you can't cover but we're with you and will be willing you all the way to the finish line as you complete an IRONMAN 70.3 for the first time. And maybe that finish line will spur you on to become one of the many who said 'never again', but go on to join us at more IRONMAN start lines!

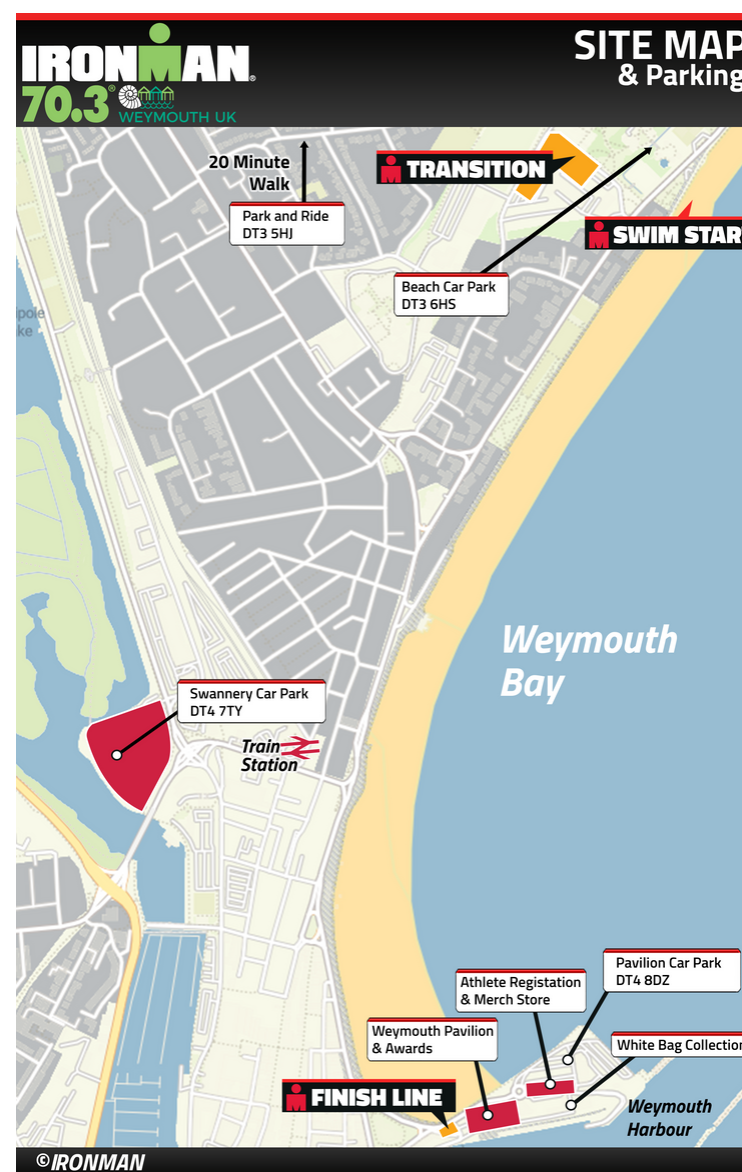
- Your IRONMAN 70.3 Weymouth Race Director, Lewis Peacock

We are here to support you every step of the way to have the best experience possible at your first IRONMAN event so have created this little guide with information that may be useful to you if you haven't raced with us before. If you have any other questions, please do email us at weymouth70.3@ironman.com and we will be more than happy to help. We'll also be onsite so you can come and talk to us there too. Have a great race!

- Your Athlete Services Team

Important information to note:

- Please make sure to write your Emergency contact details on the back of your BIB - this should not be someone racing but someone who is there on Race Day
- If you have collected your race materials but then decide not to race, please email the Athlete Services team at weymouth70.3@ironman.com with your BIB number in the subject line. This is so we know you are safe and not racing
- If you DNF or are cut-off during the race, you will be looked after by the Athlete Services team and Race Chaplains in Transition. The process around collecting your bags and contacting your family so they know you are safe will be explained by one of the team here



KEY LOCATIONS

Registration - The Pavilion Car Park
EXPO & Merchandise Store - The Pavilion Car Park
Transition - Lodmoor Country Park
Swim Start - Weymouth Beach
The Finish Line - The Pavilion
Awards - The Pavilion

WHAT3WORDS

///reason.admire.grape
///chip.venue.gravy
///drags.teaches.vague
///single.porch.hatch
///basis.chats.deal
///single.herbs.closes

PARKING

The Pavilion Car Park, DT4 8DZ
The Pavilion Car Park, DT4 8DZ
Preston Beach Car Park, DT3 6HS
Swannery Car Park, DT4 7TY
Swannery Car Park, DT4 7TY
Swannery Car Park, DT4 7TY

FREQUENTLY ASKED QUESTIONS

1. What do I need to bring to registration?

- ID (e.g. passport, driving licence)
- QR code from email confirmation or race week email
- Race Licence (BTF or World Triathlon Federation approved)

2. When do I receive my timing chip?

- At bike check in

3. Do I receive a race pack prior to the race?

- No, all race materials will be given to you at onsite registration on Friday 16th and Saturday 17th September

4. What's my BIB number?

- This race does not pre allocate BIB numbers before registration opens. BIB numbers will be allocated on a first come first serve basis during registration onsite (AWA Gold and Silver, and Tri Club Pole Position athletes are still reserved lower BIB number ranges)

5. I've registered on site but now don't want to race, what should I do?

- Please send an email to weymouth70.3@ironman.com as soon as possible to let us know that you won't be racing with your BIB number in the email subject, this is really important so we know you're safe before the race starts

6. Can I rack my bike on race morning?

- No, you must attend bike check in between 08:30 and 16:30 on Saturday. No exceptions can be made

7. What goes in the transition bags?

- **WHITE BAG** = streetwear (any clothes you arrive in on race morning or want after the race (your white bag will be transported to the finish line)
- **BLUE BAG** = bike gear (e.g. helmet)
- **RED BAG** = run gear (trainers, cap, sun cream)

8. How do I get to Transition/Race Start on race morning?

- We are not offering any athlete transport to the race start so athletes are expected to make their own way there and use one of the local car parks

9. What shall I arrive in on race morning?

- We advise that you come in your trisuit and wetsuit rolled down to your waist with a jumper on to keep warm. There are no specific changing areas in the morning so please arrive ready to race

10. What should I do with my timing chip after the race?

- Please hold on to this, you won't be able to get your bike back without it. You will hand it in at transition when you check your bike out

11. Can I access transition on race morning?

- Yes! You can access transition from 05:00 - 07:00 so you can add your bike computer and any different food or drink to your bike on race morning, if needed

12. Do I need to wear a wetsuit?

- We strongly advise that you wear a wetsuit for IRONMAN 70.3 Weymouth

13. Can I use disc brakes?

- Yes

14. Do I have to use a triathlon specific or TT bike?

- No, this is your choice - if you have any concerns that your bike may not be appropriate, please email the team and we can provide guidance

15. Will there be mile markers on the bike and run course?

- Yes, there will be 10 mile markers on the bike course and mile markers on the run

16. Can my family and friends hand me things?

- No, you are not allowed any outside assistance during the race

17. Can my family run down the Finish Line with me?

- No, you will be disqualified if you bring anyone on to the course that is not participating in the race

18. Are there showers after the race?

- No, there are no showers in Athlete Village

19. Where will my white bag be after the race?

- Your white bag will be waiting for you in the post race area, shortly after the Finish Line

TIPS AND TRICKS



Look after each other



Make sure emergency contact is not someone who is racing and someone who will be there on race day and their mobile number is written on the back of your BIB



If you raced the bike, you'll walk the run - don't push yourself too hard



Taper 2/3 weeks before the event. Don't try to catch up with missed training. Take the time to rest and try to get as much sleep as possible. You are likely to feel tired the week of the race and get pains and aches - this is normal so don't panic!



Never try anything new on race day - stick to what you know! For both kit and nutrition



Familiarise yourself with the walk to swim start from transition, swim exit to Transition, bike out and bike into Transition and then the run out of Transition. This will help when the race day nerves kick in and to help you find your bags and bike quicker



There are four disciplines in an IRONMAN, Swim - Bike - Run - Nutrition You need to practice your nutrition and use what is going to be given out on the course



Enjoy your red carpet moment and make sure you smile coming over the Finish Line - you've worked hard for that moment!

QUICK PUNCTURE REPAIR

We at IRONMAN like to see everyone get to the Finish Line and even though we have bike mechanics out on the course, you should be able to replace a punctured inner tube yourself so we thought we would give you a few pointers on how to. We also recommend you practice this before racing. We suggest that you carry at least 3 repair kits incase you are unlucky to have several.

YOUR REPAIR KIT WILL NEED THE FOLLOWING:

- New inner tube (make sure the valve is long enough if you have deep rim wheels)
- 2 or 3 levers (make sure these are strong as cheap ones can bend)
- CO2 canisters x 2 OR an inflator/pump

TO MEND YOUR PUNCTURE, YOU WILL NEED TO:

- Remove the wheel. If it's the back wheel change, move your gears so the chain is on the smallest cog on the back wheel -this makes it easier to put back on
- Check the outside of the tyre to see if anything is stuck in it i.e a thorn, glass, nail, tack etc and remove
- Use the tyre levers to remove the tyre. This is the hardest part of changing a tyre. Place the two levers under the rim of the tyre, about three inches apart and push down until part of the tyre rim pops over the wheel rim. Remove one of the levers and place under the tyre rim a further two or three inches away and keep doing this until one side of tyre is all over the rim
- Remove the existing inner tube. Remember to unscrew the ring from the valve
- Run your fingers along the inside of the tyre tube to make sure nothing is sticking through that could puncture the new inner tube (be careful not to cut your fingers). This is usually why new inner tubes puncture as soon as you inflate them. If you hit a pothole and punctured, it's likely that you won't have anything stuck in the tyre but always good practice to check

- Take out your new inner tube and open the valve, blowing a small amount of air into the tube -this will help it sit correctly under the tyre-Insert the valve into the wheel rim hole and push the inner tube into place
- Starting at the valve, put the tyre back into place, making sure the inner tube is not getting pinched
- Push the valve so the rim of the tyre goes under the valve and screw the ring on to the valve
- Moving away from the valve, push the tyre wall back over the rim doing as much as you can before needing a lever
- For the last bit reverse the lever and place under the tyre, making sure not to pinch the inner tube and force the tyre rim back into place
- Place the wheel back on your bike, making sure to tighten it before inflating
- Inflate your tyre (making sure the valve is open) using a CO2 cannister or pump. If using a CO2 canister, inflate till tyre is hard. This will leave some air still in your canister - keep this in case you need to top up or are unlucky enough to get another puncture