

Welcome to

**IRONMAN**®

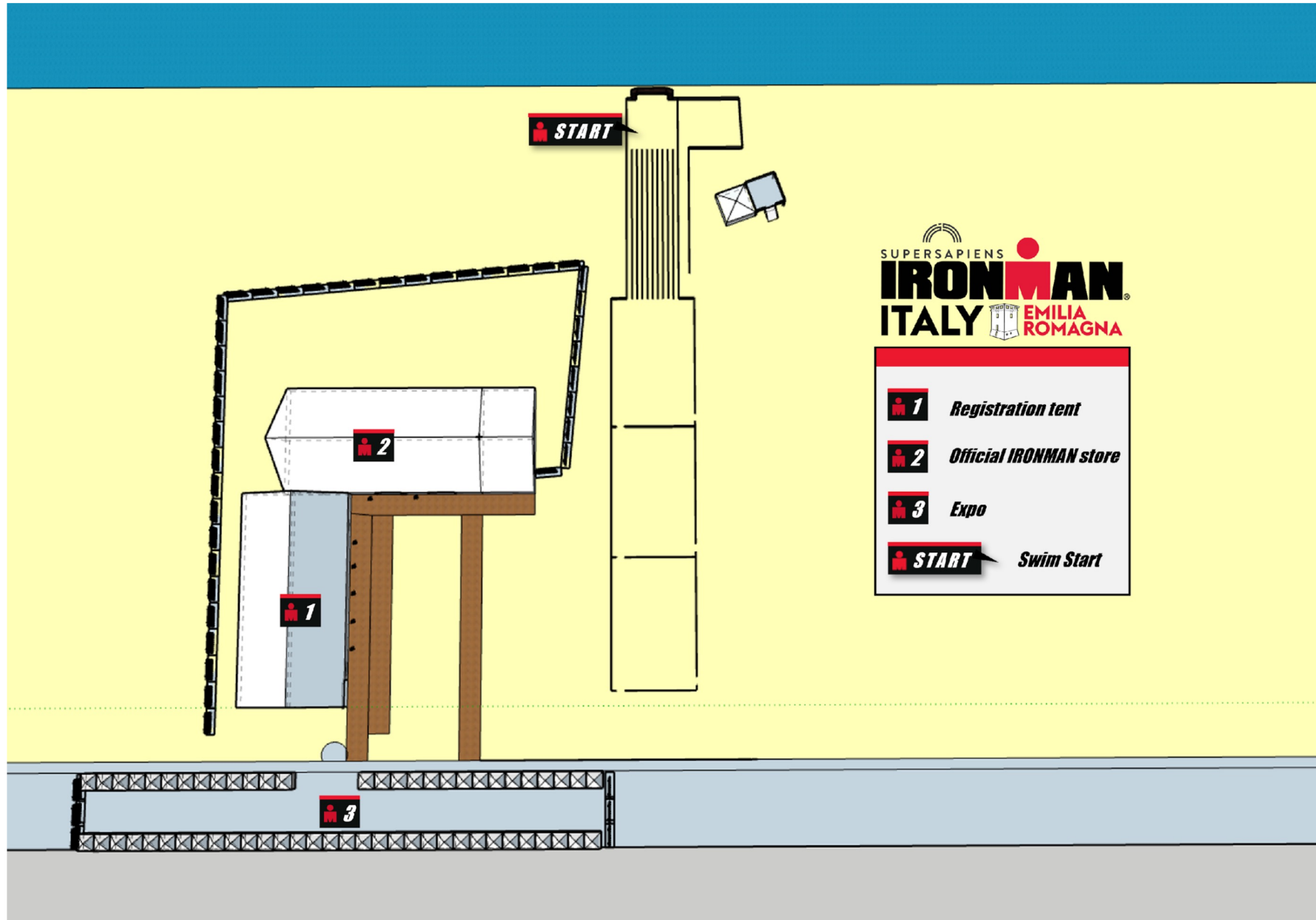
**ITALY**



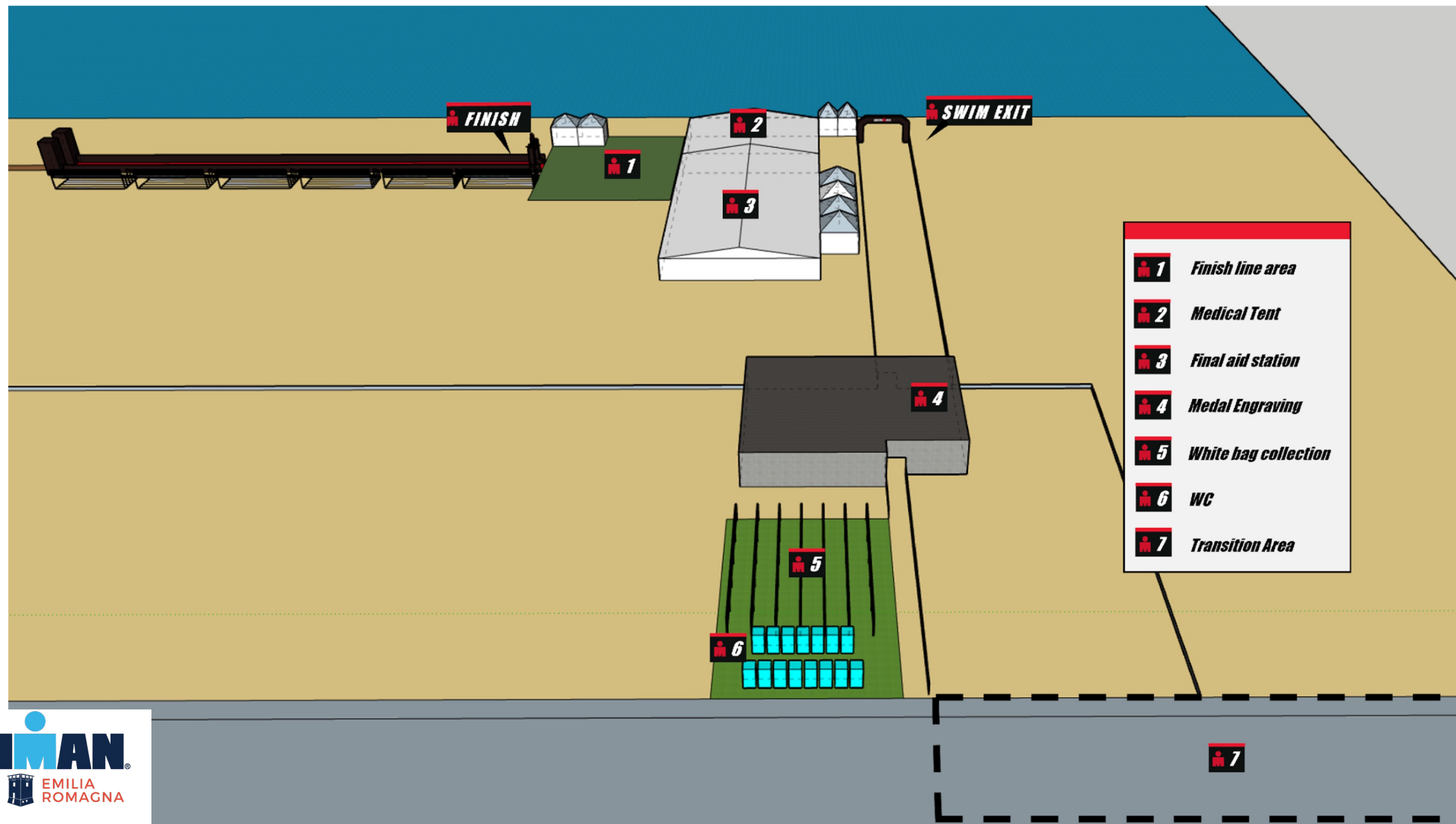
**EMILIA  
ROMAGNA**

**ATHLETES BRIEFING**

# START



# FINISH LINE

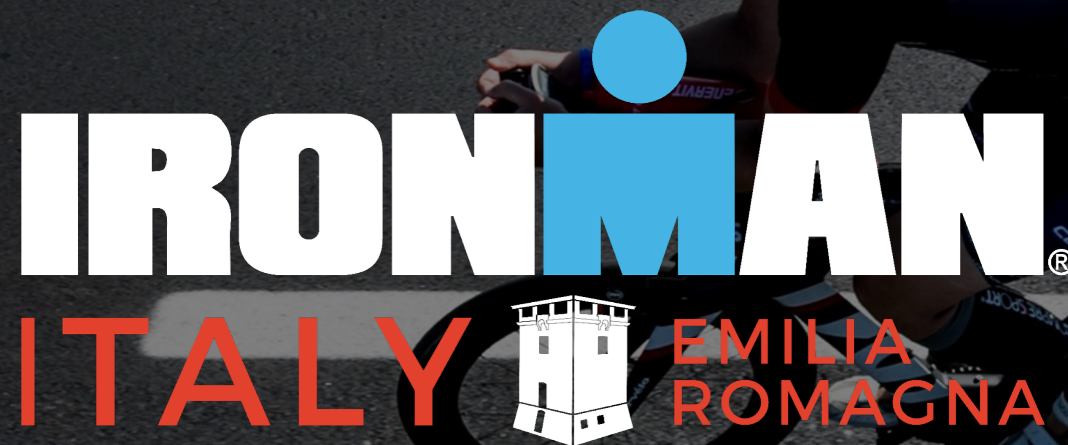


# SCHEDULE

FRIDAY 15 September 2023			
FROM	TO	ACTIVITIES	LOCATION
09:00	18:00	Registration <b>IRONMAN</b> Italy Emilia Romagna; <b>70.3</b> Italy & <b>5150</b> Cervia Triathlon	Lungomare Grazia Deledda (Free Beach)
09:00	19:00	IRONMAN Merchandising Store & Expo	Lungomare Grazia Deledda (Free Beach)
10:30	11:30	Briefing Age Group <b>ITA Version</b>	Magazzini del Sale (V.le Nazario Sauro, Cervia)
12:00	19:00	Bike Check In IRONMAN Italy	Transition Area (Lungomare Grazia Deledda)
15:00		IronKids	Fantini Club

# SCHEDULE

SATURDAY 16 September 2023			
FROM	TO	ACTIVITIES	LOCATION
05:00	07:00	Athlete Garden ; Drop Off white bags	Fantini Club
05:30	07:00	Transition area - Last check	Lungomare Grazia Deledda
07:30		<b>Pro Athlete Start</b>	Lungomare Grazia Deledda (Free Beach)
07:35		<b>Age Group Start / Rolling Start 6 athletes every 10"</b>	Lungomare Grazia Deledda (Free Beach)
08:44		Last athlete Start	
09:00	19:00	IRONMAN Merchandising Store & Expo	Lungomare Grazia Deledda (Free Beach)
19:00	01:30	Bike Check Out	Transition Area
00:44		IRONMAN Race Finish Swim + Bike + Run cut-off 16:00 hours	Fantini Club Beach



BIKE CHECK IN

# CHECK-IN

## IMPORTANT!

**Athlete wristband will identify you as an official athlete and must be worn all the time until bike check-out.**

### **Check-in:**

Friday from 12:00 to 19:00

### **Transition area:**

Lungomare Grazia Deledda - Cervia

### **Check in bike entry :**

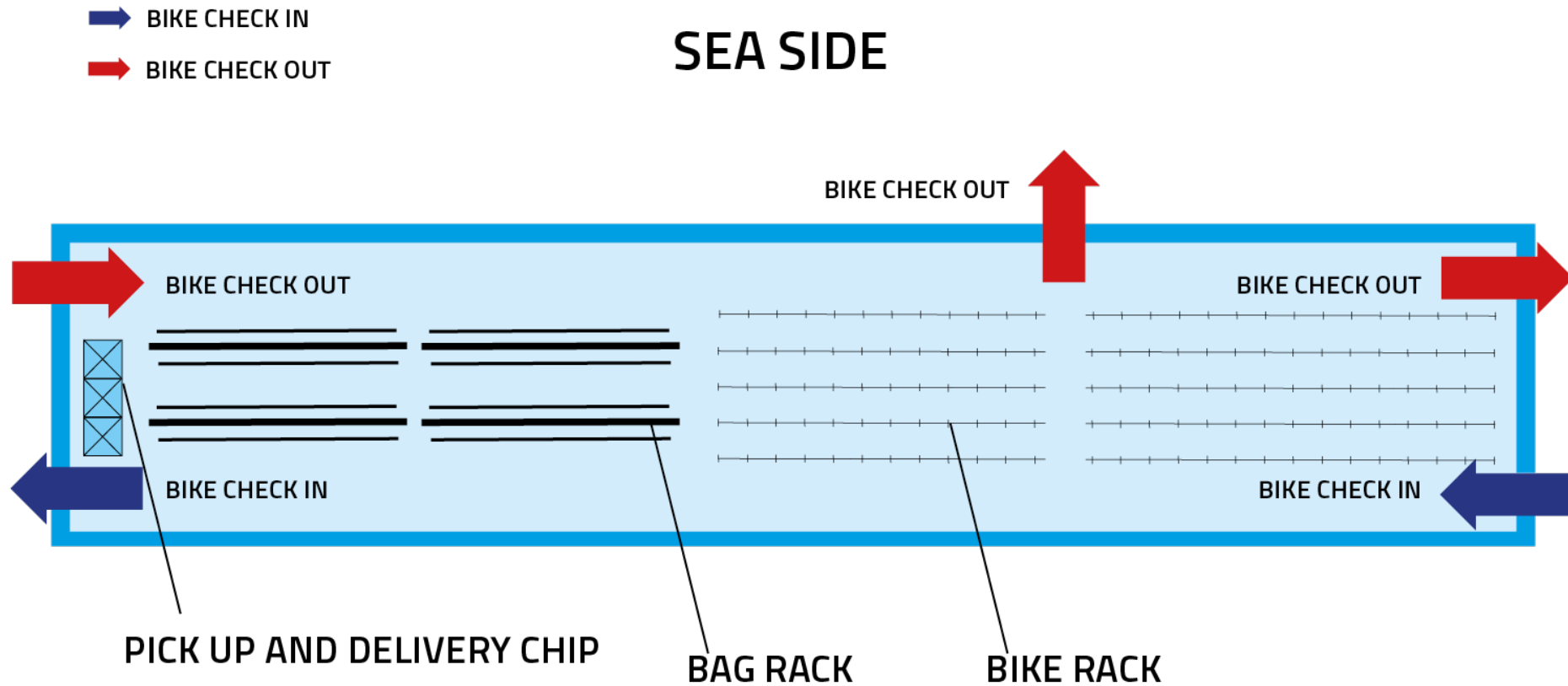
Pinarella side (south)

Viale E. De Amicis

### **Check in bike exit :**

Milano Marittima/ Bagni Fantini side (north)

# CHECK-IN



# WRISTBANDS AND CHIPS



**DELIVERY** : Saturday at the EXIT of the CHECK-IN at Transition

**RETURN** : Sunday at the ENTRANCE of the CHECK-OUT in Transition

***IT IS RECOMMENDED TO WEAR  
IT ON YOUR LEFT ANKLE***



**IMPORTANT!!!**

This bracelet will be handed out when collecting the athlete's pack at registration and will be used as the athlete's identification, it must be worn at all times. **Attention: It is NOT the timing chip.**

# CHIP REPLACEMENT PROCEDURE

If during the race we detect that your chip is not working, we will leave you a replacement chip in transition.

You will find the new chip clipped around your transition bag.

- If it fails in the swim, we will leave the chip in the **BLUE BAG**.
- If it fails on the bike, we will leave the chip in the **RED BAG**.



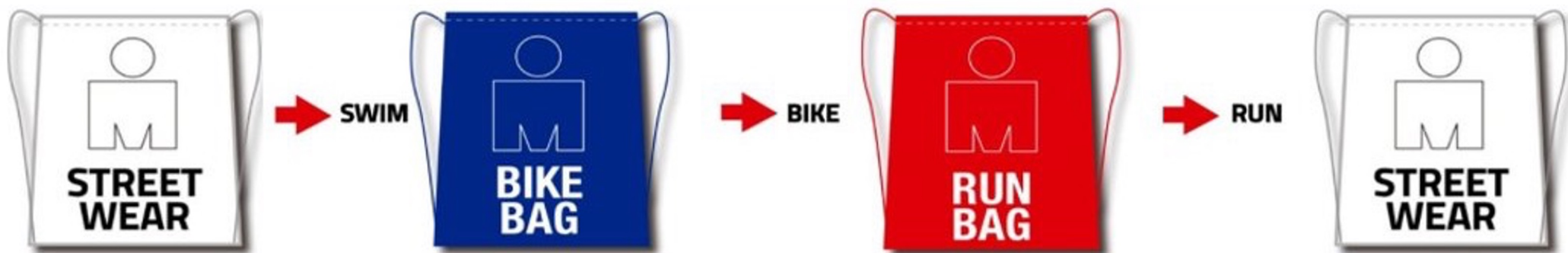
# BIB REVERSE

Name, Vorname: nom, prénom: last name, first name:	
Strasse: rue:	
street:	
PLZ / Ort: npo / lieu:	
zip code / city:	
Land: pays:	
country:	
Geburtsdatum: date de naissance:	
date of birth:	

<b>WICHTIGE MEDIZINISCHE INFORMATIONEN</b> <b>INFORMATIONS MEDICALES IMPORTANTS</b> <b>IMPORTANT MEDICAL INFORMATION</b>
Im Notfall bitte verständigen En cas d'accident prévenir In case of emergency contact
Name / nom / name:
Telefon / Téléphone / phone:
Muttersprache des Sportlers: Langue maternelle de l'athlète: Primary language of athlete:
Unfallversicherung: Assurance-accident: Accident insurance:
Momentane Krankheiten, Allergien oder medizinische Behandlungen: Maladies, allergies ou traitements médicaux actuels: Any present illnesses, allergies or medications:

**IMPORTANT!**  
**MEDICAL AND**  
**EMERGENCY**  
**CONTACT**  
**INFORMATION**  
**(NOT YOUR PHONE)**

# TRANSITION BAGS



ATHLETE  
GARDEN  
SATURDAY

CHECK-IN  
BIKE PARK  
FRIDAY

CHECK-IN  
BIKE PARK  
FRIDAY

ATHLETE  
GARDEN  
SATURDAY

PLEASE MAKE SURE THAT ALL YOUR BAGS ARE IDENTIFIED WITH YOUR BIB NUMBER

# BLUE BAG - BIKE

## YOU MUST HANG THIS BAG DURING BIKE CHECK-IN

- Helmet
- Glasses
- Socks
- Bike Shoes
- BIB Number (**compulsory during bike course**)
- Nutrition products

### NOTE:

- Swim gear and wetsuit must be put inside your BLUE BAG after the swim.
- Bike shoes can be clipped on to your bike pedals.– ***NOT RECOMMENDED UNLESS YOU ARE USED TO IT***
- Transition bags will be collected during **CHECK OUT**.



# RED BAG - RUN

## YOU MUST HANG THIS BAG DURING BIKE CHECK-IN

- BIB Number
- Running Shoes
- Socks
- Glasses
- Hat
- Nutrition products

### NOTE:

- Bike gear, including helmet and shoes (unless they are clipped on your pedals) must be put in the RED BAG after bike course.
- Transition bags will be collected during **CHECK-OUT**.



# WHITE BAG - STREET WEAR

**TO DROP AT ATHLETE GARDEN FROM 05:00 AM TO 07:00 AM ON RACE DAY**

- Warm/dry clothes for post-race
- There won't be showers

It can be picked-up at the end of the race direct the athlete garden.



Note : personal pumps cannot be left in bags

The organization will provide pumps in T1

# PERSONAL NEEDS BAG

If during the race you need a refueling for personal needs, you must:

- be sure to take the **PERSONAL NEEDS** bag when collecting the bib at the designated table.
- prepare the bag with the integration you will need.
- **Do not forget to identify your bag and your bib number**
- **deliver it on the race day at the Athlete Garden**

During the race you will find the PERSONAL NEEDS bag:

## BIKE COURSE

E 45, Aid Station 2 at km 

88,800	159,000
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## RUN COURSE

Lungomare D'Annunzio incrocio Via Gessi at km 

9,300	19,700	30,100	40,500
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**PERSONAL NEEDS BAG WON'T BE RETURN!**

Don't put inside personal items you care about.

# BAGS CHECK IN

Hang your bags according to your race number

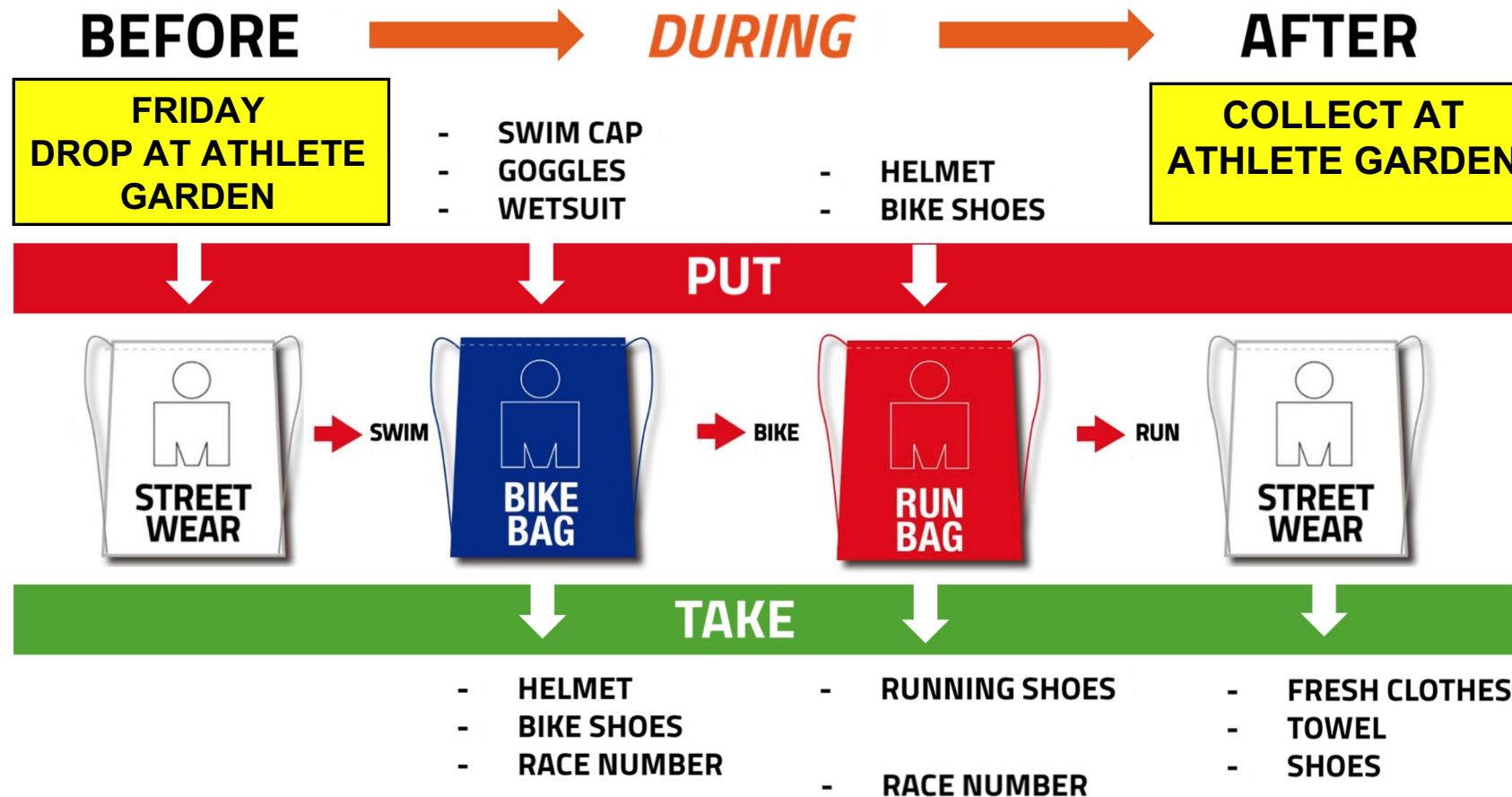
- **RED BAG** top hook
- **BLU BAG** bottom hook

All athletes are responsible for **packing & re-hanging bags during Transition.**



## MAKE SURE ALL BAGS

## HAVE YOUR RACE NUMBER



# SERVICES

- Lost & Found items at the Info Point
- 

- Bike mechanical assistance will be available at the first and second Aid Stations
    - Essential spare parts kits will be available at the Aid Stations
- 

- White bags (street wear before and after race)

This service will be available on race day at Athlete Garden

# SERVICES

**Hyperice** is proud to be the official recovery partner of IRONMAN. You can immediately start the recovery process by visiting the **Hyperice Recovery Zone** located beyond the finish line.

This area will be an essential part of your race day. You'll have access to **Hypervolts**: a percussion massage gun that relieves tension and stiffness, and aids recovery.



2022 OFFICIAL RECOVERY TECHNOLOGY



# IRONMAN®

ITALY



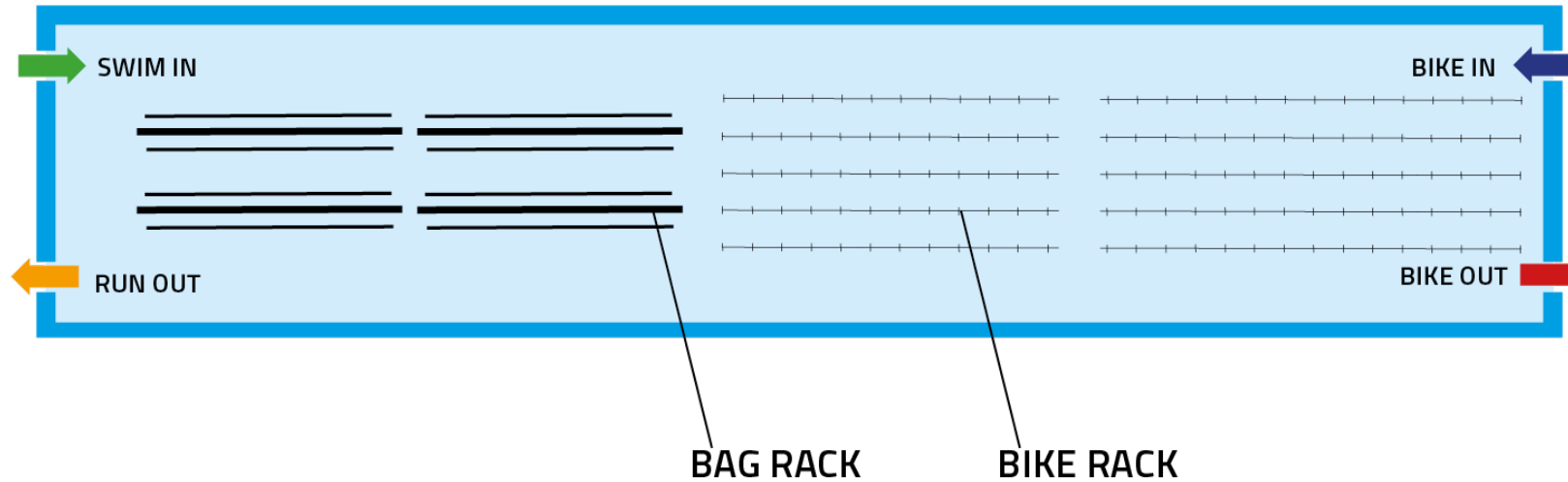
EMILIA  
ROMAGNA

# TRANSITION

# TRANSITION

- SWIM IN
- BIKE IN
- BIKE OUT
- RUN OUT

SEA SIDE



# TRANSITION

Rack your bike by the seat  
in the position marked with your bib number



# PRE-RACE CHECKS

- Bike condition check
- Helmet check
- Race number sticker: Front
- Inside/outside condition
- Chinstrap lock
- Race Number check
- Transition bags check
- Swim cap check
- ID control and timing chip delivery

The helmet must be left in the BLUE BAG in transition

It's NOT allowed to swim with socks or compression socks.

# CHECK-IN STEP BY STEP

CHIP WILL BE  
HANDED TO  
THE ATHLETES

HANG THE  
BAGS  
ACCORDING TO  
RACE NUMBER

RACK THE BIKE

BIB NUMBER  
AND  
EQUIPMENT  
CHECK

BIKE CHECK



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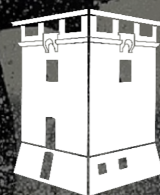
EMILIA  
ROMAGNA

COURSES

The background of the entire image shows the dark silhouettes of several triathletes running through shallow water, creating white splashes. The scene is set against a dark, overcast sky.

**IRONMAN**®

**ITALY**

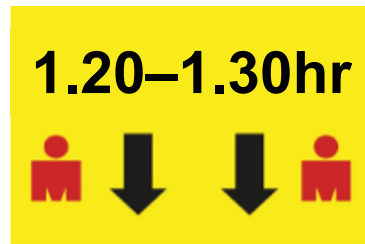
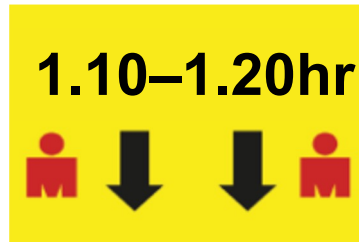


**EMILIA  
ROMAGNA**

**SWIM COURSE**

# SWIM START PROTOCOL

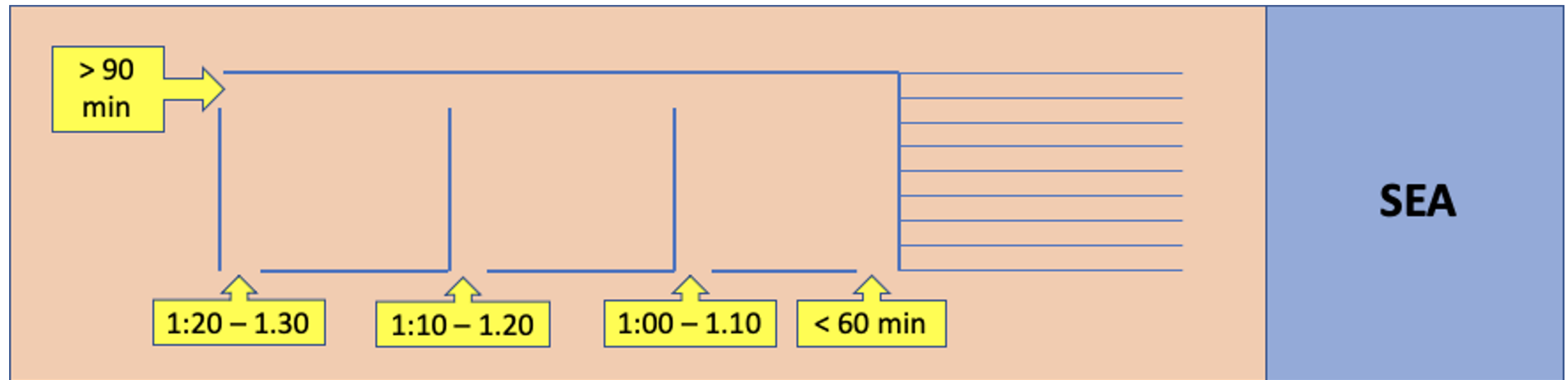
- Rolling start system: 6 athletes every 10 seconds
- At 07:30 Male athletes PRO start
- At 07:35 Age Group start
- Last athlete at 08:44 approx.
- The individual timing of each athlete will start when the chip cross the timing mat



LOOK FOR THE SIGNS WITH THE TIME YOU THINK YOU WILL TAKE TO FINISH THE SWIM AND ENTER THE ACCORDING STARTING GRID.

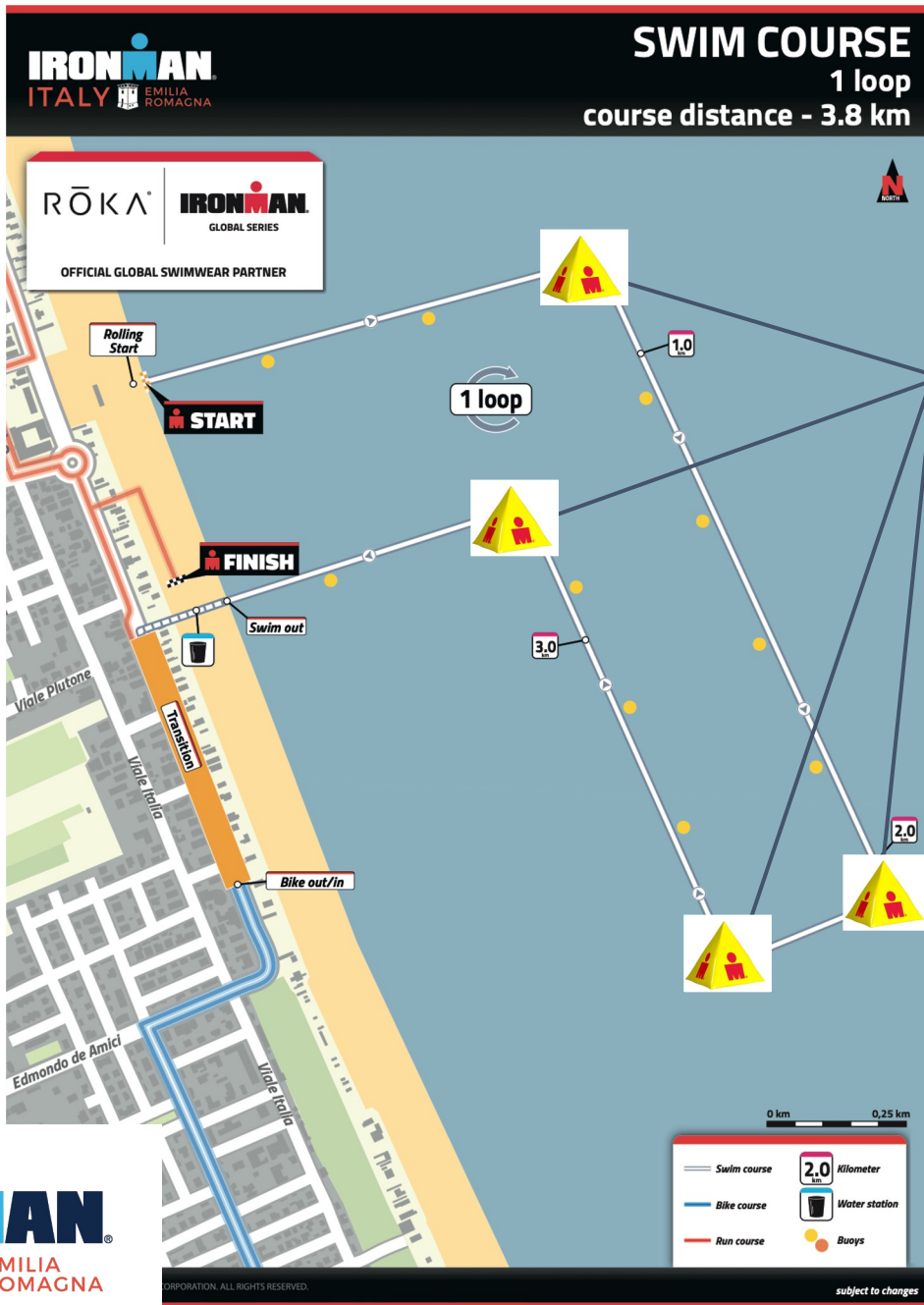
# SWIM COURSE

7:30	Atleti PRO Athlete	Pink neon Swim cup
7:35 – 08:44	Atleti Age Group Athlete	Red Swim cup



IT IS POSSIBLE TO ACCESS THE STARTING AREA FOR WARMING UP  
BUT IT IS MANDATORY TO GET OUT OF THE WATER BEFORE 07:00 AM

Athletes must be in the swim-in area 25 minutes before their respective start times



# SWIM COURSE

- The course is one lap of 3,800m



- Keep the 3 turning buoys on your right
- Keep the last turning buoy on your left
- Directional buoys perpendicular to the coast will be orange those parallel yellow

# SWIM COURSE

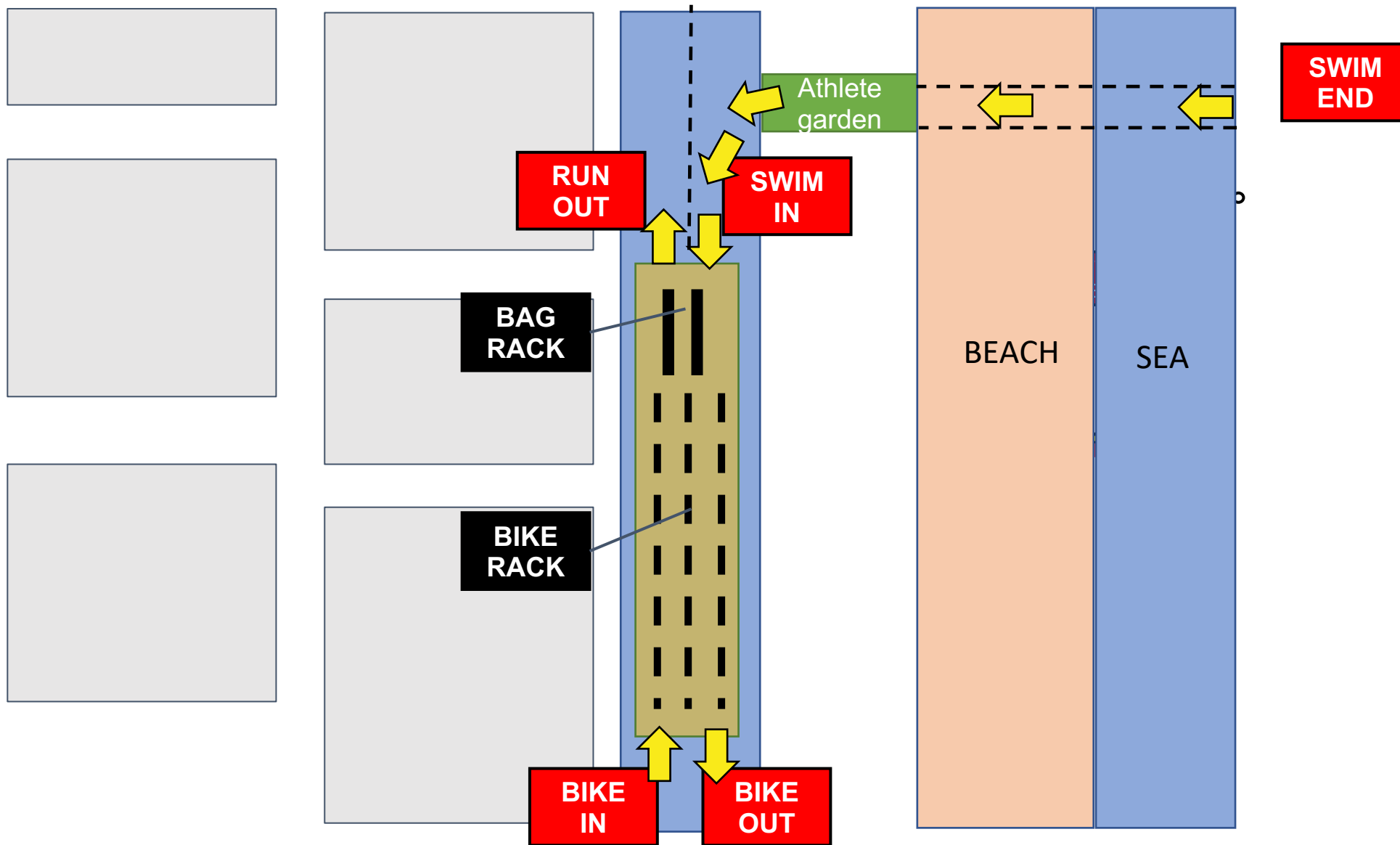
Athletes must reach the end of the swimming segment following the **official course**.

All athletes must **cross the timing chip mat** as they exit the water.

**If you decide to stop swimming YOU MUST:**

Let the **medical staff, organization staff or race officials** IMMEDIATELY know

Otherwise the **emergency services will be activated** e  
the athlete **will be responsible for the extraordinary expenses** incurred.





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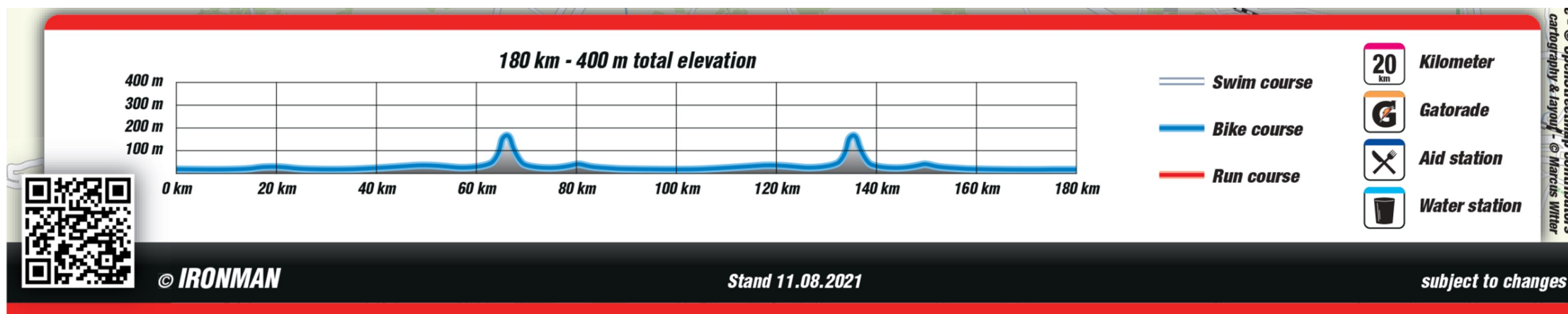
**BIKE COURSE**

# BIKE COURSE

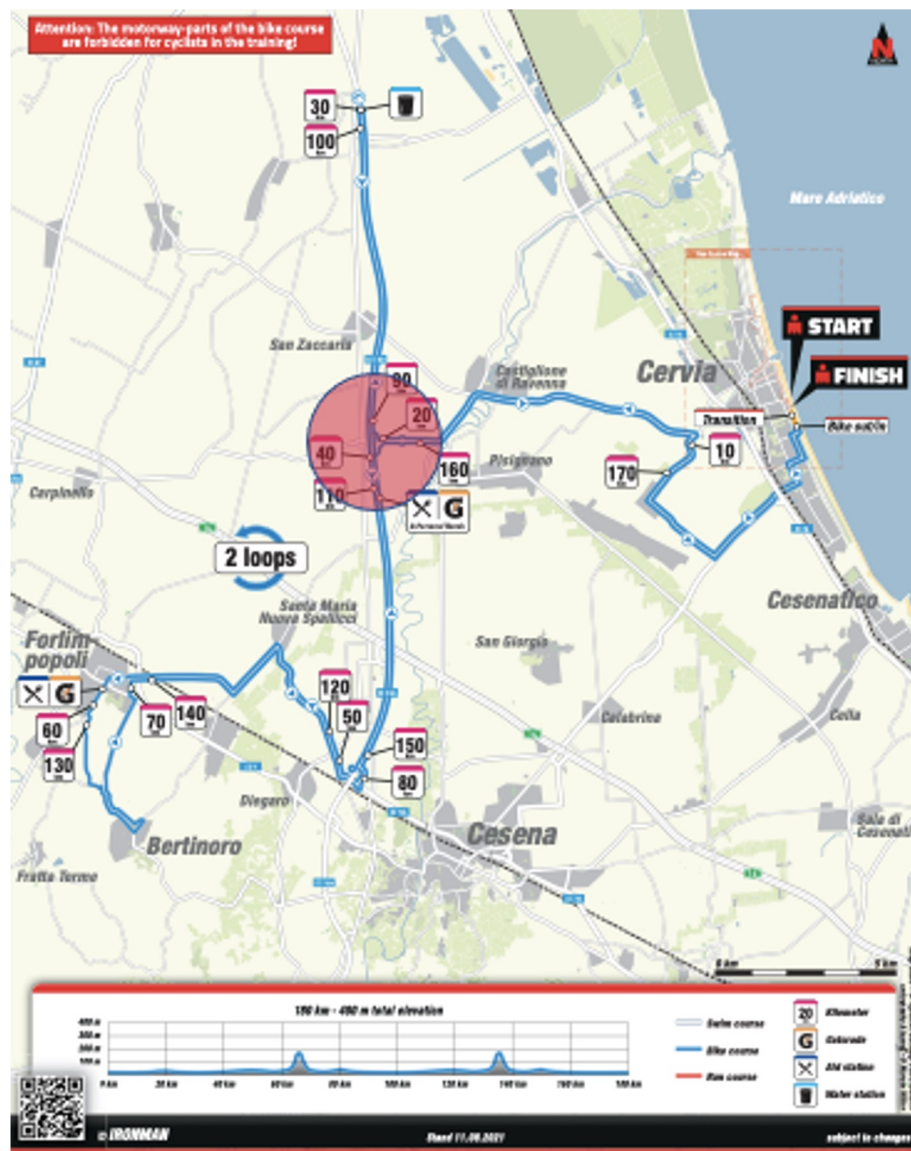
2 Laps  
180KM  
4 Aid Stations  
2 Water stations



# ELEVATION PROFILE



# BIKE COURSE



**BIKE CUT OFF**

**10 HOURS AFTER  
YOUR START TIME**

**START OF LAST LAP  
KM 99  
BEFORE 15.30**

# AID STATIONS

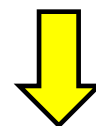
	1 LAP	2 LAP
WATER STATION	31,6 km	101,8 km
AID STATION 1	60,4 km	130,6 km
AID STATION 2	88,8 km	159 km



# LITTERING AREA



NOT INTENTIONAL

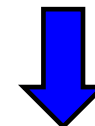


YELLOW  
CARD

(Stop 30s-60s)



INTENTIONAL



BLUE  
CARD

(Stop 5min)

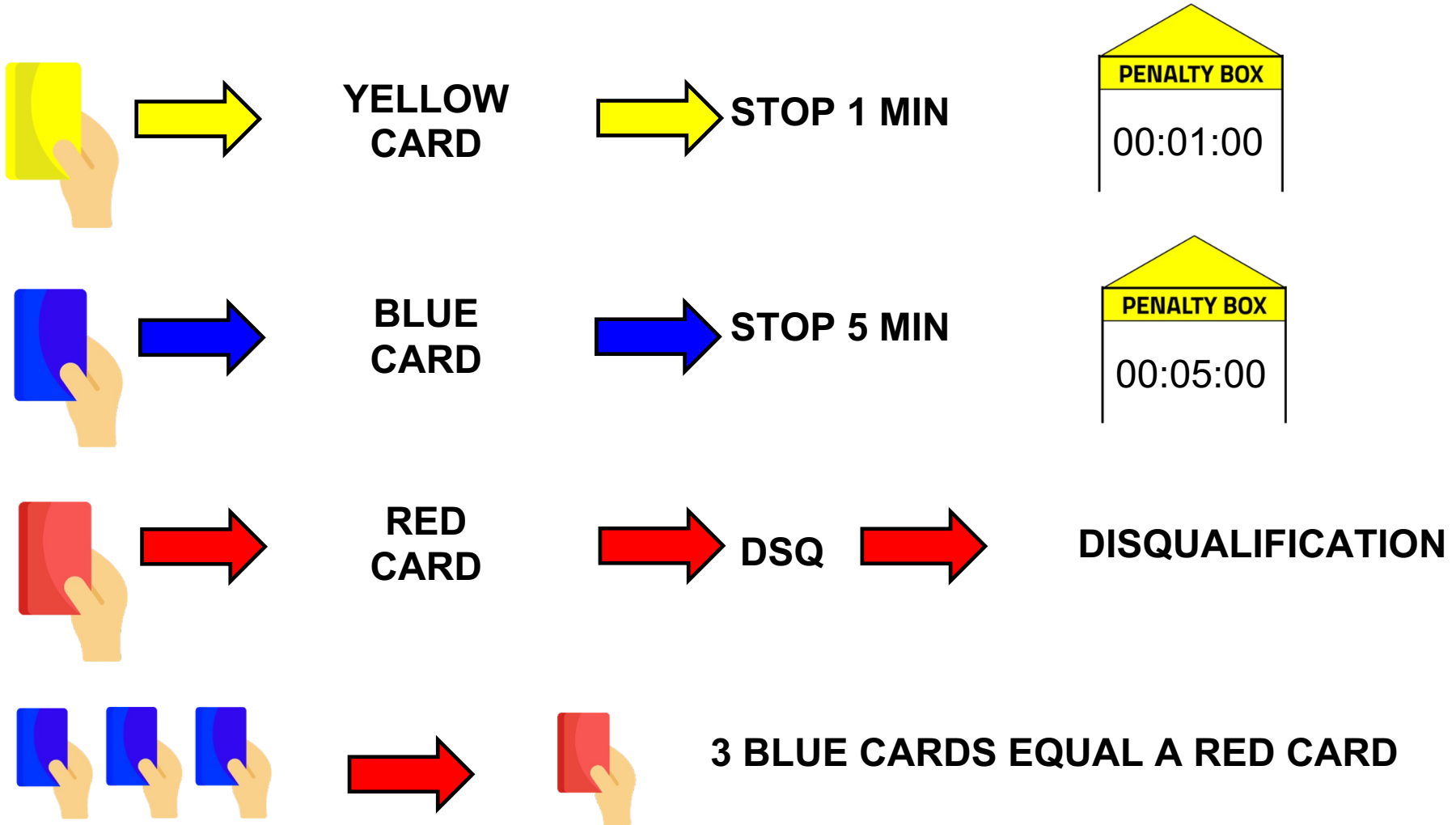
# MAIN RULES

**BIB NUMBER IS MANDATORY DURING BIKE COURSE**

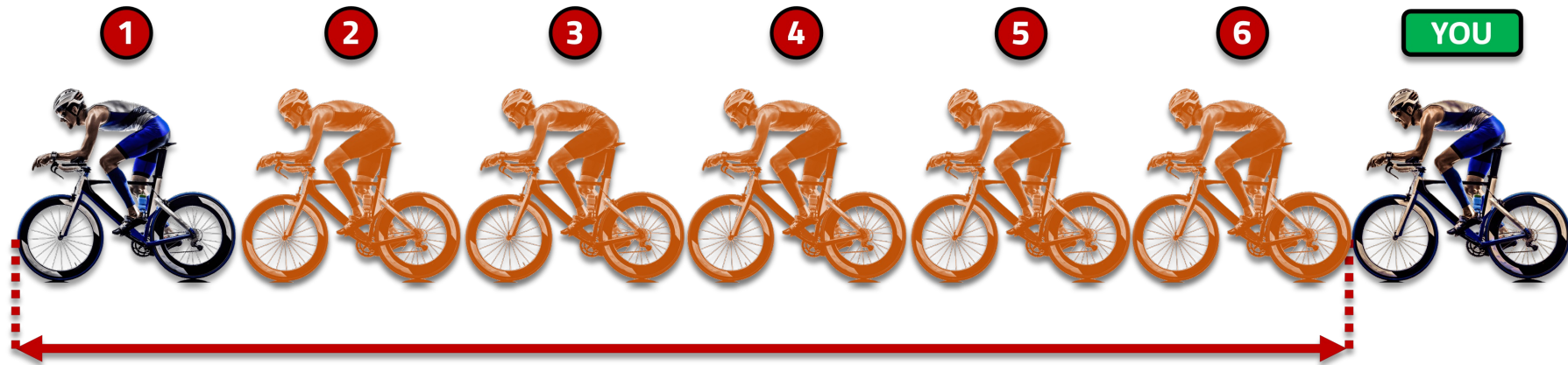
**BIB NUMBER IS MANDATORY DURING RUN COURSE**

**NO BIB NUMBER DURING BIKE OR ON COURSE = DISQUALIFICATION**

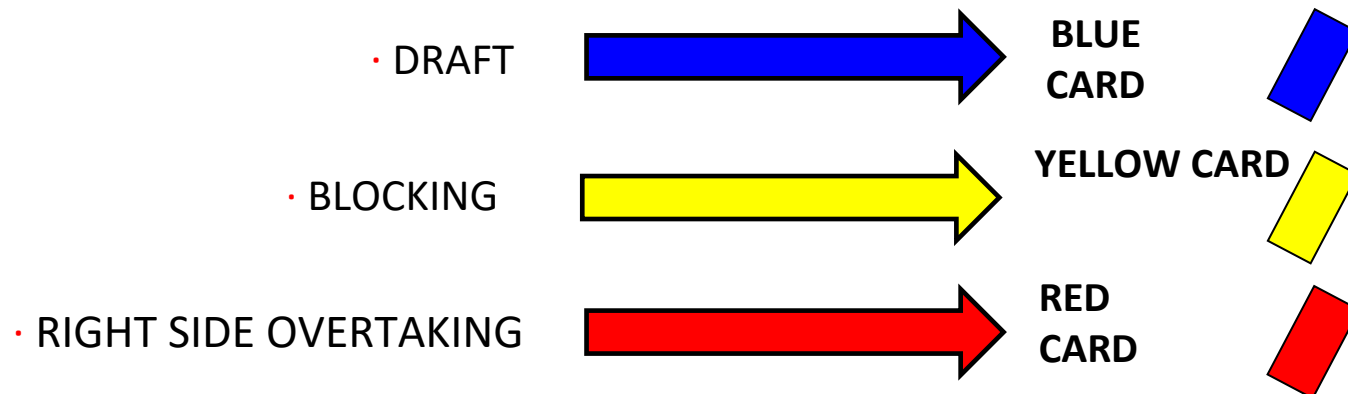
# MAIN RULES



# DRAFTING RULES



The minimum distance between the bikes is 12 m: from the front wheel of the bike in front of you to the front wheel of the bike at your back



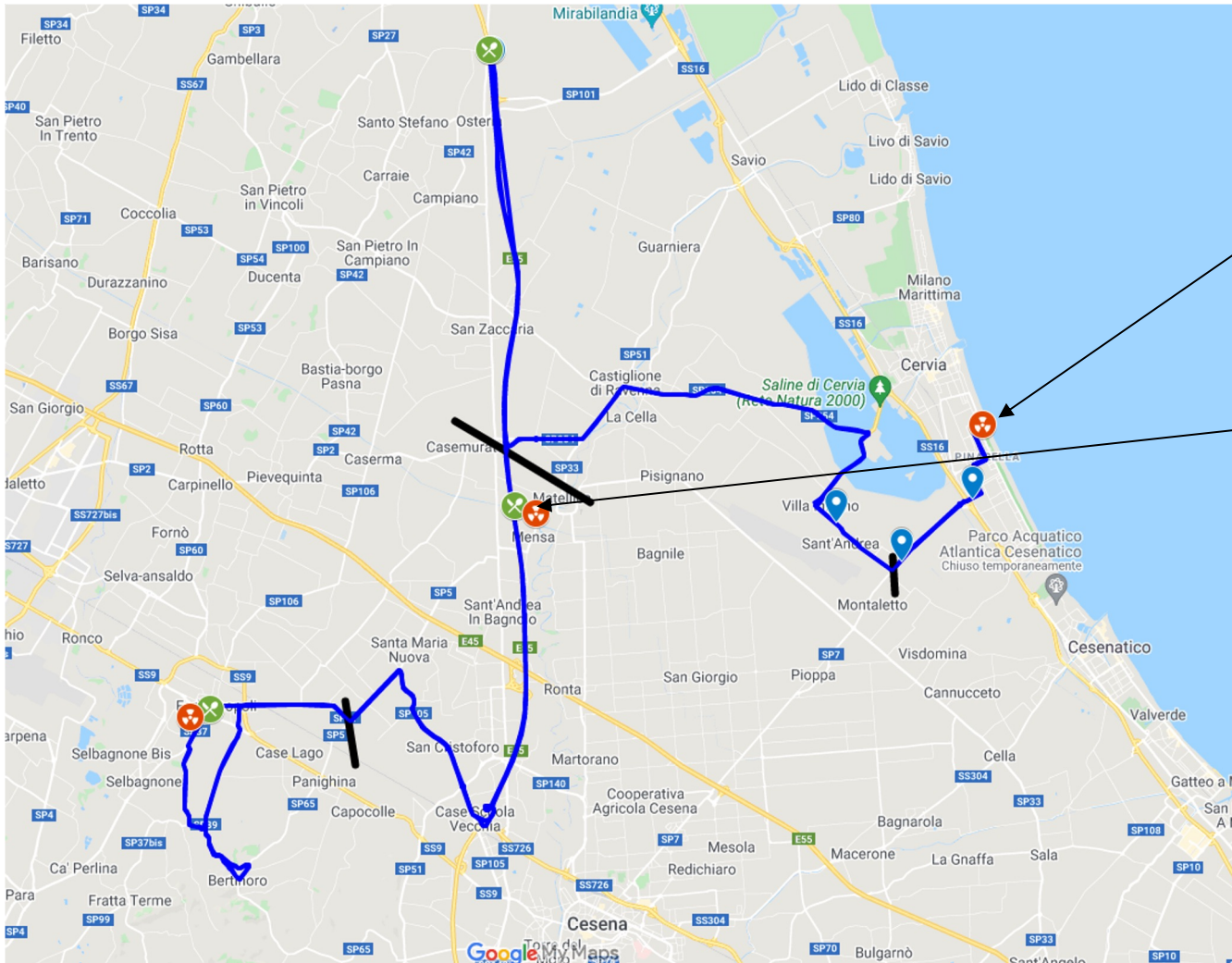
**THE DRAFTING RULES WILL NOT BE APPLIED WHEN THE ROAD GOES DOWHILL**

# ADDITIONAL RULES

- It is not allowed to bike in the opposite direction = DISQUALIFICATION
- Bib number **must** be worn during bike course.
- The absence of the bib number entails DISQUALIFICATION
- The stop due to a penalty must be done at the **Penalty Tent**.
- It is not allowed to use headphones or any similar device
- It is forbidden to help another athlete during the race giving essential items that wouldn't allow both athletes to continue.



# PENALTY BOX



- At the end of the bike course, in T2
- At Aid Station 3 E45

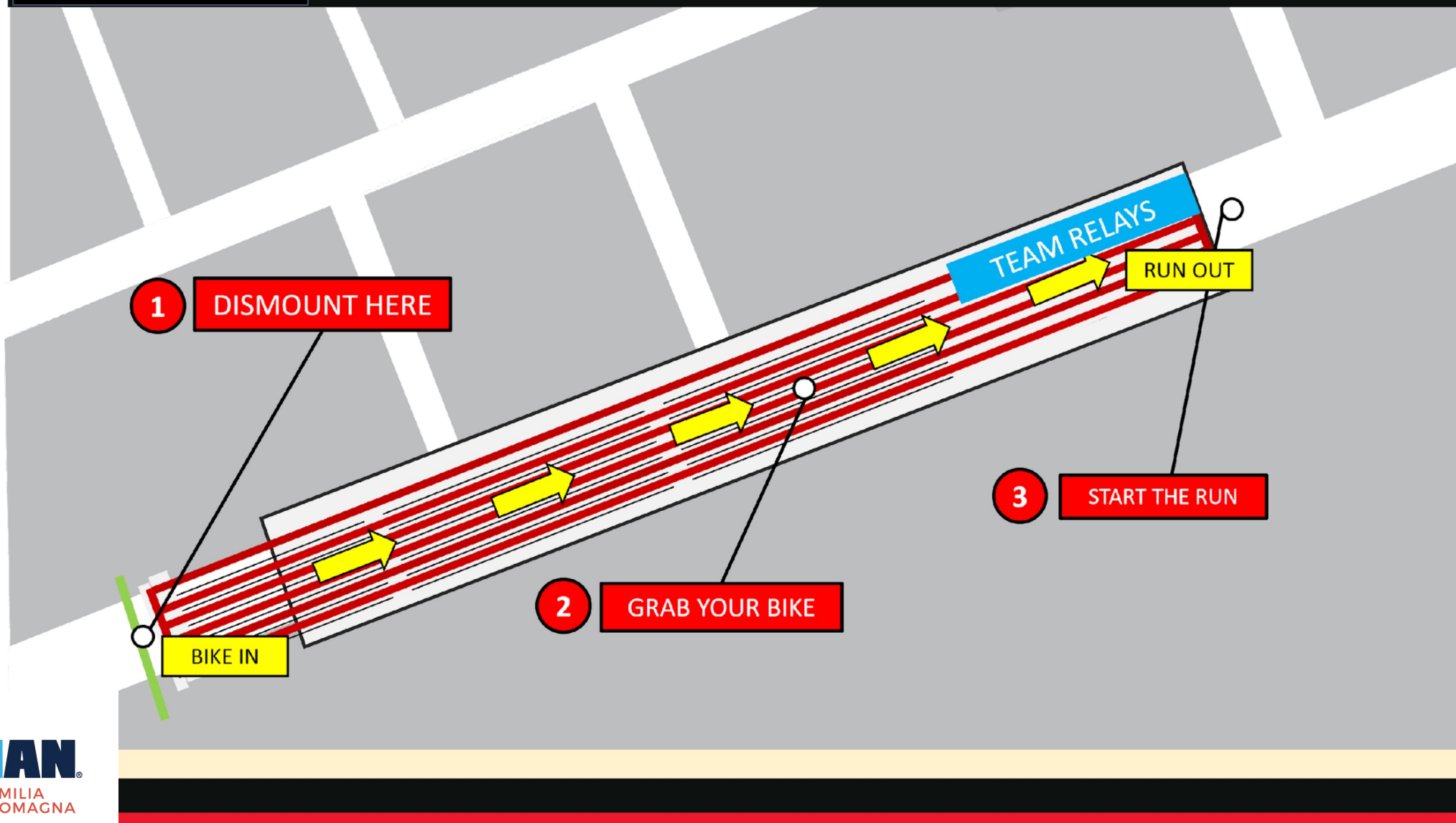


# MECHANICAL ASSISTANCE

**All athletes must be self-sufficient and able to repair minor problems on their own. Mechanical assistance will be an extra support provided at Aid Station 2 Forlimpopoli and 3 E45.**

## MECHANICAL ASSISTANCE and spare parts available ad Aid Stations

	LAP 1	LAP 2
RISTORO 2	60,4 km	130,6 km
RISTORO 3	88,8 km	159 km



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ROMAGNA**

**RUN COURSE**

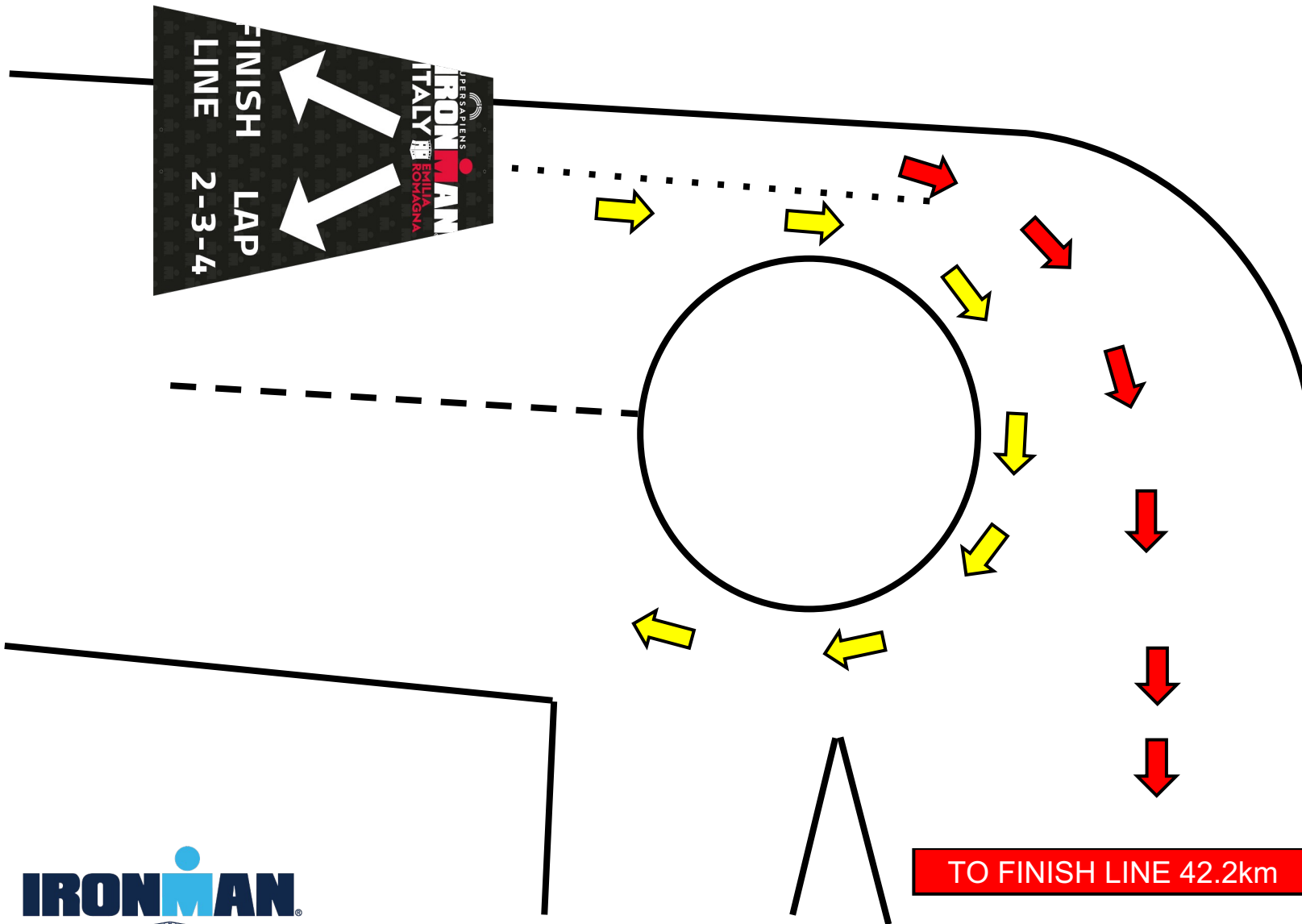


# RUN COURSE

4 laps  
42,100 km  
16 aid stations  
4 water stations



# LAPS VS FINISH LINE



**SUPERSAPIENS**  
**IRONMAN**  
**ITALY** **EMILIA ROMAGNA**

**4 LAPS**

**10 km**  
**each lap**

# AID STATIONS - RUN COURSE

	LAP 1	LAP 2	LAP 3	LAP 4
WATER STATION	0.7 km	11 km	21.3 km	31.8 km
AID STATION 1	1.8 km	12.1 km	22.5 km	32.9 km
AID STATION 2	3.9 km	14.7 km	25,1 km	35.5 km
AID STATION 3	6.9 km	17.4 km	27.5 km	37.8 km
AID STATION 4	9.2 km	19.7 km	30,1 km	40.5 km



# LITTERING AREAS



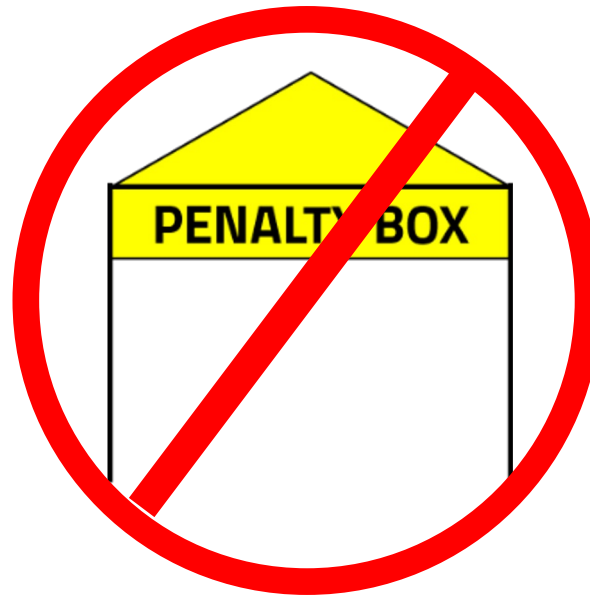
# RUN PENALTIES

- Taking a short cut
- Do not wear the bib
- Throw litter outside the designed areas
- Cross the finish line accompanied by friends or family
- Urinate in public
- External assistance
- Be followed and accompanied
- Pace another athlete

Coaches must stay outside the course






# RUN PENALTIES






**THERE WON'T BE PENALTY BOXES ON  
THE RUN COURSE.  
YOU WILL BE STOPPED ON THE SPOT.**

# CUT OFF

02:20:00 

10:00:00  + T1 + 

16:00:00  + T1 +  + T2 + 

BIKE  
INTERMEDIATE CUT  
OFF

at 15:30



AT KM 99 BEFORE THE  
FIRST LAP FINISH

RUN INTERMEDIATE  
CUT OFF

at 23:30



AT KM 30 BEFORE THE  
FOURTH LAP BEGINNING



# RACE DAY MEDICAL AND HEALTH ADVICE

- Your safety is our primary concern. The medical team will be staffing the medical facilities at **FANTINI CLUB** Medical resources will also be available while you are out on course..
- If you are not feeling well on race morning, we strongly advise you not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.
- **If you start to feel unwell at any point of the day, we urge you to seek help rather than continue.** You will not be disqualified for receiving a medical evaluation.



# RACE DAY MEDICAL AND HEALTH ADVICE

- **DO NOT BE AFRAID TO ASK FOR HELP.** If at any time during the race you experience chest pain or discomfort, shortness of breath, or light-headedness (dizziness), please stop immediately and seek medical attention:
  - **During the swim** raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling “help.” You can also grab onto a kayak, paddle board or nearby boat.
  - **During the bike**, if you are not at or near an aid station – STOP – let someone know you need help. Anyone can help - another athlete, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number for faster assistance.
  - **During the run**, same as the bike. If you are not at or near an aid station – STOP – let someone know you need help. Anyone can help - another athlete, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number for faster assistance.



# RACE DAY MEDICAL AND HEALTH ADVICE

- After you have finished the race, please do not leave the post-race area until you are reasonably certain you are ok and are able to drink without vomiting and stand without dizziness. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.

**Manage your Health and Safety on Race Day – Race Healthy, Race Smart**

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# IMPORTANT:

If you **stop the race** and quit, you **MUST** tell a  
**REFEREE**, or a member of the **RACE**  
**ORGANISATION** or the **INFO POINT**

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# AWARDS CEREMONY AND SLOTS ALLOCATION

take place at the

**Magazzini del Sale**

(V.le Nazario Sauro, Cervia)

on Sunday at 10:00

# PROTESTS AND APPEALS


- **RESULTS** - The provisional results will be published online
- **PENALTIES** - They will be posted together with the results
- **DOUBTS & QUESTIONS** – Will be clarified by race referees at the Registration Area
- **PROTESTS & APPEALS** – must be filed to the race officials immediately after the race

# CHECK OUT

Transition Check out from 19:30 to 01:30

**ONLY ATHLETES ALLOWED**

1. Enter transition from **Swim in / Run out access**
2. Wear your race wristband
3. Collect your bags and bike
4. Return the chip at the exit control
5. It is allowed to exit from **the middle of the sea side transition area** and from **the opposite side of the entrance to the access point**

**IRONMAN**  
**ITALY**  **EMILIA  
ROMAGNA**



**Bona sort!**

**Buena suerte!**

**Held og lykke**

**祝你好運**

**GOOD LUCK!**

**BONNE CHANCE!**

**IN BOCCA AL LUPO**

**Viel Glück!**