



PLAVA
LAGUNA



PLAVA LAGUNA
IRONMAN
70.3  **POREČ**
ISTRIA-CROATIA

ATHLETE GUIDE
OCTOBER 15, 2023



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WELCOME 2nd EDITION OF PLAVA LAGUNA IRONMAN 70.3 POREČ, ISTRIA, CROATIA

Dear competitors,

Thank you for registering for the **Plava Laguna Ironman 70.3** race in Poreč, Istria - Croatia. On the wings of the good organization of last year's race, we happily organized the second edition. We hope that you will enjoy the beautiful destination, the exciting route, the opportunities to achieve personal best results and the hospitable hosts. Featuring an amazing seafront location and top infrastructure in Zelena Resort, Poreč is a top sports destination in Croatia. It is our goal to deliver an amazing event so that you can test your limits and achieve your personal best while being a part of this challenging adventure.

On behalf of Plava Laguna, the hospitality company that organized the race, and the organizing team itself, I wish you to enjoy our vacation playgrounds. I would like to thank all friends, sponsors and patrons who ensured that the race could take place. I would also like to thank all of you who chose Croatia, Istria and Poreč as the destination where you will compete. On behalf of the Plava Laguna team and, our volunteers, have a great competition and we'll see you at the finish line!

Dragan Pujas,

President of the Board of Plava Laguna

Dear Athletes,

Welcome to the 2nd edition of **Plava Laguna Ironman 70.3 Poreč!** We thank you for choosing to compete in our race, and to many of you we wish a warm welcome back! The Race will, once again, take place in the beautiful Zelena Resort in the city of Poreč, known as the location of many sports events. The beautiful Poreč area landscapes coupled with professional organisation and hospitality of Plava Laguna make Poreč an ideal sports destination. As a company we are always prepared to go the extra mile to turn the extraordinary moments our guest dream of into reality. We really enjoyed preparing **Plava Laguna Ironman 70.3 Poreč 2023**, so I sincerely hope that you will enjoy the Race too. On behalf of Plava Laguna, the City of Poreč and other sponsors, I wish you best of luck in the training process as well as in the race.

See you in October in Poreč!

Goran Vrus,

Race Director of Plava Laguna IRONMAN 70.3 Poreč, Istria, Croatia

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SCHEDULE

Friday - Saturday - Sunday

Friday, 13.10.2023.

FROM	TO	EVENT	VENUE
10:00	18:00	Registration	Zelena Resort, Beach Lotosi
10:00	18:00	Info	Zelena Resort, Beach Lotosi
10:00	18:00	Expo	Zelena Resort, Beach Lotosi
10:00	18:00	Bike service	Zelena Resort, Beach Lotosi

Saturday, 14.10.2023.

FROM	TO	EVENT	VENUE
09:00	10:00	Race briefing ENGLISH	Zelena Resort, Beach Lotosi
10:00	11:00	Race briefing ITALIAN	Zelena Resort, Beach Lotosi
10:00	16:00	Registration	Zelena Resort, Beach Lotosi
10:00	16:00	Info	Zelena Resort, Beach Lotosi
10:00	18:00	Expo	Zelena Resort, Beach Lotosi
10:00	18:00	Bike service	Zelena Resort, Beach Lotosi
11:00	12:00	Ironkids	Zelena Resort, Beach Lotosi
12:00	14:00	Welcome Brunch	Zelena Resort, Beach Lotosi
14:00	18:00	Bike check in	Zelena Resort, Transition

Sunday, 15.10.2023.

FROM	TO	EVENT	VENUE
06:30	07:50	Transition	Zelena Resort, Transition
08:00	16:30	RACE	Zelena Resort, Swim start
10:00	16:30	Expo	Zelena Resort, Beach Lotosi
15:00	17:00	Bike check out	Zelena Resort, Transition
17:30	18:30	Awards ceremony	Zelena Resort, Beach Lotosi
18:30	19:30	Slot allocation	Zelena Resort, Beach Lotosi

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VENUE MAP Event Area - Zelena Resort

The **Plava Laguna IRONMAN 70.3 Poreč**, Istria, Croatia event venue is located at the beautiful Zelena resort, Poreč.
All event areas are located on the same spot, 5 min walking distance.



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REGISTRATION

Date:

- Friday, 13.10.2023 - (10.00 – 18.00)
- Saturday, 14.10.2023 - (10.00 – 16.00)

For the registration, please bring the following:

- Identity card with photo
- QR code (from the registration confirmation or Race Week email in the race week).

Registration process:

On site, you have to check your data again and confirm it. Afterwards, you will receive your starter package with sticker and athlete wristband as well as your bib number.

Your starter package includes:

- 1 backpack
- 1 BIB number, 1 bike number, 1 helmet number, 1 swim cap, 3 transition bags (blue bag (bike), red bag (run), white bag (streetwear)).
- Timing chip you get at the bike check-in (Saturday 14.00 - 18.00)
- Bike sticker guide
- Bag stickers
- Sponsors goodies

The athlete wristband enables you the entry to:

- Transition area
- Welcome brunch
- Athletes Garden

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SWIM START

Rolling swim start

What is a “Rolling Start”?

The athletes are divided according to their realistic (!) estimated swim time (self-assessment). Every 4 seconds 4 athletes will start. It will take about 25 minutes until the last athlete is in the water. The reason for this is to loosen the starter field and to ensure the highest quality of the swimming competition.

- Spare swimming caps are available in the pre-start area - Ask our volunteers
- Spare timing chips are available in the pre-start area - Ask our volunteers



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SWIM COURSE

Swim course is point to point course

The swim start takes place in front of Hotel Parentium Plava laguna, next to restaurant Villa Romana. At Your left side, you will find the swim warm-up area. White bag (streetwear bag) drop off area will be next to swim start.

Timetable for the swim start:

- 08.00 Start Age Group-Athletes (Rolling Start)
- 08.25 Start last athlete
- Relays start at the end of the rolling start

SWIM TO BIKE





Once you have completed the swim course, you get out of the water in front of Hotel Molindrio Plava Laguna and run directly to the transition area at the parking Byblos. Change your clothes at the designated area, take your bike and run to the mount line. Mount your bike and enjoy your bike race.





SWIM COURSE - 1900 m

LEGEND

-  SWIM - 1 LOOP
-  START
-  TRANSITION
-  FINISH



HOTEL
PARENTIUM

HOTEL
MOLINDRIO



10 TRANSITION

The **Plava Laguna IRONMAN 70.3 Poreč**, Istra, Croatia transition area is located at the parking Byblos, Zelena resort right next to the swim exit.

Bike Check-In

You will receive your timing chip at the bike check-in. The bike check-in is on Saturday and will take place between 14.00 and 18.00 o'clock.

Helmet (with sticker), Bike (with sticker, blue bike bag, red run bag (with sticker) and your bib number are **mandatory** at the bike check-in. You will have access to the transition area in the morning (06.30 - 07.50).

On race morning the transition area will open at 06.30 (the official bike service will also be on site at this time).

During the race, change of clothes takes place at the bag racks. On Saturday during the bike check-in, you leave your (blue and red) bags at the designated area. The bike shoes are either in the bag or on the bike. All changing must be done at the bag stands or in the designated areas (Nude changing Area). As soon as you touch your bike, your helmet must be tightly fastened to your head. Push your bike to the mounting line and mount there. The helmet must be in the blue bag (not on the bike).

Relay handover is in the designated area.

Bike Check-Out Sunday 15.00 - 17.00



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BIKE COURSE

The bike is an out and back course, 90km course with no major climbs, undulating course that leads you through city of Funtana, vineyards and olive groves including the highway portion suitable for PB results. Completely closed for traffic. Total elevation is 600 meters. There will be 3 aid stations.

Penalty box will be located in the Transition area.

IMPORTANT: It will NOT be possible to ride a bike before the race on the HIGHWAY section of the bike course!

Please - despite the road closure - be careful with the upcoming traffic!

Use the time before the race and inform yourself extensively about the bike course!

Rules

NO DRAFTING (12m, 25sec) -> 5 min Penalty (BLUE CARD)

NO BLOCKING -> 30 sec Stop and Go Penalty (YELLOW CARD)

RED CARD - DQ -> LITTERING, foul play, electronic devices, coaching, outside assistance

STAY RIGHT ALWAYS leave your HELMET on

Race Referees will notify athletes of a rule violation by showing the athlete a colored card

Penalties

ALWAYS STOP at the NEXT Penalty Box

YELLOW Card: 30 seconds Stop and Go penalty

BLUE Card: 5 min penalty

RED CARD: immediate DQ - but you can continue racing

ANY combination of these 3 cards is a DQ

Bike course Aid Station

Location at km 29

Location at km 53







Location at km 70



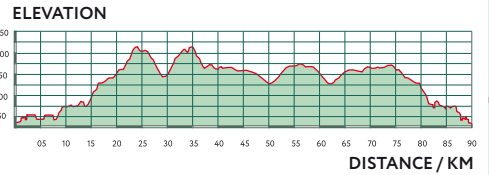
BIKE COURSE - 90 km



LEGEND

-  BIKE - 1 LOOP
-  WATER/AID STATION
-  START
-  TRANSITION
-  FINISH
-  U-TURN

ELEVATION 600 m



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RUN COURSE

The run course is 2 laps course that goes along the coast all the way to the city centre of Poreč and back south towards Zelena resort. There will be 8 aid stations. The course is rolling and runs along the Adriatic sea. Total elevation is 150m.

Run course aid station

Location at km 1,5 / 4,5 / 6 / 8,5 / 11 / 14 / 15,5 / 18

Red bull energy station will be located in downtown Poreč (on the run course) with great music and Red Bull drinks that gives you wings!

Rules

NO LITTERING
NO PACING

NO COACHING
NO OUTSIDE HELP

NO TECHNICAL AIDS
NO SHORTCUT











RUN COURSE - 21 km



LEGEND

-  RUN - 2 LAPS
-  WATER/AID STATION
-  START
-  TRANSITION
-  FINISH
-  U-TURN

ELEVATION 150 m

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FINISH LINE

After 1.9 km swim, 90 km bike and 21.1 km run, you will enter the **Plava Laguna IRONMAN 70.3 Poreč**, Istria, Croatia finish line and celebrate your success.

It is not allowed to run down the finish line with friends, relatives or children. This is a reason for disqualification!

Immediately after the finish line, you will have an aid station which offers you drinks and food. Relays are NOT allowed to cross the finish line together. Relay Meeting point is in the after-finish area.



CUT OFF TIMES

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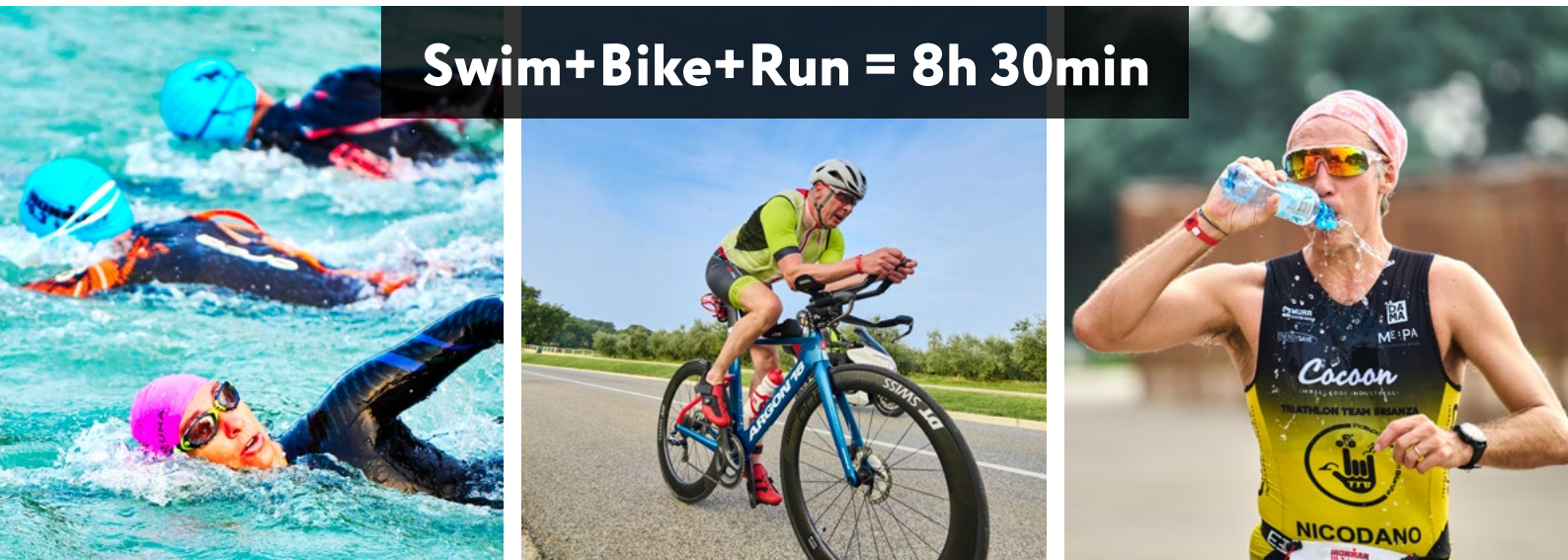
Swim = 1h 10min



Swim+Bike = 5h 30min



Swim+Bike+Run = 8h 30min



17 RELAYS

Swim start: The relays will start as the last group of the rolling start and are marked by a separate color of swim caps. Please be in the designated area at the end of the rolling start.

Transition area: Handover from swim to bike & bike to run in designated area.

Showers: Available at the finish line in the Athletes Garden.

Finish: Running down the finish line together is not allowed.



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SAFETY

Race Cancellation

If there is any reason for a stop of the race, this will be shown through a black flag. In this case follow the instructions of the staff on the course!

Swim Safety

In case you do not finish your swim it is mandatory to tell an official (a member of the water rescue team or a technical official).

Traffic

Be aware of upcoming traffic, even though the road is closed during the race. Always stay right and pass left.

Know the course

It is your responsibility to know the rules and the course!

You can also find all route details here: www.ironman.com/im703-croatia-course

Download all rules: www.ironman.com/competition-rules



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AFTER THE RACE

Post-race food, white bag handover will be at Athletes Garden, next to finish line.
Showers and massages/recovery zone will be at Athletes garden, next to finish line
Bike Check-Out will be at Transition Area on Sunday between 15:00h to 17:00h, where you will hand your timing chip.

NO CHIP NO BIKE!

Time for protest between 17:00h – 18:00h at the Info booth in Athletes Garden
Awards ceremony and slot allocation at Lotosi Beach, Zelena resort on Sunday at 17.30.



20 IMPORTANT MEDICAL AND HEALTH INFORMATION

- Your safety is our primary concern. The medical team will be staffing the medical facilities at the finishline. Medical resources will also be available while you are out on Run Course on the Aid Stations and during Bike Course on all sections as well as on the Swim Start and Transition.
- 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.**

DO NOT BE AFRAID TO ASK FOR HELP

You will not be disqualified for receiving a medical evaluation.

If at any time during the race you experience chest pain or discomfort, shortness of breath, lightheadedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention. A medical evaluation does not constitute outside assistance. You will not be disqualified for receiving a medical evaluation, or for having someone help you in getting medical assistance.

- **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. You will not be disqualified for grabbing onto any of these safety items during the race.
 - **During the bike:** if you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, 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 medical help. Anyone can help - another athlete, a volunteer, 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.
- 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

21 IRONKIDS

The **IRONKIDS** race starts at **Zelena resort, Lotosi Beach** and it will be RUN only race. There will be different distances and categories.

400m Age Group 5-6

800m Age Group 7-8

1200m Age Group 9-10

1600m Age Group 11-12

2000m Age Group 13-14

Date: 14.10.2023.

Start: 11:00h

Registration: Lotosi Beach, Zelena resort





RUN COURSE - 1 LOOP



LEGEND

- RUN - 1 LOOP
- WATER/AID STATION
- START
- FINISH
- U-TURN

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EVENT SPONSORS AND PARTNERS



PLAVA LAGUNA



Conquer the fatigue, conquer the pain, conquer the fear!

GET READY TO TURN HEADS AND INSPIRE OTHERS
TO PUSH THEIR LIMITS.



From small steps to big achievements!
You are an Ironman in the making!

Race Ready, Style Steady Check out our Official Merch!



Grey T-shirt



Polo shirt



White T-shirt



Sports towel



Cap

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SPORT

WE TAKE
SPORT
SERIOUSLY.

- Year-round sport destinations
- Full service for recreational and professional sports
- Decades of experience in working with sports teams, groups, and event organisation

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



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