

17
SEP
2023

5i50[®]

TRIATHLON CERVIA • ITALY

ATHLETE GUIDE

SWIM BIKE RUN

www.ironman.com/5150-cervia

ACTIVE BREITLING 1884 VINFAST GATORADE HOKA RÖKA ATHLETIC BREWERY OF EKOI FULGAZ H1 MAURTEN NIRVANA QATAR AIRWAYS Santini wahoo

Fontini Club Cervia Regione Emilia-Romagna Sport Valley Batani Select Hotels





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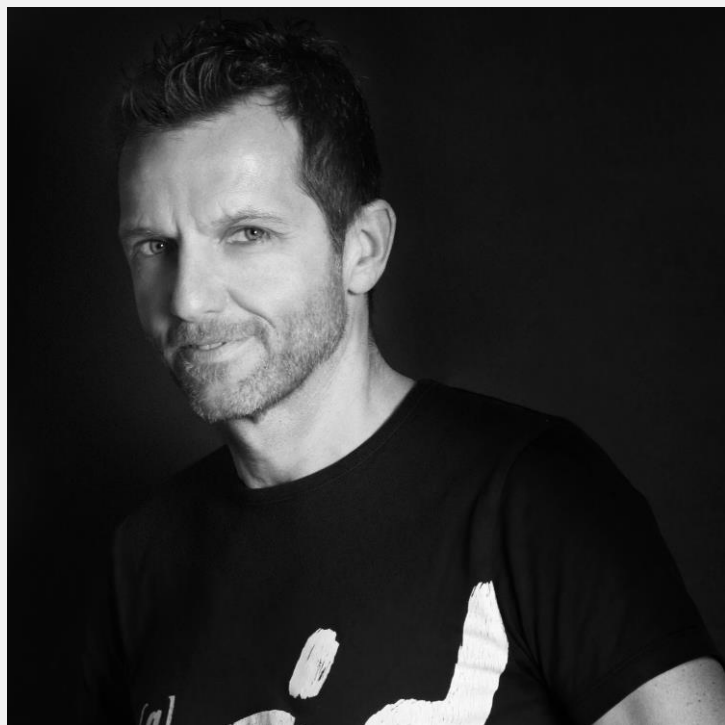
WELCOME

Dear athlete,

Cervia is once again a protagonist hosting one of the most attended Ironman in the world. It is always a great emotion for me to see athletes from all over the globe gather in Italy and transform the Romagna Riviera into the agora of the world triathlon for a weekend.

Participating in Ironman Italy becomes the perfect opportunity to discover the beauty of the area and Italian traditions: the salt pans of Cervia with its flamingos, the colors of the Romagna countryside, the medieval villages of Forlimpopoli and Bertinoro, the historic center of Cervia and Milano - Marittima, the renowned food and wine and the typical hospitality of Romagna.

All the staff and I will always be at your disposal to make you live an unforgettable experience to return home with the emotion of having accomplished a great undertaking and a pleasant memory of our beautiful country.



We look forward to seeing you at the finish line!

Max Rovatti

RACE DIRECTOR IRONMAN Italy

5i50®
TRIATHLON
CERVIA • ITALY

Fantini Club®

YOUR ACTIVE BEACH

Cervia / Milano Marittima



Your Active Beach

We're waiting for you on the most exclusive beach in Cervia, on the finish line of the **IRONMAN® & 70.3 Emilia-Romagna and 5150™ Emilia-Romagna 2023**. Fantini Club will provide you with any **comfort**: Well-equipped beach and children's area, Wellness centre and **SPA**, Gym and beach courts for any sports, **Mediterranean** cuisine at our **Calamare Restaurant**, Organic Food & Drinks at new **Botanico**, **Pizza** and our awesome **Piadina**, 8 **bars** on the beach for snacks, breakfasts and happy hours. We are expecting you at Fantini Club to show you the **High Quality Italian Lifestyle**. Fantini Club: **Stylish Holidays and Life**.

fantiniclub.com



Calamare
RESTAURANT

Botanico
ORGANIC FOOD & DRINKS

Mediterraneo
RESTAURANT & BOUTIQUE

La piadina
del Fantini

La Pizza
del Fantini



fantiniclub.com Tel. +39 0544 956519 info@fantiniclub.com Lungomare G. Deledda 182, Cervia - Milano Marittima (RA)

EVENT SCHEDULE

THURSDAY, SEPTEMBER 14

FROM	TO		LOCATION
10:00	18:00	Registration IRONMAN Italy Emilia - Romagna; 70.3 Italy & 5150 Cervia Triathlon	Lungomare G. Deleda – Free Beach (Registration)
10:00	19:00	IRONMAN Merchandise Store & Expo Area	Lungomare G. Deleda – Free beach
18:00		Parade of Nations	Magazzini del Sale - V.le Nazaurio Sauro - Cervia

FRIDAY, SEPTEMBER 15

09:00	18:00	Registration IRONMAN Italy Emilia - Romagna; 70.3 Italy & 5150 Cervia Triathlon	Lungomare G. Deleda – Free Beach (Registration)
09:00	19:00	IRONMAN Merchandise Store & Expo Area	Lungomare G. Deleda – Free Beach

SATURDAY, SEPTEMBER 16

09:00	15:00	Registration IRONMAN Italy Emilia - Romagna; 70.3 Italy & 5150 Cervia Triathlon	Lungomare G. Deleda – Free Beach
09:00	19:00	IRONMAN Merchandise Store & Expo	Lungomare G. Deleda – Free Beach

SUNDAY, SEPTEMBER 17

06:00		Drop off White Bags	Fantini Club (Athlete Garden)
06:00	11:30	Bike Check In IRONMAN 70.3 Italy Emilia Romagna & 5150 Triathlon Cervia	Transition Area (Lungomare Grazia Deleda)
10:00	17:00	IRONMAN Merchandise Store & Expo Area	Lungomare G. Deleda – Free Beach
13:30		5i50 Triathlon Cervia START	
17:30		Cut off 5150 Triathlon Cervia – 4 hours	
18:30	21:00	Bike Check out	
21:00		IRONMAN 70.3 & 5150 Awards Ceremony & Slot Allocation	Magazzini del Sale (V.le Nazario Sauro, 48015 Cervia RA)



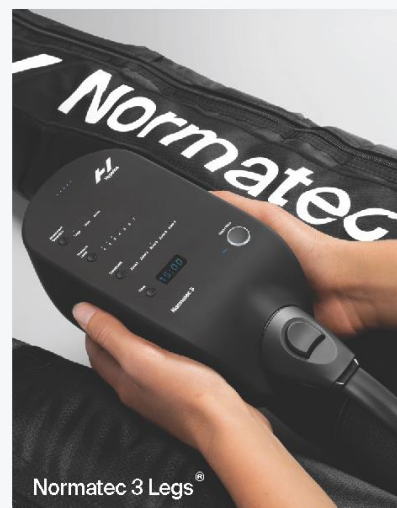
Click on the logo and check Google My Maps for all event locations.



Get race-ready with Hyperice

Our suite of products help to relieve tension, unlock sore muscles, and prime your body and mind to be at their best, so you can recover faster and train harder.

Swim. Bike. Run. Recover.



Normatec 3 Legs®



Hypervolt 2®



Official Recovery Technology Partner



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*

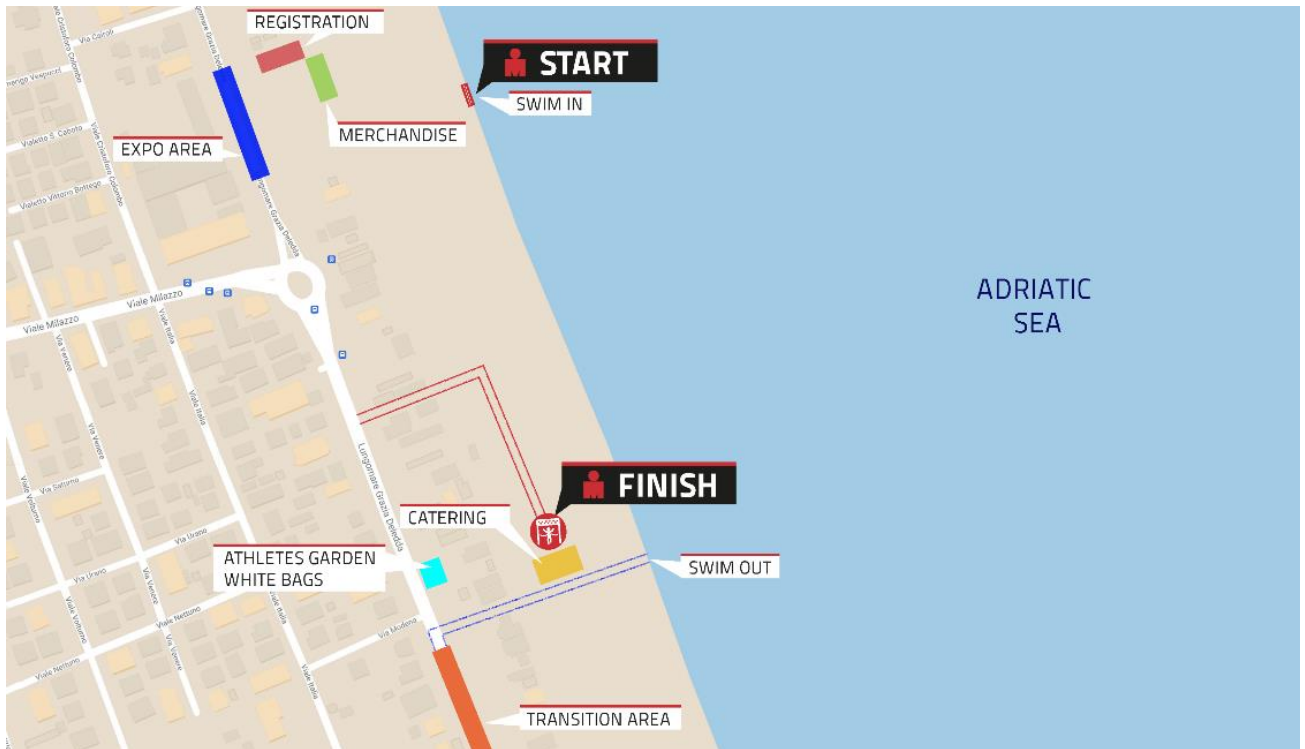
qatarairways.com/IRONMAN

*Only for athletes.

QATAR
AIRWAYS

IRONMAN
GLOBAL SERIES

2023 OFFICIAL AIRLINE PARTNER



IRONMAN Italy - Merchandise Store

At the IRONMAN Merchandise Store located on the free beach of Lungomare Grazia Deledda it will be possible to find all the official merchandising of IRONMAN Italy. The Merchandise Store will be open from **Thursday 14 September to Sunday 17 September. Check the schedule for more information.**

IRONMAN Italy Expo

At the IRONMAN Merchandise Store located on the free beach of Lungomare Grazia Deledda it will be possible to find all the official merchandising of IRONMAN Italy. The Merchandise Store will be open from **Thursday 14 September to Sunday 17 September. Check the schedule for more information.**

Lost & found

Any items lost and found by the IRONMAN staff will be deposited and left available for recovery by the athletes at the Info Point on the public beach at Lungomare **Check the schedule for more information.**

Bike Service

A service area will be set up near the Transition Area, where technical assistance and tyre inflation service will be provided before the race.

When: Sunday, 17 September from 6.00 to 11.30 am

- A bike service will be available in the expo area for a fee.
- In the Transition Area pumps will be available for the athletes.

The logo for Active.com, featuring the word "ACTIVE" in a bold, white, sans-serif font with a yellow swoosh underline. The background of the entire image is a composite of three athletes: a woman triathlete at the top with arms raised in celebration, a male cyclist in the middle holding a trophy, and a male triathlete at the bottom in a swimming pose. The image is split vertically, with the left side having a red tint and the right side having a blue tint.

ACTIVE

✓ 10k
✓ Marathon
✓ Cycling race
Triathlon

Explore your next race on [ACTIVE.com](https://www.active.com)

CHECKLIST

✓ **PRE-RACE:**

- ☐ Directions to:
 - Registration
 - Bike Check-In
 - Race Start
 - Race Finish
- ☐ Photo ID.
 - ☐ Valid Triathlon License or One Day License / Medical Certificate.
- ☐ Attend Athlete Briefing
- ☐ Bike Services/Tune up
- ☐ Plan & test your nutrition
- ☐ Study the racecourse.

✓ **RACE DAY – SWIM**

- ☐ Timing Chip
- ☐ Wetsuit or swimsuit
- ☐ Goggles (consider a spare pair as well)
- ☐ Race Day Swim Cap (provided at Check-In)
- ☐ Ear Plugs/Nose Plug (optional)

✓ **RACE DAY – BIKE**

- ☐ Helmet
- ☐ Bikes shoes and socks
- ☐ GPS watch or bike computer
- ☐ BIB Number
- ☐ Bike Repair Kit
- ☐ Extra Nutrition
- ☐ Sunscreen
- ☐ Sunglasses

✓ **RACE DAY – RUN**

- ☐ Race Belt or Safety Pins
- ☐ Bib Number
- ☐ Hat/ Visor
- ☐ Running Shoes & Socks
- ☐ Sunglasses
- ☐ Water Bottle
- ☐ Sunscreen

✓ **MISCELLANEOUS**

- ☐ Vaseline
- ☐ Antibacterial Gel
- ☐ Contacts or Rx Glasses
- ☐ Heart Rate Monitor & Chest Strap
- ☐ Towel
- ☐ Hair Ties
- ☐ Lip Balm
- ☐ Post-Race Clothing
- ☐ Extra Swimsuit or Wetsuit





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



BEFORE REGISTRATION

LICENSES AND MEDICAL CERTIFICATE

As a reminder, according to FITRI rules, it is mandatory to provide the following documents to [Dokeop](#) in order to participate in IRONMAN Italy races. There are four different options:



1) I have a FITRI annual license

- In this case, you must upload your annual license in [Dokeop](#).

2) I have an ETU annual (European Triathlon Union) license

- In this case, you must upload your annual license in [Dokeop](#). We also recommend to check with your Federation that you are covered to compete in Italy.

3) I have other annual license (non-European Federation)

- In this case, you must upload your annual license in [Dokeop](#). We also recommend to check with your Federation that you are covered to compete in Italy.
- Additionally, you must upload a medical certificate valid for triathlon competition.

4) I want to purchase a FITRI one day license

- If you want to buy a one day license with the Italian Federation, you must prepare the following documents:
 - [FITRI form](#).
 - Medical certificate FROM AN ITALIAN DOCTOR valid for triathlon competition.
 - License payment*

**How to make the payment? You can pay at these bank details:*

Federazione Italiana Triathlon

Conto Corrente n. 0000000001549

IBAN: IT17 M050 3403 2400 0000 0001 549

BIC/SWIFT: BAPPIT21N90

Reason: Tesseramento Giornaliero IM Italy 2023+ name and surname

Send all required documents to emiliaborrello@fitri.it and when the FITRI secretariat sends you a confirmation email, [you must upload it in the Dokeop platform](#). We don't need all the documents again just the confirmation email.

REGISTRATION

REGISTRATION HOURS

FROM	TO	WHEN?	LOCATION
10:00	18:00	THURSDAY	Lungomare G. Deledda - Free beach (Registration tent)
09:00	18:00	FRIDAY	Lungomare G. Deledda - Free beach (Registration tent)
09:00	15:00	SATURDAY	Lungomare G. Deledda - Free beach (Registration tent)



Click on the logo and check Google My Maps for all event locations.

Please note that we WILL NOT assign bib numbers before the opening of registration. Bib numbers will be assigned on a first come, first served basis at the registration desk.

1) ACCESS REGISTRATION TENT

You will find here. Preape your ID and you QR code (you will find in the race week email or email confirmation).

2) LICENSE MEDICAL AND MEDICAL CERTIFICATE CONTROL

At the entrance you will find the license control. Please, remember that you must upload the required documents to Dokeop before traveling to IRONMAN Italy.



According to FITRI rules, it will not be possible to pick up the race pack or compete if the steps explained on the previous page have not been completed.

3) COLLECT YOUR RACE PACK

Keep in mind that there is an IRONMAN, an IRONMAN 70.3 and a 5150. So follow the indications to the 5150 race pack collection.

Once you receive your Race Pack (*detailed on next page*), Check-In is completed! Please, exit the tent in the direction of the flow to merchandise tent.

If you have an issue at any point of this process, please go to the HELP DESK and we will assist you.

RACE PACK

BIB NUMBER

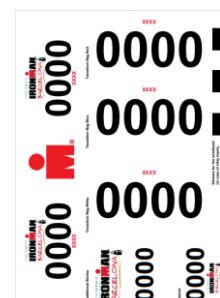
- You must wear your bib on your back for the bike course and in front for the run course, failure to do so will result in a disqualification.
- It must be attached with two points minimum. We recommend to use a running belt which saves you time and avoids making holes in your clothes. You can also use safety pins.
- Attached to the bib number, you will find key information for the event.



STICKERS

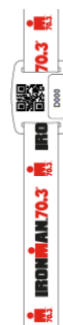
- 3 stickers for the RUN, BIKE and STREET WEAR bags.
- 1 sticker for the seat post of your bike.
- 1 sticker to stick on the front of your helmet.

You have more info on how to use it in the back of the sticker



WRISTBAND

- A wristband with a QR code will be placed on your wrist when you collect your bib.
- This wristband will identify you as an official athlete and must be worn during the whole week of the race.
- The wristband is required for medical identification purposes and gives you access to all athlete areas before, during and after the race.
- You will not be allowed to remove your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist.**



SWIM CAP

- You must wear the swim cap, given to you when you collect your bib number, during the SWIM.



SLINGBAG

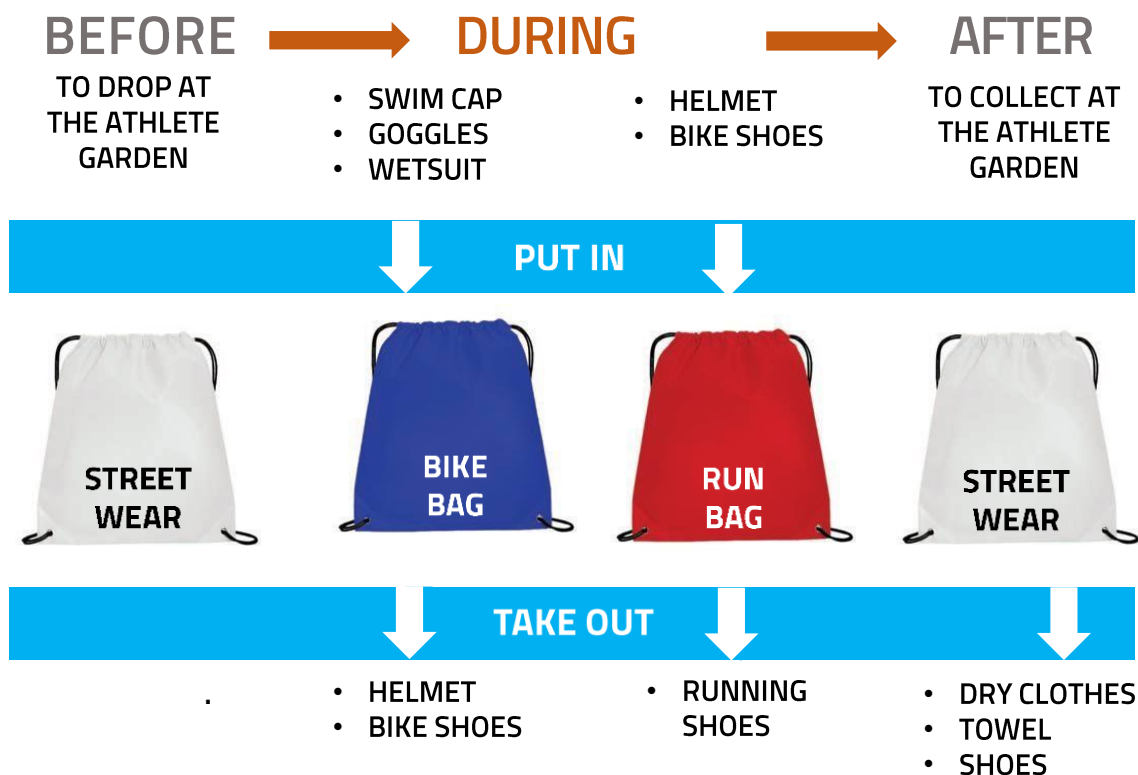
To be collected at the time of registration with:

- 2 transition bags (RED and BLUE).
- 1 street wear bag (WHITE).

Your belongings must be placed in these bags (see next page).



TRANSITION BAGS



WHITE BAG [Athelte Garden]

In this bag you can leave your street clothes, that is, those clothes that you will wear once you cross the finish line.

Drop-Off Time: **Sunday 6:00h - 6:30h**

Drop-Off Location: **Athlete Garden, Fantini Club**

BLUE BAG [Bike Gear]

In this bag you will place your gear for the bike. **Cycling shoes can be left fixed on the pedals of the bike.**

IMPORTANT: At the end of the swim, all material used, including wetsuit, must be placed inside the **BLUE BAG** and it should be hung back in place before starting the cycling segment.

Drop-Off Time: **Sunday, 06:00h - 11:30h**

Drop-Off Location: **Transition Area, Lungomare G. Deledda**

RED BAG [Run Gear]

Place the items you will use for the running course in this bag.

IMPORTANT: Cycling equipment, including the helmet and shoes (unless fixed to the pedals), must be stored inside the **RED BAG** after the end of this sector and hung back in place before starting the running segment.

Drop-Off Time: **Sunday, 06:00h - 11:30h**

Drop-Off Location: **Transition Area, Lungomare G. Deledda**

Pick-up the bags after the race: Sunday, 18:30h - 21:00h

Pick-up the bags after the race Location: Transition Area, Lungomare G. Deledda



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EUROPEAN SERIES

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R2^{3.0}

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Compression Grid Pattern

Targeted high level muscle support.

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Waffle Proprioceptive Stripes

Promote microcirculation and lymphatic flow.

Less chance of shin splints & stomach inflammation



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Promotes support and microcirculation to the achilles tendon.

Added support & less inflammation



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Less chance of sprained ankles



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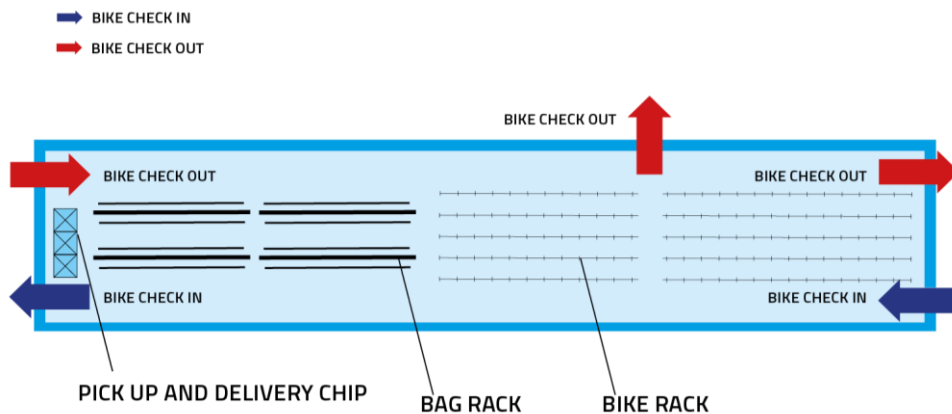
S

TRANSITION

BIKE CHECK-IN & BIKE CHECK-OUT

For the **bike check-in** on Sunday morning, please access the Transition Area and follow the steps as indicated by the blue arrows below.

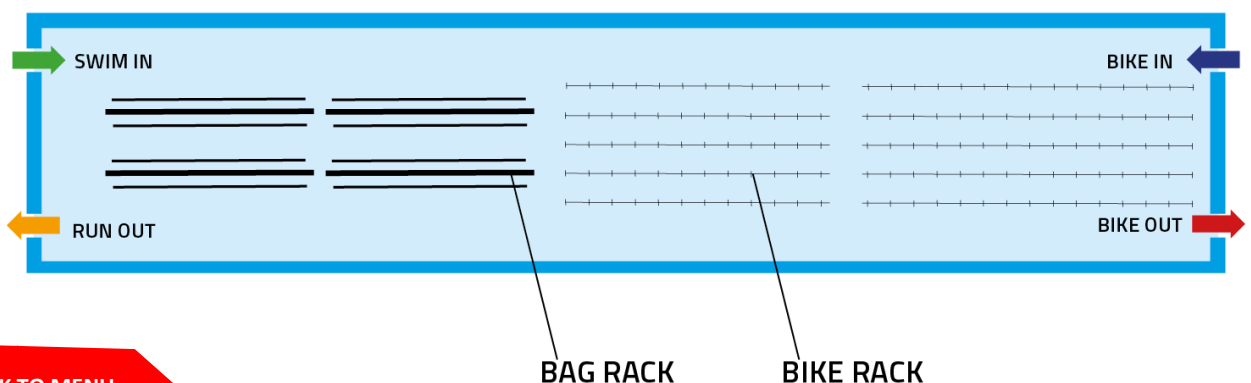
For the **bike check out** after the race, please access the Transition Area and follow the steps as indicated by the red arrows below.



DURING THE RACE

1. During the race, you will enter the Transition Area after the swim following the green arrow.
2. You will then exit the Transition with the bike following the red arrow.
3. You will enter the Transition after the bike section following the blue arrow.
4. You will exit the Transition for the run section following the yellow arrow.

- SWIM IN (Green arrow)
- BIKE IN (Blue arrow)
- BIKE OUT (Red arrow)
- RUN OUT (Yellow arrow)



BIKE & BAGS CHECK-IN

ON SUNDAY all athletes must drop off their **BLUE** and **RED** bags in transition from **06:00** to **11:30**.

WHAT DO YOU NEED?

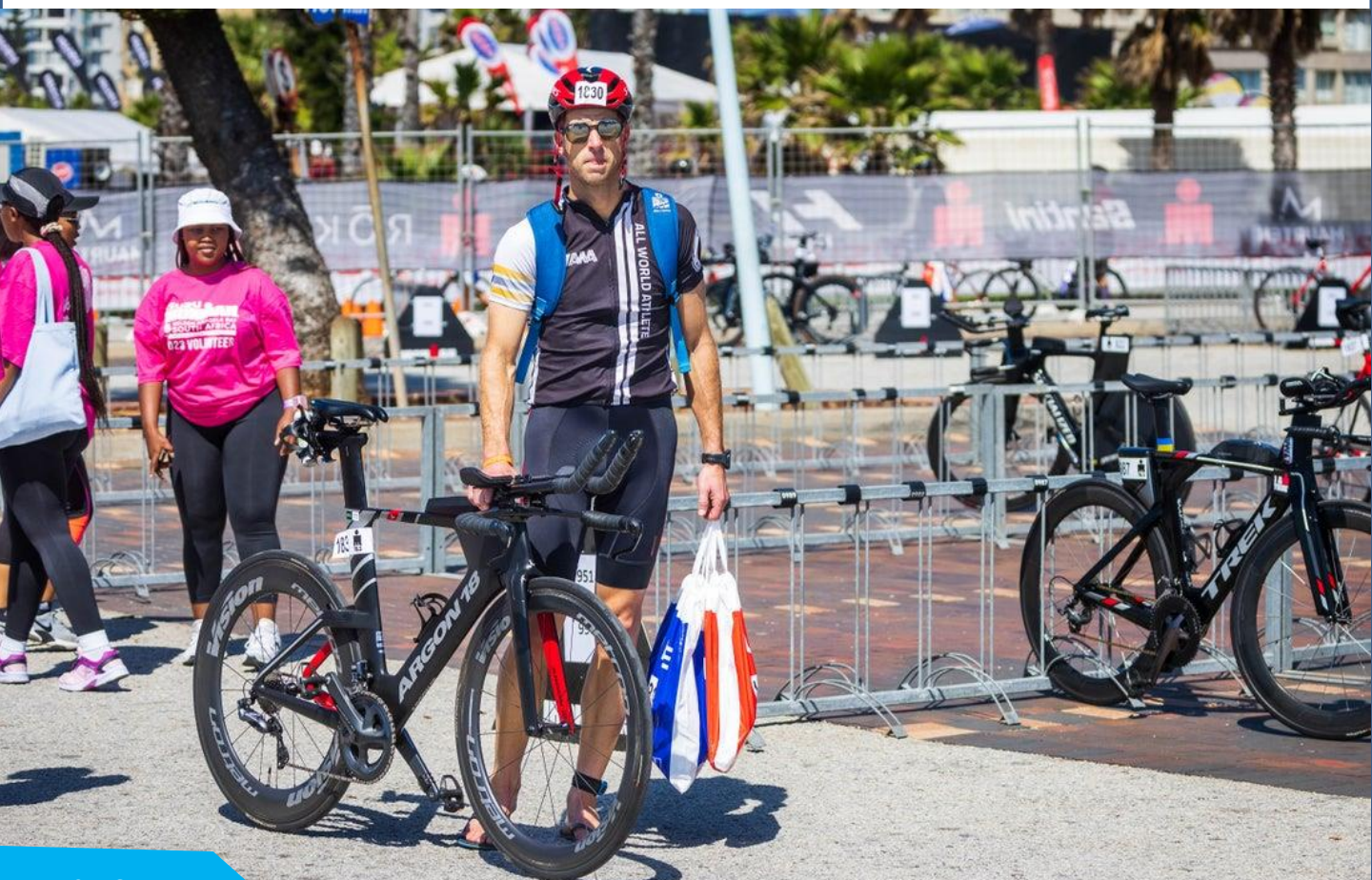
- ✓ Your bike with the seat-post sticker.
- ✓ Your helmet with the sticker.
- ✓ Transition bags with all your gear inside.

Athletes are responsible for ensuring that their bike and helmet are in a safe and functional condition. IRONMAN is not responsible for any failure of the bicycle.

WHAT WILL WE CHECK?

- ✓ That your helmet and bike are in good condition and ready for the race.
- ✓ That your bib numbers are properly attached to your bike, your helmet and your bags.
- ✓ That you are wearing your athlete wristband, that we gave you during Athlete Check-In.

Without these elements you will not be able to check-in!



A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

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AG1[®] is
Foundational
Nutrition made
simple.



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TIMING CHIP

The race chip will be handed to you on **SUNDAY MORNING** at the **EXIT** of the **BIKE CHECK-IN** in transition after leaving the bike and the red and blue bags in the corresponding hanger.

HOW DOES THE CHIP WORK?

TIMING CHIP



WRISTBAND



- ☐ The chip will register your individual start time as you cross the timing mat at the swim start and provide your swimming time, bike time, run time, finish time, transition splits, overall and age group ranking.
- ☐ You will need to carry the chip tied to your left ankle throughout the race.
- ☐ Please note that **you must have your timing chip on for the BIKE CHECK-OUT**. So, keep it on, even if you drop out of the race

Please note that your wristband does NOT have a chip on it. So, there are two different thing. The wristband that you will receive in registration with your bib and stickers and then the timing chip that you will receive in transition.



Your timing chip is a loan. You must return the chip in transition after the race to the timing company, or you will be charged for its replacement.

CHIP REPLACEMENT DURING THE RACE

If during the race we detect that your chip is not working, we will leave a spare chip on your Transition bag.

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

- If it fails in the **SWIM**, the chip will be left in the **BLUE BAG**.
- If it fails in the **BIKE**, the chip will be left in the **RED BAG**.

PLEASE place the new chip on your ankle and leave the old one in your bag.

At check-out, please hand in both chips to the organization.



RACE DAY

RACE MORNING PROCEDURE

- Transition area will be open from 06:30am to 11:30am.
- The organization will put at your disposal air pumps in case you want to check the pressure of the wheels of your bicycle.
- Please bib number must not be worn during the swim
- Place your Warm-Up gear in your White Bag and drop it off in the Transition Area.
- Remember to bring your timing chip, event swim cap, goggles and wetsuit.
- At 11:30, all athletes should come out of transition.

NOTE In transition just at the entrance there will be a help desk in case you miss your chip or material for the swim part.

TRIATHLON
CERVIA • ITALY



ON-COURSE NUTRITION PRODUCTS

BIKE COURSE

Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

Maurten GEL 100 & GEL 100 CAF 100

Maurten GEL 100 & GEL 100 CAF 100 are true gels; a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

226ers Race Day Bar

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.



RUN COURSE

Red Bull Energy Drink

Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins, and sugars. One 250 ml can contains 80 mg caffeine, about the same as a cup of coffee. The product will be served on the run course diluted with water in paper cups.

Gatorade Powder

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

Maurten GEL 100 & GEL 100 CAF 100

226ers Vegan Gummy Bar

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.



AID STATIONS



BIKE

There are no aid stations during the bike course.

RUN	1 LAP Km	2 LAP Km	WHAT							
Water	0,70	5,30	Water							
Aid Station 1	1,80	6,50	Water	Iso	Gel	Gummy	Fruit	Cola	Red bull	Snack
Aid Station 2	3,60	8,30	Water	Iso	Gel	Gummy	Fruit	Cola	Red bull	Snack

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

226ERS

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EUROPEAN SERIES

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Voucher valid on www.226ers.com



OFFICIAL BIKE TRANSPORT PARTNER OF IRONMAN EUROPE

DROP OFF
in-store 7 -10 days before your race

DROP BACK
your bike to us after your race



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PICK UP
at race location



COLLECT YOUR BIKE
*at the same in-store location at
an agreed time and date.*

WWW.ETITRIBIKE.COM
hello@etitribike.com

ETI Tri Bike the market leader in bringing your Tri bike throughout Ireland, UK and Europe. We offer full bike travel options for all European IRONMAN and European Championship races for 2023 and beyond. All of our drivers and handlers are fully trained.

Why choose ETI Tri Bike?

- Approved fully insured carrier
- Pick up & drop off locations that suit you
- Professional tri-bike handlers with years of experience
- Warm weather training camps transport
- We provide less stress, giving you more success

We supply convenient pick up locations throughout Europe, which cuts out the stress in the lead up to your event. We will contact you closer to the event to arrange a suitable pickup point from a geographical perspective. We will then return your bike to the same location at an agreed time and date.

The benefits of choosing ETI Tri Bike

- Over 60+ races to choose from
- Multiple Drop off and Pick-up locations
- Prices starting from just €350.00 / £350.00
- In-store discounts from selected bike stores*
- Online discounts for 10+ bikes booked together per race
- In-country race pick ups and drop offs
- Airport bike box pick ups and drop offs

#GETONYOURBIKE

IRELAND: +353 1 6855535
UK: +44 121 7372095
BULGARIA: +359 529 200 23

IRONMAN
EUROPEAN SERIES
2023 OFFICIAL BIKE TRANSPORT
PARTNER

SWIM

SWIMSTART – 13:30

The swim start takes place according to the rolling start procedure. Athletes position themselves independently in the pre-swim area according to their estimated time for the swimming fraction.

Rolling start: 6 athletes every 10 seconds, starting at 13:30.

SWIM COURSE

The swim course is a single loop, which will start from the wide and central beach of Cervia. As part of ongoing race improvements, this race will feature a rolling swim start. Athletes will line up according to their predicted swim time, and every ten seconds, we will send out 6 athletes. It will take approximately 20 minutes to get the entire field across the swim start line.

TRANSITION SWIM-BIKE

The blue bag contains clothes and what is necessary for the bike portion.

The athlete must change in front of the bag rack. The clothes used must be placed in the blue bag and stored on the bag rack.



LUCY CHARLES-BARCLAY
FASTEST IRONMAN SWIMMER ON THE PLANET

RŌKA

MAVERICK X2

FASTEST WETSUIT IN THE WORLD.

"I genuinely have ZERO shoulder discomfort!
For the first time ever I am more comfortable
swimming in a wetsuit than out of it."

- Paul, Seattle, WA

PATENTED

PROTECTED BY DOMESTIC AND
INTERNATIONAL PATENTS WITH
ADDITIONAL PATENTS PENDING

SWIM RULES

SWIM COURSE RULES

- Athletes must wear cap provided by race.
- 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 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.
- No individual 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.
- The swim course will close 2 hours and 20 minutes after the last athlete enters the water. Each athlete will have 2 hour and minutes to complete the 3.8 KM swim. Individual athletes who take longer than 2 hour and 20 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

SWIM TO BIKE TRANSITION

After swimming, you will pass through a corridor leading to the transition area.

1. You will need to take your blue bag from the racks, and wear clothing for the bike fraction.

Public nudity is NOT allowed.

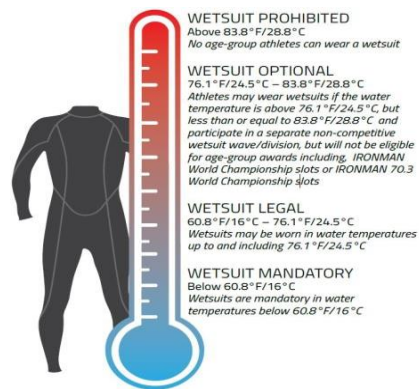
Athletes will put all their swim gear inside their bike bags and leave the bags on the rack..

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 greater than 83.8 degrees Fahrenheit (28.8 degrees Celsius).

Athletes who choose to wear a wetsuit in water temperatures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius) will not be eligible for Age Group awards, including IRONMAN 70.3 World Championship slots or Rolldown slots. Athletes electing to wear a wetsuit will be placed in a wetsuit optional wave after all the non-wetsuit athletes.

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



SWIMWEAR POLICY (non-wetsuit legal swims only)

Swimwear must be 100% textile material. 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 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).



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BIKE COURSE

The bike course, only one loop of 40 km, starts on the promenade of Cervia. The race is a no-drafting race.

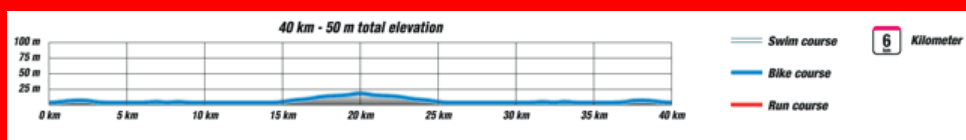
BIKE

The bike course is totally closed to the traffic. IRONMAN staff, with security personnel and under strict police supervision, will operate pedestrian and/or car crossings at certain points along the route. The race will not be interfered with by the crossings..

IMPORTANT

When passing other cyclists or taking corners don't cross the white line (middle line in the road). Violations will lead to disqualification.

After a rule violation is issued to the athlete, it is the athletes' responsibility to report to the next penalty box on the course. The exact location of the penalty box will be specified in the Pre-Race Briefing.



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BIKE COURSE RULES

POSITION RULES

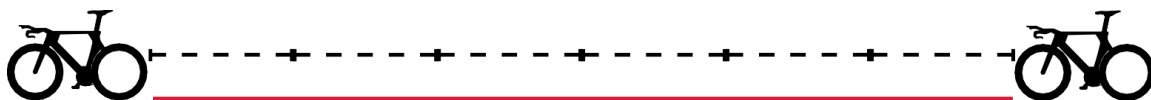
- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
- A pass occurs when the overtaking athlete's front wheel passes the leading edge of 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 (6 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:

1. Notify you that you have received either a BLUE CARD for drafting and littering or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.
2. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course.

THE ATHLETE WILL:

1. 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.
2. Have race numbers marked by the PT Official
3. Register, via the sign-in sheet.
4. Resume the race after serving a 30 second time penalty for all non-drafting violations (YELLOW CARD).
5. Remain in the PT for the time indicated in the table below, for each drafting and littering violation (BLUE CARD).
6. 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.
7. Be disqualified for not reporting to the PT



12 METERS
25 SECONDS TO PASS!

REFEREE'S MESSAGE

	BLUE CARD 1st BLUE CARD- Penalty 5:00 2nd BLUE CARD- Penalty 10:00 3rd BLUE CARD- DSQ Penalty Penalty served in a penalty tent on the bike course
	YELLOW CARD 30 second Stop and Go penalty served next to the referee.
	RED CARD Disqualification (DSQ).

RULES

The violations of the POSITION are summarized below:

- Always drive on the right side of your lane to avoid an ILLEGAL POSITION or BLOCK call.
- Maintain a free space of six bike lengths between the front wheel of your bike and the rear wheel of the cyclist that precedes you to avoid a wake-up call. Always go over the left of the cyclist who precedes it; never on the right to avoid an ILLEGAL PASS notice.
- Complete your pass within 25 seconds to avoid a DRAFTING call. Past athletes should be seen making immediate and steady further progress outside the drafting area to avoid a DRAFTING call.
- The BIB number is mandatory for the bike section.
- Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The arbitrator's decision is final in the case of position violations, and there are no protests or appeals.

Please treat other athletes, all volunteers, staff, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification.

Any additional incident that is not contemplated in the Athlete's Guide will be governed by the regulations of the Italian Triathlon Federation.

2023 COMPETITION RULES



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RUN COURSE

TRANSITION BIKE-RUN

After completing the bike course and placing the bike on the rack, the athletes will collect the red bag containing the necessary for the last fraction of the race. **The athlete can change in front of the bag rack**. The clothes used must be placed in the red bag to be placed on the bag rack.

RUN

The run course of 10 km is 2 laps. The completely flat course reveals some characteristic views of the touristic Cervia.

There are no penalty boxes on the running course. If an athlete receives a penalty during the running event, the penalty will be highlighted on the bib and the time penalty must be served on the spot.



Water Station:

km 0,7/ km 5,3

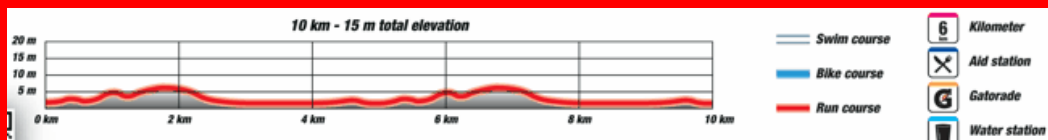
Aid Station 1:

km 1,8/ km 6,5

Aid Station 2:

km 3,6, km 8,3

Check the details about the aid stations [here](#)





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RUN COURSE RULES

1. Athletes may run, walk, or crawl.
2. Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.
3. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is **STRICTLY PROHIBITED** and may result in disqualification.
4. Headphones or headsets which are inserted to or covering the ears are not allowed during any portion of the event.
5. 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.
6. **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.

7. Athletes are expected to follow the directions and instructions of all race officials and public authorities.
8. 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.
9. **RUNNING WITH A BARE TORSO IS PROHIBITED. ATHLETES MUST WEAR A SHIRT, JERSEY, OR SPORT TOP/SPORTS BRA AT ALL TIMES DURING THE RUN SEGMENT OF THE RACE. UNIFORMS WITH A FRONT ZIPPER MAY BE UNZIPPED TO ANY LENGTH, PROVIDED, THE ZIPPER IS CONNECTED AT THE BOTTOM OF THE UNIFORM AT ALL TIMES AND THE TOP OF THE UNIFORM COVERS THE SHOULDERS. THE UNIFORM SHOULD BE FULLY ZIPPED WHEN CROSSING THE FINISH LINE.**
10. The run course will officially close 8:00 hours after the last athlete enters the water.

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).

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

WITHDRAWAL FROM THE RACE



BEFORE THE RACE

If you wish to withdraw before the start of the race (after you have collected your racepack) please inform the organisation responsible through this email address:

Cervia5150@theironmangroup.com

DURING THE RACE

For safety reasons every athlete who withdraws during the race must notify a race judge who will also report to the IRONMAN staff. If the withdrawal is not reported to the race judge, IRONMAN reserves the right to suspend the possibility of participation in future events. Furthermore, Italian athletes who are affiliated to an Italian sports club are subject to the disciplinary procedure of the Federation.

Athletes who receive medical assistance from our medical team are exempt from this rule.

IMPORTANT

If for any reason you need to withdraw from the race, remember to return your timing chip in transition, or you will have to pay a **50 Euro penalty**.

FOLLOW THE EVENT

SOCIAL MEDIA

Share your experience at IRONMAN Italy on your social media profiles with **#IMItaly**

Stay connected with IRONMAN Italy through our social channels to be on top of all the latest news and exciting events:

@IRONMANLive: your home for detailed race day coverage (pace, part-time, etc.) of the career while you are on the go.

facebook.com/IronmanItaly
instagram.com/ironmantritaly
IRONMAN Athlete Tracker App

DOWNLOAD THE APP



FOLLOW YOUR ATHLETE

IRONMAN Italy has real-time information while delivering live results through the IRONMAN Tracker app.

FEATURES INCLUDE

Live Web Tracker:

- See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.

Live Leaderboard:

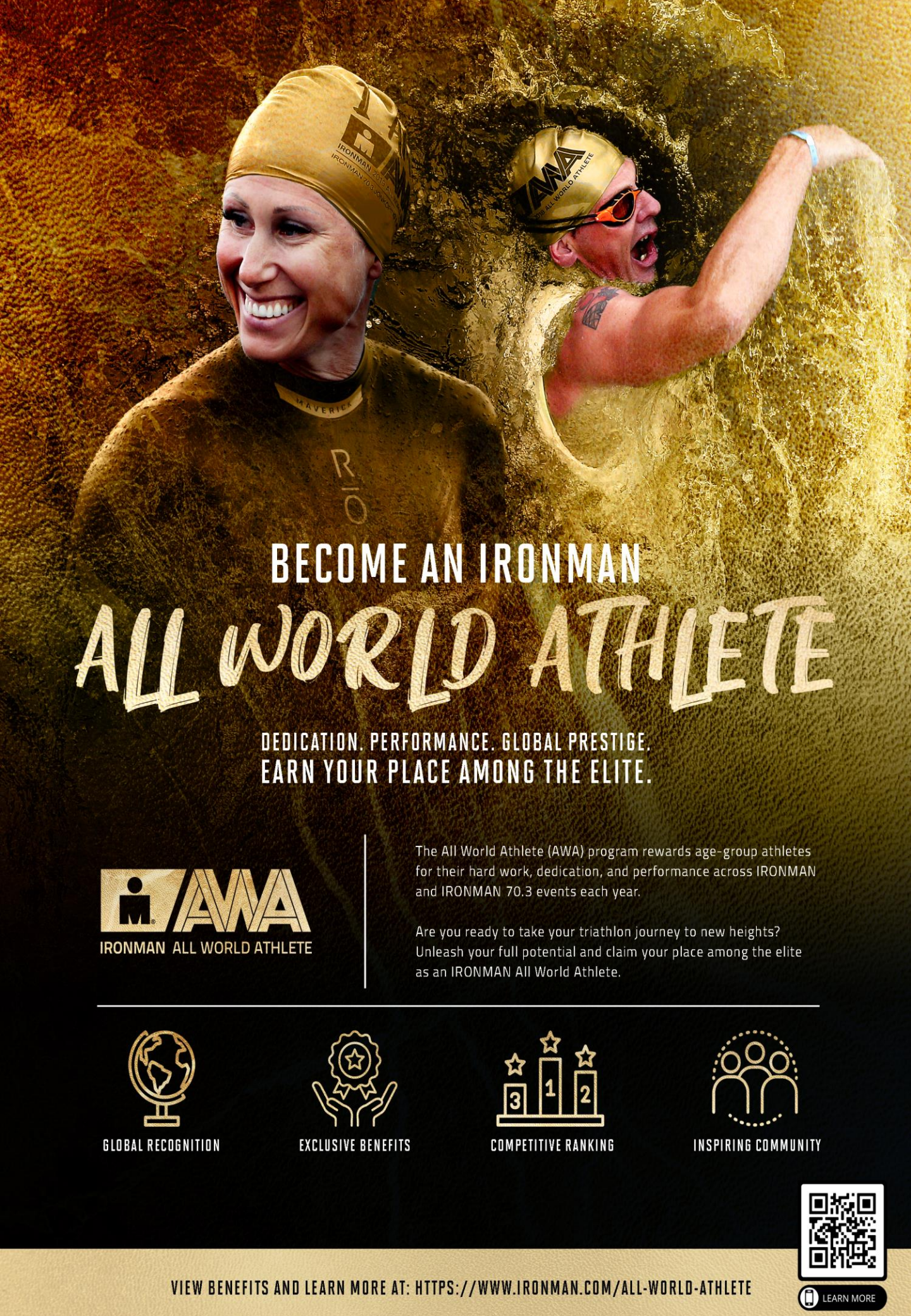
- See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.

Real-time Facebook Notifications:

- Get automatic updates as progress is made on the course. As a spectator, the results of the participant you are tracking can be posted to your Facebook feed automatically allowing friends and family to share in the excitement! If you are a participant, claim your profile and enable Facebook notifications. Your stats will post live as you pass each checkpoint.

Live Map Tracking:

- Participants' locations will be plotted on the Interactive Course Map as you progress through the race. The position of each participant is estimated based on the most recent time received from the bib read. NOTE: Participants do not need to carry their phones for this feature to work.
- Mobile App: Features include Live Participant Tracking, Push Notifications, Leaderboards, Map Tracking, Event Messages, Event Information and more!



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LEARN MORE

AFTER THE RACE

FINISHLINE

KEEP IN MIND

The moment we have all been waiting for, the last meters after 1.5 km swimming, 40 km bike ride and 10 km running. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras – it could be you in the headlines of the evening's television news or on the front cover of the race magazine next year!

Close to the Finish Line, put your bib on the front side. Zip your trisuit above the sternum.

You must cross the Finish Line alone. Fans, kids or pets are not allowed to cross the line due to safety measures and could cause a DSQ.

AFTER THE FINISHLINE

- A) The finisher medal will be given to you just after the finish arch.
Medal engraving will be available in the recovery area.
- B) Then, pick up your finisher tee-shirt.
- C) Enjoy the recovery meal.
- D) Get back to take your WHITE (street wear) bag.

DISQUALIFICATIONS AND COMPLAINTS

We recommend checking your results as soon as possible after crossing the finishline.

IF YOU HAVE A TIMING ISSUE, A PENALTY OR A DESQUALIFICATION AND YOU ARE NOT AGREE WITH THAT, SHOULD BE CLAIMED WITH THE HEAD REFEREE IN THE FINISHLINE

No claims will be accepted after the close of the finishline.

CHECK-OUT

SUNDAY FROM 18:30 TO SUNDAY 21:00

TRANSITION AREA

Do not forget to keep your chip with you. You need it to get your gear and your bike back during the check out. **You must present your bib and athlete wristband at the check-out.**

AFTER THE RACE



MEDAL ENGRAVING

GET YOUR RACE TIME RECORDED ON THE MEDAL DIRECTLY AFTER THE RACE!

Make this an unforgettable experience by booking this service from your Active profile, in the Official Store or at the medal engraving point at the Finish Line Area.

Please note that medal engraving will only be made at the venue of the event. If you have selected this option, it is your responsibility to ensure that it is completed after the race.

SPORTOGRAF

Sportograf is proud to be the official photographic service of the athletes at 5150 Cervia

We will provide you with our «Foto-Flat» which includes all your amazing personal content from various prime locations along the course, as well as beautiful photographs of the scenic views and the race day in general.

Order your race images here: www.sportograf.com

If you have marked in your registration that you wish to see your race photos, you will receive a direct link from Sportograf around a week after the race.

LOST & FOUND

Any objects found during the event will be kept at the Info Point. If at the end of the race you miss something, head to that point to see if you find it there.



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



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F L A T

AWARDS

AWARDS CEREMONY

SUNDAY AT 21:00

MAGAZZINI DEL SALE – V. LE NAZARIO SAURO – CERVIA



Click on the logo and check Google My Maps for all event locations.

- Trophy for TOP 3 of each age group category

Attendance is mandatory at the Awards Ceremony, no trophies will be sent afterwards.

Remember also that if you have any complaints about your race time, penalty or disqualification, the complaint must be made on race day at the finishline.



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SIDE EVENTS



IRONKIDS

IRONKIDS will take place on **Friday, September 15** at 3:00 PM at the Fantini Club

It is for children born between 2006 and 2019. You can register through the link below.

REGISTER HERE

Bib numbers must be picked up on Friday from 9:00 AM to 1:30 PM at the info point (in front the registration tent).

You can check the locations of the run course in the map below.

CHECK THE COURSE

NIGHT RUN

Night-Run will take place on **Thursday, September 14** at 8:30 PM at the Fantini Club

REGISTER HERE

Bib numbers must be picked up on Thursday from 10:00 AM to 6:00 PM at the info point (in front the registration tent).

You can check the locations of the run course in the map below.

CHECK THE COURSE

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THINGS TO SEE

THE SALT PAN OF CERVIA

The salt pan of Cervia extends for 827 hectares inland and is the smallest and northern in Italy, nowadays it is the southern door of the Po Delta Park and a European reserve. Salt harvest is very characteristic and exciting. It is possible to admire the handmade ancient method called "the cervese".

BERTINORO

Located 300 meters above the sea level, halfway between Cesena and Forlì, it's a medieval village of Romagna from where you can enjoy a beautiful view to the sea and for this reason called "Balcony of Romagna", it has also known as "Wine City" for the excellent wine production, in particular Albana and Sangiovese.

FORLIMPOPOLI

Founded during the Roman Empire for its favourable position in the heart of Romagna, began very important village and nowadays all proofs are exhibit in the Archeological Museum "Tobia Aldini".

RAVENNA UNESCO HERITAGE

City of art and culture, Ravenna is known throughout the world for its mosaics. It was three times the capital of antiquity and now exhibits an exceptional historical-artistic heritage. Eight buildings were chosen among the countless historical testimonies and declared World Heritage by Unesco: the Basilica of San Vitale, the Mausoleum of Galla Placidia, the Baptistery of the Aryans and Orthodox, the Basilica of Sant'Apollinare Nuovo and in Class, the Archbishop's Chapel and the Mausoleum of the Theodoric.

FOOD TIPS

Sweet salt of Cervia: defined "sweet" for its delicate taste, it's perfect for traditional cooking recipes with cheese, ham and beer. **Piadina:** leaf of wheat flour, lard or olive oil, bicarbonate or yeast, salt and water cooked on a terracotta dish. This is the "bread, indeed the national food of Romagna". A good glass of Sangiovese wine is the perfect match. **Squacquerone:** cheese P.D.O with a very soft dough. the whole milk is the main ingredient and the taste reminds the pleasantly acidic milk. **Sangiovese di Romagna** is a red wine with purple scent and berries, silky tannins and full flavor.



For more information:

<http://www.turismo.comunecervia.it>

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ATHLETE GUIDE

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