

Intermountain<sup>®</sup>  
Healthcare

# IRONMAN<sup>®</sup>

## WORLD CHAMPIONSHIP

PRESENTED BY



UTAH SPORTS  
COMMISSION

St. George Utah | USA

# ATHLETE GUIDE 2021

**KUMUKAHI**  
A NEW BEGINNING

"Swim 2.4 miles. Bike 112 miles. Run 26.2 miles. Brag for the rest of your life."

- John and Judy Collins, IRONMAN co-founders

AS OF 4.26.22

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# WELCOME TO THE IRONMAN® WORLD CHAMPIONSHIP

Welcome IRONMAN® Athletes,

On behalf of our entire IRONMAN team, it brings me immense pleasure to welcome you to the 2021 Intermountain Healthcare IRONMAN World Championship presented by Utah Sports Commission in stunning St. George, Utah. It is a tremendous honor to have earned a spot for the IRONMAN World Championship and we are pleased to have you join us; especially those who have patiently waited years for the chance to compete at the IRONMAN World Championship.

After an extended absence of our pinnacle event, we are grateful to the Utah Sports Commission and Greater Zion for taking on the important hosting duties as we collectively celebrate your achievements.

While this edition of the IRONMAN World Championship will look different in a new setting, it will continue to build upon the great tradition of past events and be an experience unlike any other you have had. Whether you have raced in this striking and austere backdrop or will be stepping foot into St. George for the very first time, we think you will agree this supportive community and iconic destination creates a sought-after world class environment for athletes.

As you prepare to take on this unique and challenging course, we hope you bask in the beauty of one of the premier endurance event locations in the world. While the course is a difficult test worthy of all who toe the start line, this event is intended to also be a celebration of what you have already accomplished as you chase your continued goals and personal finish line.

Embrace the year ahead and honor the spirit of aloha in the Land of Endurance as you prepare to race. On behalf of the IRONMAN family, we wish you a safe and successful race and cannot wait to welcome you across that finish line as you take your place in the annals of IRONMAN history.

See you at the finish line!



Andrew Messick  
The IRONMAN® Group  
President & Chief Executive Officer



ANDREW MESSICK

# WELCOME TO THE IRONMAN® WORLD CHAMPIONSHIP



DIANA BERTSCH

Aloha IRONMAN® Athletes,

*Welcome to the Land of Endurance as we celebrate Kumukahi, "A New Beginning"*

On behalf of all of us at IRONMAN, welcome to the stunning community of St. George, Utah for the 2021 Intermountain Healthcare IRONMAN World Championship presented by Utah Sports Commission. Our gracious hosts in Greater Zion and at the Utah Sports Commission, have risen to the occasion as we bring to you the 2021 edition of the IRONMAN World Championship. After over two years of anticipation, we cannot wait to welcome you to a truly special experience here in this beautiful Southwest United States setting.

As the sun rises in the east and we embrace a new horizon, the Hawaiian word Kumukahi, "A New Beginning," carries us into the Land of Endurance. No matter where we are in the world, Kumukahi shows us each new day provides the possibility for optimism and excitement as we reflect on our past and acknowledge the value of all we have learned.

Much like the Hawaiian Islands, the Land of Endurance and its rugged terrain was formed by the flow of ancient seas and molten lava. From the Colorado Plateau, the Great Basin, and the Mojave Desert, to the Red Cliffs National Conservation Area and Pine Valley Mountains, Greater Zion is a converging point producing stunning scenery as far as the eye can see. Much like these terrains come together, so will your fellow athletes along with this incredible community and the spirit of aloha, transcending location to create an unforgettable experience, not like any other.

Memories to be cherished will be created alongside all those who have made it to the start line and continue their journey towards this pinnacle achievement. The unique and challenging course along with the immense support of the local community will carry you through the day as you swim in the beautiful Sand Hollow Reservoir, bike a challenging climb into the picturesque Snow Canyon State Park, run along the Red Cliffs Desert Reserve, and finish in the center of historic downtown St. George, culminating in a celebration of YOU!

Our staff, the incredible team of volunteers, and Greater Zion stand at the ready to ensure you have the best experience possible here in the Land of Endurance.

As you enter this beautiful terrain, we remind all who arrive from around the world, to bring an awareness, courtesy, and respect for all. Greater Zion is so excited to host you all and we appreciate the care and kindness you show to the community in return.

Embrace the striking beauty of this Southwestern treasure, rise to the occasion, and remember, "ANYTHING IS POSSIBLE!"

Diana L. Bertsch  
Senior Vice President, World Championship Events  
IRONMAN®



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# WELCOME



JUDY STOWERS

**K**umukahi – A New Beginning! I absolutely love this phrase as the theme for this event. The World Championship in St. George is, indeed, Kumukahi and the perfect sentiment for your journey as you embark on the 2021 Intermountain Healthcare IRONMAN World Championship presented by Utah Sports Commission. Our partners at the Utah Sports Commission, Greater Zion, Intermountain Healthcare, all the agencies in the greater Washington County area, and the thousands of volunteers you will encounter throughout race week have made all of this possible and for that, we are so very grateful.

We are incredibly fortunate to be welcoming athletes into this amazing region, where the support to host this World Championship event is unparalleled. With athletes from all over the world coming together for this historic event in the Land of Endurance, it will be a day to remember for all of you. Soak it in! Remember how lucky you are not only to be here, in THIS place, but also to be racing with your health and the support of your family and friends. None of us are guaranteed this same opportunity and as your training begins to taper, think about all that got you here.

I find myself often being reminded to LOOK UP! Look up from my phone, or my computer, or the ground as I make my way through St. George and the surrounding area. There is so much beauty surrounding each portion of this race. If there is ever a moment when you

begin to question what you're doing or why you are here, LOOK UP! By doing so, you'll find the determination to keep moving forward. There is not an ounce of doubt in my mind that each of you will have an incredible experience with this event, alongside some of the best athletes in the sport. This is YOUR championship experience. The energy and excitement here is tangible. Embrace it! Appreciate it! Celebrate it! And remember – LOOK UP!

As we head into the last of your big training weeks, here are a few tips for you:

- Read the athlete guide. It has all the information you need for a successful race week. It outlines the check in process, practice swim options, shuttle bus options, briefing timelines and overall race course details. If you have questions about any of it, please ask! We are here to support you in any way we can so that you are prepared for each part of the week.
- Pace yourself! By now, you know that there are some tough sections of the bike course. Save some energy for the final climb up Snow Canyon, cruise back into town, and be sure you are well hydrated and have nutrition on track before you lace up your running shoes and head out on the run course.
- Stay hydrated. It is very dry here and staying hydrated throughout race week will help you get to that finish line on race day.
- Say 'Thank You'. Without the army of nearly 4500 volunteers, this race wouldn't be possible. You will all receive a volunteer appreciation bracelet during athlete check in. When a volunteer helps you along your journey throughout race week or on race day, pass this bracelet to them as a gift of gratitude.
- Look up! The scenery here is incredible and just by looking up, you will see so many incredible views. It will breathe life into you. There is a definite reason this is a World Championship course! Enjoy every stroke in the water, every pedal on the bike, and every step on the run.

We are so excited to celebrate each of you and your accomplishment at the finish line. It will indeed be a day you'll never forget!

A handwritten signature in black ink that reads "Judy Stowers".


Judy Stowers  
IRONMAN World Championship  
Race Director

# MESSAGE FROM THE GLOBAL HEAD REFEREE


**Jimmy Riccitello**  
IRONMAN® GLOBAL DIRECTOR OF  
RULES AND OFFICIATING



	DRAFTING VIOLATION
	BLUE CARD
	5-minute time penalty served in a penalty tent on the bike course

	LITTERING VIOLATION
	BLUE CARD
	5-minute time penalty

	BLOCKING VIOLATION
	YELLOW CARD
	1-minute time penalty served at the next penalty tent

	DISQUALIFICATION (DSQ)
	RED CARD

THREE BLUE CARD VIOLATIONS  
WILL RESULT IN RACE  
DISQUALIFICATION.

IRONMAN® will operate under the “three strikes and you’re out” principle with respect to BLUE CARD violations. DRAFTING AND LITTERING are the only two violations that will result in a BLUE CARD violation and an athlete will incur a 5-minute time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (**1-minute time penalty**) also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served the moment the penalty is given. While YELLOW CARD violations will not count against your three strikes, IRONMAN® Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive yellow card violations.

So that you understand the rules on race day, please take the time to read the rules in the Athlete Guide and the 2022 IRONMAN® Competition Rules.

The POSITION violations are summarized:

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







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

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

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

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

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

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

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

## SCHEDULE OF EVENTS

### Monday, May 2, 2022

Start	End	Event	Location
6.30am	10.00am	IRONMAN <sup>®</sup> Information Booth	Sand Hollow State Park T1
11.00am	4.00pm	IRONKids Registration and Check-in	Town Square Park
11.00am	4.00pm	Lost and Found	Town Square Park
11.00am	4.00pm	IRONMAN <sup>®</sup> Information Booth	Town Square Park
11.00am	4.00pm	IRONMAN <sup>®</sup> Merchandise Store	Town Square Park

### Tuesday, May 3, 2022

Start	End	Event	Location
6.30am	10.00am	IRONMAN <sup>®</sup> Information Booth	Sand Hollow State Park T1
7.00am	10.00am	Practice Swim	Sand Hollow State Park T1
9.00am	4.00pm	IRONKids Registration & Check-in	Town Square Park
9.00am	5.00pm	Media Center	Washington County School District Building
9.00am	5.00pm	Accreditation Office	St. George Library
9.00am	5.00pm	VIP Guest Services	St. George Library
9.00am	6.00pm	Athlete Check-in	Town Square Park
9.00am	6.00pm	Bike Valet	Town Square Park
9.00am	6.00pm	Land of Endurance Fun Run Registration & Check-in	Town Square Park
9.00am	6.00pm	Volunteer Info/Lost and Found	Town Square Park
9.00am	8.00pm	IRONMAN <sup>®</sup> Information Booth	Town Square Park
9.00am	8.00pm	IRONMAN <sup>®</sup> Merchandise Store	Town Square Park
9.00am	8.00pm	IRONMAN <sup>®</sup> Village	Town Square Park
4.30pm		IRONKids Race	Town Square Park
5.30pm		Parade of Athletes	Tabernacle Street E/M-Dot

### Wednesday, May 4, 2022

Start	End	Event	Location
6.30am	10.00am	IRONMAN <sup>®</sup> Information Booth	Sand Hollow State Park T1
7.00am	10.00am	Practice Swim	Sand Hollow State Park T1
9.00am	5.00pm	Media Center	Washington County School District Building
9.00am	5.00pm	Accreditation Office	St. George Library
9.00am	5.00pm	VIP Guest Services	St. George Library
9.00am	6.00pm	Athlete Check-in	Town Square Park
9.00am	6.00pm	Bike Valet	Town Square Park
9.00am	6.00pm	Land of Endurance Fun Run Registration & Check-in	Town Square Park
9.00am	6.00pm	Volunteer Info/Lost and Found	Town Square Park
9.00am	6.00pm	IRONMAN <sup>®</sup> Information Booth	Town Square Park
9.00am	6.00pm	IRONMAN <sup>®</sup> Merchandise Store	Town Square Park
9.00am	6.00pm	IRONMAN <sup>®</sup> Village	Town Square Park



## SCHEDULE OF EVENTS (CONTINUED)

### Thursday, May 5, 2022

Start	End	Event	Location
6.30am	10.00am	IRONMAN <sup>®</sup> Information Booth	Sand Hollow State Park T1
7.00am	10.00am	Practice Swim	Sand Hollow State Park T1
8.30am	9.30am	Land of Endurance Fun Run	Town Square Park
9.00am	5.00pm	Media Center	Washington County School District Building
9.00am	5.00pm	Accreditation Office	St. George Library
9.00am	5.00pm	VIP Guest Services	St. George Library
9.00am	6.00pm	Athlete Check-in	Town Square Park
9.00am	6.00pm	Bike Valet	Town Square Park
9.00am	6.00pm	Volunteer Info/Lost and Found	Town Square Park
9.00am	6.00pm	IRONMAN <sup>®</sup> Information Booth	Town Square Park
9.00am	6.00pm	IRONMAN <sup>®</sup> Merchandise Store	Town Square Park
9.00am	6.00pm	IRONMAN <sup>®</sup> Village	Town Square Park
10.00am	10.45am	Race Briefing Chinese	Dixie Convention Center
11.00am	11.45am	Race Briefing Japanese	Dixie Convention Center
11.15am		Professional Athlete Race Briefing	Electric Theater Center
12.00pm	12.45pm	Race Briefing Spanish	Dixie Convention Center
1.00pm	1.45pm	Race Briefing French	Dixie Convention Center
2.00pm	2.45pm	Race Briefing German	Dixie Convention Center
6.00pm		Welcome Banquet	Dixie Convention Center
8.00pm	8.45pm	Race Briefing English	Dixie Convention Center

### Friday, May 6, 2022

Start	End	Event	Location
7.00am	5.00pm	Bike and Bike Bag Check-In	Sand Hollow State Park T1
7.00am	5.00pm	Run Bag Check-In	Tabernacle St./100W T2
7.00am	5.00pm	IRONMAN <sup>®</sup> Information Booth	Sand Hollow State Park T1
9.00am	2.00pm	IRONMAN <sup>®</sup> Village	Town Square Park
9.00am	5.00pm	Media Center	Washington County School District Building
9.00am	5.00pm	Accreditation Office	St. George Library
9.00am	5.00pm	VIP Guest Services	St. George Library
9.00am	6.00pm	Volunteer Info/Lost and Found	Town Square Park
9.00am	6.00pm	IRONMAN <sup>®</sup> Information Booth	Town Square Park
9.00am	6.00pm	IRONMAN <sup>®</sup> Merchandise Store	Town Square Park

# IRONMAN<sup>®</sup>

## WORLD CHAMPIONSHIP

PRESENTED BY



St. George Utah | USA

## SCHEDULE OF EVENTS (CONTINUED)

### Saturday, May 7, 2022

Start	End	Event	Location
3.45am	7.30am	Athlete and Spectator Shuttles to Sand Hollow	Town Square Park
4.30am	12.00pm	IRONMAN <sup>®</sup> Information Booth	Sand Hollow State Park T1
4.15am		Transition 1 Opens	Sand Hollow State Park T1
5.30am	1.30am	Media Center	Washington County School District Building
6.15am		START Professional Men	Sand Hollow State Park T1
6.20am		START Professional Women	Sand Hollow State Park T1
6.25am		START Physically Challenged / Handcycle	Sand Hollow State Park T1
6.45am		START Age Group First Wave	Sand Hollow State Park T1
7.30am	1.30am	IRONMAN <sup>®</sup> Information Booth	Town Square Park
7.30am	1.30am	Volunteer Info/Lost and Found	Town Square Park
7.30am	6.00pm	IRONMAN <sup>®</sup> Merchandise Store	Town Square Park
7.00pm	1.30am	Bike and Gear Bag Pick-up	Tabernacle St./100W T2

### Sunday, May 8, 2022

Start	End	Event	Location
8.00am	12.00pm	IRONMAN <sup>®</sup> Information Booth/Lost and Found	Town Square Park
8.00am	12.00pm	IRONMAN <sup>®</sup> Merchandise Store	Town Square Park
10.00am	12.00pm	Age Group Awards	Town Square Park
6.00pm	9.00pm	Kumukahi Celebration - Professional Champion Awards + Athlete Celebration	Dixie Convention Center

# ATHLETE CHECK-IN

## WHEN

- Tuesday, May 3 from 9:00 AM to 6:00 PM
- Wednesday, May 4 from 9:00 AM to 6:00 PM
- Thursday, May 5 from 9:00 AM to 6:00 PM

Athlete Check-in will not be open on race day. If you do not check-in during the designated Athlete Check-in hours you will not be permitted to race. ALL RACE PACKETS MUST BE PICKED UP BY 6:00 PM ON THURSDAY, MAY 5.

## WHERE

Town Square Park  
50 S Main Street  
St. George, Utah  
84770

## WHAT TO BRING

- Photo Identification
- Active.com registration QR Code

## ATHLETE RESERVED CHECK-IN TIMES

Athletes are required to reserve the following check-in times:

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

Athletes will receive an email from Active.com 3 weeks prior to race day requiring you to select your check-in times for Athlete Check-in, Bike and Bike Gear Check-in, and Run Gear Check-in.

## YOUR RACE PACKET WILL INCLUDE:

- Two (2) race bibs - one (1) must be worn on the front for the run
- Sticker sheet
- Swim cap
- Bike Check-out ticket
- Athlete wristband- must be attached at time of check-in and worn until after the race is complete
- Two (2) large tattoos for your upper arms
- Grey Morning Clothes Bag | Streetwear
- Blue Bike Gear Bag
- Red Run Gear Bag
- Green Bike Personal Needs Bag
- Yellow Run Personal Needs Bag

## ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at Athlete Check-in. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to both transition areas and post finish athlete recovery areas. Any wristbands from previous events must be removed. Your wristband must be worn for entry into the Welcome Banquet and Kumukahi Celebration – Professional Athlete Awards and Athlete Celebration.

## STICKERS

You will receive the following sticker sheet in your athlete packet which includes:

- Helmet Sticker
- Bike Sticker
- 5 gear bag stickers to label belongings

Make sure the Bike sticker is visible on both sides of your bike. The bike sticker cannot be altered in any fashion and the race logo **MUST** be visible. The helmet sticker will be affixed to the front of your helmet. **Athletes will not be permitted to have any other stickers on their bikes other than the bike sticker issued at Athlete Check-In. Any previous event stickers on the bike must be removed.**

## EMERGENCY CONTACT

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

To inform IRONMAN® of any emergency during race week, athletes must call 813-422-8617 or report to the Information Booth.

[KONA@IRONMAN.COM](mailto:KONA@IRONMAN.COM)

For Information Booth hours and location, please review the Event Schedule.

For questions, please email [kona@ironman.com](mailto:kona@ironman.com)



# PRE-RACE INFO

## IMPORTANT ADDRESSES

### Athlete Check-In/IRONMAN Village

Town Square Park  
50 S Main Street, St. George, UT 84737

### Swim Start

Sand Hollow State Park  
3351 Sand Hollow Road, Hurricane, UT 84737

### Transition 1

Sand Hollow State Park

### Transition 2

Tabernacle St / 100W, St. George, UT 84770

### Finish Line

Main Street between Tabernacle St / 100S, St. George, UT 84770

## IRONMAN® VILLAGE INFORMATION

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

## MANDATORY ATHLETE BRIEFING

Athletes are required to attend a Mandatory Athlete Briefing on Thursday, May 5. There will be briefings offered in Spanish, French, Japanese, Chinese, German and English. Please check the Event Schedule for times.

The English Athlete Briefing will be after the Welcome Banquet at 8:00 PM on Thursday, May 5 at the Dixie Convention Center.

Mandatory Athlete Briefings are hosted for the benefit of all athletes. The briefings will cover important information pertaining to any peculiarities of the course, rules and cut-off times for the disciplines and most importantly, any last minute changes or procedures to the event that have occurred, or may potentially occur due to weather related forecasts.

## OFFICIAL SWIM ACCESS

A portion of the swim course will be available for swimming on Tuesday, Wednesday & Thursday, May 3-5 from 7:00AM – 10:00AM from the boat ramp. All athletes will be required to wear a timing chip during the swim and check-in and check-out. A timing chip will be provided to you when you check in for the swim. Additional swimming at Sand Hollow State Park outside of these days/times is offered at the beaches along the south shore of the reservoir.

- You can swim on the course from T1 at Sand Hollow on Tuesday, Wednesday & Thursday from 7:00 AM - 10:00 AM
- ALL OTHER SWIMMING is allowed only from the beaches along the south shore.

### Additional Swim Options:

Sand Hollow Aquatic Center – indoors

- 1144 N 2400 W, St. George, UT 84770
- (435) 627-4585
- Lap Swim: Monday - Friday: 5:30 AM - 9:00 PM; Saturdays: 8:00 AM - 6:00 PM; Sunday: Closed
- [Click Here](#) for additional information

Washington Recreation Center - indoors

- 350 Community Center Drive, Washington, UT 84780
- (435) 656-6360
- Lap Swim – Monday – Friday: 5:00 AM – 10:00 PM ; Saturday: 11:00 AM – 6:00 PM ; Sunday: Closed
- [Click Here](#) for additional information

State University Human Performance Center Swimming Pool – indoors

- 291 S 700 E, St. George, UT 84770
- Pool hours – 8:00 AM – 10:00 PM (lap swim is included in all hours)

St. George City Pool – Outdoors

- 250 E 700 S, St. George, UT 84770
- (435) 627-4584
- Lap Swim – Monday – Friday: 7:00 AM – 9:00 PM

## PERSONAL SAFETY

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

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

# PRE-RACE INFO

## GEAR BAGS

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

■ Grey [Morning Clothes/Streetwear]

■ Blue [Bike Gear]

■ Red [Run Gear]

■ Blue [Bike Personal Needs]

■ Yellow [Run Personal Needs]

## MORNING CLOTHES/STREETWEAR BAG

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

## MANDATORY BIKE & BIKE BAG CHECK - IN

LOCATION T1: SAND HOLLOW STATE PARK

- Friday, May 6 from 7:00 AM to 5:00 PM

Athletes must place their helmet in their Bike Gear Bag prior to checking in their Bike Gear Bag. You will not have access to your Gear Bag on Race morning.

## MANDATORY RUN BAG CHECK - IN

LOCATION T2: TABERNACLE ST / 100W

- Friday, May 6 from 7:00 AM to 5:00 PM

As a reminder, athletes will only be allowed to check-in their bike, bike gear, and run gear during their previously selected check-in times. You will not have access to your Gear Bag on Race morning.

### STEP 1

T1 is located at Sand Hollow State Park (3351 Sand Hollow Rd, Hurricane, UT 84737). There will be limited parking available at Sand Hollow State Park. Please only plan to check-in during your previously selected check-in times and limit your time to 30 minutes. Access to T1 can be achieved either via State Road 7 (SR7) or State Road 9 (SR9), and turning on to Sand Hollow Road which will take you to the entrance of the park.

### STEP 2

T2 is in the heart of downtown St. George on W Tabernacle Street, near IRONMAN Village located at Town Square Park (50 S Main St, St George, UT 84770). There is street parking available throughout downtown and on the surrounding streets, as well as various parking surface lots and parking garages in the area.

## PRO PRIZE PURSE - \$350,000

1st Place \$125,000	2nd Place \$65,000
3rd Place \$45,000	4th Place \$25,000
5th Place \$20,000	6th Place \$18,000
7th Place \$15,000	8th Place \$13,000
9th Place \$12,000	10th Place \$11,000
11th Place \$8,000	12th Place \$6,000
13th Place \$5,000	14th Place \$4,000
15th Place \$3,000	

## IRONKIDS

The IRONKIDS fun run offers young athletes the opportunity to feel the excitement of competition while enjoying the outdoors and promoting healthy living. Each athlete receives a race bib, finisher shirt, medal, goodie bag and the pride of calling themselves an IRONKID! Registration and packet pick-up will be located in the IRONMAN Village at Town Square Park on Monday, May 2 from 11:00 AM to 4:00 PM and Tuesday, May 3 from 9:00 AM to 4:00 PM. The race will start at 4:30 PM on Tuesday, May 3.

## FUN RUN

Race week of the 2021 IRONMAN® World Championship, friends, family and locals will have the opportunity to run through the beautiful City of St. George, while they participate in the Land of Edurance Fun Run. Participants can check-in and pick up their packet on Tuesday, May 3 from 9:00 AM to 6:00 PM and Wednesday, May 4 from 9:00 AM to 6:00 PM in the IRONMAN Village at Town Square Park. The race will take place on Thursday, May 5 at 8:30 AM. Participants will start and finish just behind the official 2021 Intermountain Healthcare IRONMAN World Championship presented by Utah Sports Commission Finish Line!

# ATTENTION ATHLETES




## Show Your Appreciation to an IRONMAN Volunteer!

It takes thousands of volunteers to bring IRONMAN athletes across the finish line every year. This is your opportunity to show your appreciation to a volunteer who helps you reach your IRONMAN goal.

### HOW IT WORKS:

At Athlete Check-In, you will receive a white IRONMAN Foundation wristband. Give it to your favorite volunteer to thank them for their service through sport and commitment to community.

- ☒ **Wear It.**
- ☒ **Give It.**
- ☒ **Thank  
(& Race)  
Your Heart  
Out.**

A close-up photograph of a person's right hand giving a thumbs-up gesture. The hand is wearing a white, flexible wristband. The background is white with faint, repeating patterns of the IRONMAN logo and laurel wreaths.

**WHITE  
WRISTBAND =  
VOLUNTEER SYMBOL  
OF SERVICE**



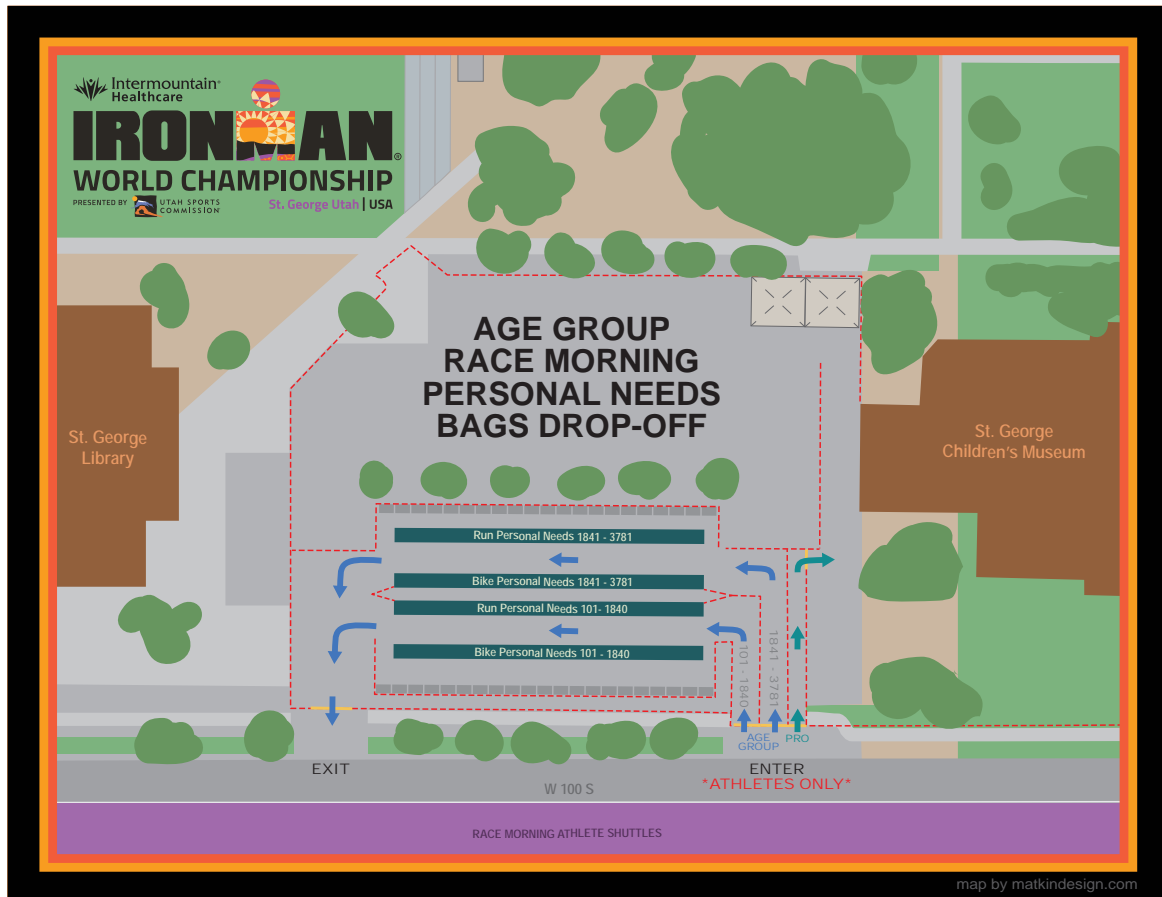
Learn more about the IRONMAN Foundation  
at [ironmanfoundation.org](http://ironmanfoundation.org)



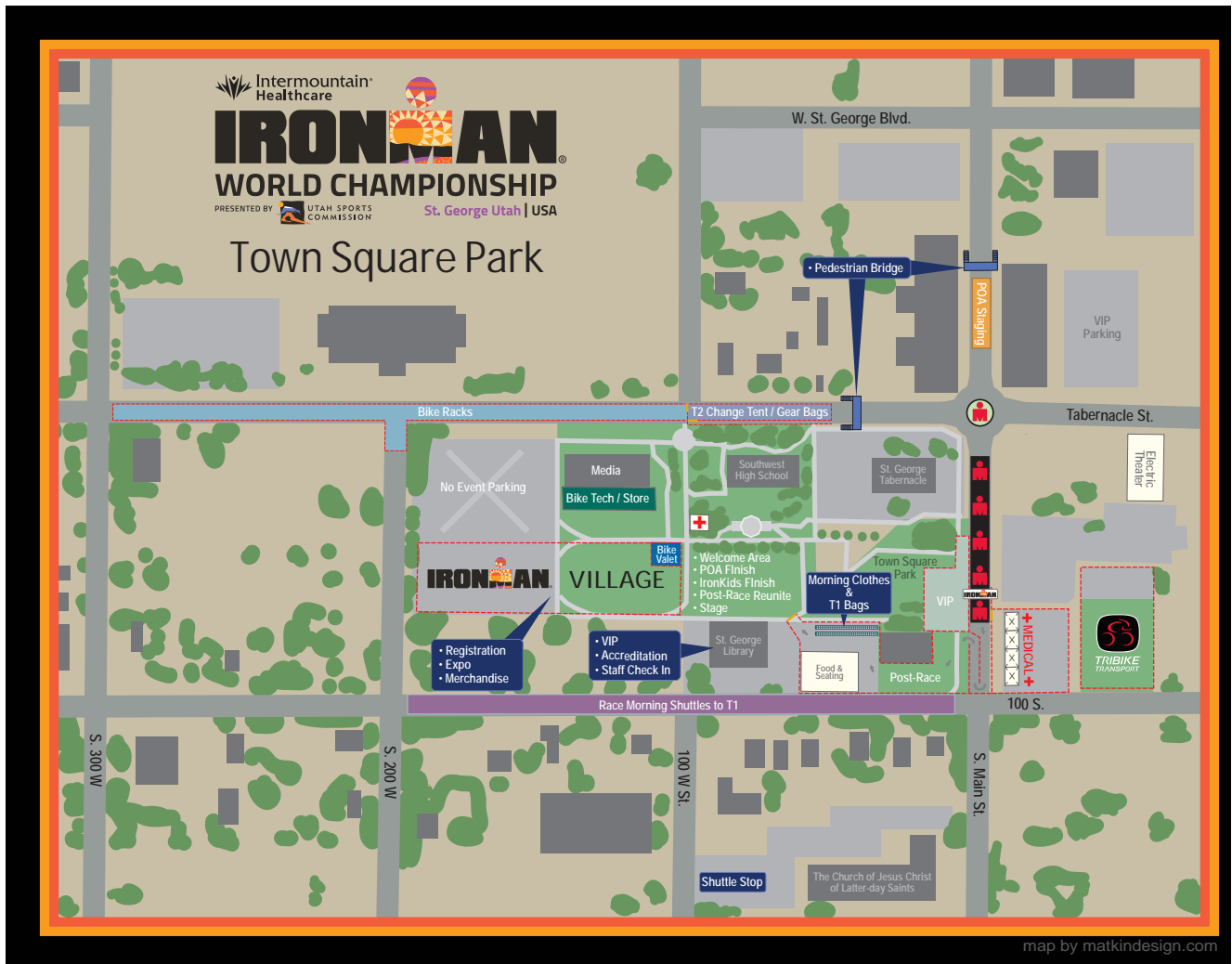
# VENUE OVERVIEW



# PERSONAL NEEDS DROP OFF

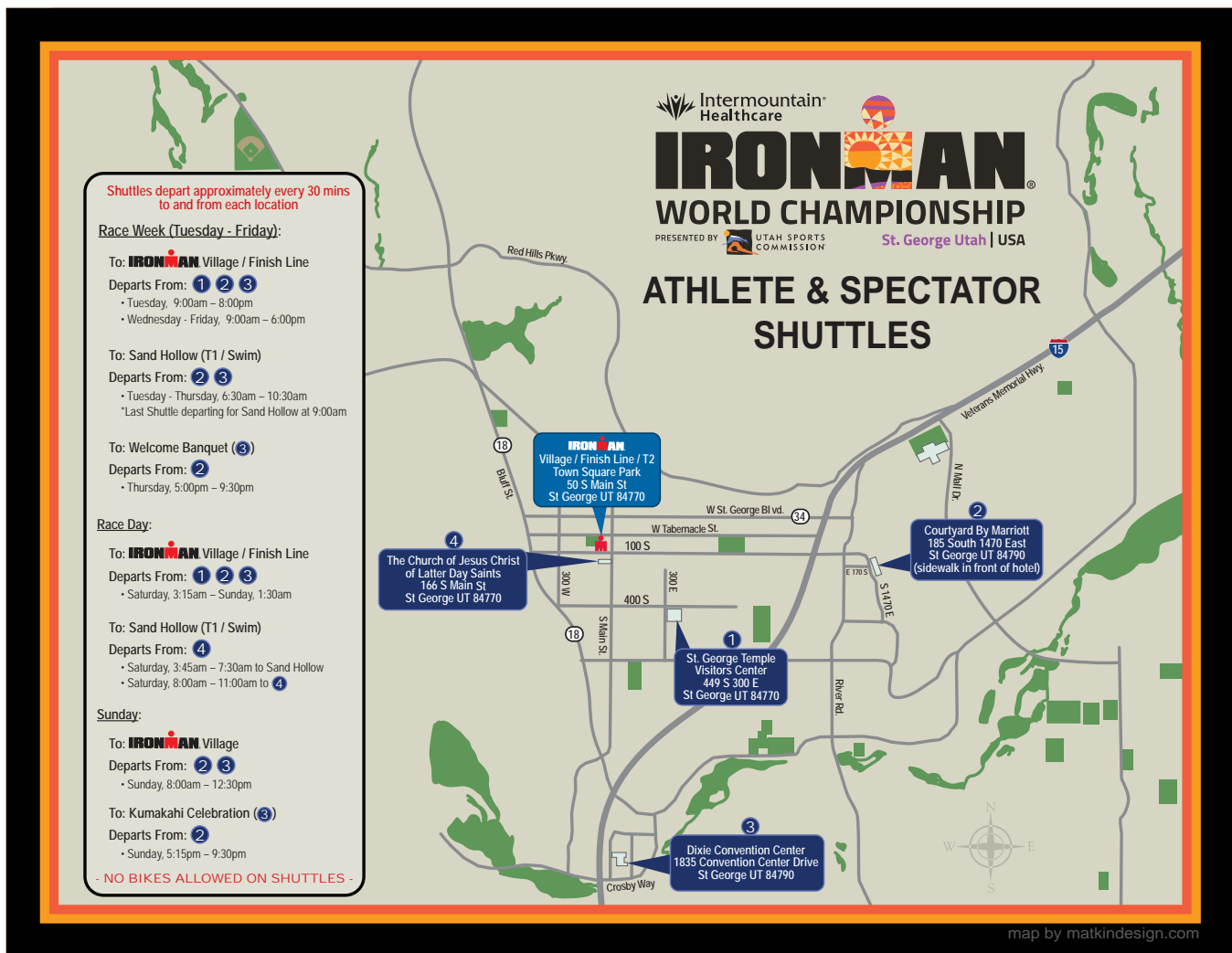


# T2-FINISH OVERVIEW





# SHUTTLES



## SHUTTLES

During operating hours of race week festivities, shuttles from various locations around the City of St. George have been implemented to assist in getting athletes and spectators to and from IRONMAN Village. Shuttles will also assist in getting athletes and spectators out to Sand Hollow on Tuesday, Wednesday and Thursday for morning swimming. All race week shuttles will be branded with IRONMAN signage. Please note shuttles will only run during IRONMAN Village operating hours. Please plan to move around town accordingly. Refer to the shuttle map for run times and details.

## RACE DAY SHUTTLES

On Saturday morning, shuttles will operate earlier to accommodate getting athletes and spectators to IRONMAN Village, where everyone will then take another shuttle out to Sand Hollow State Park for the swim start. THERE WILL BE NO PARKING ALLOWED AT SAND HOLLOW STATE PARK ON SATURDAY MORNING DURING THE RACE. Sand Hollow State Park shuttles will return spectators who watched the swim start to IRONMAN Village beginning at 8:00 AM through 11:00 AM. Shuttles will STOP running from Sand Hollow State Park after 11:00 AM. Please board a shuttle back to IRONMAN Village before run times conclude.

# SPECTATOR ACCESS

## T1 AREA

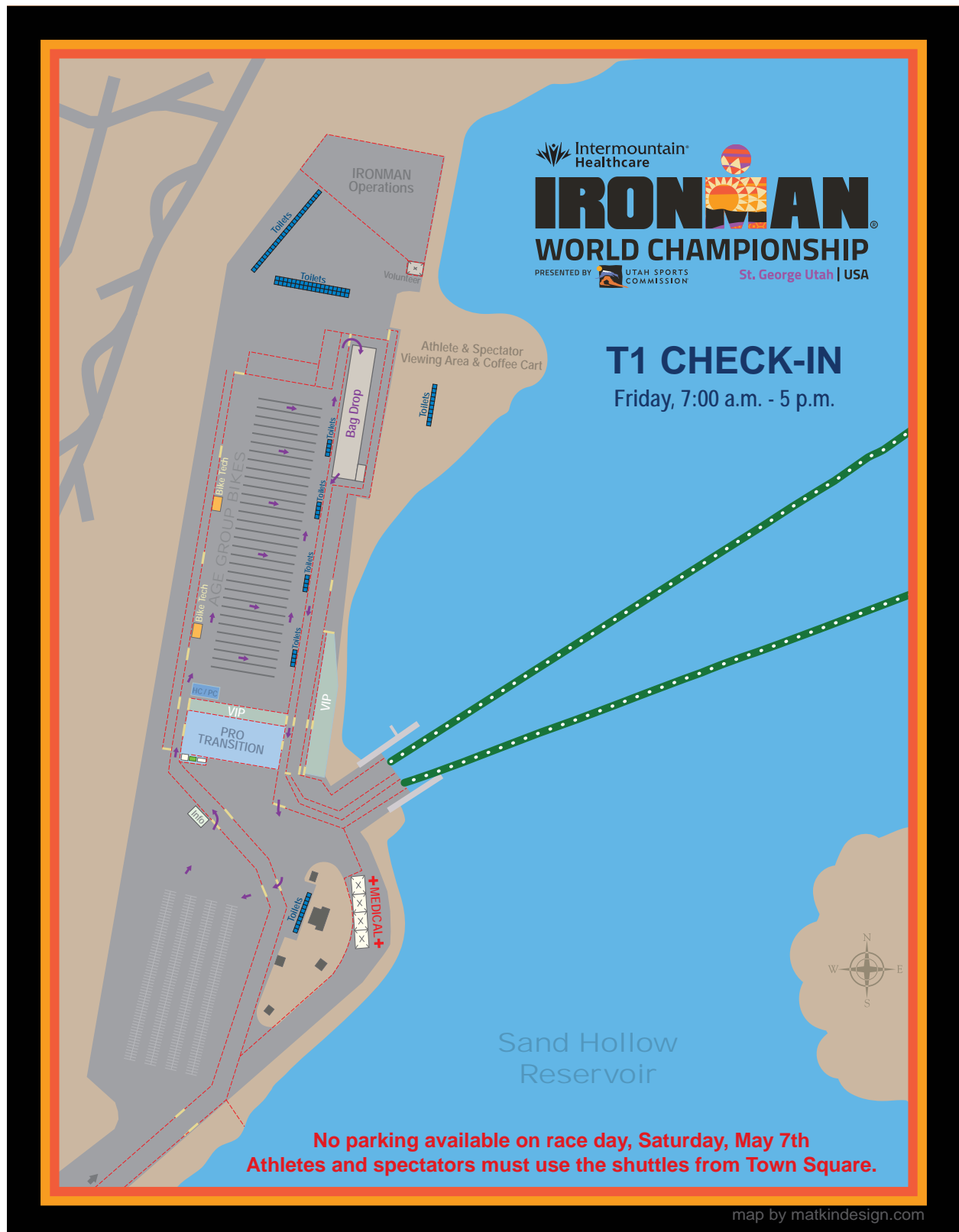


# SPECTATOR ACCESS

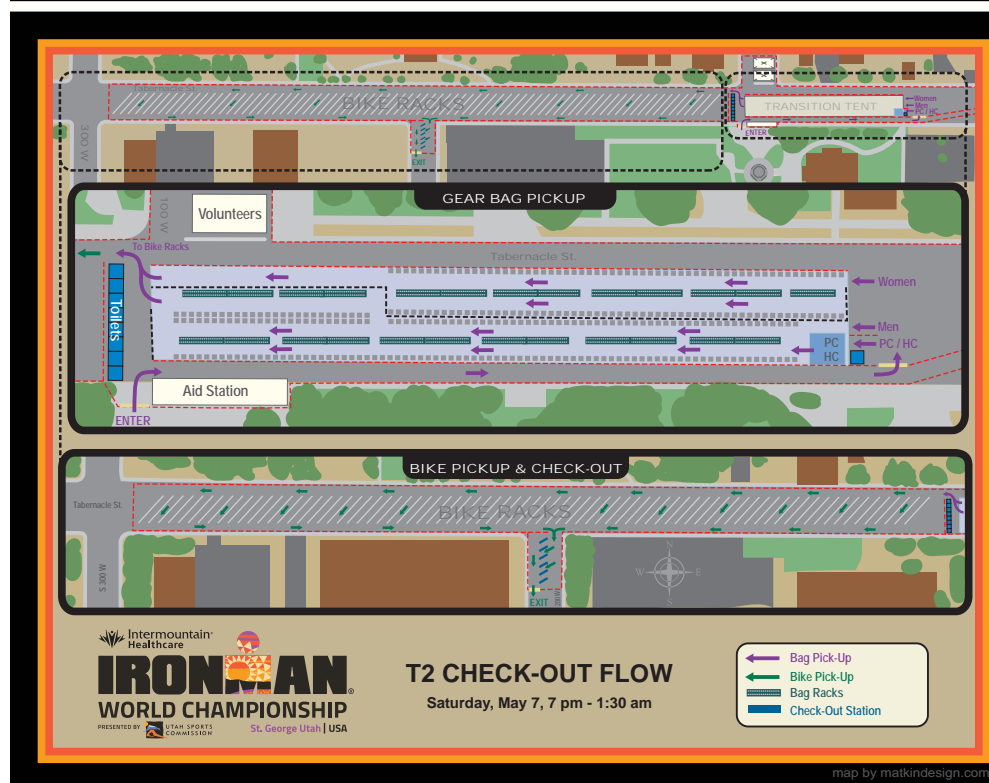
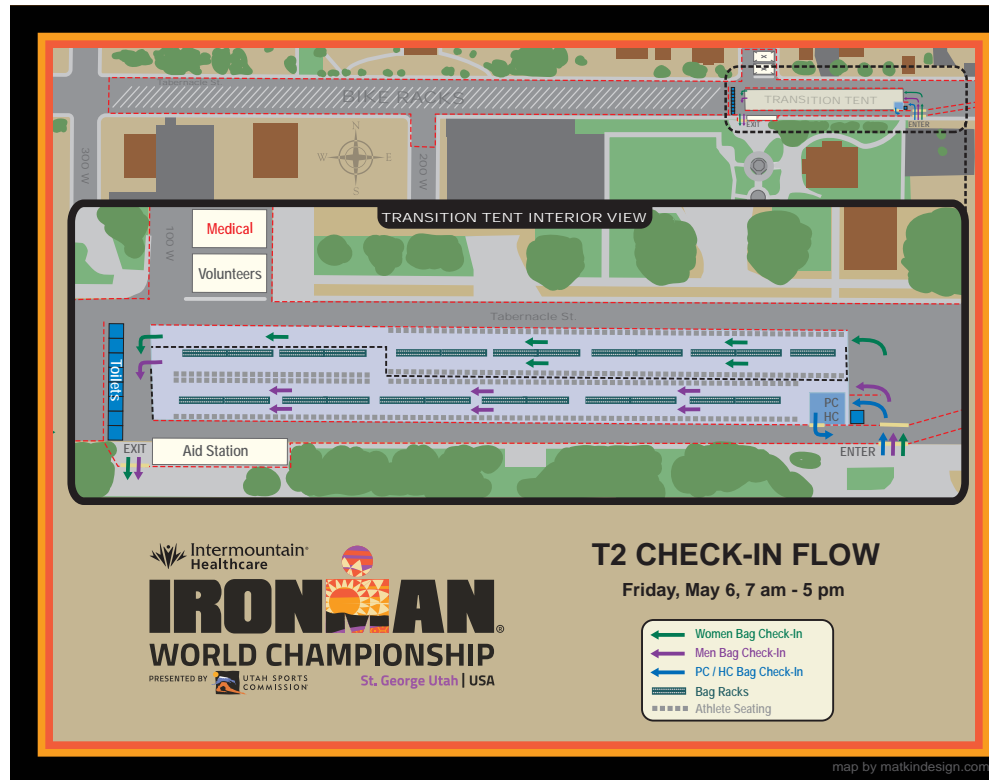
## T2 AREA



# T1 CHECK-IN FLOW



# T2 CHECK-IN/OUT FLOW





# RACE DAY INFO

## RACE DAY SHUTTLES

### NO PARKING AT T1 RACE DAY

Please take note of the scheduled time for your age group to board buses from Town Square on 100 S.

- Arrive 15 min BEFORE your scheduled time prepared to drop your bike and run personal needs bags FIRST.
- Then please quickly board an Athlete bus to Sand Hollow State Park.
- **Athletes will priority board from 345am to 5am.**
- Bus loading assignments are in 10 minute windows to ensure the bussing system stays on track.
- The bus ride is 30 minutes from Town Square to Sand Hollow State Park.
- **Friends and family are welcome to board a bus beginning around 5am.**

**Timelines are tight.** Busses will need to stay on schedule. We appreciate your cooperation and understanding

## RACE MORNING PROCEDURE

Athletes may enter Transition 1 at Sand Hollow State Park beginning at 4:15 AM- NO EARLIER!

**ALL ATHLETES AND SPECTATORS MUST BOARD A SHUTTLE NEAR IRONMAN VILLAGE TO TAKE THEM OUT TO T1. NO PARKING IS AVAILABLE AT T1 ON RACE MORNING.**

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

Prior to arriving, please apply your race number tattoos on your upper arm. Remember to bring your timing chip, swim cap, and wetsuit. Before getting on the shuttle race morning, you need to check-in your Personal Need Bags located under the large tent in the Post-Race area (Children's Museum Parking Lot). Bike technicians and pumps will be available in transition race morning. Please do not wear your bib number in the swim for the number will not hold up for the duration of the race if it gets wet. Bib number must be worn on the run. During the bike portion, bib numbers must be visible from the helmet sticker on the front of the bike helmet and from the bike stickers on both sides of the bike. You will not be permitted in transition on race day without your wristband, swim cap and timing chip. If you have misplaced any of these items, please see the Transition Director at the entrance for a replacement.

Transition 1 will open at 4:15 AM. Please pass your Morning Clothes/ Streetwear Bag to the volunteers at the Morning Clothes / Streetwear trucks located at the back of T1, BEFORE you enter the swim staging corral. Morning Clothes / Streetwear bags will be taken to the post-race finish line area for you to retrieve after you finish.

## AID STATIONS

Aid stations are every 12-15 miles on the bike and approximately a mile apart on the run. The general offerings are as follows:

### Bike:

Gatorade Endurance Formula  
- Orange  
Water  
Red Bull  
Coca-Cola  
Bananas  
Maurten Energy Gels 100  
Maurten Energy Gels CAF100  
Fig Bars

### Run:

Gatorade Endurance Formula  
- Lemon Lime  
Red Bull  
Water  
Cola  
Pretzels  
Chips  
Bananas  
Maurten Energy Gels 100  
Maurten Energy Gels CAF100  
Fig Bars  
Ice

## TIMING CHIP

Please ensure you receive your timing chip when you check-in your bike at T1 during your selected Bike Check-In time. You will hand in your chip when you check-out your bike in T2.

- You must always wear your timing chip while you are racing. Prior to the swim, fasten the chip around your left ankle with the strap provided and do not remove this until you have crossed the finish line and completed the race
- You may apply Vaseline around your ankle; it will not affect the timing chip. Volunteers will help you remove the chip when you check out your bicycle.
- If you drop out or are pulled from the race at any time, you must notify and turn in your race bib to a race official. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential we know where you are on the course at all time, for your safety and our peace of mind.
- Your race timing chip is being loaned to you. By picking up your race number and timing chip, you are guaranteeing you will return the chip to timing, or you will be billed for its replacement.
- If you lose your timing chip during the event, you are responsible for obtaining a replacement at one of the following locations:
  - Swim start final holding pen
  - Swim exit
  - Bike exit

# RACE DAY

## SATURDAY, MAY 7

### RACE TIMING AND CUT-OFFS

Each athlete will have 17 hours to complete the course. Athletes that take longer than 17 hours to complete the entire course will receive a DNF and will not be eligible for age-group awards. Additionally, athletes that are in an earlier wave and finish before the final course cut-off but take longer than 17 hours to complete the race will receive a DNF and will not be eligible for age group awards.

**IRONMAN reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time and average speed up to that point.**

Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

### SWIM CUT-OFF

Each athlete will have 2 hours and 20 minutes to complete the 2.4 mile/3.8 km swim. The last swim wave to enter the water is approximately 8:08 AM. The swim course closes 2 hours and 20 minutes after the last athlete enters the water via the rolling age group wave start, approximately 10:28 AM. Athletes who take longer than 2 hours and 20 minutes to complete the swim will receive a DNF, and will not be permitted to continue onto the bike portion of the race.

T1 closes 15 minutes after the last official swim finisher approximately 10:43 AM.

### BIKE CUT-OFF

Each athlete will have 10 hours and 30 minutes to complete the swim course, T1 and bike course regardless of when they start the swim. Athletes will have 15 minutes to get from the swim exit, through transition and across the bike mount line (approximately 10:43 AM). The bike course will close 10 hours and 30 minutes after the last athlete enters the water via the rolling age group wave start, approximately 6:38 PM. Any athlete that takes longer than 10 hours and 30 minutes to complete the swim course, T1 and bike course will receive a DNF.

### INTERMEDIATE BIKE COURSE CUT-OFF

Intermediate Bike Cut-off #1: Athletes who have not reached the Bike Personal Needs, 55 mile/95 km mark, by 2:37 PM will not be permitted to continue the race. Please note, your bike will not be available for pick-up at T2 before 7:00 PM.

Intermediate Bike Cut-off #2: Athletes who have not reached Bike Aid Station #4 on the second loop, 94.5 mile/152 km mark, by 6:38 PM will not be permitted to continue the race. Please note, your bike will not be available for pick-up at T2 before 7:00 PM.

Should you not arrive at the Intermediate Cut-off locations before the allotted cut-off time, SAG will be there to transport you back to the race venue.

From this point on, should you for any non-medical related reason be taken off the course, SAG will be following the final cyclist to transport you back to the race venue.

T2 closes 10 minutes after the last official bike finisher.

### RUN CUT-OFF

Athletes will have 10 minutes to get from the bike dismount line, through transition and across the run start line (approximately 6:48 PM). The run course will close 17 hours after the last athlete enters the water via the rolling wave start, approximately 1:08 AM. Athletes that take longer than 17 hours to complete the entire course will receive a DNF.

### INTERMEDIATE RUN COURSE CUT-OFF

Intermediate Run Cut-off #1: Athletes who have not reached the start of the second lap (after passing under the cross-walk bridge), at 13.2 mile/21.2 km, by 9:53 PM will not be permitted to continue the race.

Intermediate Run Cut-off #2: Athletes who have not reached Run Aid station #, at 17.9 mile/28.8 km, by 11:04 PM will not be permitted to continue the race.

**Intermediate cut-off times are determined and based on the specific time the last athlete enters the water.**

**Based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected.**

# IRONMAN<sup>®</sup>

## WORLD CHAMPIONSHIP

PRESENTED BY



UTAH SPORTS  
COMMISSION

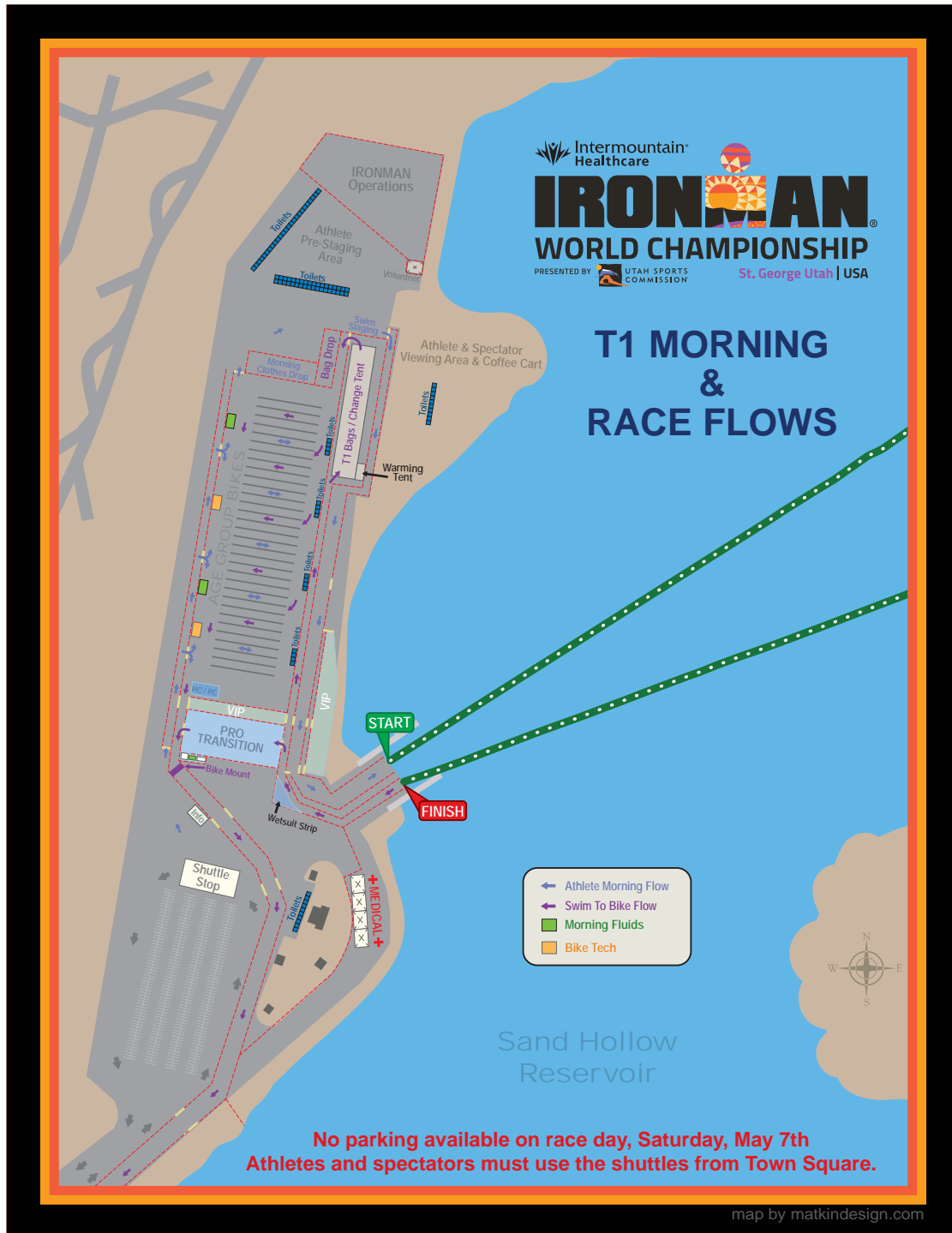
St. George Utah | USA

## SWIM WAVES and SHUTTLE TIMES

DIVISION	SHUTTLE TIME	WAVE	WAVE START
MPRO	4:00-4:15 AM	MPRO	6:15 AM
FPRO	4:00-4:15 AM	FPRO	6:20 AM
PC	3:45-3:55 AM	1	6:25 AM
HC			
M40-44	3:45-3:55 AM	2	6:45 AM
M65-69	3:55-4:05 am	3	6:54 AM
M70-74			
M75-79			
M35-39	3:55-4:05 AM	4	6:58 AM
M30-34	4:05-4:15 AM	5	7:05 AM
M60-64	4:05-4:15 AM	6	7:10 AM
M55-59	4:15-4:25 AM	7	7:14 AM
M50-54	4:25-4:35 AM	8	7:20 AM
M25-29	4:35-4:45 AM	9	7:29 AM
M18-24			
M45-49	4:35-4:45 AM	10	7:33 AM
F40-44	4:45-4:55 AM	11	7:47 AM
F60-64	4:45-4:55 AM	12	7:51 AM
F65-69			
F70-74			
F35-39	4:45-4:55 AM	14	7:54 AM
F30-34	4:45-4:55 AM	15	7:57 AM
F55-59	4:45-4:55 AM	16	7:59 AM
F50-54	4:45-4:55 AM	17	8:01 AM
F25-29	4:55-5:05 AM	18	8:04 AM
F18-24			
F45-49	4:55-5:05 AM	19	8:06 AM

# RACE DAY FLOW

## T1 MORNING & RACE FLOWS



# RACE DAY FLOW

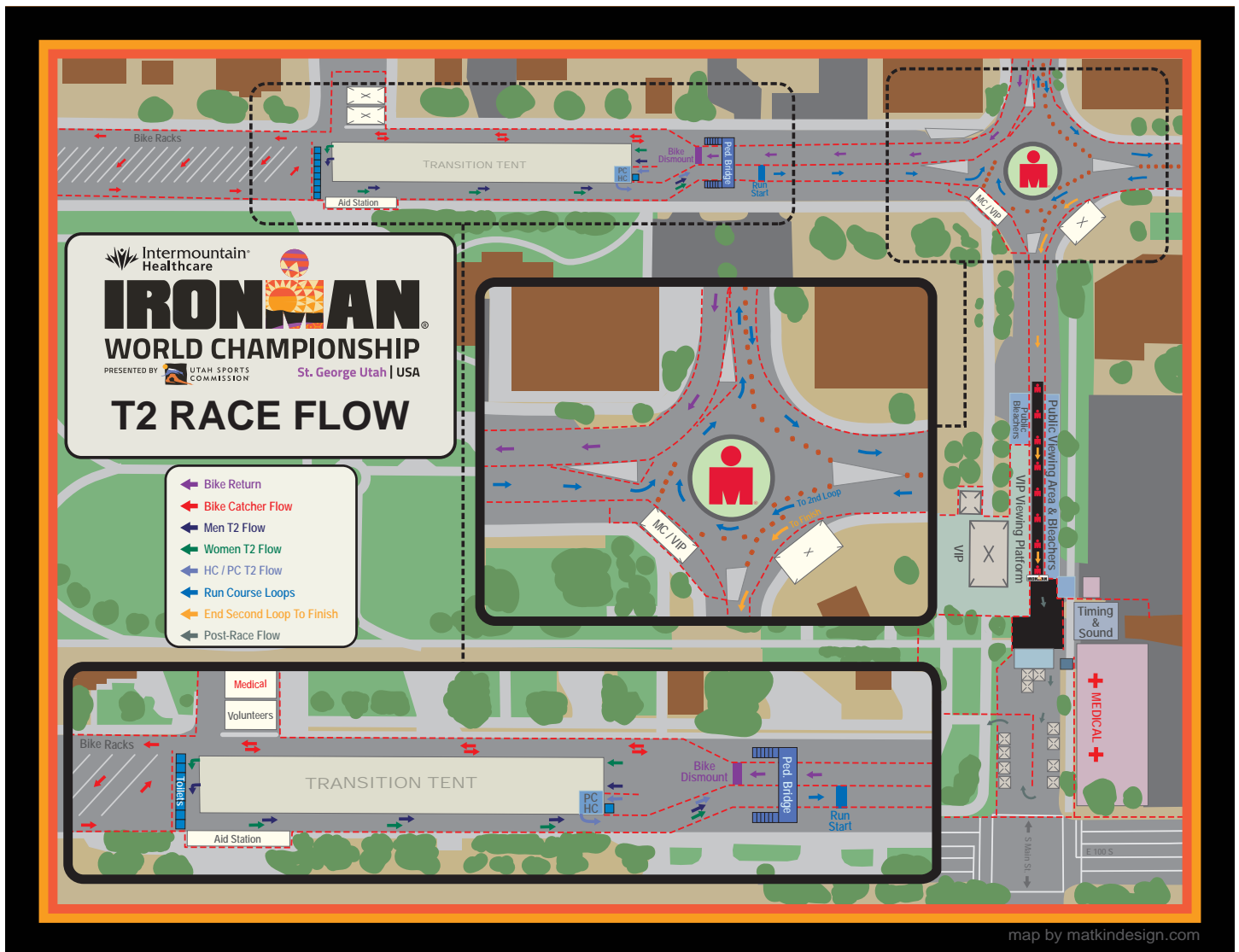
## SWIM: START & FINISH





# RACE DAY FLOW

## T2 RACE FLOW



# RACE DAY FLOW

## FINISH LINE AND POST RACE



# POST RACE INFO

## BIKE & GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out is Saturday from 7:00 PM to 1:30 AM in Transition 2. You must have your athlete wristband on, timing chip and photo ID in order to enter and claim your bike and gear. If you are unable to personally claim your bike and gear bag, a family member or friend should have your Bike Check-Out ticket provided in your race packet prior to race day. As a precaution, give this ticket to a family member or friend prior to the race, even if you plan to claim your bike and gear yourself. If your family does decide to pick these items up for you as a courtesy, they must have the athlete timing chip as well.

## LOST AND FOUND

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

## MEDICAL AREA

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

## VOLUNTEERS

Please remember to thank the Volunteers! The race wouldn't be possible without their assistance. For more information about volunteering for this event, please visit <https://ironman.com/im-world-championship-2021-supporters>

## FINISHER CERTIFICATE

To get your finisher certificate, go to <https://www.ironman.com/im-world-championship-2021-results>. Once you find your result page, click on the "Get Certificate" button in the upper right hand corner and the certificate will generate as a PDF.

## TIMING/RESULTS

If there is an issue with your timing, please e-mail [timing@ironman.com](mailto:timing@ironman.com).

## RACE PHOTOGRAPHY

FinisherPix will be at IRONMAN World Championship to capture your race memories. Within 24 – 48 hours after the race your personal race photos will be available here.

[NEED UPDATED LINK](#)

### How to order your pix:

- Register your e-mail address at [www.finisherpix.com](http://www.finisherpix.com) to be notified as soon as photos are online.
- Have your number visible on the FRONT of your bike helmet so you can be identified in your cycling photos.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit [www.finisherpix.com](http://www.finisherpix.com) to view, order, and share your photos from the event.

## BANQUETS

### IRONMAN Welcome Banquet

Welcome to the 2021 Intermountain Healthcare IRONMAN World Championship presented by Utah Sports Commission! Join us for an evening of celebrating your journey to the world stage!

- When: Thursday, May 5th from 6:00 PM - 8:00 PM
- Where: The Dixie Convention Center

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

### Age Group Awards

Your determination and drive have brought you success in the Land of Endurance. Stop by and join us for the awards presentation of the Top 5 Female and Top 5 Male age group athletes that will take place at the Athlete Village Stage!

- When: Sunday, May 8th starting at 10:00 AM
- Where: Town Square

### IRONMAN Kumukahi Celebration - Professional Champion Awards and Athlete Celebration

In honor of the spirit of competition we celebrate you, relive the highlights of the week and honor our Professional Champions during this special evening that culminates with a live concert by Kalimba – The spirit of Earth, Wind and Fire!

- When: Sunday, May 8th starting at 6:00 PM
- Where: The Dixie Convention Center

*Athlete Wristband is your ticket to both events.  
Tickets for family and friends available online and on-site at the Information Booth inside IRONMAN Village.*

# SWIM COURSE

The swim start is located in the reservoir of Sand Hollow State Park in Hurricane, Utah.

The 2021 Intermountain Healthcare IRONMAN World Championship presented by Utah Sports Commission swim course will feature a fast and direct course with just four turns.



# SWIM COURSE

## AGE GROUP ROLLING WAVE START

IRONMAN® World Championship will feature an age group rolling wave start. Athletes will seed themselves within their respective age groups based on their projected swim times.

The start will be on the boat ramp and 10 athletes will start every 10 seconds.

Each athlete will be allotted 2 hours and 20 minutes to complete the swim course. Self-seeding will be based on your individual abilities according to your expected finish time. You can avoid being overtaken by stronger swimmers by seeding yourself with athletes of similar skill and ability levels.

Athletes' official race time will start when they cross the timing mat. All athletes will have 17 hours to complete the entire event (subject to intermediate cut-off times throughout the event).

## SWIM COURSE RULES

- Athletes must wear cap provided.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- No aqua socks (neoprene booties) unless the water temperature is 65 degrees Fahrenheit (18.3 degrees Celsius) or colder.
- When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.
- Swim goggles and facemasks may be worn. Snorkels are prohibited. Medical exceptions will not be considered.
- No paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- The swim course will close 2 hours and 20 minutes after the final athlete enters the water. Each athlete will have 2 hours and 20 minutes to complete the 2.4 mile/3.8 km swim. 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.

## WETSUIT RULES

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

Wetsuits are mandatory for professional athletes and age group athletes for water temperatures below 16 degrees C /60.8 F.

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

\*If the water temperature is between 76.2 degrees Fahrenheit (24.6 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius) there will not be a wetsuit optional swim wave.

## SWIMWEAR POLICY(non-wetsuit legal swims only)

Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear must not cover the neck, extend past the elbow, nor extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

Compression gear may be worn during non-wetsuit swims provided that it is made of 100% textile material (no rubberized material such as polyurethane or neoprene) and that material does not extend past the elbows or knees. Any compression wear that extends past the elbows or knees will not be permitted in non-wetsuit swims (this includes compression sleeves, compression socks, or compression tights).

## SWIM TO BIKE TRANSITION

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

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

Any athletes electing not to race must notify an official at the swim start, swim finish or in Transition. Above all, the safety of each swimmer is our number one priority.



# SWIMSMART CHECKLIST

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here's a top-10 checklist to help get you ready.

## 1. PREPARE FOR RACE CONDITIONS

- Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.

## 2. RACE IN SHORTER EVENTS

- Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
- For extra guidance, talk to a coach or your local triathlon club.

## 3. LEARN ABOUT COURSE DETAILS

- It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarize yourself with the course.
- Keep in mind, every body of water is different, so you'll need to educate yourself on water current and surf conditions.
- Study the event timetable to plan for proper arrival and preparation.

## 4. ENSURE HEART HEALTH

- As an athlete in training, you should take the proper steps to assess your health with your physician.
- The American Heart Association suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

## 5. PAY ATTENTION TO WARNING SIGNS

- If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

## 6. DON'T USE NEW GEAR ON RACE DAY

- Focus on controlling as much as you can on race day.
- You should never race in equipment you haven't trained in. This is not the time to test new gear.
- Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
- Prepare for the unexpected with backups of all your gear.

## 7. WARM UP ON RACE DAY

- Arrive early enough on race day for a proper warm up prior to the start, preferably in the water.
- Please note: Athletes will not be permitted to swim within 100 meters on either side of the swim course.
- If you aren't able to warm up in the water, spend between 5 and 10 minutes getting loose.
- Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

## 8. CHECK OUT THE COURSE

- Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.
- Identify basic navigation points so that you know what you are swimming towards.

## 9. START EASY – RELAX AND BREATHE

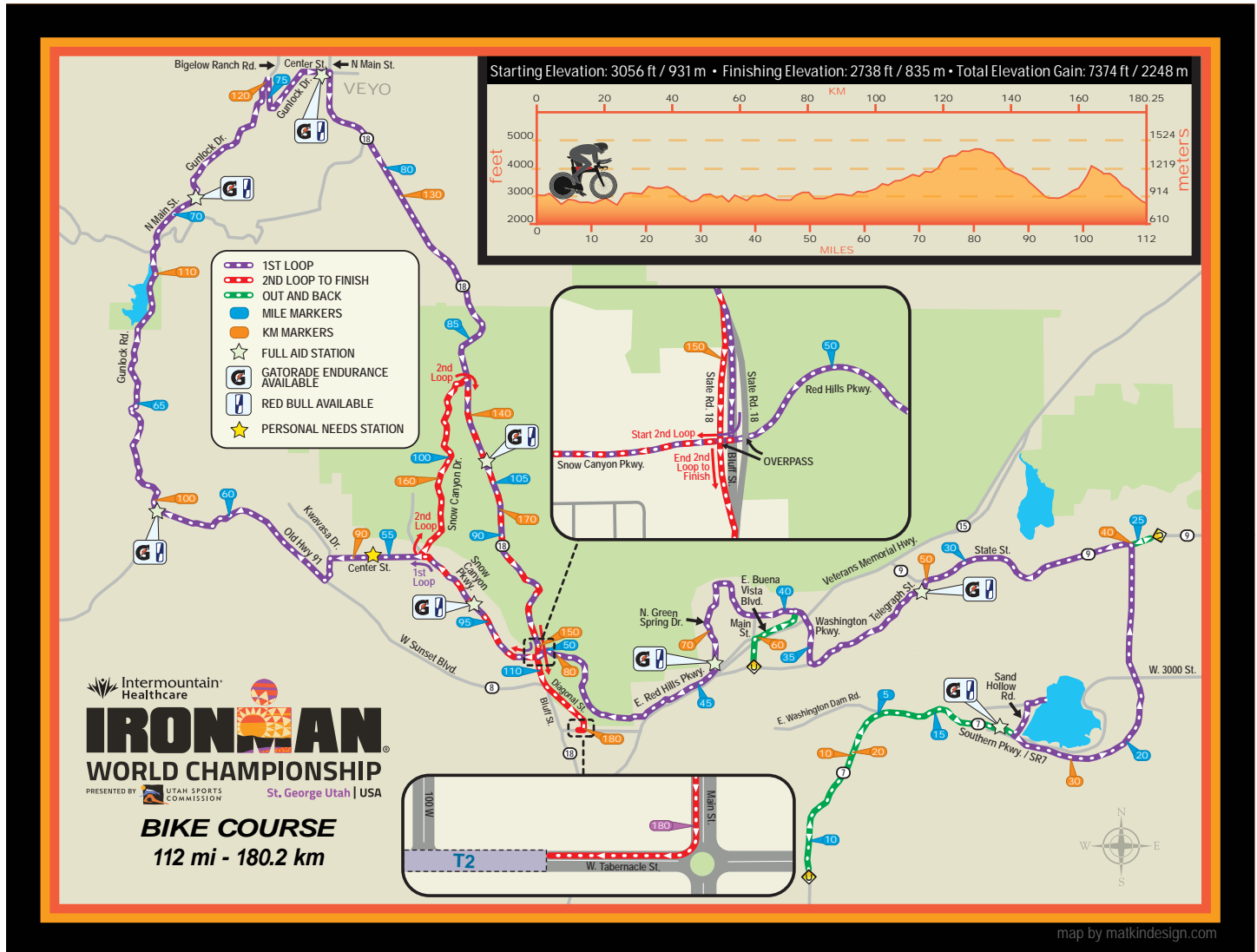
- Don't race at maximum effort from the start.
- Relax and focus on proper breathing technique as you settle into a sustainable pace.

## 10. BE ALERT AND ASK FOR HELP

- In a race setting always stop at the first sign of a medical problem.
- If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
- Race rules allow for competitors to stop or rest at any time during the swim.
- Feel free to hold on to a static object like a raft, buoy, or dock.
- You may also rest by holding on to a kayak, boat or even a paddle board. As long as you don't use it to move forward, you won't face disqualification.

# BIKE COURSE

Bring your courage, grit and perseverance to navigate the roads and terrain of Greater Zion. With plenty of short and steep climbs throughout the course, you'll be rewarded with some very fast descents – and stunning views in every direction. It's a challenging world championship bike course, but with dramatic scenery at every turn, you'll have a continuous stream of visual stimulation to inspire your best performance.



## TURN-BY-TURN DESCRIPTION:

- Exit Sand Hollow Parking lot and turn left on Sand Hollow Road
- Proceed under the SR7 overpass
- Turn right onto the SR7 north bound off ramp
- Proceed south on SR7 in the left-hand lane
- Bear left onto the SR7 north bound on ramp at Warner Valley Rd
- Turn right and go under SR7
- Turn right onto the SR7 south bound off ramp
- Proceed north on SR7 in the left-hand lane
- After crossing the Sand Hollow Road overpass, move to the right-hand lane
- Proceed north on SR7 to SR9
- Turn right onto the SR9 east bound on ramp
- U-turn on SR9 just after merging and head west in the two left-hand (east bound) lanes
- Turn left onto Telegraph St
- Turn right onto Washington Parkway
- Turn left onto Buena Vista Blvd (riding in the left-hand lane)
- Turn left onto Main St. (riding in the left-hand lane)
- U-turn between 100 N and Telegraph St
- Turn right onto Buena Vista Blvd (riding in the left-hand lane)
- Turn left onto Washington Parkway (riding in the right-hand lane)
- Turn left onto Green Springs Drive
- Turn right onto Red Hills Parkway
- Go straight across Bluff St and under both SR18 overpasses. Use caution as 2nd lap riders are merging from the right
- Turn left on Kwavasa Dr
- Turn right on Old Hwy 91
- Veer right onto Gunlock Rd
- Turn right onto SR18
- Turn right onto Snow Canyon Parkway. Use caution as 1st lap riders merging from the left
- Turn right onto Snow Canyon Drive
- Turn right onto SR18
- Turn left onto Diagonal St
- Turn right onto Main St
- Turn right onto Tabernacle St
- T2 on Tabernacle Street

ATHLETE GUIDE: 2.4 SWIM • 112 BIKE • 26.2 RUN

# BIKE COURSE RULES

## 1. POSITION RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
- A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
- Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).
- Overtaken athletes must immediately fall back six bike lengths before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back six bike lengths will result in an overtaken violation.
- Overtaken athletes who remain in the draft zone (six bike lengths of clear space between bikes) for more than 25 seconds, or who do not make constant rear progress out of the drafting zone, will be given a drafting violation.
- Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
- Athletes who impede the forward progress of other athletes will be given a blocking violation.
- Athletes committing rule violations will be notified "on the spot" by an official.
- Do not attempt to discuss the penalty with the official.

### ■ THE OFFICIAL WILL:

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

## THE EXACT LOCATION OF THE PTS WILL BE STATED AT THE ATHLETE BRIEFINGS.

### ■ THE ATHLETE WILL:

- Report to the next PT and tell the PT Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PT, you will be disqualified.
- Have race numbers marked by the PT Official with a "/".
- Register, via the sign-in sheet.

iv. Resume the race after serving a 1-minute stop and go time penalty for all non-drafting violations (YELLOW CARD).

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

vi. Be disqualified if you receive three BLUE CARD penalties. An athlete may finish the race if he or she has been issued a RED CARD disqualification, unless otherwise instructed by the Race Referee.

vii. Be disqualified for not reporting to the PT.

## Race Distance: IRONMAN

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

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

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

4. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

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

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

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

8. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.

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

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

Helmets must be worn during the entire bicycle segment including in and out of the transition area. Any athlete riding without his or her chin-strap fastened will be disqualified.

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

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

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

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

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

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

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

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

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

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

# BIKE STORE AND TECH

## OFFICIAL BIKE STORE

Playtri is the official bike shop for the 2021 Intermountain Healthcare IRONMAN World Championship presented by Utah Sports Commission. There will be many experienced mechanics available to assist you in the IRONMAN Village, Bike Check-in and in Transition 1 on race day. These services will be available starting on Tuesday, May 3 through Friday, May 6.

### Hours:

Tuesday, May 3 - Friday, May 6: 9:00 AM - 6:00 PM

## TECH TIPS AND OTHER DETAILS

Bike inspection is done by Referees, who will also check your helmet. Minor repairs/adjustments will be done by mechanics on site, but major repairs/new helmets will require going back to the IRONMAN®

Athlete Village at Town Square Park. Athletes are ultimately responsible for their own bikes. Technical support motorbikes will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. There will be a limited number of pumps available in the transition area on race morning so we recommend you bring your own. You must give your pump to a family member or friend before the race start, since pumps will not be accepted with your Morning Clothes/Streetwear Bags.

For security and safety reasons, bikes will NOT BE ALLOWED out of transition once transition closes. Once transition closes, no one will be allowed to enter transition unless accompanied by a race official. On race day, bike tech vehicles will patrol the course to aid in emergency repairs.

## TRIBIKE TRANSPORT

### FOCUS ON YOUR RACE; WE'VE GOT YOUR BIKE

TriBike Transport (TBT) is providing trusted, economical, hassle-free service to your race. [RESERVE YOUR SPACE](#) for premium bike transport.

### Fully Assembled Bike Transport

The original [FULLY ASSEMBLED BIKE TRANSPORT](#) service for cyclists and triathletes alike. For an additional fee TBT will take your wheel bag and a gear bag, too!

### Pack & Ship Bike Transport

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

### Travel light with TBT!

For more information and to find a partner shop near you, please visit [WWW.TRIBIKETRANSPORT.COM](http://WWW.TRIBIKETRANSPORT.COM).

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





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# RUN COURSE

The two-loop run course wanders along pleasant community streets, shady pathways and parks, creating a nice reward for all your hard work. The course has a number of gradual inclines totaling 1500 feet of climbing. The run takes you past the M-Dot monument several times. This hot corner near the finish line will be filled with energy from spectators. The course offers many other spectating locations along the way for family and friends to cheer you on. The finish line awaits you in the historic Town Square, the heart of St. George!

## TURN-BY-TURN DESCRIPTION:

- Exit Transition area on Tabernacle St
- Turn left onto Main St on the west side of the round about
- Turn left onto Diagonal St
- Turn right at Bluff onto the bike path
- Turn left and go through tunnel/under Bluff St
- Turn left onto sidewalk after exiting the tunnel
- Turn left and u-turn onto Sunset Blvd
- Turn left onto Bluff St
- At 1250 north veer left onto the bike path
- After going under the south bound Bluff overpass, veer right onto Bluff St
- Turn left onto Snow Canyon Parkway
- Turn left onto 1400 W St
- Turn right onto W 1230 N St
- Turn left onto W 1170 N St
- Turn left 1570 W St
- Turn left and then right onto the Half way Washington Bike Path
- Turn left onto N Dixie Dr
- Turn left onto W 100 N
- Turn right into the Church parking lot
- Run around the outside perimeter of the church parking lot
- Turn left onto N Dixie Dr
- Turn left onto W Mathis Park Pl
- Turn left into Mathis Park and follow the road all the way to the parking area
- Turn left onto the path
- Turn right and loop counterclockwise around the park
- Turn right before the restrooms
- Turn right onto the bike path and follow it all the way until it ends at the parking spaces
- Merge left onto the Mathis Park Rd
- Turn right onto W Mathis Park Pl
- Turn right onto N Dixie Dr
- Turn right into the church parking lot
- Run around the outside perimeter of the church parking lot
- Turn right onto W 100 N
- U-turn just before N Valley View Dr
- Turn right on N Dixie Dr
- Turn right onto the Halfway Washington Bike path
- Turn right on the bike path before it goes under Snow Canyon Parkway
- Turn left onto N 1300 W
- Turn right onto Snow Canyon Parkway



- Just before Bluff St veer right onto the bike path
- Turn right at Bluff St
- Turn left and go through the Bluff St tunnel
- Turn right on the other side of the tunnel
- Merge onto Diagonal St
- Turn right onto Main St
- Turn left onto Tabernacle St
- Turn around just before 400 E St
- Turn right at Main traffic Circle for the 2nd lap or left to the finish line at the end of the 2nd lap

# RUN COURSE RULES

## RUN COURSE RULES

1. Athletes may run, walk, or crawl.
2. Athletes must wear their IRONMAN® World Championship issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.  
  
Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.
3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT RUNNERS ARE ALLOWED.

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

4. Athletes are expected to follow the directions and instructions of all race officials and public authorities.
5. The sole responsibility of knowing and following the prescribed running course rests with each athlete. **No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.**
6. **ATHLETES RACING WITHOUT A SHIRT OR RACING TOP WILL BE DISQUALIFIED. UNIFORMS WITH A FRONT ZIP MUST BE FULLY CONNECTED AT THE BOTTOM AND SHOULD BE FULLY ZIPPED WHEN CROSSING THE FINISH LINE.**
7. The run course will officially close 17 hours after the final athlete enters the water to start the swim.

## FINISH LINE POLICY

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

## EVENT SANCTION

USA Triathlon (USAT) has sanctioned the 2021 IRONMAN® World Championship. Our rules are published with permission from USAT. Please visit [ironman.com](http://ironman.com) for a complete set of IRONMAN® Competition Rules.

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

- a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.
- b. Any person who in any way assists another athlete to violate this rule: by providing or selling a race number to that athlete shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.

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

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

# RULES

## RULES APPLYING TO ALL SEGMENTS OF THE RACE

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

**1. Status:** Any athlete **(A)** holding elite/professional status from their World Triathlon Member National Federation for middle or long distance triathlon, or **(B)** an IRONMAN Professional Membership (as verified by elite/pro status of an athlete's National Triathlon Federation), or **(C)** who has entered and participated in the Elite/Pro Division of a middle or long distance triathlon event with a prize purse of \$5000USD or greater, is prohibited from racing as an age-group athlete in ANY IRONMAN or IRONMAN 70.3 branded triathlon event operated by IRONMAN or its licensees, anywhere in the world where there is an elite/pro division, within the same calendar year. Disqualification and potential sanction from IRONMAN® events, and forfeiture of any AGE GROUP World Championship qualifying slots may result for any athlete that has not adhered to this policy.

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

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

**4.** Medical personnel shall have ULTIMATE and FINAL authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in disqualification.

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

**6.** As a condition of participation in each IRONMAN® and IRONMAN® 70.3® event, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

Please refer to IRONMAN's Competition Rules for additional guidance and information.

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

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

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

Group athletes are not eligible for prize money.

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

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

**12.** Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN®. If permission is given by IRONMAN®, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera who were not given permission will be disqualified.

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

**14.** Assistance provided by event personnel or Race Officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tires, inner tubes and punctures repair kits. Athletes may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Specifically, items that may not be provided to other athletes includes but is not limited to complete bicycles, bicycle frames, wheels and helmets. The penalty for this will be **disqualification** of both athletes.

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

## ANTI-DOPING

Athletes are responsible for personally knowing what constitutes a violation of the Anti-Doping Rules, including without limitation personally knowing what substances and methods are on the WADA Prohibited List ("Prohibited Substances"), and for monitoring and ensuring his/her own compliance with the Anti-Doping Rules. Certain medications, supplements, common beverages, and other "over-the-counter" or otherwise legal products may contain Prohibited Substances. All Athletes intending to use a Prohibited Substance for a legitimate medical reason must seek a Therapeutic Use Exemption ("TUE") from their National Anti-Doping Organization ("NADO") or Regional Anti-Doping Organization ("RADO"), as applicable, in accordance with the policies of those organizations. When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

Please refer to IRONMAN's Competition Rules and your 2021 IRONMAN® World Championship Events Anti-Doping & Qualifying Slot Waiver for Age Group Athletes for additional guidance and information.

# RULES

## HANDCYCLE & PHYSICALLY CHALLENGED (PC) OPEN/EXHIBITION DIVISION

### SWIM

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

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

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

### BIKE

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

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

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

### RUN

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

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

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

# MEDICAL POLICY

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

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

Particular dangers include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death.

During events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish.

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

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

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

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

Any athlete needing to see medical personnel race morning, must go the Main Medical Tent located at the IRONMAN® Finish Line. Doctors will be available from 5.30 AM on Saturday.

# ST. GEORGE FACTS

## Average Rainfall for May:

St. George: .4 inches

## Average Water Temperature for May:

54-60F

## Temperature for May:

Average High: 88°F  
Average Low: 57°F

May 7, 2022

Moon Phase:  
Half Moon

Sunrise: 6:00 AM

Sunset: 8:29 PM

For 2021 Intermountain Healthcare IRONMAN® World Championship presented by Utah Sports Commission  
Results, please visit:

[www.IRONMAN®.com/triathlon/events/americas/IRONMAN®/world-championship/results](http://www.IRONMAN®.com/triathlon/events/americas/IRONMAN®/world-championship/results)





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[www.UtahSportsCommission.com](http://www.UtahSportsCommission.com)





The HOKA logo is located in the top right corner of the image. It consists of the word "HOKA" in a bold, blue, sans-serif font, with a stylized blue swoosh above the letter "O".

HOKA

The background of the advertisement features three runners in motion against a light gray concrete wall. On the left, a woman with dark hair in a ponytail wears a light blue tank top and black shorts. In the center, a man in an orange t-shirt and black shorts is running. On the right, another man in a black t-shirt and black shorts is running. All three are wearing HOKA Clifton 8 running shoes. The shoes of the woman and the man in the center are light blue with red and white accents, while the man on the right wears orange and white shoes. The text "SMOOTH ON DOWN THE ROAD" is overlaid in large white letters across the middle of the image.

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**BIB  
FRAME**

Beautifully display your finisher's medal in a customized commemorative **BIB FRAME** and document forever your participation in this very special event!

*Includes*

- EVENT LOGO PLATE, ENGRAVED PLATE WITH NAME & SPLIT TIMES
- ADDITIONAL FINISHER'S MEDAL • 5" X 7" MAT OPENING (COURSE MAP INCLUDED)
- 2" DISC OF TRIATHLON SYMBOL • LAMINATED REPLICA OF YOUR BIB #

This Bib Frame would normally cost \$185, but is currently available for

**\$159**  
Only +S/H

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*Includes*

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- ADDITIONAL FINISHER'S MEDAL • 3 5" X 7" MAT OPENINGS (COURSE MAPS INCLUDED)
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This Bib Frame would normally cost \$215, but is currently available for

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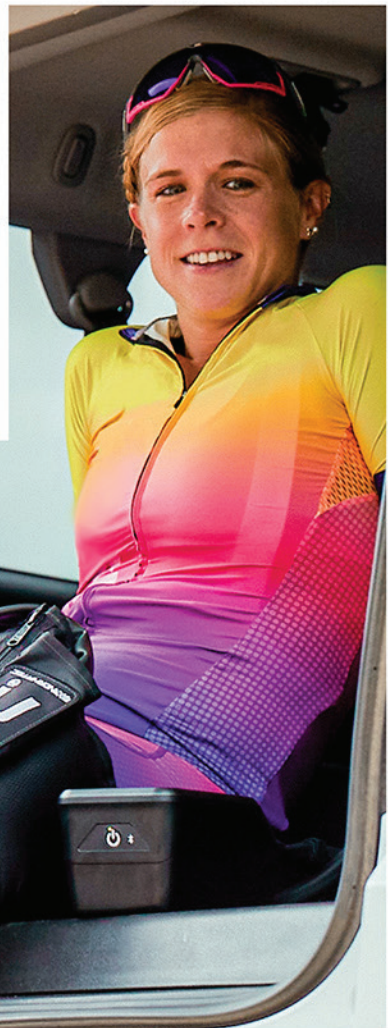
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# Don't try this on race day\*



\* 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.

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# A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

**RED BULL GIVES YOU WIIINGS.** 



# BIKE STORE & TECH

Playtri is the Official Triathlon Store of 2022

Our knowledgeable staff will be on-site at the IRONMAN Village offering a large selection of triathlon supplies and equipment, hydration, nutrition and more from all of the top brands to ensure you are race ready! Our expert bike technicians will provide the highest level of service for repairs and upgrades to make sure your bike is ready to ride. On race day, our staff will be available for emergency repairs and support in the transition area as well as on the race course. Need something before race day? Shop us now at [WWW.PLAYTRI.COM](http://WWW.PLAYTRI.COM) for the best selection at the best prices. We also have full service shops across the country so you can shop local: [WWW.PLAYTRI.COM/LOCATIONS](http://WWW.PLAYTRI.COM/LOCATIONS). Pre-book is available for all the services listed below at [WWW.PLAYTRI.COM/IRONMANTRIATHLONSTORE](http://WWW.PLAYTRI.COM/IRONMANTRIATHLONSTORE).

## RACE READY TUNE-UP: \$99

- Inspection of Frame and Fork
- Inspection of Wheels and Tires
- Brake System Inspection And Adjust as Required
- Drive Train Inspection And Adjust as Required
- Chain Inspection and Lubrication as Required

## BIKE BUILD: \$179

- Unpack and Assembly Of Bike

## BIKE PACK: \$179

- Collection of Bike From Transition (During Run Segment Of Race)
- Disassembly and Packing Of Bike

## BIKE BUILD & PACK PACKAGE: \$299

- Unpack and Assembly of Bike
- Collection of Bike From Transition (During Run Segment Of Race)
- Disassembly and Packing Of Bike

## ROAD AND TRI BIKE RENTAL ALSO AVAILABLE

If you have questions about our services or products available, please contact us at [IRONMAN@PLAYTRI.COM](mailto:IRONMAN@PLAYTRI.COM). We can't wait to see you at your race!

*\*Prices are for most bikes. Some bikes may incur additional costs.*

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