ATHLETE GUIDE

IRONMAN®
Arizona tempe

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WELCOME

RACE DIRECTOR

Dear Athletes,

Your time is here. Your time is NOW! Welcome to the 15th year of racing in Arizona! The 2018 IRONMAN Arizona race venue allows us to deliver a first-class event experience, with an expert crew of volunteers. During your journey on the swim course you will enjoy a breathtaking sunrise over the Superstition Mountains. The bike course will begin in Tempe, Arizona and take you onto the Salt River Pima-Maricopa Indian Community land on the Beeline Highway. You will enjoy a fast-paced route and a combination of both mountain and desert landscapes. The run course is a very spectator-friendly, two-loop course around Tempe Town Lake.

There is much to do during race week, and I hope you take the time to explore central Arizona. Be a part of the entertainment scene on Mill Avenue in Tempe and take in the energy of race-week activities. On race day, you'll feel the electricity as 4,200 volunteers and countless spectators cheer you on along the course, from the swim start to the thrilling finish line.

I'd like to extend a sincere thank you to the City of Tempe and the Salt River Pima-Maricopa Indian Community for their ongoing support in helping host this event. Our partnership with these communities is what has made this event possible over the last twelve years. I would also like to recognize the coordination of countless volunteers, an enthusiastic community and a passionate staff for enabling us to make this event safe and successful for you, the athlete. We know you've overcome obstacles and accomplished milestones to get to the starting line, and we will do everything possible to help you achieve your goals on race day. The best of luck to each of you in your quest to be an IRONMAN!

Here are some tips for a successful race weekend:

- Try to stay off your feet as much as possible leading up to race day. There will be a lot of pre-race activities for you and your family, so be mindful of how much you are up and around on your feet.
- Make sure you drink plenty of fluids during race week! Arizona has a very dry climate and you don't want to be dehydrated going into the race.
- Remember to take advantage of the DINE AROUND program where you can choose from a variety of restaurants on Mill Avenue or at Tempe Marketplace. These restaurants are ready to take care of you and your family, with all of your dining needs. Your voucher is valid at participating restaurants from November 15 to November 19.
- Be sure to have your timing chip, swim cap and athlete wristband for the practice swim on Saturday, November 17 from 10 AM – 11:30 AM. You will not be permitted to participate in the practice swim unless you have these items and will not be allowed in the water after 11:15 AM.
- You have family and friends in town to cheer you on. Get them involved by supporting them while they race in the Saguaro Sprint on Saturday, November 17! This is a great event for those interested in trying out a fun and short triathlon. All participants will finish under the IRONMAN finish line arch! Registration is available online at www.ironmanarizona.com or at the park during regular registration hours on Thursday and Friday.
- Please attend one of the MANDATORY athlete meetings. The meeting will be held at the IRONMAN Village on Thursday, Friday, and Saturday at 11 AM and 2 PM. It is important that you attend to receive any last minute course updates or important information regarding race day.
- On race morning, don't rush! Take your time in transition setting up your race gear before heading down to body marking and the swim start area. You want to be certain that everything is ready to rock!
- Ease into the first couple hundred meters of the swim. We know it's a race, but it's a long day out there on course. Taking it easy during the first few minutes will allow you to settle into a good swim rhythm and set you up for a successful start to your day.

Race hard and race happy! It's go time!

Judy Stowers
Race Director, IRONMAN Arizona

THE SPORTING EVENT THAT BECAME A WORLDWIDE PHENOMENON KNOWN AS IRONMAN WAS BORN IN 1978. CELEBRATING 40 YEARS OF FINISH LINES, ACCOMPLISHMENTS, ENDURANCE, AND DREAMS AT ALL OF OUR EVENTS IN 2018.

IRONMAN

ANYTHING IS POSSIBLE®

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EVENT SCHEDULE

THURSDAY, NOVEMBER 15, 2018

START	END	EVENT	LOCATION
9 AM	5 PM	Athlete Check-In ***NO ATHLETE CHECK-IN ON SATURDAY**	Tempe Beach Park
9 AM	5 PM	IRONMAN Village	Tempe Beach Park
9 AM	5 PM	Official IRONMAN Store	Tempe Beach Park
9 AM	5 PM	IRONMAN Bike Store & Tech Service Center	Tempe Beach Park
9 AM	5 PM	Information Tent	Tempe Beach Park
9 AM	5 PM	VIP Spectator Credential Pick-Up	Tempe Beach Park
9 AM	5 PM	IRONKIDS Arizona Fun Run Registration	Tempe Beach Park
9 AM	5 PM	Saguaro Sprint Registration and Check-In	Tempe Beach Park
9 AM	6 PM	Massage Therapy	Tempe Beach Park
11 AM		Athlete Briefing	Tempe Beach Park
2 PM		Athlete Briefing	Tempe Beach Park

FRIDAY, NOVEMBER 16, 2018

START	END	EVENT	LOCATION
9 AM	5 PM	Athlete Check-In ***NO ATHLETE CHECK-IN ON SATURDAY**	Tempe Beach Park
9 AM	5 PM	IRONMAN Village	Tempe Beach Park
9 AM	5 PM	Official IRONMAN Store	Tempe Beach Park
9 AM	5 PM	IRONMAN Bike Store & Tech Service Center	Tempe Beach Park
9 AM	5 PM	Information Tent	Tempe Beach Park
9 AM	5 PM	VIP Spectator Credential Pick-Up	Tempe Beach Park
9 AM	5 PM	IRONKIDS Arizona Fun Run Registration	Tempe Beach Park
9 AM	5 PM	Saguaro Sprint Registration and Check-In	Tempe Beach Park
9 AM	6 PM	Massage Therapy	Tempe Beach Park
10:30 AM		Athlete Panel	Tempe Beach Park
11 AM		Athlete Briefing	Tempe Beach Park
12 PM		Pro Panel	Tempe Beach Park
2 PM		Athlete Briefing	Tempe Beach Park
3 PM		First Timers Briefing with IMU Coaches	Tempe Beach Park
5 PM	6 PM	Free Live Music!	Tempe Beach Park
6 PM	7 PM	Opening Ceremony	Tempe Beach Park

EVENT SCHEDULE

SATURDAY, NOVEMBER 17, 2018			
START	**END**	**EVENT**	**LOCATION**
7 AM		Saguaro Sprint	Tempe Beach Park
8:30 AM	9:30 AM	IRONKIDS Arizona Fun Run Registration	Tempe Beach Park
9 AM	5 PM	IRONMAN Village	Tempe Beach Park
9 AM	5 PM	Official IRONMAN Store	Tempe Beach Park
9 AM	5 PM	IRONMAN Bike Store & Tech Service Center	Tempe Beach Park
9 AM	5 PM	VIP Spectator Credential Pick-Up	Tempe Beach Park
9 AM	5 PM	Information Tent	Tempe Beach Park
9 AM	6 PM	Massage Therapy	Tempe Beach Park
10 AM		IRONKIDS Arizona Fun Run	Tempe Beach Park
10 AM	11:30 AM	IRONMAN Practice Swim **Cannot enter the Practice Swim after 11:15 AM*	Tempe Beach Park
11 AM	3 PM	Mandatory Bike & Gear Check-In Bib 120 to 1000 – 11 AM to 12 PM Bib 1001 to 1700 –12 PM to 1 PM Bib 1701 to 2500 – 1 PM to 2 PM Bib 2501+ – 2 PM to 3 PM	Transition Area
11 AM		Athlete Briefing	Tempe Beach Park
2 PM		Athlete Briefing	Tempe Beach Park

SUNDAY, NOVEMBER 18, 2018 - RACE DAY!			
START	**END**	**EVENT**	**LOCATION**
5 AM	6:30 AM	Transition Area Open; Body Marking	Tempe Beach Park
5 AM	12 midnight	Information Tent/Lost & Found	Tempe Beach Park
6:40 AM		Pro Start	
6:50 AM		Age Group Swim Start	
7 AM	4 PM	IRONMAN Village	Tempe Beach Park
7 AM	4 PM	Official IRONMAN Store	Tempe Beach Park
7 AM	10 PM	VIP Spectator Credential Pick-Up	VIP Finish Line Tent
3 PM	12 midnight	Morning Clothes Bag Check-Out	North side of Transition
6 PM	12 midnight	Mandatory Bike & Gear Check-Out	Transition Area

The race will officially end 17 hours after the last athlete enters the water.

EVENT SCHEDULE

MONDAY, NOVEMBER 19, 2018

START	END	EVENT	LOCATION
7 AM	12 PM	IRONMAN Bike Store & Tech Service Center	Tempe Beach Park
7 AM	2 PM	IRONMAN Village	Tempe Beach Park
7 AM	2 PM	Official IRONMAN Store	Tempe Beach Park
8 AM	12 PM	Celebration Day	Tempe Beach Park
9 AM		Celebration Day Food Service Begins	Tempe Beach Park
9 AM	6 PM	Massage Therapy	Tempe Beach Park
9:30 AM	12 PM	Lost & Found	Tempe Beach Park
9:30 AM		Awards Ceremony	Tempe Beach Park
11 AM		2019 IRONMAN World Championship Slot Allocation/ Rolldown Ceremony	Tempe Beach Park
5:30 PM		Volunteer Banquet	Tempe Beach Park

ATHLETE CHECK-IN

WHEN:

- Thursday, November 15 from 9 AM to 5 PM
- Friday, November 16 from 9 AM to 5 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 5 PM ON FRIDAY.

WHERE

Tempe Beach Park
80 W Rio Salado Parkway
Tempe, AZ 85281

WHAT TO BRING:

- Photo ID or Passport
- USAT card or $15 cash to purchase a one-day license

ATHLETE CHECK-IN STEPS

1. Show Photo ID to volunteers to receive Bib #
2. Pick up WTC and Medical Waivers
3. Read and sign both waivers. Make edits to yellow medical waiver if necessary.
4. Drop off both signed waivers.
5. Pick up Athlete Race Packet
6. Pick up swag
7. Pick up timing chip- make sure name on screen matches number

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 emergency, 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 the EMERGENCY PHONE NUMBER listed below. Athletes who show up after the posted check-in dates and times will not be allowed to race unless prior arrangements were made via the emergency phone.

IRONMAN Arizona Athlete Services
813-486-2113
ARIZONA@IRONMAN.COM
Emergency phone hours are as follows:

Thursday, November 15	9 AM to 6 PM
Friday, November 16	9 AM to 6 PM
Saturday, November 17	8 AM to 8 PM
Sunday, November 18	5 AM to 12:30 AM
Monday, November 19	8 AM to 2 PM

YOUR RACE PACKET WILL INCLUDE:

- Race bib- to be worn on the run
- Bike/Helmet stickers
- Swim cap
- Bike Check-Out ticket
- Athlete wristband- must be attached at time of check-in and worn until after the race is complete. All previous event wristbands must be removed.
- White Morning Clothes Bag
- 4 Gear Bags- Blue Bike Gear, Red Run Gear, Bike Special Needs, Run Special Needs

*You will pick up your timing chip before leaving the Athlete Check-In area.

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 area and post-race athlete recovery areas. Any wristbands from previous events must be removed. You must be wearing your wristband if you plan to claim a slot for the 2019 IRONMAN World Championship.

BIKE STICKERS

You will receive the following stickers in your athlete packet:

- Bike frame sticker
- Helmet sticker
- Bike stem sticker
- 5 extra gear bag stickers to label belongings

Make sure the frame sticker is visible on both sides of your bike. The bike frame 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, and the bike stem sticker will be placed in between handlebars.

Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at Athlete Check-In. Any previous event stickers on the bike must be removed.
We recommend you label your gear bags with a permanent marker in addition to using the gear bag stickers.

PRE-RACE INFO

BIKE/RUN GEAR BAGS

During Athlete Check-In, athletes will receive five bags:
- White [Morning Clothes]
- Blue [Bike Gear]
- Orange [Bike Special Needs]
- Red [Run Gear]
- Black [Run Special Needs]

Special Needs bags will NOT be returned after the race!

MANDATORY BIKE AND GEAR CHECK-IN

Mandatory Bicycle and Gear Bag Check-In is 11 AM to 3 PM in the transition area at Tempe Beach Park:

Bike Check-In: Tempe Beach Park
Bike Gear Bag Check-In: Tempe Beach Park
Run Gear Bag Check-In: Tempe Beach Park

NEW IN 2018:

Mandatory Bike and Gear Check-In will be by BIB NUMBER as follows:

Bib 120 to 1000 – 11 AM to 12 PM
Bib 1001 to 1700 –12 PM to 1 PM
Bib 1701 to 2500 – 1 PM to 2 PM
Bib 2501+ – 2 PM to 3 PM

All bicycles and Bike/Run Gear Bags must be checked in on Saturday and left overnight. Bicycles and Bike/Run Gear Bags will not be permitted to enter transition on race morning. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once Bike Check-In is over. You will have access to your bicycle beginning at 5 AM on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.

Pack your bike and run gear in the appropriate gear bag and place them in the proper place. Be sure your running gear has reflective material on the front and back of your clothes and shoes. All gear, including cycling shoes and helmets MUST go into the athlete's Bike Gear Bag. With the narrow mount line area and bike chute, we don't feel it is safe to have shoes clipped to bike, however athletes are allowed to leave shoes on the bike AFTER they dismount. No loose gear will be allowed on the ground next to the bicycles in transition.

MORNING CLOTHES BAG

You will receive a white Morning Clothes 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, medication) you may need at the finish line in your Morning Clothes Bag. Leave the bag in the designated drop area in transition. Your Morning Clothes Bag may be retrieved after the race from 3 PM to Midnight on the North side of transition. Any items that do not fit inside the Morning Clothes Bag, such as bike pumps and backpacks, will not be accepted.

SPECIAL NEEDS BAGS

You will receive an orange Bike Special Needs Bag and black Run Special Needs Bag at Athlete Check-In. A special needs station will be located near the mid-point on the bike and run course. These special needs stations are for special needs purposes, such as nutritional items, an extra pair of socks, etc. Prior to the swim start, drop your special needs bags off in the designated area near transition before walking to the swim start. Do NOT put anything of value in your bike or run special needs bags. Special needs bags will NOT be returned.

MANDATORY ATHLETE BRIEFING

Mandatory Athlete Briefings will be held during IRONMAN Village hours in the three days prior to the event (check the event schedule for times) and 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.

PERSONAL SAFETY

Always train with at least one other person (especially in the open water). While swimming, wear a brightly colored swim cap and ensure that your family members and/or friends know where you are. When training, bike and run on the shoulder without moving into the traffic lane. Ride single file, as biking side by side is illegal.

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. 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.

As you are one of Tempe's invited guests, please respect and obey the traffic laws during your training practices. Violators will be cited. You are required to carry proper identification at all times. If you are stopped, you must present your identification to the inquiring officer. Failure to do so may result in race disqualification. Your cooperation is appreciated.

PRE-EVENT SWIM ADVISEMENT

The IRONMAN Practice Swim will be held on Saturday, November 17 from 10 AM to 11:30 AM at Tempe Beach Park. Athletes will not be able to enter the water after 11:15 AM. ONLY registered athletes in the race will be allowed to participate in the practice swim. Athletes must have completed the Athlete Check-In process on Thursday or Friday in order to participate and must wear their athlete wristband and timing chip provided in their race packet. Athletes will NOT be allowed to participate in the practice swim if they do not have their wristband and timing chip. There will be no extra timing chips or wristbands at the practice swim.

While the majority of our events are held in location where the swim course utilizes a body of water that is open to the general public, swimming in Tempe Town Lake outside of the designated practice swim time is NOT permitted. It is illegal to do so, and any athlete violating this rule will be cited and disqualified from the event.

OPENING CEREMONY & DINE AROUND

Join us as we kick off the 2018 IRONMAN Arizona at the Opening Ceremony on Friday, November 16 at Tempe Beach Park. There will be live music from 5 PM to 6 PM followed by a ceremony from 6 PM to 7 PM. The Opening Ceremony is free of charge for all athletes, spectators and the general public. There will NOT be food service prior to the Ceremony. Instead, athletes will be given a $25 voucher with their packet during Athlete Check-In. The voucher will be valid Thursday, November 15 through Monday, November 19. A list of participating restaurants will be handed out with the voucher at Athlete Check-In.

IRONMAN VILLAGE INFORMATION

The IRONMAN Village is the center of the event weekend, serving as the location for Athlete Check-In, Athlete Briefings, 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. Check out the IRONMAN Village PAGE on the event website to see which IRONMAN Partners and Vendors will be attending.

CLIF Athlete
Linsey Corbin

CLIF®

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RACE DAY INFO

RACE DAY PARKING

ATHLETES:

The best place for athletes to park is in the parking garage on Ash. Parking in this garage is free on race day for athletes. There is no free parking on any day except for race day. Once this lot is full, you can also utilize additional parking located throughout the city of Tempe. There may be a nominal fee at some parking locations. Many athletes will be able to walk directly to the venue from hotels throughout downtown Tempe.

While there are plenty of parking spaces, we ask that you carpool with another athlete when possible to ease traffic congestion on race morning. Please give yourself enough time race morning to get to transition with ample time to prepare for race day. Roads can be congested as athletes and spectators converge on the area in a short period of time.

SPECTATORS:

The best place for spectators to park is in the many garages and parking lots located in the Mill Avenue District located just north of University Drive. To reach these garages and lots, take the Loop 202 freeway the Priest Drive exit and go south on Priest Drive to University Drive. Turn left (east) on University Drive and then left (north) on Mill Avenue. Once on Mill Avenue look for the many green directional signs pointing to the garages and lots. To pre-plan your parking, visit: HTTP://WWW.MILLAVENUE.COM/TRANSPORTATION

RACE MORNING PROCEDURE

Transition opens at 5 AM on race morning. Remember to bring your timing chip, swim cap, and wetsuit. Bike technicians and pumps will be available in transition race morning. Please do not wear your bib number in the swim. Leave it with your gear and put it on before you head out on the run course. You do not need your bib number on the bike. The number will not hold up for the duration of the race if it gets wet

Body marking will begin at 5 AM inside transition. Body marking with a marker will be at the entrance of transition if needed. If you ordered Race #s tattoos prior to race day; be sure to apply them before arrival. During the body marking process, athletes are responsible for ensuring the body marking volunteers mark the athlete's age as of December 31, 2018 which corresponds with the age division in which the athlete will compete in on race day. 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 for a replacement.

Do not apply sunscreen, oil, Vaseline or lotion until after you have been body marked. Transition closes at 6:30 AM. All athletes must be out of transition and headed to the swim before this time.

RACE DAY INFO

RACE TIMING AND CUT-OFFS

The race will officially end 17 hours after the last athlete enters the water. 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:

If the water temperature on race morning measures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius), the race will be wetsuit optional and athletes who choose to wear a wetsuit will not be eligible for Age Group awards, including IRONMAN World Championship slots or Rolldown slots. If the water temperature is in this range and you choose to wear a wetsuit, you will start after the non-wetsuit swimmers. Should the event offer a wetsuit optional swim wave due to water temperature, all athletes in the wetsuit optional wave will have 2 hours and 20 minutes to complete the swim. The bike and run course cut-off times will not be adjusted and will be based on the swim start time of the last non-wetsuit athlete.

SWIM CUT-OFF

The swim course will close 2 hours and 20 minutes after the last age group athlete starts the swim. Each athlete will get the full 2 hours and 20 minutes to complete the 2.4 mile swim regardless of what time they enter the water. Athletes who take longer than 2 hours 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.

BIKE CUT-OFF

The bike course will close 10 hours and 30 minutes after the final athlete enters the water. Each athlete will have 10 hours and 30 minutes to complete the swim, T1 and bike course regardless of when they start the swim. Any athlete that takes longer than 10 hours and 30 minutes to complete the swim, T1 and bike course will receive a DNF.

Due to the three-loop nature and limited time frames for road closures, there will be 3 intermediate cut-offs for the bike course. The 1st cut-off is at 3 PM at the 76 mile mark at the corner of Mill Avenue & Rio Salado Parkway; the 2nd cut-off is at 4:15 PM at the 93 mile mark, the turn around on Beeline Highway; the 3rd cut-off is at 5:30 PM at the end of the bike course.

RUN CUT-OFF

The run course will close 17 hours after the last athlete enters the water. Each athlete will have 17 hours to complete the entire course. Any athlete that takes longer than 17 hours to complete the entire course will receive a DNF.

Athletes must be out of transition and starting the run course by 5:40 PM or you will not be permitted to continue. The 1st cut-off is at 9 PM at the start of the second loop (in front of transition). The 2nd cut-off is at 10:30 PM at mile 20.

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

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.

Athletes who do not meet the above cut-offs will be considered a DNF and will not be eligible for age-group awards or for IRONMAN World Championship slots or rolldown slots.

AID STATIONS

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

BIKE:

Gatorade Endurance Formula (Flavor: Orange)
Water
Bananas
Clif Shot Energy Gels
Clif Bloks Energy Chews
Clif Bar Minis
Red Bull

RUN:

Gatorade Endurance Formula (Flavor: Lemon-Lime)
Water
Cola
Chicken Broth (after dark)
Clif Shot Energy Gels
Clif Bloks Energy Chews
Clif Bar Minis
Red Bull
Pretzels
Fruit
HOTSHOT

TIMING CHIP

Your timing chip will not be in your packet. You must stop at the timing table before leaving the Athlete Check-In Area to pick up your chip. At the timing table, you will verify that your name matches your number.

Your chip must be worn on your left ankle at all times during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff member or timing team member. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for chip. If you lose your timing chip during the event, you are responsible for obtaining a replacement at one of the following locations: swim start, swim exit, bike exit or run exit. Volunteers will have extra timing chips at the timing locations above. If you lose your chip while on the run course, please notify a timing official immediately after crossing the finish line.

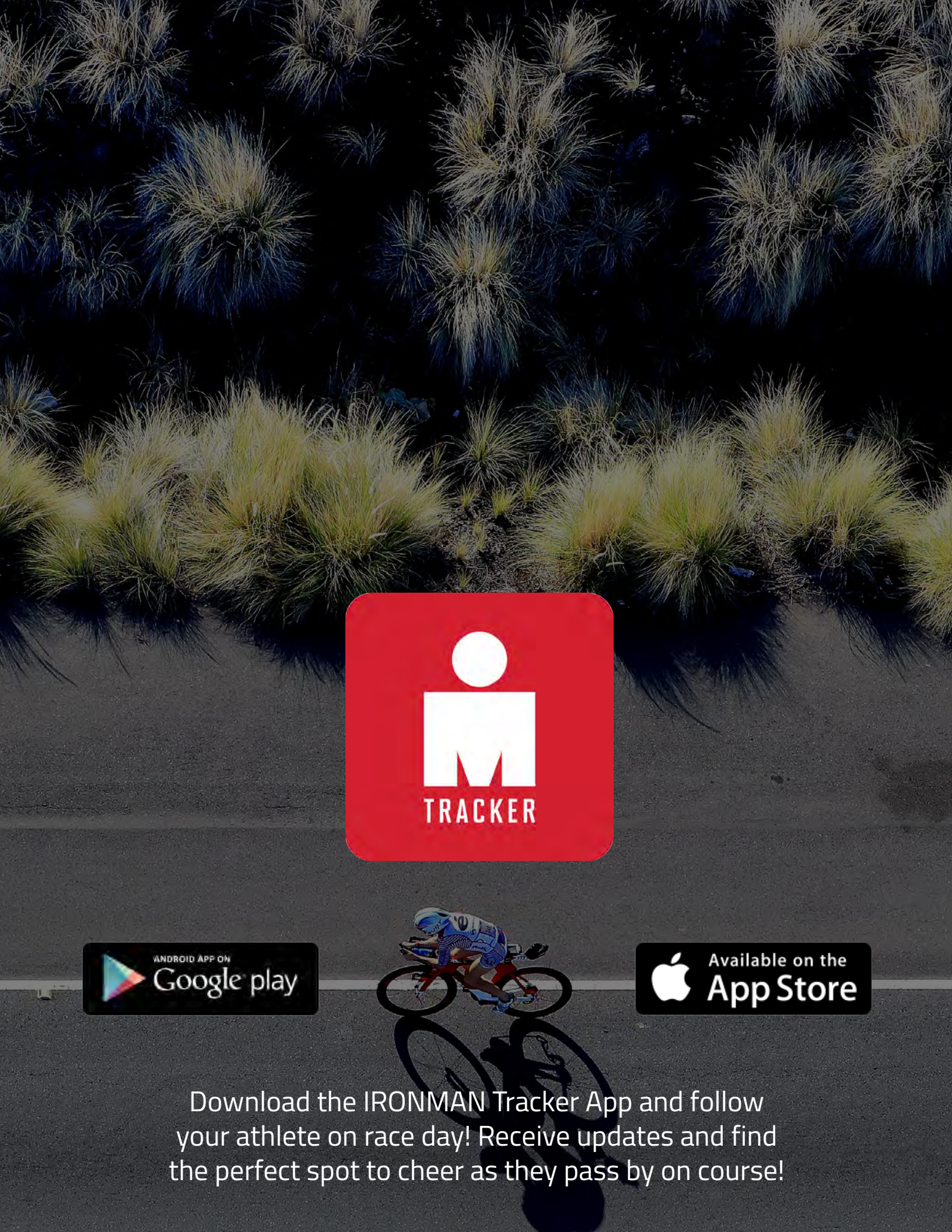
Failure to wear your timing chip on race day, return your chip after the event, or pay the replacement cost of your lost timing chip may disqualify you from future IRONMAN events.
After the race, if you realize you still have your chip, please mail it within 5 business days to :

Sportstats USA
4005 W. River Dr. NE Suite B4
Comstock Park, MI 49321

Please use package envelope and do not put any value on it for customs.

IRONMAN TRACK

The IRONMAN Track App provides official real-time athlete tracking for select IRONMAN and IRONMAN 70.3 events. Download the app to your phone to track athlete's times, find them on the interactive map, and share race-day updates on social media!



Download the IRONMAN Tracker App and follow your athlete on race day! Receive updates and find the perfect spot to cheer as they pass by on course!

POST RACE INFO

BIKE AND GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out is from 6 PM to Midnight in the transition area on race day. You are required to reclaim your bicycle and gear after the race. You must have your athlete wristband on in order to claim your bike and gear. If you are unable to personally claim your bike and gear, a family member or friend may use your Bike Check-Out ticket that will be provided in your race packet. If your bags are not reclaimed from 6 PM to Midnight., IRONMAN will not be responsible for any items left over night. As a precaution, give this ticket to a family member or friend prior to the race, even if you plan to reclaim your bike and gear yourself. If a friend or family member does decide to up these items as a courtesy, please ask them to leave a message on your cell phone so we have no panicked athletes—it happens a lot!

POST-RACE MASSAGE THERAPY

The IRONMAN massage therapy team will provide sports massage therapy for the 2018 IRONMAN Arizona. Massage appointments will be available at Tempe Beach Park, beginning on Thursday, November 15 through Monday, November 19 from 9 AM to 6 PM. Athletes and their families may schedule a pre-race massage by emailing MOVEMENTRESTORATION@COX.NET. Walk-ins are also welcome. Rates for massage are $45/30 minutes, $75/60 minutes, and $105/90 minutes. If you'd like a massage outside of these times, you may book with the team at their facility (NOT at the park) and can call 480-612-5090 to schedule. (if you book online, it is for their facility only, NOT the park) On Sunday, November 18, our numerous massage services volunteers will also offer 10-minute complimentary post-race massage to athletes ONLY on a first-come, first-served basis.

AWARDS CEREMONY

Join us for food and entertainment at the IRONMAN Celebration Day! Browse the vendors, shop for merchandise, see the awards ceremony, and celebrate your efforts! Admission is free for everyone; breakfast is free for athletes. Please do not remove your athlete wristband prior to the function, as it is your athlete identification. Food tickets will be available for friends and family to purchase at the Information Tent during IRONMAN Village hours, and at Celebration Day. Please refer to the Event Schedule for dates and times.

IRONMAN FINISHER SHIRT EXCHANGE

Athletes will have an opportunity to exchange their finisher shirt for a different size, if needed, at the Celebration Breakfast on Monday, November 12 from 9 AM to 11 AM. Shirt sizes are based on availability and are not guaranteed. Athletes must bring their original shirt in order to swap sizes!

RACE PHOTOGRAPHY

FinisherPix will have several photographers working at the swim exit, on the bike course, on the run course, and of course, at the finish line!

HOW TO ORDER YOUR PIX:

- To be notified as soon as photos are online, register your email address at www.finisherpix.com
- 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 to view, order, and share your photos from the event.

LOST AND FOUND

During race week, Lost & Found will be available at the Information Tent. Please check the Event Schedule for the Information Tent locations. After the conclusion of the event, please contact ARIZONA@IRONMAN.COM to locate any missing items and schedule returns. Shipping fees will apply.

*All unclaimed items will be donated within 30 days.

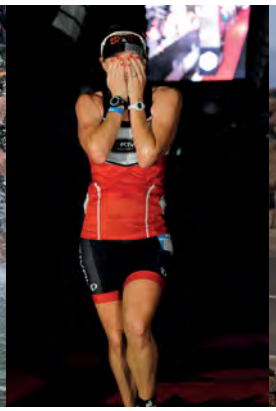
FINISHER CERTIFICATE

To get your finisher certificate, go to IRONMAN.COM/ARIZONA and click on 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.

VOLUNTEERS

Please remember to thank the Volunteers! The race wouldn't be possible without their assistance. For more information about volunteering for this event, click on the Volunteer Tab at IRONMAN.COM/ARIZONA.

NEVER FORGET YOUR RACE!



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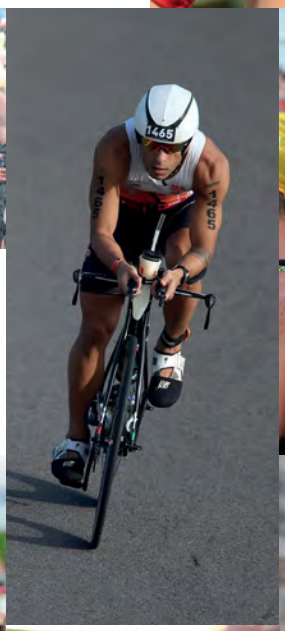

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QUALIFYING

FOR THE IRONMAN WORLD CHAMPIONSHIP

SLOT ALLOCATION/ROLLDOWN CERMONY

Athletes may claim their slot only IN PERSON and only at the IRONMAN World Championship Slot Allocation/Rolldown Ceremony on Monday, November 19 immediately following awards. Awards will start at 9:30 AM at the stage in IRONMAN Village near the finish line, so please be present no later than 11 AM for slot allocation because you must be present to accept a slot. Please be prepared to pay the $975.00 entry fee with CREDIT CARD ONLY; no check or cash

Fourty (40) Age-Group qualifying slots for the 2019 IRONMAN® World Championship will be awarded to the top age group finishers.

HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

First, a quick note to clarify what we mean below by an "Age Group." An Age Group is a particular age group within a particular gender. For example, "Male 25-29" is one Age Group, and "Female 25-29" is a different Age Group.

THE ALLOCATION PROCESS:

- **BEFORE RACE DAY:**
  - Each Age Group with registered athletes is tentatively allocated one slot (each, an "Initially Allocated Slot").
  - All other slots available for the race (the "Proportionally Allocated Slots") are not allocated until race day.

- **ON RACE DAY:**
  - If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slots.
  - The Proportionally Allocated Slots are then allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories.

- **AFTER THE RACE:**
  - *Before Roll-Down:*
    If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is reallocated, *within the same gender*, to the Age Group with the highest ratio of *starters* to slots.
  - *During Roll-Down:*
    If any slot allocated to an Age Group is unclaimed (after Roll-Down for that Age Group is completed), then that unclaimed slot is reallocated, *within the same gender*, to the Age Group with the highest ratio of *starters* to slots.

ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN World Championship is subject to IRONMAN's Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age-Group Athletes. The waiver serves to provide additional notification of and consent to IRONMAN's Anti-Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules.

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

IRONMAN WORLD CHAMPIONSHIP COIN

Athletes who qualify for the 2019 IRONMAN® World Championship will receive an official IRONMAN® World Championship Coin. This memento will serve to mark and signify qualifying IRONMAN® athlete's accomplishments. We applaud these individuals on their hard work and dedication as they celebrate their journey to the premier event of the IRONMAN® series!

RŌKA

R1

THE MISSION NEVER STOPS

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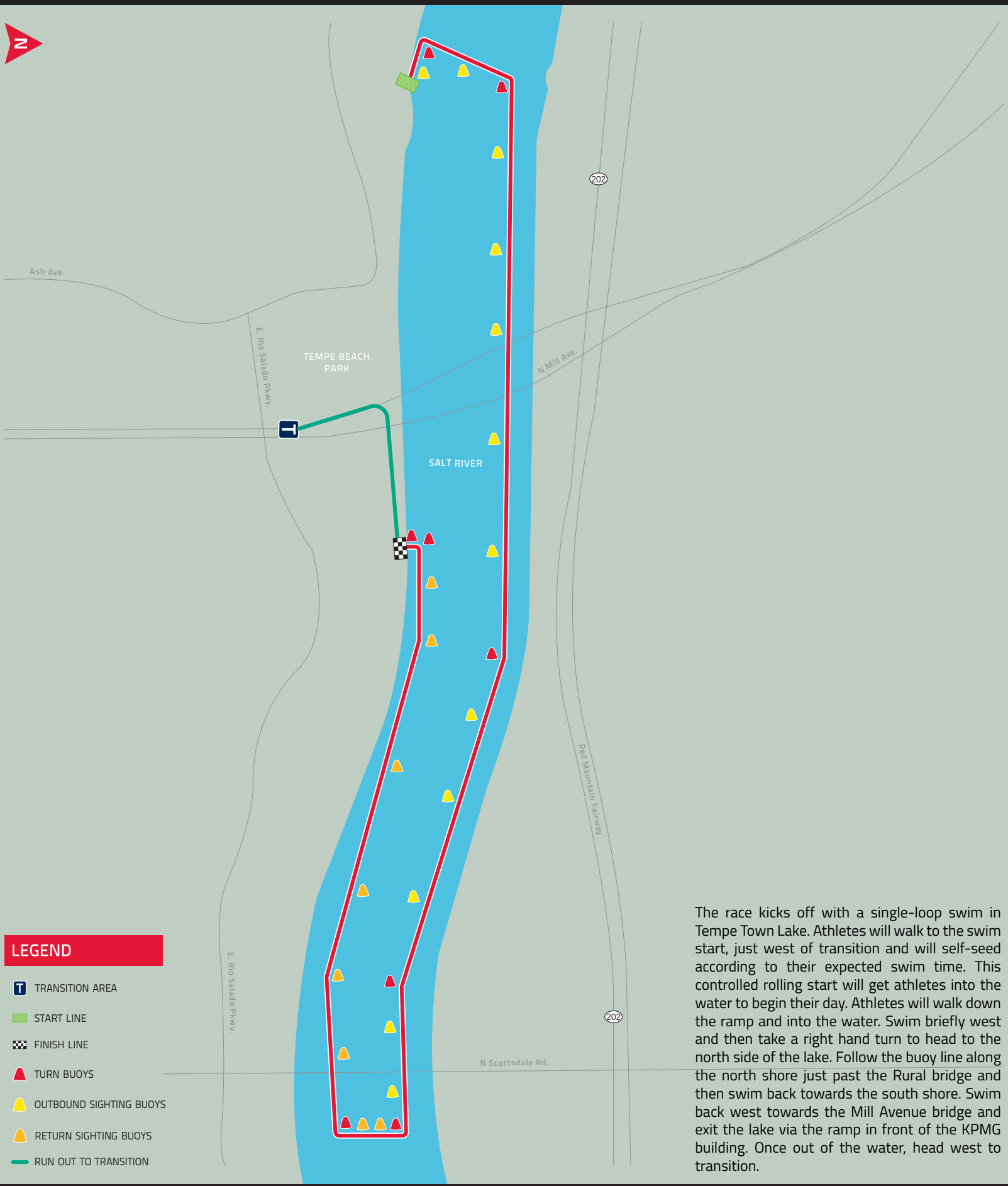
IRONMAN Arizona tempe

ROKA

SWIM COURSE

2.4 MILES / 1 LOOP

SALT RIVER, TEMPE, ARIZONA



The race kicks off with a single-loop swim in Tempe Town Lake. Athletes will walk to the swim start, just west of transition and will self-seed according to their expected swim time. This controlled rolling start will get athletes into the water to begin their day. Athletes will walk down the ramp and into the water. Swim briefly west and then take a right hand turn to head to the north side of the lake. Follow the buoy line along the north shore just past the Rural bridge and then swim back towards the south shore. Swim back west towards the Mill Avenue bridge and exit the lake via the ramp in front of the KPMG building. Once out of the water, head west to transition.

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RŌKA® SWIM COURSE

ROLLING SWIM START

IRONMAN Arizona will feature a "Rolling Start." Athletes will enter the water from a self-seeded swim start line. 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 a similar skill and ability levels. Each athlete will be allotted 2 hours 20 minutes to complete the swim course.

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 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 the neck, clothing covering any part of the arms below the elbows, and clothing covering any part 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 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 hours and 20 minutes to complete the 2.4 mile swim. Individual athletes who take longer than 2 hours 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).

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 World Championship slots or Rolldown slots. If the water temperature is in this range and you choose to wear a wetsuit, you will start after the non-wetsuit swimmers. Athletes electing to start at this time will still have 2 hours and 20 minutes to complete the swim course. All other course cut-off timelines will remain in place.

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

Wetsuits will be prohibited in water temperatures greater than 83.8 degrees Fahrenheit (28.8 degrees Celsius).

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 to 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.

NOTE: Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course.

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IRONMAN® SWIMSMART TOP 10 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.
- 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.

FOR FURTHER INFORMATION, PLEASE VISIT IRONMAN.COM/SWIMSMART – IRONMAN® IS A REGISTERED TRADEMARK OF THE WORLD TRIATHALON CORPORATION

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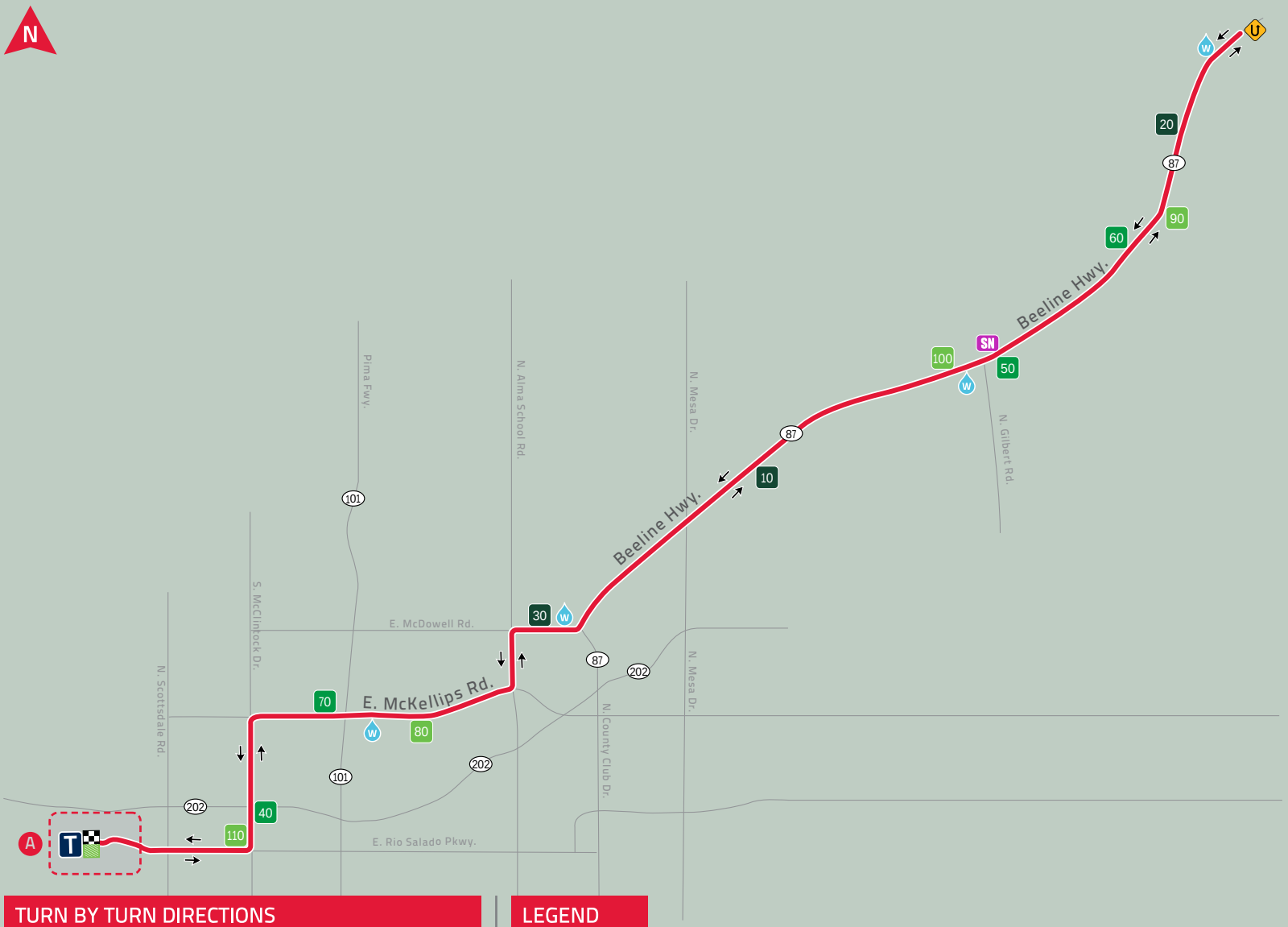
IRONMAN Arizona tempe

BIKE COURSE
112 MILES / 3 LOOPS
TEMPE, ARIZONA

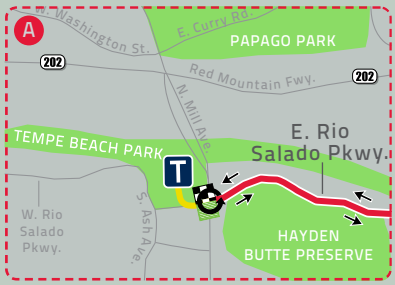


TURN BY TURN DIRECTIONS

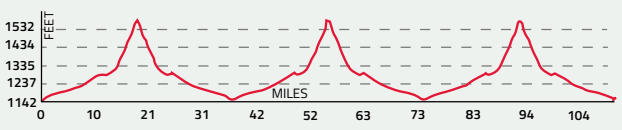
- Proceed to the Southeast corner of Tempe Beach Park at Rio Salado Pkwy. & Mill Ave.
- Turn left onto Rio Salado Parkway
- Turn left on McClintock Dr.
- Turn right on McKellips Rd.
- Turn left on N. Alma School Rd.
- Turn right on E. McDowell Rd.
- Turn left on Beeline Highway/Route 87
- Turn around before Shea Blvd.
- Continue back on Beeline Highway/Route 87
- Turn right on E. McDowell Rd.
- Turn left on N. Alma School Rd.
- Turn right on McKellips
- Turn left on S. McClintock Dr.
- Turn right on E. Rio Salado Parkway
- Turn around at S. Mill Ave. to start second and third loop
- After completing the third loop, proceed straight across S. Mill Ave. and turn right at the northwest corner of S. Mill Ave. and Rio Salado Pkwy. into Tempe Beach Park transition area

LEGEND

- TRANSITION AREA
- START LINE
- FINISH LINE
- 1ST LOOP MILE MARKERS
- 2ND LOOP MILE MARKERS
- 3RD LOOP MILE MARKERS
- SPECIAL NEEDS
- BEGIN 2ND LOOP
- U-TURN
- RUN OUT FROM TRANSITION
- WATER/AID STATION



Start Elevation: 1,146 ft ▪ Finishing Elevation: 1,146 ft ▪ Gain: 2,577 ft



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IRONMAN CYCLESMART TOP 10 CHECKLIST

Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

BEFORE YOU RIDE

1 IT STARTS WITH YOUR BIKE

- Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
- Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly.
- Keep your bike clean and your chain lubed.
- Use front and rear lights when riding in low light conditions – this may be required by law in your area.
- Tires should be inflated to the recommended pressure.

2 LEARN THE BASICS

- Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking.
- If you're unfamiliar with shifting gears, practice doing this in a low-traffic area.
- Practice riding a straight line, and cornering (right, left, U-turns).

3 SUIT UP

- Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.
- Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.
- Choose clothing that is visible in low-light conditions.

4 BE PREPARED TO RIDE

- Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed.
- Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5 PLAN AHEAD

- Select a route that limits the number interactions with vehicles – if possible factor in time of day and day of the week.
- Always obey all traffic signals and signs.
- Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you.
- Select a ride distance appropriate to your fitness.

6 INFORM OTHERS

- In the event of an incident, someone should know where you are riding.
- Always carry personal identification with you and emergency contact information.
- Carry a cell phone for emergencies.

DURING THE RIDE

7 STAY ALERT

- Leave the playlists and podcasts for indoor workouts.
- Don't use your phone while riding – pull off the road if you need to make a call or send a text.
- Don't take photos and selfies while riding.
- Keep your head up, particularly when riding in a group. Look at the road and the riders around you, not your bike computer.
- Be able to see and hear what is going on around you. When riding in the aerobars, do not look down at the road, look ahead.
- When riding in a group, do not get fixated on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
- Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
- Pay particular attention when approaching aid stations during a race. Do not ride though aid stations in the aerobars.

8 OBEY THE LAW

- Always stop at stop signs and lights—remember, cyclists have the same responsibilities as vehicles.
- Know the traffic laws for your area, especially those regarding riding two abreast or single file.
- Know where the vehicles are around you and anticipate that drivers may not see cyclists.
- When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

9 COMMUNICATE

- Use verbal and hand signals so others know if you are stopping or turning.
- Make eye contact with drivers and other cyclists.
- While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
- Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid from, letting them know you are taking aid directly from them.

10 SAFETY FIRST

- Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass.
- If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
- When riding in a group, avoid riding in the aerobars unless you are riding in front. Your hands should always be able to get to the brakes quickly.
- Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.

FOR FURTHER INFORMATION, PLEASE VISIT IRONMAN.COM/CYCLESMART - IRONMAN® IS A REGISTERED TRADEMARK OF THE WORLD TRIATHLON CORPORATION

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 (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:

i. 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.

ii. 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 PRE-RACE MEETING.

- THE ATHLETE WILL:

i. 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.

ii. Have race numbers marked by the PT Official with a "/".

iii. Register, via the sign-in sheet.

iv. Resume the race after serving a one 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 and littering 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 himself 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, bike shoes, and other cycling gear must be placed in a transition bag. 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. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chin-strap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

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 blue card (5 minute time penalty).

13. Athletes must be individually 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. Headphones, headsets which are inserted in or covering the ears are not allowed during any portion of the event.

17. 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 or World Championship entry slots. Athletes using a mirror without permission will be disqualified.

18. **Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, Bluetooth enabled or "smart" helmets, 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.**

19. ATHLETES RACING WITHOUT A SHIRT OR RACING TOP WILL BE DISQUALIFIED. UNIFORMS WITH A FRONT ZIP MUST NOT BE UNDONE BELOW THE POINT OF THE END OF THE BREASTBONE (STERNUM). DSQ IF NOT REMEDIED PROPERLY.

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* These claims refer to effects observed during exercise. These claims have not been evaluated by the FDA. AltRed is not intended to diagnose, treat, cure or prevent any disease.

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SWEET REWARD

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Since 2004, TriBike Transport has helped over 100,000 athletes by providing HASSLE-FREE, ECONOMICAL, UNPARALLELED bike transport. Whether using our Fully-Assembled, Pack & Ship or Valet Service, we take the hassle out of transporting your bike, so you can focus on your race.

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IRONMAN
NORTH AMERICAN SERIES
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WHEEL RENTAL

RACE DAY WHEELS

Race Day Wheels, The Original Wheel Rental Company, began in 2005 and is the Official Wheel Rental Business of the IRONMAN® U.S. Series. Our sole mission is to make you faster without you having to break the bank.

We're here to give both beginner triathletes and experts the opportunity to conveniently ride fast carbon race wheels without having to purchase them. Why pay $2400+ for wheels that you may only use a few times a year when you can rent newly released 2018 ZIPP Firecrest carbon clincher race wheels starting at only $160.

WHEEL RENTAL INCLUDES:

- 2018 ZIPP Firecrest® carbon clincher wheels.
- Continental GP 4000s clincher tires or ZIPP Tangente Speed tires, tubes and skewers.
- Your rental fee off the sale price if you decide to buy.
- Free cassette and wheel swap at the events.
- BOOK NOW: HTTPS://WWW.RACEDAYWHEELS.COM/IRONMANWHEELRENTALS/

BIKE RENTAL INCLUDES:

Bike and standard wheels. NO pedals.
2 water bottle holders.
Spares bag with 2 tubes and co2.
Nutrition Bag on top tube.
Book Now: HTTPS://WWW.RACEDAYWHEELS.COM/IRONMAN-BIKE-RENTAL-EVENTS/

Even better, if you do decide that you love the wheels so much that you can't live without them, we can't say that we'd blame you and we'll be happy to sell them to you at a discounted price. We'll also subtract one rental fee from the discounted price for a used set and 2 rental fees for a new set.

Race Day Wheels will be at the majority of the IRONMAN and IRONMAN 70.3 events, so if you're looking to hit a PR this year, lock in your carbon wheels now while they're still available.

RENTALS

- ZIPP Wheel rentals: HTTPS://WWW.RACEDAYWHEELS.COM/IRONMANWHEELRENTALS/
- Bike Rentals: From $300 HTTPS://WWW.RACEDAYWHEELS.COM/IRONMAN-BIKE-RENTAL-EVENTS/

BIKE STORE & TECH

TRIATHLON STORE AND TECH SERVICES

Since 2000, Playtri has been providing tools and services to help athletes reach their goals. We opened our first retail store in 2011 and now have 18 stores across the country to help athletes reach their goals and fulfill their triathlon potential. We bring our expert in-house mechanics and triathletes to Ironman Events and offer the highest quality repair and maintenance services for you and your bike. From race ready tunes up to complete overhaul packages, we'll keep you riding and racing smooth on the road! We are a full service shop available onsite to take care of additional services leading up to and on race day.

BOOK NOW

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FOND MEMORIES GRAPHICS, INC.

IRONMAN® & IRONMAN 70.3®

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 $175, but is currently available for Only $149 +S/H

3 OPENING BIB FRAME

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

Includes

• EVENT LOGO PLATE, ENGRAVED PLATE WITH NAME & SPLIT TIMES
• ADDITIONAL FINISHER'S MEDAL • 3 5" X 7" MAT OPENINGS (COURSE MAPS INCLUDED)
• 2" DISC OF TRIATHLON SYMBOL • LAMINATED REPLICA OF YOUR BIB #

This Bib Frame would normally cost $205, but is currently available for Only $179 +S/H

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E-mail: FMG5027@aol.com

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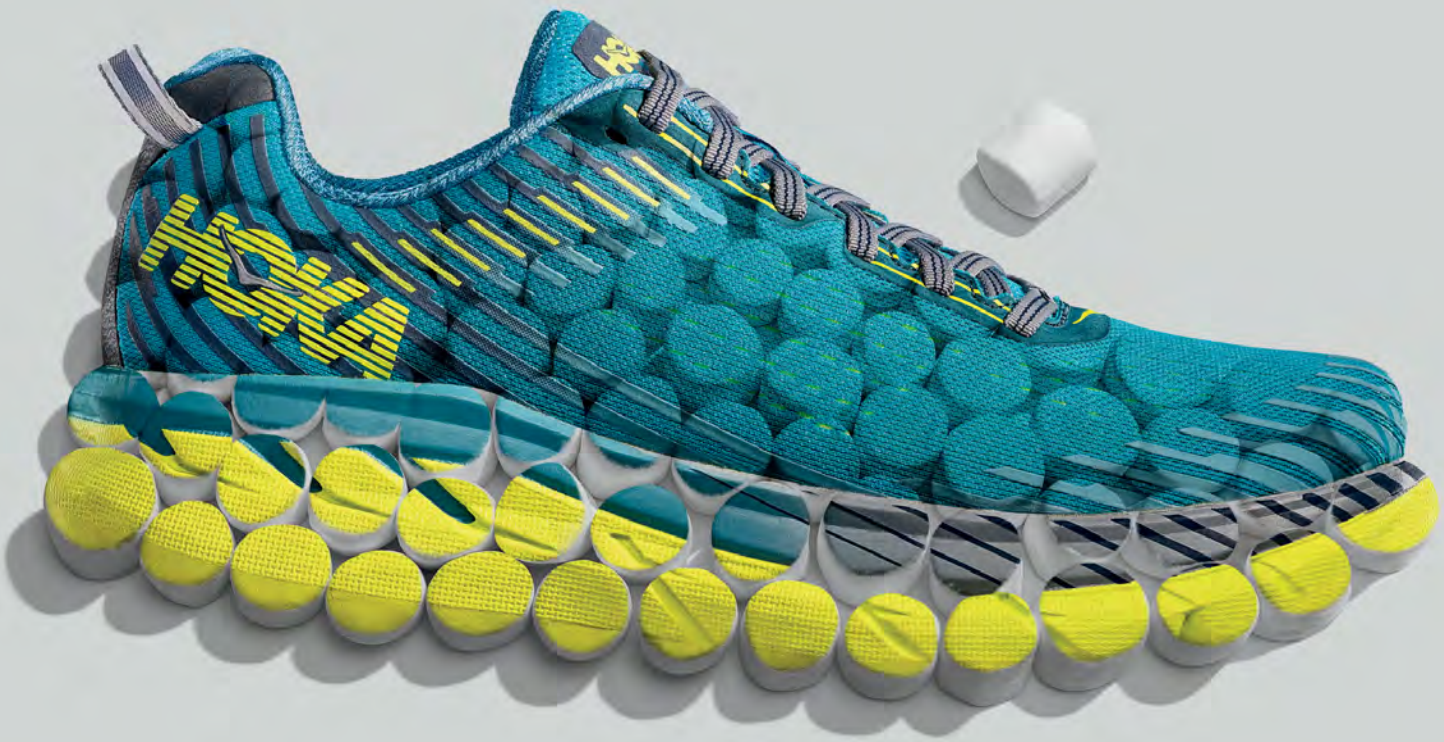
HOKA ONE ONE
TIME TO FLY™



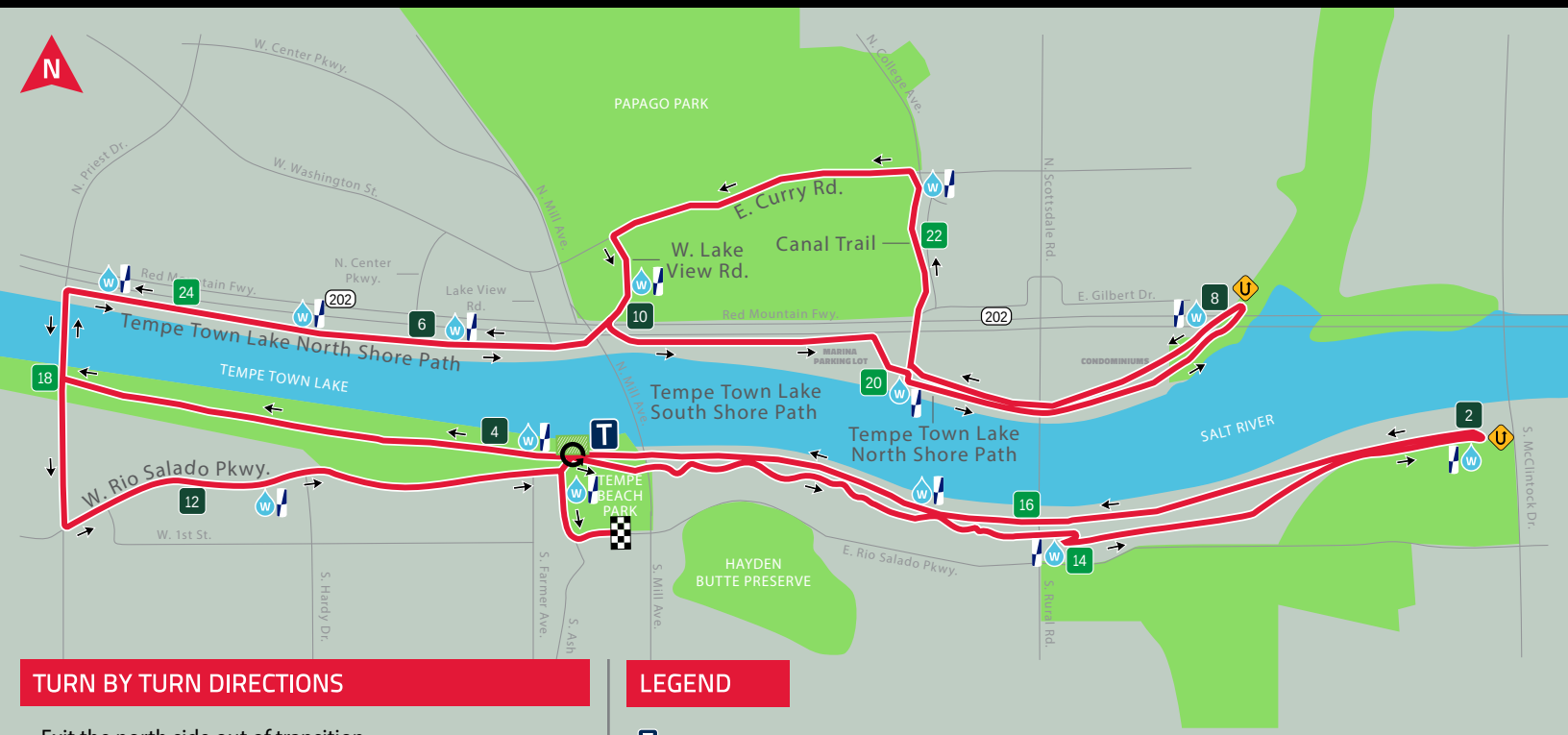
THE SWEETEST CUSHION

The CLIFTON 5. *Marshmallow-soft cushion. Marshmallow-light weight.*

IRONMAN Arizona tempe

HOKA ONE ONE TIME TO FLY

RUN COURSE
26.2 MILES / 2 LOOPS
TEMPE, ARIZONA



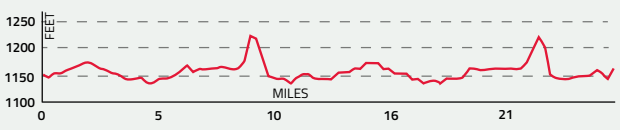
TURN BY TURN DIRECTIONS

- Exit the north side out of transition
- Turn right onto Tempe Town Lake South Shore Path
- Make a sharp right to continue on the paved South Shore Path – east bound
- Continue east to the turnaround at the pavilion path and McClintock Dr.
- Head west on the cement path and then drop down to the dirt path at the first ramp
- Continue west on the lower dirt South Shore Path back to transition
- Continue west on the South Shore Path to Priest Dr.
- Turn right on Priest Dr.
- Turn right on Tempe Town Lake North Shore Path
- Turn right into the marina parking lot
- Bear right onto the upper North Shore Path to the turnaround
- After the turnaround, head west on the upper North Shore Path
- Follow the path West to the marina
- Turn right at the marina towards Route 202 underpass
- Proceed under the 202 on East Gilbert Dr.
- Bear left onto College Ave.
- Turn left onto East Curry Rd.
- Turn left onto West Lakeview Dr.
- Bear left onto the North Shore Path heading west
- Turn left onto Priest Dr.
- Turn left on Rio Salado Parkway
- First lap – turn left at the Tempe Beach Parking Lot and left towards the lake
- Turn right onto the South Shore Path back to transition to being the second lap
- Second lap – continue east on Rio Salado Parkway to the finish line

LEGEND

- T — TRANSITION AREA
- START LINE
- FINISH LINE
- 1 — 1ST LOOP MILE MARKERS
- 5 — 2ND LOOP MILE MARKERS
- 9 — 3RD LOOP MILE MARKERS
- SN — SPECIAL NEEDS
- BEGIN 2ND LOOP
- U — U-TURN
- RUN OUT FROM TRANSITION
- W — WATER/AID STATION
- RED BULL STATION

Start Elevation: 1,150 ft ▪ Finishing Elevation: 1,169 ft ▪ Gain: 358 ft



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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. 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. Headphones or headsets which are inserted to or covering the ears are not allowed during any portion of the event.

4. 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.

5. 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.

6. Athletes are expected to follow the directions and instructions of all race officials and public authorities.

7. 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.

8. ATHLETES RACING WITHOUT A SHIRT OR RACING TOP WILL BE DISQUALIFIED. UNIFORMS WITH A FRONT ZIP MUST NOT BE UNDONE BELOW THE POINT OF THE END OF THE BREASTBONE (STERNUM)

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 AND RULES

USA Triathlon (USAT) has sanctioned the 2018 IRONMAN Arizona. Our rules are published with permission from USAT. Please visit IRONMAN.COM for a complete set of IRONMAN Competition Rules.

Under our sanctioning agreement with USA Triathlon, athletes should be aware of the serious consequences of violating USAT Competitive Rule 3.5 - 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 Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon 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 RACE

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

1. Any athlete holding current elite/ professional status from their National Triathlon Federation or a current IRONMAN Professional Membership (as verified by elite/ pro status of an athlete's National Triathlon Federation) is prohibited from racing as an AGE GROUP athlete within the same calendar year, in ANY sanctioned triathlon events anywhere in the world, where there is an elite/ pro wave., 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 a 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 report to the timing tent located at the finish line and turn in their bib number and timing chip immediately. 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 Tent.

11. 11. **Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, Bluetooth enabled or "smart" helmets, 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.**

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 any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. 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.

PHYSICALLY CHALLENGED OPEN DIVISION

IRONMAN ARIZONA IS NOT WHEELCHAIR ACCESSABLE ON THE RUN COURSE.

Participation in the PC Open Division is available to athletes with a medically verified Visual Impairment (as such term is defined below) or a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment are not eligible to participate in the PC Open Division;

1. The term "Visual Impairment" means either:
(a) a visual acuity of 20/200 (6/60 meters) or less in the better-seeing eye with best conventional correction (meaning with regular glasses or contact lenses)
(b) a visual field (the total area an individual can see without moving the eyes from side to side) of 20 degrees or less (also called tunnel vision) in the better-seeing eye

2. Visually impaired athletes must:
(a) use only one (1) Guide (Guide can be of either gender).
(b) be tethered during the swim segment of the race
(c) ride a tandem bicycle during the bike segment of the race
(d) during the run segment of the race, use either an elbow lead or a tether lead

FOR MORE INFORMATION REGARDING THE PC OPEN DIVISION, PLEASE VISIT WWW.IRONMAN.COM/PHYSICALLY CHALLENGED OR E-MAIL PHYSICALLYCHALLENGED@IRONMAN.COM.

HANDCYCLE DIVISION

IRONMAN ARIZONA IS NOT HANDCYCLE APPROVED.

Handcycle (HC) is a competitive division open to athletes who are paraplegic, quadriplegic or double above-the-knee amputees, and race using a hand cranked cycle on the bike, and a racing chair for the run. Handcycle athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run course. Conduct and standards for handlers of HC athletes is governed by the International Triathlon Union Rules.

The HC Division is a competitive division. Race awards with respect to the HC Division will not be based upon age-groups within the HC Division but will be given to the top female and male finishers of the HC Division.

FOR MORE INFORMATION REGARDING HANDCYCLE DIVISON, PLEASE VISIT WWW.IRONMAN.COM/HANDCYCLE OR E-MAIL HANDCYCLE@IRONMAN.COM

VIOLATIONS

Jimmy Riccitello
IRONMAN HEAD REFEREE

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

	LITTERING VIOLATION
	BLUE CARD
	five minute time penalty served in a penalty tent on the bike course

	BLOCKING VIOLATION
	YELLOW CARD
	one minute stop and go 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 (**one minute stop and go 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 at the point of infraction. 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 and understand the rules in the Athlete Guide and the 2018 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
You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be properly attached to your bike frame and must be visible from both sides.

LITTERING
Do not throw ANYTHING outside of official aid stations. Littering will result in a BLUE CARD violation, which is a five minute time penalty.

UNAUTHORIZED EQUIPMENT
Sorry, absolutely NO communication devices, MP3 players or other audio devices (Yes, that means NO cell phones) may be used during competition.

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 incur a five 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.

ACTIVE network

MY ACTIVE IS...

Commitment. Perseverance.
Achievement. IRONMAN®.

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WHAT'S YOUR ACTIVE?

MEDICAL POLICY

The athlete excess medical coverage protects each athlete for the day of the event at USAT-sanctioned races, camps and clinics. When athletes purchase a USAT annual license or one-day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in a USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

- Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.).
- Athlete completes a medical claim form.
- For serious incidents or for athletes requesting coverage, the Race Director can provide them with a medical claim form. The medical claim form, along with all explanation of benefit documents, should be sent directly from the athlete to the insurance company as indicated on the claim form.

  Please e-mail SANCTION@USATRIATHLON.ORG for a copy of the form.
- Athletes will pay a deductible. All claimants will pay anywhere from $250 USD (two-hundred and fifty U.S. dollars) to $1,000 USD (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to athletes that have purchased a USA Triathlon annual license or one-day permit and were injured through participation in a USA Triathlon sanctioned event. Please e-mail questions to SANCTION@USATRIATHLON.ORG.

All medical expenses incurred are the sole responsibility of the athlete and not IRONMAN. USAT provides secondary coverage in qualified circumstances. Failure to meet financial responsibility to local medical facilities will result in suspension of future participation at IRONMAN events until accounts are settled.

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. Also, please be attentive when taking water and sponges from volunteers when you're on your bike to avoid the possibility of accident or injury to yourself or another.

Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes. Be especially careful to rinse your goggles of any excess defogger solutions to avoid eye irritation.

If you spend three months prior to the event in a climate different than Tempe, 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.

Stay with your familiar and proven routine regarding training, nutrition and equipment, especially just prior to the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during the event is especially important.
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.

Feedback from previous IRONMAN contestants indicates we can never over emphasize the importance of hydrating prior to and during the event. IRONMAN's Chief Physician recommends you begin hydrating heavily several days before the race and drink enough water so your urine is clear, colorless and copious by race day.

PLEASE NOTE:

Full disclosure of medical condition(s), general health and surgical procedures within the previous 12 months is required. Medical consultation/clearance may be necessary from an attending physician prior to participating in the event.

In all cases, the final decision of medical consideration is at the discretion of the IRONMAN Medical Director.

Official Lifestyle Apparel of the IRONMAN® North American Series

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ALL WORLD ATHLETE

The IRONMAN All World Athlete program is our way of rewarding age-group athletes' hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 racing.

The program uses the IRONMAN Age Group Ranking system to determine which athletes have finished within the top 10 percent or better in their age group each calendar year. This system allows athletes to generate points based on their finish time behind the first official finisher in their age group. Athletes accumulate points for each race they complete. If the race is deemed a non-wetsuit legal race, all athletes who choose to race in the wetsuit wave will receive base participation points in accordance with the All World Athlete age group ranking system. On December 31st, only the top three performances will count toward an athletes' All World Athlete status. This makes it easy for athletes to improve their ranking by simply racing more with IRONMAN.

An athlete can achieve All World Athlete status in one or all of the following categories:
IRONMAN, IRONMAN 70.3 and OVERALL (IRONMAN and IRONMAN 70.3 combined).

There are three levels associated with the All World Athlete program:
GOLD (top one percent)
SILVER (top five percent)
BRONZE (top ten percent)

For questions regarding the ALL World Athlete Program, please contact: AWA@IRONMAN.COM

BENEFITS FOR THIS RACE:

* All World Athlete logo on bibs
* All World Athlete Swim caps
* All World Athlete Tattoos

IRONMAN 2018 ALL WORLD ATHLETE

THANK YOU TO THE 2018 IRONMAN® ARIZONA SMILE TRAIN TEAM EMPOWER

Jason Baker**
Bob Balfour
John Battista*****
Chris Bennett*
Javan Bernstein*
Tia Blackwell
Rachel Blechman
Christopher Blick***
Lance Brace
Bob Bromley*
Jimmy Broughton*****
John Buckner****
Stephen Campbell
Christine Clayton**
Amanda Clinton
Aaron Clousing***
Melissa Coles
Cesar Cramton*
Dawn Crawford
Christian DeGrey
Kathryn Dickmann
Vicente Dominguez*
Mark Fraser
Geoffrey Fullen
Brandon Goodermont***
Brian Goodermont
Montgomery Goodermont
Victoria Grammar
Levi Gurno
Terry Gurno
Patrick Hamler
Jeff Harper
Scott Herrin*
Janice Hom
Matt Hyland*
Arjun Iyengar**
Aaron Jones*
Julesha Jones
Travis Keane
Tracie Kivisto
Chris Koenig
Amy Lowe
Matthew Markowycz
William Massey
Mike Newhard*
Jeff Patrow
Lisa Potter****
Shaun Provost
Michael Romero
Noel Saturay****
Jeanette Sayers*
Branden Scheel
Kathleen Sheppard*
Terri Snell
Ayla Stallworth**
Christopher Sundby
Cathy Tong**
Lorie Toplikar
Francisco Uribe
Kate Varns
Cliff Walker
Gary Walters*
Jackson Walters*
Ted Wheeler***
Tara Wilson

* 2x Alumni ** 3x Alumni *** 4x Alumni **** 5x Alumni ***** 6x Alumni

Change the world with us! Join our 2019 IRONMAN® Arizona team
my.smiletrain.org/details/race/101/

SmileTrain TEAM EMPOWER

Smile Train is an international children's charity with a sustainable approach to a single, solvable problem: cleft lip and palate. Cleft repair surgery is simple, and the transformation is immediate. Smile Train's sustainable model provides training, funding, and resources to empower local doctors in 85+ countries to provide 100%-free cleft repair surgery and comprehensive cleft care in their own communities. By turning your miles into smiles, we can save these children and give them the life-changing surgery they both need and deserve.

For more information, email
teamempower@smiletrain.org

WE CARE ABOUT RACE COMMUNITIES.

We're always thinking about the families and organizations that make each race community vibrant and unique. We know what gets them out of bed in the morning and keeps them up at night and we're racing to make their lives better.

We are IRONMAN Foundation Athletes and we swim, bike, and run to create positive tangible change in race communities through grant funding and volunteerism.

IRONMAN® FOUNDATION

We know you care about race communities too, so let's meet!

ironmanfoundation.org

1,800
Athletes volunteering for 16 race week service projects in 2018

$1.7 MILLION
Grant funding total in 2018

1,400
Number of local nonprofits supported in 2018

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.

- ☑ **WEAR IT.**
- ☑ **GIVE IT.**
- ☑ **THANK (& RACE) YOUR HEART OUT.**

IRONMAN® FOUNDATION

HOW IT WORKS

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

RED WRISTBAND = Volunteer Symbol of Service

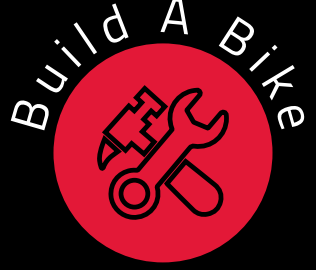
Learn more about the IRONMAN Foundation at ironmanfoundation.org

this is what
#FEARLESS
looks like.
What does your best self look like?
Women For Tri is a community of female
triathletes supporting one another to
reimagine their potential. Join us!
WOMEN FOR TRI
WOMENFORTRI.COM
@WOMENFORTRI
100% of the proceeds from Women For Tri apparel
support our TriClub Grant Programs.

Bike for a Kid

Presented by

FLO IRONMAN FOUNDATION



Change a life in just 5 minutes! The IRONMAN Foundation has partnered with FLO Cycling to give you the opportunity to build a bike for a local child. Visit our booth in the IRONMAN Village to take part in this opportunity!

IRONMAN®

Live Event Coverage on

Facebook Watch

Your friends and family back home can tune
in and watch the race on Facebook!

Live IRONMAN® Events Schedule

Subaru IRONMAN Mont-Tremblant Presented by Sportium	August 19, 2018
IRONMAN 70.3 Zell am See-Kaprun	August 26, 2018
Isuzu IRONMAN 70.3 World Championship	September 1-2, 2018
IRONMAN Wisconsin	September 9, 2018
IRONMAN Italy Emilia Romagna	September 22, 2018
Little Debbie IRONMAN Chattanooga Presented By Mckee A Family Bakery	September 30, 2018
IRONMAN Barcelona	October 7, 2018
IRONMAN World Championship	October 13, 2018
IRONMAN Arizona	November 18, 2018

Follow Us
Facebook.com/IRONMANnow

FAQS

1. WHEN WILL THE BIB LIST BE POSTED?

Bib lists are posted within two weeks after the withdrawal deadline has passed. The withdrawal deadline is 45 days before race day. Once the bib list has been published, the participant list (which is updated the first week of every month) will no longer be updated. Athletes who register after the withdrawal deadline will be assigned a bib number race week.

2. WHAT IS THE WITHDRAWAL/PARTIAL REFUND POLICY?

Withdrawal requests must be received in writing via e-mail to ARIZONA@IRONMAN.COM. Without exception, all requests must be received on or before October 4, 2018 to be eligible for a partial refund of $150.00 (USD).

3. WHAT IS THE TRANSFER POLICY?

IRONMAN is giving IRONMAN (140.6) athletes an additional option to the standard refund policy. Instead of taking the standard refund, athletes registered for select North American IRONMAN (140.6) events now have the option to transfer their entry to another IRONMAN (140.6) or IRONMAN 70.3 event in North America with general entry slots still available. Athletes may move to a race sooner or later in the calendar year (dependent upon availability) and may move to another North American IRONMAN (140.6) event or to an IRONMAN 70.3 event. Please visit the TRANSFER POLICY WEBPAGE for more information

4. WHAT AGE GROUP WILL I RACE IN?

The Age Group breakdown is as follows:

18-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70-74
75-79
80+

You will race in the Age Group corresponding with your USAT age, which is your age at the end of the year on December 31, 2018.

5. HOW DO I UPDATE MY TRICLUB AFFILIATION?

Please log into your IRONMAN Profile Account to make any changes or updates to a TriClub affiliation you may have. Affiliations must be finalized by race week for points to count towards that race. If you have any questions, please e-mail TRICLUB@IRONMAN.COM.

6. WHAT SHOULD I DO IF THERE IS A PROBLEM WITH MY RACE TIMING?

If there is an issue with timing, please contact TIMING@IRONMAN.COM. If you have a question regarding your Age Group Ranking, please contact AWA@IRONMAN.COM. It will take up to 30 days for your points to be added to your profile.

7. WHAT IF I CANNOT STAY FOR SLOT ALLOCATION OR AWARDS?

If you cannot stay for Slot Allocation, you automatically forfeit your slot should you qualify. All athletes who automatically qualify and wish to claim their slot must be present to do so. If you cannot stay for the Awards ceremony, please email ARIZONA@IRONMAN.COM to arrange for your award to be shipped to you. All awards will be donated/repurposed after 30 days.

8. HOW DOES MEDICAL SUPPORT WORK ON COURSE?

If you need minor medical assistance, a SAG vehicle will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the SAG vehicle will take you to the next aid station. There will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.

ATHLETE CHECK LIST

PRE-RACE:

- ☐ Directions to Hotel
- ☐ Directions to Athlete Check-In
- ☐ Directions to Race Start
- ☐ Directions to Race Finish
- ☐ Photo I.D.
- ☐ Valid USAT Card - if member (*if you paid for a one-day license online, no need to bring a card*)
- ☐ Bike Services/Tune up
- ☐ Attend Athlete Check-In
- ☐ Attend Athlete Briefing
- ☐ Study the race courses and plan your nutrition

RACE DAY – SWIM:

- ☐ Timing Chip and Strap
- ☐ Swimsuit/Wetsuit (if applicable)
- ☐ Goggles (consider a spare pair as well)
- ☐ Race Day Swim Cap (provided at Check-In)
- ☐ Ear Plugs/Nose Plug (optional)
- ☐ Throw away long sleeved shirt and shoes to wear and discard before the race or place in your provided Morning Clothes Bag

RACE DAY – BIKE:

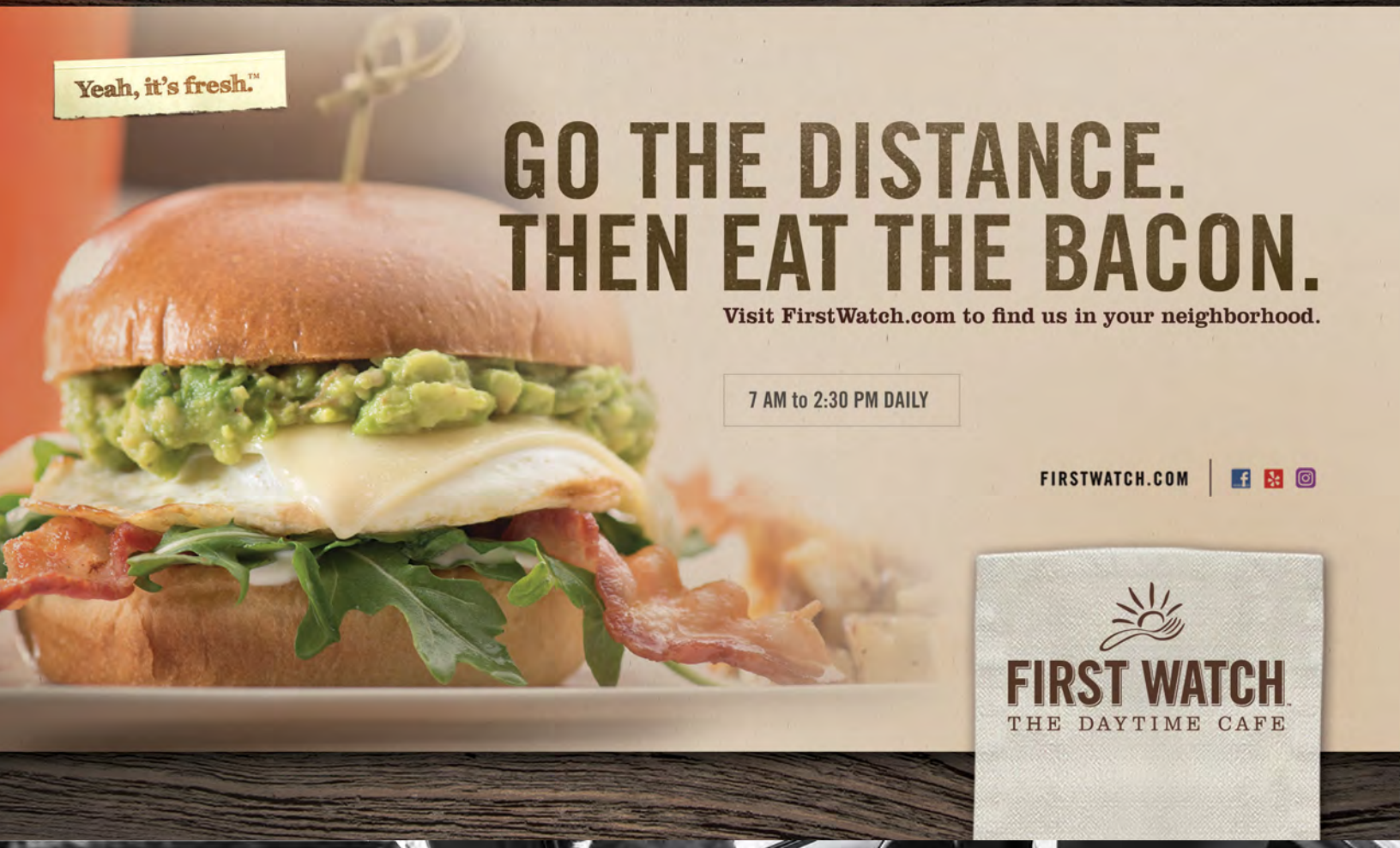
- ☐ Bike Pump
- ☐ Extra Nutrition
- ☐ Extra Water Bottles
- ☐ Aero Water Bottle Straw
- ☐ Bike Repair Kit
  - Bar-end plugs
  - CO2 Cartridge(s)
  - Spare Tire
  - Spare Tube
  - Tire levers
  - Valve Stem Extenders
  - Patch Kit
  - Wrench Set/Tools
- ☐ Vaseline
- ☐ Sunscreen
- ☐ Helmet
- ☐ Sunglasses
- ☐ Bike Shoes
- ☐ Socks
- ☐ GPS Watch or Bike Computer

RACE DAY – RUN:

- ☐ Fuel Belt
- ☐ Race Belt or Safety Pins
- ☐ Bib Number
- ☐ Hat/Visor
- ☐ Reflective tape (if applicable)
- ☐ Running Shoes
- ☐ Socks
- ☐ Sunglasses
- ☐ Water Bottle

MISCELLANEOUS:

- ☐ Body Glide
- ☐ Antibacterial
- ☐ Contacts or Rx Glasses
- ☐ Heart Rate Monitor & Chest Strap
- ☐ Towel
- ☐ Hair Ties
- ☐ Chapstick
- ☐ Post-Race Clothing
- ☐ Extra Swimsuit and Cap for practice swim (if applicable)
- ☐ Extra Tri Kit for practice
- ☐ Have a Great Race!


Yeah, it's fresh.™
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FIRST WATCH
THE DAYTIME CAFE

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