ATHLETE GUIDE
3.15.2020

IRONMAN
70.3°
DISCOVER
Puerto Rico

SWIM 1.2-MILES | BIKE 56-MILES | RUN 13.1-MILES
YOUR NEIGHBOR WITH THE BACKYARD THAT NEVER ENDS

Have we met yet? We should. With us, you’ll spend the day hiking in the Central Mountains or kayaking through one of our bioluminescent bays where the water lights up beneath you. From swimming under waterfalls to ziplining through the rainforest, our backyard is your playground. Best of all, we’re right next door.

Find out more at DiscoverPuertoRico.com.
# Table of Contents

- **A Message from the Race Organizers** ................................................................. 3
- **A Message from the Head Referee** ................................................................. 5
- **2020 Schedule of Events** .................................................................................. 7
- **Swim Course** .................................................................................................... 10
- **Bike Course** ..................................................................................................... 14
- **Run Course** ....................................................................................................... 20
- **Race Information** ............................................................................................. 23
- **Triathlon/General Rules** .................................................................................. 31
- **Event Sponsors** ................................................................................................. 35

*Photo Credit: Cover: Ricardo Vazquez/Drone Solutions • Inside: Paul Phillips/Competitive Image*
Dear IRONMAN® 70.3® Triathletes,

It’s been 10 years since we launched this great destination race and embarked on a journey that has brought countless of lifetime memories to all visitors and locals alike. From our BN SPORTS family and the entire IRONMAN 70.3 Team, we would like to welcome you to the 2020 IRONMAN 70.3 Puerto Rico!

Whether you are testing your endurance limits once again or visiting us for the first time, this will be one of the most beautiful 70.3 experiences you will participate in, while being on one of most challenging races you will ever compete in. However, please know that you will do so with the strong support of hundreds of volunteers that will make your race experience unforgettable.

The information contained in this Athlete Guide will assist you in successfully preparing for the event. Please review all the materials thoroughly, so that you will be knowledgeable and up to date on all race related details. Also, be reminded that it is very important to attend the Athlete Briefings for any last-minute information that might be of importance to every participant.

Please know that this event is particularly spectator friendly, and it’s virtually a guarantee that athletes and their families will encounter enthusiastic fans who will encourage you along every part of the swim, bike and run course.

We would like to take this opportunity to thank the Puerto Rico Tourism Company (PRTC – Presenting Sponsor), our corporate sponsors, volunteers, police, government agencies and the City of San Juan for hosting this world-class event for the past decade. Without their continued support this event would not be possible.

On behalf of the entire BN SPORTS team, we wish you the best of luck on race day!

Sincerely,

BN SPORTS
With you until the finish line
WE STUDY
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 (30 seconds 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).

**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, and all violations count toward your three strikes. 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.
SAN JUAN
Caribbean’s Sports Capital

For us, hosting a sports event is like playing the game itself. Our City offers a variety of “state of the art” sports venues and a wide variety of professional and amateur sports events. We have successfully hosted numerous international and regional competition events.

Top venues, experience in successfully handling large crowds, an integrated service approach and commitment in creating partnerships, make San Juan the Sports Capital of the Caribbean.
### Friday: March 13, 2020

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 p.m. - 6:00 p.m.</td>
<td>Athlete Check-In</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>12:00 p.m. - 6:00 p.m.</td>
<td>IRONMAN Village</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>12:00 p.m. - 6:00 p.m.</td>
<td>Official IRONMAN Store</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>12:00 p.m. - 6:00 p.m.</td>
<td>Official Bike Shops</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>12:00 p.m. - 6:00 p.m.</td>
<td>Information Booth</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>4:00 p.m. - 5:00 p.m.</td>
<td>Athlete Race Briefing (ENG &amp;SPAN)</td>
<td>Parque del Tercer Milenio</td>
</tr>
</tbody>
</table>

### Saturday: March 14, 2020

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 a.m. - 4:00 p.m.</td>
<td>Athlete Check-in</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>10:00 a.m. - 5:00 p.m.</td>
<td>IRONMAN Village</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>10:00 a.m. - 5:00 p.m.</td>
<td>Official IRONMAN Store</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>10:00 a.m. - 5:00 p.m.</td>
<td>Official Bike Shops</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>10:00 a.m. - 5:00 p.m.</td>
<td>Information Booth</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>Athlete Race Briefing (ENG &amp;SPAN)</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>12:00 p.m. - 5:00 p.m.</td>
<td>Mandatory Bike Check-in</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>3:00 p.m. - 4:00 p.m.</td>
<td>Athlete Race Briefing (ENG &amp;SPAN)</td>
<td>Parque del Tercer Milenio</td>
</tr>
</tbody>
</table>
### 2020 Schedule of Events

**Sunday: March 15, 2020 • RACE DAY!**

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 a.m. - 6:00 a.m.</td>
<td>Body Marking; Transition Open</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>6:40 a.m.</td>
<td>National Anthems</td>
<td>Swim Start (Next to Condado Plaza)</td>
</tr>
<tr>
<td>6:55 a.m.</td>
<td>First Swim Wave</td>
<td>Swim Start (Next to Condado Plaza)</td>
</tr>
<tr>
<td>10:00 a.m. - 4:00 p.m.</td>
<td>Official IRONMAN Store</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>10:00 a.m. - 4:00 p.m.</td>
<td>Information Booth / Lost &amp; Found</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>10:00 a.m. - 4:00 p.m.</td>
<td>Athlete Post Race Food</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>1:00 p.m. - 4:00 p.m.</td>
<td>Bike Check-Out</td>
<td>Parque del Tercer Milenio</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>Awards Ceremony &amp; 2020 IRONMAN 70.3 World Championship Slot Allocation &amp; Roll Down*</td>
<td>Caribar (Lobby Bar) @ Caribe Hilton</td>
</tr>
<tr>
<td>8:00 p.m.</td>
<td>IRONMAN 70.3 Puerto Rico 10th Anniversary After-Party</td>
<td>Caribar (Lobby Bar) @ Caribe Hilton</td>
</tr>
</tbody>
</table>

*Slot Allocation and Roll down will begin immediately following Awards Ceremony – Be Early!!*
WE AIM TO PLEASE!
TARGET
RENT A CAR • RENT A TRUCK

RESERVE TODAY!
ALL PARTICIPANTS TAKES A
10% OFF
THE RENTAL UPON RESERVATION
9 LOCATIONS AVAILABLE AND FREE AIRPORT TRANSPORTATION (BAILDORITY)

FOLLOW US ON
TARGET RENT A CAR - PUERTO RICO

IT'S TIME TO
CALL US
(787) 728-1447

DAILY, WEEKLY & MONTHLY RATES ON ALL VEHICLES!
OPTIONAL PRODUCTS THAT OFFER CONVENIENCE ON THE ROAD
(GPS, ELECTRONIC TOLL PAYMENT, CAR SEAT AND MORE)

WWW.TARGETRENTACAR.COM
**SWIM: 1.2 MI/1.9 KM**

**COURSE DESCRIPTION**
Participants will swim 1.2 miles (1.9 km), which will be held in the protected waters of the Condado Lagoon. Spectators and Athletes will have a great view of the Swim Course from the San Juan Beach, the Dos Hermanos Bridge and the Caribe Hilton’s San Geronimo grounds. Water temperatures are expected to be around 78° Fahrenheit (26° Celsius). The transition between the swim and bike will take place in the Parque del Tercer Milenio, adjacent to the Caribe Hilton.

**Practice Swim**
Because the Condado Lagoon is a public lagoon that allows swimming throughout the week, an official practice swim will not be scheduled. You may swim within the lagoon at your own risk. As you would at any public swim area, please adhere to any water safety guidelines and do not swim out beyond the areas of the lagoon and never swim alone!

**Swim Course**

*1.2 Miles*
*1 Loop*
*San Juan, Puerto Rico*
*Condado Lagoon*

Participants will swim 1.2 miles (1.9 km), which will be held in the protected waters of the Condado Lagoon. Spectators and Athletes will have a great view from the San Juan Beach, the Dos Hermanos Bridge and the Caribe Hilton’s San Geronimo grounds. Water temperatures are expected to be around 78° Fahrenheit (26° Celsius). The transition between the swim and bike will take place in the Sixto Escobar Stadium, adjacent to the Caribe Hilton.

**Swim Course Cut-Off Times:**
*7:36 a.m. Last Wave Start*
*8:46 a.m. Swim Course Closed*

The swim course will close 1 hour and 10 minutes after the final wave start. Each athlete will have 1 hour and 10 minutes to complete the 1.2 mile swim. Individual athletes who take longer than 1 hour and 10 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. *Estimated cut-off times are subject to change*
Swim Course Rules and Instructions

1. Prior to leaving the Transition Area for the swim start on race morning, be sure your gear is placed neatly under your bicycle. Drop your morning clothes bag at the designated drop area outside of Swim Start. You cannot leave any loose gear at your bicycle rack once you begin the bicycle portion of the race.

2. Bring the swim cap and timing chip provided to you at athlete check-in to the swim start area. You will be called to the swim staging area beginning at 6:00 a.m. You will be required to cross a timing mat underneath the IRONMAN arch to complete the swim check-in process. A time penalty may be imposed on any athlete who is not at the swim start area ten minutes prior to the race start.

3. 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 70.3 World Championship slots or Rolldown slots, and will need to start the swim in the final wave:
   - Athletes choosing to wear a wetsuit if the water is above 76.1F, are required to let Athlete Services know of their choice before race start.
   - Athletes seen wearing neoprene on race morning and NOT starting in the final wave, will be directed to start in the final wave. If the athlete refuses, the results will be a DSQ.

Prohibited Wetsuit: De Soto Water Rover Wetsuits cannot measure more than 5 mm thick. Wetsuits will be prohibited in water temperatures greater than 28.8 degrees C/ 83.8 degrees F.

4. Wearing swim goggles is recommended but not required.

5. The use of a snorkel will be allowed provided the athlete has approval from the Head Referee prior to race start (or risk disqualification), and with the understanding that the athlete will not be eligible for Awards of any kind, including World Championship entry slots.

6. No individual paddlers or escorts allowed. Lifeguards, surfboards, kayaks and boats will adequately patrol the swim course.

7. Swimmers are required to stay on course, swim clockwise and keep course markers to the right. Failure to do so may result in disqualification.

Wave Starts

<table>
<thead>
<tr>
<th>TIME</th>
<th>DIVISIONS</th>
<th>CAP COLOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 6:55 A.M.</td>
<td>Male 45 to 49 (A-M)</td>
<td>Orange</td>
</tr>
<tr>
<td>2 7:00 A.M.</td>
<td>Male 45 to 49 (N-Z)</td>
<td>FL Green</td>
</tr>
<tr>
<td>3 7:05 A.M.</td>
<td>Male 50 to 54</td>
<td>White</td>
</tr>
<tr>
<td>4 7:10 A.M.</td>
<td>Male 40 to 44 (A-M)</td>
<td>LT Blue</td>
</tr>
<tr>
<td>5 7:15 A.M.</td>
<td>Male 40 to 44 (N-Z)</td>
<td>Yellow</td>
</tr>
<tr>
<td>6 7:18 A.M.</td>
<td>Women 40 to 44, Women 55+</td>
<td>FL Orange</td>
</tr>
<tr>
<td>7 7:21 A.M.</td>
<td>Women 45 to 49, Women 50 to 54</td>
<td>FL Green</td>
</tr>
<tr>
<td>8 7:24 A.M.</td>
<td>Male 55+</td>
<td>Orange</td>
</tr>
<tr>
<td>9 7:27 A.M.</td>
<td>Male 18 to 24, Male 25 to 29, Male 30 to 34</td>
<td>LT Blue</td>
</tr>
<tr>
<td>10 7:30 A.M.</td>
<td>Women 25 to 29, Women 30 to 34, Women 18 to 24, Women 35 to 39</td>
<td>Yellow</td>
</tr>
<tr>
<td>11 7:33 A.M.</td>
<td>Male 35 to 39</td>
<td>White</td>
</tr>
<tr>
<td>12 7:36 A.M.</td>
<td>Relay</td>
<td>Orange</td>
</tr>
</tbody>
</table>

Note: The swim course will close one hour and 10 minutes after EACH swim wave start. All athletes still in the water after the cut-off time will be disqualified and will not be permitted to continue on with the event.
8. If you find yourself in need of assistance during the swim, raise an arm overhead, pump it up and down and call or seek assistance from the water safety personnel. Any swimmer who receives assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.

9. The swim course will close 1 hour and 10 minutes after the final wave start. Each athlete will have 1 hour and 10 minutes to complete the 1.2 mile swim. Individual athletes and relay team members who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF.

10. As you exit the water, you will cross timing mats on your way to Transition Area. Once inside transition, change into your bike gear (public nudity is prohibited).

11. Following the swim, volunteers will gather all morning clothes bags from the Swim Start and transport them to the finish for you to collect following the race. Any loose gear left inside Swim Start will not be collected for transport to Transition Area.

12. If any athlete decides to quit during the swim, the athlete needs to find an IRONMAN staff member and turn in their MultiSport Timing Tag. They may not continue on the Bike or Run.
In order to succeed we must first believe.
BIKE: 56 MI/90 KM

Course Description
Athletes will endure a 56-mile (90 km) bike ride. The majority of the bike course will cover the northern part of the island from San Juan heading west towards the municipality of Dorado. During this course, the athletes will enjoy beachfront views and some short but challenging hills.

Bike Course

The majority of the bike course will cover the northern part of the island from San Juan heading west towards the municipality of Dorado. The athletes will enjoy beach front views and some short but challenging hills.

Turn By Turns
- Start at Sixto Escobar Stadium
- Left on Cll San Agustin
- Left on Pr-25
- Right on Interstate Pr-1
- Right on Interstate Pr-2
- Right on Expreso Jose De Diego
- Right on Pr-24
- Pr-24 merges into Pr-165
- Continue on Pr-165 Westbound
- Start of 1st Loop at Camino del Mar
- Turnaround Point for 1st loop
- Continue on Pr-165 Eastbound
- Start of 2nd Loop at Camino del Mar
- Turnaround Point for 2nd loop
- Continue on Pr-165 Eastbound
- Pr-165 merges into Pr-24
- Left on Expreso Jose De Diego
- Left on Interstate Pr-2
- Left on Interstate Pr-1
- Left on Pr-25
- Right on Cll San Agustin
- Finish at Sixto Escobar Stadium

- Start of 2nd Loop at Camino del Mar
- Continue on Pr-165 Westbound
- Turnaround Point for 2nd loop
- Continue on Pr-165 Eastbound
- Pr-165 merges into Pr-24
- Left on Expreso Jose De Diego
- Left on Interstate Pr-2
- Left on Interstate Pr-1
- Left on Pr-25
- Right on Cll San Agustin
- Finish at Sixto Escobar Stadium
Bike Course Cut-Off Times:

- **10:45 a.m.** Must start 2nd Lap at turnaround on PR-165 (Camino del Mar)
- **11:15 a.m.** Must be past far turnaround on PR-165 (Dorado)
- **12:45 p.m.** Bike Course Closes

The bike course will close 5 hours after the final scheduled Age-Group/Relay wave starts the swim (*Excludes possible wetsuit optional wave). Each athlete or relay team will have 5 hours to complete the swim, T1 and bike course regardless of when they start the swim. Any athlete or relay team that takes longer than 5 hours to complete the swim, T1 and bike course will receive a DNF. If there is a wetsuit-optional wave following the last scheduled Age-Group Waves, wetsuit athletes will have to adhere to the Age-Group wave course cut-off and course closures (in other words times will not be adjusted based on a later start time). *Estimated cut-off times are subject to change.

Bike Shipping

Tribike Transport ([www.tribiketransport.com](http://www.tribiketransport.com)) is the Official Bike Transport Service Provider. The bike pick-up/drop-off is at the Transition Area located on the West-side of the Sixto Escobar Stadium. For those athletes traveling and sending their bikes directly to our Official Local Bike Shops, you can coordinate directly with them at: [https://www.ironman.com/im703-puerto-rico-athletes](https://www.ironman.com/im703-puerto-rico-athletes). They will provide services to receive the Bike Box, do the installation and disassemble, as well as put back the bike back into the Bike Box.

Bike Tech Tips and Other Details

- Bike inspection is not mandatory and will not be provided at Transition check-in, although technicians will be available at the Expo. Athletes are ultimately responsible for the condition of their own bikes. Race officials may, at their discretion, make final judgment as to the soundness of each bicycle.
- Prior to mandatory bike check-in starting at 12:00 p.m. on Saturday March 14, be sure your bar-end plugs are in place and you have no loose spokes, brakes, headsets, stripped cables, etc. Adjust the hubs and position handlebars correctly. Ensure that cables and tires are in good condition and sew-up tires are glued properly onto the rims. Securely fasten all equipment you may carry with you on race day.
- To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. While there will be a limited number of pumps available in the transition area on race morning, we recommend that you bring your own. You must give your pump to a family member or friend before the race start, since pumps will not be accepted with your morning clothes bags.
- For security and safety reasons, bikes will not be allowed out of Transition once bike check-in begins on Saturday. Spectators or family members will not be allowed to enter Transition.
- On race day technical support vehicles will patrol the course to aid in emergency repairs.
Local Traffic Laws

Please remember that the local community uses the bike course roadways. Realize that you are an ambassador for the sport and this event and that the impact of your actions is far reaching. When you’re out riding the course, please adhere to local traffic laws and take the extra step to be courteous and respectful to the residents of the local community.

When training, please take all safety precautions and follow these suggestions:

• Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.
• Please obey traffic laws (stop at stop signs, signal when turning, etc.).
• Please do not use private property as a toilet. There are plenty of local stores along the way with public bathroom, so kindly use them. On race day there will be toilets at each aid station.
• Please do not litter. Keep your sports nutrition wrappers with you until you find a trash can.
• Please ask your friends and family members to refrain from painting the roads along the course. Defacing public property is a punishable offense.

Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy. Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return. Please think before you act.

Bike Course Rules and Instructions

1. All bikes must display the bike frame number.
2. No tandems, 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 IRONMAN and/or the Head Referee.
3. All bikes and helmets must be checked in by Saturday 5:00 p.m. prior to race day. Race officials reserve the right to reject any bicycle or helmet not meeting safety standards. If the bike does not meet safety standards, the athlete will be required to correct the problem before participating in the race. Once your bike is checked into Transition, only small covers on the seat and/or computer will be allowed. Large plastic bags that cover the entire bike will not be permitted.
4. Position Rules:
   a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed. A pass occurs when the overtaking athlete’s front wheel passes the leading edge of the athlete being overtaken.
   b. Athletes must ride single file on the far right side of the road except when passing another rider. Side-by-side riding is not allowed.
   c. Overtaking riders may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing.
   d. Athletes must keep 6 bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
   e. Athletes committing rules violations will be notified “on the spot” by an official.
   f. 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.
   g. 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 for all non-drafting after serving a 30 second stop and go time penalty 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 penalties. An athlete may finish the race if he or she has been issued a red card (disqualification) unless otherwise instructed by a Race Referee
   • 1st BLUE CARD Offense 5:00
   • 2nd BLUE CARD Offense 5:00
   • 3rd BLUE CARD Offense DSQ
vii. Be disqualified for not reporting to the PT.

5. Helmets, bike shoes, and other cycling gear may be placed on the bike or in a transition bag. Shoes and shirt must be worn at all times.

6. The race bib must be worn on the front during the run. Bike is optional.

7. CSPC Helmets or Helmets that meet the safety standard from the athlete’s country are required during the entire bike portion, including in and out of the transition area. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.

8. No individual support is allowed. Ample aid stations will be provided. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete and should be warned to stay completely clear of all athletes to avoid disqualification. It is incumbent upon each athlete to reject immediately any attempt to assist, follow or escort. Bike bottles must be tossed toward the bottle drop at the entrance and/or exit of an aid station. A penalty will be assessed for discarding a bike bottle or any other litter/trash outside the designated drop zone.

9. Each participant must be individually responsible for the repair and maintenance of their own bike. Assistance by anyone other than race personnel will be grounds for disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction. Technical support does not include the normal changing of flat tires. A limited number of technical support vehicles will be on the course to assist with emergency repairs whenever possible. Be prepared!

10. Participants are expected to follow directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.

11. Athletes may walk their bike, if necessary, but may not make progress on the bike course unless accompanied by their bike.

12. All participants must mount and dismount in the marked zones at the transition areas. Under no circumstances should an athlete ride their bike inside the transition area.

13. Headsets, headphones, MP3 players, iPods, cell phones or other listening devices are not allowed during any portion of the event.

14. If you need minor medical assistance, “sag” vehicles will pick you up and take you to the medical tent, where you will receive treatment. Depending upon the level of care, ambulances may take you to the nearest hospital to receive treatment. If you have a technical problem, the sag vehicles will attempt to make minor repairs to your bicycle or take you to the next aid station. If you have a problem, please go to an aid station for further assistance.

15. The bike course cut-offs are as follows:
   • *10:45 a.m.…..Must start 2nd Lap at turnaround on PR-165 (Camino del Mar)
   • *11:15 a.m.…..Must be past far turnaround on PR-165 (Dorado)
   • *12:45 p.m.…..Bike Course Closes
   *Cut-off times are subject to change.

16. All athletes still on the bike course after the cut-off time will be pulled from the course and will not be permitted to continue the event. After completing the bike portion, you will cross timing mats
on your way into Transition Area. Once inside transition, change into your run gear (public nudity is prohibited). Place your bike gear along with your bike, at your bicycle rack. Since other athletes will be entering T2 after you, please stow your gear under the bike rack and out of the traffic lanes. Following the race, collect your bicycle and bike gear from T2, be sure your bar-end plugs are in place and you have no loose spokes, brakes, headsets, stripped cables, etc. Adjust the hubs and position handlebars correctly. Ensure that cables and tires are in good condition and sew-up tires are glued properly onto the rims. Securely fasten all equipment you may carry with you on race day.

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. 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).

19. Please do not use private property as a toilet.

20. Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.
EL DEPORTE SE VIVE AL MÁXIMO CON LA RED MÁS RÁPIDA.
¡Éxito a todos los participantes de IRONMAN® 70.3® Puerto Rico!

La red móvil más rápida en Puerto Rico.

Red móvil más rápida en Puerto Rico: Basado en el análisis realizado por Ookla® de los datos de Speedtest Intelligence® de la velocidad de descarga móvil promedio en Puerto Rico para Q4 2019. Las marcas comerciales de Ookla se utilizan bajo licencia y se imprimen con autorización.
RUN: 13.1 MI/21.1 KM

COURSE DESCRIPTION
The running course will take athletes on a 13.1 mile (21 km) run through the city of Old San Juan. Runners will make their way through the northern part of the islet with breathtaking views of the Atlantic Ocean, running past 16th century Spanish architecture on their way to reach the turn around point at the entrance of the famous Fort San Felipe del Morro. This 16th century citadel, constructed to protect the town from attack by sea, is one of the highlights of any tour of the old city, a rocky web of tunnels and barracks, towers and prisons. Probably the most famous monument from Spanish colonial times, the fortress stands out on a rocky islet, forever a reminder of a different age. Runners will return to the transition area to start the second and final loop.

Run Course

The running course will take athletes through the city of Old San Juan. Runners will make their way through the northern part of the islet with breathtaking views of the Atlantic Ocean, running past 16th century Spanish architecture on their way to reach the turn around point at the entrance of the famous Fort San Felipe del Morro.

Turn By Turns
- Start at Sixto Escobar Stadium
- Left on Cll San Agustin
- Right on Pr-25 Spur
- Right on Cll Norzagaray (Bulevar del Valle)
- Right on Cll del Morro
- Left at the Escuela de Artes Plásticas de Puerto Rico
- Left down the access road
- Right through La Puerta de San Juan
- Right on Pso La Princesa
- Turnaround Point
- Continue on Pso La Princesa
- Left through La Puerta San Juan
- Left on the access road
- Right at the Escuela de Artes Plásticas de Puerto Rico
- Right on Cll del Morro
- Left on Cll Norzagaray
- Left on Pr-25 Spur
- Left on Cll San Agustin
- Finish at Sixto Escobar Stadium

Turnaround Point on Parque del Tercer Milenio OR finish at Parque del Tercer Milenio next to La Batería del Escambron

Run Course

- 13.1 Miles
- 2 Loops
- San Juan, Puerto Rico

Turn By Turns
- Start at Sixto Escobar Stadium
- Left on Cll San Agustin
- Right on Pr-25 Spur
- Right on Cll Norzagaray (Bulevar del Valle)
- Right on Cll del Morro
- Left at the Escuela de Artes Plásticas de Puerto Rico
- Left down the access road
- Right through La Puerta de San Juan
- Right on Pso La Princesa
- Turnaround Point
- Continue on Pso La Princesa
- Left through La Puerta San Juan
- Left on the access road
- Right at the Escuela de Artes Plásticas de Puerto Rico
- Right on Cll del Morro
- Left on Cll Norzagaray
- Left on Pr-25 Spur
- Left on Cll San Agustin
- Finish at Sixto Escobar Stadium

Turnaround Point on Parque del Tercer Milenio OR finish at Parque del Tercer Milenio next to La Batería del Escambron

IRONMAN 70.3 Puerto Rico • March 15, 2020 • Page 20
Run Course Cut-Off Times:

• *2:15 p.m. Must start 2nd Lap of run
• *3:45 p.m. Course closes. Runners still on the course after that time will be pulled from the course by an IRONMAN official and will not have the opportunity to unofficially finish the race.

The run course will close 8 hours after the final scheduled Age-Group/ Relay wave start (*excludes possible wetsuit-optional wave). If there is a wetsuit-optional wave following the scheduled Age-Group waves, bike and run cut-off times will not be adjusted. Each individual athlete will have 8 hours to complete the entire course. Individual athletes that take longer than 8 hours to complete the entire course will receive a DNF. *Estimated cut-off times are subject to change.

Run Course Rules and Instructions

1. No form of locomotion other than running, walking or crawling is allowed.
2. Runners must wear their bib number at all times on the course. Race numbers issued by IRONMAN identify the official participants in the race. Folding or cutting race number or intentional alteration of any kind is strictly prohibited. A bib number must be placed on the FRONT of the runner and securely attached. Race belts may be worn. Shoes and shirts are required during the run segment.
3. This is an individual event. Individual support vehicles or non-participant escort runners are prohibited and will result in the athlete’s disqualification. Teamwork, in the form of outside assistance, provides an advantage over single competitors and is not allowed. Non-participant escort runners include participants who have withdrawn from the race, been disqualified or already finished the race. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside a participant, may not pass food or other items to a participant and should be warned to stay completely clear of all participant to avoid the disqualification of the participant. It is incumbent upon each participant to reject immediately any attempt to assist, follow or escort. It is permissible for a participant who is still competing to run with other participants who are still competing.
4. Runners are expected to follow the directions and instructions of all race officials and public authorities.
5. Athletes racing without a shirt or racing top will be disqualified.
6. The run course will officially close 8 hours after the final swim wave. Each individual athlete and relay team will have 8 hours to complete the entire course. Individual athletes and relay teams that take longer than 8 hours to complete the entire course will receive a DNF.

Run Profile:
Start Elevation: 13 Ft
Max Elevation: 13.1 Ft
Gain: 161 Ft (Per Run-Out Distance)
Total Gain: 644 Ft (Out & Back Twice)

RUN: 13.1 MI/21.1 KM
10K EN MENOS DE 55 MINS
¿CUÁL ES TU META?

100 mg CAFEÍNA
30g proteína
150 calorías

LLEVA TU RUTINA AL MAX CON

Ensure MAX PROTEIN
Personal Communication Plan
Prior to departing for San Juan, Puerto Rico, be sure to establish a communications plan with family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency. Even if you are in San Juan with family and friends, it is essential that you have a plan for contacting or reuniting with your group in case of an emergency.

Race Day Emergency Contact:
Call Command Center: 787-315-2950
IRONMAN Athlete Services • info@bnsportsllc.com
Please write “EMERGENCY” in the Subject Line as this e-mail will be checked constantly.

Athlete Check-In Procedure
Athlete check-in will take place at the Parque del Tercer Milenio, San Juan, Puerto Rico on Friday, March 13th and Saturday, March 14th. Please refer to the Event Schedule for the hours of athlete check-in. To complete the athlete check-in process, you will need a valid photo I.D. Athletes will be required to fill out a small questionnaire inquiring about each athlete’s name, number of family members traveling with athlete, length of stay, hotel or private residence where they will be staying during race week, etc. Professional athletes are required to submit proof of professional status at check-in. ALL RACE PACKETS MUST BE PICKED UP BY 4:00 P.M. ON SATURDAY, MARCH 14TH.

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 participant and must be worn during the entire weekend. The wristband is required for medical identification purposes and allows you access to the secured transition areas and post-race athlete recovery area. You will not be allowed to remove your bicycle and gear from the transition area (following the race) without your wristband affixed to your wrist. Please do not remove your wristband until after midnight on Sunday, March 15th.

Morning Clothes Bag
During athlete check-in you will receive the one gear bag: morning clothes bag.

Prior to the swim start on race morning, place any items (e.g., dry clothes or shoes, meds) you may need after you finish in your morning clothes bag. As you make your way to the swim start, leave your morning clothes bag in the designated drop area adjacent to the Swim Start. Any items that do not fit inside the morning clothes bag, such as bike pumps and backpacks, will not be accepted. Please do NOT include valuables such as phones or wallets. During the race your morning clothes bag (and wetsuit/bike gear bag) will be transported to the finish for you to collect following the race.

THE RACE ORGANIZERS ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

Mandatory Bicycle Check-In
Bicycle check-in is on Saturday, March 14th, from 12:00 p.m. - 5:00 p.m. Bicycles will not be permitted to enter the transition area on race morning. You will have access to your bike beginning at 4:30 a.m. on race morning, but you will not be allowed to remove your bike from Transition Area until the start of the bike portion of the race. Helmets, cycling shoes and your morning clothes may be brought to Transition Area on race morning. PLEASE KEEP YOUR AREA NEAT AND BE RESPECTFUL OF OTHER ATHLETES!
Race Morning Transition Check-In Procedure (ATHLETES ONLY IN TRANSITION)

Transition Area will open at 4:30 a.m. on race day. Body marking will begin at this time just outside of the Stadium entrance. You will not be permitted into Transition on race day without your wristband, swim cap, timing chip and your body marked. 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.

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 allows each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect this policy will receive an automatic disqualification (DSQ).

General Information

1. Unauthorized outside aid/support or escorts are grounds for disqualification. Handlers must be approved prior to the race and will work directly with the Physically Challenged Coordinator.
2. Race organization will select qualified individuals to assist contestants in transition areas. These individuals will be allowed to assist athletes in transition from the water to their handcycles and from their handcycles to the racing chairs. Likewise, they will also assist all physically challenged athletes with equipment needs, etc., as approved by IRONMAN.
3. All contestants must attend a pre-race meeting. Failure to attend a scheduled meeting may result in forfeiture of a start spot. Check the Schedule of Events for meeting time and location.
4. The race committee and IRONMAN reserve the right to modify the above rules as necessary, as long as such changes are communicated to the contestants in writing or at pre-race meetings.
5. Any rule interpretation or enforcement made by the race committee or IRONMAN shall be final.

Race Timing

MultiSport Tags (MyLaps) will capture your splits (swim, T1, bike, T2, run) and overall finish time. The race will officially end eight hours after the final athlete enters the water on race morning. All aid station stops, transitions, etc. will be included in your total elapsed time.

Competitor Responsibilities

1. When you pick up your race packet and MultiSport Tags (MyLaps) at athlete check-in, stop by the tag verification table to ensure that your correct name shows up on the computer screen.
2. You must wear your MultiSport Tags (MyLaps) at all times while you are racing. Fasten to either ankle with the Self-Adhesive (individuals) or Velcro (Relays) strap provided before the swim and leave it on until after you finish the run. You may apply Vaseline around your ankle; it will not affect the MultiSport Tags (MyLaps). Volunteers will help you remove the MultiSport Tags (MyLaps) at the finish line.
3. If you do not start the race, you are responsible for returning the MultiSport Tags (MyLaps) to the Race Office.
4. If you drop out or are pulled from the race at any time, turn in your MultiSport Tags (MyLaps) to a race official. 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 your MultiSport Tags (MyLaps). Your race MultiSport Tags (MyLaps) is a loaner (unless you bring your own MultiSport Tags (MyLaps). By picking up your race number and MultiSport Tags (MyLaps), you are guaranteeing
that you will return the MultiSport Tags (MyLaps) to race management, or you will be billed for its
replacement. If you lose your MultiSport Tags (MyLaps) during the event, you are responsible for a
replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra
MultiSport Tags (MyLaps) at the timing locations above. If you lose your MultiSport Tags (MyLaps)
while on the run course, please notify timing official immediately after crossing the finish line.
5. Failure to wear your MultiSport Tags (MyLaps) on race day may disqualify you from future IRONMAN events.

Race Timing and Cut-Offs
The race will officially end 8-hours after the final wave start. Aid station stops, transitions, etc., will be
included in your total elapsed time. Splits will be recorded for each segment of the race. The following
cut-off times apply for each segment of the race:

SWIM: Each athlete and relay team member will have 1 hour and 10 minutes to complete the 1.2 Mile
swim. Individual athletes and relay team members that take longer than 1 hour and 10 minutes to
complete the swim will receive a DNF.
*7:36 a.m.……..Last Wave Start
*8:46 a.m.……..Swim Course Closes
The swim course will close 1 hour and 10 minutes after the final wave start. Each athlete will have 1 hour and 10 minutes to
complete the 1.2 mile swim. Individual athletes who take longer than 1 hour and 10 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: 5 hours after the final wave start.
*10:45 a.m.……..Must start 2nd Lap at turnaround on PR-165 (Camino del Mar)
*11:15 a.m.…..Must be past far turnaround on PR-165 (Dorado)
*12:45 p.m.…….Bike Course Closes
The bike course will close 5 hours after the final scheduled Age-Group/Relay wave starts the swim (*Excludes possible
wetsuit optional wave). Each athlete or relay team will have 5 hours to complete the swim, T1 and bike course regardless of
when they start the swim. Any athlete or relay team that takes longer than 5 hours to complete the swim, T1 and bike course
will receive a DNF. If there is a wetsuit-optional wave following the last scheduled Age-Group Waves, wetsuit athletes will
have to adhere to the Age-Group wave course cut-off and course closures (in other words times will not be adjusted based
on a later start time).

RUN: The run course will close 8 after the final wave starts. Each individual athlete will have 8 hours
comeplete the entire course. Individual athletes that take longer than 8 hours to complete the entire
course will receive a DNF.
*2:15 p.m.……..Must start 2nd Lap of run
*3:45 p.m.…….Course closes
The run course will close 8 hours after the final scheduled Age-Group/ Relay wave start ( * excludes possible wetsuit-optional
wave). If there is a wetsuit-optional wave following the scheduled Age-Group waves, bike and run cut-off times will not be
adjusted. Each individual athlete will have 8 hours to complete the entire course. Individual athletes that take longer than 8
hours to complete the entire course will receive a DNF.

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. *Estimated cut-off times
are subject to change.

Bike Check-Out (ATHLETES ONLY)
On race day you must retrieve your morning clothes bag at the finish from 10:00 a.m. – 4:00 p.m.; your
bike may be retrieved at Transition (Parque del Tercer Milenio) from 1:00 – 4:00 p.m. You must have your
athlete wristband on to claim your bike or have a family member retrieve your bike with the claim ticket
provided with your registration bag.
Pre & Post-Race Sports Massage Therapy
Sports massage therapy services will be available during event weekend. Athletes and their families may visit the massage area for a pre-race massage during regular Athlete Check-in and Expo hours. Availability will be on a first-come, first-served basis at a rate of $1/minute.

On race day, the massage team will offer complimentary 10-minute post-race massages at the massage tent. Depending on demand, additional massage time may be available at a rate of $1/minute (cash only). The post-race massage area will be located just past the finish line.

Aid Stations
Bike aid stations are located approximately at mile 10, mile 25 and mile 40. Run aid stations are located approximately every mile and the mileage is marked.

Bike Aid Station:
• Sports Drink: Gatorade with Sports-top, Lemon-Lime, Fruit Punch & Cool Blue
• Water: Aquafina with Sports-top
• 26ERS- Energy Gel (Caramel Extra Salt)/Endurance Bars (Dark Chocolate & Apple Cinnamon)/Sport Gummies (Caffeine Cherry Cola)

Run Aid Stations:
• Sports Drink: Gatorade: Lemon Lime & Orange
• Water: Aquafina
• Cola: Pepsi
• 26ERS- Energy Gel (Caramel Extra Salt, Licorice Extra Salt)/Endurance Bars (Dark Chocolate)/Sport Gummies (Caffeine Cherry Cola)
• Fruit: Oranges & Bananas
• Snacks: Pretzels

Race Photography: FINISHER PIX – NEVER FORGET YOUR RACE!
FinisherPix will be at IRONMAN 70.3 Puerto Rico to capture your race memories. Within 24–48 hours after the race your personal race photos will be available here.
Link: http://www.finisherpix.com/e/3753

FREE: Your photos on your timeline with the FinisherPix Facebook App!
With the FinisherPix-Facebook-App a selection of your personal race images will be automatically and FREE posted to your Facebook timeline as soon as the photos are available. Simply click on https://apps.facebook.com/finisherpix, type in your BIB-number and accept the installation of the app in your profile.
YOUR BEST PHOTOS!
• Ensure you have your race number facing front and visible at all times
• Look out for our FinisherPix photographers on course and SMILE
• Look up when you cross the finishline and smile BIG!

Further Information and contact: support@finisherpix.com|www.finisherpix.com

Lost & Found
It is highly recommended that you mark your gear with your race number. IRONMAN is not responsible for any lost items.
For Lost & Found items:
• Prior to race day, stop by the Race Office at the Expo Grounds.
• On race day, Lost & Found will be located at the Morning Clothes Bag Tent next to Transition at the Parque del Tercer Milenio.
• Following the race, please contact info@bnsportsllc.com for information on any lost or found items.

Medical Information
• There will be medical facilities and medical volunteers throughout the race course. A medical aid station at the swim venue will handle any medical needs that arise during the swim. Trained individuals will be stationed along the swim course – in boats and on rescue boards – to assist you in case of an emergency.
• Additionally, there will be a full-service medical station located at the finish, as well as mobile medical teams roaming the course. Over half of the visits to the medical area occur after participants finish the race. Please do not leave the finish area until you are sure you are stable, can drink without vomiting and stand without dizziness. The medical station at the finish will close nine hours after the race start. All athletes seeking medical attention after that time will be referred to local emergency room facilities.
• Any medical expenses incurred are the sole responsibility of the athlete and not IRONMAN.
• Particular dangers during IRONMAN events include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint that 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.
• Please be attentive when taking water from volunteers when you’re on your bike to avoid the possibility of accident or injury to yourself or another.
• 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.
• 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 event registration was submitted. 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 by IRONMAN Anti-Doping Program.
• Feedback from previous IRONMAN contestants indicates we can never over-emphasize the importance of hydrating prior to and during the event. Our Medical Director recommends you begin hydrating heavily several days before the race and drink enough fluids so your urine is clear, colorless and copious by race day.
• 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.
Qualifying for the 2020 IRONMAN 70.3 World Championship
Forty (40) Age Group qualifying slots for the 2020 IRONMAN 70.3 World Championship will be awarded to the top Age-Group finishers. An additional twenty-five (25) Women For Tri slots will be awarded to top finishing female athletes. Taking place in Taupo, New Zealand, the 2020 IRONMAN 70.3 World Championship will be a two-day event where Professional and Age-Group men and women will race on separate days respectively. In addition, the 2020 IRONMAN 70.3 Puerto Rico will offer twenty (25) additional slots dedicated to the Women For Tri initiative, applied across all female age group categories. For more information, visit www.womenfortri.com. Athletes who qualify for the 2020 IRONMAN 70.3 World Championship will receive an official IRONMAN 70.3 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 70.3 series!

On-site and Online Registration
Online registration for next year’s IRONMAN 70.3 Puerto Rico will be available online at www.ironmanpuertorico.com early-mid summer. There will NOT be on-site registration.

Anti-Doping Policy
In accordance with the World Triathlon Corporation Anti-Doping Policy, all athletes accepting qualifying slots for the 2020 IRONMAN World Championship and 2020 IRONMAN 70.3 World Championship will be required to sign, as a condition of entry, a Release and Indemnification waiver, by which they agree to be placed into the IRONMAN Registered Testing Pool for both in and out of competition testing, and voluntarily consent to be governed by the published rule: http://www.ironman.com/triathlon/organizations/anti-doping.aspx#axzz4ZtbzOWJA

Slot Allocation
• Prior to race day, at least one slot shall be tentatively allocated to each Age Group category (both male and female). Please see the official Age Group category breakdown on the FAQ page.

• Final slot allocation will be determined on race day based on the number of official starters in each age group. If there are no starters in a particular Age Group, no slot will be allocated.

• If there are no finishers in a particular Age Group that had at least one participant start then that slot will be moved to the next calculated Age Group within the gender.

• Athletes MUST claim their slot in-person at the qualifying race during the IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony. Please check the event schedule of events for time and location of the ceremony.

Rolldown
Anyone who wishes to claim a Rolldown slot must attend the IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony and claim their slot in person. If an automatic qualifier in an Age Group chooses not to take the slot, does not attend the IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony, or has already qualified, the next eligible finisher in that Age Group may claim the slot that has rolled down.

If there are no more eligible finishers in a particular Age Group or no other finishers in attendance at the IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony in that Age Group, that unclaimed slot will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Group within the gender with the largest athletes-to-slots ratio will receive the first reallocated slot, followed by the next largest ratio receiving the second re-allocated slot (if applicable), and so on.
ENGLISH
1. OTC NSAIDs should not be used during extreme event participation.
2. OTC NSAIDs may relieve mild to moderate muscle aches and pains and the minor pain of arthritis.
3. OTC NSAIDs **should NOT be used to mask pain** or to enable performance or competition.
4. The use of OTC NSAIDs are **not a substitute for proper training** and preparation.
5. OTC NSAIDs should be used in the lowest possible dose to reduce temporary mild or moderate pain.
6. OTC NSAIDs should not be used for long term pain reduction.
7. OTC NSAIDs should not be taken for pain that lasts more than 10 days. Talk to your doctor if you feel you need to take NSAIDs on a prolonged basis.
8. When taking OTC NSAIDs make sure you are properly hydrated; take with a full glass of water with each dose. Take with food or milk if stomach upset occurs.
9. Check to ensure OTC NSAIDs do not interact with any other medications you take.
10. As with any medication, always read and follow label directions and consult your healthcare professional if you are unsure a medication is appropriate for you.

ESPÁÑOL
1. Los fármacos AINE** de venta libre no deben usarse durante la participación en eventos extremos.
2. Los fármacos AINE de venta libre pueden aliviar de forma leve a moderada dolores musculares y dolores menores de artritis.
3. Los fármacos AINE de venta libre **NO deben usarse para enmascarar dolor** o para permitir el rendimiento o participación en la competencia.
4. El uso de los fármacos AINE de venta libre **no es un sustituto para un entrenamiento** y/o preparación adecuada.
5. Los AINE de venta libre deben usarse dentro de los niveles más bajos posible de dosis para reducir de forma temporal el dolor leve o moderado.
6. Los AINE de venta libre no deben usarse para la reducción del dolor a largo plazo.
7. Los AINE de venta libre no deben tomarse para el dolor que dura más de 10 días. Habla con tú médico si siente que necesita tomar medicamentos AINE de forma prolongada.
8. Al tomar AINE de venta libre, asegúrese de estar adecuadamente hidratado. Debe tomar cada dosis con un vaso lleno de agua. Debe tomar con comida o leche si se produce malestar estomacal.
9. Asegúrese de que los AINE de venta libre no interactúan con cualquier otro medicamento que esté tomando.
10. Como con cualquier medicamento, siempre lea y siga las instrucciones de la etiqueta y consulte a su profesional de la salud si no está seguro de que un medicamento es apropiado para usted.

*NSAID = Nonsteroidal Anti-Inflammatory Drug | **AINE = Antiinflamatorios No Esteroideos
¿Tríalo y una cerveza? Ahora puedes.

Todo el sabor. Cero alcohol.
**Important Note**

The IRONMAN 70.3 Puerto Rico follows the IRONMAN Competition Rules. We are not sanctioned by USA Triathlon (USAT). As a result this event does not count into the USAT ranking point system. The registration fee includes supplemental accident insurance for all registered athletes on race day only. All Athletes must provide their Primary Insurance information as part of the “Athlete Check-In” process in order to compete. Please visit www.ironman.com for a complete set of Competition Rules.

Athletes should be aware of the serious consequences of violating Section 2.04 (f) of the IRONMAN Competition rules, which states: Any athlete that commits fraud by entering any Event under an assumed name or age, falsifying an affidavit or giving false information will be disqualified and risk suspension or expulsion from other Events.

Anyone who violates this rule may be banned for life from any future IRONMAN event. Violating this rule puts insurance coverage for the event at risk. Any abuse of marshals, race officials or volunteers is grounds for immediate disqualification. IRONMAN reserves the right to make changes to these rules at any time. Notification of any change will be in accordance with IRONMAN Competition Rules.

**General Rules**

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 contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant 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. No athlete can use a Performance Enhancing drug or procedure. All doping processes and violations will be handled in strict accordance with IRONMAN Anti-Doping Rules. A list of rules and banned substances, also known as the WADA Prohibited List, is available at: http://IRONMANpromembership.com/anti-doping. Athletes may be requested to undergo drug testing before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures.

7. The IRONMAN Anti-Doping regulations and polices on banned substances will be binding on all athletes. In addition, other rules and regulations, even if not yet recognized by the IRONMAN Anti-Doping, may be instituted, which if such occurs, you agree to abide by.

8. Should any athlete have an Adverse Analytical Finding according to the IRONMAN Anti-Doping code, all procedures with regard to handling of the sample, notification, testing of the B Sample, adjudication and suspensions will be in accordance with IRONMAN Competition Rules.

9. 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 MyLaps Pro 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.
10. IRONMAN 70.3 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.

11. 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.

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

13. Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.

14. 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.

15. 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.

16. 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.

17. Follow the prescribed course. It is the athlete’s responsibility to know the course. 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 Division Rules**

Supplemental rules and regulations pertaining to the Physically Challenged division are consistent with IRONMAN Competition Rules.

**SWIM**

1. IRONMAN reserves the right to change contestant at swim start, i.e., early start, late start, designated wave, etc.

2. Each athlete must obtain approval from IRONMAN prior to the race for all swimwear and accessories to be used during the swim portion. Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by IRONMAN.

**BIKE**

1. Each PC athlete’s cycling conduct shall be consistent with Article V of the Competition Rules.

2. Handcycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards.

3. Equipment must otherwise conform to all other general rules for bicycles as it pertains to the IRONMAN competition, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle/handcycle, regardless of any secondary benefit.

4. Participant is required to maintain control of his/her bicycle/handcycle and to operate at a reasonable speed so as not to threaten the safety and well being of aid station volunteers, other competitors, race officials and spectators. Operation of a bicycle/handcycle in a dangerous or reckless manner will be grounds for disqualification.
5. A CPSC-approved helmet is required during the entire bike portion including in and out of the transition areas. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.

6. DRAFTING IS PROHIBITED. Event drafting rules will apply to this division.

7. Standard bicycles are subject to specifications set forth in Article V of the Competition Rules. Adaptations not specified in Article V must be pre-approved by the Head Referee prior to Race day.

RUN
1. Each PC athlete’s running conduct shall be consistent with Article VI of the Competition Rules.
2. Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/handcycle portion. Standard racing chairs shall be used.
3. A CPSC-approved helmet is required during the entire run including in and out of the transition areas. Any athlete competing without an approved helmet or chinstrap not fastened will be disqualified.
We want to thank our Presenting Sponsor, the Puerto Rico Tourism Company, the City of San Juan, City of Guaynabo, City of Toa Baja, City of Cataño, City of Dorado and our corporate sponsors listed below:
PROTECCIÓN COMPROBADA EN TODO MOMENTO
PUERTO RICO RECOVERY SERVICE PROJECT

Monday, March 16, 2020
9:00AM – 3:00PM

Transportation, nutrition, hydration, event t-shirt provided

Volunteers of all ages welcome

Register NOW:
ironmanfoundation.org/puertorico

RACE FOR MORE

IRONMAN FOUNDATION
How to wear the MultiSports Tag

The MultiSports Tag must be worn around the ankle. If you wear a long wetsuit, make sure you wear the tag underneath your suit!

1. Apply the MultiSports Tag to the ankle at least 15 minutes before the race
2. Make sure the MultiSports Tag is dry and clean when applying it to the ankle
3. Apply with clean hands and never touch the adhesive material after removing the white backing paper to ensure maximum adhesion
4. After application of the MultiSports tag to the ankle, press the adhesive area firmly to the Tag to ensure maximum adhesion

Have a good race!