IRONMAN® PERU LIMA

SWIM
1,2 MILES

BIKE
56 MILES

RUN
13,1 MILES

ATHLETES GUIDE
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Dear IRONMAN 70.3 ATHLETES,

Welcome to the Third edition of IRONMAN 70.3 Peru. It is a great privilege for us to produce a world-class event in such a unique location like Lima, Peru. A city and a country that brings everything together: history, culture, gastronomy, natural beauty and the ideal conditions for a fast and very competitive IRONMAN 70.3 course.

We are certain that you will make the most of this experience. In the following pages, as well as during the mandatory athlete briefings, you will find the answer to all questions that you might have about this great event. All we have left to say, on behalf of the organization, is thank you for your enthusiasm and hard training to get here. We hope you enjoy this event, which will certainly become a very important stop in the IRONMAN 70.3 calendar.

We want, of course, to thank the great community of Peruvian triathletes, who have received this event with arms wide open. And to thank our sponsors and event partners, without which nothing would have been possible. And our final shout out goes to all the people who got involved and committed their time during long months, so that this upcoming April 14th, we can make history and enjoy the IRONMAN 70.3 Peru!

Sincerely,

The Race Organization
MESSAGE FROM THE HEAD REFEREE

Jimmy Riccitello
IRONMAN HEAD REFEREE

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.

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 (thirty-second 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.

**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 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.
## 2019 Schedule of Events

*SCHEDULE OF EVENTS IS TENTATIVE & SUBJECT TO CHANGE*

### Friday April 12, 2019

<table>
<thead>
<tr>
<th>Hour</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 pm - 6 pm</td>
<td>Athlete Check-In Expo IRONMAN 70.3 PERÚ</td>
<td>IRONMAN VILLAGE - Agua Dulce Beach</td>
</tr>
<tr>
<td>11 am - 6 pm</td>
<td>Official IRONMAN Merchandise</td>
<td>IRONMAN VILLAGE - Agua Dulce Beach</td>
</tr>
<tr>
<td>11 am - 6 pm</td>
<td>Event Info Booth - Athlete Services</td>
<td>IRONMAN VILLAGE - Agua Dulce Beach</td>
</tr>
<tr>
<td>2 pm</td>
<td>Athlete Briefing (Spanish)</td>
<td>Finish Line - VIP AREA</td>
</tr>
<tr>
<td>4 pm</td>
<td>Athlete Briefing (English)</td>
<td>Finish Line - VIP AREA</td>
</tr>
<tr>
<td>12 pm - 6 pm</td>
<td>Bike Tech</td>
<td>IRONMAN VILLAGE - Agua Dulce Beach</td>
</tr>
</tbody>
</table>

### Saturday April 13, 2019

<table>
<thead>
<tr>
<th>Hour</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 am - 6 pm</td>
<td>Athlete Check-In Expo IRONMAN 70.3 PERÚ</td>
<td>IRONMAN VILLAGE - Agua Dulce Beach</td>
</tr>
<tr>
<td>10 am - 6 pm</td>
<td>Official IRONMAN Merchandise</td>
<td>IRONMAN VILLAGE - Agua Dulce Beach</td>
</tr>
<tr>
<td>12 pm</td>
<td>Athlete Briefing (Spanish)</td>
<td>Finish Line - VIP AREA</td>
</tr>
<tr>
<td>1 pm</td>
<td>PRO PANEL</td>
<td>Finish Line - VIP AREA</td>
</tr>
<tr>
<td>2 pm</td>
<td>Athlete Briefing (English)</td>
<td>Finish Line - VIP AREA</td>
</tr>
<tr>
<td>3 pm</td>
<td>Athlete Briefing (Spanish)</td>
<td>Finish Line - VIP AREA</td>
</tr>
<tr>
<td>4 pm</td>
<td>Athlete Briefing (Spanish)</td>
<td>Finish Line - VIP AREA</td>
</tr>
<tr>
<td>11 am - 6 pm</td>
<td>Bike Tech</td>
<td>IRONMAN VILLAGE - Agua Dulce Beach</td>
</tr>
<tr>
<td>12 am - 6 pm</td>
<td>Mandatory Bike Check-In for All Athletes</td>
<td>TRANSITION AREA - Agua Dulce Beach</td>
</tr>
</tbody>
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### Sunday April 14, 2019

<table>
<thead>
<tr>
<th>Hour</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 am - 6 am</td>
<td>Transition Area Open - Body Marking</td>
<td>TRANSITION AREA - Agua Dulce Beach</td>
</tr>
<tr>
<td>6:30 am</td>
<td>Race Start</td>
<td>Agua Dulce Beach</td>
</tr>
<tr>
<td>9 am - 3 pm</td>
<td>Official IRONMAN Merchandise</td>
<td>IRONMAN VILLAGE - Agua Dulce Beach</td>
</tr>
<tr>
<td>12:45 pm - 4:15 pm</td>
<td>Bike and Gear Recovery</td>
<td>TRANSITION AREA - Agua Dulce Beach</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Award Ceremony</td>
<td>Finish Line - VIP AREA</td>
</tr>
<tr>
<td>Immediately following Award Ceremony</td>
<td>IRONMAN 70.3 World Championship Slot Allocation and Rolldown.</td>
<td>Finish Line - VIP AREA</td>
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#LIBREDEETIQUETAS

LA MONTERO SPORT ES
SÓLO
PARA LÍDERES DE LOS NEGOCIOS

O PARA AVENTUREROS QUE QUIEREN
LIDERAR EL IRONMAN 2019.

LLÉVATE TU MONTERO SPORT DESDE:
$37,990 O S/ 125,367 (1)

DESCUENTO ADICIONAL DE
$1,500 O S/4,950 (2)
PRECIOS FINALES DE $36,490 O S/120,417

EN MITSUBISHI TENEMOS LA SUV IDEAL PARA TI Y PARA EL CAMINO QUE TÚ DECIDAS TOMAR.
Participants will swim 1.2 miles (1.9km) in the Agua Dulce beach waters in the Pacific Ocean. Water temperature is expected to be between 66-70 degrees Fahrenheit (19-21 Celsius) and water conditions are very calm.

The water temperature will be measured the morning of the race. IRONMAN race officials will determine the legality of use of wetsuit. Please refer to the regulations for details on use of wetsuits.

This year, the swim will be a rolling race start with athletes self-seeding according to expected finish time. There are no swim waves. Athletes will be guided to locate themselves in the start-line based on the time they expect to complete the swim course. Athletes who expect to swim 35min would line up with other swimmers of similar ability by the 35 min swim sign. Athletes expecting 45min swim times would line up by the 45min expected swim time sign.

* Two athletes will start the race every 5 seconds *

The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. Individual athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF.

LAST ATHLETE EXPECTED TO START: 7:22am
ESTIMATED SWIM CUT-OFF TIME: 8:32am
SWIM COURSE RULES AND INSTRUCTIONS:

• GENERAL RULES

(A) Each swimmer must wear an official swim cap provided by the Race Officials. Failing at all times during the swim segment of the Race may result in a time penalty enforced by the swim segment in T1.

(B) Wearing swim goggles or a face mask is neither prohibited nor required.

(C) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited; (DSQ).

(D) The use of a cast or splint must be pre-approved by the Event specific Head Referee; (1:00 Minute Time Penalty or DSQ).

(E) Neoprene or any other booties are prohibited unless the water temperature is 18.3 degrees C/65.0 degrees F, or colder; (1:00 Minute Time Penalty).

(F) When the use of wetsuits is prohibited (see IRONMAN RULES), clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal and is not permitted during the swim segment of the Race but may be worn after completion of the swim segment; (DSQ).

(G) Individual paddlers or escorts are prohibited; (DSQ).

(H) Any assistance 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 no forward progress is made. Race Officials and medical personnel reserve the right to remove athletes from the course if such removal is determined medically necessary.

(I) It is the sole responsibility of each athlete to know and follow the prescribed swimming course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course.

(J) Indecent exposure/public nudity is prohibited always during an Event; (DSQ)
• WETSUIT RULES

(A) For age-group athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ). *Please note: If the water temperature is above 24.5 degrees C/76.1 degrees F (but is less than or equal to 28.8 degrees C/83.8 degrees F).

(B) For professional athletes, wetsuits may be worn in water temperatures up to and including 21.9 degrees C/71.5 degrees F; (DSQ).

(C) A wetsuit may cover any part of the body except the face, hands, or feet.

(D) A race kit may be worn underneath the wetsuit.

(E) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

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

• SWIMWEAR POLICY WHEN THE USE OF WETSUITS IS NOT ALLOWED

(A) 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 (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene); (DSQ).

(B) Swimwear may contain a zipper.

(C) Sleeves that extend from shoulder to elbow may be worn.

(D) Wetsuit (neoprene) shorts/bottoms are prohibited (DSQ).

(E) Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees; (DSQ).

(F) A textile race kit may be worn underneath swimwear, provided, however, that the textile race kit must not extend past the elbow and must not extend past the knees. (DSQ).
Prior to leaving the Transition Area for the swim start on race morning, be sure your gear is placed neatly adjacent to your bicycle. Drop your morning clothes bag at the designated drop area outside of Swim Start.

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 to complete the swim check-in process.

Wearing swim goggles is recommended but not required.

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

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.

The swim course will close 1 hour and 10 minutes after the final athlete 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.

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).

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.

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 (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene); (DSQ)

Swimwear may contain a zipper;

Sleeves that extend from shoulder to elbow may be worn.

Wetsuit (neoprene) shorts/bottoms are prohibited (DSQ).

Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees; (DSQ)

A textile race kit may be worn underneath swimwear, provided, however, that the textile race kit must not extend past the elbow and must not extend past the knees. (DSQ).
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 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 locations, and 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
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Break Your Record.

LESS CHAOS. MORE ROAD.

OAKLEY CYCLING COLLECTION

OAKLEY STORES

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C.C. JOCKEY PLAZA, Av. Javier Prado Este 4200 Int 199B-Surco
AREQUIPA - C.C.MALL PLAZA Av. Ejercito 793 Local A - 3012 - Cayma

www.bighead.com.pe   @oakleyperu
COURSE DESCRIPTION

From transition, located in Agua Dulce beach, participants will take on a fast 56-mile course (90km), featuring a very flat route along the beach circuit road “Costa Verde”. There, participants will need to complete four (4) 22.5 km loops, over wide roads that will be opened exclusively for bikes.

TURN BY TURN DIRECTIONS

- Athletes will leave transition and Playa Agua Dulce and turn right heading south on the Cirquito de Playas for approximately 2.7km.
- Athletes will U-turn at Malecon La Herradura and begin heading north.
- Athletes will use the north bound lanes of Ciruito de Playas along the Costa Verde to the northern end of the Ciruito de Playas.
- Athletes will perform a u-turn and enter the south bound lanes of Ciruito de Playas and return southbound to the transition.
- Athletes will complete 4 loops of this 22.5km course.
BIKE PROFILE

**BIKE COURSE CUT-OFF TIMES**

The bike course will close 5 hours and 30 minutes after the final athlete starts the swim. Each athlete will have 5 hours and 30 minutes to complete the swim and bike course regardless of when they start the swim. Any athlete or relay team that takes longer than 5 hours and 30 minutes to complete the swim and bike course will receive a DNF.

11:47 am.  **ESTIMATED Must start Lap #4 at Mile 42 (KM 67,5)**

12:52 pm.  **Bike course closes ESTIMATED.**

* The bike course will close 5 hours and 30 minutes after the final athlete starts the swim (*Excludes possible wetsuit optional wave). Each athlete will have 5 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 5 hours and 30 minutes 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.)

**BIKE MECHANICS**

We will have bike mechanics services available at the expo during expo hours. Athletes are encouraged to make sure their bikes are in good working order before traveling to the event.

Athletes are encouraged to know how to change flat tires and be self-sufficient. Athletes should also carry any spares tires or spare parts they may need on race day. On race morning, we will have bike techs available in the transition area. Additionally, there will be mobile bike techs along the race course on motorcycles.

These bike techs assist athletes on an “as needed” basis. That means as they patrol the course, they will stop and assist any athlete they come across. Should you be able to stop at an aid station, they will have some basic bike tools and pumps as well as communication to call for bike tech.
(A) The bicycle shall be propelled solely, through a chain set, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited.

(B) Athletes must not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, an athlete may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other athletes; (DSQ).

(C) It is the sole responsibility of each athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course.

(D) All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic. In no case can a cyclist cross a solid yellow line indicating a no passing zone; (1:00 Minute Time Penalty or, depending upon severity of violation, DSQ).

(E) No cyclist shall endanger herself/himself or another athlete. Any cyclist who intentionally or recklessly presents a danger to any athlete or who, in the judgment of the Head Referee, appears to present a danger to any athlete will be disqualified.

(F) All athletes must exercise extreme caution and decrease speed if necessary in passing the site of any cycling or other accident; (DSQ).

(G) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-top always during the cycling segment of the Race; (1:00 Minute Time Penalty, DSQ if not remedied promptly).

(H) Uniforms with a front zip must not be undone below the point of the end of the breastbone (sternum); (DSQ if not remedied promptly).

(I) Athletes must wear a bike helmet number on the front of their helmet; (1:00 Minute Time Penalty).

(J) The athletes’ bike frame sticker must be securely attached to the bike and must be visible from both sides; (1:00 Minute Time Penalty).

(K) Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, bar wrappers, broken bike parts, or clothing items, may be discarded only in the designated trash drop zones at each aid station. Discarding any item outside of the trash drop zones is prohibited; (5:00 Minute Time Penalty) *Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in disqualification (See Event-specific Athlete Information Guide for more information).

(L) Except as set forth below (see IRONMAN RULES) additional equipment that has the effect of reducing wind resistance is prohibited during the bike segment of the Race (whether such equipment is worn under the athlete’s clothing, over the athlete’s clothing, or is otherwise attached to the athlete’s body or the athlete’s bike); (DSQ).
RULES ABOUT BIKE EQUIPMENT:

WHEELS

(A) The front wheel must be of spoke construction (aero rim with spokes is permitted) and must not be solid; (DSQ).

(B) The rear wheel may be either spoke or solid construction (disc wheel). Wheel covers are permitted only on the rear wheel. For reasons of safety, solid (disc) rear wheels are prohibited at the IRONMAN 70.3 World Championship; (DSQ).

(C) Wheels of spoke construction may consist of an aero rim with spokes (spokes may be bladed, round, flattened, or oval).

(D) No wheel may contain any mechanism capable of accelerating or artificially causing the continued rotation of the wheel. (DSQ)

BIKE SPECIFICATIONS

(A) All bicycles and bicycle equipment must conform to the specifications set forth in this Section. Any athlete (other than athletes competing in the HC Division or the PC Open Division) using a nonconforming bicycle or otherwise violating this Section will be disqualified.

(B) Length cannot exceed two meters, and width cannot exceed 75 centimeters;

(C) The distance from the ground to the center of the chain wheel axle must measure at least 24 centimeters.

(D) A vertical line touching the front most point of the saddle may be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle. The cyclist must not have the capability of adjusting the saddle beyond these limits during the Race;

(E) The “front-to-center” distance, which is defined as the distance between a vertical line passing through the center of the chain wheel axle and a vertical line passing through the center of the front axle, must measure not less than 54 centimeters, except where the distance between the center of the chain wheel axle and the top of the saddle is less than 71 centimeters (in this case the front-to-center distance cannot be less than 50 centimeters). The “front-to-center” distance must not measure more than the 65 centimeters, or seven eighths of the distance between the center of the chain wheel axle and the top of the saddle, whichever is greater. Applicability of the two foregoing exceptions is determined by measuring from a point on top of the saddle which is 14 centimeters behind the front most point of the saddle.
(A) “Drafting” means to remain within the draft zone (as described below) of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited; (5:00 Minute Time Penalty).

(B) The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete; (5:00 Minute Time Penalty).

(C) Prior to entering the draft zone of another athlete, professional athletes must move to the side of the athlete being overtaken (i.e., no slipstreaming). Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty).

(D) Athletes must remain outside of the draft zone (6 bike lengths between bikes) except when passing. Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty).

(E) A “pass” occurs when the overtaking athlete’s front wheel passes the leading edge of the front wheel of the athlete being overtaken;

(F) The overtaking athlete may not back out of a draft zone after entering it. Once an overtaking athlete enters the draft zone of another athlete, a pass must be completed; (5:00 Minute Time Penalty)
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 of 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 through 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 other riders 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.

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

DAZZLER
BY WYNDHAM
LIMA MIRAFLORES

4K de distancia desde el hotel hasta agua dulce
Punto de partida de la competencia

DAZZLER
BY WYNDHAM
LIMA SAN ISIDRO

8K de distancia desde el hotel hasta agua dulce
Punto de partida de la competencia
The run course consists of a 13.1 mile (21.1KM) two-loop out-and-back route over the beachfront path of Playa Agua Dulce. Offering views of Lima’s beautiful beaches, the course is mostly flat and fast and finishes on the beach at Agua Dulce beach, with a spectacular view of Lima’s skyline.

**TURN BY TURN DIRECTIONS**

- Athletes will leave transition and head north alongside the beach, west of the expo.
- Athletes will enter the bicycle path on the north side of Agua Dulce and continue north for approximately 5km to the U-turn.
- Athletes will return southbound in the vehicle lane of Cirquito de Playas until they reach Agua Dulce.
- Athletes will complete 2 loops of the out/back style course and enter the finish line in Agua Dulce after their 2nd lap.

*ATHLETES WILL RUN ON THE LEFT SIDE, ENGLISH STYLE*
RUN PROFILE

The run course will close 8 hours and 30 minutes after the final athlete starts the race. Each individual athlete will get 8 hours and 30 minutes to complete the entire course. Individual athletes that take longer than 8 hours and 30 minutes to complete the entire course will receive a DNF and will not be eligible for age group awards or for IRONMAN 70.3 World Championship slots.

(A) Athletes may run, walk, or crawl.

(B) It is the sole responsibility of each athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the athlete’s final Race time);

(C) All athletes must obey all traffic laws while on the running course unless otherwise specifically directed by a Race Referee or Race Official with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic. Any violation of this Section will result in a time penalty or disqualification (depending upon severity of the violation);

RUN COURSE CUT-OFF TIMES

2:22pm. ESTIMATED. Athletes must start second loop
3:52pm. ESTIMATED. Finish Line closes

* Note: IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

RUN COURSE RULES AND REGULATIONS.

(A) Athletes may run, walk, or crawl.

(B) It is the sole responsibility of each athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the athlete’s final Race time);

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Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-top always during the run segment of the Race; (1:00 Minute Time Penalty, DSQ if not remedied promptly).

Uniforms with a front zip must not be undone below the point of the end of the breastbone (sternum); (DSQ if not remedied promptly).

Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, bar wrappers, broken bike parts, or clothing items, may be discarded only in the designated trash drop zones at each aid station. Discarding any item outside of the trash drop zones is prohibited (5:00 Minute Time Penalty) Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in disqualification.

Athletes must wear their IRONMAN issued bib number in front of the athlete’s person and the bib must be clearly visible at all times on the run course. Bib numbers identify the official athletes in the Race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear bib number is prohibited and may result in disqualification.

Run course cut-off times will be stated in the Event-specific Athlete Information Guide. See IRONMAN RULES, ILLEGAL EQUIPMENT

Headsets or headphones are prohibited during the run segment of the Race. (1:00 Minute Time Penalty, DSQ if not remedied promptly).

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

Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If such permission is given by IRONMAN, it is the athlete’s responsibility to notify the Head Referee of such permission prior to the start of the Race. Athletes seen with an unauthorized camera, phone camera, or video camera will be disqualified.
Athlete check-in will take place at the Expo located at Playa Agua Dulce on Friday April 12th from 12:00 pm to 6:00 pm and Saturday, April 13th from 11:00 am to 5:00 pm. 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 5:00 P.M. ON SATURDAY, April 13th.

During athlete check-in you will receive one 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 transition and swim start area. 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 / gear bag) will be transported to the finish for you to collect following the race.

Bicycle check-in is on Saturday, April 13th, from 12:00 pm - 6:00 pm Bicycles will not be permitted to enter the transition area on race morning. You will have access to your bike beginning at 4:00 am 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!

Transition Area will open at 4:00 am on race day. Body marking will begin at this time just outside of the Transition area entrance. Transition Area will close at 6:00 am All athletes must leave transition area by 6:00 am towards the swim start area. 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. Do not use your bib number in the swim section, you must leave it in transition area with the rest of your belongings.
QUEMA CALORÍAS Y ALIMENTA A NIÑOS CON MALNUTRICIÓN

ESTE AÑO HAZ QUE TUS CALORÍAS CUENTEN!

DESCARGA LA APP
RACE INFORMATION

AID STATIONS

• BIKE
There will be 1 Aid Station on each loop of the Bike Route (4 total opportunities) located in Km 12, that will provide athletes with:

• Sporade
• Water
• Energy Gel: Brand: GU
• Fruit

• RUN
There will be 3 double sided Aid Stations in the Run course (12 total opportunities) located in Km 1.5, km 3 and Km 5 that will provide athletes with:

• Sporade
• Water
• Energy Gel: Brand: GU
• Fruit

* IMPORTANT . ATHLETES SHOULD BE SUPPLIED ONLY AT OFFICIAL AID- STATIONS, OUTSIDE ASSISTANCE MAY RESULT IN A PENALTY OR EVEN DISQUALIFICATION.

RACE TIMING AND CUT-OFF TIMES

The race will officially end 8.5 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. Any athlete taking over 8.5 hours will be listed as a DNF. The following cut-off times apply for each segment of the race:

• SWIM
The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. Each athlete will get 1 hour and 10 minutes to complete the swim course regardless of when they start the swim. Individual athletes and relay team members who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF.

7:22 am . ESTIMATED . Last athletes to Start.
8:32 am . ESTIMATED . Swim course closes.
**BIKE**

The bike course will close 5 hours and 30 minutes after the final athlete starts the swim. Each athlete will have 5 hours and 30 minutes to complete the swim and bike course regardless of when they start the swim. Any athlete that takes longer than 5 hours and 30 minutes to complete the swim and bike course will receive a DNF.

11:47 am. ESTIMATED. Must start Lap #4 at Mile 37, KM 67.5.
12:52 pm. ESTIMATED. Bike course closes.

**RUN**

The run course will close 8 hours and 30 minutes after the final wave or athlete starts. Each individual athlete will get 8 hours and 30 minutes to complete the entire course. Individual athletes that take longer than 8 hours and 30 minutes to complete the entire course will receive a DNF and will not be eligible for age group awards or for IRONMAN 70.3 World Championship slots.

2:22 pm. ESTIMATED. Must Start Lap #2 of run.
3:52 pm. ESTIMATED. Finish Line closes.

**IMPORTANT NOTE**

Please note that based on permits for the use of roads and traffic plan created by the authorities and the security of athletes participating, the maximum times at each stage must be respected for all IRONMAN events. We reserve the right to remove any athlete during the course if our staff determines that there is the possibility that this athlete will not finish the stage within the time limit set based on the location of the athlete, time, and average speed.

In addition, athletes who begin the swim in a group early and have a total running time of more than 8.5 hours will not be considered an official finisher. Total time will be considered as “Official finisher” and be eligible to receive a prize in its category and spaces in the IRONMAN 70.3 World Championship.
BIKE CHECK-OUT.

Your bike may be retrieved at Transition from 12:45 – 4:15 pm. 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.

COMPETITORS RESPONSIBILITIES

When you pick up your race packet and at athlete check-in, stop by the chip verification table to ensure that your correct name shows up on the computer screen. You must wear your Sportstats Tags at all times while you are racing. Fasten it to either ankle with the Velcro 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 Sportstats Tags. Volunteers will help you remove the Sportstats Tags at the finish line.

If you do not start the race, you are responsible for returning the Sportstats Tags to the Race Office. If you drop out or are pulled from the race at any time, turn in your Sportstats Tags to a race official. 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 Sportstats Tags. Your race Sportstats Tags is a loaner (unless you bring your own Sportstats Tags).

By picking up your race number and Sportstats Tags you are guaranteeing that you will return the Sportstats Tags to race management, or you will be billed for its replacement. If you lose your Sportstats Tags 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 Sportstats Tags at the timing locations above. If you lose your Sportstats Tags while on the run course, please notify timing official immediately after crossing the finish line.

FINISH LINE POLICY

Friends, family members, and/or other spectators are NOT permitted to cross the finish line or enter the finish chute with participating athletes. (Please note: IRONMAN desires for each athlete to be able to celebrate his/her accomplishment without risking the safety of other Event participants, volunteers, and/or spectators). Athletes who choose not to respect the foregoing finish line policy will be disqualified.

RACE TIMING

SportStats will capture your splits (swim, T1, bike, T2, run) and overall finish time. The race will officially end 8.5 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.
RACE PHOTOGRAPHY

FinisherPix is proud to have been selected as the Official Photographers for the IRONMAN 70.3 Peru. FinisherPix will be at IRONMAN 70.3 Peru to capture your race memories. Within 24 – 48 hours after the race your personal race photos will be available here:

- www.finisherpix.com/e/2864

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.

So, what do you need to do?
1. Be sure to have your race / bib number visible always. SMILE when you cross the finish line!
2. Visit us at www.finisherpix.com to view & order your photos from this spectacular event!

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.

(A) Any medical expenses incurred are the sole responsibility of the athlete and not IRONMAN.

(B) 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.

(C) 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.

(D) 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.
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.

You are solely responsible for avoiding medications that appear on the list of banned substances as determined by IRONMAN Anti-Doping.

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 2019 IRONMAN 70.3 WORLD CHAMPIONSHIP**

Fourty (40) Age Group qualifying slots for the 2019 IRONMAN 70.3 World Championship will be awarded to the top Age-Group finishers, taking place in Nice, France. The 2019 IRONMAN 70.3 World Championship will be a two-day event with the Professional and Age-Group women racing on Saturday, September 7, 2019 and the Professional and Age-Group men racing on Sunday September 8, 2019.

The 2019 IRONMAN 70.3 Peru will offer 25 additional slots dedicated to the Women for Tri initiative, applied across all female age group categories.

Athletes who qualify for the 2019 IRONMAN 70.3 World Championship will receive an official 2019 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!
Slot Allocation and Rolldown will be completed together in the same ceremony for all IRONMAN 70.3 events. Athletes MUST claim their slot in-person during the 2019 IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony immediately following the Awards Ceremony at 5:30 PM. Be prepared to pay the €425 euro entry fee with CREDIT CARD ONLY; no check or cash. Prior to race day, at least one slot shall be tentatively allocated to each Age Group category (both male and female).

Final Slot Allocation will be determined on race day based on the number of official starters in each Age Group. We advise that athletes call their bank/credit card company prior to Slot Allocation/ Rolldown to arrange for the charge.

If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group. Final Slot Allocation shall be representative of the actual number of Age Group starters in each category in the race. Please check the schedule of events for time and location of the ceremony. 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 2019 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 2019 IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony in that Age Group, that unclaimed slot will be reallocated to another Age Group based on the athletes-to-slots ratio.

### Professional Athlete Prize Purse

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<tr>
<th>PLACE MALE / FEMALE</th>
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IMPORTANT - OFFICIAL SHUTTLE SERVICE!

Buses provided by IRONMAN 70.3 PERU will leave our official hotel (DAZZLER MIRAFLORES & SAN ISIDRO) on the following schedule:

Saturday April 13th for athlete check-in and mandatory bike Check-in from 9h00 to 19h00 (Playa Agua Dulce- Race Venue).

Sunday April 14th from 03H00 - 05H30 for race start (Playa Agua Dulce-Race Venue) and from 16H00 - 20H00 for Awards Ceremony and back to hotels.

* Buses will depart from the official hotels every 30 minutes. Please arrive 5-10min before the scheduled time of departure.
Conectar a Perú con el continente americano es posible

Con 6 vuelos diarios desde Lima y 2 vuelos semanales desde Chiclayo a Panamá, Copa Airlines lo conecta con 80 destinos en América y el Caribe a través del Hub de las Américas®

¡Reserva ya! copa.com