# Welcome

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**Athlete Guide:** 1.2 Miles Swim · 56 Miles Bike · 13.1 Miles Run
It is an honour to welcome all athletes to the island of swallows, to the seventh edition of IRONMAN 70.3 Cozumel.

This island, which belongs to the Mayan heritage, besides being one of the main scuba diving destinations, has become the proud host of important sporting events. Acclaimed athletes in both amateur and professional sports have visited Cozumel either to participate in competitions or to relax and enjoy its beaches, its weather and family friendly atmosphere.

We are very proud to be your hosts and to share the thrill of this race which imbues everyone in this beautiful Mayan island.

Welcome to Cozumel, we hope you enjoy your stay in the Mexican Caribbean.

C.P. Carlos Joaquín González
Governor of the State of Quintana Roo

It is a great honour to welcome all triathletes participating in the seventh edition of IRONMAN 70.3 Cozumel.

Welcome to Cozumel. Welcome to the Mexican Caribbean. Mayan land filled with history, ocean of turquoise tones, exotic nature, harmony and tranquility. An ideal venue for all men and women of iron to achieve this amazing sporting challenge.

Dreams may come true in this awesome island in the Mexican Caribbean. The State of Quintana Roo wishes you the best competition ever and rewards your effort offering you one of the most beautiful landscapes in the world.

Welcome!

Lic. Marisol Vanegas Pérez
Minister of Tourism of the State of Quintana Roo

Dear athletes, family members, friends and supporters,

I am very pleased to welcome you to this wonderful event that year after year takes place in one of the most beautiful and unique destinations of our country, the Island of Cozumel.

Cozumel is the third largest island in Mexico and has a 22km long coral reef extending throughout its white sandy beaches. It is the most important cruise destination. Its submarine landscape is filled with life and colour due to its amazing biodiversity and large coral reef that has made Cozumel one of the main destinations for scuba diving in the world.

The island offers a spectacular scenery and a great variety of sports to practice such as rock climbing, snorkelling, surfing, fishing, amongst other activities.

I wish you the best of luck in this event and may I remind you that Mexico is happy to greet you!

Héctor Flores Santana
General Manager Mexico Tourism Board

The people of Cozumel are proud to greet all triathletes participating in the 2018 IRONMAN 70.3 Cozumel.

Cozumel is considered a benchmark in the history of tourism in Mexico. Our natural wonders attract millions of visitors every year thus positioning us as the perfect venue for national as well as international world class level sporting events, urging us to double our efforts to earn the title of The island of sports.

I welcome you to enjoy yet another edition of this fantastic event surrounded by the warmth of our people.

Welcome!

Pedro Joaquín Delbouis
Mayor of Cozumel 2018 - 2021
**MESSAGE FROM THE HEAD REFEREE**

**Felix Molina**  
Head Referee del Ironman 70.3 Cozumel  
Presented by Innovasport 2018

MESSAGE FROM THE HEAD REFEREE Felix Molina  
IRONMAN 70.3 Cozumel will operate under the “three strikes and you’re out” principle. Even though DRAFTING is the only violation to incur a time penalty (to be served in the nearest penalty box at various spots on the bike course), every bike course violation requires a stop in the penalty tent. Drafting penalties require a 5-minute stop; all other violations require 30 seconds penalty.

ONLY BLUE card violations will count toward your three strikes— three blue card violations result in a Disqualification (DQ).

To maximize your understanding of the rules on race day, please take the time to read the following summary of Position Violations.

- Always ride on the right side of your lane to avoid an illegal position or blocking call.
- Age Group and Elite athletes must keep six bike lengths (12 meters) between your bike’s front wheel and the front wheel of the cyclist in front of you to avoid a DRAFTING call.
- Always pass on the lefthand side of the cyclist in front of you, never on the righthand side, to avoid an illegal passing call.
- Age Group and Elite athletes must complete your pass within 25 seconds to avoid a blocking call.
- If you are passed, drop back six bike lengths before attempting to re-pass, to avoid an overtaken or DRAFTING call.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. In the case of Position Violations, the referee’s ruling is final and is not open to protests or appeals.

The following are several other common rule violations:

### HELMET CHINSTRAP
- The chinstrap of your helmet must be securely fastened whenever you are on your bike and/or running or walking with your bike during the race in the transition area. You must put your helmet on and fasten the chinstrap before grabbing and/or leaving your bike on the rack.

### RACE NUMBER
- You must wear your race number during run portion of the race. Your bike number must be properly attached to your bike in a visible place.

### LITTERING
- (stop and go at the next penalty box) — do not throw away ANYTHING outside the official aid stations!

### UNAUTHORIZED EQUIPMENT
- Sorry, absolutely no compression socks (during the swim), no wetsuit, cell phones, MP3 players, Oakley Thumps, iPods or other kind of devices that cause distraction to athletes during the race!

### OUTSIDE ASSISTANCE
- Do not accept any assistance from anyone other than a race official, and do not have non-racers ride or run alongside you!

Please remember to treat other athletes, volunteers and race officials with courtesy and consideration. Failure to do so is considered **UNSPORTSMANLIKE CONDUCT** and may result in disqualification.

I sincerely hope you have a perfect race, lots of fun and that you achieve your goals.

Felix Molina  
Head Referee, IRONMAN 70.3 Cozumel 2018

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<table>
<thead>
<tr>
<th>Violation</th>
<th>Card Color</th>
<th>Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>DRAFTING VIOLATION</td>
<td>BLUE CARD</td>
<td>Five minute time penalty served in a penalty tent on the bike course</td>
</tr>
<tr>
<td>LITTERING VIOLATION</td>
<td>BLUE CARD</td>
<td>Five minute time penalty served in a penalty tent on the bike course</td>
</tr>
<tr>
<td>BLOCKING VIOLATION</td>
<td>YELLOW CARD</td>
<td>30 seconds time penalty served at the next penalty tent</td>
</tr>
<tr>
<td>DISQUALIFICATION (DSQ)</td>
<td>RED CARD</td>
<td>Any combination of three blue cards will result in race disqualification.</td>
</tr>
</tbody>
</table>

IRONMAN.COM/40YEARS
# EVENT SCHEDULE—2018 METLIFE IRONMAN 70.3 COZUMEL, Presented By Innovasport

*EVENT CALENDAR IS PROVISIONAL AND SUBJECT TO CHANGE - Please continue to regularly check for updates.*

**Friday September 28th, 2018:**

<table>
<thead>
<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 p.m.</td>
<td>6:00 p.m.</td>
<td>Athlete Check-in (Packet Pickup)</td>
<td>Cozumel Convention Center</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>6:00 p.m.</td>
<td>Official Store—MetLife IRONMAN 70.3 Cozumel, Presented by Innovasport</td>
<td>Cozumel Convention Center</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>6:00 p.m.</td>
<td>Expo—MetLife IRONMAN 70.3 Cozumel, Presented by Innovasport</td>
<td>Cozumel Convention Center</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>6:00 p.m.</td>
<td>Information Booth</td>
<td>Cozumel Convention Center</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>6:00 p.m.</td>
<td>Free Bike Tech Support</td>
<td>Cozumel Convention Center &amp; Host Hotels (For hotel guests only)</td>
</tr>
<tr>
<td>5:00 p.m.</td>
<td>6:00 p.m.</td>
<td><strong>MANDATORY ATHLETE BRIEFING</strong> (Spanish) for all age group athletes</td>
<td>Hotel Cozumel &amp; Resort Auditorium</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>7:30 p.m.</td>
<td><strong>MANDATORY ATHLETE BRIEFING</strong> (Spanish) for all age group athletes</td>
<td>Hotel Cozumel &amp; Resort Auditorium</td>
</tr>
</tbody>
</table>

**Saturday September 29th, 2018:**

<table>
<thead>
<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 a.m.</td>
<td>8:45 a.m.</td>
<td>Practice Swim</td>
<td>Chankanaab Park—OFFICIAL swim course. (Transportation is NOT provided); NO CHIP = NO PRACTICE SWIM</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>2:00 p.m.</td>
<td>Athlete Check-in (Packet Pickup)—FINAL CHANCE TO PICK UP PACKET</td>
<td>Cozumel Convention Center</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>2:00 p.m.</td>
<td>Official Store—MetLife IRONMAN 70.3 Cozumel, Presented by Innovasport</td>
<td>Cozumel Convention Center</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>2:00 p.m.</td>
<td>Expo—MetLife IRONMAN 70.3 Cozumel, Presented by Innovasport</td>
<td>Cozumel Convention Center</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>2:00 p.m.</td>
<td>Information Booth</td>
<td>Cozumel Convention Center</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>2:00 p.m.</td>
<td>Free Bike Tech Support</td>
<td>Cozumel Convention Center &amp; Host Hotels (For hotel guests only)</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>10:00 a.m.</td>
<td><strong>MANDATORY PROFESSIONAL ATHLETE BRIEFING</strong> (ENGLISH)</td>
<td>Hotel Cozumel &amp; Resort Auditorium</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>4:00 p.m.</td>
<td>Red Bag Check-in at Transition Area 2 (T2)</td>
<td>Mega Super Center Parking Lot entrance in front of Barracuda Hotel</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>5:00 p.m.</td>
<td><strong>MANDATORY BIKE CHECK-IN REVIEW SCHEDULE FOR BIKE CHECK-IN ACCORDING TO YOUR BIB NUMBER</strong></td>
<td>Transition Area 1 (T1), Chankanaab Park Parking lot. The last bus leaves each host hotel at 4:05 p.m.</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>5:00 p.m.</td>
<td>Free Bike Tech Support</td>
<td>Transition Area 1 (T1), Chankanaab Park Parking lot</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>11:30 a.m.</td>
<td><strong>MANDATORY ATHLETE BRIEFING</strong> (English) for all age group athletes</td>
<td>Hotel Cozumel &amp; Resort Auditorium</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>1:00 p.m.</td>
<td><strong>MANDATORY ATHLETE BRIEFING</strong> (Spanish) for all age group athletes</td>
<td>Hotel Cozumel &amp; Resort Auditorium</td>
</tr>
</tbody>
</table>

**Sunday September 30th, 2018:**

<table>
<thead>
<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:05 h</td>
<td>5:35 h</td>
<td>Free transportation to Start—T1—Chankanaab</td>
<td>From 5 host hotels to transition area 1 (T1—Chankanaab) (For hotel guests only)</td>
</tr>
<tr>
<td>5:15 h</td>
<td>6:35 h</td>
<td>Transition Area opens (T1)</td>
<td>Transition Zone 1 (T1), Chankanaab Park Parking lot</td>
</tr>
<tr>
<td>5:15 h</td>
<td>6:35 h</td>
<td>White bag check-in buses (optional)</td>
<td>Transition Zone 1 (T1), Chankanaab Park Parking lot</td>
</tr>
<tr>
<td>6:35 h</td>
<td></td>
<td>Transition Area closes (T1)</td>
<td>Transition Zone 1 (T1), Chankanaab Park Parking lot</td>
</tr>
<tr>
<td>06:50 h</td>
<td></td>
<td>Professional Men’s Race Start (White Swim Cap)</td>
<td>Start Line, Chankanaab Park</td>
</tr>
<tr>
<td>06:55 h</td>
<td></td>
<td>Professional Women’s Race Start (White Swim Cap)</td>
<td>Start Line, Chankanaab Park</td>
</tr>
<tr>
<td>07:00 h</td>
<td></td>
<td>Age Groups Rolling Start</td>
<td>Start Line, Chankanaab Park</td>
</tr>
<tr>
<td>08:40 h</td>
<td></td>
<td>Estimated Swim Cut-Off</td>
<td>Chankanaab Park</td>
</tr>
<tr>
<td>10:00 h</td>
<td>17:00 h</td>
<td><strong>Official Store—MetLife IRONMAN 70.3 Cozumel Presented by Innovasport</strong></td>
<td>Finish line area, alongside event recovery area</td>
</tr>
<tr>
<td>13:00 h</td>
<td></td>
<td>Estimated Bike Cut-Off</td>
<td><strong>Those athletes who have not finished their 1st bike lap (37.28 miles) by 15:15 am, will not be able to start their 2nd lap of the bike course, due to the official cut-off time.</strong></td>
</tr>
<tr>
<td>12:45 h</td>
<td>16:30 h</td>
<td>Transition Area opens (T2)—for equipment removal</td>
<td>Transition 2 (T2), Mega Super Center Parking Lot, Exit (Dismount Line)</td>
</tr>
<tr>
<td>16:00 h</td>
<td></td>
<td>Estimated Run Cut-Off (Official Race Cut-Off Time)</td>
<td><strong>Ironman Cozumel Presidential Run Finish line will remain open until the final runner crosses the finish line for the Full Ironman.</strong></td>
</tr>
<tr>
<td>16:30 h</td>
<td></td>
<td>Last chance to pick up bike and race bags at Transition 2 (T2)</td>
<td>Transition 2 (T2), Mega Super Center Parking Lot</td>
</tr>
<tr>
<td>18:00 h</td>
<td>19:00 h</td>
<td>Awards Ceremonies—MetLife IRONMAN 70.3 Cozumel Presented by Innovasport</td>
<td>Hotel Cozumel &amp; Resort Auditorium (Grand Saloon)</td>
</tr>
<tr>
<td>19:30 h</td>
<td></td>
<td>SLOT allocation &amp; Roll Down for the 2019 IRONMAN 70.3 World Championship</td>
<td>Hotel Cozumel &amp; Resort Auditorium (Grand Saloon)</td>
</tr>
<tr>
<td>21:00 h</td>
<td></td>
<td>Closing Party</td>
<td>Señor Frog’s, Punta Langosta Shopping Center</td>
</tr>
</tbody>
</table>

Official Event Schedule may change, please consult updates at mandatory pre-race meetings.
COZUMEL TOURIST MAP

Run Profile 13.1 MI · Continue Elevation: 4 m/13.1 ft a.s.l.

Bike Profile 56 MI · Continue Elevation: 4 m/13.1 ft a.s.l.
PRE-RACE INFORMATION

PERSONAL COMMUNICATION PLAN
Prior to departing to Cozumel be sure to establish a communications plan with family and friends back home. Establish a race day emergency contact with those who may need to reach you in case of emergency. Even if you are in Cozumel with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

SWIMMING POOL
25 Meters, 8 Lanes
Independence Sport Venue
Av Andres Q Roo, Independencia, CP 77600 San Miguel, Q.R.
Average Temperature: 80.6 F
Water Depth: 1.5 Meters
Monday to Friday from 9:00am to 2:00pm

https://www.google.com.mx/?gfe_rd=cr&ei=SHuPVMPuMmn8wedIIGoDQ#safe=active&q=unidad+independencia+cozumel
For reservations, please contact directly deportes@islacozumel.gob.mx
Free of charge
This pool is not managed by LOC

ATHLETE CHECK-IN:
Athlete check-in will take place at The Cozumel Convention Center
Date and Time: Friday September 28th, 12:00 pm to 6:00 pm.
Saturday September 29th, 9:00 am to 2:00 pm.

PROCESS TO COLLECT YOUR PACKAGE OF COMPETITOR
IMPORTANT: We will take a picture of your official ID., and you must sign the official waiver to complete the check-in process, athletes will need the following:
1. Government issued photo identification
2. Metlife IRONMAN 70.3 Cozumel presented by Innovasport registration confirmation
3. Signed waiver. Available at the packet pick up/registration site.
4. Pick up your athlete packet which includes:

YOUR RACE PACKET WILL INCLUDE
* Race number
* Bike number
* Sticker number sheet for helmet and bags,
* Swim cap
* Athlete wrist band,
* Timing chip. (Remember, You must pick up your timing chip after you get your competitor package, and in a different line).
* Official back pack,
* Tech Name Towel 23 x 15 Inches. (If you registered before Aug 30th, your name will be printed on it).
* Bags (3) (red, white and blue).
* Bike check out tickets (2) for non athletes.
* Baggage Tag

Important notice: Only registered athletes are allowed to compete, and each athlete must pick up his or her own packet in person. Each athlete must show a valid photo I.D. (Driver’s license, passport, or other international I.D.)

Also, a reminder that entries to the 2018 Metlife IRONMAN Cozumel 70.3, presented by Innovasport are not transferrable or refundable, and they are valid only for this year’s event (2018).

All participants must be members of the Mexican Triathlon Federation, and those who are not annual members must purchase one-day memberships in order to officially register for the event.

All race packets must be picked up by 2:00 P.M. on Saturday, September 29th.

ATHLETE WRISTBAND
A wristband 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 week. The wristband allows you access to the transition area, post-race athlete recovery area and awards ceremony.

You will not be allowed to remove your bicycle and/or gear from the transition area following the race without your wristband affixed to your wrist. Please do not remove your wristband until after the awards ceremony or you will be denied entry.

PERSONAL SAFETY
Always train with at least one other person. While swimming, please wear a bright color swim cap and ensure that your family members and/or friends know where you are.

Please be friendly and courteous with the people with whom you are sharing the road. If you ride in a group, please do so single-file, as riding in a peloton is not permitted.

You are a guest of Cozumel, please respect all traffic laws during your training, and know that any traffic infractions will also incur a penalty by race officials. You may not ride your bike with a bare torso. Please take photo identification with you at all times. Your cooperation is greatly appreciated.

ATHLETE GUIDE: 1.2 MILES SWIM · 56 MILES BIKE · 13.1 MILES RUN
BIKE CHECK-OUT TICKET

If you are unable to personally claim your bike and gear, a family member or friend must provide a copy of their photo ID along with the signed ticket to claim their athlete’s gear.

As a precaution, give the ticket to a family member or friend prior to the race, even if you plan to claim your bike and gear yourself. You'll receive two bike check-out tickets in your packet.

Bike pick up time at Transition Zone 2, 12:45 p.m. to 4:30 p.m. on Sunday September 30th.

LOCAL TRANSPORTATION

The Local Taxi Syndicate of Cozumel will again be supporting the event and will be offering fixed tariffs for all participants, family members, and spectators. They will also be prepared to transport all athletes with their bikes.

Mandatory Pre-Race Meeting

The Race Organizers and Mexican Triathlon Federation officials will be going over all necessary information, logistics, and instructions at these briefings. This will be your chance to ask any questions you may have, so please attend one of the race briefings taking place at Cozumel & Resort Hotel.

Friday September 28th
SPANISH (FIRST MEETING): 5:00 pm to 6:00 pm
SPANISH (SECOND MEETING): 6:30 pm to 7:30 pm

Saturday September 29th
PRO MEETING (IN ENGLISH): 9:30 am to 10:00 am
ENGLISH (This is the ONLY MEETING): 10:30 am to 11:30 am
SPANISH (THIRD MEETING): 12:00 pm to 1:00 pm

RELAYS (2 or 3 Athletes):
Distance: 1.2 mile Swim, 56 mile Bike, 13.1 mile Run

Packet Pick Up Day for Relays

Each participant must sign the waiver, pick up their race packet during the established registration dates.

Each Relay Member Must Have Their FMTRI Membership Updated (Foreign Athletes can subscribe to FMTRI for one year or one day).

Make Sure That Your Team’s Racing Kit Includes:

* One Running Number
* One bike number
* One Number stickers for helmet and bags.
* One swim cap
* Bracelet (two or three bracelets depending on the number of relay participants)
* Timing Chip: This one will be handed to you in a different queue.
* Official Back pack (two or three back packs depending on the number of relay participants)
* Tech Name Towel 23 x 15 Inches. (If you registered before Aug 30th, your name will be printed on it). (two or three towels depending on the number of relay participants)
* 3 bags (Red, White & Blue).
* Bike check out tickets (2) for non athletes.
* Baggage Tag (two or three baggage tags depending on the number of relay participants)

Relays Transition Bike Check- in

For transition bike check-in, only the bike relay member is allowed into transition areas. Each relay member will be body marked that same day.
**PRE-RACE INFORMATION**

**RACE DAY FOR RELAYS**

There will be a designated area for relays between the swim exit and the entrance to transition area 1 (T1). The relay cyclist must remain in this area to do the exchange of chip (pass the torch).

There will be a designated area for relays between transition area 2 (T2) and the run start. The relay runner must remain in this area to do the exchange of chip (pass the torch).

**IMPORTANT NOTICE FOR RELAYS**

Relay members must remain in the designated area during the whole race, failure to do so may result in a DQ.

Swimmer Relay may use our bus transportation to T2 after finishing swim course, buses will be located at the main highway (one block away from Chankanaab Park).

Runner Relay may remain in the designated area during the whole race or a maximum of 2 hours and 30 minutes after race start, it is very important for the runner relay to be at the designated area prior to the arrival of biker relay.

The relay waiting zone will be provided with toilet facilities, chairs and aid station.

Each relay member may enter general recovery area after finishing their race stage (Special relays entrance after finish line). Each relay member must collect their own finisher t-shirt and medal. It is strictly forbidden to cross the finish line together; only the runner relay may do so.

**BIKE COLLECTION FROM TRANSITION 2 ZONE:**

Only the bike relay member may collect his/her bike from Transition 2 Zone once the race is over.

**MANDATORY BICYCLE CHECK-IN FOR ATHLETES & RELAYS:**

Mandatory bicycle check-in is Saturday September 29th from 10:00 am to 5:00 p.m. in the parking lot of Chankanaab Park.

There will be free transportation from host hotels to Transition 1 (T1)—round trip. The last bus leaves each host hotel at 4:45 p.m.

Check-in times:

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>AWA</td>
<td>9:30 – 10:00 am.</td>
</tr>
<tr>
<td>1 – 100</td>
<td>10:00 – 11:00 am.</td>
</tr>
<tr>
<td>101 – 550</td>
<td>11:00 – 12:00 pm.</td>
</tr>
<tr>
<td>551 – 1,000</td>
<td>12:00 – 1:00 pm.</td>
</tr>
<tr>
<td>1,001 – 1,450</td>
<td>1:00 – 2:00 pm.</td>
</tr>
<tr>
<td>1,451 – 1,900</td>
<td>2:00 – 3:00 pm.</td>
</tr>
<tr>
<td>1,901 – 2,000</td>
<td>3:00 – 4:00 pm.</td>
</tr>
<tr>
<td>2,000 &amp; Up</td>
<td>4:00 – 5:00 pm.</td>
</tr>
</tbody>
</table>

All bicycles must be checked into Transition Area 1 (T1) and left overnight. You have the option to cover your bike computer or remove it; full bike covers are not permitted.

Bicycles must all have the competitor’s number attached to the frame. Also at bike check-in, athletes will be body marked with their race number on the arm and leg, as well as the age group category on the calf.

Athletes must leave their bikes as they will be used on race day—changing of equipment, such as wheels, will not be permitted on race day.

You will have access to your bicycle starting at 5:30 a.m. to 6:40 a.m. on race morning, but you will not be allowed to remove your bike from the transition area until the start of the bike leg.

Cycling shoes may NOT be left in Transition Area on Saturday September 29th, ONLY BICYCLES.

No loose gear will be allowed on the ground next to bicycles on bike check in day.

**OFFICIAL STORE DISCOUNTS**

Identify the Official Store Poster and receive attractive discounts and promotions in the best stores and restaurants.
Download the IRONMAN Tracker App and follow your athlete on race day! Receive updates and find the perfect spot to cheer as they pass by on course!
PRACTICE SWIM
Prior to race day, familiarize yourself with the water conditions by attending the swim practice on Saturday morning (7:00 – 8:45 a.m.) at Chankanaab Park. While swimming during the scheduled swim practice, always follow the instructions of water safety personnel and wear a bright color swim cap.

ONLY registered athletes in the race will be allowed to participate in the practice swim. Athletes MUST have completed the Athlete Check-In process on Friday in order to participate. They must wear their racing chip at all times during the practice swim.

Athletes will NOT be allowed to participate in the practice swim without their timing chip.

NO CHIP = NO PRACTICE SWIM

There will not be free transportation from host hotels to swim practice.

THE SWIM PRACTICE IS SUBJECT TO CHANGES OR CANCELLATION DEPENDING ON WEATHER CONDITIONS.

RACE DAY PARKING
The Parking lot at Chankanaab Park is used entirely for Transition 1, so there will be absolutely no parking available.

Parking on the road is strictly prohibited, so please use the free busses from all host hotels, or a taxi cab to get to Transition 1 in the morning. Officials will be towing any illegally parked cars on race day.

RACE MORNING CHECK-IN PROCEDURE
The transition area will open at 5:15 a.m. on race day. Plan to arrive early. Body marking will begin at 5:15 a.m. at Transition 1 (T1) entrance. Athletes will have the ability to go over the bikes at this time.

You will not be permitted into the swim start area on race day without your wristband, swim cap and chip. You must also be properly 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.

RACE PHOTOGRAPHS
Finisher Pix Photo is proud to have been selected as the official photographers for the event. Finisher Pix will photograph all athletes and make these photos available on the event website a few days after the event.

So what do you need to do?
1. Be sure you have your race / bib number visible at all times
2. Raise your arms and SMILE when you cross the finish line!

IRONMAN LIVE APP & LIVE COVERAGE:
Family members & friends will be able to follow you live online on race day. All they need to do is download the Ironman Live Tracker app by Dilltree Inc or visit www.ironman.com, click on the LIVE COVERAGE IRONMAN button and select 2018 IRONMAN 70.3 Cozumel.

PERISCOPE
Follow the live event on Periscope, just follow F. Mexicana de Triatlón and activate the notifications on your mobile to know the exact moment of the stage that will be broadcasted live.

ALL WORLD ATHLETE PROGRAM (AWA)
The IRONMAN All World Athlete program is our way of rewarding age-group athletes’ hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 racing.

The program uses the IRONMAN Age Group Ranking system to determine which athletes have finished within the top 10 percent or better in their age group each calendar year. This system allows athletes to generate points based on their finish time behind the first official finisher in their age group. Athletes accumulate points for each race they complete. On December 31st, only the top three performances will count toward an athletes’ All World Athlete status. This makes it easy for athletes to improve their ranking by simply racing more with IRONMAN.
NEVER FORGET YOUR RACE!

Order your personal race photos here: www.finisherpix.com
www.facebook.com/finisherpix | #finisherpix
An athlete can achieve All World Athlete status in one or all of the following categories: IRONMAN, IRONMAN 70.3 and OVERALL (IRONMAN and IRONMAN 70.3 combined).

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

For questions regarding the All World Athlete Program, please contact: awa@ironman.com

Benefits for this race:
- * Priority Access to Athlete registration
- * All World Athlete logo on bibs
- * All World Athlete Swim caps
- * Early bike check in (specific details in All World Athlete email)
- * All World Athlete Tattoos

**TRANSITION ZONE**

Will be located at the Chankanaab Park. On race day, transition will open at 5:15 am. All athletes must be out of the Transition Zone 15 minutes before race start and head towards to start line.

It takes approximately 10 minutes to get from Transition Area to the Start.

Transition 2 (T2) is located in the parking lot of the Mega Super Center, across from the Presidencia Municipal of Cozumel.

After 4:30 pm on Sunday September 30th, the Transition Zone will have no surveillance, the Race Organizers will not be held responsible for any forgotten bikes or grey bags.

**PRE-SWIM AND SWIM START**

The swim will be a rolling start. Athletes will enter the water in a continuous stream through a controlled access point, similar to how running road races are started. An athlete’s times will start when they cross timing mats at the start line. Athletes will be directed to self-seed on race morning based on their projected swim time. Volunteers and staff will be in the staging area with signs and will assist with this process. Self-seeding will not be mandatory but will be encouraged.

Age Group Athletes will begin to enter the water at 7:00 a.m. It is expected to take 25 minutes for all athletes to enter the water; everyone will be in the water by 7:25 a.m.

There will be 9 pre-swim corrals marked with estimated swim time.

- Corral 1.....Under 27:00 min (1.2mi)
- Corral 2......27:00 - 29:00 min (1.2mi)
- Corral 3....29:00 - 31:00 min (1.2mi)
- Corral 4.....31:00 - 33:00 min (1.2mi)
- Corral 5.....33:00 - 36:00 min (1.2mi)
- Corral 6....36:00 - 40:00 min (1.2mi)
- Corral 7.....40:00 – 44:00 min (1.2mi)
- Corral 8.....45:00 – 50:00 min (1.2mi)
- Corral 9.....50:00+ min (1.2mi)

In case you need to be body marked again, you can do this in the pre-swim corral under the help tent. Follow all instructions from the officials.

There will be no opportunity to warm up in the water poor to the swim start, and attempting to do so can result in disqualification.
SWIM COURSE

SUMMARY

SWIM COURSE – 1.2 MILES (1.9 KM) — ONE LAP

The 1.2 mile swim is in the ocean, and it starts and finishes in front of the dolphin platform at Chankanaab Park.

The course is a rectangle and athletes will swim in a counterclockwise direction. It is in an in-water start, and the route is marked with large triangle buoys on the corners, and small round buoys every 100 meters.

Swim with all buoys on your left side. Water visibility is excellent for the entire swim.

Water temperature in the ocean in the month of September is typically around 80.6°F or (27°C). Neoprene wetsuits will NOT BE PERMITTED.

“Metlife IRONMAN 70.3 Cozumel, Presented by Innovasport” provides a brightly colored swim cap for each athlete. This cap is provided for safety and must be worn throughout the swim.

SWIM COURSE RULES AND INSTRUCTIONS

1. Once you arrive at the swim start on race morning, leave your morning clothes bag at designated drop-off area. You cannot leave any gear at your bicycle rack.

2. Athletes who wear glasses may place them, prior to the start, on the table which will be located next to the swim finish gantry at Transition Area. Be sure to label them with your name and race number.

3. Don’t forget to bring the swim cap and timing chip provided at athlete check-in. Failure to wear the official swim cap may result in disqualification.

4. Since the estimated water temperature on race day is 80.6°F wetsuits will be not allowed for age group or elite athletes.

5. There will NOT be an opportunity to warm up in the water prior to the start.

6. Wearing swim goggles is recommended but not required.

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

8. Swimmers are required to stay on course and keep the course buoys markers to their left. Failure to do so may result in disqualification.

9. If you find yourself in need of assistance during the swim, raise one arm above your head, wave it up and down and call or seek assistance to the water safety personnel. Any swimmer who receives assistance, whether voluntary or involuntary, must retire and withdraw from 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.

10. The swim course will close One hour and 10 minutes after the last age group athlete starts the swim (Rolling Start). Athletes who have not completed the swim leg after the cut-off time will be disqualified and will not be allowed to continue to the bike portion of the race.

11. As you exit the water, you will cross timing mats on your way to the transition area.

12. No compression socks, fins, paddles or snorkels of any kind are allowed.

LEGEND

- TRANSITION 1 AREA
- START LINE
- SWIM FINISH
- TURN BUOYS
- OUTBOUND SIGHTING BUOYS
- RETURN SIGHTING BUOYS
- RUN OUT TO TRANSITION

TURN BY TURN DIRECTIONS

- Exit from start line heading northeast
- Turn left heading northwest
- Turn left heading southwest
- Turn left heading southeast
- Turn left heading northeast
- Turn right heading east go to the swim finish
- Go straight to the Transition 1 zone
An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it’s important that you arrive on race day healthy, fit and prepared. Here’s a top-10 checklist to help get you ready.

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

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

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

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

5. **PAY ATTENTION TO WARNING SIGNS**
   - If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

6. **DON’T USE NEW GEAR ON RACE DAY**
   - Focus on controlling as much as you can on race day.
   - You should never race in equipment you haven’t trained in this is not the time to test new gear.
   - Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
   - Prepare for the unexpected with backups of all your gear.

7. **WARM UP ON RACE DAY**
   - Arrive early enough on race day for a proper warm up prior to the start, preferably in the water.
   - If you aren’t able to warm up in the water, spend between 5 and 10 minutes getting loose.
   - Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

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

9. **START EASY – RELAX AND BREATHE**
   - Don’t race at maximum effort from the start.
   - Relax and focus on proper breathing technique as you settle into a sustainable pace.

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

SUMMARY

The bike course starts at the Chankanaab Park Parking lot (T1), and ends along side the esplanade of the Presidencia Municipal (T2), using the main highway that circles the Island of Cozumel.

Upon leaving the parking lot of Chankanaab Park (point A), you will cross the old highway to arrive on the main highway where you will turn to the right toward Punta Sur. Upon arrival of Punta Sur, you will continue along the eastern side of the island, in a northerly direction until you arrive at the intersection of Av Juarez (at Mezcalitos), where you will turn left and continue to Avenue 30, where you will turn left. Continue there until the intersection of 11th Avenue (Andres Quintana Roo), where you will turn right. Continue straight until you reach the esplanade of the Presidencia Municipal, where you will again take Rafael Melgar and continue in the direction of Chankanaab. Continue past Chankanaab to just in front of the Iberostar Hotel where you will make the turnaround (point B) to return on the same highway (in this section there will be bicycle traffic in both directions, but the highway is divided and there is ample room on both sides, and there will be cones separating each side) all the way back to Transition 2 (T2) on the side of the Presidencia Municipal (point C).

The bike course will be completely closed to vehicular traffic, and there will be police support throughout the course.

** Important: Due to the strong cross winds during the bike segment, the use of full DISC wheels will be strictly forbidden (all other wheels like HED three spoke or similar, will be allowed), please take this into consideration when selecting your racing wheels prior to traveling to Cozumel. Race officials will monitor this at bike check in.

There will be seven (7) on-course aid stations (every 10km) (20km, 30km, 40km, 50km, 62km, 72km, 83km) to keep athletes well fueled during the bike leg.

Drafting is not allowed!

TECH TIPS & OTHER DETAILS

Bike inspection will not be provided at bike check-in, bike mechanics will be available though. Athletes are ultimately responsible for their own bikes. However, race officials may, at their discretion, make final judgment as to the soundness of bikes. Prior to mandatory bike check-in on Saturday, 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. There will be a limited number of pumps available in the transition area on race morning, thus we recommend you bring your own. You must give your pump to a family member or friend before race start, since pumps will not be stored with your pre- swim bags.

For security and safety reasons, bikes will not be allowed out of the transition area once bike check-in begins on Saturday. No one will be allowed to enter the bike compound unless accompanied by a race official.

On race day, bike tech vehicles will patrol the course to aid in emergency repairs, but it is the sole responsibility of every athlete to carry the necessary items to make their own repairs and continue with their race.

BIKE SHIPPING

Tri Bike Transport offers bicycle transport to Cozumel (a service that is only available in Mexico for this event). This service will be located within the parking lot of the Mega Commercial (store).

If you choose not to use this service, we recommend you to travel with your bike as part of your luggage. Race organizers recommend that you do not send your bike via any other shipping service in order to avoid inconveniences with Mexican customs. The potential for a long delay is too great a risk.

Most airlines recommend that you use the following procedures when shipping your bike:

1. Pack your bike as if you were shipping eggs. Do everything you can to ensure damage-free delivery. Boldly label your bike case with your name, address, etc., so it can be identified quickly. If you plan to arrive in Cozumel immediately before the bike check in, you risk having your bike arrive after you do.

Plan ahead!

BIKE TECH SERVICES

The official bike shop and technical provider of the event will open their event store and tech service center at the expo & packet pick up, official host hotels and transition area. Shops will be staffed by expert bike technicians and stocked with great deals on a variety of merchandise (tires, tubes, CO2, and more).

Please look at the event official program for service dates and times.

During race day, bike tech services will be located at each bike aid station and a movil scooter tech between each aid station.
BIKE COURSE
RULES AND INSTRUCTIONS

1. All bikes must display the bike frame number clearly visible, bike number will be a sticker that you have to affix to your bike seat frame.
2. Tandems, fairings or any add-on device designed exclusively to reduce resistance are not allowed. Any new, unusual or prototype equipment will be subject to determination of legality by IRONMAN and / or the Chief Race Official.
3. All bikes must be checked in the Saturday prior to race day. Race officials reserve the right to reject any bike 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 the transition area, 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 behind another bike or any other vehicle is allowed.
   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 Age Group and Elite riders may pass on the left for up to 25 seconds, but must fall back 12 meters (~6 bike lengths) distance between bikes except when passing.
   d. Riders must keep 12 meters (~6 bike lengths) distance between bikes except when passing.
   e. An overtaken rider must fall back 12 meters (~6 bike lengths) before attempting to regain the lead from a cyclist ahead.
   f. Athletes committing rule violations will be notified “on the spot” by an official.
   g. The official will:
      I. Call out your race number and notify you that you have received either a BLUE CARD for drafting, or a YELLOW CARD for any other penalty. The official will show you the corresponding color card.
      II. He/she will instruct you to report to the next penalty box (PB) on the course. There will be seven (7) PBs on the course (one at every aid station) and one (1) in Transition area.
      h. The athlete will:
         I. Report to the next PB and tell the PB Official whether you received a BLUE CARD or a YELLOW CARD. If you fail to report to the next PB, you may be disqualified.
         II. The race officials will have race numbers marked by the PB official with a “/” for drafting or a “P” for all other penalties.
         III. The athlete must register, via the sign-in sheet.
         IV. He/she must resume the race immediately, upon having their numbers marked with a “P”, for all non-drafting violations (YELLOW CARD).
         V. Remain in the PB for FIVE (5) minutes for each drafting violation (BLUE CARD).
         VI. The athlete will be disqualified if he/she receives any combination of three penalties. If you are disqualified, you may finish the bike course but may not start the run.
      VII. Risk disqualification for not reporting to the PB.
   5. Shoes may NOT be placed beside the bike. Shoes and shirts must be worn at all times.
   6. Each participant must wear the Metlife IRONMAN 70.3 Cozumel issued race number at all times while on the course. One of the two bib numbers must be placed low on the BACK of rider’s jersey where it is clearly visible. Folding or cutting race number or intentional alteration of any kind is STRICTLY PROHIBITED. Race belts may be worn.
   7. CPSC-approved helmets are required during the entire bike leg. It must be worn when running in and out of the transition area. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a 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 from someone outside the race. 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 is 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 neutral technical support vehicles will be on the course to assist with emergency repairs whenever possible.
   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 along the course with their bike, if necessary, but may not make progress on the bike course unless they carry, push or pull their bikes along with them.
   12. All participants must mount and dismount in the marked zones at the transition area. Under no circumstances should an athlete ride their bike inside the transition area.
   13. Headsets or headphones are not allowed during any portion of the race.
   14. If an athlete needs minor medical assistance, there will be medical personnel at every aid station, where he/she may receive treatment. Depending upon the level of care required, ambulances may take the athlete to the nearest hospital to receive treatment. If you have a problem, please go to an aid station for further assistance.
   15. If you don’t respect littering area, you’ll be subject of penalization.
IN THIS EVENT
DRAFTING IS PROHIBITED
BE SAFE, BE FAIR,
DON’T CHEAT!
ATHLETE GUIDE: 1.2 MILES SWIM · 56 MILES BIKE · 13.1 MILES RUN

- **NO**
- **YES**

- 12 mts.
- 25 seg.
- 12 mts.

**ZONA DE DRAFTING**
LOCAL TRAFFIC LAWS

You are an ambassador for the sport and IRONMAN 70.3 Cozumel, the impact of your actions is far reaching. When you’re out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community.

Please do not use private property as a toilet. Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash container. 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.

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
56 MILES / 90 KILOMETERS
COZUMEL, QUINTANA ROO

TURN BY TURN DIRECTIONS

• Mount your bike, exit transition 1 and head southeast until Gral. Rafael E. Melgar St.
• Turn right on Gral. Rafael E. Melgar St. and head southwest
• Continue on Gral. Rafael E. Melgar St. and turn left heading southeast onto Quintana Roo C-1
• Continue on Quintana Roo C-1 and turn left heading Northwest onto Transversal Highway
• Turn left onto 30 Av.
• Turn right onto Quintana Roo St.
• Turn left onto Gonzalo Guerrero St.
• Turn right onto 15 Sur St.
• Turn left onto Gral. Rafael E. Melgar St. until U turn.
• Continue on Gral. Rafael E. Melgar St. and turn right onto 15 Sur St.
• Turn left onto Gonzalo Guerrero
• Turn right onto Quintana Roo St. and continue until U Turn
• Continue on Quintana Roo St. and enter transition zone 2
• Dismount
Completing in a triathlon event requires training on a bike. To be fully prepared, it’s important that you arrive on event day fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

BEFORE YOU RIDE

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

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

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

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

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

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

DURING THE RIDE

7 STAY ALERT
   • Leave the playlists and podcasts for indoor workouts.
   • Don’t use your phone while riding – pull off the road if you need to make a call or send a text.
   • Don’t take photos and selfies while riding.
   • Keep your head up, particularly when riding in a group. Look at the road and the riders around you, not your bike computer.
   • Be able to see and hear what is going on around you. When riding in the aerobars, do not look down at the road, look ahead.
   • Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
   • Pay particular attention when approaching aid stations during a race. Do not ride though aid stations in the aerobars.

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

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

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

RUN COURSE SUMMARY

RUN COURSE - 13.1 MILES (21.097 KM) (2 LAPS)

The run course is paved throughout and is mostly flat. It starts on Rafael Melgar Avenue, just near the corner of 11th Avenue in front of the Barracuda Hotel. Leaving T2 the course turns right and goes to the northern part of Cozumel where the first turnaround is located. Runners return south to the run start where they will complete the first of TWO 10.5km loops.

RUN COURSE RULES AND INSTRUCTIONS

1. No form of locomotion other than running or walking is allowed.
2. Runners must wear their bib number at all times on the course.
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, which provides an advantage over single competitors, is not allowed.
4. Runners are expected to follow the directions and instructions of all race officials and public authorities.

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4. Runners are expected to follow the directions and instructions of all race officials and public authorities.
FINISH LINE POLICY

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

EVENT SANCTION

Mexican Triathlon Federation (FMTRI) will sanction the Metlife IRONMAN 70.3 Cozumel Presented by Innovasport and the event will abide by their rules and officials. Any abuse of marshals, race officials or volunteers is grounds for immediate disqualification.

IRONMAN CUT OFF POLICY

SWIM

The swim course will close **1 hour and 10 minutes** after the last age group athlete starts the swim (Rolling Start). All athletes still in the water after the cut-off time will be disqualified and will not be permitted to continue the bike portion of the race.

BIKE

The bike course will close **5 hours and 30 minutes** after the last age group athlete starts the swim (Rolling Start). All athletes still on the bike course after the cut-off time will be disqualified and will not be permitted to continue the in the race. **For those athletes who have not finished their 1st bike lap (37 Mi) prior to 11:15 am, will not be able to proceed to their 2nd lap of the bike course due to cut off time.**

RUN

The IRONMAN 70.3 Cozumel course will close **8 hours and 30 minutes** after the last age group athlete starts the swim (Rolling Start). Runners still on the course after that time will be given the opportunity to unofficially finish the race, upon the sole discretion of race organizers and public authorities.

Athletes who finish before the cut off time but have a finishing time of more than 8 hours and 30 minutes will be considered a DNF and will not be eligible for age-group awards or for IRONMAN 70.3 World Championship slots or roll down.

Chips cost $100 USD. Athletes who loose their chip will be charged $100 USD to the credit card used to enter the race.

RULES

APPLYING TO ALL STAGES OF RACE

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

1. Participants are expected to follow directions and instructions of all race officials and public authorities.

2. Course marshals shall have authority to disqualify any contestant.

3. 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 for risk of serious injury or death. Medical transport of any contestant will result in disqualification.

4. No participant can use a performance enhancing drug or procedure. All doping processes and violations will be handled in strict accordance to the World Anti-Doping Agency (WADA) code. A list of banned substances is available at: http://www.wada-ama.org/en/dynam-ic.ch2?pageCategory.id+370, also known as the WADA Prohibited List. Participants 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.

5. The Medical Control Rules set forth by FMTRI, in harmony with WADA regulations and policies on banned substances, will be binding on all participants. In addition, other rules and regulations, even if not yet recognized by WADA, may be enforced, if such occurs, you hereby agree to abide by them.

6. Should any participant have an Adverse Analytical Finding according to the WADA code, all procedures with regards to handling of the sample, notification, testing of the B Sample, adjudication and suspensions will be performed in accordance with the WADA code.

7. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship, are grounds for immediate disqualification and will result in the suspension of the contestant from competing in any other IRONMAN event in the future.

8. If an athlete decides to withdraw from the race at any time, it is the responsibility of the contestant to report to the timing tent located at the finish line and turn in their bib number and timing chip immediately. It is essential that race officials know where contestants are on the course at all times. Failure to comply after withdrawing from the race may result in contestant being prevented from competing in any other IRONMAN event in the future.

9. Metlife IRONMAN 70.3 Cozumel reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefing meetings.

10. As a FMTRI-sanctioned race, the Metlife IRONMAN 70.3 Cozumel will subscribe to FMTRI rules specifically. Professional athletes may not win age group awards and age group athletes are not eligible for prize money.

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

12. IRONMAN does not allow the transfer of an athlete’s registration to another; no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any IRONMAN event.
PHYSICALLY CHALLENGED DIVISION RULES

Supplemental rules and regulations pertaining to the Physically Challenged division are consistent with FMTRI rules.

SWIM
1. IRONMAN reserves the right to seed contestant at the swim start (i.e., early start, late start, designated wave, etc.).
2. Athlete may use wetsuit during competition. Each athlete must obtain approval from IRONMAN prior to the race for all swimwear and accessories to be used during the swim. Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by IRONMAN.

BIKE
1. Cycling conduct and specifications are consistent with FMTRI rules.
2. Hand cycles 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/hand cycle, regardless of any secondary benefit.
4. Participant is required to maintain control of his/her bicycle/hand cycle 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/hand cycle in a dangerous or reckless manner will be grounds for disqualification.
5. A CPSC-approved helmet is required during the entire hand cycle (bike) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.
6. DRAFTING IS PROHIBITED.

RUN
1. Running conduct and specifications are consistent with FMTRI 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/hand cycle portion. Standard racing chairs shall be used. 3. A CPSC-approved helmet is required during the entire wheelchair (run) segment including entry and/or exit to and from the transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.

RACE TIMING

The race will be timed with MyLaps® Technology.

You must wear your timing chip at all times while you are racing. Fasten it to either ankle with the Velcro strap provided before the swim start and leave it on until after you finish the run. You may apply Vaseline around your ankle. It will not affect the chip. Volunteers will help you remove the chip at the finish line.

If you do not start the race on Sunday, you are still responsible for returning the chip to race management. Chips shall also be returned by mail to: Zacatecas # 59 Col. Héroes de Padierna, Delegación la Magdalena Contreras CP. 10700 Mexico City.

If you drop out or are pulled out from the race at any time, turn in your chip to a race official. Failure to do so may prevent 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 chip.

Your race chip is a loaner. By picking up your race number and chip, you are guaranteeing that you will return the chip to race management, or you will be billed $100 USD to your credit card for its replacement.

If you lose your timing chip during the event, you are responsible for a replacement at the following location: timing tent next to the finish line gantry. If you lose your timing chip while on the run course, notify a timing official immediately after crossing the finish line.

NO CHIP = NO TIME

MEDICAL

There will be medical staff and facilities throughout the race course. Trained individuals will be stationed along the swim course to assist you in case of an emergency.

Additionally, there will be a primary medical aid station at the finish, as well as mobile medical teams roaming the course. Over half of the visits occur after participants have finished the race. Please do not leave the recovery area until you and your friends are sure you are okay, until you can drink without vomiting and stand without dizziness. The medical aid station at the finish line will officially close 8 hours after the last swim start. All athletes seeking medical attention after that time will be referred to local emergency room facilities. All medical expenses incurred are the sole responsibility of the athlete and not of Metlife IRONMAN 70.3 Cozumel Presented by Innovasport

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

During events of extreme endurance, the body’s pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish. Also, please be attentive when taking water, sports drinks or other supplies from volunteers when you’re on your bike to avoid an accident or injury to yourself or another.

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

If you spend three months prior to the event in a climate cooler than Cozumel, we suggest you consider an acclimatization period in Cozumel before the race. The chance of dehydration and electrolyte imbalance can be reduced significantly by a proper period of acclimatization.

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 medication, 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. Failure to do so will result in suspension of participation in future IRONMAN events.

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

Feedback from previous IRONMAN contestants indicates we can never over emphasize the importance of hydrating prior to and during the event. Metlife IRONMAN 70.3 Cozumel’s Chief Physician recommends you begin hydrating heavily several days before the race and drink enough water so your urine is clear, colorless and copious by race day.

AID STATIONS

Bike:
There will be seven (7) on-course aid stations (20km, 30km, 40km, 50km, 62km, 72km, 83km) to keep athletes well fuelled during the bike leg.

Aid stations will supply you with Gatorade regular formula (lemon-lime and orange flavor) in ready-to-drink sport-top bottles, water, ice and portable toilets. Be sure to toss empty bike bottles and sports nutrition wrappers at the drop targets at each aid station. Water bottles will be exchanged at the aid stations. Individual bottles will not be returned to athletes. Bike aid stations will close 5 hours and 30 minutes after last age group swim start (rolling start).

To avoid risk, please reduce your speed in order to use bike aid station. If your speed is high, you won’t be able to take items from each aid station.

Half Marathon:
On the run course, aid stations will be located approximately every kilometer and will offer Gatorade regular formula (lemon-lime and orange flavor), water, Pepsi, ice, oranges, bananas, pretzels and sun block cream.

There will be portable toilets at each of the aid stations on the bike and run course.

Fuel2Go is the energy you need to perform at your best in your physical activity, as it features the newest technology in foods based on scientific studies relating to sports nutrition. It has been shown that during moderate intensity exercise or intermittent exercise lasting longer than 1 hour, consuming 30-60 g of carbohydrates has great benefits as it reduces fatigue and improves physical performance.

Fuel2Go contains 25.4 g of carbohydrates so it is recommended to be consumed 15 minutes before starting physical activity and every 30 minutes, this in order to consume about 50 g per hour. Furthermore, scientific studies show that there may be up to 65% more oxidation and better utilization when using mixtures of carbohydrates. Such is the case of Fuel2go, which is made from a mixture of maltodextrin, fructose and isomaltulose.

Fuel2Go contains sodium and potassium, electrolytes that are lost in greater proportion when sweating. It also contains 25mg of caffeine, which has beneficial effects in terms of energy optimization and perception of personal burnout.

TRI YOGA

Triathlon is a sport that provokes great physical and mental exhaustion, therefore, those who practice it are prone to injuries.

Yoga is an ideal practice to aid on your recovery and prevent injuries:

Physically
- It helps you maintain a good posture
- It increases your flexibility
- Makes you more agile and lighter as you run
- Aids in your recovery
- Improves your breathing capacity

Mentally
- Helps you take control of your emotions
- Improves concentration
- Helps reduce and control pain
- Keeps you calm
- Reduces stress.

15 minutes sessions in the recovery area.

AWARDS CEREMONY

Sunday September 30th, 6:00 pm
Place: COZUMEL & RESORT HOTEL, MAIN AUDITORIUM.

The first 5 places of each category of age groupers, the first place of each TRICLUB division and elite will be awarded.

Please do not remove the wristband prior to the ceremony or you will be denied entry.
QUALIFYING FOR THE 2019  
IRONMAN 70.3 WORLD CHAMPIONSHIP  
SLOT ALLOCATION & ROLLDOWN PROCEDURE  
FOR THE 2019 IRONMAN 70.3 WORLD CHAMPIONSHIP:  

Sunday September 30th, 7:30 pm.,  
Place: COZUMEL & RESORT HOTEL, MAIN AUDITORIUM  

1. Thirty (30) qualifying slots for the 2019 IRONMAN 70.3 World Championship will be awarded to the top age group finishers. Please review the table at the event site for the projected slot allocation by category. Final slot allocation will be determined on race day based on the number of official starters.
2. Look at the preliminary results after the race to know if you have qualified to compete at the IRONMAN 70.3 World Championship, if so, you must assist to the SLOT ALLOCATION meeting.

You must claim your slot in person prior to the awards ceremony on Sunday, September 30th, at 7:30 p.m. at the awards ceremony Cozumel & Resort Hotel. Please be prepared to pay online registration $425 EUROS entry fee + 8% Active fee with Credit Card. Sorry we will not accept cash, personal or traveler checks or any other currency, (NO CASH ACCEPTED). Any unclaimed slots will be rolled down to the next eligible present finishers.
3. The athlete must be present at the roll down which will be held SIMULTANEOUSLY with the slot allocation to claim the slot. If the athlete is not present to claim the slot, the slot will be forfeited to another athlete.
4. A slot will "roll down" to the next person (same gender) in a designated age group if the athlete originally earning the slot is not present or has declined the slot.
5. Should any slot(s) "roll down" through an entire age group without being claimed, 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 reallocated slot (if applicable), and so on.
6. Age group slots may not be assigned to pros and pro slots may not be assigned to age groups. NO EXCEPTIONS.
7. If an athlete wins a slot, that slot must be used in the year it is assigned.
8. If an athlete wins a slot, they must pay all world championship entry fees at their qualifying event.
9. The race organization reserves the right to recall any slots that may have been awarded in error.
10. Athletes who qualify for the 2019 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 series!

CLOSING PARTY  
Sunday September 30th, 9:00 p.m.  
Place: Señor Frog’s, Plaza Punta Langosta  
Cheer and celebrate you are an IRONMAN 70.3! Señor Frog’s will celebrate all athletes with a closing party, don’t miss it!

REGISTRATION FOR THE 2019 METLIFE IRONMAN 70.3 COZUMEL PRESENTED BY INNOVASPORT:  
Online registration for next year’s Metlife IRONMAN 70.3 Cozumel Presented by Innovasport will be available on www.ironmanmexico.com beginning at 12:00 p.m. central time on Monday October 1st, 2018. There will be no onsite registration. Please consider that for the seventh year in a row the race has SOLD OUT before the event.

LOST & FOUND  
Metlife IRONMAN 70.3 Cozumel 2018 Presented by Innovasport staff will take all found items to the award ceremony.

We highly recommend that you mark your gear with your bib number, as Metlife IRONMAN 70.3 is not responsible for any lost items. For luggage lost while traveling, please contact your airline.

Best of luck and we'll see you at the finish line!

BEST OF LUCK AND WE’LL SEE YOU AT THE FINISH LINE!
To be included in IRONMAN TriClub Competition and Rankings at this race, you must confirm that your TriClub name is correctly affiliated with your IRONMAN account before ( Deadline time/date: Always the Friday before event weekend. Check the current TriClub Participant List HERE (link to list posted on website), and if you or your club is not listed, please email triclub@ironman.com

MOST REPRESENTED TRICLUBS RACING
IRONMAN 70.3 COZUMEL

3 Star Cats
3KLAN
3Xtreme
Aethos Team
AI3brijes Triathlon Team
Alien Endurance
AlinaNutriSport
Al-Limite
Alpunto
amphibious triathlon team
AquilesMD
Austin Triathlon Club
Bakersfield Trispokes
Balmas Team
Balmoral Triathlon Club
Barracudas Triathlon (Mexico)
BASE Performance Team
Bay Area Multisport (BAM!)
Be Bionik
Beckworth Racing
Bicycle Sport Shop Triathlon Club
Bionick Triathlon
BMA Bajo Mundo Atletico (Atletic Underground)
BR Esportes Treinamento Inteligente
BRO Athletic Brotherhood
CAIMAN
Cannibal Triathlon Team
CapitalTri
City of London Triathlon Club
CR3W
Critical Speed Racing Team
CUBA BIKE
Dai Roberts Group
Endurance Colombia
EnduranceMX
EPIC ENDURANCE
Even
Exceed Endurance
Extreme Endurance Team
Garza Team MultiSports
GOODWILL RUNNERS
HEAT
IMC
Infinite Multisport Triathlon Club
iracelikeagirl
JUST RUN ASSESSORIA ESPORTIVA
Just4fun
K2 Multisport
KAUAK Triathlon Team
LA TRIBU HONDURAS
LBT (Lisa Bentley Triathlon Team)
Liv2Win Triatlon
MARMERI
mind2motion
MULTISPORT PERFORMANCE
NBiCi Triatlon
Nightriders triathlon
NUCUSTT
Pathetic Triathletes Group
PERUTRIATHLETES
Precision Endurance
PRO CYCLING CLUB
Quarzo Triclub
ROCKETSTRICLUB
Rockwall Cycling
Runmax
Santiago Ascenco Assessoria Esportiva
SDG TEAM
SKY Assessoria Esportiva
Snakes TyM
Spadotto Triathlon Team
SPOFITEC
SPORTLAB COLOMBIA
SportsMetrics
T3 Coach Santillana
T3 Triathlon - Bolivia
Team Betty
Team Koach
Team Multisport
Team Newton - Costa Rica
Team Rocket Tri Club
Team Trainer Sports
Team Turbo
Team Zoot
Ticlon Costa Rica
TITAN
TRI & TRAIL
Tri Baja
TRI CLUB SPORTA GT
TriAnimals
Triathlon Spot
TRIATLETTE
TribyEM
Triclub Zona Alvo Aracaju
TRICUSPIDE
TriDubai
TRIET
TRIMONSTERS
Trimsonstrate
TriOn3
TriScottsdale
TriSquad
Trizen
TTT-TOTAL TRAINING TEAM
VESPA
Vo2Max Costa Rica
Wattie Ink.
X3me Sports Performance
management
XO Multi-Sport Club
YEIPRO
ATHLETE CHECK LIST

HAVE YOU REMEMBERED TO:
☒ Book flights and accommodation to arrive in time for Athlete Check-In?

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

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

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

RACE DAY – RUN:
☐ Fuel Belt
☐ Race Belt or Safety Pins
☐ Bib Number
☐ Hat/Visor
☒ Reflective tape (if applicable)
☐ Running Shoes
☐ Socks
☐ Sunglasses
☐ Water Bottle

MISCELLANEOUS:
☐ Body Glide
☐ Antibacterial Gel
☐ Contacts or Rx Glasses
☐ Heart Rate Monitor & Chest Strap
☐ Towel
☐ Hair Ties
☐ Lip Balm
☐ Post-Race Clothing
☐ Extra Swimsuit and Cap for practice swim (if applicable)
☐ Extra Tri Kit for practice
☐ Have a Great Race!
What's **MONEYBACK!**

Shop here & get your **MONEYBACK!**

1. Shop at authorized stores.
2. Your purchase must be greater than $1,200.00 MXN pesos
3. When you purchase in cash, please note that you can only get **8.97%** of your **MONEYBACK!** up to $3,000.00 MXN pesos.
   No limits apply when paid in non-cash forms of payment.

You can accumulate receipts from the same stores during your trip to Mexico.

4. Ask the store for all receipts, hand written and printed, as well as you credit card vouchers.
5. Visit any **MONEYBACK!** module and present the following information:
   - Copy of your passport and cruise ID
   - Hand written and printed receipts
   - Copy of your credit card vouchers

When traveling by plane you also need to show your boarding pass and immigration fo

6. You will receive your **8.97%** **MONEYBACK!** within 45 days of leaving the count card (45 days from the time all info above is provided).*

The following items are not subject to
   - Consumptions and services (hotels, restaurants, taxis, airplane tickets, etc.)
   - Food
   - Books
   - Medicines
   - Opened liquor bottles

*In case info is missing during presentation in any **MONEYBACK!** office in Mexico, it can be sent via e-mail (see info on the back)
GUÍA DE ATLETA: 1.9KM SWIM • 90KM BIKE • 21.1KM RUN