ATHLETE GUIDE 140.6

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BOULDER

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WELCOME

RACE DIRECTOR

Greetings, IRONMAN Boulder Athletes! And a special welcome to IRONMAN Class of 2019!

This year is the 6th running of IRONMAN Boulder, and though I've been involved with the race as a course director since its inception, this is my first year as the Race Director, and I couldn't be more excited.

The City of Boulder and Boulder County have a rich history with triathlon, having hosted some of our sport's most iconic events. Many of the endurance community's most successful athletes, including many of IRONMAN's talented professional triathletes, choose to make Boulder county home.

This has made IRONMAN Boulder ground zero for many exhilarating performances in years past, against the backdrop of the Rockies and the iconic Boulder Flatirons. I sincerely believe this is the best place in the world to race, bar none.

In 2019, we'll be welcoming a production team from Facebook Watch. They'll be on the course with you, documenting the professional field and broadcasting it live for the world to see.

This also marks an important milestone for IRONMAN Boulder: This is the first year in the race's history that our Swim, Bike, and Run courses are remaining the same as the preceding year, with only very minor adjustments. Returning athletes and first timers alike will all enjoy racing in the temperate waters at the Boulder Reservoir, the undulating bike course, and the PR-ready flat run course, culminating with a finish in Downtown Boulder, near the historic Pearl Street Mall.

By choosing to race IRONMAN Boulder, you have accepted the challenge of racing triathlon's premiere event on a challenging yet beginner-friendly course, all at altitude. There's nothing easy about racing an IRONMAN in Boulder, and when you cross that finish line, you'll know that you've earned serious triathlon stripes.

I'll see you out there, and I can't wait to hear your stories after you cross that finish line.

Danial James
Race Director
IRONMAN Boulder

EVENT SCHEDULE

THURSDAY, JUNE 6, 2019

START	END	EVENT	LOCATION
9 AM	5 PM	Athlete Check-In	Boulder High School
9 AM	5 PM	IRONMAN Village/Official IRONMAN Store	Boulder High School
9 AM	5 PM	PLAYTRI Triathlon Store & Tech Service Center	Boulder High School
9 AM	5 PM	Information Tent	Boulder High School
9 AM	5 PM	VIP Spectator Credential Pick-Up	Boulder High School
11 AM		Athlete Briefing	Boulder High School
2 PM		Athlete Briefing	Boulder High School

FRIDAY, JUNE 7, 2019

START	END	EVENT	LOCATION
9 AM	5 PM	Athlete Check-In	Boulder High School
9 AM	5 PM	IRONMAN Village/Official IRONMAN Store	Boulder High School
9 AM	5 PM	PLAYTRI Triathlon Store & Tech Service Center	Boulder High School
9 AM	5 PM	Information Tent	Boulder High School
9 AM	5 PM	VIP Spectator Credential Pick-Up	Boulder High School
11 AM		Athlete Briefing	Boulder High School
12 PM		Pro Athlete Panel	Boulder High School
1 PM		First Timer (Become One) Seminar with IMU Coaches	Boulder High School
2 PM		Athlete Briefing	Boulder High School
6 PM	8 PM	Welcome Ceremony	City Park Bandshell - 13th St. and Canyon

SATURDAY, JUNE 8, 2019

START	END	EVENT	LOCATION
9 AM	2 PM	IRONMAN Village	Boulder High School
9 AM	2 PM	PLAYTRI Triathlon Store & Tech Service Center	Boulder High School
9 AM	2 PM	Information Tent	Boulder High School
9 AM	2 PM	VIP Spectator Credential Pick-Up	Boulder High School
9 AM	3 PM	Official IRONMAN Store	Boulder High School
10 AM	3 PM	Mandatory Bike & Gear Bag Check-In	Boulder Reservoir
11 AM		Athlete Briefing	Boulder High School

EVENT SCHEDULE

SUNDAY, JUNE 9, 2019 - RACE DAY

START	END	EVENT	LOCATION
4 AM	6:30 AM	Special Needs Drop Off	13th Street and Arapahoe
4 AM	5 PM	Mandatory Swim Start Shuttle Pick-Up (Athletes & Spectators) **No other access to Swim Start permitted - Everyone must take shuttles!*	Boulder High School
4 AM	6 PM	Information Tent	Boulder Reservoir
4 AM	6 PM	Shuttle Return	Boulder Reservoir to Boulder High School
4 AM	8 PM	Information Tent	Boulder High School
4:30 AM	6:20 AM	Transition Area Open; Body Marking	Boulder Reservoir
6:05 AM		Male Pro Athlete Start	Boulder Reservoir
6:10 AM		Female Pro Athlete Start	Boulder Reservoir
6:20 AM		Age Group Rolling Race Start	Boulder Reservoir
7 AM	5 PM	Spectator Lawn	Boulder Reservoir
9 AM	3 PM	IRONMAN Village	Boulder High School
9 AM	6 PM	Official IRONMAN Store	Boulder High School
4 PM	Midnight	Recovery Tent	Finish Area (13th Street and Arapahoe)
5:30 PM	Midnight	Mandatory Bike & Gear Bag Check-Out	Boulder High School - Expo
10 PM	Midnight	Come Out & Cheer on the Final Finishers	Finish Area (13th Street and Arapahoe)

MONDAY, JUNE 10, 2019

START	END	EVENT	LOCATION
7 AM	1 PM	IRONMAN Village/Official IRONMAN Store	Boulder High School
8 AM	12 PM	Information Tent/Lost & Found	Boulder High School
9 AM	12 PM	PLAYTRI Triathlon Store & Tech Service Center	Boulder High School
9:30 AM		Award Ceremony	Boulder High School
11 AM		2019 IRONMAN World Championship Slot Allocation/Rolldown Ceremony *Athletes must have their Active.com username and password to process payment for their slot*	Boulder High School

ATHLETE CHECK-IN

WHEN:

- Thursday, June 6 from 9 AM to 5 PM
- Friday, June 7 from 9 AM to 5 PM

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

WHERE

Boulder High School
1604 Arapahoe Ave.
Boulder, CO 80302

WHAT TO BRING:

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

ATHLETE CHECK-IN STEPS

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

EMERGENCY CONTACT

Athletes are required to check-in at the venue during the dates and times listed above and on the Event Schedule. Athlete Check-In will not be available outside the posted times. Should an athlete have a legitimate emergency, IRONMAN will try to accommodate the athlete to the best of our ability as long as the athlete informs IRONMAN.

To inform IRONMAN of any emergency during race week, athletes must call the EMERGENCY PHONE NUMBER listed below. Athletes who show up after the posted check-in dates and times will not be allowed to race unless prior arrangements were made via the emergency phone.

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

Thursday, June 6	9 AM to 6 PM
Friday, June 7	9 AM to 6 PM
Saturday, June 8	8 AM to 8 PM
Sunday, June 9	4:30 AM to 12:30 AM
Monday, June 10	8 AM to 2 PM

YOUR RACE PACKET WILL INCLUDE:

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

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

ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas. Any wristbands from previous events must be removed. You must be wearing your wristband if you plan to claim a slot for the 2019 IRONMAN World Championship.

BIKE STICKERS

You will receive the following stickers in your athlete packet:

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

Make sure the frame sticker is visible on both sides of your bike. The bike frame sticker cannot be altered in any fashion and the race logo MUST be visible. The helmet sticker will be affixed to the front of your helmet, and the bike stem sticker will be placed in between handlebars.

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

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PRE-RACE INFO

PHYSICAL ADDRESSES

SWIM START/TRANSITION :
Boulder Reservoir

NEAREST ADDRESS:
5565 51st St.
Boulder, CO 80301

FINISH LINE:
13th St. & Canyon Blvd.
Boulder, CO 80302

IRONMAN VILLAGE INFORMATION
The IRONMAN Village is the center of the event weekend, serving as the location for Athlete Check-In, Athlete Briefings, and the IRONMAN Merchandise Store. The village is free and open to the public, offering a great opportunity for athletes to pick up final race day essentials. Check out the IRONMAN Village PAGE on the event website to see which IRONMAN Partners and Vendors will be attending.

MANDATORY ATHLETE BRIEFING
Mandatory Athlete Briefings will be held during IRONMAN Village hours in the three days prior to the event (check the event schedule for times) and are hosted for the benefit of all athletes. The briefings will cover important information pertaining to any peculiarities of the course, rules and cut-off times for the disciplines and most importantly any last minute changes or procedures to the event that have occurred, or may potentially occur due to weather related forecasts.

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

While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to: currents, underwater obstructions, tides, rip currents and indigenous marine life.

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

PRE-EVENT SWIM ADVISEMENT
There will be various opportunities for practice swims in the Boulder Reservoir:

Tuesday	6:10 AM to 7:40 AM	Boulder Aquatic Masters	$15
Wednesday	7 AM to 8 AM	City of Boulder	$10
Thursday	6:10 AM to 7:40 AM	Boulder Aquatic Masters	$15
Friday	7 AM to 9 AM	—	$10

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

Special Needs bags will NOT be returned after the race!

MANDATORY BIKE AND GEAR CHECK-IN
Mandatory Bike & Bike Gear Check-In is from 10 AM to 3 PM on Saturday in transition at the Boulder Reservoir.

All bicycles and Bike/Run Gear Bags must be checked in on Saturday and left overnight. Bicycles and Bike/Run Gear Bags will not be permitted to enter transition on race morning. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once Bike Check-In is over. You will have access to your bicycle beginning at 4:30 AM on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.

Pack your bike and run gear in the appropriate gear bag and place them in the proper place. Be sure your running gear has reflective material on the front and back of your clothes and shoes. All gear, including cycling shoes and helmets MUST go into the athlete's Bike Gear Bag. No loose gear will be allowed on the ground next to the bicycles in transition.

MORNING CLOTHES BAG
You will receive a white Morning Clothes Bag at Athlete Check-In. Prior to the swim start on race morning, place any items (e.g., dry clothes, car or hotel room key, medication) you may need at the finish line in your Morning Clothes Bag. Leave the bag in the designated drop area at transition. Your Morning Clothes Bag may be retrieved after the race at Boulder High School from 4 PM to Midnight. Any items that do not fit inside the Morning Clothes Bag, such as bike pumps and backpacks, will not be accepted.

SPECIAL NEEDS BAGS
You will receive an orange Bike Special Needs Bag and black Run Special Needs Bag at Athlete Check-In. A special needs station will be located near the mid-point on the bike and run course. These special needs stations are for special needs purposes, such as nutritional items, an extra pair of socks, etc. Prior to the swim start, both Bike and Run Special needs bags must be dropped off on 13th Street and Arapahoe between 4 AM and 6 AM before boarding the shuttle busses to the swim start. **DO NOT BRING YOUR SPECIAL NEEDS BAGS TO THE BOULDER RESERVOIR.** No special needs bags will be transported out on course from the Boulder Reservoir. Do NOT put anything of value in your bike or run special needs bags. Special needs bags will NOT be returned.

WELCOME CEREMONY
The Welcome Ceremony will be held from 6 PM to 8 PM at the Boulder Bandshell (located in the park at the Finish Line –13th and Canyon). Food will be provided for athletes with wristband and can be purchased for friends and family. Brenden Johnson will play at the beginning of the ceremony at 6 PM. Good food, good music, good people.

RACE DAY INFO

RACE MORNING PROCEDURE

All spectators and athletes must use the shuttle buses to access the swim start at the Boulder Reservoir, no exceptions. The shuttles begin running at 4 AM at Boulder High School. Parking close to the reservoir will not be permitted. Riding a bike or walking to the reservoir is also strictly prohibited. The shuttle buses will be running continuously from Boulder High School and Boulder Reservoir from 4 AM to 6 PM. Some shuttles will be making stop an additional stop at our TriClub Village at Rayback Collective. These shuttles will be marked.

Transition opens at 4:30 AM on race morning. Remember to bring your timing chip, swim cap, and wetsuit. Bike technicians and pumps will be available in transition race morning. Please do not wear your bib number in the swim. Leave it with your gear and put it on before you head out on the run course. You do not need your bib number on the bike. The number will not hold up for the duration of the race if it gets wet.

Body marking will begin at 4:30 AM just outside transition. If you ordered Race #s tattoos prior to race day; be sure to apply them before arrival. During the body marking process, athletes are responsible for ensuring the body marking volunteers mark the athlete's age as of December 31, 2019 which corresponds with the age division in which the athlete will compete in on race day. You will not be permitted in transition on race day without your wristband, swim cap and timing chip. If you have misplaced any of these items, please see the transition director for a replacement. Do not apply sunscreen, oil, Vaseline or lotion until after you have been body marked. Transition closes at 6:20 AM. All athletes must be out of transition and headed to the swim before this time.

AID STATIONS

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

BIKE:

Gatorade Endurance Formula
(Flavor: Orange)
Water
Bananas
GU ROCTANE Energy Gels
BASE Performance Bars

RUN:

Gatorade Endurance Formula
(Flavor: Lemon-Lime)
Water
Cola
Chicken Broth (after dark)
GU ROCTANE Energy Gels
BASE Performance Bars
Pretzels
Fruit – Bananas & Oranges

RACE DAY PARKING

Parking will be available at the various city lots throughout the city of Boulder. Numerous parking garages downtown offer quick and close proximity to IRONMAN Village, Boulder High School, and the finish line. Park where posted. Any cars parked illegally will be towed at the owners expense.

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• ADDITIONAL FINISHER'S MEDAL • 3 5" X 7" MAT OPENINGS (COURSE MAPS INCLUDED)
• 2" DISC OF TRIATHLON SYMBOL • LAMINATED REPLICA OF YOUR BIB #

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RACE DAY INFO

RACE TIMING AND CUT-OFFS

The race will officially end 17 hours after the last athlete enters the water. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

SWIM CUT-OFF

The swim course will close 2 hours and 20 minutes after the last age group athlete starts the swim. Each athlete will get the full 2 hours and 20 minutes to complete the 2.4 mile swim regardless of what time they enter the water. Athletes who take longer than 2 hours and 20 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

BIKE CUT-OFF

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

There will be an intermediate cut-off at the start of the second loop of the bike course (the driveway to the Fire Training Center/Boulder Reservoir and HWY 119) at 1:15 PM. Rider's will then be directed back into transition at that location.

RUN CUT-OFF

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

There will be two intermediate cut-offs on the run course. Cut-off 1 will be at Aid Station 10 at 9 PM.
Cut-off 2 will be at the TriClub Village/Rayback Collective at 10:10 PM.

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

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

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

WETSUIT OPTIONAL RACES

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

TIMING CHIP

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

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

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

Sportstats USA
4005 West River Dr. NE Suite B4
PO Box 368
Comstock Park, MI 49321

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

IRONMAN TRACKER

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

POST RACE INFO

BIKE AND GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out is from 5:30 PM to Midnight in the IRONMAN Village at Boulder High School on race day. You must have your athlete wristband on in order to claim your bike. If you are unable to personally claim your bike and gear, a family member or friend can retrieve your items using the Bike Check-Out ticket provided in your race packet prior to race day. If friend or family member does decide to pick these items up for you as a courtesy, please ask them to leave a message on your cell phone so we have no panicked athletes - it happens a lot!

POST RACE RECOVERY TENT

There will be and Athlete Recovery Tent offered at Central Park outside the finish area; this tent will include massage by Zeel Massage.

RACE PHOTOGRAPHY

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

HOW TO ORDER YOUR PIX:

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

AWARDS CEREMONY

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

IRONMAN FINISHER SHIRT EXCHANGE

Athletes will have an opportunity to exchange their finisher shirt for a different size, if needed, at the Award Ceremony on Monday from 8 AM to 12 PM. Shirt sizes are based on availability and are not guaranteed. Athletes must bring their original shirt in order to swap sizes!

LOST AND FOUND

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

*All unclaimed items will be donated within 30 days.

FINISHER CERTIFICATE

To get your finisher certificate, go to IRONMAN.COM/BOULDER and click on results. Once you find your result page, click on the "Get Certificate' button in the upper right hand corner and the certificate will generate as a PDF.

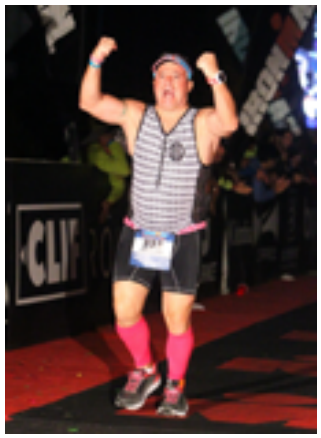
VOLUNTEERS

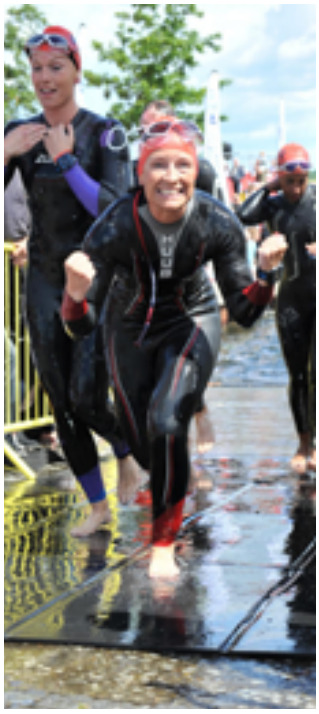
Please remember to thank the Volunteers! The race wouldn't be possible without their assistance. For more information about volunteering for this event, click on the Volunteer Tab at IRONMAN.COM/BOULDER.

IRONMAN BOULDER AFTER PARTY AND VOLUNTEER APPRECIATION NIGHT

The IRONMAN Boulder Athlete After Party and Volunteer Appreciation Night will be held on June 10 at 6 PM at The Connection at University of Colorado. Come out and thank the volunteers who worked so hard for the athletes and enjoy the Volunteer Appreciation video.

NEVER FORGET **YOUR RACE**





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QUALIFYING
FOR THE IRONMAN WORLD CHAMPIONSHIP

Athletes may claim their slot only IN PERSON and only at the IRONMAN World Championship Slot Allocation/Rolldown Ceremony on Monday, June 10 immediately following awards. Awards will start at 9:30 AM at the stage in IRONMAN Villagel. Be present for slot allocation because you must be present to accept a slot. Please be prepared to pay the **$975 entry fee plus processing fees** with CREDIT CARD ONLY; no check or cash.

Forty (40) Age-Group qualifying slots for the 2019 IRONMAN® World Championship (October 12, 2019) will be awarded to the top age group finishers.

HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

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

THE ALLOCATION PROCESS:

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

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

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

ANTI-DOPING POLICY

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

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

WITHDRAWAL POLICY

Withdrawal requests must be received in writing via e-mail to KONA@IRONMAN.COM. Without exception, all requests must be received on or before August 28, 2019 to be eligible for a partial refund of $175 USD. No refunds will be issued for requests made after August 28, 2019. Transfers or deferments are NOT permitted.

IRONMAN WORLD CHAMPIONSHIP COIN

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

RŌKA

MAVERICK X

THE WORLD'S MOST LOVED WETSUIT

" I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

PATENTED

PROTECTED BY DOMESTIC AND INTERNATIONAL PATENTS WITH ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY
FASTEST IRONMAN
SWIMMER ON THE PLANET

IRONMAN BOULDER

ROKA

SWIM COURSE
2.4 MILES / 1 LAP
BOULDER, COLORADO

ROLLING SWIM START

IRONMAN Boulder will feature a "Rolling Start." Athletes will enter the water from a self-seeded swim start line. Self-seeding will be based on your individual abilities according to your expected finish time. You can avoid being overtaken by stronger swimmers by seeding yourself with athletes of a similar skill and ability levels. Each athlete will be allotted 2 hours 20 minutes to complete the swim course.

Athletes' official race time will start when they cross the timing mat. All athletes will have 17 hours to complete the entire event.

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RŌKA SWIM COURSE

SWIM COURSE RULES

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

SWIM TO BIKE TRANSITION

After the swim, you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Sunscreen is available in transition.

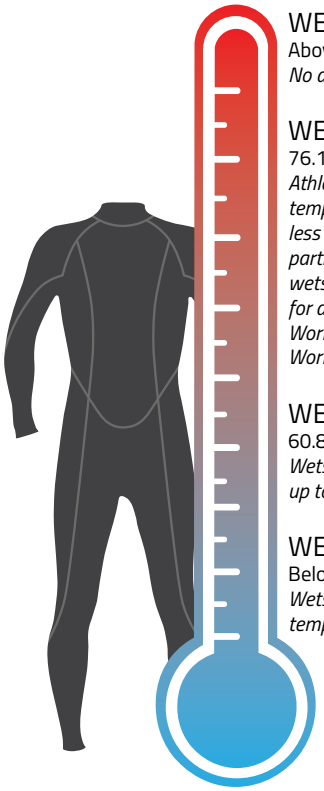
NOTE: Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys, and aquatic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

WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5 degrees Celsius).

Athletes who choose to wear a wetsuit in water temperatures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius) will not be eligible for Age Group awards, including IRONMAN World Championship slots or Rolldown slots. If the water temperature is in this range and you choose to wear a wetsuit, you will start after the non-wetsuit swimmers. Athletes electing to start at this time will still have 2 hours and 20 minutes to complete the swim course. All other course cut-off timelines will remain in place.

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



WETSUIT PROHIBITED

Above 83.8°F/28.8°C

No age-group athletes can wear a wetsuit

WETSUIT OPTIONAL

76.1°F/24.5°C – 83.8°F/28.8°C

Athletes may wear wetsuits if the water temperature is above 76.1°F/24.5°C, but less than or equal to 83.8°F/28.8°C and participate in a separate non-competitive wetsuit wave/division, but will not be eligible for age-group awards including, IRONMAN World Championship slots or IRONMAN 70.3 World Championship slots

WETSUIT LEGAL

60.8°F/16°C – 76.1°F/24.5°C

Wetsuits may be worn in water temperatures up to and including 76.1°F/24.5°C

WETSUIT MANDATORY

Below 60.8°F/16°C

Wetsuits are mandatory in water temperatures below 60.8°F/16°C

SWIMWEAR POLICY

(NON-WETSUIT LEGAL SWIMS ONLY)

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

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

IRONMAN® SWIMSMART TOP 10 CHECKLIST

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

1 PREPARE FOR RACE CONDITIONS

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

2 RACE IN SHORTER EVENTS

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

3 LEARN ABOUT COURSE DETAILS

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

4 ENSURE HEART HEALTH

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

5 PAY ATTENTION TO WARNING SIGNS

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

6 DON'T USE NEW GEAR ON RACE DAY

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

7 WARM UP ON RACE DAY

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

8 CHECK OUT THE COURSE

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

9 START EASY – RELAX AND BREATHE

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

10 BE ALERT AND ASK FOR HELP

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

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

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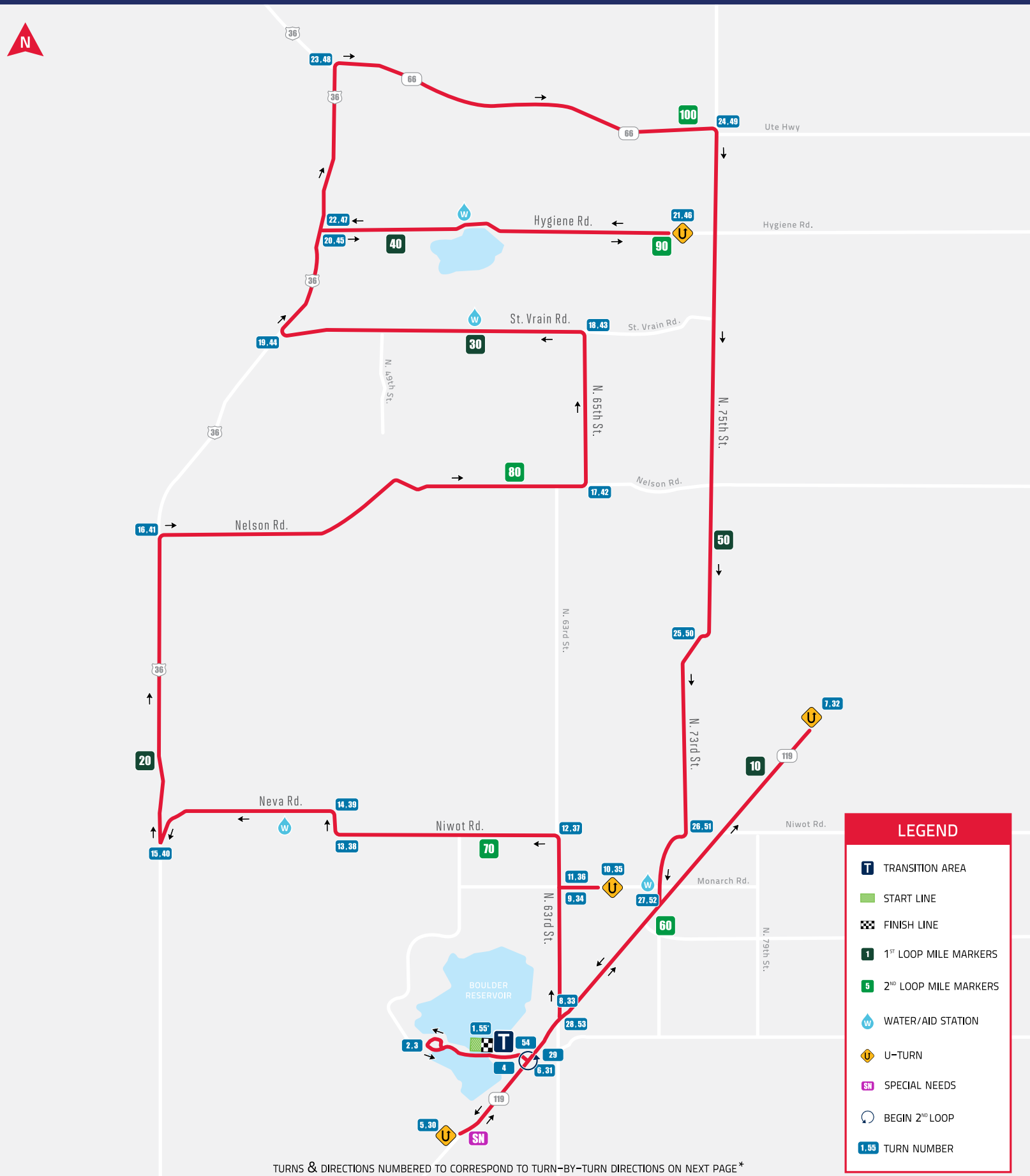
IRONMAN BOULDER

VENTUM

BIKE COURSE
112 MILES / 2 LOOPS
BOULDER, COLORADO



LEGEND

- T TRANSITION AREA
- START LINE
- FINISH LINE
- 1 1ST LOOP MILE MARKERS
- 5 2ND LOOP MILE MARKERS
- WATER/AID STATION
- U-TURN
- SN SPECIAL NEEDS
- BEGIN 2ND LOOP
- 1.55 TURN NUMBER

TURNS & DIRECTIONS NUMBERED TO CORRESPOND TO TURN-BY-TURN DIRECTIONS ON NEXT PAGE*

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IRONMAN BOULDER

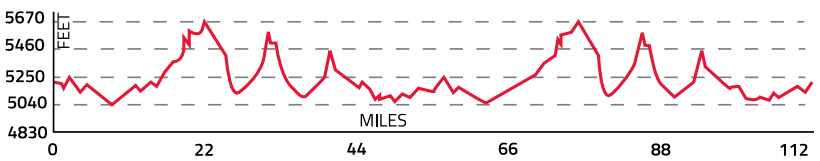
VENTUM

BIKE COURSE
112 MILES / 2 LOOPS
BOULDER, COLORADO

TURN BY TURN DIRECTIONS

1 ▪ Exit Transition and head West on Reservoir Road
2 ▪ Turn Right on Reservoir Rd around Main Parking Lots
3 ▪ Turn Left onto Reservoir Rd heading East
4 ▪ Turn Right onto Highway 119
5,30 ▪ Make a U-Turn at 55th Street to head North on Highway 119
6,31 ▪ Continue North on Highway 119
7,32 ▪ Make a U-Turn at Oxford Road to head South on Highway 119
8,33 ▪ Make a Right turn onto 63rd Street
9,34 ▪ Turn Right onto Monarch Road
10,35 ▪ Make a U-Turn to head back to 63rd
11,36 ▪ Make a Right onto 63rd
12,37 ▪ Make a Left onto Niwot Rd.
13,38 ▪ Continue onto N 45th St.
14,39 ▪ Continue onto Neva Road
15,40 ▪ Turn Right onto Highway 36
16,41 ▪ Turn Right onto Nelson Road
17,42 ▪ Turn Left onto 65th Street
18,43 ▪ Turn Left onto St. Vrain Road
19,44 ▪ Turn Right onto Highway 36
20,45 ▪ Turn Right onto Hygiene Road
21,46 ▪ Make a U-Turn to head West on Hygiene Road
22,47 ▪ Turn Right onto Highway 36
23,48 ▪ Turn Right onto Highway 66
24,49 ▪ Turn Right onto 75th Street
25,50 ▪ Continue South onto 73rd Street
26,51 ▪ Turn Right on Niwot Road and continue south 71st Street
27,52 ▪ Right onto Highway 119
28,53 ▪ Continue on Highway 119 toward Reservoir Road and 55th Street
29 ▪ Lap 2 – repeat steps 5-28
54 ▪ Turn Right into the Fire Training Center on Reservoir Road
55 ▪ Dismount on Reservoir Road outside of Transition

Start Elevation: 5,200 ft ▪ Finishing Elevation: 5,200 ft ▪ Gain: 3,936 ft



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VENTUM BIKE COURSE RULES

1. POSITION RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
- A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
- Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).
- Overtaken athletes must immediately fall back six bike lengths before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back six bike lengths will result in an overtaken violation.
- Overtaken athletes who remain in the draft zone (6 bike lengths of clear space between bikes) for more than 25 seconds, or who do not make constant rear progress out of the drafting zone, will be given a drafting violation.
- Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
- Athletes who impede the forward progress of other athletes will be given a blocking violation.
- Athletes committing rule violations will be notified "on the spot" by an official.
- Do not attempt to discuss the penalty with the official.

- The official will:

i. Notify you that you have received either a BLUE CARD for drafting and littering or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.

ii. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course.

The Exact Location Of The Pts Will Be Stated At The Pre-Race Meeting.

- The athlete will:

i. Report to the next PT and tell the PT Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PT, you will be disqualified.

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

iii. Register, via the sign-in sheet.

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

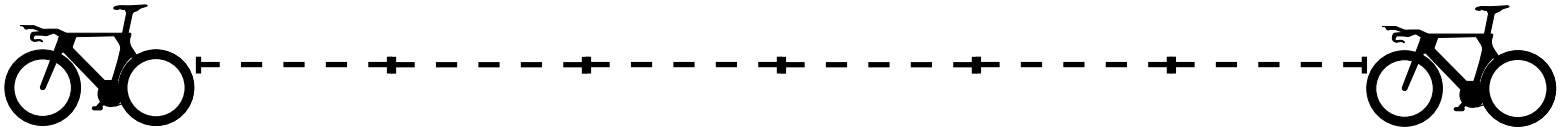
v. Remain in the PT for the time indicated in the table below, for each drafting and littering violation (BLUE CARD).

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

vii. Be disqualified for not reporting to the PT.

Race Distance: IRONMAN

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



VENTUM BIKE COURSE RULES

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

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

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

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

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

7. Helmets, bike shoes, and other cycling gear must be placed in a transition bag. Shoes and shirt must be worn at all times.

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

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

10. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

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

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

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

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

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

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

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

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

19. **Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sporttop/sports bra at all times during the cycling segment of the Race. Uniforms with a front zipper may be unzipped to any length, provided, the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders.**

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BIKE STORE & TECH

Playtri is the Official Triathlon Store of the 2019 IRONMAN U.S. Series

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

PRE-RIDE SAFETY INSPECTION – $59

- Inspection Of Frame And Fork
- Inspection Of Wheels And Tires
- Brake System Inspection
- Drive Train Inspection
- Inspection And Tightening Of Seat Clamp And All Stem Bolts

RACE READY TUNE UP – $89

- Inspection Of Frame And Fork
- Inspection Of Wheels And Tires
- Brake System Inspection And Adjustment As Required
- Drive Train Inspection And Adjustment As Required
- Chain Inspection And Lubrication As Required

PLAYTRI
SWIM·BIKE·RUN

ARRIVAL PACKAGE - $149

- Unpack And Assembly Of Bike
- Includes Pre-Ride Safety Inspection

DEPARTURE PACKAGE - $159

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

FULL FLIGHT PACKAGE - $249

- Unpack And Assembly Of Bike
- Includes Pre-Ride Safety Inspection
- Collection Of Bike From Transition (During Run Segment Of Race)
- Disassembly And Packing Of Bike

ROAD AND TRI BIKE RENTAL ALSO AVAILABLE

If you have questions about our services or products available, please contact us at INFO@PLAYTRI.COM. We can't wait to see you at your race!
**Prices are for most bikes. Some bikes may incur additional costs.*

Since 2004, TriBike Transport has helped over 120,000 athletes by providing HASSLE-FREE, ECONOMICAL, UNPARALLELED bike transport. Whether using our Fully-Assembled, Pack & Ship or Valet Service, we take the hassle out of transporting your bike, so you can focus on your race.

SHIP YOUR BIKE ▶

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IRONMAN®
NORTH AMERICA SERIES

2019 OFFICIAL BIKE TRANSPORT PARTNER

WHEEL RENTAL

RACE DAY WHEELS

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

We're here to give both beginner triathletes and experts the opportunity to conveniently ride fast carbon race wheels without having to purchase them. Why pay $2400+ for wheels that you may only use a few times a year when you can rent newly released 2019 ZIPP Firecrest carbon clincher race wheels starting at only $175.

WHEEL RENTAL INCLUDES:

- 2019 ZIPP Firecrest® carbon clincher wheels.
- Continental GP 5000s clincher tires tubes and skewers.
- Your rental fee off the sale price if you decide to buy.
- Free cassette and wheel swap at the events.
- BOOK NOW: HTTPS://WWW.RACEDAYWHEELS.COM/IRONMANWHEELRENTALS/

BIKE RENTAL INCLUDES $350:

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

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

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

RENTALS

- ZIPP Wheel rentals: From $175 HTTPS://WWW.RACEDAYWHEELS.COM/IRONMANWHEELRENTALS/
- Bike Rentals: From $350 HTTPS://WWW.RACEDAYWHEELS.COM/IRONMAN-BIKE-RENTAL-EVENTS/

HOKA ONE ONE

LIMITLESS.

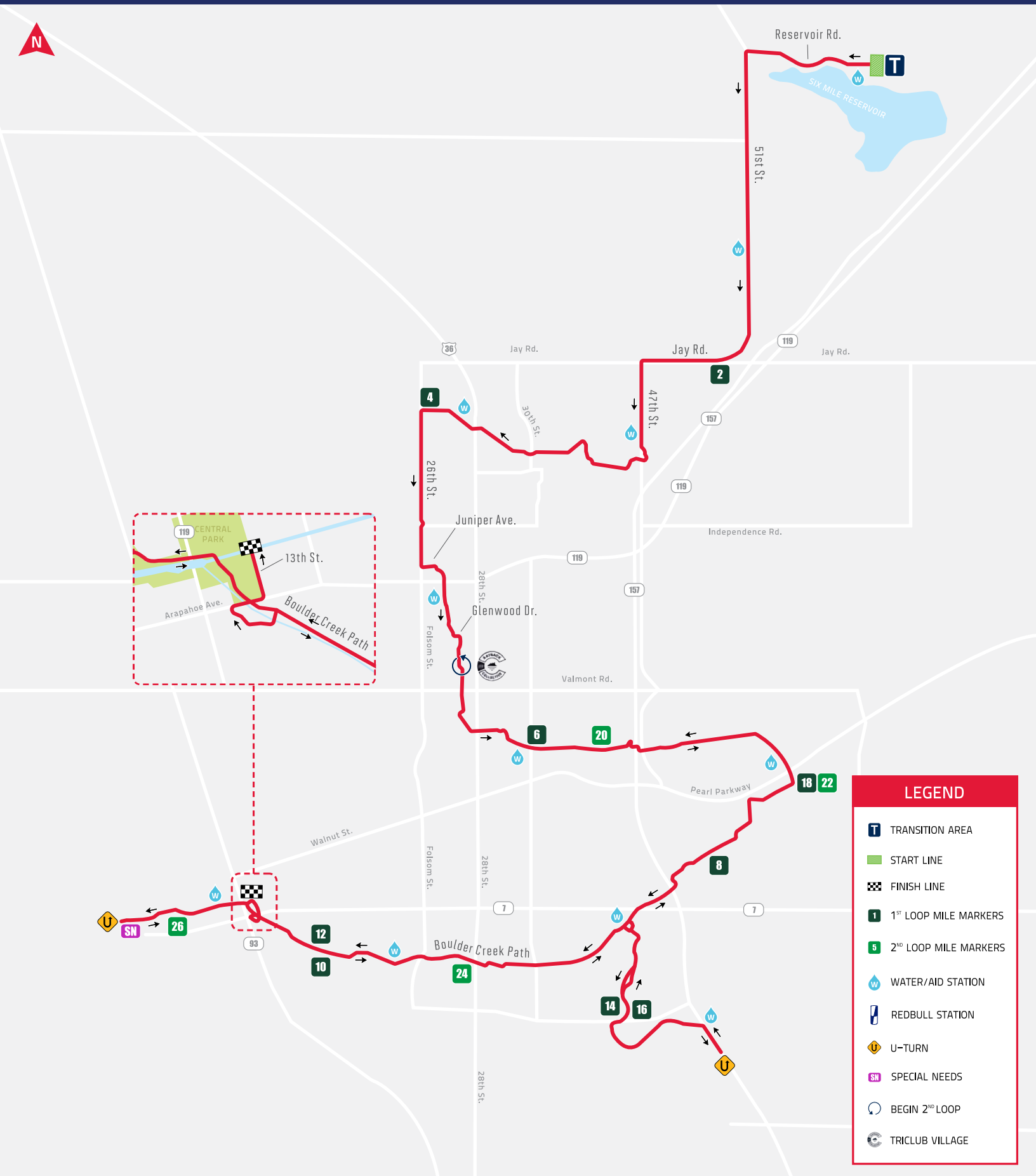
MACH 2

THE SUPER LIGHT, CUSHIONED PACE PUSHER.

IRONMAN BOULDER

HOKA ONE ONE TIME TO FLY

RUN COURSE
26.2 MILES / 2 LOOPS
BOULDER, COLORADO



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IRONMAN BOULDER

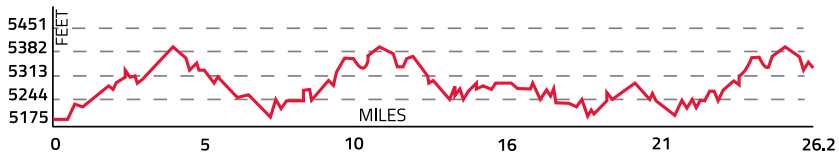
HOKA ONE ONE TIME TO FLY

RUN COURSE
26.2 MILES / 2 LOOPS
BOULDER, COLORADO

TURN BY TURN DIRECTIONS

- Exit T2 head west to Reservoir Road (counter flow)
- Left (south) on 51st Street (counter flow)
- Right (west) on Jay Road (counter flow)
- Left (south) on 47th Street (counter flow)
- Left onto Four Mile Creek Path
- Continue on Four Mile Creek Path(west) to 26th
- Left (south) on 26th Street (counter flow)
- Left (east) on Juniper Street
- Right (south) on Goose Creek Path
- Continue on Goose Creek Path (southeast)
- Right (west) on Boulder Creek Path
- Continue on Boulder Creek Path (west) past BHS/Courthouse
- Turn around just before 6th Street
- Continue East on Boulder Creek Path to Flux Capacitor
- Right (south) on Boulder Creek Path
- Continue South short distance to U-turn
- Head North on Boulder Creek path
- Right (east) at Flux Capacitor under Foothills Pkwy
- Left (north) onto Goose Creek Trail
- Continue on Goose Creek Trail (west) to Rayback Collective
- Turn around at Rayback Collective
- Continue on Goose Creek Trail to Boulder Creek Trail
- Right (west) on Boulder Creek Path
- Continue on Boulder Creek Path to 6th Street
- Turn around at 6th Street
- Right (south) from Boulder Creek Path to egress to Arapahoe
- Right (east) on Arapahoe Ave
- Left (north) on 13th Street
- Finish on 13th

Start Elevation: 5,210 ft ▪ Finishing Elevation: 5,354 ft ▪ Gain: 898 ft



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RUN COURSE

1. Athletes may run, walk, or crawl.

2. Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.

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

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

5. NO INDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT RUNNERS ARE ALLOWED.

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

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

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

8. RUNNING WITH A BARE TORSO IS PROHIBITED. ATHLETES MUST WEAR A SHIRT, JERSEY, OR SPORTTOP/SPORTS BRA AT ALL TIMES DURING THE RUN SEGMENT OF THE RACE. UNIFORMS WITH A FRONT ZIPPER MAY BE UNZIPPED TO ANY LENGTH, PROVIDED, THE ZIPPER IS CONNECTED AT THE BOTTOM OF THE UNIFORM AT ALL TIMES AND THE TOP OF THE UNIFORM COVERS THE SHOULDERS. THE UNIFORM SHOULD BE FULLY ZIPPED WHEN CROSSING THE FINISH LINE.

FINISH LINE POLICY

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

EVENT SANCTION AND RULES

USA Triathlon (USAT) has sanctioned the 2019 IRONMAN Boulder. Our rules are published with permission from USAT. Please visit IRONMAN.COM for a complete set of IRONMAN Competition Rules.

Under our sanctioning agreement with USA Triathlon, athletes should be aware of the serious consequences of violating USAT Competitive Rule 3.5 - Unregistered Athletes, which states:

a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.

b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

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

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

OVERALL RULES

1. Any athlete holding current elite/ professional status from their National Triathlon Federation or a current IRONMAN Professional Membership (as verified by elite/ pro status of an athlete's National Triathlon Federation) is prohibited from racing as an AGE GROUP athlete within the same calendar year, in ANY sanctioned triathlon events anywhere in the world, where there is an elite/ pro wave., within the same calendar year.
   Disqualification and potential sanction from IRONMAN events, and forfeiture of any AGE GROUP World Championship qualifying slots may result for any athlete that has not adhered to this policy.

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

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

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

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

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

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

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

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

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

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

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

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

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

14. Assistance provided by event personnel or Race Officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tires, inner tubes and punctures repair kits. Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.

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

PC RULES

PHYSICALLY CHALLENGED OPEN DIVISION

IRONMAN BOULDER IS WHEELCHAIR ACCESSABLE ON THE RUN COURSE.

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

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

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

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

IRONMAN BOULDER IS HANDCYCLE APPROVED.

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

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

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

VIOLATIONS

Jimmy Riccitello
IRONMAN HEAD REFEREE

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

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

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

	DISQUALIFICATION (DSQ)
	RED CARD

THREE BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

IRONMAN will operate under the "three strikes and you're out" principle with respect to BLUE CARD violations. DRAFTING AND LITTERING are the only two violations that will result in a BLUE CARD violation and an athlete will incur a 5-minute time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (**one minute 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 2019 IRONMAN Competition Rules.

The POSITION violations are summarized:

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

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

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

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

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

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

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

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

Support, technology, and services at every step of the way. From people who love the sport as much as you do.

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info@ACTIVEendurance.com

ACTIVE network | ENDURANCE

MEDICAL POLICY

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

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

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

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

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

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

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

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

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

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

Stay with your familiar and proven routine regarding training, nutrition and equipment, especially just prior to the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during the event is especially important.
If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day.

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

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

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

PLEASE NOTE:

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

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

ALL WORLD ATHLETE

The IRONMAN All World Athlete program is our way of rewarding age-group athletes for their hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 racing. As long as one IRONMAN or IRONMAN 70.3, is completed you can also receive points for IRONMAN 5i50 events.

The program uses IRONMAN's Age Group Rankings system to determine which athletes have finished within the top 10 percent or better of their age group each calendar year. Within this system, athletes generate points based on their finish time behind the first official finisher in their age group. Athletes accumulate points at every race they complete, but on December 31st, only their top three performances will count toward their All World Athlete status. This makes it easy for athletes to improve their ranking simply by racing more with IRONMAN.

An athlete can achieve All World Athlete status in one or all of the following categories: IRONMAN, IRONMAN 70.3 and OVERALL (IRONMAN, IRONMAN 70.3, IRONMAN 5i50). There are three levels associated with the All World Athlete program:

GOLD (top one percent)
SILVER (top five percent)
BRONZE (top ten percent)

All World Athletes receive a variety of benefits from IRONMAN, AWA benefits site.

For questions regarding the program or help selecting races to help you gain or maintain All World Athlete status, please email us at AWA@IRONMAN.COM.

IRONMAN ALL WORLD ATHLETE

CERTIFIED PIEDMONTESE
The Healthier Beef Option.

Lean and tender gourmet beef from Certified Piedmontese® is the perfect start to a healthy and delicious meal.

All Natural
No Added Growth Hormones
No Antibiotics

IRONMAN US SERIES
2019 OFFICIAL BEEF

25% OFF DISCOUNT CODE:
IMBD19F

www.piedmontese.com
*Offer expires 7/7/2019.

ATTENTION ATHLETES

Show Your Appreciation to an IRONMAN Volunteer

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

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

IRONMAN FOUNDATION

HOW IT WORKS

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

RED WRISTBAND = Volunteer Symbol of Service

Learn more about the IRONMAN Foundation at ironmanfoundation.org

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

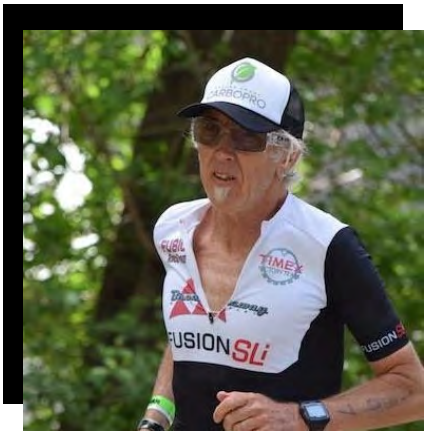
IRONMAN U CERTIFIED COACH EVENT TEAM

IRONMAN BOULDER

The IRONMAN U Certified Coach Event Team will be onsite through out the event weekend. These IRONMAN Certified Coaches are your go to experts for last minute race day advice. They are a great resource as you begin your final race day preparations. Please feel free to reach out with them for questions, and we look forward to seeing you in Boulder!

RACE WEEKEND YOU CAN FIND THESE COACHES

- AT THE BECOME ONE TENT IN IRONMAN VILLAGE
- AT THE FIRST TIMERS BRIEFING
- AT BIKE CHECK IN
- IN TRANSITION ON RACE DAY



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Specialty: Cycling

IRONKIDS BOULDER

JUNE 8, 2019

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!

FAQS

1. WHEN WILL THE BIB LIST BE POSTED?

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

2. WHAT IS THE WITHDRAWAL/PARTIAL REFUND POLICY?

Withdrawal requests must be received in writing via e-mail to BOULDER@IRONMAN.COM. Without exception, all requests must be received on or before April 10, 2019 to be eligible for a partial refund of $150.00 (USD).

3. WHAT IS THE TRANSFER POLICY?

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

4. WHAT AGE GROUP WILL I RACE IN?

The Age Group breakdown is as follows:

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

You will race in the Age Group corresponding with your USAT age, which is your age at the end of the year on December 31, 2019.

5. HOW DO I UPDATE MY TRICLUB AFFILIATION?

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

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

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

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

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

8. HOW DOES MEDICAL SUPPORT WORK ON COURSE?

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

ATHLETE CHECK LIST

PRE-RACE:

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

RACE DAY – SWIM:

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

RACE DAY – BIKE:

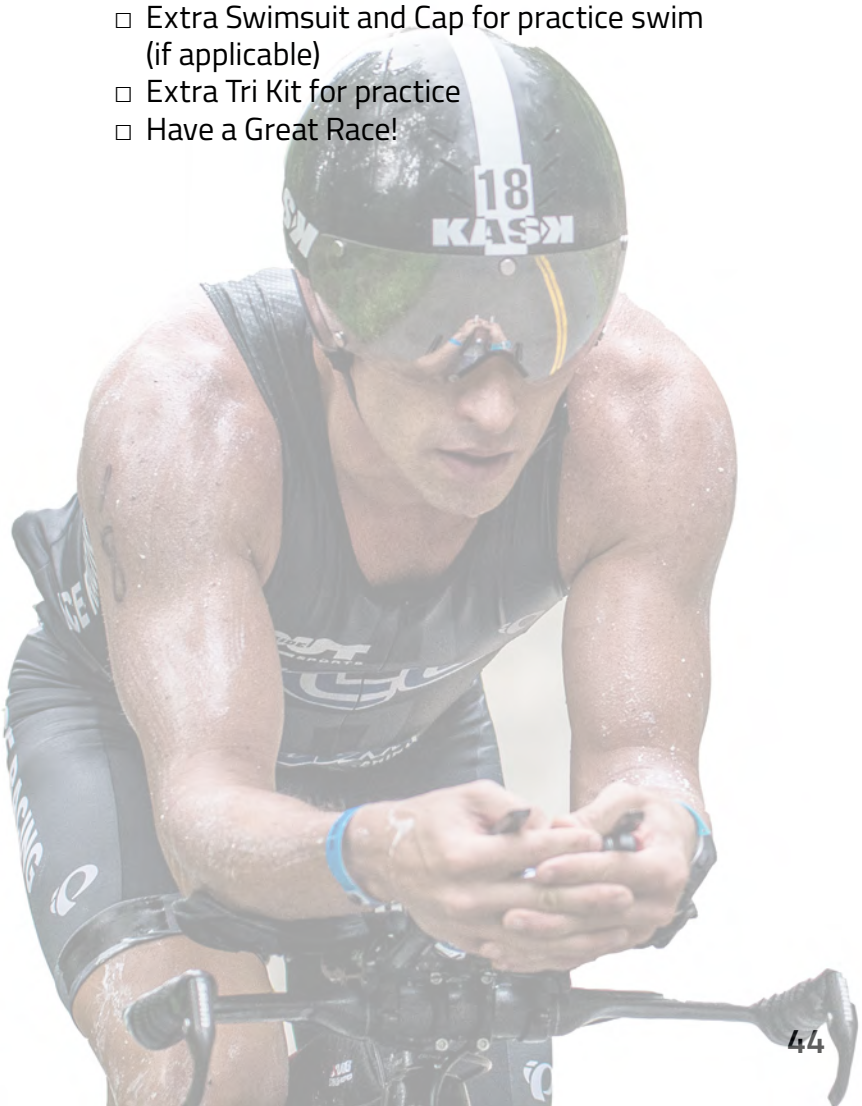
- ☐ Bike Pump
- ☐ Extra Nutrition
- ☐ Extra Water Bottles
- ☐ Aero Water Bottle Straw
- ☐ Bike Repair Kit
  - Bar-end plugs
  - CO2 Cartridge(s)
  - Spare Tire
  - Spare Tube
  - Tire levers
  - Valve Stem Extenders
  - Patch Kit
  - Wrench Set/Tools
- ☐ Vaseline
- ☐ Sunscreen
- ☐ Helmet
- ☐ Sunglasses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

RACE DAY – RUN:

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

MISCELLANEOUS:

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



Santini
Fit. Performance. Comfort. Durability.
REDUX
FASTER THAN SKIN

selle ITALIA®

HERE TO SUPPORT YOU

READY TO AMAZE YOU

stay tuned

#BEIRON