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It is with great pleasure that I welcome you to the 2019 IRONMAN 70.3 Santa Rosa. Congratulations on making it this far! Many times, the most challenging aspect of IRONMAN and IRONMAN 70.3 racing is merely making it through the training and arriving on the starting line in one piece. If you’ve made it this far, the journey is more than half over and I hope your experience here in Santa Rosa is amazing. I am so excited to welcome you to the unique atmosphere that can only come with the remarkable combination of breathtaking venues, beautiful terrain, majestic redwoods and the wine country. As always, this event will bring some of the world’s best athletes to the start line with YOU! We look forward to seeing you in Santa Rosa over the next few weeks while training and during race week. As you fine tune the last few weeks of your training I’d like to offer just a few tips:

• Nothing you do in the last week is going to make you fitter. Before each “workout” you have planned you should ask yourself, “Is this workout going to make me more fatigued or will it allow me to stay loose, mentally sane, and continue to recover?” If there’s any doubt, shorten the session, make it easier, or skip it altogether! ...yes, even if it’s on your program schedule.

• Don’t change anything! You know what has worked for you over the past 4-5 months - stick with it. This doesn’t mean you should be inflexible but rather that you should be confident in YOUR plan.

• Have a plan! The 24-hours before the start on Saturday, July 27 should be planned out. That means knowing when you’re going to eat the day before, what time you’re going to wake up, put on sunscreen, eat, have time for the bathroom, get to the start, get numbered, put bottles & food on your bike, pump your tires, have time to chill out, put your wetsuit on, and get to the swim start line, etc. As a reminder review the race morning schedule and the rolling start process. Shuttle buses start at 4:15 AM from downtown Santa Rosa and transition opens at 5 AM.

• During your race, stay in the moment. Don’t dwell on what’s behind you or give too much energy to what is ahead. Pay attention to what you are doing right NOW! If you’re having a low spot (and that is normal), ask yourself, “What do I need? What do I want? What can I do to feel better?”

• Expect nothing but be prepared for anything. Watch the weather forecasts for the local area, and make sure you have race clothing appropriate for ANY conditions. What should you wear on race day? Ask yourself what you would wear if it was a long training day back home in similar conditions. That’s what you should wear.

• Enjoy the view. Sonoma County and Santa Rosa have spectacular scenery and we have crafted a course where you will get to enjoy it. Don’t forget to look up once in a while during the bike and enjoy.

Take care and I look forward to seeing you at the start line and celebrating with you at the Finish!

Dave Reid
Race Director
IRONMAN 70.3 Santa Rosa
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<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
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<tr>
<td>12 PM</td>
<td>7 PM</td>
<td>Athlete Check-In</td>
<td>Courthouse Square</td>
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<tr>
<td>12 PM</td>
<td>7 PM</td>
<td>Official IRONMAN Store</td>
<td>Courthouse Square</td>
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<td>12 PM</td>
<td>7 PM</td>
<td>IRONMAN Village</td>
<td>Courthouse Square</td>
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<td>12 PM</td>
<td>7 PM</td>
<td>PLAYTRI Triathlon Store &amp; Tech Service Center</td>
<td>Courthouse Square</td>
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<td>Information Tent</td>
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<td>12 PM</td>
<td>7 PM</td>
<td>VIP Spectator Credential Pick-Up</td>
<td>Courthouse Square</td>
</tr>
<tr>
<td>12 PM</td>
<td>7 PM</td>
<td>IRONMAN Foundation Community 5K presented by HOKA ONE ONE Registration</td>
<td>Courthouse Square</td>
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<tr>
<td>12 PM</td>
<td>7 PM</td>
<td>Sonoma County Builders IRONKIDS Fun Run Registration</td>
<td>Courthouse Square</td>
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<tr>
<td>1 PM</td>
<td></td>
<td>Athlete Briefing</td>
<td>Courthouse Square</td>
</tr>
<tr>
<td>3 PM</td>
<td></td>
<td>Athlete Briefing</td>
<td>Courthouse Square</td>
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<tr>
<td>5 PM</td>
<td></td>
<td>Athlete Briefing</td>
<td>Courthouse Square</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 AM</td>
<td>4 PM</td>
<td>Athlete Check-In</td>
<td>Courthouse Square</td>
</tr>
<tr>
<td>9 AM</td>
<td>4 PM</td>
<td>Official IRONMAN Store</td>
<td>Courthouse Square</td>
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<tr>
<td>9 AM</td>
<td>4 PM</td>
<td>IRONMAN Village</td>
<td>Courthouse Square</td>
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<tr>
<td>9 AM</td>
<td>4 PM</td>
<td>PLAYTRI Triathlon Store &amp; Tech Service Center</td>
<td>Courthouse Square</td>
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<tr>
<td>9 AM</td>
<td>4 PM</td>
<td>Information Tent</td>
<td>Courthouse Square</td>
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<tr>
<td>9 AM</td>
<td>4 PM</td>
<td>VIP Spectator Credential Pick-Up</td>
<td>Courthouse Square</td>
</tr>
<tr>
<td>9 AM</td>
<td>4 PM</td>
<td>Mandatory Run Gear Check-In</td>
<td>Courthouse Square</td>
</tr>
<tr>
<td>9 AM</td>
<td>4 PM</td>
<td>IRONMAN Foundation Community 5K presented by HOKA ONE ONE Registration</td>
<td>Courthouse Square</td>
</tr>
<tr>
<td>9 AM</td>
<td>4 PM</td>
<td>Sonoma County Builders IRONKIDS Fun Run Registration</td>
<td>Courthouse Square</td>
</tr>
<tr>
<td>10 AM</td>
<td>5 PM</td>
<td>Mandatory Bike &amp; Bike Gear Check-In</td>
<td>Lake Sonoma</td>
</tr>
<tr>
<td>10 AM</td>
<td></td>
<td>Athlete Briefing</td>
<td>Courthouse Square</td>
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<tr>
<td>11 AM</td>
<td></td>
<td>Pro Panel</td>
<td>Courthouse Square</td>
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<tr>
<td>12 PM</td>
<td></td>
<td>Athlete Briefing</td>
<td>Courthouse Square</td>
</tr>
<tr>
<td>2 PM</td>
<td></td>
<td>Athlete Briefing</td>
<td>Courthouse Square</td>
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</tbody>
</table>
## EVENT SCHEDULE

### SATURDAY, JULY 27, 2019 - RACE DAY

<table>
<thead>
<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:15 AM</td>
<td>5:15 AM</td>
<td>Athlete Shuttle</td>
<td>From Santa Rosa Location: B St. &amp; Comstock Mall</td>
</tr>
<tr>
<td>5 AM</td>
<td>6:15 AM</td>
<td>Transition Opens - Body Marking</td>
<td>Lake Sonoma</td>
</tr>
<tr>
<td>5 AM</td>
<td>10 AM</td>
<td>Information Tent/Lost &amp; Found</td>
<td>Lake Sonoma</td>
</tr>
<tr>
<td>6:30 AM</td>
<td>6:45 AM</td>
<td>Pro Men Race Start</td>
<td>Lake Sonoma</td>
</tr>
<tr>
<td>6:32 AM</td>
<td>7:50 AM</td>
<td>Pro Women Race Start</td>
<td>Lake Sonoma</td>
</tr>
<tr>
<td>6:45 AM</td>
<td>7:50 AM</td>
<td>Age-Group Athlete Rolling Race Start</td>
<td>Lake Sonoma</td>
</tr>
<tr>
<td>10 AM</td>
<td>4:30 PM</td>
<td>Post-Race Athlete Food</td>
<td>Courthouse Square</td>
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<tr>
<td>10 AM</td>
<td>5 PM</td>
<td>Information Tent/Lost &amp; Found</td>
<td>Courthouse Square</td>
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<tr>
<td>10 AM</td>
<td>5 PM</td>
<td>Official IRONMAN Store</td>
<td>Courthouse Square</td>
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<tr>
<td>10 AM</td>
<td>5 PM</td>
<td>IRONMAN Village</td>
<td>Courthouse Square</td>
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<tr>
<td>10 AM</td>
<td>5 PM</td>
<td>IRONMAN Foundation Community 5K presented by HOKA ONE ONE Registration</td>
<td>Courthouse Square</td>
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<tr>
<td>10 AM</td>
<td>5 PM</td>
<td>Sonoma County Builders IRONKIDS Fun Run Registration</td>
<td>Courthouse Square</td>
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<tr>
<td>2 PM</td>
<td>5 PM</td>
<td>Mandatory Bike &amp; Gear Bag Check-Out</td>
<td>Courthouse Square</td>
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<tr>
<td>4 PM</td>
<td></td>
<td>Awards Ceremony &amp; 2020 IRONMAN 70.3 World Championship Slot Allocation &amp; Rolldown</td>
<td>Courthouse Square</td>
</tr>
</tbody>
</table>

*Rolldown begins as soon as awards end - Be Early!

### SUNDAY, JULY 28, 2019

<table>
<thead>
<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 AM</td>
<td>7:45 AM</td>
<td>IRONMAN Foundation Community 5K presented by HOKA ONE ONE Registration</td>
<td>Juilliard Park</td>
</tr>
<tr>
<td>7 AM</td>
<td>8:30 AM</td>
<td>Sonoma County Builders IRONKIDS Santa Rosa Fun Run Registration</td>
<td>Juilliard Park</td>
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<tr>
<td>8 AM</td>
<td></td>
<td>Pancake Breakfast provided by The Kiwanis Club of Santa Rosa</td>
<td>Juilliard Park</td>
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<tr>
<td>8 AM</td>
<td></td>
<td>IRONMAN Foundation Community 5K presented by HOKA ONE ONE</td>
<td>Juilliard Park</td>
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<tr>
<td>9 AM</td>
<td></td>
<td>Sonoma County Builders IRONKIDS Santa Rosa Fun Run</td>
<td>Juilliard Park</td>
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</tbody>
</table>
ATHLETE CHECK-IN

WHEN
- Thursday, July 25 from 12 PM to 7 PM
- Friday, July 26 from 9 AM to 4 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 4 PM ON FRIDAY.

WHERE
Courthouse Square
50 Old Courthouse Road
Santa Rosa, CA 95404

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 t-shirt and swag
7. Pick up timing chip- make sure name on screen matches number

RELAY TEAMS
Relay teams must be present together at Athlete Check-In, at the same time. No relay team will be permitted to check in if all members are not present. All relay teams must check in during the posted Athlete Check-In dates and times—NO EXCEPTIONS.

Each athlete that participates in a Relay will receive a shirt, hat and medal. Medals and hats will be distributed at the finish line upon completion of their leg of the race.

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, verifiable emergency that prevents them from picking up their materials, 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 during the following times:

IRONMAN 70.3 Santa Rosa Athlete Services:
SANTAROSA70.3@IRONMAN.COM
727-430-6405

Emergency phone hours are as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Hours</th>
</tr>
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<tbody>
<tr>
<td>Thursday, July 25</td>
<td>12 PM to 8 PM</td>
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<tr>
<td>Friday, July 26</td>
<td>9 AM to 5 PM</td>
</tr>
<tr>
<td>Saturday, July 27</td>
<td>5 AM to 6 PM</td>
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</table>

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 wristbands must be removed
- White Morning Clothes Bag, Blue Bike Gear Bag and Red Run Gear Bag

*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 2020 IRONMAN 70.3 World Championship in Taupō, New Zealand.

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 (if applicable)

Make sure the frame sticker is visible on both sides of your bike. The bike frame sticker cannot be altered in any fashion and the race logo MUST be visible. The helmet sticker will be affixed to the front of your helmet, and the bike stem sticker will be placed in between handlebars. Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at Athlete Check-In. Any previous event stickers on the bike must be removed. We recommend you label your gear bags with a permanent marker in addition to using the gear bag stickers.
**PRE-RACE INFO**

**PHYSICAL Addresses**

**IRONMAN Village/ Transition 2**
Courthouse Square
50 Old Courthouse Road
Santa Rosa, CA 95404

**SWIM START/Transition 1**
Public Boat Ramp – Lake Sonoma
• Nearest Address:
  Lake Sonoma Visitors Center
  3333 Skaggs Springs Road
  Geyserville, CA 95441

**Finish Line**
On 4th Street at Mendocino Avenue

**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. CLICK HERE to 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 days prior to the event 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. The Athlete Briefing times are as follows:
- Thursday, July 25: 1 PM, 3 PM & 5 PM
- Friday, July 26: 10 AM, 12 PM & 2 PM

**Personal Safety**
Athletes are permitted to swim in Lake Sonoma prior to race day. When training, please ensure that your family members and/or friends know where you are. 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. Athletes are further admonished to exercise caution and to be mindful of underwater hazards. 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.

**Transition Bike Shuttle**
TriBike Transport is partnering with IRONMAN® to provide an optional bike shuttle from IRONMAN Village in Courthouse Square, to T1 and the swim start at Lake Sonoma. The shuttle will run on Friday, July 26. For a $40.00 fee, TBT will be transporting your bicycle (no athletes will be allowed on the shuttle!). Your bike must be stickered for the race, and checked in with TBT before being loaded onto the shuttle. Your bike will be racked in transition on Friday afternoon for you, there is no need for you to go to T1 on Friday. T1 will open at 5 AM or Saturday morning for athletes to access their bikes, CLICK HERE for more details. TriBike will NOT be transporting bike gear bags to T1. Athletes may bring T1 bags with them race morning.

**Mandatory Bike & Run Gear Check-In**
Bike and Run Gear Bag Check-In: Transition 1 at Lake Sonoma
Run Gear Bag Check-In: Transition 2 at Courthouse Square

**BIKE CHECK-IN:**
On Friday, July 26, athletes MUST check in their bike from 10 AM to 5 PM in Transition 1 at Lake Sonoma or register their bike with Tri Bike Transport for their bike shuttle program, see the event website for more details. PLEASE NOTE: from Santa Rosa it takes approximately 30-40 minutes to get to T1. With parking and bike drop off you should expect a minimum of an hour and a half round trip. PLEASE PLAN ACCORDINGLY OR take advantage of the Tri-Bike-Transport shuttle service.

Bike Gear Check-In is optional on Friday. You may also bring your gear into transition on race morning. Full bike covers are NOT allowed, as it presents a safety hazard to volunteers and other competitors. You will have access to your bike beginning at 5 AM on race morning but you will not be allowed to remove your bike from transition until the bike portion of the race. Please arrive in transition with plenty of time to set up your gear.

**RUN Gear Check-In:**
Mandatory Run Gear Check-In is from 9 AM to 4 PM on Friday, July 26.

Bike and Run Gear Check-Out will be available near Transition 2 at Courthouse Square starting at 2 PM on race day, pending the final athlete has finished the bike course and has exited transition for the run course.

In addition to placing your gear bag stickers on the outside of your gear bags, we recommend you also write your bib number on the bags with a permanent marker in case the stickers detach. Furthermore, we also recommend that you DO NOT put nutrition in your Red Run Gear Bag that could spoil overnight. You will have access to this bag race morning.

**BIKE/RUN Gear Bags**
During Athlete Check-In, athletes will receive three bags:
- White [Morning Clothes]
- Blue [Bike Gear]
- Red [Run Gear]

**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, medicine) you may need at the finish line in your Morning Clothes Bag. Please do not put room keys, car keys or any other valuables in your Morning Clothes Bag. Leave the bag in the designated drop area at the swim start. Your Morning Clothes Bag may be retrieved after the race. Any items that do not fit inside the Morning Clothes Bag, such as bike pumps and backpacks, will not be accepted.

**Bike Gear Bag**
You will receive a blue Bike Gear Bag at Athlete Check-In. You will place your bike gear bag on a numbered rack system just inside the main Transition 1 area. Please do NOT put nutrition in your Bike Gear Bag until race morning. Following the swim, grab your gear bag and change in the designated area. Place your wetsuit, goggles and swim cap inside the Bike Gear Bag and hand it to a volunteer. The Bike Gear Bags will be collected and taken to T2 for you to claim after the race. Any items not placed inside the Bike Gear Bag are not guaranteed to be collected. We highly recommend you label your wetsuit with your name and cell number.

**Run Gear Bag**
You will receive a red Run Gear Bag at Athlete Check-In. You will place your run gear bag on a numbered rack system at the far end of the Transition 2 area. Following the bike, you will rack your bike then proceed to the gear bag racking area. Make sure to place your helmet and bike gear inside the run Gear Bag and RE-RACK your bag. Then head out onto the run course.
PARKING & SHUTTLE

PARKING
Athletes are encouraged to use Santa Rosa Public Parking lots during the week and on race day. There are numerous parking lots spread around in close proximity to the IRONMAN Village and Transition 2. All public parking lots in downtown Santa Rosa are $8.00/Day. The best race morning parking lot to use is on 1st Street between B Street and Santa Rosa Avenue. There is also paid parking available at the Santa Rosa Plaza for $9.00/Day which is located just of B street.

ATHLETE SHUTTLE
We strongly encourage all athletes to take the shuttles provided from downtown Santa Rosa to Lake Sonoma. Shuttles will start leaving at 4:15 AM at the corner of B Street & 2nd Street. The last bus will leave at 5:15 AM. There is limited parking near Transition 1, some which requires additional shuttling.

Athletes and spectators who choose to drive may be subject to additional delays as they will be shuttled from the lower parking area adjacent to the visitors center up to T1. Spectators and athletes who choose to drive to swim start should give themselves extra time and should plan to arrive no later than 5 AM to Lake Sonoma.”
RACE DAY INFO

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

Body marking will begin at 5 AM outside of transition. 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. If you ordered race number tattoos prior to race day; be sure to apply them prior to arrival. You will not be permitted in the transition area 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 6:15 AM. All athletes must be out of transition and headed to the swim before this time.

AID STATIONS
Aid stations are approximately at miles 15, 25, and 41 on the bike and approximately a mile apart on the run. The general offerings are as follows:

<table>
<thead>
<tr>
<th>BIKE:</th>
<th>RUN:</th>
</tr>
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<tbody>
<tr>
<td>Gatorade Endurance Formula (Flavor: Orange)</td>
<td>Gatorade Endurance Formula (Flavor: Lemon Lime)</td>
</tr>
<tr>
<td>Water</td>
<td>Water</td>
</tr>
<tr>
<td>Bananas</td>
<td>Cola</td>
</tr>
<tr>
<td>GU ROCTANE Energy Gels</td>
<td>GU ROCTANE Energy Gels</td>
</tr>
<tr>
<td>BASE Performance Bars</td>
<td>BASE Performance Bars</td>
</tr>
<tr>
<td>Red Bull (Bike Aid Station 2 Only)</td>
<td>Red Bull</td>
</tr>
<tr>
<td>Pretzels</td>
<td>Pretzels</td>
</tr>
<tr>
<td>Fruit - Bananas &amp; Oranges</td>
<td>Fruit - Bananas &amp; Oranges</td>
</tr>
</tbody>
</table>

AN IRONMAN NEEDS THE BEST.

That’s why we’re on course with our amped up ROCTANE Energy Gels

*10 delicious flavors including three caffeine-free options.

Three-time IRONMAN World Champion Mirinda “Rinny” Carfrae reaches for Lemonade ROCTANE Energy Gels when she’s training and racing.
Gatorade® Endurance Formula has nearly twice the sodium (300mg) and more than triple the potassium (140mg) of regular Gatorade® to help meet endurance athletes’ needs.

Endurance athletes take things farther. Gatorade® Endurance Formula is designed for the specific demands of endurance athletes.

On course at over 300 races.

Available in lemon-lime, orange and cherry.

Sold exclusively at run, bike, and tri shops.

Online at gatoradeendurance.com

Endurance Formula has nearly twice the sodium (300mg) and more than triple the potassium (140mg) of regular Gatorade® to help meet endurance athletes’ needs.
RACE TIMING AND CUT-OFFS

The race will officially end 8 hours and 30 minutes after the final athlete enters the water via the rolling start. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

SWIM CUT-OFF

The swim course will close 1 hour and 10 minutes after the final athlete enters the water. Each athlete will have 1 hour and 10 minutes to complete the 1.2 mile swim. Athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

BIKE CUT-OFF

Intermediate Bike Course Cut-Offs:
• 11:50 AM - Approx. Mile 34.5 at the corner of Faught Road and Shiloh Road
• 1 PM - Approx. Mile 51.5 at Hall Road & Country side Road

Cut-off times are mandated by our permits to adhere to road closure requirements.

The bike course will close 5 hours and 30 minutes after the final athlete enters the water. Each athlete or relay team will have 5 hours and 30 minutes to complete the swim, T1 and bike course regardless of when they start the swim. Any athlete or relay team that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course will receive a DNF.

RUN CUT-OFF

The run course will close 8 hours and 30 minutes after the final athlete enters the water. Each athlete or relay team will have 8 hours and 30 minutes to complete the entire course, given that they also meet all intermediate cut offs. Any athlete or relay team that takes longer than 8 hours and 30 minutes to complete the entire course will receive a DNF.

There will be an intermediate course cut-off at 2:55 PM at approx. Mile 6.2 at Willowside Road and the Santa Rosa Creek Trail.

Cut-off times are based on the last athlete entering the water at 7:50 AM. IRONMAN reserves the right to shift the listed times pending the actual time the last athlete enters the water. 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.

Based on permits for the roads on course and the safety of athletes involved, cut-off times must be respected for all IRONMAN 70.3 events.

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 and athletes who choose to wear a wetsuit will not be eligible for Age Group awards, including IRONMAN World Championship slots or Rolldown slots. If the water temperature is in this range and you choose to wear a wetsuit, you will start after the non-wetsuit swimmers. Athletes who start in the wetsuit wave will have 8 hours and 30 minutes to complete the race and must abide by end of leg time limits. The intermediate time cut offs between the end of each leg will remain the same and athletes will not have extra time. Wetsuits will be prohibited in water temperatures greater than 83.8 degrees Fahrenheit (28.8 degrees Celsius).

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
88 54th St. SW Suite 106
Wyoming, MI 49548

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 & GEAR CHECK-OUT
Mandatory Bike and Gear Check-Out is from 2 PM to 5 PM. You must have your athlete wristband on in order to enter transition. 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!

ATHLETE FOOD
Athlete post-race food area will be open from 10 AM to 4:30 PM. The athlete post-race food area is for athletes only. Food will be located inside the tent and drinks will be outside.

AWARDS CEREMONY
The awards ceremony is scheduled for 4 PM (pending final finisher) at the stage in IRONMAN Village. Don’t miss out on claiming your award! If you cannot attend the awards ceremony, you can pick up your award at 3:30 PM at the stage. Unclaimed awards will be held for 30 days and then donated to a local charity.

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

LOST AND FOUND
Lost and Found will be at the Information Tent during race week and on race day. Please check the schedule of events for Information Tent hours and location. After the conclusion of the event, please contact SANTAROSA70.3@IRONMAN.COM to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed items will be donated within 30 days.

MEDICAL AREA
The medical area is for athletes only and family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete’s condition.

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/SANTAROSA70.3.

FINISHER CERTIFICATE
To get your finisher certificate, go to IRONMAN.COM/SANTAROSA70.3 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.

TIMING/RESULTS
If there is an issue with your timing, please e-mail TIMING@IRONMAN.COM
NEVER FORGET YOUR RACE

ORDER YOUR RACE PHOTOS HERE:
www.finisherpix.com
www.facebook.com/finisherpix
#finisherpix
**BODY MARKING**

Relay athletes will get body marked with the race team number and the letter "R" denoting a relay team. The team's bib number will be marked on both arms and the "R" will be marked on the left calf.

**TIMING AND CHIP TRANSFER RULES**

In order to ensure a proper chip timing reading, relay athletes must keep ankle strap and chip on their ankle at all times. Athletes must make the chip transfer from ankle to ankle at the specified relay area (relay pen) near transition. Athletes must not run with the chip in their hands at any time to ensure accurate chip reading.

The timing chip acts as the “baton” and athletes must hand-off the timing strap/chip to move forward to the next discipline. Failure to do so will result as a DNF.

**SWIM TO BIKE**

The bike can not be removed from the bike rack until chip is properly transferrred and attached to the next teammate. The swim leg athlete will exit the swim and head to transition area where they will locate their bike leg athlete in the relay pen and make the chip transfer. The swim athlete must stay within the confines of the relay pen. Only after the chip and ankle strap has been transferred, can the bike leg athlete go to the bike rack to begin the bike portion of the event.

**BIKE TO RUN**

The timing chip may not be removed until the bike is properly racked in the designated spot. After the biker has racked their bike they must go to the relay pen in T2 to meet their runner and exchange timing chips at that location.

**RUN TO FINISH**

Only the run leg relay participant is able to cross the finish line. All other relay team participants will be able to access post-race finish line athlete areas (not including the finish line chute).

If a relay team member drops out of any leg or fails to meet the given time allotment, the relay team will not be able to continue the race and will be disqualified.

**FINISH LINE**

Volunteers will be instructed to give relay athletes “relay medals.” Relay medals are different than the individual medals and should be communicated pre-race to athletes, volunteers, and staff.

Each relay athlete will be given 2 or 3 medals (depending on the size of the team) once finished. It is the responsibility of the run leg athlete to distribute additional medals and finisher hats to the team.

**AWARDS**

Relay awards are given to the top three overall relay teams. Each relay team will only receive one award. Additional awards for each member of the relay team will be available for purchase, should athletes choose. To request additional awards, please email SANTAROSA70.3@IRONMAN.COM. Scoring is not based on gender or age. The top three teams will each receive one award. Please check the Event Schedule for the time and place of the Award Ceremony.
QUALIFYING FOR THE IRONMAN 70.3 WORLD CHAMPIONSHIP

SLOT ALLOCATION/RoLLDOWn CEREMoNY
Athletes may claim their slot only IN PERSON and only at the IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony on Saturday, July 27 immediately following awards. Awards will start at 4 PM at the stage in IRONMAN Village near the finish line, so please be present no later than 4:15 PM for slot allocation because you must be present to accept a slot. Please be prepared to pay the entry fee with CREDIT CARD ONLY; no check or cash.

Forty (40) Age-Group qualifying slots for the 2020 IRONMAN® 70.3® World Championship (November 28-29 in Taupo, New Zealand) 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:
  o Each Age Group with registered athletes is tentatively allocated one slot (each, an “Initially Allocated Slot”).
  o All other slots available for the race (the “Proportionally Allocated Slots”) are not allocated until race day.

• ON RACE DAY:
  o 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.
  o 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:
  o 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.
  o 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 70.3 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 WORLDCHAMPIONSHIP70.3@IRONMAN.COM. Without exception, all requests must be received 45 days prior to the race to be eligible for a partial refund of $75 USD. No refunds will be issued for requests made after the 45 day deadline. Transfers or deferments are NOT permitted.

IRONMAN 70.3 WORLD CHAMPIONSHIP COIN
Athletes who qualify for the 2020 IRONMAN® 70.3® World Championship will receive an official IRONMAN® 70.3® World Championship Coin. This memento will serve to mark and signify qualifying IRONMAN® athlete’s accomplishments. We applaud these individuals on their hard work and dedication as they celebrate their journey to the premier event of the IRONMAN® 70.3® series!
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 70.3 Santa Rosa will feature a “Rolling Start”. Athletes will self-seed into swim start corrals based upon their estimated swim finish time. Each athlete will be allotted 1 hour 10 minutes to complete the swim course. 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.

Athletes’ official race time will start when they cross the timing mat. All athletes will have the traditional 8 hours and 30 minutes to complete the entire event (subject to intermediate cutoff times throughout the event).
SWIM COURSE RULES

- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- No aqua socks (neoprene booties) unless the water temperature is 65 degrees Fahrenheit or colder.
- When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any 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 1 hour and 10 minutes after the last athlete enters the water. Each athlete will have 1 hour and 10 minutes to complete the 1.2 mile swim. Individual athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

SWIM TO BIKE TRANSITION

After the swim you will be directed through the timing chutes to the swim to bike transition. Athletes will grab their bike gear bag from the hanging numbered racks just inside Transition 1. There will be a designated area just after the gear bag racks where you can change into your bike gear. Athletes will place all of their swim equipment inside their bike gear bags. Then they will run to their bike to start the bike portion of the race. 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.

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 canoes, kayaks, buoys, and aquatic crafts that line the course.

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 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).

WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5 degrees Celsius). Wetsuits will be prohibited in water temperatures greater than 83.8 degrees Fahrenheit (28.8 degrees Celsius).

Athletes who choose to wear a wetsuit in water temperatures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius) will not be eligible for Age Group awards, including IRONMAN 70.3 World Championship slots or Rolldown slots. Athletes electing to wear a wetsuit will be placed in a wetsuit optional wave after all the non-wetsuit athletes.

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

WETSUIT MANDATORY

Below 60.8°F/16°C
Wetsuits are mandatory in water temperatures below 60.8°F/16°C
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.
Ventum is the Official Global Bike Partner of IRONMAN®

IRONMAN 2019 OFFICIAL BIKE PARTNER
GLOBAL SERIES

ventumracing.com
TURN BY TURN DIRECTIONS

• Turn right onto Rockpile Rd.
  • Continue straight onto Skaggs Springs Rd./Stewarts Point-Skaggs Springs Rd.
  • Continue onto Dry Creek Rd.
  • Turn left onto Dutcher Creek Rd.
    • Turn right on Theresa Dr.
    • Turn right onto Asti Rd.
  • Continue onto Geyserville Ave.
    • Turn left onto CA-128 E.
  • Turn left onto CA-128 (signs for Calistoga)
    • Turn right onto Rohlf's Rd.
    • Turn right onto Chalk Hill Rd.
    • Turn left onto Faught Rd.
    • Turn right onto E Shiloh Rd.
    • Turn left onto Windsor Rd.
  • Continue onto Mark West Station Rd.
    • Turn left onto Slusser Rd.
      • U-Turn on Slusser Rd.
      • Right onto Laughlin Rd.
  • Turn right to stay on Laughlin Rd.
    • Continue onto Woolsey Rd.
  • Turn right to stay on Woolsey Rd.
    • Turn left onto Olivet Rd.
    • Turn left onto Guerneville Rd.
    • Turn right onto Willowside Rd.
      • Turn left onto Hall Rd.
      • Turn left onto Fulton Rd.
  • Turn right onto W. College Ave.
  • Turn right onto Stony Point Rd.
    • Turn left onto W. 9th St.
      • Continue onto A St.
      • Turn left onto 7th St.
      • Turn right onto B St.
  • Finish bike at 3rd St. and B St.
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 fall back to the left 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 overtaking 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 30 second 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 70.3

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<thead>
<tr>
<th>1st BLUE CARD Offense</th>
<th>2nd BLUE CARD Offense</th>
<th>3rd BLUE CARD Offense</th>
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<tr>
<td>5:00</td>
<td>5:00</td>
<td>DSQ</td>
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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 can be placed around the athlete’s bike in transition. 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 distractions 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.

BIKE TO RUN TRANSITION
After the bike, you will dismount and rack your bike, you may leave your shoes on the bike if you wish. You will then run to the designated gear rack area, grab your run gear bag off the rack, change into your run gear, place all your bike gear inside the RED run gear bag AND RE-RACK your run gear bag. Once completing this, you will then head out onto the run course.
Completing in a triathlon event requires training on a bike. To be fully prepared, it’s important that you arrive on event day healthy, fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

**BEFORE YOU RIDE**

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

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

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

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

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

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

**DURING THE RIDE**

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

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

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

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

**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.*
Best Bikes
Best Selection
Best Prices

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Want it now? Shop local at one of our locations.
www.playtri.com/locations

Own Your Own Triathlon Store

PLAYTRI.COM

Proven Model
Low Entry Costs
Expert Leadership

Franchises Available
PLAYTRI.COM/OWNASTORE
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 ➤

TRIBIKE TRANSPORT

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/

All-Natural Nebraska Beef
How your food is raised is important. Certified Piedmontese beef is an excellent source of protein that’s completely farm-to-fork traceable. Raised without added hormones, steroids, or antibiotics, Certified Piedmontese is an all-natural, healthy beef option.

Piedmontose.com

Certified Piedmontese
The Healthier Beef Option

25% off at Piedmontose.com with code: IMSR19H
*Offer valid through 8/26/2019
LIMITLESS.

MACH 2

THE SUPER LIGHT, CUSHIONED PACE PUSHER.
TURN BY TURN DIRECTIONS

• Transition 2 – Run Start – 3rd St. & D St.
  • Right onto D St.
  • Right onto 1st St.
  • Left onto Santa Rosa Ave.
  • Right onto Prince Memorial Greenway
    • Left on Pierson St.
  • Right onto south side of Santa Rosa Creek Trail
  • Right onto Stony Point Road sidewalk (east side)
  • Right onto north side of Santa Rosa Creek Trail
    • Right to go under Stony Point Rd.
  • Right onto exit trail toward Stony Point Rd.
  • Right onto Stony Point Rd. sidewalk (west side)
  • Right onto Santa Rosa Creek Trail south side.
  • Stay Straight on Santa Rosa Creek Trail (southside)
    • Right onto Fulton Rd. sidewalk (east side)
  • Right onto north side of Santa Rosa Creek Trail
    • Right to go under Fulton Rd.
  • Right onto exit trail toward Fulton Rd.
  • Right onto Fulton Road sidewalk (west side)
  • Right onto Santa Rosa Creek Trail south side.
    • Stay Straight on Santa Rosa Creek Trail
      • Right onto Willowside Rd.
  • Right onto north side of Santa Rosa Creek Trail
    • Left onto Spur trail
      • Turn Around on Spur trail
        • Left onto Santa Rosa Creek Trail
          • Stay Straight under Fulton Rd.
  • Stay Straight under Stony Point Rd.
    • Left onto A St. Ramp
    • Left onto A St. sidewalk
  • Left onto south side of Prince Memorial Greenway
    • Right to stay on Prince Memorial Greenway
      • Left on Santa Rosa Ave.
        • Right on 1st St.
        • Left on D St.
        • Left on 4th St.
        • Finish

Start Elevation: 181 ft  •  Finishing Elevation: 177 ft  •  Gain: 154 ft
RUN COURSE RULES
1. Athletes may run, walk, or crawl.

2. Athletes must wear their IRONMAN 70.3 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.


9. The run course will officially close 8 hours and 30 minutes after the last athlete enters the water.

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
USA Triathlon (USAT) has sanctioned the 2019 IRONMAN 70.3 Santa Rosa. 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 70.3 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 an 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 70.3 reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings. Notification of any change will be in accordance with IRONMAN Competition Rules.

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. 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 distracting manner during the Race. A “distracting 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 distracting 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. An athlete cannot physically assist the forward progress of another athlete on any part of the course. The penalty for this will be disqualification of both athletes.

15. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.
PHYSICALLY CHALLENGED OPEN DIVISION
2019 IRONMAN 70.3 SANTA ROSA IS NOT WHEELCHAIR ACCESSIBLE 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 (endoprosthesis), kidney dialysis, hearing impairments, and/or cognitive impairment are not eligible to participate in the PC Open Division;

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

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

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

HANDCYCLE DIVISION
2019 IRONMAN 70.3 SANTA ROSA IS NOT HANDCYCLE APPROVED.

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

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

FOR MORE INFORMATION REGARDING HANDCYCLE DIVISION, PLEASE VISIT WWW.IRONMAN.COM/HANDCYCLE OR E-MAIL HANDCYCLE@IRONMAN.COM
**Jimmy Riccitello**  
IRONMAN HEAD REFEREE

<table>
<thead>
<tr>
<th>VIOLATION</th>
<th>CARD</th>
<th>Penalties</th>
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<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>thirty second time penalty served at the next penalty tent</td>
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**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 (**thirty second time penalty**) also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served at the point of infraction. While YELLOW CARD violations will not count against your three strikes, IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive yellow card violations.

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2018 IRONMAN Competition Rules.

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:

1. **HELMET CHINSTRAP**  
   Your chinstrap must be securely fastened whenever you are on your bike on race day.

2. **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.

3. **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.

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

5. **OUTSIDE ASSISTANCE**  
   Non-racers may NOT ride or run alongside you.

6. **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.
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. UnitedHealthcare, 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.

For a copy of the claim form, please e-mail SANCTION@USATRIATHLON.COM

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.COM

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 and IRONMAN 70.3 athletes 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 70.3 Medical Director.
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.
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.

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
RACE FOR MORE

800
Bikes for local kids in 2019

9
Service Projects in 2019

IRONMAN Texas
IRONMAN 70.3 Gulf Coast
IRONMAN 70.3 Connecticut
IRONMAN 70.3 Traverse City
IRONMAN Wisconsin
IRONMAN Maryland
IRONMAN World Championship
IRONMAN Florida
IRONMAN Arizona

IRONMAN 70.3 Puerto Rico
IRONMAN 70.3 Oceanside
IRONMAN Santa Rosa
IRONMAN 70.3 World Championship
IRONMAN World Championship
IRONMAN 70.3 North Carolina
IRONMAN 70.3 Waco
IRONMAN Florida
IRONMAN Arizona

Gold Star Initiative

IRONMAN 70.3 Oceanside
IRONMAN Santa Rosa
IRONMAN 70.3 Santa Rosa
IRONMAN 70.3 Superfrog

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

WOMENFORTRI.COM
@WOMENFORTRI

100% of the proceeds from Women For Tri apparel support our TriClub Grant Programs.
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!
PAIN IS TEMPORARY...
CURES ARE FOREVER

Make Every Mile More Meaningful!

Nearly 1 in 100 Americans suffer from Crohn's disease or ulcerative colitis. The person in the swim lane next to you, the friend you make on the bike course, or the volunteer cheering extra loud for you could be suffering from these devastating diseases. Help Team Challenge find cures by raising vital funds for research, education, and support programs.

Become a VIP teammate for our patients at your next IRONMAN® or IRONMAN® 70.3 event. You'll receive:

- A chance to win your entry to the 2020 IRONMAN® World Championships in Kona, HI
- Official Team Challenge tri kit designed by Base Performance
- Access to a 24-week training plan, professional USAT certified coaches, monthly clinics, and group Zwift rides.
- VIP Package—priority bike racking, team reception, and hospitality.
- Discounts through our partners and opportunities to win gear all year long!

Learn more: ccteamchallenge.org/iron • #TeamChallenge
FAQS

1. 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.

2. 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.

3. WHAT IS THE WITHDRAWAL/PARTIAL REFUND POLICY?
   Withdrawal requests must be received in writing via email to SANTAROSA70.3@IRONMAN.COM. Without exception, all requests must be received on or before June 13, 2018 to be eligible for a partial refund of $75.00 USD.

4. WHAT IS THE TRANSFER POLICY?
   Transfers or deferments are NOT permitted for any IRONMAN 70.3 event.

5. WHAT AGE GROUP WILL I RACE IN?
   The Age Group breakdown is as follows:
   - 18-24
   - 25-29
   - 30-34
   - 35-39
   - 40-44
   - 45-49
   - 50-54
   - 55-59
   - 60-64
   - 65-69
   - 70-74
   - 75-79
   - 80+
   You will race in the Age Group corresponding with your USAT age, which is your age at the end of the year on December 31, 2018.

6. 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 email TRICLUB@IRONMAN.COM.

7. 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.

8. 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 SANTAROSA70.3@IRONMAN.COM to arrange for your award to be shipped to you. *All awards will be donated/repurposed after 30 days.
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!
WE LOVE WHAT YOU LOVE.

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UnitedHealthcare proudly supports IRONMAN® and the 60,000 volunteers who make it possible. And, of course, the athletes, whose unquestionable strength, toughness and determination knows no bounds.

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

- EVENT LOGO PLATE, ENGRAVED PLATE WITH NAME & SPLIT TIMES
- ADDITIONAL FINISHER’S MEDAL • 5” X 7” MAT OPENING (COURSE MAP INCLUDED)
- 2” DISC OF TRIATHLON SYMBOL • LAMINATED REPLICA OF YOUR BIB #

This Bib Frame would normally cost $175, but is currently available for $149 +S/H

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

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

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

Fond Memories Graphics, Inc.
P.O. Box 149, Pomona, New York 10970
Tel: (845) 354-5027 • Fax: (845) 354-4875
E-mail: FMG5027@aol.com

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