

# SUPPORT YOUR LOVED ONES FROM AFAR

There is nothing better than the support of your loved ones at race day and being able to share your emotions with them. In these challenging times, we want to make sure that you don't have to miss out on this support, even it's in a different way than usual.

This is how you can send a personal message to your athlete:

1. Design the template (page 2) according to your wishes. You can print it out, write on it, paint it or even design it on your computer.
2. Add your athlete's name and BIB number or date of birth.
3. Scan the file or save it as a PDF. Name the file: `FamilyName_FirstName_BiB`
4. Send your personal message until 24 July 2021 as a PDF file to:  
[sideevents.switzerland@ironman.com](mailto:sideevents.switzerland@ironman.com)



Name:

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Geburtsdatum / Date of Birth:

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Startnr./BIB:

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Race:

- IRONMAN 70.3 Switzerland
- IRONMAN Switzerland Thun