ATHLETE GUIDE 2018

IRONMAN Denmark

KMD

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WELCOME

Dear Athlete,

It is an honor to welcome you as an athlete to KMD 5150 Aarhus.

On September 15th 2018, athletes will conquer the waters of Aarhus Bay from the Tangkrogen area, bike along the coastline of beautiful Aarhus and complete a spectacular run in the forest of Havreballe before reaching the finish line at Tangkrogen.

In this Athlete Guide, you will be able to find answers to questions regarding KMD Aarhus 5150 2018. Please study the guide carefully as it contains very important information regarding the race.

Please keep in mind that the rules featured in the Athlete Guide are intended to help athletes and their competitors, so please obey them and let’s all have a truly amazing race!

Good luck and see you at the finish line!

Yours sincerely,

KMD IRONMAN Denmark
PRACTICAL INFORMATION

Result service
Throughout KMD IRONMAN 5150 Aarhus friends and relatives can follow the athletes progression through KMD 5150 Aarhus online and via SMS.

Facebook
Approximately one week prior to the race, Ultimate Timing will send athletes an email so all athletes can add results and timings to their Facebook account. Thereby, every time an athlete passes a timing mat, the time and result will be visible on their Facebook status line.

Online
On www.ironman.com online timing will be present throughout the day.

Course Information
Athletes are able to get information on all courses. At http://eu.ironman.com/triathlon/events/emea/5150/5150-aarhus/athletes/course.aspx#axzz5OtjflWc

Address
IRONMAN Registration, Athlete Garden, Swim start, Transition zone, Finish line & Awards Ceremony will be located at:
Marselisborg Havnevej 1, 8000 Aarhus C.

Road closures
All courses are closed for traffic during the Race.
In case of emergency, rescue vehicles with the sirens on, shall have free passage at all times. Please yield and let them pass you.
EVENT SCHEDULE

Saturday, September 15th

- 07.00-08.45  Athlete registration for KMD 4:18:4 Aarhus
- 07.00-12.45  Athlete registration for KMD 5150 Aarhus
- 07.00-10.45  Athlete registration for KMD IRONKIDS
- 07.00-10.00  Athlete registration for DM Hold
- 09.00-12.30  KMD 4:18:4 Aarhus 2018
- 10.45-13.00  DM Hold
- 11.00-12.00  KMD IRONKIDS
- 11:30-12:45  Bike Check-in KMD 5150 Aarhus
- 12:30-12:45  Race-Briefing KMD 5150 Aarhus
- 13.00-18.00  KMD 5150 Aarhus
- 16.00-       Awards ceremony
PARKING

All parking facilities will be open for parking through the event.
EVENT SITE
ATHLETE CHECK-IN

Registration
Saturday September 15th.

Opening hours for registration:
Saturday, September 15th 07.00 to 12:45

To register you need the following:

- Official government-issued photo ID – passport, driver’s license etc.
- Valid proof of national triathlon membership. If you have bought a 1-day license when registering for the event, you will only need your official government-issued photo ID.
- The QR code from the confirmation, which you will receive approx. one week before the race.
- Waiver (handed out at registration)

All athletes must have registered before 12:45 on Saturday, September 15th.

No registration will be possible after this time.

At registration, you will receive the following items:

1. Official KMD 5150 Aarhus Bag
2. Athlete wristband – must be worn at all times
3. Race number
4. Safety pins
5. Timingchip
6. Timing chip strap
7. Swim cap
8. 1 x number sticker for helmet
9. 1 x number sticker for bike

For relays, it is important that all team members are present when registering. Each relay member will be issued an athlete wristband. The timing chip serves as Depeche, and must be handed over from the swimmer to the biker, and from the biker to the runner during the race. The handover from swimmer to biker, and from biker to runner must be conducted at the location of the bike in the Transition Zone.
Bike Check-in
Saturday, September 15th. 11.30-12.45. The Bike Check-In is located in the Transition zone at Tangkrogen.

On Saturday athletes **must** check-in the following items:

- Bike with stickers attached
- Bike helmet with stickers attached

Check-in will not be possible without all the above-mentioned items.

Please note that it is not allowed to mark your bike in any way with balloons or similar. The race marshals will remove such effects.

Helmet sticker must be placed like this (front):

The sticker on the bike must be placed in one of the following ways:

The bike number must be visible at all times during the bike ride.

Helmets must be securely fastened on your bike. The helmet must be a CE-approved in accordance with Danish law. Race marshals have the right to reject helmets not meeting these standards. If rejected the athlete has to get hold of an approved helmet before participating in the race.

Note: Only the following items are allowed on the bike:

- Helmet securely fixed to your bike
• Bikes shoes secured to pedals
• Gels and bars attached securely to the bike
• Bottles secured in bottle-cages

It is **NOT** allowed to leave anything next to the bike or on the ground. Race marshals will remove all items not safely secured to the bike.

**Due to the risk of windy conditions you are only permitted to cover handle bars, seat and pedals, and not the entire bike.**

Only athletes and race officials are permitted access to Transition Zone.

For security reasons, no bikes, helmets or bags are to be removed from Transition Zone, once checked-in. You will have access to these items from 11.30 until 12.45 on Race Day.

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**RACE DAY**

**Saturday, September 15th 2018.**

Race day check-in opens for athletes at 09.00 on Saturday morning the 15th of September, and closes at 12.45.

Only athletes and marshals will have access to Transition Zone. At registration, you will receive a swim cap, a timing chip and a race number. Be sure to remember these items on race morning.

**If you have lost or forgotten your timing chip on race morning, please contact an IRONMAN Official, and they will provide you with a new one.**

There will be floor pumps available in the Transition Zone, which you are free to use prior to the start. Please note that if you bring own floor pump, it is not allowed to store it in any of the race bags, and must be handed to supporters.

**All Athletes have to leave the Transition Area no later than 13.00 and head to swim start.**

Failure to do so may cause a time penalty.
Kids in all ages from 0-12 years will once again feel the IRONMAN environment, as they track three different distances on Saturday September 15th 2018 from 11:00. Read more here: http://eu.ironman.com/triathlon/events/emea/5150/5150-aarhus/kmd-ironkids.aspx#axzz5QtjfjIWC
SWIM COURSE
Course description
The 1.5 km swim will take off at Tangkrogen and will consist of 1 lap.

All athletes, regardless of starting times, will have a cut-off time of 1 hour to complete the swim course.

Swim Start
The KMD 5150 Aarhus Swim start is a rolling start, where athletes seed themselves, depending on expected swim time. This is to ensure as smooth as possible swim flow. Athletes will enter the water in a continuous stream through a controlled access point, similar to how running road races are started. An athlete’s race-time will start when they cross timing mats just before entering the water.

The swim course will close 1 hour after the final athlete starts the swim. Each athlete or relay team member will get 1 hour to complete the swim course. Individual athletes and relay team members who take longer than 1 hour to complete the swim are not allowed to continue the race. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

Swim Warm Up
In order to give athletes the opportunity to warm up prior to the swim leg, a small warm up area is designated for this. In order to give athletes the time to line up for their rolling heat, warm-up for divided into the different times.

The official swim cap must be visible and “clean”. Stickers or other self made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

Note: If you have forgotten your timing chip on race morning or loose it during the swim or bike leg of the race, you are able to get a new timing chip in the transition area.

Swim Smart

1. Prepare for Race and water Conditions
   - Race day should not be your first exposure to an 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 Miner Events

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

3. Study the Course

- 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.
- 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.
- Health experts suggest 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 and 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 arm to alert a lifeguard or safety boat.
    - Feel free to hold on to a static object like a raft, buoy or dock.
    - As long as you don’t use it to move forward, you won’t face disqualification.
    - Race rules allow for competitors to stop or rest at any time during the swim.

The swim cap provided at the registration is for safety, and must be worn throughout the swim. Should you be in any kind of need, lifeguards will be in the water to help you.

The water temperature in the harbour is expected to be around 15–19 °C. Therefore wetsuits will be mandatory for the swim.
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TRANSITION ZONE 1

When exiting the water, you will enter the Transition Zone, where you will change to your biking apparel and get ready for the 40 km bike ride.

There is a changing tent and toilets available in the Transition Zone.

Nudity is NOT permitted, except inside the changing tent.

For relays, the handover of the timing chip will take place next to the bike.

Please note that before removing the bike from the bike racks, you need to have the chinstrap of your helmet securely fastened. The chinstrap of the helmet must be fastened continuously when the athlete is on the bike. If it’s not, it may cause a penalty from one of the race marshals.

You have to cross the bike mount line before mounting your bike. The line will be clearly marked and is located when exiting the transition zone. From here you will proceed to your bike and start the bike course.

Please note that before removing the bike from its place at the bike rack, you need to have the chinstrap of your helmet securely fastened. The chinstrap must be fastened at all times when the athlete is in contact with the bike. Failure to do so may cause a penalty from one of the race marshals.
CONTINENTAL BIKE COURSE

BIKE COURSE
40 KM; 3 LOOPS
AARHUS, DENMARK

TURN BY TURN DIRECTIONS
- Start on Strandvejen at Tangkrogen
- Continue south on Strandvejen
- Continue on Bølgevejen
- Continue on Strandvejen
- Make natural u-turn counter clockwise on Moesgård Stræde
- Strand parking
- Make natural u-turn counter clockwise on Moesgård Stræde
- Strand parking
- Continue back on Strandvejen
- Continue on Bølgevejen
- Continue on Strandvejen
- Complete 1 loop on Strandvejen next to swim start area
- Make u-turn on Strandvejen
- Repeat directions 2-10 for 2 more loops
- Complete 3 loops in all
- After completing 3 loops continue straight on Strandvejen
- Enter transition zone after 2000meters

LEGEND
- Transition Area
- Start Line
- Finish Line
- 1st Loop KM Markers
- 2nd Loop KM Markers
- 3rd Loop KM Markers
- Begin 2nd Loop
- Ward/aid station/neutral
- Special need aid station/neutral

Start Elevation: 6 m • Finishing Elevation: 6 m • Gains 512 m
Course description
The Continental Bike Course is heading out on the 3-loop out and back bike course along the coastline of Kattegat and through the forest of Skåde, you will find yourself cruising through a beautiful variety of Denmark’s finest sceneries.

Please remember that you have the full responsibility for your bikes performance and safe condition on race day. Please make sure that all mechanical parts are in good condition and that all equipment on the bike is safely fastened.

If you need medical assistance on the bike course, paramedics on motorcycles will roam the bike course and will be able to assist you. Contact an IRONMAN official in case you require medical assistance.

Bike Aid stations
There will NOT be any aid stations along the bike course.

Outside the Transition zone next to the registration tent, it will be possible to mix nutrition drinks at the bike self-help aid station, to take along on the course. You must do this before checking in your bike. IRONMAN Denmark will provide bottles to use on the bike course, which is handed out at registration. Gels and bars will also be provided at the self-help aid station.

You must follow directions and instructions from race officials, race marshals, police and the National Guard officers. Failure to do so may cause disqualification from the race.

Please keep in mind that the bike part is a time trial for each single athlete. Any kind of drafting is forbidden.

If you are involved in an accident with another person, e.g. another athlete, volunteers, spectators etc., be sure to remain at the location of the accident, until a member of the National Police Force is present.
TRANSITION ZONE 2

You will enter the Transition Zone at the same point as you exited the zone for the bike course. Head for the same location at the bike racks as where you retrieved your bike and rack your bike.

When ready, head out of the transition zone at the top left corner and start the 10K run through the beautiful sights of Havreballe forest.

For relays, the handover of the timing chip will take place next to the bike.

After the race you need to pick up your race equipment bag and your bike from the Transition Zone. To get your belongings you need to have your race number and your timing chip with you.

The Transition Zone opens for check out of bikes at 16.30. All bikes and race equipment have to be picked up before 18.00.

**KMD 5150 Aarhus is not responsible for any bikes or race equipment, which is not picked up at least at 18.00.**
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RUN COURSE

10 KM; 4 LOOPS
AARHUS, DENMARK

TURN BY TURN DIRECTIONS
- Start on Tangkrogen T2 exit
- Turn left onto Tangkrogen course path
- Continue on course path
- Continue on Christian Fittenborgs Plads by crossing Strandvejen
- Continue on Kongevejen
- Turn left onto Carl Nielsen Vej
- Turn left onto Strandvejen
- Cross Strandvejen on Christian Fittenborgs Plads
- Continue on Tangkrogen course path to U-turn and complete 1 loop
- Repeat directions 3-9 for 2 more loops
- After completing 3 loops in all
- Repeat directions 3-8 to start doing 4 loop
- After completing direction 3-8 continue on Tangkrogen course path
- Turn right onto finish line

LEGEND
- Transition Area
- Start line
- Finish line
- 1st Loop KM Markers
- 2nd Loop KM Markers
- 3rd Loop KM Markers
- 4th Loop KM Markers
- Begin 2nd Loop
- Water/Aid Station/Biketech
- U-Turn

Start Elevation: 0 m • Finishing Elevation: 1 m • Gain: 97 m

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Course description
The KMD 5150 Aarhus run course is 4 loops of 2.50 km, and it will take you through the beautiful surroundings of Havrealle Forest and along the sides of Tangkrogen, where the finish line also is located. After almost finishing a loop a wrist band (lap band) will be fitted to your arm, in order to tell the race officials, which loop you are on.

During the run you must at all times wear the race number visible on the front. A shirt must be worn at all times during the run, and not zipped open beneath your breastbone. Remember that an IRONMAN race is an individual performance, which means that no vehicles, bikes or people running may escort the athlete. You must reject the assistance immediately; otherwise it may cause a penalty.

Race officials will be on the course to show directions. Please follow their directions at all time.

Run Aid Stations
At Chr. Fülenborgs Square there will be a one-sided aid station, which serves the runners in one direction. You will pass the aid station 1 time on every loop.

You can get the following at the aid station:

- Water
- ENERVIT drinks
- Cola
- Red Bull
- Fruit
- ENERVIT Gels
- ENERVIT Bars

There are toilets located at the aid station. You are only allowed to dispose garbage in the designated garbage containers. Please keep the environment in mind before tossing garbage. Failure to follow these directions will cause a disqualification.
For more information about the provided nutrition – follow the link beneath:  

**TIMING & CUT-OFF**

KMD Aarhus 5150 is a four-hour race maximum.

In addition to finishing the race, you need to stay within the following cut-off times:

- Swim: 1 Hour
- Swim + Bike: 3 Hours
- Swim + Bike + Run: 4 Hours

*Due to safety, cut-off times have to be respected. Race marshals will tell you if you did not make it in time.*

**Timing chip**

You have received your personal timing chip, with strap for attachment at registration. Fasten it to your left ankle with the velcro strap before the swim, and leave it on until you finish the race.

If you lose your chip, seek advice with the first race official possible. Athletes need their timing chip for timing and to get their bike out of the Transition Zone.

If you choose not start the race, you still have to return the timing chip. This is done at the counter for White Street Wear hand-in.
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LOST AND FOUND

We recommend that athletes mark their gear with race number, as KMD 5150 Aarhus is not responsible for lost items.

Lost and found items can be handed to race officials in the zones or on the course. They must be collected from the registration area on Saturday September 15th. Lost items that have not been picked up at these times will be kept in the custody of KMD 5150 Aarhus, until 1st of October, and can be returned by full payment of shipping costs and administration fee. After October 1st, lost and found items will be discarded.

FINISH LINE PARTY

The moment we have all been waiting for, the last meters after 1.5 km swimming, 40 km bike ride and 10 km running. Enjoy it, hear the crowd, feel all the emotions – this is your day!

The following will be available:

- Food
- Drinks
- Medical personnel

MEDICAL

There will be medical assistance and facilities throughout the race. In the Athlete’s Garden medical staff will be ready to assist you after completing the race.

From the 14th of September, in the case you have any health related issues you wish to discuss, you can contact KMD 5150 Aarhus’ medical director by phone at +45 51 95 81 12.

RELAY

1. The team captain needs to ensure that all team members are registered successfully
2. All members of the relay team must own a valid license.
3. All members of the Relay team must have registered and filled out their information 10 days prior to race day. If failed to do so, IRONMAN holds the rights to deny the team participation, giving no compensation.
4. The change of a team member can be done until 10 days prior to race day. No changes will be accepted past this deadline.
5. You are allowed to cross the finish line with your team members.
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