Welcome to the 2019 Subaru IRONMAN 70.3 Muskoka!

We are very excited for the 2019 Subaru IRONMAN 70.3 Muskoka presented by Subaru of Muskoka! On Sunday July 7th we will host athletes from across the globe to show that Muskoka is a world-class triathlon destination.

We are excited that the 2019 Subaru IRONMAN 70.3 Muskoka will be hosted at the gorgeous Canada Summit Centre in Historic Downtown Huntsville. The beautiful Canada Summit Centre was renovated and expanded for the 2010 G8 Summit. The Canada Summit Centre was formerly the host location for the Subaru 5150 Muskoka triathlon and Subaru Muskoka Chase Triathlon.

The new course features a 1.2-mile, one-loop swim in the scenic Fairy Lake. The swim start is just 500m from the transition zone. The out and back 56-mile bike travels through beautiful Baysville and offers stunning views of the region. The new 13.1 mile one-loop run will take you through downtown Huntsville and finishing at the gorgeous Canada Summit Centre.

Please join me in thanking Subaru, all our amazing sponsors, local supporters, volunteers, family and friends. They all help us realize that ANYTHING IS POSSIBLE!
See you at the finish line!

Nick Stoehr
Race Director
MESSAGE
FROM THE HEAD REFEREE

JIMMY RICCITELLO
IRONMAN HEAD REFEREE

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 (stop and go 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. 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.

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

Other common violations include:

HELMET CHINSTRAP
Your chinstrap must be securely fastened whenever you are on your bike on race day, and includes from the time you take your bike off the bike rack to the time you replace your bike on the rack.

RACE NUMBER
You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be properly attached to your bike frame and must be visible from both sides.

LITTERING
Do not throw ANYTHING outside of official aid stations. Littering will result in a BLUE CARD violation, which is a five minute time penalty.

UNAUTHORIZED EQUIPMENT
Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).

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

TIME PENALTIES
Remember that even though DRAFTING and LITTERING are the only violations that incur a five minute time penalty, you must go to a penalty tent for any violation to have your number marked. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

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

Welcome athletes, families and volunteers,

A top triathlete must possess the versatility to excel in a variety of environments and the resilience to outlast the competition — the same is true of a world-class vehicle. This is why Subaru Canada is a proud supporter of the 2019 Subaru IRONMAN Muskoka 70.3 and of the athletes who push themselves to the limit.

Congratulations to you for having the courage and commitment to take on the challenge of competing in one of our favourite events of the year. I am certain that you will meet all of your goals on the beautiful course that our Race Director and countless volunteers have worked hard to arrange.

On behalf of all Subaru dealers including the hosting and presenting sponsor, Subaru of Muskoka, it is our pleasure to welcome you. If this is your first visit to the area, please plan some time to explore the unique and naturally beautiful region.

Enjoy your stay and I look forward to seeing you at the finish line.

DAVE FORREST
Director, Vehicle Operations, Fleet Sales and Sponsorship
Subaru Canada Inc
MESSAGE FROM SUBARU

To show our appreciation to those athletes competing in any of Subaru Canada, Inc.’s sponsored triathlon or running events, we are offering a $750 CASH BACK rebate on the purchase or lease of a new Subaru vehicle in Canada. Just see a Subaru dealer to make your purchase or lease arrangements. Fill out the application, gather the required documentation and send it to Subaru Canada, Inc. for processing. Visit www.suburu.ca > buying a subaru > current promotions > rebates for eligibility and to download an application.

$750 ATHLETE REBATE* ON YOUR PURCHASE OR LEASE OF A NEW SUBARU VEHICLE

To show our appreciation to those athletes competing in any of Subaru Canada, Inc.’s sponsored triathlon or running events, we are offering a $750 CASH BACK rebate on the purchase or lease of a new Subaru vehicle in Canada. Just see a Subaru dealer to make your purchase or lease arrangements. Fill out the application, gather the required documentation and send it to Subaru Canada, Inc. for processing. Visit www.suburu.ca > buying a subaru > current promotions > rebates for eligibility and to download an application.

*Valid on the purchase or lease of one new Subaru vehicle acquired from any Canadian Subaru dealer. Only one rebate per customer and cannot be combined with any other offer. Review Athlete Rebate Application at suburu.ca > buying tools > current promotions > rebates for eligibility and full program details.

SUPPORT FROM COAST TO COAST

Subaru Canada, Inc. is proud to be a strong supporter of triathlon and running races in Canada, with events now held coast to coast. Last year, these ultra-competitive events attracted some 25,000 athletes from across the country and around the world. We are thrilled to have helped ignite the competitive spirit here in Canada and we are equally excited about supporting elite and recreational athletes as they get out and experience the world firsthand.
**Schedule**

2019 Tentative Schedule

*Schedule of Events is Tentative & Subject to Change. Please continue to check back regularly for updates.*

**Friday, July 5th, 2019**

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:30 p.m.</td>
<td>7 p.m.</td>
<td>D’Ornellas Bike Store &amp; Tech Service</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>7 p.m.</td>
<td>The Official IRONMAN Merchandise Store</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>7 p.m.</td>
<td>IRONMAN Village</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>7 p.m.</td>
<td>Athlete Check-In</td>
<td>Canada Summit Centre - Don Lough Arena</td>
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</tbody>
</table>

**Saturday, July 6th, 2019**

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 am</td>
<td></td>
<td>SUBARU IRON KIDS RUN</td>
<td>Canada Summit Centre- Front Entrance</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>5 p.m.</td>
<td>Athlete Check-In</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>5 p.m.</td>
<td>The Official IRONMAN Merchandise Store</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>5 p.m.</td>
<td>IRONMAN Village</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>5 p.m.</td>
<td>D’Ornellas Bike Store &amp; Tech Service</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>5 p.m.</td>
<td>MANDATORY BIKE CHECK-IN</td>
<td>Canada Summit Centre - Main Parking Lot</td>
</tr>
<tr>
<td>12:30 pm</td>
<td></td>
<td>Athlete Briefing</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>2:30 pm</td>
<td></td>
<td>Athlete Briefing</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
</tbody>
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**Sunday, July 7th, 2019**

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 a.m.</td>
<td>6:45 a.m.</td>
<td>Transition Zone Opens</td>
<td>Canada Summit Centre - Main Parking Lot</td>
</tr>
<tr>
<td>5 a.m.</td>
<td>6:30 a.m.</td>
<td>Body Marking</td>
<td>Canada Summit Centre - Main Parking Lot</td>
</tr>
<tr>
<td>6:00 a.m.</td>
<td>7:30 a.m.</td>
<td>Morning Clothes Gear Drop Off</td>
<td>Swim Start - Camp Kitchen Beach</td>
</tr>
<tr>
<td>7 a.m.</td>
<td></td>
<td>Triathlon STARTS</td>
<td>Swim Start - Camp Kitchen Beach</td>
</tr>
<tr>
<td>7:20 am</td>
<td></td>
<td>Duathlon STARTS</td>
<td>Canada Summit Centre - Main Parking Lot</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>3 p.m.</td>
<td>The Official IRONMAN Merchandise Store</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>3 p.m.</td>
<td>IRONMAN Village</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>4:30 p.m.</td>
<td>Athlete Post Race Food</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>5 p.m.</td>
<td>Morning Clothes Gear Pick Up</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>4 p.m.</td>
<td>2020 IRONMAN 70.3 World Championship Slot Allocation</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
<tr>
<td>3 p.m.</td>
<td></td>
<td>Awards &amp; IRONMAN 70.3 World Championship Rolldown</td>
<td>Canada Summit Centre - Don Lough Arena</td>
</tr>
</tbody>
</table>

*Rolldown begins immediately following awards*
WAVE TIMES
2019 FINAL WAVES

*Wave Times are SUBJECT TO CHANGE. Please continue to check back regularly for updates.

<table>
<thead>
<tr>
<th>WAVE</th>
<th>CATEGORY</th>
<th>SWIM CAP</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Men 30-34, Women 30-34</td>
<td>Purple</td>
<td>7:00am</td>
</tr>
<tr>
<td>2</td>
<td>Men 35-39, Men 24 &amp; Under</td>
<td>Yellow</td>
<td>7:05am</td>
</tr>
<tr>
<td>3</td>
<td>Men 40-44</td>
<td>Red</td>
<td>7:10am</td>
</tr>
<tr>
<td>4</td>
<td>Men 25-29, Women 29 &amp; Under</td>
<td>White</td>
<td>7:15am</td>
</tr>
<tr>
<td>5</td>
<td>Women 35-44, Women 55-59, Women 60+</td>
<td>Pink</td>
<td>7:20am</td>
</tr>
<tr>
<td>6</td>
<td>Men 45-49, Men 60+</td>
<td>Blue</td>
<td>7:25am</td>
</tr>
<tr>
<td>7</td>
<td>Women 45-54, Men 55-59</td>
<td>Green</td>
<td>7:30am</td>
</tr>
<tr>
<td>8</td>
<td>Men 50-54, All Relay Teams</td>
<td>Orange</td>
<td>7:35am</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WAVE</th>
<th>CATEGORY</th>
<th>SWIM CAP</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>All Duathlon Athletes</td>
<td>NA</td>
<td>7:20am</td>
</tr>
</tbody>
</table>

DUATHLON START INFORMATION

<table>
<thead>
<tr>
<th>WAVE</th>
<th>CATEGORY</th>
<th>SWIM CAP</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>All Duathlon Athletes</td>
<td>NA</td>
<td>7:20am</td>
</tr>
</tbody>
</table>
Personal Communication Plan
Prior to departing for Muskoka, be sure to establish a communications plan with family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency. Even if you are in Muskoka with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

Race Day Emergency Contact:
Medical Tent at the end of the Finish Chute
705-349-1466
info@trisportcanada.com

Athlete Check-In
Athlete Check-In hours are as follows:
  Friday, July 5 - 3:00 p.m. to 7:00 p.m.
  Saturday, July 6 - 11:00 a.m. to 5:00 p.m.
Where: Canada Summit Centre - Don Lough Arena floor

Please note that Athlete Check-In will not be open on race day. If you do not check in during the designated Athlete Check-In hours you will not be permitted to race. ALL RACE PACKETS MUST BE PICKED UP BY 5:00 P.M. ON SATURDAY, July 6.

Please bring the following items with you to Athlete Check-In:
• Photo Identification
• If you did not purchase a one-day license online, you must bring your Triathlon Ontario card to show proof of current Triathlon Ontario membership or $15 CAN to purchase a one-day license
• If you are a professional athlete, you are required to submit proof of professional status at check-in

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 weekend. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas.

You will not be allowed to remove your bicycle and/or gear from the transition area following the race without your wristband affixed to your wrist. Please do not remove your wristband until after the event, as it will identify you as an athlete. You must be wearing your wristband if you plan to claim a slot for the 2020 IRONMAN 70.3 World Championship.

Personal Safety
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. Participants 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.

When training, please bike and run on the shoulder without moving into the traffic lane. Please be courteous and aware that the people sharing the roads with you are people you will count on during race day to fulfill your physical and emotional needs. Please ride single file, as biking side by side is discouraged and can be dangerous.

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

Mandatory Bike Check-In:
When: Saturday, July 6, from 11:00 a.m. to 5:00 p.m.
Where: Canada Summit Centre Main Parking Lot

Athletes will hold their spot in transition by placing their bike on the rack. Do not attempt to move other athlete's bikes or a DQ will result. Racks will be designated by age group. Place your bike in a spot not already taken and be considerate of other's space.

Note: duathletes and relay teams will have designated bike racks.

You must check your bike in during the designated times. You will not be allowed to bring your bike into transition area on race morning. You will have access to your bike beginning at 5 a.m. on race morning but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.

Helmets and cycling shoes may be brought into transition on race morning. Helmets and shoes may be clipped or attached to the bicycle. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather.

BIKE CHECK-IN OPTIONS

We recommend that athletes, family and friends park their car in a designated parking area (see parking info) and then ride or walk their bikes to the Canada Summit Centre.

If you have completed Athlete Check-In (Friday Check-IN) and received your athlete wristband, then you can go ahead and rack your bike in transition.

On Saturday, there will be a "QUICK BIKE DROP AREA" just before heading up to the Lions Lookout Parking Area. You can quickly unload your bike in the secured temporary bike parking lot. The proceed to the parking lot to park, you can complete the check-in process and get your credentials needed to get your bike racked in transition.

Saturday Parking Instructions:
Ironkids athletes and spectators should park at the Lions Lookout Parking area and walk to the site.

NOTE: Athletes coming to park before 11:00am on Saturday may be delayed due to the kids run at 10am-10:30am. Please use caution and patience! Thank you!
# Race Day

## Athlete Check List

### Pre-Race:
- Directions to Hotel
- Directions to Athlete Check-In
- Directions to Race Start
- Directions to Race Finish
- Photo I.D.
- Valid Triathlon Ontario 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:
- MyLaps Pro 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 (if provided)
- Prescription Glasses labelled with name to be left at the Swim Start

### 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:
- Nutrition Belt
- Race Belt or Safety Pins
- Bib Number
- Hat/Visor
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

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

We have a team of Automation Triathletes – multidisciplined, tenacious and full of endurance - available on-demand to support new clients.

MyAutomationGroup.com

ATHLETE GUIDE: 1.9KM SWIM • 90KM BIKE • 21.1KM RUN
**Race Day Parking Information**
The main Canada Summit Centre Parking Lot will act as the transition Area starting on Thursday. There will be limited parking at the Canada Summit Centre Thursday until Saturday. It will be first-come, first-served.

**NO PARKING AT THE CANADA SUMMIT CENTRE ON RACE DAY!**
There will be NO parking on Brunel Drive as this is race route. All cars that violate this rule will be towed at owner's expense. Parking in this area seriously jeopardizes the emergency access route and race route.

There are numerous different parking areas within a very short walk to the Canada Summit Centre:
- Lions Lookout Field
- Forbes Hill Road – One Side
- Various Municipal Parking Lots Downtown Huntsville
- Side Streets on West Side of Brunel Rd - One Side of the Road

Aid stations will be approximately every 2km on the run course. The offerings are as follows:

**Bike:**
- Gatorade (Orange)
- Water
- Honey Stinger
- Waffles/Chews/Gels

**Run:**
- Gatorade (Lemon-Lime)
- Water
- Pepsi
- Honey Stinger
- Gels/Chews
- Bananas
- Pretzels

**Race Timing And Cut-Offs**
The race will officially end 8 hours and 30 minutes after the final athlete 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 start. Each athlete will have 1 hour and 10 minutes to complete the 1900m swim. Individual athletes who take longer than 1 hour and 10 minutes (from their start time) to complete their swim will receive an OFFICIAL DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

**Bike Cut-Off**
5 hours and 30 minutes after the final wave start. Intermediate Cut-Offs will be at the following locations:
1. 9:55am - 23km @ Baysville Bottle Exchange
2. 11:00am - 45km @ Turnaround
3. 12:06pm - 67km @ Baysville Bottle Exchange
4. 1:15pm - 90km @ Transition 2

**Run Cut-Off**
The run course will close 8 hours and 30 minutes after the final athlete start.

Each individual athlete will have 8 hours and 30 minutes to complete the entire course. Individual athletes that take longer than 8 hours and 30 minutes to complete the entire course will receive a DNF.

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.
**Morning Clothes Drop-Off & Pick-Up**

Athletes are advised that extra "non-race related" belongings can and should be left in the transition area along the perimeter of the transition area. Any extra bags that do not fit along the fence are not allowed to be placed at bike racks.

Athletes are asked to take bags to the dry clothes drop-off. Athletes will be provided with a sticker for their dry clothes bag. All dry clothes (or clothes that you will want before or after your race) must fit into the **MORNING CLOTHES BAG PROVIDED** or you also have the option of leaving this bag with your family or friends.

The bag drop off will be located en-route to the swim start. That way if the morning is a cool one you can wear warmer clothes until you get near the start. When you finish your race you can pick up your morning clothes gear in the Canada Summit Center.

Gear bags can be re-claimed at any time during the day by displaying athlete wristband to race staff or volunteers in that specific area.

A table will also be located near the swim exit for special needs such as glasses. Items can be left at this table prior to the start, but must be clearly labeled with the athlete’s race number. Any items unclaimed after the swim will be returned to the morning clothes bag pick-up area.

Athletes can pick up their Morning Clothes Bag in the Don Lough Arena. Transition closes at 6:45 a.m. on race day.

**Bike & Gear Recovery**

Transition will not be opened for bike and gear recovery until the listed **Bike Cut-Off** time or until all bikes are back in transition (whichever comes first). Once you have completed your race, ride your bike back to your parking area to collect your car. Family or friends can help by taking athlete bags and belongings to the car, or they can ride the bike for you. If you are feeling strong, this is the quickest and easiest way off site.

Consider that while it is always great to see the athletes on the course, please put their safety first and foremost. Travelling in a car along the bike or run courses to find the athlete(s) you are watching is not recommended. This poses a danger to you, the athletes, and the other regular motorists on the road. On the run course, spectators can follow the athletes as their journey takes them through Huntsville and Lake of Bays.

**Downtown Huntsville**

The historic downtown of Huntsville has been an iconic backdrop for triathlon for the last 25 years. Running on the main street with music pumping, kids’ activities going on, and a tunnel of thunderous cheers by on-looking, downtown is the place to be.

**Spectator Viewing Information**

**Swim Course:** As athletes head out towards the rising sun, spectators can line the shores of Camp Kitchen Road. After the swim start, spectators should head over to the swim exit where they can watch athletes exit beside the Canada Summit Centre.

**Swim Exit:** Is very close to transition. This is a great spot to see your athlete head into T1.

**Bike Course:** After the athletes head away from Canada Summit Centre, we recommend spectators do not drive on the bike course. The roads are still open, and if you choose to head on the bike course, please watch for bikes and **DO NOT PARK** on the course!

**Run Course:** New 1 loop - 21km route is a very accessible for spectators to see the athletes at various points on the run course.

Downtown Huntsville is only 500m from the Canada Summit Centre. There will be lots of do for the whole family and you can see your athlete numerous times!

**General Spectator Information**

Enjoying the Subaru IRONMAN 70.3 Muskoka as a spectator is quite easy with very accessible locations to watch athletes.

There are fantastic cheering opportunities during the swim (especially at the start and swim exit), on the bike course (where spectators can follow the athletes as their journey takes them through Huntsville and Lake of Bays), and along the run course passing through town.
Recovery Zone
The Post-Race Meal will be served after 11:00 a.m. from inside the Canada Summit Centre Arena. Athletes only at this point. Friends and family may join the athletes on the arena floor after athletes have proceeded through the food line.

Awards Ceremony
The Awards Ceremony is scheduled between 3:00 p.m. and 4:00 p.m. (pending final finisher) at Canada Summit Centre Arena Floor. Don’t miss out on claiming your award!

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

Special for IRONMAN 70.3 Muskoka FREE:
FinisherPix Facebook App – share your best race moments!
Share your best race moments with your friends on Facebook! Visit www.finisherpix.com, chose an event, and sign up with your email address. Once your race photos are available, you will receive a link by email and will have the chance to select your 3 favorite photos and share them with your friends! You can even add a comment. Don’t forget to smile into our cameras!

YOUR BEST PHOTOS!
• Ensure you have your race number facing front and visible at all times
• Look out for our FinisherPix photographers on course and SMILE
• Look up when you cross the finish line and smile BIG!

How to Order Your Pix?
• Register your email 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
Any unclaimed items will be making the return home with the event promoters to TriSport Events Inc. Please contact us at INFO@TRISPORTCANADA.COM and provide us with a detailed message of what you lost and how you can be contacted. We strongly advise that you label your personal belongings.

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.

Competitor Responsibilities
• When you pick up your race packet and MyLaps Pro Chip at Athlete Check-In, stop by the chip verification table to ensure that your correct name shows up on the computer screen.
• You must wear your MyLaps Pro Chip at all times while you are racing. Prior to the swim, fasten the MyLaps Pro Chip to your left ankle with the strap provided and do not remove it until you have finished the run.
• You may apply Vaseline around your ankle; it will not affect the MyLaps Pro Chip. Volunteers will help you remove the MyLaps Pro Chip at the finish line.
• If you do not start the race, you are responsible for returning the MyLaps Pro Chip to timing.
• If you drop out or are pulled from the race at any time, turn in your MyLaps Pro Chip to a race official. 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 your MyLaps Pro Chip.
• Your race MyLaps Pro Chip is a loaner. By picking up your race number and MyLaps Pro Chip, you are guaranteeing that you will return the chip to timing, or you will be billed $75 (USD) for its replacement.
• If you lose your MyLaps Pro Chip during the event, you are responsible for obtaining a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra MyLaps Pro Chips at the timing locations above. If you lose your MyLaps Pro Chip while on the run course, please notify a timing official immediately after crossing the finish line.
• Failure to wear your MyLaps Pro Chip on race day, return your chip after the event or pay the replacement cost of your lost MyLaps Pro Chip may disqualify you from future IRONMAN events.

NO CHIP = NO TIME
The swim will start at Camp Kitchen Beach, approximately 500m from the Canada Summit Centre. The road is gravel, so you will want to wear shoes and use the baggage check.

Athletes will flow to the swim start through barricaded swim pens to sort athletes into their designated waves. Please have your IRONMAN 70.3 swim caps on in order to be identified. Competitors will start in a wave start format in the water (knee deep). Keep all buoys on your left and swim out and in a counter clockwise direction. Athletes will exit the water closer to transition beside the Canada Summit Centre and then will make their way to the transition area.
SWIM COURSE RULES

SWIM COURSE RULES AND INSTRUCTIONS

• 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 18ºC/65.0ºF or colder.

• When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows, and clothing covering any part of the leg below the knees, 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 face masks may be worn.

• 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. Special provisions are made for athletes in the Physically Challenged Open Division. 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 final wave start. Each athlete will have 1 hour and 10 minutes to complete the 1900m swim. Individual athletes who take longer than 1 hour and 10 minutes (from their start time) 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.

WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5 degrees Celsius). Athletes who choose to wear a wetsuit in water temperatures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius) will not be eligible for Age Group awards, including IRONMAN 70.3 World Championship slots or Rolldown slots.

Prohibited Wetsuit: De Soto Water Rover
Wetsuits cannot measure more than 5 mm thick. Wetsuits will be prohibited in water temperatures greater than 83.8 degrees Fahrenheit (28.8 degrees Celsius).

SWIMWEAR POLICY

(non-wetsuit legal swims only)

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

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

SWIM TO BIKE TRANSITION

After the swim, you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike.

Personal nutrients are permitted if carried on you or your bike.

NOTE: Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course.
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TOP 10 CHECKLIST

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

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

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

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

4. Ensure Heart Health
   • As an athlete in training, you should take the proper steps to assess your health with your physician.
   • The Heart and Stroke Foundation of Canada suggests that you always check with your healthcare provider before beginning any physical activity program.

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 paddleboard. As long as you don’t use it to move forward, you won’t face disqualification.
The 56 mile out and back bike course will travel through Baysville twice and show off the beauty Muskoka has to offer!

TURN BY TURN INSTRUCTIONS:
Athletes will exit the Canada Summit Centre and make a left onto Brunel Rd. Athletes will then turn left onto Hwy 117 to the turnaround at 45km. A final right turn onto Brunel will bring athletes back to the Canada Summit Centre.
**BIKE COURSE RULES & INSTRUCTIONS**

1. **Position Rules**
   - Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
   - Athletes must keep six bike lengths (12m) of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
   - A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
   - Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).
   - Overtaken athletes must immediately fall back six bike lengths before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back six bike lengths will result in an overtake 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 rules violations will be notified “on the spot” by the official.
   - Do not attempt to discuss the penalty with the official.

2. **THE OFFICIAL WILL:**
   i. Notify you that you have received either a BLUE CARD for drafting or 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.

3. **THE ATHELETE 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 immediately, upon having your numbers marked with a “/” and registering, 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 qualification unless otherwise instructed by the Race Referee.
   vii. Be disqualified for not reporting to the PT.

4. **Race Distance: IRONMAN 70.3**
   - 1st BLUE CARD Offense  5:00
   - 2nd BLUE CARD Offense  5:00
   - 3rd BLUE CARD Offense   DSQ

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

6. **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.**

7. **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.**

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 who were not given 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 the athlete, may not pass food or other items to the 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. **Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.**

17. **HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.**
18. 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.

19. MEDICAL SUPPORT
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. Cyclists who do not make any of the established course cut-off times will be disqualified and will not be permitted to continue.

NOTE: There will be bike aid stations approximately every 25 kilometers (15.5 miles) along the bike course. It is your responsibility to slow for safe nutrient pick-up. Call out your requirements clearly and in advance.

Crews are instructed not to step across the white line for handoffs. It is imperative that you don’t toss bike bottles, cups, or nutrient bags on the roadside along the course. A five minute time penalty will be assessed for discarding litter outside the designated drop zone.

NOTE: Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient. Services provided on course are free, but replacement equipment will be charged to athlete.

LOCAL TRAFFIC LAWS
Please remember that members of the local community use the bike course roads.

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

Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy.

Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return.

Please think before you act. When training, please follow these suggestions:

Please wear a helmet during all official activities when you are riding your bike. This includes competition, course familiarization and training sessions.

Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.

Please obey traffic laws (stop at stop signs, signal when turning, etc.).

Please do not use private property as a toilet.

Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash can.

Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.
OFFICIAL BIKE STORE
D’Orellas
www.dornellas.com

D’Orellas Bike Shop is pleased to once again be the Official Bike Shop for Subaru IRONMAN 70.3 Muskoka. Our passionate and qualified bike experts will be readily available to get your bike race ready. Our support doesn’t end there! We will also be in transition and on course to provide you with any emergency repairs and to get you back on the road fast so your race is trouble free. Come by the IRONMAN Village location (inside of Canada Summit Centre) for the BEST DEALS on apparel, nutrition, accessories and whatever you may need to make your experience successful. Welcome to Huntsville and please feel free to let our team assist you in any way we can!

SERVICE PACKAGE: $40
• Gear and Brake Adjustments
• Lube Chain

ADVANCED SERVICE PACKAGE: $70
• Gear and Brake Adjustments
• Lube Chain
• Inspect hubs, free hub and tension and true both wheels
• Inspect and tighten all bolts to recommended torque settings, stem, handlebars, seat posts etc.
• Inspect tires and set to recommended pressure

FLY IN SERVICES
• Unpack and assemble bike at Expo site: $100
• Disassemble and pack bike at site: $100

Please feel free to contact us at dornellastraining@gmail.com to ask about any of our services or products, or call us direct at 1-416-752-3838 and ask for Eon or Lori-Ann D’Orellas. Or visit our website at www.dornellas.com where you can shop 24/7 and have items shipped to your door or picked up at the race site.

TECH TIPS AND OTHER DETAILS
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 discretion, make final judgment as to the soundness of the bikes.

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. There will be a limited number of pumps available in the transition area on race morning so we recommend you bring your own. You must give your pump to a family member or friend before the race start, since pumps will not be accepted with your Morning Clothes Bags.

For security and safety reasons, bikes will NOT BE ALLOWED out of transition once Bike Check-In closes at 5:00 p.m. the day before the race. Once transition closes, no one will be allowed to enter transition unless accompanied by a race official. On race day, bike tech vehicles will patrol the course to aid in emergency repairs.
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ATHLETE GUIDE: 1.9KM SWIM • 90KM BIKE • 21.1KM RUN
The 13.1-mile run will take you through Historic Downtown Huntsville and finishing your 70.3 miles at the gorgeous Canada Summit Centre.
RUN COURSE RULES & INSTRUCTIONS

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. 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.

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

5. 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.

6. Athletes racing without a shirt or racing top will be disqualified.

7. The run course will officially close 8 hours and 30 minutes after the final swim wave.

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 & RULES

a. Athletes must meet all requirements of the Event’s sanctioning body (e.g., including but not limited to the sanctioning bodies’ licensing and/or insurance requirements). Licensing and/or insurance requirements will be stated in the pre-race information Page 7.

b. Athletes under suspension by IRONMAN are not allowed to compete in any Event;

c. An athlete’s racing age is determined by their age on December 31st in the year of the Event;

d. Minimum racing age will be stated in the Event-specific Athlete Information Guide;

e. An athlete who competes in a category different from his/her age will be disqualified from the Event(s) in which he/she participated in. Any awards, prizes, and/or points will be revoked;

f. Any athlete that commits fraud by entering any Event under an assumed name or age, falsifying an affidavit or giving false information will be disqualified and risk suspension or expulsion from other Events;

*NOTE: ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN 70.3 STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.

IRONMAN reserves the right to make changes to these rules at any time. Notification of any change will be in accordance with Triathlon Ontario procedures.
**RULES APPLYING TO ALL SEGMENTS OF THE RACE**

**IT IS THE ATHLETE’S RESPONSIBILITY TO KNOW ALL ASPECTS OF THE SWIM, BIKE AND RUN.**

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 all MOSTER Group Championship qualifying slots may result for any athlete that has not adhered to this policy.

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

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

4. Medical personnel shall have ULTIMATE and FINAL authority to remove a athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical trans- port 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 MyLaps Pro 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 Booth.

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

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

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

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

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

RACE INFORMATION

Start Time – 7:20 a.m.
Start Location – Intersection of Park/Brunel Rd

The new addition of the duathlon option allows athletes to enjoy a 5km run to start their day instead of the 1.9km swim.

5KM RUN COURSE DESCRIPTION:
The run will start with an out and back section along the final run course before returning into transition. Runners will run along Brunel Rd, Princess, River Rd turn left onto Main St, to the turnaround and return back the same way.

Athletes will then merge in with the swimmers exiting the water.

AID STATIONS:
The first run of the duathlon will have one aid station downtown Huntsville.

BIKE/RUN COURSE DESCRIPTION:
Athletes will then also complete the 90km bike course and the second run of 21km before finishing at Canada Summit Centre.

AWARDS:
There will be awards for the top 5 men and top 5 women overall only. (No age group awards)

QUALIFYING SLOTS:
Duathletes do not qualify for IRONMAN 70.3 World Championship Slots.
PARATRIATHLETE DIVISION RULES

SUPPLEMENTAL RULES AND REGULATIONS PERTAINING TO THE PARATRIATHLETE DIVISION ARE CONSISTENT WITH TRIATHLON ONTARIO RULES.

SWIM:
1. IRONMAN reserves the right to seed contestant at the swim start (i.e., early start, late start, designated wave, etc.).

2. Athlete may use wetsuit during competition. Each athlete must obtain approval from IRONMAN prior to the race for all swimwear and accessories to be used during the swim. Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by IRONMAN.

BIKE:
1. Cycling conduct and specifications are consistent with Triathlon Ontario rules for paratriathletes.

2. Handcycles are NOT allowed. Race officials reserve the right to reject any bike not meeting safety standards.

3. Equipment must otherwise conform to all other general rules for bicycles as it pertains to the Ironman competition, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle/handcycle, regardless of any secondary benefit.

4. Participant is required to maintain control of his/her bicycle and to operate at a reasonable speed so as not to threaten the safety and well being of aid station volunteers, other competitors, race officials and spectators. Operation of a bicycle in a dangerous or reckless manner will be grounds for disqualification.

5. A CSA-approved helmet is required during the entire handcycle (bike) segment and must be fastened before going in and out of the transition area. Any athlete riding without an approved helmet or chinstrap fastened will be disqualified.

6. DRAFTING IS PROHIBITED.

RUN:
1. Running conduct and specifications are consistent with Triathlon Ontario rules.

2. Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/handcycle portion. Standard racing chairs shall be used.

3. A CSA-approved helmet is required during the entire wheelchair (run) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap fastened will be disqualified.

GENERAL:
1. Unauthorized outside aid/support or escorts are grounds for disqualification. Handlers must be approved prior to the race and will work directly with the Paratriathlete Coordinator. The expected conduct of all handlers is consistent with Triathlon Ontario rules.

2. Race management will select qualified individuals to assist athletes in the transition area. These individuals will be allowed to assist athletes in transition from the water to their handcycles and from their handcycles to the racing chairs. Likewise, they will also assist all physically challenged athletes with equipment needs, etc., as approved by IRONMAN.

3. IRONMAN reserves the right to modify the above rules as necessary, as long as such changes are communicated to the athlete in writing or at a pre-race briefing. 4. Any rule interpretation or enforcement made by IRONMAN shall be final.
All medical expenses incurred are the sole responsibility of the athlete and not IRONMAN. Triathlon Ontario 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 climate cooler than Muskoka 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 WEC Anti-Doping.

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

PLEASE NOTE: Full disclosure of medical condition(s), general health and surgical procedures within the previous 12 months is required. Medical consultation/clearance may be necessary from an attending physician prior to participating in the event. In all cases, the final decision of medical consideration is at the discretion of the IRONMAN medical director.

PLEASE NOTE: Report any important medical information on the back of your race bib. Space is provided for you to do so.
Thirty (30) Age Group qualifying slots for the 2020 IRONMAN 70.3 World Championship will be awarded to the top age group finishers in the triathlon, taking place in Taupo, New Zealand on November 28th (women) and 29th (men) 2020. Final Slot Allocation will be determined on race day based on the number of official starters. Qualified athletes MUST claim their slot in-person on Sunday, July 8, starting at 2 p.m. for automatic qualifiers at Canada Summit Centre. Be prepared to pay the entry fee with CREDIT CARD ONLY; no cheque or cash.

**Note:** All unclaimed slots will be rolled down to the next eligible finishers beginning after the Awards Ceremony.

### SLOT ALLOCATION/ROLLDOWN POLICY
Prior to race day, at least one slot shall be tentatively allocated to each Age Group category (both male and female). Final Slot Allocation will be determined on race day based on the number of official starters. If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender. Final Slot Allocation shall be representative of the actual number of Age Group starters in each category in the race.

Athletes MUST claim their slot in-person during the designated Slot Allocation period for the 2020 IRONMAN 70.3 World Championship.

### ROLLDOWN POLICY
At the conclusion of On-Site Registration for the automatic qualifiers, any unclaimed slots within an Age Group will be rolled down to the next eligible finisher within that Age Group. If an athlete chooses not to take the slot, does not attend the Rolldown ceremony or has already qualified, the next eligible finisher in that Age Group may claim the qualifying slot. Following Rolldown, any unclaimed slots within an Age Group will be re-allocated to another Age Group within the gender based on the athletes-to-slots ratio.

The Age Group within the gender with the largest athletes-to-slots ratio will receive the first reallocated slot, followed by the next largest ratio receiving the second reallocated slot (if applicable), and so on.

### 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.

[http://www.ironman.com/triathlon/organizations/anti-doping.aspx#axzz3BPHKA0NL](http://www.ironman.com/triathlon/organizations/anti-doping.aspx#axzz3BPHKA0NL)
FOR MULTISPORT

When your coach has lived the Pro triathlete life, has the Body knowledge of a chiropractor, plus years of experience Coaching, you have all you need to succeed.

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cindy@clperformancecoaching.com
SUBARU IRONKIDS MUSKOKA

KEY INFORMATION:
Date/Time - Saturday, July 6th, 2019 at 10:00 a.m.
Start Line - Subaru IRONMAN 70.3 Muskoka Finish Line at Canada Summit Centre

REGISTRATION:
Online Registration:
When - will run until Friday, July 5th at 7:00 p.m.
Where - www.ironmanmuskoka.com
Price - $15.00 (includes taxes)

Race Day Registration:
When - Saturday, July 6th at 9:00am
Where - Start Line
Price - $20.00 (includes taxes)

DISTANCES:
500m - Race for kids under 7 years
1km - Race for kids over 7 years

KIDS WILL RECEIVE:
• Safe and Well Marshalled Course
• Finisher Medal
• Race Bib
• Finish water
• Freezie
• Cool Stuff from Subaru Canada!
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NEVER FORGET YOUR RACE!

Order your personal race photos here: www.finisherpix.com
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Help our community get stronger

We invite you to join our triathlon club for this amazing annual fundraising swim.

To register visit trimuskoka.com

Registration is $30, 100% of which goes to support the MSCLE Project to install publicly accessible fitness equipment in our community.

Registration for this event is separate from your 70.3 Muskoka race fee.

Swim the course, have a cuppa, enjoy some breakie, and beat the beast.

Sunrise swim for strength on July 6
On race weekend, our team will be hosting scheduled appointments to ensure that you arrive in top form to tackle the Ironman 70.3 Muskoka. Let us Reactivate you.

Let us Reactivate you
Are you ready to take on the Beast?

We are Muskoka’s most comprehensive movement based rehabilitation team.

Book online for a Friday or Saturday tune up www.reactivatemuskoka.com/muskoka703 $20 per 15 minute block, and this includes all modalities. Chiro - Physio - Massage - Sports med - Acu - Taping - Shockwave - and so much more.

Areyou ast?