IRONMAN 5150
IRONMAN 4:18:4

26 & 27 SEPTEMBER 2020

MEER INFO & REGISTREREN
IRONMAN.NL
Are we in France?
Non! This is Château Neercanne in Maastricht

Explore Europe without leaving the Netherlands
A mix of world-class gastronomy, international allure, and cultural surprises awaits you in Maastricht. But just outside the city, you can explore the ancient vineyards and Limburg hill country. All of this in the heart of Europe. Come and enjoy our amazing region. Enjoy the good life!

www.visitmaastricht.com
## INHOUDSOOPGAVE

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The IRONMAN Multisport Festival in Maastricht, that normally start and finish in the city centre, has been completely moved to a site outside the city centre and takes place without an audience. The running course has also been completely changed and this year the participants will not pass the well-known squares and shopping streets of the Limburg capital. We’re making something possible that actually seemed impossible. Organize a safe race.

The swimming start, the transition zone, the finish line and the award ceremonies all take place on a grass meadow located on the Oosterweg on the border of the municipalities of Maastricht and Eijsden-Margraten. Swimming is held in the Grindgat East Maarland, while the cycling course remains virtually the same and takes the participants through Maastricht and the hills of Eijsden-Margraten. The running course is completely adapted and goes via East Maarland to the northern edge of Eijsden and back again.

If we see the reaction we notice that athletes long for racing and your endurance and perseverance will be put to the test. In this special, but especially difficult time for everyone, we are in the exceptional position that we will be able to organise a sporting event against all odds. Of course with all the adjustments and measures necessary to ensure the health and safety of participants, residents, volunteers and our staff.

However, we are asked to leave family and friends at home.

Finally, we express our intensee gratitude for the trust and perseverance of all athletes, volunteers, municipalities of Maastricht and Eijsden-Margraten, the Safety Region, the Province of Limburg, suppliers and all other partners.

We look forward to seeing you in action during the IRONMAN Multisport Festival Maastricht - Limburg.

Sportive Regards,

Rob Frambach & Vincent van der Stouwe
Race Directors IRONMAN The Netherlands
Decisiveness

Triathlon sports have an unprecedented and uninhibited magic. The perseverance of the athletes, the enthusiasm among the followers and the atmosphere of fraternization between nationalities is inspiring. This excessive challenge is only achieved by exceptionally strong men and women. Completing a triathlon, in any variant, is more than just a sporting effort. It requires that body and mind, exercise and rest, nutrition and technique that are in balance with each other. Perfection down to the smallest detail is crucial.

The same goes for the organisers. They also deliver a top performance, every time. A triathlon places high demands on space, safety and preparation. After all, the roads are full of traffic and the duration of the race is long. This year the organisers faced an extra big challenge. The fight against the coronavirus, it was almost impossible to host the IRONMAN Multisport Festival. However, giving up is not an option in triathlon sports. Thanks to the creativity of the organizers and their perseverance, it is possible to organize a safe race. It requires a wide range of measures. The most important thing is that the competition takes place completely outside the city gates of Maastricht. The epicentre is the outdoor area on the Oosterweg. Public is not allowed. But the sporting challenge of the athletes themselves does not change anything. And that’s what it’s all about: the sport is at the top.

I congratulate the organisers for their decisiveness. I wish the athletes every success. And hopefully we’ll see each other back in the center of the city in 2021.

Bert Jongen, alderman sports
IRONMAN is undaunted

We had all pictured things so differently, of course. The IRONMAN Multisport Festival 2020 in Limburg’s capital. Elite and amateur sport hand in hand, athletes crossing the finish line before a large, excited crowd in the heart of the city, just like before. The city abuzz with talented regional, national and international athletes and their family and friends spending a few days ‘at home in Maastricht’, and with spectators who have come to watch them. Not to mention the many other sporting events and activities on the side, organised for young and old.

But it was not to be. We have had to adapt the programme to make it coronavirus-proof, and there will, understandably, be no spectators attending the start and finish. However regrettable this is, I am still grateful to the organisers for managing to plan a race on Saturday and Sunday. It will be a marvellous challenge for the athletes who have trained so hard all year round, and a masterly example of organising with an iron will. Participation will be coronavirus-proof and safe. The route along which the athletes will swim, cycle and run is beautiful but tough. Despite the restrictions, the IRONMAN Multisport Festival remains a major event and entirely in keeping with the ambition of our municipal and provincial authorities to make Limburg the most sport-friendly, healthiest region in the Netherlands. I hope all the athletes, sponsors, organisers and volunteers are successful in their efforts and have a lot of fun during this unique event!

Joost van den Akker
Regional Minister for Economy, Education and Sport for the Province of Limburg
25 - 27 JUNI 2021
MEER INFO: WWW.IRONMAN.NL
## HONOURS LIST

**IRONMAN Maastricht & Multisport Festival Maastricht**

### IRONMAN Maastricht - Limburg

#### IRONMAN Men

<table>
<thead>
<tr>
<th>Year</th>
<th>1ST place</th>
<th>2ND place</th>
<th>3rd place</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>Bas Diederen (NED)</td>
<td>Mark Oude Bennink (NED)</td>
<td>Alberto Casadei (ITA)</td>
</tr>
<tr>
<td>2016</td>
<td>Igor Amorelli (BRA)</td>
<td>Mark Oude Bennink (NED)</td>
<td>Bas Diederen (NED)</td>
</tr>
<tr>
<td>2017</td>
<td>Michael Weiss (AUT)</td>
<td>Michael Van Cleven (BEL)</td>
<td>Bas Diederen (NED)</td>
</tr>
<tr>
<td>2018</td>
<td>Pascal Ramali (GER)</td>
<td>Dirk Wijnaalda (NED)</td>
<td>Jan Bruns (NED)</td>
</tr>
</tbody>
</table>

#### IRONMAN Woman

<table>
<thead>
<tr>
<th>Year</th>
<th>1ST place</th>
<th>2ND place</th>
<th>3rd place</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>Yvonne van Vlercken (NED)</td>
<td>Sarissa De Vries (NED)</td>
<td>Carla van Rooijen (NED)</td>
</tr>
<tr>
<td>2016</td>
<td>Mary Beth Ellis (USA)</td>
<td>Castro Nogueira (ESP)</td>
<td>Tineke Van Den Berg (NED)</td>
</tr>
<tr>
<td>2017</td>
<td>Saleta Castro Nogueira (ESP)</td>
<td>Brooke Brown (CAN)</td>
<td>Kate Comber (GBR)</td>
</tr>
<tr>
<td>2018</td>
<td>Els Visser (NED)</td>
<td>Yvonne van Vlercken (NED)</td>
<td>Sonia Bracegirdle (NZL)</td>
</tr>
</tbody>
</table>

### IRONMAN 5150

#### IRONMAN 5150 Men

<table>
<thead>
<tr>
<th>Year</th>
<th>1ST place</th>
<th>2ND place</th>
<th>3rd place</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</td>
<td>Per van Vlerken (GER)</td>
<td>Thomas Cremers (NED)</td>
<td>Yorben Verboven (BEL)</td>
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#### IRONMAN 5150 Woman

<table>
<thead>
<tr>
<th>Year</th>
<th>1ST place</th>
<th>2ND place</th>
<th>3rd place</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</td>
<td>Yvonne van Vlerken (NED)</td>
<td>Diede Diederiks (USA)</td>
<td>Sophie van der Most (NED)</td>
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</tbody>
</table>

### IRONMAN 4:18:4

#### IRONMAN 4:18:4 Men

<table>
<thead>
<tr>
<th>Year</th>
<th>1ST place</th>
<th>2ND place</th>
<th>3rd place</th>
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</thead>
<tbody>
<tr>
<td>2019</td>
<td>Bart Cooymans (NED)</td>
<td>Pieter Dubois (BEL)</td>
<td>Julian Nicolaes (BEL)</td>
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#### IRONMAN 4:18:4 Woman

<table>
<thead>
<tr>
<th>Year</th>
<th>1ST place</th>
<th>2ND place</th>
<th>3rd place</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</td>
<td>Merel Appermans (BEL)</td>
<td>Fleur van Leeuwen (NED)</td>
<td>Lizzy Langen (NED)</td>
</tr>
</tbody>
</table>
ORGANISATION
IRONMAN Multisport Festival Maastricht

IRONMAN The Netherlands
Project manager
Roxanne Caris

Race Director
Rob Frambach

Management
Vincent van der Stouwe

Medical
Stichting Sportdokters.nl

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Ralf Op ‘t Broek, Ruud de Haan

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www.sportdokters.nl

In case of an emergency, always call 112!
Team Leaders
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Safety Coordinator, Teamleader Corona
Jan Erckens

Operations Manager
Roxanne Caris

Managing Director
Vincent van der Stouwe

Logistics Manager
Jasper Vermazen, Jos Stalman

Hospitality
Liza van der Stouwe

Finish Area
Jeroen Wijckmans, Bert Timmers, Joep Verhoeven

Registration & Timing
Robin van Arkel

Back-office & Callcenter
Sandra Schiffelers

Swim Course
Miel Claessens

Bike Course
Jo Henrich

Run Course
Pedro Lebens

Transition Zone
José van Laarhoven, Chantal Brock

Volunteers
Fer van den Boorn, Amé Venter

Workforce
Ivan Dreessen

Branding
Ron Konigs

Run Course
Pedro Lebens

Security
Fred Essers

Medical
Guusje Vrehen

Traffic
Polygarde, Vevon

Euromotards
Ben Polak
CORONA MEASURES
IRONMAN Multisport Festival Maastricht

Health check and registration
- Only access event area after filling in the checklist on-site and temperature measurement
- Do the check earlier (on the same day) and show the confirmation screen at the entrance
- Make sure to come earlier
- No expo and merchandise
- No athlete briefing on location (sent digitally)

Follow the guidelines of the RIVM
- Keep 1.5 meters
- Wash your hands
- Sneeze and cough in your elbow
- With (mild) complaints you stay at home

Keep distance
- At event site 1.5 meters distance required
- During competition (from check-in, to check-out) not required

Public
- Don’t bring an audience
- No tribunes at finish zone
- No opportunity to stand at event zones. Public may only sit on catering terraces
- For the public, the 1.5 metre rule is always in effect

After finish
- Walk directly to ‘Athletes Garden’ for finisher t-shirt and pasta meal
- After check-out it is required to keep distance again
- No shower venue at the event site
- No award ceremony for age groupers. Top 3 (male and female) can pick up their award at the registration tent. A list of the top 3, per category, are hung at the registration tent.
- Get home as soon as possible
Anyone who lives on the border is quite used to it. They know the neighbours’ habits and their culture. To them borders don’t mean obstacles but opportunities. Opportunities to create something together. To work together cross-border.

Limburg is the Dutch front line with Europe. That makes Limburgers powerful partners in cross-border cooperations from which all parties can reap the benefits.

You as a contender of Ironman Maastricht-Limburg are a guest in a cross-border region famous for its international and cross-border nature. Let’s cross some borders and have a great race in Limburg.

www.limburg.nl
## PROGRAM
**IRONMAN Multisport Festival Maastricht**

### Saturday, 26.09.2020

<table>
<thead>
<tr>
<th>From</th>
<th>Until</th>
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<tr>
<td>06.00</td>
<td>08:30</td>
<td>Registration open IRONMAN 4:18:4</td>
</tr>
<tr>
<td>06.00</td>
<td>09.00</td>
<td>Bike Check-In IRONMAN 4:18:4</td>
</tr>
<tr>
<td>09.00</td>
<td></td>
<td>Transition zone closed</td>
</tr>
<tr>
<td>10:00</td>
<td></td>
<td>Start IRONMAN 4:18:4</td>
</tr>
<tr>
<td>10:30</td>
<td></td>
<td>Winner at finish</td>
</tr>
<tr>
<td>10:00</td>
<td>12:00</td>
<td>Finish ceremony</td>
</tr>
<tr>
<td>11.00</td>
<td></td>
<td>Award Ceremony IRONMAN 4:18:4</td>
</tr>
<tr>
<td>11:30</td>
<td>13:00</td>
<td>Bike Check-Out IRONMAN 4:18:4</td>
</tr>
<tr>
<td>14:00</td>
<td>18:30</td>
<td>Registration IRONMAN 5150</td>
</tr>
<tr>
<td>14:00</td>
<td>19:00</td>
<td>Bike Check-in IRONMAN 5150</td>
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### Sunday, 27.09.2020

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<tr>
<td>06.00</td>
<td>09:00</td>
<td>Registration open</td>
</tr>
<tr>
<td>06.00</td>
<td>09.00</td>
<td>Bike Check-In IRONMAN 5150</td>
</tr>
<tr>
<td>09.00</td>
<td></td>
<td>Transition zone closed</td>
</tr>
<tr>
<td>10.00</td>
<td></td>
<td>Start IRONMAN 5150</td>
</tr>
<tr>
<td>11.45</td>
<td></td>
<td>Winner at finish</td>
</tr>
<tr>
<td>11.15</td>
<td>14.30</td>
<td>Finish ceremony</td>
</tr>
<tr>
<td>12.00</td>
<td></td>
<td>Award ceremony PRO IRONMAN 5150</td>
</tr>
<tr>
<td>12.00</td>
<td>15.00</td>
<td>Bike Check-Out IRONMAN 5150</td>
</tr>
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</table>
HISTORY
Creation and development of IRONMAN

Back in the year 1978 Naval Officer John Collins was out for the night with some other Marines. A discussion arose between the group of men about the difficulty of three sporting events;

- Waikiki Swim which consisted of 3.8 kilometer,
- Around Oahu Bike Ride consisted of 180 kilometer,
- Honolulu marathon consisted of 42,195 kilometer.

The evening progressed and they kept disagreeing. They decided to find out which of these events would be the toughest, by doing them back to back themselves. The first person to finish had the honour of calling himself the man of steel. With that, the first IRONMAN race took place. Twelve athletes reached the finish line. The winner was Gordon Haller.

Ironman Hawaii has 2,500 participants today. The world-famous long distance championship had a mass start until last year. Now athletes are divided into different (age) groups and start with time differences. The following year 50 participants registered, however the race was postponed for one day and only 15 participants were at the start. The competition was initially organized in Honolulu. From 1981 the organization moved to Kona, where the official World Triathlon Championship is still held today.

The IRONMAN triathlon became known worldwide in 1982. Julie Moss was in the lead for the entire race in the ladies, but got severely dehydrated and had to crawl to the finishline. Due to dehydration, she could no longer stand on her legs and decided to crawl in an attempt to reach the finish line. That was when she was overtaken by Kathleen McCartney just before the finish, hardly anyone knows, but the images of Julie Moss went all over the world and triathlon became a well-known sport.

The finishing sentence; “You are an IRONMAN” originated from the speaker of Kona Mike Reilly. In one of his first years as speaker, a friend of his participated. Out of respect, he spoke the words; You are an IRONMAN to his friend. The reactions of the audience and his friend was so overwhelming that Reilly decided to repeat it a number of times, with great success. From that moment on, the iconic image that athletes have at their finish line grew when they hear: “You are an IRONMAN”! and it has become a goal on its own for triathletes to hear these famous words at their finish at least once in their sporting career. Moreover, the use of this sentence applies only to the full distance of the IRONMAN.

The first IRONMAN in Europe is that of Lanzarote, organized since 1992. Dutch victories there are of the athletes Ben van Zelst, Frank Heldoorn and Katinka Wiltenburg.

The first IRONMAN in the Netherlands took place in Maastricht. Bas Diederen and Yvonne van Vlerken took the victory there in 2015. The Dutch celebrated another victory in 2018 with Els Visser.

Since 2019, IRONMAN has been expanding its empire with so-called IRONMAN Multisport Festivals. Westfriesland had the first in 2019 worldwide. A multisports festival consists of shorter and accessible distances such as the IRONMAN 4:18:4 (sprint triathlon) and the IRONMAN 5150 (Olympic distance). In 2020, the IRONMAN Westfriesland will be expanded with a 70.3.
PRACTICAL INFORMATION

Prepared to start

This chapter with practical info contains the most important things you need to know to race safely and in a fair way. Of course IRONMAN Multisport Festival Maastricht also works with an official competition regulation.

The full rules can be downloaded via this link.

To be sure, we have listed a number of rules and specifically IRONMAN related matters in this chapter.

Registration

At the registration you need a valid ID or passport, a (day) license and a proof of registration (print or digital). You also need to sign a ‘waiver’ for receiving starting numbers and other starting records. The registration is situated on the event site, Oosterweg in Maastricht. For the exact times refer to the time table showed earlier.

Watch out! When registering, everyone should do a health check! You need your phone for this health check. Make sure you can store your phone and keep it dry in the white bag during the event. During registration you will receive this bag. We make sure that you can hang this bag on the event site!

License

If one does not have a license, a day license can be purchased on the spot during registration at the Dutch Triathlon Federation desk. Note: Contactless payment only!

Starting documents and equipment

- Athlete’s backpack
- Start Number
- Athlete’s wristband
- 1 swimcap
- 1 envelope + stickers with starting number (1x helmet, 1x seatpost, 3x change zone bags) + 2 tattoo stickers
- 1 white change bag (for stuff you use after the finish)
- 1 blue change bag (for stuff you need while cycling)
- 1 red change bag (for stuff you need while running)
- Wristband

This band is used during the weekend to recognize the athlete on race day. The band is put on during registration and is not taken off until after the bike check-out. It is also the ticket for the transition zone in combination with your starting number, stickers and tattoos.

Participation in IRONMAN Multisport Festival Maastricht also includes:

- Race organization incl. transition zone, (swim)safety, traffic management, stewards and equipment for volunteers
- Access to award ceremony (to be determined due to corona)
- Sports nutrition and drink at the aid stations
- Athlete backpack
- Timed race results
- Athletes Garden en post-race meal
- Massage after the race
- Finisher T-shirt (only at finish)
- Finisher medal (only at finish)
PRACTICAL INFORMATION
Prepared to start

Bike Check-In
The bike (bike and helmet) and the blue and red change bag (cycling gear and running gear) are checked into the transition zone before the race. You can hang the white bag on the wardrobe rack at your starting number on Sunday before the race at Baatland. In the timetable displayed earlier in the guide are the exact check-in times.

Take the following to the bikecheck-in:
- Start number
- Athlete wristband (Put on at registration)
- Bicycle (including stickers)
- Helmet (incl. sticker)
- Blue (cycling gear) and red (running gear) changebag
- Starting number and tattoo stickers worn visibly

Other important information at the Bike check-in:
- Bicycle, helmet and changebags must be equipped with stickers corresponding to the starting number
- Make sure your change bags are filled before you check in
- Wear your starting number visible
- Wear your helmet with the chin strap closed
- Only Ironman stickers are allowed to be used
- Helmets may be hung on the bike in the transition zone or put in the blue bag
- Bicycle pumps are not allowed in the blue bag
- Everything that is on the ground in the transition zone will be removed
- Officials will check if your bike meets the racing conditions
- Place your bike at your own race number
- Hang your blue and red changebag with your race number on the bag rack
- When you leave the transition zone, you will receive your timing chip which you return after the race.

Bike in the change zone
You should hang your bike with the tip of your saddle on the side where your number is attached.
PRACTICAL INFORMATION
Prepared to start

Start numbers
The starting number must be worn in a well-read and completely unchanged manner. You will receive the following starting documents and equipment with your starting number:
• 1 start number. It is allowed to use a number belt. Write down your name, blood type, allergies, reactions to medicines and the phone number of your emergency contact on the back of your starting number.
• 1 sticker for the front of the bike helmet
• 1 sticker for the saddle pen of your bike. Attach it to the seat post.
• 3 stickers for the changing bags (blue, red and white). It is only allowed to mark the bags with IRONMAN stickers. It is not allowed to write on the bags or stick other stickers on them.
• 2 tattoo stickers. These are visibly applied to the left arm and left calf
Ask for assistance from one of your fellow athletes or at the information point if the use of the racing stickers is unclear.

Cut off times
IRONMAN 4:18:4
Swim 00:20
Bike 00:50
Run 00:30
Max. cut off: 01:40
IRONMAN 5150
Swim 00:55
Bike 01:45
Run 01:15
Max. cut off 03:55

Swim start
• At the rolling start of the swim start, the athlete passes a timing mat. The time of athletes jumping over the fences will not be registered. The athletes must leave the swimming course via the official exit and walk over the time registration mat. Otherwise, the organization cannot verify that the athlete has exited the water and may be in distress, if this is the case the organization must call in a rescue team to search for this athlete. The athlete is liable for the costs of this rescue operation.
• If for any reason you are unable to complete the swimming, you will have to report to an official.
• All athletes are required to use the swimming caps distributed by the organisation.
• Before the start you will be checked for wearing a swimming cap and timing chip (on the left ankle).
• IRONMAN The Netherlands has set up a rolling swimming start for its events.
• Athletes place themselves according to their realistically estimated swimming time.
• Every 5 seconds, 3 athletes will start.
• After you pass the timing mat, your time starts. From that moment on, the cut off time applies.
• Once all the individual participants have started, the relay teams start.
• Also bring your white bag (clean clothes for after the race) and hang it on the hook of bagrack that corresponds to your starting number.
• Pro athletes (male and female) start first, then the ‘agegroupers’ follow.
PRACTICAL INFORMATION

Prepared to start

Transition 1: Swim - Bike
- The athlete picks up the pre-hung blue changebag containing the cycling gear of the rack in front of the changing tent.
- Then the athlete gets dressed. Changing is only allowed in the changing tent.
- You can then put your swim equipment in the blue change bag that you hand in at the ‘Drop Off Zone’ behind the tent. Volunteers make sure that this change bag is hung back on the place corresponding to your starting number.
- The ground under and around the bike must remain clear at all times
- Cycling shoes (attached to the pedals), helmet, starting number and sunglasses may be attached to the bike. As long as it doesn’t touch the ground.
- Do not step onto your bike in the transition zone, but only under the arch at the exit. The jury will be watching for this.

Transition 2: Bike – Run
- Get off the bike under the arch at the entrance to the transition zone. Cycling in the transition zone is not allowed.
- After completing the bike course, the athlete place his bike at his starting number. Volunteers do not assist in this.
- The bike is stored in the same place at your starting number where it was also checked in for the swim.
- Athletes pick up the red change bag with their running gear at the rack in the change zone before the transition tent.
- Then you change. Changing is only allowed in the changing tent.
- The cycling equipment is then put in the red change bag that you return to the ‘Drop Off Zone’ behind the tent. Volunteers make sure that this change bag is hung back on the spot of your starting number.

Athletes Garden
Recovery and relax in the Athletes Garden of IRONMAN The Netherlands. In the Athletes Garden there is a refresher zone, care post and you can get a massage. Here you can also pick up your finisher shirt and have the medal engraved and you can also pick up your white change bag with stuff for after the race. The Athletes Garden is only freely accessible to athletes and employees with permissions. Family and friends are not allowed in this area.

After the finish you can pick up your bike, red- and blue changebags in the transition zone, after which you return your timing chip at the bike check out. Times for the bike check out are listed in the timetable displayed earlier in this athletesguide.
groene loper run Maastricht

ZONDAG 11 OKTOBER 2020
5 KM 10 KM
HALVE MARATHON
MARATHON

#SAMENVEILIG
HOUD 1,5 M AFSTAND!

WWW.GROENELOPERRUN.NL
PRACTICAL INFORMATION

Prepared to start

Medical assistance
The medical team of IRONMAN The Netherlands guarantees optimal medical care at all times. On the courses there are medical care and they are recognizable to the athletes. After passing the finish line, the athlete is taken care of by the finish team. There is a doctor present to check medical conditions. Follow the instructions of the medical team at all times.

Timing chips and not finishing
- Timing chips are provided by the organization and are given to the athlete after the Bike Check-In in the transition zone.
- The chip is worn around the left ankle. Wearing the timing chip is mandatory. No chip = no participation and therefore no results!
- The use of own chips is not allowed. Athletes are responsible for the timing chips that are handed out by the organization and are also required for the bike check-out.
- When a chip is lost, the athlete is obliged to pay an amount of € 50 per chip in cash or to pay in an appropriate manner. You pay for this on the spot at the bike check-out.
- Athletes who lose their timing chip should request a new chip as soon as possible in the timing tent in the transition zone or at the swim start.
- Athletes who do not finish should pass this on to an official as soon as possible.
- The timing chip can be returned in Athletes Garden.

After the race / bike check out
- The bike and changing bags must be picked up on the race day. Please refer to the time schedule it contains the exact times.
- In order to leave with your bike and changing bags the athlete must display their bib number and timing chip.
- If you have lost the chip, you must show an official ID and start number.
- Other important issues
- Electronic devices such as iPods, mp3 players and mobile phones (headphones) etcetera are not allowed during the race and can lead to disqualification.
- Spectators cycling with a participant or walking along the course is not allowed and leads to disqualification of the athlete.
- A child is not allowed to cross the finishline with an athlete, this includes both walking/ running or being carried. This is not allowed due to safety and leads to disqualification.

Results and event photos
- Results can be downloaded after the event on www.ironman.nl.
- Finish photos are available on www.FinisherPix.com. Athletes will be notified in their mailbox when photos can be ordered.
**PRACTICAL INFORMATION**

**Prepared to start**

**Finish t-shirts and medals**
- Medals are awarded immediately after the finish.
- Finish t-shirts will be handed out after the finish in the Athletes Garden when the athlete presents their starting number.
- Swapping t-shirts to another size is not possible.
- Awards ceremony
  - Both men and women will be honoured at the award ceremony.
  - The winners will be honoured immediately after the finish of numbers 1, 2 and 3.
  - See timetable for expected time of the award ceremony.
  - After the finish athletes should listen carefully to whether or not the speaker is announcing your name.
  - Athletes who are not present at the ceremony cannot claim a prize. Prices will not be sent.
  - The winners (numbers 1, 2 and 3) of the various age groups will not be honoured because of Covid-19, but can collect their award from the registration tent. A list of the top 3 (male and female) per age group will be hung up as soon as possible near the registration tent.

**Items found**
Lost items are collected at the transition zone during the weekend. Here a “Lost and Found” is arranged and the stuff can be picked up.

**Nutrition advice**
Good nutrition is essential for optimal athletic performance. Strategies for energy intake, hydration and recovery each play a crucial role in maximizing performance. Learn from the experts at the Memorial Hermann IRONMAN Sports Medicine Institute.
[Click Here for the advice](Link)

**Parking**
Athletes and visitors are advised to park on the parking space opposite the event site.
IRONMAN 4:18:4
Saturday 26 September 2020

Programma

<table>
<thead>
<tr>
<th>From</th>
<th>Until</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>06.00</td>
<td>08:30</td>
<td>Registration open IRONMAN 4:18:4</td>
</tr>
<tr>
<td>06.00</td>
<td>09.00</td>
<td>Bike Check-In IRONMAN 4:18:4</td>
</tr>
<tr>
<td>09.00</td>
<td></td>
<td>Closing Transition Zone</td>
</tr>
<tr>
<td>10.00</td>
<td></td>
<td>Start IRONMAN 4:18:4</td>
</tr>
<tr>
<td>10:30</td>
<td></td>
<td>Winner at finish</td>
</tr>
<tr>
<td>10:00</td>
<td>12:00</td>
<td>Finish ceremony</td>
</tr>
<tr>
<td>11.00</td>
<td></td>
<td>Award Ceremony IRONMAN 4:18:4</td>
</tr>
<tr>
<td>11:30</td>
<td>13:00</td>
<td>Bike Check-Out IRONMAN 4:18:4</td>
</tr>
</tbody>
</table>

Cutoff times

- Swim: 00:20
- Bike: 00:50
- Run: 00:30
- Max. cut off: 01:40

Color route arrows

During the IRONMAN 4:18:4 alwayd follow the yellow arrows.
IRONMAN 4:18:4

SWIM Cutoff time: 20 minutes

Start protocol swimming discipline
Make sure you are ready in the start box in a timely manner (15 minutes at the latest before the start). When entering the starting box, you check whether you are wearing your swimcap and timing chip correctly. If you do not wear the swimcap, timing chip and wristband, you may not start. For all distances there is a rolling start or, three participants start at the same time every five seconds. Get in the starting box with your expected end time. Follow the instructions of the organization and volunteers. Keep the buoys on the swim course to your left at all times.

Additional information
The organization may decide, depending on the watertemperature that a wetsuit is required. You will receive the message by email or during registration at the latest.

At Baatland there is a location for the white change bag, where you can store supplies for after the event. Before the start it is recommended to wear socks or (old) flip flops, which you can take off just before the start, this way you loose less heat. Everything that is left behind at the swim start is thrown away by the organization.
**Important information**

During the race it is important that athletes adhere to the general traffic rules and use their common sense. Dangerous maneuvers and irresponsible cycling behavior can lead to disqualification. It is also important that athletes always keep to the right while cycling. Drafting is not allowed and if you want to overtake the athlete in front of you, this maneuver must be completed within 25 seconds. Although the event has full road closure, athletes should be aware of unexpected traffic, stray pets, etc.
IRONMAN 4:18:4

RUN Cutoff time: 30 minutes
Verhuur tweewielers voor vrienden en familie die Zuid-Limburg willen verkennen

Werkplaats voor een snelle reparatie of een last-minute afstelling

Accessoire verkoop voor een laatste aankoop

Par’Course terrein (het voormalig Leeuw bier terrein)
De Leeuwhof 21, Valkenburg - Tel. 043 - 601 53 38
CYCLECENTER.NL
BYE! NUTRITION IS VOOR EN DOOR DUURSPORTERS GECREÉERD.

Wanneer de zon aan de hemel staat en de weilanden op hun groenst zijn ervaar je de natuur op zijn best. Daar houden wij van, puur natuur! Wij geloven in de beste prestaties, zonder chemische smaakstoffen. Daarom geeft BYE! Nutrition je tijdens het sporten een energy boost op een verantwoordelijke manier.

Meer informatie of direct bestellen? Ga naar www.b-y-e.nl
Gebruik de kortingscode IRONMAN voor 15% korting!
IRONMAN 5150
Sunday 27 September 2020

Programma
Saturday, 26.09.2020

<table>
<thead>
<tr>
<th>From</th>
<th>Until</th>
<th>Activity</th>
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<tbody>
<tr>
<td>14:00</td>
<td>18:30</td>
<td>Registration IRONMAN 5150</td>
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<tr>
<td>14:00</td>
<td>19:00</td>
<td>Bike Check-in IRONMAN 5150</td>
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Zondag, 27.09.2020

<table>
<thead>
<tr>
<th>From</th>
<th>Until</th>
<th>Activity</th>
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<tbody>
<tr>
<td>06.00</td>
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<td>Registration open</td>
</tr>
<tr>
<td>06.00</td>
<td>09.00</td>
<td>Bike Check-In IRONMAN 5150</td>
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<tr>
<td>09.00</td>
<td></td>
<td>Closing Transition Zone</td>
</tr>
<tr>
<td>10.00</td>
<td></td>
<td>Start IRONMAN 5150</td>
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<tr>
<td>11.45</td>
<td>14.30</td>
<td>Winner at finish</td>
</tr>
<tr>
<td>11.15</td>
<td>14.30</td>
<td>Finish ceremony</td>
</tr>
<tr>
<td>12.00</td>
<td>15.00</td>
<td>Award Ceremony PRO IRONMAN 5150</td>
</tr>
<tr>
<td>12.00</td>
<td>15.00</td>
<td>Bike Check-Out IRONMAN 5150</td>
</tr>
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</table>

Cutoff tijden

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Swim</td>
<td>00:55</td>
</tr>
<tr>
<td>Bike</td>
<td>01:45</td>
</tr>
<tr>
<td>Run</td>
<td>01:15</td>
</tr>
<tr>
<td>Max. cut off:</td>
<td>03:55</td>
</tr>
</tbody>
</table>
IRONMAN 5150

Swim *Cut off time: 55 minutes*

**Start protocol swimming discipline**
Make sure you are ready in the start box in a timely manner (15 minutes at the latest before the start). When entering the starting box, you check whether you are wearing your swimcap and timing chip correctly. If you do not wear the swimcap, timing chip and wristband, you may not start. For all distances there is a rolling start or, three participants start at the same time every five seconds. Get in the starting box with your expected end time. Follow the instructions of the organization and volunteers. Keep the buoys on the swim course to your left at all times.

**Additional information**
The organization may decide, depending on the water temperature that a wetsuit is required. You will receive the message by email or during registration at the latest.

There is a location for the white change bag, where you can store supplies for after the event. Before the start it is recommended to wear socks or (old) flip flops, which you can take off just before the start, this way you loose less heat. Everything that is left behind at the swim start is thrown away by the organization.
**IRONMAN 5150**

**Bike Cut off time: 1 hour, 45 minutes**

**Important information**

During the race it is important that athletes adhere to the general traffic rules and use their common sense. Dangerous maneuvers and irresponsible cycling behavior can lead to disqualification. It is also important that athletes always keep to the right while cycling. Drafting is not allowed and if you want to overtake the athlete in front of you, this maneuver must be completed within 25 seconds.

Although the event has full road closure, athletes should be aware of unexpected traffic, stray pets, etc. During the bicycle part an aid-station has been set up; about 20 km onto the course.
IRONMAN 5150

Run Cut off tijd: 1 hour, 15 minutes
NEVER FORGET YOUR RACE

ORDER YOUR RACE PHOTOS HERE:
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www.facebook.com/finisherpix
@finisherpix #finisherpix
FINISHLINE
YOU ARE AN IRONMAN!

Congratulations! The moment you’ve been training so hard for has arrived. Enjoy it!

Enjoy the atmosphere, smile at the cameras as FinisherPix’s photographers are here to capture this amazing moment for you.

FinisherPix
The personal racing photos are available through www.finisherpix.com. Athletes will be notified in their mailbox when photos can be ordered.

Medal engraving
After the finish, all athletes receive a medal. For a real personal memory, you can have your name and end time engraved in the medal. If you did not indicate this at the time of registration, it is still possible to pay for the engraving on the spot. The cost of engraving the medal is € 15,-.
**RELAY TEAMS**

All information to start prepared

**Registration**
Registration must be done by each team member, each team member must also submit a signed waiver. Relay teams receive: 1 starting number and 1 timing chip (at bike check-in). However, each team member receives an athlete’s bag. At the registration it will be checked whether each athlete has registered and whether a contact person is listed for in the case of an emergency.

**Bike Check-In**
Relay teams must check in their bike like individual athletes. However, relay team athletes don’t check in colored change bags because athletes don’t have to change. Athletes attach their helmet to the bike at check-in.

**Transition Zone**
Relay teams have their own location in the change zone marked with the sign ‘Team transition zone’. See the map of the transition zone.

**Timing chip and start number**
The timing chip and start number are passed on in the team area in the transition zone. The timing chip is passed from the swimmer to the cyclist. The cyclist already wears the starting number. Upon return, the cyclist hands the timing chip and the starting number to the runner. Relay participants can finish together! Please take other finishers into consideration. They too are entitled to a nice finish.

**Bike Check-Out**
The bike check-out can only be done with the starting number and the timing chip. The cyclist of the relay team takes care of the bike check-out and picks up his bike.

**Swimmer**
Before the race, the swimmer can bring a sports bag to the transition zone. The bag is delivered in the transition zone and is picked up after the swim in the relay teams’ area.

**Cyclist**
The cyclist takes the blue change bag with equipment. This can be taken to the transition zone before the start. This is hung on the bag rack at start number.

**Runner**
The runner gets a white change bag. This is taken to the transition zone before the start and the organization takes it to the Athletes Garden.

A relay team consists of 2 or 3 athletes. The decision which team member swims, cycles and runs can be changed until the registration.
# AID STATIONS

## During the race

### 4:18:4

**Aidstation** | **Location on parcours** | **Address**  
--- | --- | ---  
1 | swim exit | Oosterweg, evenemententerrein  
2 | Bike – 18 km | Oosterweg, evenemententerrein  
3 | Finish | Oosterweg, evenemententerrein

### 5150

**Aidstation** | **Location on parcours** | **Address**  
--- | --- | ---  
1 | swim exit | Oosterweg, evenemententerrein  
2 | bike - 20 km | Sint Geertruid  
3 | run – 0 & 5 km | Oosterweg, evenemententerrein  
4 | finish | Oosterweg, evenemententerrein

**Bike Aid stations**
- Water  
- ISO  
- Cola  
- Bananas  
- Bars/gels  
- ISO  
- Water  
- Toilets  
- Last trash can

**Run Verzorgingsposten**
- Water  
- ISO  
- Red Bull  
- Cola  
- Bananas/oranges  
- Bars/Gels  
- ISO  
- Water  
- Toilets  
- Last trash can
The Limburg décor of the IRONMAN Multisport Festival has a rich international history in addition to its beautiful nature and surroundings. Limburg has been influenced over the centuries with the best ingredients from different cultures. The region located in the Meuse-Rhine Region is known as a versatile, welcoming and culinary exceptionally tasteful region. With cities like Hasselt, Liège and Aachen within easy reach, real city trippers are served at their beck and call: less than 30 kilometres away you’ll travel through Europe!

**Every day a different cuisine**

In terms of culinary you can’t get tired of in Maastricht and Limburg, because just about every cuisine is represented. From Mediterranean flavours and Asian specialities to local delicacies; from a star-studded restaurant and wine restaurant to a typical Maastricht brown café. The countless restaurants offer hospitality and quality in every price range. The Limburg cuisiniers like to use local products that you taste in typical local dishes, but also in exciting ‘worldly’ combinations. Also promising are the locations where you can enjoy a meal, from castles, country houses, to vaulted cellars, warehouses and churches.

**Maastricht is the most European city in the Netherlands.**

You feel it, you see it and you can taste it! It is a place with its own and authentic energy and dynamic, in a way you don’t experience it anywhere in the Netherlands. Maastricht is a city with the best of both: north and south. Past and present. You will find historic buildings and hip design shops. Stately churches and adventurous caves. Menus full of taste sensations and terraces full of people socializing. Bustling festivals and high-profile exhibitions. Wide squares and vast vineyards. This and more makes Maastricht a popular destination.
5 THINGS TO DO
In the region Maastricht - Limburg

SHOPPING - MAASTRICHT
Small boutiques and big brands are interspersed with authentic specialty shops: Maastricht is the perfect place for fashion lovers. Fashion, lifestyle, accessories and design: the shopping heart of the city is ideal for shop lovers.

(MARBLE) CAVES – MAASTRICHT & VALKENBURG A/D GEUL
There are at least the same number of historical treasures under the ground. You go back in time and experience the ultimate silence and darkness. In this special environment you can also ride on scooters or cave biking, on a ghost tour, laser gaming and much more!

AMERICAN CEMETERY – MARGRATEN
More than 8,000 soldiers are buried in this only American cemetery in the Netherlands. Most of them died during the liberation of the south-east of the Netherlands in World War II and the advance through Germany.

ALDEN BIESEN CASTLE - BILZEN (B)
A magnificent heritage site and one of the largest castle estates in the Eu region. With Bilzen Mysteries, you can experience Alden Biesen on a multimedia time journey through 800 years of history of the German order.

LABYRINTH THREE-COUNTRY POINT - VAALS
The highest point of the Netherlands and the place where the borders between the Netherlands, Belgium, Germany meet! For kids, but also adults still quite a challenge to get here. Fun for everyone is guaranteed!
VRIJWILLIGERS
The engine of IRONMAN Nederland

Thanks to all the volunteers who support the weekend of IRONMAN 70.3 Westfriesland. Without you, the event is not possible and because of you the athletes can achieve their goals. You create a unique experience by investing time, effort and passion. You are the force behind the event. Thank you for your work and thank you for being part of the IRONMAN family.
SEE YOU NEXT YEAR!
30 JULY - 1 AUGUST 2021