ATHLETE GUIDE

JUNE 22, 2019

5i50 SPRINT TRIATHLON
MONT-TREMBLANT, QUEBEC
PRESENTED BY SPORTIUM

JUNE 22, 2019
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2019

Dear Friends:

I am pleased to extend my warmest greetings to everyone taking part in Ironman Mont-Tremblant. I would also like to welcome participants from abroad.

In June and August, Mont-Tremblant will host this prestigious competition featuring three races from dawn to dusk. I am sure this must-see event, which brings together the best athletes from around the world, will be a wonderful opportunity for competitors to strive for excellence in the magnificent setting of the Laurentians.

On behalf of the Government of Canada, I would like to commend the organizers for their hard work and dedication, which make this exceptional competition possible. I would also like to wish the participants the best of luck.

Sincerely,

The Right Hon. Justin P.J. Trudeau, P.C., M.P
Prime Minister of Canada
Welcome to Mont-Tremblant on the occasion of this IRONMAN competition!

It is a pleasure to encourage and congratulate the athletes who have taken up the challenge of completing this major physical test. Few people can boast of having completed this contest in their lives, a contest that demands a great deal of discipline, work and determination. You all have reason to be proud of your persistence.

One thing is sure, you are preparing to put on quite a show for us!

I congratulate the organizers of this event, which promotes an active lifestyle, in addition to giving tremendous visibility to Mont-Tremblant, one of our tourism treasures. This splendid locality is both one of our most beautiful destinations and a choice venue to host a sports competition of this importance. Mont-Tremblant offers an enchanting setting, in all seasons, for athletes and tourists from around the world.

To all participants, I wish you a great IRONMAN and a pleasant stay in the Laurentians!

François Legault
Prime Minister of Québec
Our CULTURE is NATURE.

Welcome to Mont-Tremblant!

For eight years now, the people of Mont-Tremblant have had the privilege and pleasure of welcoming you to the Ironman Mont-Tremblant events.

I thank them, as I do the volunteers, organizers and partners. As always, they provide you with an authentic stay, an impeccable course and a safe, secure environment.

Those who have come to these competitions before will be happy to see once more the smiles and enthusiasm of the volunteers all along the course. New participants will have the pleasure of discovering our encouragement and support... which are more effective than the best energy gel!

With its background of legendary hospitality, Mont-Tremblant is proud to offer the athletes, their families and their friends an exceptional environment and quality facilities.

During your stay, you’ll find that there are many activities here. You are sure to leave with good memorabilia in your luggage and good memories in your heart.

I salute your determination and perseverance and I wish you the very best in terms of meeting your own challenges. Above all, enjoy yourself!
MESSAGE FROM STATION MONT TREMBLANT

Dear Athletes and Supporters,

Tremblant is extremely proud to host the eighth edition of the Subaru IRONMAN Mont-Tremblant events, presented by Sportium. Our destination’s employees, volunteers and partners join me in extending a very warm welcome to you!

In addition to offering an exceptional deep nature setting for which the resort is renowned, no detail has been spared to make your experience truly memorable from tried-and-trusted courses and infrastructures to a dedicated team, and family-friendly activities. Tremblant is thrilled to be sharing its lively, safety-first, easy-to-reach and continually refreshed destination with you.

We salute your determination and desire to surpass yourselves that in turn, inspire us to offer you the very best of ourselves. We trust you’ll have a wonderful stay here with us, and hope your race outcome meets your every expectation!
MESSAGE FROM TOURISME MONT-TREMBLANT

Dear athletes and supporters,

Welcome to Mont-Tremlant!

We are pleased to welcome you to our beautiful region for the eighth edition of IRONMAN Mont-Tremblant! During your stay, you will undoubtedly witness the pride and dynamism of our community, that will do its utmost to make your visit absolutely exceptional in every way.

On the sidelines of this unique global event, we invite you to take advantage of your visit to discover our five districts and their distinctive offerings that are the hallmark of our destination and the joy of our 3 million annual visitors. We are confident that your stay with us will be unforgettable and we encourage you to plan your next visit on our website: www.mont-tremblant.ca.

On behalf of all of our tourism partners in the region,

Have a good race and enjoy your stay in Mont-Tremblant!
MESSAGE FROM THE HEAD REFEREE

Yan Therrien
HEAD REFEREE

IRONMAN SPRINT and 5i50 Mont-Tremblant 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 time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (30 seconds stop and go time penalty) also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served at the point of infraction. While YELLOW CARD violations will not count against your three strikes, IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive yellow card violations.

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2019 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 (12 meters) of clear space between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

ALWAYS pass on the left of the cyclist in front of you; NEVER on the right to avoid an ILLEGAL PASS call. Complete your pass within 25 seconds to avoid a DRAFTING call.

Passed athletes must be seen making immediate and constant rear progress (12 meters) out of the drafting zone to avoid a DRAFTING call.

Do not use any device that will distract you from paying full attention to your surroundings. Using a device in a distracting manner will result in disqualification.

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

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

- **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 2-minute penalty for the 5i50 and 1 minute for the Sprint.

- **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 2-minute penalty for the 5i50 and 1 minute for the Sprint, 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!
Dear athletes,

Wow! So many of you have shown up in great shape for the last 8 years at IRONMAN events in our beautiful Mont-Tremblant region in the heart of the magnificent Laurentians. More than 8,200 athletes have registered for our 2019 events, including the Sprint, 5i50, IRONMAN 70.3 and IRONMAN Mont-Tremblant. THANK YOU from the bottom of my heart for trusting us over the years to organize your ultimate day of accomplishment, which I’m sure you’ve dreamed of many times over.

Whether you realize it or not, you’ve motivated and mobilized an entire community to completely change their lifestyle and habits with your amazing enthusiasm for the triathlon, your thorough training and your fearlessness when crossing the finish line. We watch you swim in the training lane on Lac Tremblant, pedal on the IRONMAN training route, and run on the marked course in Mont-Tremblant, and you are such an inspiration to all of us.

Year after year, your family and friends encourage you and accompany you on both the most joyful and most painful days. We truly care about their well-being and security throughout the competitions, and that’s why we set up audience zones, a smartphone app to follow you in real time, activities for the little ones and your family, an exposition zone... and more, only a few steps away!

We couldn’t organize such massive events without the support of the entire Tremblant community, who constantly immerse us in their marvelous zest for life and ‘joie de vivre’!

And what can I possibly say about the endless and enormous efforts from our 33,000 volunteers registered on the online platform since 2012? They are the heart of our organization and they support you throughout your IRONMAN race. Their boundless energy and constant encouragement help make our athletes dreams come true. And our wonderful production team ensures the event is secure, orchestrated, professional and... spectacular!

Since 2012, our IRONMAN Eco-Responsible Committee has made a significant effort to offer events that respect the highest standards of sustainable development and environmental responsibility. Thus, IRONMAN Mont-Tremblant was the winner of the 2018 Vivats contest (Loto-Québec prizes for responsible events) for “Socio-economic Engagement and Responsible Management of Residual Matter”. We are deeply proud of this recognition and are motivated to continue working to introduce more environmentally-responsible and sustainable development initiatives in every aspect of our events.

We would like to emphasize the important contributions from our institutional partners: the government of Québec, the Federal government, the city of Mont-Tremblant, Station Mont-Tremblant and Tourisme Mont-Tremblant. We also want to mention the essential input from our title partner, Subaru, and from our presenting partner, Sportium. Without them, we couldn’t possibly offer an experience worthy of the highest international events.

I hope you have a wonderful triathlon IRONMAN Mont-Tremblant Festival weekend!!

Dominique Piché
PRODUCER & RACE DIRECTOR
HORAIRE 2019 *
*SUJET À CHANGEMENTS
[mise à jour : 22 février 2019]

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<td>Beach opens for Swim Training</td>
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<td>Media &amp; VIP Welcome Center</td>
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<tr>
<td>NOON</td>
<td>5 PM</td>
<td>ATHLETE CHECK-IN IRONMAN® 70.3®</td>
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<tr>
<td>NOON</td>
<td>6 PM</td>
<td>IRONMAN® Information Booth, Official IRONMAN® Store, EXPO</td>
</tr>
<tr>
<td>4 PM</td>
<td>&amp; 7PM</td>
<td>SPRINT &amp; S150® MANDATORY BIKE CHECK-IN</td>
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<tr>
<td>8:30 PM</td>
<td></td>
<td>SPRINT &amp; S150® - MANDATORY BIKE CHECK-IN</td>
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<tr>
<td>11:30 AM</td>
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<td>MANDATORY MEETING FOR THE ATHLETE PARTICIPATING IN RELAYS S150® AND SPRINT</td>
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<td>Quartier Tremblant / Base Camp</td>
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<td>Quartier Tremblant / Base Camp</td>
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<td>IRONMAN® Village</td>
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<td>SPORTIUM Stage</td>
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<td>IRONMAN® Village</td>
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<td>SPORIUM Stage</td>
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<td>IRONMAN® Information Booth</td>
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<td>5:15 AM</td>
<td>6:30 AM</td>
<td>SPRINT &amp; S150®</td>
</tr>
<tr>
<td>6:30 AM</td>
<td>7 AM</td>
<td>SPRINT &amp; S150® - MORNING CLOTHES BAG DROP-OFF</td>
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<tr>
<td>6:50 AM</td>
<td></td>
<td>&quot;O Canada&quot; national anthem Beach &amp; Tennis Club - Swim Start</td>
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<tr>
<td>7 AM</td>
<td></td>
<td>SPRINT - OFFICIAL ALL AGE GROUP ROLLING START</td>
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<tr>
<td>7:30 AM</td>
<td></td>
<td>S150® - OFFICIAL ALL AGE GROUP ROLLING START</td>
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<tr>
<td>8:30 AM</td>
<td>5:30 PM</td>
<td>Official IRONMAN® Store, EXPO</td>
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<tr>
<td>9 AM</td>
<td>12:30 PM</td>
<td>SPRINT athletes only - MORNING CLOTHES BAG, BIKE &amp; EQUIPMENT CHECK-OUT</td>
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<tr>
<td>9:45 AM</td>
<td></td>
<td>S150® athletes will be able to pick-up their items starting at 11 am</td>
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<tr>
<td>10 AM</td>
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<td>Media &amp; VIP Welcome Center</td>
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<tr>
<td>10:30 AM</td>
<td></td>
<td>SPRINT - AWARDS CEREMONY Beach &amp; Tennis Club - Swim Start</td>
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<tr>
<td>11 AM</td>
<td>12:30 PM</td>
<td>S150® - MORNING CLOTHES BAG, BIKE &amp; EQUIPMENT CHECK-OUT</td>
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<tr>
<td>NOON</td>
<td></td>
<td>S150® - AWARDS CEREMONY</td>
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<tr>
<td>1 PM</td>
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<td>IRONMAN® 70.3® - PRO Athlete Briefing</td>
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<tr>
<td>1:30 PM</td>
<td></td>
<td>IRONMAN® 70.3® - MANDATORY BIKE CHECK-IN</td>
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<tr>
<td>2 PM</td>
<td>&amp; 6 PM</td>
<td>MANDATORY ATHLETE BRIEFING</td>
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<tr>
<td>5:00 PM</td>
<td></td>
<td>Mandatory meeting for the athlete participating in Relays Ironman® 70.3®, at least one member of the team must attend</td>
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<td>Village IRONMAN® Village</td>
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<tr>
<td>Telus stage – Transition Zone</td>
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<td>IRONMAN® Information Booth</td>
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<td>5:15 AM</td>
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<td>6 AM</td>
<td>7 AM</td>
<td>IRONMAN® 70.3® - MORNING CLOTHES BAG DROP-OFF</td>
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<tr>
<td>6 AM</td>
<td>5 PM</td>
<td>Media &amp; VIP Welcome Center</td>
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<tr>
<td>6:52 AM</td>
<td></td>
<td>&quot;O Canada&quot; national anthem Beach &amp; Tennis Club - Swim Start</td>
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<tr>
<td>7 AM</td>
<td></td>
<td>IRONMAN® 70.3® - OFFICIAL PRO MEN START</td>
</tr>
<tr>
<td>7:05 AM</td>
<td></td>
<td>IRONMAN® 70.3® - OFFICIAL PRO WOMEN START</td>
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<tr>
<td>7:06 AM</td>
<td></td>
<td>IRONMAN® 70.3® - OFFICIAL XC START - IRONMAN EXECUTIVE CHALLENGE SERIES</td>
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<tr>
<td>7:10 AM</td>
<td></td>
<td>IRONMAN® 70.3® - OFFICIAL ALL AGE GROUP ROLLING START</td>
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<tr>
<td>7:30 AM</td>
<td>5 PM</td>
<td>Official IRONMAN® Store, EXPO</td>
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<tr>
<td>11:30 AM</td>
<td>5 PM</td>
<td>IRONMAN® 70.3® - MORNING CLOTHES BAG, BIKE &amp; GEAR CHECK-OUT</td>
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<tr>
<td>4 PM</td>
<td></td>
<td>2019 IRONMAN® 70.3® MONT-TREMBLANT AWARDS CEREMONY FOLLOWED BY THE 2019 IRONMAN® 70.3® WORLD CHAMPIONSHIP SLOT ALLOCATION &amp; ROLLDOWN</td>
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<td>Telus stage – Transition Zone</td>
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*Sujet à changements
*Subaru IRONMAN 5i50/SPRINT MONT-TREMBLANT PRESENTED BY SPORTIUM 2019 - ATHLETE GUIDE

SUBARU IRONMAN 5i50/SPRINT MONT-TREMBLANT PRESENTED BY SPORTIUM 2019 - ATHLETE GUIDE
EMERGENCY NUMBER
Prior to departing for Mont-Tremblant, 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 Mont-Tremblant 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
IRONMAN 70.3 ATHLETE SERVICES
819 341-0524
MONTTREMBLANT70.3@IRONMAN.COM

Operating hours of the emergency phone:
• Thursday, June 20th: 1 pm to 9 pm
• Friday, June 21st: 10 am to 9 pm
• Day of the race, Saturday, June 22nd: 5 am to 9 pm

ATHLETE’S REGISTRATION
• Friday, June 21st: Noon to 8 pm
Please take note that in order to register, you ABSOLUTELY need your athlete’s number. Athlete’s registration will not be open on the day of the race. If you do not register during the planned dates and times, you will not be able to participate in the race. THE RACE KITS MUST BE PICKED-UP BEFORE 8 PM ON FRIDAY, JUNE 21st.

Please bring the following items with you to Athlete Check-In:
• Photo Identification
• Athlete’s bib number (available on the event’s website)

PHYSICAL ADDRESSES
ATHLETE CHECK-IN:
Quartier Tremblant - Base Camp
161 Chemin du Curé-Deslauriers
Mont-Tremblant, Quebec, J8E 1C9

SWIM START & SWIM EXIT
Tremblant Beach & Tennis Club / On chemin de la Chapelle, right in front of chemin des Voyageurs
2900, Chemin du Village & Chemin de la Chapelle
Mont-Tremblant, Quebec, J8E 1H9

FINISH LINE:
Place des Voyageurs
Tremblant Resort
Mont-Tremblant, Quebec

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 participant and must be worn throughout the weekend of the event. The wristband is required for medical identification purposes and allows you access to both transition areas and post-race athlete recovery area.

You will not be allowed to remove your bike and/or gear from transition after the race without your wristband affixed to your wrist.

MORNING CLOTHES BAG
You will receive one gear bag at athlete check-in for your morning clothes on race day. This bag will be used to leave any items (e.g. dry clothes) behind at the start.

TRAINING & SAFETY
Always train with at least one other person (especially in open water swims). Register at CIRIM (IRONMAN Mont-Tremblant Regional Information Centre) when swimming. There, you will have access to race and training courses and can also borrow a swim buoy.

While swimming, please wear a brightly coloured swim cap and ensure that your family members and/or friends know where you are. Swim in the designated area marked with cones.

When training, please bike 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 illegal. When running, use sidewalks.

Carry ID with you when training on the bike and run courses.
PRE-RACE

SWIMMING IN LAKE TREMBLANT
Please make sure to train in the designated marked course with white buoys. Stop by the CIRIM to get all required information and details on training courses.

The swim course utilizes a body of water that is open to the general public for swimming, boating and other recreational and commercial activities. SUBARU IRONMAN 5i50 Mont-Tremblant wishes to caution all participants that it does not provide lifeguard services prior to the event, and that all participants who swim prior to race day do so at their own risk. While we make reasonable efforts to inspect the swim entry and exit, the inspection does not take place until just before the swim discipline starts. Participants are further advised to exercise with caution and use common sense if they elect to swim prior to the event and to be mindful of water 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.

MANDATORY BIKE CHECK-IN
MANDATORY BIKE CHECK-IN IS FRIDAY, JUNE 21ST FROM 4:30 P.M TO 8:30 P.M. - NO BIKE CHECK-IN ON RACE DAY. You will rack your bike on the bike rack at the designated area marked with your bib number. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. Full bike covers ARE NOT ALLOWED as they present a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once bike check-in is over. You will have access to your bike from 5:15 a.m. to 6:30 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. No loose gear will be allowed on the ground next to the bicycles in transition.

ATHLETES MEETINGS
You must attend one of the two mandatory meetings for athletes, Friday, June 21, at either 4:00 p.m. or 7:00 p.m. At that meeting, you will receive information relevant to the race. These meetings will be hosted at the IRONMAN Sportium stage in the Place des Voyageurs. As well, if you participate in the team relay, you must attend a mandatory meeting for the athletes taking part in the team challenge on Friday, June 21st, at 7:30 p.m. in the transition zone. At least one member of the team must attend this meeting.
RACE DAY PARKING

Free parking before the race will be available at the resort. Area hotels offer 1,400 indoor parking spaces in addition to 1,110 more parking spaces within accommodations outside of the pedestrian village. If you are not staying on site, you will have access to parking lots P2, P6 and P3 very early on race morning.

Day of the race, no parking will be available after road closure, around 6:30 a.m. Anyone heading to a competition site must park at the IRONMAN parking on rue Labelle. Free shuttle service will take you to the race site.

NOTE: If you must leave the site before roads reopen after the last bike is in, please ensure you are not parked in P2, P6 and P3 parking lots since those will be inaccessible. If you are parked at your hotel, ask the attendant for details on getting out before the end of the race.

PUBLIC TRANSIT

The day of the Subaru IRONMAN 5i50 Mont-Tremblant, sponsored by Sportium, public transport is available. Please refer to the city bus schedule.

RACE MORNING PROCEDURE

There will be no registration on race day.

Athletes may enter transition beginning at 5:15 a.m. to 6:30 a.m. - NO EARLIER but arrive early enough to set up your gear! You will not be permitted into the transition zone without your wristband securely on your wrist. Bike technicians and bike pumps will be available in the transition zone on race morning.

WRISTBAND

If you need a replacement wristband or swim cap, Athlete Services will be in the transition zone and at swim start. For timing chip, please see the Sportstats timing tent at the swim start.

BODY MARKING

Body marking will begin at 5:15 a.m. in front of the SPORTIUM IRONMAN Stage. Do not number yourself expecting to bypass body marking. Do not apply sunscreen or lotion until you have been body marked.

BIB

Please do not wear your bib during the swim. The bib will not hold up for the duration of the race if it gets wet. Bibs only need to be worn for the run section and must be worn in front.

BIKE STICKERS

You will receive the following stickers in your athlete packet:

- Bike frame sticker
- Helmet sticker
- 1 Gear bag sticker to label properly your bag

Make sure the frame sticker is visible on both sides of your bike. The bike frame sticker cannot be altered in any fashion and the race logo MUST be visible. The helmet sticker will be affixed to the front of your helmet, and the bike stem sticker will be placed in between handlebars. Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at Athlete Check-In. Any previous event stickers on the bike must be removed.

AID STATIONS

There will be 2 aid stations in strategic spots along the running route. The first aid station will only offer water, the second will offer water and electrolyte drinks (different flavours).

THERE WILL BE ONLY ONE WATER STATION FOR SPRINT DISTANCE.

TIMING CHIP

Your timing chip will not be in your packet. You must stop at the Sportstats timing table before leaving the Athlete Check-In to pick up your chip. There, you will verify that your name matches your number.

Your chip must be worn on your left ankle at all times during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff member or timing team member. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to IRONMAN medical station, the medical staff will take responsibility of your chip. If you lose your timing chip during the event, you are responsible for obtaining a replacement at one of the following locations: swim start, swim exit, bike exit or run exit. Volunteers will have extra timing chips at the locations above. If you lose your chip while on the run course, please notify a timing official immediately after crossing the finish line.

Failure to wear your timing chip on race day, return your chip after the event, or pay the replacement cost ($ 75) of your lost timing chip may disqualify you from future IRONMAN events. After the race, if you realize you still have your chip, please mail it within 5 business days to:

Sportstats Office
155 Colonnade Rd, Unit #18
Ottawa, ON, K2E 7K1

NO CHIP = NO TIME
ATHLETE CUT-OFF TIMES

SPRINT
Each individual athlete will have 30 minutes to complete the swim after departure or will get a DNF mention (“Did Not Finish”).
7:55 a.m.: cut-off time to depart from the transition zone to start the bike race, or will get a DNF mention.
9:05 a.m.: cut-off time to start the run, or will get a DNF mention.

5I50
Each individual athlete will have 1 hour and 10 minutes to complete the swim after departure, or will get a DNF mention (“Did Not Finish”).
9:10 a.m.: cut-off time to depart from the transition zone to start the bike race, or will get a DNF mention.
10:10 a.m.: cut-off time before starting the 2nd part of the run, or will get a DNF mention. 11:20 a.m.: cut-off time to start the run, or will get a DNF mention.

IRONMAN reserves the right to remove an athlete from the course if its staff determines there is no possibility that the athlete will finish the given discipline (swim, bike, run) before the posted cut-off times based on the athlete’s location, time and average speed up to that point. In accordance with the permits allowing closures of roads and the safety of athletes, cut-off times must be respected for all IRONMAN challenges.

Based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected for all IRONMAN events.
## RACE DAY
### ATHLETE CHECK LIST

<table>
<thead>
<tr>
<th>DID YOU REMEMBER TO:</th>
<th>RACE DAY – BIKE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Book flights and accommodation to arrive in time for Athlete Check-In?</td>
<td>✓ Bike Pump</td>
</tr>
<tr>
<td>✓ Directions to Hotel</td>
<td>✓ Extra Nutrition</td>
</tr>
<tr>
<td>✓ Directions to Athlete Check-In</td>
<td>✓ Extra Water Bottles</td>
</tr>
<tr>
<td>✓ Directions to Race Start</td>
<td>✓ Aero Water Bottle Straw</td>
</tr>
<tr>
<td>✓ Directions to Race Finish</td>
<td>✓ Bike Repair Kit</td>
</tr>
<tr>
<td>✓ Photo I.D.</td>
<td>Bar-end plugs</td>
</tr>
<tr>
<td>✓ Bike Services/Tune up</td>
<td>CO2 Cartridge(s)</td>
</tr>
<tr>
<td>✓ Attend Athlete Check-In</td>
<td>Spare Tire</td>
</tr>
<tr>
<td>✓ Attend Athlete Briefing</td>
<td>Spare Tube</td>
</tr>
<tr>
<td>✓ Study the race courses and plan your nutrition</td>
<td>Tire levers</td>
</tr>
<tr>
<td>✓ Study the race courses and plan your nutrition</td>
<td>Valve Stem Extenders</td>
</tr>
<tr>
<td>✓ Study the race courses and plan your nutrition</td>
<td>Patch Kit</td>
</tr>
<tr>
<td>✓ Study the race courses and plan your nutrition</td>
<td>Wrench Set/Tools</td>
</tr>
</tbody>
</table>
| ✓ Study the race courses and plan your nutrition |  *No spare tube or tire will be available with the Technical Service Team*

### 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

### 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
  - *No spare tube or tire will be available with the Technical Service Team*
- ✓ Vaseline
- ✓ Sunscreen
- ✓ Helmet
- ✓ Sunglasses
- ✓ Bike Shoes
- ✓ Socks
- ✓ GPS Watch or Bike Computer

### RACE DAY – RUN: |
- ✓ Fuel Belt
- ✓ Race Belt or Safety Pins
- ✓ Bib Number
- ✓ Hat/Visor
- ✓ Reflective tape (if applicable)
- ✓ Running Shoes
- ✓ Socks
- ✓ Sunglasses
- ✓ Water Bottle

*Have a Great Race!*
POST-RACE

BIKE & GEAR CHECK-OUT

ONLY Athletes that finished the SPRINT portion can pick up their bicycle and equipment in the transition zone starting at 9:00 a.m.. For the 5i50 Athletes can pick up their bicycle and equipment in the transition zone between 11:00 a.m. and 12:30 p.m. All bikes MUST be picked up by 12:30 p.m.

BIKE AND GEAR CHECK-OUT TICKET

You will be given a Bike Check-Out ticket at Athlete Check-In for your friends or family member to use in case you are unable to pick-up your bike and personal items from the transition zone after your race. Your friend or family member must present this ticket in order to match your frame bike sticker to it. You must write the name of the person mandated to pick up your items on the the ticket and sign it. This person will have to show both the ticket and a valid photo ID to pick up your items. This enforcement is for security reasons.

ATHLETE FOOD TENT

Athlete post-race food area is open from 9:00 a.m. to 12:30 p.m. The athlete post-race food area is for athletes only and your athlete wristband provides you with access to this area.

AWARDS CEREMONY

The medals will be awarded on the SPORTIUM IRONMAN stage at 10:30 a.m. for the SPRINT and at noon for the 5i50. Don’t miss out on claiming your award! Unclaimed awards will be held for 30 days and then donated to a local charity.

LOST & FOUND

During race week, Lost and Found items will be available at the IRONMAN Information Booth.

It is recommended that you identify your gear with your bib number as IRONMAN is not responsible for lost items.

After the conclusion of the event, please contact the Tremblant Guest Services Desk to locate any missing items and schedule returns. Shipping fees will apply. Call 819 681-3000 ext 46817 for information on retrieving your items.

*All unclaimed items will be donated after 30 days.

RACE PHOTOGRAPHY

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

How to order your pix:

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

IRONMAN MEDICAL ZONE

The medical clinic is located at Quartier Tremblant - Base Camp and is for athletes only. Your family will not be authorized to enter.

For information on an athlete receiving medical treatment, please make your way to the first floor of the Quartier Tremblant - Base Camp.

VOLUNTEERS

Please remember to thank the Volunteers! The race wouldn’t be possible without their assistance. For more information about volunteering for this event, contact: mt@ironmanvolunteers.com
SWIM COURSE
750 M SPRINT – 1.5 km 5i50

ROLLING START
Departure for the swim course will be on the sand beach of the Beach & Tennis Club. The average water temperature should be around 18°C. The swim ends at the dock, 150 meters from the transition zone. “ROLLING START” Athletes, by age group, will be asked to self-seed themselves according to the following swim times in the staging area:

<table>
<thead>
<tr>
<th>SPRINT</th>
<th>5i50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 15 min</td>
<td>Less than 20 min</td>
</tr>
<tr>
<td>15-18 min</td>
<td>20-23 min</td>
</tr>
<tr>
<td>19-22 min</td>
<td>24-27 min</td>
</tr>
<tr>
<td>23-26 min</td>
<td>28-31 min</td>
</tr>
<tr>
<td>More than 27 min</td>
<td>32-35 min</td>
</tr>
<tr>
<td>More than 36 min</td>
<td>More than 36 min</td>
</tr>
</tbody>
</table>

There will be a designated space at the start for swim warm-up. We ask the athletes to get out of the water at least 15 minutes before the start.

SWIM COURSE RULES & INSTRUCTIONS

- Athletes must wear the swim cap provided by the event.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- No aqua socks (neoprene booties) unless the water temperature is 65 degrees Fahrenheit / 18 degrees Celsius or colder.
- When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.
- Swim goggles and facemasks may be worn. Snorkels are prohibited. Medical exceptions will not be considered.
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- The swim course will close 30 minutes (for the SPRINT) and 1 hour and 10 minutes (for the 5i50) after the final athlete. Individual athletes who take longer than the permitted 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.
SWIM COURSE
750 M SPRINT – 1,5 km 5i50

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

Athletes who choose to wear a wetsuit in water temperatures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius) will not be eligible for Age Group awards, including IRONMAN 70.3 World Championship slots or Rolldown slots. Prohibited Wetsuit: De Soto Water Rover Wetsuits cannot measure more than 5 mm thick.

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

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

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

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

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

4. ENSURE HEART HEALTH
   • As an athlete in training, you should take the proper steps to assess your health with your physician.
   • The American Heart Association suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

5. PAY ATTENTION TO WARNING SIGNS
   • If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

6. DON’T USE NEW GEAR ON RACE DAY
   • Focus on controlling as much as you can on race day.
   • You should never race in equipment you haven’t trained in this is not the time to test new gear.
   • Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
   • Prepare for the unexpected with backups of all your gear.

7. WARM UP ON RACE DAY
   • Arrive early enough on race day for a proper warm-up prior to the start, preferably in the water.
   • If you aren’t able to warm up in the water, spend between 5 and 10 minutes getting loose.
   • Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

8. CHECK OUT THE COURSE
   • Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.
   • Identify basic navigation points so that you know what you are swimming towards.

9. START EASY – RELAX AND BREATHE
   • Don’t race at maximum effort from the start.
   • Relax and focus on proper breathing technique as you settle into a sustainable pace.

10. BE ALERT AND ASK FOR HELP
    • In a race setting always stop at the first sign of a medical problem.
    • If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
    • Race rules allow for competitors to stop or rest at any time during the swim.
    • Feel free to hold on to a static object like a raft, buoy, or dock.
    • You may also rest by holding on to a kayak, boat or even a paddleboard. As long as you don’t use it to move forward, you won’t face disqualification.
BIKE COURSE
BIKE 20km SPRINT (1 lap)

- À droite sur le chemin des Voyageurs en sortant de l’aire de transition
- À gauche sur le chemin Duplessis
- À 10km, 1km avant le chemin Charles-Duncan, faire demi-tour sur le chemin Duplessis
- À droite sur le chemin des Voyageurs
- À gauche dans l’aire de transition

- Right on Chemin des Voyageurs leaving the Transition Zone
- Left on Chemin Duplessis
- At the 10 km mark, 1 km before reaching Chemin Charles-Duncan, make a u-turn on Chemin Duplessis
- Right on Chemin des Voyageurs
- Left in the Transition Zone

NO PASSING ZONE
There is one no-passing zone on the bike course. The zone will be marked at the beginning and at the end. Athletes who will be passing in that zone will be disqualified IMMEDIATELY (DSQ).
- Chemin Duplessis
BIKE COURSE
BIKE 40 km 5i50 (2 laps)

- À droite sur le chemin des Voyageurs en sortant de l’aire de transition
- À gauche sur le chemin Duplessis
- À 10 km, 1 km avant le chemin Charles-Duncan, faire demi-tour sur le chemin Duplessis
- À droite sur le chemin des Voyageurs
- Demi-tour sur chemin des Voyageurs pour entamer le 2e tour du triathlon olympique

- Right on Chemin des Voyageurs leaving the Transition Zone
- Left on Chemin Duplessis
- At the 10 km mark, 1 km before reaching Chemin Charles-Duncan, make a u-turn on Chemin Duplessis
- Right on Chemin des Voyageurs
- Turn-around on Chemin des Voyageurs to start the second lap of the Olympic Triathlon distance

NO PASSING ZONE
There is one no-passing zone on the bike course. The zone will be marked at the beginning and at the end. Athletes who will be passing in that zone will be disqualified IMMEDIATELY (DSQ).

- Chemin Duplessis
BIKE COURSE
RULES AND INSTRUCTIONS

1. POSITION RULES

• Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
• Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
• A pass occurs when the overtaking athlete’s front wheel passes the leading edge of the athlete being overtaken.
• Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not 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 overtaking violation.
• Overtaken athletes who remain in the draft zone (6 bike lengths of clear space between bikes) for more than 25 seconds, or who do not make constant rear progress out of the drafting zone, will be given a drafting violation.
• Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
• Athletes who impede the forward progress of other athletes will be given a blocking violation.
• Athletes committing rule violations will be notified “on the spot” by an official.
• Do not attempt to discuss the penalty with the official.

THE OFFICIAL WILL:

i. Notify you that you have received either a BLUE CARD for drafting and littering or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.

ii. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course.

THE EXACT LOCATION OF THE PTS WILL BE STATED AT THE PRE-RACE MEETING.

THE ATHLETE WILL:

i. Report to the next PT and tell the PT Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PT, you will be disqualified.

ii. Have race numbers marked by the PT Official with a “/”.

iii. Register, via the sign-in sheet.

iv. Resume the race after serving a 30 seconds stop and go time penalty for all non-drafting violations (YELLOW CARD).

v. Remain in the PT for the time indicated in the table below, for each drafting and littering violation (BLUE CARD).

vi. Be disqualified if you receive three BLUE CARD penalties. An athlete may finish the race if he or she has been issued a red card disqualification, unless otherwise instructed by the Race Referee.

vii. Be disqualified for not reporting to the PT.

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

3. No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

4. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

5. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.

6. No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

7. Helmets, bike shoes, and other cycling gear may be placed on the bike or in a transition bag. Shoes and shirt must be worn at all times.

8. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete’s responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.

9. Athletes must wear the bike helmet sticker number on the front of their helmet.

10. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

11. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear.
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. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the Race. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.

20. Athletes racing without a shirt or racing top will be disqualified. Uniforms with a front zip must not be undone below the point of the end of the breastbone (sternum). DSQ if not remedied properly.
BIKE SERVICES & WETSUIT

OFFICIAL BIKE STORE
QUILICOT
WWW.BICYCLESQUILICOT.COM

Les Bicycles Quilicot operates 5 locations between Montréal and Mont-Tremblant. We specialize in selling, repairing and tuning all types of bikes.

Bicycles Quilicot will set up a bike shop on site and offer full mechanical services before and after the race. We will be happy to help athletes with any last-minute problems and introduce spectators to new products.

Contact person: Filippa Greene, Mont-Tremblant Store Manager
f.greene@bicyclesquilicot.com

Email address that may be published for reservations and information requests: ironman@bicyclesquilicot.com

Name of service: BICYCLES QUILICOT EXPRESS

A bike repair and assembly and box storage services directly in store at Mont-Tremblant or on-site at the event.

Athletes can save their spot and send their bike directly at our shop in Mont-Tremblant: 2505, rue de l’Aulnaie, Mont-Tremblant, QC, J8E 0E5

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, Triathlon Québec 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 transition closes at 6:30 a.m. 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.

OFFICIAL WETSUIT RENTAL AND REPAIR
OKE TRIATHLON
WWW.OKETRIATHLON.COM

9150 Claveau
Anjou, QC, H1J 1Z4

OKÉ Triathlon is the triathlon Specialist in the province of Quebec and the Official Supplier for Wetsuit Rental and Repair for the Subaru IRONMAN 5150 Mont-Tremblant presented by Sportium. Since its foundation, OKÉ Triathlon’s mission is to offer all necessary equipment and services for triathlon, all in one place. OKÉ Triathlon selected the best brands in the industry for athletes of all levels so that only most appropriated and best quality equipment is used, which are important factors for performance and pleasure in a sport.

OKÉ Triathlon differentiates itself from others by its personalized service and by its integrated approach of the three disciplines, a unique concept in Quebec.

The team at OKÉ Triathlon will be at IRONMAN Village for triathlon equipment and accessories sale, rental and service as well as for personalized counseling.

WETSUIT RENTAL

If you need to rent a wetsuit for the event, you can contact OKÉ Triathlon prior to the event for booking. This will increase your chances of getting the right wetsuit for you, adapted to your features.

OKÉ Triathlon : info@OKÉtriathlon.com / 514-351-8653

OKÉ Triathlon will also have a large selection of performance and high-performance wetsuits available on-site during the whole event.

WETSUIT REPAIR AND MAINTENANCE

OKÉ Triathlon will have a Technical Services Center on-site, where you will be able to have your wetsuit repaired and to enjoy various services like “Pre-Race Prep” and “Wetsuit maintenance”.

RACE SERVICES

OKÉ Triathlon, partnering with IRONMAN, will install an Athlete Services Zone near the swim start on race morning. OKÉ Triathlon specialized team will be under the blue tent to help you put your wetsuit on and adjust it prior to your start and will also offer emergency repair.

You will also be able to get last minute items such as swim goggles, nose clips, earplugs, anti-fog, anti-friction balm, etc. Some of these items will be courtesy of OKÉ Triathlon, but others will not. In this last case, be ready to give your name, contact information and bib number. You will be able to pay for your items after the race.

TECHNICAL ADVICE AND OTHER DETAILS

We suggest you go swim a few times before the race to test your new wetsuit. If you are using a brand new wetsuit or you are not used to it yet, this is even more important, as it will help you get used to the wetsuit, the water temperature and the swim course map and will help you prevent potential wetsuit caused irritation.
**Run Course**

**5km Sprint**

**Rules & Instructions**

1. Athletes may run, walk, or crawl.
2. Athletes must wear their IRONMAN 5i50 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.
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. UNIFORMS WITH A FRONT ZIP MUST NOT BE UNDONE BELOW THE POINT OF THE END OF THE BREASTBONE (STERNUM)

**Aid Stations**

- Station d’aide | Aid Stations
- 1 km | 0.6 mi
- 1 km | 0.6 mi
- 2 km | 1.2 mi
- 3 km | 1.8 mi
- 4 km | 2.5 mi
- 5 km | 3.1 mi

**Coursemap**

- 1 Boucle de 5 km | 1 Station d’aide
- 5 km | 3.2 mi

**Finish Line Policy**

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

**Other Notes**

- En sortant de l’aire de transition, se diriger vers le lac Tremblant sur le chemin des Voyageurs
- À gauche sur le chemin de la Chapelle
- À droite sur le chemin du Village
- Continuer sur le chemin du Village
- Demi-tour juste avant la rue Cachée
- Emprunter la piste cyclable en tournant sur le chemin de l’Érablière
- À gauche sur le chemin du Village
- À gauche sur le chemin de la Chapelle jusqu’à l’hôtel Quintessence
- À gauche dans l’entrée de l’hôtel Quintessence
- À droite sur le chemin de l’Émitre qui changera en chemin Kandahar
- Entrer dans le village pédonner de la montagne
- À droite sur la rue des Remparts vers le bas du cabriolet
- Après avoir traversé le chemin Curé-Deslauriers, garder la gauche vers le Quartier Tremblant – Camp de base jusqu’au lampadaire situé devant le chalet des voyageurs

- On exiting the transition zone, go towards Lac Tremblant on Chemin des Voyageurs
- Left on Chemin de la Chapelle
- Right on Chemin du Village
- Continue on Chemin du Village
- U-turn just before Rue Cachée
- U-turn just before Rue Cachée
- Left on Chemin du Village
- Left on Chemin de la Chapelle to Hôtel Quintessence
- Left in Hôtel Quintessence entrance
- Right on Chemin de l’Émitre which will become Chemin Kandahar
- Enter Tremblant’s pedestrian village
- Right on Rue des Remparts towards the bottom of the Cabriolet

- Station d’aide | Aid Stations
- 1 km | 0.6 mi
- 1 km | 0.6 mi
- 2 km | 1.2 mi
- 3 km | 1.8 mi
- 4 km | 2.5 mi
- 5 km | 3.1 mi

**Other Notes**

- Non-athlete escort runner includes any non-athlete with a role to help the athlete complete the course without interfering with other finishers and ensuring the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).
RUN COURSE
10km 5i50

• En sortant de l’aire de transition, se diriger vers le lac Tremblant sur le chemin des Voyageurs
• À gauche sur le chemin de la Chapelle
• À droite sur le chemin du Village
• Continuer sur chemin du village
• Continuer jusqu’au 1908 chemin du Village pour y faire demi-tour et reprendre le trajet inverse
• Emprunter la piste cyclable en tournant sur le chemin de l’Érablière
• À gauche sur le chemin du Village
• À gauche sur le chemin de la Chapelle jusqu’à l’Hôtel Quintessence
• À gauche dans l’entrée de l’Hôtel Quintessence
• À droite sur le chemin de l’Érablière qui changera en chemin Kandahar
• Entrer dans le village piétonnier de la montagne
• À droite sur la rue des Ramparts vers la base du Cabriolet
• Après avoir traversé le chemin des Curé-Deslauriers, garder la gauche vers le Quartier Tremblant - Camp de base jusqu’à la ligne d’arrivée (lampadaire situé devant le Chalet des voyageurs)

1 2 Stations d’aide | Aid Stations
RULES

APPLYING TO ALL SEGMENTS OF THE RACE

1. Athletes are expected to follow directions and instructions of all course marshals and public authorities.
2. Race officials shall have authority to disqualify any athlete.
3. 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 transport of any athlete will result in disqualification.
4. 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 5i50 event in the future, depending on the severity of the rule violation.
5. If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the timing tent located at the finish line and turn in their bib number and timing chip immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any IRONMAN event in the future.
6. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the IRONMAN Information Booth.
7. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the race. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.
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. 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, IRONMAN 70.3 or IRONMAN 5i50 events.
10. 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.
11. 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.
12. Any athlete who commits fraud by registering to an event with a false name or age, by falsifying an affidavit or by giving false information will be disqualified and could be suspended or banned from other events; People who break this rule will be banned for life from any IRONMAN competition. Breaking this rule puts our event’s insurance coverage at risk.

*NOTE: ANY FORM OF VERBAL ABUSE TO A PATROLLER, A REFEREE, AN IRONMAN EMPLOYEE OR A VOLUNTEER WILL CONSTITUTE A VALID MOTIVE FOR IMMEDIATE DISQUALIFICATION.

IRONMAN 5i50 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.
WORKING TOGETHER FOR AN ECO-FRIENDLY EVENT.

Improving our practices, reducing our carbon footprint, reducing and offsetting the effects of greenhouse gas emissions as well as optimizing the positive socioeconomic effects on the community of Mont-Tremblant: here are the cornerstones of our commitment. To achieve this, we need the strength of cooperative action from the participants, collaborators and supporters.

Together, we will make a difference. Be a part of the movement. Contribute to its success.

HOW CAN YOU HELP?

- By using public transport or by carpooling
- By recycling and composting on site
- By bringing a water bottle that you can fill up at our various stations
- By using our digital tools and mobile applications to get the information that you are looking for
- By reducing overpackaging and litter on site
- By collaborating with our Green Team the day of the event
ATTENTION ATHLETES

Show Your Appreciation to an IRONMAN Volunteer

It takes thousands of volunteers to bring IRONMAN athletes across the finish line every year. This is your opportunity to show your appreciation to a volunteer who helps you reach your IRONMAN goal.

✓ WEAR IT.
✓ GIVE IT.
✓ THANK (& RACE) YOUR HEART OUT.

HOW IT WORKS

At Athlete Check-In, you will receive a red IRONMAN Foundation wristband with the instructions to “Give this wristband to your favorite volunteer this weekend to thank them for their service through sport and commitment to community.”

RED WRISTBAND = Volunteer Symbol of Service

Learn more about the IRONMAN Foundation at ironmanfoundation.org