ATHLETE GUIDE 70.3

3.11.19 | #703LOS CABOS | IRONMAN.COM/LOS CABOS 70.3
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Dear Friends,

We are very honoured in BCS to host once more one of the most important events worldwide: an IRONMAN 70.3, a competition that will set the eyes of the world in the marvellous destination of Los Cabos and BCS.

We are certain that all the participants of the IRONMAN 70.3 Los Cabos will give a great performance by testing their strength in the three disciplines: swimming, cycling and running; a challenge that for the fifth time places Los Cabos as one of the greatest venues on Earth to host sporting events.

Thanks to the amazing hotel infrastructure and privileged geographical spot, Los Cabos has the perfect scenery for an IRONMAN 70.3 event as well as for a great variety of tourist attractions that athletes and their families may enjoy after the race; fantastic beaches and emblematic locations together with the warmth and hospitality of our inhabitants will make of this experience an unforgettable one.

The Government of BCS is committed to support sporting events that attract thousands of visitors to our destination, who provide an excellent touristic exposure and aid in the economic growth of the region.

We wish the best of luck to all triathletes to complete this important challenge and we invite you to discover all the wonders of BCS.

¡Please feel at home and know that we are honoured with your presence!

Carlos Mendoza Davis
Governor of Baja California Sur

Dear friends:

We are very happy to host for the fifth occasion one of the greatest sporting events in the world, the IRONMAN 70.3 where athletes from all over the world will meet in one of the most spectacular destinations in the world: Los Cabos, Baja California Sur.

We hope that again this year, the IRONMAN 70.3 offers a fantastic weekend where athletes and visitors will enjoy the event as well as the great scenery and our hospitality and warmth for the greatest experience possible.

Los Cabos has become a favourite venue for international sporting events; with beautiful landscapes that contrast the sea with the desert, an impressive hotel infrastructure, great nightlife and cultural activities, amount for one of the best tourist destinations in the world.

The State Government, the Ministry of Tourism and the Tourism Trust will continue our support and commitment to secure the realization of this event as one of the most important ones in Los Cabos.

We are very pleased to welcome you and we hope you the most wonderful stay.

We wish you the best of luck in the race and congratulate you in advance!

Luis Humberto Araiza Lopez
Secretary of Tourism Economy and Sustainability

Welcome to Los Cabos

The Tourism Trust of Los Cabos, welcomes all the athletes to the IRONMAN 70.3.

Our versatile destination, where the desert meets the Sea of Cortez, considered the “aquarium of the world by Jacques Cousteau because of its great marine bio-diversity, is a perfect fit for athletes to complete the great challenge of swimming 1.2 miles, cycling 56 miles and running 13.1 miles.

We invite you to enjoy all that Los Cabos has to offer, beautiful Blue Flag certified beaches, wonderful and varied cuisine and the hospitality and warmth of its people.

Best of luck!

Kindly

Rodrigo Esponda
CEO
Tourism Trust Los Cabos

It is a great honour to witness such an important sporting event that consolidates our destination as one of the best international venues, valued for its landscapes and the warmth of its people.

We are proud to day that we receive 1.5 million visitors a year, we are currently building 4700 hotel rooms that will open between 2018 and 2021. This guarantees our venue as a safe place to organize events such as the IRONMAN 70.3.

In the name of the H. XIII Ayuntamiento of Los Cabos, we offer you our warmest welcome and we thank you for the trust you give us and the honour to be the hosts of this sporting world class event. We admire your hard work, discipline and dedication.

C. Armida Castro Guzmán,
Mayor of Los Cabos.
MESSAGE FROM THE HEAD REFEREE

Ironman 70.3 Los Cabos will operate under the “three strikes and you’re out” principle. Even though DRAFTING is the only violation to incur a time penalty (to be served in the nearest penalty box at various spots on the bike course), every bike course violation requires a stop in the penalty tent. Drafting penalties require a 5-minute stop; all other violations require 30 seconds penalty.

ONLY BLUE card violations will count toward your three strikes—three blue card violations result in a Disqualification (DQ).

To maximize your understanding of the rules on race day, please take the time to read the following summary of Position Violations.

- Always ride on the right side of your lane to avoid an illegal position or blocking call.
- Age Group and Elite athletes must keep six bike lengths (12 meters) between your bike’s front wheel and the front wheel of the cyclist in front of you to avoid a DRAFTING call.
- Always pass on the lefthand side of the cyclist in front of you, never on the righthand side, to avoid an illegal passing call.
- Age Group and Elite athletes must complete your pass within 25 seconds to avoid a blocking call.
- If you are passed, drop back six bike lengths before attempting to re-pass, to avoid an overtaken or DRAFTING call.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. In the case of Position Violations, the referee’s ruling is final and is not open to protests or appeals.

The following are several other common rule violations:

1. **HELMET CHINSTRAP**
   - The chinstrap of your helmet must be securely fastened whenever you are on your bike and/or running or walking with your bike during the race in the transition area. You must put your helmet on and fasten the chinstrap before grabbing and/or leaving your bike on the rack.

2. **RACE NUMBER**
   - You must wear your race number during run portion of the race. Your bike number must be properly attached to your bike in a visible place.

3. **LITTERING**
   - (Stop and go at the next penalty box) — do not throw away ANYTHING outside the official aid stations!

4. **UNAUTHORIZED EQUIPMENT**
   - Sorry, absolutely no compression socks (during the swim), no wetsuit, cell phones, MP3 players, Oakley Thumps, iPods or other kind of devices that cause distraction to athletes during the race!

5. **OUTSIDE ASSISTANCE**
   - Do NOT accept any assistance from anyone other than a race official, and do NOT have non-racers ride or run alongside you!

You must go to a penalty box for any violation to have your number marked.

Please remember to treat other athletes, volunteers and race officials with courtesy and consideration. Failure to do so is considered UNSPORTSMANLIKE CONDUCT and may result in disqualification.

I sincerely hope you have a perfect race, lots of fun and that you achieve your goals.

Irving Zavala
Head Referee, Mazda Ironman 70.3 Los Cabos 2019
**EVENT SCHEDULE—2019 MAZDA IRONMAN 70.3 Los Cabos**

*EVENT CALENDAR IS PROVISIONAL AND SUBJECT TO CHANGE - Please continue to regularly check for updates.*

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### Friday November 1st, 2019:

<table>
<thead>
<tr>
<th>START END</th>
<th>EVENT</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>12:00 p.m. - 6:00 p.m.</td>
<td>Athlete Check-in (Packet Pickup)</td>
<td>Los Cabos Barcelo Gran Faro Hotel</td>
</tr>
<tr>
<td>12:00 p.m. - 6:00 p.m.</td>
<td>Official Store—Mazda IRONMAN 70.3 Los Cabos</td>
<td>Los Cabos Barcelo Gran Faro Hotel</td>
</tr>
<tr>
<td>12:00 p.m. - 6:00 p.m.</td>
<td>Expo—Mazda IRONMAN 70.3 Los Cabos</td>
<td>Los Cabos Barcelo Gran Faro Hotel</td>
</tr>
<tr>
<td>12:00 p.m. - 6:00 p.m.</td>
<td>Information Booth</td>
<td>Los Cabos Barcelo Gran Faro Hotel</td>
</tr>
<tr>
<td>12:00 p.m. - 6:00 p.m.</td>
<td>Free Bike Tech Support</td>
<td>Los Cabos Barcelo Gran Faro Hotel &amp; Host Hotels (For hotel guests only)</td>
</tr>
<tr>
<td>5:00 p.m. - 6:00 p.m.</td>
<td>MANDATORY ATHLETE BRIEFING (Spanish) for all age group athletes</td>
<td>Los Cabos Barcelo Gran Faro Hotel (Lobby Hall)</td>
</tr>
<tr>
<td>6:30 p.m. - 7:30 p.m.</td>
<td>MANDATORY ATHLETE BRIEFING (Spanish) for all age group athletes</td>
<td>Los Cabos Barcelo Gran Faro Hotel (Lobby Hall)</td>
</tr>
</tbody>
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### Saturday November 2nd, 2019:

<table>
<thead>
<tr>
<th>START END</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 a.m. - 8:45 a.m.</td>
<td>Practice Swim</td>
<td>Palmilla Beach—OFFICIAL swim course marked. (Transportation is NOT provided). NO OAP = NO PRACTICE SWIM</td>
</tr>
<tr>
<td>9:30 a.m. - 10:00 a.m.</td>
<td>MANDATORY PROFESSIONAL ATHLETE BRIEFING (ENGLISH)</td>
<td>Los Cabos Barcelo Gran Faro Hotel (Lobby Hall)</td>
</tr>
<tr>
<td>9:00 a.m. - 2:00 p.m.</td>
<td>Athlete Check-in (Packet Pickup)—FINAL CHANCE TO PICK UP PACKET</td>
<td>Los Cabos Barcelo Gran Faro Hotel</td>
</tr>
<tr>
<td>9:00 a.m. - 2:00 p.m.</td>
<td>Official Store—Mazda IRONMAN 70.3 Los Cabos</td>
<td>Los Cabos Barcelo Gran Faro Hotel</td>
</tr>
<tr>
<td>9:00 a.m. - 2:00 p.m.</td>
<td>Expo—Mazda IRONMAN 70.3 Los Cabos</td>
<td>Los Cabos Barcelo Gran Faro Hotel</td>
</tr>
<tr>
<td>9:00 a.m. - 2:00 p.m.</td>
<td>Information Booth</td>
<td>Los Cabos Barcelo Gran Faro Hotel</td>
</tr>
<tr>
<td>9:00 a.m. - 2:00 p.m.</td>
<td>Free Bike Tech Support</td>
<td>Los Cabos Barcelo Gran Faro Hotel &amp; Host Hotels (For hotel guests only)</td>
</tr>
<tr>
<td>10:00 p.m. - 4:00 p.m.</td>
<td>Red Bag Check-in at Transition Area 2 (T2)</td>
<td>Beside Hyatt Place Hotel</td>
</tr>
<tr>
<td>10:00 a.m. - 5:00 p.m.</td>
<td>MANDATORY BIKE Check-in. (REVIEW SCHEDULE FOR BIKE CHECK-IN ACCORDING TO YOUR BIB NUMBER)</td>
<td>Transition Area 1 (T1), Palmilla Beach. The last bus leaves each host hotel at 4:45 p.m.</td>
</tr>
<tr>
<td>10:00 a.m. - 5:00 p.m.</td>
<td>Free Bike Tech Support</td>
<td>Transition Area 1 (T1), Palmilla Beach. The last bus leaves each host hotel at 4:45 p.m.</td>
</tr>
<tr>
<td>10:30 a.m. - 11:30 a.m.</td>
<td>MANDATORY ATHLETE BRIEFING (Spanish) for all age group athletes</td>
<td>Los Cabos Barcelo Gran Faro Hotel (Lobby Hall)</td>
</tr>
<tr>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>MANDATORY ATHLETE BRIEFING (Spanish) for all age group athletes</td>
<td>Los Cabos Barcelo Gran Faro Hotel (Lobby Hall)</td>
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### Sunday November 3rd, 2019:

<table>
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<tr>
<th>START END</th>
<th>EVENT</th>
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<tbody>
<tr>
<td>4:45 a.m. - 5:45 a.m.</td>
<td>Free transportation to Start—T1—Palmilla Beach</td>
<td>From host hotels to transition area 1 (T1)—Palmilla Beach (For hotel guests only)</td>
</tr>
<tr>
<td>5:00 a.m.</td>
<td>Transition Area opens (T1)</td>
<td>Transition Zone 1 (T1), Palmilla Beach</td>
</tr>
<tr>
<td>5:00 a.m.</td>
<td>White bag check-in buses (optional)</td>
<td>Transition Zone 1 (T1), Palmilla Beach Main Entrance (Transpeninsular Highway)</td>
</tr>
<tr>
<td>6:00 a.m.</td>
<td>Transition Area closes (T1)</td>
<td>Transition Zone 1 (T1), Palmilla Beach</td>
</tr>
<tr>
<td>6:20 a.m.</td>
<td>Professional Men's Race Start (White Swim Cap)</td>
<td>Start Line, Palmilla Beach</td>
</tr>
<tr>
<td>6:25 a.m.</td>
<td>Professional Women's Race Start (White Swim Cap)</td>
<td>Start Line, Palmilla Beach</td>
</tr>
<tr>
<td>6:30 a.m.</td>
<td>Age Groups Rolling Start</td>
<td>Start Line, Palmilla Beach</td>
</tr>
<tr>
<td>7:50 a.m.</td>
<td>Estimated Swim Cut-Off</td>
<td>Palmilla Beach</td>
</tr>
<tr>
<td>10:00 a.m. - 5:00 p.m.</td>
<td>Official Store—Mazda IRONMAN 70.3 Los Cabos</td>
<td>Los Cabos Barcelo Gran Faro Hotel</td>
</tr>
<tr>
<td>12:10 p.m.</td>
<td>Estimated Bike Cut-Off</td>
<td>These athletes who have not finished their first bike lap (26.4 miles) by 10:00 am will not be able to start their 2nd lap of the bike course, due to the official cut-off time.</td>
</tr>
<tr>
<td>12:15 p.m. - 4:00 p.m.</td>
<td>Transition Area opens (T2)—for equipment removal</td>
<td>Transition 2 (T2), Hyatt Place Hotel</td>
</tr>
<tr>
<td>3:10 p.m.</td>
<td>Estimated Run Cut-Off (Official Race Cut-Off time).</td>
<td>Transition 2 (T2), Hyatt Place Hotel</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Last chance to pick up bike and race bags at Transition 2 (T2)</td>
<td>Transition 2 (T2), Hyatt Place Hotel</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>7:30 p.m.</td>
<td>Awards Ceremony—Mazda IRONMAN 70.3 Los Cabos</td>
</tr>
<tr>
<td>7:30 p.m.</td>
<td>SLOT allocation &amp; Roll Down for the 2020 IRONMAN 70.3 World Championship.</td>
<td>Los Cabos Barcelo Hotel, Teatro Mexicano</td>
</tr>
<tr>
<td>8:00 p.m.</td>
<td>Closing Party for Age Groupers &amp; Triclubs</td>
<td>Los Cabos Barcelo Hotel, Teatro Mexicano</td>
</tr>
</tbody>
</table>

Official Event Schedule may change, please consult updates at mandatory pre-race meetings.
LOS CABOS
TOURIST MAP
PRE-RACE INFORMATION

PERSONAL COMMUNICATION PLAN
Prior to departing to Los Cabos be sure to establish a communications plan with family and friends back home. Establish a race day emergency contact with those who may need to reach you in case of emergency. Even if you are in Los Cabos with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

ATHLETE CHECK-IN:
Athlete check-in will take place at Barceló Gran Faro Los Cabos Hotel

Date and Time: Friday November 1st, 12:00 pm to 6:00 pm.
Saturday November 2nd, 9:00 am to 2:00 pm.

PROCESS TO COLLECT YOUR PACKAGE OF COMPETITOR

IMPORTANT: We will take a picture of your official ID, and you must sign the official waiver to complete the check-in process, athletes will need the following:

1. Government issued photo identification
2. Mazda IRONMAN 70.3 Los Cabos registration confirmation
3. Signed waiver. Available at the packet pick up/registration site.
4. Pick up your athlete packet which includes:

YOUR RACE PACKET WILL INCLUDE

* Race number
* Bike number
* 2 Tattoo numbers by Mazda
* Sticker number sheet for helmet and bags,
* Swim cap
* Athlete wrist band,
* Timing chip. (Remember, You must pick up your timing chip after you get your competitor package, and in a different line).
* Official back pack,
* Tech Name Towel 23 x 15 Inches. (If you registered before Oct 3rd, your name will be printed on it).
* Bags (3) (red, white and blue).
* Bike check out tickets (2) for non athletes.
* Baggage Tag

Important notice:
REGISTRATION FOR THIS EVENT IS PERSONAL, NON-TRANSFERABLE, NON-REFUNDABLE AND IT IS VALID FOR THIS EDITION ONLY. IT IS STRICTLY FORBIDDEN TO HAND YOUR NUMBER TO ANOTHER PERSON OR TO PARTICIPATE WITH SOMEONE ELSE´S NUMBER; TO DO SO MAY LEAD TO A SANCTION OF UP TO 12 MONTHS. EACH PARTICIPANT MUST PICK UP THEIR RACE KIT IN PERSON AND MUST SHOW A VALID PICTURE ID (i.e., passport, driver’s license or visa).

All participants must be members of the Mexican Triathlon Federation, and those who are not annual members must purchase one-day memberships in order to officially register for the event.

All race packets must be picked up by 2:00 P.M. on Saturday, November 2nd.

ATHLETE WRISTBAND
A wristband will be affixed to your wrist at athlete check-in. This band will identify you as an official participant and must be worn during the entire week.

The wristband allows you access to the transition area, post-race athlete recovery area and awards ceremony. You will not be allowed to remove your bicycle and/or gear from the transition area following the race without your wristband affixed to your wrist. Please do not remove your wristband until after the awards ceremony or you will be denied entry.

PERSONAL SAFETY
Always train with at least one other person. While swimming, please wear a bright color swim cap and ensure that your family members and/or friends know where you are.

Please be friendly and courteous with the people with whom you are sharing the road. If you ride in a group, please do so single-file, as riding in a peloton is not permitted.

You are a guest of Los Cabos, please respect all traffic laws during your training, and know that any traffic infractions will also incur a penalty by race officials. You may not ride your bike with a bare torso. Please take photo identification with you at all times. Your cooperation is greatly appreciated.
**PRE-RACE INFORMATION**

**BIKE CHECK-OUT TICKET**

If you are unable to personally claim your bike and gear, a family member or friend must provide a copy of their photo ID along with the signed ticket to claim their athlete’s gear.

As a precaution, give the ticket to a family member or friend prior to the race, even if you plan to claim your bike and gear yourself. You’ll receive two bike check-out tickets in your packet.

Bike pick up time at Transition Zone 2, 12:15p.m. to 4:00p.m. on Sunday November 3rd.

**COLORED BAGS**

You’ll receive these three bags on your packet:

- **Red Bag**: The red run gear bag is to be used for everything you plan to use during the run portion of the race (shoes, socks, visor, etc.). On Saturday November 2nd, between 10:00 and 4:00pm, every athlete must take this bag to T2 (In Front of Hyatt Place Hotel) and hang it on its corresponding hook.

  There will be official transportation for bag drop-off—each participant is responsible for his or her own transport to the Mega.

  Please remember that you cannot take your Red Bag to T2 on race morning—this must be done on Saturday at T1!

- **White Bag**: Drop off these bags Sunday November 3rd, from 5:00a.m. to 5:50a.m. at the buses that are parked beside T1 (Palmita Beach, Mount Line). All articles must fit inside the bag, only articles fit properly in the assigned bags will be received. Valuable objects, air pumps or back packs won’t be accepted. We highly recommend not depositing cell phones, iPods, cameras, electronic devices, watches, sunglasses, etc., in your morning clothes bag.

- **Blue Bag**: This bag is for all of the items you used during the swim portion of the event: swim cap, goggles, swim skin/ speed suit, towel, etc. Please leave this bag at your bike rack in the exact place from where you removed your bicycle. Event staff will transport these bags to T2, and you will have access to them along with your bicycles as soon as the event is finished. **Any items left outside your bag will NOT BE TRANSPORTED**—anything left outside the bag will be thrown away by Palmilla Beach staff during their clean-up after the event. (I.e., there is no means to recover items left outside your post-swim gear bag.)

  Make sure all of your gear is clearly marked with your name and race number sticker which will be included in your packet (sticker number sheet). These bags will be transported by race officials to T2.

  **THERE WON'T BE ANY GEAR BAG CHECK IN AT THE START LINE AREA**

  The Race Organizers are not responsible for valuable objects left in plastic bags.

  After your race, you must pick up your plastic bags and bike at transition area 2 (T2) before 4:00 pm.

**MANDATORY PRE-RACE MEETING**

The Race Organizers and Mexican Triathlon Federation officials will be going over all necessary information, logistics, and instructions at these briefings. This will be your chance to ask any questions you may have, so please attend one of the race briefings taking place at Barceló Gran Faro Los Cabos Hotel Lobby Hall.

- **Friday November 1st**
  - SPANISH (FIRST MEETING): 5:00 pm to 6:00 pm
  - SPANISH (SECOND MEETING): 6:30 pm to 7:30 pm

- **Saturday November 2nd**
  - PRO MEETING (IN ENGLISH): 9:30 am to 10:00 am
  - ENGLISH (This is the ONLY MEETING): 10:30 am to 11:30 am
  - SPANISH (THIRD MEETING): 12:00 pm to 1:00 pm

**RELAYS (2 or 3 athletes):**

Distance: 1.2 mile Swim, 56 mile Bike, 13.1 mile Run

**PACKET PICK UP DAY FOR RELAYS**

Each participant must sign the waiver, pick up their race packet during the established registration dates.

**EACH RELAY MEMBER MUST HAVE THEIR FMTRI MEMBERSHIP UPDATED** (Foreign Athletes can subscribe to Fmtri for one year or one day).

**MAKE SURE THAT YOUR TEAM’S RACING KIT INCLUDES:**

- One Running Number
- One bike number
- 2 Tattoo numbers by Mazda
- One Number stickers for helmet and bags.
- One swim cap
- Bracelet (two or three bracelets depending on the number of relay participants)
- Timing Chip: This one will be handed to you in a different queue.
- Official Back pack (two or three back packs depending on the number of relay participants)
- Tech Name Towel 23 x 15 Inches. (If you registered before Aug 30th, your name will be printed on it). (two or three towels depending on the number of relay participants).
- 3 bags (Red, White & Blue).
- Bike check out tickets (2) for non athletes.
- Baggage Tag (two or three baggage tags depending on the number of relay participants)

**RELAYS TRANSITION BIKE CHECK-IN**

For transition bike check-in, only the bike relay member is allowed into transition areas. Each relay member will be body marked that same day.
PRE-RACE INFORMATION

RACE DAY FOR RELAYS

There will be a designated area for relays between the swim exit and the entrance to transition area 1 (T1). The relay cyclist must remain in this area to do the exchange of chip (pass the torch).

There will be a designated area for relays between transition area 2 (T2) and the run start. The relay runner must remain in this area to do the exchange of chip (pass the torch).

IMPORTANT NOTICE FOR RELAYS

Relay members must remain in the designated area during the whole race, failure to do so may result in a DQ.

Swimmer Relay may use our bus transportation to T2 after finishing swim course, buses will be located at the Transpeninsular Highway. (quitar Parque Chankanaab)

Runner Relay may remain in the designated area during the whole race or a maximum of 2 hours and 30 minutes after race start, it is very important for the runner relay to be at the designated area prior to the arrival of biker relay.

The relay waiting zone will be provided with toilet facilities, chairs and aid station.

Each relay member may enter general recovery area after finishing their race stage (Special relays entrance after finish line). Each relay member must collect their own finisher t-shirt and medal. It is strictly forbidden to cross the finish line together; only the runner relay may do so.

BIKE COLLECTION FROM TRANSITION 2 ZONE:

Only the bike relay member may collect his/her bike from Transition 2 Zone once the race is over.

MANDATORY BICYCLE CHECK-IN FOR ATHLETES & RELAYS:

Mandatory bicycle check-in is Saturday November 2nd from 10:00 am to 5:00 p.m. in the parking lot of Palmilla Beach.

There will be free transportation from host hotels to Transition 1 (T1)—round trip. The last bus leaves each host hotel at 4:45 p.m.

Check-in times:

<table>
<thead>
<tr>
<th>Category</th>
<th>Check-in Times</th>
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<tbody>
<tr>
<td>AWA</td>
<td>9:30 - 10:00 am.</td>
</tr>
<tr>
<td>1 - 100</td>
<td>10:00 - 11:00 am.</td>
</tr>
<tr>
<td>101 - 200</td>
<td>11:00 - 12:00 pm.</td>
</tr>
<tr>
<td>201 - 400</td>
<td>12:00 - 1:00 pm.</td>
</tr>
<tr>
<td>401 - 600</td>
<td>1:00 - 2:00 pm.</td>
</tr>
<tr>
<td>601 - 800</td>
<td>2:00 - 3:00 pm.</td>
</tr>
<tr>
<td>801 – 900</td>
<td>3:00 - 4:00 pm.</td>
</tr>
<tr>
<td>901 &amp; Up</td>
<td>4:00 – 5:00 pm.</td>
</tr>
</tbody>
</table>

All bicycles must be checked into Transition Area 1 (T1) and left overnight. You have the option to cover your bike computer or remove it; full bike covers are not permitted.

Bicycles must all have the competitor’s number attached to the frame. Also at bike check-in, athletes will be body marked with their race number on the arm and leg, as well as the age group category on the calf.

Athletes must leave their bikes as they will be used on race day—changing of equipment, such as wheels, will not be permitted on race day.

You will have access to your bicycle starting at 5:00 a.m. to 6:00 a.m on race morning, but you will not be allowed to remove your bike from the transition area until the start of the bike leg.

Cycling shoes may NOT be left in Transition Area on Saturday November 2nd, ONLY BICYCLES.

No loose gear will be allowed on the ground next to bicycles on bike check in day.

OFFICIAL STORE DISCOUNTS

Identify the Official Store Poster and receive attractive discounts and promotions in the best stores and restaurants.
Download the IRONMAN Tracker App and follow your athlete on race day! Receive updates and find the perfect spot to cheer as they pass by on course!
RACE DAY INFORMATION

PRACTICE SWIM

Prior to race day, familiarize yourself with the water conditions by attending the swim practice on Saturday morning (7:00 – 8:45 a.m.) at Palmilla Beach. While swimming during the scheduled swim practice, always follow the instructions of water safety personnel and wear a bright color swim cap.

ONLY registered athletes in the race will be allowed to participate in the practice swim. Athletes MUST have completed the Athlete Check-In process on Friday in order to participate. They must wear their racing chip at all times during the practice swim.

Athletes will NOT be allowed to participate in the practice swim without their timing chip.

NO CHIP = NO PRACTICE SWIM

There will not be free transportation from host hotels to swim practice.

THE SWIM PRACTICE IS SUBJECT TO CHANGES OR CANCELLATION DEPENDING ON WEATHER CONDITIONS.

RACE DAY PARKING

The Parking lot at Palmilla Beach is used entirely for Transition 1, so there will be absolutely no parking available.

Parking on the road is strictly prohibited, so please use the free busses from all host hotels, or a taxi cab to get to Transition 1 in the morning. Officials will be towing any illegally parked cars on race day.

RACE MORNING CHECK-IN PROCEDURE

The transition area will open at 5:00 a.m. on race day. Plan to arrive early. Body re marking will begin at 5:00 a.m. at Transition 1 (T1) entrance. Athletes will have the ability to go over the bikes at this time.

You will not be permitted into the swim start area on race day without your wristband, swim cap and chip. You must also be properly body marked. If you have misplaced any of these items, please see the transition director for a replacement.

Do not apply sunscreen, oil, Vaseline or lotion until after you have been body marked.

RACE PHOTOGRAPHS

Finisher Pix Photo is proud to have been selected as the official photographers for the event. Finisher Pix will photograph all athletes and make these photos available on the event website a few days after the event.

So what do you need to do?
1. Be sure you have your race / bib number visible at all times
2. Raise your arms and SMILE when you cross the finish line!

APP IRONMAN LIVE TRACKER:

Family members & friends will be able to follow you live online on race day. All they need to do is download the IRONMAN Live Tracker app by Dilltree Inc and select 2019 IRONMAN 70.3 Los Cabos.

FACEBOOK/INSTAGRAM:

Follow Us for event latest news IRONMAN Mexico

ALL WORLD ATHLETE PROGRAM (AWA)

The IRONMAN All World Athlete program is our way of rewarding age-group athletes’ hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 racing.

The program uses the IRONMAN Age Group Ranking system to determine which athletes have finished within the top 10 percent or better in their age group each calendar year. This system allows athletes to generate points based on their finish time behind the first official finisher in their age group. Athletes accumulate points for each race they complete. On December 31st, only the top three performances will count toward an athlete’s All World Athlete status. This makes it easy for athletes to improve their ranking by simply racing more with IRONMAN.

Congratulations on becoming a 2019 Gold All World Athlete!

As an IRONMAN All World Athlete, you’ll enjoy a host of benefits at many of your 2019 races*, including priority access to athlete registration, as well as special recognition of your accomplishments on your race bib and swim cap, and in the race program. A complete list of benefits will be posted along with all of the AWA program information on the website within the next few weeks.
NEVER FORGET YOUR RACE!

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Order your personal race photos here: www.finisherpix.com
www.facebook.com/finisherpix | #finisherpix
An athlete can achieve All World Athlete status in one or all of the following categories:
IRONMAN, IRONMAN 70.3 and OVERALL (IRONMAN and IRONMAN 70.3 combined).

There are three levels associated with the All World Athlete program:
GOLD (top one percent)
SILVER (top five percent)
BRONZE (top ten percent)

For questions regarding the ALL World Athlete Program, please contact: awa@ironman.com

Benefits for this race:
* Priority Access to Athlete registration
* All World Athlete logo on bibs
* All World Athlete Swim caps
* Early bike check in (specific details in All World Athlete email)
* All World Athlete Tattoos

TRANSITION ZONE

Will be located at the Palmilla Beach parking lot. On race day, transition will open at 5:00 am. All athletes must be out of the Transition Zone 15 minutes before race start and head towards to start line.

Transition 2 (T2) is located in front of Hyatt Place Hotel.

After 4:00 pm on Sunday November 3rd, the Transition Zone will have no surveillance, the Race Organizers will not be held responsible for any forgotten bikes or grey bags.

PRE-SWIM AND SWIM START

The swim will be a rolling start. Athletes will enter the water in a continuous stream through a controlled access point, similar to how running road races are started. An athlete’s times will start when they cross timing mats at the start line. Athletes will be directed to self-seed on race morning based on their projected swim time. Volunteers and staff will be in the staging area with signs and will assist with this process. Self-seeding will not be mandatory but will be encouraged.

Age Group Athletes will begin to enter the water at 6:30 a.m. It is expected to take 15 minutes for all athletes to enter the water; everyone will be in the water by 6:45 a.m.

There will be 9 pre-swim corrals marked with estimated swim time.

- Corral 1......Under 27:00 min (1.2mi)
- Corral 2......27:00 - 29:00 min (1.2mi)
- Corral 3......29:00 - 31:00 min (1.2mi)
- Corral 4......31:00 - 33:00 min (1.2mi)
- Corral 5......33:00 - 36:00 min (1.2mi)
- Corral 6......36:00 - 40:00 min (1.2mi)
- Corral 7......40:00 – 44:00 min (1.2mi)
- Corral 8......45:00 – 50:00 min (1.2mi)
- Corral 9......50:00+ min (1.2mi)

In case you need to be body marked again, you can do this in the pre-swim corral under the help tent. Follow all instructions from the officials.

There will be no opportunity to warm up in the water poor to the swim start, and attempting to do so can result in disqualification.
SWIM COURSE – 1.2 MILES (1.9 KM) — ONE LAP
The 1.2 mile swim is in the ocean, and it starts and finishes in front of Palmilla Beach.

The course is a rectangle and athletes will swim in a counterclockwise direction. It is in an in-water start, and the route is marked with large triangle buoys on the corners, and small round buoys every 100 meters.

Swim with all buoys on your left side. Water visibility is excellent for the entire swim.

Water temperature in the ocean in the month of November is typically around 80.6°F or (27°C). Neoprene wetsuits will NOT BE PERMITTED.

“Mazda IRONMAN 70.3 Los Cabos” provides a brightly colored swim cap for each athlete. This cap is provided for safety and must be worn throughout the swim.

SWIM COURSE RULES AND INSTRUCTIONS

1. Once you arrive at the swim start on race morning, leave your morning clothes bag at designated drop-off area. You cannot leave any gear at your bicycle rack.

2. Athletes who wear glasses may place them, prior to the start, on the table which will be located next to the swim finish gantry at Transition Area. Be sure to label them with your name and race number.

3. Don’t forget to bring the swim cap and timing chip provided at athlete check-in. Failure to wear the official swim cap may result in disqualification.

4. Since the estimated water temperature on race day is 80.6°F wetsuits will be not allowed for age group or elite athletes.

5. There will NOT be an opportunity to warm up in the water prior to the start.

6. Wearing swim goggles is recommended but not required.

7. No individual paddlers or escorts allowed. Lifeguards, surfboards, kayaks and boats will adequately patrol the swim course.

8. Swimmers are required to stay on course and keep the course buoys markers to their left. Failure to do so may result in disqualification.

9. If you find yourself in need of assistance during the swim, raise one arm above your head, wave it up and down and call or seek assistance to the water safety personnel. Any swimmer who receives assistance, whether voluntary or involuntary, must retire and withdraw from the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.

10. The swim course will close One hour and 10 minutes after the last age group athlete starts the swim (Rolling Start). Athletes who have not completed the swim leg after the cut-off time will be disqualified and will not be allowed to continue to the bike portion of the race.

11. As you exit the water, you will cross timing mats on your way to the transition area.

12. No compression socks, fins, paddles or snorkels of any kind are allowed.

TURN BY TURN DIRECTIONS

- Exit start line and heading east.
- Turn left heading north.
- Turn left heading west.
- Turn left heading south.
- Turn right heading west and enter transition 1 zone.

LEGEND

- Transition 2 Area
- Start Line
- Finish Line
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 paddle board. As long as you don’t use it to move forward, you won’t face disqualification.
BIKE COURSE

BIKE COURSE – 56 MILES (90 KM) (Two laps)

The bike course will start at Palmilla Beach parking lot, one of the most exclusive resorts in Los Cabos.

The course is perfectly paved and offers spectacular contrasting views of the Sea of Cortez on one side and the desert mountains on the other.

As you exit Palmilla (T1) you will ride 875 yards towards the Palmilla Bridge. After crossing the bridge you will take the Transpeninsular highway heading towards San Lucas, after that you will find a turnaround to head back on the same road towards San José del Cabo passing Palmilla Beach to find the 2nd turnaround, where you will head back to San Lucas.

At this point you will take again the 1st turnaround towards San Jose del Cabo, until you reach the entrance to Plaza Peninsula where you will then enter on your left hand side, pass under the bridge and join the Malecón San Jose. A few yards ahead you will find the transition zone 2.

The bike course will be completely closed to vehicular traffic, and there will be police support throughout the course.

There will be five (5) on-course aid stations (every 12km aprox) (16km, 33km, 45km, 60km, 77km) to keep athletes well fueled during the bike leg.

Drafting is not allowed!

TECH TIPS & OTHER DETAILS

Bike inspection will not be provided at bike check-in, bike mechanics will be available though. Athletes are ultimately responsible for their own bikes. However, race officials may, at their discretion, make final judgment as to the soundness of bikes.

Prior to mandatory bike check-in on Saturday, be sure your bar-end plugs are in place and you have no loose spokes, brakes, headsets, stripped cables, etc. Adjust the hubs and position handlebars correctly. Ensure that cables and tires are in good condition and sew-up tires are glued properly onto the rims. Securely fasten all equipment you may carry with you on race day.

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, thus we recommend you bring your own. You must give your pump to a family member or friend before race start, since pumps will not be stored with your pre-swim bags.

For security and safety reasons, bikes will not be allowed out of the transition area once bike check-in begins on Saturday. No one will be allowed to enter the bike compound unless accompanied by a race official.

On race day, bike tech vehicles will patrol the course to aid in emergency repairs, but it is the sole responsibility of every athlete to carry the necessary items to make their own repairs and continue with their race.

BIKE SHIPPING

Tri Bike Transport offers bicycle transport to Los Cabos (a service that is available from USA and Mexico for this event). This service will be located in front of Hyatt Place Hotel.

If you choose not to use this service, we recommend you to travel with your bike as part of your luggage. Race organizers recommend that you do not send your bike via any other shipping service in order to avoid inconveniences with Mexican customs. The potential for a long delay is too great a risk.

Most airlines recommend that you use the following procedures when shipping your bike:

- Pack your bike as if you were shipping eggs. Do everything you can to ensure damage-free delivery. Boldly label your bike case with your name, address, etc., so it can be identified quickly. If you plan to arrive in Los Cabos immediately before the bike check in, you risk having your bike arrive after you do.

Plan ahead!

BIKE TECH SERVICES

The official bike shop and technical provider of the event will open their event store and tech service center at the expo & packet pick up, official host hotels and transition area. Shops will be staffed by expert bike technicians and stocked with great deals on a variety of merchandise (tires, tubes, CO2, and more).

Please look at the event official program for service dates and times.

During race day, bike tech services will be located at each bike aid station and a movil scooter tech between each aid station.
BIKE COURSE
RULES AND INSTRUCTIONS

1. All bikes must display the bike frame number clearly visible, bike number will be a sticker that you have to affix to your bike seat frame.
2. Tandems, fairings or any add-on device designed exclusively to reduce resistance are not allowed. Any new, unusual or prototype equipment will be subject to determination of legality by IRONMAN and / or the Chief Race Official.
3. All bikes must be checked in the Saturday prior to race day. Race officials reserve the right to reject any bike or helmet not meeting safety standards. If the bike does not meet safety standards, the athlete will be required to correct the problem before participating in the race. Once your bike is checked into the transition area, only small covers on the seat and/or computer will be allowed. Large plastic bags that cover the entire bike will not be permitted.
4. Position Rules:
   a. Absolutely NO DRAFTING behind another bike or any other vehicle is allowed.
   b. Athletes must ride single file on the far right side of the road except when passing another rider. Side-by-side riding is not allowed.
   c. Overtaking Age Group and Elite riders may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing.
   d. Riders must keep 12 meters (~6 bike lengths) distance between bikes except when passing.
   e. An overtaken rider must fall back 12 meters (~6 bike lengths) before attempting to regain the lead from a cyclist ahead.
   f. Athletes committing rule violations will be notified “on the spot” by an official.
   g. The official will:
      i. Call out your race number and notify you that you have received either a BLUE CARD for drafting, or a YELLOW CARD for any other penalty. The official will show you the corresponding color card.
      ii. He/she will instruct you to report to the next penalty box (PB) on the course. There will be seven (3) PBs on the course (one at every aid station) and one (1) in Transition area.
   h. The athlete will:
      i. Report to the next PB and tell the PB Official whether you received a BLUE CARD or a YELLOW CARD. If you fail to report to the next PB, you may be disqualified.
      ii. The race officials will have race numbers marked by the PB official with a “/” for drafting or a “P” for all other penalties.
   iii. The athlete must register, via the sign-in sheet.
   iv. He/she must resume the race immediately, upon having their numbers marked with a “P”, for all non-drafting violations (YELLOW CARD).
   v. Remain in the PB for FIVE (5) minutes for each drafting violation (BLUE CARD).
   vi. The athlete will be disqualified if he/she receives any combination of three penalties.
   vii. Risk disqualification for not reporting to the PB.
5. Shoes may NOT be placed beside the bike. Shoes and shirts must be worn at all times.
6. Each participant must wear the Mazda IRONMAN 70.3 Los Cabos issued race number at all times while on the course. One of the two bib numbers must be placed low on the BACK of rider’s jersey where it is clearly visible. Folding or cutting race number or intentional alteration of any kind is STRICTLY PROHIBITED. Race belts may be worn.
7. CPSC-approved helmets are required during the entire bike leg. It must be worn when running in and out of the transition area. Any athlete 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.
8. No individual support is allowed. Ample aid stations will be provided. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete and should be warned to stay completely clear of all athletes to avoid disqualification. It is incumbent upon each athlete to reject immediately any attempt to assist, follow or escort from someone outside the race. Bike bottles must be tossed toward the bottle drop at the entrance and/or exit of an aid station. A penalty will be assessed for discarding a bike bottle or any other litter/trash outside the designated drop zone.
9. Each participant is responsible for the repair and maintenance of their own bike. Assistance by anyone other than race personnel will be grounds for disqualification.
10. Participants are expected to follow directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
11. Athletes may walk along the course with their bike, if necessary, but may not make progress on the bike course unless they carry, push or pull their bikes along with them.
12. All participants must mount and dismount in the marked zones at the transition area. Under no circumstances should an athlete ride their bike inside the transition area.
13. Headsets or headphones are not allowed during any portion of the race.
14. If an athlete needs minor medical assistance, there will be medical personnel at every aid station, where he/she may receive treatment. Depending upon the level of care required, ambulances may take the athlete to the nearest hospital to receive treatment. If you have a problem, please go to an aid station for further assistance.
15. If you don’t respect littering area, you’ll be subject of penalization.
IN THIS EVENT
DRAFTING IS PROHIBITED
BE SAFE, BE FAIR,
DON’T CHEAT!

IRONMAN®
70.3®
LOS CABOS

ATHLETE GUIDE: 1.2 MILES SWIM · 56 MILES BIKE · 13.1 MILES RUN
LOCAL TRAFFIC LAWS

You are an ambassador for the sport and IRONMAN 70.3 Los Cabos, the impact of your actions is far reaching. When you’re out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community.

Please do not use private property as a toilet. Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash container. Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.

Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy. Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return. Please think before you act.
Completing in a triathlon event requires training on a bike. To be fully prepared, it’s important that you arrive on event day fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

**BEFORE YOU RIDE**

1. **IT STARTS WITH YOUR BIKE**
   - Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
   - Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly.
   - Keep your bike clean and your chain lubed.
   - Use front and rear lights when riding in low light conditions – this may be required by law in your area.
   - Tires should be inflated to the recommended pressure.

2. **LEARN THE BASICS**
   - Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking.
   - If you’re unfamiliar with shifting gears, practice doing this in a low-traffic area.
   - Practice riding a straight line, and cornering (right, left, U-turns).

3. **SUIT UP**
   - Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.
   - Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.
   - Choose clothing that is visible in low-light conditions.

4. **BE PREPARED TO RIDE**
   - Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed.
   - Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5. **PLAN AHEAD**
   - Select a route that limits the number interactions with vehicles – if possible factor in time of day and day of the week.
   - Always obey all traffic signals and signs.
   - Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you.
   - Select a ride distance appropriate to your fitness.

6. **INFORM OTHERS**
   - In the event of an incident, someone should know where you are riding.
   - Always carry personal identification with you and emergency contact information.
   - Carry a cell phone for emergencies.

**DURING THE RIDE**

7. **STAY ALERT**
   - Leave the playlists and podcasts for indoor workouts.
   - Don’t use your phone while riding – pull off the road if you need to make a call or send a text.
   - Don’t take photos and selfies while riding.
   - Keep your head up, particularly when riding in a group. Look at the road and the riders around you, not your bike computer.
   - Be able to see and hear what is going on around you. When riding in the aerobars, do not look down at the road, look ahead.
   - When riding in a group, do not get fixated on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
   - Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
   - Pay particular attention when approaching aid stations during a race. Do not ride though aid stations in the aerobars.

8. **OBEY THE LAW**
   - Always stop at stop signs and lights—remember, cyclists have the same responsibilities as vehicles.
   - Know the traffic laws for your area, especially those regarding riding two abreast or single file.
   - Know where the vehicles are around you and anticipate that drivers may not see cyclists.
   - When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

9. **COMMUNICATE**
   - Use verbal and hand signals so others know if you are stopping or turning.
   - Make eye contact with drivers and other cyclists.
   - While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
   - Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid from, letting them know you are taking aid directly from them.

10. **SAFETY FIRST**
    - Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass.
    - If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
    - When riding in a group, avoid riding in the aerobars unless you are riding in front. Your hands should always be able to get to the breaks quickly.
    - Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.
RUN COURSE SUMMARY

RUN COURSE - 13.1 MILES (21.097 KM) (2 LAPS)

The run course is paved throughout and is mostly flat. It starts in front of Hyatt Place Hotel. Leaving T2 the course is straight on Paseo San Jose turns left on Cabo del Este St. Runners loop to the run start where they will complete the first of TWO 10.5km loops.

RUN COURSE RULES AND INSTRUCTIONS

1. No form of locomotion other than running or walking is allowed.
2. Runners must wear their bib number at all times on the course. Race numbers issued by Mazda IRONMAN 70.3 Los Cabos identify the official participants in the race. Folding, cutting or intentionally altering the bib number is strictly prohibited. The bib number must be placed on front of the runner and securely attached. Race belts may be worn. Shoes and shirts are required on the run segment, bare torsos are not allowed.

3. This is an individual event. Individual support vehicles or non-participant escort runners are prohibited and will result in the athlete’s disqualification. Teamwork in the form of outside assistance, which provides an advantage over single competitors, is not allowed.
A non-participant escort runner includes participants who have withdrawn from the race, been disqualified or finished the race. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside a participant, may not pass food or other items to a participant and should be warned to stay completely clear of all participants to avoid disqualification. It is incumbent upon each participant to immediately reject any attempt of assistance from anyone. It is permissible for a participant who is still competing to run with other participants who are still competing.
4. Runners are expected to follow the directions and instructions of all race officials and public authorities.

TURN BY TURN DIRECTIONS

- Mount your bike, exit transition 2T and head east to Paseo Malecon San José road.
- Continue on Malecon San José road and turn left onto Antonio Mijares St. heading North.
- Continue on Antonio Mijares St. and turn right onto Camino Cabo Este heading east.
- Continue on Camino Cabo Este heading east and turn left heading north.
- Continue on Camino Cabo Este until U turn
- Continue on Camino Cabo Este heading south and turn right onto Camino Cabo Este heading west.
- Turn right onto Antonio Mijares St. heading north.
- Continue on Antonio Mijares St. heading north and turn left onto Plaza Mijares, continue heading west until U turn and turn right onto Antonio Mijares St.
- Continue on Antonio Mijares St. heading south and turn right onto Paseo Malecon San José until loop return.
- Repeat Directions 1-8 one more time.
- Continue on Paseo Malecon San José, heading whest and turn right onto Punta Arenas St. and go straight to the Finish Line.
UN ESTILO DESAFIANTE PARA CUALQUIER TRAYECTO

NUEVA LÍNEA DE ACCESORIOS PARA SUV

Feel Alive™
FINISH LINE POLICY

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DQ).

EVENT SANCTION

Mexican Triathlon Federation (FMTRI) will sanction the Mazda IRONMAN 70.3 Los Cabos and the event will abide by their rules and officials. Any abuse of marshals, race officials or volunteers is grounds for immediate disqualification.

IRONMAN CUT OFF POLICY

SWIM

The swim course will close 1 hour and 10 minutes after the last age group athlete starts the swim (Rolling Start). All athletes still in the water after the cut-off time will be disqualified and will not be permitted to continue the bike portion of the race.

BIKE

The bike course will close 5 hours and 30 minutes after the last age group athlete starts the swim (Rolling Start). All athletes still on the bike course after the cut-off time will be disqualified and will not be permitted to continue the in the race. For those athletes who have not finished their 1st bike lap (26.4 Mi) prior to 10:00 am, will not be able to proceed to their 2nd lap of the bike course due to cut off time.

RUN

The IRONMAN 70.3 Los Cabos course will close 8 hours and 30 minutes after the last age group athlete starts the swim (Rolling Start). Runners still on the course after that time will be given the opportunity to unofficially finish the race, upon the sole discretion of race organizers and public authorities.

Athletes who finish before the cut off time but have a finishing time of more than 8 hours and 30 minutes will be considered a DNF and will not be eligible for age-group awards or for IRONMAN 70.3 World Championship slots or roll down.

Chips cost $100 USD. Athletes who loose their chip will be charged $100 USD to the credit card used to enter the race.

RULES

APPLYING TO ALL STAGES OF RACE

It is the athlete’s responsibility to know all aspects of the swim, bike and run.

1. Participants are expected to follow directions and instructions of all race officials and public authorities.

2. Course marshals shall have authority to disqualify any contestant.

3. Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race for risk of serious injury or death. Medical transport of any contestant will result in disqualification.

4. No participant can use a performance enhancing drug or procedure. All doping processes and violations will be handled in strict accordance to the World Anti-Doping Agency (WADA) code. A list of banned substances is available at: http://www.wada-ama.org/en/dynam-ic.ch2?pageCategory.id+370, also known as the WADA Prohibited List. Participants may be requested to undergo drug testing before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures.

5. The Medical Control Rules set forth by FMTRI, in harmony with WADA regulations and policies on banned substances, will be binding on all participants. In addition, other rules and regulations, even if not yet recognized by WADA, may be enforced, if such occurs, you hereby agree to abide by them.

6. Should any participant have an Adverse Analytical Finding according to the WADA code, all procedures with regards to handling of the sample, notification, testing of the B Sample, adjudication and suspensions will be performed in accordance with the WADA code.

7. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship, are grounds for immediate disqualification and will result in the suspension of the participant from competing in any other IRONMAN event in the future.

8. If an athlete decides to withdraw from the race at any time, it is the responsibility of the contestant 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 contestants are on the course at all times. Failure to comply after withdrawing from the race may result in contestant being prevented from competing in any other IRONMAN event in the future.

9. Mazda IRONMAN 70.3 Los Cabos reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefing meetings.

10. As a FMTRI-sanctioned race, the Mazda IRONMAN 70.3 Los Cabos will subscribe to FMTRI rules specifically. Professional athletes may not win age group awards and age group athletes are not eligible for prize money.

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

12. IRONMAN does not allow the transfer of an athlete’s registration to another; no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any IRONMAN event.
PHYSICALLY CHALLENGED DIVISION RULES

Supplemental rules and regulations pertaining to the Physically Challenged division are consistent with FMTRI rules.

SWIM
1. IRONMAN reserves the right to seed contestant at the swim start (i.e., early start, late start, designated wave, etc.).
2. Athlete may use wetsuit during competition. Each athlete must obtain approval from IRONMAN prior to the race for all swimwear and accessories to be used during the swim. Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by IRONMAN.

BIKE
1. Cycling conduct and specifications are consistent with FMTRI rules.
2. Hand cycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards.
3. Equipment must otherwise conform to all other general rules for bicycles as it pertains to the IRONMAN competition, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle/hand cycle, regardless of any secondary benefit.
4. Participant is required to maintain control of his/her bicycle/hand cycle and to operate at a reasonable speed so as not to threaten the safety and well being of aid station volunteers, other competitors, race officials and spectators. Operation of a bicycle/hand cycle in a dangerous or reckless manner will be grounds for disqualification.
5. A CPSC-approved helmet is required during the entire hand cycle (bike) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.
6. DRAFTING IS PROHIBITED.

RUN
1. Running conduct and specifications are consistent with FMTRI rules.
2. Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/hand cycle portion. Standard racing chairs shall be used. 3. A CPSC-approved helmet is required during the entire wheelchair (run) segment including entry and/or exit to and from the transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.

RACE TIMING

The race will be timed with MyLaps® Technology. You must wear your timing chip at all times while you are racing. Fasten it to either ankle with the Velcro strap provided before the swim start and leave it on until after you finish the run. You may apply Vaseline around your ankle. It will not affect the chip. Volunteers will help you remove the chip at the finish line. If you do not start the race on Sunday, you are still responsible for returning the chip to race management. Chips shall also be returned by mail to: 424 San Jeronimo PB1 Col. Jardines del Pedregal Alcaldía Alvaro Obregón ZC 01900, Mexico City.

MEDICAL

There will be medical staff and facilities throughout the race course. Trained individuals will be stationed along the swim course to assist you in case of an emergency.

Additionally, there will be a primary medical aid station at the finish, as well as mobile medical teams roaming the course. Over half of the visits occur after participants have finished the race. Please do not leave the recovery area until you and your friends are sure you are okay, until you can drink without vomiting and stand without dizziness. The medical aid station at the finish line will officially close 8 hours after the last swim start. All athletes seeking medical attention after that time will be referred to local emergency room facilities. All medical expenses incurred are the sole responsibility of the athlete and not of Mazda IRONMAN 70.3 Los Cabos.

Particular dangers include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your ongoing participation could result in serious harm or death.

During events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish. Also, please be attentive when taking water, sports drinks or other supplies from volunteers when you’re on your bike to avoid an accident or injury to yourself or another. Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes. Be especially careful to rinse your goggles of any excess defogger solutions to avoid eye irritation.

If you spend three months prior to the event in a climate cooler than Los Cabos, we suggest you consider an acclimation period in Los Cabos before the race. The chance of dehydration and electrolyte imbalance can be reduced significantly by a proper period of acclimatization.

Stay with your familiar and proven routine regarding training, nutrition and equipment, especially just prior to the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during the event is especially important.

If you are taking any medication, or have any medical problem that may influence your performance or your treatment in the event of an injury,
advise us of all necessary details well in advance of race day. Failure to do so will result in suspension of participation in future IRONMAN events.
You are solely responsible for avoiding medications that appear on the list of banned substances as determined from WADA.
Feedback from previous IRONMAN contestants indicates we can never over emphasize the importance of hydrating prior to and during the event. Mazda IRONMAN 70.3 Los Cabos’s Chief Physician recommends you begin hydrating heavily several days before the race and drink enough water so your urine is clear, colorless and copious by race day.

AID STATIONS
There will be five (5) on-course aid stations (16km, 33km, 45km, 60km, 77km) to keep athletes well fueled during the bike leg.

Aid stations will supply you with Gatorade regular formula (lemon-lime and orange flavor) in ready-to-drink sport- top bottles, water, ice and portable toilets. Be sure to toss empty bike bottles and sports nutrition wrappers at the drop targets at each aid station. Water bottles will be exchanged at the aid stations. Individual bottles will not be returned to athletes. Bike aid stations will close 5 hours and 30 minutes after last age group swim start (rolling start).

To avoid risk, please reduce your speed in order to use bike aid station. If your speed is high, you won’t be able to take items from each aid station.

Half Marathon:
On the run course, aid stations will be located approximately every kilometer and will offer Gatorade regular formula (lemon-lime and orange flavor), water, Pepsi, ice, oranges, bananas, pretzels and sun block cream.

There will be portable toilets at each of the aid stations on the bike and run course.

Fuel2Go is the energy you need to perform at your best in your physical activity, as it features the newest technology in foods based on scientific studies relating to sports nutrition. It has been shown that during moderate intensity exercise or intermittent exercise lasting longer than 1 hour, consuming 30-60 g of carbohydrates has great benefits as it reduces fatigue and improves physical performance.

Fuel2Go contains 25.4 g of carbohydrates so it is recommended to be consumed 15 minutes before starting physical activity and every 30 minutes, this in order to consume about 50 g per hour. Furthermore, scientific studies show that there may be up to 65% more oxidation and better utilization when using mixtures of carbohydrates. Such is the case of Fuel2Go, which is made from a mixture of maltodextrin, fructose and isomaltulose.

Fuel2Go contains sodium and potassium, electrolytes that are lost in greater proportion when sweating. It also contains 25mg of caffeine, which has beneficial effects in terms of energy optimization and perception of personal burnout.

RECOVERY ZONE
After crossing the finish line, all athletes will receive an official medal and a finisher shirt, athletes must keep walking into the tent area to receive Gatorade, water, ice, fruit, pizza, Pepsi. There will be a pools rest area. The Organizing Committee will offer complimentary 10-minute post-race massages outside the recovery zone.

AWARDS CEREMONY

Sunday November 3rd, 6:00 pm
Place: BARCELÓ GRAN FARO LOS CABOS HOTEL, TEATRO MEXICANO

The first 5 places of each category of age groupers (first 3 places for relays), the best 5 TRICLUBs and best 3 places for elite will be awarded.

Please do not remove the wristband prior to the ceremony or you will be denied entry.
Several scientific studies recommend that during a physical activity of moderate to intense intensity with a duration greater than 60 min, an athlete can benefit from an intake of 30 to 60g of carbohydrates.

Fuel2Go is an energy-dense portable packet with the necessary amount of carbohydrates to sustain energy demands and maximize your performance during the competition.

Why should I take Fuel2Go?

- Higher performance
- Greater resistance
- Less Fatigue
- Better hydration

A Fuel2Go gel contains:

- 25.4g of carbohydrates
- Sodium and Potassium: the main electrolytes lost in sweat, helping you keep hydrated.
- Caffeine: it’s a stimulant that increases alertness, reduces fatigue and provides greater resistance.

www.fuel2go.com.mx
QUALIFYING FOR THE 2020 IRONMAN 70.3 WORLD CHAMPIONSHIP

SLOT ALLOCATION & ROLLDOWN PROCEDURE FOR THE 2020 IRONMAN 70.3 WORLD CHAMPIONSHIP:

Sunday November 3rd, 7:30 p.m.,
Place: BARCELÓ GRAN FARO LOS CABOS HOTEL, TEATRO MEXICANO

1. Forty (40) qualifying slots for the 2020 IRONMAN 70.3 World Championship will be awarded to the top age group finishers. Please review the table at the event site for the projected slot allocation by category. Final slot allocation will be determined on race day based on the number of official starters.
2. Look at the preliminary results after the race to know if you have qualified to compete at the IRONMAN 70.3 World Championship, if so, you must assist to the SLOT ALLOCATION meeting.
   You must claim your slot in person after to the awards ceremony on Sunday, November 3rd, at 7:30 p.m. at the awards ceremony Barceló Gran Faro Los Cabos, Teatro Mexicano. Please be prepared to pay online registration $500 USD entry fee + 8% Active fee with Credit Card. Sorry we will not accept cash, personal or traveler checks or any other currency, (NO CASH ACCEPTED). Any unclaimed slots will be rolled down to the next eligible present finishers.
3. The athlete must be present at the roll down which will be held SIMULTANEOUSLY with the slot allocation to claim the slot. If the athlete is not present to claim the slot, the slot will be forfeited to another athlete.
4. A slot will “roll down” to the next person (same gender) in a designated age group if the athlete originally earning the slot is not present or has declined the slot.
5. Should any slot(s) “roll down” through an entire age group without being claimed, that unclaimed slot will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Group within the gender with the largest athletes-to-slots ratio will receive the first reallocated slot, followed by the next largest ratio receiving the second reallocated slot (if applicable), and so on.
6. Age group slots may not be assigned to pros and pro slots may not be assigned to age groups. NO EXCEPTIONS.
7. If an athlete wins a slot, that slot must be used in the year it is assigned.
8. If an athlete wins a slot, they must pay all world championship entry fees at their qualifying event.
9. The race organization reserves the right to recall any slots that may have been awarded in error.
10. Athletes who qualify for the 2020 IRONMAN 70.3 World Championship will receive an official IRONMAN 70.3 World Championship Coin. This memento will serve to mark and signify qualifying IRONMAN athlete’s accomplishments. We applaud these individuals on their hard work and dedication as they celebrate their journey to the premier event of the IRONMAN series!

CLOSING PARTY

Sunday November 3rd, 8:00 p.m.
Place: BARCELÓ GRAN FARO LOS CABOS HOTEL, TEATRO MEXICANO

REGISTRATION FOR THE 2020 MAZDA IRONMAN 70.3 LOS CABOS:

Online registration for next year’s Mazda IRONMAN 70.3 Los Cabos will be available on www.ironmanmexico.com beginning at 12:00 p.m. central time on Monday November 4th, 2019. There will be no onsite registration.

LOST & FOUND

Mazda IRONMAN 70.3 Los Cabos staff will take all found items to the award ceremony.

We highly recommend that you mark your gear with your bib number, as Mazda IRONMAN 70.3 Los Cabos is not responsible for any lost items.

For luggage lost while traveling, please contact your airline.

BEST OF LUCK AND WE’LL SEE YOU AT THE FINISH LINE!
## Club Name

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<thead>
<tr>
<th>Club Name</th>
<th>Athletes</th>
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Only clubs with 5 or more athletes racing will qualify for TriClub Podium awards.

For more information, visit www.ironman.com/triclubs.
HAVE YOU REMEMBERED TO:
☑ Book flights and accommodation to arrive in time for Athlete Check-In?

PRE-RACE:
☐ Directions to Hotel
☐ Directions to Athlete Check-In
☐ Directions to Race Start
☐ Directions to Race Finish
☐ Photo I.D.
☐ Valid USAT Card - if member (if you paid for a one-day license online, no need to bring a card)
☐ Bike Services/Tune up
☐ Attend Athlete Check-In
☐ Attend Athlete Briefing
☐ Study the race courses and plan your nutrition

RACE DAY – SWIM:
☐ Timing Chip and Strap
☐ Swimsuit/Wetsuit (if applicable)
☐ Goggles (consider a spare pair as well)
☐ Race Day Swim Cap (provided at Check-In)
☐ Ear Plugs/Nose Plug (optional)
☐ Throw away long sleeved shirt and shoes to wear and discard before the race or place in your provided Morning Clothes Bag

RACE DAY – BIKE:
☐ Bike Pump
☐ Extra Nutrition
☐ Extra Water Bottles
☐ Aero Water Bottle Straw
☐ Bike Repair Kit
   ☐ Bar-end plugs
   ☐ CO2 Cartridge(s)
   ☐ Spare Tire
   ☐ Spare Tube
   ☐ Tire levers
   ☐ Valve Stem Extenders
   ☐ Patch Kit
   ☐ Wrench Set/Tools
☐ Vaseline
☐ Sunscreen
☐ Helmet
☐ Sunglasses
☐ Bike Shoes
☐ Socks
☐ GPS Watch or Bike Computer

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

MISCELLANEOUS:
☐ Body Glide
☐ Antibacterial Gel
☐ Contacts or Rx Glasses
☐ Heart Rate Monitor & Chest Strap
☐ Towel
☐ Hair Ties
☐ Lip Balm
☐ Post-Race Clothing
☐ Extra Swimsuit and Cap for practice swim (if applicable)
☐ Extra Tri Kit for practice
☐ Have a Great Race!
What’s **MONEYBACK**

Shop here & get your **MONEYBACK**

1. Shop at authorized stores.
2. Your purchase must be greater than $1,200.00 MXN pesos
3. When you purchase in cash, please note that you can only get **8.97%** of your up to $3,000.00 MXN pesos.
   No limits apply when paid in non-cash forms of payment.

You can accumulate receipts from the same stores during your trip to Mexico.

4. Ask the store for all receipts, hand written and printed, as well as your credit card vouchers.
5. Visit any **MONEYBACK** module and present the following information:
   - Copy of your passport and cruise ID
   - Hand written and printed receipts
   - Copy of your credit card vouchers
   When traveling by plane you also need to show your boarding pass and immigration fo

6. You will receive your **8.97%** **MONEYBACK** within 45 days of leaving the count card (45 days from the time all info above is provided).*

**The following items are not subject to**

- Consumptions and services (hotels, restaurants, taxis, airplane tickets, etc.)
- Food
- Books
- Medicines
- Opened liquor bottles

*In case info is missing during presentation in any **MONEYBACK** office in Mexico, it can be sent via e-mail (see info on the back)
GUÍA DE ATLETA: 1.9KM SWIM • 90KM BIKE • 21.1KM RUN