



2017 **IRONMAN**<sup>®</sup>  
**LAKE PLACID** 

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ATHLETE GUIDE

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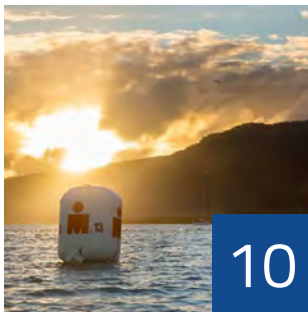
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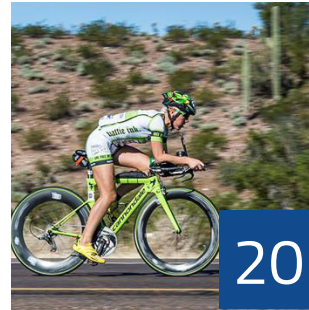
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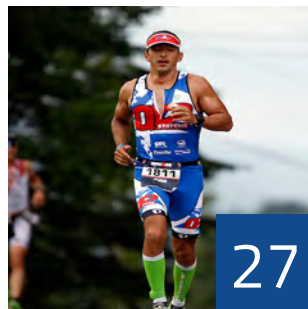
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# WELCOME

## RACE DIRECTOR

Dear Esteemed Athletes

As we look back on our teen years here at Ironman Lake Placid (we turn 20 in 2018), we welcome you to our fair village with open arms. We offer you the most pristine swim course in the continental US, the top ranked bike course on the North American circuit and a run course like no other. You will have views of the Olympic Ski Jumps, Whiteface Mountain and the home of the 1980 Miracle On Ice, all the while finishing on the speedskating oval where Eric Heiden skated his way to the Olympic record books with 5 gold medals. Your dreams will be made here and we are happy to be there as you realize them.

The welcome ceremony in Mid's Park on Friday evening is an event not to be missed. Nor is the record breaking Kid's Race earlier in the day where we had nearly 700 tykes participate in both a Dip & Dash and a running event in 2016. The multi-faceted Ironman Athlete's Village is a great place to get your fill of everything Ironman, the Men's Pro Panel on Friday is informative – come to learn from the greats of our sport.

Lake Placid is your village during the 3rd week of July. Please take advantage of all we have to offer here, say hello to our residents and come back often. Remember to thank the best volunteers in the world as your journey takes you throughout the region on Sunday.

Greg Borzilleri  
Race Director, IRONMAN Lake Placid

# EVENT SCHEDULE

THURSDAY, JULY 20, 2017

START	END	EVENT	LOCATION
9 AM	5 PM	Athlete Check-In <i>*No Athlete Check-In on Saturday</i>	Conference Center ABC
9 AM	5 PM	IRONMAN Village	Oval/Transition
9 AM	5 PM	Official IRONMAN Store	Oval/Transition
9 AM	5 PM	IRONMAN Bike Store & Tech Service Center	Oval/Transition
9 AM	5 PM	Information Tent	Oval/Transition
9 AM	5 PM	VIP Spectator Credential Pick-Up	Oval/Transition
9 AM	5 PM	IRONKIDS Lake Placid Fun Run and Dip 'n' Dash Registration	Conference Center ABC
11 AM		Athlete Briefing	Oval/Transition
2 PM		Athlete Briefing	Oval/Transition

FRIDAY, JULY 21, 2017

START	END	EVENT	LOCATION
9 AM	5 PM	Athlete Check-In <i>*No Athlete Check-In on Saturday</i>	Conference Center ABC
9 AM	5 PM	IRONMAN Village	Oval/Transition
9 AM	5 PM	Official IRONMAN Store	Oval/Transition
9 AM	5 PM	IRONMAN Bike Store & Tech Service Center	Oval/Transition
9 AM	5 PM	Information Tent	Oval/Transition
9 AM	5 PM	VIP Spectator Credential Pick-Up	Oval/Transition
9 AM	1:45 PM	IRONKIDS Lake Placid Fun Run and Dip 'n' Dash Registration	Conference Center
11 AM		Athlete Briefing	Oval/Transition
12 PM		Athlete Pro Panel	Oval/Transition
2 PM		IRONKIDS Lake Placid Fun Run and Dip 'n' Dash	Mirror Lake Drive
3 PM		Athlete Briefing	Oval/Transition
6 PM	8 PM	Opening Ceremony - (Live Music from 6 PM to 7 PM)	Mid's Park on Main St.

SATURDAY, JULY 22, 2017

START	END	EVENT	LOCATION
7:30 AM	9:30 AM	NC Ministries Pancake Breakfast (FREE)	Oval/Transition
9 AM	5 PM	IRONMAN Village	Oval/Transition
9 AM	5 PM	Official IRONMAN Store	Oval/Transition
9 AM	5 PM	IRONMAN Bike Store & Tech Service Center	Oval/Transition
9 AM	5 PM	Information Tent	Oval/Transition
9 AM	5 PM	VIP Spectator Credential Pick-Up	Oval/Transition
10 AM	3 PM	Mandatory Bike & Gear Bag Check-In	Oval/Transition
11 AM		Athlete Briefing	Oval/Transition
2 PM		Athlete Briefing	Oval/Transition



# EVENT SCHEDULE

## SUNDAY, JULY 23, 2017 - RACE DAY!

START	END	EVENT	LOCATION
4:30 AM	6 AM	Transition Area Open; Body Marking	Oval/Transition
4:30 AM	6 AM	Drop Special Needs Bike & Run Bags	Swim Exit Parkside Drive (Bike) Stone Wall Mirror Lake Drive (Run)
6 AM	6:30 AM	Warm-up Swim	Mirror Lake
6:30 AM		Pro Men Start	Mirror Lake
6:40 AM		Age Group Start	Mirror Lake
7 AM	10 PM	Information Tent	Volunteer Tent Above Finish Line
7 AM	8 PM	IRONMAN Official Store	Oval/Transition
12 PM	8 PM	IRONMAN Village	Oval/Transition
1:30 PM		Bike Course Cut-off (2nd Lap)	Behind Lake Placid High School
4 PM	12 AM	Massage Tent	Olympic Speed Skating Oval
5 PM		Bike Course Cut-Off (Aid Station 5)	Wilmington
5:30 PM		Bike Course Closes	Oval/Transition
6 PM	12 AM	Mandatory Bike & Gear Check-Out	Oval/Transition
9 PM		Run Course Cut-Off (2nd Lap)	Town Hall
10 PM	12 AM	Come Out & Cheer on the Final Finishers	Finish Line

## MONDAY, JULY 24, 2017 - CELEBRATION DAY

START	END	EVENT	LOCATION
7 AM	2 PM	IRONMAN Village	Oval/Transition
7 AM	2 PM	Official IRONMAN Store	Oval/Transition
7 AM	12 PM	IRONMAN Bike Store & Tech Service Center	Oval/Transition
8 AM	10 AM	Celebration Day Breakfast	Conference Center
8 AM	12 PM	Information Tent/Lost & Found	Oval/Transition
9:30 AM		Award Ceremony	Conference Center
11 AM		2017 IRONMAN World Championship Slot Allocation/Rolldown Ceremony	Conference Center
5:30 PM	7:30 PM	Volunteer Appreciation Party	Conference Center

# ATHLETE CHECK-IN

## WHEN:

- Thursday, July 20 from 9 AM to 5 PM
- Friday, July 21 from 9 AM to 5 PM

Athlete Check-In will not be open on race day. If you do not check in during the designated Athlete Check-In hours you will not be permitted to race. ALL RACE PACKETS MUST BE PICKED UP BY 5 PM ON FRIDAY, JULY 21.

## ADDRESS:

CONFERENCE CENTER ABC  
2634 Main St  
Lake Placid, NY 12946

## WHAT TO BRING:

- Photo ID or Passport
- USAT card or \$15 cash to purchase a one-day license

## ATHLETE CHECK-IN STEPS

1. Show Photo ID to volunteers to receive Bib #
2. Pick up WTC and Medical Waivers
3. Read and sign both waivers. Make edits to yellow medical waiver if necessary.
4. Drop off both signed waivers.
5. Pick up Athlete Race Packet
6. Pick up swag
7. Pick up timing chip- make sure name on screen matches number

## EMERGENCY CONTACT

Athletes are required to check-in at the venue during the dates and times listed above and on the Event Schedule. Athlete Check-In will not be available outside the posted times. Should an athlete have a legitimate emergency, IRONMAN will try to accommodate the athlete to the best of our ability as long as the athlete informs IRONMAN.

To inform IRONMAN of any emergency during race week, athletes must call the EMERGENCY PHONE NUMBER listed below. **Athletes who show up after the posted check-in dates and times will not be allowed to race unless prior arrangements were made via the emergency phone.**

### IRONMAN LAKE PLACID ATHLETE SERVICES

[LAKEPLACID@IRONMAN.COM](mailto:LAKEPLACID@IRONMAN.COM)

Emergency phone hours are as follows:

Thursday, July 20	9 AM to 6 PM
Friday, July 21	9 AM to 6 PM
Saturday, July 22	8 AM to 8 PM
Sunday, July 23	5 AM to 12:30 AM
Monday, July 24	8 AM to 2 PM

## YOUR RACE PACKET WILL INCLUDE:

- Race bib- to be worn on the run
- Bike/Helmet stickers
- Swim cap
- Bike Check-Out ticket
- Athlete wristband- must be attached at time of check-in and worn until after the race is complete. All previous event wristbands must be removed.
- White Morning Clothes Bag
- 4 Gear Bags- Blue Bike Gear, Red Run Gear, Bike Special Needs, Run Special Needs

\*You will pick up your timing chip before leaving the Athlete Check-In area.

## ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas. Any wristbands from previous events must be removed. You must be wearing your wristband if you plan to claim a slot for the 2017 IRONMAN World Championship.



## BIKE STICKERS

You will receive the following stickers in your athlete packet:

- Bike frame sticker
- Helmet sticker
- Bike stem sticker
- 5 extra gear bag stickers to label belongings

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.

New in 2017, 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. We recommend you label your gear bags with a permanent marker in addition to using the gear bag stickers.



# MAKE YOUR NEXT RACE LIFE CHANGING

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# PRE-RACE INFO

## BIKE/RUN GEAR & SPECIAL NEEDS BAGS

During Athlete Check-In, athletes will receive five bags:

- ☐ White [Morning Clothes]
- Blue [Bike Gear]
- Orange [Bike Special Needs]
- Red [Run Gear]
- Black [Run Special Needs]

## MANDATORY BIKE/ GEAR CHECK-IN

Mandatory Bike & Bike Gear Check-In is from 10 AM to 3 PM on Saturday in transition.

All bicycles and Bike/Run Gear Bags must be checked in on Saturday and left overnight. Bicycles and Bike/Run Gear Bags will not be permitted to enter transition on race morning. 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 it presents 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 bicycle beginning at 4:30 AM 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.

Pack your bike and run gear in the appropriate gear bag and place them in the proper place. Be sure your running gear has reflective material on the front and back of your clothes and shoes. Helmets and cycling shoes MUST go into the athlete's Bike Gear Bag. No loose gear will be allowed on the ground next to the bicycles in transition.

## MORNING CLOTHES BAG

You will receive a white Morning Clothes Bag at Athlete Check-In. Prior to the swim start on race morning, place any items (e.g., dry clothes, car or hotel room key, medicine) you may need at the finish line in your Morning Clothes Bag. Leave the bag in the designated drop area in transition. Your Morning Clothes bag may be retrieved after the race adjacent to the change tents between 3 PM and midnight. Any items that do not fit inside the Morning Clothes Bag, such as bike pumps and backpacks, will not be accepted.

## SPECIAL NEEDS BAGS

You will receive an orange Bike Special Needs Bag and black Run Special Needs Bag at Athlete Check-In. A special needs station will be located near the mid-point on the bike and run course. These special needs stations are for special needs purposes, such as nutritional items or an extra pair of socks, etc. Prior to the swim start, drop your special needs bags in the designated area near transition. Drop your Run Special Needs Bag at the stone wall on Mirror Lake Drive. Drop your Bike Special Needs Bag on Parkside Drive near the swim exit. Bags will be available for pickup post-race until noon on Monday, and then will be discarded.

## IRONMAN VILLAGE INFORMATION

The IRONMAN Village is the center of the event weekend, serving as the location for Athlete Check-In, Athlete Briefings, and the IRONMAN Merchandise Store. The village is free and open to the public, offering a great opportunity for athletes to pick up final race day essentials. Check out the IRONMAN Village page on the event website to see which IRONMAN Partners and Vendors will be attending. [Click here](#) to see a list of vendors attending.



## AID STATIONS

Aid stations are approximately every 15 miles on the bike and approximately a mile apart on the run. The general offerings are as follows:

### BIKE:

Gatorade Endurance Formula (Flavor: Orange)  
Water  
Bananas  
Clif Shot Energy Gels  
Clif Bloks Energy Chews  
Clif Bar Minis  
Red Bull

### RUN:

Gatorade Endurance Formula (Flavor: Lemon-Lime)  
Water  
Cola  
Chicken Broth (after dark)  
Clif Shot Energy Gels  
Clif Bloks Energy Chews  
Clif Bar Minis  
Red Bull  
Pretzels  
Fruit

## FOSTER GRANT PRO EYEWEAR

Foster Grant will have a table in transition with their pro eyewear on it for athletes to grab and use if needed.

## PRE-EVENT SWIM ADVISEMENT

The majority of our events are held in locations where the swim course utilizes a body of water that is open to the general public for swimming, boating and other recreational and commercial activities. IRONMAN 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 will do so at their own risk. While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Participants are further admonished to exercise caution and use common sense if they elect to swim prior to the event and to be mindful of underwater hazards. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to: currents, underwater obstructions, tides, rip currents and indigenous marine life.

## MANDATORY ATHLETE BRIEFINGS

Athletes are required to attend one of the Mandatory Athlete Briefings offered throughout race week. Please review the Event Schedule for Briefing times.

## OPENING CEREMONY

Join us as we kick off the 2017 IRONMAN Lake Placid at the Opening Ceremony on Friday, July 21 at Mid's Park on Main St. There will be live music from 6 PM to 7 PM followed by a ceremony from 7 PM to 8 PM. The Opening Ceremony is free of charge for all athletes, spectators and the general public. There will NOT be food service prior to the Ceremony. Instead, athletes will be given a \$25 voucher with their packet during Athlete Check-In. A list of participating restaurants will be handed out with the voucher at Athlete Check-In.

## PERSONAL SAFETY

Always train with at least one other person (especially in the open water). While swimming, please wear a brightly colored swim cap and ensure that your family members and/or friends know where you are. When training, please bike and run on the shoulder without moving into the traffic lane. Please be courteous and aware that the people sharing the roads with you are people you will count on during race day to fulfill your physical and emotional needs. Please ride single file, as biking side by side is illegal.

As you are one of Lake Placid's invited guests, please respect and obey the traffic laws during your training practices.





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# RACE DAY INFO

## RACE MORNING PROCEDURE

Transition opens at 4:30 AM on race morning. Remember to bring your timing chip, swim cap, and wetsuit. Bike technicians and pumps will be available in transition race morning. Please do not wear your bib number in the swim. The number will not hold up for the duration of the race if it gets wet.

Body marking will begin at 4:30 AM just outside of transition on Main Street. If you ordered race number tattoos prior to race day (ex. TRITATS); be sure to apply them prior to arrival. During the body marking process, athletes are responsible for ensuring the body marking volunteers mark the athlete's age as of December 31, 2017 which corresponds with the age division in which the athlete will compete in on race day. You will not be permitted in transition on race day without your wristband, swim cap and timing chip. 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. Transition closes at 6 AM. All athletes must be out of transition and headed to the swim before this time.

## RACE DAY PARKING & SHUTTLE BUS SERVICE

Parking is available in several satellite lots with free shuttle bus access for athletes and spectators. These parking areas include WesValley Road near Cummins Road or WesValley Road Lot, and Lake Placid Elementary School on Old Military Road. Shuttle buses run from 4 AM Sunday to 1 AM Monday after the race. There will also be an additional parking lot at the Lake Placid Firehouse on Old Military Road. Unfortunately, bikes are NOT allowed on the shuttle buses. Please make the necessary arrangements to pick up your bike after the race.

If your family or friends are planning on seeing the race start, make sure they get to the site with plenty of time. Please use extreme caution as you travel around on race day and allow for additional travel time to your destination. Pets are not allowed on the buses.

## TIMING CHIP

Your timing chip will not be in your packet. You must stop at the timing table before leaving the Athlete Check-In Area to pick up your chip. At the timing table, 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 any medical station, the medical staff will take responsibility for 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 timing 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 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 USA  
3570 S 500 W  
Salt Lake City, UT 84115

Please use package envelope and do not put any value on it for customs.

## RACE TIMING AND CUT-OFFS

The race will officially end 17 hours after the last age group athlete starts the swim. Each athlete, regardless of what time they enter the water, will have 17 hours to complete the entire race course (swim, bike and run courses). Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race

*If the water temperature on race morning measures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius), the race will be wetsuit optional and athletes who choose to wear a wetsuit will not be eligible for Age Group awards, including IRONMAN World Championship slots or Rolldown slots. If the water temperature is in this range and you choose to wear a wetsuit, you will start after the non-wetsuit swimmers.*

## SWIM CUT-OFF

The swim course will close 2 hours and 20 minutes after the last age group athlete enters the water. Each athlete will get the full 2 hours and 20 minutes to complete the 2.4 mile swim regardless of what time they enter the water. If the race is deemed wetsuit optional, athletes who choose to wear a wetsuit will enter the water after the last non-wetsuit athlete. Wetsuit athletes will have to adhere to the Age-Group course cut-off and course closures.

Athletes who take longer than 2 hours and 20 minutes 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.

## BIKE CUT-OFF

The first bike cut-off is at the start of the second loop of the bike course behind the high school at 1:30 PM (at Bike Out). Any rider who has not reached the start of the second loop of the bike by 1:30 PM will not be permitted to continue and will receive a DNF.

The second bike cut-off will be at Aid Station 5 at 5 PM. Any athlete who has not reached the cut-off point by 5 PM will not be permitted to continue and will receive a DNF.

The bike course will close 10 hours and 30 minutes after the final athlete starts the swim. Each athlete will have 10 hours and 30 minutes to complete the swim and bike course regardless of when they start the swim. (Course closure and cut-off times will not be adjusted based on a later start time if the race is wetsuit optional.) Any athlete that takes longer than 10 hours and 30 minutes to complete the swim and bike course will receive a DNF.

## RUN CUT-OFF

The first lap of the run course must be completed by 9 PM (at Town Hall Outbound).

The run course will close 17 hours after the last age group athlete enters the water. Each athlete, regardless of what time they start will have 17 hours from the time the last athlete enters the water to complete the entire 140.6 mile course (Course closure and cut-off times will not be adjusted based on a later start time if the race is wetsuit optional)

Any athlete that finishes the race before the final run course cut-off but has a finishing time greater than 17 hours will be considered a DNF and will not be eligible for age group awards or for IRONMAN World Championship slots or Rolldown slots.

**IRONMAN reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time, and average speed up to that point. Athletes who do not meet the above cut-offs will be considered a DNF and will not be eligible for age-group awards or for IRONMAN World Championship slots or rolldown slots**



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[www.facebook.com/finisherpix](http://www.facebook.com/finisherpix) | [#finisherpix](https://twitter.com/finisherpix)

# POST RACE INFO

## BIKE & GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out is from 6 PM to 12 midnight in the transition area on race day. You are required to reclaim your bicycle and gear after the race. You must have your athlete wristband on in order to claim your bike and gear. If you are unable to personally claim your bike and gear, a family member or friend may use your Bike Check-Out ticket that will be provided in your race packet. As a precaution, give this ticket to a family member or friend prior to the race, even if you plan to reclaim your bike and gear yourself. If a friend or family member does decide to pick up these items as a courtesy, please ask them to leave a message on your cell phone so we have no panicked athletes — it happens a lot!

## PRE & POST-RACE MASSAGE THERAPY

Pre and post-race massage therapy will be available from Thursday, July 20 to Monday, July 24. The IRONMAN massage team, comprised of professional sports massage therapists, has been with IRONMAN Lake Placid for over 10 years. Whether you are preparing for competition or recovering from the race, your session is always customized to fit your needs.

Massage Tent Hours:

Thursday: 10 AM to 7 PM

Friday: 9 AM to 7 PM

Saturday: 9 AM to 5 PM

Sunday: 4 PM to 12 AM

Monday: 8 AM to 3 PM

Massages are available at the following rates:

15 minutes: \$20; 30 minutes: \$40

45 minutes: \$55; 60 minutes: \$70

75 minutes: \$85; 90 minutes: \$100

(Cash only)

On race day, the massage team will offer complimentary 10-minute post-race massages for athletes ONLY after the race on a first-come, first-served basis. To schedule a massage during race week, please contact Jen Hathaway, BS, LMT at justjen06@aol.com or 518-369-9793. Walk-ins are welcome.

## CELEBRATION DAY

Join us for food and entertainment at the IRONMAN Celebration Day! Browse the vendors, shop for merchandise, see the awards ceremony, and celebrate your efforts! Admission is free for everyone; breakfast is free for athletes. Please do not remove your athlete wristband prior to the function, as it is your athlete identification. Food tickets will be available for purchase for friends and family at the Information Tent during IRONMAN Village hours and also at Celebration Day. Please refer to the Event Schedule for dates and times.

## SLOT ALLOCATION/ROLLOUT CEREMONY

Athletes must know their Active login information when they arrive at the IRONMAN Slot Allocation/Rolldown Ceremony. This log in information will be necessary in order to secure a slot in the IRONMAN World Championship.

## 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:

- To be notified as soon as photos are online, register your e-mail address at [www.finisherpix.com](http://www.finisherpix.com)
- 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](http://www.finisherpix.com) to view, order, and share your photos from the event.

## LOST & FOUND

During race week, Lost & Found will be available at the Information Tent in the Oval. On race day, the Information Tent is located at the volunteer tent on the hill above the finish line, adjacent to the Lake Placid High School. After the race, Lost & Found will be available at the transition area and then moves to the information tent. After the conclusion of the event, please contact [LAKEPLACID@IRONMAN.COM](mailto:LAKEPLACID@IRONMAN.COM) to locate any missing items and schedule returns. Shipping fees will apply.

\*All unclaimed items will be donated within 30 days.

## VOLUNTEERS

Please remember to thank the Volunteers! The race wouldn't be possible without their assistance. For more information about volunteering for this event, click on the Volunteer Tab at [IRONMAN.COM/LAKE PLACID](http://IRONMAN.COM/LAKE PLACID).

## MEDICAL AREA

The medical area is for athletes only; family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete's condition.

## IRONMAN FINISHER SHIRT EXCHANGE

Athletes will have an opportunity to exchange their finisher shirt for a different size, if needed, at the Information Tent on Monday, July 24 from 8 AM to 12 PM. Shirt sizes are based on availability and are not guaranteed. Athletes must bring their original shirt in order to swap sizes!

## FINISHER CERTIFICATE

To get your finisher certificate, go to [IRONMAN.COM/LAKE PLACID](http://IRONMAN.COM/LAKE PLACID) and click on results. Once you find your result page, click on the 'Get Certificate' button in the upper right hand corner and the certificate will generate as a PDF.



# QUALIFYING

## FOR THE IRONMAN WORLD CHAMPIONSHIP

There will be 40 qualifying Age Group slots to the 2017 IRONMAN World Championship (October 14, 2017) on offer at the 2017 IRONMAN Lake Placid. Be prepared to pay the \$925 USD entry fee with credit card ONLY. We will NOT accept cash or check as a valid form of payment.

Slot Allocation and Rolldown will be completed together in the same ceremony for all IRONMAN events. The calculation to determine the number of slots per age-group has not changed, we simply combined Rolldown and Slot Allocation into one ceremony.

### SLOT ALLOCATION/ROLLDOWN POLICY

Athletes MUST claim their slot in-person during the IRONMAN World Championship Slot Allocation/Rolldown Ceremony on Monday, July 24 at 11 AM immediately following the Awards Ceremony. We recommend being at least 15 minutes early. Be prepared to pay the \$925 USD entry fee with CREDIT CARD ONLY; no check or cash.

Prior to race day, at least one slot shall be tentatively allocated to each Age Group category (both male and female). Final Slot Allocation will be determined on race day based on the number of official starters in each Age Group.

If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender. Final Slot Allocation shall be representative of the actual number of Age Group starters in each category in the race.

Please check the schedule of events for time and location. Anyone who wishes to claim a Rolldown slot must attend the IRONMAN World Championship Slot Allocation and Rolldown Ceremony and claim their slot in person. If an automatic qualifier in an Age Group chooses not to take the slot, does not attend the IRONMAN World Championship Slot Allocation and Rolldown Ceremony, or has already qualified, the next eligible finisher in that Age Group may claim the slot that has rolled down.

If there are no more eligible finishers in a particular Age Group or no other finishers in attendance at the IRONMAN World Championship Slot Allocation and Rolldown Ceremony in that Age Group, 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 re-allocated slot (if applicable), and so on.

### ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN World Championship is subject to IRONMAN's Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age-Group Athletes. The waiver serves to provide additional notification of and consent to IRONMAN's Anti-Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules.

Please refer to IRONMAN's Competition Rules for additional guidance and information.





**IRONMAN**  
NORTH AMERICAN SERIES

OFFICIAL SPORTS  
NUTRITION SUPPLEMENT



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### ENERGIZE

Increase your energy and sharpen focus, and help delay training-induced muscle fatigue\*



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Help reduce training-induced muscle soreness and jump-start recovery\*



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Help combat delayed onset muscle soreness and support overnight muscle recovery\*

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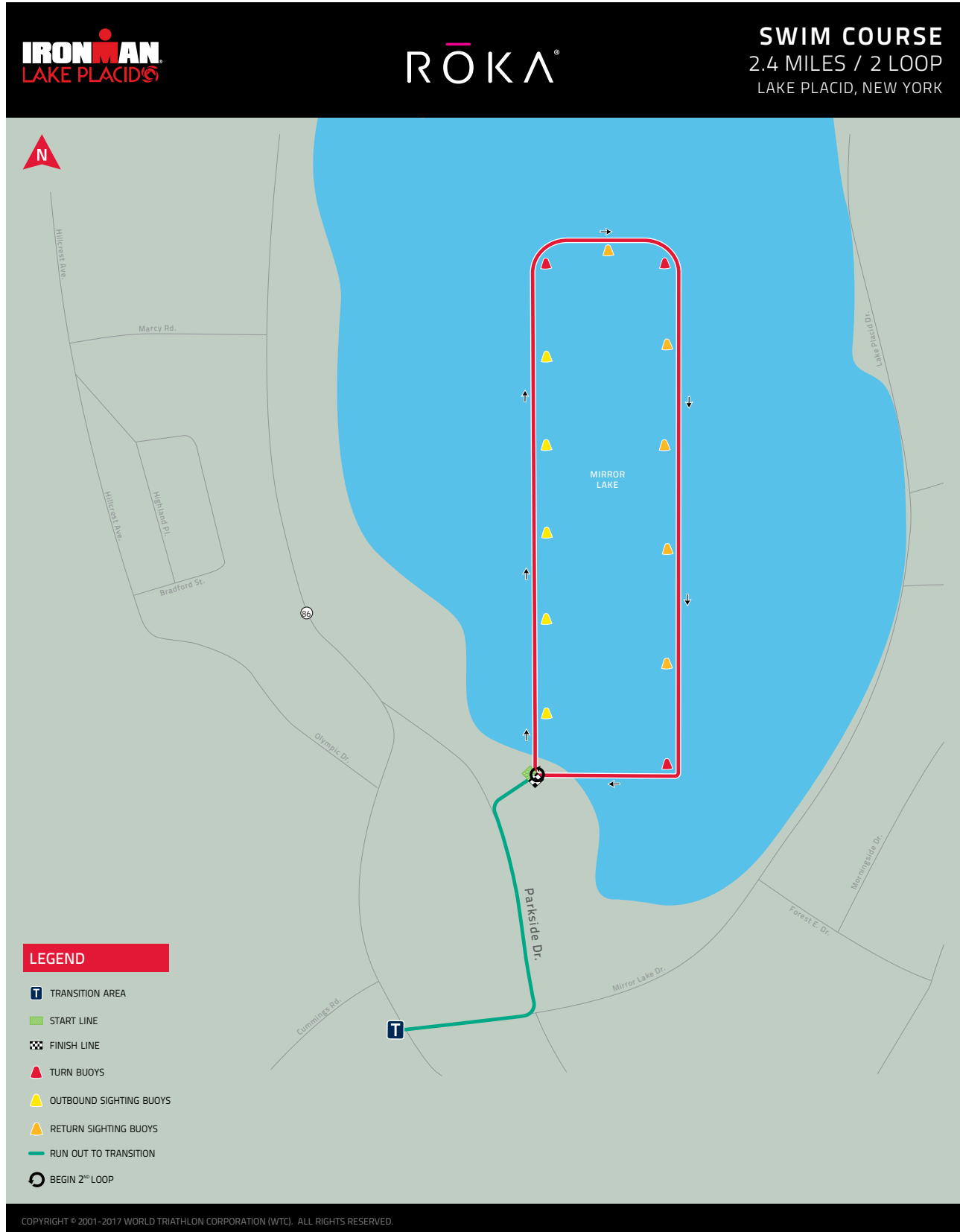
\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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# RÖKA<sup>®</sup> SWIM COURSE

The swim takes place in Mirror Lake, a calm, pristine lake right in the heart of Lake Placid. Water temperature is typically in the high 60s to low 70s degrees Fahrenheit.

Athletes will self seed themselves based on their projected swim time and enter the water via a rolling start beginning at 6:40 AM. The swim course will be two loops and each athlete will exit the water and run on the beach before entering swim entrance again for the second lap





# RÖKΛ SWIM COURSE

## SWIM COURSE RULES

- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- No aqua socks (neoprene booties) unless the water temperature is 65 degrees Fahrenheit or colder.
- When the use of wetsuits is forbidden, clothing covering the neck, clothing covering any part of the arms below the elbows, and clothing covering any part 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 2 hours and 20 minutes after the last athlete enters the water. Each athlete will have 2 hours and 20 minutes to complete the 2.4 mile swim. Individual athletes who take longer than 2 hours and 20 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

## WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5 degrees Celsius).

Athletes who choose to wear a wetsuit in water temperatures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius) will not be eligible for Age Group awards, including IRONMAN World Championship slots or Rolldown slots. If the water temperature is in this range and you choose to wear a wetsuit, you will start after the non-wetsuit swimmers. Athletes electing to start at this time will still have 2 hours and 20 minutes to complete the swim course. All other course cut-off timelines will remain in place.

Prohibited Wetsuit: De Soto Water Rover Wetsuits cannot measure more than 5 mm thick.

Wetsuits will be prohibited in water temperatures greater than 83.8 degrees Fahrenheit (28.8 degrees Celsius).

## SWIMWEAR POLICY

(non-wetsuit legal swims only)

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

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

## SWIM TO BIKE TRANSITION

After the swim, you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Sunscreen is available in transition.

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



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THE NEXT GAME CHANGING INNOVATION IN WETSUIT PERFORMANCE.  
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# SWIMSMART CHECKLIST

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

## 1. PREPARE FOR RACE CONDITIONS

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

## 2. RACE IN SHORTER EVENTS

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

## 3. LEARN ABOUT COURSE DETAILS

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

## 4. ENSURE HEART HEALTH

- As an athlete in training, you should take the proper steps to assess your health with your physician.
- The 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, lightheadedness 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.



# IRONMAN® FOUNDATION

Creating a real and positive impact in  
IRONMAN race communities.

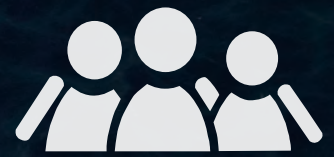
Your  
IRONMAN  
legacy  
is so much  
**more** than  
miles.



**\$17.5 MILLION**  
in Grant Funding



**40** Communities  
Served



**6,300** Organizations  
Impacted

IRONMAN Foundation Athletes help local organizations serve  
their communities better through grant funding and service.

## IRONMAN® LAKE PLACID

**105**

Local nonprofit  
initiatives supported

**\$1,527,000**

Total giveback to the  
Lake Placid Community  
since inception

**\$90,000**

grant funding in 2017

### TRICLUBS IN SERVICE INITIATIVE

At IRONMAN Lake Placid, the IRONMAN Foundation and IRONMAN TriClub Program are partnering to create positive tangible impact through a service project in our local race community, located right inside IRONMAN Village. In partnership with the American Red Cross, IRONMAN athletes, family, and friends may receive hands-only CPR training. When a person has a cardiac arrest, survival depends on immediately receiving hands-only CPR from someone nearby. In a few short minutes, YOU can learn how to save a life!

Race For More | Join the IRONMAN Foundation | Learn more at [ironmanfoundation.org](http://ironmanfoundation.org).





# BIKE COURSE RULES

## 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 overtaken 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 one minute 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.

### Race Distance: IRONMAN

1st BLUE CARD Offense	5:00
2nd BLUE CARD Offense	DSQ
3rd BLUE CARD Offense	DSQ

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 a bike helmet number on the front of their helmet.

10. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chin-strap 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 of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

12. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a blue card (5 minute time penalty).

13. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.

14. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

15. Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However race officials may at their own discretion make final judgment as to the soundness of the bike.

16. Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.

17. Headsets or headphones are not allowed during any portion of the event.

18. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots. Athletes using a mirror without permission will be disqualified.

19. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the Race. A "distracting 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 distracting 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 BRESTBONE (STERNUM). DSQ IF NOT REMEDIED PROPERLY.**

Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

### BEFORE YOU RIDE

### DURING THE 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.

## 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 through 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 brakes 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.



# BIKE STORE AND TECH

## OFFICIAL BIKE STORE BIKES + LIFE

Bikes and Life is the Official Bike Store of IRONMAN LAKE PLACID.

Forgot something? Our expert staff will be on-site at the IRONMAN Village offering the best in hydration, nutrition, equipment, and apparel from the best makers. How's your bike riding? Our expert bike technicians will provide the highest level of service for repairs and upgrades that you may need prior to race day. Your best race yet! On Race Day, our staff will be available for emergency repairs and support in transition as well as on the race course. Also, remember to shop with us before the big race and all year long at [www.bikesandlife.com](http://www.bikesandlife.com) for all your triathlon and racing needs.

## bikes+life.

RACE CHECK OVER - \$50

- Lube chain and check cables
- Brake & Gear Adjustments
- Inspect tires and tire pressure

RACE TUNE-UP: \$80 (Race discount! Normally \$95)

- Lube chain and check cables
- Gear Adjustments
- Inspect tires and tire pressure
- Inspect and adjust front and rear brakes
- Inspect and tighten axle skewers and bolts
- Inspect and adjust seat clamp bolt
- Inspect and adjust all stem clamp bolts
- Inspect pedal attachment to crank arms



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TO FIND OUT WHY RECOVERY IS YOUR EDGE.

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# BIKE STORE AND TECH

## TRIBIKE TRANSPORT

### FOCUS ON YOUR RACE; WE'VE GOT YOUR BIKE

TriBike Transport (TBT) is providing trusted, economical, hassle-free service to your race. [RESERVE YOUR SPACE TODAY](#) for premium bike transport.



# TRIBIKE TRANSPORT

### Fully Assembled Bike Transport

The original [FULLY ASSEMBLED BIKE TRANSPORT](#) service for cyclists and triathletes alike. For an additional fee TBT will take your wheel bag and a gear bag, too!

### Pack & Ship Bike Transport

TBT offers [PACK & SHIP](#) service to athletes living in areas that their trucks just can't get to. You're only responsible for dis-assembling and boxing your bike for outbound shipping and then re-assembly once your bike is returned home. TBT will handle the rest!

### Valet Service\*

Take the night off and use TBT's optional [VALET SERVICE](#). Whether you shipped your bike with TBT or not –TBT will pick up your bike and bags (bike and run) from transition after your race. Two unique Valet Services to choose from:

- Next Day Valet – stop by TBT's corral the day after the race for your pedals and bags (and bike too, if you've got your own transportation)
- Finish & Fly – leave it to TBT to pack your bags in a gorgeous TBT Duffle and ship it home with your bike. The duffle is yours to keep!

### Travel light with TBT!

For more information and to find a partner shop near you, please visit [WWW.TRIBIKETRANSPORT.COM](http://WWW.TRIBIKETRANSPORT.COM).

About TriBike Transport: Founded on the principle of stellar service, since 2004, TriBike Transport (TBT) has provided safe, stress-free and competitively priced round-trip bicycle transportation to triathlon and cycling events. Bicycles are transported fully-assembled, or with our new Pack & Ship Bike Transport service, via TBT's trusted partner shop network and professional drivers, easing the burden on athletes and allowing them to focus fully on their race preparations. For detailed information visit [WWW.TRIBIKETRANSPORT.COM](http://WWW.TRIBIKETRANSPORT.COM)

\*Available at select races

\*\*All fully assembled transports include \$1,000 of declared value, with option to purchase additional coverage. P&S transports include option to purchase coverage.

# DO THE MATH

+STRUGGLE+AIRLINE FEES+UPGRADED CAR RENTAL+STRUGGLE+AIRLINE FEES+DISASSEMBLY  
 CHES+HASSLE+BIKE CASE+HEADACHES+HASSLE+REASSEMBLY  
 TSA INSPECTION+STRUGGLE+AIRLINE FEES+TSA INSPECTION+BIKE CASE  
 HEADACHES+STRESS+BIKE CASE+HEADACHES+STRESS  
 STRESS+STRUGGLE+HASSLE+STRESS+STRUGGLE+AIRLINE FEES  
 KE CASE+TSA INSPECTION+UPGRADED CAR RENTAL+BIKE CASE+HASSLE  
 ASSEMBLY+REASSEMBLY+TSA INSPECTION+AIRLINE FEES+DISASSEMBLY+REASSEMBLY+UPGRADED CAR RENTAL  
 ES+STRESS+BIKE CASE+HEADACHES+STRESS+TSA INSPECTION  
 LINE FEES+HEADACHES+STRUGGLE+AIRLINE FEES+HEADACHES  
 E S S DISASSEMBLY+REASSEMBLY+BIKE CASE+HASSLE+S T R E S S+STRUGGLE

## HASSLE-FREE. ECONOMICAL. UNPARALLELED.



# BIKE TECH

## RACE DAY WHEELS

Race Day Wheels, The Original Wheel Rental Company, began in 2005 and is the Official Wheel Rental Business of the IRONMAN® U.S. Series. Our sole mission is to make you faster without you having to break the bank.

We're here to give both beginner triathletes and experts the opportunity to conveniently ride fast carbon race wheels without having to purchase them. Why pay \$2500+ for wheels that you may only use a few times a year when you can rent newly released 2017 ZIPP Firecrest carbon clincher race wheels starting at only \$160?

Wheel rental includes:

- \* 2017 ZIPP Firecrest® carbon clincher wheels.
- \* Continental GP 4000s clincher tires or ZIPP Tangente Speed tires, tubes and skewers.
- \* Your rental fee off the sale price if you decide to buy.
- \* Free cassette and wheel swap at the events.

Even better, if you do decide that you love the wheels so much that you can't live without them, we can't say that we'd blame you and we'll be happy to sell them to you at a discounted price. We'll also subtract one rental fee from the discounted price for a used set and 2 rental fees for a new set.

Race Day Wheels will be at the majority of the IRONMAN and IRONMAN 70.3 events, so if you're looking to hit a PR this year, lock in your carbon wheels now while they're still available.

### RENTALS

- Bike Rentals: From \$300 <https://www.racedaywheels.com/im-bike-rentals/>
- ZIPP Wheel rentals: From \$160 <https://www.racedaywheels.com/im-events/>

## TECH TIPS AND OTHER DETAILS

Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may, at their discretion, make final judgment as to the soundness of the bikes. Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.

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. Once transition closes, no one will be allowed to enter transition unless accompanied by a race official. On race day, bike tech vehicles will patrol the course to aid in emergency repairs.





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Products and flavors may vary by event.

# HOKA ONE ONE RUN COURSE

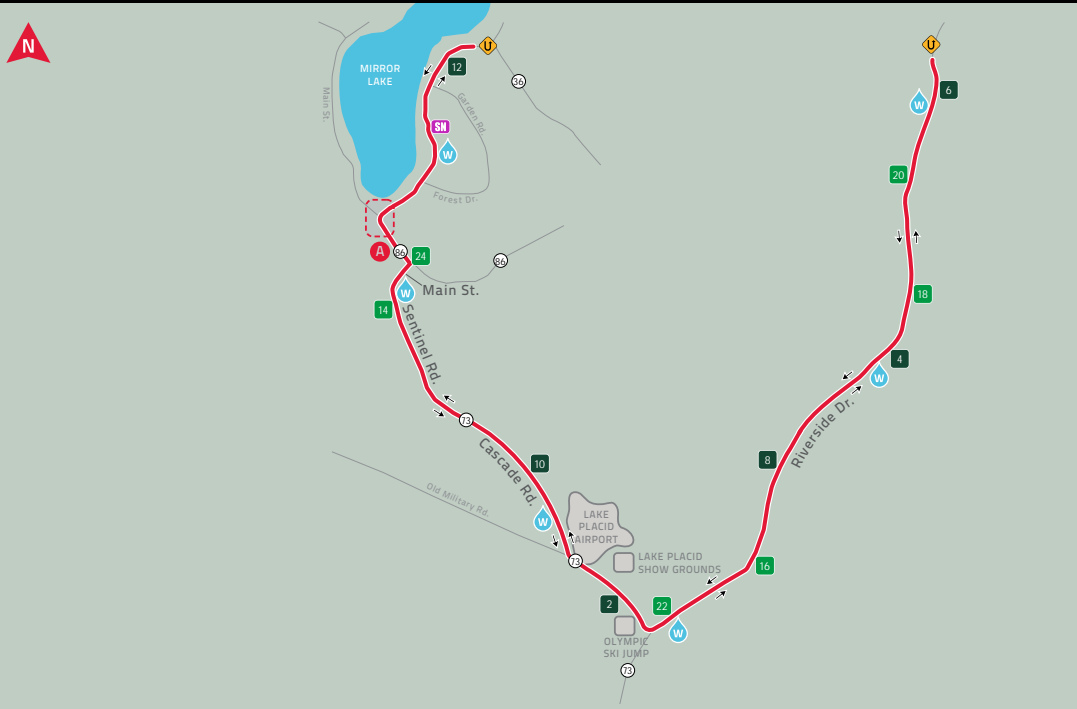
TIME TO FLY™

The two-loop course will challenge athletes with a tour through the city center four times. Runners head past the famed Olympic ski jumps, down to the turnaround on scenic River Road and then back up to the turnaround on the shores of Mirror Lake.





**RUN COURSE**  
26.2 MILES / 2 LOOP  
LAKE PLACID, NEW YORK




**TURN BY TURN DIRECTIONS**

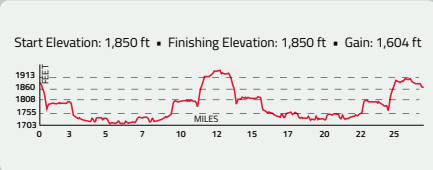
- Exit transition turning right on Main Street
- Right on Sentinel Road/Mill Hill
- Sentinel Road turns into Cascade Road
- Left on Riverside Drive to turnaround #1 and back
- Upon returning to Main Street at the transition area, turn right on Lake Placid Club Drive and follow it to turnaround #2
- Go down Lake Placid Club Drive to Main Street
- Left on Main Street and back out for 2nd loop
- After turnaround on the 2nd loop, return to Main Street and enter the Olympic Speedskating Oval to finish

**LEGEND**

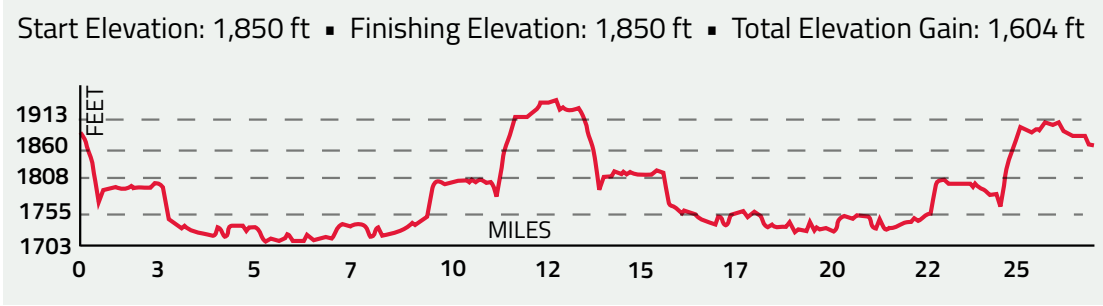
- TRANSITION AREA
- START LINE
- FINISH LINE
- 1<sup>st</sup> LOOP MILE MARKERS
- 2<sup>nd</sup> LOOP MILE MARKERS
- U-TURN
- SPECIAL NEEDS
- BEGIN 2<sup>nd</sup> & 3<sup>rd</sup> LOOP
- WATER/AID STATION
- BODY MARKING



Start Elevation: 1,850 ft • Finishing Elevation: 1,850 ft • Gain: 1,604 ft



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**HOKA** ONE ONE®

# SPEED + CUSHION

Introducing the Clayton 2



# RULES

1. Athletes may run, walk, or crawl.

2. Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.

3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT RUNNERS ARE ALLOWED.

This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing.

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

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

**6. ATHLETES RACING WITHOUT A SHIRT OR RACING TOP WILL BE DISQUALIFIED. UNIFORMS WITH A FRONT ZIP MUST NOT BE UNDONE BELOW THE POINT OF THE END OF THE BRESTBONE (STERNUM)**

## FINISH LINE POLICY

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

## EVENT SANCTION AND RULES

USA Triathlon (USAT) has sanctioned the 2017 IRONMAN Lake Placid. Our rules are published with permission from USAT. Please visit [IRONMAN.COM](http://IRONMAN.COM) for a complete set of IRONMAN Competition Rules.

Under our sanctioning agreement with USA Triathlon, athletes should be aware of the serious consequences of violating USAT Competitive Rule 3.5 - Unregistered Athletes, which states:

a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.

b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

Anyone who violates this rule may be banned for life from any IRONMAN event. Violating this rule puts insurance coverage for the event at risk.

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

# RULES

## RULES APPLYING TO ALL SEGMENTS OF RACE

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

1. Any athlete holding current elite/ professional status from their National Triathlon Federation or a current IRONMAN Professional Membership (as verified by elite/ pro status of an athlete's National Triathlon Federation) is prohibited from racing as an AGE GROUP athlete within the same calendar year, in ANY sanctioned triathlon events anywhere in the world, where there is an elite/ pro wave., within the same calendar year. Disqualification and potential sanction from IRONMAN events, and forfeiture of any AGE GROUP World Championship qualifying slots may result for any athlete that has not adhered to this policy.
  2. Athletes are expected to follow directions and instructions of all course marshals and public authorities.
  3. Race officials shall have authority to disqualify any athlete.
  4. Medical personnel shall have ULTIMATE and FINAL authority to remove a athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in disqualification.
  5. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and may result in the athlete being suspended from competing in any IRONMAN or IRONMAN 70.3 event in the future, depending on the severity of the rule violation.
  6. As a condition of participation in each IRONMAN® and IRONMAN® 70.3® event, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.
- Please refer to IRONMAN's Competition Rules for additional guidance and information.
7. If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the timing tent located at the finish line and turn in their bib number and 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.

8. IRONMAN 70.3 reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings. Notification of any change will be in accordance with IRONMAN Competition Rules.
9. Prize money for any sanctioned event shall be offered equally between men and women in both amount and depth. Additionally, Professional triathletes may not win Age Group awards and Age Group athletes are not eligible for prize money.
10. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the Information Tent.
11. 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.
12. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera who were not given permission will be disqualified.
13. IRONMAN does not allow the transfer of an athlete's registration to another person - no exceptions will be made to this rule. Any attempt to transfer a registration to another person will result in disqualification and suspension from future participation in any IRONMAN or IRONMAN 70.3 event.
14. Assistance provided by event personnel or Race Officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tires, inner tubes and punctures repair kits. Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.
15. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.

## PHYSICALLY CHALLENGED OPEN DIVISION

IRONMAN LAKE PLACID IS WHEELCHAIR ACCESSIBLE ON THE RUN COURSE.

Participation in the PC Open Division is available to athletes with a medically verified Visual Impairment (as such term is defined below) or a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment are not eligible to participate in the PC Open Division;

1. The term "Visual Impairment" means either:
  - (a) a visual acuity of 20/200 (6/60 meters) or less in the better-seeing eye with best conventional correction (meaning with regular glasses or contact lenses)
  - (b) a visual field (the total area an individual can see without moving the eyes from side to side) of 20 degrees or less (also called tunnel vision) in the better-seeing eye
2. Visually impaired athletes must:
  - (a) use only one (1) Guide (Guide can be of either gender).
  - (b) be tethered during the swim segment of the race
  - (c) ride a tandem bicycle during the bike segment of the race
  - (d) during the run segment of the race, use either an elbow lead or a tether lead

FOR MORE INFORMATION REGARDING THE PC OPEN DIVISION, PLEASE VISIT [WWW.IRONMAN.COM/PHYSICALLY CHALLENGED OR E-MAIL PHYSICALLYCHALLENGED@IRONMAN.COM](http://WWW.IRONMAN.COM/PHYSICALLY_CHALLENGED_OR_E-MAIL_PHYSICALLYCHALLENGED@IRONMAN.COM).

## HANDCYCLE DIVISION

IRONMAN LAKE PLACID IS HANDCYCLE APPROVED.

Handcycle (HC) is a competitive division open to athletes who are paraplegic, quadriplegic or double above-the-knee amputees, and race using a hand cranked cycle on the bike, and a racing chair for the run. Handcycle athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run course. Conduct and standards for handlers of HC athletes is governed by the International Triathlon Union Rules.

The HC Division is a competitive division. Race awards with respect to the HC Division will not be based upon age-groups within the HC Division but will be given to the top female and male finishers of the HC Division.

FOR MORE INFORMATION REGARDING HANDCYCLE DIVISION, PLEASE VISIT [WWW.IRONMAN.COM/HANDCYCLE OR E-MAIL HANDCYCLE@IRONMAN.COM](http://WWW.IRONMAN.COM/HANDCYCLE_OR_E-MAIL_HANDCYCLE@IRONMAN.COM)



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# VIOLATIONS

**Jimmy Riccitello**  
IRONMAN HEAD REFEREE

	DRAFTING VIOLATION
	BLUE CARD five minute time penalty served in a penalty tent on the bike course
	LITTERING VIOLATION
	BLUE CARD five minute time penalty served in a penalty tent on the bike course
	BLOCKING VIOLATION
	YELLOW CARD one minute stop and go time penalty served at the next penalty tent
	DISQUALIFICATION (DSQ)
	RED CARD

**THREE BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.**

IRONMAN will operate under the “three strikes and you’re out” principle with respect to BLUE CARD violations. DRAFTING AND LITTERING are the only two violations that will result in a BLUE CARD violation and an athlete will incur a 5-minute time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (**one minute 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 2017 IRONMAN Competition Rules.

The POSITION violations are summarized:

Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.


Keep six bike lengths of clear space between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Always pass on the left of the cyclist in front of you; 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 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.


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-  **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.


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


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

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

---

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



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# MEDICAL POLICY

The athlete excess medical coverage protects each athlete for the day of the event at USAT-sanctioned races, camps and clinics. When athletes purchase a USAT annual license or one-day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in a USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

- Athletes must file with their primary health-care provider (i.e. United Healthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.).
- Athlete completes a medical claim form.
- For serious incidents or for athletes requesting coverage, the Race Director can provide them with a medical claim form. The medical claim form, along with all explanation of benefit documents, should be sent directly from the athlete to the insurance company as indicated on the claim form.

Please e-mail [sanction@usatriathlon.org](mailto:sanction@usatriathlon.org) for a copy of the form.

- Athletes will pay a deductible. All claimants will pay anywhere from \$250 USD (two-hundred and fifty U.S. dollars) to \$1,000 USD (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to athletes that have purchased a USA Triathlon annual license or one-day permit and were injured through participation in a USA Triathlon sanctioned event. Please e-mail questions to [sanction@usatriathlon.org](mailto:sanction@usatriathlon.org).

All medical expenses incurred are the sole responsibility of the athlete and not IRONMAN. USAT provides secondary coverage in qualified circumstances. Failure to meet financial responsibility to local medical facilities will result in suspension of future participation at IRONMAN events until accounts are settled.

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

During events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish. Also, please be attentive when taking water and sponges from volunteers when you're on your bike to avoid the possibility of accident or injury to yourself or another.

Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes. Be especially careful to rinse your goggles of any excess defogger solutions to avoid eye irritation.

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

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

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day.

At Athlete Check-In, you are required to notify the medical team, in writing, if there is any change in your medical status/condition after your application has been processed. Failure to do so will result in suspension of participation in future IRONMAN events.

You are solely responsible for avoiding medications that appear on the list of banned substances as determined from WADA.

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

#### PLEASE NOTE:

Full disclosure of medical condition(s), general health and surgical procedures within the previous 12 months is required. Medical consultation/clearance may be necessary from an attending physician prior to participating in the event.

In all cases, the final decision of medical consideration is at the discretion of the IRONMAN Medical Director.



# ALL WORLD ATHLETE

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. If the race is deemed a non-wetsuit legal race, all athletes who choose to race in the wetsuit wave will receive base participation points in accordance with the All World Athlete age group ranking system. On December 31st, only the top three performances will count toward an athletes' All World Athlete status. This makes it easy for athletes to improve their ranking by simply racing more with IRONMAN.

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: [AGR@IRONMAN.COM](mailto:AGR@IRONMAN.COM)

## BENEFITS FOR THIS RACE:

- \* Fast pass check in
- \* All World Athlete logo on bibs
- \* All World Athlete Swim caps
- \* All World Athlete Tattoos



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PACIFIC NORTHWEST**  
WHERE NOTHING KEEPS US  
FROM GOING OUTSIDE.



Visit the merchandise tent for official  
IRONMAN® finisher apparel by Columbia Sportswear



**IRONKIDS**

**IRON**

## IRONKIDS LAKE PLACID FUN RUN & DIP N DASH

RACE DATE: Friday July 21st at 2 PM

AGES: 3-13 years of age for the Fun Run  
7-15 for the Dip n Dash (USAT)

DISTANCE: 1/2 mile and 1 mile -Fun Run  
100 meter swim & 1 mile run -Dip n Dash

### LOCATION

Mirror Lake

813 Mirror Lake Dr.

Price: \$20 Fun Run \$30 Dip n Dash

### Registration

Online at [www.ironkids.com](http://www.ironkids.com)

On-Site: Thursday 9-5 PM and

Friday 9:00-1:45 PM

The IRONKIDS fun run offers young athletes the opportunity to feel the excitement of competition while enjoying the outdoors and promoting healthy living. Each athlete receives a race bib, finisher shirt, medal, goodie bag and the pride of calling themselves an IRONKID!



Stay Connected. Like us on Facebook.



The IRONMAN TriClub Program would like to recognize TMB Racing, Endurance Nation, and Breakthrough Performance Coaching with this special feature as a benefit of the TriClub loyalty program.



TMB Racing is a team of motivated athletes dedicated to working hard to promote multi-sport participation, and to inspire athletes of all ages and abilities to challenge themselves in a supportive and positive way. The team also joins forces with various organizations to help raise awareness and funding for non-profit causes. Since its inception four years ago, the TMB Racing team has grown in numbers to include the Western, Central and Northern NJ regions. The team is comprised of all athletes who compete in many arenas, of varying distances including triathlon, duathlon, adventure racing, trail running, swimming, and any other sport that makes them happy!

TMB Racing athletes are committed to promoting the sport and each other in a positive and supportive way. We welcome all athletes - with varying ages and abilities - who would like to participate in sport, strive to achieve personal fitness goals, and who want to have fun in the process. Being part of this team is the opportunity to share training/racing tips, find others to train/race with and develop the sense of camaraderie with like-minded people in both a competitive and social setting.



Endurance Nation is the world's largest, fastest and most active online endurance team. EN seeks to educate athletes on how to execute anything and everything they want to accomplish in the endurance space. Through their team coaching method they are able to successfully help thousands of athletes a year execute the races of their choice like the elite.

In the community of triathlon, EN holds the title for 4x Ironman Division 1 Global Tri Club Champions and current Pan America Tri Club Champions. Endurance Nation prides itself on their FirstTimeFinish™ Guarantee which states; train with Endurance Nation for a minimum of 3 months for your first iron distance race with EN (whether it is your 20th race or 1st ever) and if for any reason you do not cross the finish line, Endurance Nation will pay you cash towards the registration of your next race. That act of confidence in coaching ability is unprecedented. Work Hard. Get Smart. Go Fast. is not simply a motto, it is a reality.



Just like your reasons for doing an Ironman are unique and personal, your path and preparation towards that Ironman should be unique and personal too. At Breakthrough Performance Coaching, we take an evidence-based, data driven approach, with all of our coaching decisions made with your goals and your current performance levels in mind. We change as you change, which is critical for progression and development of any athlete. Our coaches are specialists in metabolic testing, advanced power data analysis, sport psychology, and sport specific techniques. The education, experience, and deep passion for triathlon defines Breakthrough Performance Coaching. Our goal is always to have the most knowledgeable, most well prepared athletes on the course. Our athletes qualify for Kona, 70.3 Worlds, hit PRs, and cross finish lines celebrating. Our athletes come together from all over the country, some representing their own teams, some rocking the Breakthrough kit, and ultimately together we race the best that we can and celebrate all of the stories together when the day is done. On race day don't just be ready, be unstoppable!

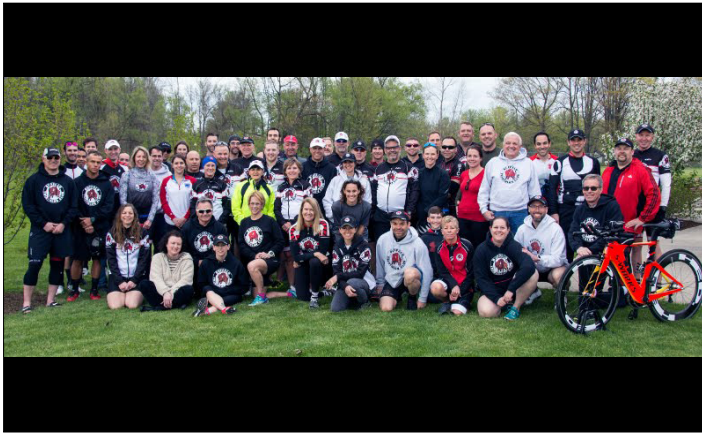




**DIVISION I**  
ENDURANCE NATION  
NATIONAL TEAM



**DIVISION II**  
CNY TRIATHLON CLUB  
Dewitt, NY



**DIVISION III**  
BUFFALO TRIATHLON CLUB  
EAST AMHERST, NY



**DIVISION IV**  
HIGH PERFORMANCE TRAINING (HPT)  
WHITE PLAINS, NY



**DIVISION V**  
TRIHURACÁN  
BRONX, NY



Adirondack Triathlon Club	Chicago Endurance Sports	GD Pioneer Triathlon Club	Long Valley Tri Club
AIM4TRI	Chicago Tri Club	GHS/GCM	Louisville Landsharks Multisport Club
Alaska Triathlon Club	Chongqing Liangjiang Triathlon Club	Gold Coast Triathlon Club	Lunenburg Triathlon Club
AP Racing	Clapham Chasers	Golden Gate Triathlon Club	Malone Coaching
Ashworth Awards Race Team	Clare Zecher Coaching	Green Mountain Multisport	Mapso Tri
Asphalt Green Triathlon Club	Cleveland Tri Club	Greenwich Triathlon Club	Maverick Multisport
ATCK	Club de Triathlon Memphrémagog	Grn Mchn Multisports	MBTC Thunderboltz
Atlanta Triathlon Club	Club de triathlon Rouge et Or de	Gulf Winds Triathletes	McGill Triathlon Club
B Athletic Multisport	l'Universite Laval	Hartford Extended Area Triathletes (HEAT)	Melbourne Triathlon Club Inc
Bakersfield Trispokes	Club Orange	HighFive	Mid Maryland Triathlon Club
Barrington Endurance	Club TRIVIC	Houston Racing Triathlon Club	Midcoast Triathlon Club
BASE Performance Team	Coach Dorrer Performance TRI Team	HRRT	MidGATri Club
BASE Tri Fitness	Columbia Multisport Club	Human Motor Works Racing	Moxie Multisport powered by Wattie Ink
Best Tri Club Ever	CT Tri Club	Hu'nan Mango Triathlon Club	Multi-Sport Life Triathlon Club
Bethlehem Tri Club	Cyclonaut Multisport	Infinite Multisport Triathlon Club	Multisport Madness
Big Sexy Racing LLC	D3 Multisport	IRON ISLA PUERTO RICO	Muncie Area Fun Squad
Bionick Triathlon	DC Triathlon Club	Ironbound Triathlon Club	Naples Area Triathletes
Black Triathletes Association	Delaware Swim and Fitness Tri-	IRONGUATE	New England Tri Fit
Boca Raton Triathletes	Dawgs	IronTex	New Level Coaching
Boston Triathlon Team	District Multisport	ITL Coaching and Performance	No Boundaries Multisport
Boulder Triathlon Club	Durham Region Triathlon Club	Jersey Devils Multisport	No Limits Endurance Coaching
Breakaway Racing	Dynamo Multisport	Jersey Girls StayStrong Multisport	North Texas Multisport
Breakthrough Performance Coaching	E3 Endurance	Jersey Shore Triathlon Club	NorthEast MultiSport
Brooklyn Triathlon Club	Edge Fitness Triathlon	Kain Performance LLC	Northern Westchester Triathlon Club
Broome County Triathlon Club	Eleonore Rocks Triathlon Team	Kansas River Valley Triathlon Club	NorthStar Triathlon and Fitness
Bucks County Triathlon Club	Endurance Multisport	Kennebunk Beach Triathlon Club	NRGPT
C3 Y-Tri Club	Etriatlon Team	Kennedy Law Racing	Oceanside Multisport Group
Cadence Racing Philadelphia	EventHorizon endurance sport	Kona Dreamin Triathlon Club	OSK TRI Team Thailand
California Triathlon	Fast Swim and Triathlon Club	LA TRI Club	Oswego Triathlon Club
Cambridge Multisport Club (Ontario)	FC Endurance	Lakes Area Multisport	Ottawa Triathlon Club
Cape Cod Triathlon Team	FCA Endurance	Langgarverne	Paramount Multisport
Capital District Triathlon Club	Filipino-American Triathlon Club	Leavenworth Triathlon Club	Pasadena Triathlon Club
Capital MultiSport Rogues	Fit Livin	Les Chickens	Pathetic Triathletes Group
Carina Leagues Triathlon Club	Fit2Train	Life Time Tri Team	Philadelphia Triathlon Club
Celtic Tri	Fleet-Feet Triathletes	LiVE4Tri South Jersey Triathlon Club	PHPI Racing LLC
Central Jersey Tri Club	Forward Motion Race Club	Long Beach Island Triathlon Club	PLAYTRI
Central Ohio Triathlon Club	Full Throttle Endurance Racing		Portland TriClub
CGSW Racing	FW Tri Club-Friends Who Tri		
	G3 - Gainesville Triathlon Club		

purplepatch Fitness	Team Firefighter	Tri4Him
QT2 Systems	Team Fraser	Triangle Triathlon Club - USA
QUILICOT	TEAM IMF	Triathlon Club of Burlington
Raise the Bar LLC	TEAM LOWMAN / Endurance	Triathlon Club of New England
Red Performance Multisport	Coaching	Triathlon Club of San Diego
Ride to Give	Team Mossman Triathlon Club	TriAugusta Triathlon Club
Ridgefield Bicycle Sport Club	Team NRGY LLC	Triextremo Ecuador
Ridgewood Tri Athlete	Team Psycho	TriFit MultiSport
Roanoke Triathlon Club	Team Red White & Blue	TriLife NYC
Rochester Area Triathletes (RATs)	Team Revolution3	TRI-LOCO (Indiana)
Rocky Top Multisport Club	Team Runner's Edge/LITC	TriLoco Miami
Royal Navy Triathlon	Team RWB Fort Walton	Trimarni Coaching and Nutrition
Rybread Racing	Team Ryan's Quest	Trinity Endurance Club
Rye Tri Club	Team SFQ	TriWisconsin
Sacandaga Tri Club	Team Sirius Tri Club	US Military Endurance Sports
Sandy Hookers Triathlon Club	Team Sweat Lodge	Valhalla/Valkyrie Racing
Saratoga Triathlon Club	Team Toledo Triathlon Club	Vision Quest Coaching
SeattleTriClub	Team Tri Global	VMPS
Second sTRIng	Team TriBy3	Wattie Ink.
Snapple Tri Club	Team TriSports	Wayne County Tri
SOAS/Hansym Racing	Team Vo2Multisport	Wichita Triathlon Team
Sonic Endurance	Team Z	Wildwood Warriors Triathlon Team
Sons of Thunder	Team Zoot	WillTri Ry
South Shore Tri Coach	Telluride Triathlon Club	Windsor Triathlon Club
Southern Indiana Triathlon Team	Terrapin Racing	Without Limits
SPOFITEC	The Crew Costa Rica	Wounded Warrior Project
Sportfit Lab	The Endurance Factory	Wyckoff YMCA Triathlon Club
Steel Valley Triathlon Club	The Mohawk Foundation	X3 Endurance
SuperFly	The Power of One Team	YBCC Racing (YOUR BEST Coach- ing Company Racing)
SV Multisport Gators	TMB Racing Triathlon Team	Zone3sports
Swim Bike Run St. Louis	TN Multisports	Zoom Multisport
T3 - Tremont Triathlon Team	Toronto Triathlon Club	
T3 Triathlon - Bolivia	Total Training & Endurance (TTE)	
Team Betty	Transition Triathlon Tri Club	
Team BlueLine	Tri A New Life	
Team Carolina Multisport	TRI ALOHA	
Team Every Man Jack	Tri club Cartago	
Team FeXY	Tri Harder Training	
	Tri Team Pully	
	TRI4FIT	



# 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.

**IRONMAN**<sup>®</sup>  
FOUNDATION

**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](http://ironmanfoundation.org)

# ATHLETE CHECKLIST

## 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:

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

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

