

2017 **IRONMAN**<sup>®</sup>  
*Maryland* 

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ATHLETE GUIDE

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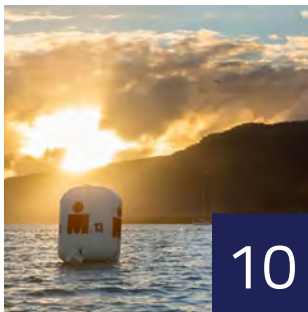
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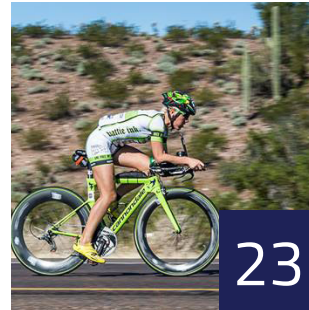
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# WELCOME

## RACE DIRECTOR

Welcome IRONMAN Maryland Athletes!

Your host communities of Dorchester County and the City of Cambridge are eagerly waiting to welcome you, our athletes, for the fourth IRONMAN Maryland. Due to an impending weather event in 2015, we were forced to postpone the race for two weeks but it was re-scheduled and successfully concluded. My reason for mentioning this, is that you are going to be competing in a community that is passionate about our events and determined to do whatever it takes to help you conclude your journey to the finish line. Whether this is your first full distance triathlon or one of many, we look forward to making it memorable and fulfilling.

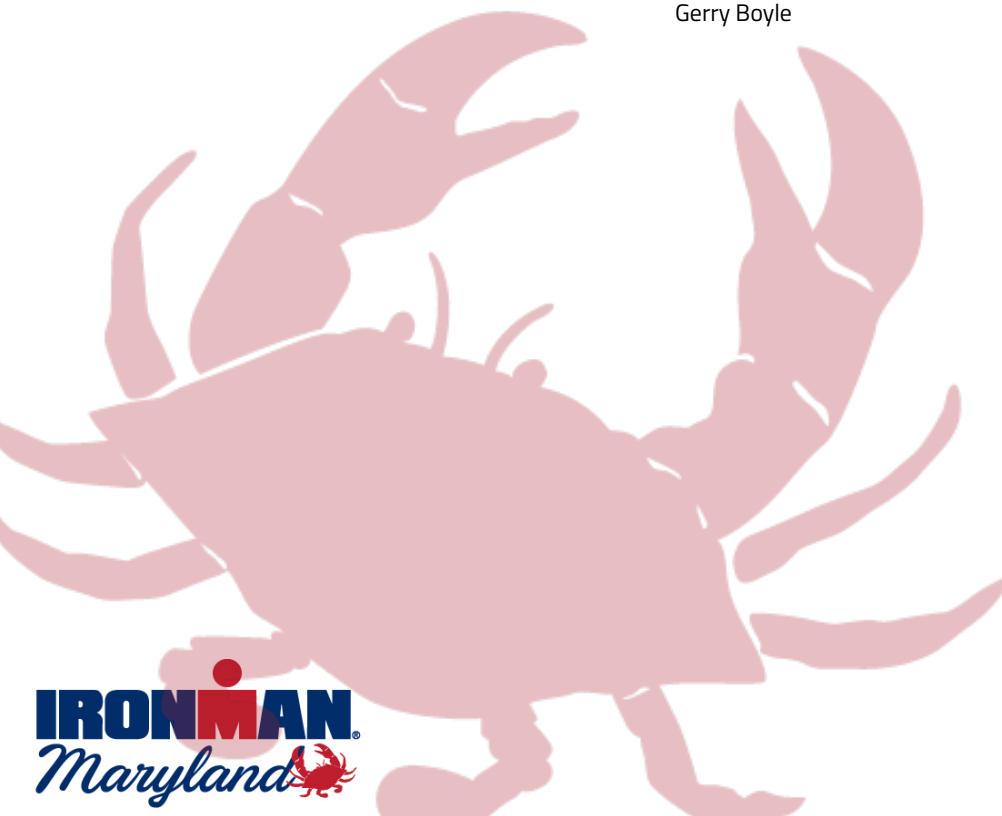
You will begin the morning with a 2 loop, counter-clockwise swim in the Choptank River. We have designed our course to have you swimming the longest leg with the current. If this is your first open water swim, please prepare in advance. Open water is unlike the pool.

With a reputation for the flattest bike course on the circuit, don't be fooled into thinking it is easy. The winds blowing from the Chesapeake Bay can swirl and change direction without notice. You might have the opportunity to enjoy some of the amazing wildlife in Blackwater Wildlife Refuge with its spectacular marshland.

Your run course is fun and energizing. It is a two and a half loop course that takes you into the heart of downtown Cambridge (with a turn around outside our micro-brewery). Your friends and relatives will have ample opportunities to cheer you on your way and to greet you at the finish line adjacent to our marina and lighthouse.

Train hard and safely. We look forward to welcoming you to our home and in making you treasured guests as you prepare and compete in IRONMAN Maryland 2017.

Regards,  
Gerry Boyle



# EVENT SCHEDULE

WEDNESDAY, OCTOBER 4, 2017

START	END	EVENT	LOCATION
9 AM	5 PM	Athlete Check-In <b>*No Athlete Check-In Friday or Race Day</b>	Long Wharf
9 AM	5 PM	IRONMAN Village	Long Wharf
9 AM	5 PM	Official IRONMAN Store	Long Wharf
9 AM	5 PM	IRONMAN Bike Store & Tech Service Center	Long Wharf
9 AM	5 PM	Information Tent	Long Wharf
9 AM	5 PM	VIP Spectator Credential Pick-Up	Long Wharf
11 AM		Athlete Briefing	Long Wharf
2 PM		Athlete Briefing	Long Wharf

THURSDAY, OCTOBER 5, 2017

START	END	EVENT	LOCATION
9 AM	5 PM	Athlete Check-In <b>*No Athlete Check-In Friday or Race Day</b>	Long Wharf
9 AM	5 PM	IRONMAN Village	Long Wharf
9 AM	5 PM	Official IRONMAN Store	Long Wharf
9 AM	5 PM	IRONMAN Bike Store & Tech Service Center	Long Wharf
9 AM	5 PM	Information Tent	Long Wharf
9 AM	5 PM	VIP Spectator Credential Pick-Up	Long Wharf
10 AM	2 PM	"First-Timers" Intro to Success	Great Marsh Park
11 AM		Athlete Briefing	Long Wharf
2 PM		Athlete Briefing	Long Wharf
6:30 PM	7:30 PM	Opening Ceremony (Free admission for athletes, family and public)	Inside Sailwind's Park

FRIDAY, OCTOBER 6, 2017

START	END	EVENT	LOCATION
9 AM	5 PM	VIP Spectator Credential Pick-Up	Long Wharf
9 AM	5 PM	IRONMAN Village	Long Wharf
9 AM	5 PM	Official IRONMAN Store	Long Wharf
9 AM	5 PM	IRONMAN Bike Store & Tech Service Center	Long Wharf
9 AM	5 PM	Information Tent	Long Wharf
10 AM	3 PM	Mandatory Bike & Gear Bag Check-In	Great Marsh Park
11 AM		Athlete Briefing	Long Wharf
2 PM		Athlete Briefing	Long Wharf

# EVENT SCHEDULE

## SATURDAY, OCTOBER 7, 2017 - RACE DAY!

START	END	EVENT	LOCATION
5 AM	6:30 AM	Transition Area Open; Body Marking	Great Marsh Park
5 AM	6:30 AM	Drop Special Needs Bike & Run Bags	Great Marsh Park
6:45 AM		Race Start	Great Marsh Park
7 AM	1 PM	Information Tent	Great Marsh Park
9 AM	5 PM	IRONMAN Village	Long Wharf
9 AM	10:30 PM	Official IRONMAN Store	Long Wharf
2 PM	10 PM	Information Tent	Long Wharf
4 PM	Midnight	Massage Tent	Long Wharf
6 PM	1 AM	Mandatory Bike & Gear Check-Out	Great Marsh Park

## SUNDAY, OCTOBER 8, 2017 - CELEBRATION DAY

START	END	EVENT	LOCATION
7 AM	12 PM	IRONMAN Bike Store & Tech Service Center	Long Wharf
7 AM	2 PM	Official IRONMAN Store - FINISHER MERCHANDISE	Long Wharf
7 AM	2 PM	IRONMAN Village	Long Wharf
9 AM	11 PM	Lost & Found	Hyatt Regency Chesapeake Bay
9 AM	11 PM	Celebration Day and Volunteer Appreciation Breakfast	Hyatt Regency Chesapeake Bay
9:30 AM		Award Ceremony	Hyatt Regency Chesapeake Bay
11 AM		2018 IRONMAN World Championship Slot Allocation/Rolldown Ceremony	Hyatt Regency Chesapeake Bay

\*Slot Allocation will begin immediately following Awards Ceremony.

# ATHLETE CHECK-IN

## WHEN:

- Wednesday, October 4 from 9 AM to 5 PM
- Thursday, October 5 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 THURSDAY, OCTOBER 5.

## 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 MARYLAND ATHLETE SERVICES  
813.415.6767

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

Emergency phone hours are as follows:

Wednesday, October 4	9 AM to 6 PM
Thursday, October 5	9 AM to 6 PM
Friday, October 6	8 AM to 8 PM
Saturday, October 7	5 AM to 12:30 AM
Sunday, October 8	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 2018 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.**



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# PRE-RACE INFO

## BIKE/RUN GEAR BAGS AND 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 AND GEAR CHECK-IN

Mandatory Bicycle and Gear Bag Check-In is Friday, October 6 from 10 AM to 3 PM at Great Marsh Park.

**Bike Check-In:** Great Marsh Park

**Bike Gear Bag Check-In:** Great Marsh Park

**Run Gear Bag Check-In:** Great Marsh Park

All bicycles and Bike/Run Gear Bags must be checked in on Friday 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 5 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 can be placed on your bike, all other gear MUST go into the athlete's blue 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, meds) you may need at the finish line in your Morning Clothes Bag. Leave the bag in the designated drop area near the swim start. Your Morning Clothes Bag may be retrieved after the race in the post race festival area, near athlete food. Any items that do not fit inside the Morning Clothes Bag, such as bike pumps and backpacks, will not be accepted.

## SPECIAL NEEDS BAGS

**Bike Special Needs Bag – Orange.**

Drop this bag off on race morning at the designated area on the parking lot adjacent to swim finish.

Bike Special Needs will be located at the High School at the start of the 2nd loop.

**Run Special Needs Bag – Black**

Drop this bag off on race morning at the designated area on the parking lot adjacent to swim finish.

During your race, Run Special Needs will be located on the parking lot (adjacent to where swim exit was) and you can access your bag ONCE on any pass. Having accessed it, the bag will be discarded and you will not be able to retrieve it a second time.

Both the Bike and Run special needs stations are for special needs purposes such as nutritional items, extra pair of socks etc. You should not consider them as a second gear bag. Special needs bags WILL NOT be returned.

**Do NOT put anything of value in your bike or run special needs bags. Special needs bags will NOT be returned.**

## MANDATORY ATHLETE BRIEFING

Athletes are required to attend one of the Mandatory Athlete Briefing on Wednesday, Thursday, or Friday at 11 AM and 2 PM. The briefings will cover important information pertaining to any peculiarities on the course, rules and cut-off times for the disciplines and most importantly, any last minute changes or procedures to the event that have occurred, or may potentially occur due to weather related forecasts.

## 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 Cambridge's invited guests, please respect and obey the traffic laws during your training practices. Violators will be cited. You are required to carry proper identification at all times. If you are stopped, you must present your identification to the inquiring officer. Failure to do so may result in race disqualification. Your cooperation is appreciated.



# PRE-RACE INFO

## PRE-EVENT SWIM ADVISEMENT

There will be a designated swim practice area to the west of the swim course in Hambrooks Bay. Entry to this area will be marked by a large inflatable. Avoid swimming in the swim course. Not only is this an active area for commercial fishermen, but staff will also be busy setting course buoys for race day. Athletes may swim in the practice area on race morning but must exit the water to join their respective swim waves on shore by the beach. It is 200 yards from the swim practice area to the beach. DO NOT swim from the practice area to the swim start because you would be crossing the swim course and interfering with the athletes on course.

## CAMPING

Camping and RV parking is available at 2 locations during IRONMAN Maryland.

- Dorchester County YMCA (one block from transition): \$75 per night.  
For information, e-mail [reservations@dorchesterymca.org](mailto:reservations@dorchesterymca.org) or call 410-221-0505
- Cambridge South Dorchester High School : \$50 per night.  
Proceeds go to High School football team  
For information, contact Jake Coleman: [colecscd@yahoo.com](mailto:colecscd@yahoo.com)

## OPENING CEREMONY & DINE AROUND

Join us as we kick off the 2017 IRONMAN Maryland at the Opening Ceremony on Thursday, October 5 inside Sailwind's Park

Live Music: 5:30 PM

Ceremony: 6:30 PM

Food, Beer and Wine Vendor's Onsite

Featuring a parade of nations recognizing participating countries.

A full Athlete Briefing will take place at the end of the ceremony, in the event outdoor briefing are cancelled due to weather.

The Opening Ceremony is free of charge for all athletes, spectators and the general public.

Athletes will be given a \$25 voucher with their packet during Athlete Check-In. The voucher will be valid Wednesday, October 4 through Sunday, October 8. A list of participating restaurants will be handed out with the voucher at Athlete Check-In.

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# RACE DAY INFO

## RACE MORNING PROCEDURE

Transition opens at 5 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. Leave it with your gear and put it on before you head out on the run course. You do not need your bib number on the bike. The number will not hold up for the duration of the race if it gets wet.

Body marking will begin at 5 AM just inside transition. Do not number yourself expecting to bypass check-in. 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 6:30 AM All athletes must be out of transition and headed to the swim before this time.

## 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.

## 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  
740 West 1700 South, #7  
Salt Lake City, UT 84104

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

## RACE DAY SHUTTLE

Shuttle parking will be at Mace's Lane Middle School, Mace's Lane (see map on page 15). From 4:45 AM race morning until 1 AM Sunday. Pick-up is outside Great Marsh Park only.

## 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  
HOTSHOT

## RACE TIMING AND CUT-OFFS

**The race will officially end 17 hours after the last athlete enters the water.** Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

### SWIM CUT-OFF

The swim course will close 2 hours and 20 minutes after the last age group athlete starts the swim. 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. All athletes will be required to begin Lap 2 within 1 hour and 10 minutes from the start of the last age group athlete. Anyone who has not reached the start of Lap 2 within 1 hour and 10 minutes will not be permitted to begin Lap 2. 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, around mile 58 at 1:30 PM 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. The bike course will close at 5:30 PM Athletes arriving at the bike dismount line after 5:30 PM will not be permitted to continue.

### RUN CUT-OFF

There will be one cut-off at approximately mile 21 at 10:55 PM (beginning of the third loop, leaving Great Marsh park). The race will officially end 17 hours after the last athlete enters the water.

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 have a finishing time of more 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**

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# POST RACE INFO

## BIKE & GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out is from 6 PM to 1AM in the transition area on race day. **If your bike or bags are not reclaimed by 1 AM on Sunday, IRONMAN will not be responsible for any items left.** 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!

## CELEBRATION DAY

Celebration Day festivities will take place in two locations on Sunday, October 8. At Long Wharf, you can shop in the Official IRONMAN Merchandise Store.

The Athlete & Volunteer Breakfast will be held at The Hyatt Regency Chesapeake Bay at 9 AM. Food service will begin at 9 AM. 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. Volunteers attending the breakfast, also for free, should wear their volunteer shirt or wristband. Food tickets will be available for friends and family to purchase at the Information Tent during IRONMAN Village hours, and at the doors for the Athlete & Volunteer Banquet at 8:45 AM.

## 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. Please check the event schedule for the Information Tent locations. After the conclusion of the event, please contact [MARYLAND@IRONMAN.COM](mailto:MARYLAND@IRONMAN.COM) to locate any missing items and schedule returns. Shipping fees will apply. To minimize lost equipment, please label everything of value (wetsuit, helmet, watch, etc.).

\*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/MARYLAND](http://IRONMAN.COM/MARYLAND).

## 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 can email [MARYLAND@IRONMAN.COM](mailto:MARYLAND@IRONMAN.COM) after the race to exchange their finisher shirt for a different size. Shirt sizes are based on availability and are not guaranteed.

## FINISHER CERTIFICATE

To get your finisher certificate, go to [IRONMAN.COM/MARYLAND](http://IRONMAN.COM/MARYLAND) 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 2018 IRONMAN World Championship (October 13, 2018) on offer at the 2017 IRONMAN Maryland. Be prepared to pay the 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, October 8 at 11 AM immediately following the Awards Ceremony. We recommend being at least 15 minutes early. Be prepared to pay the \$950 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.



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# 2018 REGISTRATION

## IRONMAN MARYLAND – SEPTEMBER 29, 2018

### NEW IN 2018

#### INVENTORY-BASED PRICING

IRONMAN Maryland is offering inventory-based pricing with selected quantities of slots being offered at prices significantly lower than prior years.

- TIER 1: \$650.00 USD
- TIER 2: \$700.00 USD
- TIER 3: \$750.00 USD
- TIER 4: \$785.00 USD

#### PAYMENT PLAN OPTION

Athletes who register on or before January 14, 2018 may elect to pay via a three-part payment plan. Athletes will be charged the Tier 3 price in three equal installments. To elect the payment plan, an athlete needs to register under the "Payment Plan" category during the first 90 days of general entries being available and make the initial \$250 (USD) payment. All three payments must be completed for an athlete to race – partial payments will not be refunded or honored as race entries. Athletes electing the payment plan may also utilize the deferral option listed above once all three payments have been completed.

#### DEFERRAL PROGRAM

Athletes who register on or before January 14, 2018 are eligible to defer their entry into the 2019 IRONMAN Maryland free of charge. All deferral requests will be honored until August 15, 2018 regardless of the reason for deferral. The deferral may only be used once. Athletes who elect to defer their entries forfeit any partial refund or insurance refund.

### PRIORITY REGISTRATION

Avoid the lines and register from the comfort of your own home or hotel room! In lieu of on-site registration, current year athletes and volunteers will receive a priority registration link to secure their slot into the 2018 IRONMAN Maryland!

#### 2017 IRONMAN MARYLAND ATHLETES

All 2017 IRONMAN Maryland registered athletes will receive a priority registration link via email on Sunday, October 8, 2017\*. This link will be sent to the email address provided on their 2017 IRONMAN Maryland registration. Athletes will have until Saturday, October 14 at 11:59pm ET to complete their priority registration.

#### 2017 IRONMAN MARYLAND VOLUNTEERS

All 2017 IRONMAN Maryland Volunteers will receive a priority registration link via email on Sunday, October 8, 2017.\* This link will be sent to the email address provided on their 2017 IRONMAN Maryland volunteer registration form. Volunteers who do not show up for their shift will not receive the priority registration opportunity. Priority registration will close on Saturday, October 14 at 11:59pm ET.

\*Links will be sent by end of business day. Be sure to check your spam folder for any missing invitations! Please contact [maryland@ironman.com](mailto:maryland@ironman.com) if you do not receive your priority registration link.

### GENERAL ENTRY ONLINE REGISTRATION

Online registration for the 2018 IRONMAN Maryland will open on Monday, October 16 at Noon ET. Please log on to [www.ironman.com/maryland](http://www.ironman.com/maryland) to register. Please see the tiered pricing schedule and register early to save!

### 2018 PARTIAL REFUND POLICY

Withdrawal requests must be received via email to [maryland@ironman.com](mailto:maryland@ironman.com). Without exception, all requests must be received on or before August 15, 2018 to be eligible for a partial refund of \$150 (USD).

### 2018 TRANSFER POLICY

Athletes who are unable to attend the event are eligible to transfer their entry into a 2018 IRONMAN or IRONMAN 70.3 race that has general entry slots available. Transfer requests will be honored until August 15, 2018.

### PROTECT, SECURE AND SAVE!

By registering early, you can save on and protect your entry when you purchase the Event Registration Protection from Allianz Global Assistance! For only \$90, plus entry fee, you may be eligible to receive a full refund of your registration fee if you are unable to participate due to an injury, illness, pregnancy or childbirth, unanticipated active duty deployment, unexpected covered travel delays, a family member's pregnancy or childbirth, a family member's loss of life, injury or illness. For more information on the Event Registration Protection please visit [www.ironman.com/triathlon/events/registration-protection](http://www.ironman.com/triathlon/events/registration-protection)

# PARKING

## AND SHUTTLE BUS INFORMATION

Parking around race venue (IRONMAN Village and Great Marsh Park) is difficult. Please be considerate of the local community. DO NOT park in areas marked "NO PARKING" or "RESIDENT PARKING ONLY" or on streets visibly designated as NO PARKING areas.

Where possible, use the shuttle bus service that is free and convenient and which will run every day. Details below.

### RACE WEEK PARKING AND SHUTTLES (Wednesday, Thursday & Friday)

Event parking is available at Sailwinds Park, (off Maryland Ave). Shuttle buses will run from there to IRONMAN Village and GMP (transition). Space permitting, drivers will allow you to bring your bike on the bus.

Between IRONMAN Village and GMP, there will be "shuttle passenger vans" from the Yacht Club entrance to GMP (transition). It is only a short walk however between the two locations.

### RACE DAY

Event parking will be at MACE'S LANE MIDDLE SCHOOL on Mace's Lane. Shuttle buses will run from there, beginning at 4:30 am Saturday until 1:00 am Sunday. Pick-up at the School, drop off outside GMP (corner Hambrooks Blvd and Glenburn Ave).

After the swim, spectators may board shuttle buses to drive over the High School to spectate as athletes ride through the school, beginning their second loop and picking up Special Needs Bags. The last bus will return from the school at 1:30 pm


Shuttle "passenger vans" will run between GMP (transition) and IRONMAN Village all day until the race is finished. In the evening, please give priority seating to athletes rather than filling the bus with friends and family.

If you are walking from GMP (transition) to the IRONMAN Village or back, please STAY ON THE SIDEWALK. This route is part of the run course and you must be respectful of athletes still on course.



## PARKING MAP

GOLF CARTS WILL BE RUNNING  
BETWEEN GREAT MARSH PARK  
AND IRONMAN VILLAGE  
EACH DAY OF RACE WEEK



SHUTTLES WILL RUN TO & FROM THE HIGH SCHOOL AFTER THE  
SWIM TO WATCH THE BIKE AT BIKE SPECIAL NEEDS AREA

BE AWARE OF THE NEIGHBORHOOD AND RESPECT DRIVEWAYS AND PRIVATE PROPERTY



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TOUGH.  
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# RÖKA® SWIM COURSE

Swim Start and Transition will be located in Great Marsh Park. Athletes will begin their day with a 2 loop swim in the Choptank River. The swim course will be a rolling start from a sandy beach with athletes self-seeding themselves by expected finish time.



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THE NEXT GAME CHANGING INNOVATION IN WETSUIT PERFORMANCE.  
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# RÖKΛ SWIM COURSE

## ROLLING SWIM START

IRONMAN Maryland will feature a "Rolling Start". Athletes will self-seed into swim start corrals based upon their estimated swim finish time. Each athlete will be allotted 2 hours 20 minutes to complete the swim course. Self-seeding will be based on your individual abilities according to your expected finish time. You can avoid being overtaken by stronger swimmers by seeding yourself with athletes of a similar skill and ability levels.

Athletes' official race time will start when they cross the timing mat. All athletes will have the traditional 17 hours to complete the entire event (subject to intermediate cut-off times throughout the event).

## 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.

# 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.

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**6,300** Organizations  
Impacted

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

**IRONMAN<sup>®</sup>**  
*Maryland* 

**GIVEBACK STATS**

**\$194,000**

Total giveback to the  
IRONMAN Maryland  
community

**59**

Local nonprofit  
initiatives supported

**\$25,000**

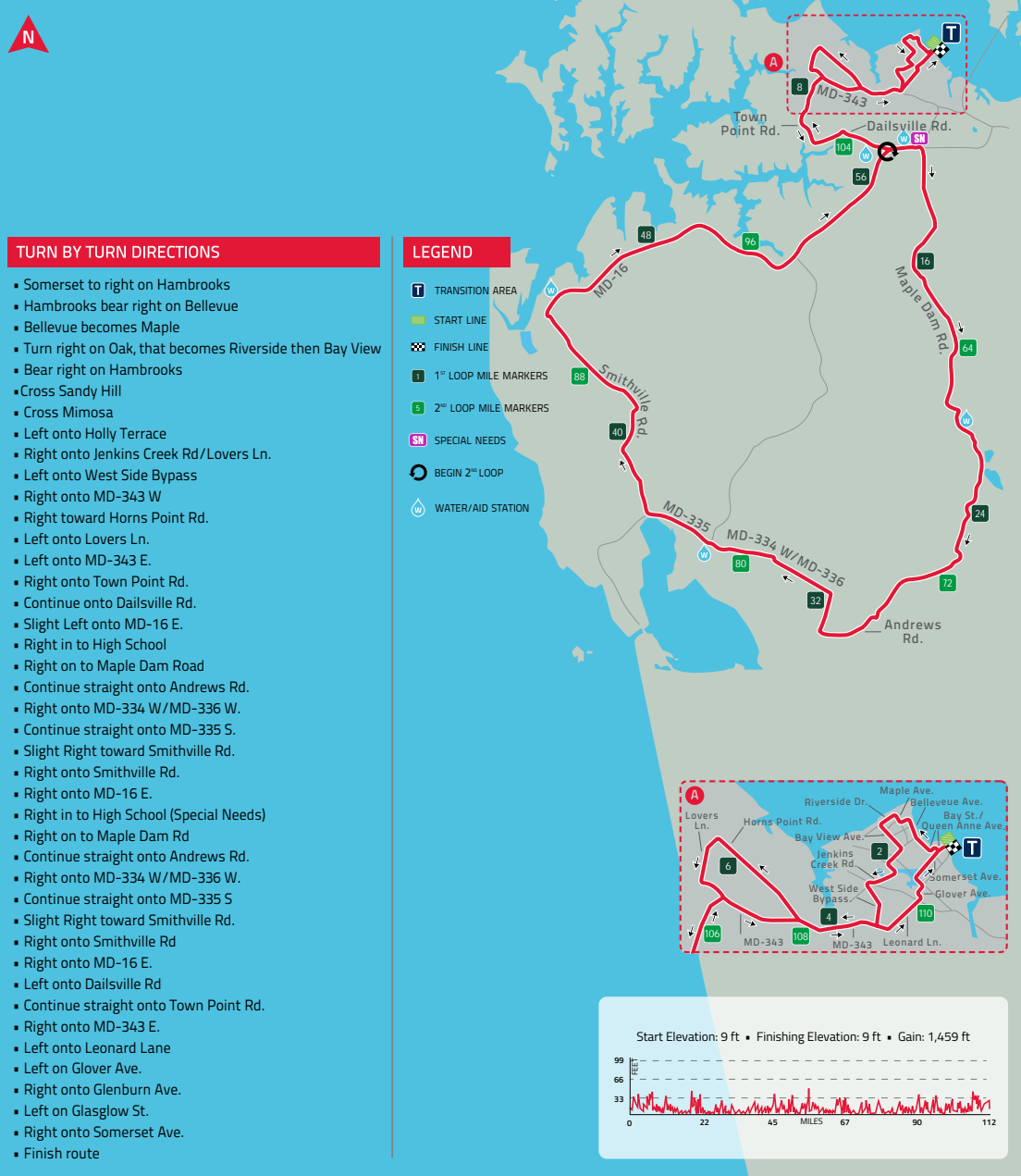
Grant funding  
awarded in 2017

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# BIKE COURSE

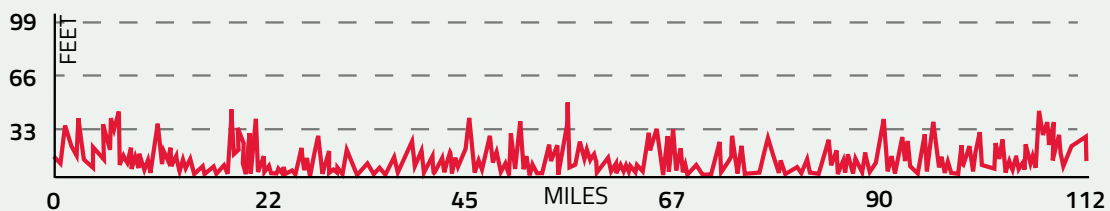


**BIKE COURSE**  
112 MILES / 2 LOOPS  
CAMBRIDGE, MARYLAND



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Start Elevation: 9 ft ■ Finishing Elevation: 9 ft ■ Total Elevation Gain: 1,459 ft



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# 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:

- 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.
- 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:

- 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.
- Have race numbers marked by the PT Official with a " /".
- Register, via the sign-in sheet.
- Resume the race after serving a one minute stop and go time penalty for all non-drafting violations (YELLOW CARD).
- 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	5:00
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 must be placed 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. Headsets or headphones are not allowed during any portion of the event.

17. 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.

18. 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.

**19. 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

## 1 IT STARTS WITH YOUR BIKE

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

## 2 LEARN THE BASICS

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

## 3 SUIT UP

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

## 4 BE PREPARED TO RIDE

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

## 5 PLAN AHEAD

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

## 6 INFORM OTHERS

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

### DURING THE RIDE

## 7 STAY ALERT

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

## OFFICIAL BIKE STORE TRICYCLE & RUN

TriCycle and Run is the Official Bike Store of the 2017 IRONMAN Maryland. Our staff of triathlon experts will be on location at the IRONMAN Village offering quality triathlon supplies, equipment, gear, apparel and nutrition from most of the major manufacturers. As a USAT Certified Triathlon shop, we will be offering a 10% off discount to all athletes on all merchandise purchases. Our certified bike technicians will be on hand to provide the highest level of service for any bike repairs you may need in the days prior to race day. On race day, our staff will be available for emergency repairs and support in the transition area as well as on the race course. Be sure and visit our booth at the IRONMAN Village before the big day to stock up on all your triathlon and racing needs.

Our bicycle technicians will be providing pre-race day bicycle safety checks at no charge to all athletes participating in the 2017 IRONMAN Maryland event. This will be an individualized inspection to ensure that all the critical parts of your bicycle are tightened and safe for race day performance. This service will be offered at the IRONMAN Village during posted hours. One of our bike technicians will also be located at the transition area on the day before race day.

### SPECIAL PRE-RACE DAY TUNE-UP FOR \$50 SERVICE INCLUDES:

- Lube and adjust drive train
- Inspect and adjust front and rear brakes
- Inspect and tighten axle skewers and bolts
- Inspect tires and tire pressure
- Inspect and adjust seat clamp bolt
- Inspect and adjust all stem clamp bolts
- Inspect pedal attachment to crank arms
- Inspect wheels, spokes and hubs-touch up wheel true

### RACE DAY CHECK OVER FOR \$30 SERVICE INCLUDES:

- Lube and adjust drive train
- Inspect and adjust front and rear brakes
- Inspect tires and tire pressure

### FLY IN SERVICES:

#### EARLY BOOKING OFFER:

- Ship Bike to our Retail Location prior to Race Day Weekend UNPACK, ASSEMBLE, TUNE & DELIVER to IRONMAN VILLAGE \$75 (\*shipping labels must be provided)
- DISASSEMBLE, PACK, & SHIP (\*with customer provided shipping label) \$75

#### ON-SITE OFFER:

- UNPACK, ASSEMBLE and TUNE at IRONMAN Village site \$100
- DISASSEMBLE & PACK at IRONMAN Village site \$100

#### BENTO BOX' SPECIAL OFFER

We are offering a ready-to-go 'Bento Box' special as well. Email us your wish list of race day essentials, and we will do our best to fill your order, box it, invoice it, and have it ready to pick up at our IRONMAN Village booth. Use our event email address [immd@tricycleandrun.com](mailto:immd@tricycleandrun.com) to send us your list!

Any questions that you may have regarding services offered or product/brand availability, please email us at [immd@tricycleandrun.com](mailto:immd@tricycleandrun.com). We look forward to serving as your Official Bike Store!

## 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 \$2700+ for wheels that you may only use a few times a year when you can rent newly released 2016 ZIPP Firecrest carbon clincher race wheels starting at only \$160?

#### Wheel rental includes:

- \* 2016 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.



## TECH TIPS AND OTHER DETAILS

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

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

BY YOUR SIDE  
THE WHOLE  
RACE THROUGH

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Deep discounts on wetsuits, saddles, running shoes and more.  
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**ACTIVE** Advantage.

# HOKA ONE ONE RUN COURSE

TIME TO FLY™





**RUN COURSE**  
26.2 MILES / 2.5 LOOPS  
CAMBRIDGE, MARYLAND



**TURN BY TURN DIRECTIONS**

- Start route
- Right onto Bay St./Queen Anne Ave.
- Right onto Hambrook Blvd.
- Continue onto Bellevue Ave.
- Bellevue Ave becomes Maple Ave.
- Right onto Oak St.
- Oak becomes Riverside, then Bay View Ave.
- Continue onto Hambrook Blvd.
- Left onto Holly Terrace
- Right onto Jenkins Creek Rd.
- Left onto West Side Bypass
- Right onto 'circle' counter clockwise to turnaround # 1
- Turn and run clockwise
- Left onto Bypass
- Right on to Jenkins Creek Rd.
- Left onto Holly Terrace
- Right onto Hambrook Blvd.
- Slight Left onto Bay View Ave.
- Bay View becomes Riverside Dr then Oak St.
- Left onto Maple Ave.
- Maple Ave. bears right onto Bellevue Ave.
- Continue onto Hambrook Blvd.
- Left onto Bay St./Queen Anne Ave.
- Left onto Somerset Ave. – enter Great Marsh Park
- Follow circuit through Great Marsh Park
- Exit Glenburn Ave.
- Turn Left onto Hambrook Blvd.
- Hambrook becomes Water St.
- Right onto High St.
- Left onto Poplar St. to turnaround #2
- Right on High St.
- Left on Water St (to begin loop2/3. Straight to finish after loop 3)

**LEGEND**

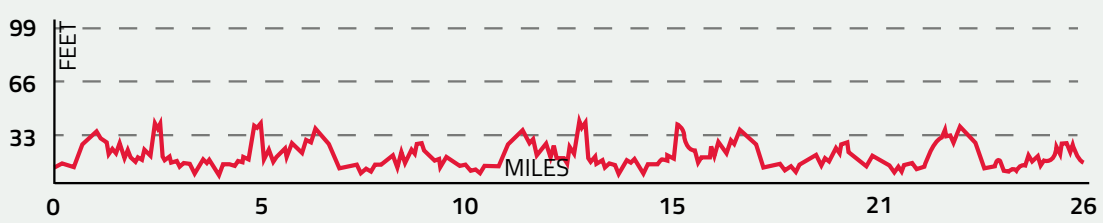
- T TRANSITION AREA
- START LINE
- FINISH LINE
- 1 1<sup>st</sup> LOOP MILE MARKERS
- 5 2<sup>nd</sup> LOOP MILE MARKERS
- 3 3<sup>rd</sup> LOOP MILE MARKERS
- U U-TURN
- SN SPECIAL NEEDS
- W WATER/AID STATION

Start Elevation: 10 ft • Finishing Elevation: 10 ft • Gain: 291 ft



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Start Elevation: 10 ft ■ Finishing Elevation: 10 ft ■ Total Elevation Gain: 291 ft





**HOKA** ONE ONE®

# **SPEED + CUSHION**

Introducing the Clayton 2

# RUN COURSE 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 Maryland. 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 MARYLAND 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 MARYLAND 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)

  
healthier together™



**Sarah True & Ötzi**  
Two-Time Olympic Triathlete & Her Nulo Dog







  
**IRONMAN**  
U.S. SERIES

OFFICIAL PET FOOD

**Fuel Their Inner-Athlete™**  
Pet Nutrition Inspired by World Class Athletes

# 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).

---

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

---

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

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



**IRONMAN**  
NORTH AMERICAN SERIES

OFFICIAL SPORTS  
NUTRITION SUPPLEMENT



Certified for Sport\*



## PERFORMANCE NUTRITION FOR ENDURANCE ATHLETES

Beachbody Performance™ has key ingredients scientifically shown to help give you more energy, better endurance, and faster muscle recovery.\* These products deliver key ingredients to help meet the unique demands of endurance competition. So you can push harder, train harder, and outperform your greatest competitor—you.



### ENERGIZE

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



### RECOVER

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



### RECHARGE

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

**BETTER NUTRITION. BETTER RESULTS.**

Drop by our booth or [TriBeachbodyPerformance.com](http://TriBeachbodyPerformance.com)

\*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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# 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 Maryland, 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





The IRONMAN TriClub Program would like to recognize DC Triathlon Club and FCA Endurance with this special feature as a benefit of the TriClub loyalty program.



“The DC Triathlon Club is the largest triathlon Club in the DC metro area, and this year we are celebrating our 15th anniversary. We pride ourselves in being all inclusive, whether you live in DC/MD/VA (or abroad!), whether you are new to the sport or a seasoned athlete, slow or elite, young or old, we welcome you to our community. Our mission is to empower our members to achieve their multisports aspirations, and we do so by providing our membership with resources such as structured training programs, training camps, Club training races, seminars, local and national partner discounts, and much more. Find out more at [www.dctrclub.org](http://www.dctrclub.org); we hope you'll join us!”



The Fellowship of Christian Athletes Endurance Sports Ministry is a group of Christian Athletes that seeks to connect and equip athletes for Christ here in Maryland and the Mid-Atlantic region. We race and volunteer in a variety of events from multisport to single sport both on and off road. In addition to racing we host prayer events at a multitude of events to help reach out to athletes and connect Christian athletes.

At Ironman Maryland we are hosting an Iron Prayer event on Friday October 6 inside the athletes village under one of the large pavilions at 2:30pm. Triathlete Matt Smith will be giving his testimony at this year's event. We hope to see you there!!

Find your local team at [www.fcaendurance.com/huddles](http://www.fcaendurance.com/huddles)





**DIVISION I**  
MID MARYLAND TRIATHLON CLUB  
COLUMBIA, MD

**DIVISION II**  
DC TRIATHLON CLUB  
WASHINGTON, DC



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

**DIVISION IV**  
DELAWARE SWIM AND FITNESS TRI-DAWGS  
WILMINGTON, DE



**DIVISION V**  
DISTRICT MULTISPORT  
WASHINGTON, DC



/tri club denmark  
Adirondack Triathlon Club  
Airborne Tri Team  
Alien Endurance  
Amphibian Multisport  
AP Racing  
Asphalt Green Triathlon Club  
AT TRI Team  
Atlanta Triathlon Club  
Austin Aquatics and Sports Academy  
Balanced Triathlon Training  
Baltimore Area Triathlon Club (BATC)  
BartCoaching  
BASE Performance Team  
Beijing Elites Triclub  
Best Tri Club Ever  
Big Sexy Racing LLC  
Bishop Racing  
Black Triathletes Association  
Boca Raton Triathletes  
Bodyfeed  
Brands Tri Team/ All Women's Tri  
Breakaway Racing  
Breakthrough Performance Coaching  
Brooklyn Triathlon Club  
Bucks County Triathlon Club  
C4 Endurance  
Cadence Racing Philadelphia  
California Triathlon  
Cambridge Multisport (Maryland)  
Capital District Triathlon Club  
Capital MultiSport Rogues  
Central Jersey Tri Club  
Champion Factory  
Cincinnati Triathlon Club  
Cleveland Tri Club  
CNY Triathlon Club  
D3 Multisport  
Des Moines Triathlon Club  
Discomfort Zone Multisport  
Division One Multisport  
Eleonore Rocks Triathlon Team  
Empire Tri Club  
Endurance Colombia  
Endurance House  
Endurance Multisport  
Endurance Nation  
Endure It!  
Exit 3 Multisport  
Experience Triathlon  
FCA Endurance  
Final Kick Tri Club  
Fleet-Foot Triathletes  
Fredericksburg Triathlon Club (Tri-Fred)  
Frisco Triathlon Club  
FW Tri Club-Friends Who Tri  
G3 - Gainesville Triathlon Club  
Goose Creek International Triathlon Club  
goSBR  
Grasshopper Tri Team  
Hartford Extended Area Triathletes (HEAT)  
High Performance Training (HPT)  
HighFive  
HUB Coaching Triathlon Team  
Ionraic Triathlon Club  
IRON ISLA PUERTO RICO  
Jersey Devils Multisport  
Jersey Girls StayStrong Multisport  
LA TRI Club  
LiVE4Tri South Jersey Triathlon Club  
Long Beach Island Triathlon Club  
Long Valley Tri Club  
Louisville Landsharks Multisport Club  
M.A.D. Multisports USA  
Mapso Tri  
Mercury Rising Triathlon  
MidGATri Club  
MRA Multisport  
MULTISPORT PERFORMANCE  
North Georgia Tri Club  
NorthEast MultiSport  
Ocala Triathletes  
ONE Multisport  
Onurleft Sports  
OutRival Racing  
Paramount Multisport  
Pasadena Triathlon Club  
Pathetic Triathletes Group  
PERUTRIATHLETES  
Philadelphia Triathlon Club  
PHPI Racing LLC  
Portland TriClub  
PR Endurance Sports  
Prima Tappa Triathlon  
purplepatch Fitness  
QT2 Systems  
Raise the Bar LLC  
Richmond Tri Club  
Ride to Give  
Rocky Mountain Tri Club  
Salt Lake Tri Club  
Sandy Hookers Triathlon Club  
Shanghai Triathlon Club  
Silicon Valley Triathlon Club  
Snapple Tri Club  
SOAS/Hansym Racing  
South Florida Triathletes (Team Hammerheads)  
South Shore Tri Coach  
Spadotto Triathlon Team  
Speed Sherpa  
St. Pete Bike and Fitness Tri Team  
St. Pete Mad Dogs Triathlon Club  
SUGARCANE  
Summerville YMCA Tri Club  
SV Multisport Gators  
Team Betty  
Team Carolina Multisport  
Team Every Man Jack  
Team FeXY  
TEAM IMF  
Team IronCowboy  
Team NRGY LLC  
Team Red White & Blue  
Team Ryan's Quest  
Team SFQ  
Team Toledo Triathlon Club  
Team Tri Everything  
Team TriBy3  
Team TriSports  
TEAM VORTEX  
Team Z  
Tempo-Sport Bikespeed.ch  
Terrapin Racing  
Terrier Tri  
The Ironman Foundation-Timex Multisport Team  
TMB Racing Triathlon Team  
Transition Triathlon Tri Club  
TRI & TRAIL  
Triabolos Triathlon Hamburg e. V.  
TriAnimals  
Triathlon Club of New England  
Triathlon Vision Enviro  
Progressive Rive-Nord  
TriAugusta Triathlon Club  
Tribe Racing  
TriBike Transport  
TriCoachGeorgia  
TriDot Triathlon Training  
Trifort de Chambly  
Tri-It Together  
Tri-Now endurance  
Tri-PTC  
TriScottsdale  
Trizen  
US Military Endurance Sports  
VO3MAX PROVENCE  
TRIATHLON  
Wattie Ink.  
Watts/Kg  
Wildwood Warriors Triathlon Team  
Williamstown NJ SBR Badgers  
Windsor Triathlon Club  
Without Limits  
Wounded Warrior Project  
ZONE3  
Zoom Multisport



# HUMANITARIAN

## HARVEY RELIEF EFFORT

### 3 WAYS TO HELP

1.



*Donate*

2.



*Buy*

3.



*Volunteer*

With record floodwaters devastating much of southeast Texas, tens of thousands of people will seek emergency shelter and more than 450,000 will seek federal aid in recovering from Harvey. When the Category 4 hurricane made landfall, it was the most powerful to hit the United States in a decade. Officials have called the catastrophic flooding the worst in the state's history. Thousands have been rescued from flooded homes and cars and recovery will take years.

It is the mission of The IRONMAN Foundation, the charitable arm of IRONMAN and Rock 'n' Roll running events, to create positive tangible impact in our race communities through philanthropy and volunteerism. We're calling upon our athlete community to support our Humanitarian Harvey Relief Effort, especially in our race communities for Memorial Hermann IRONMAN Texas, IRONMAN 70.3 Texas, IRONMAN 70.3 Austin, Rock 'n' Roll San Antonio and Rock 'n' Roll Dallas. Disaster recovery is the ultimate endurance event and dollars are the most helpful way to show support. Funds raised will support local recovery efforts and service projects.

**FOR MORE INFORMATION & TO DONATE:**

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

*The IRONMAN Foundation will match all donations made by September 30, 2017, up to \$10,000.*



# #SQUADGOALS

WHEN YOU ROCK **WOMEN FOR TRI** GEAR YOU SUPPORT FEMALE TRIATHLETES EVERYWHERE.

SHOP NOW: [IRONMANSTORE.COM/WOMEN-FOR-TRI](https://www.ironmanstore.com/women-for-tri)

\*The women pictured here are athletes from the G3 Tri Club in Gainesville, FL, one of the more than 50 TriClubs from around the world that have received Women For Tri grant funding to develop programs that break barriers to entry and bring more women into the sport of triathlon.

**WOMEN  
FOR TRI**

# 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 CHECK LIST

## 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

## WHITE MORNING CLOTHES BAG:

- Wet Suit
- Goggles (extra pair)
- TYR Warmwear cap
- Water Socks
- Salt Tab
- Water bottle, Gatorade
- Gu
- Bike Bottles (4)–take to transition

## SATURDAY MORNING CLOTHES:

- Swim Suit
- Watch
- Water Socks
- Sweatshirt/Pants
- Headlamp
- Timing Chip–(safety pinned optional)
- Apply Glide to back of neck

## BLUE BIKE GEAR BAG:

- Sunglasses
- Shoes
- Helmet
- Tri Top
- Bike Shorts
- Leg Warmers
- Arm Warmers
- Shoe Covers
- Socks
- Hand/Toe Warmers
- Tylenol
- PBJ, Clif Bar
- Hand Towel
- Wet Wipes
- Vaseline/Aquaphor

## ORANGE BIKE SPECIAL NEEDS BAG:

- Socks in Plastic Baggie
- PBJ
- Frozen Dr. Pepper, Snickers
- Wet Wipes
- Chews
- Tube

## RED RUN GEAR BAG:

- Sneakers
- Underwear
- Run Pants
- Visor
- Race Belt
- Spi Belt with Gu, Tylenol, salt tans, Aquaphor, waffle, chews
- Socks
- Patella Bands (2)
- Hand Towel
- Run Hand Bottle–filled, frozen
- Wet wipes

## BLACK RUN SPECIAL NEEDS BAG:

- Socks in Plastic Baggie
- Wet wipes
- Band-aids
- Frozen Coke, Snickers

## MISCELLANEOUS:

- Antibacterial Gel
- 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
- Zip Lock Bags
- Advil
- Black Marker/Pen
- Wet Wipes
- Tape
- Scissors
- Safety Pins
- Watch Charger
- Backpack
- Pedals/Tools

*\*This is an example check list provide by a fellow athlete. As every individual athlete has their own needs and preferences, this is by no means a complete or required list of items for race day.*