

IRONMAN[®]

WORLD CHAMPIONSHIP

PRESENTED BY
GoPro
Be a HERO. 

Athlete Guide 2014

"Swim 2.4 miles, bike 112 miles, run 26.2 miles. Brag for the rest of your life!"
- John Collins, IRONMAN founder, 1978

as of 8.19.14



2.4 MILES
HEI HEI AU KAI/SWIM



112 MILES
PAKIKALA/BIKE



26.2 MILES
HOLO HEI HEI/RUN

WELCOME TO IRONMAN® WORLD CHAMPIONSHIP PRESENTED BY GOPRO



Andrew Messick



Diana Bertsch

IRONMAN® Athletes,

Welcome to the 2014 IRONMAN® World Championship presented by GoPro! On behalf of the IRONMAN® team, I'd like to congratulate you for making it to this year's starting line. You've made incredible sacrifices and your hard work will culminate on Saturday at the world's toughest, one-day endurance event. We understand the dedication it takes to prepare for this event and we stand ready to help you achieve your goals; to set a personal best, claim a World Championship title or to simply hear the words, "You are an IRONMAN®!"

IRONMAN® is the benchmark against which endurance challenges are measured. Throughout more than three decades, since its beginning in Oahu, it's grown to more than 30 events around the world and has made history with compelling racing, impressive champions and inspirational athletes.

The information contained in this guide will assist you in preparing for race week. Please carefully review the materials so you have complete understanding of what is encompassed in this year's IRONMAN® World Championship presented by GoPro event.

We hope you enjoy your race. We'll see you on Ali'i Drive - where thousands of athletes have proven that "ANYTHING IS POSSIBLE®."

Be strong and race safe,

Andrew Messick
Chief Executive Officer
IRONMAN®

Aloha IRONMAN® Athletes,

Congratulations and welcome to the 2014 IRONMAN® World Championship presented by GoPro. For many of you, participating will mean accomplishing a lifelong goal. For all of you, we hope it serves as an unforgettable race.

Hawai`i Island is a dynamic and spiritual place; the excitement is undeniable in the weeks leading up to race day. This event would not be possible without the 5,000 amazing volunteers committed to the sport and every athlete. We invite you to take advantage of your time here in Kona and recommend you immerse yourself in the culture. Enjoy the people, the aloha they share and our beautiful home.

It is our goal to ensure you have the best possible experience. The information contained in the Athlete Guide will help you navigate through event week and on race day. Please review the content carefully so you are well prepared.

Your safety prior to and during the race is of the utmost importance to the residents and the entire IRONMAN® `Ohana. Please train and race safely.

I wish each of you well and look forward to seeing you on race day; a day where the world comes to Kona!

Me Ke Aloha,

Diana L. Bertsch
VP World Championship Events
IRONMAN®



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MESSAGE FROM THE HEAD REFEREE



Jimmy Riccitello

2014 USAT Competitive Rules apply except as indicated in the Athlete Guide. In short, IRONMAN® will operate under the “three strikes and you’re out” principle.

Even though DRAFTING and BLATANT LITTERING are the only two violations to incur a time penalty (to be served in the closest penalty tent, located along the bike course), every type of violation counts toward your three strikes, and every bike course violation requires a stop in a penalty tent. Any penalties incurred on the run course are to be served at the point of infraction. Any combination of three violations results in a DQ.

	DRAFTING VIOLATION
	RED CARD
	four minute time penalty served in a penalty tent on the bike course

	LITTERING VIOLATION
	RED CARD
	four minute time penalty served in a penalty tent on the bike course

	BLOCKING VIOLATION
	YELLOW CARD
	stop and go time penalty served at the next penalty tent
ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.	

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 2014 USAT Competitive Rules.

The POSITION violations are summarized:

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

Keep four bike lengths (seven meters) 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 20 seconds to avoid a DRAFTING call.

If passed, drop back four bike lengths before attempting to re-pass to avoid an OVERTAKEN or DRAFTING call.

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

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

- RACE NUMBER**
You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be properly attached to your bike and must be visible from both sides.

- LITTERING**
Do not throw ANYTHING outside of official aid stations. Blatant littering will result in a four minute penalty.

- UNAUTHORIZED EQUIPMENT**
Sorry, absolutely NO communication devices, MP3 players or other audio devices.

- OUTSIDE ASSISTANCE**
Non-racers may NOT ride or run alongside you. Remember that even though DRAFTING is the only violation that incurs a time penalty, you must go to a penalty tent for any violation to have your number marked, and all violations count toward your three strikes. 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.



2014 RACE COMMITTEE

The Kona Team

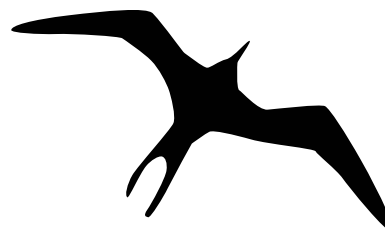
Diana Bertsch	VP World Championship Events
Donna Alama	Assistant to VP World Championship Events
Danielle Swenson	Event Manager
Marcy Pulotu	Event Coordinator
Christine Blosser	Athlete Liaison

IRONMAN® World Championship Race Directors

Aid Stations	Joe Loschiavo
Bike	Jerry Ewing
Construction	Rocky Campbell
Credentials	Claudia Kane
Finish Line	Laura Varney
Medical	Paul Berlin
Post Race	Luria Namba
Public Safety	John Bertsch
Registration	Cindy Armer
Run	Jason Braswell
Security	Steven Foth
Supplies	Vickie Ewing
Swim	Jan War
Timing	Andy Anderson
Transitions	David Huerta
Volunteer/Information	Franz Weber
Warehouse	Steve Butterfield

The IRONMAN® World Championship Race Office*

IRONMAN®
74-5599 Alapa Street #1
Kailua-Kona, HI 96740
Phone: (808) 329-0063
Fax: (808) 326-2131
E-mail: kona@ironman.com
www.ironman.com
www.ironmanworldchampionship.com



*The IRONMAN® race office moves to the Courtyard by Marriott King Kamehameha's Kona Beach Hotel (KBH) during race week.

2014 TENTATIVE SCHEDULE

*SCHEDULE OF EVENTS IS TENTATIVE & SUBJECT TO CHANGE
Please continue to check back regularly for updates.

SATURDAY, OCTOBER 4, 2014

START	END	EVENT	LOCATION
7 a.m.		Ho`ala (Rise to the Occasion) IRONMAN® Training Swim	Kailua Pier

SUNDAY, OCTOBER 5, 2014

START	END	EVENT	LOCATION
7:30 a.m.		Annual P.A.T.H. 5K & 10K Run	Begins at Hale Halawai – Ali`i Drive
9 a.m.	4 p.m.	Official IRONMAN® Store	Courtyard by Marriott King Kamehameha's Kona Beach Hotel (KBH)

MONDAY, OCTOBER 6, 2014

START	END	EVENT	LOCATION
8 a.m.	4 p.m.	IRONMAN® Race Office Opens	KBH
9 a.m.	4 p.m.	Official IRONMAN® Store	KBH
5 p.m.		Heroes of Hawai`i (Hawaiian Cultural Legacy)	KBH Luau Grounds

TUESDAY, OCTOBER 7, 2014

START	END	EVENT	LOCATION
8 a.m.	4 p.m.	IRONMAN® Race Office	KBH
9 a.m.	2 p.m.	Athlete Registration Check-In	KBH Ballrooms 2, 3, 4
9 a.m.	4 p.m.	Official IRONMAN® Store	KBH
Noon	8 p.m.	IRONMAN® Village and IRONMAN® Souvenir Retail Opens	Hale Halawai, Ali`i Drive
4 p.m.		IRONKIDS® Keiki Dip-n-Dash	Kailua Pier (registration in the Race Office from 8:00 a.m. - 2:30 p.m. and on the pier starting at 3:00 p.m.)
5 p.m.		IRONMAN® Parade of Nations (athletes gather at 4 p.m.)	Kailua Pier to Hale Halawai, Ali`i Drive

WEDNESDAY, OCTOBER 8, 2014

START	END	EVENT	LOCATION
8 a.m.	4 p.m.	IRONMAN® Race Office	KBH
9 a.m.	2 p.m.	Athlete Registration Check-In	KBH Ballrooms 2, 3, 4
9 a.m.	4 p.m.	IRONMAN® Village and IRONMAN® Souvenir Retail	Hale Halawai, Ali`i Drive
9 a.m.	4 p.m.	Official IRONMAN® Store	KBH
1 p.m.		Mandatory Pre-Race Meeting: Japanese-speaking Athletes	KBH Back Parking Lot
2:15 p.m.		Mandatory Pre-Race Meeting: German-speaking Athletes	KBH Back Parking Lot

* KBH = Courtyard by Marriott King Kamehameha's Kona Beach Hotel

2014 TENTATIVE SCHEDULE CONTINUED

THURSDAY, OCTOBER 9, 2014

START	END	EVENT	LOCATION
8 a.m.	4 p.m.	IRONMAN® Race Office	KBH
9 a.m.	2 p.m.	Final Day Athlete Registration Check-In	KBH Ballrooms 2, 3, 4
9 a.m.	4 p.m.	IRONMAN® Village and IRONMAN® Souvenir Retail	Hale Halawai, Ali`i Drive
9 a.m.	6 p.m.	Official IRONMAN® Store	KBH
6 p.m.		E Komo Mai (Welcome) Banquet	KBH Parking Lot
8 p.m.		Mandatory Pre-Race Meeting for Athletes (following the E Komo Mai Banquet)	KBH Parking Lot

FRIDAY, OCTOBER 10, 2014

START	END	EVENT	LOCATION
8 a.m.	4 p.m.	IRONMAN® Race Office	KBH
9 a.m.	10 a.m.	Physically Challenged Athlete Meeting	KBH Paddlers Restaurant
9 a.m.	4 p.m.	IRONMAN® Village and IRONMAN® Souvenir Retail	Hale Halawai, Ali`i Drive
9 a.m.	4 p.m.	Official IRONMAN® Store	KBH
Noon	2:30 p.m.	Bike/Helmet/Gear Check In: Race #1 to #1000	Bike Compound Area, Kailua Pier
2:30 p.m.	5:30 p.m.	Bike/Helmet/Gear Check In: Race #1001 to #2000+	Bike Compound Area, Kailua Pier

SATURDAY, OCTOBER 11, 2014 - RACE DAY

START	END	EVENT	LOCATION
4:45 a.m.		Swim Check-In/Body Marking	KBH Parking Lot
6:25 a.m.		Race Start - Male Professional/Elite Athletes	Kailua Pier
6:30 a.m.		Race Start - Female Professional/Elite Athletes	Kailua Pier
6:50 a.m.		Race Start - Age Group Male	Kailua Pier
7 a.m.		Race Start - Age Group Female	Kailua Pier
7 a.m.	6 p.m.	Official IRONMAN® Store	KBH
10 a.m.	2 p.m.	IRONMAN® Village and IRONMAN® Souvenir Retail	Hale Halawai, Ali`i Drive
7 p.m.	Midnight	Bike & Gear Pick-up (no earlier than 7 p.m. and no later than midnight)	Kailua Pier
Midnight		Race Officially Ends	Ali`i Drive

SUNDAY, OCTOBER 12, 2014

START	END	EVENT	LOCATION
7 a.m.	6 p.m.	Official IRONMAN® Store	KBH
10 a.m.	2 p.m.	IRONMAN® Race Office	KBH
6 p.m.		Banquet of Champions	KBH Parking Lot

MONDAY, OCTOBER 13, 2014

START	END	EVENT	LOCATION
9 a.m.	Noon.	Official IRONMAN® Store	KBH
10 a.m.	3 p.m.	IRONMAN® Race Office	KBH

* KBH = Courtyard by Marriott King Kamehameha's Kona Beach Hotel

PRE-RACE INFORMATION

Personal Communication Plan

Prior to departing for Hawai`i be sure to establish a communications plan with family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency. Even if you are in Hawai`i with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

Race Day Emergency Contact:
IRONMAN® World Championship Race Office
Phone: 808-329-0063

Race Office Hours:

Monday, October 6 - Friday, October 10, 2014: 8 a.m. - 4 p.m.

Athlete Check-In

Athlete Check-In hours are Tuesday, October 7 - Thursday, October 9 from 9 a.m. to 2 p.m. at the Courtyard by Marriott King Kamehameha Kona Beach Hotel - Ballrooms 2, 3 & 4. Please note that 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 2:00 P.M. ON THURSDAY, OCTOBER 9.**

Please bring the following items with you to Athlete Check-In:

- Photo Identification
- USAT card to show proof of current USAT membership or \$12 USD (cash only) to purchase a one day license. If you are a USAT member and forget your card, you will be required to sign the USAT waiver and purchase a \$12 USAT one day license.
- If you are a professional athlete, you are required to submit proof of professional status at check-in.

Athlete Wristband

A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official participant and must be worn during race week. The wristband is required for medical identification purposes and allows you access to the Transition area, Post-race areas and Banquets.

You will not be allowed to remove your bicycle and/or gear from the Transition area following the race without your wristband affixed to your wrist. Please do not remove your wristband until after race week, as it will identify you as an athlete.

Personal Safety

Train with at least one other person when possible (especially in the water). Please use caution while swimming prior to the event. All participants who choose to swim prior to race day will do so at their own risk. Please note: **NO LIFEGUARD IS ON DUTY.** Swimming is a choice and is done at your own risk. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to, currents, underwater obstructions, tides, rip currents and indigenous marine life.

We ask your consideration of shore fishermen and boaters. The boaters are not used to contending with so many swimmers. Please start and finish your practice swims from the beach. **PLEASE DO NOT USE THE BOAT RAMP** and stay clear of the docking areas. No swimming is allowed within 100 feet of the pier (see map on page 14).

On the highway, please bike and run on the shoulder without crossing into the traffic lane. Kona's highways are only two lanes, and drivers are not accustomed to large numbers of cyclists and runners on the roads. The IRONMAN® World Championship presented by GoPro has become famous for special care of athletes during the race. This "Aloha" is given freely by our 5,000 volunteers. When training, please be courteous and aware that those sharing the roads with you are the people you will count on during race day to fulfill your physical and emotional needs. Please ride single file.

As you are one of Kona'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.

Mandatory Bike, Helmet & Gear Bag Check-In

Mandatory Bike, Helmet & Gear Bag Check-In is on Friday, October 10 at the Kailua Pier.

Check-In times:

Noon - 2:30 p.m.	Race numbers 1- 1000
2:30 p.m. - 5:30 p.m.	Race numbers 1001 - 2000+

Overnight security is provided in the bike compound. You have the option of covering your bike computer or removing it. Full bike covers are not permitted. Athletes are required to check-in both bike-gear and run-gear bags on Friday, October 10. Gear bag check-in will close at 5:30 p.m. No one will be permitted to check-in, rack or have access to their bags after 5:30 p.m.

Gear Bags

You will receive your blue bike-gear bag and your red run-gear bag in your registration packet. Please pack your gear in the appropriate bag and bring it to the designated check-in area. Please be sure your running gear has the proper reflective material on the front and back of your clothes and shoes. You will be escorted to the bag racks where you will rack your own bags.

Note: If your race plans change and you decide not to start after you have registered and checked in your bike, you are required to withdraw from the race by calling the IRONMAN® Pre-Race Drop Hotline (808-334-3401). You must leave a message including a call back number. If you do not start after registering and checking in your bike and you do not officially drop by calling the Pre-Race Drop Hotline, you risk not being allowed to compete in future IRONMAN® events.



PRE-RACE INFORMATION

Timing

The 2014 IRONMAN® World Championship presented by GoPro is timed with Mylaps Pro Chip technology by Sportstats. Your responsibilities as an athlete include:

- 1) As soon as you pick up your race packet and Mylaps Pro Chip, please go to the Chip Verification table during registration. Be sure that your correct name shows up on the computer screen.
- 2) You must wear your Mylaps Pro Chip at all times during the race. Fasten it to your right ankle with the velcro strap before the swim and leave it on until after you finish the entire 140.6 mile course. You may apply Vaseline around your ankle; it will not affect the chip or timing. We recommend securing the Velcro strap using a safety pin since this is a non-wetsuit swim. Volunteers will help you remove the chip at the finish line.
- 3) If you do not start the race on Saturday, October 11, you are still responsible for returning the chip to race management. Chips should be returned to the Drops Clerk located at Courtyard by Marriott King Kamehameha's Kona Beach Hotel.
- 4) There will be four starts: 6:25 a.m.* for the Professional/Elite Men, 6:30 a.m.* for the Professional/Elite Women, 6:50 a.m. for the Age Group Males and 7 a.m.* for the Age Group Females. The race will officially end 17 hours after your designated start. Rest stops, transitions, etc. will be included in your total elapsed time. Splits will also be recorded for each segment of the race. In addition to the 17 hour overall cutoff time, there are cutoff times for each segment of the race.
 - The cutoff time for the swim segment is 2 hours and 20 minutes after your designated start time.
 - The cutoff time for the bike segment is 10 hours and 30 minutes after your designated start time.
 - The cutoff time for the IRONMAN® World Championship presented by GoPro is 17 hours your designated start time.

* Start time may vary based on water conditions.

5) If you drop out of the race at any time, you must notify and return your timing chip to the Drops Clerk located in the Marina Room at Courtyard by Marriott King Kamehameha's Kona Beach Hotel. 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 IRONMAN® medical station, the medical staff will take responsibility for your chip.

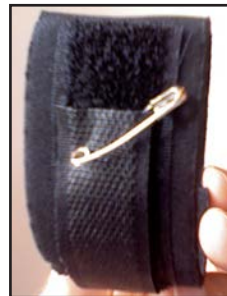
6) By picking up your race number and chip, you are guaranteeing that you will return your loaned chip to race management, or you will be fined \$75 for its replacement.

7) If you lose your timing chip during the event, you are responsible for obtaining a replacement. Volunteers will have extra timing chips at the following locations: swim exit, bike exit and run exit. If you lose your timing chip on the run course, you must notify a timing official immediately after crossing the finish line.

8) Do not intentionally cross the finish line as part of a group. Your finish placement may be jeopardized potentially resulting in loss of prizes or awards.

Remember: No chip = no time

Failure to wear your chip on race day, return your chip after the event or pay the chip replacement cost will disqualify you from future IRONMAN® events.



RACE DAY INFORMATION

Physical Addresses

Swim Start:

Kailua Pier, Kailua-Kona, HI 96740

Transitions:

Kailua Pier, Kailua-Kona, HI 96740

Finish Line:

Ali`i Drive, Kailua-Kona, HI 96740

Body Marking Check-In: 4:45 A.M.

Athletes will receive a colored, numbered swim cap and timing chip during Athlete Check-in. Race day body marking and check-in will begin at 4:45 a.m., Saturday, October 11 at Courtyard by Marriott King Kamehameha's Kona Beach Hotel. Don't forget your colored swim cap on race morning. **You must have your timing chip secured to your ankle in order to enter the body marking/swim check-in compound.** If you have misplaced your timing chip, please seek assistance from a timing volunteer at the body marking compound. You must complete body marking prior to entering the swim area. You will be required to walk across a timing mat upon completion of the body marking process.

Please do NOT apply any sunscreen, oil, vaseline or lotion of any kind on your arms or shoulders BEFORE or AFTER you get body marked. You will be able to do so after you get out of the water before you start the bike portion. Failure to check-in and be body marked by a registration volunteer at the proper location may result in disqualification from this and future IRONMAN® events.

Race Morning Procedure

Athletes must be body marked in order to enter the transition area on race morning. Remember to bring your Chip Strap and MyLaps Pro Chip, swim cap and goggles. Bike technicians and pumps will be available in the transition area 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 bike course. The number will not hold up for the duration of the race if it gets wet.

6:25 a.m. Male Professional/Elite Race Start

6:30 a.m. Female Professional/Elite Race Start

6:50 a.m. Age Group Male Race Start

7:00 a.m. Age Group Female Race Start

Drop Hotline

If you decide not to start after you have registered and checked-in your bike, you are required to drop by calling the IRONMAN® World Championship presented by GoPro Pre-Race Drop Hotline (808-334-3401). You must leave a message including call back number. If you do not start after registering and checking-in your bike and do not officially drop by calling the Pre-Race Drop Hotline, you will not be allowed to compete at future IRONMAN® World Championship races. You will also risk being allowed to participate in all other IRONMAN® events.

Aid Stations

Aid stations are every 7 miles on the bike and approximately a mile apart on the run. The general offerings are as follows:

Bike:

IRONMAN® Perform
Water
Cola
Bananas
Oranges
Bonk Breaker Bars
GU Original Energy Gel
Roctane Ultra Endurance Gels
GU Chomps

Run:

IRONMAN® Perform
Water
Cola
Bananas
Oranges
Bonk Breaker Bars
GU Original Energy Gel
Roctane Ultra Endurance Gels
Gu Chomps
Pretzels
Chicken Broth

Aid stations will also be located at the swim start, swim-to-bike and bike-to-run transition areas and the finish line.

Please note: Bike aid stations will close 10 hours and 30 minutes after the start of the race. Water bottles will be exchanged at the aid stations. However, individual bottles will not be returned to athletes. Run aid stations will close at the 17-hour event completion time.

Athletes should bring their own drink and nutrition on race morning.

For those who prefer to have their own special food item(s) available on the course, we will provide a "Special Foods" station near the midpoint of both the bike and run courses. You will be issued a bag for this purpose at registration. Bags will be collected the morning of the race at Courtyard by Marriott King Kamehameha's Kona Beach Hotel by the body marking area. **ONLY FOOD ITEMS WILL BE ACCEPTED** (no clothing, shoes, etc.), as this station is for nutritional purposes only. All bags will be discarded after the race. IRONMAN® is not responsible for the contents. Although we try to expedite assisting you in obtaining your special foods bag at the station, the volume of athletes may require that you stop and find your bag.

Race Timing And Cut-Offs

The race will officially end 17 hours after your designated start time. 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

2 hours and 20 minutes after your designated start time.

Bike Cut-Off

10 hours and 30 minutes after your designated start time.

Run Cut-Off

17 hours after your designated start time.

MyLaps Pro Chips will capture your splits (swim, T1, bike, T2, run) and overall finish time.

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.

POST-RACE INFORMATION

POST RACE

The Athlete Post Race Area will be exclusive to athletes only. This area will allow athletes to refresh and restore. We ask athletes to coordinate a designated meeting place for family and friends once finished with the post race area.

BIKE & GEAR PICK-UP

You are required to pick up your bike and other gear at the bike compound area **beginning at 7:00 p.m. and no later than midnight** on race day. You must present your athlete wristband for entry into the compound. If you are unable to personally pick up your bike, your bike check-out ticket may be used by a friend or family member.

PLEASE NOTE: Bike and gear pick-up begins at 7 p.m.

RACE PHOTOGRAPHY

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

How to order your pix?

- Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- Have your number visible on the FRONT of your bike helmet so you can be identified in your cycling photos.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit www.finisherpix.com to view, order, and share your photos from the event.

LOST AND FOUND

- Race Week Monday – Friday from 9 AM – 4 PM IRONMAN® Information - Ohana Athlete and Family Service Center at the Courtyard by Marriott King Kamehameha's Kona Beach Hotel.
- Race Day, October 11th 5 AM – Midnight IRONMAN® Information - Ohana Athlete and Family Service Center at the Courtyard by Marriott King Kamehameha's Kona Beach Hotel.
- Sunday after the race 9 AM – 2 PM IRONMAN® Information - Ohana Athlete and Family Service Center at the Courtyard by Marriott King Kamehameha's Kona Beach Hotel.
- Thursday after the race, please go to the IRONMAN® race office at 74-5599 Alapa Street, Suite 1, Kailua-Kona or call 808-329-0063.
- It is recommended that you mark your gear with your race number as IRONMAN® World Championship presented by GoPro is not responsible for lost items.
- After the conclusion of the event, please contact KONA@IRONMAN.COM to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed items will be donated within 30 days.

MEDICAL AREA

The medical area is for athletes only and family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job.

SWIM COURSE SWIM 2.4 MI SUMMARY

The swim course is an elongated rectangle, over 1 mile long and 100 yards wide. It starts on the east side of the Kailua Pier, goes south 1.2 miles and returns to the pier. Athletes must swim in a clockwise direction, keep all marker buoys on their right and swim around the turnaround buoy. The start line will be in the water approximately 60 yards from shore. The swim finish line will be accentuated by one or more colorful "targets." Lane lines will mark the channel to the swim exit. Even with these race day targets, it is highly recommended that for training and even during the race, you use Courtyard by Marriott's King Kamehameha's Kona Beach Hotel as your reference.

The water temperature is expected to be 79 degrees Fahrenheit. There is usually no surf, but you may encounter small swells parallel to the course. Wind chop does not usually occur early in the morning. Currents vary, but are usually weak when moving across the course.

WARNING: The rocks and sides of the Kailua Pier often have sea urchins on them. Always look before putting your feet down, as stepping on one could result in serious injury keeping you from competing in the race!

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.



2.4 MILES
HEI HEI `AU KAI/SWIM

SWIM COURSE

RULES AND INSTRUCTIONS SWIM 2.4 MI

- Each swimmer must wear an official swim cap provided by the race. Wearing swim goggles or a face mask is recommended, but not required.
- No fins, snorkels, paddles, wetsuits* or flotation devices of any kind are allowed. Tri-suits and full body suits must be sleeveless. Shoulders must be completely uncovered.
- Please be sure your timing chip is properly fixed to your ankle.
- No individual paddlers or escorts allowed.
- Swimmers will be required to have race officials apply body marking on both of their shoulders. **PLEASE DO NOT APPLY SUNSCREEN OR VASELINE TO AREAS BEARING YOUR RACE NUMBER.**
- Time penalties will be imposed on athletes who are not behind the official start line 5 minutes prior to the race start.
- Swimmers are required to stay on course, swim clockwise and keep course markers to the right. Failure to do so may result in disqualification.
- A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, pump it up and down, and call or seek assistance. A swimmer who has received assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the athlete withdraws from the race or receive medical assistance.
- The swim course cut off is 2 hours and 20 minutes after your designated start. After this time, athletes will not be permitted to continue in the event.
- After the swim, athletes must pick up their bike-gear bag. This is a security measure designed to maintain an accurate count of swimmers in and out of the water.
- After the swim, athletes must dress for the bike portion of the race in designated changing tents only. No dressing will be allowed in the bike hold-

ing area as it impedes traffic through the bike lanes. **Public nudity is prohibited.**

! Swimwear Policy (non-wetsuit legal swims only)

Swimwear (Skinsuits/Speedsuits) 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 shoulder, nor extend past the knees. Swimwear may contain a zipper. A race kit can be worn underneath swimwear provided clothing does not extend past the shoulder nor extend past the knees.

Any compression wear that extends past the shoulder or knees will not be permitted in non-wetsuit swims. Compression wear (as defined in the following sentence) is considered illegal equipment in non-wetsuit swims. Compression wear may be worn after the swim and used during the bike and run.

Wetsuits are not allowed for professional competitors or age group competitors under the age of 70. Athletes aged 70 and older are allowed to use wetsuits, which must be 5mm thick or less. If an athlete aged 70 or older elects to use a wetsuit, the athlete will not be eligible for an age group award. They will however, be an "official" finisher.

There will be medical staff available at the IRONMAN® World Championship presented by GoPro. The medical tent located next to Kailua Pier will handle any injuries or medical problems that arise during the swim. Individuals will be stationed along the swim course to assist you in case of a medical emergency. Problems among past contestants include nausea and vomiting from swallowing seawater, and motion sickness. Medications, such as Dramamine, taken before the swim may help, but you are strongly advised to try any medication several times before the race to avoid any adverse reactions to it. Before taking any medication, be sure it is not on the banned substance list of the WADA.

The 2.4-mile swim is an ocean swim, and each athlete is expected to have the ability and fitness level to complete the swim. Ocean swimming is slower than pool swimming, and the swim segment must be completed within 2 hours and 20 minutes or less in order to continue the race.

IRONMAN® provides a brightly colored swim cap for each athlete. This cap must be worn throughout the swim. Prior to the start, optional pre-race bags will be available for each athlete's sweats, shoes, etc. Items must fit in the provided pre-swim bag. **Valuables, pumps and backpacks will not be accepted at check-in.** These bags will be kept in the post-race area and should be retrieved immediately after you finish the marathon portion of the event.

RACE DAY: Pre-race check-in and body marking will begin at 4:45 a.m. You will be marked by race officials. Please do not apply sunscreen, lotion or oils before or after receiving your body markings, as this will dissolve and distort your number. Your body marking must be placed for maximum visibility. **DO NOT** number yourself expecting to bypass body marking or swim check-in.

For those who wear glasses, we can collect your glasses prior to the swim start and return them to you without delay as you emerge from the water. Please label them with your name and race number.

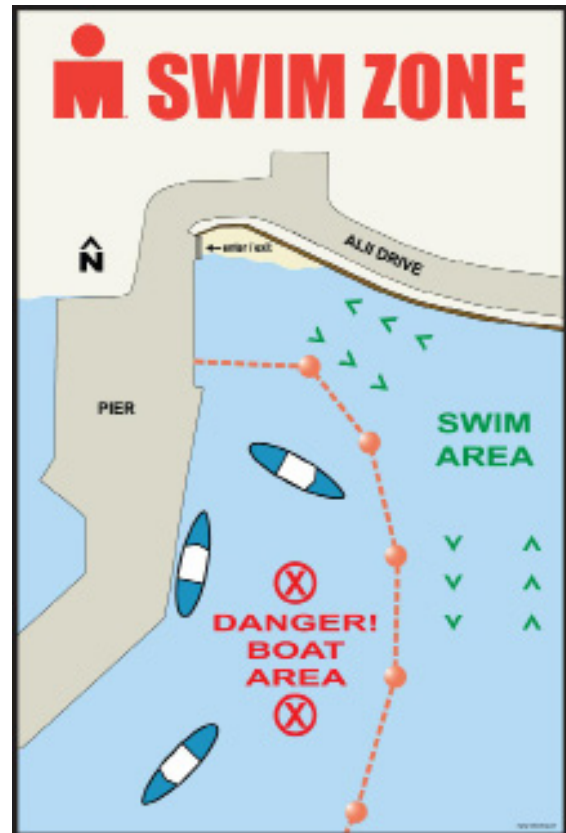
As you exit the water, there will be timing mats followed by fresh, cold water showers. It is required for our athlete count that you pick up your transition bag. You are not required to go into the changing tents; however, you may not change in the bag rack area or block another athlete's progress. **Public nudity is prohibited.** Please leave your bag in the designated bag rack/dressing area and go through and around the racks before heading to your bike. There will be an aid station outside the changing tents where liquids and foods are available.

PLEASE PICK UP YOUR PRE-SWIM GEAR BY MIDNIGHT OF RACE DAY IN THE POST-RACE AREA. PRESENT YOUR ATHLETE WRISTBAND FOR ENTRY INTO THE BIKE COMPOUND.

SWIM COURSE

RECOMMENDATIONS FOR THE SWIM

- A turnaround buoy will be in place prior to the event. When training prior to race day, we suggest wearing a brightly colored swim cap and swimming with a training partner.
- When training, stay clear of the Kona charter boats that use Kailua Pier. It is mandatory that you stay to the east (Ali`i Drive side) of the swim buoys. **See map to the right.**
- Please use caution while swimming prior to the event. All participants who choose to swim prior to race day will do so at their own risk. Please note: **NO LIFEGUARD IS ON DUTY.** Keep in mind that this is a natural body of water and subject to hidden hazards including, but not limited to, currents, underwater obstructions, tides, rip currents and indigenous marine life.
- On race day, be sure to self-seed for the start based on your anticipated swim time.
- The swim start will be congested. To minimize the physical and psychological hazards, wait a few seconds for the crowd to disperse. It is recommended you swim straight or slightly left.
- Wearing goggles and using anti-fog is recommended.
- Remember, be courteous when practicing on any portion of the IRONMAN® World Championship presented by GoPro course.



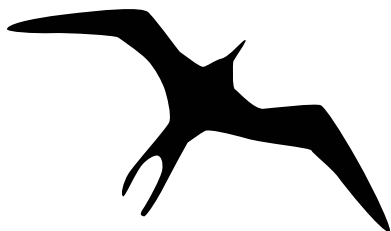
BIKE COURSE SUMMARY

BIKE 112 MI

"Challenging" and "inspiring" are terms often used to describe the IRONMAN® World Championship presented by GoPro bike course.

TURN BY TURNS:

- When exiting the transition area on the Kailua Pier, do not get on your bike until the designated MOUNT area.
- Travel up Palani Road to Kuakini Highway.
- Turn left (north) on on to Kuakini Highway (toward the Old Airport Park).
- Turn right up Makala Boulevard.
- Turn right (south) on the Queen Ka'ahumanu Highway to Palani Road.
- **Turn right on Palani Highway. (Please note: the Palani Road descent is a NO PASS ZONE. Penalties will be issued to aggressive cyclists.)**
- Turn left (south) onto Kuakini Highway to Kahakai Estates Subdivision and return back along Kuakini Highway to Palani Road.
- Turn right up Palani.
- Turn left (north) onto the Queen Ka` ahumanu Highway (Hwy 19) and travel north to Kawaihae Junction.
- Turn left at the junction, towards Kawaihae Harbor, for about 1 mile.
- Turn right (north) onto Akoni Pule Highway (Hwy 270).
- Along the route, the terrain is rolling with several quarter- to one-mile hills that reach a maximum grade of about 6 percent (6 foot rise for each 100 feet of distance).
- The bike turnaround is located in Hawi and is one of the official checkpoints on the course.
- Return by the same route. Head south on Akoni Pule Highway (Hwy 270).
- Turn left at Kawaihae Harbor.
- Turn right (south) onto Queen Ka` ahumanu Highway (Hwy 19).
- Turn right on Makala Boulevard to Kuakini Highway.
- Turn left (south) on Kuakini Highway to Palani Road.
- Turn right on Palani Road and continue to the transition area.
- The first aid station is located 15.2 miles out and then will be located approximately every seven miles after that along the course.
- Follow directions by course officials. Do not ride past the DISMOUNT area.



112 MILES
PAKIKALA/BIKE

BIKE COURSE

RULES AND INSTRUCTIONS BIKE 112 MI

1. Position Rules

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Athletes must keep 7 meters (4 bike lengths) distance 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 20 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 20 seconds will result in a drafting violation. Athletes may not back out of the 7 meter draft zone once it is entered (drafting violation).
- Overtaken athletes must immediately fall back 7 meters (4 bike lengths) before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back 7 meters will result in an overtaken violation.
- Overtaken athletes who remain within 7 meters (4 bike lengths) for more than 20 seconds 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:

- Call out your race number and/or notify you that you have received either a RED CARD for drafting and intentional 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.

PTs will be located approx. 28 miles at the bike turnaround in Hawi and Bike-to-Run transition.

The athlete will:

- Report to the next PT and tell the PT Official whether you were shown a RED CARD or a YELLOW CARD. If you fail to report to the next PT, you may be disqualified.
- Have race numbers marked by the PT Official with a "/" for drafting or a "P" for all other penalties.
- Register, via the sign-in sheet.
- Resume the race immediately, upon having your numbers marked with a "P" and registering, for all non-drafting violations (YELLOW CARD).
- Remain in the PT for the time indicated in the table below, for each drafting and intentional littering violation (RED CARD).
- Be disqualified if you receive any combination of three penalties. If you are disqualified, you may finish the bike course but may not start the run.
- Risk disqualification for not reporting to the PT.

Race Distance: IRONMAN® Penalty Times

1st Offense 4:00
2nd Offense 4:00
3rd Offense DQ

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. Shoes must be in the bike gear bag or secured to bike pedals. Shoes may NOT be placed beside the bike.

6. Shoes and shirt must be worn at all times.

7. 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.

8. No athlete shall endanger himself or another participant. 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.

9. 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 will be disqualified.

10. Each athlete must place the helmet sticker that contains their race number on the front of their helmet and must display the bike frame number in a manner that allows it to be clearly seen by race officials.

11. Helmets are required during the entire bike race including in and out of the transition area. Athletes are allowed to wear helmets that meet or exceed the CPSC standard or the CEN standard. Alternations to hard-shell helmets that affect its integrity are not allowed. The helmet must be fastened before the athlete first mounts the bicycle. The athlete must dismount the bicycle prior to unfastening the chin strap.

12. **"No Pass Zone."** Athletes are required to ride at a reduced rate of speed and maintain a static position on all Palani Road descents. This includes the descent from Queen Ka'ahumanu to Kuakini and the descent from Kuakini returning to transition. Both descents are approximately 2/10 of a mile and include sharp turns with an immediate left turn at the bottom of the hill. Failure to comply will result in a penalty to be served at the transition area. Disregard for this rule that places other athletes and/or race officials in immediate danger will result in disqualification and a one-year suspension from all licensed and qualifying IRONMAN® events.

13. 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.

14. 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 **RED CARD** (4 minute penalty).

15. Athletes must be individually responsible for repair and maintenance of their own bike. Assistance by anyone other than IRONMAN® World Championship Bike Technical Support will be grounds for disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction. The IRONMAN® World Championship Bike Technical Support **DOES NOT** include the normal changing of flat tires.

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

17. 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. In the event of foul weather, large plastic bags, which cover the entire bike, will be permitted as long as the bags are securely fastened to the bike.

18. The bike course cut off is 10 hours and 30 minutes after your designated start. Athletes still on the bike course after this time will receive a DNF and will not be permitted to continue in the event.

19. After bike portion, athletes must pick up their run-gear bag.

20. All athletes must mount and dismount in the marked zones at the transition area. Under no circumstances should an athlete ride his/her bike inside the transition area

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

22. Headsets Or Headphones Are Not Allowed During Any Portion Of The Event.

23. Medical Support. If you need minor medical assistance, a SAG vehicle will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the SAG vehicle will take you to the next aid station.

At every aid station, there will be rest areas and medical personnel to assist in any medical problem. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.

Note: There will be bike aid stations approximately 7 miles apart along the bike course. It is your responsibility to slow for safe nutrient pick-up.

Call out your requirements clearly and in advance. Crews are instructed not to step across the white line for handoffs. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course. A penalty will be assessed for discarding litter outside the designated drop zone.

Note: Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.

Local Traffic Laws

Please remember that members of the local community use the bike course roads.

Realize that you are an ambassador for the sport and the event and the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community.

Please think before you act. When training, please follow these suggestions:

Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.

Please obey traffic laws (stop at stop signs, signal when turning, etc.).

Please do not use private property as a toilet.

Please do not litter. Keep your energy bar and gel wrappers with you until you find a trashcan.

Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.

Athletes are expected to heed directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.

BIKE COURSE

RECOMMENDATIONS FOR THE BIKE

Pack your bike carefully before shipping! When traveling to Kona, you may have to fly in to Honolulu first, then transfer to Kona on an inter-island carrier. Be aware that inter-island flights during race week will be heavily booked, and transporting your bike will require some additional planning.

The airlines recommend you use the following procedure to ship your bike to Kona:

- 1) Pack your bike as if you were shipping a carton of eggs. Do everything you can to ensure damage-free delivery.
- 2) Boldly label your bike case with your name, address, cell phone number, etc., so it can be identified quickly.
- 3) If you plan to arrive in Kona only a few days before the race, you take the risk of having your bike get to Kona after you do.

Prior to bike check-in, please be sure your bar end plugs are in place and you have no loose spokes, brakes, headsets or stripped cables. Adjust the hubs and position handle bars correctly. See that cables and tires are in good condition and sewups are glued on rims properly. Securely fasten any other equipment you may carry with you. You are responsible for the safe condition of your bike.

For security reasons, no bike will be allowed out of the bike compound without identification once bike check-in begins. No one will be allowed to enter the bike compound unless accompanied by an official attendant.

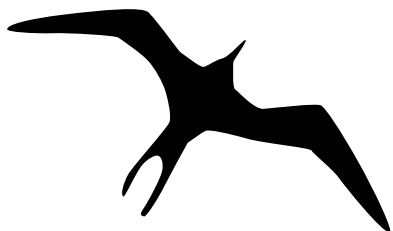
Remember, you are ultimately responsible for the performance of your bike during the race.

Each year, a number of athletes have discovered flat tires on their bikes either before the race or after the swim. Know the inflation limit of your tires. If you over-inflate the tires, the morning sun can cause an increase in air pressure and ultimately, a blowout. A limited number of pumps are available on race morning. **You may bring your own pump, but must give it to a family member/friend before the race start. Bike pumps and backpacks will not be accepted with pre-swim gear bags. Volunteers will ONLY accept gear that is in the official IRONMAN® pre-swim bag.**

You are required to pick up your bike and other gear at the bike compound area beginning at 7:00 p.m. and no later than midnight on race day. You must present your athlete wristband for entry into the compound. If you are unable to personally pick up your bike, your bike check-out ticket may be used by a friend or family member.

LEGENDARY WINDS AND HEAT

From Ali`i Drive to the airport, a sea breeze blows from the ocean across the Queen Ka`ahumanu Highway approximately 10 to 12 mph. During the evening, this wind reverses and blows from the mountains. From the airport area to Hawi, you will be biking into the legendary Ho`omumuku headwinds that are most noticeable on this portion of the bike course north of the airport. These winds blow 5 to 35 mph, and in extreme conditions can gust up to 60 mph. After the Hawi turnaround, you will usually have these winds at your back to Kawaihae and side winds again along Highway 19. While air temperatures may register in the high 80s to low 90s Fahrenheit, temperatures along this section of the course may exceed 100 Fahrenheit due to the reflected heat from the lava and asphalt.



RUN COURSE SUMMARY

RUN 26.2 MI

TURN BY TURNS:

- When exiting the transition area on the Kailua Pier, travel up Palani Road to Kuakini Highway.
- Turn right (south) on Kuakini Highway to Hualalai Road.
- Turn right on Hualalai Road and then left (south) on Ali`i Drive continuing south to St. Peter's Church located near Kahalu`u Beach.
- This is the run turnaround and one of the official timing checkpoints on the run course.
- After completing the turnaround, head north on Ali`i Drive to Hualalai Road.
- Turn right on Hualalai Road to Kuakini Highway.
- Turn left (north) on Kuakini Highway and proceed to Palani Road.
- Turn right on Palani Road to Queen Ka`ahumanu Highway.
- Turn left (north) on Queen Ka`ahumanu Highway to Makako Bay Drive at the Natural Energy Lab of Hawai`i Authority (NELHA).
- Turn left into NELHA and travel in and out and back to Queen Ka`ahumanu Highway.
- Turn right (south) on Queen Ka`ahumanu Highway toward town.
- Turn right on Palani Road.
- Turn left on Kuakini Highway.
- Turn right on Hualalai Road.
- Turn left on Ali`i Drive to the FINISH LINE!

Aid Stations will be located approximately one mile apart along the run course.



Run Course Rules and Instructions

1. No form of locomotion other than running, walking or crawling is allowed.
2. Runners must wear their race numbers at all times on the course. Race numbers issued by IRONMAN® identify the official athletes in the race. Folding or cutting the race number or intentional alteration of any kind is STRICTLY PROHIBITED. Run number must be placed on FRONT of runner and securely attached. Race belts may be worn. Shoes and shirts are required on the run segment.
3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE

ALLOWED. Teamwork as a result of outside assistance that provides an advantage over single athletes is not allowed. Ample aid and food stations will be provided. 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. **Friends, family members, coaches, media 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 disqualification.** It is incumbent upon each athlete to reject

immediately any attempt to assist, follow or be escorted.

4. Bags will be provided for the "Special Foods Station" located near mid-point on the run course. "Special Foods Station" is for nutritional purposes ONLY. All bags will be DISCARDED after "Special Foods Station" is closed.
5. Follow the directions and instructions of all race officials and public authorities.
6. Since the majority of athletes will still be on the course after dark, runners will be REQUIRED to wear reflective materials on the front and back of their shoes and clothing. ALL athletes still on the

course at dusk will be required to carry or attach at least one lightstick for the remainder of the race. The lightsticks will be available at the evening run aid stations.

7. The IRONMAN® run course cut off is 17 hours after your designated start. Support services are not available after midnight.

8. 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.

RUN COURSE

RECOMMENDATIONS FOR THE RUN

Many athletes will still be on the course after dark. There are a limited number of street lights along the highway and the moon on the night of the race could be obscured by clouds. On a moonless night in Kona, it is very dark. We urge all of you to make yourselves as visible as possible. In addition to the required hot spots on your shoes (heels and toes) and reflective tape on your shorts (front and back), we suggest you use additional reflective tape or other materials to make yourself visible from both the front and the rear to cars and other runners. Illuminated lightsticks will be available at the aid stations.

All athletes still on the course at dusk will be required to obtain a lightstick for the duration of the race.

Your safety and the safety of all others is paramount!



26.2 MILES
HOLO HEI HEI/RUN



RULES

Finish Line Policy

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

Event Sanction And Rules

USA Triathlon (USAT) has sanctioned the 2014 IRONMAN® World Championship presented by GoPro. Please visit usatriathlon.org for a complete set of the competitive rules. IRONMAN® has been granted certain rule dispensations so please read the Head Referee's letter carefully as the rules may differ slightly from other USAT-sanctioned events.

Athletes should be aware of the serious consequences of violating USAT Competitive Rule 3.5 - Unregistered Participants, 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.

***NOTE: ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN® WORLD CHAMPIONSHIP PRESENTED BY GOPRO STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DQ.**

RULES APPLYING TO ALL SEGMENTS OF RACE

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

1. According to USAT rules, once an athlete competes as a Professional/Elite athlete anywhere in the world within the calendar year, the athlete cannot compete as an Amateur/Age Group athlete in a USAT-sanctioned event in that same calendar year. Failure to disclose correct status shall be cause for disqualifying the athlete from the event and may result in a one-year suspension from USAT-sanctioned events.

Once an athlete competes as a Professional/Elite in the IRONMAN® qualifying race series season, the athlete cannot compete as an Age Group athlete in that year's IRONMAN® World Championship and/or IRONMAN® 70.3® World Championship as an Amateur.

2. Participants are expected to follow directions and instructions of all course marshals and public authorities.

3. Race officials shall have authority to disqualify any contestant.

4. Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant will result in disqualification.

5. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate DQ and will result in contestant being suspended from competing in any IRONMAN® or IRONMAN® 70.3® event in the future.

6. No participant can use a Performance Enhancing drug or procedure. All doping processes and violations will be handled in strict accordance with IRONMAN® Anti-Doping Rules. A list of rules and banned substances, also known as the WADA Prohibited List, is available at: <http://IRONMAN®promembership.com/anti-doping/>.

Participants may be requested to undergo drug testing before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures.

7. The Medical Control Rules set forth by USAT, in harmony with IRONMAN® Anti-Doping regulations and policies on banned substances, will be binding on all participants. In addition, other rules and regulations, even if not yet recognized by the IRONMAN® Anti-Doping, may be instituted, which if such occurs, you agree to abide by.

8. Should any participant have an Adverse Analytical Finding according to the IRONMAN® Anti-Doping code, all procedures with in regards to handling of the sample, notification, testing of the B Sample, adjudication and suspensions will be in accordance with IRONMAN® rules.

9. If an athlete decides to withdraw from the race at any time, it is the responsibility of the contestant to report to the timing tent located at the finish line and turn in their bib number and MyLaps Pro Chip immediately. It is essential that race officials

know where contestants are on the course at all times. Failure to comply after withdrawing from the race may result in contestant being prevented from competing in any IRONMAN® event in the future.

10. IRONMAN® 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 USAT procedures.

11. As a USAT-sanctioned race, 2014 IRONMAN® World Championship presented by GoPro will subscribe to USAT rules, including the disbursement of prizes. Specifically, Professional triathletes may not win Age Group awards and Age Group athletes are not eligible for prize money.

12. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the IronInfo tent near Kailua Pier. Friday, Oct. 3rd - Thursday, Oct. 9th 6:30 a.m. - 10:00 a.m.: Fri - Sun 6:30 a.m. - 11:00 a.m.: Mon - Thur

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

14. 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 will be disqualified.

15. IRONMAN® does not allow the transfer of an athlete's registration - no exceptions will be made to this rule. Any attempt to transfer registration will result in DQ and suspension from future participation in any IRONMAN® or IRONMAN® 70.3® event.



RULES

16. It is required that all athletes are either a one-day or annual member of USAT. You will be required to show proof of your current annual USAT membership or purchase a one-day membership at Athlete Check-in in Kona.

SUPPLEMENTAL RULES APPLYING TO THE PHYSICALLY CHALLENGED DIVISION

Supplemental rules and regulations pertaining to the Physically Challenged Division for the 2014 IRONMAN® World Championship presented by GoPro are slightly modified from USAT competitive rules.

SWIM

1. IRONMAN® reserves the right to seed athletes at swim start, i.e. early start, late start, designated wave, etc.

2. Athlete may use a wetsuit during competition. Each athlete must obtain approval from IRONMAN® prior to the race for all swimwear and accessories to be used during the swim portion. Any change thereafter will be grounds for DQ. The use of any flotation devices is prohibited unless otherwise approved by IRONMAN®.

BIKE

Cycling Conduct and specifications are consistent with USAT rules.

1. Handcycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards. (Please refer to USAT guidelines.)

2. Equipment must otherwise conform to all other general rules for bicycles as it pertains to the IRONMAN® competition, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle/handcycle, regardless of any secondary benefit.

3. Athlete is required to maintain control of his/her bicycle/handcycle and to operate at a reasonable speed so as not to threaten the safety and well being of aid station volunteers, other athletes, race officials and spectators. Operation of a bicycle/handcycle in a dangerous or reckless manner will be grounds for DQ.

4. Helmets are required during the entire bike race including in and out of the transition area. Athletes are allowed to wear helmets that meet or exceed the CPSC standard or the CEN standard. Alternations to hard-shell helmets that affect its integrity are not allowed. The helmet must be fastened before the athlete first mounts the bicycle. The athlete must dismount the bicycle prior to unfastening the chin strap.

5. **DRAFTING IS PROHIBITED.** Event drafting rules will apply to this division.

RUN

Running conduct and specifications are consistent with USAT rules. Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/handcycle portion.

Please refer to USAT guidelines for racing chair standards.

1. Handcycle Athletes are required to have both a headlight and redflashing light attached to their racing chair during the

entire segment. Athletes not complying will be removed from the course.

GENERAL INFORMATION FOR PHYSICALLY CHALLENGED DIVISION

The handlers conduct and specifications should comply with USAT competitive rules except as noted below.

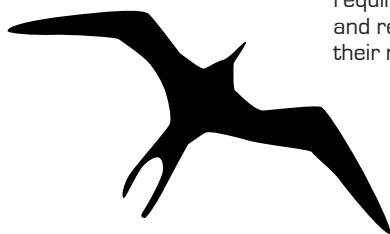
1. Unauthorized outside aid/support or escorts are grounds for DQ. Handlers will be approved prior to the race and will work directly with the Physically Challenged Coordinator. Handlers shall comply with USAT rules.

2. Race organization will select qualified individuals to assist athletes in transition areas. These individuals will be allowed to assist athletes in transition from the water to their handcycles and from their handcycles to the racing chairs. Likewise, they will also assist all physically challenged athletes with equipment needs, etc., as approved by IRONMAN®.

3. All athletes must attend the physically challenged pre-race meeting Friday, October 10, 9:00 a.m. at Courtyard by Marriott King Kamehameha's Kona Beach Hotel Paddlers Restaurant. Failure to attend the scheduled meeting may result in forfeiture of a start spot.

4. The race committee and IRONMAN® reserves the right to modify the above rules as necessary, as long as such changes are communicated to the athletes in writing and/or at pre-race meetings.

5. Any rule interpretation or enforcement made by the race committee or IRONMAN® shall be final.



USAT ATHLETE EXCESS

MEDICAL POLICY

The athlete excess medical coverage protects each participant 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 healthcare provider (i.e. UnitedHealthcare, 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.

For a copy of the claim form, please email- SANCTION@USATRIATHLON.ORG

- 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 participants that have purchased a USA Triathlon annual license or one-day permit and were injured through participation in a USA Triathlon sanctioned event. Please email questions to 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 Hawai`i, 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® and IRONMAN® 70.3® contestants indicates we can never over emphasize the importance of hydrating prior to and during the event. IRONMAN® 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® World Championship presented by GoPro Medical Director.

MEDICAL

Welcome to the 2014 IRONMAN® World Championship presented by GoPro in Kona, Hawaii.

There will be experienced medical staff in medical facilities located near the Kailua Pier. Mobile medical vans will be patrolling the entire land course.

The main medical tent is located in the pre and post-race area at the entrance of the Kailua Pier next to the Courtyard by Marriott King Kamehameha Kona Beach Hotel. The medical tent as well as the official medical vans are considered part of the Ironman course and may be visited by a participating athlete for evaluation without risk of disqualification. During events of extreme endurance the body's pain threshold may be raised. Please seek medical help if you have the slightest hint that you may need it. You will not be penalized for receiving medical evaluation. You will be withdrawn from the race only if you require transportation, administration of intravenous fluids or certain other prescription medications, or, if in the opinion of examining medical personnel, continued participation could result in significant injury. IRONMAN® medical volunteers will do all they can to keep you in the race and to ensure you finish the race safely.

If you spent the three months prior to the IRONMAN® World Championship presented by GoPro in a cooler climate we suggest you spend at least a three week acclimatization period in Kona before race day. Kona is hot, humid, and can be very windy. The chances of significant dehydration and/or electrolyte losses can be greatly reduced through proper acclimation.

Stay with your known and proven routines regarding training and equipment, especially in the days leading up to the race. This is also important in regards to dietary choices and medications. Hydration and adequate electrolyte intake during training as well as competition is especially important in Ironman races. Hyper hydration prior to the event is not recommended but you certainly should not begin the day in a dehydrated state. We attempt to weigh every athlete as you pass through athlete check-in on race day morning. Please avail yourself of this service as your prerace weight may impact your diagnosis and treatment if you require medical services upon completion of the race.

If you are taking any prescribed medications or have any medical conditions that may impact your performance or your treatment should you require medical intervention it is your responsibility to notify race administration well in advance of race day. After your application has been processed, you must notify the Kona race office, in writing, of any change in your medical status/condition. Failure to do so may result in suspension or loss of eligibility to participate in future Ironman events.

Please understand: Full disclosure of medically relevant conditions, general health, and surgical procedures within the twelve months prior to race day is required. Medical consultation /clearance may be necessary from your attending physician prior to acceptance into the IRONMAN® World Championship presented by GoPro. In all cases the final decision of medical clearance is at the discretion of the IRONMAN® Medical Director.

It is important to understand that the athlete is solely responsible for avoiding medications that appear on the list of banned substances as determined by the World Anti-Doping Agency (WADA).

The great majority of medical visits are to the main medical tent near the finish line after the athlete has completed the race. Please do not leave the post-race area until you are reasonably certain you are ok and are able to drink without vomiting and stand without dizziness. The process of adjusting to relative inactivity after over 12 hours of racing may take a while and some degree of cramping and discomfort is normal and does not require medical intervention. Intravenous fluids (IV) will be offered to athletes only when medically indicated.

The medical tent will officially close at 12:30 am. Any athletes seeking medical attention after that time will be referred to the Kona Community Hospital Emergency department. All medical expenses incurred outside the medical tent or official IRONMAN® medical vans are the sole responsibility of the athlete. USAT provides secondary coverage in qualified circumstances. Failure of the athlete to meet financial responsibility to local medical facilities may result in suspension from participation in future IRONMAN® events until accounts are settled.

ANTI-DOPING

In accordance with the IRONMAN® Anti-Doping Policy, all athletes who accepted qualifying slots for the 2014 IRONMAN® World Championship presented by GoPro were required to sign a Condition of Entry, Release and Indemnification waiver, by which they agreed to both in and out of competition testing, and voluntarily consented to be governed by the IRONMAN® Anti-Doping Rules (IRONMAN® Anti-Doping Rules).

All athletes should expect that testing will take place both in and out-of-competition. The IRONMAN®'s testing program is not limited and can occur anytime, anywhere. All athletes participating in the 2014 IRONMAN® World Championship presented by GoPro are encouraged to carefully review the information pertaining to anti-doping included below.

IMPORTANT RESOURCES AND INFORMATION:

The IRONMAN® encourages all athletes to know and understand their rights and responsibilities with regard to anti-doping policy and procedure. The www.ironman.com website, includes an Anti-Doping section. Downloads of rules, policies, and forms, as well as educational resources and links, are available to you through this site. Notice of important changes and updates regarding the IRONMAN® Anti-Doping Program will be posted on this site.

The following on-line resources are available to all athletes and all athletes are encouraged to review these and other anti-doping resources and information available through your National Anti-Doping Organization.

- The IRONMAN® Anti-Doping Rules are in full compliance with the World Anti-Doping Code (Code) and apply to each participant by virtue of the participant's application for entry and/or participation in IRONMAN® events.
- The Code is the documentation that harmonizes regulations regarding anti-doping in sport across all sports and countries of the world. The Code provides a framework for anti-doping policies, rules and regulations for

sport organizations and public authorities.

- The 2014 World Anti-Doping Agency (WADA) Prohibited List will be in effect for all IRONMAN® testing.
- Certain medications, common beverages, and other 'over-the-counter' or otherwise legal products may contain banned substances. Athletes are fully responsible for knowing what substances are banned in accordance with the Prohibited List and for monitoring their compliance with the Rules.
- If you need to check any medications an available resource is the Global Drug Reference Online: <http://www.globaldro.com>.
- Athletes who may be required to take a prohibited substance to treat a medical condition should consult with their National Anti-Doping Agency (NADO) and/or National Federation (NF) to confirm if, under their rules and policies, you are required to have a Therapeutic Use Exemption.

Information Regarding Anti-Doping Control Procedures:

- Testing will be conducted in accordance with the WADA approved IRONMAN® Anti-Doping Rules.
- By registering to compete at this event you have consented to be subject to drug testing both in and out of competition, and to adhere to the penalties associated with an Anti-Doping Rules Violation. All registered competitors are subject to testing which may include the collection of both urine and blood for analysis.
- If chosen for drug testing, you are required to comply with the IRONMAN® Anti-Doping Rules. Noncompliance or refusing to be tested will result in the same penalties as a doping violation. "Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in applicable anti-doping rules or otherwise evading sample collection" is an anti-doping rule violation.
- It is important that athletes know their

rights and responsibilities during the doping control process.

THERAPEUTIC USE EXEMPTIONS (TUE)

Important Reminder for ALL Athletes

All Professional and Age Group athletes are required to check with their National Anti-Doping Agency and their National Triathlon Federation to determine if there are domestic or federation policies which may be different from those of the IRONMAN®. Stricter TUE requirements could be applicable to you based on domestic policy or National Federation membership. Because the 2014 IRONMAN® World Championship presented by GoPro is classified as an International Event in accordance with the Code it may have stricter requirements for some athletes.

Failure to adhere to the TUE requirements of your National Anti-Doping Organization or National Federation shall constitute a violation of the IRONMAN®'s Rules.

Athletes who require and have been approved for a TUE by their National Anti Doping Agency should submit a copy of their TUE Approval to tue@ironman.com.

Important Notice for ALL US Athletes

The IRONMAN® advises that ALL US Athletes, by virtue of their USA Triathlon Membership, are required to follow the TUE Policies of the US Anti-Doping Agency (USADA) and should contact USADA to confirm if a TUE is required.

BANQUETS & QUALIFYING FOR 2015

THE IRONMAN® WORLD CHAMPIONSHIP PRESENTED BY GOPRO E KOMO MAI (WELCOME) BANQUET & THE BANQUET OF CHAMPIONS

Each athlete who completes the Athlete Check-in process in Kona will receive an athlete wristband that allows him/her free entry into the IRONMAN® World Championship presented by GoPro E Komo Mai (Welcome) Banquet and the Banquet of Champions. Please do not remove the wristband prior to the functions or you will be denied entry. Banquet tickets for the general public are available for purchase at <https://endurancecui.active.com/event-reg/select-race?e=10017554>. We recommend ordering tickets early, as the banquets do sell out. During race week, you may pick up pre-purchased tickets at the IRONMAN® Race Office, located in Courtyard by Marriott King Kamehameha's Kona Beach Hotel. A limited amount of tickets will also be available for purchase during race week. Athletes will be admitted to the banquets with their athlete wristband. Cut bands will not be accepted at the gate.



Qualifying for 2015

The first-place male and female champion and age group champions will automatically qualify for the 2015 IRONMAN® World Championship to be held on October 10, 2015.



KONA FACTS

KONA FACTS

Average Rainfall for October:

Hawi: 4.36 inches
Kailua: 1.20 inches

Average Water Temperature for October:

79°F/26°C
Depth of Water:
Over half the swim course is approximately 20 feet deep.
Some depths can reach up to 90 feet.

Temperature for October:

Average High: 83°F/28°C
Average Low: 70°F/21°C
Temperature can exceed 100°F

Average Humidity Pattern:

High: 85 percent during coolest part of day (evening)
Low: 40 percent during warmest part of day (afternoon)

OCTOBER 11, 2014

Moon Phase:
Waning Gibbous

Tides:
5:45 a.m. high tide
12:42 p.m. low tide

Sunrise: 6:17 a.m.

Sunset: 6:03 p.m.

For 2013 IRONMAN® World Championship Results, please visit:

<http://www.ironman.com/triathlon/events/americas/ironman/world-championship/results.aspx#axzz390jPoDju>


WORLD CHAMPIONSHIP

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