



2008 Athlete Information Guide

Kailua-Kona, Hawaii
October 11, 2008

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



Table of Contents . . .

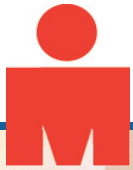
From the President - <i>Ben Fertic</i>	3
From the Event Director- <i>Diana Bertsch</i>	4
From the Head Referee - <i>Jimmy Riccitello</i>	5
2008 Race Committee & Office Information	6
2008 Schedule of Events	7
Registration & Pre-Race Check-in	8
Race Day Check-in & Start	9
Race Rules & Information	10
Swim	10
<i>Rules & Regulations</i>	10
<i>Information</i>	11
<i>Recommendations</i>	12
Bike	13
<i>Rules & Regulations</i>	13
<i>Information</i>	15
Run	16
<i>Rules & Regulations</i>	16
<i>Information</i>	16
Rules Applying to All Segments of Race	17
Physically-Challenged Division	19
<i>Rules & Regulations</i>	19
<i>Information</i>	20
Course Descriptions	21
Swim	21
<i>Description</i>	21
<i>Map</i>	21
Bike	22
<i>Description</i>	22
<i>Legendary Winds and Heat</i>	22
<i>Map</i>	23
Run	24
<i>Description</i>	24
<i>Map</i>	24



Table of Contents *(continued)* . . .

Timing	25
ChampionChip® Timing	26
Medical	27
Aid Stations	29
Personal Safety	30
PowerBar E Komo Mai (Welcome) Banquet & Awards Banquet	31
Qualifying for 2009	31
2007 Winning Times - <i>Top 10 Male & Female Finishers</i>	32
Course Records	33
2007 Top Finishers	34
<i>Age Group Divisions</i>	34
<i>Physically-Challenged Divisions</i>	35
<i>Handcycle Division</i>	35
<i>Military Division</i>	35
Kona Facts	36
Lost and Found	36





From the President . . .



Dear Ironman Athletes,

Congratulations on qualifying for the 2008 Ford Ironman World Championship. We commend you on the effort you have expended and the sacrifices you have made in order to make it to the starting line.

Thirty years ago, 15 brave athletes took on what many thought was impossible. Their participation in the first Ironman race began what is now a worldwide phenomenon proving "Anything Is Possible."

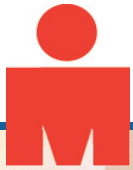
The information contained in this book will assist you in successfully preparing for race week and getting to the starting line on Saturday, October 11. Please review the materials so that you will have a full understanding about what all is encompassed in this year's Ford Ironman World Championship event.

Your passion, determination and courage have brought you here to the Big Island and we hope your Ironman Experience is truly unforgettable. On behalf of the Ironman team, I wish you the best of luck on race day. We'll see you on Alii Drive – the greatest finish line on Earth!

Sincerely,

Ben Fertic
President
Ironman

Anything is Possible™



From the Event Director . . .

October 2008



Aloha Ironman Athletes!

Congratulations and welcome to the Big Island of Hawaii and the 2008 Ford Ironman World Championship. For many of you, competing in this race will be an accomplishment of a lifetime. For all, it will be a truly memorable experience as we celebrate 30 years of this extraordinary event.

The Big Island is a dynamic and spirited place during the weeks leading up to Ironman. Many of the 5,000 amazing race volunteers that make this event possible live here in the Aloha State! We invite you to take advantage of your time here in Kona - enjoy the people, the Aloha they share, and our beautiful home.

It is our goal to provide you with the best possible race experience. The information contained in the Athlete Information Guide will help you get through race week, to the starting line on Saturday and is vital to your success on race day. Please review carefully so that you are well prepared.

Your safety before and during the race is of the utmost importance to the people that live here and to the entire Ironman Ohana. So, please train and race safely.

I wish you well and look forward to seeing you on race day. A day where the world comes to Kona!

Diana L. Bertsch
Event Director
Ford Ironman World Championship





From the Head Referee. . .

We will be using a modified version of the USAT Competitive Rule set. In summary, these rules operate under the "three strikes and you are out" principle. Drafting is the only violation that incurs a time penalty (to be served in a penalty tent, located at various spots on the bike course). Any and all violations count toward your 3-strikes.



Example: 1. Drafting Call

(4 minutes to be served in penalty tent on the bike course)

2. Helmet Chinstrap Call

3. Littering- this is the 3rd Call and a disqualification (DQ).

In other words, any combination of 3 rule violations will result in a DQ. In order to maximize athletes' understanding before race day, please take the time to read the following summary of rules and review the USAT Competitive Rulebook.

- Ride on the right side of your lane
- Keep four (4) bike lengths between yourself and the cyclist in front of you
- Pass on the left of the cyclist in front (never on the right)
- Complete your pass within 20 seconds
- If passed, drop back four (4) bike lengths before re-passing

There are trained officials on the course to ensure safety and fairness. Triathlon is an individual event and it is the athlete's responsibility to fully understand the rules and avoid penalties. The Marshal's ruling is final in the case of Position Violations and there are no protests or appeals. Following are the most common rule violations:

- **Illegal Position or Blocking - Riding on the left side of the lane without passing**
- **Illegal Pass - Passing on the right**
- **Overtaken - After being passed, failing to drop back four (4) bike lengths before re-passing**
- **Drafting - Following a leading cyclist closer than four (4) bike lengths and failing to pass within 20 seconds**
- **Chin Strap - Always have your chin strap securely fastened!**

Other violations include failure to wear race number, riding or running with an IPOD, Thump, or any other musical device and littering. It is important to remember that while drafting is the only violation to incur a time penalty, **you must go to a penalty tent for all violations to have your number marked and all violations count towards 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.**

Remember to treat other athletes, volunteers and officials with courtesy and consideration. Failure to do so is considered Unsportsmanlike Conduct and may result in disqualification.

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

Jimmy Riccitello
Head Referee
Ironman



The 2008 Race Committee . . .

The Ironman Team

Amber Dotson
Amy Lessner
Andy Giancola
Ann Skerkoski
Ashlie Nalls
Ben Fertic
Bill Potts
Blair LaHaye
Bryan Jahr

Carolyn Richards
Diana Bertsch
Fran Arafaras
Greg Welch
Jennette Harshman
Jennifer Caldwell
Jennifer Sanchiz
Jessica Weidensall
Jimmy Riccitello

Joanna Jordan
Judy Molnar
Kevin Mackinnon
Linda Jane Kelley
Lindsay Bettermann
Mahea Akau
Michael Bush
Michelle Payette
Nicole Roberts

Peter Henning
Scott Langen
Stephanie Ziemer
StephenRay Stafford
Steve Meckfessel
Tek Mapon
Travis Sitzlar

Kona Race Directors

Aid Stations-Bike	Jane Bockus
Aid Stations-Run	Joe Loschiavo
Bike	John Bertsch
Construction	Rocky Campbell
Communications	Ted Spitaleri
Finish/Post Race	Laura Dierenfield
Medical	Franklin Marcus, MD
Registration	Kim Jennings
Run	Jim Jennings
Security	Steven Foth
Supplies	Vickie Ewing
Swim	Jan War
Timing	Andy Anderson
Transitions	David Huerta
Warehouse	Steve Butterfield

Race Office

Ford Ironman World Championship
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

*The Ironman race office moves to the
King Kamehameha's Kona Beach Hotel (KKKBH)
during race week.*



2008 Schedule of Events

Sunday, October 5

7:30 a.m.

Annual P.A.T.H. 5K & 10K Fun Run 10K & 5K begins at Hale Halawai, Alii Drive

Monday, October 6

8:00 a.m. - 4:00 p.m.

Race Office open daily at King Kamehameha's Kona Beach Hotel (KKKBH)

Tuesday, October 7

9:00 a.m. - 2:00 p.m.

Athlete Registration Check-In at KKKBH Ballrooms

4:00 p.m.

Kona Keiki Dip-n-Dash

5:00 p.m.

Ironman Parade of Nations (athletes gather at 4 p.m.)

5:00 p.m. - 8:00 p.m.

Ford Ironman Village opens, Hale Halawai, Alii Drive

Wednesday, October 8

9:00 a.m. - 4:00 p.m.

Ford Ironman Village Open

9:00 a.m. - 2:00 p.m.

Registration Check-In at KKKBH Ballrooms

1:00 p.m.

Mandatory Pre-Race Meeting: Japanese-speaking athletes (Back parking lot, KKKBH)

2:15 p.m.

Mandatory Pre-Race Meeting: German-speaking athletes (Back parking lot, KKKBH)

Thursday, October 9

9:00 a.m. - 2:00 p.m.

Final Day of Registration Check-in at KKKBH Ballrooms

9:00 a.m. - 4:00 p.m.

Ford Ironman Village Open

6:00 p.m.

PowerBar E Komo Mai (Welcome) Banquet, parking lot KKKBH

8:00 p.m.

Mandatory Pre-Race Meeting for Athletes (following the E Komo Mai Banquet, back parking lot KKKBH)

Friday, October 10

9:00 a.m. - Noon

Ford Ironman Village Open

9:00 a.m.

Physically Challenged Athlete Meeting - KKKBH Paddlers Restaurant

Bike/Helmet/Gear Check-In: Transition area, Kailua Pier

Noon - 2:30 p.m.

Race #1 to #850

2:30 p.m. - 5:30 p.m.

Race #851 - #1800+

Saturday, October 11

4:45 a.m.

Swim check-in/body marking at KKKBH parking lot

6:45 a.m.

RACE START - PROFESSIONAL/ELITE ATHLETES

7:00 a.m.

RACE START - AGE GROUPERS

**When you complete the race, please pick up your bike and gear at the transition area no later than 12:00 Midnight*

Midnight

OFFICIAL CUT-OFF OF RACE

Sunday, October 12

10:00 a.m. - 3:00 p.m.

Race Office open

6:00 p.m.

Awards Banquet, parking lot of KKKBH

Monday, October 13

10:00 a.m. - 3:00 p.m.

Race Office open



Registration & Pre-Race Day Check-in ...

REGISTRATION: Tuesday, October 7 through Thursday, October 9

Registration will take place at King Kamehameha's Kona Beach Hotel. Beginning Tuesday, October 7 through Thursday, October 9, from 9:00 a.m. to 2:00 p.m., you may pick up your registration packets.

To register, you will need the following:

1. Your government-issued photo I.D.
2. The name, room number and phone number of the hotel (or other accommodations) where you will be staying, or a physical address and phone number if you are staying at a private residence. *(Please note: If you will be changing locations between the time you register and race day, you will need to notify the Registration Director of that change when you have the information.)*
3. Current USA Triathlon membership card or cash for 1-day membership

ALL REGISTRATION PACKETS MUST BE PICKED UP BY 2:00 p.m. ON THURSDAY, OCTOBER 9.

NOTE: All Professional/Elite athletes are required to submit proof of professional/elite status prior to completing race registration.

Foster Grant™

BIKE/HELMET CHECK-IN: Friday, October 10

Check-in times: Noon - 2:30 p.m. Race numbers 1- 850
2:30 p.m. - 5:30 p.m. Race numbers 851 - 1800+
Location: Kailua Pier

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. You will have access to your bike beginning at 4:45 a.m. on race morning.

TIMEX®

GEAR BAG CHECK-IN: Friday, October 10, 12:00 p.m. to 5:30 p.m.

You will receive your Blue Bike-gear bag and your Red Run-gear bag inside of your registration packet. Please pack your gear in the appropriate bag and bring it to a designated check-in area on Friday, October 10, from 12:00 noon to 5:30 p.m., at the Kailua Pier. 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. **Athletes are required to check in both Run-gear and Bike-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.**



Race Day Check-in & Start . . .

RACE DAY CHECK-IN: Saturday, October 11, 4:45 a.m.

During registration, athletes will receive a colored, numbered swim cap and a timing chip inside the registration packet. Race day check-in time will begin at 4:45 a.m. at the King Kamehameha's Kona Beach Hotel. Don't forget your colored swim cap on race morning and do not apply sunscreen or grease on your arms until you have been through body marking. **You must have your timing chip secured to your RIGHT 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 located at the body marking compound. You must complete the check-in prior to entering the swim area. You will be required to walk across a timing mat upon completing the check-in process.



PROFESSIONAL/ELITE RACE START - 6:45 a.m. AGE GROUP RACE START - 7:00 a.m.

Please be sure NOT to 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 future Ironman events.





Race Rules & Information . . .

Swim

Course Length — 2.4 miles/3.9 km

SWIM

- 1) Each swimmer must wear an official swim cap provided by the race. Wearing swim goggles or a face mask is recommended, but not required.
- 2) No fins, paddles, snorkels, wetsuits* or flotation devices of any kind are allowed. Tri-suits and full body suits must be sleeveless. Shoulders must be completely uncovered.
- 3) Please be sure your timing chip is properly fixed on your right ankle.
- 4) No individual paddlers or escorts allowed. Course will be adequately patrolled by water safety personnel, via surfboards, kayaks and patrol boats.
- 5) Swimmers will be required to have race officials mark their race numbers on both their shoulders. **PLEASE DO NOT APPLY SUNSCREEN OR VASELINE TO AREAS BEARING YOUR RACE NUMBER.**
- 6) Time penalties will be imposed on athletes not behind the official start line **5 minutes** prior to the race start.
- 7) Swimmers are required to stay on course, swim clockwise and keep course markers to the right. Failure to do so may result in disqualification.
- 8) 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.
- 9) The swim course will be CLOSED 2 hours and 20 minutes after the start** of the race. Athletes still in the water after this time will be disqualified and will not be permitted to continue in the event.
- 10) 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.
- 11) 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 holding area as it impedes traffic through the bike lanes. **Public nudity is prohibited.**



* Athletes competing in an age category of 70+ are given the "option" of wearing a sleeveless, full or 3/4 wetsuit during the swim portion. If an athlete aged 70+ elects to use a wetsuit, he/she will not be eligible for an age group award, but will still be considered an "official finisher."

** Start time may vary based on water conditions.



Race Rules & Information . . .

SWIMS . . .

Swim Information

The 2.4 mile swim is an ocean swim, and each athlete is expected to have the ability and fitness to complete the swim. Ocean swimming is slower than pool swimming, and the swim segment must be completed in 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 is provided for safety and 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 will begin at 4:45 a.m.

(approximately 2 hours before race start). You will be marked by race officials with your race number. Please do not apply sunscreen, lotion or oils before or after receiving your body markings, as this will dissolve or distort your number. Your number 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 AFTER THE RACE IN THE POST-RACE AREA BY 12:00 MIDNIGHT. PRESENT YOUR ATHLETE WRISTBAND FOR ENTRY INTO THE BIKE COMPOUND.

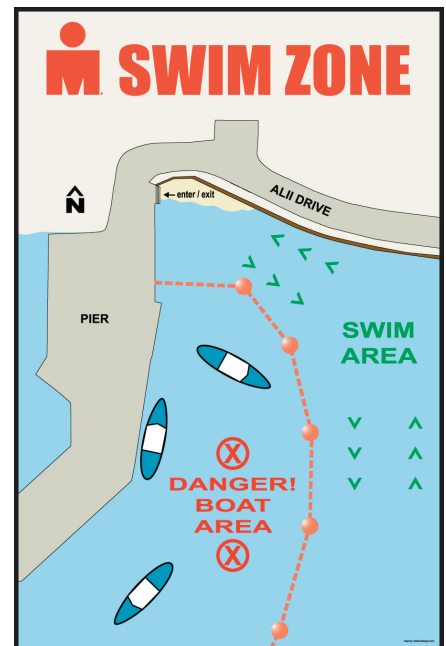


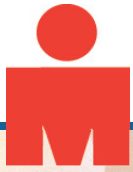


Race Rules & Information . . .

Recommendations for the Swim

- 1) A turnaround buoy will be in place prior to the event. When practicing, we suggest wearing a brightly colored swim cap and swimming with a training partner.
- 2) Seasickness is the major cause of dropping out of the swim. Arrive in Kona early enough to check out the course.
- 3) 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 at right.**
- 4) *On race day, be sure to self-seed for the start based on your anticipated swim time.*
- 5) 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.
- 6) Wearing goggles and using anti-fog is recommended.
- 7) Be courteous when practicing on any portion of the Ford Ironman World Championship course.





Race Rules & Information . . .

Bike

Course Length — 112 miles/180.2 km

Cycling Conduct and specifications are consistent with USA Triathlon (USAT) Rules.

- 1) All athletes are required to ride road/triathlon bikes. Mountain bikes, beach cruisers and bikes with coaster-type brakes are prohibited.
- 2) No tandems, recumbents, fairings, solid wheels, wheel covers or any add-on device designed exclusively to reduce resistance are allowed. Any new, “unusual” or prototype equipment will be subject to an evaluation of legality by Ironman and/or USA Triathlon's Head Referee.
- 3) **All bikes and helmets will be checked in on the Friday, October 10, prior to race day.** Race officials reserve the right to reject any bike not meeting safety standards. If the bike does not meet safety standards, the athlete will be required to correct the problem before participating in the race. Once your bike is checked into the holding area, only small covers on the seat and/or computer will be allowed. Large plastic bags that cover the entire bike will not be permitted.
- 4) **Age Group Athletes:**
 - a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
 - b. Athletes must ride single file on the far right side of the road near the white line except when passing another cyclist. Side-by-side riding is not allowed.
 - c. Cyclists must keep a 7-meter distance (approximately 4 bike lengths) between bikes except when passing.
 - d. Overtaking cyclists may pass on the left for up to 20 seconds, but must move back to the right side of the road near the white line after passing.
 - e. An overtaken cyclist must fall back 7 meters before attempting to regain the lead from the lead bike.
 - f. Athletes committing rule violations will be notified on the spot by an official.
 - g. The official will do the following:
 - i. The official will take your photograph for verification of the penalty.
 - ii. Call out the athlete's race number and display either a **RED CARD** (drafting) or a **YELLOW CARD** (any other penalty).
 - iii. There will be penalty tents (PTs) evenly placed throughout the bike course and one in transition. An official will instruct the athlete to report to the **next** penalty tent (PT) on the course.
 - iv. Document type of infraction and athlete's race number.
 - h. The athlete will do the following:
 - i. Report to next PT and tell the official in the PT whether you received a **RED CARD** or a **YELLOW CARD**. If you fail to report to the **next** PT, you may be disqualified.
 - ii. Have race number marked by the PT official with a “/” (slash mark) for drafting or a “P” for other penalties.
 - iii. Be required to register, via a sign-in sheet.
 - iv. **Resume** the race immediately upon signing in and having your number marked with a “P” for non-drafting violations.
 - v. **Remain** in the PT for four minutes if you were shown a **RED CARD** and received a “/” (slash mark) on your race number.
 - vi. Be disqualified if you receive any combination of three penalties.
 - vii. Risk disqualification for not reporting to the PT
- 5) Shoes must be in the bike gear bag or secured to bike pedals. Shoes may NOT be



Race Rules & Information . . .

Bike - continued

- beside the bike.
- 6) Shoes and shirt must be worn at all times.
 - 7) Each athlete must wear the Ironman-issued race number at all times while on the course. Bike number must be placed low on BACK of cyclist's jersey where it is *clearly visible*. Folding or cutting race number or intentional alteration of any kind is **STRICTLY PROHIBITED**. Race belts may be worn.
 - 8) Athletes will be required to follow section 3.3 of the 2008 ITU Athletes' Rules on helmets. Alterations to hardshell helmet that affect its integrity are not allowed. The helmet must be fastened before the athlete first mounts the bicycle and at all times when the athlete is on the bicycle. The athlete must dismount the bicycle prior to unfastening their chin strap.
 - 9) 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 disqualification. It is incumbent upon each athlete to reject immediately any attempt to assist, follow or escort.
 - 11) Bags will be provided for the Special Foods Station located near mid-point on the bike course. The Special Foods Station is for nutritional purposes **ONLY**, and **ONLY** food items will be allowed in the bag. All unclaimed bags will be **DISCARDED** after station is closed.
 - 12) Each athlete must be individually responsible for repair and maintenance of their own bike.
 - 13) Athletes are expected to follow directions and instructions of all race officials and public authorities.
 - 14) **"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 peril will result in disqualification and a one-year suspension from all licensed and qualifying Ironman events.
 - 15) Athlete may walk bike, if necessary, but may not make progress on the bike course unaccompanied by bicycle.
 - 16) Cyclists are individually responsible for following traffic laws and are solely responsible for the consequences of any infractions.
 - 17) The bike course will be **CLOSED** 10 hours and 30 minutes after the start of the race. Athletes still on the bike course after this time will be disqualified and will not be permitted to continue in the event.
 - 18) After bike portion, athletes *must* pick up their run gear bag. This is a security measure designed to maintain an accurate count of cyclists still on the course.
 - 19) 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.



Race Rules & Information . . .

BIKE

Bike Information

Pack your bike carefully before shipping! When traveling to Kona, you may have to fly 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 bicycle 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. Pumps will not be accepted with pre-swim gear bags.

You are required to pick up your bike and other gear at the transition area after the race, no later than 12:00 midnight. 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.





Race Rules & Information . . .

Run (Powered by K-Swiss) Course Length — 26.2 miles/42.2 km

- 1) No form of locomotion other than running, walking or crawling is allowed.
- 2) Runners must wear their race number at all times on the course. Race numbers issued by IRONMAN identify the official athletes in the race. Folding or cutting 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) This is an INDIVIDUAL event. No individual support vehicles or non-athlete 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 marathon course. Special Foods Station is for nutritional purposes ONLY. All unclaimed 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.
- 7) The IRONMAN course will close 17 hours after the start of the race. Support services are not available after course closure.
- 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 Information

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 light stick for the duration of the race. Your safety and the safety of all others is paramount!





Rules Applying To All Segments of Race . . .

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

- 1) USAT sanctions the Ford Ironman World Championship. Based on USAT rules, once an athlete competes as a Professional/Elite athlete anywhere in the world in the calendar year, the athlete cannot compete as an age grouper in that same calendar year in a USAT-endorsed event, including the Ford Ironman World Championship. 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. Ford Ironman World Championship rules state that once an athlete competes as a Professional/Elite in the Ironman qualifying race series season, the athlete cannot compete as an age grouper in that respective year's Ford Ironman World Championship as an age grouper.
- 2) Athletes are expected to follow directions and instructions of all race officials and public authorities.
- 3) Course marshals shall have authority to disqualify any athlete.
- 4) Medical personnel shall have ULTIMATE and FINAL authority to remove an 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) No athlete may use alcohol or any illegal, detrimental or dangerous drugs, stimulants, depressants or other substances or procedures with the intent to improve performance, eliminate the sense of fatigue or for any other purpose. Violation of this rule is grounds for immediate disqualification and will result in a one-year suspension for a first offense. Second time offenders will be banned from all future Ironman-licensed events.
- 6) The Medical Control Rules set forth by USAT, in harmony with the World Anti-Doping Agency (WADA) regulations and policies on banned substances, will be binding on all athletes. In addition, other rules and regulations, even if not yet recognized by the WADA may be instituted, which if such occurs, you agree to abide by. Athletes may be requested to undergo drug testing procedures before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures.
- 7) Should any athlete test positive for any substance banned by the WADA regulations and policies and is not vindicated by the administrative appeal process, or test positive for any other item as mentioned above, the athlete, at the judgment of Ironman officials, will be banned from participation for a period of two years from the date that the athlete competed and/or was drug-tested. A second offense will result in lifetime suspension of participation in Ironman events.





Rules Applying To All Segments of Race . . .

Continued....

- 8) Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in athlete being suspended from competing in any IRONMAN event in the future.
- 9) If athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the Communications Center located in the King Kamehameha's Kona Beach Hotel and turn in their 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.
- 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 mandatory meetings.
- 11) As a USAT-sanctioned race, the IRONMAN will subscribe to all 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. The booth will be open 10 days prior to the race from 7:00 a.m. until 12:00 p.m.
- 13) It is required that all athletes are either a one-day or annual member of USA Triathlon. You will be required to show proof of your current annual USAT membership or purchase a one-day membership at Registration in Kona. If you are applying as a professional athlete, you must include proof of professional status.
- 14) Communication devices of any type are strictly prohibited during competition including IPOD, Thump or any other musical device. Use of such devices may result in disqualification.
- 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 disqualification and suspension from future participation in any Ironman event.



CompuTrainer®



Physically Challenged Division . . .

Athlete Rules

Supplemental rules and regulations pertaining to the Physically Challenged Division for the 2008 Ford Ironman World Championship are consistent with USAT rules.

Swim

- 1) Ironman reserves the right to seed athlete at swim start, i.e. early start, late start, designated wave, etc.
- 2) Athlete may use wetsuit during competition. Each athlete must obtain approval from Ironman prior to the race for all swimwear and accessories to be used during the swim portion. Any change thereafter will be grounds for disqualification. 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.
- 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 disqualification.
- 4) Athletes will be required to follow section 3.3 of the 2008 ITU Athletes' Rules on helmets.
- 5) **DRAFTING IS PROHIBITED.** Event drafting rules will apply to this division.



Run

Running conduct and specifications are consistent with USAT rules. Athlete is required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/handcycle portion. Standard racing chairs shall be permitted.

Athletes will be required to follow section E.3.4 of the 2008 ITU Athletes' Rules on helmets.

SWIM . . . BIKE . . . RUN



Physically-Challenged Division . . .

General Information

Handlers conduct and specifications are consistent with USAT rules.

- 1) Unauthorized outside aid/support or escorts are grounds for disqualification. Handlers will be approved prior to the race and will work directly with the Physically Challenged Coordinator. Handlers conduct is consistent 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. Failure to attend the scheduled meeting may result in forfeiture of a start spot. Check Schedule of Events for meeting time and location.
- 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 or at pre-race meetings.
- 5) Any rule interpretation or enforcement made by the race committee or Ironman shall be final.





Course Descriptions . . .

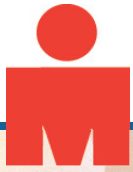
Swim: 2.4 miles/3.9 km

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 to the turnaround vessel and returns to the pier. Athletes must swim in a clockwise direction, keep all marker buoys on their right and swim around the turnaround vessel. The start line will be in the water about 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 the King Kamehameha's Kona Beach Hotel as your reference.

The water temperature is expected to be 79° degrees. 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!





Course Descriptions . . .

BIKE . . .

Bike: 112 miles/180.2 km

The bike course begins at Kailua Pier. From there you will travel up Palani Road to Kuakini Highway, then left onto Kuakini Highway (towards the Old Airport Park). Next, you will make a right turn onto Makala Boulevard traveling toward the Queen Ka'ahumanu Highway. Turn right on the Queen Ka'ahumanu Highway to Palani Road, make a right turn onto Palani Road. (Please note: **The Palani Road descent is a NO PASS ZONE. Penalties will be issued to aggressive cyclists.**) Make a left turn onto Kuakini Highway to Kahakai Estates Subdivision and return back along Kuakini to Palani Road. Turn right up Palani and then left onto the Queen Ka'ahumanu Highway and travel north to Hawi. Along the route, the terrain is rolling with several quarter to one-mile hills that reach a maximum grade of about 6% (6 foot rise for each 100 feet of distance).

The bike turnaround is located in Hawi and is one of the checkpoints on the course. After the turnaround, you will be headed back toward town along the Queen Ka'ahumanu Highway, all the way to Makala Boulevard. Turn right on Makala Boulevard to Kuakini Highway, turn left 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.

Legendary Winds and Heat

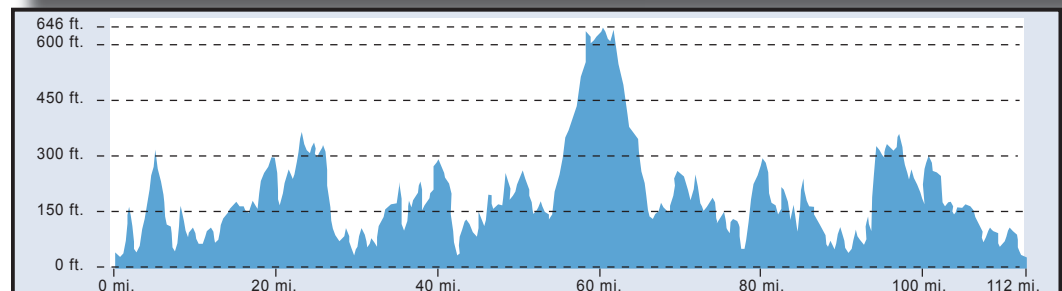
From Ali'i Drive to the airport, a sea breeze blows from the ocean across the Queen Ka'ahumanu Highway approximately 10-12 mph. During the evening, this wind reverses and blows from the mountains. From the airport area to Hawi, you will be biking into the legendary Ho'omumuku headwinds that are most noticeable on this portion of the bike course north of the airport. These winds blow 5-35 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 80's to low 90's, temperatures along this section of the course may exceed 100 degrees Fahrenheit due to the reflected heat from the lava and asphalt.





Course Descriptions . . .

BIKE





Course Descriptions . . .

Run: 26.2 miles/42.2 km

To begin the marathon, you will exit transition and travel up Palani Road then right onto Kuakini Highway to Hualalai Road. Turn right on Hualalai Road then left onto Ali'i Drive. Continue south on Ali'i Drive to St. Peters Church near Kahalu'u Beach. This is the run turnaround and one of the 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, then turn left. Proceed north on Kuakini Highway to Palani Road and turn right on Palani Road to Queen Ka'ahumanu Highway. Travel left onto the Queen Ka'ahumanu Highway to OTEC Road at the Natural Energy Lab of Hawaii Authority (NELHA); travel in and out of OTEC Road and back onto the Queen Ka'ahumanu Highway toward town. Go right on Palani Road, left on Kuakini Highway, right on Hualalai and right on Ali'i Drive to the FINISH LINE!

AID STATIONS WILL BE LOCATED APPROXIMATELY ONE MILE APART ALONG THIS COURSE.





Timing . . .

Please read this section carefully. The accuracy and timely release of your race results depend on it.

There will be two starts: 6:45 a.m.* for the Professional/Elites and 7 a.m.* for the Age Groupers. The race will officially end 17 hours after the designated start. Rest stops, transitions, etc. will be included in your total elapsed time. Splits will 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 20 minutes after the start.** Any athlete still in the water after this time will be disqualified and removed from the race.

The cutoff time for the bike segment is 10 hours and 30 minutes after the race start. Any athlete still on the bike segment after this time will be disqualified and removed from the race. The same condition exists with respect to the **17 hour cutoff time for the Ford Ironman World Championship.**

It is of utmost importance that you be aware of, and adhere to, these timing



conditions, as they improve the quality of the entire race. The removal of disqualified athletes is critical in that, among other things, a disqualified athlete's continued participation in the race makes it extremely difficult to maintain accurate time and

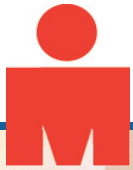
place results for the qualified athletes.

- 1) **If you drop out of the race at any time, you must notify and return your chip to the Communications Center located in the 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.
- 2) **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.**

* Start time may vary based on water conditions.



JANUS



ChampionChip® Timing . . .

The 2008 Ford Ironman World Championship is timed with ChampionChip®.



Your responsibilities as an athlete include:

- 1) As soon as you pick up your race packet and ChampionChip®, 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 ChampionChip® 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. Volunteers will help you remove the chip at the finish line.
- 3) If you do not start the race on Saturday, you are still responsible for returning the chip to race management. Chips should be returned to the Communications Center located at the King Kamehameha's Kona Beach Hotel.
- 4) If you drop out of the race, you need to turn your chip in to the race official you notified when you dropped out. If you are transported to any Ironman medical station, the medical staff will take responsibility for your chip.
- 5) Your race chip is a loaner. By picking up this race number and chip, you are guaranteeing that you will return the chip to race management, or you will be fined \$30 for its replacement.
- 6) 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.

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.





Medical . . .

There will be medical staff and facilities throughout the IRONMAN race course. The medical aid station at Kailua Pier will handle any injuries or medical problems that arise during the swim. Trained individuals will be stationed along the swim course (in boats and on surfboards) to assist you in case of a medical emergency. Problems among past athletes include nausea and vomiting from swallowing sea water 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 from the World Anti-Doping Agency (WADA).**

There will be medical aid stations in the transition area and in Hawi at the bike turnaround, as well as mobile medical vans roaming the course. Particular dangers in this section of the race 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 is not in your best health.

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 passing through aid stations to avoid the possibility of accident or injury to yourself or another.

The medical tent will officially close 17½ hours after the race start. All athletes seeking medical attention after that time will be referred to local emergency room facilities. All medical expenses incurred are the sole responsibility of the athlete and not 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.

If you spend three months prior to the World Championship in a climate cooler than Hawaii, we suggest you take a three-week acclimation period in Kona before the race. Kona is hot, humid and can be windy. The chance of dehydration and electrolyte-imbalance can be reduced significantly through a proper period of acclimation.

Stay with your tried-and-true routines regarding training 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





Medical . . .

Continued....

salt intake during training and during event time 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. **You are required to notify the Kona race office, 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.

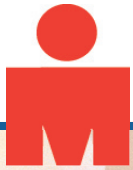
You are solely responsible for avoiding medications that appear on the list of banned substances as determined from the World Anti-Doping Agency (WADA).

The Medical Headquarters is located in the post-race area at the King Kamehameha's Kona Beach Hotel. More than half of the visits occur after athletes have finished the race. Please do not leave the finish area until you and your friends are sure you are okay, until you can drink without vomiting and stand without dizziness.

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 acceptance into the Ford Ironman World Championship. In all cases, the final decision of medical consideration is at the discretion of the Ironman Chief Physician.

Feedback from previous IRONMAN athletes indicates we can never over-emphasize the importance of hydrating prior to and during the event. The 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.

POWER
breathe®
"for anyone who breathes"™



Aid Stations . . .

On the bike course, there will be an aid station approximately every seven miles to supply you with cold Gatorade Endurance Formula (orange flavor) in ready-to-drink sport bottles, water, ice, cola, PowerBars, bananas and oranges. The first aid station on the bike course will be located 15.2 miles into the course. Bike aid stations will close 10½ hours after the start of the race. Water bottles will be exchanged at the aid stations. However, individual bottles will not be returned to athletes.



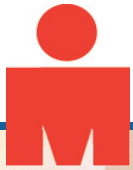
On the marathon course, aid stations will be located approximately every mile and will offer Gatorade Endurance Formula (lemon-lime flavor), water, ice, iced sponges, bananas, oranges, cola, PowerBars and PowerBar Gels. The run aid stations will close at the 17 hour event completion time.

TIMEX®

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 marathon courses. You will be issued a bag for this purpose at registration. Bags will be collected the morning of the race at the 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 unclaimed 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.

PowerBar





Personal Safety

Train with at least one other person when possible (especially in the water). While swimming, please wear a brightly colored swim cap and beware of spiny sea urchins in shallow water – stepping on one of these may put you out of the race before it begins!

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 12*).

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 bikers and runners on the roads. The IRONMAN has become famous for special care of athletes during the race. This "Aloha" is freely given by our 5,000 volunteers.



When training, please be courteous and aware that the others 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 you are one of Kona's invited guests, please respect and obey the traffic laws during your training practices. The Police Department has advised us that 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 greatly appreciated!**



KING KAMEHAMEHA'S

KONA BEACH HOTEL



Banquets & 2009 Qualifying ...

PowerBar E Komo Mai (Welcome) Banquet & Awards Banquet

Each athlete who completes the registration process in Kona will receive an athlete wristband that allows he/she free entry into the PowerBar E Komo Mai (Welcome) Banquet and the Awards Banquet. **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 on Ironman's Web site (www.ironman.com). **We recommend ordering tickets early, as the banquets always sell out.** During race week, you may pick up pre-purchased tickets at the Ironman Race Office located in the 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 2009

The 2008 Top 3 Professional Men and Top 3 Professional Women finishers and the 1st place male and female age group champions will automatically qualify for the 2009 Ford Ironman World Championship to be held on **October 10**. The 2008 Top 4 through 10 Professional Men and Top 4 through 10 Professional Women finishers will earn a spot at the 2009 Ford Ironman World Championship but must validate their spot by completing an Ironman 70.3 or other long-distance event prior to the 2009 Ford Ironman World Championship. The 2009 official IRONMAN qualifying events are listed on our web site, www.ironman.com.





2007 Winning Times . . .

Top 10 Male Finishers

Place	Name	Swim	Bike	Run	Total
1	Chris McCormack, USA	51:48	4:37:32	2:42:02	8:15:34
2	Craig Alexander, AUS	51:40	4:38:11	2:45:13	8:19:04
3	Torbjorn Sindballe, DNK	53:25	4:25:26	2:57:25	8:21:30
4	Timothy DeBoom, USA	51:39	4:38:20	2:48:29	8:22:33
5	Marino Vanhoenacker, BEL	53:21	4:33:06	2:53:00	8:23:31
6	Chris Lieto, USA	51:37	4:28:18	3:00:16	8:25:49
7	Eneko Llanos, ESP	51:47	4:38:12	2:51:43	8:26:00
8	Luc Van Lierde, BEL	51:42	4:38:18	2:55:28	8:30:01
9	Michael Lovato, USA	53:27	4:41:32	2:54:03	8:33:28
10	Patrick Vernay, NCL	53:24	4:49:17	2:48:13	8:35:10



Top 10 Female Finishers

Place	Name	Swim	Bike	Run	Total
1	Chrissie Wellington, GBR	58:09	5:06:15	2:59:58	9:08:45
2	Samantha McGlone, CAN	58:07	5:10:31	3:00:52	9:14:04
3	Kate Major, USA	58:08	5:10:16	3:06:35	9:19:13
4	Joanna Lawn, NZL	58:15	5:10:18	3:13:45	9:26:47
5	Rebecca Preston, AUS	58:08	5:17:23	3:07:14	9:26:55
6	Rebekah Keat, AUS	58:13	5:16:03	3:08:17	9:27:19
7	Dede Griesbauer, USA	53:27	5:13:06	3:22:03	9:33:34
8	Leanda Cave, GBR	53:13	5:13:46	3:24:22	9:36:10
9	Belinda Granger, AUS	58:07	5:10:18	3:24:19	9:37:54
10	Erika Csomor, HUN	1:03:18	5:29:10	3:01:25	9:39:47





Course Records ...

Swim Records

(M)	1995	Lars Jorgensen, USA	46:44
(F)	1999	Jodi Jackson, USA	48:43

Bike Records

(M)	2006*	Normann Stadler, GER	4:18:23
(F)	1993	Paula Newby-Fraser, ZIM	4:48:30

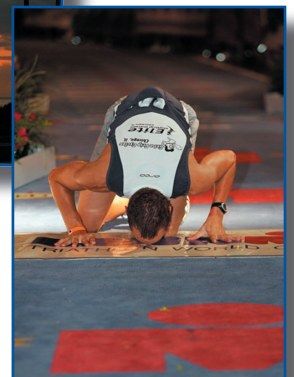
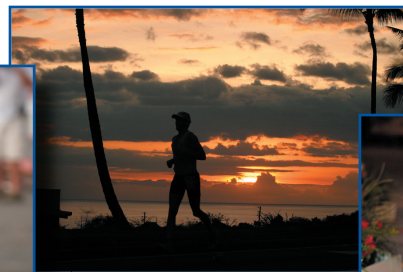
Run Records

(M)	1989	Mark Allen, USA	2:40:04
(F)	1999	Lori Bowden, CAN	2:59:16

Course Records

(M)	1996	Luc Van Lierde, BEL	8:04:08
(F)	1992	Paula Newby-Fraser, ZIM	8:55:28

** Until 1998, bike splits included both T1 and T2 transition times.
Bike splits from 1998 forward reflect actual bike time only.*





2007 Top Finishers . . .



TIMEX®

Age Group Divisions

Age Group	Name	Swim	Bike	Run	Total
18-24	(M) Rafael Wyss, SWI	1:01:44	4:58:25	3:01:02	9:06:25
	(F) Christine Waitz, GER	1:08:09	5:36:12	3:22:09	10:11:21
25-29	(M) Alex Mroszczyk-McDonald, USA	59:29	4:56:26	3:00:27	9:00:09
	(F) Bree Wee, USA	56:35	5:21:41	3:24:15	9:47:40
30-34	(M) Tommy Nielsen, DNK	56:28	4:58:20	3:05:18	9:05:06
	(F) Rachel Ross, USA	1:03:50	5:28:47	3:18:46	9:56:21
35-39	(M) Elmar Schuberth, AUT	55:39	4:56:09	3:07:44	9:04:25
	(F) Kelly Lear-Kaul, USA	1:04:06	5:41:37	3:19:09	10:11:57
40-44	(M) Marty Bulcock, CAN	1:01:41	5:01:01	3:03:32	9:12:35
	(F) Britni Bakk, USA	1:04:34	5:40:13	3:40:21	10:29:30
45-49	(M) Gregory Fraine, NZL	1:00:09	5:06:09	3:07:18	9:19:02
	(F) Juliana Nievergelt, USA	58:20	5:35:51	3:50:50	10:31:22
50-54	(M) Joe Bonness, USA	1:05:14	5:02:46	3:32:22	9:46:36
	(F) Laura Sophiea, USA	1:05:13	5:38:14	4:08:57	10:59:32
55-59	(M) Reinhold Humbold, GER	1:08:09	5:20:06	3:28:40	10:05:34
	(F) Betsy LaFlame, USA	1:21:47	6:39:08	4:18:05	12:28:14
60-64	(M) Kent Robison, USA	1:09:31	5:46:53	4:04:25	11:07:22
	(F) Cherie Gruenfeld, USA	1:18:49	7:01:29	4:43:48	13:11:19
65-69	(M) Milos Kostic, CAN	1:39:12	6:43:27	4:17:26	12:52:45
	(F) Lolly Rodgers, USA	1:30:49	8:00:39	5:57:44	15:55:30
70-74	(M) Ron Ottaway, USA	1:32:21	6:53:14	4:27:51	13:05:41
	(F) Harriet Anderson, USA	1:42:28	8:00:36	6:28:21	16:28:43
75-79	(M) France Cokan, SVN	2:11:06	7:05:02	5:21:44	14:55:19



2007 Top Finishers . . .

Physically-Challenged Division

Place	Name	Swim	Bike	Run	Total
1	(M) Gerald Geier, GER	1:06:56	6:37:08	4:21:14	12:15:04
	(F) Kelly Bruno, USA	1:31:01	7:25:35	4:55:55	14:02:34



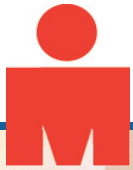
Handcycle Division

Place	Name	Swim	Bike	Run	Total
1	(M) Hans Koeppen, GER	1:23:30	7:14:12	2:38:58	11:29:15
	(F) <i>No Female Finisher</i>				



Military Division

Place	Name	Swim	Bike	Run	Total
1	(M) Brian Monaghan, USCG	1:00:03	5:08:15	3:19:47	9:34:32
1	(F) Lisa Newman-Wise, USAF	1:05:06	6:22:57	4:00:10	11:35:52



Kona Facts & Lost and Found . . .

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'. Some depths can reach up to 90'.

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% during coolest part of day (evening)

Low: 40% during warmest part



OCTOBER 11, 2008

Moon Phase:

Evening Crescent Moon

Tides: 7:10 a.m. low tide
1:20 p.m. high tide

Sunrise: 6:17 a.m.

Sunset: 6:03 p.m.

Lost & Found . . .

It is recommended that you mark your gear with your race #, as Ironman is not responsible for your lost items. Lost luggage? Please contact the airline.

Other lost items. . .

- Prior to the race, please stop by the IronInfo Tent located by the Kailua Pier.
- Saturday (race day), Lost and Found will be located in the King Kamehameha's Kona Beach Hotel at the Ohana/Communications Center.
- Sunday and Monday after the race, please go to the Ironman race office at the King Kamehameha's Kona Beach Hotel from 10:00 AM to 3:00 PM.
- Tuesday after the race, the race office at the King Kamehameha's Kona Beach Hotel from 8:00 AM to 12:00 noon.