



IRONMAN®



Coeur d'Alene

JUNE 21, 2009

**ATHLETE
INFORMATION
GUIDE**

Important Message from Ironman in regards to Host Communities...

Tampa, Florida- As most competitors, family members and spectators are aware, Ironman is a unique and inspiring event. Part of the allure of Ironman is the fact that family members and friends are able to cheer on athletes who are competing in this challenging adventure. The various communities in the United States that play host to Ironman events have done a fantastic job in opening their communities to, not only the athletes, but also the thousands of fans at each event.

Unfortunately, despite repeated entreaties from Ironman, some spectators insist on using paint on the roads and posting signs all over our host communities. These continued practices have led to some communities no longer supporting the Ironman courses coming through their towns due to the defacement of public property. Obviously, this makes it difficult to continue events and could put Ironman events in jeopardy. Due to the magnitude of the problem, police in each Ironman market have been made aware of these issues and will be out in force the evening before the event and will charge anyone caught defacing public property.

We ask the spectators of our events to please be respectful of private and public property; use common sense and courtesy. Ironman is fortunate to have some of the most beautiful communities in the United States to host our events.

"Spectators and athletes have to remember that not only do the communities actually allow the athletes to come through them, but the people in those communities are the same people who are volunteering and helping them along on race day," says Ironman Director of Operations, Shane Fecteau. "These people are not only opening up their community to Ironman, but in many cases are giving their time to improve the athletes' experience. Please respect the fact that they live here and respect private property."

Thank You,

The Ironman Team

Thursday, June 18, 2009

7am – 10am - Gatorade Bag Check & Morning Swim-City Park
9am – 5pm - Ironman Store & Tech Shop open-City Park
9am – 4:30pm - Ironman Village open to the public
10am – 4pm – Athlete Check-in, City Park
10am – 4pm.- IMTV in the Athlete Village, City Park
10am-4:30pm-Ironman Information Booth/Lost & Found-City Park
10am – 5pm - Race Day Café open
1pm – 5:30pm – Kid's Fun Run registration, Band Shell City Park
6pm – 6:30pm – Ford Ironman Kid's Fun Run starts and finishes in City Park

Friday, June 19, 2009

7am – 10am -Gatorade Bag Check & Morning Swim-City Park
9am – 5pm. - Race Day Café open
9am – 5pm.- Ironman Store & Tech Shop open-City Park
9am – 4:30pm-Ironman Village open to the public
10am – 4pm. - Athlete Check-in, City Park
10am – 4pm -IMTV in the Ironman Village, City Park
10am-4:30pm-Ironman Information Booth/Lost & Found-City Park
11am - Pre-race Press conference. IMTV – City Park
5:30pm - Welcome Dinner in the Banquet Tent
7:30pm – 8:30pm – Mandatory Athlete Meeting in the Banquet Tent

Saturday, June 20, 2009

7am – 10am -Gatorade Bag Check & Morning Swim-City Park.
9am – 5pm -Race Day Café open
9am – 5pm - Ironman Store & Tech Shop open-City Park
9am – 11am – 2010 Ford Ironman Coeur d'Alene On-site Registration for 2009 participants – City Park
10am – 3pm - Athlete Bike and Gear Check-in - City Park
10am – 4pm -IMTV in the Ironman Village, City Park
10am-4:30pm-Ironman Information Booth/Lost & Found-City Park
9am – 4:30pm - Ironman Village open to the public in City Park
12pm - Volunteer Meeting, Memorial Field across from City Park

Sunday, June 21, 2009

5am –Transition area opens, body marking begins
5am – 9pm -Race Day Café open
6am-12:30am (Monday) Ironman Information Booth/Lost & Found
6:25am – Pro Start
6:30am -Transition area closes
7am – Mass Start
7am – 4pm – Ironman Store open
9:20am - Swim Course Closes
1:30pm - 1st Lap of Bike Course must be completed
5:30p.m.- Bike Course Closes
9:00 - 1st Lap of Run Course must be completed
Midnight- Race ends

Monday, June 22, 2009

7am – 11am -Race Day Café open
7am – 3pm - Ironman Store open – Finisher's Store
9am – 11am 2009 Ford Ironman World Championship Qualifier Registration, City Park
9am – 11am - 2010 Ford Ironman Coeur d'Alene On-Site Registration, City Park
9am - 11:30pm - Lost & Found table will be open at City Park
10am - Photos available in the Band Shell, City Park
11:05am – 2009 Ford Ironman World Championship Rolldown, City Park
12pm-Lost & Found (Banquet)
12:30pm – Philadelphia Insurance Awards Banquet in the banquet tent

Tuesday, June 23, 2009

5:30pm - Volunteer Appreciation Party at the banquet tent

PERSONAL COMMUNICATION PLAN

Prior to departing for Coeur d'Alene, 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 Coeur d'Alene 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 Athlete Services
727-479-9027; CDA@ironman.com

PERSONAL SAFETY

You should always train with at least one other person when possible, especially in the water. While in the water, please wear brightly colored swim caps

- Remember that the swim is in a natural body of water and you should be aware that the possibility exists of currents and underwater hazards. Use common sense and safety precautions when swimming in Lake Coeur d'Alene.
- While training, please bike and run as close to the shoulder as possible. Drivers are not accustomed to the large number of cyclists and runners on the roads. Please exercise caution. Ironman has become known for the very special care given to athletes on race day. 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. Obey all traffic laws and remember cycling side-by-side and in packs is illegal. Please do not be discourteous to motorists if you are impeding traffic. As you are one of Coeur d'Alene'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.
- The bike and run courses are not closed to traffic in many areas. There may be motorists who are unaware of the event despite our efforts to make pre-event notifications. Exercise caution when approaching a motor vehicle and remember that drivers sometimes make unexpected maneuvers.

Drive the course:

When you first arrive at the race sight, drive the course to become more familiar with the terrain. This way there should be no surprises on race day in regards to what you should expect.

Finish Line Policy:

Friends and/or family members will no longer be 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 new policy will receive an automatic disqualification (DQ).

ATHLETE CHECK-IN PROCEDURE

Be sure to arrive at the race site with adequate time to register. Athlete Check-In hours are Thursday, June 18 and Friday, June 19 from 10:00AM-4:00PM at City Park.

Please bring the following items with you to registration:

- Official photo identification
- Active.com confirmation number
- USAT card (if you are an annual member) or \$10.00 USD to purchase a required one-day USAT license

Arrive onsite at City Park to check-in during the designated registration times. If you have a special circumstance/emergency in regards to athlete check-in you must contact CDA@ironman.com at least two weeks prior to the event to make check-in arrangements.

1. Confirm athlete bib number
2. Sign Waivers
3. Pick up registration envelope that contains the following items:
 - Race Numbers- bike frame numbers, helmet stickers, bib numbers, and bike check-out ticket
 - Swim cap
 - Athlete Wristband- It is mandatory that athletes wear this wristband at all times. This is your pass to get into all race areas not open to anyone except athletes.
 - Timing Chip
4. Goody Bags- Your Ironman bag does not contain your t-shirt; you will receive your shirt after you cross the finish line on race day.
5. Solutions Booth-Registration issues and questions.
6. Chip Scan- Before you leave registration, be sure to stop by the timing table to get your timing chip scanned. This will confirm your personal information for accurate race splits and results.

**Please note: Athlete Check-In will not be open on race day. If you do not arrive during the designated Athlete Check-in hours you will not be able to race.*

Bike/Run Gear & Special Foods Bag

During athlete check-in you will receive the five gear bags:

Green morning clothes bag

Blue bike gear bag

Blue bike special foods bag

Red run gear bag

Red run special foods bag

Please pack the correct gear in the appropriate bag and place them in the transition area according to the instructions that follow. Be sure all of your gear is clearly marked with your name and race number.

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 the entire week. The wristband is required for medical identification purposes and allows you access to the banquets, transition area and post-race athlete recovery area. You will not be allowed to remove your bicycle and gear from the transition area (following the race) without your wristband affixed to your wrist. Please do not remove your wristband until after the awards banquet.

Label your gear:

After you have received your packet, label all of your gear with your name and with the stickers provided. Be sure that all of the stickers are applied properly to avoid penalties during the race. Please label all of your clothing and gear (including shoes). If you lose or find any belongings, there will be a Lost and Found located at the Information Booth throughout race week.

Information Booth:

The Information Booth/Lost and Found will be located in City Park. Spectator Viewing Guides, Ironman Programs, information about athletes on the course, dropouts, injuries, Lost and Found etc. will be available at the Information Booth.

Athlete (Medical) Information Booth:

On Race Day, the Athlete Information Booth will be located across from the Information Booth and will have information about athletes on the course, dropouts, injuries (subject to HIPPA restrictions).

Athlete Meeting:

The mandatory Athlete Meeting will take place directly after the Welcome Dinner on Friday evening. The meeting will start at approximately 7:30PM.

MANDATORY BIKE AND GEAR CHECK-IN

Mandatory Bike and gear check-in is the day before the race (June 20) from 10:00 a.m.-3:00 p.m. at City Park. All bicycles and bike/run gear bags must be checked into the transition area and left overnight. Bicycles and bike/run gear bags will **not** be permitted to enter the transition area on race morning. Full bike covers are not permitted.

Only registered athletes with ID bands may enter the transition zone. There is no bike inspection, so please ensure that your bike is in safe and full working condition. Place your bike in the appropriately-numbered spot on the bike racks.

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

Pack your bike and run gear in the appropriate gear bag and place them on the proper row. Be sure your running gear has reflective material on the front and back of your clothes and shoes.

Helmets and cycling shoes must be placed in your Swim-to-Bike Transition gear bag. Only Pro Athletes will be allowed to attach their shoes to their bike. No loose gear will be allowed on the ground next to the bicycles.

PRE RACE AND RACE DAY PARKING

Race Day Parking:

Parking will be available at the various city lots throughout the city of Coeur d'Alene, as well as on the city streets and North Idaho College. If your family or friends are planning on seeing the start of the race, make sure they get to the site with plenty of time. Also, plan on using extreme caution when driving on race day at all times.

Carpooling:

While there are plenty of places to park, we ask that you carpool with another athlete to ease traffic congestion on race morning.

Plan Ahead:

Please give yourself enough time race morning. Roads can be congested as athletes and spectators converge on the area in a short period of time.

RACE DAY INFORMATION

Race Morning Check-In:

Athletes may check in beginning at 5:00AM- *NO EARLIER!*

Remember to bring all of your gear, swim cap, goggles, and wetsuit and Champion Chip; athlete check-in will not be offered on race day. Bike technicians and bike pumps will be available in the transition area on race morning. Please do not wear your bib number during the swim. Leave it in your Swim to Bike gear bag and put it on before you head out on the bike course. Numbers will not hold up for the duration of the race if they get wet.

Bodymarking: Bodymarking begins at 5:00AM on race day just inside the transition area. Please remember not to put lotion or sunscreen on before you get bodymarked.

Transition:

Transition closes at 6:30AM. All athletes must be out of transition during this time and headed to the swim start.

Eyeglasses:

Glasses must be labeled with the athletes' race number. Glasses should be placed on the eyeglass table near the swim exit located outside of transition in the swim exit chute. You may retrieve your item following the swim from the eyeglass table. Do not forget to do this upon exiting from the swim; you are responsible for reclaiming your glasses.

Finish Line Policy:

Friends and/or family members will no longer be 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 new policy will receive an automatic disqualification (DQ).

POST RACE

After you have completed the race, please pick up your bike and gear from the transition zone. Ironman is not responsible for gear that is not picked-up. You will be able to start checking out at 6:00 p.m.

Athlete Post Race Food will be available from 2:00PM-Midnight.

Gear Pick Up:

Transition will open at 6:00PM and you are required to pick up your gear and bike before 12:00 midnight. Please be aware of other athletes that are still racing. Double check your gear to be sure you have your own belongings. Our volunteers do their best to check that each athlete's bib number matches the number on their bike and gear when they leave transition. Again, please double check to make sure you have all of your belongings. Ironman is not responsible for gear that is not picked-up. Anything left over after 12:30AM Monday morning will be transported to the Athlete Lost and Found open at 9:00AM-11:00AM on Monday in City Park and 11:30AM at the Banquet.

Bike Claim Ticket:

Give your bike claim ticket to a family member. While no one anticipates not being able to claim their equipment following the race if you should be in that predicament your family will be unable to reclaim your bicycle and gear bags without the claim ticket.

Lost and Found:

Lost and Found items will be available at the Information Booth during race week. It is recommended that you mark your gear with your race number, as Ironman is not responsible for your lost items. For luggage lost while traveling, please contact your airline. The Information Booth will be located in City Park pre-race and next to the medical information booth on race day.

Medical Tent:

The medical tent is for athletes only and family members are not allowed. Overcrowding in the medical tent prevents the medical staff from doing their job. For information on an athlete receiving treatment at the tent, please wait at the Medical Information Booth located next to the medical tent located on the beach for updates on athletes' conditions.

Visit the Ironman Store: Take some time to enjoy the ambiance with your family, friends, and other athletes. Visit our vendors and sponsor booths—and don't forget to pick up your Ford Ironman Coeur d'Alene merchandise!

Security:

Only athletes or staff displaying security bands will be allowed inside transition. Please understand that your friends and family must wait outside of transition until you are ready to join them. Transition volunteers will be available if you need outside assistance.

2009 PRO PRIZE PURSE

Total: \$50,000 – 8 places deep

\$8500

\$5500

\$3500

\$2500

\$2000

\$1500

\$1000

\$500

**** 7 Pro slots for the 2009 Ford Ironman World Championship slots.**

Distribution of qualifying slots between men and women to be determined based on the registration numbers in each category.

QUALIFYING FOR THE 2009 FORD IRONMAN WORLD CHAMPIONSHIP

Seventy-two (72) qualifying slots for the 2009 Ford Ironman World Championship (October 10, 2009, in Kailua-Kona, Hawaii) will be awarded to the top professional and age group finishers. Please review the table below for the **projected** slot allocation by category. Final slot allocation will be determined on race day based on the number of official starters. You must claim your slot in-person prior to the Awards Banquet on Monday, June 22, 2009 from 9:00 – 11:00 a.m. in City Park. Please be prepared to pay the \$550.00 entry fee with cash, check or credit card. Any unclaimed slots will be rolled down to the next eligible finishers beginning at 11:05 a.m. in City Park.

Slot Allocation Policy

At least one slot shall be allocated to each five-year age group category in which any age group athlete sends in an application, both male and female, per the age group categories listed above. If there are no athletes entered in the race in a particular age group, then that slot will be moved to the largest populated age group in that same gender. For additional age group slots, slot allocation shall be representative of the actual number of age group applicants in each category in the race. As an example, if 8% of the age-group applicants are females 40-44, then 8% of these slots would be allocated in the female 40-44 category.



2010 FORD IRONMAN COEUR D'ALENE ON-SITE REGISTRATION

2009 Ford Ironman Coeur d'Alene Athletes

All 2009 Ford Ironman Coeur d'Alene participants will have the opportunity to register on-site for the 2010 Ford Ironman Coeur d'Alene on Saturday, June 20, 2009 from 9:00a.m.-11:00a.m. in the Athlete Check-In tent in City Park. Athletes must have their athlete wristband on in order to register. Credit cards only; cash or checks will not be accepted.

Open Registration

All remaining slots for the 2010 Ford Ironman Coeur d'Alene will be available on a first-come, first-serve basis until it sells out. Participants will have the opportunity to register on-site on Monday, June 22, 2009. 9:00a.m.-11:00a.m. in the Ironman Village in City Park. Athletes must be present to register. Credit cards only; cash or checks will not be accepted.

RACE TIMING

The race will officially end at midnight, 17 hours after the official start of the race. 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 cutoff times apply for each segment of the race:

- Swim: 9:20AM. Any athlete still in the water after this time will be disqualified and removed from the race.

- Bike: Must finish the 1st loop by 1:30PM; Must be off the bike course by 5:30PM. Any athlete still on the bike after this time will be disqualified and removed from the race.
- Run: Must finish the 1st loop by 9:00PM and the 2nd loop by 12:00AM. Any athlete still on the run after this time will be disqualified.

The race will be timed with the ChampionChip®. Your responsibilities as a competitor include:

1. When you pick up your race packet and timing chip at Athlete Check-In, stop by the Timing Chip table to ensure that your correct name shows up on the computer screen.
2. You must wear your timing chip at all times while you are racing. Fasten it to either ankle with the Velcro strap provided before the swim start and leave it on until after you finish the run. You may apply Vaseline around your ankle. It will not affect the chip. Volunteers will help you remove the strap and chip at the finish line.
3. If you do not start the race on Sunday, you are still responsible for returning the chip to race management. Chips and straps should be returned to the Finish Line or handed to any race official.
4. If you drop out or are pulled from the race at any time, turn your chip and strap in to a race official. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip.
5. Your race chip is a loaner. By picking up your race number and chip, you are guaranteeing that you will return the chip to race management, or you will be billed for its replacement.
6. If you lose your timing chip during the event, you are responsible for a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra timing chips at the timing locations above. If you lose your timing chip while on the run course, notify a timing official immediately after crossing the finish line.
7. Failure to wear your timing chip on race day, return your chip and strap after the event or pay the replacement cost of your lost chip may disqualify you from future IRONMAN events.

No chip = no time

PHYSICALLY CHALLENGED DIVISION RULES

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

Swim

IRONMAN reserves the right to seed contestant at the swim start (i.e., early start, late start, designated wave, etc.).

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

Bike

Cycling conduct and specifications are consistent with USAT rules.

Handcycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards.

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.

Participant 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 competitors, race officials and spectators. Operation of a bicycle/handcycle in a dangerous or reckless manner will be grounds for disqualification.

A CPSC-approved helmet is required during the entire handcycle (bike) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.

DRAFTING IS PROHIBITED.

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. Standard racing chairs shall be used.

A CPSC-approved helmet is required during the entire wheelchair (run) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.

General Information

Unauthorized outside aid/support or escorts are grounds for disqualification. Handlers must be approved prior to the race and will work directly with the Physically Challenged Coordinator. The expected conduct of all handlers is consistent with USAT rules.

Race management will select qualified individuals to assist athletes in the transition area. 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.

All athletes must attend a pre-race briefing. Failure to attend a scheduled briefing may result in forfeiture of a start spot. Check the Schedule of Events for briefing times and location.

IRONMAN reserves the right to modify the above rules as necessary, as long as such changes are communicated to the athlete in writing or at a pre-race briefing.

Any rule interpretation or enforcement made by IRONMAN shall be final.

HEAD REFEREE'S MESSAGE

We use a slightly modified version of the 2009 USAT Competitive Rules. In summary, we will operate under the "three strikes and you're out" principle. Even though DRAFTING is the only violation to incur a time penalty (to be served in the nearest penalty tent at various spots on the bike course), any type of violation counts toward your three strikes.

For example:

1. DRAFTING violation (four minutes served in a bike course penalty tent)
 2. HELMET CHINSTRAP violation
 3. LITTERING violation – a third violation results in disqualification (DQ)
- Again, any combination of three rule violations will result in a DQ. To maximize your understanding of the rules on race day, please take the time to read and understand the following summary of Position Violations and review the 2008 USAT Competitive Rules.
 - Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call
 - Keep four bike lengths (7 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. In the case of Position Violations, the referees' ruling is final and is not open to protests or appeals. The following are several other common rules violations:

- HELMET CHINSTRAP—the chinstrap of your helmet must be securely fastened whenever you are on your bike on race day!
- RACE NUMBER—you must display your race number during the bike and run portions of the race, and your bike number must be properly attached to your bike and be visible.
- LITTERING—do not throw away ANYTHING outside of official aid stations!
- UNAUTHORIZED EQUIPMENT—sorry, absolutely no cell phones, MP3 players, Oakley Thumps, iPods or other audio listening devices!
- OUTSIDE ASSISTANCE—do NOT accept any assistance from anyone other than a race official, and do NOT have non-racers ride or run alongside you!

You must go to a penalty 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 remember to treat other athletes, volunteers and your referees with courtesy and consideration. Not doing so is considered UNSPORTSMANLIKE CONDUCT and may result in disqualification.

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

Jimmy Riccitello
Ironman Head Referee

USA TRIATHLON SANCTION AND RULES

USA Triathlon has sanctioned the 2009 Ford Ironman Coeur d'Alene. Please visit www.usatriathlon.org for a complete set of the competitive rules.

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 future Ironman event. Violating this rule puts insurance coverage for the event at risk.
- Any abuse of marshals, race officials or volunteers is grounds for immediate disqualification. Ironman reserves the right to make changes to these rules at any time. Notification of any change will be in accordance with USAT procedures.

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 an 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. United Healthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.).

Athlete completes a medical claim form. For serious incidents or for athletes requesting coverage, either the race director or USAT can provide them with a medical claim form. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form. Please email sanction@usatriathlon.org for a copy of the form.

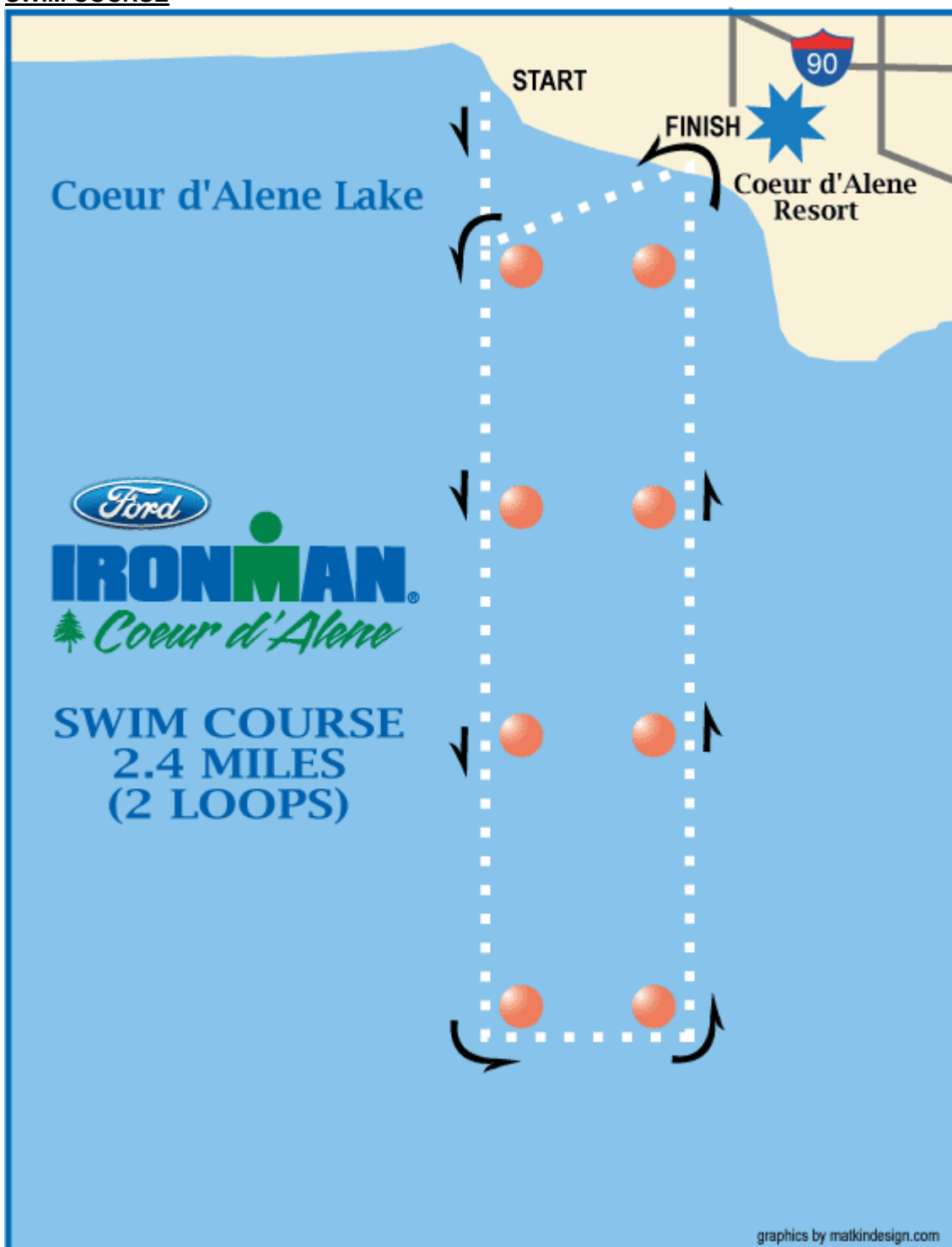
Athletes will pay a deductible. All claimants will pay anywhere from \$250 (two-hundred and fifty U.S. dollars) to \$1,000 (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

Coverage limitations. Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased an USA Triathlon annual license or one-day permit and were injured through participation in an USA Triathlon sanctioned event.

Please email questions to sanction@usatriathlon.org

Swim Course

SWIM COURSE



SWIM COURSE DESCRIPTION

The swim is a two-loop rectangle running counter-clockwise from the west side of the resort in Coeur d'Alene Lake. Athletes will exit the water and run around a marker on the beach before re-entering the lake for the second loop.

SWIM COURSE RULES:

Course Length 2.4 miles / 3.8 kilometers

Cut off time **9:20AM**

1. Each swimmer must wear a swim cap provided by Ironman.
2. No fins, aqua socks, gloves, paddles, or flotation devices of any kind are allowed.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escorts are allowed. The course will be adequately patrolled by boats, canoes, and paddleboards.
5. Wetsuits are allowed for all athletes if the water is 78 degrees Fahrenheit or colder.
6. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Special provisions are made for wheelchair athletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
7. The swim course will close at 9:20AM. Athletes in the water after this time will be disqualified and will not be permitted to continue in the event. All athletes must cross the timing mats to enter the beach or they may be disqualified.

ANY ATHLETE ELECTING NOT TO RACE MUST NOTIFY TIMING DESK 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, AND KAYAKS, BOUYS AND AQUATIC CRAFTS THAT LINE THE COURSE.

SWIM TO BIKE TRANSITION:

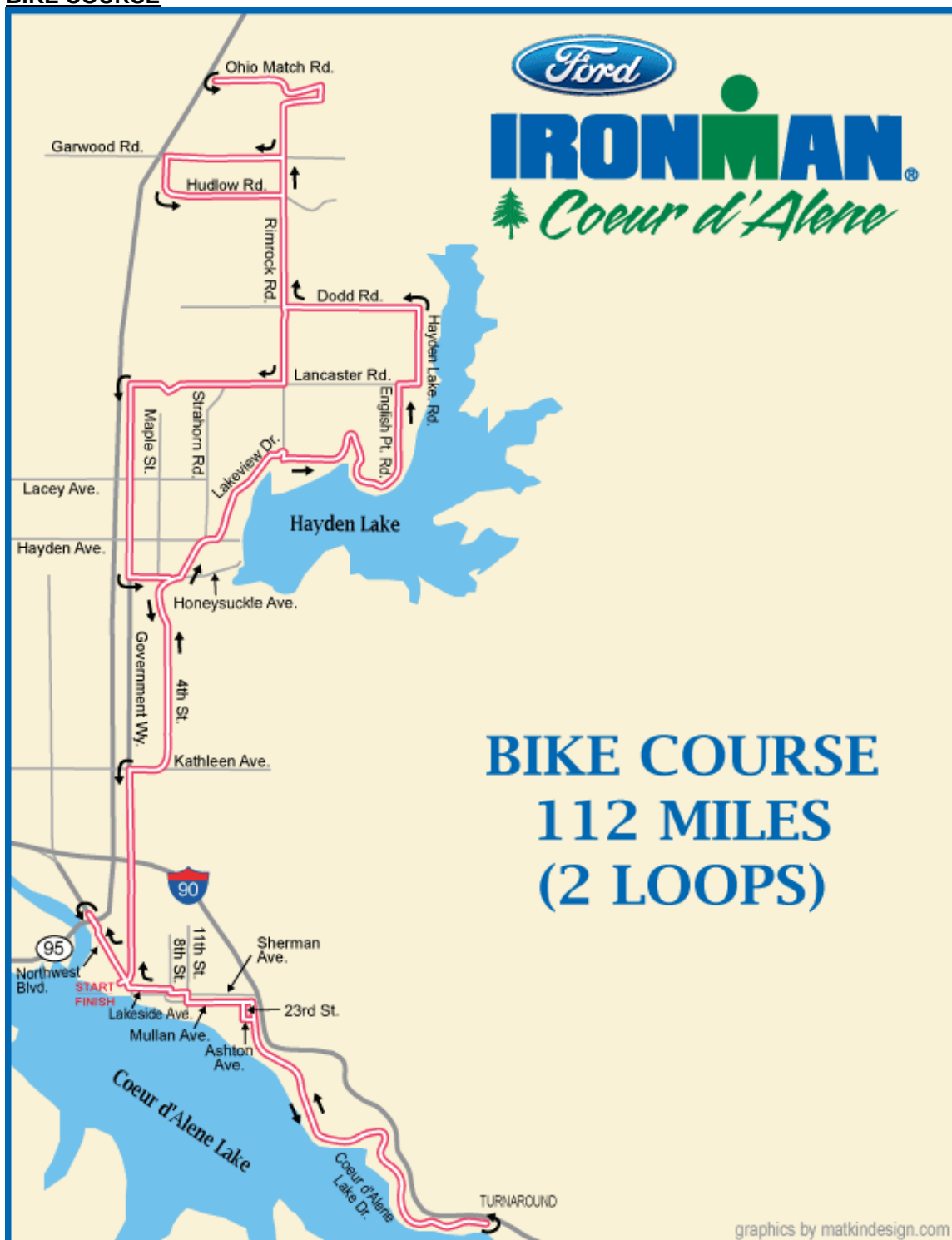
After the swim, you will be directed through the timing chutes to the swim to bike transition. Peelers will be available to assist you in removing your wetsuit before you enter the Change Tents. PUBLIC NUDITY IS NOT PERMITTED! We require athletes to change in their respective Change Tents (men or women). 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 when you leave the transition area before the bike course begins.

*Bike start cut off time **9:30AM**.

*Please inform friends and family to stay off the bike and run course.

Bike Course

BIKE COURSE



BIKE COURSE DESCRIPTION:

Bike Course

BIKE - 112 Miles
Exit transition turning Right onto Northwest Blvd.
Left on Lakeside Ave
Right on 8th St.
Left on Sherman Ave.
Right on 11th St.
Left on Mullan Ave.
Right on 23rd St.
Left on Ashton Ave
Right on Coeur d'Alene Lake Dr.
Turn Around at the Higgins point cul de sac.
Left on Mullan Ave
Right on 11th St
Left on Sherman Ave
Right on 8th St
Left on Lakeside Ave
Right on Northwest Blvd
Right on Government Way
Right on Kathleen Ave
Left on 4th St
4th merges with Honeysuckle Ave
Left on Strahorn Dr
Right on Hayden Ave
Left on Lakeview Dr
Right on Rimrock Rd
Left on English Pt Rd
Right on Lancaster Ave
Left on Hayden Lake Dr
Left on Dodd Rd
Right on Rimrock Rd
Left on Ohio Match Rd
Turn around at Homestead Loop
Right on Rimrock Rd
Right on Garwood Rd
Left on Hudlow Rd
Right on Rimrock Rd
Right on Lancaster Rd
Left on Government Way (We no longer detour on Lacey to Maple)
Left on Honeysuckle Ave
Right on 4th St
Right on Kathleen Ave
Left on Government Way
Right on Northwest Blvd.
Turn Around N/of Hwy 95
Repeat Loop
After second loop, turn Right on Mullan Ave
Finish at City Park Transition Area

BIKE COURSE AND RULES:

Course Length 112 miles/180 kilometers

Cut off time – finish 1st loop: 1:30PM

Cut off time – finish 2nd loop: 5:30PM

Please understand that based on permits for the roads on the course and the safety of athletes involved, cutoff times must be respected for all Ironman events.

- 1 No tandems, recumbent, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to determination of legality by the event organizer/or Head Referee.
- 2 Position Rules:
 - a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
 - b. Contestants must ride single file on the far right side of the road except when passing another rider. Side-by-side riding is not allowed.
 - c. Overtaking riders may pass on the left for up to 20 seconds, but must move back to the right side of the road after passing.
 - d. Riders must keep 7 meters (~4 bike lengths) distance between bikes except when passing.
 - e. An overtaken rider must fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike.
 - f. Athletes committing rule violations will be notified “on the spot” by an official.
 - g. The official will:
 - i. Call out your race number to notify you that you have received wither a RED CARD for drafting, or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.
 - ii. The race official will instruct you to report to the next penalty tent (PT) on the course. There will be at least three PT's on the course and one in, or near the bike to run transition. THE EXACT LOCATION OF THE PT'S WILL BE STATED AT THE PRE-RACE MEETING.
 - iii. Take your photograph for verification that you were penalized.
 - h. The athlete will:
 - i. Report to the next PT and tell the PT Official 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 numbers marked by the PT Official with a “/” for drafting or a “P” for all other penalties.
 - iii. Register via the sign-in sheet.
 - iv. Resume the race immediately, upon having your numbers marked with a “P” and registering, for all non-drafting violations (YELLOW CARD).
 - v. Remain in the PT for four minutes for each drafting violation (RED CARD).
 - vi. You will 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.
 - vii. You risk disqualification for not reporting to the PT.

3. Shoes and helmet must be in your Swim to Bike gear bag. Shoes may not be on or beside your bike. Shoes and shirt must be worn at all times.
4. Each athlete must wear the Ford Ironman issued race number at all time while on the bike and run course. The bike number must be placed low on your back where it is clearly visible. Folding or cutting race number or intentional alteration of any kind is strictly prohibited. Race belts may be worn.
5. A CPSC- Approved helmet is required during the entire bike portion including in and out of the transition zone. Any contestant riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmets, which affect its integrity, are not allowed
6. No individual support is allowed. Ample aid and food stations will be provided along the course. Friends, family members, coaches, or supports of any type my not bike, drive, or run alongside an athlete; may not pass food or other items to athletes and should be warned to stay completely clear of all participants to avoid the disqualification of a participant. It is incumbent upon each athlete to immediately reject any attempt to be assisted, followed, or escorted.

**NOTE: BIKE AID STATIONS ARE LOCATED APPROXIMATELY EVERY 10 MILES. 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. THERE WILL BE WATER, GATORADE, POWERBARS, POWERGEL. AND FRUIT AT THE BIKE AID STATIONS. IT IS IMPERATIVE THAT YOU DON'T TOSS BIKE BOTTLES, CUPS, OR NUTRIENT BAGS ON THE ROADSIDE ALONG THE COURSE. BIKE BOTTLES MUST BE TOSSED TOWARD THE BOTTLE DROP AT THE BEGINNING OR END OF EACH AID STATION. A PENALTY WILL BE ASSESSED FOR DISCARDING LITTER OUTSIDE THE DESIGNATED DROP ZONE.*

7. Each contestant must be individually responsible for repair and maintenance of their bike. Assistance by anyone other than race personnel will be grounds for immediate disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction.

**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.*

8. Athletes are expected to heed directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
9. Athletes may walk their bike if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
10. Bike inspection is not mandatory and will not be provided at bike check-in, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their discretion make final judgment as to the soundness of bikes.
11. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.
12. MEDICAL SUPPORT: If you need minor medical assistance, Sag cars will pick you up and take you to the medical tent. Alternatively, depending upon the medical emergency, ambulances will take you to the nearest hospital to receive treatment. At every bike and run aid station, there will be rest areas and medical personnel to assist in any medical problem – they can be located at the red-top tent. If they are unable to assist you, they

will call for appropriate care. Remember: if you have a problem, please go to an aid station for further assistance.

13. Cyclists still on the course after 5:30PM will be disqualified and will not be permitted to continue in the event.

BIKE TO RUN TRANSITION:

Medical facilities will be available to you at the bike to run transition. Athletes requiring medical care at this point in the race will not be allowed to continue. The Medical Director's decision is final. Both transition times will be included in your bike split.

BIKE SHIPPING

Bike shipping inquiries should be directed to TriBike Transport. To learn more or to sign up for their service, check out www.tribiketransport.com

Make a reservation online at <http://www.tribiketransport.com>

Drop off your bike at a local partner shop (fully assembled, less your pedals).

TBT will pick up your bike as-is and drive it to your event.

When you arrive, pick up your bike, just as you left it, next to transition.

After your race, walk your bike over to TBT directly from transition, drop it off and forget about it until you get home. TBT will deliver it back to you.

Bike tech services:

Ironman Bike Store, the official bike shop and technical provider of the event, will open their event store and tech service center. They will be staffed by expert bike technicians and stocked with great deals on a variety of merchandise.

Tech tips & other details:

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

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

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. While there will be a limited number of pumps available in the transition area on race morning, we recommend you can bring your own. You must give your pump to a family member or friend before the race start, since pumps will not be accepted with your pre-swim bags.

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

On race day, bike tech vehicles will patrol the course to aid in emergency repairs.

Run Course

RUN COURSE



RUN COURSE DESCRIPTION:

Run - 26.2 Miles

Exit Transition, to Dike Road Path

Merge onto W. Lakeshore Dr.

Turn around approximately .6 mile down W. Rosenberry Dr.

Return on Dike Road Path to Transition Area

cross Northwest Blvd go east on Lakeside Dr.

Right on 7th St.

Left on Front Ave.

Right on 8th St.

Left on Pine Ave.

Right on 10th St.

Left on Mountain

Right back onto 10th St.

Left on E. Lakeshore Dr.

Left on 15th St.

Left on Ash St.

Right on 14th St.

Right on Lost Ave.

Left on 17th St.

Right on Young Ave.

Left on 19th St.

Right on Mullan Ave.

Right on 23rd St.

Left on Ashton Rd.

Right on Centennial Trail (parallels Coeur d'Alene Lake Dr.)

Turn around approximately 3 miles down Centennial Trail
Left on Ashton Rd.
Right on 23rd St.
Left on Mullan Ave.
Left on 19th St.
Right on Young Ave.
Left on 17th St.
Right on Lost Ave.
Left on 14th St.
Left on Ash Ave.
Right on 15th St.
Right on E. Lakeshore Dr.
Right on 10th St.
Left on Mountain Ave.
Right back on to 10th St.
Left on Pine Ave
Right on 8th St.
Right on Mullan Ave.
Left on 9th St.
Left on Sherman Ave
Right on 7th St.
Left on Lakeside Ave – Enter Park (at end of first loop only)
Repeat for second loop until returning on 8th St, then:
Continue on 8th St past Mullan Ave
Left on Front Ave
Right on 7th St
Left on Sherman Ave
Continue on Sherman Ave to Finish Line between 2nd and 1st Streets.

RUN COURSE AND RULES:

Course Length 26.2 miles/42 kilometers

Cut off time – finish 1st loop: 9:00PM

Cut off time – finish 2nd loop: 12:00AM (The race officially ends at this time.)

1. No form of locomotion other than running, walking or crawling is allowed.
2. Runners must wear their race number in front of them clearly visible at all times on the course. Race numbers issued by Ironman identify the official athletes in the race. Folding or cutting the race number intentionally or failure to wear your race number is STRICTLY PROHIBITED and may result in disqualification.
3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification. A non-participant escort runner includes participants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches, or supporters of any type may not bike, drive, or run alongside an athlete; may not pass them food or any other items and are warned to stay completely clear of all participants to avoid disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are also still competing.
4. Runners are expected to follow directions and instructions of all race officials and public authorities.

5. The Ford Ironman Coeur d'Alene run course will officially close at 12:00AM (midnight). Runners still on the course after that time will be given the opportunity to unofficially finish the race.

*RUN STATIONS ARE LOCATED APPROXIMATELY EVERY MILE AND THE MILEAGE IS MARKED. AT EACH AID STATION THERE WILL BE WATER, GATORADE, COLA, POWER BARS, POWER GELS, AND FRUIT.

MISCELLANEOUS INFORMATION

1. There will be a designated tent at the event for information. The Information Booth serves as the information center throughout race week and on race day for spectators. Race information prior to and on race day will be available at the Information Booth.
2. Spectator Viewing Guides, Ironman Programs, information about athletes on the course, dropouts, injuries, Lost and Found etc. will be available at the Information Booth.
3. Personal messages will be posted, but we cannot guarantee delivery of all messages.
4. Friends and/or family members will no longer be 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 new policy will receive an automatic disqualification (DQ).

RACE CHECKLIST

PRE RACE TRANSITION

Warm-up clothes
Food and drinks
Race numbers
Race belt
Water bottles
Bike pump
Electrical tape
Spare tires
Spare tubes

SWIM

Wetsuit
Swimsuit/skin suit
Goggles
Race cap
Spare cap
Body glide
Towel for transition

BIKE

Bike
Race wheels
Handle bar end plugs
Food for bike
Helmet
Sunglasses
Cycling shorts
Cycling jersey/singlet
Cycling shoes
Rain jacket (optional)

Tights (optional)
Socks
Tubes
Tires
Tire levers
Patch kit
Small tool kit
Water bottles/JetStream
CO2 cartridges
Bike pump
Glue (sew-ups)

RUN

Hat/visor
Singlet
Shorts
Tights (optional)
Long sleeve shirt (optional)
Socks
Lace locks
Reflective tape
Fanny pack
Gel/food for run
Salt tablets
Fuel belt
Sunglasses
Blister pads
Post race towel
Shoes

MEDICAL INFORMATION

To ensure the health and safety of the athletes competing in Ironman Ford Ironman Coeur d'Alene, months of planning has been undertaken by dozens of skilled professionals.

Ultra-endurance athletes face specific medical conditions unique from the day-to-day problems people face. Please take time to review the following information. Be prepared. Appropriate training, knowledge and preventative measures are your best allies for a safe and healthy race. A triathlon pushes the physical limits of human endurance beyond what it would seem what the body can withstand. However, race completion rates approach an astonishing 92%. Still, many athletes seek or require care on race day. Several conditions have been documented over the years in triathletes. These conditions can generally be grouped into different categories for discussion.

1. **DEHYDRATION** – To maintain an adequate circulatory volume and blood pressure, triathletes must ingest an adequate amount of fluid replacement. During the course of a race this intensive, it can be difficult to drink enough. Dehydration may cause cramping, muscle ache or other performance deteriorating symptoms. Most often these are nonspecific. It may worsen fatigue. A dehydrated athlete may have problems related to temperature regulation. Adequate and appropriate rehydration is a balance. Know your body. Use what has worked for you during training. Remember also that ingesting excess free water may cause other problems such as disturbance of electrolytes.
2. **RESPIRATORY/ASTHMA** – If you have a history of breathing difficulties or experience wheezing when exposed to certain allergens, please consult your physician about possible preventative measures.
3. **TEMPERATURE PROBLEMS– HYPOTHERMIA** – The weather conditions may be unpredictable at this time of year. Bring gear and be prepared to be flexible. Typical weather in Coeur d'Alene in June is generally pleasant and in the 70s, but has been known to rise into the 90s.
4. **TRAUMA** – Be aware of other traffic on the bike and run course. Check your brakes (again).
5. **SPECIAL CONDITIONS** – If you have unique medical concerns (allergies, unusual or chronic medical problems), you must bring those to the attention of the race medical staff so we can be prepared if you need emergency medical care. If you have a Medical Alert badge, please wear it. Help us help you. Be prepared. There will be a medical tent in the transition zone, near the finish line. In addition, there will be medical care at every aid station on the bike and run course. Seeking care does not automatically result in medical disqualification. After thoughtful discussion, the following decisions have been made for this year's race to ensure the medical safety of all injured athletes or those requiring medical attention.

INTRAVENOUS FLUID REPLACEMENT – Because of the large number of Ironman athletes, we expect the Medical tent to be taxed to its fullest capacity. Therefore, please expect that there will be strict guidelines in place for IV fluid replacement. This is to ensure that the most critical athletes will receive immediate and efficient medical treatment on arrival at the Medical tent. Whenever possible, oral fluid replacement will be given as a preference to IV fluid replacement. Please abide by the decision of our triage team in this regard.

LATE FINISHERS – If you finish the race after 12:00AM, please be aware that there will be only a skeleton medical staff on stand-by at the Medical Tent.

**REMEMBER THAT TREATMENT AT THE HOSPITAL IS COSTLY, SO PLEASE BE CERTAIN YOU HAVE VALID MEDICAL INSURANCE.*

SEVERE HYPONATREMIA IN ULTRA ENDURANCE ATHLETES:

CAUSES, PREVENTION AND EARLY RECOGNITION- There have been several athletes with symptomatic hyponatremia (low blood sodium concentration). Severe acute hyponatremia is a rare but well recognized life-threatening complication of ultra endurance athletic events. Every reasonable step should be taken to minimize the risk of serious hyponatremia developing in the future, and to ensure that prompt recognition and appropriate management of athletes at risk is undertaken.

WHAT IS HYPONATREMIA?-To remain healthy, the body requires the concentration of sodium to be regulated within a very narrow range. The body achieves this through the kidneys, which are able to adjust the concentration of sodium in the blood by varying the amount of water released from the body. To do this, when deprived of water, the body secretes a hormone called anti-diuretic hormone (ADH) which instructs the kidneys to conserve water. On the other hand, when an excess of water had been ingested, ADH secretion is shut off, allowing the kidneys to release the extra water. In some circumstances, ADH may be secreted in amounts that are inappropriate to the body's needs for water conservation. For example, some lung diseases, nausea and vomiting, and severe pain can cause ADH to be released beyond the body's normal needs, resulting in abnormal water retention and lowering of the serum sodium concentration. Mild hyponatremia may cause no symptoms, or may be associated with headache and mild confusion. As serum sodium concentration falls, headache may become more severe; confusion more obvious, to the point of disorientation with unusual and inappropriate behavior. In the worst cases, severe hyponatremia can lead to collapse, convulsions, and rarely to death. Experienced ultra endurance athletes know that dehydration is one of the greatest risks they face, and have learned to combat this through ample fluid ingestion during competitions. Until recently, it has been assumed that it was impossible to drink too much, since the body would get rid of any excess. We now know that this does not always happen, and while less experienced athletes are at greater risk, even the most fit and well trained ultra endurance athletes may develop significant hyponatremia.

CONTRIBUTING FACTORS TO HYPONATREMIA

A review of the medical literature on this subject suggests that the following factors are to be considered in explaining the complex subject of hyponatremia. Remember to keep in mind that not all Ironman athletes respond in the same manner to the stress of endurance competition:

1. **CONDITIONING** – Less conditioned athletes are at a higher risk. Factors may include prolonged completion times, increased water intake, gut trapping of fluids, greater pain, and more frequent nausea and vomiting.
2. **EXCESSIVE INGESTION OF WATER OR DILUTE REPLACEMENT SOLUTION-** Athletes should determine their fluid needs during training and should be careful not to exceed those needs during competition.
3. **TRAPPING OF FLUID IN THE INTESTINAL TRACT--**Sustained high intensity work can shut down normal gut function, allowing replacement fluids ingested to accumulate in the gut. After the event, the gut will resume its function, which can lead to rapid absorption of a large volume of fluid, suddenly lowering the blood sodium concentration to potentially dangerous levels.
4. **INAPPROPRIATE ADH SECRETION--**Nausea, vomiting and severe pain are powerful triggers for ADH release. These symptoms are likely to be more severe in less well-conditioned athletes.
5. **NON-STEROIDAL ANTIINFLAMMATORY DRUGS (NSAIDS)--**There are many examples of this group of drugs, some of which can be purchased without prescription. These drugs can contribute to hyponatremia by direct action on the kidney.
6. **THE TYPE OF REPLACEMENT FLUID USED DOES NOT APPEAR TO BE A FACTOR--**Rather, it is the other factors noted above related to conditioning, volume of fluid ingestion, gut trapping of fluid, pain, nausea, vomiting and NSAIDs which set the stage for hyponatremia. Each athlete should identify his or her own preferred

replacement fluid, learn how to use it properly, and stick with it during training and competition.

PREVENTION

There are no clear and simple preventative measures that can guarantee protection against the development of hyponatremia.

ATHLETES SHOULD STRIVE FOR OPTIMAL TRAINING AND CONDITIONING FOR THE RIGORS OF IRONMAN 70.3 and IRONMAN COMPETITION. The risk of developing hyponatremia during and after prolonged exercise is probably the greatest in the less fit athletes. REMEMBER – DO ON RACE DAY WHAT YOU DO IN TRAINING! Know your body and do not exceed your limitations.

ALL ATHLETES SHOULD KNOW THEIR APPROXIMATE FLUID REPLACEMENT REQUIREMENTS DURING EXERCISE. There is a tremendous difference in the volume that people sweat. This can be calculated during a one-hour work out (swimming, biking or running) by measuring pre and post exercise body weight.

AVOID NON-STEROIDAL ANTI-INFLAMMATORY DRUGS FOR 48 HOURS PRIOR TO AND ALSO DURING THE RACE.

TRAIN ON THE SAME FLUID REPLACEMENT DRINK THAT WILL BE AVAILABLE DURING COMPETITION. PRODUCTS WILL BE ORANGE AND LIME FLAVORED GATORADE ENDURANCE FORMULA

EARLY RECOGNITION AND MANAGEMENT OF THE COMPETITOR AT RISK OF HYPONATREMIA – Athletes who experience persistent symptoms of nausea, vomiting, dizziness, headache, or a sense of disorientation or confusion, should report to Ironman Medical personnel for assessment.

TO-DO LIST

From the moment you arrive at the 2009 Ford Ironman Coeur d'Alene, there is an energy and enthusiasm in the air that can be overwhelming. Please take the time to go over this To-Do List, as it will help to ensure a successful experience on race day.

- ☐ Drive the course: When you first arrive at the race sight, drive the course to become more familiar with the terrain. This way there should be no surprises on race day in regards to what you should expect. Please be aware of posted speed limits and obey them. You don't want to pick up a citation as your first souvenir of the area.
- ☐ Athlete Check-In: Be sure to arrive at the race site with adequate time to check-in. You must bring official photo identification, Active.com confirmation number, USAT card (if you are an annual member) or \$10.00 USD to purchase a required one-day USAT license. Athlete Check-In hours are Thursday, June 18 and Friday, June 19 from 10:00AM-4:00PM at City Park.
- ☐ Label your gear: Please label all of your clothing and gear (including shoes). If you lose or find any belongings, there will be a Lost and Found located at the Information Booth throughout race week. Be sure that all of the stickers received in your packet are applied properly to avoid penalties during the race.
- ☐ Visit the Ironman Store and Ironman Village: Take some time to enjoy the ambiance with your family, friends, and other athletes. Visit our vendors and sponsor booths—and don't forget to pick up your 2009 Ford Ironman Coeur d'Alene merchandise!
- ☐ Bike Check-Out Ticket: Give your bike check-out ticket to a family member. While no one anticipates not being able to claim their equipment following the race if you should be in that predicament your family will be unable to reclaim your bicycle and gear bags without the check-out ticket.
- ☐ Bike and Gear Check-In: Bike and gear check-in is between 10:00AM – 3:00PM Saturday before the race. Bicycles and bike/run gear bags will not be permitted to enter the transition area on race morning. Full bike covers are not permitted. You will be able to access your bike and Gear Bags on race morning.
- ☐ Athlete Meeting: The mandatory Athlete Meeting will take place directly after the Welcome Dinner on Friday evening. The meeting will start at approximately 7:30PM.
- ☐ Bodymarking: Bodymarking begins at 5:00AM on race day just outside the transition zone. Remember not to put lotion on before you get bodymarked.
- ☐ Post Race: After you have completed your event, please pick up your bike and gear bags. Ironman is not responsible for gear that is not picked up. You will be able to start checking out at 6:00PM.
**If you happen to lose any of your equipment, please check into the Lost and Found Tent on Monday morning from 9:00AM-11:00AM at the Ford Ironman Coeur d'Alene Village. Lost and Found items will also be at the Philadelphia Insurance Awards Banquet Monday at 11:30AM.*
- ☐ 2010 Registration: Athletes participating in the 2009 event are welcome to register for 2010 Saturday from 9:00AM-11:00AM. General on-site registration will open Monday 9:00AM – 11:00AM. Athletes must have their athlete wristband on in order to register. Credit cards only; cash or checks will NOT be accepted.
- ☐ 2009 Ford Ironman World Championship Registration: The 2009 Ford Ironman World Championship registration will be from 9:00AM-11:00AM. The entry fee is \$550 and is payable by cash, check or credit card. Rolldown will begin at 11:05AM. All slots not claimed during the registration hours will be rolled down. Entry fee and payment methods remain unchanged for rolldown slots.

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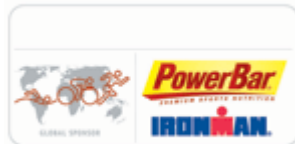
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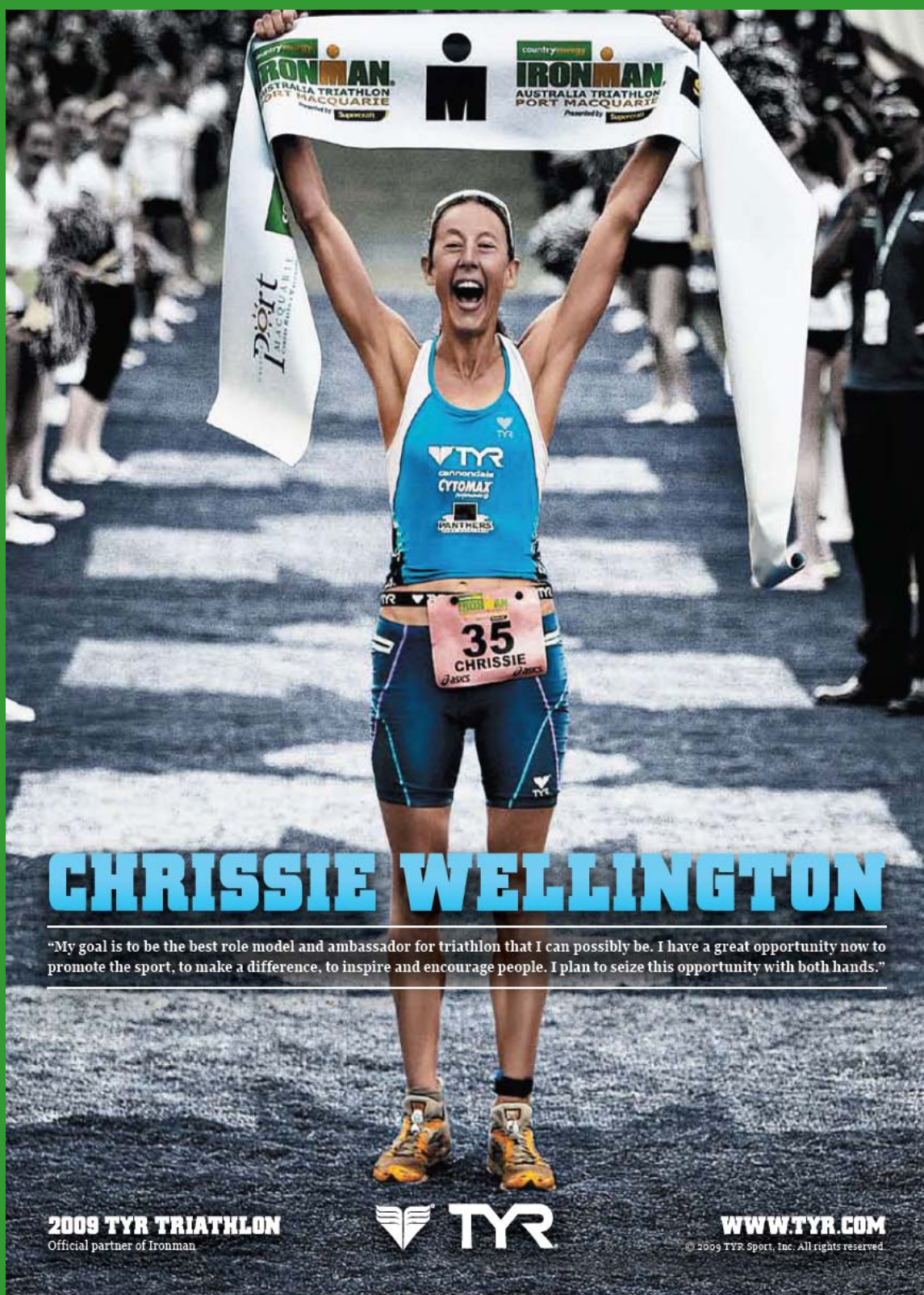
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CHRISSIE WELLINGTON

"My goal is to be the best role model and ambassador for triathlon that I can possibly be. I have a great opportunity now to promote the sport, to make a difference, to inspire and encourage people. I plan to seize this opportunity with both hands."

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Jack, Triathlete, Age 7

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