



# IRONMAN<sup>®</sup>

WORLD CHAMPIONSHIP



## 2011 Athlete INFORMATION Guide

KAILUA-KONA, HAWAII  
OCTOBER 8, 2011

KO ALOHA LA EA  
KEEP YOUR LOVE

*"Swim 2.4 miles,  
bike 112 miles,  
run 26.2 miles.*

*Brag for the rest of your life!"*

*- John Collins, Ironman founder, 1978*





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# From the Chief Executive Officer

October 2011



Ironman Athletes,

**W**elcome to the 2011 Ford Ironman World Championship! On behalf of the Ironman team, I'd like to congratulate you for making it to this year's starting line. This is the culmination of your journey to have the race of your life at the world's toughest one-day endurance event. We understand the sacrifices that you've made to prepare for this event and we stand ready to help you achieve your goals: whether it be a World Championship title or to hear the words "You are an Ironman."

Ironman is the benchmark against which endurance challenges are measured. In three decades, since its beginning in Oahu, it's expanded to nearly 30 races around the world and has made history with compelling racing, great champions and inspirational athletes.

The information contained in this guide will assist you in preparing for race week. Please carefully review the materials so you have full understanding of what is encompassed in this year's Ford Ironman World Championship event.

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

Be strong and race safe,

**Andrew Messick**  
Chief Executive Officer  
World Triathlon Corporation

**ANYTHING IS POSSIBLE®**



# From the Event Director

October 2011



Aloha Ironman Athletes,

**C**ongratulations, and welcome to the 2011 Ford Ironman World Championship on the Big Island of Hawai'i. For many of you, participating in this race will mean accomplishing a lifelong goal. For all of you, we hope it serves as an unforgettable experience and successful close to your journey to the starting line.

The Big Island is a dynamic and spiritual place, and the excitement is undeniable in the weeks leading up to Ironman. This event would not be possible without the 5,000 amazing volunteers, many of whom live here in the Aloha State! We invite you to take advantage of your time here in Kona – immerse yourself in the culture and enjoy the people, the Aloha they share and our beautiful home.

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

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

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

Aloha,

**Diana L. Bertsch**  
Event Director  
Ford Ironman World Championship



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# From the Head Referee

We will be using a slightly modified version of the 2011 USA Triathlon 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, located at various spots on the bike course); any type of violation counts toward your three strikes, and every bike course penalty requires a stop in a penalty tent.



- Example:*
1. *DRAFTING* violation (time penalty to be served in a penalty tent on the bike course)
  2. *BLOCKING* violation (stop-and-go in a penalty tent on the bike course)
  3. *LITTERING* violation—this is the third violation and results in disqualification (DQ)

Again, any combination of three rule violations will result in a DQ. To increase your understanding of the rules on race day, please take the time to read and understand the following summary of Position Violations, read the rules in the Athlete Information Guide and review the 2011 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. The referees’ ruling is final in the case of Position Violations, and there are no protests or appeals. The following are several other common rule 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 wear your bib number during the bike and run portions of the race. Your bike number must be properly attached to your bike and must be visible!
- *LITTERING*—do not throw away ANYTHING outside of official aid stations!
- *UNAUTHORIZED EQUIPMENT*—sorry, absolutely NO MP3 players or other audio devices (yes, that means NO Oakley Thumps™ or Apple iPods®)!
- *OUTSIDE ASSISTANCE*—do NOT have non-participants ride or run alongside you!
- *BARE TORSO*—you must wear a shirt or sport top during the bike and run!

Please remember that even though *DRAFTING* is the only violation that incurs a time penalty, **you must go to a penalty tent for any violation to have your number marked and that 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, all volunteers, staff, spectators, media and your referees with courtesy and consideration. Not doing so is *UNSPORTSMANLIKE CONDUCT* and may result in disqualification.

I sincerely hope you have a great race and achieve all your goals.

**Jimmy Riccitello**  
Head Referee  
World Triathlon Corporation





# Kōmike 'o Kona



## Kona Race Team

Aid Stations Director	Joe Loschiavo
Bike Director	Jerry Ewing
Construction Director	Rocky Campbell
Finish/Post Race Director	Laura Varney
Information Technology Director	Ted Spitaleri
Medical Director	Bob Laird, M.D.
Public Safety Director	John Bertsch
Registration Director	Kim Jennings
Run Director	Jim Jennings
Security Director	Steven Foth
Supplies Director	Vickie Ewing
Swim Director	Jan War
Timing Director	Andy Anderson
Transitions Director	Gwen Hobbs
Warehouse Director	Steve Butterfield

## Kona Race Office

Event Director	Diana Bertsch
Event Manager	Mahea Akau
Assistant to Event Director	Donna Alama
Event Assistant	Tek Mapon

### Ford Ironman World Championship

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[www.ironman.com](http://www.ironman.com)

[www.ironmanworldchampionship.com](http://www.ironmanworldchampionship.com)

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





# 2011 Schedule of Events

## SCHEDULE OF EVENTS

### Sunday, October 2

7:30 a.m.  
9:00 a.m. - 4:00 p.m.

Annual P.A.T.H. 5K & 10K Run begins at Hale Halawai - Ali'i Drive  
Ironman Souvenir Retail - King Kamehameha's Kona Beach Hotel (KKKBH)

### Monday, October 3

8:00 a.m. - 4:00 p.m.  
9:00 a.m. - 4:00 p.m.

Ironman Race Office Opens - KKKBH  
Ironman Souvenir Retail - KKKBH

### Tuesday, October 4

8:00 a.m. - 4:00 p.m.  
9:00 a.m. - 2:00 p.m.  
9:00 a.m. - 4:00 p.m.  
4:00 p.m.  
5:00 p.m.

Ironman Race Office - KKKBH  
Athlete Registration Check-In - KKKBH Ballrooms  
Ironman Souvenir Retail - KKKBH  
Keiki Dip-n-Dash - Kailua Pier  
Ironman Parade of Nations (*athletes gather at 4:00 p.m.*) - Kailua Pier to Hale Halawai, Ali'i Drive  
Ford Ironman Village and Ironman Souvenir Retail Opens - Hale Halawai, Ali'i Drive

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

### Wednesday, October 5

8:00 a.m. - 4:00 p.m.  
9:00 a.m. - 4:00 p.m.  
9:00 a.m. - 4:00 p.m.  
9:00 a.m. - 2:00 p.m.  
1:00 p.m.

Ironman Race Office - KKKBH  
Ford Ironman Village and Ironman Souvenir Retail - Hale Halawai, Ali'i Drive  
Ironman Souvenir Retail - KKKBH  
Athlete Registration Check-In - KKKBH Ballrooms  
Mandatory Pre-Race Meeting: Japanese-speaking Athletes - KKKBH Back Parking Lot  
Mandatory Pre-Race Meeting: German-speaking Athletes - KKKBH Back Parking Lot

2:15 p.m.

### Thursday, October 6

8:00 a.m. - 4:00 p.m.  
9:00 a.m. - 2:00 p.m.  
9:00 a.m. - 4:00 p.m.  
9:00 a.m. - 4:00 p.m.  
6:00 p.m.  
8:00 p.m.

Ironman Race Office - KKKBH  
Final Day of Athlete Registration Check-In - KKKBH Ballrooms  
Ford Ironman Village and Ironman Souvenir Retail - Hale Halawai, Ali'i Drive  
Ironman Souvenir Retail - KKKBH  
Ford E Komo Mai (Welcome) Banquet - KKKBH Parking Lot  
Mandatory Pre-Race Meeting for Athletes (following the E Komo Mai Banquet) - KKKBH Parking Lot

### Friday, October 7

8:00 a.m. - 4:00 p.m.  
9:00 a.m. - 2:00 p.m.  
9:00 a.m. - 4:00 p.m.  
9:00 a.m.

Ironman Race Office - KKKBH  
Ford Ironman Village and Ironman Souvenir Retail - Hale Halawai, Ali'i Drive  
Ironman Souvenir Retail - KKKBH  
Physically Challenged Athlete Meeting - KKKBH Paddlers Restaurant

**Bike/Helmet/Gear Check-In: Bike Compound Area, Kailua Pier**

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

Race #1 to #1000  
Race #1001 to #2000+

### Saturday, October 8

4:45 a.m.  
6:30 a.m.  
7:00 a.m.  
9:00 a.m. - 10:30 p.m.  
9:45 a.m.  
6:00 p.m.  
Midnight

### RACE DAY

Swim Check-In/Body Marking - KKKBH Parking Lot  
RACE START - PROFESSIONAL/ELITE ATHLETES  
RACE START - AGE GROUPERS  
Ironman Souvenir Retail - KKKBH  
Transition 1 Closes  
Bike & Gear Pick-Up (*no earlier than 6:00 p.m. and no later than Midnight*)  
RACE OFFICIALLY ENDS

### Sunday, October 9

9:00 a.m. - 4:00 p.m.  
10:00 a.m. - 3:00 p.m.  
6:00 p.m.

Ironman Souvenir Retail - KKKBH  
Ironman Race Office - KKKBH  
PowerBar Awards Banquet - KKKBH Parking Lot

### Monday, October 10

9:00 a.m. - 4:00 p.m.  
10:00 a.m. - 3:00 p.m.

Ironman Souvenir Retail - KKKBH  
Ironman Race Office - KKKBH





# REGISTRATION INFO



## Registration & Pre-Race Day Check-In

### REGISTRATION: Tuesday, October 4 through Thursday, October 6

**Y**ou may pick up your registration packets Tuesday, October 4, through Thursday, October 6, from 9:00 a.m. to 2:00 p.m. Registration will take place at King Kamehameha's Kona Beach Hotel.

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. A race day emergency contact name and emergency contact phone number.
4. Current USAT membership card or cash for a one-day membership if you did not purchase it during on-line registration.

ALL REGISTRATION PACKETS MUST BE PICKED UP BY 2:00 P.M. ON THURSDAY, OCTOBER 6.

### BIKE/HELMET CHECK-IN: Friday, October 7

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

### GEAR BAG CHECK-IN: Friday, October 7, Noon to 5:30 p.m.

**Y**ou will receive your blue bike-gear bag and your red run-gear bag in your registration packet. Please pack your gear in the appropriate bag and bring it to the designated check-in area on Friday, October 7, from 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 bike-gear and run-gear bags on Friday, October 7. 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.**

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



# RACE DAY START INFO

## Race Day Check-In & Start

### RACE DAY CHECK-IN: Saturday, October 8, 4:45 a.m.

**A**thletes will receive a colored, numbered swim cap and a timing chip inside their registration packet. Race day check-in will begin at 4:45 a.m. at 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 at the body marking compound. You must complete check-in prior to entering the swim area. You will be required to walk across a timing mat upon completion of the check-in process.

### PROFESSIONAL/ELITE RACE START - 6:30 a.m. AGE GROUP RACE START - 7:00 a.m.

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







# Race Rules & Information

## Swim



Course Length — 2.4 miles/3.9 km

- 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, 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 to your **RIGHT** ankle.
- 4) Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear must not cover the neck, extend past the shoulder, nor extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear.
- 5) No individual paddlers or escorts allowed.
- 6) 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.**
- 7) Time penalties will be imposed on athletes who are not behind the official start line **5 minutes** prior to the race start.
- 8) Swimmers are required to stay on course, swim clockwise and keep course markers to the right. Failure to do so may result in disqualification.
- 9) 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.
- 10) The swim course will be **CLOSED** 2 hours and 20 minutes after the start of the race. After 2 hours and 20 minutes athletes will not be permitted to continue in the event.
- 11) 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.
- 12) 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."





# Race Rules & Information

## Swim Information

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

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

**RACE DAY: Pre-race check-in 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 and 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 BY MIDNIGHT OF RACE DAY IN THE POST-RACE AREA. PRESENT YOUR ATHLETE WRISTBAND FOR ENTRY INTO THE BIKE COMPOUND.**



# IRONMAN





# Race Rules & Information

## Recommendations for the Swim

- 1) A turnaround buoy will be in place prior to the event. When training prior to race day, we suggest wearing a brightly colored swim cap and swimming with a training partner.
- 2) 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.**
- 3) Please use caution while swimming prior to the event. All participants who choose to swim prior to race day will do so at their own risk. Please note: **NO LIFEGUARD IS ON DUTY.** Keep in mind that this is a natural body of water and subject to hidden hazards including, but not limited to, currents, underwater obstructions, tides, rip currents and indigenous marine life.
- 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) Remember, 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 slightly modified from USA Triathlon (USAT) Competitive Rules.

- 1) Only road/triathlon style racing bikes will be permitted. No mountain bikes, beach cruisers, fixed gear bikes, or bikes with coaster brakes will be allowed.
- 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 USAT's Head Referee.
- 3) **All bikes and helmets will be checked in on Friday, October 7, 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. Call out the athlete's race number and display either a **RED CARD** (drafting) or a **YELLOW CARD** (any other penalty).
    - ii. 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** PT on the course.
    - iii. 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 placed beside the bike.



BIKE







# Race Rules & Information

## Bike - continued



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 the **BACK** of each 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) Helmets are required during the entire bike race including in and out of the transition area. All US athletes are required to comply with USA Triathlon's CPSC helmet requirement. Non-US athletes have the option to wear a non-CPSC helmet; however, athletes will be required to sign a waiver at on-site registration should they elect to wear a non-CPSC helmet. 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 the 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 athletes 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.
- 10) 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 bags will be **DISCARDED** after the "Special Foods Station" is closed.
- 11) Each athlete must be individually responsible for repair and maintenance of their own bike.
- 12) Athletes are expected to follow directions and instructions of all race officials and public authorities.
- 13) **"No Pass Zone."** Athletes are required to ride at a reduced rate of speed and maintain a static position on all Palani Road descents. This includes the descent from Queen Ka'ahumanu to Kuakini and the descent from Kuakini returning to transition. Both descents are approximately 2/10 of a mile and include sharp turns with an immediate left turn at the bottom of the hill. Failure to comply will result in a penalty to be served at the transition area. Disregard for this rule that places other athletes and/or race officials in immediate danger will result in disqualification and a one-year suspension from all licensed and qualifying Ironman events.
- 14) Athletes may walk their bikes, if necessary, but may not make progress on the bike course unaccompanied by bicycle.
- 15) Cyclists are individually responsible for following traffic laws and are solely responsible for the consequences of any infractions.
- 16) 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 receive a DNF and will not be permitted to continue in the event.
- 17) After bike portion, athletes *must* pick up their run-gear bag.
- 18) 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 Information

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

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

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

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

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

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

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



**You are required to pick up your bike and other gear at the bike compound area beginning at 6:00 p.m. and no later than midnight on race day.** You must present your athlete wristband for entry into the compound. If you are unable to personally pick up your bike, your bike check-out ticket may be used by a friend or family member.







# Race Rules & Information



# IRONMAN



## Run

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 numbers at all times on the course. Race numbers issued by Ironman identify the official athletes in the race. Folding or cutting the race number or intentional alteration of any kind is **STRICTLY PROHIBITED**. Race number must be placed on **FRONT** of runner and securely attached. Race belts may be worn. Shoes and shirts are required on the run segment.
- 3) No individual support vehicles or non-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 the marathon course. "Special Foods Station" is for nutritional purposes **ONLY**. All bags will be **DISCARDED** after "Special Foods Station" is closed.
- 5) Follow the directions and instructions of all race officials and public authorities.
- 6) Since the majority of athletes will still be on the course after dark, runners will be **REQUIRED** to wear reflective materials on the front and back of their shoes and clothing. **ALL** athletes still on the course at dusk will be required to carry or attach at least one lightstick for the remainder of the race. The lightsticks will be available at the evening run aid stations.
- 7) The Ironman 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

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





# SWIM...BIKE...RUN



## 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 at a USAT-endorsed event, including the Ford Ironman World Championship. Failure to disclose correct status will 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) It is the athletes' responsibility to report any incident or accident that occurs to race management.
- 4) Course marshals shall have authority to disqualify any athlete pending approval of Head Referee.
- 5) 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.
- 6) 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 events.
- 7) 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.
- 8) If the athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the Drops Clerk located in King Kamehameha's Kona Beach Hotel and turn in his/her 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 an athlete being prevented from competing in any Ironman event in the future.
- 9) 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.
- 10) As a USAT-sanctioned race, the Ford Ironman World Championship 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.





# SWIM...BIKE...RUN



## Rules Applying To All Segments of Race

### Continued...

- 11) 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 from September 27 through October 7. It will be open from 6:30 a.m. until mid-morning.
- 12) It is required that all athletes are either a one-day or annual member of USAT. You will be required to show proof of your current annual USAT membership or purchase a one-day membership at registration in Kona.
- 13) Communication devices of any type are strictly prohibited during competition including iPod®, Oakley Thump® or any other musical device. Use of such devices may result in disqualification.
- 14) 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.

### Finish Line Policy

**Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes.**

Ironman and Ironman 70.3 events have chosen to adopt this policy to ensure the safety of all participants, volunteers and fans. As with other sporting events, Ironman and Ironman 70.3 events strive to provide a competitive and memorable event, one that allows all parties to enjoy the entire Ironman experience. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers. Athletes who choose not to respect the policy will receive an automatic disqualification (DQ).



# ANTI - DOPING



## Anti-Doping

In accordance with the World Triathlon Corporation Anti-Doping Policy, all athletes who accepted qualifying slots for the 2011 Ford Ironman World Championship were required to sign a condition of Entry, Release and Indemnification waiver, by which they agreed to be placed into the WTC Registered Testing Pool for both in and out of competition testing, and voluntarily consented to be governed by the World Triathlon Corporation Anti-Doping Rules (WTC Anti-Doping Rules).

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

### Important Resources and Information:

The WTC encourages all athletes to know and understand their rights and responsibilities with regard to anti-doping policy and procedure. As part of the new [www.ironmanpromembership.com](http://www.ironmanpromembership.com) website, the WTC has included an Anti-Doping section. Downloads of rules, policies, and forms, as well as educational resources and links, are available to you through this site. Notice of important changes and updates regarding the WTC Anti-Doping Program will be posted on this site.

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

- The WTC Anti-Doping Rules are in full compliance with the World Anti-Doping Code (Code) and apply to each participant in WTC events by virtue of the participant's application for entry and/or participation in WTC events. The WTC Anti-Doping Rules may be reviewed at: <http://ironmanpromembership.com/anti-doping/>.
- The Code is the documentation that harmonizes regulations regarding anti-doping in sport across all sports and countries of the world. The Code provides a framework for anti-doping policies, rules and regulations for sport organizations and public authorities. The Code may be reviewed at: [http://www.wada-ama.org/rtecontent/document/code\\_v2009\\_En.pdf](http://www.wada-ama.org/rtecontent/document/code_v2009_En.pdf).
- The 2011 World Anti-Doping Agency (WADA) Prohibited List will be in effect for all WTC testing. A link to the WADA Prohibited List is available at <http://ironmanpromembership.com/anti-doping/tue/>.
- Extreme caution is recommended regarding supplement use. Even an 'all-natural' supplement could contain a prohibited substance.
- If you need to check any medications an available resource is the Global Drug Reference Online: <http://www.globaldro.com>.
- Athletes who may be required to take a prohibited substance to treat a medical condition should consult with their National Anti-Doping





# ANTI - DOPING



## Anti-Doping (*continued*)

Agency (NADO) and/or National Federation (NF) to confirm if, under their rules and policies, you are required to have a Therapeutic Use Exemption.

### Information Regarding Anti-Doping Control Procedures:

- Testing will be conducted in accordance with the WADA approved WTC Anti-Doping Rules.
- By registering to compete at this event you have consented to be subject to drug testing both in and out of competition, and to adhere to the penalties associated with an Anti-Doping Rules Violation. All registered competitors are subject to testing which may include the collection of both urine and blood for analysis.
- If chosen for drug testing, you are required to comply with the WTC Anti-Doping Rules. Noncompliance or refusing to be tested will result in the same penalties as a doping violation. "Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in applicable anti-doping rules or otherwise evading sample collection" is an anti-doping rule violation.
- It is important that athletes know their rights and responsibilities during the doping control process. An informational video may be found at: [www.ironmanpromembership.com/anti-doping/guide](http://www.ironmanpromembership.com/anti-doping/guide). This resource provides step-by-step descriptions of the doping control process.

### Therapeutic Use Exemptions

#### Important Reminder for ALL Athletes

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

Please consult the WTC TUE Athlete Information Sheet at [www.ironmanpromembership.com/tue/](http://www.ironmanpromembership.com/tue/) to confirm the need for a TUE under the WTC Anti-Doping Rules. If a participant who is not required by either the WTC, their NADO or their NF to have a TUE on file tests positive they will have an opportunity to submit medical documentation to demonstrate the medical need for such substances.



# ANTI - DOPING



## Anti-Doping (*continued*)

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

### **Important Notice for ALL US Athletes**

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





# PHYSICALLY CHALLENGED

## Physically Challenged Division

### Athlete Rules

Supplemental rules and regulations pertaining to the Physically Challenged Division for the 2011 Ford Ironman World Championship are slightly modified from USAT competitive rules.

#### Swim

- 1) Ironman reserves the right to seed athletes at swim start, i.e. early start, late start, designated wave, etc.
- 2) Athlete may use a wetsuit during competition. Each athlete must obtain approval from Ironman prior to the race for all swimwear and accessories to be used during the swim portion. Any change thereafter will be grounds for 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. *(Please refer to USAT guidelines.)*
- 2) Equipment must otherwise conform to all other general rules for bicycles as it pertains to the Ironman competition, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle/handcycle, regardless of any secondary benefit.
- 3) Athlete is required to maintain control of his/her bicycle/handcycle and to operate at a reasonable speed so as not to threaten the safety and well being of aid station volunteers, other athletes, race officials and spectators. Operation of a bicycle/handcycle in a dangerous or reckless manner will be grounds for disqualification.
- 4) CPSC approved helmets are required during the entire bike race including in and out of the transition area unless you are a non-US athlete and have completed the waiver at on-site registration opting to wear a non-CPSC helmet.
- 5) **DRAFTING IS PROHIBITED.** Event drafting rules will apply to this division.

#### Run

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



**Run Segment for Handcycle Athletes:** Handcycle Athletes are required to have both a headlight and red flashing light attached to their racing chair during the entire run segment. Athletes not complying will be removed from the course.





# Physically Challenged Division

## General Information

Handlers conduct and specifications are slightly modified from USAT competitive 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 Friday, October 7, 9:00 a.m. at King Kamehameha's Kona Beach Hotel Paddlers Restaurant. Failure to attend the scheduled meeting may result in forfeiture of a start spot.
- 4) The race committee and Ironman reserves the right to modify the above rules as necessary, as long as such changes are communicated to the athletes in writing and/or at pre-race meetings.
- 5) Any rule interpretation or enforcement made by the race committee or Ironman shall be final.

PHYSICALLY CHALLENGED





# Course Descriptions

**Swim: 2.4 miles/3.9 km**



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S



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

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

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





# Course Descriptions



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B



## 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 on to Kuakini Highway (toward the Old Airport Park). Next, you will make a right turn on to Makala Boulevard traveling toward the Queen Ka'ahumanu Highway. Turn right on the Queen Ka'ahumanu Highway to Palani Road, make a right turn on to Palani Road. (Please note: **The Palani Road descent is a NO PASS ZONE. Penalties will be issued to aggressive cyclists.**) Make a left turn on to Kuakini Highway to Kahakai Estates Subdivision and return back along Kuakini to Palani Road. Turn right up Palani and then left on to 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 percent (6 foot rise for each 100 feet of distance).

The bike turnaround is located in Hawi and is one of the official checkpoints on the course. 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 to 12 mph. During the evening, this wind reverses and blows from the mountains. From the airport area to Hawi, you will be biking into the legendary Ho'omumuku headwinds that are most noticeable on this portion of the bike course north of the airport. These winds blow 5 to 35 mph, and in extreme conditions can gust up to 60 mph. After the Hawi turnaround, you will usually have these winds at your back to Kawaihae and side winds again along Highway 19. While air temperatures may register in the high 80s to low 90s Fahrenheit, temperatures along this section of the course may exceed 100 Fahrenheit due to the reflected heat from the lava and asphalt.

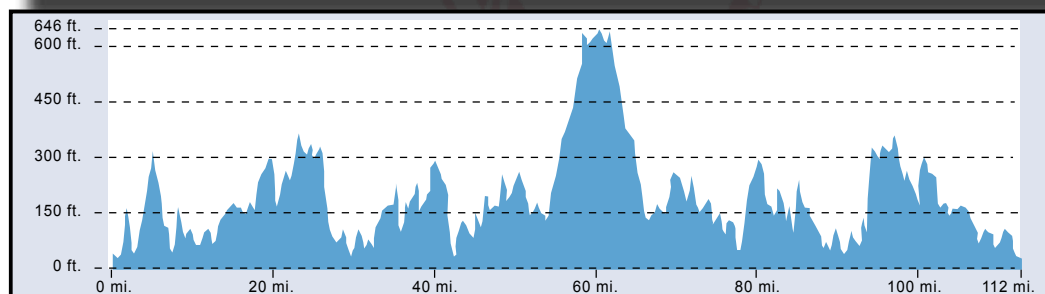
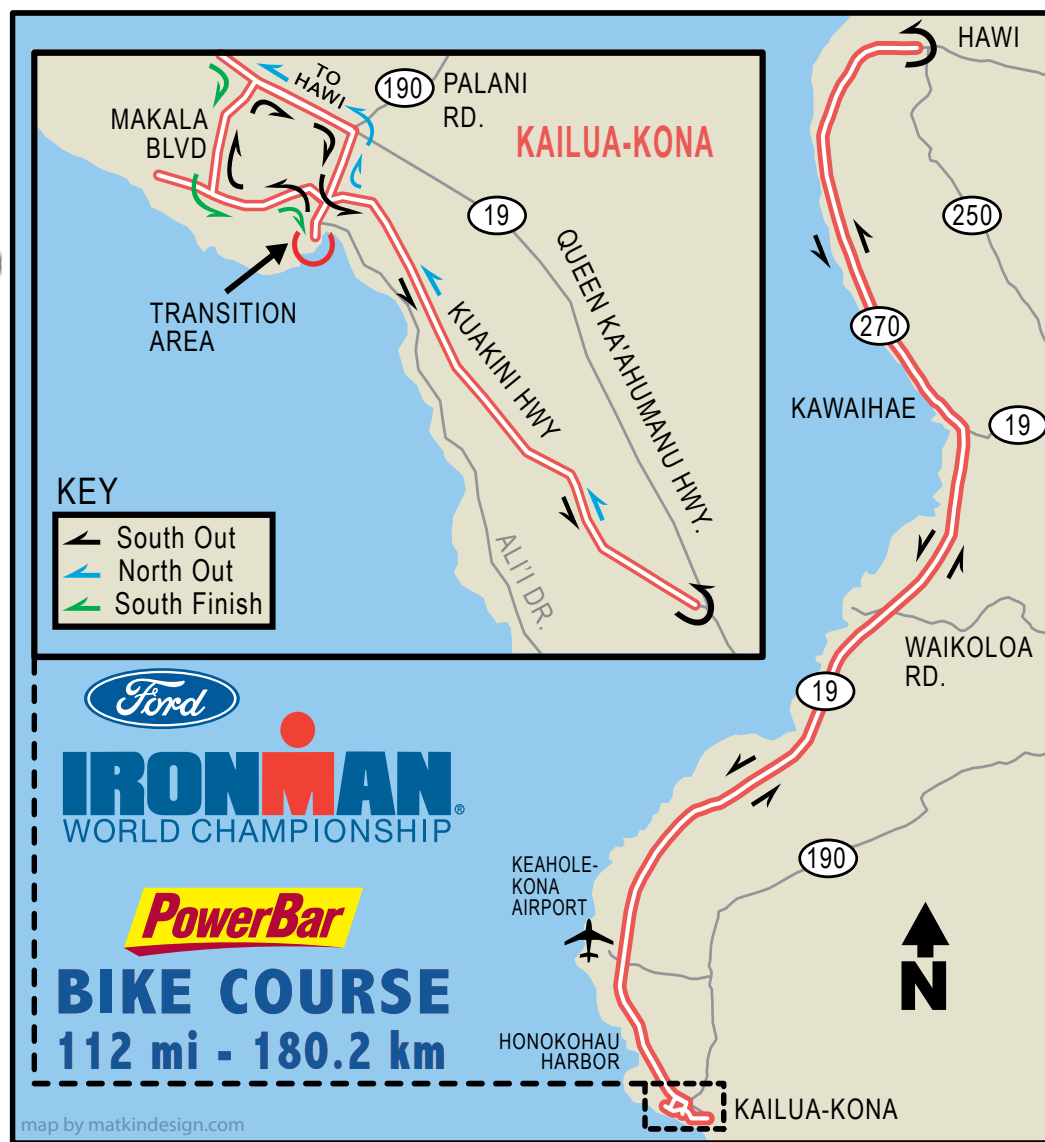




# Course Descriptions



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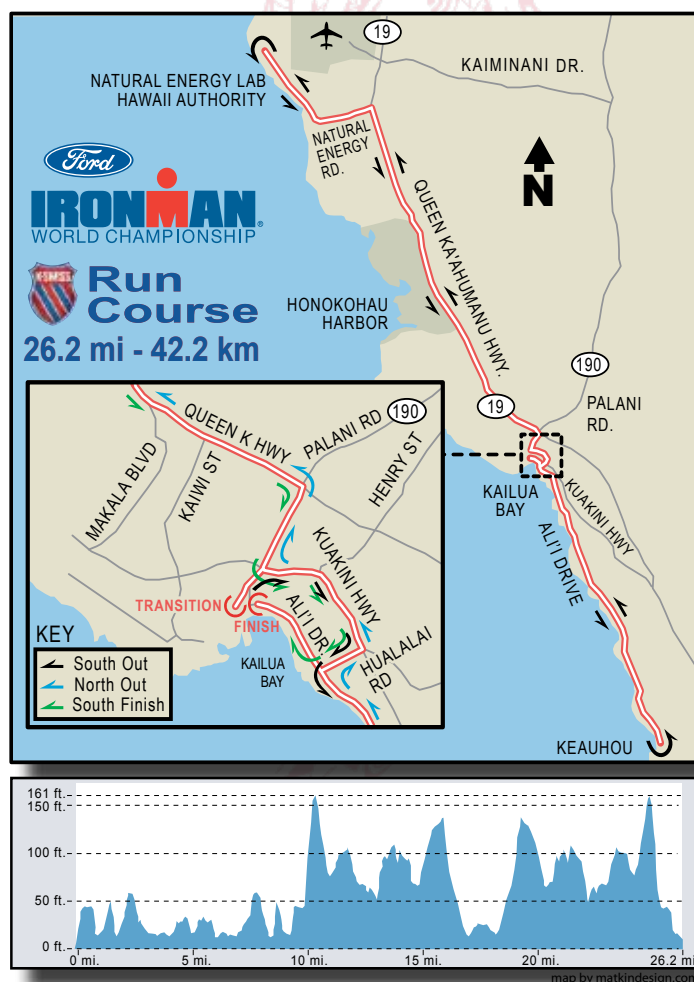


# NEED



**T**o begin the marathon, you will exit transition and travel up Palani Road then right on to Kuakini Highway to Hualalai Road. Turn right on Hualalai Road then left on to Ali'i Drive. Continue south on Ali'i Drive to St. Peters Church located near Kahalu'u Beach. This is the run turnaround and one of the official 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 on to the Queen Ka'ahumanu Highway to Natural Energy Road at the Natural Energy Lab of Hawai'i Authority (NELHA); travel in and out of Natural Energy Road and back on to 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



## Timing

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

There will be two starts: 6:30 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 also be recorded for each segment of the race. In addition to the 17 hour overall cutoff time, there are cutoff times for each segment of the race.

- 1) The cutoff time for the swim segment is 2 hours and 20 minutes after the start.**
- 2) The cutoff time for the bike segment is 10 hours and 30 minutes after the race start.**
- 3) The cutoff time for the Ford Ironman World Championship is 17 hours.**

**If you drop out of the race at any time, you must notify and return your timing chip to the Drops Clerk located in 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.

**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.*





# IRONMAN TIMING



## ChampionChip® Timing

The 2011 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 or timing. Volunteers will help you remove the chip at the finish line.
- 3) If you do not start the race on Saturday, October 8, you are still responsible for returning the chip to race management. Chips should be returned to the Drops Clerk located at 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) By picking up your race number and chip, you are guaranteeing that you will return your loaned chip to race management, or you will be fined \$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

**T**here will be medical staff and facilities located at the swim, bike and run finish, as well as mobile medical vans roaming the course.

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. The medical personnel will do all they can to keep you in the race and ensure a safe finish.

The medical tent will officially close 17 hours and 30 minutes 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 athletes 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 Ford Ironman World Championship in a climate cooler than Hawai'i, 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 in the days leading into the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during 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 King Kamehameha's Kona Beach Hotel. More than half of the visits occur after athletes have finished the





# MEDICAL



## Medical

### Continued....

race. Please do not leave the finish area until you and your friends are certain you are okay, and 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 participants indicates we can never over-emphasize the importance of hydrating prior to and during the event. The Ironman Medical Director 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.







## Aid Stations

# AID STATIONS

On the bike course, there will be an aid station approximately every seven miles to supply you with cold Ironman PERFORM (lemon-lime) in ready-to-drink sport bottles, as well as 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 10 hours and 30 minutes after the start of the race. Water bottles will be exchanged at the aid stations. However, individual bottles will not be returned to athletes.



On the marathon course, aid stations will be located approximately every mile and will offer Ironman PERFORM (orange-mango and mixed berry), water, ice,

cold sponges, bananas, oranges, cola, PowerBars and PowerBar Gels. The run aid stations will close at the 17-hour event completion time.



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 King Kamehameha's Kona Beach Hotel by the body marking area. **ONLY FOOD ITEMS WILL BE ACCEPTED** (no clothing, shoes, etc.), as this station is for *nutritional purposes only*. All bags will be discarded after the race. Ironman is not responsible for the contents. Although we try to expedite assisting you in obtaining your special foods bag at the station, the volume of athletes may require that you stop and find your bag.





## Personal Safety

# SAFETY



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

We ask your consideration of shore fishermen and boaters. The boaters are not used to contending with so many swimmers. Please start and finish your practice swims from the beach. **PLEASE DO NOT USE THE BOAT RAMP** and stay clear of the docking areas. No swimming is allowed within 100 feet of the pier (*see map on page 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 cyclists and runners on the roads. The Ford Ironman World Championship has become famous for special care of athletes during the race. This "Aloha" is given freely by our 5,000 volunteers. When training, please be courteous and aware that those sharing the roads with you are the people you will count on during race day to fulfill your physical and emotional needs. Please ride single file.

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





## Banquets & 2012 Qualifying

# BANQUETS & QUALIFYING

### The Ford Ironman World Championship Ford E Komo Mai (Welcome) Banquet & the PowerBar Awards Banquet

Each athlete who completes the registration process in Kona will receive an athlete wristband that allows him/her free entry into the Ford Ironman World Championship Ford E Komo Mai (Welcome) Banquet and the PowerBar 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 at [http://www.active.com/framed/event\\_detail.cfm?EVENT\\_ID=1959870&checkss=0](http://www.active.com/framed/event_detail.cfm?EVENT_ID=1959870&checkss=0). **We recommend ordering tickets early, as the banquets do sell out.** During race week, you may pick up pre-purchased tickets at the Ironman Race Office, located in 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 2012

The first-place male and female champion and age group champions will automatically qualify for the 2012 Ironman World Championship to be held on **October 13, 2012.**







# 2010 Winning Times

## 2010 WINNING TIMES

### Top 10 Male Finishers

Place	Name	Swim	Bike	Run	Total
1	Chris McCormack, AUS	0:51:36	4:31:50	2:43:31	8:10:37
2	Andreas Raelert, GER	0:51:27	4:32:26	2:44:25	8:12:17
3	Marino Vanhoenacker, BEL	0:51:33	4:31:00	2:46:45	8:13:14
4	Craig Alexander, AUS	0:51:32	4:39:35	2:41:59	8:16:53
5	Raynard Tissink, ZAF	0:52:25	4:30:47	2:52:44	8:20:11
6	Timo Bracht, GER	0:53:52	4:29:42	2:53:18	8:21:00
7	Eneko Llanos, ESP	0:51:38	4:39:23	2:47:02	8:22:02
8	Dirk Bockel, LUX	0:51:12	4:35:47	2:52:01	8:22:59
9	Pete Jacobs, AUS	0:51:15	4:47:04	2:41:05	8:23:26
10	Faris Al-Sultan, GER	0:51:25	4:32:40	2:55:28	8:24:04



### Top 10 Female Finishers

Place	Name	Swim	Bike	Run	Total
1	Mirinda Carfrae, AUS	0:55:53	5:04:59	2:53:32	8:58:36
2	Caroline Steffen, SWI	0:55:57	4:59:22	3:05:47	9:06:00
3	Julie Dibens, GBR	0:53:50	4:55:27	3:16:12	9:10:04
4	Virginia Berasategui, ESP	0:57:46	5:05:36	3:08:30	9:16:47
5	Rachel Joyce, GBR	0:52:25	5:10:32	3:11:09	9:18:48
6	Karin Thuerig, SWI	1:13:12	4:48:22	3:14:26	9:22:48
7	Yvonne Van Vlerken, NLD	1:01:58	4:59:41	3:17:39	9:23:33
8	Caitlin Snow, USA	0:57:50	5:27:40	2:56:04	9:26:42
9	Heleen Bij De Vaate, NLD	1:13:07	5:02:30	3:06:48	9:27:02
10	Leanda Cave, GBR	0:55:43	5:07:29	3:20:05	9:27:42





# Course Records

## COURSE RECORDS

### Swim Records

(M)	1998	Lars Jorgensen, USA	46:41
(F)	1999	Jodi Jackson, USA	48:43

### Bike Records

(M)	2006	Normann Stadler, GER	4:18:23
(F)	2010	Karin Thuerig, SWI	4:48:22

### Run Records

(M)	1989	Mark Allen, USA	2:40:04
(F)	2010	Mirinda Carfrae, AUS	2:53:32

### Course Records

(M)	1996	Luc Van Lierde, BEL	8:04:08
(F)	2009	Chrissie Wellington, GBR	8:54:02







## 2010 Top Finishers

# 2010 TOP FINISHERS



### Age Group Divisions

Age Group	Name	Swim	Bike	Run	Total
18-24	(M) Stefan Schmid, GER	0:58:35	4:53:13	2:55:53	8:55:26
	(F) Tatiana Vertiz, MEX	1:04:51	5:42:41	3:29:52	10:24:18
25-29	(M) Trevor Delsaut, FRA	0:59:22	4:44:12	2:52:39	8:40:43
	(F) Louise Collins, GBR	1:03:53	5:46:10	3:11:12	10:07:16
30-34	(M) Ciro Violin, BRA	0:54:55	4:53:55	3:00:16	8:54:13
	(F) Nina Pekerman, ISR	0:59:16	5:24:29	3:25:46	9:55:19
35-39	(M) Damien Angus, AUS	0:59:33	4:47:30	3:10:36	9:04:14
	(F) Belinda Harper, NZL	0:55:46	5:15:21	3:26:35	9:44:19
40-44	(M) Curt Chesney, USA	0:59:17	4:52:05	3:11:35	9:07:50
	(F) Beate Goertz, GER	1:13:52	5:25:00	3:17:49	10:02:35
45-49	(M) Fernando Aja, ESP	1:07:05	5:05:28	2:55:48	9:18:21
	(F) Lisbeth Kenyon, USA	1:04:03	5:20:08	3:31:11	10:01:30
50-54	(M) Michael Blue, USA	1:12:51	5:03:00	3:25:20	9:48:48
	(F) Ellen Hart, USA	1:19:21	5:45:50	3:24:09	10:36:19
55-59	(M) Joe Bonness, USA	1:13:09	5:02:16	3:31:24	9:53:38
	(F) Laura Sophiea, USA	1:06:18	5:35:37	4:00:08	10:51:43
60-64	(M) Yves Tabarant, FRA	1:16:20	5:19:18	3:25:29	10:08:15
	(F) Carol Peters, CAN	1:32:16	6:27:46	4:05:23	12:17:24
65-69	(M) Gotthard Winkler, GER	1:26:16	5:50:28	4:09:26	11:37:25
	(F) Cherie Gruenfeld, USA	1:21:02	6:47:29	4:59:02	13:16:32
70-74	(M) Dean Paxson, USA	1:38:05	6:27:39	4:23:12	12:41:33
	(F) <i>No Female Finisher</i>				
75-79	(M) Yutaka Kojima, JPN	1:25:52	7:11:29	5:01:56	13:59:26
	(F) Harriet Anderson, USA	1:48:25	7:34:53	6:39:00	16:20:30
80+	(M) Lew Hollander, USA	1:50:11	7:14:10	6:34:15	15:48:40
	(F) <i>No Female Finisher</i>				





# 2010 Top Finishers

## 2010 TOP FINISHERS

### Physically Challenged Division

Name	Swim	Bike	Run	Total
(M) ) Loyal Pyczynski, USA	1:24:04	6:54:18	4:45:03	13:15:27
(F) <i>No Female Finisher</i>				



### Handcycle Division

Name	Swim	Bike	Run	Total
(M) Jeddie Schabort, USA	1:01:35	6:23:56	1:52:33	9:26:04
(F) <i>No Female Finisher</i>				



### Military Division

Name	Swim	Bike	Run	Total
(M) Robert Killian, U.S. ARMY	1:14:34	4:59:51	3:09:58	9:30:50
(F) Jamie Tuner, U.S. AIR FORCE	1:15:43	5:46:27	3:41:26	10:48:31



# 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 feet deep. Some depths can reach up to 90 feet.

### Temperature for October:

Average High: 83°F/28°C

Average Low: 70°F/21°C

Temperature can exceed 100°F

### Average Humidity Pattern:

High: 85 percent during coolest part of day (evening)

Low: 40 percent during warmest part of day (afternoon)



## OCTOBER 8, 2011

### Moon Phase:

Waxing Gibbous Full Moon

**Tides:** 1:45 a.m. high tide

7:32 a.m. low tide

**Sunrise:** 6:15 a.m.

**Sunset:** 6:05 p.m.

## Lost & Found ...

**It is recommended that you mark your gear with your race number, 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 King Kamehameha's Kona Beach Hotel at the Volunteer Aid Station.
- Sunday and Monday after the race, please go to the Ironman Race Office at King Kamehameha's Kona Beach Hotel from 10:00 a.m. to 3:00 p.m.
- Tuesday after the race, the race office at the King Kamehameha's Kona Beach Hotel from 8:00 a.m. to noon.





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# Our Sponsors





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