



ATHLETE
GUIDE

JUNE 10
2012

SWIM 1.2 MI
BIKE 56 MI
RUN 13.1 MI

WELCOME TO KANSAS

#IM703Kansas



RACE DIRECTOR RYAN ROBINSON

On behalf of the IRONMAN 70.3 team, we would like to extend a warm welcome to all our participants, their families and friends. For those of you returning and those coming for the first time, we thank you for attending the Oread IRONMAN 70.3 Kansas.

With the tremendous support of local communities and businesses, the Oread IRONMAN 70.3 Kansas continues to grow and improve every year. The 2012 race course features a 1.2-mile swim in Clinton Lake, a 56-mile bike course through the beautiful scenery of Lawrence, Kansas and a challenging 13.1-mile run through Clinton State Park.

We'd like to thank the City of Lawrence, the Mayor, the many agencies, businesses and incredibly enthusiastic volunteers that have helped make this event a special stop in the IRONMAN 70.3 series. We hope you have a fulfilling experience and take home some fantastic memories and great stories to share with those you love.

Best of luck!

3 Message From the Head Referee

Race information every participating athlete needs to know for a smooth race experience.

4 Schedule of Events

This is your race weekend road map.



5 Hy-Vee IRONKIDS Lawrence



6 Pre-Race Information

Your need-to-know information before race day.



9 Race Day Information



10 Post-Race Information

Recovery and Award Ceremony.



11 Swim Course

Course map, rules and regulations.



15 Bike Shipping and Bike Tech

Find out about the Official Bike Store and Tech.



12 Bike Course

Course map, turn-by-turn instructions, elevation map, rules and regulations.



16 Run Course

Course map, turn-by-turn instructions, elevation map, rules and regulations.

17 Rules and USAT Medical Policy



21 Qualifying for the IRONMAN World Championship 70.3

23 Sponsors

Thanks to our local and national partners for their support.

Photos courtesy of Larry Rosa/Endurapix.com

Message From The Head Referee



Jimmy Riccitello

**HEAD REFEREE
IRONMAN**

2012 USAT Competitive Rules apply except as indicated in the Athlete Guide. In short, IRONMAN will operate under the “three strikes and you’re out” principle. Even though DRAFTING is the only violation to incur a time penalty (to be served in the closest penalty tent, located along the bike course), every type of violation counts toward your three strikes, and every bike course violation requires a stop in a penalty tent. Any combination of three violations results in a DQ.

1

DRAFTING VIOLATION
RED CARD
STRIKE ONE

TIME PENALTY SERVED IN A
PENALTY TENT ON THE BIKE
COURSE

2

BLOCKING VIOLATION
YELLOW CARD
STRIKE TWO

STOP-AND-GO PENALTY SERVED
IN A PENALTY TENT ON THE
BIKE COURSE

3

LITTERING VIOLATION
YELLOW CARD
STRIKE THREE

THIS IS YOUR THIRD
VIOLATION AND RESULTS IN
DISQUALIFICATION

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2012 USAT Competitive Rules.

The POSITION violations are summarized:

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

Keep four bike lengths (seven meters) between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Always pass on the left of the cyclist in front of you; Never on the right to avoid an ILLEGAL PASS call. Complete your pass within 20 seconds to avoid a DRAFTING call.

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

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



HELMET CHINSTRAP

Your chinstrap must be securely fastened whenever you are on your bike on race day.



RACE NUMBER

You must wear your bib number during the bike and run portions of the race. In addition, your bike number must be properly attached to your bike and must be visible.



LITTERING

Do not throw ANYTHING outside of official aid stations.



UNAUTHORIZED EQUIPMENT

Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones, Oakley Thumps™ or Apple iPods®).



OUTSIDE ASSISTANCE

Non-racers may NOT ride or run alongside you. Remember that even though DRAFTING is the only violation that incurs a time penalty, you must go to a penalty tent for any violation to have your number marked, and all violations count toward your three strikes. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

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



2012 TENTATIVE SCHEDULE

***SCHEDULE OF EVENTS IS TENTATIVE & SUBJECT TO CHANGE**

Friday, June 8, 2012

Start	End	Event	Location
11 a.m.		Athlete Briefing	Clinton State Park - Campground #3
12 p.m.	5 p.m.	Athlete Check-In	Clinton State Park - Campground # 3
12 p.m.	5 p.m.	Official IRONMAN Store	Clinton State Park - Campground # 3
12 p.m.	5 p.m.	IRONMAN Village	Clinton State Park - Campground # 3
12 p.m.	5 p.m.	Race Information Booth	Clinton State Park - Campground #3
1 p.m.		Athlete Briefing	Clinton State Park - Campground #3
3 p.m.		Athlete Briefing	Clinton State Park - Campground #3

Saturday, June 9, 2012

Start	End	Event	Location
9 a.m.	5 p.m.	Athlete Check-In	Clinton State Park - Campground # 3
9 a.m.	5 p.m.	Official IRONMAN Store	Clinton State Park - Campground # 3
9 a.m.	5 p.m.	IRONMAN Village	Clinton State Park - Campground # 3
9 a.m.	5 p.m.	Race Information Booth	Clinton State Park - Campground #3
10 a.m.	6 p.m.	Mandatory Bike Check-In	Transition Area
11 a.m.		Athlete Briefing	Clinton State Park - Campground #3
1 p.m.		Athlete Briefing	Clinton State Park - Campground #3
3 p.m.		Athlete Briefing	Clinton State Park - Campground #3

Sunday, June 10, 2012 - Race Day!

Start	End	Event	Location
5 a.m.	6:45 a.m.	Transition Open; Body Marking	Transition Area 1 & 2
6:30 a.m.	3 p.m.	Clinton State Park Entrance Closes to Vehicular Traffic	
6:30 a.m.		Professional Race Start	
6:38 a.m.		Age Group Race Start	
7 a.m.	3 p.m.	Official IRONMAN Store	Clinton State Park - Campground # 3
7 a.m.	3 p.m.	IRONMAN Village	Clinton State Park - Campground # 3
12:30 p.m.	3:30 p.m.	2012 IRONMAN World Championship 70.3 Registration for Qualified Athletes	Clinton State Park- Campground # 3
12:30 p.m.	4 p.m.	Bike & Gear Check-Out	Transition Area 2
3:30 p.m.		Awards Ceremony & 2012 IRONMAN World Championship 70.3 Rolldown * Rolldown begins immediately following Awards Ceremony – Be Early	Clinton State Park - Campground # 3



LOCATION

Hy-Vee IRONKIDS Lawrence, presented by Dole will take place at Clinton State Park, the official site of the Oread IRONMAN 70.3 Kansas event.

HY-VEE IRONKIDS AGE GROUPS

Distances for Hy-Vee IRONKIDS Lawrence will vary depending on the age of participants:

- Junior division (Ages 6 to 8): 50-yard swim, 2-mile bike, and 500-yard run
- Intermediate division (Ages 9 to 11): 150-yard swim, 4-mile bike, and 1-mile run
- Senior division (Ages 12 to 15): 300-yard swim, 8-mile bike, and 2-mile run

IRONKIDS will adopt the USAT "age-up" policy. According to USA Triathlon Competitive Rules, Article III, Section 3.2(a): "All age group athletes must participate and compete in the age division corresponding to the athlete's age on December 31 of the year of the event".

PLEASE READ OVER THE 2012 USAT SUPPLEMENTAL RULES!

For a comprehensive list of USA Triathlon (USAT) Competitive Rules & Regulations, please visit <http://www.usatriathlon.org/about-multisport/rulebook.aspx#supplemental>. We ask that you please take the time to read through the rules carefully prior to event participation. If you have any specific questions about USAT rules and regulations and/or need clarification, please direct all inquiries to charlie@usatriathlon.org. Remember:

- No Aerobars!
- No Disc Wheels!
- No Aero Helmets!

If you have any of this equipment, you will not be allowed to race!

SCHEDULE OF EVENTS

Friday, June 8, 2012

3 p.m. to 6 p.m. Packet pick-up/Registration
5:30 p.m. Race Briefing

Saturday, June 9, 2012:

6 a.m. to 10 a.m. Packet pick-up
6:30 a.m. to 7:45 a.m. - Transition is open to all athletes
8 a.m. - Senior Division start
9:30 a.m. - Intermediate Division start
10:15 a.m. - Junior Division start
11:30 a.m. - Awards Ceremony

HY-VEE IRONKIDS LAWRENCE BODY MARKING

Body marking will take place in transition on race morning starting at 6:30 a.m. Participants will have their race number marked on the front of his/her arms and their age on the back of his/her leg by transition volunteers.

HY-VEE IRONKIDS LAWRENCE TIMING

Our race will be chip-timed. MyLaps Pro Chips are given out at registration. Each participant must wear a MyLaps Pro Chip at all times during the race or he/she will not receive a time result and will not be eligible to qualify for the U.S. Championship or for his/her respective age-division awards.

HY-VEE IRONKIDS LAWRENCE AWARDS

All finishers will receive an IRONKIDS finisher medal. The top three athletes in each individual age category (i.e., Top three boys age 6, Top three girls age 6, and so on) will receive trophies. The top 5 in each individual age group will receive a 2012 Hy-Vee IRONKIDS U.S. Championship qualification packet, and shirt. The awards presentation will take place approximately 15 minutes after the final finisher, outside the finish line (at approximately 11:30 a.m.).

HY-VEE IRONKIDS LAWRENCE U.S. CHAMPIONSHIP QUALIFICATION

Each IRONKIDS event in the 2012 series serves as a qualifier for the 2012 Hy-Vee IRONKIDS U.S. Championship presented by Dole, taking place on September 1, 2012 in West Des Moines, Iowa. The top five male and top five female finishers in each individual age division qualify for the U.S. Championship and will receive a qualification packet that outlines detailed instructions for registration.

HY-VEE IRONKIDS LAWRENCE CONTACT INFORMATION

Website: www.IRONKIDS.com
General inquiries: info@IRONKIDS.com

Pre-Race Information

PERSONAL COMMUNICATION PLAN

Prior to departing for Lawrence, 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 Lawrence 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
813-382-8180; Kansas70.3@ironman.com

ATHLETE CHECK-IN

Athlete Check-In hours are Friday, June 8 from 12 p.m. to 5 p.m. and Saturday, June 9 from 9 a.m. to 5 p.m. at Clinton State Park-Campground #3. Please note that Athlete Check-In will not be open on race day. If you do not check in during the designated Athlete Check-In hours you will not be able to race. ALL RACE PACKETS MUST BE PICKED UP BY 5 P.M. ON SATURDAY, JUNE 9.

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

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

ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official participant and must be worn during race week. The wristband is required for medical identification purposes and allows you access to transition and post-race athlete recovery area. You will not be allowed to remove your bicycle and/or gear from transition following the race without your wristband affixed to your wrist. You must be wearing your wristband if you plan to claim a slot for the 2012 IRONMAN World Championship 70.3.

PERSONAL SAFETY

Please note: There is NO swimming on the course prior to race day. There will NOT be a pre-event swim at the boat dock. Athletes

wishing to swim prior to race day may do so at the public swimming beach located at Bloomington Beach at Clinton Lake. While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Participants are further admonished to exercise caution and to be mindful of underwater hazards. 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.

When training, please bike and run on the shoulder without moving into the traffic lane. Please be courteous and aware that the people sharing the roads with you are people you will count on during race day to fulfill your physical and emotional needs. Please ride single file, as biking side by side is illegal.

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

MANDATORY BIKE CHECK-IN

Mandatory Bike Check-In for Oread IRONMAN 70.3 Kansas athletes is on Saturday, June 9 from 10 a.m. - 6 p.m. at T1. Bicycles will NOT be permitted to enter transition on race morning. You will have access to your bike beginning at 5 a.m. on race morning but you will not be allowed to remove your bike from transition until the start of the bike portion of the race. Run Gear Check-In will be race morning; T1 & T2 will open at 5 a.m. on race morning.

Helmets and cycling shoes may be brought into transition on Saturday or on race morning. Helmets and shoes may be clipped or attached to the bicycle. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once bike check-in is over. All bikes must be checked into transition area by 6 p.m. on Saturday.

GEARUP



MEN'S RAGLAN CREW
Red



MENS'S HALF ZIP TOP
Black



WOMEN'S VINTAGE MDOT TEE
Blueprint



IRONMAN TRIBAL PRINT VISOR
Black



**MDOT AIRLITE ULTRA
REFLECTIVE HAT**
Red / White



IRONMAN SUPERVISOR
Royal / Gray

2012 STYLES NOW AVAILABLE.

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IRONMAN®

OFFICIAL MERCHANDISE



K•SWISS K-Ona S SHOE
True Red / Silver / White

WIGWAM FLASHPRO SOCKS
Flame Orange



TIMEX® IRONMAN GLOBAL TRAINER
GPS WATCH

ON SITE + ONLINE
IRONMANSTORE.COM

Race Day Information

PARKING INFORMATION

Athletes can enter the park on 1415 Road. Parking attendants will direct athletes where to park. Please arrive early and allow yourself plenty of time on race morning.

Spectators wishing to enter the parking after 6:30 a.m. will be able to enter the park via 1500 Road off of K-10 Highway. Turn South on 700 Road, and parking attendants will direct where to park. Be prepared for a 0.5 mile walk to the finish line.

Please see the parking map below.



RACE MORNING PROCEDURE

Transitions 1 & 2 open at 5 a.m. on race morning. Run Gear Check-In at T2 will be race morning. Remember to bring your MyLaps Pro Chip and swim cap. Please do not wear your bib number in the swim. Leave it with your gear and put it on before you head out on the bike course. The number will not hold up for the duration of the race if it gets wet.

Body marking will begin at 5 a.m. outside of Transition 1. Do not number yourself expecting to bypass check-in. During the body marking process, athletes are responsible for ensuring the body marking volunteers mark the athlete's age as of December 31, 2012 which corresponds with the age division in which the athlete will compete in on race day. You will not be permitted in transition on race day without your wristband, swim cap and MyLaps Pro Chip. If you have misplaced any of these items, please see the transition director for a replacement. Do not apply sunscreen, oil, Vaseline or lotion until after you have been body marked. Transition 1 & 2 close at 6:45 a.m. All athletes must be out of transition and headed to the swim before this time.

SWIM TO BIKE TRANSITION

Swim Gear Transport Option:

Oread IRONMAN 70.3 Kansas is a two-transition race. However, the two transitions are within a 0.5 mile of each other. Athletes have the option of leaving their swim gear in place at Transition 1 or placing it in the Morning Clothes Gear Bag provided at Athlete Check-In to have transported to Transition 2 during the race.

IMPORTANT Swim Gear Bag Instructions:

ONLY items that are placed in the Morning Clothes Gear Bag will be transported to Transition 2. If you do NOT wish to have your swim gear transported DO NOT place it in the bag. Simply leave it on the ground at your transition spot. If you DO wish to have your swim gear bag transported, you will need to place all of your swim gear in the bag. ONLY the Morning Clothes Bags will be transported. DO NOT place anything of value in your Morning Clothes Gear Bag!

AID STATIONS

There will be three aid stations on the bike located at miles 13, 28, and 40 and approximately a mile apart on the run. The general offerings are as follows:

BIKE	AID STATION	RUN
IRONMAN Perform		IRONMAN Perform
Water		Water
Bananas		Cola
Bonk Breaker Bars		Bonk Breaker Bars
GU Original Energy Gels		GU Original Energy Gels
Roctane Ultra Endurance Gels		Roctane Ultra Endurance Gels
GU Chomps		GU Chomps
		Pretzels
		Fruit

RACE TIMING AND CUT-OFFS

The race will officially end 8 hours and 30 minutes after the final swim wave. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

Swim Cut-Off

1 hour and 10 minutes after the final wave start. (8:44 a.m.)

Bike Cut-Off

5 hours and 30 minutes after the final wave start. (1:04 p.m.)

Run Cut-Off

8 hours and 30 minutes after the final wave start. (4:04 p.m.) Athletes will need to have started their second loop of the run course by 7 hours after the last swim wave. (2:34 p.m.)

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

IRONMAN 70.3 reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time and average speed up to that point.

Post-Race Information

BICYCLE AND GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out begins at approximately 12:30 p.m. (pending final bike on the course) in Transition 2. You must have your athlete wristband on in order to enter transition. If you are unable to personally claim your bicycle and gear, a family member or friend should have your Bike Check-Out ticket provided in your race packet prior to race day. If friend or family member does decide to pick these items up for you as a courtesy, please ask them to leave a message on your cell phone so we have no panicked athletes - it happens a lot! Athletes will have until 4 p.m. to claim their gear from transition.

POST-RACE MASSAGE THERAPY

Pre and post-race massage therapy will be available during race week in IRONMAN Village. On race day, the massage team will offer complimentary 10-minute post-race massages for athletes ONLY after the race on a first-come, first-served basis. The post-race massage area will be located near the finish line.

AWARDS CEREMONY

The Awards Ceremony is scheduled for 3:30 p.m. (pending final finisher) near the finish line. Don't miss out on claiming your award! If you cannot attend the Awards Ceremony, you can pick up your award between 1:30 p.m. – 3:30 p.m. at the stage. Unclaimed awards will be held for 30 days and then donated to a local charity if unclaimed.

Personalization will now be offered this year! See inside your award's box for more information.

FINISHER MEDAL

Personalize your finisher medal with your name and times by visiting the IRONMAN Store at <http://IRONMANstore.com/events/70-3/IRONMAN-70-3-kansas.html>. This service is only available for two weeks following the race.

RACE PHOTOGRAPHY

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

So what do you need to do?

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

Visit www.finisherpix.com to view, order, and share your photos from the event.

LOST AND FOUND

Lost and Found items will be available at the Information Booth during race week and on race day. It is recommended that you mark your gear with your race number as IRONMAN 70.3 is not responsible for lost items. After the conclusion of the event, please contact kansas70.3@ironman.com to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed items will be donated within 30 days.

MEDICAL AREA

The medical area is for athletes only and family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete's condition.

PRO PRIZE PURSE - \$15,000

1st Place	2nd Place	3rd Place	4th Place	5th Place
\$3,000	\$2,000	\$1,250	\$750	\$500

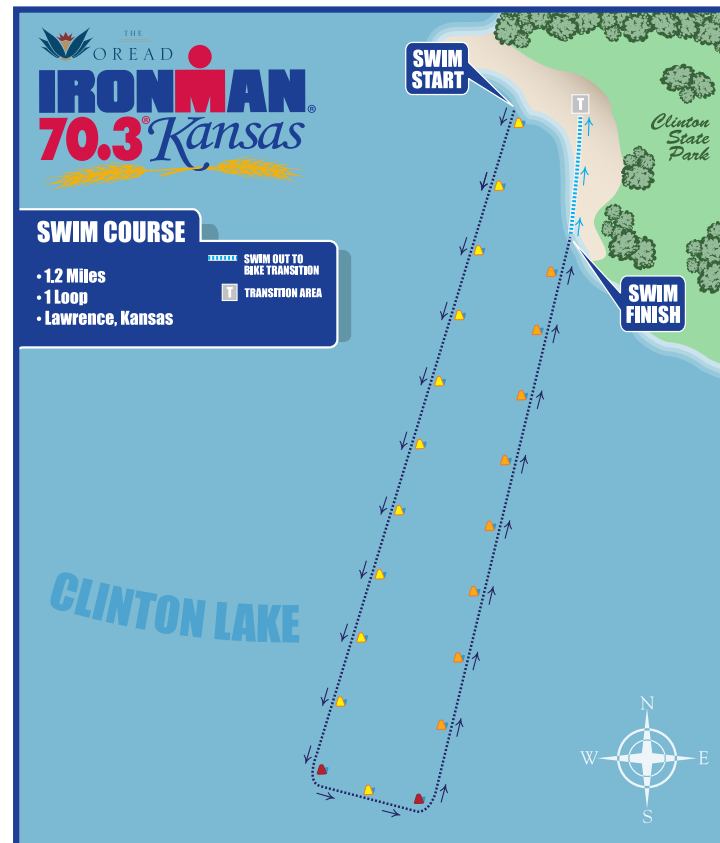
COMPETITOR RESPONSIBILITIES

- ▶ When you pick up your race packet and MyLaps Pro Chip at Athlete Check-In, stop by the chip verification table to ensure that your correct name shows up on the computer screen.
 - ▶ You must wear your MyLaps Pro Chip at all times while you are racing. Prior to the swim, fasten the chip to your left ankle with the strap provided and do not remove it until you have finished the run.
 - ▶ You may apply Vaseline around your ankle; it will not affect the MyLaps Pro Chip. Volunteers will help you remove the chip at the finish line.
 - ▶ If you do not start the race, you are responsible for returning the MyLaps Pro Chip to timing.
 - ▶ If you drop out or are pulled from the race at any time, turn in your MyLaps Pro Chip to a race official. Failure to do so may disqualify you from participating in future WTC 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.
 - ▶ Your MyLaps Pro Chip is a loaner. By picking up your race number and MyLaps Pro Chip, you are guaranteeing that you will return the chip to timing, or you will be billed \$75.00 (USD) for its replacement.
 - ▶ If you lose your MyLaps Pro 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 MyLaps Pro Chips at the timing locations above. If you lose your MyLaps Pro Chip while on the run course, please notify a timing official immediately after crossing the finish line.
- ❗ Failure to wear your MyLaps Pro Chip on race day, return your chip after the event or pay the replacement cost of your lost chip may disqualify you from future WTC events.

NO CHIP = NO TIME

SWIM COURSE SUMMARY

The swim is a semi-rectangular course. Athletes will enter the water at the south boat dock, swim one loop in a counterclockwise direction and exit back on the South Boat Dock. Athletes will have a short, 20-yard run to transition. They will then enter the south end of transition bike exit on the north end of transition.



After the swim, you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike.

Personal nutrients are permitted if carried on you or your bike. Sunscreen is available in transition.

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

NOTE: Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, and kayaks, buoys and aquatic crafts that line the course.

SWIM COURSE RULES AND INSTRUCTIONS

- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- No aqua socks (neoprene booties) unless the water temperature is 65.0 degrees Fahrenheit or colder.
- Compression wear may not be worn DURING non-wetsuit swims, but may be worn upon completion of the swim.
- Swim goggles, snorkels, or facemasks may be worn. Any athlete using a snorkel will not be eligible for Age Group awards including IRONMAN World Championship 70.3 slots and Rolldown slots.
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Special provisions are made for Physically Challenged (PC) athletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- The swim course will close at 8:44 a.m.



WETSUIT RULES

Athletes who choose to wear a wetsuit in water temperatures between 24.5 degrees C/ 76.1 degrees F and 28.8 degrees C/ 83.8 degrees F will not be eligible for Age Group awards, including IRONMAN World Championship 70.3 slots and Rolldown slots.

Prohibited Wetsuit: De Soto Water Rover

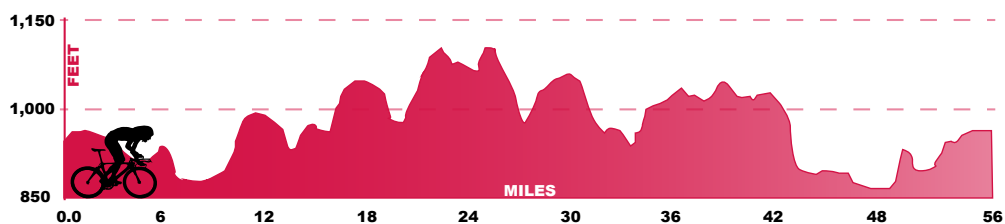
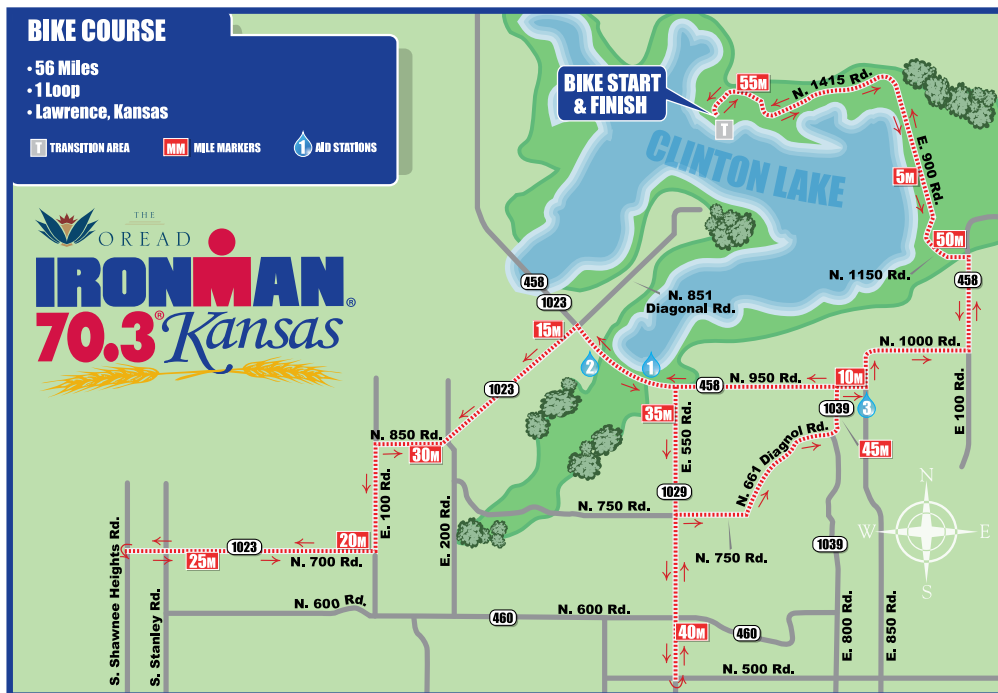
Wetsuits cannot measure more than 5 mm thick.

Wetsuits may be worn in water temperatures up to and including 24.5 degrees C/ 76.1 degrees F.

Wetsuits will be prohibited in water temperatures greater than 28.8 degrees C/ 83.8 degrees F.

BIKE COURSE SUMMARY

Athletes will leave the park grounds of Clinton Lake State Park and cross the scenic Clinton Lake Dam. Once across the dam, athletes will travel the southwestern roads of Douglas County. Most of the course is known to locals as "The Iron-Cross." The "Iron-Cross" bike course is a challenging and exciting course! Athletes can expect long, winding, flat stretches matched with steep, challenging hills offering lake front views. The bike course is a single loop course that will intersect the "Iron-Cross" section of 458 & 1023 roads twice offering a spectator friendly course. Athletes will return to the park grounds of at Clinton Lake State Park for the bike to run transition. The bike to run transition will be located approximately 0.25 mile east of the swim to bike transition.



TURN BY TURN DIRECTIONS

- Athletes exit transition and travel east on N. 1415 Road exiting Clinton State Park
- Turn right on E. 900 Road
- E. 900 Road merges eastbound into N. 1150 Road
- Turn right on 458
- Follow 458 westbound until the intersection of 458/1023
- Turn left on 1023
- Follow 1023 to Shawnee Heights Road to turnaround

- Follow 1023 back to the 1023/458 intersection
- Turn right at 458
- Follow 458 eastbound to 1029
- Turn right at 1029
- Follow 1029 southbound to intersection at 1029 and N. 500 Road
- Turn around at 1029/N. 500 Road
- Return northbound on 1029 to the intersection of 1029/N. 750 Road
- Turn right on N. 750 Road
- Turn left on E. 661 Diagonal Road

- Turn left on 1039
- Turn right on 458
- Follow 458 northeast bound to the intersection of 458/N. 1150 Road
- Turn left on N. 1150 Road (merges northbound into E. 900 Road)
- Turn left on N. 1415 Road re-entering the Clinton State Park
- Follow N. 1415 Road back to transition

Bike Course Rules and Instructions: Please understand that based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected for all IRONMAN 70.3 events.

BIKE COURSE SUMMARY

1.

Position Rules

• **Absolutely NO DRAFTING of another bike or any other vehicle is allowed.**

• Athletes must keep 7 meters (~4 bike lengths) distance between bikes except when passing. Failure to do so will result in a drafting violation.

• A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.

• Overtaking athletes may pass on the left for up to 20 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 20 seconds will result in a drafting violation. Athletes may not back out of the 7 meter draft zone once it is entered (drafting violation).

• Overtaken athletes must immediately fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back 7 meters will result in an overtaken violation.

• Overtaken athletes who remain within 7 meters (~4 bike lengths) for more than 20 seconds will be given a drafting violation.

• Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.

• Athletes who impede the forward progress of other athletes will be given a blocking violation.

• Athletes committing rules violations will be notified "on the spot" by an official.

• Do not attempt to discuss the penalty with the official.

• The official will:

i. Call out your race number and/or notify you that you have received either a RED CARD for drafting or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.

ii. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course.

THE EXACT LOCATION OF THE PTs WILL BE STATED AT THE PRE-RACE MEETING.

• The athlete will:

i. Report to the next PT and tell the PT Official whether you were shown a RED CARD or a YELLOW CARD. If you fail to report to the next PT, you may be disqualified.

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 the time indicated in the table below, for each drafting violation (RED CARD):

vi. 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. Be disqualified for not reporting to the PT.

Race Distance: IRONMAN 70.3

1st Offense 4:00

2nd Offense 4:00

3rd Offense DQ

2.

Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.

3.

No tandems, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

4.

The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

5.

Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.

6.

No athlete shall endanger himself or another participant. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

7.

Helmets, bike shoes, and other cycling gear may be placed on your bike, or on the ground in your designated transition spot.

8.

Athletes must wear the IRONMAN issued bib number at all times while on the course. The bib number must be placed low on the BACK of athlete's jersey where it is clearly visible. Folding or cutting bib number or intentional alteration of any kind is STRICTLY PROHIBITED. Race belts may be worn.

9.

Athletes must wear a bike helmet number on the front of their helmet.

10.

Athletes must have a bike frame number fixed to their bike and the entire number must be clearly visible from the left side.

11.

A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

Bike Course Rules and Instructions: Please understand that based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected for all IRONMAN 70.3 events.

BIKE COURSE SUMMARY

12.

No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

13.

Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a penalty.

14.

Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.

15.

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

16.

Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However race officials may at their own discretion make final judgment as to the soundness of the bike. In the event of foul weather, large plastic bags, which cover the entire bike, will be permitted as long as the bags are securely fastened to the bike.

17.

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

18.

HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.

19.

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

At every bike and run aid station, there will be rest areas and medical personnel to assist in any medical problem. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance. Cyclists still on the course 1:04 p.m. will be disqualified and will not be permitted to continue in the event.

***Note:** Bike aid stations are located at miles 13, 28 and 40 on the course. It is your responsibility to slow for safe nutrient pickup.

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

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

LOCAL TRAFFIC LAWS

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

Realize that you are an ambassador for the

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

Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy.

Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return.

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

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

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

Please do not use private property as a toilet.

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

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

BIKE SHIPPING AND BIKE TECH



Elite Cycling

10673 Mission Road
Leawood, KS 66206
(913) 648-6277

www.EliteCycling.com

Elite Cycling is the official bike service and merchandise store for the 2012 Oread IRONMAN 70.3 Kansas held in Lawrence, Kansas. Our staff of triathlon experts will be at the IRONMAN Village offering quality triathlon supplies, equipment, gear, apparel and nutrition from the industry's top manufacturers. Our expert bike technicians will provide the highest level of service for repairs and upgrades that you may need prior to race day. On race day, our staff will be available for emergency repairs and support in the transition area as well as on the race course. Also remember to shop with us before the big race and all year long at www.elitecycling.com for all of your triathlon and racing needs.

SPECIAL PRE-RACE DAY TUNE-UP FOR \$ 75 SERVICE INCLUDES:

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

Jeff Williams
Owner/Fit Technician



TRIBIKE TRANSPORT PROCEDURES

TriBike Transport will provide bike shipping services at the 2012 Oread IRONMAN 70.3 Kansas. To learn more or to sign up for their service, check out www.tribiketransport.com.

- Use the easy online reservation form to guarantee space for your bike.
- Drop off your bike at a local partner shop (fully assembled, minus 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, simply wheel your bike back to TriBike Transport from transition for return transport home.
- Celebrate your finish, worry-free!

If you choose to pack your bike yourself, please do so carefully before transporting it to the event. Most airlines recommend that you use the following procedures when shipping your bike:

- Pack your bike as if you were shipping a carton of eggs. Do everything you can to ensure damage-free delivery. Boldly label your bike case with your name, address, etc., so it can be identified quickly. If you plan to arrive immediately before the race, you risk having your bike arrive after you do. Plan ahead!

TECH TIPS AND OTHER DETAILS

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

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. There will be a limited number of pumps available in the transition area on race morning so we recommend you bring your own. You must give your pump to a family member or friend before the race start, since pumps will not be allowed at your spot in transition.

For security and safety reasons, bikes will not be allowed out of transition once transition closes at 6:45 a.m. Once transition closes, no one will be allowed to enter transition unless accompanied by a race official. On race day, bike tech vehicles will patrol the course to aid in emergency repairs.

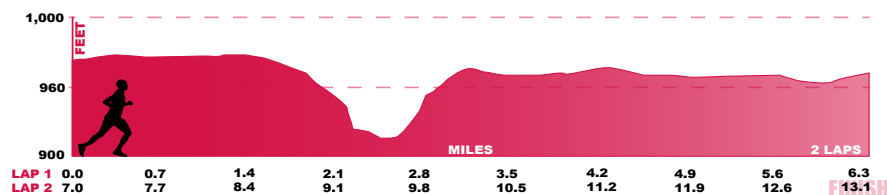
RUN COURSE SUMMARY

The two-loop run course will consist of asphalt roads and trails throughout the campgrounds of Clinton State Park. Athletes will travel through the winding, shaded roads of Campground #3. The run is a very flat and fast course with one 0.25 mile gradual climb. Runners will enjoy a very spectator-friendly run course with constant support before finishing back near the transition area. Spectator-laden campsites will surround the finish line.



TURN BY TURN DIRECTIONS

- Turn right as you exit transition and follow N. 1415 Road toward the park entrance
- Turn around at the first intersection and head back towards transition
- Follow N. 1415 Road to the lower boat docks and turnaround at the south boat dock
- Return east on N. 1415 Road, turning right into Clinton Campground #3 and go all the way around Campground #3
- Turn around near the transition in Campground #3 and go around the inside of the Campground
- Turn left from the inside loop to get back on N. 1415 Road and begin second loop



Run Course Rules and Instructions

1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their IRONMAN 70.3 issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.

Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.
3. **NO INDIVIDUAL SUPPORT VEHICLES OR NON-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 athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing.
4. Athletes are expected to follow the directions and instructions of all race officials and public authorities.
5. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
6. A shirt or racing top must be worn at all times.
7. Athletes will need to start their second loop of the run course by 2:34 p.m., 7 hours after the last swim wave. The run course will officially close at 4:04 p.m., 8 hours and 30 minutes after the last swimwave.

RULES

FINISH LINE POLICY

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

EVENT SANCTION AND RULES

USA Triathlon (USAT) has sanctioned the 2012 Oread IRONMAN 70.3 Kansas. Please visit usatriathlon.org for a complete set of the competitive rules. IRONMAN 70.3 has been granted certain rule dispensations so please read the Head Referee's letter carefully as the rules may differ slightly from other USAT-sanctioned events.

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

a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.

b. Any person who in any way assists another

athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

Anyone who violates this rule may be banned for life from any WTC event. Violating this rule puts insurance coverage for the event at risk.

* NOTE: ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN 70.3 STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.

RULES APPLYING TO ALL SEGMENTS OF RACE

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

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

Once an athlete competes as a Professional/Elite in the IRONMAN qualifying race series season, the

athlete cannot compete as an Age Group athlete in that year's IRONMAN World Championship and/or IRONMAN World Championship 70.3 as an Amateur.

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

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

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

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

6. No participant can use a Performance Enhancing drug or procedure. All doping processes and violations will be handled in strict accordance with IRONMAN Anti-Doping Rules. A list of rules and banned substances, also known as the WADA Prohibited List,

is available at: <http://IRONMANpromembership.com/anti-doping/>.

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

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

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

9. If an athlete decides to withdraw from the race at any time, it is the responsibility of the contestant to report to the timing tent located at the finish line and turn in their bib number and MyLaps Pro Chip immediately. It is essential that race officials know where contestants are on the course at all times. Failure to comply after withdrawing from the race may result in contestant being prevented from competing

in any WTC event in the future.

10. IRONMAN 70.3 reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings. Notification of any change will be in accordance of USAT procedures.

11. As a USAT-sanctioned race, 2012 Oread IRONMAN 70.3 Kansas will subscribe to USAT rules, including the disbursement of prizes. Specifically, Professional triathletes may not win Age Group awards and Age Group athletes are not eligible for prize money.

12. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the Information Booth.

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

14. WTC 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 or IRONMAN 70.3 event.

PHYSICALLY CHALLENGED

DIVISION RULES



SWIM

IRONMAN 70.3 reserves the right to seed contestants at the swim start (i.e., early start, late start, designated wave, etc.).

Athletes may use a wetsuit during competition. Each athlete must obtain approval from IRONMAN 70.3 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 70.3.



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 70.3 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 fastened will be disqualified.



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 or chinstrap fastened will be disqualified.

USAT ATHLETE EXCESS MEDICAL POLICY

The athlete excess medical coverage protects each participant for the day of the event at USAT-sanctioned races, camps and clinics. When athletes purchase a USAT annual license or one-day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in a USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

- Athletes must file with their primary healthcare provider (i.e. UnitedHealthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.).
- Athlete completes a medical claim form.
- For serious incidents or for athletes requesting coverage, the Race Director can provide them with a medical claim form. The medical claim form, along with all explanation of benefit documents, should be sent directly from the athlete to the insurance company as indicated on the claim form.

Please email sanction@usatriathlon.org for a copy of the form.

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

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

event. Please email questions to sanction@usatriathlon.org.

All medical expenses incurred are the sole responsibility of the athlete and not WTC. USAT provides secondary coverage in qualified circumstances. Failure to meet financial responsibility to local medical facilities will result in suspension of future participation at WTC events until accounts are settled.

Particular dangers include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death.

During events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish. Also, please be attentive when taking water and sponges from volunteers when you're on your bike to avoid the possibility of accident or injury to yourself or another.

Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes. Be especially careful to rinse your goggles of any excess defogger solutions to avoid eye irritation.

If you spend three months prior to the event in a climate different than Lawrence, we suggest you consider an acclimation period before the race. The chance of dehydration and electrolyte imbalance can be reduced significantly by a proper period of acclimation.

Stay with your familiar and proven routine regarding training, nutrition and equipment,

especially just prior to the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during the event is especially important.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day.

At Athlete Check-In, you are required to notify the medical team, in writing, if there is any change in your medical status/condition after your application has been processed. Failure to do so will result in suspension of participation in future WTC events.

You are solely responsible for avoiding medications that appear on the list of banned substances as determined from WADA.

Feedback from previous IRONMAN and IRONMAN 70.3 contestants indicates we can never over emphasize the importance of hydrating prior to and during the event. IRONMAN's Chief Physician recommends you begin hydrating heavily several days before the race and drink enough water so your urine is clear, colorless and copious by race day.

PLEASE NOTE

Full disclosure of medical condition(s), general health and surgical procedures within the previous 12 months is required. Medical consultation/clearance may be necessary from an attending physician prior to participating in the event.

In all cases, the final decision of medical consideration is at the discretion of the IRONMAN 70.3 Medical Director.

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2012

QUALIFYING FOR THE IRONMAN WORLD CHAMPIONSHIP 70.3

An increased amount of one hundred (100) Age Group qualifying slots for the 2012 IRONMAN World Championship 70.3 (September 9, 2012 at Lake Las Vegas in Henderson, Nevada) will be awarded to the top Age Group finishers. Final Slot Allocation will be determined on race day based on the number of official starters.

Qualified athletes **MUST** claim their slot in-person on Sunday, June 10 from 12:30 p.m. to 3:30 p.m. at Clinton State Park. Be prepared to pay the \$350.00 USD entry fee with credit card or check only; no cash [A \$25.00 USD convenience fee will be added to credit card charges; Discover cards are NOT accepted]. All unclaimed slots will be rolled down to the next eligible finishers beginning after the Awards Ceremony at 3:30 p.m.

SLOT ALLOCATION POLICY

Prior to race day, at least one slot shall be tentatively allocated to each Age Group category (both male and female). Final Slot Allocation will be determined on race day based on the number of official starters. If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender. Final Slot Allocation shall be representative of the actual number of Age Group starters in each category in the race.

Athletes **MUST** claim their slot in-person during the designated Slot Allocation period for the 2012 IRONMAN World Championship 70.3. Please check the Schedule of Events for more information.

ROLLDOWN POLICY

At the conclusion of On-Site Registration for the automatic qualifiers, any unclaimed slots within an Age Group will be rolled down to the next eligible finisher within that Age Group.

If an athlete chooses not to take the slot, does not attend the Rolldown ceremony or has already qualified, the next eligible finisher in that Age Group may claim the qualifying slot.

Following Rolldown, any unclaimed slots within an Age Group will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio.

The Age Group within the gender with the largest athletes-to-slots ratio will receive the first reallocated slot, followed by the next largest ratio receiving the second reallocated slot (if applicable), and so on.

ANTI-DOPING POLICY

In accordance with the World Triathlon Corporation Anti-Doping Policy, all athletes accepting qualifying slots for the 2012 IRONMAN World Championship and 2012 IRONMAN World Championship 70.3 will be required to sign, as a condition of entry, a Release and Indemnification waiver, by which they agree to be placed into the WTC Registered Testing Pool for both in and out of competition testing, and voluntarily consent to be governed by the published rule <http://www.IRONMANpromembership.com/anti-doping/rules-2/>.





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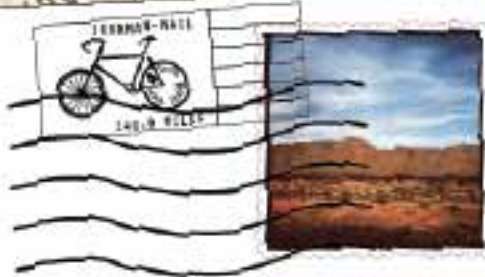
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