แกร่งเกินนิยาม
MESSAGE FROM RACE ORGANISER

Welcome to the 2019 TOYOTA IRONMAN 70.3 Bangsaen presented by Mama.

In the past 3 years, Bangsaen has hosted the biggest triathlon event in Thailand managed by Thailand Tri-League that attracted more than 2,000 triathlon competitors, 3,000 multi sports competitors and over 10,000 across the whole festival. The course includes a 1500m swim at Bangsaen beach, a 85km / 40km / 23km cycle on flat roads through the area surrounding Bangsaen City and Bang Phra reservoir and a 15km / 10km / 5km run through Bangsaen beachfront leading into the “Monkey Zone” and Khao Sam Muk hill.

The triathlon is the main event as part of the Bangsaen Multi Sport Festival including the breakfast run, run-bike-run duathlon, music festival and food expo. The athlete village & expo are setup to welcome everyone during the festival week.

In 2019 the event will be upgraded to a world class standard supported by IRONMAN and licensed and coordinated with the leading local triathlon promoter, Thailand Tri-league, under the name of TOYOTA IRONMAN 70.3 Bangsaen Presented by MAMA. The IRONMAN 70.3 distance, Swim 1.9km / Bike 90km / Run 21.1km will have a unique course with many memorable sceneries. The organizer confidently believes that this event will become one of the most UNFORGETTABLE IRONMAN 70.3 races in the Southeast-Asia region.

Welcome to the Amazing Thailand Bangsaen Beach!

On behalf of the 2019 TOYOTA IRONMAN 70.3 Bangsaen organizing committee, I would like to wish you all the best for your time and look forward to seeing you!

Kobkiat Sangwanich
Race Director
We are using IRONMAN’s Global Competition Rules 2018, and this is a “NON Drafting Event”. There are a number of exciting changes to this year’s event as well as some key changes that you need to make sure you are aware of.

In particular, IRONMAN Asia have worked closely with Thailand Tri League to ensure there is close alignment and consistency in IRONMAN’s Global Competition Rules for 2018. Some of the key rules are:

The draft zone will remain at 12 meters long, measured from leading edge of front wheel of front cyclist to front wheel of trailing cyclist. An athlete must immediately move to the side upon entering the draft zone of another athlete when passing (i.e. no slipstreaming) and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed for each pass.

Race Penalty Cards being used are Yellow (Time Penalty – 30 second Penalty), Blue (Time Penalty - 5 Minute Penalty) and Red (Disqualification). Any accumulation of 3 blue cards will result in a disqualification (Red Card).

The cut-off temperature where athletes will be allowed to wear wetsuits are up to and including 21.9°C / 71.5°F for Pro Athletes and 24.5°C / 76.1°F for Age Group Athletes.

More information can be found on IRONMAN website.

To minimise the possibility of infringing the rules on race day and avoiding a visit to the Penalty Box, please observe the following:

- Ride on the left side of the bike lane
- Keep 12 meters between yourself and the cyclist in front of you – front wheel to front wheel
- Pass on the right of the cyclist in front (never on the left)
- Complete your pass within 25-seconds
- If passed, drop back immediately 12 meters and ensure you have dropped back the full 12 meters before re-passing
- Conduct personal toilet stops at the oncourse toilet facilities provided.
- Remember to treat other athletes, volunteers and officials with courtesy and consideration as failure to do so is Unsportsmanlike Conduct.

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A Technical Official’s ruling is final in the case of Drafting, Blocking, and Illegal Pass infringements (Judgment Calls) and these are not subject to either protest or appeal. Following are the most common rule infringements:

- Blocking – Riding on the right side of an athlete without passing or riding on the right hand side of the bike lane when clear of other athletes
- Drafting – Following a leading cyclist closer than 12 meters and failing to pass in 25 seconds OR after being passed, failing to drop back 12 meters before re-passing
- Illegal Pass – Passing on the left
- Littering - Discarding items, e.g. tyres, bidons, gel wrappers etc., on any part of the course except within sight of an Aid Station
- Helmet – Always have your chin strap securely fastened when moving with your bike

A Technical Official will advise you of any time Penalty by calling your number, advising you of the nature of the infringement and showing you a BLUE Card. It will be then your responsibility to serve the 5-minute time Penalty at the next Penalty Box. NOTE that any 3 infringements across the course during the event will result in a Disqualification.

Other infringements including:

- offensive and unsportsmanlike behaviour,
- public personal toilet
- outside assistance and
- the use of electronic equipment are also against the rules and any ONE of these infringements may result in a Disqualification.

I sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN goals.

Race Director & Race Referee
We have provided the below checklist for convenience to make sure everybody is prepared to have a great event.

- Read the Athlete Information Guide in its entirety
- Familiarise yourself with the event schedule
- Ensure you have received your email confirmation - check all personal details are correct, print and bring along with you to Athlete Check-In
- Book flights and accommodation ensuring you arrive in time for Athlete Check-In:
  - 11.00am - 7.30pm Friday 22 February or
  - 11.00am - 6.00pm Saturday 23 February
- Checked the athlete list online and ensure your name, country and details are correct (if incorrect please contact admin@ironman703bangsaen.com)
- Ensure you have photo identification and bring to Athlete Check-In
- Confirm that your Emergency Contact person will be contactable on race day and ensure that the full number including area / country code is provided
- Confirm your medical/Health Insurance details are current
- Check the weather forecast to ensure you bring all relevant clothing and equipment
- Familiarise yourself with the venue and race day road closures
- Familiarise yourself with the course – it is your responsibility to know this on race day
- Tick off all items in the Race Day Check List (located at the end of this booklet)
- If you qualify for the 2019 IRONMAN 70.3 World Championship Roll Down slot:
  - Bring photo identification
  - Bring valid credit card (Visa & MasterCard).
  - AMEX and Diners Club are not accepted for payments.
The event schedule below is up to date as of 30 January 2019. Please be aware that it is subject to change. Athletes are encouraged to regularly check the schedule on the website to ensure they are familiar with any changes that may occur.

### THURSDAY 21 FEBRUARY

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am - 8:00pm</td>
<td>Airport Shuttle Services</td>
<td>*Refer to Airport Shuttle Schedule</td>
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### FRIDAY 22 FEBRUARY

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<thead>
<tr>
<th>Time</th>
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<th>Location</th>
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<tbody>
<tr>
<td>7:00am - 8:30pm</td>
<td>Airport Shuttle Services</td>
<td>*Refer to Airport Shuttle Schedule</td>
</tr>
<tr>
<td>7:30am - 9:00am</td>
<td>IRONMAN 70.3 Bangsaen Practice Swim</td>
<td>Bangsaen Heritage Hotel Beachfront</td>
</tr>
<tr>
<td>9:00am - 6:00pm</td>
<td>Bike Mechanic Service Open</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>9:30am - 11:30am</td>
<td>Bike Course Familiarization</td>
<td>Bangsaen Heritage Hotel Lobby</td>
</tr>
<tr>
<td>11:00am - 12:30pm</td>
<td>IRONMAN 70.3 Bangsaen Athlete Check-in</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>11:00am - 7:30pm</td>
<td>IRONMAN 70.3 Bangsaen Official Merchandise</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>11:00am - 7:30pm</td>
<td>IRONMAN 70.3 Bangsaen Expo</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>11:00am - 7:30pm</td>
<td>Information Booth Open</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>4:30pm - 5:30pm</td>
<td>IRONMAN 70.3 Bangsaen Athlete Race Briefing Rolling Video</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
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### SATURDAY 23 FEBRUARY

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>6:00am - 5:30pm</td>
<td>Airport Shuttle Service</td>
<td>*Refer to Airport Shuttle Schedule</td>
</tr>
<tr>
<td>9:00am - 6:00pm</td>
<td>Bike Mechanic Service Open</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>10:00am - 11:30am</td>
<td>IRONMAN 70.3 Bangsaen Practice Swim</td>
<td>Bangsaen Heritage Hotel Beachfront</td>
</tr>
<tr>
<td>11:00am - 6:00pm</td>
<td>IRONMAN 70.3 Bangsaen Athlete Check-in</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>11:00am - 7:30pm</td>
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<td>Bangsaen Heritage Hotel Exhibition Hall</td>
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<td>11:00am - 7:30pm</td>
<td>IRONMAN 70.3 Bangsaen Expo</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>11:00am - 7:30pm</td>
<td>Information Booth Open</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>2:00pm - 6:30pm</td>
<td>IRONMAN 70.3 Bike Check-in and Timing Chip Collection (Compulsory)</td>
<td>Bangsaen Beach Road</td>
</tr>
<tr>
<td>2:30pm - 4:30pm</td>
<td>IRONMAN 70.3 Bangsaen Athlete Race Briefing Video</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>4:30pm - 5:30pm</td>
<td>Meet the Race Director (Q&amp;A)</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>5:30pm - 7:30pm</td>
<td>IRONMAN 70.3 Bangsaen Carbo Load</td>
<td>Bangsaen Beach Road</td>
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### SUNDAY 24 FEBRUARY

<table>
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<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>4:30am - 6:00am</td>
<td>IRONMAN 70.3 Bangsaen Transition Open</td>
<td>Bangsaen Beach Road</td>
</tr>
<tr>
<td>4:30am - 4:00pm</td>
<td>Information Booth Open</td>
<td>Bangsaen Beach Road</td>
</tr>
<tr>
<td>6:25am</td>
<td>IRONMAN 70.3 Bangsaen Race Start (Rolling Start)</td>
<td>Bangsaen Heritage Hotel Beach Front</td>
</tr>
<tr>
<td>10:35am* Approx</td>
<td>IRONMAN 70.3 Bangsaen First Finisher</td>
<td>Bangsaen Beach Road</td>
</tr>
<tr>
<td>11:00am - 5:00pm</td>
<td>IRONMAN 70.3 Bangsaen Official Merchandise</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
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<tr>
<td>11:00am - 5:00pm</td>
<td>IRONMAN 70.3 Bangsaen Expo</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>12:30pm - 4:00pm</td>
<td>IRONMAN 70.3 Bangsaen Transition Open For Bike Check Out</td>
<td>Bangsaen Beach Road</td>
</tr>
<tr>
<td>3:00pm</td>
<td>IRONMAN 70.3 Bangsaen Last Finisher</td>
<td>Bangsaen Beach Road</td>
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<tr>
<td>4:00pm</td>
<td>2019 IRONMAN 70.3 World Championship Roll Down Ceremony</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
</tr>
<tr>
<td>5:00pm - 6:30pm</td>
<td>IRONMAN 70.3 Bangsaen Award Ceremony &amp; Concert</td>
<td>Bangsaen Heritage Hotel Exhibition Hall</td>
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PRE-RACE INFORMATION

GETTING TO BANGSAEN
There are a number of travel options for your travel to Bangsaen.

BY PUBLIC BUS
Arrive at Bang Saen either directly into Bang Saen or to Pattaya. If you take a bus to Pattaya, you must get off at Nong Mon Markets (tell the bus driver you want to stop at Nong Mon). You can take a bus to Pattaya or Bang Saen from Mo Chit or Ekamai Bus Stations in Bangkok.

BY MINIBUS (VAN)
Minibus stations are at Ekkamai Bus Station, exit no 2 of Eastern Bus Terminal. They are the fastest ways to Bang Saen and usually go directly into Bang Saen and stop at Laem Thong or near the Burapha Hospital, though it depends on which company it is. Getting to to “Bang Saen” by using the mini bus (Van) from “Sriracha tour” is the cheapest, fastest and easiest way to get to the beach.

From Nong Mon Market (5km. from Bang Saen beach) by Songthaew (local mini van/red color):
The songthaews van (red local mini van) will usually always travel to and from Bang Saen Soi 2 (Beach road block no.2). Please tell the driver where you would like to go to they will service you to your destination. The trip will be cost around 10-25 baht, paid after travelling, although it could be a bit more expensive when late at night.

BY TAXI
Taxis usually cost between 700-800 Thai baht from Bangkok Downtown to Bang Saen beach (excluding the expressway tolls approx 60-90 THB). Expect about 500-600 baht from Suvarnabhumi Airport (excluding the 50 baht airport fee and expressway tolls).

If you are coming from Pattaya, take a bus (or possibly a 10 seat van) to Bangkok and inform to the van station receptionist and the driver that you want to stop at Nong Mon Market. Then enter Bang Saen as stated above by local mini red van. Don’t forget to ask the driver before you get on the mini red van, where do you want to go in Bang Saen area.

[TRAVEL FROM BANGKOK SUVARNABHUMI INTERNATIONAL AIRPORT - BKK] BY TOURNAMENT DIRECT SHUTTLE BUS (RECOMMENDED)
Event Direct Shuttle Buses running between Bangkok Suvarnabhumi International Airport (BKK) and Bangsaen Heritage Hotel (Official Hotel) will be provided in race week. Bike box transportation service is included. To make a reservation please contact direct to the tournament via admin@ironman703bangsaen.com

AIRPORT LIMOUSINE
Airport Limousine (24 hours service) with various kinds of cars operates by Airports of Thailand Public Company Limited. Prices range from THB 3,100-6,100. Contact the Airport Limousine Service Counter on the 2nd Floor at Baggage Claims and Arrival Hall exits, channel A, B and C  For information please contact Tel. 02-134-2323-5

BUS
From Suvarnabhumi Airport, there are only buses to Pattaya (Big city not far from Bangsaen). Another option is catching a bus from the Eastern Bus Terminal (Ekkamai) which is directly to Bang Saen, cost THB 72.

TOYOTA IRONMAN 70.3 BANGSAEN THAILAND
ATHLETE CHECK-IN

Check-In for all athletes participating in the TOYOTA IRONMAN 70.3 Bangsaen Presented by Mama will take place at the Bangsaen Heritage Hotel Exhibition Hall, during the following days and times:

11.00am - 7.30pm Friday 22 February
11.00am - 6.00pm Saturday 23 February

It is compulsory for all athletes (including all Relay Team members) to Check-In during these times. No athlete will be able to Check-In after 6.00pm on Saturday 23 February 2019.

You are required to show valid photo identification to register – i.e. Passport, Thailand Identification Card, Driver’s Licence and your printed email confirmation from Active.com (printed or electronic).

Please do not take your bike into the Check-In queue as this congests the area and makes it dangerous for other athletes. Please allow time for delays when making travel arrangements.

Please note, it is illegal for someone to race under your name or for you to race under someone else’s name: this will result in ineligibility to race in other IRONMAN events.

RELAY TEAMS CHECK-IN

All Relay Team members are required to Check-In together at the same time to confirm their personal information (including medical), sign their waiver and collect their race items. A Relay Team member cannot sign a waiver on another member’s behalf. If you have any issues regarding check in, please contact the race office at admin@ironman703bangsaen.com

It is important that all Relay Team information is amended and up-to-date at completion of Check-In. Please note, whilst changes to Relay Team members are allowed, there must be at least one existing Relay Team member from the time of registration.

ATHLETE CHECK IN (ALL)

During Check-In, athletes will receive the following:

- ID wristband (this will be secured to your wrist during Check-In and will need to be worn through to the end of the race)
- Race number (compulsory on run leg)
- Swim cap (compulsory)
- Helmet sticker (placed on the front of the helmet)
- Bike seat post sticker (to wrap around the seat post of your bike and stick to itself)
- Body Tattoos (race numbers to be placed on left arm)
- Street Gear Bag
- Street Gear Bag sticker, to be stuck onto your Street Gear Bag
ATHLETE CHECK-IN

ID WRISTBAND
Your ID wristband must be worn at all times as this will be your entry to ‘athlete only restricted areas.’ This is your only means of entry to Transition to rack your bike pre-race and to collect your gear and bike after the race. IRONMAN will not allow access into these areas without athletes wearing their wristband.

TIMING INFO
You will collect your Timing Chip and confirm your identity with the timing personnel at the Transition before you rack your bike pre-race. At this stage, you will confirm your personal information and ensure that your race number matches your timing chip. Please ensure you put it in a safe place and remember to have it with you on race morning.

- Timing Chips must be worn on your left ankle
- On race morning, your timing chip must be on to enter Transition. Officials will be checking this
- If you do not start the race or pull out of the race for any reason you have to return the Timing Chip to race officials
- If your Timing Chip is not returned or is lost you will be charged USD$150 for a replacement
- Timing results will include swim split, bike split, run split and finish time—overall and category results.

If timing chips are not worn throughout the duration of the race, race results will not be available to that athlete. If a timing chip is lost during the race, the athlete needs to inform an official in Transition, so that officials can do their best to replace that chip in order to record splits for the rest of the race.

**NO CHIP = NO TIME**

WITHDRAWAL & TIMING CHIP RETURN
If you withdraw from the race at any time (pre or during), please inform IRONMAN via one of the Information Desk or Drop Out Clerks or by phoning +66(0) 65-539-7631. It is the athlete’s responsibility to return their timing chip. If you fail to return your timing chip, a USD$150 replacement charge applies. It is extremely important for all timing chips to be returned to ensure all athletes are accounted for across the event.
RACE DAY SERVICES

MEDICAL

Your safety is of upmost importance to us. If you are unsure about your ability to complete the race or are not feeling physically fit in the lead up to the event, IRONMAN highly recommends you seek medical advice from your doctor.

Basic first aid is available throughout the event. If you require medical attention we recommend that you visit our Information Desk or seek the assistance of event personnel.

Medical staff will be situated in a variety of positions on race day. These locations are as follows:

- Swim Start
- Swim Exit
- Transition
- Roaming Bike & Run Course
- Finish & Recovery

Basic first aid support can also be obtained at the Bike and Run Aid Stations.

It is strongly advised that you have adequate personal insurance regardless of whether you are a Thai resident or from overseas. We highly recommend that local residents hold valid private health insurance and that international athletes check with their travel insurance or personal insurance provider to confirm what they are covered for.

SAG WAGON

The Sag Wagon will collect athletes who are unable to complete the event, or are unable to finish within the course cut-off time. Collected athletes will be transported to the closest Aid Station or back to Transition/Finish Line.

Should you require a Sag Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for Sag Wagon deployment. Alternatively advise volunteers at the nearest Aid Station.

Please note delays in Sag Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a Sag Wagon has been requested as this could affect their ability to locate and transport you.

SWIM SAFETY

There will be a large number of water safety personnel and craft on the water pre and during the swim. The water safety team is there to support you should you require. They will be resourced with an array of Rescue Boards, Jet Skis and IRB’s. At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Water Safety will be wearing the traditional yellow and red surf lifesaving uniforms for easy identification.

Should at any point an athlete decides to abandon the swim, they will be taken to one of the swim extraction points. From here they will be required to confirm their athlete number and be checked over by medical. It is then the athlete’s responsibility to walk back to Transition and hand in their timing chip to race officials.

BIKE MECHANICS

The Bike Mechanics for the event will be setup at the Expo and Transition

- Friday (9:00am - 6:00pm)
- Saturday (9:00am - 6:00pm)
- Sunday (Race Day) Morning Only

They will be conducting a paid service for ‘minor mechanicals’ during these times. A limited ‘emergency service’ will be available inside Transition on race morning for athletes.

During the race two mechanics will be circulating around the bike course and will have static locations at 16.8km and 53.4km mark. They will provide basic tools and spares enabling athletes to conduct their own repairs, however the mechanics are unable to carry out any repairs on athlete's behalf as it is against the rules. Athletes should be aware that spare wheels and tubulars will also not be available from mechanics.

LOST & FOUND

Lost and Found will be at the Event information booth during race week and on race day. Please check the schedule of events for Event Information Desk hours and location. After the conclusion of the event, please email admin@ironman703bangsaen.com to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed items will be donated to charity within 30 days.
IRONMAN 70.3 BANGSAEN

COURSE CUT-OFFS

The below cut off times are for all athletes across the race. Should an athlete be unable to reach one of these cut off times, they will no longer be able to continue racing. Race results will be classified as a Did Not Finish (DNF). Event Personnel will assist in transporting the athlete back to the event precinct via Sag Wagons. The below information outlines each leg's cut off policy in further detail.

SWIM - 1 HOUR 10 MINUTES FROM AN ATHLETE’S INDIVIDUAL START TIME

The following intermediate cut off points will also apply to all athletes. Any swimmer unable to reach these cut-offs will be collected by event water safety and will be classified as a Did Not Finish (DNF). The time below represents the absolute cut off for all athletes regardless of individual time.

- **6.55 am – 0 km:**
  (ALL athletes must be in the water)
- **8.05 am – 1.9 km:** Swim Exit
  (Athletes must have completed the entire swim course)

BIKE - 5 HOURS 30 MINUTES FROM AN ATHLETE’S INDIVIDUAL START TIME

The following intermediate cut off points will also apply to all athletes. Any cyclist unable to reach these cut-offs will be collected by event Sag Wagons and will be classified as a Did Not Finish (DNF). The time below represents the absolute cut off for all athletes regardless of individual time.

- **8.10 am – 0 km:** T1 Bike Exit
  (Athletes must be past the mount line and be riding)
- **10.16 am – 44.7 km**
  (Athletes must have passed the turnaround point)
- **12.29 pm – 90km:** Bike Entry Transition 2
  (Athletes must have dismounted their bike and passed the dismount line).

RUN - 8 HOURS 30 MINUTES FROM AN ATHLETE’S INDIVIDUAL START TIME

All Aid Stations will act as intermediate cut off points and will apply to all athletes. Any runner unable to reach these cut-offs will be collected by the event Sag Wagons and will be classified as a Did Not Finish (DNF). The time below represents the absolute cut off for all athletes regardless of individual time.

- **12.34 pm – 0 km:** Run Exit Transition Area
  (Athletes must have passed the run exit arch and started the run course)
- **2.26 pm – 13.5 km:** Lap 3 start (outbound)
- **3.29 pm – 21.1km:** Finish Arch
  (Athletes must have passed under the finish arch)

In addition to the above cut off times, athletes may be cut off at any time based on the Race Directors discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenario’s the Race Director also reserves the right to announce new cut off times.
TRANSITION PROCEDURE
Transition opens at 4.30am and closes at 6.00am on race day.

TRANSITION 1 (Swim to Bike)
Upon finishing the swim and exiting the water, athletes will run on the beach across a timing mat and through the showers. There will be a small aid station prior to entering Transition. Athletes are able to equip themselves for the bike leg at bike rack location.

TRANSITION 2 (Bike to Run)
As you dismount your bike in the Bike Finish Chute, you are responsible for taking your bike to your numbered racking within Transition and racking the bike up correctly. Your helmet must remain on and secured until your bike is racked. Failure to do so may result in disqualification.

Athletes are able to equip themselves for the run leg at their allocated bike rack location.

RELAY TEAM TRANSITION
Relay Team Transition will be open from 4.30am - 6.00am on Sunday morning for the cyclist only.

Following the start of the race, the cyclist will be allowed to move back into the Transition 1 area and get ready for the changeover from swimmer to cyclist. All team members must wear their athlete ID wristbands to enter transition. *Relay Team Member exchange will only be allowed within the Relay Team Exchange zone or tent.*

Swimmers will exit the water and meet their cyclist at the Relay Team Exchange zone, handing their timing chip to the cyclist. The cyclist must wait until they are in possession of the timing chip before un-racking their bike. The timing chip acts as the relay baton, the swimmer must start with the timing chip and the runner must cross the Finish Line wearing this around their ankle.

Once the swimmer has handed over the timing chip they must leave the Transition area immediately (via the Relay Team’s entry/exit point).

When the cyclist returns, they will rack their bike back in its allocated numbered position and hand the timing chip to the runner at the Relay Team Exchange zone. *Exchange of timing chip is NOT allowed at the bike racks.* The cyclist must then leave the Transition area immediately once they have handed the runner their timing chip (via the Relay Team’s entry/exit point).

Other team members can join the Runner at the Relay team zone before the finish line and run into the finish chute together. Relay Teams will receive their finisher medal upon finishing.
BIKE CHECK-IN

The Transition Area will be located at Bangsaen Beach Road. Bike racks for athletes will be set out in number order. Please note you MUST have been to Athlete Check-in in order to access Transition for Bike Check-in at Bangsaen Beach Road.

Your bike MUST be checked into the Transition area between 2.00pm and 6:30pm ONLY on Saturday 23 February. Your bike must display your seat post sticker and correspond with your ID wristband. If you do not have either of these you will not be allowed in or out of Transition.

When you rack your bike on Saturday between 2.00pm and 6:30pm please allow plenty of time to walk through the routes that you will take through the Transition area.

Volunteers will be available for race specific questions and Technical Officials will be available for any queries surrounding rules and regulations.

PRE-RACE BIKE CHECKS

Your bike will be visually inspected by an official and allowed into Transition upon passing this inspection. This is not a guarantee of safety. Athletes are responsible for their bikes being in safe working order. You should ensure your bike, as well as your helmet, is in safe working order before presenting it at Transition to avoid rejection. Inspectors will be checking for such thing as:

- End plugs on handle bars
- Tyres in reasonable condition
- Stripped cabling
- At least one water bottle cage
- Brakes in working order
- Compliance with IRONMAN Race Competition Rules

If in doubt of passing this visual inspection, please visit our bike mechanics prior to Bike Check-in. They will be available onsite outside the Transition.

RACE DAY HELMET CHECKS

Bike helmets are compulsory. Officials will be conducting helmet checks as you enter the Transition area on race morning – please ensure you wear your helmet into the entrance of Transition. This is NOT a guarantee of safety.

Helmets must meet the following specifications:

- Your helmet must be approved by a recognised testing authority (e.g. National Standards Certified).
- Alterations to any part of the helmet are not allowed. This includes, but is not limited to, any alteration to the manufacturer’s chinstrap, and the addition or removal of an outer cover.
- Helmets must be undamaged.
ATHLETE BAGS

STREET GEAR BAG
You can store your clothing and belongings in the Clear Street Bag Gear. You will receive a sticker within your race kit with your athlete race number. Please secure your race number sticker clearly.

SUGGESTED ATHLETE GEAR

<table>
<thead>
<tr>
<th>Bike Leg</th>
<th>Run Leg</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Bike Pump</td>
<td>• Race Belt or Safety Pins</td>
</tr>
<tr>
<td>• Extra Nutrition</td>
<td>• Bib Number</td>
</tr>
<tr>
<td>• Extra Water Bottles</td>
<td>• Hat/Visor</td>
</tr>
<tr>
<td>• Aero Water Bottle Straw</td>
<td>• Running Shoes</td>
</tr>
<tr>
<td>• Bike Repair Kit Bar-end plugs CO₂ Cartridge(s) Spare Tire Spare Tube Tire levers Valve Stem Extenders Patch Kit Wrench Set/Tools</td>
<td>• Socks</td>
</tr>
<tr>
<td>• Vaseline</td>
<td>• Sunglasses</td>
</tr>
<tr>
<td>• Sunscreen</td>
<td>• Bike Shoes</td>
</tr>
<tr>
<td>• Helmet</td>
<td>• Socks</td>
</tr>
<tr>
<td>• Sunglasses</td>
<td>• GPS Watch or Bike Computer</td>
</tr>
<tr>
<td>• Bike Shoes</td>
<td>• Energy Bars/ Gels</td>
</tr>
<tr>
<td>• Socks</td>
<td></td>
</tr>
</tbody>
</table>

NO CHIP = NO TIME

WITHDRAWAL & TIMING CHIP RETURN
If you withdraw from the race at any time (pre or during), please inform IRONMAN via one of the Information Desk or Drop Out Clerks or by phoning +66(0) 65-539-7631. It is the athlete's responsibility to return their timing chip. If you fail to return your timing chip, a USD$150 replacement charge applies. It is extremely important for all timing chips to be returned to ensure all athletes are accounted for across the event.
**IRONMAN 70.3 BANGSAEN**

**SWIM COURSE - 1.9KM**

**CUT-OFF TIME**

1 Hour 10 minutes after individual start time

IRONMAN 70.3 Bangsaen starts with a 1.9km 1 lap swim from Bangsaen Beach. Athletes will swim a 1.9km clockwise triangular course. It is expected to be a non-wetsuit swim, with race day water temperature averaging at 24 – 27 degrees Celsius

NOTE: We suggest athletes attend the Practice Swim held on Saturday 23 February between 10:00am and 11:30am.

**SWIM COURSE RULES** - FOR MORE INFORMATION VISIT THE [WEBSITE](#)
TOP 10 CHECKLIST

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it’s important that you arrive on race day healthy, fit and prepared. Here’s a top-10 checklist to help get you ready.

1) Prepare for Race Conditions
   - Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.

2) Race in Shorter Events
   - Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
   - For extra guidance, talk to a coach or your local triathlon club.

3) Learn About Course Details
   - It’s important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarise he course.
   - Keep in mind, every body of water is different, so you’ll need to educate yourself on water current and surf conditions.
   - Study the event timetable to plan for proper arrival and preparation.

4) Ensure Heart Health
   - As an athlete in training, you should take the proper steps to assess your health with your physician.
   - If you have any concerns about your heart health, we recommend you consult with your GP prior undertaking the event.

5) Pay Attention to Warning Signs
   - If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

6) Don’t Use New Gear on Race Day
   - Focus on controlling as much as you can on race day.
   - You should never race in equipment you haven’t trained in this is not the time to test new gear.
   - Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
   - Prepare for the unexpected with backups of all your gear.

7) Warm Up on Race Day
   - Arrive early enough on race day for a proper warm-up prior to the start.
   - No morning warm up swim on race day.
   - Spend between 5 and 10 minutes getting loose.
   - Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

8) Checkout the Course
   - Get comfortable with the course by checking out water conditions, the swim entry and exit layouts along with the turning buoy locations.
   - Identify basic navigation points so that you know what you are swimming towards.

9) Start Easy - Relax and Breathe
   - Don’t race at maximum effort from the start.
   - Relax and focus on proper breathing technique as you settle into a sustainable pace.

10) Be Alert and Ask For Help
    - In a race setting always stop at the first sign of a medical problem.
    - If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
    - Race rules allow for competitors to stop or rest at any time during the swim.
    - Feel free to hold on to a static object like a raft, buoy, or dock.
    - You may also rest by holding on to a kayak, boat or even a paddle-board. As long as you don’t use it to move forward, you won’t face disqualification.
    - Floatation devices or emergency swim buoys are NOT permitted to use if it has been inflated. Once inflated, you are considered DQ.
IRONMAN 70.3 BANGSAEN
BIKE COURSE - 90KM

CUT-OFF TIME

5 hours 30 minutes after individual start time

Athletes will make their way north on the beach promenade and complete an out and back section before continuing onto the beautiful Khao Lam Road heading out of Bangsaen City. The course continues until crossing right on to the motorway side-road towards Bang Phra where one loop needs to be completed around the reservoir on the rolling hills and beautiful woodlands that will keep you cool and shaded from the sun. Participants then head straight back pass Khao Lam Road to T2. The roads are wide with mostly smooth tarmac and low rolling resistance, suitable for achieving a personal best!

TRAFFIC

Whilst we implement traffic management on course, and the roads are controlled, there still will be vehicular traffic sharing the roads at times. Please exercise vigilance and tolerance if traffic is encountered, particularly at all roundabouts and intersections where vehicle crossings may be installed. Normal road rules will apply. Police, traffic controllers, course marshals and event crew will be on course to monitor.

BIKE COURSE RULES -
FOR MORE INFORMATION VISIT THE WEBSITE
The Transition Area will be located at Bangsaen Beach Road. Bike racks for athletes will be set out in number order.

Please note you MUST have been to Athlete Check-in in order to access Transition for Bike Check-in at Bangsaen Beach Road.

Your bike MUST be checked into the Transition area between 2.00pm and 6:30pm ONLY on Saturday 23 February.

Your bike must display your seat post sticker and correspond with your ID wristband. If you do not have either of these you will not be allowed in or out of Transition.

When you rack your bike on Saturday between 2.00pm and 6:30pm please allow plenty of time to walk through the routes that you will take through the Transition area.

Volunteers will be available for race specific questions and Technical Officials will be available for any queries surrounding rules and regulations.

PRE-RACE BIKE CHECKS

Your bike will be visually inspected by an official and allowed into Transition upon passing this inspection. This is not a guarantee of safety. Athletes are responsible for their bikes being in safe working order. You should ensure your bike, as well as your helmet, is in safe working order before presenting it at Transition to avoid rejection.

Inspectors will be checking for such things as:
- End plugs on handle bars
- Tyres in reasonable condition
- Stripped cabling
- At least one water bottle cage
- Brakes in working order
- Compliance with IRONMAN Race Competition Rules

If in doubt of passing this visual inspection, please visit our bike mechanics prior to Bike Check-in. They will be available onsite outside the Transition.

RACE DAY HELMET CHECKS

Bike helmets are compulsory. Officials will be conducting helmet checks as you enter the Transition area on race morning - please ensure you wear your helmet into the entrance of Transition. This is NOT a guarantee of safety.

Helmets must meet the following specifications:
- Your helmet must be approved by a recognised testing authority (e.g. National Standards Certified).
- Alterations to any part of the helmet are not allowed. This includes, but is not limited to, any alteration to the manufacturer’s chinstrap, and the addition or removal of an outer cover.
- Helmets must be undamaged.

CUT-OFF TIME

8 hours 30 minutes after start time after individual start time

The run course has it all, rolling slopes, flats and a mixed scenery of beach and gardens. The course starts on the beach promenade making it’s way towards Lam Tan and then up Khao Sam Muk Hill where you enter the “Monkey zone”, a famous tourist spot inhabited by a number of monkeys and beautiful cactus gardens where the old fisherman village is located. After making three loops around Khao Sam Muk Hill expect a fast finish making your way down to the beach again and the finish line at The Bangsaen Heritage Hotel.

RUN COURSE RULES - FOR MORE INFORMATION VISIT THE WEBSITE
IRONMAN 70.3 BANGSAEN
AID STATIONS

THE TRANSITION AID STATION WILL OFFER WATER

BIKE AID STATIONS
The Bike Course has 4 Aid Stations located approximately 16 km - 20 km apart.

Bike Aid Stations Locations
- B1 - Opposite of Ban Hua Kum Hospital at 16.8km
- B2 - Entrance of Bangphra Reservoir at 36.8km
- B3 - Exit of Bangphra Reservoir at 53.5km
- B4 - In front of Ban Hua Kum Hospital at 74.0km

Bike Aid Stations will offer
- Water
- Isotonic
- Toilets

BIKE AID STATION LAYOUT
Discard Zone Start > Water > Sports drink > Food > Sports drink > Water > Toilet > Discard Zone Finish

BIKE AID STATION PROCEDURE
Slow down when entering Aid Stations, don’t stop! If you do not require any product from a Bike Aid Station please stay to the right of the roadway.

There will be signs along the Aid Station listing what is on offer. Volunteers will also be advising what they are holding. Please help the volunteers to help you by communicating politely as per your needs.

Please discard any unwanted items post the Discard Zone Start sign and pre Discard Zone Finish sign. Anything discarded outside this area will be penalized.
IRONMAN 70.3 BANGSAEN
AID STATIONS

THE TRANSITION AID STATION WILL OFFER WATER

RUN AID STATIONS
The Run Course has 4 Aid Stations located approximately 1.6 km - 1.8 km apart.

Run Aid Stations Locations
- R1 - Opposite of S2 Hotel Coffee Shop at 0.7km, 7.2km, 13.6km
- R2 - Opposite of Center of Strategic Studies Host Thailand at 2.3km, 8.7km, 15.2km
- R3 - Khao Sam Muk Hall at 4.1km, 10.5km, 17.0km
- R4 - In front of Center of Strategic Studies Host Thailand at 5.7km, 12.1km, 18.6km
- R5 - Bangsaen Beach Promenade at 20km

Run Aid Stations will offer
- Water
- Bananas
- Dried Bananas
- Local Snacks

# R5 will only serve water

RUN AID STATION LAYOUT
Discard Zone Start > Water > Sports drink & Cola > Food > Sports drink & Cola > Water > Toilet > Discard Zone Finish

Slow down when entering Aid Stations. If you do not require any product from a Run Aid Station please stay to the left. There will be signs along the Aid Station listing what is on offer. Volunteers will also be advising what they are holding. Please help the volunteers to help you by

RUN AID STATION PROCEDURE
Slow down when entering Aid Stations. If you do not require any product from a Run Aid Station please stay to the right of the roadway. Communicating politely as per your needs. Feel free to move through the tables at your leisure and help yourself. Please discard any unwanted items post the Discard Zone Start sign and pre Discard Zone Finish sign. Anything discarded outside this area will be penalized.

DISCARDS/DROP ZONES
Each Aid Station will have drop zones clearly marked either side of the station (zone is approx. 100m on bike and 50m on run). This is the area to discard bottles/biddons, gel wrappers, banana skins etc. Discarding items on any other part of the course except at designated drop zones may result in a littering infringement or disqualification.
• Prepare for the unexpected with backups of all your gear.
• Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
• Don’t use new gear on race day.
• Study the event timetable to plan for proper arrival and preparation.
• Race day should not be your first open water swim.
• As an athlete in training, you should take the proper steps to assess your health with your physician.

3) Learn About Course Details
• Identify basic navigation points so that you know what you are swimming towards.
• Get comfortable with the course by checking out layouts along with the turning buoy locations.
• Get familiar with the course by checking out water conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.
• Relax and focus on proper breathing technique as you settle into a sustainable pace.

4) Ensure Heart Health
• Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.
• No morning warm up swim on race day.
• Spend between 5 and 10 minutes getting loose.
• Arrive early enough on race day for a proper warm-up prior to the start.
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5) Pay Attention to Warning Signs
• If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while undertaking the event, consult your doctor.
• If you have any concerns about your heart health, consult your GP prior to preparing yourself for open water conditions.
• As an athlete in training, you should take the proper steps to assess your health with your physician.

6) Don’t Use New Gear on Race Day
• Race in shorter events.
• Be sure to keep your bib number visible on the front of your body during the run and at the Finish Line so we can identify your photos.
• 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.
• Register your email address at www.finisherpix.com to be notified as soon as photos are online.
• Please be sure you have your helmet sticker visible on the front of your bike helmet so we can identify your biking photos.
• Please be sure to keep your bib number visible on the front of your body during the run and at the Finish Line so we can identify your photos.
• Visit www.finisherpix.com within 24-48 hours after the race to view, order, and share your photos from your 2019 IRONMAN 70.3 Bangsaen Event.

FINISH LINE POLICY
Friends and family members, including children are not permitted in the finish chute or finish area. We ask that all athletes respect the Finish Line area and ensure that celebrations do not interfere with other athlete’s Finish Line experience.

As you cross the line, volunteer catchers will be there to escort you to the secured recovery area. You will be presented with your Finishers Medal, and your timing chip will be removed. These catchers will endeavour to briefly assess you as you proceed and may need to take you directly to the Medical Tent for treatment. If you do not require any treatment you will be able to proceed to the other post finish facilities. Food, fruit and drinks will be served within the designated area in Recovery. You will also have access to your Street Gear Bag and have the option of a free massage if desirable.

Unfortunately, you will not be able to re-enter Recovery once you have exited so make sure you are comfortable prior to this point. Please remember volunteers and the medical team are there to help you at any time should you require.

FINISH LINE PHOTO
FinisherPix is proud to be selected as the Official Photo Service of The Event. FinisherPix will have photographers working at the swim exit, on the bike course, on the run course and of course, at the Finish Line! The Complimentary FinisherPix service will be given to TOYOTA IRONMAN 70.3 Bangsaen presented by Mama athlete.

- Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- Please be sure you have your helmet sticker visible on the front of your bike helmet so we can identify your biking photos.
- Please be sure to keep your bib number visible on the front of your body during the run and at the Finish Line so we can identify your photos.
- 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 within 24-48 hours after the race to view, order, and share your photos from your 2019 IRONMAN 70.3 Bangsaen Event.
TRAFFIC

Whilst we implement traffic management on course, and the roads are controlled, there still will be vehicular traffic sharing the roads at times. Please exercise vigilance and tolerance if traffic is encountered, particularly at all roundabouts and intersections where vehicle crossings may be installed.

Normal road rules will apply. Police, traffic controllers, course marshals and event crew will be on course to monitor.

BIKE COURSE RULES -

FOR MORE INFORMATION VISIT THE WEBSITE

NEVER FORGET YOUR RACE!
TRAFFIC
Road closures are in place for the duration to minimise the traffic flow on course and to protect the athletes. There will be vehicular traffic adjacent to the course comprising of event personnel and local residents requiring access, so please exercise vigilance and tolerance at all times, especially if traffic is encountered. High levels of awareness should be applied at all roundabouts and intersections. Normal road rules apply at all times. Police, traffic controllers and event crew will be on course to patrol and direct traffic.

RUN COURSE RULES -
FOR MORE INFORMATION VISIT THE WEBSITE

POST FINISH

RECOVERY & MEDICAL
After you have finished, you will be escorted into the Post Finish area to take advantage of the post finish facilities available. This area is an athlete’s only area. Located within the post finish area will be:

- The Post Finish Recovery Area
- Medical support
- Massage

Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

MASSAGE
Massage will be available for IRONMAN 70.3 Bangsaen athletes.

COOL POOL
Cooling down pools will be available inside the Post Finish Recovery Area.

BIKE CHECK-OUT
Mandatory Bike and Gear Check Out is from 12:30pm - 4:00pm at Transition Area on Sunday 24 February 2019. You must be wearing your athlete wristband.
PRESENTATIONS & ROLLDOWN

AWARDS PRESENTATION

IRONMAN 70.3 Bangsaen Awards Presentation will be held on Sunday 24 February at 5:00pm at the Bangsaen Heritage Hotel Exhibition Hall.

Awards will be presented to the top 3 finishers in each Age Group Category and top 3 relay teams in each Relay Team Category.

Don’t miss out on claiming your award! Unclaimed awards will be held for 30 days only.

ROLL DOWN CEREMONY - 2019 IRONMAN 70.3 WORLD CHAMPIONSHIP, NICE, FRANCE

Thirty-Eight (38) Age Group qualifying slots for the 2019 IRONMAN 70.3 World Championship (September 8–9, 2019, in Nice, France) will be awarded at the IRONMAN 70.3 Bangsaen Roll Down Ceremony. There will be an additional two (2) qualifying slots for the fastest Thai Male (1) and Fastest Thai Female (1) finisher.

Qualified athletes are required to claim their IRONMAN 70.3 World Championship slot in-person on Sunday 24 February from 4:00pm. Roll Down will be held at the Bangsaen Heritage Hotel Exhibition Hall. You MUST bring a valid form of Photo ID with you and be prepared to pay the full entry fee of $475.00 EUR + 8% Active fee with Credit Card only. No cheque or cash payments will be accepted.

Final Slot Allocation will be determined on race day based on the number of official starters. The numbers of slots for each Age Group will be announced after the race.
RUN AID STATIONS

The Bike Course has 4 Aid Stations located approximately 16 km - 20 km apart.

Bike Aid Stations Locations

- **R1** - Opposite of S2 Hotel Coffee Shop at 0.7km, 7.2km, 13.6km
- **R2** - Opposite of Center of Strategic Studies Host Thailand at 2.3km, 8.7km, 15.2km
- **R3** - Khao Sam Muk Hall at 4.1km, 10.5km, 17.0km
- **R4** - In front of Center of Strategic Studies Host Thailand at 5.7km, 12.1km, 18.6km
- **R5** - Bangsaen Beach Promenade at 20km

Bike Aid Stations will offer:

- Water
- Bananas
- Dried Bananas
- Local Snacks

**# R5 will only serve water**

RUN AID STATION LAYOUT

Discard Zone Start > Water > Sports drink & Cola > Food > Sports drink & Cola > Water > Toilet > Discard Zone Finish

Slow down when entering Aid Stations. If you do not require any product from a Run Aid Station please stay to the left. There will be signs along the Aid Station listing what is on offer. Volunteers will also be advising what they are holding. Please help the volunteers to help you by.

RUN AID STATION PROCEDURE

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DISCARDS/DROP ZONES

Each Aid Station will have drop zones clearly marked either side of the station (zone is approx. 100m on bike and 50m on run). This is the area to discard bottles/biddons, gel wrappers, banana skins etc. Discarding items on any other part of the course except at designated drop zones may result in a littering infringement or disqualification.

RACE DAY CHECKLIST

**IRONMAN 70.3 BANGSAEN**

**TRANSITION**

- Transition opening times on the race day are 4:30am to 6:00am
- ID Wristband
- Timing Chip (applied to left ankle)
- Race Number Tattoo (Left Arm)
- Bike pump
- Nutrition to strap/secure to your bike
- If in a Relay Team, ensure your team mates are ready!

**SWIM**

- Race supplied Swim cap
- Trisuit
- Goggles

**BIKE**

- Bike racked and ready in Transition with bike seat post sticker is attached
- Bike shoes safely clipped onto your bike, or on the ground next to your bike
- Have your helmet checked on race morning and placed onto or next to your bike

**RUN**

- Race bib
- Running Shoes and socks
- Sunglasses
- Hat

**RECOVERY**

- Street Wear Bag, containing all of your post-race requirements & personal belongings including warm clothing
There will be 2 Information Desks located at the event.

Opening hours for the Information Desks are listed within the Event Schedule and online. Our friendly staff will do their best to help you with any questions you may have.

GENERAL EVENT ENQUIRIES

Additional information can be found via our following details:

Website: www.ironman.com/bangsaen70.3
Phone: +66029575880
E-mail: admin@ironman703bangsaen.com

EMERGENCY SERVICES

Phone: +66 (6) 5-539-7631

Medical

Burapha University Hospital
169/382 Long Had Bangsaen Rd, Tambon Saen Suk, Amphoe Mueang Chon Buri, Chang Wat Chon Buri 20131
Phone: (+66) 38 394 850-3
Website: http://hsc.buu.ac.th

Airport

Savarnbhumi International Airport (BKK) (Major Airport)
999 m.1 Nong Prue, Amphoe Bang Phli
Chang Wat Samut Prakan 10540
Phone: (+66) 1722

Don Mueang International Airport (DMK) (Minor Airport)
222 Vibhavadi Rangsit Rd, Khwaeng Sanambin
Khet Don Mueang, Krung Thep Maha Nakhon 10210
Phone: (+66) 2535-1192
Website: http://www.AirportThai.co.th

LOCAL SERVICES

Tourist Information

Saensuk Municipal Office
Phone: (+66)38 193500–2
Website: http://www.SaenSukCity.go.th