Dear Athletes,

It is an honour to greet you here in Nuevo Leon, a visionary and innovative state, built with the effort and hard work of its people. Nuevo Leon is famous for its leading, progressive and entering of industry, but its grandeur goes far beyond these; the successful economy of this region is due to its inhabitants, who dream big and give it all, who have clear goals and like you, are made of iron. That is why we praise your persistence, huge effort and passion to compete in this great race: the IRONMAN 70.3.

I hope you enjoy your stay here and rejoice on the beautiful landscape of the Paseo Santa Lucía.

Welcome!

Jaime H. Rodríguez Calderón
Governor of the State of Nuevo León

It is a real joy to welcome all the athletes arriving at Nuevo León to participate in this sixth edition of the IRONMAN 70.3. Nuevo León is a great destiny for those who travel. It counts with many advantages for those who practice sports.

Triathletes will be able to enjoy the many things that our State has to offer in order to perform in this demanding sport.

We are ready to provide you and your families a fantastic stay. A race like the one you’re about to perform requires of great concentration, energy and perseverance; I am sure that every triathlete will give his/her 100% to achieve this goal in which every single one of you is already a winner.

Welcome to Nuevo Leon, let us all enjoy this great event and live together this extraordinary experience.

Congratulations!

Lic. Miguel Cantú González
CEO
Corporación para el Desarrollo Turístico de Nuevo León.

Fort the sixth consecutive year the state of Nuevo Leon will open its iconic landmarks such as the Parque Fundidora, the Paseo Santa Lucía and the Macroplaza to thousands of Mexican and international triathletes for the IRONMAN 70.3 Monterrey. This race has become a marquee event showcasing the fenomenal skills that the state boasts in the organization of international sporting festivals of this nature.

The hospitable people of Nuevo Leon are ready to receive, as every year, the athletes and their supporters. We invite you to enjoy not only this sporting “fiesta”, but in addition all the wonderful tourist attractions that the State of Nuevo Leon has to offer.

We wish all the athletes an extraordinary experience and we hope to have you back next year to fulfill new profesional and personal challenges.

Ing. David Manilo Valdés
CEO Tourism Board of Monterrey.
IRONMAN 70.3 Campeche will operate under the “three strikes and you’re out” principle. Even though DRAFTING is the only violation to incur a time penalty (to be served in the nearest penalty box at various spots on the bike course), every bike course violation requires a stop in the penalty tent. Drafting penalties require a 5-minute stop; all other violations require 1 minute penalty.

ONLY BLUE card violations will count toward your three strikes— three blue card violations result in a Disqualification (DQ).

To maximize your understanding of the rules on race day, please take the time to read the following summary of Position Violations.

- Always ride on the right side of your lane to avoid an illegal position or blocking call.
- Age Group and Elite athletes must keep six bike lengths (12 meters) between your bike’s front wheel and the front wheel of the cyclist in front of you to avoid a DRAFTING call.
- Always pass on the lefthand side of the cyclist in front of you, never on the righthand side, to avoid an illegal passing call.
- Age Group and Elite athletes must complete your pass within 25 seconds to avoid a blocking call.
- If you are passed, drop back six bike lengths before attempting to re-pass, to avoid an overtaken or DRAFTING call.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. In the case of Position Violations, the referee’s ruling is final and is not open to protests or appeals.

The following are several other common rule violations:

1. **HELMET CHINSTRAP**
   - the chinstrap of your helmet must be securely fastened whenever you are on your bike and/or running or walking with your bike during the race in the transition area. You must put your helmet on and fasten the chinstrap before grabbing and/or leaving your bike on the rack.

2. **RACE NUMBER**
   - you must wear your race number during run portion of the race. Your bike number must be properly attached to your bike in a visible place.

3. **LITTERING**
   - (stop and go at the next penalty box) — do not throw away ANYTHING outside the official aid stations!

4. **UNAUTHORIZED EQUIPMENT**
   - sorry, absolutely no compression socks (during the swim), cell phones, MP3 players, Oakley Thumps, iPods or other kind of devices that cause distraction to athletes during the race!

5. **OUTSIDE ASSISTANCE**
   - do NOT accept any assistance from anyone other than a race official, and do NOT have non-racers ride or run alongside you!

6. **DISQUALIFICATION (DSQ)**
   - You must go to a penalty box for any violation to have your number marked. Remember that only drafting violations count for the ‘three strikes’. There will be no penalty boxes on the run. If you are penalized on the run, the official will mark your number on the spot.

Please remember to treat other athletes, volunteers and race officials with courtesy and consideration. Failure to do so is considered UNSPORTSMANLIKE CONDUCT and may result in disqualification.

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

FELIX MOLINA

Head Referee, MAZDA IRONMAN 70.3 Monterrey Presented by Innovasport 2019
**EVENT SCHEDULE**

*EVENT CALENDAR IS PROVISIONAL AND SUBJECT TO CHANGE* - Please continue to regularly check for updates.

### FRIDAY MAY 10TH, 2019:

<table>
<thead>
<tr>
<th>HOUR</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 p.m. - 6:00 p.m.</td>
<td>Athlete Check-in (Packet Pick-up)</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td></td>
<td>Official Store— IRONMAN 70.3 Monterey Presented by Innovasport</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Expo— IRONMAN 70.3 Monterey, Presented by Innovasport</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Information Booth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Free Bike Tech Support</td>
<td></td>
</tr>
<tr>
<td>5:00 p.m. - 6:00 p.m.</td>
<td>MANDATORY ATHLETE BRIEFING (Spanish) for all age group athletes</td>
<td>Cintermex, Canada Saloon</td>
</tr>
<tr>
<td>6:30 p.m. - 7:30 p.m.</td>
<td>MANDATORY ATHLETE BRIEFING (Spanish) for all age group athletes</td>
<td>Cintermex, Canada Saloon</td>
</tr>
</tbody>
</table>

### SATURDAY MAY 11TH, 2019:

<table>
<thead>
<tr>
<th>HOUR</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 a.m. - 9:00 a.m.</td>
<td>Practice Swim</td>
<td>Cintermex, Canada Saloon</td>
</tr>
<tr>
<td>9:30 a.m. - 10:15 a.m.</td>
<td>MANDATORY PROFESSIONAL ATHLETE BRIEFING (ENGLISH)</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td>9:00 a.m. - 2:00 p.m.</td>
<td>Athlete Check-in (Packet Pick-up) - FINAL CHANCE TO PICK UP PACKET</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td>9:00 a.m. - 2:00 p.m.</td>
<td>Official Store—IRONMAN 70.3 Monterey Presented by Innovasport</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td>9:00 a.m. - 2:00 p.m.</td>
<td>Expo—IRONMAN 70.3 Monterey, Presented by Innovasport</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td>9:00 a.m. - 2:00 p.m.</td>
<td>MANDATORY ATHLETE BRIEFING (Spanish) for all age group athletes</td>
<td>Cintermex, Canada Saloon</td>
</tr>
<tr>
<td>10:30 a.m. - 11:30 a.m.</td>
<td>Free Bike Tech Support</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td>12:00 a.m. - 1:00 p.m.</td>
<td>MANDATORY ATHLETE BRIEFING (English) for all age group athletes</td>
<td>Cintermex, Canada Saloon</td>
</tr>
<tr>
<td>12:00 a.m. - 1:00 p.m.</td>
<td>MANDATORY ATHLETE BRIEFING (Spanish) for all age group athletes</td>
<td>Cintermex, Canada Saloon</td>
</tr>
<tr>
<td>1:00 p.m. - 7:00 p.m.</td>
<td>MANDATORY Bike Check-in (REVIEW SCHEDULE FOR BIKE CHECK-IN ACCORDING TO YOUR BIB NUMBER)</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td>1:00 p.m. - 7:00 p.m.</td>
<td>MANDATORY BIKE CHECK-IN</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td>10:30 a.m. - 11:30 a.m.</td>
<td>Free Bike Tech Support</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
</tbody>
</table>

### SUNDAY MAY 12TH, 2019:

<table>
<thead>
<tr>
<th>HOUR</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 a.m. - 6:25 a.m.</td>
<td>White bag check in</td>
<td>Ignacio Zaragoza St. Macroplaza (adjacent to State City Hall)</td>
</tr>
<tr>
<td>5:15 a.m. - 6:25 a.m.</td>
<td>Transition area opens</td>
<td>Transition Area—Macroplaza (adjacent to State City Hall)</td>
</tr>
<tr>
<td>6:25 a.m.</td>
<td>Transition area closes</td>
<td>Transition Area—Macroplaza (adjacent to State City Hall)</td>
</tr>
<tr>
<td>6:50 a.m.</td>
<td>Professional Men’s Race Start (White Swim Cap)</td>
<td>Ignacio Zaragoza St. Macroplaza (adjacent to State City Hall)</td>
</tr>
<tr>
<td>6:55 a.m.</td>
<td>Professional Women’s Race Start (White Swim Cap)</td>
<td>Ignacio Zaragoza St. Macroplaza (adjacent to State City Hall)</td>
</tr>
<tr>
<td>7:00 a.m.</td>
<td>Age Groups Rolling Start</td>
<td>Ignacio Zaragoza St. Macroplaza (adjacent to State City Hall)</td>
</tr>
<tr>
<td>10:00 a.m. - 5:00 p.m.</td>
<td>Official Store— IRONMAN 70.3 Monterey Presented by Innovasport</td>
<td>Ignacio Zaragoza St. Macroplaza (adjacent to State City Hall)</td>
</tr>
<tr>
<td>10:30 a.m. - 5:00 p.m.</td>
<td>MANDATORY BIKE CHECK-IN</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td>10:00 a.m. - 5:00 p.m.</td>
<td>MANDATORY BIKE CHECK-IN</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td>10:30 a.m. - 5:00 p.m.</td>
<td>MANDATORY BIKE CHECK-IN</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td>1:00 p.m. - 7:00 p.m.</td>
<td>MANDATORY BIKE CHECK-IN</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td>1:00 p.m. - 7:00 p.m.</td>
<td>MANDATORY BIKE CHECK-IN</td>
<td>Cintermex, Mexico &amp; USA Saloons, Parque Fundidora</td>
</tr>
<tr>
<td>4:45 p.m.</td>
<td>Professional Men’s Race Start (White Swim Cap)</td>
<td>Ignacio Zaragoza St. Macroplaza (adjacent to State City Hall)</td>
</tr>
<tr>
<td>4:45 p.m.</td>
<td>Professional Women’s Race Start (White Swim Cap)</td>
<td>Ignacio Zaragoza St. Macroplaza (adjacent to State City Hall)</td>
</tr>
<tr>
<td>7:30 p.m.</td>
<td>Age Groups Rolling Start</td>
<td>Ignacio Zaragoza St. Macroplaza (adjacent to State City Hall)</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>IRONMAN 70.3 Monterey Presented by Innovasport Closing Party</td>
<td>Nirvana Rock Joint, Fiesta San Agustin Plaza</td>
</tr>
</tbody>
</table>
This event is endorsed by the Mexican Triathlon Federation (FMTRI) and therefore it is necessary to have a valid FMTRI membership to be able to compete.

**PERSONAL COMMUNICATION PLAN**

Prior to departing to Monterrey be sure to establish a communications plan with family and friends back home. Establish a race day emergency contact with those who may need to reach you in case of emergency. Even if you are in Monterrey with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

**SWIMMING POOL**

50 Meters, 8 Lanes
Ciudad Deportiva Av. Churubusco S/N, CP 64560. Monterrey N.L.
Average Temperature: 82.4 F
Water Depth: 6.74 Feet
Thursday May 9th to Saturday May 11th from 6:00am to 11:00am and from 7:00pm to 10:00pm

https://www.google.com.mx/maps/dir//Ciudad+Deportiva+Monterrey,+Si n+Nombre+de+Colonia+21,+Sin+Nombre+de+Col+21,+Monterrey,+N.L./ @25.6876537,-100.2727173,17z/data=!4m15!1m6!3m5!1s0x8662955075324613:0x162315a52058557b!2sCiudad+Deportiva+Monterrey!8m2!3d25.6876537!4d-100.2705286!4m7!1m0!1m5!1s0x8662955075324613:0x162315a52058557b!2m2!1d-100.2705286!2d25.6876537

For reservations, please contact directly Carlos Martinez
E-Mail address: acqafod@hotmail.com
Free of charge
This pool is not managed by LOC

**ATHLETE CHECK-IN:**

Athlete check-in will take place at THE INTERNATIONAL BUSINESS CENTER MONTERREY, CINTERMEX, MEXICO & USA SALOONS. (Inside Parque Fundidora)

Date and Time:   Friday May 10th, 12:00 to 6:00 pm.
Saturday May 11th, 9:00 to 2:00 pm.

**PROCESS TO COLLECT YOUR PACKAGE OF COMPETITOR**

**IMPORTANT:** To complete the check-in process, athletes will need the following:

1. Government issued photo identification
2. IRONMAN 70.3 Monterrey registration confirmation
3. Signed waiver. Available at the packet pick up/registration site.
4. Pick up your athlete packet which must include:

**YOUR RACE PACKET WILL INCLUDE**

* Race number
* Bike number
* Sticker number sheet for helmet and bags,
* Swim cap
* Athlete wrist band,
* Timing chip, (Remember, You must pick up your timing chip after you get your competitor package, and in a different line).
* Official back pack,
* Tech Name Towel 23 x 15 Inches. (If you registered before Apr 12th, your name will be printed on it).
* Bags [2] (white and blue).
* Bike check out tickets (2) for non athletes.
* Baggage Tag
* 2 Tattoo Numbers by Mazda

Only registered athletes are allowed to compete, and each athlete must pick up his or her own packet in person. Each athlete must show a valid photo I.D. (Driver’s license, passport, or other international I.D.)

All race packets must be picked up by 2:00 P.M. on Saturday, May 11th.

**ATHLETE WRISTBAND**

A wristband will be affixed to your wrist at athlete check-in. This band will identify you as an official participant and must be worn during the entire week.

The wristband allows you access to the transition areas, post-race athlete recovery area and awards ceremony. You will not be allowed to remove your bicycle and/or gear from the transition area following the race without your wristband affixed to your wrist.

Please do not remove your wristband until after the awards ceremony or you will be denied entry.

**PERSONAL SAFETY**

Always train with at least one other person. While swimming, please wear a bright color swim cap and ensure that your family members and/or friends know where you are.

When cycling, please do it inside Parque Fundidora observing the following speed and schedule:

Cycling above 12.5 m/hr: Monday through Friday from 6:00 to 9:30 am. The remaining of the day, you may cycle under 12.5 m/hr. Weekends, riding is allowed but only under the speed limit of 12.5m/hr.

You may not ride your bike with a bare torso.
BIKE CHECK-OUT TICKET
If you are unable to personally claim your bike and gear, a family member or friend must provide a copy of their photo ID along with the signed ticket to claim their athlete’s gear.

As a precaution, give the ticket to a family member or friend prior to the race, even if you plan to claim your bike and gear yourself. You’ll receive two bike check-out tickets in your packet.

Bike pick up time at Transition Zone 12:30p.m. to 4:45p.m. on Sunday May 12th.

RACE MORNING CLOTHES (WHITE) AND POST SWIM GEAR (BLUE) BAGS:

During athlete check-in you will receive 2 empty bags:

- **White: Morning clothes bag**
  - Check-in: Sunday, May 12th, transition area, alongside Government Palace from 5:05 to 6:25 a.m. prior to the start. All articles must fit inside the white bag, only articles fitted properly in the assigned bags will be received. Valuable objects, air pumps or back packs won’t be accepted. We highly recommend not to deposit cell phones, ipods, cameras, electronic devices, watches, sunglasses, etc., in your check in bag.
  - Make sure all of your gear is clearly marked with your name and race number sticker which will be included in your packet (sticker number sheet).

- **Blue: Post swim gear**
  - This bag is for all of the items you used during the swim portion of the event: swim cap, goggles, towel, etc.
  - Please leave this bag at your bike rack in the exact place from where you removed your bicycle at Transition Zone.
  - Make sure all of your gear is clearly marked with your name and race number sticker which will be included in your packet (sticker number sheet).

**THERE WON’T BE ANY GEAR BAG CHECK IN AT THE START LINE AREA**

MAKE SURE THAT YOUR TEAM’S RACING KIT INCLUDES:
- One Running Number
- One bike number
- One Number stickers for helmet and bags.
- One swim cap
- Bracelet (two or three bracelets depending on the number of relay participants)
- Timing Chip: This one will be handed to you in a different queue.
- Official Back pack (two or three back packs depending on the number of relay participants)
- Tech Name Towel 23 x 15 Inches. (If you registered before Apr 12th, your name will be printed on it). (two or three towels depending on the number of relay participants)
- White bag: (morning clothes bag).
- Blue bag: (post swim items).
- Bike check out tickets (2) for non athletes.
- Baggage Tag (two or three baggage tags depending on the number of relay participants)
- 2 Tattoo Numbers by Mazda per Team

RELAYS TRANSITION BIKE CHECK-IN
For transition bike check-in, only the bike relay member is allowed into transition area. Each relay member will be body marked that same day.

MANDATORY PRE-RACE MEETING
The Race Organizers and Mexican Triathlon Federation officials will be going over all necessary information, logistics, and instructions at these briefings. This will be your chance to ask any questions you may have, so please attend one of the race briefings taking place at Canada Saloon inside Cintermex.

**Friday May 10th**
- SPANISH (FIRST MEETING): 5:00 to 6:00 p.m.
- SPANISH (SECOND MEETING): 6:30 to 7:30 p.m.

**Saturday May 11th**
- PROS (ONLY MEETING): 9:30 to 10:15 a.m.
- ENGLISH (ONLY MEETING): 10:30 to 11:30 a.m.
- SPANISH (THIRD MEETING): 12:00 to 1:00 p.m.

RELAYS (2 or 3 athletes)
Distance: 1.2 mile Swim, 56 mile Bike, 13.1 mile Run

PACKET PICK UP DAY FOR RELAYS
Each participant must sign the waiver, pick up their race packet during the established registering dates and collect one finisher T-Shirt each, after crossing the finish line.

**EACH RELAY MEMBER MUST HAVE THEIR FMTRI MEMBERSHIP UPDATED**
(Foreign Athletes can subscribe to Fmtri for one year or one day).

**MAKE SURE THAT YOUR TEAM’S RACING KIT INCLUDES:**
- One Running Number
- One bike number
- One Number stickers for helmet and bags.
- One swim cap
- Bracelet (two or three bracelets depending on the number of relay participants)
- Timing Chip: This one will be handed to you in a different queue.
- Official Back pack (two or three back packs depending on the number of relay participants)
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- Blue bag: (post swim items).
- Bike check out tickets (2) for non athletes.
- Baggage Tag (two or three baggage tags depending on the number of relay participants)
- 2 Tattoo Numbers by Mazda per Team
PRE-RACE INFORMATION

RACE DAY FOR RELAYS

There will be a designated area for relays between the swim exit and the entrance to transition area.

The relay runner and cyclist must remain in this area to do the exchange of chip (pass the torch). (This relays area is the same one for cyclist relays and runner relays)

IMPORTANT NOTICE FOR RELAYS

Relay members must remain in the designated area during the whole race, failure to do so may result in a DQ.

Runner Relay may remain in the designated area during the whole race or a maximum of 2 hours and 30 minutes after race start, it is very important for the runner relay to be at the designated area prior to the arrival of biker relay.

The relay waiting zone will be provided with toilet facilities, chairs and aid station.

Each relay member may enter general recovery area after finishing their race stage (Special relays entrance after finish line). Each relay member must collect their own finisher t-shirt and medal. It is strictly forbidden to cross the finish line together; only the runner relay may do so.

BIKE COLLECTION FROM TRANSITION ZONE:

Only the bike relay member may collect his/her bike from Transition Zone once the race is over.

MANDATORY BICYCLE CHECK-IN:

Mandatory bicycle check-in is Saturday, May 11th from 1:00 to 7:00 p.m. All athletes must check-in their bikes at Transition Zone, regarding the athlete bib number:

Check-in times:
AWA                      12:00 - 1:00 p.m.
1 - 100                  1:00 - 2:00 p.m.
101 - 600               2:00 - 3:00 p.m.
601 - 1,000            3:00 - 4:00 p.m.
1,001 - 1,300          4:00 - 5:00 p.m.
1,301 - 1,700         5:00 - 6:00 p.m.
1,701 – & Up           6:00 - 7:00 p.m.

All bicycles must be checked into Transition Area and left overnight. Bicycles, helmet and bike/run gear bags will not be permitted to enter the transition area on race morning. You have the option to cover your bike computer or remove it; full bike covers are not permitted.

You will have access to your bicycle starting at 5:15 a.m. on race morning, but you will not be allowed to remove your bike from the transition area until the start of the bike leg.

Cycling shoes may NOT be left in Transition Area on Saturday, May 11th, ONLY THE BICYCLE.

No loose gear will be allowed on the ground next to the bicycles on bike check-in day.

OFFICIAL STORE DISCOUNTS:

Identify the Official Store Poster and receive attractive discounts and promotions in the best stores and restaurants.
Download the IRONMAN Tracker App and follow your athlete on race day! Receive updates and find the perfect spot to cheer as they pass by on course!
RACE DAY INFORMATION

PRACTICE SWIM
Prior to race day, acclimatize yourself to water conditions by attending the practice swim on Saturday morning (7:00 – 9:00 a.m.) at Santa Lucia River, Parque Fundidora.

While swimming during the scheduled practice swim, always follow the instructions of water safety personnel and wear a bright color swim cap. (Sunday’s start line).

ONLY registered athletes in the race will be allowed to participate in the practice swim. Athletes MUST have completed the Athlete Check-In process on Friday in order to participate.

They must wear their racing chip at all times during the practice swim. Athletes WILL NOT be allowed to participate in the practice swim without their timing chip.

NO CHIP = NO PRACTICE SWIM

There will not be transportation to practice swim.

PRACTICE SWIM IS SUBJECT TO CHANGES DEPENDING ON WEATHER CONDITIONS.

RACE DAY PARKING
Parking on the road is strictly prohibited, so please use a taxi cab to get there. You may park on designated spots by Cintermex and Parque Fundidora and public parking lots as well.

For family members and friends, the easiest way to go to the start line is by walking on both sides of Santa Lucia River. They must remember that athletes will run on that same path at the run leg, please beware of this.

Do not leave any valuables inside your car.

RACE MORNING CHECK-IN PROCEDURE:

The transition area will open at 5:15 a.m. on race day. Plan to arrive early. Be sure to take into account the time from Transition area to the swim start at Parque Fundidora.

Body re marking will begin at 5:15 a.m. at Transition entrance.

You will not be permitted into the swim start area on race day without your wristband, swim cap and chip. You must also be properly body marked. 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.

RACE PHOTOGRAPHS
Finisher Pix Photo is proud to have been selected as the official photographers for the event. Finisher Pix will photograph all athletes and make these photos available on the event web site a few days after the event.

So what do you need to do?
1. Be sure you have your race / bib number visible at all times
2. Raise your arms and SMILE when you cross the finish line!

IRONMAN LIVE APP & LIVE COVERAGE:

Family members & friends will be able to follow you live online on race day. All they need to do is download the IRONMAN Live Tracker app by Dilltree Inc or visit www.ironman.com, click on the LIVE COVERAGE IRONMAN button and select 2019 IRONMAN 70.3 Monterrey.

PROGRAMA ALL WORLD ATHLETE (AWA)
The IRONMAN All World Athlete program is our way of rewarding age-group athletes’ hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 racing.

The program uses the IRONMAN Age Group Ranking system to determine which athletes have finished within the top 10 percent or better in their age group each calendar year. This system allows athletes to generate points based on their finish time behind the first official finisher in their age group. Athletes accumulate points for each race they complete. On December 31st, only the top three performances will count toward an athlete’s All World Athlete status. This makes it easy for athletes to improve their ranking by simply racing more with IRONMAN.

Congratulations on becoming a 2019 Gold All World Athlete!
As an IRONMAN All World Athlete, you’ll enjoy a host of benefits at many of your 2019 races*, including priority access to athlete registration, as well as special recognition of your accomplishments on your race bib and swim cap, and in the race program. A complete list of benefits will be posted along with all of the AWA program information on the website within the next few weeks.
NEVER FORGET YOUR RACE!

Order your personal race photos here: www.finisherpix.com
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An athlete can achieve All World Athlete status in one or all of the following categories:
IRONMAN, IRONMAN 70.3 and OVERALL (IRONMAN and IRONMAN 70.3 combined).

There are three levels associated with the All World Athlete program:
GOLD (top one percent)
SILVER (top five percent)
BRONZE (top ten percent)

For questions regarding the ALL World Athlete Program, please contact: awa@ironman.com

Benefits for this race:
* Priority Access to Athlete registration
* All World Athlete logo on bibs
* All World Athlete Swim caps
* Early bike check in (specific details in All World Athlete email)
* All World Athlete Tattoos

Transition Zone:
The Transition Area will be located in front of Government Palace at the Macro Plaza, and will open on race day at 5:15 a.m.

All athletes must be out of transition area 25 minutes before the start. The Organizing Committee won’t be held responsible for any bikes or bags after 4:45 p.m. on race day.

PRE-SWIM AND SWIM START

The swim will be a rolling start. Athletes will enter the water in a continuous stream through a controlled access point, similar to how running road races are started. An athlete’s times will start when they cross timing mats at the start line. Athletes will be directed to self-seed on race morning based on their projected swim time. Volunteers and staff will be in the staging area with signs and will assist with this process. Self-seeding will not be mandatory but will be encouraged.

Age Group Athletes will begin to enter the water at 7:00 a.m. It is expected to take 20 minutes for all athletes to enter the water; everyone will be in the water by 7:20 a.m.

There will be 9 pre-swim corrals marked with estimated swim time.

Corral 1......Under 27:00 min (1.2mi)
Corral 2......27:00 - 29:00 min (1.2mi)
Corral 3......29:00 - 31:00 min (1.2mi)
Corral 4......31:00 - 33:00 min (1.2mi)
Corral 5......33:00 - 36:00 min (1.2mi)
Corral 6......36:00 - 40:00 min (1.2mi)
Corral 7......40:00 – 44:00 min (1.2mi)
Corral 8......45:00 – 50:00 min (1.2mi)
Corral 9......50:00+ min (1.2mi)

In case you need to be body marked again, you can do this in the pre-swim corral under the help tent. Follow all instructions from the officials and wait for the announcements to begin your race.

There will be opportunity to warm up in the water prior to the swim start only on the warm up area before 6:50am.

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SWIM COURSE

SUMMARY

1.2 MILES (1.9 KM), (POINT TO POINT)

The 1.2 mile swim, starts at the Santa Lucia River inside Parque Fundidora and finishes beside the Mexican History Museum. The course is point to point.

The water visibility is 100%, big buoys and underwater signs will be placed at .31 miles, .62 miles & .93 miles for your reference with smaller buoys along the course.

Water temperature will be around 73°F, the official announcement for the use of wetsuits will take place at the mandatory pre-race meetings at Canada Saloon at Cintermex inside Parque Fundidora (Check Event Schedule).

“MAZDA IRONMAN 70.3 Monterrey 2019 Presented by Innovasport” provides a brightly colored swim cap for each athlete. This cap is provided for safety and must be worn throughout the swim.

Don’t forget your wetsuit, just in case!

SWIM COURSE RULES AND INSTRUCTIONS

1. Leave your morning clothes bag at designated drop area beside the transition area. You cannot leave any gear at your bicycle rack, Once you arrive at the swim start on race morning there won’t be any bag drop area.

2. Athletes who wear glasses may place them, prior to the start, on the table which will be located next to the swim finish gantry at Transition Area. Be sure to label them with your name and race number.

3. Don’t forget to bring the swim cap and timing chip provided at athlete check-in. Failure to wear the official swim cap may result in your disqualification.

4. Water temperature will be around 73°F, the official announcement for the use of wetsuits will take place at the mandatory pre-race meetings at Canada Saloon at Cintermex inside Parque Fundidora (Check Event Schedule). Don’t forget your wetsuit, just in case!

5. There will be an opportunity to warm up in the water prior to the start. (only in the warm up area) before 6:50am.

6. Wearing swim goggles is recommended but not required.

7. No compression socks, fins, paddles or snorkels of any kind are allowed.

8. No individual paddlers or escorts allowed. Lifeguards, surfboards, kayaks and boats will adequately patrol the swim course.

9. If you find yourself in need of assistance during the swim, raise an arm overhead, pump it up and down and call or seek assistance to the water safety personnel. Any swimmer who receives assistance, whether voluntary or involuntary, must retire and withdraw from the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.

10. Walking during the swim leg is prohibited. Athletes who choose not to respect this rule will receive an automatic disqualification (DQ).

TURN BY TURN DIRECTIONS

- Exit start line and heading west
- Continue on swim course heading west until swim end course
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 familiarize yourself with the 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.
   - The American Heart Association suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

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, preferably in the water.
   - If you aren’t able to warm up in the water, 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 **CHECK OUT THE COURSE**
   - Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn 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.
BIKE COURSE

BIKE COURSE – 56 MILES (90 KM) (2 laps)

The bike course starts beside The State Government Palace at Macroplaza, Ignacio Zaragoza Avenue and finishes at the same point. You’ll have to complete two laps along the highway (28 miles each).

Upon leaving Transition Area at Zaragoza Avenue turn left on Ignacio Morones Prieto Avenue, keep going after Aztecas Bridge cross to Constitucion Avenue until you get to the "U" Turn (4.9 miles on the same body of the avenue perfectly divided on both sides of the bike, You will continue towards Constitucion Avenue returning at Gonzalitos Bridge, then Ignacio Morones Prieto Avenue, then Juan Zuazua Avenue, then left at Washington Street and finally, left at Zaragoza Avenue, the second lap is identical to the first lap.

** Important: DISC wheels are ALLOWED ONLY FOR PROS (all other wheels like HED three spoke or similar, will be allowed too). (FMTRI rules). For Age Groupers will be announced during the pre-race meetings.

There will be seven (7) on-course aid stations (20km, 30km, 40km, 55km, 65km, 75km, 85km) to keep athletes well fuelled during the bike leg.

TECH TIPS & OTHER DETAILS

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

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

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

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

On race day, bike tech vehicles will patrol the course to aid in emergency repairs, but it is the sole responsibility of every athlete to carry the necessary items to make their own repairs and continue with their race.

BIKE SHIPPING

TRI Bike Transport is the official service provider for IRONMAN 70.3 Monterrey, for more information please check out their section in our site.

If you decide not to use a bike transport service, we recommend you travel with your bike as part of your luggage. Do not send your bike via any shipping service in order to avoid inconveniences with Mexican customs.

Most airlines recommend that you use the following procedures when shipping your bike:

Pack your bike as if you were shipping 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 in Monterrey immediately before the bike check in, you risk having your bike arrive after you do. Plan ahead!

BIKE TECH SERVICES

The official bike shop and technical provider of the event will open their event store and tech service center at the expo & packet pick up, official host hotels and transition area. They will be staffed by expert bike technicians and stocked with great deals on a variety of merchandise (tires, tubes, CO2, and more).

Please look at the event official program for service dates and times.

During race day, bike tech services will be located at each bike aid station and a movil scooter tech between each aid station.
BIKE COURSE
RULES AND INSTRUCTIONS

1. All bikes must display the bike frame number clearly visible, bike number will be a sticker that you have to affix to your bike seat frame.
2. Tandems, fairings or any add-on device designed exclusively to reduce resistance are not allowed. Any new, unusual or prototype equipment will be subject to determination of legality by IRONMAN and/or the Chief Race Official.
3. All bikes must be checked in the Saturday prior to race day. Race officials reserve the right to reject any bike or helmet not meeting safety standards. If the bike does not meet safety standards, the athlete will be required to correct the problem before participating in the race. Once your bike is checked into the transition area, only small covers on the seat and/or computer will be allowed. Large plastic bags that cover the entire bike will not be permitted.

4. Position Rules:
   a. Absolutely NO DRAFTING behind another bike or any other vehicle is allowed.
   b. Athletes must ride single file on the far right side of the road except when passing another rider. Side-by-side riding is not allowed.
   c. Overtaking Age Group and Elite riders may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing.
   d. Riders must keep 12 meters (~6 bike lengths) distance between bikes except when passing.
   e. An overtaken rider must fall back 12 meters (~6 bike lengths) before attempting to regain the lead from a cyclist ahead.
   f. Athletes committing rule violations will be notified “on the spot” by an official.
   g. The official will:
      i. Call out your race number and notify you that you have received either a BLUE CARD for drafting, or a YELLOW CARD for any other penalty. The official will show you the corresponding color card.
      ii. He/she will instruct you to report to the next penalty box (PB) on the course. There will be four (4) PBs on the course (one at every aid station) and one (1) in Transition area.
   h. The athlete will:
      i. Report to the next PB and tell the PB Official whether you received a BLUE CARD or a YELLOW CARD. If you fail to report to the next PB, you may be disqualified.
      ii. The race officials will have race numbers marked by the PB official with a “/” for drafting or a “P” for all other penalties.
      iii. The athlete must register, via the sign-in sheet.

IV. He/she must resume the race immediately, upon having their numbers marked with a “P”, for all non-drafting violations (YELLOW CARD) for 30 SECONDS.
V. Remain in the PB for FIVE (5) minutes for each drafting violation (BLUE CARD).
VI. The athlete will be disqualified if he/she receives THREE BLUE CARDS. If you are disqualified, you may finish the bike course but may not start the run.
VII. Risk disqualification for not reporting to the PB.
VIII. If you receive a PB, you may be disqualified.
IX. Each participant must wear the IRONMAN 70.3 Monterrey issued race number at all times. Shoes and shirts must be worn at all times.
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XI. Athletes may walk along the course with their bike, if necessary, but may not make progress on the bike course unless they carry, push or pull their bikes along with them.
XII. All participants must mount and dismount in their bikes along with them.
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IN THIS EVENT
DRAFTING IS PROHIBITED
BE SAFE, BE FAIR,
DON’T CHEAT!

I
DRAFT

IRONMAN
70.3
MONTERREY

PRESENTADO POR
INNOVASPORT
ATHLETE GUIDE: 1.2 MILES SWIM · 56 MILES BIKE · 13.1 MILES RUN

TURN BY TURN DIRECTIONS
• Exit transition, mount your bike and south on Ignacio Zaragoza St.
• Continue on I. Zaragoza St. and turn left onto I. Morones Prieto St.
**BIKE COURSE**

56 MILES / 90 KILOMETERS // 2 LOOP

MONTERREY, NVO. LEON

**TURN BY TURN DIRECTIONS**

- Exit transition, mount your bike and south on Ignacio Zaragoza St.
- Continue on I. Zaragoza St. and turn left onto I. Morones Prieto St.
- Continue on I. Morones Prieto heading east
- Turn left onto Cavazos Garza
- Turn left onto Miguel de la Madriz Avenue
- Continue on Miguel de la Madriz Av. heading west
- Turn left onto Gonzalitos Avenue
- Continue on  I. Morones Prieto heading east
- Take the bridge heading north and continue on J. Zuazua St.
- Turn left onto 5 de Mayo St.
- Turn left onto I. Zaragoza St. and turn left onto transition Zone

**LOCAL TRAFFIC LAWS**

Please remember that members of the local community use the bike course roads. You are an ambassador for the sport and IRONMAN 70.3 Monterrey, 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.

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 trash container. 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.

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.
Completing in a triathlon event requires training on a bike. To be fully prepared, it’s important that you arrive on event day healthy, fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

**BEFORE YOU RIDE**

1. **IT STARTS WITH YOUR BIKE**
   - Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
   - Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly.
   - Keep your bike clean and your chain lubed.
   - Use front and rear lights when riding in low light conditions – this may be required by law in your area.
   - Tires should be inflated to the recommended pressure.

2. **LEARN THE BASICS**
   - Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking.
   - If you’re unfamiliar with shifting gears, practice doing this in a low-traffic area.
   - Practice riding a straight line, and cornering (right, left, U-turns).

3. **SUIT UP**
   - Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.
   - Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.
   - Choose clothing that is visible in low-light conditions.

4. **BE PREPARED TO RIDE**
   - Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed.
   - Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5. **PLAN AHEAD**
   - Select a route that limits the number interactions with vehicles – if possible factor in time of day and day of the week.
   - Always obey all traffic signals and signs.
   - Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you.
   - Select a ride distance appropriate to your fitness.

6. **INFORM OTHERS**
   - In the event of an incident, someone should know where you are riding.
   - Always carry personal identification with you and emergency contact information.
   - Carry a cell phone for emergencies.

7. **DURING THE RIDE**

8. **STAY ALERT**
   - Leave the playlists and podcasts for indoor workouts.
   - Don’t use your phone while riding — pull off the road if you need to make a call or send a text.
   - Don’t take photos and selfies while riding.
   - Keep your head up, particularly when riding in a group. Look at the road and the riders around you, not your bike computer.
   - Be able to see and hear what is going on around you. When riding in the aerobars, do not look down at the road, look ahead.
   - Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
   - Pay particular attention when approaching aid stations during a race. Do not ride though aid stations in the aerobars.

9. **OBEY THE LAW**
   - Always stop at stop signs and lights—remember, cyclists have the same responsibilities as vehicles.
   - Know the traffic laws for your area, especially those regarding riding two abreast or single file.
   - Know where the vehicles are around you and anticipate that drivers may not see cyclists.
   - When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

10. **COMMUNICATE**
    - Use verbal and hand signals so others know if you are stopping or turning.
    - Make eye contact with drivers and other cyclists.
    - While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
    - Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid from, letting them know you are taking aid directly from them.

11. **SAFETY FIRST**
    - Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass.
    - If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
    - When riding in a group, avoid riding in the aerobars unless you are riding in front. Your hands should always be able to get to the brakes quickly.
    - Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.
RUN COURSE

SUMMARY

13.1 MILES (21.097 KM) (2 LAPS)

The run course is paved throughout, mostly flat with some stairs at the beginning. It starts at the The Mexican History Museum and 98% of the course is inside Parque Fundidora (around Santa Lucia River Walk), you will have to go around the Mexican Flag to begin your second lap.

Car access will be totally restricted in the running course. The entire course will be marked every 1 mile and every 5k. The run finishes at the State City Hall Plaza at Macro Plaza Monterrey.

RUN COURSE RULES AND INSTRUCTIONS

1. No form of locomotion other than running or walking is allowed.
2. Runners must wear their bib number at all times on the course. Race numbers issued by IRONMAN 70.3 Monterrey identify the official participants in the race. Folding, cutting or intentionally altering the bib number is strictly prohibited. The bib number must be placed on front of the runner and securely attached. Race belts may be worn. Shoes and shirts are required on the run segment, bare torsos are not allowed.
3. This is an individual event. Individual support vehicles or non-participant escort runners are prohibited and will result in the athlete’s disqualification. Teamwork in the form of outside assistance, which provides an advantage over single competitors, is not allowed.

A non-participant escort runner includes participants who have withdrawn from the race, been disqualified or finished the race. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside a participant, may not pass food or other items to a participant and should be warned to stay completely clear of all participants to avoid disqualification. It is incumbent upon each participant to immediately reject any attempt of assistance from anyone. It is permissible for a participant who is still competing to run with other participants who are still competing.
4. Runners are expected to follow the directions and instructions of all race officials and public authorities.

TURN BY TURN DIRECTIONS

- Exit transition and turn left heading north
- Surrounds the museum fountain and turn left onto Paseo Santa Lucia heading east
- Continue on Paseo Santa Lucia and enter Fundidora Park
- Complete the Fundidora Park run circuit
- Take Paseo Santa Lucia heading west
- Continue on Paseo Santa Lucia utill Macroplaza square
- Surround the flagpole and repeat directions 1-6
- After completing two loops athletes…
- Go straight to the finish line

LEGEND

1. TRANSITION 2 AREA
2. START LINE
3. FINISH LINE
4. 1st LOOP MILE
5. 2nd LOOP MILE
6. 1st LOOP KILOMETER
7. 2nd LOOP KILOMETER
8. U-TURN
9. BEGIN 2nd LOOP
10. WATER/ AID STATION
11. AMBULANCE
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

Mexican Triathlon Federation (FMTRI) will sanction the IRONMAN 70.3 Monterrey and the event will abide by their rules and their officials. Any abuse of marshals, race officials or volunteers is grounds for immediate disqualification.

IRONMAN CUT OFF POLICY

SWIM
The swim course will close 1 hour and 10 minutes after the last age group athlete starts the swim (Rolling Start). All athletes still in the water after the cut-off time will be disqualified and will not be permitted to continue the bike portion of the race.

BIKE
The bike course will close 5 hours and 30 minutes after the last age group athlete starts the swim (Rolling Start). All athletes still on the bike course after the cut-off time will be disqualified and will not be permitted to continue the race. For those athletes who have not finished their 1st bike lap (45 km) prior to 11:15 am, will not be able to proceed to their 2nd lap of the bike course due to cut off time.

RUN
The IRONMAN 70.3 Monterrey course will close 8 hours and 30 minutes after the last age group athlete starts the swim (Rolling Start). Runners still on the course after that time will be given the opportunity to unofficially finish the race, upon the sole discretion of race organizers and public authorities.

Athletes who finish before the cut off time but have a finishing time of more than 8 hours and 30 minutes will be considered a DNF and will not be eligible for age-group awards or for IRONMAN 70.3 World Championship slots or roll down.

RULES APPLYING TO ALL STAGES OF RACE

It is the athlete's responsibility to know all aspects of the swim, bike and run.
1. Participants are expected to follow directions and instructions of all race officials and public authorities.
2. Course marshals shall have authority to disqualify any contestant.
3. 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.
4. No participant can use a Performance Enhancing drug or procedure. All doping processes and violations will be handled in strict accordance to the World Anti-Doping Agency (WADA) code. A list of banned substances is available at http://www.wada-ama.org/en/dynamic.ch2?pageCategory.id+370, also known as the WADA Prohibited List. 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.
5. The Medical Control Rules set forth by FMTRI, in harmony with WADA 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 WADA, may be instituted, if such occurs, you hereby agree to abide by them.
6. Should any participant have an Adverse Analytical Finding according to the WADA code, all procedures with regards to handling of the sample, notification, testing of the B Sample, adjudication and suspensions will be performed in accordance with the WADA code.
7. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship, are grounds for immediate disqualification and will result in the suspension of the contestant from competing in any other IRONMAN event in the future.
8. 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 timing 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 IRONMAN event in the future.
9. As an FMTRI-sanctioned race, the IRONMAN 70.3 Monterrey will subscribe to FMTRI rules specifically. Professional athletes may not win age group awards and age group athletes are not eligible for prize money.
10. Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.
11. IRONMAN does not allow the transfer of an athlete’s registration to another; no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any IRONMAN event.
PHYSICALLY CHALLENGED DIVISION RULES

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

SWIM
1. IRONMAN reserves the right to seed contestant at the swim start (i.e., early start, late start, designated wave, etc.).
2. Athlete may use wetsuit during competition. Each athlete must obtain approval from IRONMAN prior to the race for all swimwear and accessories to be used during the swim. Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by IRONMAN.

BIKE
1. Cycling conduct and specifications are consistent with FMTRI rules.
2. Hand cycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards.
3. Equipment must otherwise conform to all other general rules for bicycles as it pertains to the IRONMAN competition, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle/hand cycle, regardless of any secondary benefit.
4. Participant is required to maintain control of his/her bicycle/hand cycle and 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/hand cycle in a dangerous or reckless manner will be grounds for disqualification.
5. A CPSC-approved helmet is required during the entire hand cycle (bike) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.
6. DRAFTING IS PROHIBITED.

RUN
1. Running conduct and specifications are consistent with FMTRI rules.
2. Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/hand cycle portion. Standard racing chairs shall be used.
3. A CPSC-approved helmet is required during the entire wheelchair (run) segment including entry and/or exit to and from the transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.

RACE TIMING

The race will be timed with MyLaps® Technology. You must wear your timing chip at all times while you are racing. Fasten it to either ankle with the Velcro strap provided before the swim start and leave it on until after you finish the run. You may apply Vaseline around your ankle. It will not affect the chip. Volunteers will help you remove the chip at the finish line.

If you do not start the race on Sunday, you are still responsible for returning the chip to race management. Chips shall also be returned by mail to: San Jeronimo # 424 PB1 Col. Jardines del Pedregal, Alcaldia Alvaro Obregon, ZC 01900 Mexico City. If you drop out or are pulled from the race at any time, turn your chip in to a race official. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip. Your race chip is a loaner. By picking up your race number and chip, you are guaranteeing that you will return the chip to race management, or you will be billed on your credit card $100 USD for its replacement.

If you lose your timing chip during the event, you are responsible for a replacement at the following location: timing tent next to the finish line gantry. If you lose your timing chip while on the run course, notify a timing official immediately after crossing the finish line.

BICYCLE AND GEAR BAGS RECOVERY:
You are required to pick up your bicycle and bags at the transition area after the race (Sunday before 4:45 p.m.). You must have your athlete wristband on for entry into the transition area.

MEDICAL

There will be medical staff and facilities throughout the race course. Trained individuals will be stationed along the swim course (in boats and on rescue boards) to assist you in case of an emergency.

Additionally, there will be a primary medical aid station at the finish, as well as mobile medical teams roaming the course. Over half of the visits occur after participants have finished the race. Please do not leave the finish area until you and your friends are sure you are okay, until you can drink without vomiting and stand without dizziness. The medical aid station at the finish line will officially close 8 hours and 30 minutes after the swim start. All athletes seeking medical attention after that time will be referred to local emergency room facilities. All medical expenses incurred are the sole responsibility of the athlete and not IRONMAN 70.3 Monterrey.

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, sports drinks or other supplies from volunteers when you’re on your bike to avoid an 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 cooler than Monterrey, we suggest you consider an acclimation period in Monterrey before the race. The chance of dehydration and electrolyte imbalance can be reduced significantly by a proper period of acclimatization. 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. Failure to do so will result in suspension of participation in future IRONMAN events. You are solely responsible for avoiding medications that appear on the list of banned substances as determined from WADA. Feedback from previous IRONMAN contestants indicates we can never overemphasize the importance of hydrating prior to and during the event. IRONMAN 70.3 Monterrey’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.

AID STATIONS

Bike: There will be seven (7) on-course aid stations (20km, 30km, 40km, 55km, 65km, 75km, 85km) to keep athletes well fuelled during the bike leg.

Aid stations will supply you with Gatorade regular formula (lemon-lime and orange flavor) in ready-to-drink sport- top bottles, water, ice and portable toilets. Be sure to toss empty bike bottles and sports nutrition wrappers at the drop targets at each aid station. Water bottles will be exchanged at the aid stations. Individual bottles will not be returned to athletes. Bike aid stations will close 5 hours and 30 minutes after last age group swim start (rolling start).

Half Marathon: On the run course, aid stations will be located approximately every kilometer and will offer Gatorade regular formula (lemon-lime and orange flavor), water, Pepsi, ice, oranges, bananas, pretzels and sun block cream.

There will be portable toilets at each of the aid stations on the bike and run course.

Fuel2Go is the energy you need to perform at your best in your physical activity, as it features the newest technology in foods based on scientific studies relating to sports nutrition. It has been shown that during moderate intensity exercise or intermittent exercise lasting longer than 1 hour, consuming 30-60 g of carbohydrates has great benefits as it reduces fatigue and improves physical performance.

Fuel2Go contains 25.4 g of carbohydrates so it is recommended to be consumed 15 minutes before starting physical activity and every 30 minutes, this in order to consume about 50 g per hour. Furthermore, scientific studies show that there may be up to 65% more oxidation and better utilization when using mixtures of carbohydrates. Such is the case of Fuel2Go, which is made from a mixture of maltodextrin, fructose and isomaltulose.

Fuel2Go contains sodium and potassium, electrolytes that are lost in greater proportion when sweating. It also contains 25mg of caffeine, which has beneficial effects in terms of energy optimization and perception of personal burnout.

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QUALIFYING INFORMATION

SLOT ALLOCATION & ROLL DOWN FOR THE 2019 IRONMAN 70.3 WORLD CHAMPIONSHIP

SLOT ALLOCATION & ROLLDOWN PROCEDURE FOR THE 2019 IRONMAN 70.3 WORLD CHAMPIONSHIP:

Sunday May 12th, 7:30 pm,
Place: CROWNE PLAZA HOTEL, NUEVO LEÓN SALOON.

1. Forty (40) qualifying slots for the 2019 IRONMAN 70.3 World Championship will be awarded to the top age group finishers. Please review the table at the event site for the projected slot allocation by category. Final slot allocation will be determined on race day based on the number of official starters.

2. Look at the preliminary results after the race to know if you have qualified to compete at the IRONMAN 70.3 World Championship, if so, you must assist to the SLOT ALLOCATION meeting. You must claim your slot in person after the awards ceremony on Sunday. Please be prepared to pay online registration $425 EUROS entry fee + 8% Active fee with Credit Card. Sorry we will not accept cash, personal or traveler checks or any other currency, (NO CASH ACCEPTED). Any unclaimed slots will be rolled down to the next eligible present finishers.

3. The athlete must be present at the roll down which will be held SIMULTANEOUSLY with the slot allocation to claim the slot. If the athlete is not present to claim the slot, the slot will be forfeited to another athlete.

4. A slot will “roll down” to the next person (same gender) in a designated age group if the athlete originally earning the slot is not present or has declined the slot.

5. Should any slot(s) “roll down” through an entire age group without being claimed, that unclaimed slot 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.

6. Age group slots may not be assigned to pros and pro slots may not be assigned to age groups. NO EXCEPTIONS.

7. If an athlete wins a slot, that slot must be used in the year it is assigned.

8. If an athlete wins a slot, they must pay all world championship entry fees at their qualifying event.

9. The race organization reserves the right to recall any slots that may have been awarded in error.

10. Athletes who qualify for the 2019 IRONMAN 70.3 World Championship will receive an official IRONMAN 70.3 World Championship Coin. This memento will serve to mark and signify qualifying IRONMAN athlete’s accomplishments. We applaud these individuals on their hard work and dedication as they celebrate their journey to the premier event of the IRONMAN series!

CLOSING PARTY:

Sunday May 12th, 9:00 pm
Place: NIRVANA ROCK JOINT (San Agustin Plaza Fiesta).

Cheer and celebrate you are an IRONMAN 70.3! Nirvana Rock Joint will celebrate all athletes with a closing party, don’t miss it!

REGISTRATION FOR THE 2020 IRONMAN 70.3 MONTERREY:

Online registration for next year’s IRONMAN 70.3 Monterey will be available on www.ironmanmexico.com beginning at 12:00 p.m. central time on Monday May 13th, 2019. (Phase 1), There will be no onsite registration.

LOST & FOUND

IRONMAN 70.3 Monterey staff will take all found items to the award ceremony. Please note that IRONMAN 70.3 Monterey is not responsible for lost objects.

We highly recommend that you mark your gear with your bib number, as IRONMAN 70.3 Monterey is not responsible for any lost items. For luggage lost while traveling, please contact your airline.

BEST OF LUCK AND WE’LL SEE YOU AT THE FINISH LINE!
### TRICLUBS RACING IRONMAN 70.3 MONTERREY

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<th>Club Name</th>
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For more information, visit www.ironman.com/triclubs.
ATHLETE CHECK LIST

HAVE YOU REMEMBERED TO:
- Book flights and accommodation to arrive in time for Athlete Check-In?

PRE-RACE:
- Directions to Hotel
- Directions to Athlete Check-In
- Directions to Race Start
- Directions to Race Finish
- Photo I.D.
- Valid USAT Card - if member (if you paid for a one-day license online, no need to bring a card)
- Bike Services/Tune up
- Attend Athlete Check-In
- Attend Athlete Briefing
- Study the race courses and plan your nutrition

RACE DAY – SWIM:
- Timing Chip and Strap
- Swimsuit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at Check-In)
- Ear Plugs/Nose Plug (optional)
- Throw away long sleeved shirt and shoes to wear and discard before the race or place in your provided Morning Clothes Bag

RACE DAY – BIKE:
- Bike Pump
- Extra Nutrition
- Extra Water Bottles
- Aero Water Bottle Straw
- Bike Repair Kit
  - Bar-end plugs
  - CO2 Cartridge(s)
  - Spare Tire
  - Spare Tube
  - Tire levers
  - Valve Stem Extenders
  - Patch Kit
  - Wrench Set/Tools
- Vaseline
- Sunscreen
- Helmet
- Sunglasses
- Bike Shoes
- Socks
- GPS Watch or Bike Computer

RACE DAY – RUN:
- Fuel Belt
- Race Belt or Safety Pins
- Bib Number
- Hat/Visor
- Reflective tape (if applicable)
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

MISCELLANEOUS:
- Body Glide
- Antibacterial Gel
- Contacts or Rx Glasses
- Heart Rate Monitor & Chest Strap
- Towel
- Hair Ties
- Lip Balm
- Post-Race Clothing
- Extra Swimsuit and Cap for practice swim (if applicable)
- Extra Tri Kit for practice
- Have a Great Race!

ATHLETE GUIDE: 1.2 MILES SWIM · 56 MILES BIKE · 13.1 MILES RUN
What’s **MONEYBACK!**

Shop here & get your **MONEYBACK!**

1. Shop at authorized stores.
2. Your purchase must be greater than $1,200.00 MXN pesos
3. When you purchase in cash, please note that you can only get **8.97%** of your **MONEYBACK!** up to $3,000.00 MXN pesos.
   
   No limits apply when paid in non-cash forms of payment.

   You can accumulate receipts from the same stores during your trip to Mexico.

4. Ask the store for all receipts, hand written and printed, as well as you credit card vouchers.
5. Visit any **MONEYBACK!** module and present the following information:
   - Copy of your passport and cruise ID
   - Hand written and printed receipts
   - Copy of your credit card vouchers
   
   When traveling by plane you also need to show your boarding pass and immigration fo

6. You will receive your **8.97% MONEYBACK!** within 45 days of leaving the count card (45 days from the time all info above is provided).*

**The following items are not subject to**

- Consumptions and services (hotels, restaurants, taxis, airplane tickets, etc.)
- Food
- Books
- Medicines
- Opened liquor bottles

*In case info is missing during presentation in any **MONEYBACK!** office in Mexico, it can be sent via e-mail (see info on the back)
UN ESTILO DESAFIANTE PARA CUALQUIER TRAYECTO

NUEVA LÍNEA DE ACCESORIOS PARA SUV

Feel Alive™