



**IRONMAN**<sup>®</sup>  
70.3™ *California*  
*oceanside*

M A R C H 2 9 , 2 0 0 8

A T H L E T E I N F O R M A T I O N G U I D E

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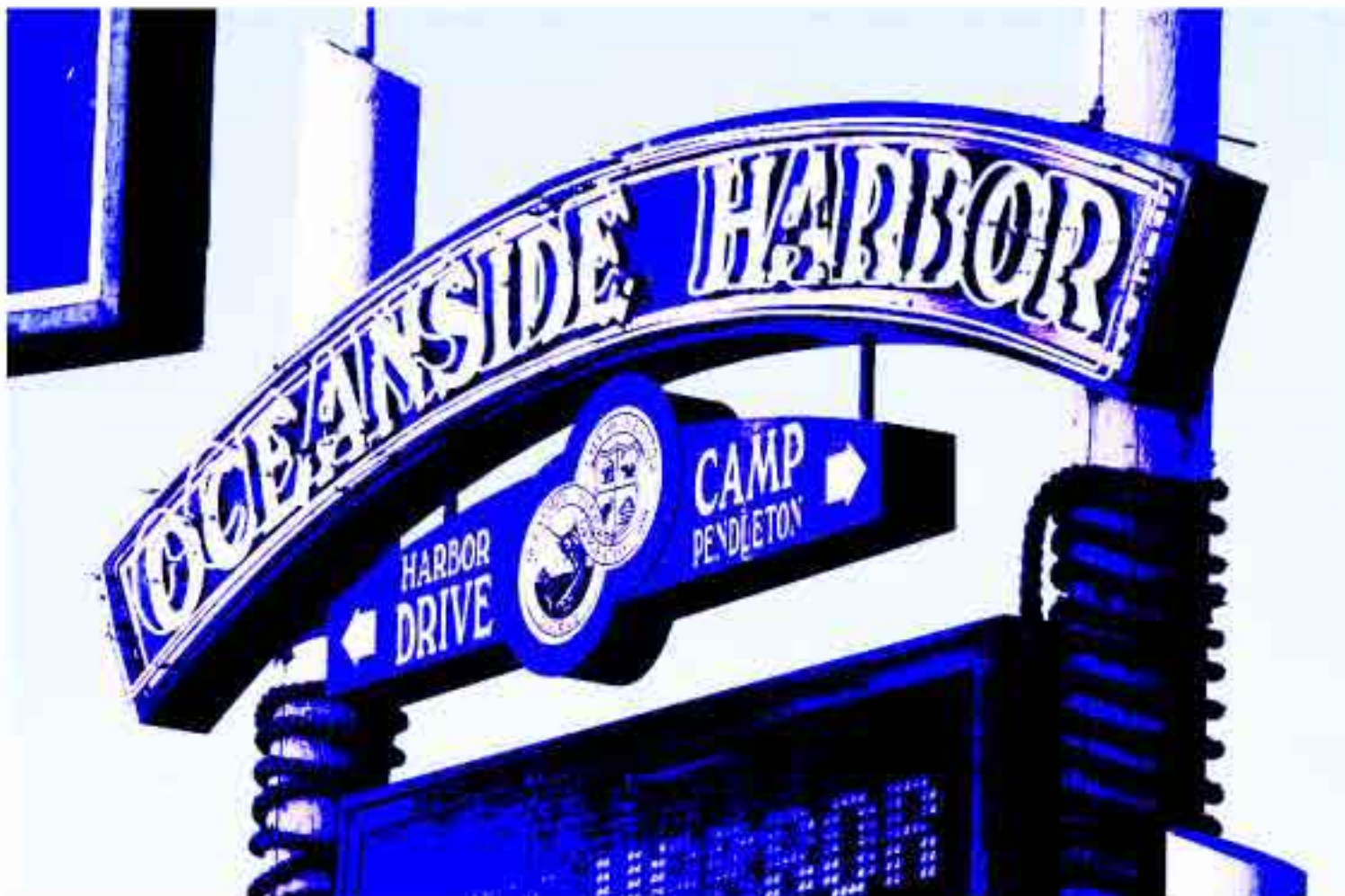
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# A LETTER FROM YOUR RACE DIRECTORS

**Dear Athletes,**

On behalf of North America Sports, welcome to Oceanside, California for the 2008 Ford Ironman 70.3 California Triathlon!

For the eighth year in a row, we are honored to be a part of a sport for which we share a passion with you, the athlete, and an event that is in our own backyard.

Athletes will relish the calm protection of the swim course in Oceanside Harbor, the challenge of a one-loop bike course that includes the coastal beauty of San Clemente State Park, the challenging inland hills of Camp Pendleton, and a flat two loop run through the coastal neighborhoods of Oceanside. Spectators will enjoy the convenience of being able to view the start, transitions, and the finish in one location just steps from the best beach in North County.

We would like to thank the City of Oceanside, the U.S. Marine Corps Base Camp Pendleton, San Clemente State Park, the City of San Clemente, and all of the volunteers in our communities who have come together to make this event a possibility.

We have endeavored to bring you an event that is a reflection of the birthplace of our sport and the great history that comes with it.

Enjoy your time in Oceanside and good luck to you for a safe and successful effort on race day!

**Roch Frey and Paul Huddle**

Co-Race Directors



# IMPORTANT MESSAGE FROM NORTH AMERICA SPORTS IN REGARDS TO HOST COMMUNITIES

**Boulder, Colorado-** As most competitors, family members and spectators are aware, Ironman Triathlon is a unique and inspiring event. Part of the allure of Ironman is the fact that family members and friends are able to cheer on athletes who are competing in this challenging adventure.

The various communities in the United States and Canada that play host to North America Sports events have done a fantastic job in opening their communities to, not only the athletes, but also the thousands of fans at each event.

Unfortunately, despite repeated entreaties from NA Sports, some spectators insist on using paint on the roads and posting signs all over our host communities.

These continued practices have led to some communities no longer supporting the Ironman courses coming through their towns due to the defacement of public property. Obviously, this makes it difficult to continue events and could put North America Sports events in jeopardy.

Due to the magnitude of the problem, police in each Ironman market have been made aware of these issues and will be out in force the evening before the event and will charge anyone caught defacing public property. We ask the spectators of our events to please be respectful of private and public property; use common sense and courtesy. North America Sports is fortunate to have some of the most beautiful communities in the United States and Canada to host our events.

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

Thank You,

**North America Sports Staff**



# SCHEDULE OF EVENTS

## THURSDAY

MARCH 27, 2008

### 2:00PM-8:00PM

Registration Packet Pick - up below OCEANSIDE PIER in OCEANSIDE BEACH COMMUNITY CENTER

### 1:00PM-7:00PM

Ford Ironman Marketplace Open below OCEANSIDE PIER

### 12:00PM-6:00PM

North America Sports Merchandise Store Open below OCEANSIDE PIER

### 12:00PM-8:00PM

Information Booth Open below OCEANSIDE PIER

## FRIDAY

MARCH 28, 2008

### 10:00AM-7:00PM

Ford Ironman Marketplace Open below OCEANSIDE PIER

### 9:00AM-6:00PM

North America Sports Merchandise Store Open below OCEANSIDE PIER

### 12:00PM-8:00PM

Registration Packet Pick-Up at OCEANSIDE BEACH COMMUNITY CENTER

### 5:00PM-6:00PM

Training Seminar/Q and A with Professionals at Ford Ironman 70.3 California Athlete Village

### 8:00AM-8:00PM

Information Booth Open BELOW OCEANSIDE PIER

## SATURDAY

MARCH 29, 2009

### 5:00AM-9:00AM

Shuttle Bus Service for Spectators Starts from OCEANSIDE PIER PARKING LOTS- Pick up will be on the south side of the river; ½ mile south of the transition area

### 4:45AM

Transition Opens (Bike and Gear Check-In/Bodymarking)

### 6:40AM

Race Starts (See Wave Chart at Registration for Specific Age Group Start Times)

### 8:00AM-3:00PM

North America Sports Merchandise Store Open at HOT CORNER

### 11:00AM-4:00PM

Post Race Athlete Food at OCEANSIDE HARBOR TRANSITION AREA

### 4:00PM

Awards Begin (Pending Final Finisher)

### 1:00PM-4:00PM

2008 Ford Ironman World Championship and 2008 Ford Ironman 70.3 World Championship registration for Qualifiers at ATHLETE FOOD TENT

### 4:00PM-6:00PM

Shuttle Bus for Spectators/Athletes back to Oceanside Pier

### 4:30PM

Roll-Down Begins as soon as Awards End (BE EARLY!)

## PRIZE

## MONEY

## BREAKDOWN

\$30,000

1st Place- \$5,000

2nd Place- \$3,000

3rd Place- \$2,000

4th Place- \$1,000

5th Place- \$1,250

6th Place- \$1,000

7th Place- \$750

8th Place- \$500

## ALSO FEATURING...

50 Slots to the 2008 Ford Ironman 70.3 World Championships in Clearwater, Florida

20 Slots to the 2008 Ford Ironman World Championships in Kona, Hawaii—After all slots for the World Championship races have been rolled down, we will begin roll down for the 50 slots to each of the following races: Ford Ironman Coeur d'Alene, Ford Ironman Lake Placid, Subaru Ironman Canada, Ford Ironman Wisconsin, Ford Ironman Florida and Ford Ironman Arizona (November)



# T O D O L I S T

**From the moment you arrive at a North America Sports event, there is an energy and enthusiasm in the air that can be overwhelming. Please take the time to go over this “To Do List” as it will help to ensure a successful experience on race day.**

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

**\*ATHLETES WILL NOT BE ABLE TO DRIVE PORTIONS OF THE COURSE WHICH ARE LOCATED IN CAMP PENDLETON. THE SECTION OF THE COURSE THAT IS LOCATED IN CAMP PENDLETON WILL ONLY BE OPEN ON RACE DAY.**

- Athlete registration Packet Pick-Up: Be sure to arrive at the race sight with adequate time to register. You must bring a photo I.D. to registration. Registration is open at 2:00PM Thursday at the Oceanside Beach Community Center (next to Oceanside Pier). Registration ends at 8:00PM on Friday.

**\*THERE IS NO RACE DAY REGISTRATION/PACKET PICK-UP. IF YOU DO NOT ARRIVE DURING THE POSTED HOURS YOU CANNOT RACE!**

- Label your gear: After you have received your packet, label all of your gear with your name and with the stickers provided. Be sure that all of the stickers are applied properly to avoid penalties during the race.
- Visit the North America Sports Marketplace and Ford Ironman Village: Take some time to enjoy the ambiance with your family, friends, and other athletes. Visit our vendors and sponsor booths—and don't forget to pick up your Ford Ironman 70.3 California merchandise!
- Bike and gear check in: There is no Bike Check-In the day before the race. Please arrive at transition with a sufficient amount of time to rack your bike and set up your gear.

- Bodymarking: Bodymarking begins at 4:45AM on race day just inside the transition area. Remember not to put lotion on before you get bodymarked.
- Post Race: After you have completed your event, please pick up your bike and gear from the transition zone. North America Sports is not responsible for gear that is not picked-up. You will be able to start checking out at 12:00PM.
- Athlete Post Race Food will be available from 11:00AM-4:00PM.
- 2008 Ford Ironman World Championship and 2008 Ford Ironman 70.3 World Championship Registration for those who qualify will be held at 1:00PM-4:00PM in the Athlete Food Tent. The entry fee is for 2008 Ford Ironman World Championship is \$500.00 and the entry fee for the 2008 Ford Ironman 70.3 World Championship is \$275.00 both payable by check in US funds or credit card (a \$20 fee will be added to credit card charges). NO CASH will be accepted.
- Any unclaimed slots are rolled down to the next person in that age group until the slot is claimed. You must register during these hours if you qualify or your slot will be rolled down. Roll down of unclaimed slots will be held in conjunction with the Awards Ceremony beginning at 4:00PM. Attendance is mandatory, no exceptions.
- After all slots for the World Championship races have been rolled down, we will begin roll down for the 50 slots to each of the following races: Ford Ironman Coeur d'Alene, Ford Ironman Lake Placid, Subaru Ironman Canada, Ford Ironman Wisconsin, Ford Ironman Florida, and Ford Ironman Arizona- November.

# REGISTRATION PACKET PICKUP

## PLEASE BRING THE FOLLOWING ITEMS WITH YOU TO REGISTRATION

- OFFICIAL PHOTO IDENTIFICATION
- CONFIRMATION NUMBER (IF YOU REGISTERED ON ACTIVE.COM)
- USAT CARD (IF YOU ARE AN ANNUAL MEMBER)

Please arrive onsite at the Oceanside Beach Community Center (300 N. Strand) and plan to register during the designated registration times. If you have a special circumstance in regards to getting to registration you must contact North America Sports two weeks prior to your event to make registration arrangements.

1. Confirm athlete bib number on the athlete list posted.
2. Sign Waivers
3. Weigh In- We ask that you step on the scale to have your weight recorded by a volunteer for medical purposes, as well as Clydesdale and Athena competitors.
4. Pick up registration envelope, this contains the following:
  - a. Race Numbers- bike frame numbers, helmet stickers, bib numbers, gear bag stickers, bike check out ticket
  - b. Swim cap
  - c. Athlete Accreditation Wristband- It is mandatory that athletes wear this wristband at all times. This is your pass to get into all race areas not open to anyone except athletes.
  - d. Timing Chip
5. Pick up Goody Bags- Your Ford Ironman bag does not contain your t-shirt; you will receive your shirt after you cross the finish line on race day.

6. Pro Registration/Problem Table- You only need to stop here if:

- a. You are a professional athlete needing to register
- b. You have a registration problem

\*Registration volunteers do not have time to answer general course or Ford Ironman questions. Please go to the Information Booth in the directly outside the Oceanside Beach Community Center entrance to get any questions answered.

7. Chip Scan- Before you leave registration be sure to stop by Sports Stats table to get your timing chip scanned. This will ensure all of your correct information so you receive accurate race splits.

8. Race Day Athlete Information Video- This will be shown in a small meeting room. The video is 10 minutes in length. This video will go over the course in detail and any last minute information or changes will be covered. It is very important that you take the time to watch the entire video as this will be shown in place of the final athlete information meeting prior to race day.

# P R E R A C E I N F O R M A T I O N

## Label your Gear

Please label all of your clothing and gear (including shoes). If you lose anything or find anything we have a Lost and Found at the Information Booth throughout race week.

## Personal Safety

You should always train with at least one other person when possible, especially in the water.

\*NOTE: There is NO practice swimming in Oceanside Harbor prior to race day. Athletes may swim on the beach side of harbor at your own risk. When open water swimming we encourage our athletes to wear a brightly colored swim cap.

\*NOTE: While training please bike and run as close to the shoulder as possible. Drivers are not accustomed to the large number of cyclists and runners on the roads. Please exercise caution. North America Sports has become known for the very special care given to athletes on race day. Please be aware when you are training on streets and **highways of the race locations**—those sharing the roads with you are the

volunteers you will count on race day. Be courteous and aware in your training practices. Obey all traffic laws and remember cycling side-by-side and in packs is illegal.

## Information Booth

The Information Booth will be open during NA Sports Marketplace and the Ford Ironman Village hours. The Information Booth will be located just outside the Oceanside Beach Community Center below Oceanside Pier. The Information Booth is also the location of the Lost and Found.

## Bike and Gear Bag Check In

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

# R A C E D A Y I N F O R M A T I O N

## Race Morning Check In

Athletes may check in beginning at 4:45AM- NO EARLIER! Remember to bring all of your gear and Champion Chip; there is no race day registration or race day check-in. Bike technicians and bike pumps will be available in the transition area race morning. Please do not wear your bib number in the swim. The bib numbers will not hold up for the duration of the race if they get wet.

## Bodymarking

Please do not apply sunscreen or lotion before getting bodymarked. Bodymarking begins at 4:45AM when transition opens inside the transition area.

## Transition

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

## Eyeglasses

Glasses must be labeled with the athlete's race number.

Glasses should be placed onto the eyeglasses table near the swim exit, just outside of transition in the swim exit chute. You may retrieve them following the swim from the eyeglasses table. Do not forget to do this upon exiting from the swim; you are responsible for reclaiming your glasses.

## Medical Tent

The Medical Tent is for patients only. Family members are not allowed in the Medical Tent. Overcrowding in the Medical Tent prevents the Medical Staff from doing their job. Please wait at the Medical Information Booth located next to the Medical Tent for updates on athletes' conditions.

## Security

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



# POST - RACE GEAR PICK UP

The transition zone will open for you to pick up your gear and bike at 12:00PM. Please be aware of other athletes that are still racing when picking up your belongings. Double check your gear to be sure you have your own belongings, our volunteers do their best to check that each athlete's bib number matches the number on their bike and gear they are leaving with. Please double check to make sure you have all of your belongings.

## Lost and Found

Lost and Found items will be available for claim at the Information Booth during race week. The Information Booth will be located below Oceanside Pier just outside of the Oceanside Beach Community Center.

## **IMPORTANT INFORMATION REGARDING THE 2008 FORD IRONMAN 70.3 WORLD CHAMPIONSHIP AND THE 2008 FORD IRONMAN WORLD CHAMPIONSHIP REGISTRATION AND ROLLDOWN**

We have 50 slots for the 2008 Ford Ironman 70.3 World Championship and 20 slots for the 2008 Ford Ironman World Championship in Kona, Hawaii. The spots are divided in proportion to the number of competitors in each age group. The spots for that age group with no finishers will roll to other age groups with

the same gender. Any unclaimed spot during registration will be rolled down through that age group during the Awards Ceremony beginning at 4:00PM (pending final finisher).

Ford Ironman 70.3 California has limited Kona slots available and will allocate them as fairly as possible. Be aware that some age groups may be combined for the allocation of a Kona slot at the sole discretion of the race director. PLEASE CHECK FOR THE LATEST INFORMATION ON KONA SLOT ALLOCATION AT RACE REGISTRATION.

\*If you are attempting to qualify for the 2008 Ford Ironman 70.3 World Championships the cost is \$275.00 or 2008 Ford Ironman World Championship the cost is \$500.00. Both can be paid via credit card (Visa or Master Card) or check drawn on a US bank. Travelers' checks are accepted. Please come prepared to registration, you must be in attendance to claim your spot. Absolutely no acceptations will be allowed. NO CASH WILL BE ACCEPTED.

\*After all slots for the World Championship races have been rolled down, we will begin roll down for the 50 slots to each of the following races: Ford Ironman Coeur d'Alene, Ford Ironman Lake Placid, Subaru Ironman Canada, Ford Ironman Wisconsin, Ford Ironman Florida and Ford Ironman Arizona (November).

# B U S S I N G P L A N , P A R K I N G P L A N , A N D D I R E C T I O N S

## P R E R A C E A N D R A C E D A Y P A R K I N G

Take I-5 to Mission Avenue, go west on Mission and once you are across the Coast Highway and Cleveland Street, you will see parking lots on both sides of the street in the vicinity of the Oceanside Pier.

Upon arriving on race morning you will be directed to one of these lots by city parking officers and race volunteers. Please follow their instructions as they will direct you to the closest parking space to the race start and transition area. Once these lots are full, you will be asked to use the surrounding surface streets.

Athletes should park their vehicles and then ride their bicycles to the transition zone which is approximately 1 to 1.5 miles north of Mission on Pacific Street. We suggest that you pack all of your race gear in a backpack so that both hands are free to safely control your bicycle—make sure you have your helmet on!

Note that timed and pay requirements for race day have been waived, you can park in any designated parking space. Please resist the temptation to park in a non-designated space as illegally parked vehicles will be ticketed. All red-curb, non-marked space, and Handicapped parking will be strictly enforced.

## C A R P O O L I N G

There are plenty of parking spaces in the Oceanside Pier area for all competitors in the 2008 Ford Ironman 70.3 California. We ask that you carpool with another athlete to ease traffic congestion on race morning. Make sure you arrive early so that you have plenty of time to unload your bicycle from your vehicle, put your backpack and helmet on, and ride to transition. The race starts at 6:40AM and all athletes should be in transition and getting staged for their swim wave start by that time.

## B U S S I N G P L A N

### **BUS DROP OFF AND PICK UP ON RACE DAY ONLY- SATURDAY MARCH, 29TH 5:00AM-9:00AM AND 3:30PM-6:00PM**

Locations are: the northwest corner of Pacific Street and Mission (above the Oceanside Pier) and in the parking lot on the south side of the river at the corner of Pacific Street North and Breakwater Way. Due to the current bridge construction, the shuttle bus will not be able to transport spectators all the way into the Harbor. Please prepare for a ½ mile walk from this shuttle bus drop off point to the race start area at the Harbor.



# A MESSAGE FROM THE HEAD REFEREE

We will be using a modified version of the USAT Competitive Rules. In short, these rules work under the three strikes and you are out principle. All violations count toward your three strikes, and three strikes results in a disqualification.

Example:

1. Drafting call (4 minutes served in penalty tent on the bike course)
2. Blocking call
3. Littering- this is the third "strike" and therefore a disqualification

To minimize any misunderstandings on race day, please read the following summary of rules and review the USAT Competitive Rulebook.

- RIDE ON THE RIGHT SIDE OF YOUR LANE to avoid an ILLEGAL POSITION or BLOCKING call
- KEEP FOUR BIKE LENGTHS (7 METERS) BETWEEN YOURSELF AND THE CYCLIST IN FRONT OF YOU to avoid a DRAFTING call
- PASS ON THE LEFT OF THE CYCLIST IN FRONT, NEVER ON THE RIGHT to avoid an ILLEGAL PASS call
- COMPLETE YOUR PASS WITHIN 20 SECONDS to avoid a DRAFTING call
- IF PASSED, DROP BACK FOUR BIKE LENGTHS BEFORE ATTEMPTING TO REPASS to avoid an OVERTAKEN or DRAFTING call

The following are the most common rule violations:

- ILLEGAL POSITION OR BLOCKING - riding on the left side of the lane without passing
- ILLEGAL PASS - passing on the right

- OVERTAKEN – after being passed, failing to drop back four bike lengths before re-passing
- DRAFTING – following a cyclist in front of you closer than four bike lengths and failing to pass within 20 seconds
- CHIN STRAP – always have your chinstrap securely fastened!

Other common violations include failure to wear a race number, riding or running with an IPOD, Thump, or any other musical device, and littering. It is important to remember that while drafting is the only violation to incur a time penalty, ALL bike course rule violations require a stop in a penalty tent for documentation. Penalty tents will be located at various spots on the bike course. There will be no penalty tents on the run. If you are penalized on the run, an official will mark your number on the spot.

Trained officials are on the course to ensure safety and fairness. It is the athlete's responsibility to fully understand the rules and to avoid penalties. In the case of position violations, the Marshal's ruling is final; there are no protests or appeals.

Remember to treat other athletes, volunteers and officials with courtesy and consideration. Failure to do so is Unsportsmanlike Conduct and may result in disqualification.

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

Jimmy Riccitello

Head Referee, World Triathlon Corporation



# RACE RULES AND REGULATIONS

North America Sports Inc. (NAS) events are sanctioned by USA Triathlon (USAT). NAS has been granted certain rule dispensations, please read the following information carefully as the rules may differ slightly from other USAT sanctioned events.

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

- a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.
- b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year. In addition anyone who violates this rule may be banned for life from any NAS event. Violating this rule puts insurance coverage for this event at risk.

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

NAS reserves the right to make changes to these rules at any time. Notification of any change will be in accordance with USAT procedures.

## SWIM COURSE AND RULES

Course Length 1.2 miles/1.9 kilometers

Cut off time 9:10AM

1. Each athlete must wear a swim cap provided by NAS.
2. No fins, aqua socks, gloves, paddles, or flotation devices of any kind are allowed.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escorts are allowed. The course will be adequately patrolled by boats, canoes, and paddleboards.

5. Wetsuits are allowed for all athletes if the water is 78 degrees Fahrenheit or colder
6. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Special provisions are made for physically challenged athletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
7. The swim course will close at 9:10AM. Athletes in the water after this time will be disqualified and will not be permitted to continue in the event. All athletes must cross the timing mats to enter the beach or they may be disqualified.

**\*NOTE: ANY ATHLETE ELECTING NOT TO RACE MUST NOTIFY TIMING DESK IMMEDIATELY. ABOVE ALL, THE SAFETY OF EACH SWIMMER IS OUR PRIME CONCERN. A FULL SWEEP OF THE COURSE WILL BE MADE DIRECTLY BEHIND THE LAST SWIMMER. VISUAL AID WILL BE PROVIDED BY THE LIFEGAUARDS, DIVERS, CANOES, AND KAYAKS, BOUYS AND AQUATIC CRAFTS THAT LINE THE COURSE.**

## SWIM TO BIKE TRANSITION

After the swim, you will be directed through the timing chutes to the swim to bike transition. **NO PUBLIC NUDITY IS PERMITTED!** We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Sunscreen is available when you leave the transition area before the bike course begins.

**\*Bike start cut off time 9:20AM.**

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

# RACE RULES AND REGULATIONS

## BIKE COURSE AND RULES

Course Length 56 miles/90 kilometers

Cut off time 1:30PM

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

1. No tandems, recumbent, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to determination of legality by the event organizer/or Head Referee.
2. Position Rules:
  - a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
  - b. Athletes must ride single file on the far right side of the road except when passing another athlete. Side-by-side riding is not allowed.
  - c. Overtaking athletes may pass on the left for up to 20 seconds, but must move back to the right side of the road after passing.
  - d. Athletes must keep 7 meters (~4 bike lengths) distance between bikes except when passing.
  - e. An overtaken athlete must fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike.
  - f. Athletes committing rule violations will be notified "on the spot" by an official.
  - g. The official will:
    - i. Call out your race number to notify you that you have received either a RED CARD for drafting, or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.
    - ii. The race official will instruct you

to report to the next penalty tent (PT) on the course. There will be two PT's on the course and one in, or near the bike to run transition. THE EXACT LOCATION OF THE PT'S WILL BE STATED IN THE PRE-RACE VIDEO SHOWN AT REGISTRATION.

iii. Take your photograph for verification that you were penalized.

h. The athlete will:

- i. Report to the next PT and tell the PT Official whether you received a RED CARD or a YELLOW CARD. If you fail to report to the next PT, you may be disqualified.
- ii. Have race numbers marked by the PT Official with a "/" for drafting or a "P" for all other penalties.
- iii. Register via the sign-in sheet.
- iv. Resume the race immediately, upon having your numbers marked with a "P" and registering, for all non-drafting violations (YELLOW CARD).
- v. Remain in the PT for four minutes for each drafting violation (RED CARD).
- vi. You will be disqualified if you receive any combination of three penalties. If you are disqualified you may finish the bike course but may not start the run.
- vii. You risk disqualification for not reporting to the PT.

3. Each athlete must wear the Ford Ironman issued race number at all times while on the bike and run course. The bike number must be placed low on your back where it is clearly visible. Folding or

# RACE RULES AND REGULATIONS

cutting race number or intentional alteration of any kind is strictly prohibited. Race belts may be worn.

4. A CPSC- approved helmet is required during the entire bike portion including in and out of the transition zone. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmets, which affect its integrity, are not allowed.
5. No individual support is allowed. Ample aid and food stations will be provided along the course. Friends, family members, coaches, or supports of any type may not bike, drive, or run alongside an athlete; may not pass food or other items to athletes and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to be assisted, followed, or escorted.

**\*NOTE: BIKE AID STATIONS ARE LOCATED APPROXIMATELY MILE 15, MILE 30 AND MILE 49. IT IS YOUR RESPONSIBILITY TO SLOW FOR SAFE NUTRIENT PICK-UP. CALL OUT YOUR REQUIREMENTS CLEARLY AND IN ADVANCE. CREWS ARE INSTRUCTED NOT TO STEP ACROSS THE WHITE LINE FOR HANDOFFS. THERE WILL BE WATER, GATORADE, POWERBARS, POWERGEL, AND FRUIT AT THE BIKE AID STATIONS. IT IS IMPERATIVE THAT YOU DON'T TOSS BIKE BOTTLES, CUPS, OR NUTRIENT BAGS ON THE ROADSIDE ALONG THE COURSE. BIKE BOTTLES MUST BE TOSSED TOWARD THE BOTTLE DROP AT THE BEGINNING OR END OF EACH AID STATION. A PENALTY WILL BE ASSESSED FOR DISCARDING LITTER OUTSIDE THE DESIGNATED DROP ZONE.**

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

**\*NOTES: TECHNICAL SUPPORT VANS WILL BE ON THE COURSE TO ASSIST WITH EMERGENCY REPAIRS WHENEVER POSSIBLE; SUCH AS REPLACEMENT TUBES, TIRES, CHAINS, ETC. TECHNICAL VANS WILL BE ON THE COURSE THROUGHOUT THE DAY, BUT**

**ARE LIMITED IN NUMBER. PLEASE BE SELF SUFFICIENT.**

7. Athletes are expected to heed directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
8. Athletes may walk their bike if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
9. Bike inspection is not mandatory and will not be provided at 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.
10. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.
11. MEDICAL SUPPORT: If you need minor medical assistance, Sag cars will pick you up and take you to the medical tent. Alternatively, depending upon the medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the Sag car will take you to the next aid station. At every bike and run aid station, there will be rest areas and medical personnel to assist in any medical problem. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.
12. Athletes still on the course after 1:30PM will be disqualified and will not be permitted to continue in the event.

## BIKE TO RUN TRANSITION

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

Both transition times will be included in your bike split.



## RUN COURSE AND RULES

Course Length 13.1 miles/21 kilometers

Cut Off Time 4:00PM

1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their race number in front of them clearly visible at all times on the course. Race numbers issued by NAS identify the official athletes in the race. Folding or cutting the race number intentionally or failure to wear your race number is **STRICTLY PROHIBITED** and may result in disqualification.
3. **NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED.** This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification. A non-participant escort runner includes participants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches, or supporters of any type may not bike, drive, or run alongside an athlete; may not pass them food or any other items and are warned to stay completely clear of all participants to avoid disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are also still competing.
4. Athletes are expected to follow directions and instructions of all race officials and public authorities.
5. The Ford Ironman 70.3 California run course will officially close at 4:00PM. Athletes still on the course after that time will be given the opportunity to unofficially finish the race.

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

## OTHER INFORMATION

1. There will be a designated tent at the event for information. The Information Booth serves as the information center throughout race week and on race day for spectators. Race information prior to and on race day will be available at the Information Booth.
2. Spectator Viewing Guides, NAS Programs, information about athletes on the course, dropouts, injuries, Lost and Found etc. will be available at the Information Booth.
3. Personal messages will be posted, but we cannot guarantee delivery of all messages.
4. The finish line area is a very congested and fast paced area. For safety, **ABSOLUTELY NO FAMILY, CHILDREN, SPOUSES, FRIENDS, FANS, ETC. IS ALLOWED INTO THE FINISH AREA.**

# RACE CHECKLIST

- P** **R** **E** **R** **A** **C** **E** **T** **R** **A** **N** **S** **I** **T** **I** **O** **N**
- Warm-up clothes
  - Food and drinks
  - Race numbers
  - Race belt
  - Water bottles
  - Bike pump
  - Electrical tape
  - Spare tires
  - Spare tubes
  - Small tool kit
  - Glue (for sew-ups)

## W I M

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

- B** **I** **K** **E**
- Bike
  - Race wheels
  - Handle bar end plugs
  - Food for bike
  - Helmet
  - Sunglasses
  - Cycling shorts
  - Cycling jersey/singlet
  - Cycling shoes
  - Rain jacket (optional)
  - Tights (optional)
  - Socks
  - Tubes
  - Tires
  - Tire levers
  - Patch kit
  - Small tool kit
  - Water bottles/JetStream
  - CO2 cartridges
  - Bike pump
  - Glue (sew-ups)

## R U N

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

**\*ALL ITEMS LISTED IN THE SUGGESTED CHECKLIST WILL BE AVAILABLE AT THE FORD IRONMAN MARKETPLACE VILLAGE AND NA SPORTS MERCHANDISE STORE**

To ensure the health and safety of the athletes competing in the Ford Ironman 70.3 California, months of planning has been undertaken by dozens of skilled professionals.

Ultra-endurance athletes face specific medical conditions unique from the day-to-day problems people face. Please take time to review the following information. Be prepared. Appropriate training, knowledge and preventive measures are your best allies for a safe and healthy race.

A triathlon pushes the physical limits of human endurance, beyond what it would seem what the body can withstand. Yet race completion rates approach an astonishing 92%. Still, many athletes seek or require care on race day.

Several conditions have been documented over the years in triathletes. They can generally be grouped into different categories for discussion.

**1. DEHYDRATION** – To maintain an adequate circulatory volume and blood pressure, triathletes must ingest an adequate amount of fluid replacement. During the course of a race this intensive, it can be difficult to drink enough. Dehydration may cause cramping, muscle ache or other performance deteriorating symptoms. Most often these are nonspecific. It may worsen fatigue. A dehydrated athlete may have problems related to temperature regulation. Adequate and appropriate rehydration is a balance. Know your

body. Use what has worked for you during training. Remember also that ingesting excess free water may cause other problems such as disturbance of electrolytes.

**2. RESPIRATORY/ASTHMA** – If you have a history of breathing difficulties or experience wheezing when exposed to certain allergens, please consult your physician about possible preventative measures.

**3. TEMPERATURE PROBLEMS – HYPOTHERMIA** – The weather is predicted to be hot, hazy, and humid. Or it may be cool with a light mist of rain. Or it may be unseasonably cold. Bring some gear. Be flexible. Stay hydrated. Not even the weatherman knows. Typical weather in Oceanside in March will be pleasant and in the 60s.

**4. TRAUMA** – Try to avoid it. Be aware of other traffic on the bike and run course. Check your brakes (again).

**5. SPECIAL CONDITIONS** – If you have unique medical concerns (allergies, unusual or chronic medical problems), please bring those to the attention of the race medical staff so we can be prepared if you need emergency medical care. If you have a Medical Alert badge, please wear it. Help us help you. Be prepared. There will be a medical tent in the transition zone, near the finish line. In addition there will be medical care at every aid station on the bike and run course. Seeking care does not automatically result in medical

disqualification.

After thoughtful discussion, the following decisions have been made for this year's race to ensure the medical safety of all injured athletes or those requiring medical attention.

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

**2. LATE FINISHERS** – If you finish the race after 4:00PM, please be aware that there will be only a skeleton medical staff on stand-by at the Medical Tent.

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

**SEVERE HYPONATREMIA IN ULTRA ENDURANCE ATHLETES: CAUSES, PREVENTION AND EARLY RECOGNITION** – There have been several athletes with symptomatic hyponatremia (low blood sodium concentration). Severe acute hyponatremia is a rare but

disqualification.

well recognized life-threatening complication of ultra endurance athletic events. Every reasonable step should be taken to minimize the risk of serious hyponatremia developing in the future, and to ensure that prompt recognition and appropriate management of athletes at risk is undertaken.

**WHAT IS HYPONATREMIA?**

– To remain healthy, the body requires the concentration of sodium to be regulated within a very narrow range. The body achieves this through the kidneys, which are able to adjust the concentration of sodium in the blood by varying the amount of water released from the body. To do this, when deprived of water, the body secretes a hormone called anti-diuretic hormone (ADH) which instructs the kidneys to conserve water. On the other hand, when an excess of water had been ingested, ADH secretion is shut off, allowing the kidneys to release the extra water. In some circumstances, ADH may be secreted in amounts that are inappropriate to the body's needs for water conservation. For example, some lung diseases, nausea and vomiting, and severe pain can cause ADH to be released beyond the body's normal needs, resulting in abnormal water retention and lowering of the serum sodium concentration.

Mild hyponatremia may cause no symptoms, or may be associated with headache and mild confusion. As serum sodium concentration fails, headache may become more severe,

and confusion more obvious, to the point of disorientation with unusual and inappropriate behavior. In the worst cases, severe hyponatremia can lead to collapse, convulsions, and rarely to death.

Experienced ultra endurance athletes know that dehydration is one of the greatest risks they face, and have learned to combat this through ample fluid ingestion during competitions. Until recently, it has been assumed that it was impossible to drink too much, since the body would get rid of any excess. We now know that this does not always happen, and while less experienced athletes are at greater risk, even the most fit and well trained ultra endurance athletes may develop significant hyponatremia.

**CONTRIBUTING FACTORS TO HYPONATREMIA**

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

**1. CONDITIONING** – Less conditioned athletes are at a higher risk. Factors may include prolonged completion times, increased water intake, gut trapping of fluids, greater pain, and more frequent nausea and vomiting.

**2. EXCESSIVE INGESTION OF WATER OR DILUTE REPLACEMENT SOLUTION**

– Athletes should determine their

fluid needs during training and should be careful not to exceed those needs during competition.

**3. TRAPPING OF FLUID IN THE INTESTINAL TRACT** – Sustained high intensity work can shut down normal gut function, allowing replacement fluids ingested to accumulate in the gut. After the event, the gut will resume function, which can lead to rapid absorption of a large volume of fluid, suddenly lowering the blood sodium concentration to potentially dangerous levels.

**4. INAPPROPRIATE ADH SECRETION** – Nausea, vomiting and severe pain are powerful triggers for ADH release. These symptoms are likely to be more severe in less well conditioned athletes.

**5. NON STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)** – There are many examples of this group of drugs, some of which can be purchased without prescription. These drugs can contribute to hyponatremia by direct action on the kidney.

**6. THE TYPE OF REPLACEMENT FLUID USED DOES NOT APPEAR TO BE A FACTOR** – Rather, it is the other factors noted above related to conditioning, volume of fluid ingestion, gut trapping of fluid, pain, nausea, vomiting and NSAIDs which set the stage for hyponatremia. Each athlete should identify his or her own preferred replacement fluid, learn how to use it properly, and



stick with it during training and competition.

**PREVENTION** – There are no clear and simple preventative measures which can guarantee protection against the development of hyponatremia.

**1. ATHLETES SHOULD STRIVE FOR OPTIMAL TRAINING AND CONDITIONING FOR THE RIGORS OF IRONMAN 70.3 and IRONMAN COMPETITION.**

The risk of developing hyponatremia during and after prolonged exercise is probably the greatest in the less fit athletes. REMEMBER – DO ON RACE DAY WHAT YOU DO IN TRAINING! Know your body and do not exceed your limitations.

**2. ALL ATHLETES SHOULD KNOW THEIR APPROXIMATE FLUID REPLACEMENT REQUIREMENTS DURING EXERCISE.**

There is a tremendous difference in the volume that people sweat. This can be calculated during a one hour work out (swimming, biking or running) by measuring pre and post exercise body weight.

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

**4. TRAIN ON THE SAME FLUID REPLACEMENT DRINK THAT WILL BE AVAILABLE DURING COMPETITION.**

**EARLY RECOGNITION AND MANAGEMENT OF THE COMPETITOR AT RISK OF HYPONATREMIA**

– Athletes who experience persistent symptoms of nausea, vomiting, dizziness, headache, or a sense of disorientation or confusion, should report to Ford Ironman Medical personnel for assessment.

**COMPETITORS – Required Medical Insurance Coverage**

This is to inform all Ford Ironman competitors that they are responsible for medical expenses arising from their participation in this event, either from accident or illness.

Ambulance transfers to the hospital and treatments in the Emergency Room are very expensive and competitors should ensure they have full medical insurance. Payment by check or cash upon discharge from hospital is necessary. The reason for this is that many insurance companies do not pay claims out of country, but will reimburse the patient for medical expenses incurred.

THE FOLLOWING SERVICES ARE PROVIDED TO IRONMAN 70.3 ATHLETES AT NO CHARGE:

**1. MEDICAL COVERAGE ON THE RACE COURSE.**

**2. ALL VOLUNTEER TIME DONATED BY THE AMBULANCE ATTENDANTS.**

**3. AMBULANCE TRANSPOR-**

**TATION FROM THE RACE COURSE TO THE MEDICAL TENT AT THE TRANSITION AREA.**

**4. ALL VOLUNTEER TIME DONATED BY DOCTORS, NURSES, PHYSIOTHERAPISTS, MASSAGE THERAPISTS AND LABORATORY TECHNICIANS ON THE RACE COURSE AND IN THE MEDICAL TENT.**

**5. ALL MEDICAL SUPPLIES RECEIVED EITHER ON THE RACE COURSE OR IN THE MEDICAL TENT.**

All competitors are therefore strongly urged to purchase adequate medical insurance coverage in preparation for their participation in the Ford Ironman 70.3 California.

NA SPORTS WISHES YOU ALL GOOD HEALTH AND GOOD LUCK DURING YOUR RACE!



# RACE COURSE DESCRIPTIONS

## SWIM COURSE

The swim starts and finishes at the boat ramp in the southwest corner quadrant of Oceanside Harbor. The course is one loop in a counter clockwise direction. It begins by paralleling the east side of the harbor and then angles left towards the mouth of the Harbor. It then turns around close to where it meets the Boat Basin entrance. The course follows the same layout as it returns, hugging the west side docks of the Harbor. Transition 1 is located in the parking lot that starts at the boat ramp and goes north.

## BIKE COURSE

- Exit transition traveling south on North Pacific Street
- Turn left on South Harbor Drive
- South Harbor Drive turns north and crosses Harbor Drive to enter Camp Pendleton at the Del Mar gate on Santa Fe Ave.
- Continue North on Santa Fe Ave to B Street
- Turn right on B Street
- Turn right on Harbor Road
- Turn right on A Street/Wire Mountain
- Turn left on Vandegrift Blvd.

- Turn left on road behind Commissary
- Turn left on Vandegrift
- Turn left on Stuart Mesa
- Turn right on Las Pulgas Road and proceed ~2 miles to the turn around
- Proceed west on Las Pulgas to the exit of Camp Pendleton at the Las Pulgas Gate
- Turn right on Old Pacific Coast Highway through San Onofre State Park
- Bear left onto Trestles Bike Path
- Turn right on Christianitos Road
- Enter Camp Pendleton and turn right on San Mateo Road
- Turn left on Basilone Road
- Turn right on Vandegrift Blvd.
- Turn right on road behind Commissary
- Turn right on Vandegrift Blvd.
- Turn right on Wire Mountain Road
- Turn left on Harbor
- Turn left on B Street
- Turn left on Santa Fe Ave. to exit of Camp Pendleton at Del Mar Gate
- Cross Harbor Drive on to Harbor Drive South
- Turn right on North Pacific Street and proceed north to Transition 2

## RUN COURSE

- Exit Transition 2 traveling south on North Pacific Street
- Turn right on Sand Road on south side of River
- Follow Sand Road south around North Coast Village Condos to the Strand
- Turn right on The Strand
- Turn left on Wisconsin
- Turn right on South Pacific
- Turn around just before Eaton Street
- Proceed north on South Pacific Street
- Turn left at Wisconsin Street
- Turn right on The Strand
- Turn left at Breakwater Way onto Sand Road and follow around to North Pacific Street
- Turn left on North Pacific Street
- Turn around on North Pacific Street just before South Harbor Drive
- Repeat the course a 2<sup>nd</sup> time
- After your second loop proceed north across South Harbor Drive to the finish line (.2 miles north of South Harbor Drive on North Pacific Street)

# RACE MAPS



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# NOTES

