

Swim  
1.2



Bike  
56



Run  
13.1



**IRONMAN.**  
**70.3** *Boise*

Boise, Idaho • June 1, 2008

# Athlete Guide

## From the President . . .

Dear Ironman 70.3 Competitors,

Congratulations on taking on the challenge to compete in the inaugural Ironman 70.3 Boise. We commend you on the effort and sacrifices that you have made in order to make it to the starting line.

Ironman celebrates its thirtieth anniversary this year and while our sport continues to grow significantly, our team remains committed to further investing in and growing our sport to offer you the most memorable Ironman Experience possible.

The information contained in this guide will assist you in successfully preparing for the event. Please review the materials so that you will be knowledgeable and up-to-date on all race related details.

Your passion and determination has led you through the preparation and your courage and strength will bring you to the Ironman 70.3 Boise finish line. On behalf of the entire Ironman team, we wish you safe training and the best of luck on race day.

Sincerely,

*Ben Fertic*

IRONMAN  
President & CEO-

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## From the Event Director . . .

Dear Athletes,

It is with great pleasure that I welcome you to the first-ever Ironman 70.3 Boise. The entire Ironman team and Local Event Organizing Committee have prepared tirelessly for your arrival in Boise. I am confident that you will find the course safe, challenging and scenic and the hospitality friendly.

Ironman 70.3 Boise is one of eight new events in the 2008 Ironman 70.3 Series. Like the other new races, this event will showcase the region's signature features. During race weekend, you'll experience Lucky Peak Reservoir, the Greenbelt, Qwest Arena and Boise's dynamic BoDo district, where you'll find a nine-screen movie theater, restaurants, hotel and retail stores.

I would like to personally recognize and thank the Boise Convention & Visitors Bureau and City of Boise for their leadership and commitment to this event. Producing an Ironman 70.3 event requires tremendous local resources and Boise has more than risen to the challenge. Please take a moment to thank all of those who make this event successful, including the nearly 2,000 community volunteers.

I look forward to seeing you at the finish line!

Best of luck,

*Steve Meckfessel*

IRONMAN  
Event Director



## A Message from the Head Referee . . .

We use a slightly modified version of the 2008 USAT Competitive Rules. In summary, we will operate under the “three strikes and you’re out” principle. Even though *DRAFTING* is the only violation to incur a time penalty (to be served in the nearest penalty tent at various spots on the bike course), any type of violation counts toward your three strikes.

For example:

1. *DRAFTING* violation (four minutes served in a bike course penalty tent)
2. *HELMET CHINSTRAP* violation
3. *LITTERING* violation – a third violation results in disqualification (DQ)

Again, any combination of three rule violations will result in a DQ. To maximize your understanding of the rules on race day, please take the time to read and understand the following summary of Position Violations and review the 2008 USAT Competitive Rules.

- Always ride on the right side of your lane to avoid an **ILLEGAL POSITION** or **BLOCKING** call
- Keep four bike lengths (**7 meters**) between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a **DRAFTING** call
- Always pass on the left of the cyclist in front of you, never on the right to avoid an **ILLEGAL PASS** call
- Complete your pass within **20 seconds** to avoid a **DRAFTING** call
- If passed, drop back **four bike lengths** before attempting to re-pass to avoid an **OVERTAKEN** or **DRAFTING** call

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. In the case of Position Violations, the referees’ ruling is final and is not open to protests or appeals. The following are several other common rules violations:

- *HELMET CHINSTRAP*—the chinstrap of your helmet must be securely fastened whenever you are on your bike on race day!
- *RACE NUMBER*—you must display your race number during the bike and run portions of the race, and your bike number must be properly attached to your bike and be visible!
- *LITTERING*—do not throw away ANYTHING outside of official aid stations!
- *UNAUTHORIZED EQUIPMENT*—sorry, absolutely no cell phones, MP3 players, Oakley Thumps, Apple iPods or other audio listening devices!
- *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!

Please remember that even though *DRAFTING* is the only violation that incurs a time penalty, **you must go to a penalty tent for any violation to have your number marked, and all violations count toward your three strikes. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.**

Please remember to treat other athletes, volunteers and your referees with courtesy and consideration. Not doing so is considered *UNSPORTSMANLIKE CONDUCT* and may result in disqualification.

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

*Jimmy Riccitello*

Ironman Head Referee



## Schedule of Events

### Friday, May 30, 2008

Start	End	Activity	Location
10:00 AM	5:00 PM	Athlete Check-in	Qwest Arena
10:00 AM	5:00 PM	Ironman Expo	Qwest Arena
10:00 AM	5:00 PM	Ironman Retail & Bike Tech	Qwest Arena
10:00 AM	5:00 PM	Race Office & VIP Guest Services	Qwest Arena

### Saturday, May 31, 2008

Start	End	Activity	Location
9:00 AM	9:45 AM	Athlete Race Briefing	Boise Centre (Summit)
10:00 AM	5:00 PM	Athlete Check-in	Qwest Arena
10:00 AM	5:00 PM	Ironman Expo	Qwest Arena
10:00 AM	5:00 PM	Ironman Retail & Bike Tech	Qwest Arena
10:00 AM	5:00 PM	Race Office & VIP Guest Services	Qwest Arena
10:00 AM	4:00 PM	Media Center	Boise Centre (The Perch)
10:00 AM	10:45 AM	Press Conference	Boise Centre (Kestrels)
11:00 AM	11:45 AM	Pro Athlete Race Briefing	Boise Centre (Kestrels)
11:00 AM	6:00 PM	Ironman Retail & Bike Tech	Lucky Peak Reservoir
11:00 AM	2:00 PM	Practice Swim	Lucky Peak Reservoir
11:00 AM	11:45 AM	LifeSport Open Water Swim Clinic	Lucky Peak Reservoir
12:00 PM	6:00 PM	Mandatory Bike & Bike Gear Bag Check-in	Lucky Peak Reservoir
12:00 PM	6:00 PM	Mandatory Run Gear Bag Check-in	T2 (downtown Boise)
1:00 PM	1:45 PM	Athlete Race Briefing	Boise Centre (Summit)
1:45 PM	2:30 PM	LifeSport Pre-Race Tips Clinic	Boise Centre (Summit)

### Sunday, June 1, 2008

Start	End	Activity	Location
5:00 AM	6:45 AM	Athlete Body Marking & Race Day Processing	Lucky Peak Reservoir
5:00 AM	8:00 AM	Ironman Retail & Bike Tech	Lucky Peak Reservoir
5:30 AM	5:00 PM	Media Center	Boise Centre (The Perch)
7:00 AM		Race Start	Lucky Peak Reservoir
10:00 AM	5:00 PM	Ironman Retail & Bike Tech	Grove Plaza
10:00 AM	6:00 PM	Race Office	Boise Centre (Merlins)
11:00 AM	4:00 PM	Morning Clothes & Wetsuit/Swim Gear Bag Recovery	Boise Centre (Lobby)
1:00 PM	4:00 PM	Mandatory Bike & Gear Bag Recovery	T2 (downtown Boise)
2:00 PM	4:00 PM	Registration for 2008 Foster Grant Ironman World Championship 70.3	Grove Plaza
4:00 PM	5:00 PM	Awards Party	Grove Plaza
5:00 PM	6:00 PM	Rolldown for 2008 Foster Grant Ironman World Championship 70.3	Grove Plaza



## Athlete Check-In Procedure

Athlete check-in will take place at Qwest Arena in downtown Boise (233 S. Capitol Blvd.) beginning Friday, May 30. Please refer to the official event schedule for the hours of athlete check-in. To complete the athlete check-in process, you will need photo identification and must show proof of current USA Triathlon (USAT) membership or purchase a one-day license (\$10.00). We will ask each athlete to provide the name, room number and phone number of the hotel or private residence where they will be staying during race week. Professional athletes are required to submit proof of professional status at check-in. **ALL RACE PACKETS MUST BE PICKED UP BY 5:00 P.M. ON SATURDAY, MAY 31.**

## Athlete Wristband

A wristband printed with your race number will be affixed to your wrist at athlete check-in. This band will identify you as an official participant and must be worn during the entire weekend. The wristband is required for medical identification purposes and allows you access to the secured transition areas and post-race athlete recovery area. You will not be allowed to remove your bicycle and 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 party on Sunday.

## Gear Bags

During athlete check-in you will receive the four gear bags:

- **Green morning clothes bag**
- **Black wetsuit/swim gear bag**
- **Blue bike gear bag**
- **Red run gear bag**

Please pack the correct gear in the appropriate bag and place them in T1/T2 according to the instructions below. Be sure all of your gear is clearly marked with your name and race number.

## Key Event Venues

The swim start, swim finish and swim-to-bike transition (T1) are located at Lucky Peak Reservoir, less than 30 minutes east of downtown Boise. The bike-to-run transition (T2), the finish and all post-race activities are in downtown Boise.



## Mandatory Bicycle and Gear Bag Check-In

Mandatory bicycle and bike gear bag check-in is on Saturday, May 31, from noon - 6:00 p.m. at T1. Bicycles and bike gear bags will not be permitted to enter T1 on race morning. You will have access to your bike beginning at 5:00 a.m. on race morning, but you will not be allowed to remove your bike from T1 until the start of the bike portion of the race.

Mandatory run gear bag check-in is also on Saturday, May 31, from noon - 6:00 p.m. at T2.

Helmets and cycling shoes may be brought to T1 on Saturday or on race morning, but must be clipped or attached to the bicycle. No loose gear will be allowed on the ground next to the bicycles.

Your morning clothes and wetsuit/swim gear bags may be brought with you to T1 on race morning.

## Race Morning Shuttle Service

For the convenience of athletes and spectators alike, we have arranged an optional race day shuttle bus service from downtown Boise to the swim venue. Public parking will be available for those who prefer not to ride the shuttle bus.

On race morning you may leave your vehicle at your hotel or park in one of the various downtown public parking lots and walk to the corner of 8th and Front Street. Buses will depart promptly, so please arrive at least 10 minutes early for boarding.

### Race Day Shuttle Schedule

- 4:15 a.m. – Group 1 buses depart downtown Boise
- 4:45 a.m. – Group 1 buses arrive Lucky Peak Reservoir
- 5:30 a.m. – Group 2 buses depart downtown Boise
- 6:00 a.m. – Group 2 buses arrive Lucky Peak Reservoir
- 7:00 a.m. – Race Start
- 9:30 a.m. – Buses with spectators depart Lucky Peak Reservoir
- 10:00 a.m. – Buses return to downtown Boise
- 11:00 a.m. – First finisher expected

### Bus Tickets

- Athletes - \$8.00
- Spectators ages 15 & over - \$8.00
- Spectators ages 3-14 - \$5.00
- Spectators ages 2 & under (seated on adult's lap) - Free



Please assist us in planning for the proper number of buses by purchasing your ticket(s) no later than May 15, 2008. There are a limited number of buses in the region, so it is important that you book your seat(s) early.

To purchase tickets online, please visit: <http://store.ironmandvd.com/boise2.html>

## Race Morning T1 Check-in Procedure

T1 will open at 5:00 a.m. on race day. Body marking will begin at this time just outside of the main entrance to T1. You will not be permitted into T1 on race day without your wristband, swim cap, timing chip and your body marked. If you have misplaced any of these items, please see the T1 director for a replacement. **Do not apply sunscreen, oil, Vaseline or lotion until after you have been body marked.**

### Morning Clothes Bag

Prior to the swim start on race morning, place any items (e.g., dry clothes, car or hotel room key, meds) you may need after you finish in your morning clothes bag. As you make your way to the swim start, leave your morning clothes bag in the designated drop area just outside of T1. Any items that do not fit **inside** the morning clothes bag, such as bike pumps and backpacks, will not be accepted. Please do not place any valuables in your morning clothes bag. During the race your morning clothes bag will be transported to the Boise Centre near the finish line for you to collect following the race.

## Swim Course – 1.2 miles/1.9 km

### Course description

The swim starts and finishes at the boat launch at Lucky Peak Reservoir. The swim course is a rectangular shape with three turns. Athletes must swim in a clockwise direction, keeping the buoy markers to their right. Yellow buoys will mark the course; orange buoys will mark the turns. **With a projected water temperature of 60 degrees on race day, wetsuits will be required during the swim. Neoprene hoodies and swim socks may be used.**

All athletes must complete the swim within one hour and 10 minutes after the final wave start in order to continue the race. Wave start times will be assigned based on age groups and will be posted at athlete check-in.

### Wave starts

7:00 a.m. – Pro Men	7:30 a.m. – M35-39 (A-J)
7:02 a.m. – Pro Women, PC	7:35 a.m. – M35-39 (K-Z)
7:10 a.m. – W40+	7:40 a.m. – M45-49
7:15 a.m. – M50+	7:45 a.m. – W18-34
7:20 a.m. – M30-34	7:50 a.m. – M40-44
7:25 a.m. – W35-39	7:55 a.m. – M18-29



## Practice swim

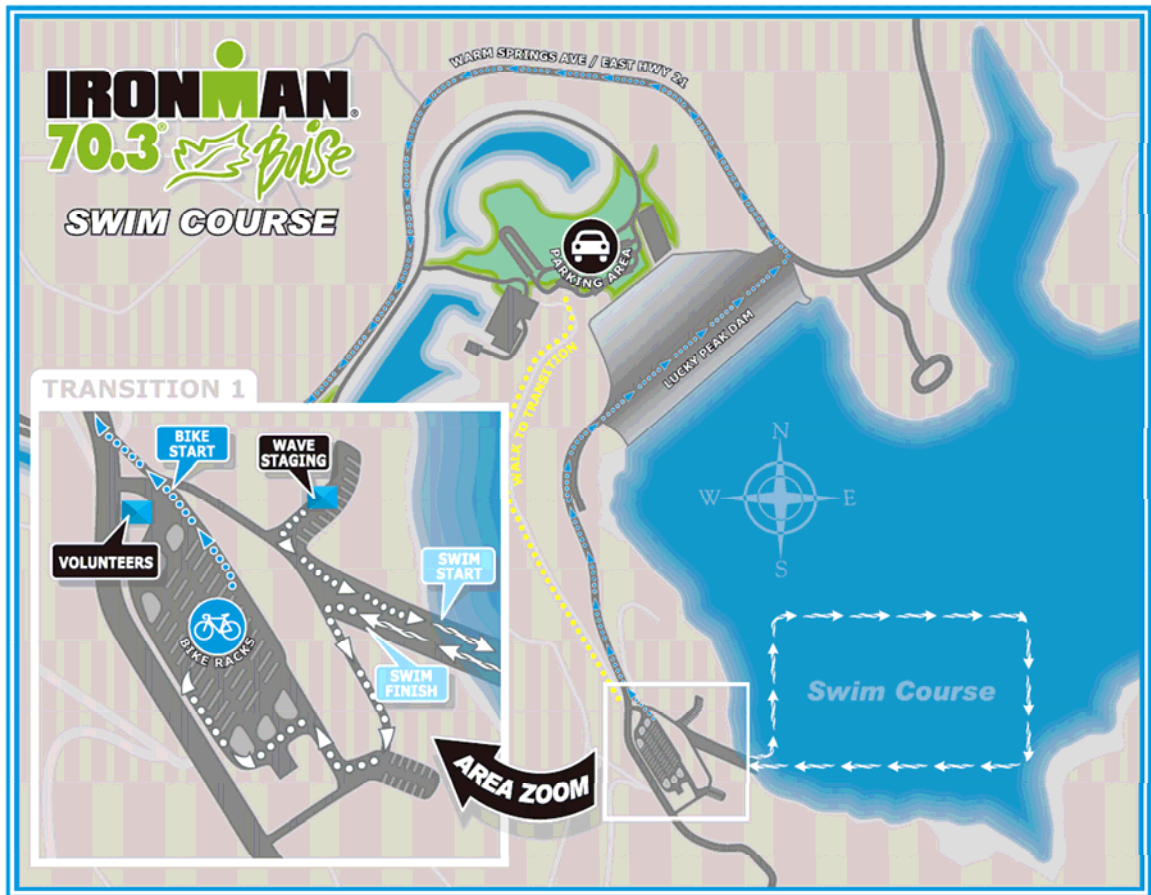
Prior to race day, acclimate yourself to the water conditions by participating in the practice swim on Saturday, May 31, 11:00 a.m. – 2:00 p.m. Follow the instructions of water safety personnel and wear a brightly colored swim cap. Do not swim out beyond the buoys and never swim alone!

## Swim course rules and instructions

1. Prior to leaving T1 for the swim start on race morning, be sure your bike gear bag and empty wetsuit/swim gear bag are placed neatly adjacent to your bicycle. Drop your morning clothes bag at the designated drop area outside of T1. You cannot leave any loose gear at your bicycle rack once you begin the bicycle portion of the race.
2. Athletes who wear glasses or have other special needs may place these items on the table at the swim finish prior to the start. Be sure to label them with your name and race number.
3. Bring the swim cap and timing chip provided to you at athlete check-in to the swim start check-in area. You will be called to the swim staging area beginning at 6:30 a.m. You will be required to cross a timing mat to complete the swim check-in process.
4. A time penalty may be imposed on any athlete who is not at the swim start area ten minutes prior to the race start.
5. **With a projected water temperature of ~60 degrees on race day, wetsuits will be required.**
6. Do not wear either bib number under your wetsuit during the swim. The water will quickly destroy the bib fabric.
7. Wearing swim goggles is recommended but not required.
8. No fins, paddles, snorkels or flotation devices of any kind are allowed.
9. No individual paddlers or escorts allowed. Lifeguards, surfboards, kayaks and boats will adequately patrol the swim course.
10. Swimmers are required to stay on course, swim clockwise and keep course markers to the right. Failure to do so may result in disqualification.
11. 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 from the water safety personnel. Any swimmer who receives assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.
12. The swim course will close one hour and 10 minutes after the final swim wave start. All athletes still in the water after the cut-off time will be disqualified and will not be permitted to continue on with the event.
13. As you exit the water, you will cross timing mats on your way to T1. Once inside transition, change into your bike gear (public nudity is prohibited). Place your wetsuit/swim gear and empty bike gear bag inside the black wetsuit/swim gear bag and leave the bag at your bicycle rack. Since other athletes will be entering T1 after you, please stow your bag under the bike rack and out of the traffic lanes.
14. Following the swim, volunteers will gather all black wetsuit/swim gear bags from T1 and transport them, along with the morning clothes bags, to the



Boise Centre for you to collect following the race. Any loose gear left inside T1 will not be collected for transport to the Boise Centre.



## Bike Course – 56 miles/90.1 km

### Course description

After exiting T1, athletes head across the dam at Lucky Peak Reservoir before turning south onto Highway 21 toward Boise. The bike course is a mix of flat stretches and rolling inclines and includes a challenging climb to the Birds of Prey Sanctuary. Three (3) on-course aid stations will keep the athletes well fueled during the bike portion.

### Bike tech & shipping services

George's Cycles & Fitness, with three Boise store locations, can help with your bike shipping and repair needs. Ship your bike directly to George's and they can build it, transport it to T1 on Saturday, pick it up after the race, re-pack it and ship it back to you.

- The cost of the service is \$225.
- All bikes must be received by May 23 to ensure proper time for assembly.
- Be sure to pack your bike carefully so it arrives in good shape.
- Your bike will be shipped back to you via FedEx after the event. Your credit card will be charged for the return shipping charge.



George's Cycles & Fitness can be reached at 208-343-3782 or [www.georgescycles.com](http://www.georgescycles.com)

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

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



### **Bike tech tips & other details**

Bike inspection is not mandatory and will not be provided at T2 check-in, although technicians will be available at the Expo. Athletes are ultimately responsible for the condition of their own bikes. Race officials may, at their discretion, make final judgment as to the soundness of each bicycle.

Prior to mandatory bike check-in at noon 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. While there will be a limited number of pumps available in the transition area on race morning, we recommend that you bring your own. You must give your pump to a family member or friend before the race start, since pumps will not be accepted with your morning clothes bags.

For security and safety reasons, bikes will not be allowed out of T1 once bike check-in begins on Saturday. Spectators or family members will not be allowed to enter T1.

On race day, George's Cycles & Fitness technical support vehicles will patrol the course to aid in emergency repairs.

### **Bike course rules and instructions**

1. All bikes must display the bike frame number.
2. No tandems, recumbents, fairings or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual or prototype equipment



- will be subject to a determination of legality by Ironman and/or the Head Referee.
3. All bikes and helmets must be checked in the Saturday prior to race day. Race officials reserve the right to reject any bicycle 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 T1, 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 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 rider. Side-by-side riding is not allowed.
    - c. Overtaking riders may pass on the left for up to 20 seconds, but must move back to the right side of the road, after passing.
    - d. Riders must keep 7 meters (~4 bike lengths) distance between bikes except when passing.
    - e. An overtaken rider must fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike.
    - f. Athletes committing rules 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 **RED CARD** for drafting, or a **YELLOW CARD** for any other penalty. The official will show you the corresponding colored card.
      - ii. Instruct you to report to the next penalty tent (PT) on the course. There will be at least three PTs on the course and one in T2. THE EXACT LOCATION OF THE PTs WILL BE STATED AT THE PRE-RACE MEETING.
      - 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. 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. Risk disqualification for not reporting to the PT.
  5. Cycling shoes must be in the bike gear bag or secured to the bike pedals. Helmets must be in the bike gear bag or secured to the bike. Other than your wetsuit/swim and bike gear bags, shoes or other gear may NOT be beside the bike. Shoes and shirt must be worn at all times.
  6. Each participant must wear the Ironman-issued race number at all times while on the course. One of the two bib numbers must be placed low on the



- BACK of the rider's jersey where it is clearly visible. Folding or cutting race number or intentional alteration of any kind is STRICTLY PROHIBITED. Race belts may be worn.
- Athletes are required to wear a helmet approved by USA Triathlon during the entire bike, including in and out of the transition areas. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.
  - No individual support is allowed. Ample aid stations will be provided. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete and should be warned to stay completely clear of all athletes to avoid disqualification. It is incumbent upon each athlete to reject immediately any attempt to assist, follow or escort. Bike bottles must be tossed toward the bottle drop at the entrance and/or exit of an aid station. A penalty will be assessed for discarding a bike bottle or any other litter/trash outside the designated drop zone.
  - Each participant must be individually responsible for the repair and maintenance of their own bike. Assistance by anyone other than race personnel will be grounds for disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction. Technical support does not include the normal changing of flat tires. A limited number of technical support vehicles will be on the course to assist with emergency repairs whenever possible. Be prepared!
  - Participants are expected to follow directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
  - Athletes may walk their bike, if necessary, but may not make progress on the bike course unless accompanied by their bike.
  - All participants must mount and dismount in the marked zones at the transition areas. Under no circumstances should an athlete ride their bike inside the transition area.
  - Headsets, headphones, MP3 players, iPods, cell phones or other listening devices are not allowed during any portion of the event.
  - If you need minor medical assistance, "sag" vehicles will pick you up and take you to the medical tent, where you will receive treatment. Depending upon the level of care, ambulances may take you to the nearest hospital to receive treatment. If you have a technical problem, the sag vehicles will attempt to make minor repairs to your bicycle or take you to the next aid station. If you have a problem, please go to an aid station for further assistance.
  - The bike course will close five hours after the final swim wave start. All athletes still on the bike course after the cut-off time will be disqualified and will not be permitted to continue the event.
  - After completing the bike portion, you will cross timing mats on your way into T2. Once inside transition, change into your run gear (public nudity is prohibited). Place your bike gear inside the empty run gear bag and leave the bag, along with you bike, at your bicycle rack. Since other athletes will be entering T2 after you, please stow your bag under the bike rack and out of the traffic lanes. Following the race, collect your bicycle and bike gear (now in your run gear bag) from T2.

## Local traffic laws

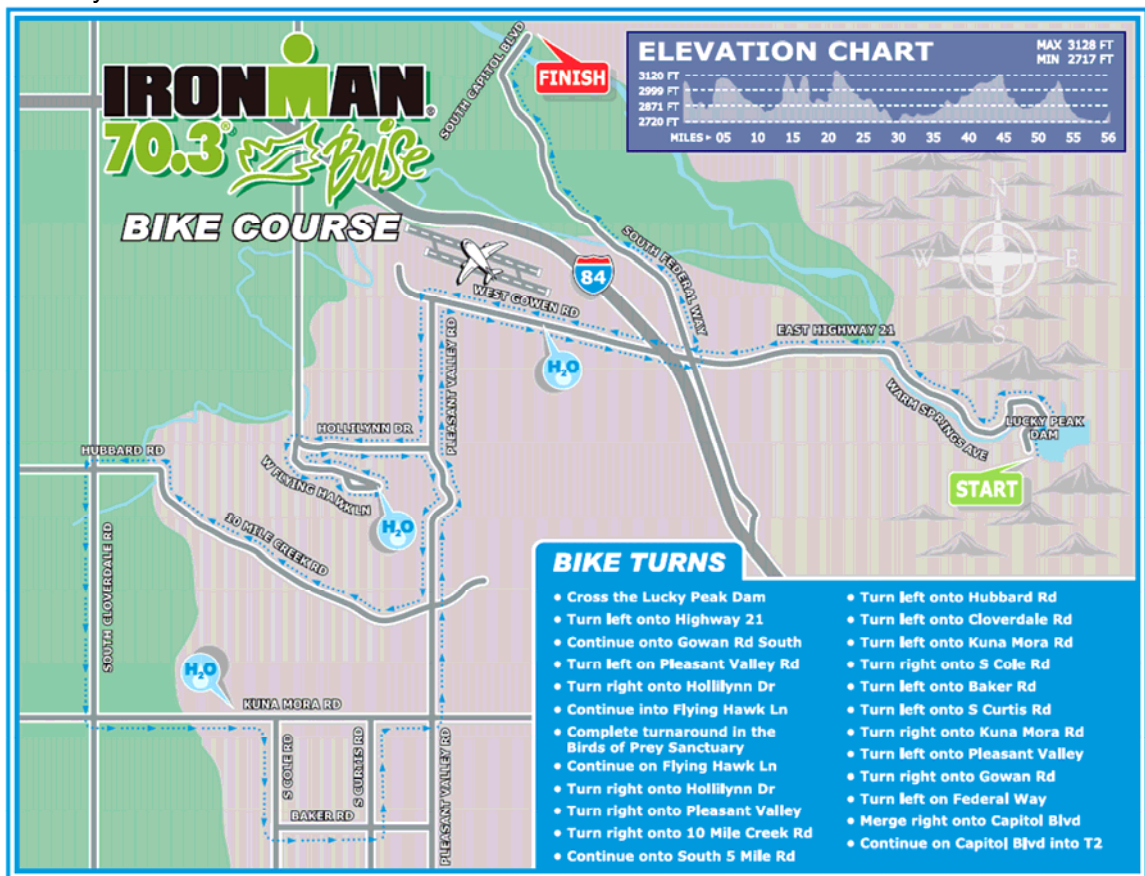


Please remember that the local community uses the bike course roadways. Realize that you are an ambassador for the sport and this event and that the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and take the extra step to be courteous and respectful to the residents of the local community.

When training, please alleviate the frustration felt by local drivers by following 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. There are plenty of local stores along the way with public bathroom, so kindly use them. On race day there will be toilets at each aid station.
- Please do not litter. Keep your sports nutrition wrappers with you until you find a trash can.
- Please ask your friends and family members to refrain from painting the roads along the course. Defacing public property 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.



## Run Course — 13.1 miles/21.1 km

### Course description

The run is a two-loop course that is both scenic and fast. The route incorporates shaded stretches on the Boise Greenbelt (paved) directly adjacent to the Boise River. The run turnaround, located at the 6.5-mile mark, is near the finish line in downtown Boise, making this a spectator-friendly route. Run course aid stations are positioned at every mile. The run finishes in the BoDo District in downtown Boise.

### Run course rules and instructions

1. No form of locomotion other than running, walking or crawling is allowed.
2. Runners must wear their bib number at all times on the course. Race numbers issued by Ironman identify the official participants in the race. Folding or cutting race number or intentional alteration of any kind is strictly prohibited. A bib number must be placed on the FRONT of the runner and securely attached. Race belts may be worn. Shoes and shirts are required during the run segment.
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, provides an advantage over single competitors and is not allowed. Non-participant escort runners include participants who have withdrawn from the race, been disqualified or already 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 participant to avoid the disqualification of the participant. It is incumbent upon each participant to reject immediately any attempt to assist, follow or escort. 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.
5. The run course will close eight hours after the final swim wave start. Runners still on the course after that time will be disqualified and given the opportunity to unofficially finish the race.





## USA Triathlon Sanction and Rules

USA Triathlon has sanctioned the 2008 Ironman 70.3 Boise. Please visit [www.usatriathlon.org](http://www.usatriathlon.org) for a complete set of the competitive rules.

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

- a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.
- b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

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

Any abuse of marshals, race officials or volunteers is grounds for immediate disqualification.



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

## Rules Applying To All Race Segments

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

1. According to USAT rules, once an athlete competes as a Professional/Elite athlete anywhere in the world within the calendar year, the athlete cannot compete as an amateur/age group athlete in a USAT-sanctioned event in that same calendar year. Failure to disclose correct status shall be cause for disqualifying the athlete from the event and may result in a one-year suspension from USAT-sanctioned events. Once an athlete competes as a Professional/Elite in the Ironman qualifying race series season, the athlete cannot compete as an age group athlete in that year's Ironman or Ironman 70.3 World Championship as an amateur.
2. Participants are expected to follow directions and instructions of all race officials and public authorities.
3. Course marshals shall have authority to disqualify any contestant.
4. Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant will result in disqualification.
5. 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. The Medical Control Rules set forth by WADA regulations and policies on banned substances, will be binding on all participants. For a comprehensive list of the banned substances, known as the WADA Prohibited List, visit: <http://www.wada-ama.org/en/dynamic.ch2?pageCategory.id+370>. Athletes 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.
6. The Medical Control Rules set forth by USAT, 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, which if such occurs, you agree to abide by.
7. 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 USADA and the WADA code.
8. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in contestant being suspended from competing in any Ironman event in the future.
9. If an athlete decides to withdraw from the race at any time, it is the responsibility of the participant to report to the timing tent located at the finish line and turn in race number immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after



withdrawing from the race may result in contestant being prevented from competing in any Ironman event in the future.

10. Ironman reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race mandatory meetings.
11. As a USAT-sanctioned race, the event will subscribe to USAT rules, including the disbursement of prizes. Specifically, professional triathletes may not win age group awards, and age group athletes are not eligible for prize money.
12. For additional information regarding training sites, safety procedures and questions regarding the race, please go to the Race Office (check event schedule for location and hours).
13. Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.
14. Ironman does not allow the transfer of an athlete's registration - no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any Ironman event.

## Physically Challenged Division Rules

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

### Swim

1. Ironman reserves the right to seed contestant at swim start, i.e., early start, late start, designated wave, etc.
2. Athlete must 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 portion. 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 USAT rules.
2. Handcycles 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/handcycle, regardless of any secondary benefit.
4. Participant is required to maintain control of his/her bicycle/handcycle and to operate at a reasonable speed so as not to threaten the safety and well being of aid station volunteers, other competitors, race officials and spectators. Operation of a bicycle/handcycle in a dangerous or reckless manner will be grounds for disqualification.
5. A CPSC-approved helmet is required during the entire bike portion including in and out of the transition areas. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.
6. **DRAFTING IS PROHIBITED.** Event drafting rules will apply to this division.



## Run

1. Running conduct and specifications are consistent with USAT 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/handcycle portion. Standard racing chairs shall be used.
3. A CPSC-approved helmet is required during the entire run including in and out of the transition areas. Any athlete competing without an approved helmet or chinstrap not fastened will be disqualified.

## General Information

1. Unauthorized outside aid/support or escorts are grounds for disqualification. Handlers must be approved prior to the race and will work directly with the Physically Challenged Coordinator. The expected conduct of all handlers is consistent with USAT rules.
2. Race organization will select qualified individuals to assist contestants in transition areas. These individuals will be allowed to assist athletes in transition from the water to their handcycles and from their handcycles to the racing chairs. Likewise, they will also assist all physically challenged athletes with equipment needs, etc., as approved by Ironman.
3. All contestants must attend a pre-race meeting. Failure to attend a scheduled meeting may result in forfeiture of a start spot. Check Schedule of Events for meeting time and location.
4. The race committee and Ironman reserves the right to modify the above rules as necessary, as long as such changes are communicated to the contestants in writing or at pre-race meetings.
5. Any rule interpretation or enforcement made by the race committee or Ironman shall be final.

## Race Timing

Electronic timing tags using IPICO Sports Technology will capture your splits (swim, T1, bike, T2, run) and overall finish time. The race will officially end eight hours after the final athlete enters the water on race morning. All aid station stops, transitions, etc. will be included in your total elapsed time.

## Competitor Responsibilities

1. When you pick up your race packet and timing chip at athlete check-in, stop by the chip verification table to ensure that your correct name shows up on the computer screen.
2. 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 and leave it on until after you finish the run. You may apply Vaseline around your ankle; it will not affect the timing chip. Volunteers will help you remove the chip at the finish line.
3. If you do not start the race, you are responsible for returning the chip to the Race Office.
4. If you drop out or are pulled from the race at any time, turn in your chip 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.

5. Your race chip is a loaner. By picking up your race number and timing chip, you are guaranteeing that you will return the chip to race management, or you will be billed for its replacement.
6. If you lose your timing chip during the event, you are responsible for a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra timing chips at the timing locations above. If you lose your timing chip while on the run course, notify a timing official immediately after crossing the finish line.
7. Failure to wear your timing chip on race day, return your chip after the event or pay the replacement cost of your lost chip may disqualify you from future Ironman events.

### Course cut-off times

- Swim: the swim course will close one hour and ten minutes after the final swim wave start. All athletes still in the water after the cut-off time will be disqualified and will not be permitted to continue the event.
- Bike: the bike course will close five hours after the final swim wave start. All athletes still on the bike course after the cut-off time will be disqualified and will not be permitted to continue the event.
- Run: the run course will close eight hours after the final wave start. All athletes still on the run course after the cut-off time will be disqualified and given the opportunity to unofficially finish the race.

**No chip = no time**

## Bike and Gear Bag Recovery

On race day you must retrieve your morning clothes bag and wetsuit/swim gear bag at the Boise Centre from 11:00 a.m. – 4:00 p.m.; your bike and bike gear bag may be retrieved at T2 from 1:00 – 4:00 p.m. You must have your athlete wristband on to claim your bike and gear bags. If you are unable to personally claim your bike and gear bags, a family member or friend may use your bike/gear bag check-out ticket that will be provided in your race packet. As a precaution, it's prudent to give this ticket to a family member prior to the race, even if you plan to claim your bike and gear bags yourself.

## Medical

There will be medical staff and facilities throughout the race course. A medical aid station at Lucky Peak Reservoir will handle any medical needs that arise during the swim. 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 full-service medical station at the finish located just inside the Boise Centre, as well as mobile medical teams roaming the course. Over half of the



visits to the medical area occur after participants finish the race. Please do not leave the finish area until you are sure you are stable, can drink without vomiting and stand without dizziness. The medical station in the Boise Centre will close nine hours after the race start. All athletes seeking medical attention after that time will be referred to local emergency room facilities.

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

Particular dangers during Ironman events include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint that 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.

Please be attentive when taking water and sponges from volunteers when you're on your bike to avoid the possibility of accident or injury to yourself or another.

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.

Stay with your familiar and proven routine regarding training, nutrition and equipment, especially just prior to the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during the event is especially important.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day. At athlete check-in, you are required to notify the medical team, in writing, if there is any change in your medical status/condition after your event registration was submitted. 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 by WADA.

Feedback from previous Ironman contestants indicates we can never over-emphasize the importance of hydrating prior to and during the event. Our Medical Director recommends you begin hydrating heavily several days before the race and drink enough fluids so your urine is clear, colorless and copious by race day.

Full disclosure of medical condition(s), general health and surgical procedures within the previous 12 months is required. Medical consultation/clearance may be necessary from



an attending physician prior to participating in the event. In all cases, the final decision of medical consideration is at the discretion of the Ironman Medical Director.

## Pre & Post-Race Sports Massage Therapy

Sports massage therapy services will be available during event weekend. Athletes and their families may visit the massage area for a pre-race massage during regular Athlete Check-in and Expo hours in Qwest Arena. Availability will be on a first-come, first-served basis at the rate of \$1/minute.

On race day, the massage team will offer complimentary 10-minute post-race massages. Depending on demand, additional massage time may be available at the rate of \$1/minute (cash only). The post-race massage area will be located inside the Boise Centre adjacent to the medical area.

Any questions may be directed to Juliann Maior at (208) 830-6131.

## Aid Stations

On the bike course, there will be three strategically placed aid stations to supply you with Gatorade Endurance Formula (orange flavor) in ready-to-drink sport top bottles, water, PowerBars and PowerBar Gel. Be sure to toss empty bike bottles and sports nutrition wrappers at the drop targets immediately prior to each aid station. Signs will designate the bottle and trash drop targets. Water bottles will be exchanged at the aid stations. Individual bottles will not be returned to athletes.

On the run course, aid stations will be located approximately every mile and will offer Gatorade Endurance Formula (lemon-lime flavor), water, Coca-Cola, PowerBars, PowerBar Gel, ice, sponges and fruit.

A special foods station will not be offered.



## Qualifying for the 2008 Foster Grant Ironman World Championship 70.3

Ironman 70.3 Boise is an official qualifying event for the 2008 Foster Grant Ironman World Championship 70.3 in Clearwater, Fla. (November 8, 2008). Refer to the slot allocation table below to determine the number of slots awarded in each race category.

Registration for the 2008 Foster Grant Ironman World Championship 70.3 will take place in the Grove Plaza (same location as the awards party) from 2:00 – 4:00 p.m. Sunday. Be prepared to pay the \$300.00 entry fee with cash or check. We do not accept credit cards.

Rolldown for any unclaimed slots will take place following the awards party from 5:00 – 6:00 p.m. All slots must be claimed in-person by the athlete earning the slot.

### PROJECTED IRONMAN 70.3 SLOT ALLOCATION\*

Category	IRONMAN 70.3	
	Male	Female
Pro	3	2
18-24	2	1
25-29	3	2
30-34	4	2
35-39	5	3
40-44	4	3
45-49	3	2
50-54	2	2
55-59	2	1
60-64	1	1
65-69	1	0
70-74	1	0
75+	0	0

\*Final slot allocation will be posted at the race site the day before the race.

### Slot Allocation Policy

At least one slot shall be allocated to each five-year age group category in which any age group athlete sends in an application, both male and female, per the age group categories listed above. If there are no athletes entered in the race in a particular age group, then that slot will be moved to the largest populated age group in that same gender. For additional age group slots, slot allocation shall be representative of the actual number of age group applicants in each category in the race. As an example, if 8% of the age-group applicants are females 40-44, then 8% of these slots would be allocated in the female 40-44 category.



## Lost & Found

It is highly recommended that you mark your gear with your race number. Ironman is not responsible for any lost items. For luggage lost while traveling, please contact your airline.

For Lost & Found items:

- Prior to race day, stop by the Race Office in Qwest Arena.
- On race day Lost & Found will be located in the Boise Centre (Merlins).
- Following the race, please contact [Jennette@ironman.com](mailto:Jennette@ironman.com) for information on any lost or found items.

**Good Luck Athletes!**



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