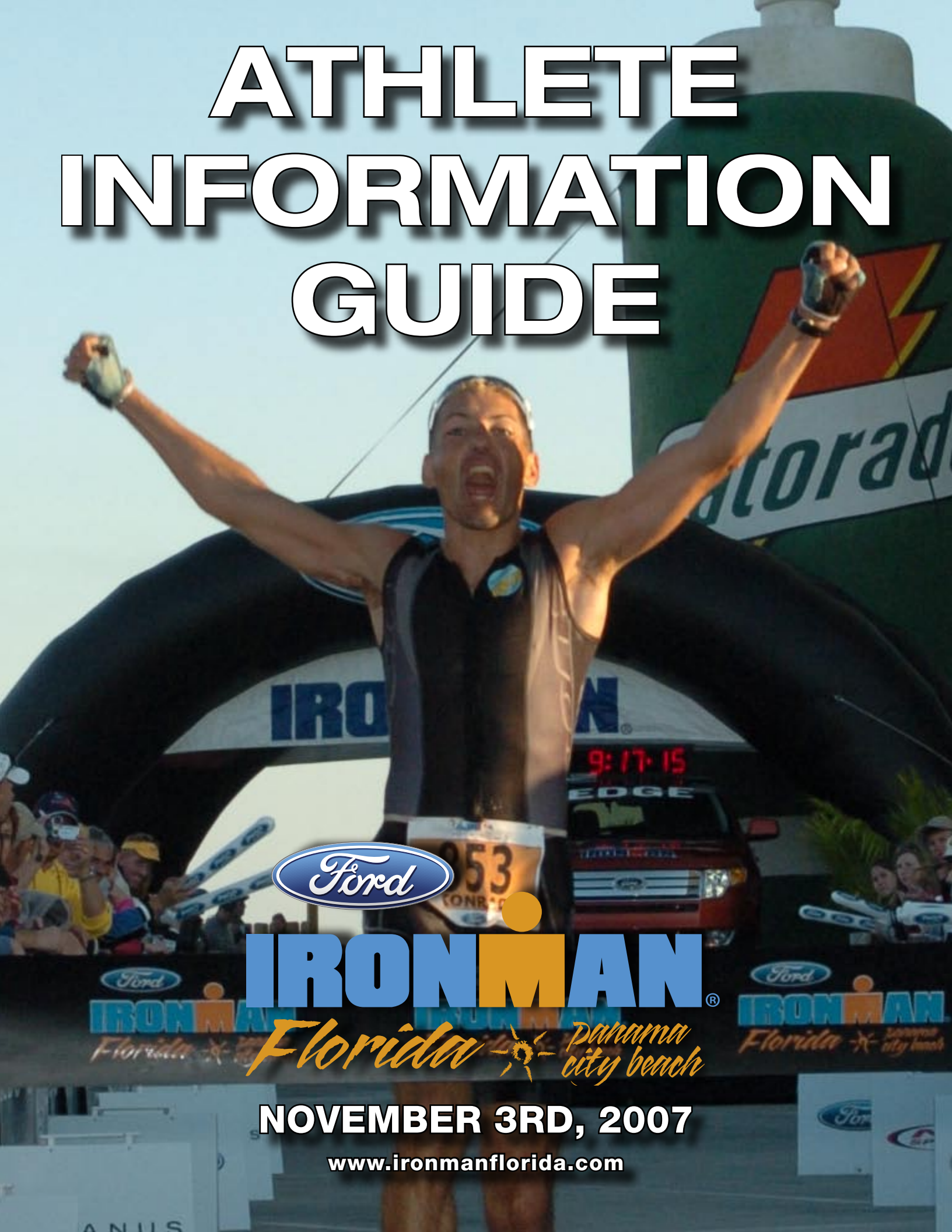


ATHLETE INFORMATION GUIDE



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IRONMAN

Ford
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Florida

Florida  *Panama
city beach*

Ford
IRONMAN
Florida

NOVEMBER 3RD, 2007

www.ironmanflorida.com

Information from Race Director

To All Ironman Athletes and Families,

It is my great pleasure to welcome you all to the ninth annual Ford Ironman Florida in beautiful Panama City Beach. The past eight years have brought remarkably successful races and we look forward to many more.

The success of the race is due in large part to the people and businesses of this fine community and the surrounding areas. The enthusiasm and support of the towns and all the spectators has made this race one of North America Sports' most popular events. Bay County has truly embraced this event and has helped it to become the premier sporting event in the South.

On race day, you will see an Ironcrew of nearly 4,000 volunteers ensuring you a safe and pleasant trip to the finish line. They will be there through rain or shine with smiles to help you on your way to becoming an Ironman. Be sure to thank them every chance you get.

While you are visiting, make an effort to see as much of the area as you can. You will find that this beach town has something for everyone.

Train hard but train safe, and we will see you at the finish line.

Sincerely,

Shelley Bramblett, Race Director

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IMPORTANT NOTICE:

PLEASE DO NOT PAINT ON THE ROADS OF THIS BEAUTIFUL COURSE OR RELIEVE YOURSELF OUTSIDE OF A PORT-A-POTTIE

I cannot stress this point enough. Please tell your friends and family to refrain from painting words of encouragement on the streets of our host communities. While it may not be done maliciously, it is a very serious problem that actually threatens the existence of Ironman in some areas. It is simple, painting on the road is considered "Graffiti," and relieving yourself outside of a port-a-pottie is considered indecent exposure and both are against the law. If you are caught painting the road you will be fined (if it is a family member or friend of an athlete, and we can identify your athlete, we reserve the right to disqualify the athlete) and if caught for indecent exposure you will be arrested. The Bay County Sheriffs Department will be patrolling the course all week long looking for offenders. If you are caught, you will be fined and if your athlete is identified, they may face disqualification. Please stop by the Janus Inspiration Station and make a sign that will be taken out on course and then removed following the race.

Thank you for your understanding,
Shelley Bramblett, Race Director

Tentative Schedule of Events

****NOTE:** There is **NO** race-day registration / packet pickup. You **MUST** register and pick up your packet on the specified days. Please plan your arrival to the area accordingly.

Wednesday October 31, 2007

7:00-10:00 a.m.-Gatorade bag check-in. Representatives from Gatorade will be on hand to watch your gear and give away some Gatorade, water bottles and other goodies.

7:00-10:00 a.m.-Blue Seventy Wetsuit Test and Fit Sessions: Does your wetsuit fit? Do you have questions about the swim? Would you like to test swim the latest in wetsuit technology? Come to the Blue Seventy Tent during the morning swim and we are there to help.

10:00 a.m.-4:30 p.m.-Ford Ironman Village open The Janus Inspiration Station and the Ironman Marketplace, which will have triathlon-related products and information, will be located in the Village. This area serves as a focal point for the week's events, where athletes can socialize.

10:00 a.m.-4:00 p.m.-Athlete registration/Package pick-up-FORD IRONMAN VILLAGE

Thursday, Nov. 1, 2007

7:00-10:00 a.m.-Gatorade bag check-in. Representatives from Gatorade will be on hand to watch your gear and give away some Gatorade, water bottles and other goodies.

7:00-10:00 a.m.-Blue Seventy Wetsuit Test and Fit Sessions: Does your wetsuit fit?

10:00 a.m.-4:30 p.m.-Ford Ironman Village open

10:00 a.m.-4:00 p.m.-Athlete registration/Package pick-up-FORD IRONMAN VILLAGE

11:00 a.m.-Pro Press Conference-IMTV TENT, FORD IRONMAN VILLAGE

11:45 a.m.-Pro Athlete Panel-IMTV TENT, FORD IRONMAN VILLAGE

5:30 -7:30 p.m.-Welcome Dinner-BOARDWALK BEACH RESORT CONFERENCE CENTER

7:30 p.m.-Mandatory Athlete Meeting immediately following the banquet.

Friday, Nov. 2, 2007

7:00-10:00 a.m.-Gatorade bag check-in. Representatives from Gatorade will be on hand to watch your gear and give away some Gatorade, water bottles and other goodies.

7:00-10:00 a.m.-Blue Seventy Wetsuit Test and Fit Sessions: Does your wetsuit fit?

8:00-11:00 a.m.-Athlete pancake breakfast-IRONMAN



VILLAGE Free pancake breakfast to all athletes sponsored by Gulf Beach Baptist Church.

9:00-11:00 a.m.-2008 Ford Ironman Registration for 2007 registrants ONLY, photo ID and wristbands required-FORD IRONMAN VILLAGE

10:00 a.m.-4:30 p.m.-Ford Ironman Village open

10:00 a.m.-3:00 p.m.-Bike and gear bag check-in-PARKING LOT OF THE BOARDWALK BEACH RESORT *Note: There will be no bike inspection.*

5:00 p.m.-Volunteer meeting-IN THE BLEACHERS AT THE FINISH LINE LOCATED AT THE BOARDWALK BEACH RESORT

Saturday, Nov. 3, 2007

5:00 a.m.-Athletes begin arriving at the transition zone-BOARDWALK BEACH RESORT

7:00 a.m.-Race Starts

9:00 a.m.-2:00 p.m.-Ford Ironman Village open
Midnight-Race Finishes

Sunday, Nov. 4, 2007

8:00 a.m.-Finisher merchandise available-FORD IRONMAN VILLAGE

9:00-11:00 a.m.-2008 Ford Ironman Florida Registration open-FORD IRONMAN VILLAGE *Photo ID required*

9:00-11:00 a.m.-2008 Ford Ironman World Championship Registration-FORD IRONMAN VILLAGE

9:00-11:00 a.m.-Finisher certificates and results books available-FORD IRONMAN VILLAGE

9:00 a.m.-Race Photos available-ATHLETE FOOD TENT

11:15 a.m.-Ford Ironman World Championship Roll down-FORD IRONMAN VILLAGE

5:30 p.m.-Philadelphia Insurance Awards Banquet-BOARDWALK BEACH RESORT CONFERENCE CENTER

8:00 p.m.-Post-race celebration-SPINNAKER BEACH CLUB

Ford Ironman "To Do" List

From the moment you arrive at an Ford Ironman event, there is an energy and enthusiasm in the air that can be a little overwhelming. So, to make sure that all athletes remember to do all the necessary things to ensure a successful experience, we have come up with a simple "To-Do" list.

1. **When you first arrive, you should drive the course and become familiar with the turns, hills, terrain, etc.** It will help you to get on the course with peace of mind on race day, and you will be better prepared.



2. **Athlete Registration Packet Pick-up.** Make sure that you arrive in adequate time to register. Be sure to bring a photo ID because Ford Ironman has a 100% photo ID check policy. If you do not have your ID, you cannot pick up your packet. Registration for Ford Ironman Florida opens at 10:00 a.m. on Wednesday at the Ford Ironman Village. You must pick up your packet before 4:00 p.m. on Thursday, or you cannot race.

3. **Once you have your registration packet, label all of your gear with your name and with the numbers provided.** Make sure that everything is applied properly to avoid penalties during the race.

4. **Take some time to enjoy the event and visit the Ford Ironman Village.** Here you will find vendors and sponsors displaying the latest products in the triathlon world. Here you will also find Ford Ironman merchandise.

It is a great opportunity to spend some time with your family, friends and fellow Ford Ironman competitors. Relax. It is important to enjoy all aspects of the event.

5. **Athlete bike and gear bag check-in on Friday between 10:00a.m.-3:00 p.m.** All bikes and gear bags must be checked in during these hours. You will be able to access your bike and gear bags on race morning.

6. **Mandatory Athlete Meeting will take place directly following the Welcome Dinner on Thursday.** The meeting will start at approximately 7:30 p.m.

7. **Bodymarking begins at 5:00 a.m. on race day** transition zone at the Boardwalk Beach Resort. (Also serves as the Run Start Area). REMEMBER: DO NOT put lotion on before you get bodymarked.

8. **Special Needs Bags** - is an optional use bag. You may use this option if there is anything special that you would like to pick-up during the bike and/or run portions of the race. For example, if you have a special drink mix that you would like to replenish, back-up salt tablets, an extra shirt or any other kind of comfort food/item that you think you may need or want and cannot get out on the course. Please note that the temperature drops when the sun goes down in Panama City Beach and

so putting a long sleeved shirt or jacket in your run special needs is advisable. The Special Needs Bags will be located 13 miles into the run and approximately 60 miles into the bike. **DO NOT PLACE ANY VALUABLES INTO THIS BAG.** We do try and return these bags to the transition area after the race **BUT THERE IS NO GUARANTEE** you will get them back. Drop off at Alvin's Island at the corner of Joan Ave. and South Thomas Drive (east end of Board Beach Resort) on your way to bodymarking on race morning.

9. **Once you have completed the race, you must retrieve your bike and gear from the transition area starting at 6:00 p.m.** Ironman is not responsible for gear that is not picked up.

10. **On Sunday, the 2008 Registration for the Ford Ironman Triathlon World Championship in Hawaii will take place from 9:00 a.m.-11:00 a.m.,** If you qualify for a slot, you must register during these hours or your slot will be rolled down. Entry fee is \$500 and payable by check in US funds or credit card (a fee of \$20 will be added to credit card charges) **ONLY. NO EXCEPTIONS.** The 2008 rolldown....will take place at 11:15am. All slots not claimed during the registration hours will be rolled down. Entry fee and payment methods remain unchanged for rolled down slots.

11. **The Philadelphia Insurance Awards Banquet will commence on Sunday at 5:30 p.m. at the Boardwalk Beach Resort Conference Center.**



Registration Packet Pick-up

PLEASE BRING THE FOLLOWING ITEMS WITH YOU TO REGISTRATION PACKET PICK-UP!!!

- OFFICIAL PHOTO ID
- CONFIRMATION NUMBER
(If you signed up on Active.com)

*** NOTE: PLEASE PLAN TO ARRIVE AT THE RACE SITE IN TIME TO REGISTER DURING STATED REGISTRATION PERIODS**

1. CONFIRM YOUR ATHLETE NUMBER ON THE ATHLETE LIST

2. SIGN WAIVERS

3. WEIGH IN - Please tell the volunteer your weight. This is necessary for all athletes for medical purposes, as well as Clydesdale competitors.

4. PICK UP REGISTRATION ENVELOPE

- This contains the following:

A. *RACE NUMBERS* - bike frame numbers, bike helmet numbers (to go on the FRONT of your helmet), athlete bike bib numbers (to go on the BACK of athlete), and athlete run bib number (to go on the FRONT of athlete). A race belt may be worn.

B. *SWIM CAP* - Ensure the correct athlete number.

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.

D. *TIMING* - You must proceed to the

ChampionChip table to pick up your chip and get it scanned. If you own your own ChampionChip, please bring it with you to registration for scanning purposes.

Anyone wishing to use their own chip must email Sportstats at info@sportstats.ca or let them know at registration. Anyone who would like to purchase a ChampionChip may do so at www.sportstats.ca. Chips can also be purchased at registration.

DO NOT FORGET YOUR TIMING CHIP ON RACE DAY! You cannot race without your ChampionChip. If you have any problems, go to the timing area on race day morning.

5. PICK UP GOODY BAGS - Contains: Athlete T-shirt and sponsor product giveaways.

6. PRO REGISTRATION/PROBLEM DESK

- Please go to the Pro Registration/Problem Desk if:

A. *YOU ARE AN ELITE WANTING TO REGISTER OR*

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 ATHLETE VILLAGE TO GET ANY QUESTIONS ANSWERED.*

PRIZE MONEY BREAKDOWN

\$30,000

Pro prize purse

1st place - \$5,000

2nd place - \$3,000

3rd - \$2,000 4th - \$1,500

5th - \$1,250 6th - \$1,000

7th - \$750 8th - \$500

ALSO FEATURING . . .

8 Pro Slots and 72 Age Group Slots to the 2008 Ford Ironman Triathlon World Championship in Kona, Hawaii

Pre to Post Information

PRE-RACE INFORMATION

LABEL YOUR GEAR

Please label every piece of clothing and gear, including both shoes, before leaving home. Remember to also label all race morning warm-up clothing.

PERSONAL SAFETY

You should always train with at least one other person when possible, especially in the water. While in the water, please wear a brightly colored swim cap.

**NOTE: WHILE ON THE LAND COURSE, PLEASE BIKE AND RUN AS CLOSE TO THE SHOULDER AS POSSIBLE. DRIVERS ARE NOT ACCUSTOMED TO LARGE NUMBERS OF CYCLISTS AND RUNNERS ON THE ROADS. PLEASE EXERCISE CAUTION. NORTH AMERICA SPORTS HAS BECOME KNOWN FOR THE VERY SPECIAL CARE GIVEN TO CONTESTANTS ON RACE DAY. PLEASE BE AWARE WHEN YOU ARE TRAINING ON STREETS AND HIGHWAYS OF THE RACE LOCATIONS THAT THOSE SHARING THE ROADS WITH YOU ARE THE VERY ONES YOU WILL COUNT ON DURING RACE DAY TO FULFILL YOUR PHYSICAL AND EMOTIONAL NEEDS. 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 normal Ford Ironman Village hours. The Information Booth will be located at the Ford Ironman Village. The Information Booth also doubles as Lost & Found, so if you lose or find anything, this is the place to go.

BIKE & TRANSITION CHECK-IN

Only registered athletes with ID bands may enter the FORD IRONMAN transition area. 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 slot in the bike lot.

RACE DAY INFORMATION

RACE MORNING CHECK-IN

Athletes may check in beginning at 5:00 a.m.-NO EARLIER PLEASE. Remember to bring your swim cap, goggles, wetsuit, run gear, and ChampionChip. Bike technicians and bike pumps will be available in the bike lot race morning. Please do not wear your race number in the swim. Leave it with your swim to bike gear bag and put it on before you head out on the bike. Numbers will not hold up for the duration of the race if they are worn in the swim.

BODYMARKING

Please DO NOT apply sunscreen before being marked. Bodymarking begins at 5:00 a.m. Bodymarkers will be available outside the transition entrance area.

TRANSITION CHECK-IN GATES

(Close at 6:30 a.m.)

All athletes should be should be out of transition before this time.

EYEGLASSES

Glasses must be labeled with 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 eyeglass table.

POST-RACE INFORMATION

MEDALS

Your medal will be presented to you at the finish line.

MESSAGE

Walk for five minutes prior to entering the Massage Tent. This will help prevent cramping.



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 Tent for updates on athlete conditions. Please wait at the Medical Information Booth located next to the Medical Tent for updates on athlete conditions.

Pre to Post Information

SECURITY

Only athletes or persons displaying security tags will be allowed inside transition. Please understand your friends and family must wait outside of transition until you're ready to join them.

POST-RACE EQUIPMENT PICK-UP

The Transition Area will open for you to pick up your things at 6:00 p.m. All bikes must be removed by Midnight. Please be aware of other athletes that are still racing when picking up your bike early.

LOST AND FOUND

Lost and found articles will be available for claim at the information booth during race week and in the Ironman Village the morning after the race.

**NOTE: REMEMBER NUMBERING EVERY ITEM CAN ASSIST IN THE RETURN OF LOST ARTICLES.*

IMPORTANT INFORMATION ON 2008 FORD IRONMAN WORLD CHAMPIONSHIP SPOT REGISTRATION AND ROLLDOWN - 9:00 A.M.

We have 80 spots 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 spot unclaimed during Registration will be rolled down through that age group at 11:15 a.m.

**NOTE: IF YOU ARE ATTEMPTING TO QUALIFY FOR THE 2008 FORD IRONMAN*

WORLD CHAMPIONSHIP, PLEASE NOTE THE COST IS \$500 VIA CREDIT CARD OR CHECK DRAWN ON US BANK. TRAVELERS CHECKS ARE ACCEPTED. THERE IS NO TIME AVAILABLE TO BE LOOKING FOR THESE THINGS ON REGISTRATION DAY!! YOU MUST BE IN ATTENDANCE TO CLAIM YOUR SPOT SO PLAN YOUR TRAVEL ACCORDINGLY. ABSOLUTELY NO EXCEPTIONS WILL BE ALLOWED.

SHUTTLE SERVICE

A shuttle service will be provided on race day to help you get to and from the race site from two locations. The first will be at the Gulf Beach Baptist Church located at 10620 Hutchinson Blvd. and the second will be at the Southeast corner of Wal-Mart parking lot located at 10270 Front Beach Rd.

There will be three (3) shuttles running from 4:30 a.m. to 7:00 a.m. Nov. 4th dropping off at Alvin's Island approximately .25 miles east of the Boardwalk Beach Resort. After 7:00 a.m. there will be two (2) shuttles running until 1:00 a.m. on Nov. 5th, picking up and dropping off at all locations. Please note no bikes will be allowed onto the shuttles and delays may occur during the day due to race traffic.

DIRECTIONS TO FORD IRONMAN FLORIDA

FROM THE WEST

- Take HWY 10 to HWY 331-south
- Take HWY 331-south to HWY 20-east
- Travel down HWY 20-east turn right



onto HWY 79-south

- Follow HWY 79-south to Front Beach Rd. and turn left
- Follow Front Beach Rd. to South Thomas Dr. turn right
- You will find the race site host hotel Boardwalk Beach Resort on the right

FROM THE EAST

- Hwy 10 West to 231 South
- Follow Hwy 231 South to Hwy 98
- Right on Hwy 98 to Front Beach Road (left)
- Turn left on South Thomas Drive (just past Wal-Mart)
- You will find the race site host hotel Boardwalk Beach Resort on the right

FROM THE NORTH

- Follow HWY 231-south to HWY 98-west turn right
- Follow the directions for traveling from the east
- Or follow HWY 79-south to Front Beach Rd. turn left, follow the directions for traveling from the west

Race Rules and Information



A MESSAGE FROM THE HEAD REFEREE

We will be using a modified version of the USAT Competitive Rule set. In summary, these rules operate under the three strikes and you are out principle. Drafting is the only violation that incurs a time penalty (to be served in a penalty tent, located at various spots on the bike course). Any and all violations count toward your 3-strikes.

Example 1. **Drafting Call** (4 minutes to be served in penalty tent on the bike course)

2. **Helmet Chinstrap Call**

3. **Littering**- this is the 3rd Call and a disqualification (DQ).

In other words, any combination of 3 rule violations will result in a DQ. In order to minimize athletes' misunderstanding on race day, please take the time to read the following summary of rules and review the USAT Competitive Rulebook.

- RIDE ON THE RIGHT SIDE OF YOUR LANE
- KEEP FOUR BIKE LENGTHS BETWEEN YOURSELF AND THE CYCLIST IN FRONT OF YOU
- PASS ON THE LEFT OF THE CYCLIST IN FRONT, NEVER ON THE RIGHT
- COMPLETE YOUR PASS WITHIN 20 SECONDS
- IF PASSED, DROP BACK FOUR BIKE LENGTHS BEFORE RE-PASSING

There are trained officials on the course to ensure safety and fairness. Triathlon is an individual event and it is the athlete's responsibility to fully understand the rules and avoid penalties. The Marshal's ruling is final in the case of Position Violations and

there are no protests or appeals. Following are the most common rules 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 LEADING CYCLIST CLOSER THAN FOUR BIKE LENGTHS AND FAILING TO PASS WITHIN 20 SECONDS
- CHIN STRAP - ALWAYS HAVE YOUR CHINSTRAP SECURELY FASTENED!

Other violations include failure to wear race number, riding or running with an IPOD, Thump, or any other musical device and littering. It's important to remember that while drafting is the only violation to incur a time penalty, you must go to a penalty tent for all violations to have your number marked and all violations count towards 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.

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 your goals.

Jimmy Riccitello
Head Referee, WTC

Race Rules and Information

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

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 may be banned for life from any NAS event. Violating this rule puts insurance coverage



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

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.

HSBC SWIM COURSE & RULES

COURSE LENGTH - 2.4 MILES / 3.8 KM

- **CUT OFF TIME** - 9:20 A.M.
- **BIKE START CUT OFF TIME** - 9:30 A.M.

1. EACH SWIMMER MUST WEAR CAP PROVIDED BY RACE.

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 ESCORT ALLOWED. The course will be adequately patrolled by boats, canoes and paddleboards.

5. DO NOT WEAR YOUR RACE BIB DURING THE SWIM.

6. WETSUITS ARE ALLOWED FOR ALL ATHLETES IF THE WATER IS 78 DEGREES FAHRENHEIT OR COLDER.

7. 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, so long as no forward progress is made. Special provisions are made for wheelchair athletes. Course officials and medical personnel reserve the right to remove athletes

from the course if determined medically necessary.

8. SWIM COURSE WILL CLOSE AT 9:20 A.M. Contestants 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 LIFEGUARDS, DIVERS, CANOES AND KAYAKS, BUOYS, AND AQUATIC CRAFTS THAT LINE THE COURSE.*

SWIM TO BIKE TRANSITION

After the swim, you will be directed through the timing chutes to the bike and run transition. NO PUBLIC NUDITY. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on your person, in a front pack, or in your gear bags. Sunscreen is available in the transition area.



Race Rules and Information

- **BIKE START CUT OFF TIME**
- 9:30 A.M.

**PLEASE INFORM FRIENDS AND RELATIVES TO STAY OFF BIKE/RUN COURSE.*

BIKE COURSE & RULES

COURSE LENGTH -
112 MILES / 180 KM

- **CUT OFF TIME -** 5:30 P.M.

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

1. NO TANDEM, RECUMBENTS, FAIRINGS, OR ANY ADD-ON DEVICE DESIGNED EXCLUSIVELY TO REDUCE RESISTANCE ARE ALLOWED. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

2. POSITION RULES:

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

b. Contestants 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, 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, or near the bike to run transition. 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.

3. SHOES AND HELMET MUST BE IN THE BIKE GEAR BAG. SHOES MAY NOT BE ON OR BESIDE THE BIKE. Shoes and shirt must be worn at all times.

4. EACH CONTESTANT MUST WEAR THE FORD IRONMAN FLORIDA ISSUED RACE NUMBER AT

ALL TIMES WHILE ON THE COURSE. The bike number must be placed low on the BACK of 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.

5. CPSC-APPROVED HELMET IS REQUIRED DURING THE ENTIRE BIKE PORTION INCLUDING IN AND OUT OF TRANSITION AREA. Any contestant riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.

6. NO INDIVIDUAL SUPPORT ALLOWED. AMPLE AID AND FOOD STATIONS WILL BE PROVIDED. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside contestant, may not pass food or other items to contestant and should be warned to stay completely clear of all participants to avoid the disqualification of a participant. It is incumbent upon each contestant to immediately reject any attempt to assist, follow, or escort.

**NOTE: BIKE AID STATIONS ARE LOCATED APPROXIMATELY EVERY 10 MILES. IT IS YOUR RESPONSIBILITY TO STOP FOR SAFE NUTRIENT PICK-UP. CALL*

Race Rules and Information

OUT YOUR REQUIREMENTS CLEARLY AND IN ADVANCE. CREWS ARE INSTRUCTED NOT TO STEP ACROSS THE WHITE LINE FOR HANDOFFS. THERE WILL BE WATER, GATORADE, POWER BARS, 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

**NOTE: TECHNICAL SUPPORT VANS WILL BE ON THE COURSE TO ASSIST WITH EMERGENCY REPAIRS WHENEVER POSSIBLE, E.G. REPLACEMENT TUBES, TIRES, CHAINS, ETC. TECHNICAL VANS WILL ROAM THE COURSE THROUGHOUT THE DAY, BUT ARE LIMITED IN NUMBER. BE PREPARED.*

8. CONTESTANTS ARE EXPECTED TO HEED DIRECTIONS AND INSTRUCTIONS

own bikes. However, race officials may at their discretion make final judgment as to the soundness of bikes. In the event of foul weather, large plastic bags, which cover the entire bike, will be permitted as long as the bags are securely fastened to the bike.

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

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

13. CYCLISTS STILL ON THE COURSE AFTER 5:30 P.M. 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 & RULES

COURSE LENGTH -
26.2 MILES / 42 KM

• CUT OFF TIME - MIDNIGHT

1. NO FORM OF LOCOMOTION OTHER THAN RUNNING, WALKING OR CRAWLING IS ALLOWED.

2. RUNNERS 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 contestants in the race. Folding, cutting the race number, intentional alteration of any kind, or failure to wear race number is **STRICTLY PROHIBITED** and may result in disqualification.

3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS



THE BOTTLE DROP AT THE ENTRANCE AND/OR EXIT OF EACH AID STATION. A PENALTY WILL BE ASSESSED FOR DISCARDING A BIKE BOTTLE OR ANY OTHER LITTER/TRASH OUTSIDE THE DESIGNATED DROP ZONE.

7. EACH CONTESTANT 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 cyclist should be prepared to handle any possible mechanical malfunction.

OF ALL RACE OFFICIALS AND PUBLIC AUTHORITIES. Failure to do so may result in disqualification.

9. CONTESTANTS MAY WALK BIKE, IF NECESSARY, BUT MAY NOT MAKE PROGRESS ON THE BIKE COURSE UNACCOMPANIED BY THEIR BICYCLE.

10. BIKE INSPECTION IS NOT MANDATORY AND WILL NOT BE PROVIDED AT BIKECHECK-IN, ALTHOUGH TECHNICIANS WILL BE AVAILABLE. Athletes are ultimately responsible for their

Race Rules and Information

INSIDEOUT SPORTS RACE CHECKLIST



PRE-RACE IN TRANSITION AREA

- Sunscreen
- Warm-up clothes
- Bike pajamas
- Food and drink
- Race numbers for clothes
- Race belt
- Water bottles
- Floor pump
- Electrical tape
- Spare tires (2)
- Spare tubes (2)
- Spare bar- (2) end plugs
- Small tool kit
- Glue (for sew-ups)

SWIM

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

BIKE

- Bike
- Race wheels
- Bar end plugs (2)
- Food for bike
- Helmet
- Sunglasses
- Cycling shorts
- Cycling jersey/singlet (mandatory!)
- Cycling shoes
- Clear rain jacket (optional)
- Tights (optional)

- Socks
- Tubes (2)
- Tires (2)
- Tire levers (3)
- Patch kit
- Small tool kit
- Water bottles/JetStream
- CO2 cartridges/min
- Bike pump
- Glue (for sew-ups)

RUN

- Cap/visor
- Singlet
- Shorts
- Tights (optional)
- Long-sleeve wicking shirt (optional)
- Socks
- Shoes with quick lace system
- Reflective tape (mandatory)
- Fanny pack
- Gel/food for run
- Salt Tablets
- Fuel belt
- Sunglasses
- Blister pads
- Post race towel
- Water to rinse face
- Clean, comfortable post-race shirt
- Clean, comfortable post-race pants
- Socks
- Jacket/pullover
- Comfortable shoes
- Recovery drink/food/water
- Cap

*NOTE: ALL ITEMS LISTED IN THE SUGGESTED CHECKLIST WILL BE AVAILABLE AT THE INSIDE OUT SPORTS BIKE AND SPORTS EXPO IN THE FORD IRONMAN VILLAGE.

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 contestant, may not pass food or other items to contestant and should be warned to stay completely clear of all participants to avoid the disqualification of a participant. It is incumbent upon each contestant to immediately reject any attempt to assist, follow, or escort. It IS permissible for a contestant who is still competing to run with other contestants who are still competing.

4. RUNNERS ARE EXPECTED TO FOLLOW THE DIRECTIONS AND INSTRUCTIONS OF ALL RACE OFFICIALS AND PUBLIC AUTHORITIES.

5. THE FORD IRONMAN FLORIDA RUN COURSE WILL OFFICIALLY CLOSE AT MIDNIGHT. Runners still on the course after that time will be given the opportunity to unofficially finish the race.

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

INFORMATION BOOTH

1. THERE WILL BE A DESIGNATED AREA AT THE EVENT FOR INFORMATION. The information booth serves as the information center throughout race week and on race day for the friends and family members of athletes. Race information prior to and on race day will be available here.

2. SPECTATOR VIEWING GUIDES, OFFICIAL NAS PROGRAMS, INFORMATION ABOUT ATHLETES ON THE COURSE, DROPOUTS, INJURIES, ETC. WILL BE POSTED WHEN AVAILABLE ALONG WITH THE RESULTS.

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., are allowed into the finish area.

Medical Information



To ensure the health and safety of the athletes competing in the Ford Ironman Florida, months of planning has been undertaken by dozens of skilled professionals. Ultraendurance 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. Or it may be cool with a light mist of rain. Or it may be unseasonably cold. Bring some extra gear. Be flexible. Stay hydrated. Not even the weatherman knows. Typical weather in Panama City Beach in November will be pleasant and in the 70s.

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), you must 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.

6. **INTRAVENOUS FLUID REPLACEMENT** – 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.

7. **LATE FINISHERS** – If you finish the race after midnight, please be aware that there will be only a skeleton medical staff on stand-by at the Medical tent.

Medical Information

*NOTE: 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 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 falls, 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 well 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 a 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.



Medical Information

1. ATHLETES SHOULD STRIVE FOR OPTIMAL TRAINING AND CONDITIONING FOR THE RIGORS OF 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 (nude).

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 FORD IRONMAN ATHLETES AT NO CHARGE:

1. MEDICAL COVERAGE ON THE RACE COURSE.

2. ALL VOLUNTEER TIME DONATED BY THE AMBULANCE ATTENDANTS.

3. AMBULANCE TRANSPORTATION 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 Ford Ironman competitors are therefore strongly urged to purchase adequate medical insurance coverage in preparation for their participation in the Ford Ironman Florida.

***North America Sports
wishes you all good training,
good health and good luck
during your race season.***

Race Courses and Maps

HSBC SWIM COURSE

The swim portion of Ford Ironman Florida begins on the beach behind the Boardwalk Beach Resort, in the Gulf of Mexico. The course is a 2.4-mile two-loop swim. The first loop is rectangular in nature,

the swim portion of the event due to weather conditions.

BIKE COURSE

Once athletes exit the transition area, athletes will begin the bike portion of the event by exiting through the bike/run start tower and head-



with athletes actually exiting the water, and doing a turnaround on the beach. Upon re-entrance, athletes take a diagonal (see swim map) angle before re-connecting with the original portion of the swim course, continuing along the second loop until exiting the water at the completion of the swim. After exiting the water, athletes will run up the beach, running up the entrance steps to the Boardwalk, before continuing on to the transition area. Note: Ironman North America reserves the right to change

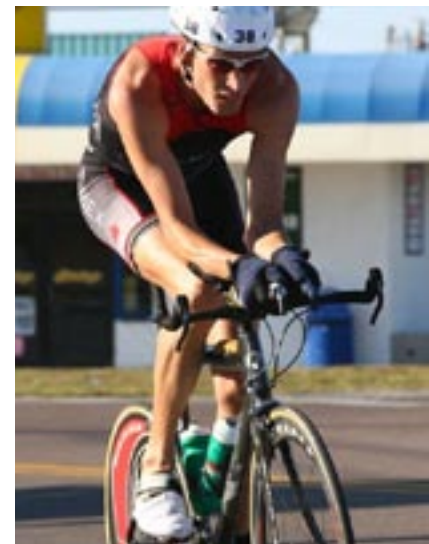
ing east on South Thomas Drive. The bike portion of the event is extremely flat and fast, although wind can play a factor in the race.

RUN COURSE

The two-loop run at Ford Ironman Florida is extremely flat in nature and meanders through various neighborhoods in Panama City Beach before reaching the turnaround at St. Andrews State Park. After repeating the course, athletes will finish the event on the upper parking deck of the Boardwalk Beach Resort.



The run course will have mile markers and aid stations approximately every mile. Traffic cones will be used to separate the runners from the traffic where necessary. The traffic cones will not block the flow of traffic. Numerous signs will be used to inform the local traffic of the race in progress and racecourse volunteers will be used to keep runners on course.



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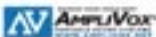
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Ford Ironman Notes

