

07  
MAY 2023

# IRONMAN<sup>®</sup> 70.3<sup>®</sup> VENICE-JESOLO

## ATHLETE GUIDE

*SWIM BIKE RUN*

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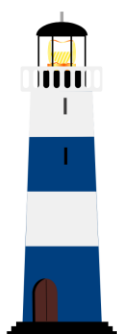
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# WELCOME

IRONMAN® 70.3 Venice-Jesolo



***The third edition of IRONMAN 70.3 Venice-Jesolo is here!***

It will be an extraordinary event, strongly desired not only by us but especially by you athletes. Your response to this third edition has been formidable. The event was born as an early season race, one of the first tests to face the whole season.

We have worked with commitment and dedication so that this long weekend could take place, to be able to welcome you safely from start to finish and celebrate your milestone together.

Now it's here, just a little further and IRONMAN 70.3 Venice-Jesolo will be a reality!

Please read the information in the guide carefully, following the directions will allow us to experience a great weekend of sports together.

We look forward to welcoming you and introducing you to the wonders of the Venetian lagoon, giving you an unforgettable IRONMAN-branded experience.

Believe us all the way, we will be by your side throughout the weekend and waiting for you at the finish line!



**Andrea Camporesi**

***Race Director IRONMAN 70.3 Venice-Jesolo***

# EVENT PROGRAM



## FRIDAY, MAY 5

Opening Hours	Description	Location
10:00h- 18:00h	Athlete's Registration	<a href="#">Light House Beach, Jesolo</a>
10:00h - 18:00h	IRONMAN Merchandise Store	<a href="#">Light House Beach, Jesolo</a>
10:00h - 18:00h	Info Point & Expo Area	<a href="#">Light House Beach, Jesolo</a>
18:00h – 19:00h	Briefing (ENG)	<a href="#">Kursaal Congress Center (Sala Tiepolo)</a>

## SATURDAY, MAY 6

Opening Hours	Description	Location
10:00h- 17:00h	Athlete's Registration	<a href="#">Light House Beach, Jesolo</a>
10:00h - 18:00h	Info Point & Expo Area	<a href="#">Light House Beach, Jesolo</a>
10:00h - 18:00h	IRONMAN Merchandise Store	<a href="#">Light House Beach, Jesolo</a>
12:00h - 18:00h	Bike Check-In	<a href="#">Viale Gorizia/Udine – Transition Area</a>
10:00 h – 11:00h	Briefing (ENG)	<a href="#">Kursaal Congress Center ( Sala Tiepolo)</a>
11:00h – 12:00h	Briefing (ITA)	<a href="#">Kursaal Congress Center ( Sala Tiepolo)</a>

## SUNDAY, MAY 7

Opening Hours	Description	Location
5.30h- 7.00h	Drop-Off White Bag- Athlete Garden	<a href="#">Light House Beach, Jesolo</a>
5.30h- 7.00h	Transition Open	<a href="#">Viale Gorizia/Udine – Transition Area</a>
7.30h	Swim Start	<a href="#">Light House Beach, Jesolo</a>
14:30h – 18:00h	Bike Check out	<a href="#">Viale Gorizia/Udine – Transition Area</a>
10:00h - 18:00h	Info Point & Expo Area	<a href="#">Light House Beach, Jesolo</a>
10:00h - 18:00h	IRONMAN Merchandise Store	<a href="#">Light House Beach, Jesolo</a>
17:20 h	Race Finish	<a href="#">Light House Beach, Jesolo</a>
18:30 h	Awards Ceremony	<a href="#">Cinema Teatro Vivaldi</a>





## IRONMAN 70.3 Venice-Jesolo – Merchandising Store

At the IRONMAN Merchandise Store you will be able to find all official IRONMAN 70.3 Venice-Jesolo merchandise. The Merchandise Store will be open on Friday 5th May, Saturday 6th May and Sunday 7th May from 10:00 to 18:00.

## Lost & found

Any items lost and found by IRONMAN staff will be deposited and left available for retrieval by athletes at the Info Point at Lido di Jesolo (Lighthouse Beach). When the race ends all lost and found items can be retrieved at the awards ceremony (1h before the race) at the [CINEMA TEATRO VIVALDI](#)

## "EXPO"

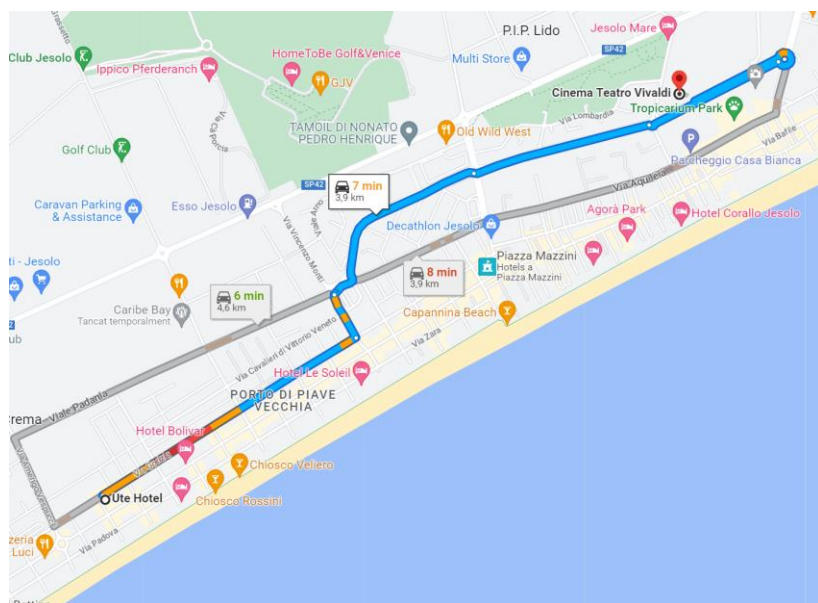
The expo will be open on Friday 5th May, Saturday 6th May and Sunday 7th May from 10:00 to 18:00.

# GENERAL INFORMATION



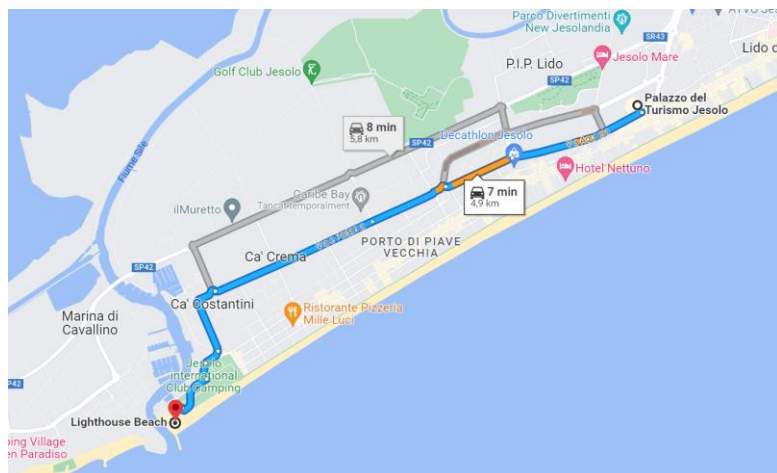
## *Where you can park!*

There will be **free parking** near the transition area; we ask you to share your car with another athlete when possible to reduce traffic congestion on race morning.



## *How to get from transition to the awards ceremony (CINEMA TEATRO VIVALDI)*

To get to the award ceremony from transition you can calculate **7 minutes** by car.



## *How to get from transition to swim start?*

From transition to the swim start **11 minutes'** walk, about 1 km.





# LICENCE AND MEDICAL CERTIFICATE

As a reminder, all athletes are required to have one of the following documents in Dokeop when competing in Italy, without exception:

1. **FITRI** annual licence

2. Valid annual triathlon licence issued by the **ETU** (European Triathlon Union), to be uploaded to Dokeop. Make sure that this licence covers all costs in case of accidents in Italy (you can check this with your federation).

3. **NO ETU:** If you hold a valid annual triathlon licence from another country, you must also submit a medical certificate specific to triathlon. \*

\*Some Triathlon Federations are not part of the ETU. If your licence is not part of the ETU, you must also bring a medical certificate dated less than one year from the day of the race, with the wording "triathlon in competition". You can see which country federations are part of the ETU clicking [here](#).

4. If you do not have an annual triathlon licence, you must purchase a one-day licence from the Italian Federation and present a medical certificate from an Italian doctor.

If you wish to purchase a one-day licence with the Italian federation, you must have the following documents:

- Medical certificate from an Italian doctor specific to triathlon
- FITRI form
- Licence payment

Please send all required documents for the one-day licence to [emiliaborrello@fitri.it](mailto:emiliaborrello@fitri.it). **(ONLY ONE DAY LICENCE)**



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# CHECKLIST

## ✓ PRE-RACE:

- ☐ Directions to:
  - Registration
  - Bike Check-In
  - Race Start
  - Race Finish
- ☐ Photo ID.
- ☐ Valid Triathlon License or One Day License
- ☐ Attend Athlete Briefing
- ☐ Bike Services/Tune up
- ☐ Plan & test your nutrition
- ☐ Study the racecourse.

## ✓ RACE DAY – SWIM

- ☐ Timing Chip
- ☐ Wetsuit or swimsuit
- ☐ Goggles (consider a spare pair as well)
- ☐ Race Day Swim Cap (provided at Check-In)
- ☐ Ear Plugs/Nose Plug (optional)

## ✓ RACE DAY – BIKE

- ☐ Helmet
- ☐ Bikes shoes and socks
- ☐ GPS watch or bike computer
- ☐ BIB Number
- ☐ Bike Repair Kit
- ☐ Extra Nutrition
- ☐ Sunscreen
- ☐ Sunglasses

## ✓ RACE DAY – RUN

- ☐ Race Belt or Safety Pins
- ☐ Bib Number
- ☐ Hat/ Visor
- ☐ Running Shoes & Socks
- ☐ Sunglasses
- ☐ Water Bottle
- ☐ Sunscreen

## ✓ MISCELLANEOUS

- ☐ Vaseline
- ☐ Antibacterial Gel
- ☐ Contacts or Rx Glasses
- ☐ Heart Rate Monitor & Chest Strap
- ☐ Towel
- ☐ Hair Ties
- ☐ Lip Balm
- ☐ Post-Race Clothing
- ☐ Extra Swimsuit or Wetsuit





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# ATHLETE CHECK-IN INFORMATION



## REGISTRATION HOURS

May 5th	10:00h- 18:00h	Light House Beach, Jesolo
May 6 <sup>th</sup>	10:00h- 17:00h	Light House Beach, Jesolo

***Please note that we WILL NOT assign bib numbers before the opening of registration. Bib numbers will be assigned on a first come, first served basis at the registration desk.***

***In order to complete the athlete check-in you will need to follow the steps detailed below:***

- 1** The access to the registration tent will be located close to the finish line.
- 2** At the entrance, there will be 2 lines for the **License Control check**. You need a valid photo ID ( such as Passport or Driver's License). Before registration you should have uploaded all the documents required in [Dokeop](#)
- 3** Once you receive your Race Pack *(detailed on next page)*, Check-In is completed! Please, exit the tent in the direction of the flow
- 4** If you have an issue at any point of this process, please go to the HELP DESK and we will assist you.



**Note for Deferral Athletes:** please make sure you are successfully registered for the 2023 event.



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## BIB NUMBER

- **You must wear your bib on your back for the bike course and in front for the run course, failure to do so will result in a disqualification.**
- It must be attached with two points minimum. We recommend to use a running belt which saves you time and avoids making holes in your clothes. You can also use safety pins.
- Attached to the bib number, you will find key information for the event.

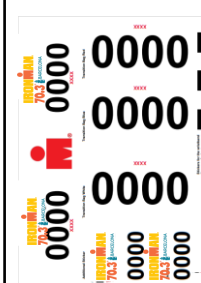


## STICKERS

You will have a sheet of stickers; please place relevant sticker on your bike, helmet and bags:

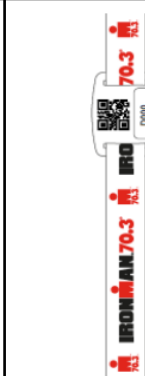
- 3 stickers for the RUN, BIKE and STREET WEAR bags.
- 1 sticker for the seat post of your bike.
- 1 sticker to stick on the front of your helmet.

*You have more info on how to use it in the back of the sticker*



## WRISTBAND

- A wristband with a QR code will be placed on your wrist when you collect your bib.
- This wristband will identify you as an official athlete and must be worn during the whole week of the race.
- The wristband is required for medical identification purposes and gives you access to all athlete areas before, during and after the race.
- **You will not be allowed to remove your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist.**



## SWIM CAP

- You must wear the swim cap given to you when you collect your bib number during the SWIM.



## BACKPACK

To be collected at the time of registration with:

- 2 transition bags
- 1 STREET WEAR bag

**Your belongings must be placed in these bags (see next page).**



# TRANSITION BAGS

## BEFORE

TO DROP AT  
THE ATHLETE  
GARDEN



## DURING

- SWIM CAP
- GOGGLES
- WETSUIT

- HELMET
- BIKE SHOES



## AFTER

TO COLLECT AT  
THE ATHLETE  
GARDEN

PUT IN



TAKE OUT

- HELMET
- BIKE SHOES

- RUNNING  
SHOES

- DRY CLOTHES
- TOWEL
- SHOES

### WHITE BAG [Athlete Garden]

In this bag you can leave your street clothes, that is, those clothes that you will wear once you cross the finish line.

Drop-Off Time: **Sunday 5:30h - 7:00h**

Drop-Off Location: **Athlete Garden, Light House Beach**

### BLUE BAG [Bike Gear]

In this bag you will place your gear for the bike. **Cycling shoes can be left fixed on the pedals of the bike.**

**IMPORTANT:** At the end of the swim, all material used, including wetsuit, must be placed inside the **BLUE BAG** and it should be hung back in place before starting the cycling segment.

Drop-Off Time: **Saturday, 12:00h - 18:00h**

Drop-Off Location: **Transition Area, Viale Gorizia/Udine**

### RED BAG [Run Gear]

Place the items you will use for the running course in this bag.

**IMPORTANT:** Cycling equipment, including the helmet and shoes (unless fixed to the pedals), must be stored inside the **RED BAG** after the end of this sector and hung back in place before starting the running segment.

Drop-Off Time: **Saturday, 12:00h - 18:00h**

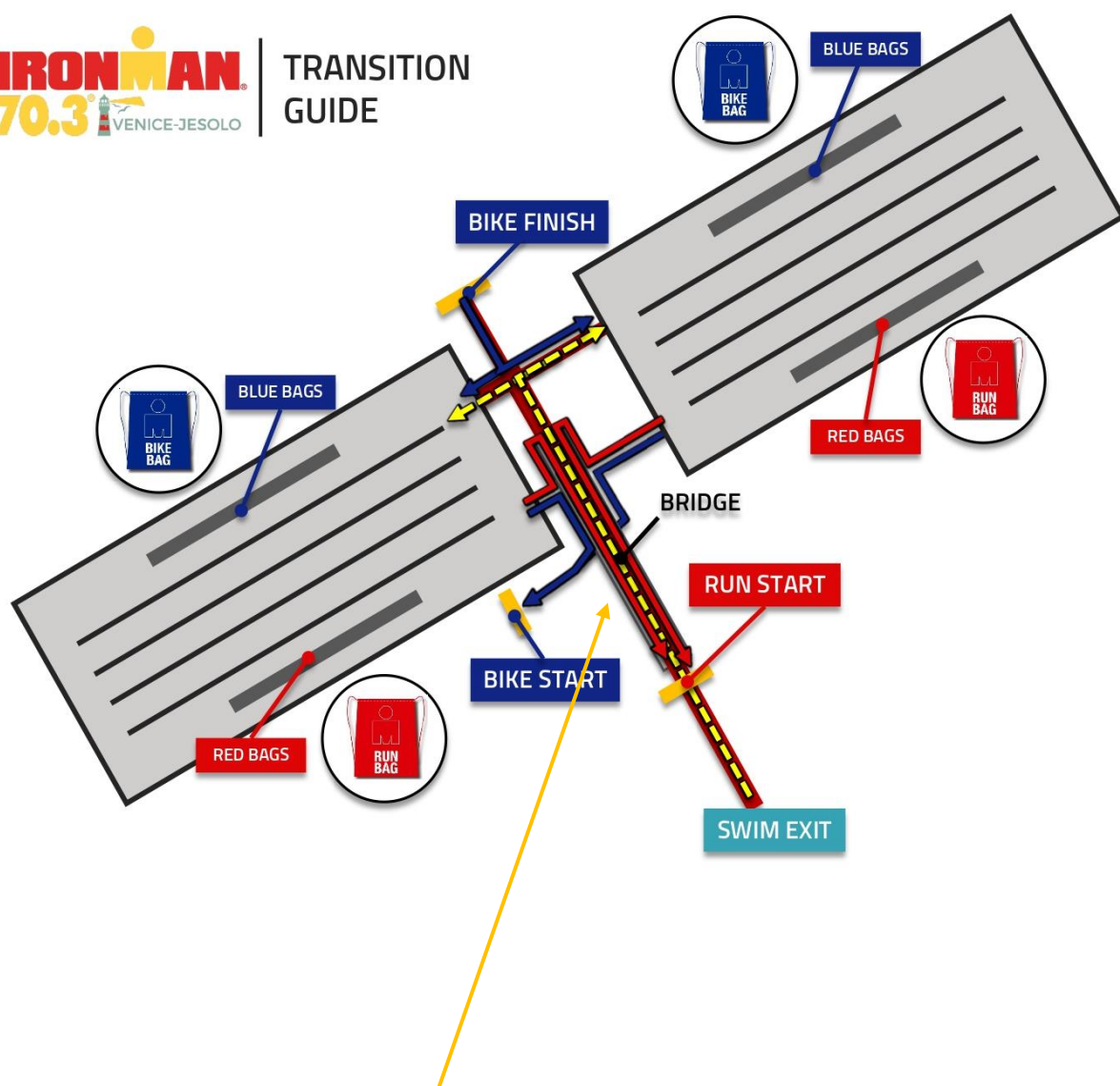
Drop-Off Location: **Transition Area, Viale Gorizia/Udine**



# GETTING FAMILIAR WITH TRANSITION

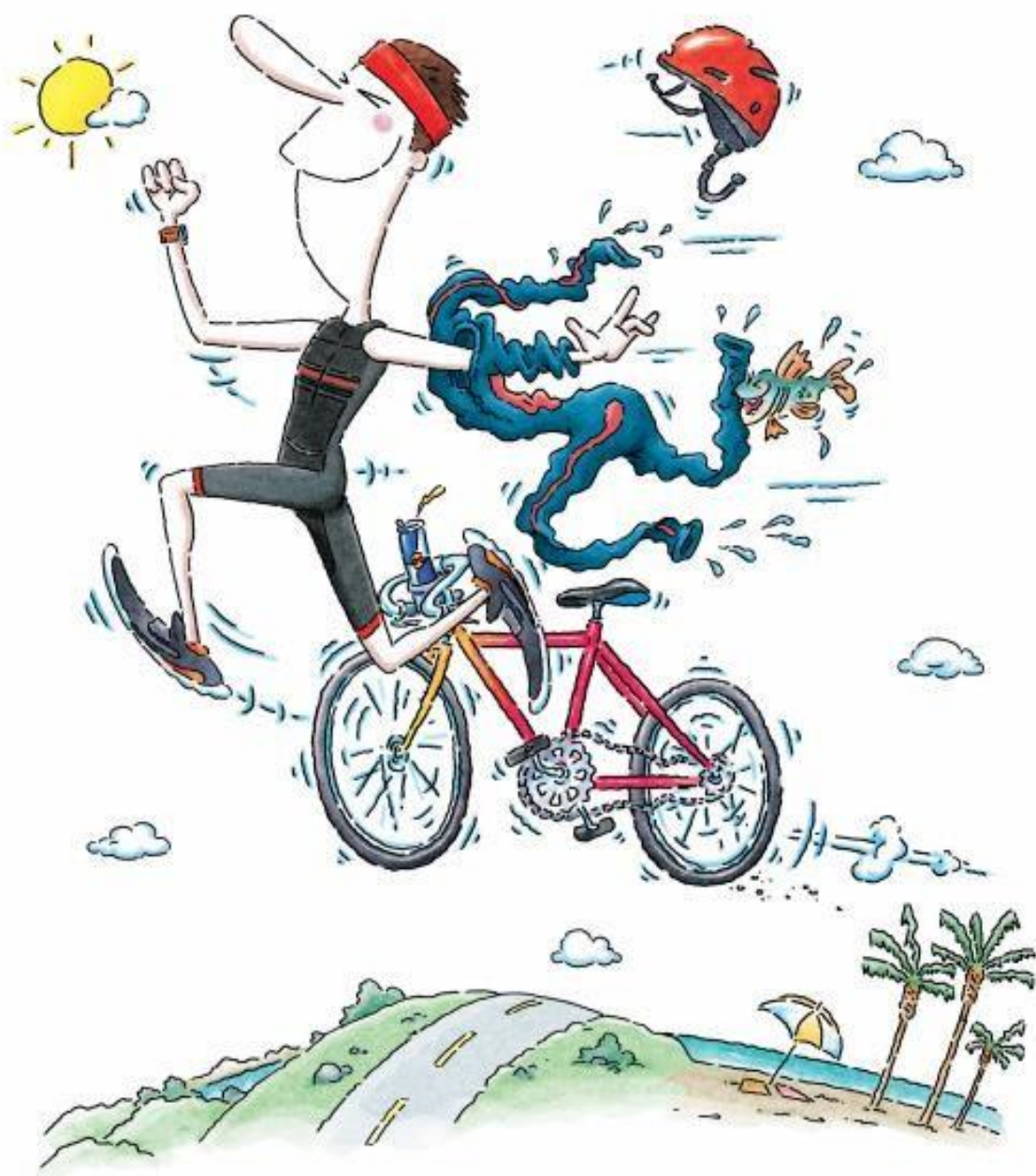


## TRANSITION GUIDE



On race day, at the main entrance to the Transition you will find a point where the athlete service team can assist you if needed.

# A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

**RED BULL GIVES YOU WIIINGS.** 

Most of the information contained in the Athlete's Guide applies to relay teams, as far as times and requirements for registering and checking in are concerned. In cases where there are variations due to the logistics of the equipment, we have provided the information below. You can check the relay guide [here](#)

## REGISTRATION

All members **MUST** come to registration together to complete the Check-In.

Each team member will have to provide a valid Triathlon License or have purchased our One Day License.

*If you don't have a license and need to purchase one, you can do so through your Active Profile: at: [Myevents \(active.com\)](#). Otherwise, you can buy it at the registration tent, paying by card.*

Teams will confirm their athletes' details at registration. If any changes need to be made, they will be made at the HELPDESK. **Please note that you will not be able to change team members at the time of registration, you will only be able to change their details.**

## RACEPACK

As a relay team, you will receive 3 athlete's backpacks containing:

- 2 x race BIBs - one for the bike, one for the running.
- 3 identification wristbands, one for each team member.
- 1 swimming cap.
- 1 x Sheet of stickers - for bicycle and transition bags.



## BIKE & BAGS CHECK-IN

The **Swimmer** will use the **BLUE BAG** to leave the changing clothes for after the swim section.

The **Cyclist** will use the **RED BAG** to leave the changing clothes for after the bike section.

The **Runner** will use the **WHITE BAG** to leave the changing clothes for after the run section.



*The **RED** and **BLUE** bag must be dropped off on Saturday during check-in times.*

At the bike check-in you will receive 1 Timing Chip.

The Swimmer will start the race with this timing chip on the ankle and must be passed from the swimmer to the cyclist to the runner in the Transition Area.

## RACE DAY INFORMATION

All teams will be placed together in transition.

Team Members don't need to be all day in transition. However, it is the Team Member responsibility to be in Transition 20 minutes before the teammate arrives.

It is mandatory to wear the BIB number during the Bike and Run section.

If a team member does not make the Cut-Off times, the Team **CANNOT** continue the course.



# BRIEFING

## Athletes must follow the mandatory briefing

The briefing will cover important information about the course characteristics, rules and time limits of the disciplines and, above all, any last-minute changes due to the weather forecast.

### ONSITE BRIEFING

**Friday 5 May** - 18:00-19:00 - Kursaal Conference Centre (ENGLISH)

**Saturday 6 May** - 10:00 - 11:00 - Kursaal Conference Centre (ENGLISH)

**Saturday 6 May** - 11:00 - 12:00 - Kursaal Conference Centre (ITALIAN)

The briefing will be recorded and published on our website.

**\*This is a pre-recorded video that you can consult whenever you need it**

### ONLINE

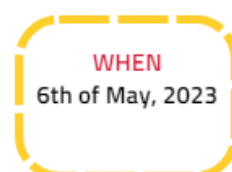
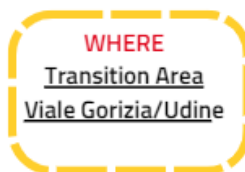
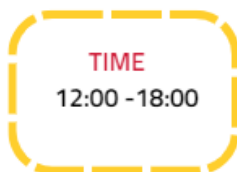
**Friday 5 May** - 18:00-19:00

# BIKE & BAGS CHECK-IN

The day before the race, all athletes must drop off their bike and transition bags.

**NOTE:** Participants will have access to their bags on race morning to add any drinks and/or nutrition for the race.

## CHECK-IN TIME BIKE & TRANSITION BAGS



### WHAT YOU NEED:

- ✓ Your bike.
- ✓ Helmet.
- ✓ Transition bags with all your gear inside.

*Athletes are responsible for ensuring that their bike and helmet are in a safe and functional condition. IRONMAN is not responsible for any failure of the bicycle.*

### WHAT WE WILL CHECK:

- ✓ That your helmet and bike are in good condition and ready for the race.
- ✓ That your bib numbers are properly attached to your bike, your helmet and your bags.
- ✓ That you are wearing your athlete wristband, that we gave you during Athlete Check-In.

**Without these elements you will not be able to check-in!**

# TIMING CHIP

The race chip will be handed to you on Saturday at the **EXIT of the BIKE CHECK-IN** in Transition after leaving the bike and the Red and Blue bags in the corresponding hanger.

Please note that your wristband does NOT have a chip on it.

## TIMMING CHIP



## WRISTBAND



### CHIP PICK-UP

May 6th

12:00h – 18:00h

Transition Area



- ☐ The chip will register your individual start time as you cross the timing mat at the swim start and provide your swimming time, bike time, run time, finish time, transition splits, overall and age group ranking.
- ☐ You will need to carry the chip tied to your left ankle throughout the race.
- ☐ Please note that **you must have your timing chip on for the Bike Check-Out**. So, keep it on, even if you drop out of the race



*Your timing chip is a loan. You must return the chip to the timing company, or you will be charged for its replacement.*

### CHIP REPLACEMENT DURING THE RACE

If during the race we detect that your chip is not working, we will leave a spare chip on your Transition bag.

You will find the new chip clipped around your transition bag:

- If it fails in the **SWIM**, the chip will be left in the **BLUE BAG**.
- If it fails in the **BIKE**, the chip will be left in the **RED BAG**.

**PLEASE place the new chip on your ankle and leave the old one in your bag.**

At check-out, please hand in both chips to the organization.



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## RACE MORNING PROCEDURE

- Transition area will be open from 5:30am to 7:00am.
- The organization will put at your disposal air pumps in case you want to check the pressure of the wheels of your bicycle.
- Please bib number must not be worn during the swim
- Place your Warm-Up gear in your White Bag and drop it off in the Transition Area.
- Remember to bring your timing chip, event swim cap, goggles and wetsuit.
- At 07:00, all athletes should come out of transition and head to the swim start.



### NOTE

In transition just at the entrance there will be a help desk in case you miss your chip or material for the swim part.

## AID STATIONS

BIKE	RUN
<b>AID STATION 1:</b> km 21,2	<b>AID STATION 1:</b> km 2,25- km 9,15 - km 16,05
<b>AID STATION 2 :</b> km 40,5	<b>AID STATION 2:</b> km 4,3- km 11,2 - km 18,1
<b>AID STATION 3:</b> km 69	<b>AID STATION 3:</b> km 6,3 - km 13,1 - km 20

Don't try this on race day\*



\* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

Find exclusive offers for IRONMAN registered athletes on: [maurten.com/ironman](https://maurten.com/ironman)



# A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

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# CUT-OFF TIMES



01:10:00 

05:30:00  + T1 + 

08:30:00  + T1 +  + T2 + 

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TIMES ARE CALCULATED BASED ON THE INDIVIDUAL START TIME, NOT THE RACE START TIME

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IRONMAN reserves the right to remove an athlete from the course and leave him/her out of action if our race staff determines that there is no possibility that the athlete will be able to finish the discipline in question (swimming, cycling, running) before the established cut-off times, based on the location, time and average speed of the athlete at that point.

***Athletes who do not arrive on time to the cuts will be considered DNF and will not qualify for the World Championships.***

# FOLLOW THE EVENT



## SOCIAL MEDIA

Share your experience at IRONMAN 70.3 Venice on your social media profiles with **#IM703Venice**

Stay connected with IRONMAN 70.3 Venice through our social channels to be on top of all the latest news and exciting events:

**@IRONMANLive:** your home for detailed race day coverage (pace, part-time, etc.) of the career while you are on the go.

- [facebook.com/IronmanItaly](https://facebook.com/IronmanItaly)
- [instagram.com/ironmantritaly](https://instagram.com/ironmantritaly)
- **IRONMAN Athlete Tracker App**



## FOLLOW YOUR ATHLETE

IRONMAN 70.3 Italy has real-time information while delivering live results through the IRONMAN Tracker app.

### FEATURES INCLUDE

#### Live Web Tracker:

- See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.

#### Live Leaderboard:

- See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.

#### Real-time Facebook Notifications:

- Get automatic updates as progress is made on the course. As a spectator, the results of the participant you are tracking can be posted to your Facebook feed automatically allowing friends and family to share in the excitement! If you are a participant, claim your profile and enable Facebook notifications. Your stats will post live as you pass each checkpoint.

#### Live Map Tracking:

- Participants' locations will be plotted on the Interactive Course Map as you progress through the race. The position of each participant is estimated based on the most recent time received from the bib read. NOTE: Participants do not need to carry their phones for this feature to work.
- Mobile App: Features include Live Participant Tracking, Push Notifications, Leaderboards, Map Tracking, Event Messages, Event Information and more!







# *WITHDRAWAL FROM THE RACE*

## **BEFORE THE RACE**

If you wish to withdraw before the start of the race (after you have registered) please inform the organisation responsible through this email address:

- *VeniceJesolo70.3@ironman.com*

## **DURING THE RACE**

- For safety reasons every athlete who withdraws during the race must notify a race judge who will also report to the IRONMAN staff. If the withdrawal is not reported to the race judge, IRONMAN reserves the right to suspend the possibility of participation in future events.
- Furthermore, Italian athletes who are affiliated to an Italian sports club are subject to the disciplinary procedure of the Federation.
- Athletes who receive medical assistance from our medical team are exempt from this rule.

## **IMPORTANT**

Remember to return your timing chip or you will have to pay a **50 Euro penalty**.





RÖKA

MAVERICK X2

## THE WORLD'S FASTEST WETSUIT

"I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

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LUCY CHARLES-BARCLAY  
FASTEST IRONMAN  
SWIMMER ON THE PLANET



JESSE THOMAS  
2x IRONMAN CHAMPION

RÖKA

# UPGRADE YOUR EYEWEAR

ULTRA-PREMIUM OPTICS. ZERO SLIP.  
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C<sup>3</sup>

C3™ Unmatched Optics  
& Premium Lens Coatings



Ultra-Lightweight  
Materials



# IRONMAN<sup>®</sup> *TRICLUB*



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[WWW.IRONMAN.COM/TRICLUBS](http://WWW.IRONMAN.COM/TRICLUBS)

 @IRONMANTRICLUB

# SWIM



## COURSE

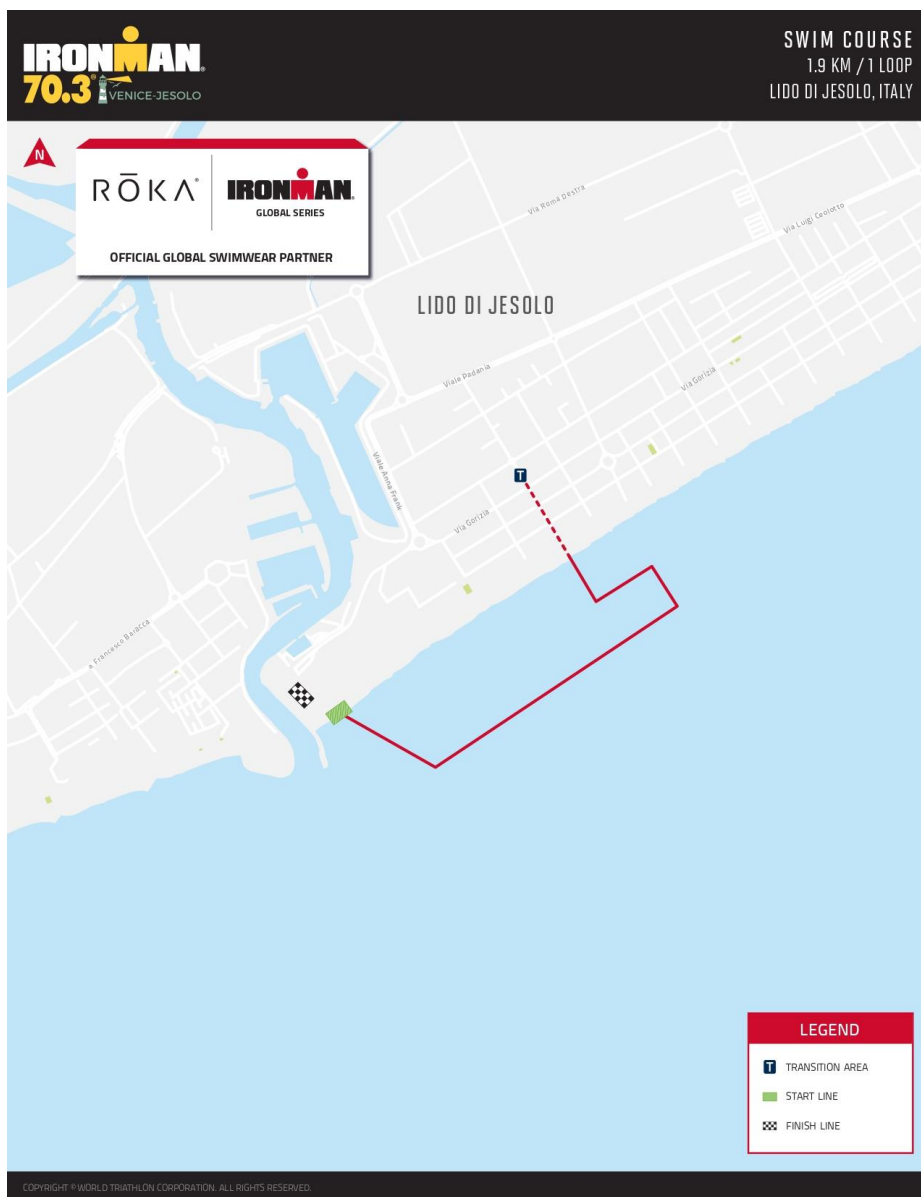
### KEY INFORMATION

The swimming course takes place on a single circuit. It is not permitted to wear socks during the swimming test.

**If the use of a wetsuit is prohibited during the test swim, swimming costumes with rubber and/or neoprene percentages will not be permitted.**

**CUT- OFF TIME: 1 hour 10 minutes** from the start.

Athletes must be in the vicinity of the swim-in area 25 minutes before the start time.



# SWIM START

## IRONMAN 70.3 VENICE – JESOLO Swim Start



Athletes will enter the water in a continuous stream from 7:30!

The athletes position themselves independently in the pre-swim area according to their expected swimming time. The 5 available ranges are as follows

**< 30 minutes**

**30 - 35 minutes**

**35 - 40 minutes**

**40 - 45 minute**

**45**

At 7:30 the fastest group will start to leave the first box. Once they are all started, the next group will advance to the starting line, and so on until all participants are in the water.

**Each athlete's individual race time will begin when they cross the start timekeeping mat.**



# RULES- SWIM

## SWIMMING - RULES

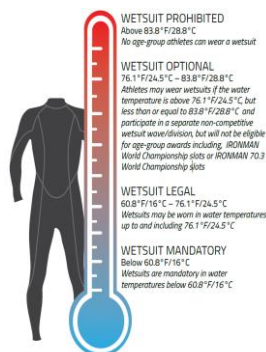
- Athletes must wear the official swimcap provided by the organization.
- The use of fins, gloves, oars or flotation devices (including trawl buoys) of any kind is not permitted.
- The use of water socks (neoprene booties) is not allowed unless the water temperature is 65 degrees Fahrenheit or colder.
- Where the use of wetsuits is prohibited, clothing covering any part of the arms below the elbows and clothing covering any part of the leg below the knee shall be considered illegal equipment and shall not be permitted. Compression sleeves or calf protectors/compression socks can NOT be worn during swimming at non-wetsuit events but can be worn at the end of swimming.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- The use of individual rowers or companions is not allowed. The course will be properly patrolled by canoes and paddle boards.
- Any assistance required during swimming will result in disqualification if forward progress has been made.
- Athletes are allowed to use kayaks and boats as an aid, as long as they do not progress forward. Race officials and medical staff reserve the right to withdraw athletes from the course if it is determined to be medically necessary.
- The swimming course will close 1 hour 10 minutes after the last athlete enters the water. Each athlete will have 1 hour 10 minutes to complete the 1.9 km of swimming. Individual athletes who take more than 1 hour 10 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to remove athletes from the course that exceed the established times.

## SWIMMING TO BIKE – TRANSITION

- After swimming, you will be directed through the timing mats to transition. In this area, athletes will take their bike equipment bag from the hanging shelves.
- If athletes wish to change completely, they can use the on-site exchange tents. There will be a locker room for men and one for women. Public nudity is NOT allowed.
- Athletes will place all of their swim gear inside their bike bags and leave the bags in the enabled area. We require that you be fully prepared for the race before getting on the bike.

## RULES – WETSUIT

- Wetsuits may be worn with water temperatures up to 24.5 degrees Celsius (76.1 degrees Fahrenheit). Wetsuits will be prohibited in water temperatures above 83.8 degrees Fahrenheit (28.8 degrees Celsius).
- Athletes who choose to wear a wetsuit in water temperatures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius) will not be eligible for age group prizes, including IRONMAN World Championships. Athletes who choose to wear a wetsuit will be placed in an optional wave of wetsuit after all athletes without a wetsuit.
- Forbidden wetsuit: Soto Water Rover wetsuits cannot be more than 5 mm thick.



## SWIMWEAR POLICY

- Swimsuits should be 100% textile material. Simply put, this generally refers to suits made only of nylon or lycra that do not have any rubber material such as polyurethane or neoprene. Swimsuits should not cover the neck, extend beyond the elbow, or exceed the knees.
- Swimsuits may have a zipper. You can carry a race kit under the swimsuit. You can wear compression clothing during swimming without a wetsuit as long as it is made of 100% textile material and that this material does not exceed the elbows or knees. Any compression garment that extends beyond the elbows or knees will not be allowed in swimming without a wetsuit (this includes compression sleeves, compression socks or compression tights).



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**IRONMAN**  
GLOBAL SERIES

2023 OFFICIAL BICYCLE HELMET

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# BIKE

## KEY INFORMATION

The cycling route is totally closed to traffic. The IRONMAN staff, with security personnel and under the strict supervision of the police, will operate pedestrian and/or car crossings at certain points along the route. The race will not be interfered with by crossings.

There are three full refreshment points along the cycle route and one with water only.  
CUT-OFF TIME swimming and cycling: 5:30 hours from the start

## AID STATION PRODUCTS

**BANANA**

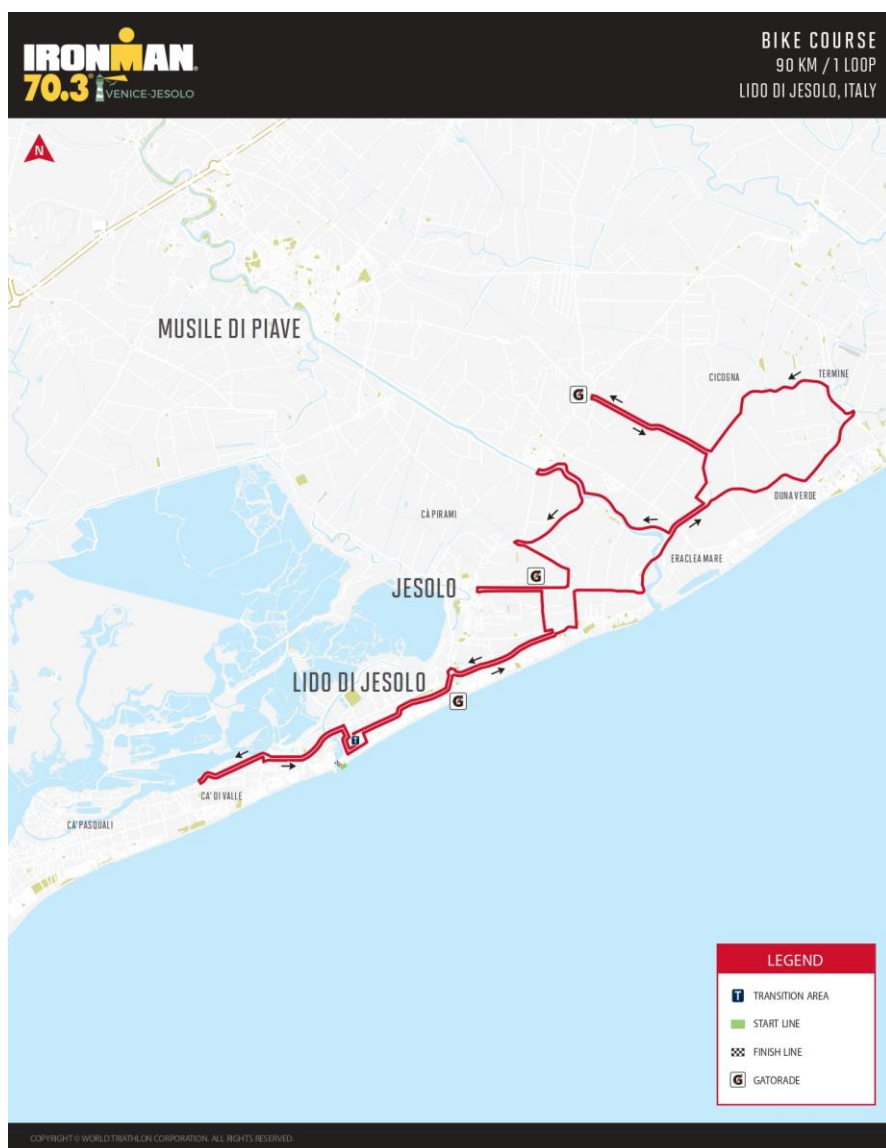
**WATER**

**GEL**

**BARS**

**GATORADE**

In the map you can see exactly where those products are placed and you can refer to the **Aid Station** part in the athlete guide



## MECHANICAL ASSISTANCE

With FBR the best condition for your bike is guaranteed, ensuring that everything works perfectly after so many hours of training.

You can book their services in advance and avoid waiting. FBR mechanics can do a basic check-up, disassemble your bike, or prepare it to travel again in your luggage.

The team of mechanics will take care of your bike.



**!** All athletes must be self-sufficient and able to repair minor problems on their own. Mechanical assistance will be an additional support provided during the race.





**IRONMAN**  
EUROPEAN SERIES

2023 OFFICIAL BIKE RENTAL PARTNER



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and  
**Ride**

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# RULES - CYCLING

## POSITION RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
- A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
- Overtaking athletes may pass on the left for up to 25 seconds but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).
- Overtaken athletes must immediately fall back six bike lengths before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back six bike lengths will result in an overtaken violation.
- Overtaken athletes who remain in the draft zone (6 bike lengths of clear space between bikes) for more than 25 seconds, or who do not make constant rear progress out of the drafting zone, will be given a drafting violation.
- Athletes must ride single file on the far-right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
- Athletes who impede the forward progress of other athletes will be given a blocking violation.
- Athletes committing rule violations will be notified "on the spot" by an official.

## THE OFFICER WILL:

1. Notify you that you have received either a BLUE CARD for drafting and littering or a YELLOW CARD for any other penalty. The official will show you the corresponding-colored card.
2. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course.

## THE ATHLETE WILL:

1. Report to the next PT and tell the PT Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PT, you will be disqualified.
2. Have race numbers marked by the PT Official.
3. Register, via the sign-in sheet.
4. Resume the race after serving a 60 second time penalty for all non-drafting violations (YELLOW CARD).
5. Remain in the PT for the time indicated in the table below, for each drafting and littering violation (BLUE CARD).
6. Be disqualified if you receive three BLUE CARD penalties. An athlete may finish the race if he or she has been issued a red card disqualification, unless otherwise instructed by the Race Referee.
7. Be disqualified for not reporting to the PT.



**12 METERS**  
**25 SECONDS TO PASS**



1st BLUE CARD- Penalty 5:00  
2nd BLUE CARD- Penalty 10:00  
3rd BLUE CARD- DSQ Penalty






30 second *Stop & Go* penalty. It is the Referee who starts the stopwatch.

## OFFICIAL APPEAL

If a Race Official has disqualified you from the event and you want to appeal the decision, please ask for the Head Official at the Finish Line.

- **Appeals can only be made to the Head Referee, in person on Race Day.**
- An email sent to the organization IS NOT an appeal and WILL NOT BE REVIEWED.
- In order to place an appeal, you will need to present proof.
- Once the Head Referee has reviewed the case, the decision is FINAL and cannot be appealed a second time.

# HEAD REFEREE'S MESSAGE

	<b>Blue Card</b> 1st BLUE CARD- Penalty 5:00 2nd BLUE CARD- Penalty 10:00 3rd BLUE CARD- DSQ Penalty  Penalty served in a penalty tent on the bike course
	<b>Yellow Card</b> 30 second <i>Stop and Go</i> penalty served next to the referee.
	<b>Red Card</b> Disqualification (DSQ).

**ANY COMBINATION OF THREE VIOLATIONS  
WILL RESULT IN RACE DISQUALIFICATION.**

To help you understand the rules on race day, take the time to read and understand the rules of the Ironman 2023 athlete's Guide and Competition Rules.

The violations of the POSITION are summarized below:

- Always drive on the right side of your lane to avoid an ILLEGAL POSITION or BLOCK call.
- Maintain a free space of six bike lengths between the front wheel of your bike and the rear wheel of the cyclist that precedes you to avoid a wake-up call.
- Always go over the left of the cyclist who precedes it; never on the right to avoid an ILLEGAL PASS notice.
- Complete your pass within 25 seconds to avoid a DRAFTING call.
- Past athletes should be seen making immediate and steady further progress outside the drafting area to avoid a DRAFTING call.
- The BIB number is mandatory for the bike section.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The arbitrator's decision is final in the case of position violations, and there are no protests or appeals.

Please treat other athletes, all volunteers, staff, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification.

**Any additional incident that is not contemplated in the Athlete's Guide will be governed by the regulations of the Italian Triathlon Federation.**





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**IRONMAN**



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## CLIFTON 9

The perfect balance of soft and light,  
for the ultimate smooth ride



**HOKA** FLY  
HUMAN  
FLY

# RUN



## KEY INFORMATION

The running course is developed in 3 laps. There are no penalty boxes on the running course. If an athlete receives a penalty during the running event, the penalty will be highlighted on the bib and the time penalty must be served on the spot.

**CUT-OFF TIME: 8:30 from the start**

## AID STATION PRODUCTS

BANANA

WATER

COCA COLA

REDBULL

GEL

BARS

GATORADE

In the map you can see exactly where those products are placed and you can refer to the **AID Station** part in the athlete guide

## CONGRATULATIONS!

YOU HAVE FINISHED THE 70.3 VENICE-JESOLO, WE LOOK FORWARD TO SEEING YOU AT THE AWARDS CEREMONY AT THE **CINEMA TEATRO VIVALDI**



VIPER TRISUIT,  
A WORLD CHAMPION TRISUIT



**Santini**

WWW.SANTINICYCLING.COM



Athletes can run, walk or crawl.

1. Athletes must wear their IRONMAN issued bib number in front of them and clearly visible at all times on the course. Bib numbers identify the official athletes in the race.
2. It is STRICTLY FORBIDDEN to bend, cut the bib number, intentionally alter it in any way, or not carry the race number and may result in disqualification.
3. Headphones or headsets which are inserted to or covering the ears are not allowed during any portion of the event.
4. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.
5. NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPATING RUNNERS ARE ALLOWED.

This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing.

6. Athletes are expected to follow the directions and instructions of all race officials and public authorities
7. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
8. IT IS FORBIDDEN TO RUN WITH THE NAKED TORSO. ATHLETES MUST WEAR A T-SHIRT, JERSEY OR SPORTS BRA AT ALL TIMES DURING THE RACE SEGMENT. FRONT ZIPPERED UNIFORMS MAY BE OPENED TO ANY LENGTH, PROVIDED THAT THE ZIPPER IS CONNECTED TO THE BOTTOM OF THE UNIFORM AT ALL TIMES AND THE TOP OF THE UNIFORM COVERS THE SHOULDERS. THE UNIFORM MUST BE COMPLETELY CLOSED WHEN CROSSING THE FINISH LINE.
9. The race will officially end 8 hours and 30 minutes after the last athlete enters the water.

## FINISH LINE POLICY

Friends and/or family members are not allowed to cross the finish line or enter the arrival ramp with participating athletes. This policy will allow each competitor adequate time to celebrate their achievement without interfering with the other finalists and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect this policy will receive an automatic disqualification (DSQ).



# Get race-ready with Hyperice

Our suite of products help to relieve tension, unlock sore muscles, and prime your body and mind to be at their best, so you can recover faster and train harder.

Swim. Bike. Run. Recover.



Normatec 3 Legs®



Hypervolt 2®



Official Recovery Technology Partner



# ON-COURSE NUTRITION PRODUCTS

## BIKE COURSE

### Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

### 226ers Race Day Bar

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.



## RUN COURSE

### Red Bull Energy Drink

Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins, and sugars. One 250 ml can contains 80 mg caffeine, about the same as a cup of coffee. The product will be served on the run course diluted with water in paper cups.

### Gatorade Powder

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

### Maurten GEL 100 & GEL 100 CAF 100

These are true gels: a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

### 226ers Vegan Gummy Bar

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.





# POST – RACE INFORMATION



## CHECK –OUT

### CHECKOUT

At the end of the race, you must go to the change area to:

- Pick up your bike
- Pick up your gear bags and "Streetwear".
- Return your timing chip.

**Check-out time:** Sunday, 14.30 p.m. to 18:00 p.m.

**Check-out location:** [Transition Area](#)

**!** In order to collect your bike and equipment, you must wear your athlete's **wristband** and present your **timing chip**.

### NOTE

Athletes who do not hand in their chip at check-out will be charged €50. In the event of a chip change before and/or during the race, both chips must be returned.

### AWARDS

The awards will be held at the [CINEMA TEATRO VIVALDI](#) on Sunday 7 May at 18:30.



## DISQUALIFICATIONS AND COMPLAINTS

Complaints may only be lodged on the day of the race, at the finish line with a federation judge until 17:30.

## CHIP

The chip must be returned compulsorily in transition to the volunteers during the bike check-out. If it is not returned, we will be forced to apply a fine of **50 euros**.

## INFO POINT

There will be two information points, one inside the registration area and one next to the Expo. For any information or problems, please contact the staff at the information point.



RŌKA

MAVERICK X

## THE WORLD'S MOST LOVED WETSUIT

"I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

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INTERNATIONAL PATENTS WITH  
ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY  
FASTEST IRONMAN  
SWIMMER ON THE PLANET



# SLOT ALLOCATION

## WHEN

May 7th, 2023

## WHERE

TEATRO CINEMA VIVALDI

Lapland

## TIME

18:30

## ONE STEP AWAY FROM LAHTI, FINLAND!

IRONMAN 70.3 Venice-Jesolo is giving away 45 slots for the IRONMAN 70.3 World Championships 2023 in Lahti, Finland.



## SLOTS ALLOCATION

Athletes must be present in person to accept their place for the 70.3 World Championships in Lahti on 26-27 August 2023.

The final number of slots available for each category will be recalculated based on the number of athletes starting on race day.

## COST

650.00 (EUR) + 9.25% Active fee .

This amount is paid directly during the slot collection, by credit card.

# SLOT ALLOCATION RULES & PROCESS

## QUALIFYING SLOTS

This event offers 45 Age Group Qualifying Slots to the IRONMAN 70.3 World Championship 2023 in Lahti, Finland held on August 26-27, 2023, and 50 Extra Female Women For Tri Qualifying Slots. Please note, slot allocations are subject to change and may be verified, [here](#).

- **To accept a slot to the 2023 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in-person at the Slot Allocation Ceremony at the advertised time and location.** Photo ID is required to be presented and payment must be made at this point in time. Once payment is completed, athletes will receive a registration invite for the relevant world championship event in the following days, and **this must be completed to be registered for the event.**

## SLOT ALLOCATION PROCESS

### How does the Age Group Slot Allocation Work?

"Age Group" refers to a grouping of athlete peers based on their gender and age range. For example, 'Male 25-29' is one Age Group, and 'Female 25-29' is another. Your Age Group is determined by your age as of December 31 of the year of the event. For example, if you are Male and turn 25 in 2023, then your Age Group Category for any race in 2023 is M25 – 29.

The following Slot Allocation Process will be conducted for each gender separately

### Before Race Day:

Each Age Group with registered athletes is tentatively allocated one slot each (an "Initially Allocated Slot") All other slots available for the race (the "Proportionally Allocated Slots") are not allocated until race day.

### On Race Day:

If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot

The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender, i.e., the more athletes in an Age Group, the more slot allocations they receive

### After The Race Before Roll Down:

If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots .

### During Roll Down:

If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

## OTHER INFORMATION

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon Member, National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they qualified for, hold Professional or Elite status.

Any change in an athlete's status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

# POST- RACE SERVICES



## HYPERICE

Hyperice is proud to be the official recovery partner of IRONMAN. Athletes can immediately start the recovery process by visiting the Hyperice Recovery Zone.

Located beyond the finish line, this area will be an essential part of your race day. Athletes have access to Hypervolts, a percussion massage gun that relieves tension and stiffness, and aids recovery.



2023 OFFICIAL RECOVERY TECHNOLOGY

## MEDAL ENGRAVING

**GET YOUR RACE TIME RECORDED ON THE MEDAL DIRECTLY AFTER THE RACE!**

For 20€, make this an unforgettable experience by booking this service from your Active profile, in the Official Store or at the medal engraving point at the Finish Line Area.

Please note that medal engraving will only be made at the venue of the event. If you have selected this option, it is your responsibility to ensure that it is completed after the race.



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## SPORTOGRAF

Sportograf is proud to be the official photographic service of the athletes at IRONMAN 70.3 Venice-Jesolo.

We will provide you with our "Foto-Flat" which includes all your amazing personal content from various prime locations along the course, as well as beautiful photographs of the scenic views and the race day in general.

**Order your race images here:** [www.sportograf.com](http://www.sportograf.com)

### Help us take your best photos:

- Please be sure to keep your number visible in front of your HELMET to help us identify more of your photos
- Check out our photo spots and smile for the camera - even if it hurts!
- Celebrate when you cross the finish line! Don't worry about stopping your watch, the timing company will ensure an accurate record of your achievement.



# SHUTTLE BUS



## SCHEDULE

***This service is free for all the participants who have priority over the family members***

***Sunday 7<sup>th</sup> of May*** → from 4.50 am to 6.50 am

***Where the shuttle stops*** → "Pizza Longa" - Via Aquileia  
every stop until Piazza Internazionale - Via Pindemonte - Via  
Carducci - Via Vicenza - Via Gorizia - Piazza Nember incrocio  
con Via Castorina

*\* Note that the bus leaves every 20 minutes*

***Sunday 7<sup>th</sup> of May*** → from 14.30pm to 17.30 pm

***Where the shuttle stops*** → Piazza Nember with Via  
Castorina - Via Gorizia - Via Vicenza - Via Carducci - Via  
Pindemonte - Via Aquileia da Piazza every stop - Piazza Drago  
fron<sup>te</sup> "Pizza Longa"

*\* Note that the bus leaves when it is full*

# 5 TOP THINGS TO DO

## 15 KILOMETRES OF GOLDEN BEACH

Jesolo is also known as the City Beach for its wide golden beaches, warm sunshine and crystal-clear sea certified by the Blue Flag every year. The 15 km of sandy shore stretching between the Jesolo Marina Resort and the Cortellazzo Marina Resort host well-equipped and organised bathing establishments. It is the ideal destination for those seeking a summer holiday with their feet in the sand, pampered by the hospitality of the facilities overlooking the sea and the "Lungomare delle Stelle".



## VIA DEI FORTI

An open-air museum that aims to enhance and connect the fortifications located along the Cavallino- Treporti coastline by means of a route through nature and memories of the area. A historical route, a diffuse open-air museum circuit linking the fortifications belonging to the 1845-1920 period. The fulcrum is the V. Pisani Battery, an artefact from before the First World War, now restored and converted into a museum. A number of exhibitions have been set up inside, leading to the discovery of the history linking Cavallino Treporti to the Great War and beyond



## RISAIA

After a nice dip in the sea and a refreshing walk in the pine forest what you need to do to take a beautiful memory of Eraclea with you is a visit to the local farm, specialised in rice production since 1960. On a bike tour you can discover all the secrets of this important cereal, take part in a cooking class and taste 0 km products!



## VENEZIA

The city of water is one of the most extraordinary UNESCO sites in the world, a romantic destination to explore along its many canals on board a gondola. But above all, it is a city of art, rich in the splendours accumulated over the years of the Serenissima's history. A piece of advice to enjoy Venice to the full: live it on foot, losing yourself in its tangle of calli and bridges, exploring corners that will reveal small artisan shops or small restaurants where you can taste local specialities.



## ENOGASTRONIMIC SUGGESTIONS

There are many local delicacies, but we recommend at least three dishes you absolutely must try here in the Eastern Veneto! First of all the 'sarde in saòr', an appetiser based on fried sardines preserved in a mixture of onions, vinegar, pine nuts and sultanas. Then the 'baccalà mantecato', originally a poor man's dish that has now been elevated to gourmet status.



### WHAT TO DO IN JESOLO WITH YOUR FAMILY

Jesolo is the perfect destination for your beach vacation with children: a long beach of golden sand and beach facilities equipped with all the services you need, different events and entertainment every day, attractions for all ages... and much more! City Beach pays special attention to families and offers all-around services to let all its members experience the best vacation between fun and relaxation. From restaurants with children's menus and play areas to vacation rentals and family hotels, here you'll find everything you need to unplug and enjoy the summer. Theme parks and attractions are suitable for all ages-just think of the super award-winning Caribe Bay water park, where parents and children can each find their own dimension of fun. Jesolo also offers a wide choice of summer centers, sports camps, and greets for children and teens, engaging them in recreational and interesting activities.



### WHAT TO DO IN JESOLO AS A COUPLE

The couples beach vacation you've been dreaming of is already here waiting for you. Come and lie in the sun on the very long sandy beach of Lido, enjoying all the services of the bathing establishments or the convenience of the free beaches. If you are looking for romantic places for your couples vacation, Jesolo is the perfect destination for your summer: you can enjoy magnificent sunsets from rooftop bars, from the Ferris wheel, in the Lagoon after a bike ride. Or relax at a spa with a couples massage, have a picnic on the lawn or try a tasting of local dishes and wines. In fact, Jesolo's food and wine scene will surprise you with local dishes, ethnic restaurants, wine bars and clubs to satisfy all palates. And what could be more romantic than a dinner overlooking the sea?



### WHAT TO DO IN JESOLO WITH FRIENDS

City Beach will then surprise you with its design buildings, designed by international archistars, bike paths for a bike ride surrounded by nature, and the history and culture of a city with an ancient past. And don't forget that a short distance away is Venice, one of the most romantic cities. If you are thinking about to go on vacation with friends, you have found the perfect destination: sea, events, sports and nightlife are just some of the things City Beach has to offer. Not to be missed, for example, are the theme parks, such as the award-winning Caribe Bay or the highly entertaining Sunny Aquapark, in addition to the many attractions available day and night. At Lido you can choose from the services of the bathing establishments to the convenience of the free beaches, conveniently booking your spot with the J.Beach app. While at sunset you can enjoy excellent aperitifs with friends at one of the many kiosks and bars overlooking the sea. The night will fly by between bars, discos, clubs and the big events that have made Jesolo famous, such as lighthouse parties, concerts by music bigwigs at national and international level, fireworks... and much more! Finally, you can discover the surrounding area on a bicycle for an adventure all together surrounded by nature. Or stay above water with a SUP board, kite surfing or on a catamaran.





## ***JESOLO, AN EXPERIENCE TO BE LIVED***

### **IRONMAN 70.3 VENICE – JESOLO**

Sea and relaxation on one side, nature and excursions on the other: green and blue are the colours of Jesolo and the Venice Lagoon. There are many opportunities to enjoy an outdoor holiday: 500 km of cycle paths, 6 urban parks and endless beaches. A land suspended over water, made of water! Delicate and precious.

The many activities and events will allow you to discover the beauty of Jesolo Paese: here the enchantment of the Sile river, which flows through the city, cut by bridges and bordered by weeping willows, joins the pretty city centre, with shops, restaurants, bars and markets. And then there is the Lido, with its long golden beach, natural beauty and design. It cannot be forgotten that Jesolo is a city of archistars, a place of modern and refined design that, starting with Kenzo Tange's projects, has acquired the reputation of City Beach in Europe.

A city in continuous evolution: attentive to environmental, hospitality and inclusion and accessibility issues. A destination capable of satisfying the leisure and relaxation needs of all its guests, as well as residents, and allowing them to spend their free time in total quality and safety. Because in Jesolo, the holiday lasts all year round.

### **TOURIST INFORMATION AND RECEPTION OFFICE**

The Jesolo Tourist Information and Reception Office is always active and available at the main office in Piazza Brescia, every day from 08:30 to 18:30. Or call **0421 370601** and e-mail [info@turismojesolo.it](mailto:info@turismojesolo.it).

On the occasion of IRONMAN 70.3 VENICE - JESOLO, an Info Point will also be available in Piazzetta Faro, with the following opening times Friday 5 and Saturday 6 May: 09.00/18.00 Sunday 7 May: from 7.45 a.m. to 9.30 a.m. and from 11.15 a.m. to 4.00 p.m.

Follow the Facebook page @it.jesolo and Instagram @cittadijesolo and visit the official tourist website [www.jesolo.it](http://www.jesolo.it) to stay up-to-date on City Beach events and news.



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## Take your racing experience to the next level with Enhanced Athlete Event Experiences powered by NIRVANA

Curated to meet the needs of IRONMAN athletes, enjoy a range of enhanced services such as priority check-in, dedicated bike maintenance, bike and bag return to your hotel post-race and much more.

- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
- Early Access to IRONMAN store before public opening
- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

## CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

[contactus@nirvanasportstravel.com](mailto:contactus@nirvanasportstravel.com)

[nirvanasportstravel.com](http://nirvanasportstravel.com)





# VIP PACKAGE

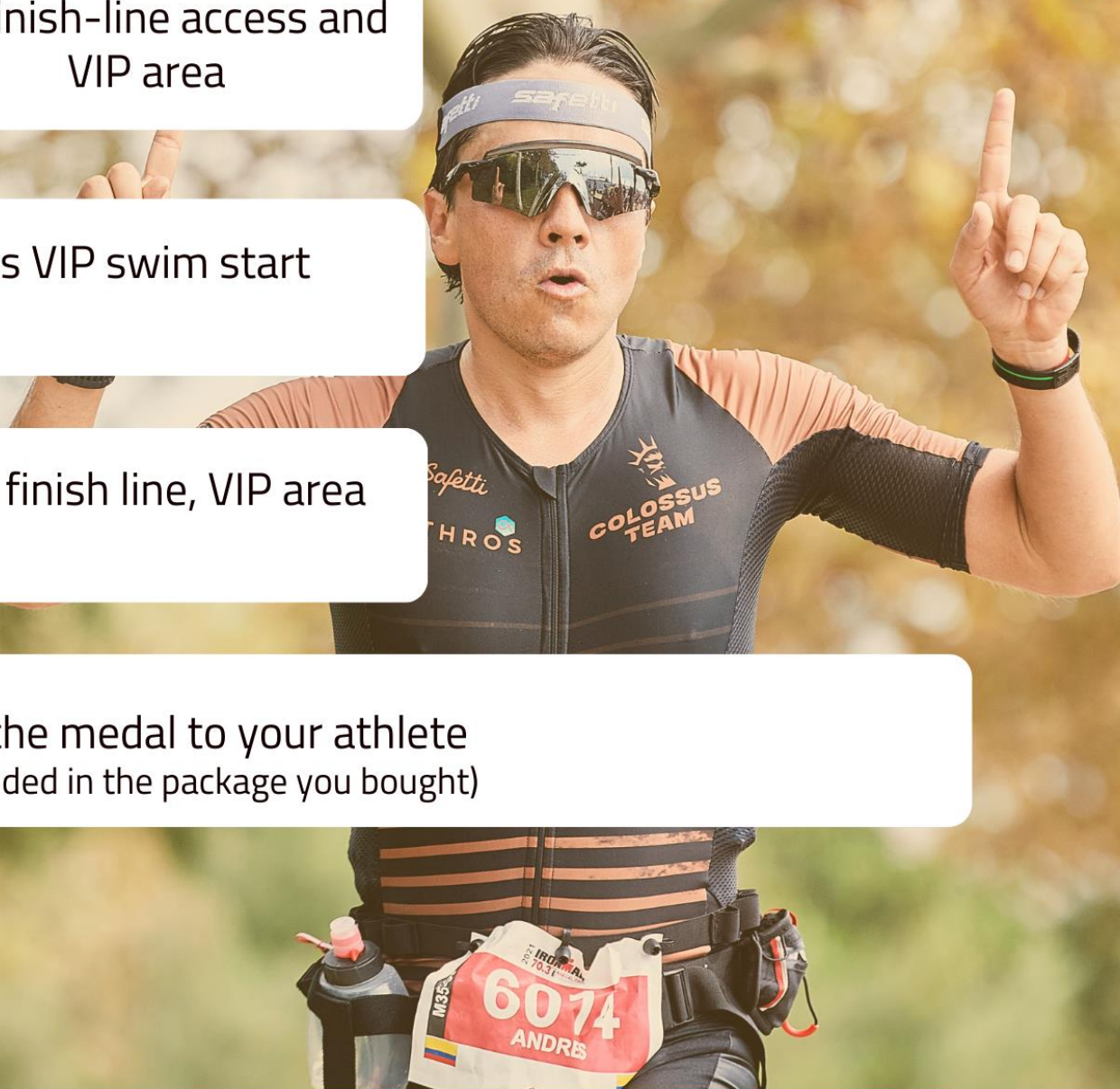
What the VIP package includes

VIP finish-line access and  
VIP area

Access VIP swim start

Lunch finish line, VIP area

Give the medal to your athlete  
(if included in the package you bought)



## WHERE TO BUY IT

- Online or where you pick up your race packet
- If you have already purchased it online, you just need to come and pick it up at the registration tent.

## WHEN

Friday 10:00-18:00

Saturday 10:00-17:00



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