



MARCH, 8th

ATHLETE`S GUIDE

Last Update: February 13th, 2025

All information provided can be changed until the Athlete's Briefing



Welcome!

Hello, triathletes!

It is with great enthusiasm that we welcome you to the first edition of the Nubank Ultravioleta IRONMAN 70.3 Curitiba – Paraná, an important milestone for triathlon in Brazil. For the first time, the capital of Paraná will host an IRONMAN 70.3 event, in a city that breathes sport, brings together one of the largest triathlon communities in the country, and offers a distinctive urban structure for sports practice.

Curitiba makes its debut on the calendar with a modern, challenging, and at the same time welcoming proposal. The race has been carefully designed to deliver a high-level experience, combining performance, safety, and the unique setting of a city recognized for its organization, green areas, and quality of life.

Expectations are high for this unprecedented event, which is born with the goal of establishing itself as a reference on the circuit and creating a lasting connection with athletes from all over Brazil and abroad. We hope that every participant enjoys a truly memorable experience and becomes part of the history of the inaugural Nubank Ultravioleta IRONMAN 70.3 Curitiba – Paraná.

CARLOS GALVÃO – CEO

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MAPA DE ARENA

VENUE MAP

PINK: CICLISMO | BIKE COURSE
AMARELO: CORRIDA | RUN COURSE

ÁREA DE RECUPERAÇÃO | RECOVERY ZONE

ÁREA MÉDICA | MEDICAL CENTER

IRONMAN VILLAGE

CENTRO DE EVENTOS
POSITIVO

CHEGADA FINISH LINE

LAGO DO
PARQUE BARIGUI

TRANSFERS PARA LARGADA (ATLETAS)
SHUTTLES TO THE SWIM START (ATHLETES)

ESTACIONAMENTO DO
PARQUE BARIGUI

IRONKIDS

PARQUE DE DIVERSÕES
DO BARIGUI

TRANSIÇÃO 2
TRANSITION 2

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SCHEDULE

05

THURSDAY

04 PM – 09 PM	IRONMAN Village	Positivo Events Center
04 PM – 08 PM	Athlete`s Check-in	IRONMAN Village

06

FRIDAY

09 AM – 07 PM	IRONMAN Village	Positivo Events Center
09 PM – 06 PM	Athlete`s Check-in	IRONMAN Village
04 PM – 05 PM	Q&A Session Meeting (Age Group) - Optional	Athlete`s Service Booth (SAC) - IRONMAN Village
05 PM	First-Timers Talk	Positivo Events Center

07

SATURDAY

08 AM	IRONKIDS	Transition 2 – Barigui Park
08:30 AM – 07 PM	IRONMAN Village	Positivo Events Center
08:30 AM – 12 PM	Athlete`s Check-in	IRONMAN Village
10 AM – 06 PM	Red Bags Check-In (Run Gear)	Transition 2 – Barigui Park
12 PM – 01 PM	Q&A Session Meeting (Age Group) - Optional	Athlete`s Service Booth (SAC) - IRONMAN Village
13:30 PM - 05:30 PM	Bike Check-In – According to BIB	Transition 1 – Passaúna Reservoir

Barigui Park (Positivo Events Center)
Alameda Ecológica Burle Marx, 2518 - Santo Inácio, Curitiba

Passaúna Reservoir
Rua Pelicano, 1779 - Capela Velha, Araucária

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SCHEDULE

08
SUNDAY

4:15 AM – 5:40 AM	Transport from Barigui Park/Transition 2 to Swim Start/Transition 1	Barigui Park
04:45 AM – 06:30 AM	Access to Transition Area	Transition 1 – Passaúna Reservoir
06:30 AM	PRO Men Swim Start	Passaúna Reservoir
06:35 AM	PRO Women Swim Start	Passaúna Reservoir
06:45 AM – 07:05 AM	Age Group Swim Start	Passaúna Reservoir
07:30 AM – 04 PM	IRONMAN Village	Positivo Events Center
11 AM	Podium Ceremony for PRO	Finish Line - Barigui Park
01 PM – 04 PM	Bike Check-Out / Lost & Found	Transition 2 - Barigui Park
05 PM – 06 PM	Official Results / Appeals	Awards - IRONMAN Village
07 PM	Awards Ceremony & 2026 IRONMAN 70.3 World Championships Slot Allocation/Rolldown Ceremony*	Awards - IRONMAN Village

*Automatic Qualifiers need to be present during the Awards Ceremony to claim their slot with their award. Slot Allocation/Rolldown for the remaining age group “Performance Pool Slots” will begin immediately following Awards. Be early! Must be present to claim a slot.

Barigui Park (Positivo Events Center)
Alameda Ecológica Burle Marx, 2518 - Santo Inácio, Curitiba

Passaúna Reservoir
Rua Pelicano, 1779 - Capela Velha, Araucária

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IMPORTANT MEDICAL AND HEALTH INFORMATION

Your safety is our primary concern. The medical team will be staffing the medical facilities at IRONMAN Village. Medical resources will also be available while you are out on course.

If you are not feeling well on race morning, we strongly advise you not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event: 70.3curitiba@ironman.com.

If you start to feel unwell at any point during race day, we urge you to seek help rather than continue.

DO NOT BE AFRAID TO ASK FOR HELP

If at any time during the race you experience chest pain or discomfort, shortness of breath, lightheadedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention.

You will not receive a penalty or be disqualified for receiving a medical evaluation or for having someone help you in getting medical assistance. A medical evaluation does not constitute outside assistance.

During the swim: raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling "help." You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race. You must not make forward progress in the water while grabbing onto a kayak, paddle board or nearby boat. Making forward progress will result in a Disqualification (DQ).

During the bike: If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. *Make sure you provide your bib number to initiate your care.*

During the run: same as the bike. If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. *Make sure you provide your bib number to initiate your care.*

Helping another athlete: if a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. *You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need.* On the bike and run course, make sure to provide the bib number of the athlete in need of help.

After you have finished the race, please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.

PLEASE, VISIT "ATHLETE SMART" WEBPAGE FOR MORE INFORMATION.



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ATHLETE`S CHECK IN

05

THURSDAY

from 04 PM
to 08 PM

06

FRIDAY

from 09 AM
to 06 PM

07

SATURDAY

from 08:30 PM
to 12 PM

IRONMAN Village
Barigui Park – Positivo Events Center

IT`S MANDATORY TO

- ✓ Do it in person
- ✓ Present an official document with photo (passport or ID)
- ✓ Schedule the Athlete's Check-In Time – [CLICK HERE](#) 
- PRO Athletes and AWA Athletes are allowed at anytime.*
- The AWA certificate will be requested*
- ✓ Pay the Local Federation Day Use Tax - [PAY HERE](#) 
- ✓ Have signed the online Medical Waiver
 - ✓ [Link for BRAZILIANS](#) 
 - ✓ [Link for FOREIGNERS](#) 



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RACE PACKET

	WRISTBAND To be worn until the Slot Allocation and Roll-down Ceremony	BIB To be worn on the run	
	SWIM CAP For the swim portion	TATTOO Must be applied before the race start	
	TRANSITION BAGS BLUE (Bike Gear) and RED (Run Gear)	STICKERS To label your bags	
	WHITE BAG For dry clothes, items you will remove prior to the swim start or items you may need at the finish line.	HELMET STICKER Must be affixed in front	
	SHUTTLE TICKET For transportation from T2 to the race start	BIKE CHECK-OUT TICKET In case you are unable to personally claim your bike and gear at the Bike Check-out	

IMPORTANT NOTES

As stated in the regulations, the check-in is an in-person procedure. Therefore, if you intend to participate in the event, please note that race packets will not be delivered to third parties under any circumstances.

The athlete who does not get the race packet according to this schedule will be disqualified.

Athlete who gives his/her race packet to someone else, as well as the athlete who receives it, will immediately be disqualified from the event and suspended, as mentioned in the regulation.

The timing chip will be handled on Bike Check-in.

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ATHLETE`S BRIEFING



[UNLIMITED SPORTS BRASIL](#) 

The video will be published on THURSDAY - 05th

Watching the Athlete's Briefing is mandatory to all registered athletes

**Q&A Session Meetings
(Age Group) - Optional**

**Athlete`s Service Booth
(SAC) – IRONMAN Village**

FRIDAY - 06th | from 04 PM to 05 PM

SATURDAY - 07th | from 12 PM to 01 PM

“FIRST-TIMERS TALK”

Positivo Events Center | FRIDAY – 06th | 05 PM

Informational chat with general race guidance, aimed at helping athletes feel more confident and prepared. Topics that are already part of the Technical Meeting (mandatory) will be covered, but in a more detailed and in-depth way. **Participation is optional, and the session is open to all athletes**, not only first-timers.

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BIKE & BAGS CHECK-IN

07
SATURDAY

Transition 1
Passaúna Reservoir

According to BIB

01:30 - 02:30 PM	1201 - 1600
02:30 - 03:30 PM	801 - 1200
03:30 - 04:30 PM	401 - 800
04:30 - 05:30 PM	101 - 400

PRO Athletes and AWA Athletes are allowed at any time. The AWA certificate will be requested

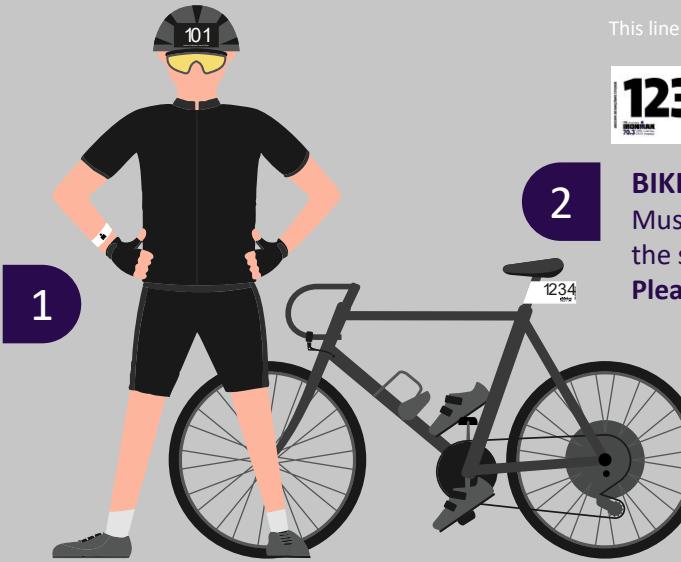
You will pick up your timing chip on your way out of the Bike Check-in

SATURDAY - 07
TRANSITION 2 – Barigui Park
Anytime between 10 AM and 06 PM



MUST BRING YOUR
RED BAG
RUN GEAR

WRISTBAND
Only athletes with the wristbands on may enter the Transition. To be worn until the Slot Allocation and Roll-down Ceremony.



2
BIKE STICKER
Must be affixed below the saddle.
Please don't cut the sticker

3
You MUST BRING THE BIKE.
All bikes must be placed in the appropriate numbered spot on the bike racks. Athletes must position their own bikes; help from staff will not be allowed.

Full bike covers are not allowed and will be removed from any bikes left in transition once Bike Check-In is over.

The Bike and Bags Check-In is an in-person procedure. **All bikes must be checked in on Saturday.** Bikes will not be permitted to enter transition on race morning.

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TRANSPORT: Barigui Park > Swim Start

08
SUNDAY

Barigui Park – Transition 2
from 04:15 AM to 05:40 AM

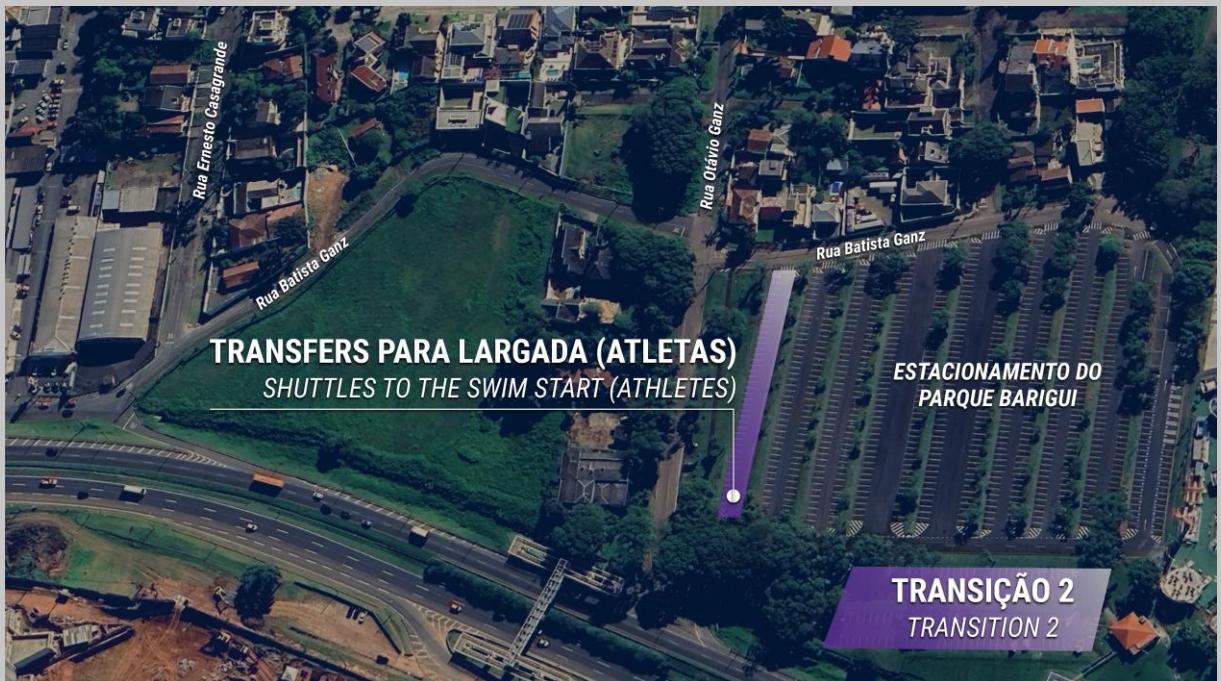
- The organization will provide free and exclusive transportation for athletes, departing from T2 to the race start;
- If you choose to use this service, you must have completed the Athlete's Check-In form in advance.
- Departures will be every 15 minutes, and the time chosen by the athlete will be offered according to availability.
- Estimated travel time to Passaúna Reservoir: 45 minutos

Access to the bus is limited to athletes with a wristband;
Companions will not be allowed

If the athlete prefers to drive their own car

There will be a designated parking area located 400 meters from the start line. As this is a public area, please note that parking availability is limited, so we recommend arriving early to avoid any inconvenience.

For greater convenience, we suggest using ride-sharing apps
(like Uber or similar) or taxis



from 04:45 AM to 06:30 AM

Transition 1 | Passaúna Reservoir

Remember to bring your timing chip, event swim cap, goggles and wetsuit.

Only athletes with the wristbands on may enter the Transition.

No bags, backpacks or suitcases will be allowed at the Transition Area.



YOU MUST BRING YOUR BLUE BAG

Bike Gear

- Athletes can put the bag and their personal belongings next to the bike. Be careful not to interfere or mix your belongings with others.
- **After the swim portion, ALL YOUR BELONGINGS MUST BE INSIDE THE BLUE BAG.** The organization is not responsible for items that may be forgotten or left at Transition 1.



WHITE BAG

General Stuff – Optional use

- For dry clothes or any items you may need after finishing the race. *Please don't leave any electronic items, such as your mobile phone or car keys, in this bag.*
- **Leave the bag in the transfer inside the Transition Area;**
- You will receive your bag back after finishing the race, when you leave the Recovery Area. If you abandon the race, you will find your bag at the exit of the Recovery Area.

IMPORTANT!

The bags will be taken by the Organization to Transition 2 for the Finish Line and Bike and Bags Check-Out

In the transition area you will find:



BIKE MECHANICS



BIKE PUMPS



PORT-O-LET



WATER



SUNBLOCK AND
VASELINE

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SWIM START

08
SUNDAY

Passaúna Reservoir

Rua Pelicano, 1779 - Capela Velha, Araucária

06:30 AM PRO - Male

06:35 AM PRO - Female

06:45 - 07:05 AM Age Group

ROLLING START FORMAT

Athletes will line up according to their realistically predicted swim times. We will have staff and wind flags with the times indicated below.

< 30
MINUTES

31 - 35
MINUTES

36 - 40
MINUTES

41 - 45
MINUTES

> 45
MINUTES

If for any reason the athlete decides not to start the race, he/she must communicate immediately the Organization (CONTATO@ULSP.COM.BR)

PLAN B (in case the swim portion is cancelled) - Bike Time Trial Start at 7:00 AM



Wetsuits are permitted in water temperature up to **24.5°C** for Age Group and **21.9 °C** for PRO Athletes.

The organization will inform the athletes about the temperature on race morning through email and social media.

The wetsuit must be placed inside the Blue Bag before leaving the transition area for the bike course.

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SWIM COURSE

1.9 KM | 1 Lap



CUT OFF TIME

1 hour and 10 min

The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. Each athlete will have 1 hour and 10 minutes to complete the swim course regardless of when they start the swim. Any athlete that takes longer than 1 hour and 10 minutes to complete the swim and does not finish before the swim course closure will be removed from the race and receive a DNF. Any athlete who takes longer than 1 hour and 10 minutes to complete the swim but is ahead of the final swim course closure and continues to the finish line will receive a NC (Not Classified).



ORANGE BUOYS – ON THE LEFT

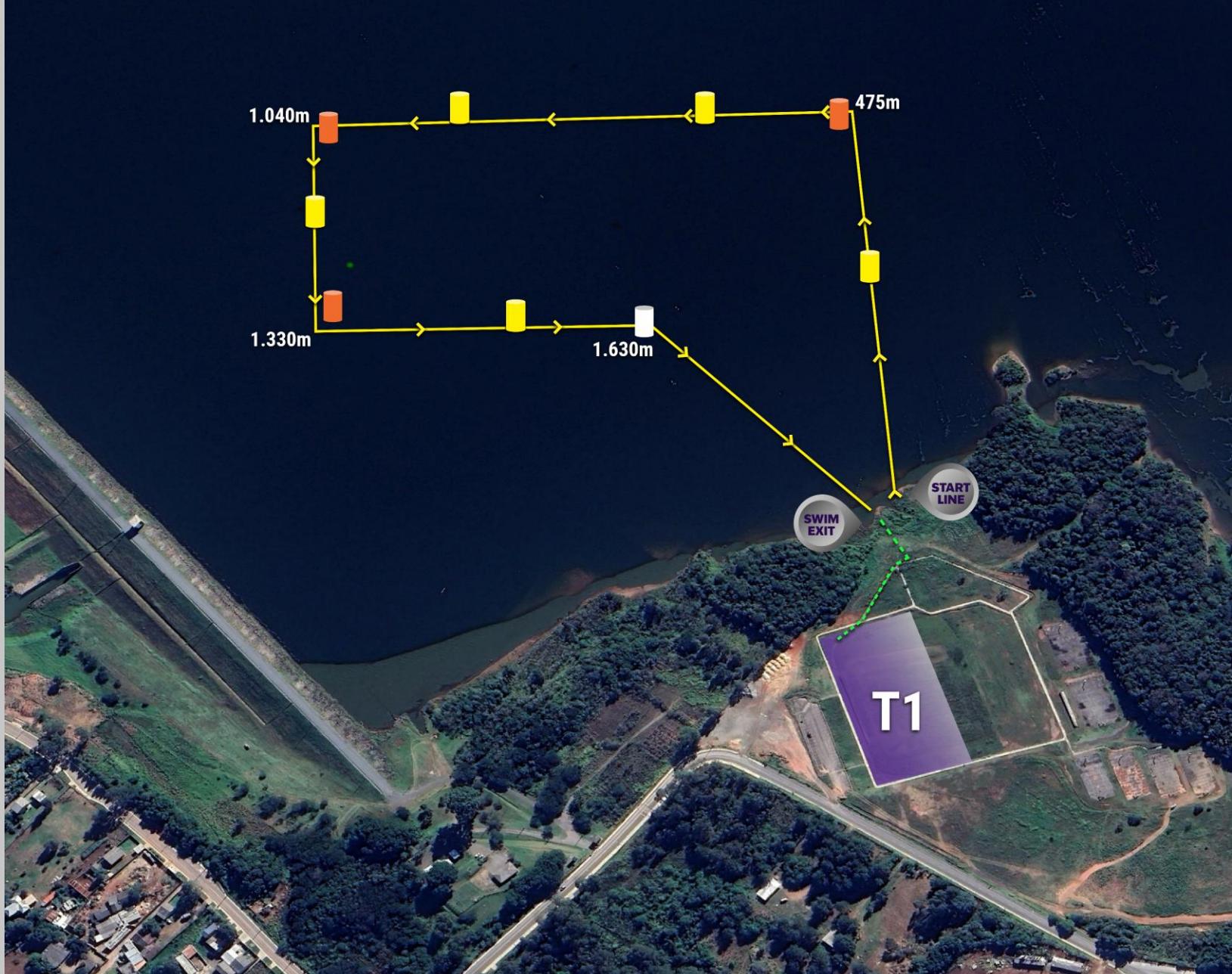


YELLOW BUOYS – BOTH SIDES



SWIM SAFETY PAD – Safety buoy available for assistance if necessary.

ATTENTION
There won't be wetsuit peelers available



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BIKE COURSE

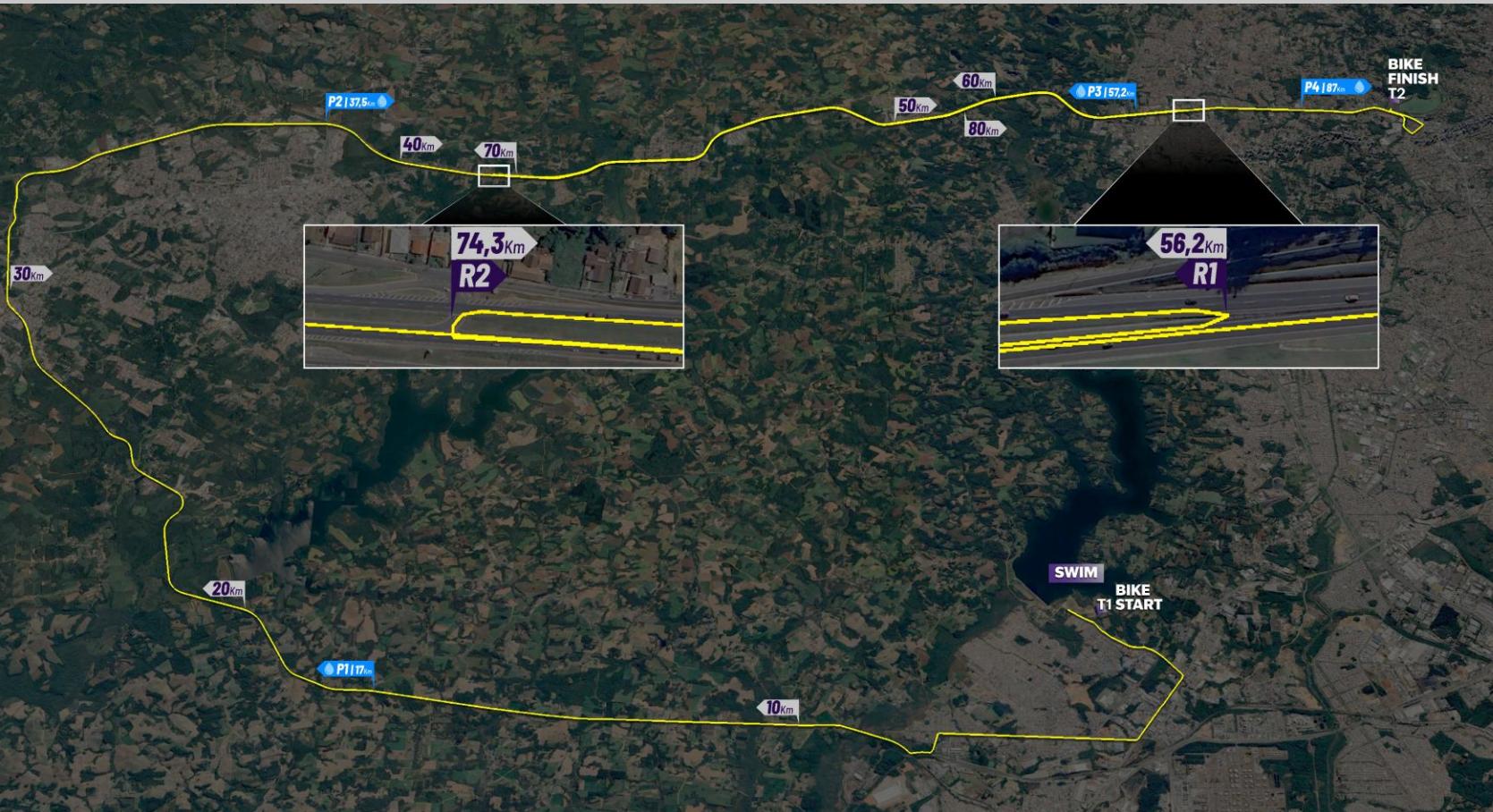
90 KM | 1 Lap



CUT OFF TIME
5 hours and 30 min



INTERMEDIATE CUT OFF
Km 56.2 | 11:11 AM



The bike course will close 5 hours and 30 minutes after the final athlete starts the swim. Each athlete will have 5 hours and 30 minutes to complete the swim, T1 and bike course regardless of when they start the swim. Any athlete that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course and does not make the final bike course closure will be removed from the race and will receive a DNF. Any athlete that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course but is ahead of the final bike course closure and continues to make it to the finish line will receive a NC (Not Classified). Additional intermediate cut-offs are determined by race management and are as follows: km 56.2 às 11:11 AM. Any athlete that does not make the intermediate time cut-offs will not be allowed to continue and will receive a DNF.

AID STATIONS
Each 15km ≈

P1 • Km 17 | P2 • Km 37.5
P3 • Km 57.2 | P4 • Km 87

At all stations

- Water (white squeeze) • Banana
- LIQUIDZ Sports Drink (green squeeze) •
- Bike Pumps • Port-o-lets

DISCARD AREA

100 m before and 300 m after the aid station

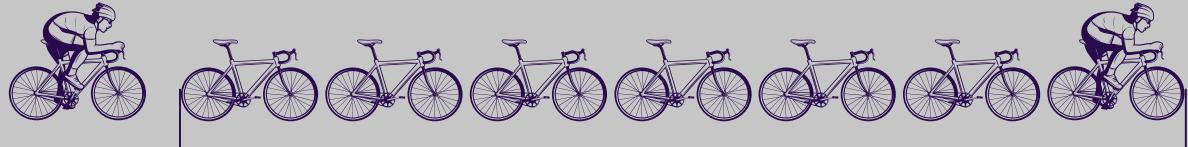
[INTERACTIVE MAP](#)



DRAFTING IS NOT ALLOWED

AGE GROUP

Keep six bike lengths of clear space. Complete your pass within 25 seconds



PRO

Keep ten bike lengths of clear space. Complete your pass within 25 seconds



Always ride on the right side of your lane to avoid an **ILLEGAL POSITION** or **BLOCKING** call.



BIKE MECHANICS

Inside the Transition Area and along the course

Waiting time for support may vary depending on demand. Mechanical assistance is offered but is not the Organization's responsibility to make any type of repair to athletes' equipment. All athletes must be self-sufficient and able to repair minor problems on their own.

There will be staff at the dismount line to take the athletes' bikes and place them on the racks. Athletes will hand over their bikes to the staff and proceed directly to pick up their red bags.

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RUN COURSE

21.1 KM | 3 Laps



CUT OFF TIME
8 hours and 30 min



LAP CONTROL
3 wristbands

The run course will close 8 hours and 30 minutes after the final athlete starts the swim. Each athlete will have 8 hours and 30 minutes to complete the entire course. Any athlete that takes longer than 8 hours and 30 minutes to complete the entire course and does not finish before the run course is closed will receive a DNF. Any athlete that takes longer than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.

AID STATIONS - Each 1.2 km ≈

P1 • 960 m | Km 7.6 | 14.2 (Banana candy - Tachão de Ubatuba)

P2 • Km 2 | 8.6 | 15.3 (Peanut candy - Paçoquita)

P3 • Km 5.5 | 12 | 18.8 (DUX Gel)

At all stations:

Water • LIQUIDZ Sports Drink • Soft Drink
• Banana • Salt Biscuit • Port-o-lets

DISCARD AREA

20m before and 70m after the aid station

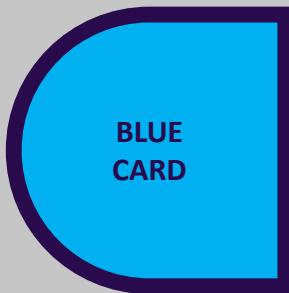
[INTERACTIVE MAP](#)



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PENALTIES



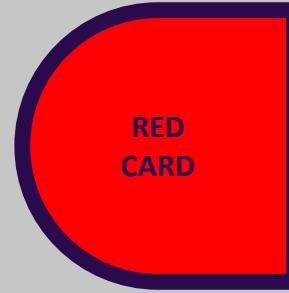
- Drafting
- Littering

2 MINUTES AT THE PENALTY BOX



- Blocking
- Ride/Run without a shirt
- Outside Assistance
- Sound devices
- Being followed by a non-accredited photo and video team

30 SECONDS AT PENALTY BOX



- Unsportsmanlike conduct
- 3 blue cards
- Reporting a Yellow card instead of a Blue card
- Being followed by a non-accredited photo and video team - twice
- Failing on reporting a card at Penalty Box

DISQUALIFICATION

Bike-course time penalties will be served at the Penalty Box tent

The penalty box will be located approximately 300 meters before the bike dismount

It is the athlete's responsibility to report to the Penalty Box (PB). Referees do not notify or direct athletes to PB, they only monitor compliance of the penalty. Failing on that will result in disqualification.

The use of the toilet and equipment adjustments are not allowed while inside the Penalty Box.

Run-course time penalties will be served at the run course

After receiving the card, the penalized athlete must immediately stop and serve their penalty alongside the referee who issued it. Once the penalty is completed, the athlete may continue running.

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Prohibited Running Shoes

In IRONMAN races, shoes are prohibited if their sole thickness (stack height) exceeds 40 mm or if they contain more than one rigid, embedded plate. For more specifications, visit the official IRONMAN website.

[Running Shoes FAQ's | IRONMAN](#)



Attention, friends and Family

Friends, family members, pets, and/or other spectators are not permitted to cross the finish line with participating athletes.

Athletes who choose not to respect the policy will be disqualified.

Cut Off Time

IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut offs.

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Athletes and Content Creators!

The presence of unaccredited photographers, videomakers, drones, and any unauthorized vehicles—including skateboards, scooters, unicycles, bicycles, motorcycles, roller skates, and cars—on the course is **STRICTLY PROHIBITED**.

This measure reinforces our commitment to providing safety and a unique experience for all registered participants.



Any athlete caught by race officials being accompanied, filmed, or photographed by non-accredited professionals, using any type of vehicle and at any point on or near the course, will be immediately **penalized with a yellow card** and may also **be disqualified** from the event in the case of a repeated infraction.



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BIKE CHECK-OUT

08
SUNDAY

Transition 2 | Barigui Park
from 01 PM to 04 PM

Only athletes with the wristbands on may enter the Transition Area, companions will not be permitted;

You must have your timing chip on in order to enter and claim your bike and gear.

If you cannot personally claim your bike and gear bag, a family member or friend may do so on your behalf. They will need to present the Bike Check-Out ticket, which is included in your race packet, as well as your timing chip.

Please note that your race timing chip is being loaned to you. When you pick up your race number and timing chip, you are responsible for returning the chip after the race.

Failure to return the chip will result in a replacement fee of 350 Brazilian Reais, which will be charged before bike check-out.

IMPORTANT! – *Lost & Found*

Lost and Found will be located at the Transition Area during bike check-out and at the IRONMAN Village during the Awards Ceremony.



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OFFICIAL RESULTS

08

SUNDAY

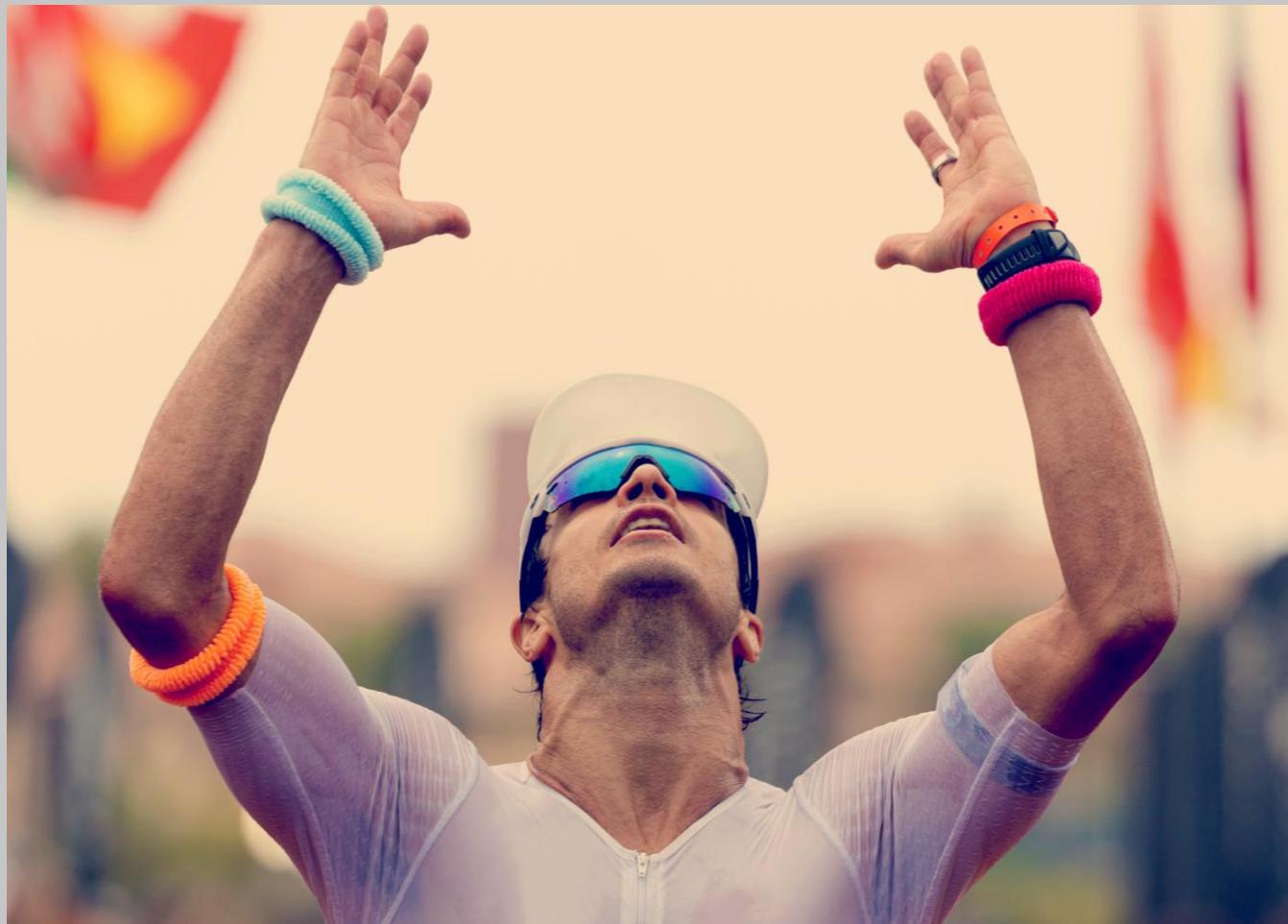
App IRONMAN Tracker
05 PM

Official results will be updated and confirmed on Sunday, at 05 PM in the IRONMAN TRACKER app.

Until 05 PM, the results available in the IRONMAN Tracker app will be reviewed and confirmed by the Race Referees.

APPEALS

If there are any disputes about the results after they are finalized, athletes should approach the competition jury on the Awards Location between 05 PM and 06 PM. After this period, no changes to the overall classification will be accepted.



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AWARDS CEREMONY & 2026 IRONMAN 70.3 WORLD CHAMPIONSHIP SLOT ALLOCATION/ROLLDOWN CEREMONY

08
SUNDAY

Barigui Park | Positivo Events Center
07 PM



September, 12th and 13th 2026 | Nice - France

Trophies will be awarded to the Top 5 Professional Athletes (male and female), as well as to the Top 5 finishers (male and female) in each age group and TriClubs category.

Each event will be allocated a specific number of Age Group World Championship qualification slots, with an equal number of slots assigned to men and women.

Each male and female age group will receive one automatic qualifying slot for the World Championship, awarded to the category winner, with roll-down to the second and third place finishers if the slot is not accepted by the first or second place athlete. This slot is referred to as an "Automatic Qualifying Slot." All remaining slots will be allocated to the Performance Pool ("Performance Pool Slots").

Automatic Qualifiers must claim their slot during the Awards Ceremony, immediately after receiving their trophy. If the Automatic Qualifying Slot for a specific age group is not accepted by any of the top three finishers, the slot will roll down into the Performance Pool and be offered to the most competitive athletes of the same gender at that event. **Performance Pool Slots will be offered and allocated immediately following the Awards Ceremony.**

Important: If you plan to accept a qualification slot, you must attend the full Awards and Roll-Down Ceremony, which begins at 7:00 PM on Sunday, March 8th. Qualification slots may be claimed in person only and exclusively during the ceremony.

Payment and Registration Information

Please be prepared to pay the entry fee with CREDIT CARD ONLY; no check or cash accepted. Credit card only (no Debit, Diners or cash payment).

Your physical credit card including full credit card number, expiration date and CVV must be available at time of payment and only one card is accepted (split payment will not be accepted).

Photo ID is also required at time of payment.

For the most up to date information and qualifying slot numbers, please [CLICK HERE](#).

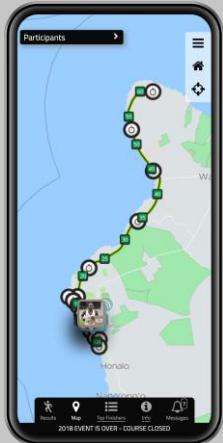
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GOLDEN TIPS

SPECTATOR GUIDE – [CLICK HERE](#)

Check out information about schedules, locations, and access so your fans can follow the best moments of the race.



IRONMAN Tracker

On race day, spectators can track the status of participants in real time using the Live Tracker and Leaderboard.



To make it easier for athletes as well as their families and friends, we recommend using the WAZE – GPS and Live Traffic app. All traffic restrictions related to the race will be available to users during race week.

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 **FinisherPix**® | Powered by Smiles

NEVER FORGET YOUR RACE



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The official race photos are provided by FinisherPix

If you purchased the package in advance, the photos will be sent to your email within 72 hours after the race.

If you haven't purchased the package yet, you can buy it directly on the company's website, either during race week or after the event.

KEEP THE BEST MOMENTS FOREVER

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LIVE COVERAGE

Follow all race details, interviews, and much more, live on **Unlimited Sports YouTube!**

From 05:30 AM (BRT)



[UNLIMITED SPORTS BRASIL](#)

Streaming partner



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CHECK LIST

ITEMS

- █ Official document with photo (ID or Passport)
- █ Receipt
- █ Day Use Receipt
- █ Boarding pass
- █ Hotel address and voucher

MISCELLANEOUS

- █ Bike services
- █ Transfer to Swim Star – if is necessary
- █ Check Bike na Bags Check-in schedule
- █ GPS Watch

SWIM

- █ Racesuit
- █ Swimsuit
- █ Goggles (consider a spare pair as well)
- █ Swim cap
- █ Timing chip (given at bike check-in)
- █ Wetsuit (check if it is allowed)
- █ Towel
- █ Vaseline and Sunscreen
- █ Ear plugs/Noise plugs (optional)

BIKE

- █ Helmet
- █ Bike Shoes
- █ Socks
- █ Sunglasses
- █ Water bottle
- █ Bike Repair Kit
- █ Extra bike tubes
- █ Nutrition
- █ Sunscreen

RUN

- █ Running shoes
- █ Socks
- █ Hat/Visor
- █ Sunglasses
- █ Race belt or safety pins
- █ Nutrition
- █ Sunscreen
- █ Post Race Clothing

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PATROCÍNIO



CO - PATROCÍNIO



APOIO



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GOOD LUCK!

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