

IRONMAN[®] 70.3[®] RIO DE JANEIRO BRASIL

AUGUST 10th

ATHLETE'S GUIDE



WELCOME!

Hello, triathletes!

We're kicking off the second half of the year with the 9th edition of the IRONMAN 70.3 Rio de Janeiro — and there's no shortage of reasons to celebrate.

According to a global survey conducted with athletes from over 170 races in the IRONMAN series, in 2024 our event was ranked the second most recommended IRONMAN 70.3 race in the world, the third-best race in Latin America, and reached an impressive 95.40% overall satisfaction rate, placing us in the Global Top 5 in this category.

This year, the event also stands out for its international appeal: we'll welcome 1,800 athletes from 33 countries, many of whom are visiting Brazil for the first time to race and experience our "Marvelous City", one of the world's top tourist destinations.

On top of that, the course offers a truly unique experience, passing through some of Rio de Janeiro's most iconic landmarks, including the famous Copacabana beachfront, Sugarloaf Mountain, and other breathtaking sights that make this race even more unforgettable.

We wish you an amazing race — may we once again be the stage for so many memorable stories.



CARLOS GALVÃO - CEO

VENUE



INÍCIO CORRIDA | RUN START



SCHEDULE

THURSDAY - 07

02 PM – 07 PM	IRONMAN Village	Marina da Glória
02 PM – 06 PM	Athlete's Check-In	IRONMAN Village

FRIDAY - 08

09 AM – 07 PM	IRONMAN Village	Marina da Glória
09 AM – 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

SATURDAY - 09

08 AM	IRONKIDS	Marina da Gloria
08:30 AM - 07 PM	IRONMAN Village	Marina da Gloria
08:30 AM – 12 PM	Athlete's Check-In	IRONMAN Village
10 AM	Mandatory and Exclusive Q&A Session with Race Directors for PRO	Awards Location - Marina da Gloria
10 AM – 06:30 PM	Red Bags Check-In (Run Gear)	Transition 2 – Marina da Glória
10:30 AM	Press Conference with the PRO	Awards Location - Marina da Gloria
12 PM – 01 PM	Q&A Session Meeting (Age Group) - Optional	Athlete's Service Booth (SAC) – IRONMAN Village
01:30 PM – 06:30 PM	Bike Check-In – According to BIB	Transition 1 – Forte de Copacabana

Marina da Glória Av. Infante Dom Henrique, s/n – Glória

Copacabana Fort Praça Cel. Eugênio Franco Square, 1

SCHEDULE – RACE DAY

SUNDAY 10

05 AM – 06:25 AM	Access to Transition Area	Transition 1 – Copacabana Fort
06:30 AM	Swim Start PRO - Male	Copacabana Beach – between Posts 6 and 5
06:35 AM	Swim Start PRO - Female	Copacabana Beach – between Posts 6 and 5
06:45 AM – 07:00 AM	Swim Start – Age Group	Copacabana Beach – between Posts 6 and 5
08 AM – 07 PM	IRONMAN Village	Marina da Glória
11 AM	Podium Ceremony for PRO	Finish Line – Marina da Glória
01 PM – 04 PM	Bike and Bags Check-Out / Lost & Found	Transition 2 – Marina da Glória
05 PM – 06 PM	Official Results / Appeals	Athlete's Service Booth (SAC) – IRONMAN Village
07 PM	Awards Ceremony	Awards – Marina da Glória
08 PM	Slot Allocation/Rolldown Ceremony – 2026 IRONMAN 70.3 WC	Awards – Marina da Glória

Marina da Glória

Av. Infante Dom Henrique, s/n - Glória

Copacabana Fort

Praça Cel. Eugênio Franco Square, 1

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.

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.

ATHLETE'S CHECK-IN

IRONMAN Village – Marina da Glória

THURSDAY 07 - from 02 PM to 06 PM

FRIDAY 08 – from 09 AM to 06 PM

SATURDAY 09 – from 08:30 AM to 12 PM

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](#)



RACE PACKET



WRISTBAND

To be worn until the Slot Allocation and Rollover Ceremony

#1234
NOME

BIB

To be worn on the run



SWIM CAP

For the swim portion



TATTOO

Must be applied before the race start



HELMET STICKER

To be applied on the front of the helmet



BIKE STICKER

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



TRANSITION BAGS

BLUE (bike gear) and RED (run gear)



WHITE BAG

For dry clothes, items you will remove prior to the swim start or items you may need at the finish line.



STICKERS

To label your bags



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.



ATHLETE'S BRIEFING



[UNLIMITED SPORTS BRASIL](#)

The video will be published on THURSDAY 07

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 08 – 11 AM to 12 PM
SATURDAY 09 – 12 PM to 01 PM

Mandatory and Exclusive Q&A Session with Race Directors for PRO Athletes

Awards Location – Marina da Glória
SATURDAY 09 – 10 AM

BIKE AND BAGS CHECK-IN

SATURDAY 09 – TRANSITION 1

Copacabana Fort

According to BIB

01:30 PM – 02:30 PM		1501 – 1900
02:30 PM – 03:30 PM		1151 – 1500
03:30 PM – 04:30 PM		801 – 1150
04:30 PM – 05:30 PM		451 – 800
05:30 PM – 06:30 PM		101 - 450

*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 09 – TRANSITION 2
Marina da Glória

ANYTIME BETWEEN
10 AM and 06:30 PM

MUST BRING
RED BAG
RUN GEAR



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.



WRISTBAND

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



BIKE STICKER

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



- You **MUST** BRING THE BIKE.
- The blue bag, with the cycling items, helmet and bike shoes, should only be brought on Sunday, the race day.
- 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.

PRE RACE

SUNDAY 10 - from 05 AM to 06:25 AM
Copacabana Fort

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

Only athletes with the wristbands on may enter the Transition;

BLUE BAG Bike Gear

Athletes can put the bag and their personal belongings next to the bike. Helmets, bike shoes and nutrition items can be attached to the bike;

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

After the swim portion, ALL YOU BELONGINGS MUST BE INSIDE THE BLUE BAG. The organization is not responsible for items that may be forgotten or left at Transition 1.



In the Transition Area you will find:



BIKE
MECHANICS



BIKE PUMPS



PORT-O-LETS



WATER



SUNSCREEN and
VASELINE

WHITE BAG General Stuff

For dry clothes, items you will remove prior to the swim start or items you may need at the finish line. Please, don't leave any electronic items, like your mobile phone or car key, or any valuable items inside the bag.



Leave the bag in the designated drop area in Transition;

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 – Marina da Glória for the Finish Line and Bike and Bags Check-Out





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 decide 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

SWIM START | SUNDAY 10

Copacabana Beach – Between Posts 6 and 5

06:30 AM PRO - MALE

06:35 AM PRO - FEMALE

06:45 – 07:00 AM AGE GROUP

IMPORTANTE NOTE! Avenida Atlântica, the main avenue along Copacabana Beach, will be closed in both directions during the race. It is recommended to use transport apps or taxis for convenience and comfort, especially during this busy and exciting moment before the race. Some streets can provide access to Swim Start, like Rua Joaquim Nabuco, Av. Raina Elizabeth, and Rua Julio de Castilho.

Wetsuits are permitted if the water temperature is 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.

SWIM COURSE

1,90 KM | 1 LAP



CUT OFF TIME - 1 hour and 10 minutes

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).



PINK BUOY – ON THE LEFT



ORANGE BUOYS – ON THE RIGHT



YELLOW BUOYS – BOTH SIDES

There won't be wetsuit peelers available.



BIKE COURSE

90 KM | 3 LAPS

8 passages through the tunnel



CUT OFF TIME – 5 hours



INTERMEDIATE CUT OFF – Km 66,7 | 11:06 AM

The bike course will close 5 hours after the final athlete starts the swim. Each athlete will have 5 hours to complete the swim, T1 and bike course regardless of when they start the swim. Any athlete that takes longer than 5 hours 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 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 66,7 at 11:06 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 10 | 20 • P2 = Km 30 | 46 | 77 • P3 = Km 56 | 66

At all the stations:

Water (white squeeze) • Banana • Hydrolite DUX Sports Drink (orange squeeze)
Port-o-lets • Bike Pumps

DISCARD AREA • 100m before and 300m after the station





ATHLETES, PAY ATTENTION!

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

DRAFTING IS NOT ALLOWED



Keep 6 bike lengths of clear space.
Complete your pass within 25 seconds



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.

RUN COURSE

21,1 KM | 3 LAPS

LAP CONTROL : 3 wristbands



CUT OFF TIME – 8 hours and 30 minutes

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 or relay team 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.



ATERRO DO
FLAMENGO

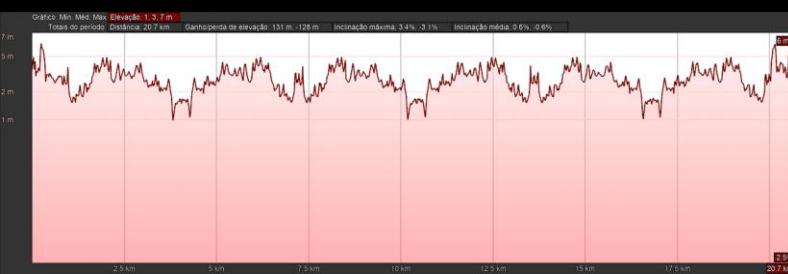
AID STATIONS - each 2,5km ≈

P1 – KM 2,2 | 6,3 | 8,6 | 12,7 | 15 | 19 (DUX Gel)
P2 – KM 3,5 | 5 | 9,8 | 11,4 | 16,4 | 17,9 (Peanut Candy - Paçoquita)

At all the stations:

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

DISCARD AREA • 20m before and 70m after the station



Push & Pow Energy Drink (cup) – KM 7,2 / 13,7 / 20
For nutritional information [click here](#)

HOKA FLY HUMAN FLY

PENALTIES

Blue Card

- Drafting
- Littering

2 MINUTES AT THE PENALTY BOX

Yellow Card

- 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

Red Card

- 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.

Prohibited Running Shoes

Certain running shoes are prohibited in accordance with global WTC policy. This restriction applies to both professional and amateur athletes. Competitors who complete the race wearing these shoes will be disqualified. For access the list of restricted models, please visit the following link:

[Prohibited Running Shoes \(ironman.com\)](http://Prohibited%20Running%20Shoes%20(ironman.com))

Finish Line

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.





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.

BIKE CHECK-OUT

SUNDAY 10 - from 01 PM to 04 PM
TRANSITION 2 – Marina da Glória

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.



OFFICIAL RESULTS SUNDAY 10 – 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 Athlete's Service booth (SAC - IRONMAN Village) between 05 PM and 06 PM. After this period, no changes to the overall classification will be accepted.



AWARDS

SUNDAY 10 – 07 PM
Marina da Glória

The Top 5 finishers in each Age Group category and the Top 5 Triclubs will receive a trophy.

QUALIFYING FOR



Nice - France
September, 12th – 13th

Each race will be allocated a number of age group qualification slots, with men and women allocated an equal number of age group qualification slots. A portion of these slots will be "**Automatic Qualifying Slots.**" The remaining age group slots will be "**Performance Pool Slots.**"

Athletes may claim their slot only IN PERSON and only at the 2026 IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony on Sunday (August, 10th) immediately following Awards. Awards will start at 07 PM in the Marina da Glória so please be present no later than 08 PM for slot allocation.

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

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, expiry date and CVV must be available at time of payment and only one card is accepted (split payment will not be accepted).

Athletes will also need their IRONMAN Profile login information to accept a slot. If you do not remember your login information, please [CLICK HERE](#) and follow the instructions to reset your password prior to the Slot Allocation ceremony.

Photo ID is also required at time of payment.

SLOT ALLOCATION/ROLLDOWN CEREMONY

SUNDAY 10 – 08 PM – Marina da Glória



Nice - France
September, 12th – 13th

BEFORE RACE DAY

Each qualifying event is allocated a number of age-group qualification slots for men and, the same number for women.

From this allocation, each Male & Female Age Group is allocated one slot to be awarded to the Age Group winner. This is referred to as the **"Automatic Qualifying Slot."**

All other slots available for the race are attributed to the Performance Pool, to be offered after the race is complete. These slots are referred to as the **"Performance Pool Slots."**

A separate Performance Pool of slots is maintained for men and for women so that slots remain equally split between genders.

ON RACE DAY

The winner of each Male & Female Age Group will automatically earn a qualifying slot, (**"Automatic Qualifying Slot"**).

If that slot is not taken, it will roll to the second-place finisher, and then to the third-place finisher if not taken by the second-place finisher.

If the automatic qualifying slot for a specific age group is not taken by one of the top three finishers, that slot is allocated to that gender's 'Performance Pool' of qualifying slots that will then be offered to the next-most competitive athletes at the same event.

SLOT ALLOCATION/ROLLDOWN CEREMONY

SUNDAY 10 – 08 PM – Marina da Glória



Nice - France
September, 12th – 13th

ON RACE DAY

Once Age Group Winners have been offered slots following the process above, we move on to the allocation of slots via the **“Performance Pool Slots”**:

The finish times of all remaining athletes at the event will be compared to a benchmark (IRONMAN 70.3 Standard) that is created by averaging the top 20% of IRONMAN 70.3 World Championship finish times over the past 5 years for each age group (i.e., a global age-group standard for each gender and age group). By comparing each finish time to its age-group standard, we create an age-graded finish time for each athlete.

To read more about the IRONMAN 70.3 Standard, [click here](#).

Athletes are then ranked within their gender, based on their age-graded finish times (i.e., their performance in the race relative to their own age-group standard); the athletes who are most competitive on race day relative to their age-group standard will rank highest.

Using this ranking of the most competitive athletes, slots will then be offered and allocated using a ‘first to accept’ roll-down process. This roll-down process will continue until all qualifying slots for the women’s race are allocated, and then for the men’s race (or vice versa).

Other Information

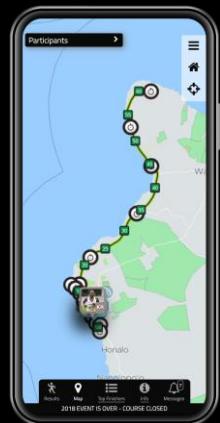
Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an elite athlete in any international 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 IRONMAN 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 IRONMAN (World Triathlon Corporation, 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.

GOLDEN TIPS

[SPECTATORS 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.





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NEVER FORGET YOUR RACE



IRONMAN.
OFFICIAL PHOTOGRAPHER

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KEEP THE BEST MOMENTS FOREVER

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CHECK LIST

ITEMS

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

MISCELLANGELOUS

- Bike services
- Transfer to swim start (if is necessary)
- Bike Check-In Schedule and the personal belongings
- GPS watch

RACE DAY - SWIM

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

RACE DAY - BIKE

- Helmet
- Bike Shoes
- Socks
- Sunglasses
- Water bottle
- Bike Repair Kit
- Extra wheel
- Nutrition
- Sunscreen

RACE DAY - RUN

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



GOOD LUCK!

www.ironmanbrasil.com.br

@brasilironman

#IM703RIO