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ATHLETE INFORMATION



Ford
IRONMAN
Coeur d'Alene
JUNE 22ND 2008



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Important Message from North America Sports in Regard to Host Communities

Boulder, Colorado- As most competitors, family members and spectators are aware, Ironman Triathlon is a unique and inspiring event. Part of the allure of Ironman is the fact that family members and friends are able to cheer on athletes who are competing in this challenging adventure.

The various communities in the United States and Canada that play host to North America Sports events have done a fantastic job in opening their communities to, not only the athletes, but also the thousands of fans at each event.

Unfortunately, despite repeated entreaties from NA Sports, some spectators insist on using paint on the roads and posting signs all over our host communities.

These continued practices have led to some communities no longer wishing for the Ironman courses coming through their towns due to the defacement of public property. Obviously, this makes it difficult to continue events and could put North America Sports events in jeopardy.

Due to the magnitude of the problem, police in each Ironman market have been made aware of these issues and will be out in force the evening before the event and will charge anyone caught defacing public property.

As the spectators of our events please be respectful of private and public property; use common sense and courtesy. North America Sports is fortunate to have some of the most beautiful communities in the United States and Canada to host our events.

"Spectators and athletes have to remember that not only do the communities actually allow the athletes to come through them, but the people in those communities are the same people who are volunteering and helping them along on race day," says North America Sports Director of Operations, Shane Facticeau. "These people are not only opening up their community to Ironman, but in many cases are giving their time to improve the athletes' experience. Please respect the fact that they live here and respect private property."

Thank You,

North America Sports Staff

SCHEDULE OF EVENTS

Thursday, June, 19 2008

7:00AM-10:00AM- **Gatorade Bag Check and Practice Swim**- LAKE COEUR D'ALENE
 8:00AM-8:00PM- **Inside-Out Sports Open**- CITY PARK
 9:00AM-5:00PM- **North America Sports Merchandise Store Open**- CITY PARK
 10:00AM-4:00PM- **Registration Packet Pick-up**- CITY PARK
 10:00AM-4:30PM- **Ford Ironman Coeur d'Alene Marketplace Open**- CITY PARK
 5:30PM- **Kid's Fun Run**- CITY PARK *REGISTRATION STARTS AT 4:30PM

Friday, June 20, 2008

8:00AM-10:00AM- **Gatorade Bag Check and Practice Swim**- LAKE COEUR D'ALENE
 8:00AM-8:00PM- **Inside-Out Sports Open**- CITY PARK
 9:00AM-5:00PM- **North America Sports Merchandise Store Open**- CITY PARK
 10:00AM-4:00PM- **Registration Packet Pick-up**- CITY PARK
 10:00AM-4:30PM- **Ford Ironman Coeur d'Alene Marketplace Open**- CITY PARK
 5:30PM-7:30PM- **Ford Ironman Coeur d'Alene Welcome Dinner**- BANQUET TENT
 7:30PM-8:30PM- **Mandatory Athlete Meeting**- BANQUET TENT

Saturday, June 21, 2008

8:00AM-10:00AM- **Gatorade Bag Check and Practice Swim**- LAKE COEUR D'ALENE
 8:00AM-8:00PM- **Inside-Out Sports Open**- CITY PARK
 9:00AM-5:00PM- **North America Sports Merchandise Store Open**- CITY PARK
 9:00AM-11:00AM- **2008 Ford Ironman Coeur d'Alene participant registration for 2009 Ford Ironman Coeur d'Alene**
 12:00PM- **Volunteer Meeting**- MEMORIAL FIELD (ACROSS MULLAN FROM CITY PARK)
 10:00AM-4:30PM- **Ford Ironman Coeur d'Alene Marketplace Open**- CITY PARK
 10:00AM-3:00PM- **Bike and Gear Bag Check-In**- TRANSITION AREA- CITY PARK

Sunday, June 22, 2008- RACE DAY!

5:00AM- **Athletes begin arriving at the Transition Area, Transition Opens and Bodymarking Begins**- CITY PARK
 5:00AM-3:00PM- **Inside-Out Sports Open**- CITY PARK
 6:25AM- **Pro Start**- LAKE COEUR D'ALENE

7:00AM- **Age Group Start**- LAKE COEUR D'ALENE

7:00AM-4:00PM- **North America Sports Merchandise Store Open**- CITY PARK
 Midnight- **Race Officially Ends**

Monday, June 23, 2008

9:00AM-11:00AM- **2009 Ford Ironman Coeur d'Alene Registration and 2008 Ford Ironman World Championship Registration**- CITY PARK
 7:00AM-3:00PM- **North America Sports Merchandise Store Open**- CITY PARK
 9:00AM-11:00AM- **Lost and Found (Information Booth) Open**- CITY PARK
 7:00AM-12:00PM- **Inside-Out Sports Open**- CITY PARK
 11:05AM- **2008 Ford Ironman World Championship Roll Down**- CITY PARK
 5:30PM- **Philadelphia Insurance Awards Banquet**- BANQUET TENT
 *LOST AND FOUND ITEMS WILL BE AT THE PHILADELPHIA INSURANCE AWARDS BANQUET

Tuesday, June 24, 2008

5:30PM- **Volunteer Party (free to all volunteers who wear their volunteer shirt)**- BANQUET TENT

PRIZE MONEY BREAKDOWN

\$74,000

\$37,000 (Men) and \$37,000 (Women)

1st Place- \$12,000
 2nd Place- \$8,000
 3rd Place- \$5,000
 4th Place- \$4,000
 5th Place- \$3,500
 6th Place- \$2,000
 7th Place- \$1,500
 8th Place- \$1,000

ALSO FEATURING...

80 Slots to the 2008 Ford Ironman World Championship in Kona, Hawaii

"To Do List"

From the moment you arrive at the 2008 Ford Ironman Coeur d'Alene, there is an energy and enthusiasm in the air that can be overwhelming. Please take the time to go over this "To Do List" as it will help to ensure a successful experience on race day.

Drive the course: When you first arrive at the race site, drive the course to become more familiar with the terrain. This way there should be no surprises on race day in regards to what you should expect. Please be aware of posted speed limits and obey them. You don't want to pick up a citation as your first souvenir of the area.

Athlete registration Packet Pick-Up: Be sure to arrive at the race site with adequate time to register. You must bring a photo I.D. to registration. Registration for the 2008 Ford Ironman Coeur d'Alene is from 10:00AM-4:00PM Thursday and Friday.

Label your gear: After you have received your packet, label all of your gear with your name and with the stickers provided. Be sure that all of the stickers are applied properly to avoid penalties during the race.

Visit the North America Sports Merchandise Store and the Ford Ironman Coeur d'Alene Marketplace: Take some time

to enjoy the ambiance of race week. Visit our vendors and sponsor booths- don't forget to pick up your 2008 Ford Ironman Coeur d'Alene merchandise!

Give your bike claim ticket to a family member. While no one anticipates not being able to claim their equipment following the race if you should be in that predicament your family will be unable to reclaim your bicycle and gear bags without the claim ticket.

Bike and gear check in: Bike and gear check in is between 10:00AM-3:00PM Saturday before the race. You will be able to access your bike and Gear Bags on race morning.

Athlete Meeting: The mandatory Athlete Meeting will take place directly after the Welcome Dinner on Friday evening. The meeting will start at approximately 7:30PM.

Bodymarking: Bodymarking begins at 5:00AM on race day just outside the transition zone. Remember not to put lotion on before you get bodymarked.

Post Race: After you have completed your event, please pick up your bike and gear bags. North America Sports is not responsible for gear that is not picked-up. You will be able to

start checking out at 6:00PM.

**If you happen to lose any of your equipment please check into the Lost and Found Tent on Monday morning from 9:00AM-11:00AM at the Ford Ironman Coeur d'Alene Marketplace. Lost and Found items will also be at the Awards Banquet Monday at 5:30PM.*

2009 Registration: Athletes participating in the 2008 event are welcome to register for 2009 Saturday from 9:00AM-11:00AM. General on-site registration will open Monday 9:00AM-11:00AM. YOU MUST HAVE PHOTO ID TO REGISTER AND YOU WILL ONLY BE ALLOWED TO REGISTER YOURSELF.

2008 Ford Ironman World Championship Registration: The 2008 Ford Ironman World Championship registration will be from 9:00AM-11:00AM. The entry fee is \$500 and payable by check in US funds or credit card (a \$20 fee will be added to credit card charges). Roll down will begin at 11:05AM. All slots not claimed during the registration hours will be rolled down. Entry fee and payment methods remain unchanged for roll down slots.

The Philadelphia Insurance Awards Banquet will be on Monday, June 23rd at 5:30PM in the Banquet Tent behind the Coeur d'Alene Resort.

Registration Packet Pickup

Please confirm your registration at www.nasports.com before travelling to the race

PLEASE BRING THE FOLLOWING ITEMS WITH YOU TO REGISTRATION

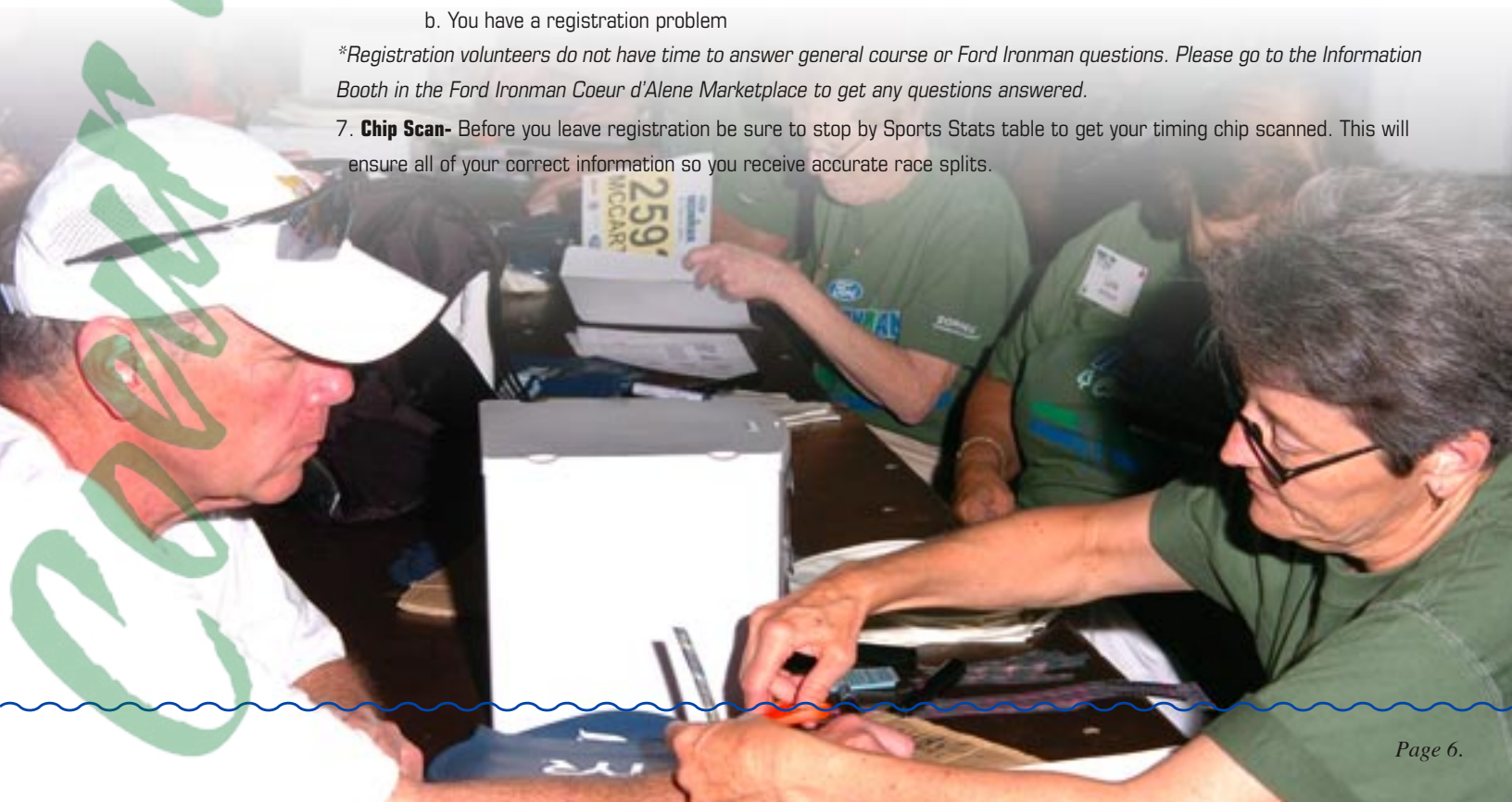
- OFFICIAL PHOTO IDENTIFICATION
- CONFIRMATION NUMBER (IF YOU REGISTERED ON ACTIVE.COM)
- USAT CARD (IF YOU ARE AN ANNUAL MEMBER)

Please arrive onsite and plan to register during the designated registration times. If you have a special circumstance in regards to getting to registration you must contact North America Sports two weeks prior to your event to make registration arrangements.

1. **Confirm athlete bib number on the athlete list posted.**
2. **Sign Waivers**
3. **Weigh In-** we ask that you step on the scale to have your weight recorded by a volunteer for medical purposes, as well as Clydesdale and Athena competitors.
4. **Pick up registration envelope, this contains the following:**
 - a. Race Numbers- bike frame numbers, helmet stickers, bib numbers, gear bag stickers, bike check out ticket
 - b. Swim cap
 - c. Athlete Accreditation Wristband- It is mandatory that athletes wear this wristband at all times. This is your pass to get into all race areas not open to anyone except athletes.
 - d. Timing Chip
5. **Pick up Goody Bags-** Your Ford Ironman bag does not contain your t-shirt; you will receive your shirt after you cross the finish line on race day.
6. **Pro Registration/Problem Table-** You only need to stop here if:
 - a. You are a professional athlete needing to register
 - b. You have a registration problem

**Registration volunteers do not have time to answer general course or Ford Ironman questions. Please go to the Information Booth in the Ford Ironman Coeur d'Alene Marketplace to get any questions answered.*

7. **Chip Scan-** Before you leave registration be sure to stop by Sports Stats table to get your timing chip scanned. This will ensure all of your correct information so you receive accurate race splits.



PRE-RACE & RACE DAY INFORMATION

PRE-RACE DAY INFORMATION

Label your Gear

Please label all of your clothing and gear (including shoes). If you lose anything or find anything we have a Lost and Found at the Information Booth throughout race week.

Personal Safety

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

**NOTE: While training please bike and run as close to the shoulder as possible. Drivers are not accustomed to the large number of cyclists and runners on the roads. Please exercise caution. North America Sports has become known for the very special care given to athletes on race day. Please be aware when you are training on streets and highways of the race locations—those sharing the roads with you are the volunteers you will count on come race day. Be courteous and aware in your training practices. Obey all traffic laws and remember cycling side-by-side and in packs is illegal. Please do not be discourteous to motorists if you are impeding traffic.*

Remember that the swim is in a natural body of water and you should be aware that the possibility exists of

currents and underwater hazards. Use common sense and safety precautions when swimming in Lake Coeur d'Alene.

The bike and run courses are not closed to traffic in many areas. There may be motorists who are unaware of the event despite our efforts to make pre-event notifications. Exercise caution when approaching a motor vehicle and remember that drivers sometimes make unexpected maneuvers.

Information Booth

The Information Booth will be open during the Ford Ironman Coeur d'Alene Marketplace hours. The Information Booth will be located at the Ford Ironman Coeur d'Alene Marketplace. The Information Booth is also the location of the Lost and Found throughout race week.

Bike and Gear Bag Check In

Only registered athletes with ID bands may enter the transition zone. There is no bike inspection, so please ensure that your bike is in safe and full working condition. Place your bike in the appropriately numbered spot on the bike racks.

RACE DAY INFORMATION

Race Morning Check In

Athletes may check in beginning

at 5:00AM- NO EARLIER! Remember to bring your Champion Chip, swim cap, goggles, and wetsuit. Bike technicians and bike pumps will be available in the transition area race morning. Please do not wear your bib number in the swim. Leave it in your Swim to Bike gear bag and put it on before you head out on the bike course. Numbers will not hold up for the duration of the race if they get wet.

Bodymarking

Please do not apply sunscreen or lotion before getting body-marked. Bodymarking begins at 5:00AM when transition opens outside the transition entrance.

Transition Area

Transition closes at 6:30AM. All athletes must be out of the transition zone and headed to the swim before this time.

Eyeglasses

Glasses must be labeled with the athlete's race number. Glasses should be placed onto the eyeglasses table near the swim exit, just outside of transition in the swim exit chute. You may retrieve them following the swim from the eyeglasses table. Do not forget to do this upon exiting from the swim; you are responsible for reclaiming your glasses.



POST-RACE INFORMATION / PARKING PLAN

Medical Tent

The Medical Tent is for patients only. Family members are not allowed in the Medical Tent. Overcrowding in the Medical Tent prevents the Medical Staff from doing their job. Please wait at the Medical Information Tent for updates on athlete conditions. Please wait at the Medical Information Booth located next to the Medical Tent for updates on athletes' conditions.

Security

Only athletes or persons displaying security tags will be allowed in side transition. Please understand that your friends and family must wait outside of transition until you are ready to join them. Transition volunteers will be available if you need outside assistance.

Post-Race Gear Pick Up

The transition zone will open for you to pick up your gear and bike at 6:00PM. All bikes must be removed by midnight. Please be aware of other athletes that are still racing when picking up your belongings. Double check your Gear Bags to be sure you have your correct number, our volunteers do their best to check that each athlete's bib number matches the number on the gear bag

they are leaving with. Anything left over after 12:30AM Monday morning will be transported to the Athlete Lost and Found open at 9:00AM-11:00AM on Monday.

Lost and Found

Lost and Found items will be available for claim at the Information Booth during race week. Monday morning Athlete Lost and Found Tent will be open from 9:00AM-11:00AM in the Ford Ironman Coeur d'Alene Marketplace.

IMPORTANT INFORMATION REGARDING 2008 FORD IRONMAN WORLD CHAMPIONSHIP REGISTRATION AND ROLLDOWN

We have 80 spots for the 2008 Ford Ironman World Championship in Kona, Hawaii. The spots are divided in proportion to the number of competitors in each age group. The spots for that age group with no finishers will roll to other age groups with the same gender. Any unclaimed spot during registration will be rolled down through that age group at 11:05AM. Please plan on staying until the roll down is completely over to see if there are any leftover slots from other age groups that may roll down.

**If you are attempting to qualify for*

the 2008 Ford Ironman World Championship, the cost is \$500 via credit card or check drawn on a US bank. Travelers' checks are accepted. NO CASH WILL BE ACCEPTED! Please come prepared to register; you must be in attendance to claim your spot. Absolutely no exceptions will be allowed.

PARKING PLAN

Race Day Parking

Parking will be available at the various city lots throughout the city of Coeur d'Alene, as well as on the city streets. If your family or friends are planning on seeing the start of the race, make sure they get to the site with plenty of time. Also, plan on using extreme caution when driving on race day at all times.

Carpooling

While there are plenty of places to park, we ask that you carpool with another athlete to ease traffic congestion on race morning.

Plan Ahead

Please give yourself enough time race morning. Roads can be congested as athletes and spectators converge on the area in a short period of time.

A Message from the Head Referee

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

Example:

1. Drafting call (4 minutes served in penalty tent on the bike course)
2. Helmet chinstrap call
3. Littering- this is the 3rd call and a disqualification (DQ)

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

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

There are trained officials on the course to ensure safety and fairness. Triathlon is an individual event and it is the athlete's responsibility to fully understand the rules and avoid penalties. The Marshal's ruling is final in the case of position violations and there are no protests or appeals. The following are the most common rule violations:

- ILLEGAL POSITION OR BLOCKING- RIDING ON THE LEFT SIDE OF THE LANE WITHOUT PASSING
- ILLEGAL PASS- PASSING ON THE RIGHT
- OVERTAKEN- AFTER BEING PASSED, FAILING TO DROP BACK FOUR BIKE LENGTHS BEFORE REPASSING
- DRAFTING- FOLLOWING A LEADING CYCLIST CLOSER THAN FOUR BIKE LENGTHS AND FAILING TO PASS WITHIN 20 SECONDS
- CHIN STRAP- ALWAYS HAVE YOUR CHINSTRAP SECURELY FASTENED!

Other violations include failure to wear race number, riding or running with an IPOD, Thump, or any other musical device and littering. It is important to remember that while drafting is the only violation in incur a time penalty, you must go to a penalty tent for all violations to have you number marked and all violations count towards your three strikes. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

Remember to treat other athletes, volunteers and officials with courtesy and consideration. Failure to do so is Unsportsman-like Conduct and may result in disqualification.

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

Jimmy Riccitello

Head Referee, World Triathlon Corporation

Coeur d'Alene



Race Rules and Regulations

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

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

a. Any person who participates in any portion of a sanction event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.

b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year. Anyone who violates this may be banned for life from any NAS event. Violating this rule put insurance coverage for this event at risk.

**NOTE: ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, OR VOLUN-*

TEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.

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

SWIM COURSE RULES

**Course Length 2.4 miles /
3.8 kilometers
Cut off time 9:20AM**

1. Each swimmer must wear a swim cap provided by North America Sports.
2. No fins, aqua socks, gloves, paddles, or flotation devices of any kind are allowed.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escorts are allowed. The course will be adequately patrolled by boats, canoes, and paddleboards.
5. Wetsuits are allowed for all athletes if the water is 78 degrees Fahrenheit or colder.
6. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Special provisions are

made for wheelchair athletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

7. The swim course will close at 9:20AM. Athletes in the water after this time will be disqualified and will not be permitted to continue in the event. All athletes must cross the timing mats to enter the beach or they may be disqualified.

**NOTE: ANY ATHLETE ELECTING NOT TO RACE MUST NOTIFY TIMING DESK IMMEDIATELY. ABOVE ALL, THE SAFETY OF EACH SWIMMER IS OUR PRIME CONCERN. A FULL SWEEP OF THE COURSE WILL BE MADE DIRECTLY BEHIND THE LAST SWIMMER. VISUAL AID WILL BE PROVIDED BY THE LIFEGARDS, DIVERS, CANOES, AND KAYAKS, BOUYS AND AQUATIC CRAFTS THAT LINE THE COURSE.*

SWIM TO BIKE TRANSITION

After the swim, you will be directed through the timing chutes to the swim to bike transition. NO PUBLIC NUDITY IS PERMITTED! We require athletes to change in their respective Change Tents (men or women). We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Sunscreen is available



Race Rules and Regulations

when you leave the transition area before the bike course begins.

**Bike start cut off time 9:30AM.*

**Please inform friends and family to stay off the bike and run course.*

BIKE COURSE AND RULES

Course Length 112 miles/

180 kilometers

Cut off time 5:30PM

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

1. No tandems, recumbent, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to determination of legality by the event organizer/or Head Referee.

2. Position Rules:

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

b. Contestants must ride single file on the far right side of the road except when passing another rider. Side-by-side riding is not allowed.

c. Overtaking riders may pass on the left for up to 20 seconds, but must move back to the right side of the road after passing.

d. Riders must keep 7 meters (~4

bike lengths) distance between bikes except when passing.

e. An overtaken rider must fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike.

f. Athletes committing rule violations will be notified "on the spot" by an official.

g. The official will:

i. Call out your race number to notify you that you have received wither a RED CARD for drafting, or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.

ii. The race official will instruct you to report to the next penalty tent (PT) on the course. There will be at least three PT's on the course and one in, or near the bike to run transition. THE EXACT LOCATION OF THE PT'S WILL BE STATED AT THE PRE-RACE MEETING.

iii. Take your photograph for verification that you were penalized.

h. The athlete will:

i. Report to the next PT and tell the PT Official whether you received a RED CARD or a YELLOW CARD. If you fail to report to the next PT, you may be disqualified.

ii. Have race numbers marked by the PT Official with a "/" for drafting or a "P" for all other penalties.

iii. Register via the sign-in sheet.

iv. Resume the race immediately, upon having your numbers marked with a "P" and registering, for all non-drafting violations (YELLOW CARD).

v. Remain in the PT for four minutes for each drafting violation (RED CARD).

vi. You will be disqualified if you receive any combination of three penalties. If you are disqualified you may finish the bike course but may not start the run.

vii. You risk disqualification for not reporting to the PT.

3. Shoes and helmet must be in your Swim to Bike gear bag. Shoes may not be on or beside your bike. Shoes and shirt must be worn at all times.

4. Each athlete must wear the Ford Ironman issued race number at all time while on the bike and run course. The bike number must be placed low on your back where it is clearly visible. Folding or cutting race number or intentional alteration of any kind is strictly prohibited. Race belts may be worn.

5. A CPSC- Approved helmet is required during the entire bike portion including in and out of the transition zone. Any contestant riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmets, which affect its integrity, are not allowed.

Coeur d'Alene



IRONMAN

Coeur d'Alene

Race Rules and Regulations

6. No individual support is allowed. Ample aid and food stations will be provided along the course. Friends, family members, coaches, or supports of any type may not bike, drive, or run alongside an athlete; may not pass food or other items to athletes and should be warned to stay completely clear of all participants to avoid the disqualification of a participant. It is incumbent upon each athlete to immediately reject any attempt to be assisted, followed, or escorted.

**NOTE: BIKE AID STATIONS ARE LOCATED APPROXIMATELY EVERY 10 MILES. IT IS YOUR RESPONSIBILITY TO SLOW FOR SAFE NUTRIENT PICK-UP. CALL OUT YOUR REQUIREMENTS CLEARLY AND IN ADVANCE. CREWS ARE INSTRUCTED NOT TO STEP ACROSS THE WHITE LINE FOR HANDOFFS. THERE WILL BE WATER, GATORADE, POWERBARS, POWERGEL. AND FRUIT AT THE BIKE AID STATIONS. IT IS IMPERATIVE THAT YOU DON'T TOSS BIKE BOTTLES, CUPS, OR NUTRIENT BAGS ON THE ROADSIDE ALONG THE COURSE. BIKE BOTTLES MUST*

BE TOSSED TOWARD THE BOTTLE DROP AT THE BEGINNING OR END OF EACH AID STATION. A PENALTY WILL BE ASSESSED FOR DISCARDING LITTER OUTSIDE THE DESIGNATED DROP ZONE.

7. Each contest must be individually responsible for repair and maintenance of their bike. Assistance by anyone other than race personnel will be grounds for immediate disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction.

**NOTES: TECHNICAL SUPPORT VANS WILL BE ON THE COURSE TO ASSIST WITH EMERGENCY REPAIRS WHENEVER POSSIBLE; SUCH AS REPLACEMENT TUBES, TIRES, CHAINS, ETC. TECHNICAL VANS WILL BE ON THE COURSE THROUGHOUT THE DAY, BUT ARE LIMITED IN NUMBER. PLEASE BE SELF SUFFICIENT.*

8. Athletes are expected to heed directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.

9. Athletes may walk their bike if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

10. Bike inspection is not mandatory and will not be provided at bike check-in, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their discretion make final judgment as to the soundness of bikes.

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



Coeur d'Alene

Race Rules and Regulations

12. **MEDICAL SUPPORT:** If you need minor medical assistance, Sag cars will pick you up and take you to the medical tent. Alternatively, depending upon the medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the Sag car will take you to the next aid station. At every bike and run aid station, there will be rest areas and medical personnel to assist in any medical problem. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.

13. Cyclists still on the course after 5:30PM will be disqualified and will not be permitted to continue in the event.

BIKE TO RUN TRANSITION

Medical facilities will be available to you at the bike to run transition. Athletes requiring medical care at this point in the race will not be allowed to continue. The Medical Director's decision is final.

Both transition times will be included in your bike split.

RUN COURSE AND RULES

*Course Length 26.2 miles/
42 kilometers*

Cut Off 12:00AM (The race officially ends at this time.)

1. No form of locomotion other

than running, walking or crawling is allowed.

2. Runners must wear their race number in front of them clearly visible at all times on the course. Race numbers issued by NAS identify the official athletes in the race. Folding or cutting the race number intentionally or failure to wear your race number is **STRICTLY PROHIBITED** and may result in disqualification.

3. **NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT 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-participant escort runners will result in disqualification. A non-participant escort runner includes participants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches, or supporters of any type may not bike, drive, or run alongside an athlete; may not pass them food or any other items and are warned to stay completely clear of all participants to avoid disqualification of an 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 also still competing.

4. Runners are expected to follow directions and instructions of all race officials and public authorities.

5. The Ford Ironman Coeur d'Alene run course will officially close at 12:00AM (midnight). Runners still on the course after that time will be given the opportunity to unofficially finish the race.

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

OTHER INFORMATION

1. There will be a designated tent at the event for information. The Information Booth serves as the information center throughout race week and on race day for spectators. Race information prior to and on race day will be available at the Information Booth.

2. Spectator Viewing Guides, NAS Programs, information about athletes on the course, dropouts, injuries, Lost and Found etc. will be available at the Information Booth.

3. Personal messages will be posted, but we cannot guarantee delivery of all messages.

4. The finish line area is a very congested and fast paced area. For safety, **ABSOLUTELY NO FAMILY, CHILDREN, SPOUSES, FRIENDS, FANS, ETC. ARE ALLOWED INTO THE FINISH AREA.**

RACE CHECKLIST

Coeur d'Alene

PRE RACE TRANSITION

- Warm-up clothes
- Food and drinks
- Race numbers
- Race belt
- Water bottles
- Bike pump
- Electrical tape
- Spare tires
- Spare tubes
- Small tool kit
- Glue (for sew-ups)

SWIM

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

BIKE

- Bike
- Race wheels
- Handle bar end plugs
- Food for bike
- Helmet
- Sunglasses
- Cycling shorts
- Cycling jersey/singlet
- Cycling shoes
- Rain jacket (optional)
- Tights (optional)
- Socks
- Tubes
- Tires
- Tire levers
- Patch kit
- Small tool kit
- Water bottles/JetStream
- CO2 cartridges
- Bike pump
- Glue (sew-ups)

RUN

- Hat/visor
- Singlet
- Shorts
- Tights (optional)
- Long sleeve shirt (optional)
- Socks
- Lace locks
- Reflective tape
- Fanny pack
- Gel/food for run
- Salt tablets
- Fuel belt
- Sunglasses
- Blister pads
- Post race towel
- Shoes

**ALL ITEMS LISTED IN THE SUGGESTED CHECKLIST WILL BE AVAILABLE AT THE IRONMAN VILLAGE AND NA SPORTS MARKETPLACE.*

Medical Information

To ensure the health and safety of the athletes competing in Ford Ironman events, months of planning has been undertaken by dozens of skilled professionals. Ultra-endurance athletes face specific medical conditions unique from the day-to-day problems people face. Please take time to review the following information. Be prepared. Appropriate training, knowledge and preventive measures are your best allies for a safe and healthy race.

A triathlon pushes the physical limits of human endurance, beyond what it would seem what the body can withstand. Yet race completion rates approach an astonishing 92%. Still, many athletes seek or require care on race day.

Several conditions have been documented over the years in triathletes. They can generally be grouped into different categories for discussion.

1. **DEHYDRATION** – To maintain an adequate circulatory volume and blood pressure, triathletes must ingest an adequate amount of fluid replacement. During the course of a race this intensive, it can be difficult to drink enough. Dehydration may cause cramping, muscle aches or other performance deteriorating symptoms. Most often these are nonspecific. It may worsen fatigue. A dehydrated athlete may have problems related to temperature regulation. Adequate and appropriate rehydration is a balance. Know your body. Use what has worked for you during

training. Remember also that ingesting excess free water may cause other problems such as disturbance of electrolytes.

2. **RESPIRATORY/ASTHMA** – If you have a history of breathing difficulties or experience wheezing when exposed to certain allergens, please consult your physician about possible preventative measures.

3. **TEMPERATURE PROBLEMS – HYPOTHERMIA** – The weather is predicted to be hot, hazy, and humid. Or it may be cool with a light mist of rain. Or it may be unseasonably cold. Bring some gear. Be flexible. Stay hydrated. Not even the weatherman knows. Typical weather in Coeur d'Alene in June will be pleasant and in the 70s.

4. **TRAUMA** – Try to avoid it. Be aware of other traffic on the bike and run course. Check your brakes (again).

5. **SPECIAL CONDITIONS** – If you have unique medical concerns (allergies, unusual or chronic medical problems), you must bring those to the attention of the race medical staff so we can be prepared if you need emergency medical care. If you have a Medical Alert badge, please wear it. Help us help you. Be prepared.

There will be a medical tent in the transition zone, near the finish line. In addition there will be medical care at every aid station on the bike and run course. Seeking care does not automatically result in medical disqualification. After thoughtful discussion, the

following decisions have been made for this year's race to ensure the medical safety of all injured athletes or those requiring medical attention.

1. **INTRAVENOUS FLUID REPLACEMENT** – Because of the large number of Ford Ironman athletes, we expect the Medical tent to be taxed to its fullest capacity. Therefore, please expect that there will be strict guidelines in place for IV fluid replacement. This is to ensure that the sickest athletes will receive immediate and efficient medical treatment on arrival at the Medical tent. Whenever possible, oral fluid replacement will be given in preference to IV fluid replacement. Please abide by the decision of our triage team in this regard.

2. **LATE FINISHERS** – If you finish the race after 12:00AM, please be aware that there will be only a skeleton medical staff on stand-by at the Medical Tent.

**REMEMBER ALSO THAT TREATMENT AT THE HOSPITAL IS COSTLY, SO PLEASE MAKE CERTAIN YOU HAVE VALID MEDICAL INSURANCE.*

SEVERE HYPONATREMIA IN ULTRA ENDURANCE ATHLETES: CAUSES, PREVENTION AND EARLY RECOGNITION – There have been several athletes with symptomatic hyponatremia (low blood sodium concentration). Severe acute hyponatremia is a rare but well recognized life-threatening complication of ultra endurance athletic events. Every reasonable

Medical Information

step should be taken to minimize the risk of serious hyponatremia developing in the future, and to ensure that prompt recognition and appropriate management of athletes at risk is undertaken.

WHAT IS HYPONATREMIA? – To remain healthy, the body requires the concentration of sodium to be regulated within a very narrow range. The body achieves this through the kidneys, which are able to adjust the concentration of sodium in the blood by varying the amount of water released from the body. To do this, when deprived of water, the body secretes a hormone called anti-diuretic hormone (ADH) which instructs the kidneys to conserve water. On the other hand, when an excess of water had been ingested, ADH secretion is shut off, allowing the kidneys to release the extra water. In some circumstances, ADH may be secreted in amounts that are inappropriate to the body's needs for water conservation. For example, some lung diseases, nausea and vomiting, and severe pain can cause

ADH to be released beyond the body's normal needs, resulting in abnormal water retention and lowering of the serum sodium concentration.

Mild hyponatremia may cause no symptoms, or may be associated with headache and mild confusion. As serum sodium concentration fails, headache may become more severe, and confusion more obvious, to the point of disorientation with unusual and inappropriate behavior. In the worst cases, severe hyponatremia can lead to collapse, convulsions, and rarely to death.

Experienced ultra endurance athletes know that dehydration is one of the greatest risks they face, and have learned to combat this through ample fluid ingestion during competitions. Until recently, it has been assumed that it was impossible to drink too much, since the body would get rid of any excess. We now know that this does not always happen, and while less experienced athletes are at greater risk, even the most fit and well trained ultra endurance athletes may de-

velop significant hyponatremia.

CONTRIBUTING FACTORS TO HYPONATREMIA – A review of the medical literature on this subject suggests that the following factors are to be considered in explaining the complex subject of hyponatremia, keeping in mind that not all Ironman athletes respond in the same manner to the stress of endurance competition:

1. **CONDITIONING** – Less conditioned athletes are at a higher risk. Factors may include prolonged completion times, increased water intake, gut trapping of fluids, greater pain, and more frequent nausea and vomiting.
2. **EXCESSIVE INGESTION OF WATER OR DILUTE REPLACEMENT SOLUTION** – Athletes should determine their fluid needs during training and should be careful not to exceed those needs during competition.
3. **TRAPPING OF FLUID IN THE INTESTINAL TRACT** – Sustained high intensity work can shut down normal gut function, allowing replacement fluids ingested to accumulate in the gut. After the



athletic recovery m

Medical Information

event, the gut will resume function, which can lead to rapid absorption of a large volume of fluid, suddenly lowering the blood sodium concentration to potentially dangerous levels.

4. **INAPPROPRIATE ADH SECRETION** – Nausea, vomiting and severe pain are powerful triggers for ADH release. These symptoms are likely to be more severe in less well conditioned athletes.

5. **NON STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)** – There are many examples of this group of drugs, some of which can be purchased without prescription. These drugs can contribute to hyponatremia by direct action on the kidney.

6. **THE TYPE OF REPLACEMENT FLUID USED DOES NOT APPEAR TO BE A FACTOR** – Rather, it is the other factors noted above related to conditioning, volume of fluid ingestion, gut trapping of fluid, pain, nausea, vomiting and NSAIDs which set the stage for hyponatremia. Each athlete should identify his or her own preferred replacement fluid, learn how to use it properly, and stick with it during training and competition.

PREVENTION – There are no clear and simple preventative measures which can guarantee protection against the development of hyponatremia.

1. **ATHLETES SHOULD STRIVE FOR OPTIMAL TRAINING AND CONDITIONING FOR THE RIGORS OF IRONMAN 70.3 and IRONMAN COMPETITION.** The risk of

developing hyponatremia during and after prolonged exercise is probably the greatest in the less fit athletes. **REMEMBER – DO ON RACE DAY WHAT YOU DO IN TRAINING!** Know your body and do not exceed your limitations.

2. **ALL ATHLETES SHOULD KNOW THEIR APPROXIMATE FLUID REPLACEMENT REQUIREMENTS DURING EXERCISE.** There is a tremendous difference in the volume that people sweat. This can be calculated during a one hour work out (swimming, biking or running) by measuring pre and post exercise body weight.

3. **AVOID NON STEROIDAL ANTI-INFLAMMATORY DRUGS FOR 48 HOURS PRIOR TO AND ALSO DURING THE RACE.**

4. **TRAIN ON THE SAME FLUID REPLACEMENT DRINK THAT WILL BE AVAILABLE DURING COMPETITION.**

EARLY RECOGNITION AND MANAGEMENT OF THE COMPETITOR AT RISK OF HYPONATREMIA – Athletes who experience persistent symptoms of nausea, vomiting, dizziness, headache, or a sense of disorientation or confusion, should report to Ford Ironman Medical personnel for assessment.

COMPETITORS – Required Medical Insurance Coverage

This is to inform all Ford Ironman competitors that they are responsible for medical expenses arising from their participation in this event, either from accident or illness. Ambulance transfers to the hospital and treat-

ments in the Emergency Room are very expensive and competitors should ensure they have full medical insurance. Payment by check or cash upon discharge from hospital is necessary. The reason for this is that many insurance companies do not pay claims out of country, but will reimburse the patient for medical expenses incurred.

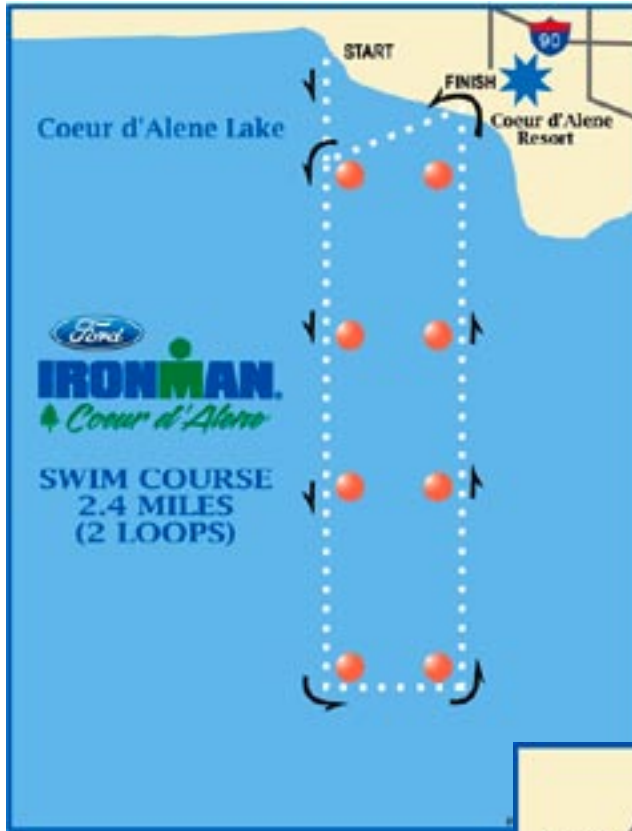
THE FOLLOWING SERVICES ARE PROVIDED TO IRONMAN 70.3 and IRONMAN ATHLETES AT NO CHARGE:

1. **MEDICAL COVERAGE ON THE RACE COURSE.**
2. **ALL VOLUNTEER TIME DONATED BY THE AMBULANCE ATTENDANTS.**
3. **AMBULANCE TRANSPORTATION FROM THE RACE COURSE TO THE MEDICAL TENT AT THE TRANSITION AREA.**
4. **ALL VOLUNTEER TIME DONATED BY DOCTORS, NURSES, PHYSIOTHERAPISTS, MASSAGE THERAPISTS AND LABORATORY TECHNICIANS ON THE RACE COURSE AND IN THE MEDICAL TENT.**
5. **ALL MEDICAL SUPPLIES RECEIVED EITHER ON THE RACE COURSE OR IN THE MEDICAL TENT.**

All competitors are therefore strongly urged to purchase adequate medical insurance coverage in preparation for their participation in our NAS events.

NA SPORTS WISHES YOU ALL GOOD HEALTH AND GOOD LUCK DURING YOUR RACE!

RACE COURSE DESCRIPTIONS AND MAPS



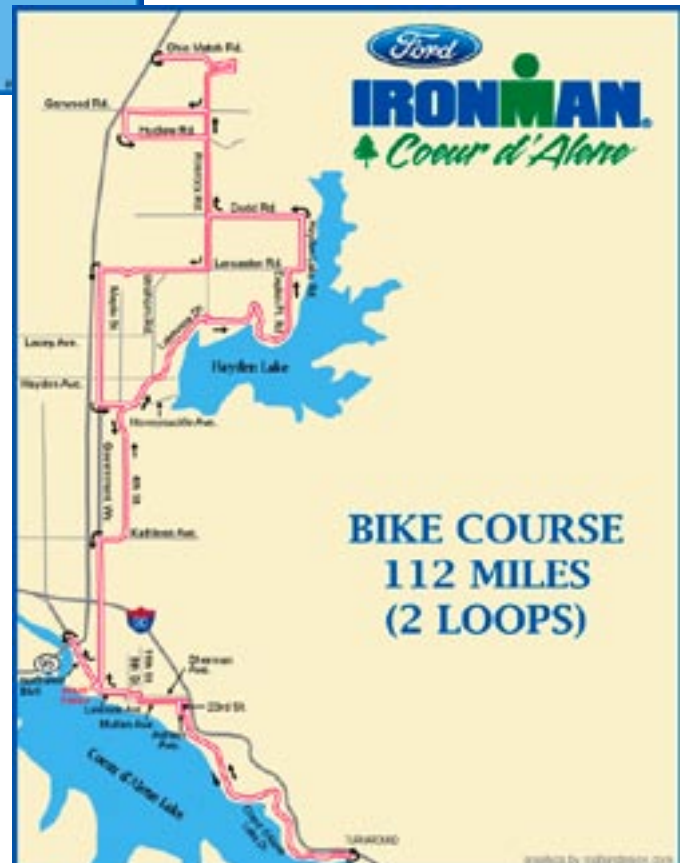
SWIM – 2.4 Miles

The swim is a two-loop rectangle running counter-clockwise from the west side of the resort in Coeur d'Alene Lake. Athletes will exit the water and run around a marker on the beach before re-entering the lake for the second loop.

BIKE – 112 Miles

- Exit transition turning Right onto Northwest Blvd
- Left on Lakeside Ave.
- Right on 8th St.
- Left on Sherman Ave.
- Right on 11th St.
- Left on Mullan Ave.
- Right on 23rd St.
- Left on Ashton Ave.
- Right on Coeur d'Alene Lake Dr.
- Turn Around at the Higgins point cul de sac.
- Left on Mullan Ave.
- Right on 11th St.
- Left on Sherman Ave.

- Right on 8th St.
- Left on Lakeside Ave.
- Right on Northwest Blvd
- Right on Government Way
- Right on Kathleen Ave.
- Left on 4th St.
- 4th merges with Honeysuckle Ave.
- Left on Strahorn Dr.
- Right on Hayden Ave.
- Left on Lakeview Dr.
- Right on Rimrock Rd.
- Left on English Pt Rd.
- Right on Lancaster Ave.
- Left on Hayden Lake Dr.
- Left on Dodd Rd.
- Right on Rimrock Rd.
- Left on Ohio Match Rd.
- Turn around at Homestead Loop
- Right on Rimrock Rd.
- Right on Garwood Rd.
- Left on Hudlow Rd.
- Right on Rimrock Rd.



RACE COURSE DESCRIPTIONS AND MAPS

- Right on Lancaster Rd.
- Left on Government Way (We no longer detour on Lacey to Maple)
- Left on Honeysuckle Ave.
- Right on 4th St.
- Right on Kathleen Ave.
- Left on Government Way
- Right on Northwest Blvd.
- Turn Around N/of Hwy 95
- Repeat Loop
- After second loop, turn Right on Mullan Ave.
- Finish at City Park Transition Area

Run - 26.2 Miles

- Exit Transition, to Dike Road Path
- Merge onto W. Lakeshore Dr.
- Turn around approximately .6 mile down W. Rosenberry Dr.
- Return on Dike Road Path to Transition Area
- Cross Northwest Blvd go east on Lakeside Dr.
- Right on 7th St.
- Left on Front Ave.

- Right on 8th St.
- Left on Pine Ave.
- Right on 10th St.
- Left on Mountain
- Right back onto 10th St.
- Left on E. Lakeshore Dr.
- Left on 15th St.
- Left on Ash St.
- Right on 14th St.
- Right on Lost Ave.
- Left on 17th St.
- Right on Young Ave.
- Left on 19th St.
- Right on Mullan Ave.
- Right on 23rd St.
- Left on Ashton Rd.
- Right on Centennial Trail (parallels Coeur d'Alene Lake Dr.)
- Turn around approximately 3 miles down Centennial Trail
- Left on Ashton Rd.
- Right on 23rd St.
- Left on Mullan Ave.
- Left on 19th St.
- Right on Young Ave.

- Left on 17th St.
- Right on Lost Ave.
- Left on 14th St.
- Left on Ash Ave.
- Right on 15th St.
- Right on E. Lakeshore Dr.
- Right on 10th St.
- Left on Mountain Ave.
- Right back on to 10th St.
- Left on Pine Ave.
- Right on 8th St.
- Right on Mullan Ave.
- Left on 9th St.
- Left on Sherman Ave.
- Right on 7th St.
- Left on Lakeside Ave. – Enter Park (at end of first loop only)
- Repeat for second loop until returning on 8th St., then:
- Continue on 8th St. past Mullan Ave.
- Left on Front Ave.
- Right on 7th St.
- Left on Sherman Ave.
- Continue on Sherman Ave. To finish



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