



PRE RACE TIPS – AUCKLAND 70.3

Contents

| | |
|---------------------------------------|---|
| Race Manual | 2 |
| Transition..... | 2 |
| Transition 1 | 2 |
| Transition 2 | 2 |
| Swim Start & Course | 3 |
| Bike | 5 |
| Bike Rules..... | 5 |
| Bike Penalty Boxes & Procedures | 5 |
| Run..... | 5 |
| Pre Race Tips..... | 6 |
| Transition Map..... | 7 |
| Aid Stations | 8 |
| World Champ Slots and Roll Down | 8 |
| Key Times & Dates | 9 |

Race Manual

<http://www.ironman.com/~media/6df6bedeb50448b8ac1cdf87c97c4a79/im%2070%203%20athle%20info%20guide%20lowres.pdf>

Transition

Take a look at the equipment list of things to take with you and have packed for the day. Remember often at Ironman and 70.3 Races you will have to check your gear in the day before but from what I can see you are able to set your transition up next to your bike (rather than picking up a bag as you come into T1 and T2)

Keep your transitions simple...don't have it cluttered with un-needed **crap!**

1. Put a towel down to mark your area
2. Place your helmet on the bike or at the front of the towel with your sun glasses inside and arm warmer there too if needed
3. For those capable and confident put shoes on the pedals to speed up transitions with rubber bands to hold in position
4. Middle of towel place shoes/ socks (inside shoes with just the toe inside out so you simply slot toes in and pull up) / sun hat (under shoes so it doesn't blow away/ run nutrition

That should be all you need – all bike nutrition should be on your bike before you start in bento boxes etc – aim not to have to put food in pockets etc as this can be very hard when you are wet and I often seen people lose it out their pocket as they run out of T1.

Move through transition in a methodical approach (dream about this at nights and lock down your procedure)

Transition 1

1. As you exit the swim – leave your cap on and put goggles up to your forehead (this keeps your hands free)
2. Start removing wetsuit while you run down T1 to your bike – Aim to have wetsuit off the arms and down to your waist by the time you hit your bike
3. Remove wetsuit (if you have oiled your calf muscles legs ankles this should come off quickly) if you need to stand on wetsuit with one leg and lift other leg up like a sumo wrestler ☺
4. Remove cap and goggles
5. Put wetsuit at the back of the towel (behind running gear so it isn't in the way later for T2)
6. I personally don't wear socks on the bike so I don't put them on – but if you wear socks put them on here.
7. Put on sun glasses
8. Put on helmet and clip it up before you lift bike and leave or you can be given a penalty

Transition 2

1. Get feet out of shoes before you get to dismount line (ride last 100-200m with feet on top of the shoes)
2. Dismount bike and run to your transition spot
3. Rack Bike
4. Remove Helmet (must be done after racking bike or you can be given penalty)
5. Put on socks/ shoes/ Hat
6. Grab nutrition
7. RUN

Swim Start & Course



Note you won't get a big warm up before your swim so I suggest a run warm up with some stride outs (see info below prior to the race start). Note your race times – so you can get into the water after the previous wave has gone – which gives you approx 4-8min before you go... In this short amount of time you need to get lungs working asap and kick driving. My recommendation due to the short time frame is

1. Arm rotations and stretches before you hit the water, jump up and down a few times
2. Get in and get into some short fast sprints over 10-15m getting your legs driving. This should get your HR to spike quickly in the first 1-2min of getting in the water.
3. Then for a couple of minutes alternate between 10-15sec kick (arms in front) going into 20strokes build free

That will probably be all you have time for – find a good start spot. The inside direct line is usually more aggressive than the outside line. Remember if you are on the outside line or in the inside line you need to breathe every so often to the middle of the course – you may find some swimmers that you can draft off and utilise to get yourself around the course more efficiently. Remember to sight often especially slower swimmers the amount of deviation from not sighting can be costly in terms of time.

You are also going to have to watch out for swimmers from other waves – if you are slower swimmer you may suddenly find yourself being swum over (hopefully not) and if you are a faster swimmer then you may need to alter your course to get around some swimmers from previous waves!

Swim Start Procedure

Athletes will be required to walk to the swim start from transition at Viaduct Events Centre to the Voyager Museum. The entrance to the start area is through a single lane plank. Athletes will be led into this area in Please follow staff and officials at all times.

Access to the water is from the pontoon outside the Voyager Maritime Museum. All athletes will be required to enter the water for a deep water start before each wave. The next wave will then be allowed to enter the water.

All athletes must cross over the timing mat at the entrance to the pontoon. If you miss your assigned wave or do not identify yourself to officials, you will then be required to start in the final age group wave.

Swim Cap Colours and Start Times

Please note these are estimated start times, these can be brought forward or delayed on race day.

| Wave | Time | Swim Cap | | Category |
|------|------|--------------|---|--------------|
| 1 | 6.15 | Gold |  | Pro Male |
| 2 | 6.18 | Silver |  | Pro Female |
| 3 | 6.25 | Lime Green |  | Male 30-34 |
| 4 | 6.30 | Red |  | Female 35-44 |
| 5 | 6.35 | Purple |  | Female 45+ |
| 6 | 6.44 | Aqua |  | Male 45-49 |
| 7 | 6.49 | Pink |  | Female 18-34 |
| 8 | 6.55 | Yellow |  | Male 50+ |
| 9 | 7.02 | Orange |  | Male 40-44 |
| 10 | 7.10 | White |  | Male 18-28 |
| 11 | 7.17 | Forest Green |  | Male 35-39 |
| 12 | 7.25 | Royal Blue |  | Teams |

Bike

Remember to pace yourself over the first section of this course especially Ack Harbour Bridge and up the bus lane to Constellation Dve– there are some solid hills don't overdo it on these – it will not help you later on when you get to the flats on Tamaki Drive. On the downhill two hands on handle bars and focus as some of these descents will be fast and if there is any wind you need to be in control if you catch a gust!

Watch those TRAIN TRACKS – don't try and turn on them – straight over them. They are slippery if it is wet so try not to break over them either!

Watch out especially as you come past Wynyard Quarter as you come from around the Tank Farm – I watched so many people lose their nutrition over those railway tracks as you hit this at a bit more speed compared to other parts. The section there is 'bumpy as' concrete blocks +++ railway tracks! If you need to before this put your drink bottle that might be on the rear of your bike down your top if you think you might lose it!

Bike Rules

10m Drafting Rule

<http://www.ironman.com/~media/b092952434ab4832aa4e841bbec7c722/ironman%20rules%202014.pdf>

Bike Penalty Boxes & Procedures

Penalty Boxes & Procedure

On the bike all penalties, including but not limited to, drafting will be served in the penalty boxes located on the course. A Technical Official will inform you that you have a penalty by showing you your race number written on a yellow infringement form and you will be required to stop at the next penalty box. Failing to stop at the next penalty box and failing to stop to serve your penalty will result in disqualification.

It is your responsibility to know the locations of the penalty boxes and at this event, the locations of the 2 penalty boxes are **Beaumont Street and Tamaki Drive (Mission Bay)**. Please see cycle map for exact location.

Run

Pace yourself here especially over the first 3-5km – a number of you went too fast too early at previous races so control yourself off the bike! Remember if the wind is up a tail wind can increase your pace 10-30sec/km and a headwind can do the opposite. So if you are running into a head wind and you are watching your pace guidelines if you drop below this – DON'T PANIC or over work it to keep on pace – stay controlled, you'll most likely get the time back on the tail wind!

Pre Race Tips

TRANSITION CLOSES AT 6:30AM SO HAVE A SPARE PAIR OF RUNNING SHOES FOR A WARM UP

1. Aim to be in transition no later than 60min prior to your race start – note that teams start later but transition will close at the same time as for individuals
 - a. It give you time to do all the little things like pump tires, put nutrition on the bike and set shoes up on the pedals.
 - b. Have 3/4 banana or ¾ fuel 2 Go Bar about 60min mark prior to race
2. Get the bike and your transition area sorted and then look to get out for a little run – this provides a great opportunity to get together your focus for the day and away from the hype and stress of the transition area.
 - a. As you leave transition look to retrace your steps – so go to where you will exit the swim and walk back to your bike getting land marks (trees or portaloos) that will help you know your location of the bike (you can do this the day prior as well but the bike racks might not be as full so good to go over again)
 - b. During the run look to do a few stride outs 4-6x80-100m to get the legs and heart pumping and let the body know what you are about to ask of it!
3. Finish the run and strides and get into transition to put on wetsuit so you can get in a good 15min swim prior to your start (have a gel as you get into the swim)
 - a. To start off with get some nice long consistent strokes in (5min)
 - b. Kicking with hands sculling in front of you for 20sec then go straight into 30 strokes fast free x4
 - c. Sprints over 15-20m driving legs and getting good arm speed (just like the start of a race)
 - d. Key is to get your breathing rate high so the start of the race doesn't become a shock to you and your body!
4. Penalties
 - a. Know the course rules (see notes from above)
 - b. If you get a drafting penalty know and understand where your next penalty box is. Treat it like a small upper TH effort and push yourself to the penalty box knowing that you have a 3min rest when you arrive. You are all fit athletes so you can recover from this in that time and depending on the length of time to reach this you may only find that you lose 90sec. BUT know how far the penalty box is – most of the time you should reach it within 15-20min.
5. Punctures
 - a. I expect everyone to finish this race! You get a mechanical issue then there are support vehicles on the course.
 - b. I expect you to carry spare tires and know how to fix and change these and again if these annoying thing happens don't get frustrated – just know that you have a small rest as you change your tire, so you will be that much fresher when you hit the run or get back on the bike!
 - i. I have run some of my best times after punctures at events so DON'T GIVE UP – you have trained too much and for too long to let some 'prick' slow you down 😊
6. Post race nutrition
 - a. 100% Whey Protein and Recovery Stack are important a number of you are backing up races so have your supporters armed with your post race nutrition and get into ASAP!! OR have it in our gear bag and just fill with water once you finish so it isn't a hot bevy you are drinking.

Transition Map

Transition Map

The transition area will be located at the far end of the Viaduct Events Centre. Bike racks will be set out in wave start and age group category order and will be individually numbered. Please ensure you rack your bike in the correct position. More information on the transition procedures is provided under the 'Bike Course' and 'Run Course' sections of this guide.



Aid Stations

Aid Stations

There is one aid station on the bike course, accessible **3 times**:

- Bottle drop is first on the Hamer Street
- Bottle pick up follows on Hamer Street

The bike aid stations will offer bottles of:

- Water
- Horleys Replace – Lemon Lime Flavour

The run course has **3 aid stations on the run course, accessible 9 times**:

- Aid Station 1 – 200m from Transition, beside the Run Turn (accessible on way out only)
- Aid Station 2 – Quay Street opposite Britomart Carpark (accessible both ways)
- Aid Station 3 – Mechanics Bay (accessible both ways)

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12

The run aid stations will offer:

- Water
- Horleys Replace Gel – Raspberry
- Horleys Replace – Lemon Lime Flavour
- Coke
- Bananas

Finish Line:

There is a recovery area inside the Viaduct Events Centre accessible post-race.

Race number tattoos are placed on your right upper arm – between your shoulder and elbow (individuals only).

Category tattoos are placed in the middle of your right calf.

To apply – Clean skin free of sunscreen, oils or makeup. Remove protective top sheet from tattoo. Place tattoo the correct way up, press tattoo onto skin with ink design facing skin. Hold wet towel to the paper back of tattoo, hold in place and make sure entire tattoo is wet all the way through the white paper back, hold for approx 30 seconds. Gently peel off paper backing. To remove (post event), clean off with baby oil.

World Champ Slots and Roll Down

World Championship Slots/ Roll Down Ceremony

IRONMAN 70.3 Auckland offers 30 qualifying slots to the IRONMAN World Championship in Kailua-Kona, Hawaii and 50 to the IRONMAN 70.3 World Championship in Mont-Tremblant, Quebec, Canada.

2014 IRONMAN World Championship 70.3 is on 7 September 2014, Mont-Tremblant, Canada. Entry fee is \$400CAD for more details visit www.ironman.com

2014 IRONMAN World Championship is on 11 October 2014, Kailua-Kona, Hawaii. Entry fee is \$800USD for more details visit www.ironman.com

To claim your slot, you **MUST** confirm with IRONMAN staff between 3pm–4pm, in the Viaduct Events Centre.

The slots not allocated between 3pm–4pm will be presented at the Roll down Ceremony 4.30pm–5.30pm, in the Viaduct Events Centre.

Key Times & Dates

Check In (Registration)

Check In for all athletes will take place on Friday
17 January between 3pm and 6pm and on Saturday
18 January between 10am and 4pm at the Event Village,
Viaduct Events Centre, 161 Halsey Street, Auckland.

It is compulsory for all athletes to Check In during these times.

YOU MUST SHOW IDENTIFICATION TO REGISTER -
i.e. Driver's Licence, Passport etc.

ONLY ONE TEAM MEMBER is required to Check In for their team; however, they **must** be able to pass on the team kit, including Athlete ID wristband to the other team members **BEFORE** race start.

No athlete will be accepted after 4pm on Saturday 18 January. We cannot be responsible for late arrivals so please take this into consideration when making travel arrangements.

Bikes are not permitted into the Viaduct Events Centre. There will be bike racks available on the western side of the Viaduct Events Centre.

SATURDAY 18 JANUARY

| | |
|----------------|---|
| 8.00am-9.00am | Ironkids Check in - <i>Viaduct Event Centre</i> |
| 9.00am | Ironkids Event - <i>Karanga Plaza</i> |
| 9.00am-5.00pm | Event Information Centre - <i>Karanga Plaza</i> |
| 10.00am-4.00pm | Athlete Check in - <i>Viaduct Event Centre</i> |
| 10.00am-4.00pm | Athlete Bike Racking - <i>Viaduct Event Centre</i> |
| 10.00am-4.00pm | Sport and Lifestyle Expo - <i>Viaduct Event Centre</i> |
| 10.00pm-4.00pm | Race Briefing on big screen - <i>Viaduct Event Centre</i> |

SUNDAY 19 JANUARY - RACE DAY

| | |
|----------------|---|
| 4.45am-6.15am | Transition Opens |
| 5.00am-7.00am | Bag Drop - <i>Viaduct Event Centre</i> |
| 5.00am-5.00pm | Event Information Centre - <i>Karanga Plaza</i> |
| 6.15am | Event Start - First Swim wave - <i>Voyager Maritime Museum</i> |
| 6.38am | First swimmer into Transition - onto Bike - <i>Transition</i> |
| 7.30am | Final Swim wave starts - <i>Voyager Maritime Museum</i> |
| 7.45am | First cyclist back from Northern Section - <i>Hot Corner</i> |
| 8.30am | Final swimmer out of water - onto Bike - <i>Transition</i> |
| 8.20am | First cyclist back to start lap 2 - <i>Hot Corner</i> |
| 8.50am | First cyclist onto run - <i>Transition</i> |
| 9.30am | First runner back to start lap 2 - <i>Karanga Plaza</i> |
| 10.00am | First Finisher - <i>Karanga Plaza</i> |
| 10.15am | Final cyclist back from Northern Section - <i>Hot Corner</i> |
| 10.30am-3.00pm | Sport and Lifestyle Expo - <i>Viaduct Event Centre</i> |
| 11.10am | Final cyclist back to start lap 2 - <i>Hot Corner</i> |
| 12.00pm | Final cyclist back to start run - <i>Transition</i> |
| 12.30pm-3.30pm | Bike collection - <i>Transition</i> |
| 1.30pm | Final runner to start lap 2 - <i>Karanga Plaza</i> |
| 3.00pm | Final Finisher - <i>Karanga Plaza</i> |
| 3.00pm-4.00pm | World Championship slot sign up - <i>Viaduct Event Centre</i> |
| 4.30pm-5.30pm | Roll Down Ceremony - <i>Viaduct Event Centre</i> |
| 6.00pm-7.00pm | Award Ceremony - <i>Viaduct Event Centre</i> |
| 7.00pm | Official After Party - <i>Auckland Fish Market</i> |

*N.B. Estimated times only

Questions

Any questions drop me a line or give me call.

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