

Important Message from Ironman in regards to Host Communities...

Penticton, BC - As most competitors, family members and spectators are aware, Ironman 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 Ironman 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 Ironman, 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 supporting 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 Ironman 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.

We ask the spectators of our events to please be respectful of private and public property; use common sense and courtesy. Ironman is fortunate to have some of the most beautiful communities in North America 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 Race Director, Joe Dixon. “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,

The Subaru Ironman Canada Team

Subaru Ironman Canada 2010 Schedule of Events

Thursday, August 26

- 9:00 am – 5:00 pm – Subaru Ironman Canada Merchandise Tent open
- 9:00 am – 5:00 pm – Subaru Ironman Canada Village open
- 10:00 am – 4:00 pm – Registration at Okanagan Park
- 10:00 am – 4:00 pm – 2011 registration at Okanagan Park for 2010 athletes and local residents
- 10:00 am – 3:00 pm – IMTV at Okanagan Park
- 6:00 pm – Subaru 5K and Timex Iron Kids 1K Fun Run. Registration at entrance to Rotary Park

Friday, August 27

- 9:00 am – 5:00 pm – Subaru Ironman Canada Merchandise Tent open
- 10:00 am – 4:00 pm – Registration at Okanagan Park
- 10:00 am – 4:00 pm – 2011 registration at Okanagan Park for 2010 athletes and local residents
- 9:00 am – 5:00 pm – Subaru Ironman Canada Village Open
- 11:00 am – Press Conference at IMTV tent in Subaru Ironman Canada Village in Okanagan Park
- 6:00 pm – Welcome Dinner followed by a Mandatory Meeting for all competing athletes
- 7:30 pm – 10:00 pm – Community Concert and Dance, Main Street

Saturday, August 28

NOTICE: There will be no Registration on Saturday

- 9:00 am – 5:00 pm – Subaru Ironman Canada Merchandise Tent open
- 9:00 am – 11:30 am – Bike Check-in & Gear Check-in (go to the Bike Lot/Transition Area)
- 9:00 am – 5:00 pm - Subaru Ironman Canada Village open
- 11:00 am – 2:00 pm – 2011 Subaru Ironman Canada Registration for 2010 competing athletes, Okanagan Park
- 1:00 pm – 3:45 pm – Bike Check-in & Gear Check-in (go to the Bike Lot/Transition Area)

Sunday, August 30

- 5:00 am – 6:00 am – Athlete Check-In (North end of Main St.)
- 6:45 am – PRO Start
- 7:00 am – RACE STARTS
- 8:00 am – 5:00 pm – Subaru Ironman Canada Merchandise Tent Open
- 9:20 am – SWIM COURSE CLOSES
- 5:30 pm – TIMEX BIKE COURSE CLOSES
- Midnight –RUN COURSE CLOSES

Monday, August 30

- 7:00 am – Finishers Merchandise available
- 7:00 am – 3:00 pm – Subaru Ironman Canada Merchandise Tent open
- 9:00 am – 3:00 pm – ASI Finishers Photos available, Okanagan Park
- 9:00 am – 11:00 am – Subaru Ironman Canada Registration for 2011 (Okanagan Park)
- 9:00 am – 11:00 am – Subaru Ironman Canada Registration for 2011 for Volunteers (Okanagan Park)
- 9:00 am – 11:00 am – HAWAII Registration (Okanagan Park)
- 11:15 am – HAWAII Registration Roll Down for 2010 (Okanagan Park)
- 5:30 pm – Awards Banquet at Penticton Trade and Convention Centre
- 5:30pm – 8:30 pm – ASI Finishers Photos available, PTCC

Tuesday, August 31

- 6:00 pm – Volunteer Party at the Penticton Trade and Convention Centre

PERSONAL COMMUNICATION PLAN

Prior to departing for Penticton, be sure to establish a communications plan with family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency. Even if you are in Penticton with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race. Be particularly careful on the narrow sections of Main Street and Skaha Lake Road.

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

The Subaru Ironman Canada course is available for training throughout the year. Please be aware that the bike and run course roadways contain pavement with cracks, grooves, potholes, frost heaves, and various imperfections. Be aware that you practice or train at your own risk on the course. Swimming in Okanagan Lake is also undertaken at your own risk.

Visiting and practicing athletes should also be aware of numerous road construction projects in the area. Cyclists and runners must obey all detour and road construction signage or instructions.

When cycling, please remain single file. Avoid forming packs across the lane that impede vehicle traffic. Cyclists are reminded that they must obey all traffic regulations. The future of the race depends upon polite behavior.

Drive the course:

When you first arrive at the race sight, 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.

Finish Line Policy:

Friends and/or family members will no longer be permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect the new policy will receive an automatic disqualification (DQ).

ATHLETE CHECK-IN PROCEDURE

Be sure to arrive at the race site with adequate time to register. Athlete Check-In hours are Thursday, August 26 and Friday, August 27 from 10:00 AM – 4:00 PM at the registration tent in Okanagan Park.

Please bring the following items with you to registration:

- Official photo identification

Arrive onsite at Okanagan Park to check-in during the designated registration times. If you have a special circumstance/emergency in regards to athlete check-in you must contact admin@nasports.com at least two weeks prior to the event to make check-in arrangements.

1. Confirm athlete bib number
2. Sign Waivers
3. Pick up registration envelope that contains the following items:
 - Race Numbers- bike frame numbers, helmet stickers, bib numbers, and bike check-out ticket
 - Swim cap
 - Athlete 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.
 - Timing Chip
4. Goody Bags- Your Ironman bag does not contain your t-shirt; you will receive your shirt after you cross the finish line on race day.
5. Solutions Booth-Registration issues and questions.
6. Pro Check-In Booth-Professional athlete check-in station.
6. Chip Scan- Before you leave registration, be sure to stop by the timing table to get your timing chip scanned. This will confirm your personal information for accurate race splits and results.

**Please note: Athlete Check-In will not be open on race day. If you do not arrive during the designated Athlete Check-in hours you will not be able to race.*

Bike/Run Gear & Special Foods Bag

During athlete check-in you will receive the five gear bags:

- Green morning clothes bag**
- Blue bike gear bag**
- Blue bike special foods bag**
- Red run gear bag**
- Red run special foods bag**

Please pack the correct gear in the appropriate bag and place them in the transition area according to the instructions that follow. Be sure all of your gear is clearly marked with your name and race number.

Athlete Wristband:

A wristband printed with your race number will be affixed to your wrist at athlete check-in. This band will identify you as an official participant and must be worn during the entire week. The wristband is required for medical identification purposes and allows you access to the banquets, transition area and post-race athlete recovery area. You will not be allowed to remove your bicycle and gear from the transition area (following the race) without your wristband affixed to your wrist. Please do not remove your wristband until after the awards banquet.

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. Please label all of your clothing and gear (including shoes). If you lose or find any belongings, there will be a Lost and Found located at the Information Booth throughout race week.

Information Booth:

The Information Booth/Lost and Found will be located at the Ironman expo in Okanagan Park. Spectator Viewing Guides, Ironman Programs, information about athletes on the course, dropouts, injuries, Lost and Found etc. will be available at the Information Booth.

Athlete (Medical) Information Booth:

On Race Day, the Athlete Information Booth will be located in Gyro Park in front of the bandshell and will have information about athletes on the course, dropouts, injuries (subject to HIPPA restrictions).

Athlete Meeting:

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

MANDATORY BIKE AND GEAR CHECK-IN

Mandatory Bike and gear check-in is the day before the race (August 28) from 10:00 a.m.-3:00 p.m. at the Bike Lot/Transition area . All bicycles and bike/run gear bags must be checked into the transition area and left overnight. Bicycles and bike/run gear bags will **not** be permitted to enter the transition area on race morning. Full bike covers are not permitted.

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.

You will have access to your bicycle beginning at 5:00 a.m. on race morning, but you will not be allowed to remove your bike from the transition area until the start of the bike portion of the race.

Pack your bike and run gear in the appropriate gear bag and place them on the proper row. Be sure your running gear has reflective material on the front and back of your clothes and shoes.

Helmets and cycling shoes must be placed in your Swim-to-Bike Transition gear bag. Only Pro Athletes will be allowed to attach their shoes to their bike. No loose gear will be allowed on the ground next to the bicycles.

PRE RACE AND RACE DAY PARKING

Race Day Parking:

Parking will be available at the various city lots throughout the city of Penticton, 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. Do not park on the race course on race morning this includes Main Street, Winnipeg Street and Lakeshore Drive between Winnipeg and the SS Sicamous and Martin Street. Vehicles parked on the race course will be towed.

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.

RACE DAY INFORMATION

Race Morning Check-In:

Athletes may check in beginning at 5:00AM- *NO EARLIER!*

Remember to bring all of your gear, swim cap, goggles, and wetsuit and Champion Chip; athlete check-in will not be offered on race day. Bike technicians and bike pumps will be available in the transition area on race morning. Morning bag drop off is on Main Street just after you enter. Special Needs bags are dropped beside the truck going out onto the course. Please do not wear your bib number during 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: Bodymarking begins at 5:00AM on race day just inside the transition area. Please remember not to put lotion or sunscreen on before you get bodymarked.

Transition:

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

Eyeglasses:

Glasses must be labeled with the athletes' race number. Glasses should be placed on the eyeglass table near the swim exit located outside of transition in the swim exit chute. You may retrieve your item following the swim from the eyeglass table. Do not forget to do this upon exiting from the swim; you are responsible for reclaiming your glasses.

Finish Line Policy:

Friends and/or family members will no longer be permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect the new policy will receive an automatic disqualification (DQ).

POST RACE

After you have completed the race, please pick up your bike and gear from the transition zone. Ironman is not responsible for gear that is not picked-up. You will be able to start checking out at 6:00 p.m.

Athlete Post Race Food will be available from 2:00PM-Midnight.

Gear Pick Up:

Transition will open at 6:00PM and you are required to pick up your gear and bike before 12:00 midnight. Please be aware of other athletes that are still racing. Double check your gear to be sure you have your own belongings. Our volunteers do their best to check that each athlete's bib number matches the number on their bike and gear when they leave transition. Again, please double check to make sure you have all of your belongings. Ironman is not responsible for gear that is not picked-up. 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 in Okanagan Park and 6:00 PM at the Banquet at the Penticton Convention Centre.

Bike Claim Ticket:

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.

Lost and Found:

Lost and Found items will be available at the Information Booth during race week. It is recommended that you mark your gear with your race number, as Ironman is not responsible for your lost items. For luggage lost while traveling, please contact your airline. The Information Booth will be located at Okanagan Park pre-race and next to the medical information booth on race day. On Monday post race Lost and Found will be at the Penticton Convention Centre.

Medical Tent:

The medical tent is for athletes only and family members are not allowed. Overcrowding in the medical tent prevents the medical staff from doing their job. For information on an athlete receiving treatment at the tent, please wait at the Medical Information Booth located next to the medical tent located on the beach for updates on athletes' conditions.

Visit the Ironman Store: Take some time to enjoy the ambiance with your family, friends, and other athletes. Visit our vendors and sponsor booths—and don't forget to pick up your Subaru Ironman Canada merchandise!

Security:

Only athletes or staff displaying security bands will be allowed inside 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.

2010 PRO PRIZE PURSE

\$50,000 US

Breakdown:

\$10,000/ \$6,000/ \$4,000/ \$3,000/ \$2,000 men and women

** 5 Pro slots for the 2010 Ford Ironman World Championship slots.

Distribution of qualifying slots between men and women to be determined based on the registration numbers in each category.

QUALIFYING FOR THE 2010 FORD IRONMAN WORLD CHAMPIONSHIP

Seventy-two (72) qualifying slots for the 2010 Ford Ironman World Championship (October 2010, in Kailua-Kona, Hawaii) will be awarded to the top professional and age group finishers. Please review the table below for the **projected** slot allocation by category. Final slot allocation will be determined on race day based on the number of official starters. You must claim your slot in-person prior to the Awards Banquet on Monday, August 30, 2010 from 9:00 – 11:00 a.m. in Okanagan Park. Please be prepared to pay the \$550.00 USD entry fee with cash, cheque or credit card. Any unclaimed slots will be rolled down to the next eligible finishers beginning at 11:05 a.m. at the Okanagan Park.

Slot Allocation Policy

At least one slot shall be allocated to each five-year age group category in which any age group athlete sends in an application, both male and female, per the age group categories listed above. If there are no athletes entered in the race in a particular age group, then that slot will be moved to the largest populated age group in that same gender. For additional age group slots, slot allocation shall be representative of the actual number of age group applicants in each category in the race. As an example, if 8% of the age-group applicants are females 40-44, then 8% of these slots would be allocated in the female 40-44 category.

Anti-Doping Policy

1. In accordance with the World Triathlon Corporation Anti Doping Policy, all athletes accepting qualifying slots for the 2010 Ford Ironman World Championship and 2010 Foster Grant Ironman World Championship 70.3 will be required to sign a condition of Entry, Release and Indemnification waiver, by which they agree to be placed into the WTC Registered Testing Pool for both in and out of competition testing, and voluntarily consent to be governed by the published rule: <http://www.ironmanusa.com/wtc-antidoping-rules.pdf>
2. We encourage all athletes to be familiar with the most current 2010 WADA Prohibited list which can be found: http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/WADA_Prohibited_List_2010_EN.pdf
3. According to the World Anti-Doping Agency and the 2010 International Standard for Therapeutic Use Exemptions, there are some substances which require a Declaration of Use. The WTC recommends completing this in two ways:
 - a) Filing a Declaration of Use directly to your NADO or through your secured ADAMS login The WTC Declaration of Use form can be found – <http://www.ironmanusa.com/wtc-declarationofuse.pdf>

b) On the Doping Control Official Record at the time of testing should you be selected for Doping Control

The substances which require a Declaration of Use are listed below:

- i) Albuterol and Salmeterol by inhalation for the treatment of asthma
- ii) Inhaled or locally injected glucocorticosteroids (intramuscular use requires a TUE)
- iii) Platelet Rich Plasma injections (except intramuscular which requires a TUE).



2011 SUBARU IRONMAN CANADA REGISTRATION

2010 Subaru Ironman Canada Athletes

All 2010 Subaru Ironman Canada participants will have the opportunity to register on-site for the 2011 Subaru Ironman Canada when they pick up their registration packages on Thursday August 26, 2010 and Friday August 27 from 10:00a.m.-4:00p.m. in the Athlete Check-In tent in Okanagan Park. Athletes must have their athlete wristband on in order to register. Credit cards only; cash or cheques will not be accepted.

Local Athletes 2011 Registration

Local residents wishing to enter the 2011 Subaru Ironman Canada will have the opportunity to register on-site Thursday August 26, 2010 and Friday August 27 from 10:00a.m.-4:00p.m. in the Athlete Check-In tent in Okanagan Park. Athletes must have identification showing their residential address in order to register. Credit cards only; cash or cheques will not be accepted.

Open Registration

All remaining slots for the 2011 Subaru Ironman Canada will be available on a first-come, first-serve basis until it sells out. Participants will have the opportunity to register on-site on Monday, August 30, 2010. 9:00a.m.-11:00a.m. in Okanagan Park. Athletes must be present to register. Volunteers will be given a preferred position in line. Credit cards only; cash or cheques will not be accepted.

RACE TIMING

The race will officially end at midnight, 17 hours after the official start of the race. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cutoff times apply for each segment of the race:

- Swim: 9:20AM. Any athlete still in the water after this time will be disqualified and removed from the race.
- Bike: Must be off the bike course by 5:30PM. Any athlete still on the bike after this time will be disqualified and removed from the race.
- Run: Must finish the run by 12:00 AM. Any athlete still on the run after this time will be disqualified

The race will be timed with the ChampionChip®. Your responsibilities as a competitor include:

1. When you pick up your race packet and timing chip at Athlete Check-In, stop by the Timing Chip table to ensure that your correct name shows up on the computer screen.
2. You must wear your timing chip at all times while you are racing. Fasten it to either ankle with the Velcro strap provided before the swim start and leave it on until after you finish the run. You may apply Vaseline around your ankle. It will not affect the chip. Volunteers will help you remove the strap and chip at the finish line.
3. If you do not start the race on Sunday, you are still responsible for returning the chip to race management. Chips and straps should be returned to the Finish Line or handed to any race official.
4. If you drop out or are pulled from the race at any time, turn your chip and strap in to a race official. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip.
5. Your race chip is a loaner. By picking up your race number and chip, you are guaranteeing that you will return the chip to race management, or you will be billed for its replacement.
6. If you lose your timing chip during the event, you are responsible for a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra timing chips at the timing locations above. If you lose your timing chip while on the run course, notify a timing official immediately after crossing the finish line.
7. Failure to wear your timing chip on race day, return your chip and strap after the event or pay the replacement cost of your lost chip may disqualify you from future IRONMAN events.

No chip = no time

PHYSICALLY CHALLENGED DIVISION RULES

Supplemental rules and regulations pertaining to the Physically Challenged division are consistent with ITU rules.

Swim

IRONMAN reserves the right to seed contestant at the swim start (i.e., early start, late start, designated wave, etc.).

Athlete may use wetsuit during competition. Each athlete must obtain approval from IRONMAN prior to the race for all swimwear and accessories to be used during the swim. Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by IRONMAN.

Bike

Cycling conduct and specifications are consistent with ITU rules. Handcycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards.

Equipment must otherwise conform to all other general rules for bicycles as it pertains to the Ironman competition, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle/handcycle, regardless of any secondary benefit.

Participant is required to maintain control of his/her bicycle/handcycle and to operate at a reasonable speed so as not to threaten the safety and well being of aid station volunteers, other competitors, race officials and spectators. Operation of a bicycle/handcycle in a dangerous or reckless manner will be grounds for disqualification.

A CPSC-approved helmet is required during the entire handcycle (bike) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.

DRAFTING IS PROHIBITED.**Run**

Running conduct and specifications are consistent with ITU rules. Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/handcycle portion. Standard racing chairs shall be used. A CPSC-approved helmet is required during the entire wheelchair (run) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified.

General Information

Unauthorized outside aid/support or escorts are grounds for disqualification. Handlers must be approved prior to the race and will work directly with the Physically Challenged Coordinator. The expected conduct of all handlers is consistent with ITU rules.

Race management will select qualified individuals to assist athletes in the transition area. These individuals will be allowed to assist athletes in transition from the water to their handcycles and from their handcycles to the racing chairs. Likewise, they will also assist all physically challenged athletes with equipment needs, etc., as approved by IRONMAN.

All athletes must attend a pre-race briefing. Failure to attend a scheduled briefing may result in forfeiture of a start spot. Check the Schedule of Events for briefing times and location.

IRONMAN reserves the right to modify the above rules as necessary, as long as such changes are communicated to the athlete in writing or at a pre-race briefing.

Any rule interpretation or enforcement made by IRONMAN shall be final.

HEAD REFEREE'S MESSAGE

We use a slightly modified version of the 2010 Triathlon Canada Competitive Rules. In summary, we will operate under the "three strikes and you're out" principle. Even though DRAFTING is the only violation to incur a time penalty (to be served in the nearest penalty tent at various spots on the bike course), any type of violation counts toward your three strikes.

For example:

1. DRAFTING violation (four minutes served in a bike course penalty tent)
 2. HELMET CHINSTRAP violation
 3. LITTERING violation – a third violation results in disqualification (DQ)
- Again, any combination of three rule violations will result in a DQ.
 - Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call
 - Keep four bike lengths (7 meters) between your bike's front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call
 - Always pass on the left of the cyclist in front of you, never on the right to avoid an ILLEGAL PASS call
 - Complete your pass within 20 seconds to avoid a DRAFTING call
 - If passed, drop back four bike lengths before attempting to re-pass to avoid an OVERTAKEN or DRAFTING call

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. In the case of Position Violations, the referees' ruling is final and is not open to protests or appeals. The following are several other common rules violations:

- HELMET CHINSTRAP—the chinstrap of your helmet must be securely fastened whenever you are on your bike on race day!
- RACE NUMBER—you must display your race number during the bike and run portions of the race, and your bike number must be properly attached to your bike and be visible.
- LITTERING—do not throw away ANYTHING outside of official aid stations!
- UNAUTHORIZED EQUIPMENT—sorry, absolutely no cell phones, MP3 players, Oakley Thumps, iPods or other audio listening devices!
- OUTSIDE ASSISTANCE—do NOT accept any assistance from anyone other than a race official, and do NOT have non-racers ride or run alongside you!

You must go to a penalty tent for any violation to have your number marked, and all violations count toward 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.

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

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

Head Referee, 2010 Ironman Canada

SWIM COURSE

SWIM COURSE DESCRIPTION

The swim begins with the opening and anthem at 6:50 a.m. Competitors hit the water at 7 a.m. The swim will start from Okanagan Lake Beach in Rotary Park. You will swim in a North by Northwest direction clockwise. Elevation at transition is 1125 feet. The swim finishes at Okanagan Lake Beach at Rotary Park.

The probability of rain is only slight at this time of year. Morning winds are generally very low and the lake should be calm. However, the water temperature, wave action and wind could at times cause discomfort, so we highly recommend that you train and compete in a wet suit. Average water temperature on race day is 68 F / 20 C.

Swim security for athletes will be maintained at the highest level from morning entry to race transition until the return from the swim. ANY ATHLETES ELECTING NOT TO RACE MUST NOTIFY THE SWIM 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 Penticton Yacht Club, and the Canoe and Kayak Club. Buoys and aquatic crafts line the course.

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 Ironman.
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.

ANY ATHLETE ELECTING NOT TO RACE MUST NOTIFY TIMING 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 LIFEGAUARDS, 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. Peelers will be available to assist you in removing your wetsuit before you enter the Change Tents. PUBLIC NUDITY IS NOT 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 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



BIKE COURSE DESCRIPTION:

BIKE - 112 Miles

Bike Course

The first 14 km of the bike course (south on Main Street, Lakeside Road and East side Road) is relatively flat. Just past this point, a left turn onto McLean Creek Rd. is the start of a significant climb of approximately 1 km, followed by a scenic winding road that leads through the Okanagan Falls countryside. The route will continue down Peachcliff Estates Hill, where athletes will then

turn left on Highway 97 at 10th Avenue in the Township of Okanagan Falls. CAUTION is required on all roads, and avoidance of excessive speeds approaching curves and corners is critical. The next 35 Kms are relatively flat as you ride through Oliver and Osoyoos to the base of Richter Pass. From this point the course becomes more difficult. The long 11 km climb up to Richter Pass (elevation at summit , 2295 feet) and the series of challenging hills beyond the 84 km point complete the most difficult part of the course. From Keremeos (the 132-km point), the ride then follows a gradual uphill climb to the summit at Twin Lakes, and then a fast winding downhill ride to Highway 97 and north to Penticton. Skaha Lake Road to Main Street and the Transition area is also flat.

Technical Vans will be on the course to assist with emergency repairs whenever possible, i.e. replacement of tubes, tires, chains etc.

Remember ... to ingest water, carbohydrate and electrolyte often. Rehydration is important.

Bike Stations are located approximately every 10 miles apart. It is your responsibility to slow for safe nutrient pick-up. Call out your supply requirements clearly and in advance. Crews are instructed not to step across the white line for hand-offs. It is imperative that you don't toss bike bottles, sponges, cups or nutrient bags on the roadside along the course. Bike bottles must be tossed toward the bottle drop at the entrance and/or exit of each station.

The bike Special Needs is located at the turnaround in the Cawston out and back loop at approximately 120 km.

The bike course closes at 5:30 p.m. (10 hours, 30 min from race start)

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 "I" 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 Subaru 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
- 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 my 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 contestant 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.

**NOTE: 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.
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. 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.

BIKE SHIPPING

Bike shipping inquiries should be directed to TriBike Transport. To learn more or to sign up for their service, check out www.tribiketransport.com

Make a reservation online at <http://www.tribiketransport.com>

Drop off your bike at a local partner shop (fully assembled, less your pedals).

TBT will pick up your bike as-is and drive it to your event.

When you arrive, pick up your bike, just as you left it, next to transition.

After your race, walk your bike over to TBT directly from transition, drop it off and forget about it until you get home. TBT will deliver it back to you.

Bike tech services:

The Bike Barn, the official bike shop and technical provider of the event, is located at 300 Westminster Avenue West, easy walking distance from the race site. They will be staffed by expert bike technicians and stocked with great deals on a variety of merchandise.

Tech tips & other details:

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 the bikes.

Prior to mandatory bike check-in on Saturday, be sure your bar-end plugs are in place and you have no loose spokes, brakes, headsets, stripped cables, etc. Adjust the hubs and position

handlebars correctly. Ensure that cables and tires are in good condition and sew-up tires are glued properly onto the rims. Securely fasten all equipment you may carry with you on race day.

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. While there will be a limited number of pumps available in the transition area on race morning, we recommend you can bring your own. You must give your pump to a family member or friend before the race start, since pumps will not be accepted with your pre-swim bags.

For security and safety reasons, bikes will not be allowed out of the transition area once bike check-in begins on Saturday. No one will be allowed to enter the bike compound unless accompanied by a race official.

On race day, bike tech vehicles will patrol the course to aid in emergency repairs.

RUN COURSE



RUN COURSE DESCRIPTION:

The run course for Subaru Ironman Canada is known for its scenic beauty and the enthusiastic support of the volunteers at aid stations along the way. Aid stations are placed approximately every mile.

Leaving Gyro runners go down Lakeshore toward Main.

Turn right at Main run South (up) on Main to Westminster and turn right, run along Westminster to Winnipeg.

Turn right on Winnipeg and run down Winnipeg towards Lakeshore, towards the Peach.

At Lakeshore runners turn left and go out along Lakeshore to the turnaround at Power Street where they loop back and come back to Winnipeg and turn right.

Running up Winnipeg runners turn left and are now on Westminster heading towards Main. Once runners hit Main they turn tight and go South out on the run course through town. Turnaround at Christie Beach.

Back in town, almost done. Runners come down and turn left on Westminster. Running along Westminster runners turn right on Winnipeg. At Winnipeg runners turn right and head down towards Lakeshore. At Lakeshore runners turn left and run along Lakeshore to the turnaround at Power Street. Once around the turnaround runners now come down Lakeshore back towards the Peach to the finish. The finish is located on Lakeshore halfway between Winnipeg and Martin Street.

This final stretch will be lined with spectators and supporters to cheer you in.

Runners on the course after dark will be provided with glow sticks, which must be worn or carried to insure your safety and visibility. We encourage you to pick up your sweater or warm ups at the special needs station. It can get quite chilly after sunset.

REMEMBER: SPECIAL NEEDS BAGS WILL NOT BE RETURNED.

The marathon course will close officially at 12:00 midnight. All athletes still on the course past 12:00 midnight will be offered a ride to the transition area.

RUN COURSE AND RULES:

Course Length 26.2 miles/42 kilometers

Cut off time – 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 Ironman 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 Subaru Ironman Canada 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.

MISCELLANEOUS 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, Ironman 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 Friends and/or family members will no longer be permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect the new policy will receive an automatic disqualification (DQ).

RACE CHECKLIST

PRE RACE TRANSITION

- Warm-up clothes
- Food and drinks
- Race numbers
- Race belt
- Water bottles
- Bike pump
- Electrical tape
- Spare tires
- Spare tubes

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

MEDICAL INFORMATION

To ensure the health and safety of the athletes competing in Subaru Ironman Canada, 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 preventative 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. However, 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. These conditions 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 ache 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 conditions may be unpredictable at this time of year. Bring gear and be prepared to be flexible. Typical weather in Penticton in August is generally pleasant and in the 80s, but has been known to rise into the 90s or dip down into the low 60s and rain.
4. **TRAUMA** – 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.

INTRAVENOUS FLUID REPLACEMENT – Because of the large number of 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 most critical athletes will receive immediate and efficient medical treatment on arrival at the Medical tent. Whenever possible, oral fluid replacement will be given as a preference to IV fluid replacement. Please abide by the decision of our triage team in this regard.

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 THAT TREATMENT AT THE HOSPITAL IS COSTLY, SO PLEASE BE 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 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 falls, headache may become more severe; 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 develop 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. Remember to keep 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 event, the gut will resume its 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 ANTIINFLAMMATORY 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 that can guarantee protection against the development of hyponatremia.

ATHLETES SHOULD STRIVE FOR OPTIMAL TRAINING AND CONDITIONING FOR THE RIGORS OF 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.

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.

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

TRAIN ON THE SAME FLUID REPLACEMENT DRINK THAT WILL BE AVAILABLE DURING COMPETITION. PRODUCTS WILL BE LEMON LIME GATORADE IN SPORT TOP BOTTLES FOR THE BIKE AND ORANGE GATORADE ON THE RUN.

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 Ironman Medical personnel for assessment.

TO-DO LIST

From the moment you arrive at the 2010 Subaru Ironman Canada, 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 sight, 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 Check-In: Be sure to arrive at the race site with adequate time to check-in. You must bring official photo identification, Active.com confirmation number, TriCan or USAT card (if you are an annual member) or \$10.00 to purchase a required one-day license. Athlete Check-In hours are Thursday, August 26 and Friday, August 27 from 10:00AM-4:00PM.
- Label your gear: Please label all of your clothing and gear (including shoes). If you lose or find any belongings, there will be a Lost and Found located at the Information Booth throughout race week. Be sure that all of the stickers received in your packet are applied properly to avoid penalties during the race.
- Visit the Ironman Store and Ironman Village: Take some time to enjoy the ambiance with your family, friends, and other athletes. Visit our vendors and sponsor booths—and don't forget to pick up your 2010 Subaru Ironman Canada merchandise!
- Bike Check-Out Ticket: Give your bike check-out 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 check-out ticket.
- Bike and Gear Check-In: Bike and gear check-in is between 10:00AM – 3:00PM Saturday before the race. Bicycles and bike/run gear bags will not be permitted to enter the transition area on race morning. Full bike covers are not permitted. 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. Ironman is not responsible for gear that is not picked up. You will be able to start checking out at 6:00PM.
- 2011 Registration: Athletes participating in the 2010 event are welcome to register for 2011 when they pick up their registration packages on Thursday August 26 or Friday August 27 10 :00AM- 4:00 PM. General on-site registration will open Monday 9:00AM – 11:00AM. Athletes must have their athlete wristband on in order to register. Credit cards only; cash or cheques will NOT be accepted.
- 2010 Ford Ironman World Championship Registration: The 2010 Ford Ironman World Championship registration will be from 9:00AM-11:00AM. The entry fee is \$550 US and is payable by check or credit card. Rolldown 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 rolldown slots.