

25
JUNE 2022

5i50TM

TRIATHLON
WESTFRIESLAND THE NETHERLANDS

DEFINITIVE
DUTCH DELIGHT

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FOREWORD RACE DIRECTOR

Welcome back to West-Friesland!

Finally, the time has come: the third edition of IRONMAN Multisport festival West Friesland is upon us. This year's edition without corona measures guarantees an even bigger and more beautiful sport spectacle for the whole family.

This year will be the biggest edition of the IRONMAN weekend so far: with about three thousand participants spread over the various program components, this promises to be a memorable edition that will be etched in the memory of athletes, spectators, partners, volunteers and team leaders.

A special word of thanks to the seven West Frisian municipalities, the Province of North Holland and the Westfriesland Events Foundation who, over the past few months, as well as our own amazing volunteers, staff and team leaders, have worked hard to make the event happen.

On behalf of the entire team, I would like to wish you success with the final touches. We hope you have an unforgettable time and, above all, lots of fun during the competition.

With sporty greetings,

Rob Frambach

Race Director IRONMAN Multisport Festival Westfriesland



FORWARD WESTFRIESLAND EVENTS

WELCOME!

We want to give you a warm welcome on the behalf of Westfriesland Events. Great to see that you challenged yourself to start this adventure in the *IRONMAN Multisport Festival West Friesland*. In this third edition, we made some improvements which you will see consciously or unconsciously.

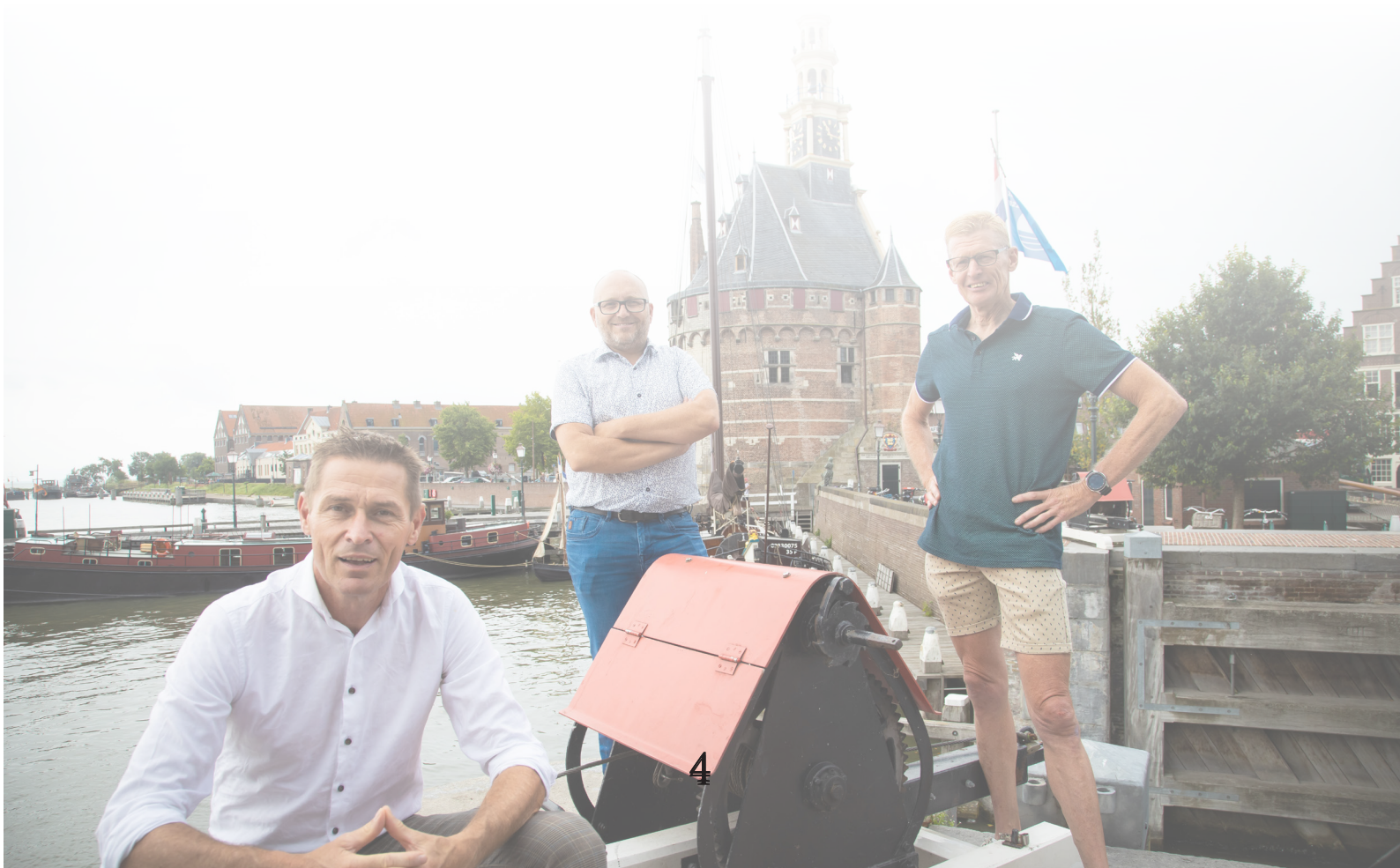
Westfriesland Events was created as a collaboration between the West-Frisian municipalities, the initiators of the event, and are supported by the Province of North Holland. Our goal is that the IRONMAN event is broadly supported by the inhabitants of the municipalities and the businesses in West Friesland. Another goal is to have a positive contribution to the development of the recreational sport in the region, the image that West-Friesland wants to create as an active sport- and event region, and that the event can give a positive impulse to the economy and activities in the region.

The fact that the event also this year can take place is a result of the great work and perseverance of all stakeholders in the organization of this event. We are grateful to everyone that has contributed to the organization of the event. Together with Extra leisure, the collaboration of the West Frisian municipalities, and the Province of North Holland, we are looking forward to a spectacular edition of *IRONMAN Multisport Festival Westfriesland*. The mentality that you have as the participant has also been shown by the region 450 years ago, which makes the Netherlands the Netherlands as we still know it nowadays. That is why we hope that you, besides the race, will have some time to discover for example one of the museums, so you can learn more about the region.

You are in and we wish you all the best for the race.

Westfriesland Events

Eddy Bakker Bart Leijdekker Cees Degeling





Go Go Go

Swimming, cycling and running through the historic city center of Hoorn and the beautiful landscape of West-Friesland. We wish the triathletes all the best.

The province is sponsor of the IRONMAN 70.3 Westfriesland 2022.



ORGANISATION

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IRONMAN VILLAGE

Dick de Vries

GENERAL HELP

Jan Klaver



PROGRAM

FRIDAY 24.06.2022

TIME	WHAT	LOCATION
15:00 - 20:30	Registration 4:18:4, 5150 and IRONMAN 70.3	Oostereiland
15:00 - 20:30	Bike check-in 4:18:4 and 5150	vv Hollandia
15:00 - 20:30	IRONMAN Village	Oude Doelenkade
18:00 - 20:45	Registration NightRun	Oude Doelenkade
21:00 - 22:00	NightRun	Oude Doelenkade

SATURDAY 25.06.2022

TIME	WHAT	LOCATION
06:30 - 07:30	Registration 4:18:4 and 5150	Oostereiland
06:30 - 19:00	Registration IRONMAN 70.3	Oostereiland
06:30 - 08:30	Bike check-in 4:18:4 and 5150	vv Hollandia
09:00 - 13:15	5150	Baatland
09:45 - 11:30	4:18:4	Baatland
09:00 - 19:00	IRONMAN Village	Oude Doelenkade
10:30	Finish winner 4:18:4	Baatland
10:55	Finish winner 5150	Baatland
11:15 - 13:45	Bike check-out 4:18:4 and 5150	vv Hollandia
12:00	Award ceremony overall top 3 and top 3 per Age Group 4:18:4	Baatland
12:00	Award ceremony overall top 3 and top 3 per Age Group 5150	Baatland
14:00 - 19:00	Bike check-in IRONMAN 70.3	vv Hollandia
14:30 - 15:15	Race briefing IRONMAN 70.3 (ENGLISH)	Baatland
15:30 - 16:15	Race Briefing IRONMAN 70.3 (DUTCH)	Baatland
16:30 - 17:15	Race Briefing IRONMAN 70.3 (GERMAN)	Baatland

SUNDAY 27 06.2022

TIME	WHAT	LOCATION
05:00- 06:30	Transition Zone open	vv Hollandia
07:00- 08:10	Start IRONMAN 70.3	Baatland
09:00-16:00	IRONMAN Village	Oude Doelenkade
10:50	Finish Winner IRONMAN 70.3	Baatland
10:50 -16:15	Finish line party IRONMAN 70.3	Baatland
13:00 - 17:30	Bike check-out IRONMAN 70.3	vv Hollandia
17:00	Award Ceremony 1-2-3 & agegroups IRONMAN 70.3	Baatland
17:00	Slotallocation IRONMAN World Championship 2022	Baatland



PARKING / ACCESSIBILITY

Public Transportation

Hoorn has its own train and bus station and is therefore easily accessible by public traffic. From the station it is about 10 minutes' walk to the main locations (transition zone, registration, start and finish). From the station signposts will indicate the main locations.

Parking

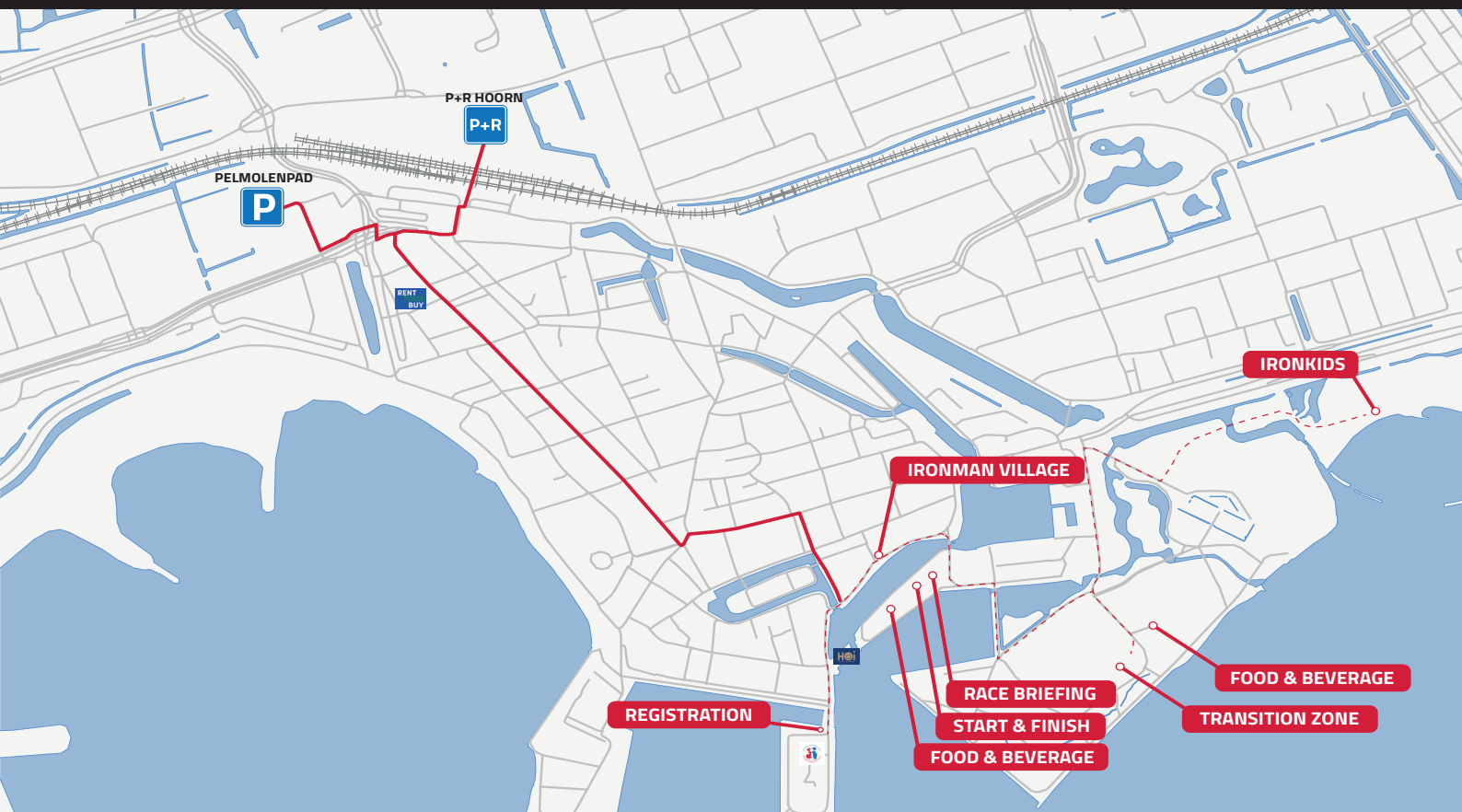
Athletes and visitors are advised to park at one of the following major parking lots and garages:

- Pelmolenpad parking lot
- P+R The Transferium, van Dedemstraat

From these parking lots, signage will indicate the main locations. Please note that both parking areas are paid parking.



EVENT MAP
All locations & routes to locations



GENERAL INFORMATION

Registration

At registration you will need a valid ID or passport, a (day) license and a certificate of registration (print or digital). It is also required to sign the 'waiver' for receiving start numbers and other start documents (in most cases this is already signed at the online registration). The registration is located on the Ooster-eiland in Hoorn.

Friday, 24.06.2022 15:00 pm- 20:30 pm

Saturday, 25.06.2022 06:30 am - 08:15 a.m - afterwards the registration is only open for IRONMAN 70.3 Westfriesland athletes.

During the registration you will receive the start documents as well as a voucher for a backpack, which you can pick-up in the expo.

Licence

Athletes must be in possession of a competition license or day license.

Participation in IRONMAN 5150 West Friesland without a day license is possible with:

- Dutch Triathlon Association (NTB) competition license (incl. trial license)
- A competition license of KNZB, KNWU or Athletics Union
- A competition license of a foreign triathlon federation

You show this license at the registration. If you do not have a license, you can purchase a day license in the weeks prior to the event through your registration account in Active. The NTB will send an email to all athletes of which no license is known, asking them to purchase a day license. If this is not successful, it is also possible to purchase one during registration at the NTB desk.

Note: only contactless payment is possible here! The cost of a day license is € 11, -.



Hoorn Information



Hoorn Information heet u van harte welkom in Hoorn. Wij verzorgen alle toeristische informatie over deze prachtige stad en de wijde omgeving.
Wilt u de stad of omgeving per fiets verkennen, wij werken nauw samen met Renttourbuy, voor al uw persoonlijk vervoer.
Ook stadswandelingen onder begeleiding van een ervaren gids, organiseren wij graag voor u.

Hoorn Information welcomes you to Hoorn. We provide all tourist information about this beautiful city and the surrounding area.
And if you want to explore the city or surroundings by bike, we work closely with Renttourbuy for all your personal transport.
You can also come to us for city walks accompanied by an experienced guide.

WWW.HOORNINFORMATION.NL

&

WWW.RENTTOURBUY.NL

HOOFD 2 B, 1621 AM HOORN &
KLEINE NOORD 57, 1621 JE HOORN
TEL: +31 229 861250 | +31 6 54791816



RentTourBuy



RentTourBuy verhuurt fietsen, E-Bikes, E-choppers en nog heel veel meer. Ontdek het schitterende Hoorn aan het Markermeer op een van onze fietsen en geniet van de historische locaties, de gezelligheid en de fraaie natuur. Natuurlijk organiseren we ook graag verschillende (wandel) tours op maat voor u,

RentTourBuy rents out bicycles, E-Bikes, Choppers and much more. Discover the beautiful Hoorn at the Markermeer on one of our bicycles and enjoy the historic locations, the conviviality and the beautiful nature. Of course we are also happy to organize various tailor-made tours for you.

WWW.RENTTOURBUY.NL

&

WWW.HOORNINFORMATION.NL

KLEINE NOORD 57, 1621 JE HOORN
HOOFD 2 B, 1621 AM HOORN
TEL: +31 229 861250 | +31 6 54791816



GENERAL INFORMATION

Starting documents

At registration you will receive an envelope with the following starting documents:

- Start number
- Wristband with start number
- 1 swim cap
- 1 envelope + 5 stickers with start number + 2 tattoo stickers
- 1 white change bag (for things you use after the finish)
- 1 blue change bag (for things you need during the bike ride)
- 1 red change bag (for gear you'll need during the run)
- A voucher for an athlete backpack

In the expo, located on the Oude Doelenkade in Hoorn, you can pick up your athlete backpack. Special-needs bag is not included, you can pick it up on request at the info point.

Wristband

Each participant will receive a wristband with their own start number. The wristband will be put on during registration and will not be removed until after the bike check-out on race day. The wristband is also your ticket for the transition area in combination with your start number and stickers. You will receive the timing chip in the transition zone while you are checking in your bike.

Note: without a wristband and timing chip you have no access to the swim start and the transition zone.



SEE YOU AT THE FINISH LINE AND IRONMAN VILLAGE

SWIMMING

CYCLING

RUNNING



TRIATHLON
WORLD

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EXPO

The expo will be located in the IRONMAN Village at the Oude Doelenkade. The Oude Doelenkade can be found on the other side of the "Binnenhaven" (the inner harbor) and our start- and finish location on Baatland. Opening hours expo:

Friday, 24.06.2022	15:00 pm - 20:30 pm
Saturday, 25.06.2022	09:00 am- 19:00 pm (the athlete backpacks can be picked up from 06 .30 am)
Sunday, 26.06.2022	09:00 am - 16:00 pm

Partners in the expo:

- BYE! Nutrition
- Get Bike Service
- Gloryfy Unbreakable Eyewear
- SWIMM
- BLACKROLL
- Kú Cycle
- Triathlonworld.com
- Cádomotus
- Compressport
- Fusion products
- Incylence
- Mllgrm Coffee
- Kika Extreme



TRANSITION ZONE

Bike check-in

The bike (bike and helmet) and the blue and red change bag (bike gear and running gear respectively) can be checked in at the transition zone on Friday, June 24 or Saturday, June 25 before the race. The exact check-in times are shown in the timetable earlier in this guide

You hang up the white bag yourself before the race on the Baatland in the athlete's garden near the swim start.

Bring the following to the bike check-in:

- Start number
- Athlete wristband (this is put on at registration)
- Bike (incl. sticker)
- Helmet (incl. sticker)
- Blue (bike gear) and red (running gear) change bag (including the stickers)
- Start number worn visibly

Other important information at the bike check-in:

- Your bike, helmet and the 2 change bags will have stickers corresponding to your start number.
- Make sure your 2 replacement bags are filled before you check in your bike (on the day of the race, you can put or take out extra stuff).
- Wear your race number visibly.
- Wear your helmet with the safety strap closed.
- You are only allowed to use IRONMAN stickers, which you received during the registration.
- You can hang your helmet on your bike in the transition zone or you can put it in the blue change bag.
- Bicycle pumps are not allowed in the blue bag; a separate drop off zone will be set up for bicycle pumps which you can leave there at your own risk. There are also bicycle pumps available in the transition zone.
- Everything that lies on the ground in the transition zone will be removed.
- Officials will check if your bike meets the race regulations
- Store your bike by your own race number. You hang your bike with the tip of your saddle on the side where your number is attached.
- Hang your blue (bike gear) and red (running gear) change bags on the bag rack by your race number
- Bike covers are not allowed
- Your swap bags are only covered with the sticker received from the organization.
- When you leave the transition zone you will receive your timing chip which you will hand in after the race. If the timing chip is not returned or is damaged, a fee of €50, - must be paid immediately in cash.

Tip: visualize the location of your bike in the transition area, so you can easily find your bike during the race.



Legend

- Swim Course
- Bike Course
- Run Course
- TBB** Transition Bag Blue (Bike)
- TBR** Transition Bag Red (Run)
- ?** Lost and Found
- R** Relays
- TZ** Transition Zone
- Get Bike Service
- 💧 Water
- + Medical
- BP** Drop off bicycle pump
- CS** Changing & Showers
- FB** Food & Beverage

TRANSITION ZONE

Start numbers and stickers

The start number must be worn legibly and completely unaltered. You will receive the following starting documents with your starting number:

- 1 start number. It is allowed to use a start number tape. Write your name, medical information and phone number of your ICE contact (emergency contact) on the back of your start number.
- 1 sticker for the front of your bike helmet.
- 1 sticker for your bike. Attach this to the seat post.
- 3 stickers for the change bags (blue, red and white). It is only allowed to mark the bags with IRONMAN stickers. It is not allowed to write on the bags or put other stickers on them.
- 2 tattoo stickers. These will be visibly applied to the left arm and left calf.

Ask for assistance from one of your fellow athletes or at the information point if the use of the stickers is unclear.

Get Bike Service - Bike Repair Service

During the event, you can visit Get Bike Service for small bicycle repair services. They will be present at the following times and locations:

Date	Location	Time
Friday June 24	EXPO	15:00 - 20:30
Saturday June 25	EXPO	09:00 - 19:00
Saturday June 25	Transition zone	06:30 - 09:00
Saturday June 25	Tranzition zone	14:00 - 19:00



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Netherlands. You'll find us in
the registration & transition
zone.**



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**Get
Bike
Service**

TRANSITION ZONE

Timing chips and no finish

- Timing chips will be issued to the athlete after the bike check-in in the transition zone.
- The chip is worn around the left ankle. Wearing the timing chip is mandatory.
No chip = no participation and therefore no results!
- The use of your own timing chip is not allowed. Athletes are responsible for the timing chips that are provided by the organization.
- You return the timing chip at the bike check out.
- When a chip is lost or damaged, you are required to pay the amount of € 50, - per lost chip in cash. You pay this amount at the bike check out.
- Athletes who lose their timing chip before the start must request a new chip as soon as possible in the timing tent in the transition zone or at the swim start.
- Athletes who do not finish or who drop out of the race must inform an official as soon as possible.

Bike check-out

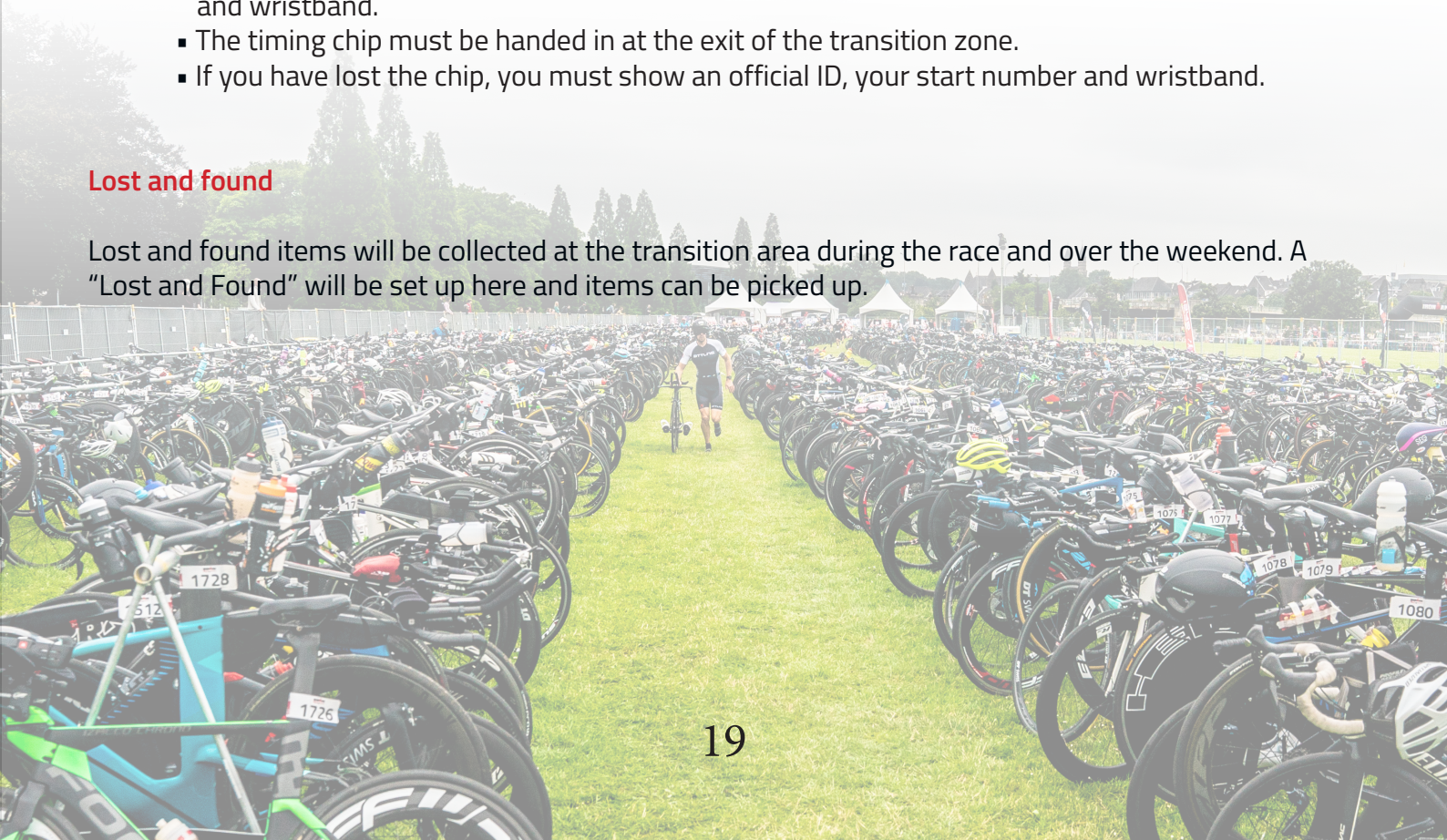
After the finish, you can pick up your bike and red and blue change bags in the transition zone by showing your start number, timing chip and wristband, after which you can hand in your timing chip at the bicycle check-out. The entrance of the bike check-out is the same as the entrance of the bike check-in. You first pick up your bike, then your change bags and then hand in your timing chip after which you leave the transition zone.

After the race / bike check-out

- The bike and the exchange bags will be picked up on the race day. See the schedule for the times.
- You can pick up your bike and your exchange bags by showing your start number, timing chip and wristband.
- The timing chip must be handed in at the exit of the transition zone.
- If you have lost the chip, you must show an official ID, your start number and wristband.

Lost and found

Lost and found items will be collected at the transition area during the race and over the weekend. A "Lost and Found" will be set up here and items can be picked up.





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SWIM

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SWIM COURSE
1.5 Kilometers



Legend

- Swim Course
- Bike Course
- Run Course
- Aid Station
- Steerwear bags

SWIM

The cut-off times for the swim section are 55 minutes netto time. This means that you will have 55 minutes to complete the swim course, after you have started.

Start protocol swimming

Make sure you are ready in time (15 minutes before the start at the latest) in the starting area. When entering the starting area, it will be checked if you are wearing the swim cap, the wristband and the timing chip (on the left ankle) correctly. If you are not wearing your swim cap, timing chip and wristband, you will not be allowed to start. There is a 'rolling start'. You will stand in the starting area with your expected finishing time. Follow the instructions of the organization and volunteers. Keep the buoys on your left at all times.

- Take your white change bag (clean clothes for after the race) and hang it on the hook of the bag rack that corresponds to your start number, which can be found in the BLACKROLL Recovery Finish Zone near the swim start.
- For the start, you can wear flip flops, which you can leave behind just before the start. Everything left behind at the swim start will be thrown away by the organization.
- At the rolling start of the swim, you will pass a time registration mat. No time can be taken from athletes who jump the fences. You must leave the swim course through the official exit and walk over the time registration mat. Otherwise, the organization cannot verify if an athlete is still in the water and possibly in distress.
- If for any reason you are unable to complete the swim leg, you must report to an official.
- You are obliged to use the swimming cap handed out by the organization.
- IRONMAN The Netherlands has instituted a rolling swim start for its races.
 - Athletes line up according to their realistic estimated swim time.
 - After you pass the timing mat your race time will start. From that moment on, the cut-off time applies. We would therefore like to ask you to line up in the starting area with your estimated, realistic swim time; being in a faster area does not give you an advantage and can only lead to frustration for yourself and your fellow athletes.
 - The results will show your net time, the time started after passing the timing mat.
 - Once all individual athletes have started, the relay teams will start.
 - Keep the red and yellow buoys on your left at all times.

The organization may decide, depending on the water temperature and/or weather conditions, to require or disallow a wetsuit. One hour before the race the water temperature will be announced and the decision can be made to shorten or cancel the swim part.



hoogheemraadschap
Hollands
Noorderkwartier

TRANSITION 1: swim to bike

After the swim you will have the first transition. The following things are important to know about the first transition:

- You pick up the blue change bag containing the bike gear from the rack, which is in front of the exchange tent.
- Then you change your clothes. Changing clothes is only allowed in the changing tent.
- The swimming equipment you put in the blue change bag that you drop in the 'Drop Off Zone' behind the tent. Volunteers will make sure that this change bag will be hung back next to your start number. You can collect the exchange bags after the race.
- The ground under and around the bike must remain clear at all times. Objects lying on the ground will be removed.
- Only cycling shoes (if attached to the pedals) may be attached to the bike. A helmet, start number and sunglasses may also be on your bike, but again, these must be attached to the bike and not on the ground.
- If you take your bike off the rack in the transition area, the strap of the helmet must be closed.
- Do not get on your bike in the transition zone, you may only get on your bike after the line where you can get on and off. The jury of the NTB will monitor this.





KOM EN GENIET

van prachtig Koggenland

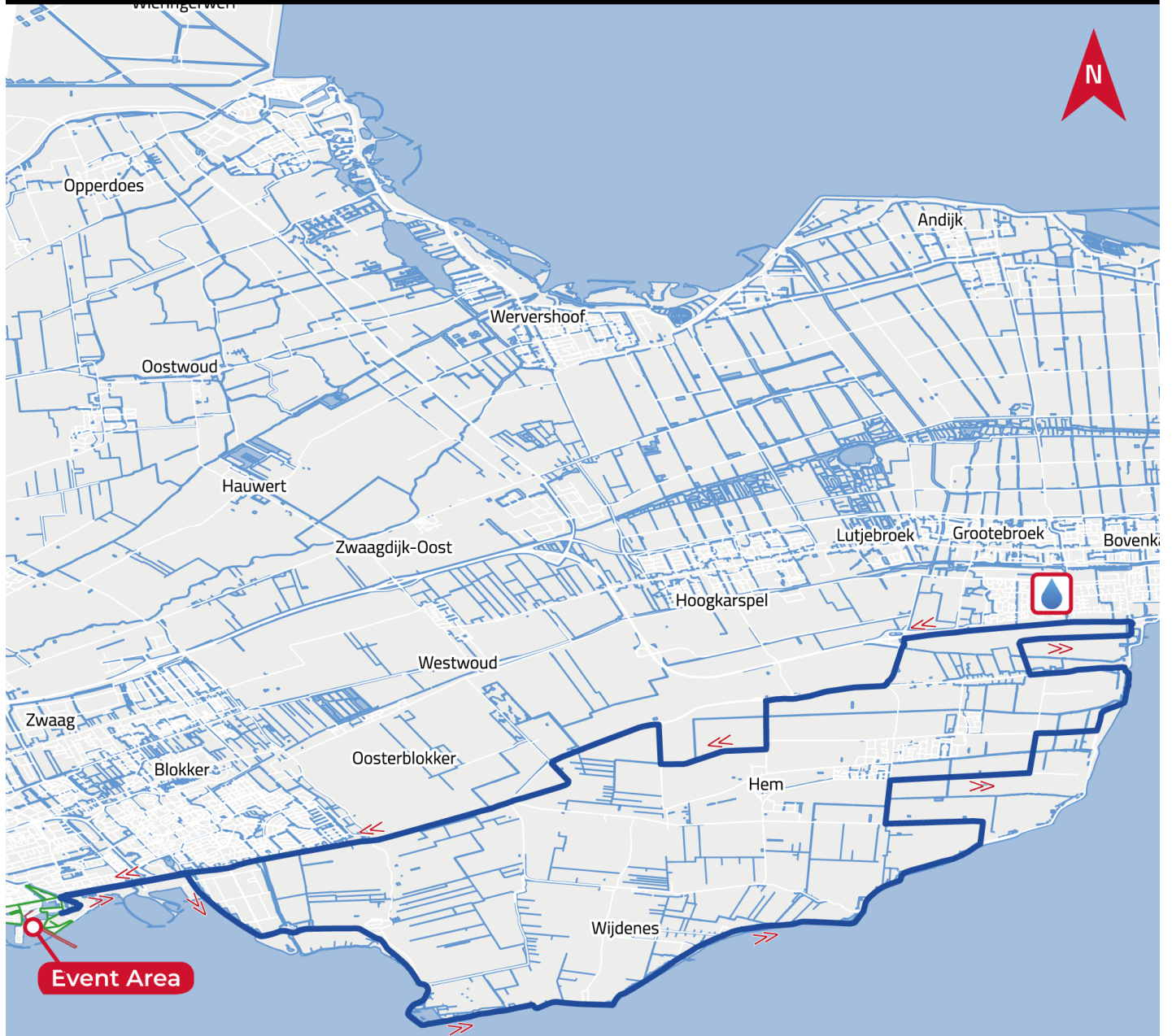
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BIKE

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BIKE COURSE
40 Kilometers



Legend

- Swim Course
- Bike Course
- Run Course
- Aid Station



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BIKE

The cut-off time for the bike course is 1 hour and 45 minutes..

Information bike course

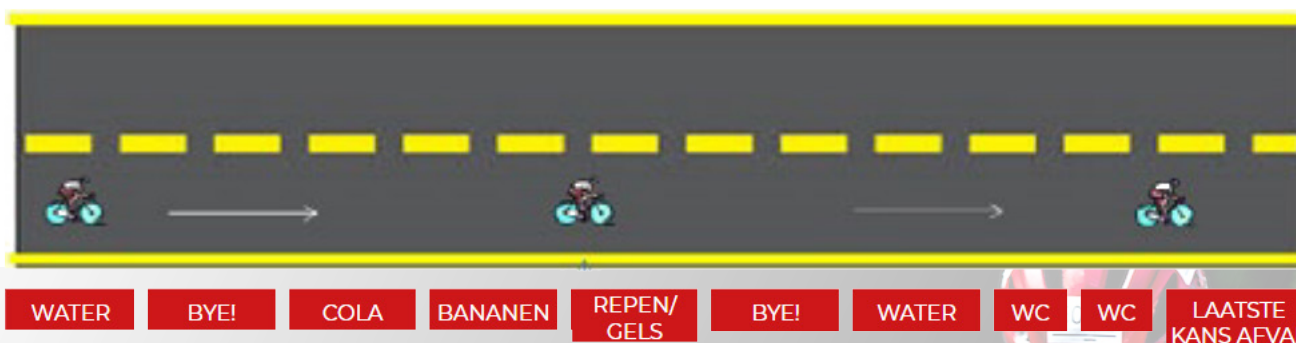
Staying (cycling in the slipstream of another athlete), is not allowed and if you want to overtake a previous athlete, this must be done within 25 seconds. There must be a minimum distance of 12 meters between you and the other athlete.

During the race, it is important that you follow the general traffic rules and use common sense. Dangerous maneuvers and outrageous cycling behavior may result in disqualification.

It is also important that you always cycle on the right side of the road.

There will be 1 penalty tent set up just before returning to the transition zone. Should you receive a time penalty, a juror on the bike will clearly indicate this to you.

During the cycling part, one care post has been set up; at approximately kilometer 20 on the course. Please make sure to dispose of your waste in the "trash zone". Outside this zone you can get a time penalty from the jury.



Only in the section just out of the transition zone and at return is it prohibited to overtake. Here are signs with "no passing". Once overtaking is allowed again you will see the "passing allowed" sign. There will also be some places where you will be summoned to slow down with "slow down" signs. This is usually followed by a sharp turn or several turns.

About 9 km from the course, the athletes of IRONMAN 4:18:4 make a sharp left turn. The route of IRONMAN 5150 continues straight on the dike here. This will be indicated by signs.

About 37 km from the course, the athletes of IRONMAN 4:18:4 will be on the same course. Here you are also asked to temporarily reduce speed. This is probably the most critical point of the course, so make sure you slow down and don't take any risks.

BYE!

BOOST YOUR ENERGY

NATURAL SPORTS NUTRITION



BYE! NUTRITION IS VOOR EN DOOR DUURSPORTERS GECREËERD.

Wanneer de zon aan de hemel staat en de weilanden op hun groenst zijn ervaar je de natuur op zijn best. Daar houden wij van, puur natuur! Wij geloven in de beste prestaties, zonder chemische smaakstoffen. Daarom geeft **BYE! Nutrition** je tijdens het sporten een energy boost op een verantwoorde manier.

BYE! Nutrition was created for and by endurance athletes. When the sun is in the sky and the meadows are at their greenest, you experience nature at its finest. We love that, pure nature! We believe in the best performances, without chemical flavors. That is why **BYE! Nutrition** gives you an energy boost in a responsible way.

Meer informatie of direct bestellen? Ga naar www.b-y-e.nl

Gebruik de kortingscode **IRONMAN** voor 15% korting!

TRANSITION 2: bike to run

- Get off the bike before the line at the entrance of the transition zone. Bicycles are not allowed in the transition zone. The jury of the NTB will monitor this.
- The strap of your helmet needs to be closed until the bike is back on the rack.
- After completing the bike course, you have to park your bike at your start number.
- You pick up the red change bag with your running gear from the rack in the transition zone in front of the exchange tent.
- Then you change. Changing clothes is only allowed in the changing tent.
- You then put the bike equipment in the red exchange bag which you hand in at the 'Drop Off Zone' behind the tent. Volunteers will make sure that this exchange bag is hung back on the place of your starting number. You can collect the exchange bags after the race.




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RUN

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RUN COURSE
10 Kilometers, 2 laps



Legend

- Swim Course
- Bike Course
- Run Course
- 💧 Aid Station
- 🏁 Finish
- L Lap bands

RUN

The cut-off tijd for the running section is 1 hour and 15 minutes.

Information run course

The run course is 1,5 laps. In the second round you go to the finish at the junction of next round and finish. This is indicated by signs.

As an athlete you always keep to the right, or this must be indicated differently on the course.

At 1 point on the course, IRONMAN 5150 athletes will turn left to make an extra loop, where IRONMAN 4:18:4 athletes will go straight. This will be indicated by signs.

There are four refreshment stations set up per lap. Our official nutrition partner BYE! will provide us ISO-drink, bars and gels. Please make sure to dispose of your waste in the "trash zone". Outside this zone you can get a time penalty from the jury.



Personal needs

Before the race you can hand in your personal needs bag in the transition zone. The organization will bring it to the first aid station on the race course. This is the only location where your personal needs will be available. You come here three times along.






ALWAYS REMEMBER YOUR RACE
get your personal pictures on **SPORTOGRAF.COM**



F O T O
S P O R T O G R A F . C O M
F L A T

A person is using a black massage tool on their leg. The tool is cylindrical with a silver base and a black handle. The person is wearing a dark grey t-shirt and black shorts. The background is a plain, light-colored wall.

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RULES

During the race the Dutch Triathlon Federation will take care of the judging. For this race the ITU rules apply. The current rules can be found here:

Rules ITU: <https://bit.ly/3MjGtGO>

Swim

- Shortening or incomplete swim course DSQ
- Unsportsmanlike conduct DSQ
- Entering or leaving the course at a location other than designated DSQ

Bike

- Cutting off or incompletely completing the course DSQ
- Drafting/staying out; blue card 2 minutes, 30 seconds
- Blocking the passage, driving on the left 15 seconds
- Going to the toilet outside the designated areas DSQ
- Disposing of garbage outside of designated areas DSQ

Run

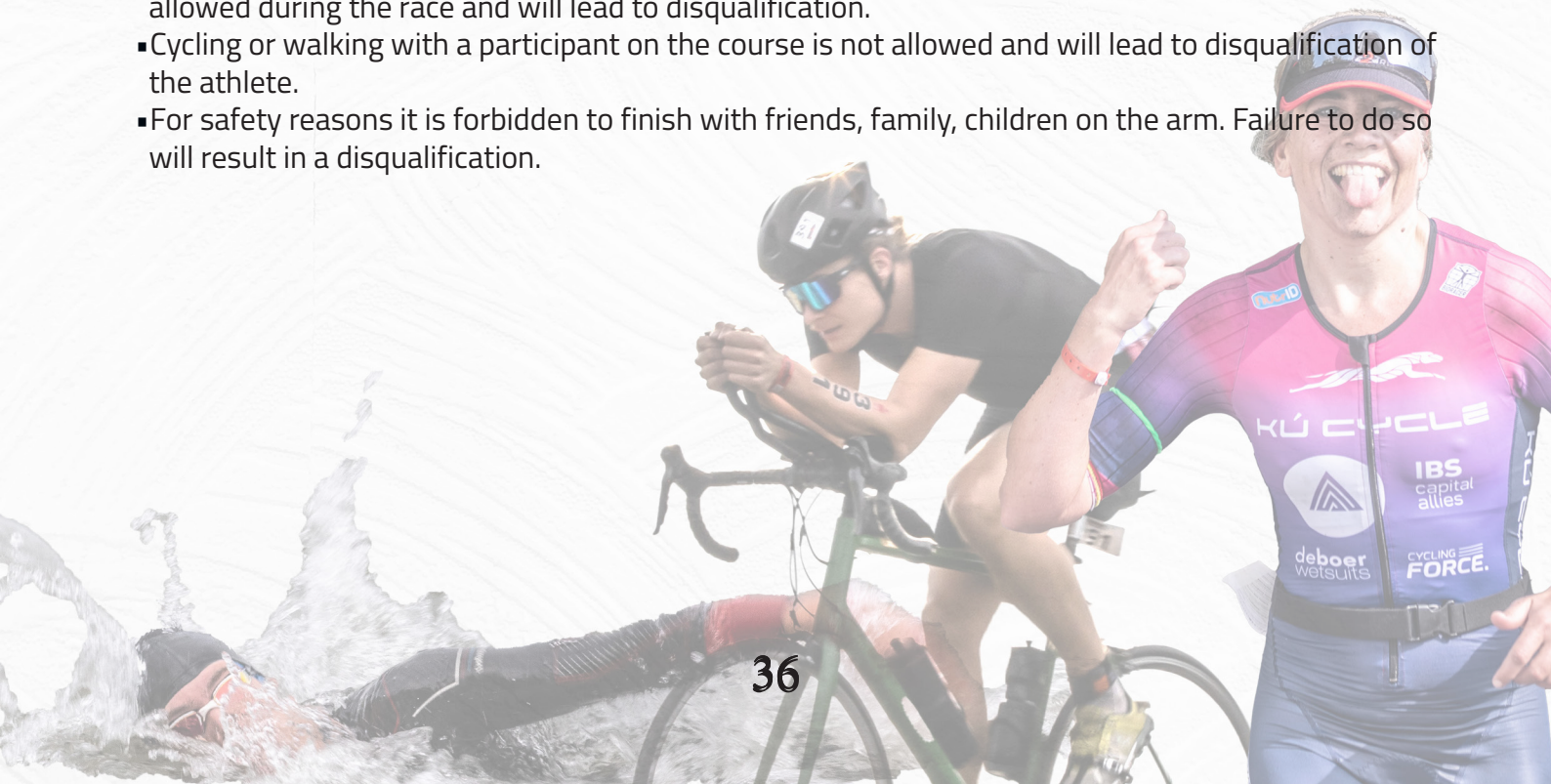
- Exposed body correctment
- Cutting or incompletely running the course DSQ
- Not following instructions by the organization DSQ
- Disposing of garbage outside the designated areas DSQ
- Going to the toilet outside the designated areas DSQ

Protest

Protest can be filed at the finish line until 15 minutes after the finish, justify and formulate the protest 15 minutes.

Other

- Electronic devices such as iPods, mp3 players and cell phones (headphones) et cetera are not allowed during the race and will lead to disqualification.
- Cycling or walking with a participant on the course is not allowed and will lead to disqualification of the athlete.
- For safety reasons it is forbidden to finish with friends, family, children on the arm. Failure to do so will result in a disqualification.



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AFTERWARDS

Blackrole recovery zone

Recover and relax in the BLACKROLL Recovery Finish Zone at IRONMAN 5150 Westfriesland. The BLACKROLL Recovery Finish Zone is located at Baatland. In the BLACKROLL Recovery Finish Zone there is a refreshment zone, a care station with food and drinks and you can get a massage. Here you can also pick up your finisher shirt and have your medal engraved, and you can also grab your white change bag with gear for after the race. The BLACKROLL Recovery Finish Zone is open to athletes only. Family and friends are not allowed in this area.

Finisher shirts and medals

- Medals will be awarded immediately after the finish line.
- Finisher T-shirts will be handed out after the finish line in the BLACKROLL Recovery Finish Zone upon presentation of your race number.
- Exchanging a T-shirt to a different size is not possible.

Medaille engraving

After the finish, all athletes will receive a medal. For a truly personal memory, you can have your name and finishing time engraved on the medal. If you have not ordered the engraving at the registration, it is still possible to pay for the engraving at the spot. The cost for engraving the medal is € 15, -.

Sportograf finisher pictures

Sportograf is de officiële finishfotograaf van IRONMAN The Netherlands. Tijdens de wedstrijden zijn de fotografen te vinden op de parcoursen, bij de wisselzone en de finish. Atleten krijgen in hun mailbox een melding wanneer foto's zijn te bestellen. Als je deze al besteld hebt tijdens je registratie, ontvang je een downloadlink van Sportograf.

Results

Results can be viewed after the race on Results - 5150 Westfriesland (ironman.com)

Medical assistance after the race

The organization has access to a professional medical service. Medical care is available on the courses and they are recognizable for the athletes. The athlete is also taken care of by the finish team after crossing the finish line. A doctor will be present to check medical conditions. Please follow the instructions of the medical team at all times. The local first aid association will also be present for medical care.

Should you have any complaints after the race that can be traced back to the race, please contact your own doctor.

Dressing rooms and showers

Athletes can use the locker rooms and showers at soccer club Hollandia. This is near the transition zone. Use is at your own risk. Do not leave valuables behind.



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CLOSING CEREMONY AND TRIBUTE

Tribute

- The overall winners of IRONMAN 5150 Westfriesland and the numbers 2 and 3 (both male and female) will be honored after the race in the BLACKROLL Recovery Finish Zone.
- The top 3 (male and female) in each age group will receive an award at the ceremony on the podium at the race briefing.
- The time of the ceremony can be found in the program earlier in this athlete guide.
- Awards will not be sent if they are not received.
- Your award will be engraved with your name and time on site.



Kom
aanwaaien!



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RELAY

Rules

Relay teams are part of the race but have to take some things into account which are listed below.

Registration

Every team member must register and submit a signed waiver (usually already done at the time of registration). Relay teams receive: 1 start number (at registration) and 1 timing chip (at bike check-in). Each team member will receive an athlete bag (at registration) and a wristband. It will be checked that each athlete has registered and that a contact person is listed in case of emergency.

Bike check-in

Relay team's check-in their bikes in the same manner as individual athletes. However, athletes on relay teams do not check in colored change bags because athletes do not need to change. Athletes attach their helmet to the bike at check-in.

Transition zone

Relay teams have their own location in the transition zone marked with the 'Relay' sign. See the map of the exchange zone.

Timing chip and bib number

The timing chip and start number will be provided at the team location in the transition zone. The timing chip is passed from the swimmer to the cyclist. The cyclist is already wearing the start number. Upon return, the cyclist will hand over the timing chip and start number to the runner. Relay participants are allowed to finish together! It is requested to take into account individual finishers. They are also entitled to a nice finish moment.

Swimmer

Before the race the swimmer can bring a sports bag to the transition zone.

Biker

The cyclist takes the blue change bag with equipment. This can be brought to the transition zone before the start. It is hung on the bag rack by the corresponding start number.

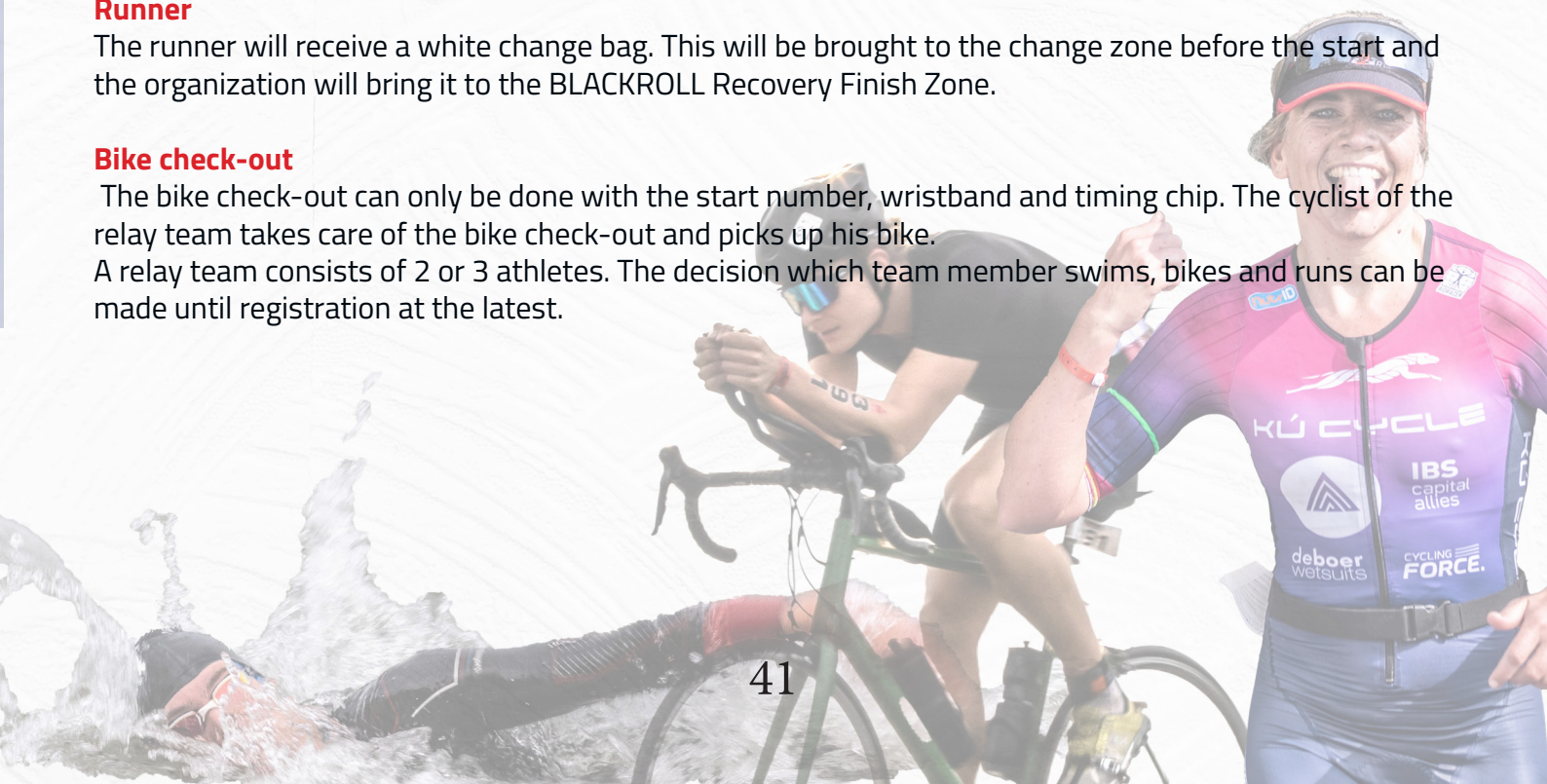
Runner

The runner will receive a white change bag. This will be brought to the change zone before the start and the organization will bring it to the BLACKROLL Recovery Finish Zone.

Bike check-out

The bike check-out can only be done with the start number, wristband and timing chip. The cyclist of the relay team takes care of the bike check-out and picks up his bike.

A relay team consists of 2 or 3 athletes. The decision which team member swims, bikes and runs can be made until registration at the latest.



VOLUNTEERS

Volunteers play a huge role in the organization of IRONMAN the Netherlands. Without volunteers, this type of event would not be able to take place. We are grateful to have so many great volunteers and want to thank them for their passion, time, and energy, to make this event possible. Despite our appreciation, we also hope that you athletes feel the connection with our volunteers and give them a token of appreciation.



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