

ATHLETE INFORMATION GUIDE

VERSION THREE

MEMORIAL
HERMANN  INAUGURAL
IRONMAN[®]

T * E * X * A * S

SWIM 2.4 MI * BIKE 112 MI * RUN 26.2 MI * 5.21.2011

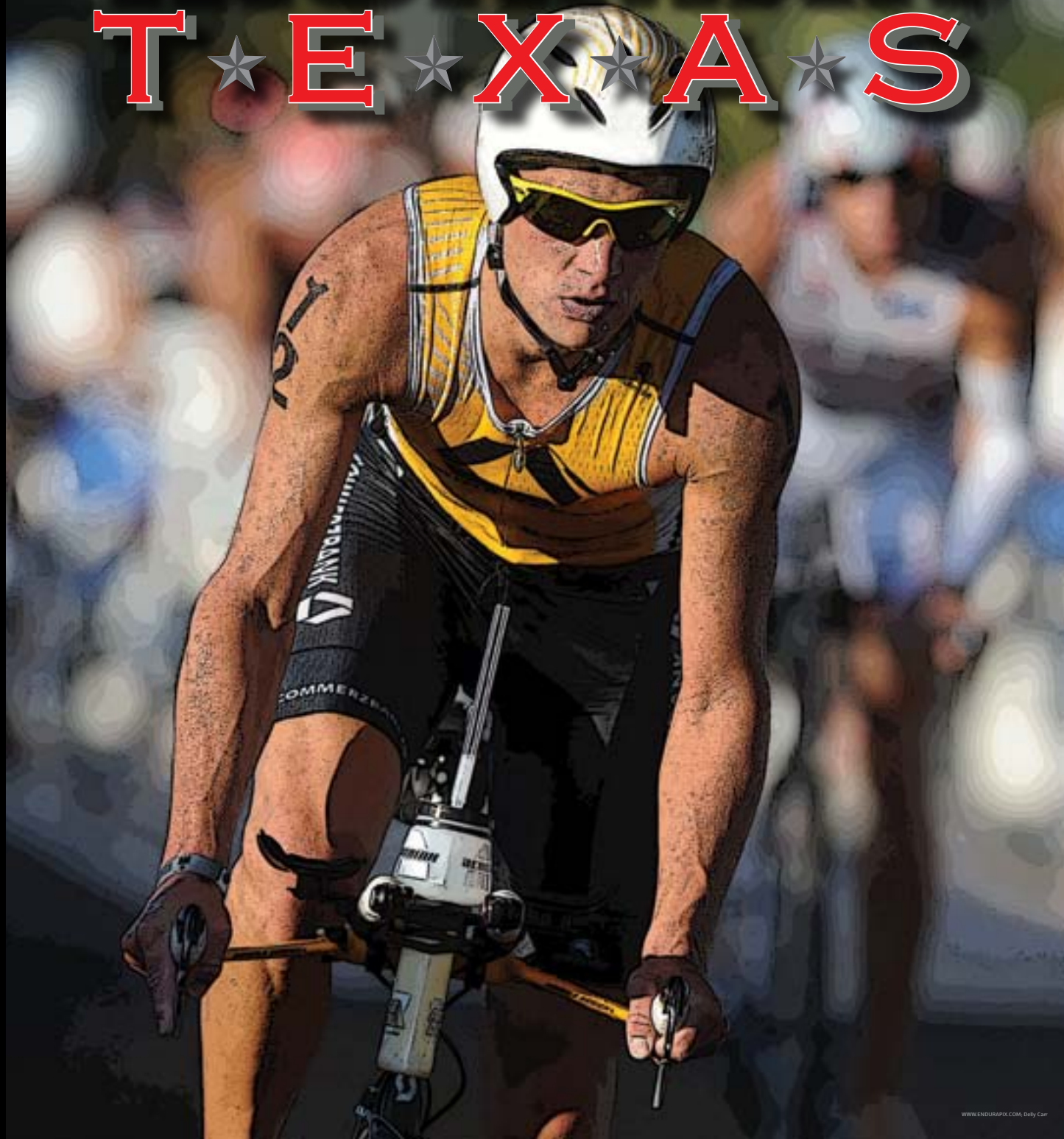


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A Message from the Race Director

Dear Athletes,

On behalf of the Ironman Team, welcome to the 2011 Memorial Hermann Ironman Texas! We are excited to be a part of this world class event, held in the beautiful woodlands of eastern Texas.

Athletes will enjoy a swim in the calm waters of Lake Woodlands, bike through scenic farmlands and run a course that truly showcases The Woodlands. The race will conclude with a spectacular finish on Market Street.

We would like to thank The Woodlands Convention Visitors Bureau, The Woodlands Township, Montgomery County, Memorial Hermann and all of the agencies and volunteers in the community who have come together to make this event possible.

Enjoy your time in The Woodlands and good luck to you for a safe and successful race.

Scott Langen
Race Director

A Message from the Head Referee

2011 USAT Competitive Rules apply except as indicated in the Athlete Information Guide. In short, Ironman 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 closest penalty tent, located along the bike course), every type of violation counts toward your three strikes, and every bike course violation requires a stop in a penalty tent. Any combination of three violations results in a DQ.

Example:

1. *DRAFTING* violation (Red card): time penalty served in a penalty tent on the bike course
2. *BLOCKING* violation (Yellow card): stop-and-go penalty served in a penalty tent on the bike course
3. *LITTERING* violation (Yellow card): this is your third violation (third strike) and results in disqualification (you’re out)

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Information Guide and the 2011 USAT Competitive Rules. The *POSITION* violations are summarized below:

- **Always ride on the right side of your lane** to avoid an *ILLEGAL POSITION* or *BLOCKING* call
- **Keep four bike lengths (seven 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. The referee’s ruling is final in the case of *POSITION* violations, and there are no protests or appeals. Other common violations include:

- *HELMET CHINSTRAP:* Your chinstrap must be securely fastened whenever you are on your bike on race day.
- *RACE NUMBER:* You must wear your bib number during the bike and run portions of the race. Your bike number must be properly attached to your bike and must be visible.
- *LITTERING:* Do not throw ANYTHING outside of official aid stations.
- *UNAUTHORIZED EQUIPMENT:* Sorry, absolutely NO MP3 players or other audio devices. (Yes, that means NO Oakley Thumps™ or Apple iPods®).
- *OUTSIDE ASSISTANCE:* Non-racers may NOT ride or run alongside you.

Remember that even though *DRAFTING* is the only violation that incurs a time penalty, **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 treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is *UNSPORTSMANLIKE CONDUCT* and may result in disqualification.

I sincerely hope you have a great race and achieve all your goals.

Jimmy Riccitello
Head Referee, IRONMAN

Schedule of Events

Wednesday, May 18, 2011

Start	End	Event	Location
10 a.m.	4 p.m.	Power Balance Athlete Check-in	Northeast Parking Lot of Woodlands Town Center
10 a.m.	4 p.m.	The Official Ironman Store	Northeast Parking Lot of Woodlands Town Center
10 a.m.	4 p.m.	Ironman Village	Northeast Parking Lot of Woodlands Town Center
10 a.m.	4 p.m.	Ironman Bike Store & Tech Service Center	Northeast Parking Lot of Woodlands Town Center
10 a.m.	4 p.m.	Race Information Tent	Northeast Parking Lot of Woodlands Town Center
10 a.m.	4 p.m.	Volunteer Tent	Northeast Parking Lot of Woodlands Town Center
1 p.m.	4 p.m.	Media Center	Marriott Hotel

Thursday, May 19, 2011

Start	End	Event	Location
10 a.m.	4 p.m.	Power Balance Athlete Check-in	Northeast Parking Lot of Woodlands Town Center
10 a.m.	4 p.m.	The Official Ironman Store	Northeast Parking Lot of Woodlands Town Center
10 a.m.	4 p.m.	Ironman Village	Northeast Parking Lot of Woodlands Town Center
10 a.m.	4 p.m.	Ironman Bike Store & Tech Service Center	Northeast Parking Lot of Woodlands Town Center
10 a.m.	4 p.m.	Race Information Tent	Northeast Parking Lot of Woodlands Town Center
10 a.m.	4 p.m.	Volunteer Tent	Northeast Parking Lot of Woodlands Town Center
10 a.m.	4 p.m.	Media Center	Marriott Hotel (Woodlands Meeting Room)
11 a.m.	12 p.m.	Memorial Hermann Ironman Texas Press Conference	Northeast Parking Lot of Woodlands Town Center
5:30 p.m.	7:30 p.m.	Welcome Dinner	Marriott Hotel
7:30 p.m.	8:30 p.m.	Mandatory Athlete Race Briefing	Marriott Hotel

Friday, May 20, 2011

Start	End	Event	Location
8 a.m.	10 a.m.	Ironman PERFORM Practice Swim	North Shore Park
9 a.m.	11 a.m.	2012 Memorial Hermann Ironman Texas On-Site Registration (For 2011 Registered Athletes Only)	Northeast Parking Lot of Woodlands Town Center
9 a.m.	3 p.m.	Mandatory Bike & Gear Bag Check-in	Town Green Park
9 a.m.	4 p.m.	The Official Ironman Store	Northeast Parking Lot of Woodlands Town Center
9 a.m.	4 p.m.	Ironman Village	Northeast Parking Lot of Woodlands Town Center

Schedule of Events

9 a.m.	4 p.m.	Ironman Bike Store & Tech Service Center	Northeast Parking Lot of Woodlands Town Center
9 a.m.	4 p.m.	Race Information Tent	Northeast Parking Lot of Woodlands Town Center
9 a.m.	4 p.m.	Volunteer Tent	Northeast Parking Lot of Woodlands Town Center
10 a.m.	4 p.m.	Media Center	Marriott Hotel (Woodlands Meeting Room)

Saturday, May 21, 2011

Start	End	Event	Location
4 a.m.	12 a.m.	Volunteer Tent	South Market Street
4:30 a.m.	6:15 a.m.	Transition Open	Town Green Park
4:45 a.m.	6:30 a.m.	Bodymarking	North Shore Park
5 a.m.	6:30 a.m.	Drop Special Needs Bike & Run Bags	North Shore Park
5:30 a.m.	12 a.m.	Media Center	Northeast Parking Lot of Woodlands Town Center
6:50 a.m.		Pro Start	North Shore Park
7 a.m.		Age Group Start	North Shore Park
7 a.m.	3 p.m.	The Official Ironman Store	Northeast Parking Lot of Woodlands Town Center
10 a.m.	10:30 p.m.	Race Information Tent	South Market Street
6 p.m.	12 a.m.	Mandatory Bike & Gear Recovery	Town Green Park
12 a.m.		Race Officially Ends	South Market Street

Sunday, May 22, 2011

Start	End	Event	Location
7 a.m.	12 p.m.	Ironman Bike Store & Tech Service Center	Northeast Parking Lot of Woodlands Town Center
7 a.m.	3 p.m.	The Official Ironman Store	Northeast Parking Lot of Woodlands Town Center
8 a.m.	12 p.m.	Volunteer Tent	Northeast Parking Lot of Woodlands Town Center
8:30 a.m.	2 p.m.	Race Information Tent/Lost & Found	Northeast Parking Lot of Woodlands Town Center
8:30 a.m.	2 p.m.	View & Order Race Photos	Northeast Parking Lot of Woodlands Town Center
8:30 a.m.	2 p.m.	Post Race Massage	Northeast Parking Lot of Woodlands Town Center
9 a.m.	11 a.m.	2012 Memorial Hermann Ironman Texas On-Site Registration (Volunteers & General Public)	Northeast Parking Lot of Woodlands Town Center
9 a.m.	11 a.m.	2011 Ford Ironman World Championship Registration	Northeast Parking Lot of Woodlands Town Center
11 a.m.		2011 Ford Ironman World Championship Rolldown	Northeast Parking Lot of Woodlands Town Center
12:30 p.m.	2:30 p.m.	Awards Banquet	Marriott Hotel



Personal Communication Plan

Prior to departing for The Woodlands, be sure to establish a communication plan with family and friends back home. Share the race day emergency contact information below with those who may need to reach you in an emergency. Even if you are in The Woodlands with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

Race Day Emergency Contact
Ironman Athlete Services
727-492-6033 ; texas@ironman.com

Power Balance Athlete Check-In

Athlete check-in hours are Wednesday, May 18 from 10 a.m. to 4 p.m. and Thursday, May 19 from 10 a.m. to 4 p.m. Please note that athlete check-in will not be open on race day. If you do not check-in during the designated athlete check-in hours you will not be able to race. **All race packets must be picked up by 4 p.m. on Thursday, May 19.**

Please bring the following items with you to athlete check-in:

- Photo Identification
- USAT card to show proof of current USAT membership or \$10 USD to purchase a one day license. If you are a USAT member and forget your card, you will be required to sign the USAT waiver and purchase a \$10 USAT one day license.
- If you are a professional athlete, you are required to submit proof of professional status at check-in.

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 race week. The wristband is required for medical identification purposes and allows you access to banquets, transition area and post-race athlete recovery area. You will not be allowed to remove your bicycle and/or 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 or you will be denied entry.

Personal Safety

In locations that allow open water swimming, always train with at least one other person (especially in the open water). While swimming, please wear a brightly colored swim cap and ensure that your family members and/or friends know where you are.

When training, please bike and run on the shoulder without moving into the traffic lane. Please be courteous and aware that the people sharing the roads with you are people you will count on during race day to fulfill your physical and emotional needs. Please ride single file, as biking side by side is illegal.

As you are one of The Woodlands' invited guests, please respect and obey the traffic laws during your training practices. Violators will be cited. You are required to carry proper identification at all times. If you are stopped, you must present your identification to the inquiring officer. Failure to do so may result in race disqualification. Your cooperation is appreciated.

Ironman PERFORM Practice Swim

The Ironman PERFORM Practice Swim will be held on Friday, May 20 from 8 - 10 a.m. at Lake Woodlands. ONLY registered athletes in the race will be allowed to participate in the practice swim. Athletes MUST have completed the athlete check-in process on Wednesday or Thursday in order to participate. Athletes must wear their athlete wristband and must use the timing chip provided in the race packet. Athletes will NOT be allowed to participate in the practice swim if they do not have their wristband and timing chip. There will be no extra timing chips or wristbands at the practice swim.

If athletes wish to swim prior to Friday's 8 - 10 a.m. practice swim, they can do so at Michael D Holland Aquatics Center, 14360 FM1488 Magnolia, TX, 77354. Available swim time during race week is 7:30 - 8:30 p.m. The cost is \$2 per session.

Swim Advisement

The majority of our events are held in locations where the swim course utilizes a body of water that is open to the general public for swimming, boating and other recreational and commercial activities. Memorial Hermann Ironman Texas is NOT one of these locations. Swimming in Lake Woodlands outside of the designated practice swim time is NOT permitted and it is illegal to do so.

While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Participants are further admonished to exercise caution and use common sense and to be mindful of underwater hazards. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to: currents, underwater obstructions, tides, rip currents and indigenous marine life.

Race Day Information

Mandatory Bike & Gear Check-In

Mandatory bike & run gear bag check-in is on **Friday, May 20 from 9 a.m. to 3 p.m. at Town Green Park.**

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. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once bike check-in is over. You will have access to your bicycle beginning at 4:30 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 in the proper place. Be sure your running gear has reflective material on the front and back of your clothes and shoes. Helmets and cycling shoes MUST go into the athlete's bike gear bag. No loose gear will be allowed on the ground next to the bicycles.

Bike/Run Gear Bags & Special Needs Bags

During athlete check-in, athletes will receive five bags:

- Green morning clothes bag
- Blue bike gear bag
- Blue bike special needs bag
- Red run gear bag
- Red run special needs bag

Special Needs Gear Bags

Special needs stations will be located near the mid-point of the bike and run course. **Special needs bags will NOT be available after the race.** Do NOT place anything of value in your special needs bag as they will not be returned.

Spectator Information

Cheer zones: Due to course and town restrictions, we are not allowing team tents; however, we are working closely with local business to provide team cheer zones. Please contact austentrimble@gmail.com for more information.

Athlete/Spectator Parking: Personal vehicles will not be permitted into The Woodlands Mall, North Shore Park or Market Street on race day. All athletes

and spectators can park in the designated areas found on the attached parking map on page 10. Be advised that all red zone and handicapped parking spaces will be strictly enforced.

Race Morning Check-In Procedure

Transition opens at 4:30 a.m. on race morning. Remember to bring your ChampionChip, swim cap, goggles and wetsuit. Bike technicians and pumps will be available in the transition area race morning. Please do not wear your bib number in the swim. Leave it with your gear and put it on before you head out on the bike course. The number will not hold up for the duration of the race if it gets wet.

Bodymarking will begin at 4:45 a.m. in North Shore Park (swim start). Do not number yourself expecting to bypass check-in. You will not be permitted in the transition area on race day without your wristband, swim cap and timing chip. If you have misplaced any of these items, please see the transition area director for a replacement. Do not apply sunscreen, oil, vaseline or lotion until after you have been body marked. The transition area closes at 6:15 a.m. All athletes must be out of transition and headed to the swim before this time.

Morning Clothes Bag

Prior to the swim start on race morning, place any items you may need after you finish in your morning clothes bag. The morning clothes bag drop is at North Shore Park (swim start). Please do not place anything of value in your morning clothes bag. Any items that do not fit inside your morning clothes bag, such as bike pumps and backpacks, will not be accepted. You can drop them at this area any time before you make your way to the swim. Please label all of your gear.

Aid Stations

There will be 10 aid stations approximately every 10 miles along the bike course offering:

Ironman PERFORM (Lemon-Lime)
Water
PowerBars
PowerBar Gels
Bananas

There will be aid stations every mile on the run course offering:

Ironman PERFORM (Orange Mango)
Water
PowerBars
PowerBar Gels
Fruit - bananas, orange wedges
Pretzels
Cookies
Cola

Race Timing & Cut-Offs

The race will officially end at midnight. 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 cut-off times apply for each segment of the race:

Swim Cut-off: 9:20 a.m. Two hours and twenty minutes after the start. Any athlete who has not crossed the timing mat at the swim exit by 9:20 a.m. will not be permitted to continue in the race.

Bike Cut-off: Athletes must begin the bike portion of the race by 9:35 a.m. There is a half way cut-off point on the bike course. Athletes must reach Mile 60 before 1:40 p.m. If you do not meet the 60 mile cut off you will be required to ride back in the SAG vehicle. The next cut-off time requires athletes to be in transition by 5:30 p.m.

Run Cut-off: Athletes must begin the run portion of the race by 5:45 p.m. There is also a cut-off location on the run course. All athletes must start the 3rd lap of the run by 10 p.m. (corner of South Market and South Mitchell Ave). Athletes who have not started their 3rd lap by 10 p.m. will not be permitted to continue. The run course will close at midnight.

ChampionChip electronic tags will capture your splits (swim, T1, bike T2, run) and overall finish time. The race will officially end at 12 a.m. (midnight).

Ironman reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time and average speed up to that point.

Bicycle & Gear Recovery

Mandatory bike and gear recovery is from 6 p.m. to 12 a.m. in Town Green Park on race day. You are required to reclaim your bicycle and gear after the race. You must have your athlete wristband on in order to claim your bike and gear. If you are unable to personally claim your bike and gear, a family member or friend may use your bike check-out ticket that will be provided in your race packet. As a precaution, give this ticket to a family member or friend prior to the race, even if you plan to reclaim your bike and gear yourself.

Competitor Responsibilities

- When you pick up your race packet and timing chip at athlete check-in, stop by the chip verification table to ensure that your correct name shows up on the computer screen.
- 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 and leave it on until after you finish the run. You may apply Vaseline around your ankle; it will not affect the timing chip. Volunteers will help you remove the chip at the finish line.
- If you do not start the race, you are responsible for returning the chip to timing.
- If you drop out or are pulled from the race at any time, turn in your chip 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.
- Your race chip is a loaner. By picking up your race number and timing chip, you are guaranteeing that you will return the chip to timing, or you will be billed for its replacement.
- 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, please notify timing official immediately after crossing the finish line.
- Failure to wear your timing chip on race day, return your chip after the event or pay the replacement cost of your lost chip may disqualify you from future Ironman events.

NO CHIP = NO TIME

Parking Map



Swim Course Summary

The point-to-point swim takes place in Lake Woodlands. Athletes will enter the water at North Shore Park and swim toward South Shore Park. After reaching the turn-around buoy, athletes will head back toward North Shore Park, turn slightly right and swim down the Lake Woodlands waterway system before finishing at Town Green Park, which will serve as the transition area. The water temperature is expected to be between 74 F and 81 F.

Swim Course Rules & Instructions

1. Athletes must wear cap provided by race.
 2. No fins, gloves, paddles, or flotation devices of any kind are allowed.
 3. No Aqua socks (neoprene booties) unless the water temperature is 65.0 degrees Fahrenheit or colder.
 4. Swim goggles or facemasks may be worn.
 5. No individual paddlers or escort allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
 7. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks, paddleboards and boats as aid, as long as forward progress is not made. Special provisions are made for paratriathletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- *Note: Any athlete electing not to race must notify the timing station 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 lifeguards, divers, paddleboards, buoys and aquatic crafts that line the course.

Wetsuit Rules

- Wetsuits cannot measure more than 5 mm thick.
- Wetsuits may be worn in water temperatures up to and including 24.5 degrees Celsius/76.1 degrees Fahrenheit. Athletes who choose to wear a wetsuit in water temperatures between 24.5 degrees Celsius/76.1 degrees Fahrenheit and 28.8 degrees Celsius/ 83.8 degrees Fahrenheit **will not be eligible for awards, including World Championship slots.** Wetsuits will be prohibited in water temperature greater than 28.8 degrees Celsius/ 83.8 degrees Fahrenheit. Wetsuits will be prohibited in water temperature greater than 28.8 degrees Celsius/ 83.8 degrees Fahrenheit.
- Full wetsuits are permitted (arms and legs covered).
- Prohibited Wetsuit: De Soto Water Rover

Non-Wetsuit Legal Swim Advisory

If the water temperature on race day is between 24.5 degrees Celsius/76.1 degrees Fahrenheit and 28.8 degrees Celsius/ 83.8 degrees Fahrenheit, there will be TWO (2) corrals set to enter the water. The first corral will be for **WETSUIT CHIP-IN** and the second will be for **NON-WETSUIT CHIP-IN**. There will be a timing mat in each corral, along with Race Officials, to keep a written record of who is eligible for Awards and World Championship slots. It is the athlete's responsibility to enter the correct corral and any adjustments will not be conducted post-race.

***Athletes are encouraged to attend the Mandatory Athlete Briefing as well as listen for PA announcements race morning for water temperature details and procedures.**

Swim to Bike Transition

After the swim, you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. 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 change tent before the bike course begins. Please inform family and friends to stay off the bike and run course.

Swim Course Map



Bike Course Summary

The one-loop bike course will take athletes west through The Woodlands before heading north to the scenic, rolling farmland of east Texas. After passing through the National Forest, athletes will head back towards The Woodlands. The course is mostly flat but features some rolling hills.

Bike Course Directions

- START AT TOWN GREEN PARK
- LEFT ON LAKE ROBBINS
- LEFT ON GROGAN'S MILL
- RIGHT ON WOODLANDS PARKWAY
- RIGHT ON 2978
- BEAR RIGHT ON EGYPT ROAD
- STRAIGHT ONTO CONROE HUFFSMITH
- LEFT ON WEISINER DR
- LEFT ON MAHOGANY WAY
- RIGHT ON HONEA EGYPT
- STRAIGHT ONTO FISH CREEK
- LEFT ON 2854 RAMP
- RIGHT ON 2854
- STRAIGHT ON LONE STAR PARKWAY
- RIGHT ON 149
- RIGHT ON OSBORNE ROAD
- LEFT ON 1375
- RIGHT ON 149
- RIGHT ON 1791
- LEFT ON TALIAFERRO ROAD
- CONTINUE ON COUNTY ROAD 209
- LEFT ON BAYS CHAPEL
- RIGHT ON 149
- LEFT ON 2562
- LEFT ON 2819
- RIGHT ON 1486
- LEFT ON JACKSON
- STRAIGHT ON 149
- LEFT ON 1488
- RIGHT ON STATE SPUR 149
- LEFT ON DOBBIN HUFFSMITH
- LEFT ON 2978
- RIGHT ON GREENMORE CIRCLE
- RIGHT ON MAY VALLEY
- LEFT ON BRANCH CROSSING
- RIGHT ON WEST BRANCH CROSSING
- RIGHT ON WOODLANDS PARKWAY
- LEFT ON GROGANS MILL
- RIGHT ON LAKE ROBBINS
- FINISH AT TOWN GREEN PARK

Bike Course Rules & Instructions

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. Position Rules:
 - a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
 - b. Athletes must keep 7 meters (~4 bike lengths) distance between bikes except when passing. Failure to do so will result in a **drafting violation**.
 - c. A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
 - d. Overtaking Athletes may pass on the left for up to 20 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 20 seconds will result in a **drafting violation**. Athletes may not back out of the 7 meter draft zone once it is entered (**drafting violation**).
 - e. Overtaken Athletes must immediately fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back 7 meters will result in an **overtaken violation**.
 - f. Overtaken Athletes who remain within 7 meters (~4 bike lengths) for more than 20 seconds will be given a **drafting violation**.
 - g. Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a **position violation**.
 - h. Athletes who impede the forward progress of other Athletes will be given a **blocking violation**.
 - i. Athletes committing rules violations will be notified "on the spot" by an official.
 - j. Do not attempt to discuss the penalty with the official.
 - k. The official will:
 - i. Call out your race number and/or notify you that you have received either a **RED CARD** for drafting or a **YELLOW CARD** for any other penalty. The official will show you the corresponding colored card.
 - ii. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course. THE EXACT LOCATION OF THE PTs WILL BE STATED AT THE PRE-RACE MEETING.
 - l. The athlete will:
 - i. Report to the next PT and tell the PT Official whether you were shown a **RED CARD** or a **YELLOW CARD**. If you fail to report to the next PT, you may be disqualified.
 - ii. Have race numbers marked by the PT Official with a "/" for drafting or a "P" for all other penalties.
 - iii. Register, via the sign-in sheet.
 - iv. Resume the race immediately, upon having your numbers marked with a "P" and registering, for all non-drafting violations (**YELLOW CARD**).
 - v. Remain in the PT for the time indicated in the table below, for each drafting violation (**RED CARD**):

<u>Race Distance</u>	<u>1st Offense</u>	<u>2nd Offense</u>	<u>3rd Offense</u>
Ironman	4:00	4:00	DQ
 - vi. 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. Be disqualified for not reporting to the PT.
2. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.
3. No tandems, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
4. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for Athletes who fail to follow the proper course for any reason whatsoever.
5. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.
6. No athlete shall endanger himself or another participant. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.
7. Shoes must be placed inside the athlete's bike-to-run gear bag in transition and may NOT be attached to the pedals. Only professional athletes may attach shoes to the pedals. Shoes and shirt must be worn at all times.

Bike Course - 112 Miles

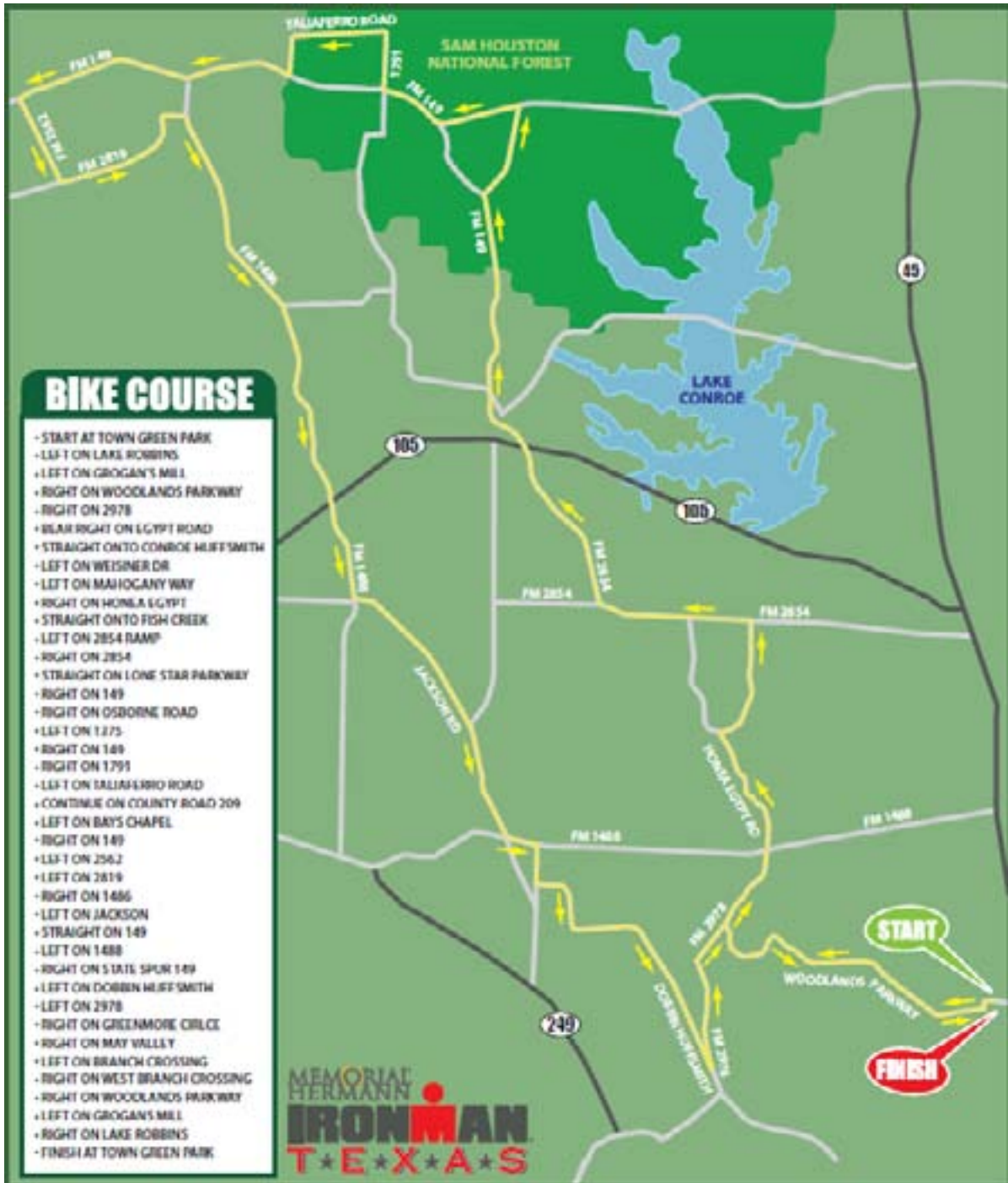
8. Athletes must wear the Ironman issued bib number at all times while on the course. The bib number must be placed low on the BACK of athlete's jersey where it is clearly visible. Folding or cutting bib number or intentional alteration of any kind is STRICTLY PROHIBITED. Race belts may be worn.
 9. Athletes must wear a bike helmet number on the front of their helmet.
 10. Athletes must have a bike frame number fixed to their bike and the entire number must be clearly visible from the left side.
 11. CPSC-approved helmet is required during the entire bike portion including in and out of transition area. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.
 12. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all Athletes to avoid the disqualification of a athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.
 13. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a penalty.
 14. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.
 15. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
 16. 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. In the event of foul weather, large plastic bags, which cover the entire bike, will be permitted as long as the bags are securely fastened to the bike.
 17. Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.
 18. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.
 19. MEDICAL SUPPORT. If you need minor medical assistance, Sag Wagons will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the Sag Wagons will take you to the next aid station. At every bike and run aid station, there will be rest areas and medical personnel to assist in any medical problem. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.
 20. Cyclists still on the course after 5:30 p.m. will be disqualified and will not be permitted to continue in the event.
- *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. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course. A penalty will be assessed for discarding litter outside the designated drop zone.
- *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.

Local Traffic Laws

Please remember that members of the local community use the bike course roads. Realize that you are an ambassador for the sport and the event and the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community. Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy. Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return. Please think before you act.

When training, please follow these suggestions:

- Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.
- Please obey traffic laws (stop at stop signs, signal when turning, etc.).
- Please do not use private property as a toilet.
- Please do not litter. Keep your energy bar and gel wrappers with you until you find a trashcan.
- Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.



Bike Shipping & Bike Tech Information

TriBike Transport

TriBike Transport will provide bike shipping services at the 2011 Memorial Hermann Ironman Texas. To learn more or to sign up for their service, check out www.tribiketransport.com.

Tribike Transport Procedures:

- Drop off your bike at a local partner shop (fully assembled, minus 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.

If you choose to pack your bike yourself, please do so carefully before transporting it to Texas. Most airlines recommend that you use the following procedures when shipping your bike:

- Pack your bike as if you were shipping a carton of eggs. Do everything you can to ensure damage-free delivery.
- Boldly label your bike case with your name, address, etc., so it can be identified quickly.
- If you plan to arrive in Utah immediately before the race, you risk having your bike arrive after you do. Plan ahead!

Ironman Bike Store & Tech Service Center

For athletes who are not using TriBike Transport for shipping, Ironman Bike Services offers full service bike repairs, assembly and disassembly of bikes that are shipped via FedEx, UPS or transported via air carrier.

Ironman Bike Services, the official bike shop and technical provider of the event, will open their event store and tech service center Wednesday May 18, 10 a.m. to 4 p.m., Thursday May 19, 10 a.m. to 4 p.m. and Friday, May 20 from 9 a.m. to 4 p.m. at the Northeast Parking Lot of Woodlands Town Center. They will be staffed by expert bike technicians, stocked with a variety of merchandise and also have wheel rentals through Ironman Wheel Rentals www.ironmanwheels.com.

If you are shipping your bike to the Ironman Bike Store, please use the following shipping address:

Ironman Bike Store
ATTN: BIKE SHIPPING PROGRAM
2205 Lake Woodlands Drive
The Woodlands, TX 77380

Delivery Window: May 9 – May 17 (**No deliveries accepted before May 9th**)

Please note that it is extremely important you ship your bike to The Woodlands during the delivery window. If your bike arrives before May 9th, it will be sent back to you. The shipping address is ONLY for athletes who are shipping their bike to the Ironman Bike Store in The Woodlands. If you are not using the Ironman Bike Store's services, do NOT ship your bike to the above address.

Please email your name and tracking number to the Ironman Bike Store at: info@ironmanwheels.com

Full Service (\$225 USD) – Customer ships their bike to the address provided. We receive the case, unpack the bike, build the bike, tune the bike and hold on to the case. After the event, we disassemble the bike, pack it and ship it to the address the customer provides.

Fly-In Full Service (\$175 USD) - Customer brings their case to us on-site. We unpack the bike, build the bike, tune the bike and hold on to the case. After the event, we disassemble the bike, pack it and give the case to the customer.

Unpack and Assemble (\$85 USD) – Customer brings their case to us on-site and we unpack the bike, assemble the bike and tune the bike. The customer takes the bike and the case with them.

Disassemble and Pack (\$75 USD) – Customer brings us their bike and their case. We disassemble and pack the bike. The customer takes their case.

Bike Shipping & Bike Tech Information

Receive Only (\$40 USD) – Customer ships their case to the address we provide. We receive and sign for the case (if applicable). We hold on to the case until the customer comes to pick it up.

Return Shipping Only (\$90 USD) – Customer brings us their case and we ship it to the address they provide. Insurance is set at \$2,000 USD. Additional insurance can be purchased at \$9.00 for every \$1,000 of insurance.

Bike Case Storage Fee (\$20 USD) – Customer did not purchase a package that specifies case storage or needs to leave their case for any other reason.

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 Friday, 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. There will be a limited number of pumps available in the transition area on race morning so we recommend you 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 morning clothes bag.

For security and safety reasons, bikes will not be allowed out of the transition area once bike check-in begins on Friday. 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 Summary

The three-loop run course takes place entirely within The Woodlands. The flat, yet scenic course will take athletes through some of the most beautiful areas of The Woodlands before concluding with a spectacular finish on Market Street.

Run Course Directions

- * Right out of transition on to the waterway
- * Right to run through the General Electric and Woodlands Township parking areas
- * Left on Lake Woodlands
- * Left East Panther Creek
- * Left on Pathway along Woodlands Parkway
- * Left on Lake Front Circle
- * Left on East Shore Drive
- * Left on Lake Front Circle
- * Left on Majesty Row
- * Bear Right onto North Bay Place
- * Left onto the Waterway Path at North Bay Place and Lake Front Circle
- * Follow Waterway Path
- * Right on Timberloch Place
- * Right on Woodloch Forrest Drive
- * Left onto Waterway Path
- * Head Toward The Woodlands Mall
- * Turn Around at the end of Trolley Path/Mall Ring
- * Head Back Toward Transition
- * Right On Lake Robbins Drive
- * Left on Pavilion Way
- * Left on North Market Street
- * Left onto South Market Street to Finish
- * Right on South Mitchell Avenue to begin 2nd and 3rd loops
- * Right on Lake Robbins

Run Course Rules & Instructions

1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their Ironman issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear 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 Athletes 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 athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all Athletes to avoid the disqualification of a 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 still competing.
4. Athletes are expected to follow the directions and instructions of all race officials and public authorities.
5. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
6. A shirt or racing top must be worn at all times.
7. Memorial Hermann Ironman Texas run course will officially close at 12:00 a.m. (midnight).



Post-Race Information

Pre & Post-Race Sports Massage Therapy

The following massage therapy services will be offered at Memorial Hermann Ironman Texas: therapeutic, deep tissue and sports massage therapy. Massage Envy will be taking appointments on-site.

On-site massage will be offered at Ironman Village - Northeast Parking Lot of Woodlands Town Center. Rates for on-site massage sessions are \$1.00 USD per minute (ex. 60 minutes = \$60.00 USD) for whatever length of time you choose (minimum of 15 minutes). Cash or check only; no credit cards. On race day, massage service volunteers will offer a 10-minute complimentary post-race massage to athletes ONLY on a first-come, first-served basis.

Welcome Dinner & Awards Banquet

Each athlete will receive complimentary entry into the Welcome Dinner and Awards Banquet. Your athlete wristband provides you with access to these two functions. Please do not remove your wristband prior to the functions or you will be denied entry. Family and friends must purchase a ticket to attend. Banquet tickets are available for purchase online at www.ironmantexas.com and on-site at the banquet on a first-come, first-serve basis. We recommend arriving early, as the banquets typically sell out.

Race Photography

FinisherPix is proud to be selected as the Official Photo Service of the Inaugural Memorial Hermann Ironman Texas.

FinisherPix will have several photographers working at the swim exit, on the bike course, on the run course, and of course, at the Finish Line! In addition, FinisherPix will have photographers positioned after the finish where you can have a photo taken after you receive your medal.

So what do you need to do?

1. Register your email address at www.finisherpix.com to be notified as soon as photos are online
2. Please be sure you have your number visible on the FRONT of your bike helmet so we can identify your cycling photos
3. Please be sure to keep your bib number visible on the FRONT of your body during the run & at the finish line so we can identify your photos
4. Smile & celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your

achievement

Visit www.finisherpix.com to view, order, and share your photos from the event!

Lost & Found

On race day, stop by the Race Information Tent at South Market Street near the finish line. On Sunday after the race, Lost and Found can be picked up at the Race Information Tent at the Northeast Parking Lot of Woodlands Town Center. Following the race, please contact texas@ironman.com for information on any lost and found items and to schedule returns. Shipping fees will apply. All unclaimed items will be donated within 30 days.

Bicycle & Gear Recovery

Mandatory bike and gear recovery is from 6 p.m. to 12 a.m. in Town Green Park on race day. You are required to reclaim your bicycle and gear after the race. You must have your athlete wristband on in order to claim your bike and gear. If you are unable to personally claim your bike and gear, a family member or friend may use your bike check-out ticket that will be provided in your race packet. As a precaution, give this ticket to a family member or friend prior to the race, even if you plan to reclaim your bike and gear yourself.

Pro Prize Purse - \$100,000

1st Place - \$15,000
2nd Place - \$11,000
3rd Place - \$8,000
4th Place - \$5,000
5th Place - \$3,500
6th Place - \$2,500
7th Place - \$2,000
8th Place - \$1,500
9th Place - \$1,000
10th Place - \$500

Qualifying for the 2011 Ford Ironman World Championship



75 qualifying slots for the 2011 Ford Ironman World Championship (October 8, 2011, in Kailua-Kona, Hawai'i) will be awarded to the top Age Group finishers. Final slot allocation will be determined on race day based on the number of official starters. Athletes **MUST** claim their slot in-person on Sunday, May 22 from 9-11 a.m. in the Northeast Parking Lot of Woodlands Town Center. Be prepared to pay the \$650.00 USD entry fee with **credit card or check only; no cash** (a \$25.00 USD processing fee will be added to credit card charges; Discover cards are **NOT** accepted). All unclaimed slots will be rolled down to the next eligible finishers beginning at 11 a.m.

Slot Allocation Policy

Prior to race day, at least one slot shall be tentatively allocated to each Age Group category (both male and female). Final slot allocation will be determined on race day based on the number of official starters. If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender. Final slot allocation shall be representative of the actual number of Age Group starters in each category in the race. For example, if 8% of the Age Group starters are Female 40-44, then 8% of the slots are allocated to the Female 40-44 category. Athletes **MUST** claim their slot in-person during the designated registration period for the world championship. Please check the Schedule of Events for more information.

Rolldown Policy

At the conclusion of on site registration for the automatic qualifiers, any unclaimed slots within an Age Group will be rolled down to the next eligible finisher within that Age Group. If an athlete chooses not to take the slot, does not attend the rolldown ceremony or has already qualified, the next eligible finisher in that Age Group may claim the qualifying slot. Following rolldown, any unclaimed slots within an Age Group will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Group within the gender with the largest athletes-to-slots ratio will receive the first reallocated slot, followed by the next largest ratio receiving the second re-allocated slot (if applicable), and so on.

Anti-Doping Policy

In accordance with the World Triathlon Corporation Anti Doping Policy, all athletes accepting qualifying slots for the 2011 Ford Ironman World Championship and 2011 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.ironmanpromembership.com/anti-doping/rules-2/>.

2012 Memorial Hermann Ironman Texas Registration

2011 Memorial Hermann Ironman Texas Athletes

All 2011 Memorial Hermann Ironman Texas registered athletes will have the opportunity to register on-site for the 2012 Memorial Hermann Ironman Texas event (May 19, 2012) on Friday, May 20 from 9 a.m. - 11 a.m. at Northeast Parking Lot of Woodlands Town Center. Athletes MUST have their wristband on in order to register and may only register him or herself. Please be prepared to pay the \$625 USD entry fee plus convenience fee with credit card only; cash or checks will NOT be accepted (Discover cards are NOT accepted). Your credit card will be charged immediately on-site when registering for the 2012 Memorial Hermann Ironman Texas.

On-Site Open Registration

All remaining slots for the 2012 Memorial Hermann Ironman Texas (May 19, 2012) will open for registration on a first-come, first-served basis on Sunday, May 22 from 9 a.m. - 11 a.m. at Northeast Parking Lot of Woodlands Town Center. All 2011 Memorial Hermann Ironman Texas volunteers will have priority over the general public. All volunteers must wear their volunteer t-shirt and wristband (if provided). Please be prepared to pay the \$625 USD entry fee plus convenience fee with credit card only; cash or checks will NOT be accepted (Discover cards are NOT accepted). Your credit card will be charged immediately on-site when registering for the 2012 Memorial Hermann Ironman Texas.

Online Registration

Online registration for the 2012 Memorial Hermann Ironman Texas (May 19, 2012) will open on Sunday, May 22 at 12:00 p.m. local time (CDT). Please log on to www.ironmantexas.com to register.

2012 Withdrawal Policy

Withdrawal requests must be received in writing via E-mail to Texas@ironman.com. Without exception, all requests must be received on or before April 2, 2012 to be eligible for a partial refund of \$150.00 (USD). Transfers or deferments are NOT permitted.

Finish Line Policy

Friends and/or family members are **not** 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 policy will receive an automatic disqualification (DQ).

Event Sanction and Rules

USA Triathlon (USAT) has sanctioned the 2011 Memorial Hermann Ironman Texas. Please visit usatriathlon.org for a complete set of the competitive rules. IRONMAN has been granted certain rule dispensations so please read the head referee's letter carefully as the rules may differ slightly from other USAT-sanctioned events.

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

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

b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

Anyone who violates this rule may be banned for life from any IRONMAN event. Violating this rule puts insurance coverage for the event at risk.

*NOTE: ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.

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

Rules Applying To All Segments of Race

It is the athlete's responsibility to know all aspects of the swim, bike and run.

1. According to USAT rules, once an athlete competes as a Professional/Elite athlete anywhere in the world within the calendar year, the athlete cannot compete as an amateur/age group athlete in a USAT-sanctioned event in that same calendar year. Failure to disclose correct status shall be cause for disqualifying the athlete from the event and may result in a one-year suspension from USAT-sanctioned events. Once an athlete competes as a Professional/Elite in the IRONMAN qualifying race series season, the athlete cannot compete as an age group athlete in that year's Ford Ironman World Championship and/or Ironman World Championship 70.3 as an amateur.
2. Participants are expected to follow directions and instructions of all course marshals and public authorities.
3. Race officials shall have authority to disqualify any contestant.
4. Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant will result in disqualification.
5. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in contestant being suspended from competing in any IRONMAN event in the future.
6. No participant can use a Performance Enhancing drug or procedure. All doping processes and violations will be handled in strict accordance with [Ironman Anti Doping Rules](#). A list of rules and banned substances, also known as the WADA Prohibited List, is available at: <http://ironmanpromembership.com/anti-doping/>. Participants may be requested to undergo drug testing before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures.
7. The Medical Control Rules set forth by USAT, in harmony with WTC Anti-Doping regulations and policies on banned substances, will be binding on all participants. In addition, other rules and regulations,

- even if not yet recognized by the WTC Anti-Doping, may be instituted, which if such occurs, you agree to abide by.
8. Should any participant have an Adverse Analytical Finding according to the WTC Anti-Doping code, all procedures with regards to handling of the sample, notification, testing of the B Sample, adjudication and suspensions will be in accordance with WTC rules.
 9. If an athlete decides to withdraw from the race at any time, it is the responsibility of the contestant to report to the timing tent located at the finish line and turn in their bib number and timing chip immediately. It is essential that race officials know where contestants are on the course at all times. Failure to comply after withdrawing from the race may result in contestant being prevented from competing in any IRONMAN event in the future.
 10. IRONMAN reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings meetings.
 11. As a USAT-sanctioned race, the 2011 Memorial Hermann Ironman Texas will subscribe to USAT rules, including the disbursement of prizes. Specifically, professional triathletes may not win age group awards and age group athletes are not eligible for prize money.
 12. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the Information Booth.
 13. Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.
 14. IRONMAN does not allow the transfer of an athlete's registration - no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any Ironman event.

Physically Challenged (PC) Division Rules

Supplemental rules and regulations pertaining to the PC division are consistent with USAT rules.

Swim

1. IRONMAN reserves the right to seed contestant at the swim start (i.e., early start, late start, designated wave, etc.).
2. 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

1. Cycling conduct and specifications are consistent with USAT rules.
2. Handcycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards.
3. 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.
4. 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.
5. 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 fastened will be disqualified.
- 6. DRAFTING IS PROHIBITED.**

Run

1. Running conduct and specifications are consistent with USAT rules.
2. 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.
3. 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 fastened will be disqualified.

General Information

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

USAT rules.

2. 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.

3. 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.

4. 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.

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

USAT Athlete Excess Medical Policy

The athlete excess medical coverage protects each participant for the day of the event at USAT sanctioned races, camps and clinics. When athletes purchase a USAT annual license or one day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in an USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

- Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.).
- Athlete completes a medical claim form.
- For serious incidents or for athletes requesting coverage, either the race director or USAT can provide them with a medical claim form. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form. Please email sanction@usatriathlon.org for a copy of the form.
- Athletes will pay a deductible. All claimants will pay anywhere from \$250 USD (two-hundred and fifty U.S. dollars) to \$1,000 USD (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased an USA Triathlon annual license or one-day permit and were injured through participation in an USA Triathlon sanctioned event. Please email questions to sanction@usatriathlon.org.

Medical Information

All medical expenses incurred are the sole responsibility of the athlete and not IRONMAN. USAT provides secondary coverage in qualified circumstances. Failure to meet financial responsibility to local medical facilities will result in suspension of future participation at IRONMAN events until accounts are settled.

Particular dangers include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. **You will not be penalized for receiving a medical evaluation.** You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death.

During events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish. Also, please be attentive when taking water and sponges from volunteers when you're on your bike to avoid the possibility of accident or injury to yourself or another.

Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes. Be especially careful to rinse your goggles of any excess defogger solutions to avoid eye irritation.

If you spend three months prior to the event in a climate cooler than The Woodlands, we suggest you consider an acclimation period in The Woodlands before the race. The chance of dehydration and electrolyte imbalance can be reduced significantly by a proper period of acclimation.

Stay with your familiar and proven routine regarding training, nutrition and equipment, especially just prior to the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during the event is especially important.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day. **At athlete check-in, you are required to notify the medical team, in writing, if there is any change in your medical status/condition after your application has been processed.** Failure to do so will result in suspension of participation in future IRONMAN events.

Medical Information

You are solely responsible for avoiding medications that appear on the list of banned substances as determined from WADA.

Feedback from previous IRONMAN contestants indicates we can never over emphasize the importance of hydrating prior to and during the event. Ironman's Chief Physician recommends you begin hydrating heavily several days before the race and drink enough water so your urine is clear, colorless and copious by race day.

PLEASE NOTE: Full disclosure of medical condition(s), general health and surgical procedures within the previous 12 months is required. Medical consultation/clearance may be necessary from an attending physician prior to participating in the event. In all cases, the final decision of medical consideration is at the discretion of the Ironman medical director.

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