



TOYOTA ●
IRONMAN®
70.3®  *Bangsaen*
THAILAND

PRESENTED BY 


23 FEBRUARY 2020
#IM703BANGSAEN

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 **TOYOTA**
ขับเคลื่อนความสุข

HILUX
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MESSAGE FROM RACE ORGANISER

Welcome to the 2020 TOYOTA IRONMAN 70.3 Bangsaen presented Mama.


In the past 4 years, Bangsaen hosted the biggest triathlon events in Thailand managed by Thailand Tri-League that attracted more than 2,000 triathlon competitors, 3,000 multi sports competitors and over 10,000 across the whole festival. The course includes a 1500m swim at Bangsaen beach, a 85km / 40km / 23km cycle on flat roads through the area surrounding Bangsaen City to Bang Phra reservoir and a 15km / 10km / 5km run through Bangsaen beachfront leading into the "Monkey Zone" and Khao Sam Muk hill.

The Triathlon is the main event as a part of the Bangsaen Multi Sport Festival including the breakfast run, run-bike-run duathlon, music festival and food expo. The athlete village & expo are setup to welcome everyone during the festival week.

Since last year, the event has been up-lifted into the world standard by IRONMAN ASIA and coordinated with the leading local triathlon promoter, Thailand Tri-league, under the name of TOYOTA IRONMAN 70.3 Bangsaen presented by MAMA. The IRONMAN 70.3 distance, Swim 1.9km / Bike 90km / Run 21km have a unique course with many memorable sceneries. The organizer confidently believes that this event will become one of the most UNFORGETTABLE IRONMAN® 70.3® races in the Southeast-Asia region.

Welcome to Amazing Thailand Bangsaen Beach!

**On behalf of IRONMAN 70.3 Bangsaen organizing committee,
I would like to wish you all the best for your time
and look forward to seeing you!**



Kobkiat Sangwanich
Race Director

MESSAGE FROM RACE REFEREE

We are using the 2019 IRONMAN Race Competition Rules in alignment with the special IRONMAN Rules and this is a NON-Drafting Event. To minimise the possibility of infringing the rules on race day and avoiding a visit to the Penalty Box, please observe the following:

- Ride on the left side of the bike lane.
- Keep 12 metres between yourself and the cyclist in front of you – front wheel to front wheel.
- Pass on the right of the cyclist in front (never on the left).
- Complete your pass within 25 seconds.
- If passed, drop back immediately 12 metres and ensure you have dropped back the full 12 metres before re-passing.
- Conduct personal toilet stops at the on-course toilet facilities provided.
- Remember to treat other athletes, volunteers and officials with courtesy and consideration as failure to do so is Unsportsmanlike Conduct.

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A Technical Official's ruling is final in the case of Drafting, Blocking, and Illegal Pass infringements (Judgment Calls) and these are not subject to either protest or appeal. Following are the most common rule infringements:

- Blocking – Riding on the right side of an athlete without passing or riding on the right hand side of the bike lane when clear of other athletes.
- Drafting – Following a leading cyclist closer than 12 metres and failing to pass in 25 seconds OR after being passed, failing to drop back 12 metres before re-passing.
- Illegal Pass – Passing on the left.
- Littering - Discarding items, e.g. tyres, bike bottles, gel wrappers etc. on any part of the course except within sight of an Aid Station.
- Helmet – Always have your chin strap securely fastened when moving with your bike.

A Technical Official will advise you of any time Penalty by calling your number, advising you of the nature of the infringement and showing you a Blue Card. It will then be your responsibility to serve the 5-minute time Penalty at the next Penalty Box. NOTE that any 3 blue card infringements across the course during the event will result in a Disqualification.

Other infringements including:

- Offensive and unsportsmanlike behaviour
- Public personal toilet
- Outside assistance
- The use of electronic equipment is also against the rules and any ONE of these infringements may result in a Disqualification.

I sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN 70.3 goals.

Race Director & Race Referee

EVENT SCHEDULE

The event schedule below is up to date as of 22 January 2020. Please be aware that it is subject to change. Athletes are encouraged to regularly check the schedule on the website to ensure they are familiar with any changes that may occur.

THURSDAY 20 FEBRUARY

10:00am – 8:00pm	Airport Shuttle Services	*Refer to Airport Shuttle Schedule
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FRIDAY 21 FEBRUARY

7:00am – 8:30pm	Airport Shuttle Services	*Refer to Airport Shuttle Schedule
7:30am – 9:00am	IRONMAN 70.3 Bangsaen Practice Swim	Bangsaen Heritage Hotel Beachfront
9:00am – 6:00pm	Bike Mechanic Service Open	Bangsaen Heritage Hotel Exhibition Hall
9:30am – 11:30am	Bike Course Familiarization	Bangsaen Heritage Hotel Lobby
11:00am – 7:30pm	IRONMAN 70.3 Bangsaen Athlete Check-in	Bangsaen Heritage Hotel Exhibition Hall
11:00am – 7:30pm	IRONMAN 70.3 Bangsaen Official Merchandise	Bangsaen Heritage Hotel Exhibition Hall
11:00am – 7:30pm	IRONMAN 70.3 Bangsaen Expo	Bangsaen Heritage Hotel Exhibition Hall
11:00am – 7:30pm	Information Booth Open	Bangsaen Heritage Hotel Exhibition Hall
4:30pm – 5:30pm	IRONMAN 70.3 Bangsaen Athlete Race Briefing Rolling Video	Bangsaen Heritage Hotel Exhibition Hall

SATURDAY 22 FEBRUARY

6:00am – 5:30pm	Airport Shuttle Service	*Refer to Airport Shuttle Schedule
9:00am – 6:00pm	Bike Mechanic Service Open	Bangsaen Heritage Hotel Exhibition Hall
8:00am – 10:00am	IRONMAN 70.3 Bangsaen Practice Swim	Bangsaen Heritage Hotel Beachfront
11:00am – 6:00pm	IRONMAN 70.3 Bangsaen Athlete Check-in	Bangsaen Heritage Hotel Exhibition Hall
11:00am – 7:30pm	IRONMAN 70.3 Bangsaen Official Merchandise	Bangsaen Heritage Hotel Exhibition Hall
11:00am – 7:30pm	IRONMAN 70.3 Bangsaen Expo	Bangsaen Heritage Hotel Exhibition Hall
11:00am – 7:30pm	Information Booth Open	Bangsaen Heritage Hotel Exhibition Hall
2:00pm – 6:30pm	IRONMAN 70.3 Bike Check-in and Timing Chip Collection (Compulsory)	Bangsaen Beach Road
2:30pm – 4:30pm	IRONMAN 70.3 Bangsaen Athlete Race Briefing Video (ALL athletes must attend one briefing on either Friday or Saturday)	Bangsaen Heritage Hotel Exhibition Hall
4:30pm – 5:30pm	Meet the Race Director (Q&A)	Bangsaen Heritage Hotel Exhibition Hall
5:30pm – 7:30pm	IRONMAN 70.3 Bangsaen Carbo Load	Bangsaen Beach Road

SUNDAY 23 FEBRUARY

4:30am – 6:00am	IRONMAN 70.3 Bangsaen Transition Open	Bangsaen Beach Road
4:30am – 3:00pm	Information Booth Open	Bangsaen Beach Road
6:25am	IRONMAN 70.3 Bangsaen Race Start (Rolling Start)	Bangsaen Heritage Hotel Beach Front
10:35am* Approx	IRONMAN 70.3 Bangsaen First Finisher	Bangsaen Beach Road
12:30pm – 4:00pm	IRONMAN 70.3 Bangsaen Transition Open For Bike Check Out	Bangsaen Beach Road
3:00pm* Approx	IRONMAN 70.3 Bangsaen Last Finisher	Bangsaen Beach Road
4:00pm	2020 IRONMAN 70.3 World Championship Roll Down Ceremony	Bangsaen Heritage Hotel Exhibition Hall
5:00pm – 6:30pm	IRONMAN 70.3 Bangsaen Award Ceremony & Concert	Bangsaen Heritage Hotel Exhibition Halls

*Times are subject to change. Please Continually Check the website for updated information

MY ACTIVE IS:

Commitment. Perseverance.
Achievement. IRONMAN®.



ATHLETE CHECK-IN

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 permitted to race.

ALL RACE PACKETS MUST BE PICKED UP BY 6.00PM ON Saturday 22 February 2020.

Athletes **MUST** collect their race packet in person within the designated hours. Another athlete/person cannot collect on your behalf.

WHEN:

11:00AM – 7:30PM Friday 21 February

11:00AM – 6:00PM Saturday 22 February

WHERE:

Bangsaen Heritage Hotel Exhibition Hall

WHAT TO BRING:

Photo ID **OR** Passport

RELAY TEAM CHECK-IN:

Relay teams must be present together at Athlete Check-In, at the same time. No relay team will be permitted to check in if all members are not present. All relay teams must check in during the posted Athlete Check-In dates and times – **NO EXCEPTIONS.**

Each athlete that participates in a Relay will receive a shirt, an official IRONMAN 70.3 Bangsaen backpack, water bottles, Finisher's t-shirt and medal. Medals and Finisher's t-shirt will be distributed at the finish line upon completion of their leg of the race.

WHAT ATHLETES WILL RECEIVE



Items Sticker

You will receive a unique sticker with your individual race number to affix to your belongings. This is to identify your items amongst other triathletes in the transition area.



Bike Pump Sticker

You will receive a small unique numbered sticker to affix to your bike pump.



ID Wristband

Your unique ID Wristband will be fixed to your wrist when you Check In onsite at the event. This is your access to Athlete only areas, and MUST be worn at all times.



Race Number

Your Race Number (Bib) needs to be worn on the RUN leg of the event only. We recommend bringing a race belt to attach your race number to.



Bike Seat Post Sticker

Your Bike Seat Post Sticker is to be fixed under the seat of your bike. You will need to ensure you do this before Bike Check In on Saturday between 2:00PM – 6:30PM



Helmet Sticker

Your helmet sticker is to be fixed to the front of your helmet.



Swim Cap

You must wear the swim cap provided to you at Athlete Check In, during the race. The swim cap colour provided to you will determine the block you will start the race in. Swim start blocks are determined by your predicted swim finish time selected during registration.



Tattoos

You will receive (2) tattoos in your Athlete Kit. Your number tattoo is to be applied to your left and right upper or lower arms (if you have a long sleeve suit).

**You will pick up your timing chip before leaving the Transition Area after you have checked-in your bike.*

INDIVIDUAL WRISTBAND

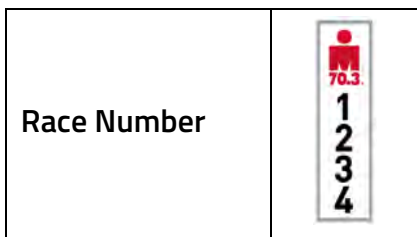


RELAY TEAM WRISTBAND



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 athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas. Any wristbands from previous events must be removed. You must be wearing your wristband if you plan to claim a slot for IRONMAN 70.3 World Championships.

TATTOOS



You will receive 2 separate tattoos within your race kit.

RACE NUMBER TATTOO

Wearing your race number tattoo is **compulsory**. You must have your race number displayed on your **left and right bicep**. If you are wearing a long sleeves top or short sleeves Tri-Suit, place the tattoo on your **left and right forearm**.

BEST WAY TO APPLY YOUR TATTOO'S

The tattoos can be easily applied by peeling the clear film off, placing the number face-down on your body, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

In the case your tattoo becomes faulty please see the information staff who will be able to assist by writing your number/letter on with a permanent marker

TIMING

Your timing chip will not be in your athlete packet. You must collect at the Bike Check-In/Exit before leaving the transition area to pick up your chip. At the timing table, you will verify that your name matches your number. Your chip must be worn on your left ankle at all times during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff member or timing team member.

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 chip. If you lose your timing chip during the event, you are responsible for obtaining a replacement at one of the following locations: information booth at swim exit. If you lose your chip while on the run course, please notify an IRONMAN Staff Member 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 timing chip may disqualify you from future IRONMAN events. Replacement chips will be charged back to the athlete of 150USD. After the race, if you realize you still have your chip, please mail it within 5 business days to:

Thailand Tri-League
518/5 All Star Golf Complex
Soi Saha Kan Pramun
Wangthonglang Bangkok
10310 Thailand

E-Mail: Ironman703bangsaen@gmail.com
Phone: +66 (2) 957 5880

PRE-RACE INFORMATION

BIKE CHECK- IN

Mandatory bicycle check-in is Saturday 22 February from 2:00PM to 6:30PM at Bangsaen Beach Road. You may bring your gear into transition race morning. All bicycles must be checked in by Saturday 22 February and left overnight. 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 from 4:30AM - 6:00AM on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.

SHUTTLE/AIRPORT TRANSFERS

GETTING TO BANGSAEN

There are a number of travel options for your arrival to Bangsaen.

BY PUBLIC BUS

Arrive at Bangsaen either directly into Bang Saen or to Pattaya. If you take a bus to Pattaya, you must get off at Nong Mon Markets (tell the bus driver you want to stop at Nong Mon). You can take a bus to Pattaya or Bangsaen from Mo Chit or Ekamai Bus Stations in Bangkok.

BY MINIBUS (VAN)

Minibus stations are at Ekkamai Bus Station, exit no 2 of Eastern Bus Terminal. They are the fastest ways to Bangsaen and usually go directly into Bangsaen and stop at Laem Thong or near the Burapha Hospital, though it depends on which company it is. Getting to to "Bang Saen" by using the mini bus (Van) from "Sriracha tour" is the cheapest, fastest and easiest way to get to the beach.

From Nong Mon Market (5km. from Bangsaen beach) by Songthaew (local mini van/red color):

The songthaews van (red local mini van) will usually always travel to and from Bang Saen Soi 2 (Beach road block no.2). Please tell the driver where you would like to go to they will service you to your destination. The trip will be cost around 10-25 baht, paid after travelling, although it could be a bit more expensive when late at night.

BY TAXI

Taxis usually cost between 700-800 Thai baht from Bangkok Downtown to Bangsaen beach (excluding the expressway tolls approx 60-90 THB). Expect about 500-600 baht from Suvarnabhumi Airport (excluding the 50 baht airport fee and expressway tolls).

If you are coming from Pattaya, take a bus (or possibly a 10 seat van) to Bangkok and inform to the van station receptionist and the driver that you want to stop at Nong Mon Market. Then enter Bangsaen as stated above by local mini red van. Don't forget to ask the driver before you get on the mini red van, where do you want to go in Bangsaen area.

**[TRAVEL FROM BANGKOK SUVARNABHUMI INTERNATIONAL AIRPORT – BKK]
BY TOURNAMENT DIRECT SHUTTLE BUS (RECOMMENDED)**

Tournament Direct Shuttle Buses running between Bangkok Suvarnabhumi International Airport (BKK) and Bangsaen Heritage Hotel (Official Hotel) will be provided in race week. Bike box transportation service is included. To make a reservation please contact direct to the tournament via ironman703bangsaen@gmail.com



AIRPORT SHUTTLE SUVARNABHUMI (BKK)

**SUVARNABHUMI INT'L AIRPORT (BKK) TO EXPO
(BANGSAEN HERITAGE HOTEL)**

THURSDAY 20 FEBRUARY	DEPARTURE	ARRIVAL
	9:00 AM	11:00 AM
	2:00 PM	4:00 PM
	7:00 PM (LAST BUS)	9:00 PM

FRIDAY 21 FEBRUARY	DEPARTURE	ARRIVAL
	7:30 AM	9:30 AM
	12:30 PM	2:30 PM
	2:30 PM	4:30 PM
	5:00 PM	7:00 PM
	7:00 PM (LAST BUS)	9:00 PM

SATURDAY 22 FEBRUARY	DEPARTURE	ARRIVAL
	7:30 AM	9:30 AM
	12:30 PM (LAST BUS)	2:30 PM

**EXPO TO SUVARNABHUMI INT'L AIRPORT (BKK)
(BANGSAEN HERITAGE HOTEL)**

SUNDAY 23 FEBRUARY	DEPARTURE	ARRIVAL
	4:00 PM	6:00 PM
	8:00 PM (LAST BUS)	10:00 PM

MONDAY 24 FEBRUARY	DEPARTURE	ARRIVAL
	5:00 AM	7:00 AM
	9:00 AM	11:00 AM
	1:00 PM	3:00 PM
	5:00 PM (LAST BUS)	7:00 PM

To make a reservation please contact ironman703bangsaen@gmail.com limited quantity & base on first come first serve basis



AIRPORT SHUTTLE DON MUEANG (DMK)

**DON MUEANG INT'L AIRPORT (DMK) TO EXPO
(BANGSAEN HERITAGE HOTEL)**

THURSDAY 20 FEBRUARY	DEPARTURE	ARRIVAL
	9:00 AM	11:00 AM
	2:00 PM	4:00 PM
	7:00 PM (LAST BUS)	9:00 PM

FRIDAY 21 FEBRUARY	DEPARTURE	ARRIVAL
	7:30 AM	9:30 AM
	12:30 PM	2:30 PM
	2:30 PM	4:30 PM
	5:00 PM	7:00 PM
	7:00 PM (LAST BUS)	9:00 PM

SATURDAY 22 FEBRUARY	DEPARTURE	ARRIVAL
	7:30 AM	9:30 AM
	12:30 PM (LAST BUS)	2:30 PM

**EXPO TO DON MUEANG INT'L AIRPORT (DMK)
(BANGSAEN HERITAGE HOTEL)**

SUNDAY 23 FEBRUARY	DEPARTURE	ARRIVAL
	4:00 PM	6:00 PM
	8:00 PM (LAST BUS)	10:00 PM

MONDAY 24 FEBRUARY	DEPARTURE	ARRIVAL
	5:00 AM	7:00 AM
	9:00 AM	11:00 AM
	1:00 PM	3:00 PM
	5:00 PM (LAST BUS)	7:00 PM

To make a reservation please contact ironman703bangsaen@gmail.com limited quantity & base on first come first serve basis

AIRPORT LIMOUSINE

Airport Limousine (24 hours service) with various kinds of cars operates by Airports of Thailand Public Company Limited. Prices range from THB 3,100-6,100. Contact the Airport Limousine Service Counter on the 2nd Floor at Baggage Claims and Arrival Hall exits, channel A, B and C For information please contact Tel. 02-134-2323-5

BUS

From Suvarnabhumi Airport, there are only buses to Pattaya (Big city not far from Bangsaen). Another option is catching a bus from the Eastern Bus Terminal (Ekkamai) which is directly to Bang Saen, cost THB 72.

ATHLETE BRIEFING

Mandatory Athlete Briefings will be held during IRONMAN Village hours in the two days prior to the event (check the event schedule for times) and are hosted for the benefit of all athletes. The briefings will cover important information pertaining to any peculiarities of the course, rules, cut-off times and course closures for the disciplines and most importantly any last-minute changes or procedures to the event that have occurred or may potentially occur due to weather related forecasts.

BIKE MECHANICS

The Official Bike Mechanics for this event will be available during the IRONMAN Sports & Lifestyle Expo located Bangsaen Heritage Hotel Exhibition Hall on Friday from 9:00AM to 6:00PM and Saturday from 9:00AM to 6:00PM.

On Sunday, the bike mechanics will be located at transition.

RACE DAY INFORMATION

MEDICAL

Your safety is of upmost importance to us. If you are unsure about your ability to complete the race or are not feeling physically fit in the lead up to the event, IRONMAN highly recommends you seek medical advice from your doctor.

Basic first aid is available throughout the event. If you require medical attention we recommend that you visit our Information Desk or seek the assistance of event personnel.

Medical staff will be situated in a variety of positions on race day. These locations are as follows:

- Swim Start
- Swim Exit
- Transition
- Roaming Bike & Run Course
- Finish & Recovery

Basic first aid support can also be obtained at the Bike and Run Aid Stations.

It is strongly advised that you have adequate personal insurance regardless of whether you are a Thai resident or from overseas. We highly recommend that local residents hold valid private health insurance and that international athletes check with their travel insurance or personal insurance provider to confirm what they are covered for.

SAG WAGON

The Sag Wagon will collect athletes who are unable to complete the event, or are unable to finish within the course cut-off time. Collected athletes will be transported to the closest Aid Station or back to Transition/Finish Line.

Should you require a Sag Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for Sag Wagon deployment. Alternatively advise volunteers at the nearest Aid Station.

Please note delays in Sag Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a Sag Wagon has been requested as this could affect their ability to locate and transport you.

SWIM SAFETY

There will be a large number of water safety personnel and craft on the water pre and during the swim. The water safety team is there to support you should you require. They will be resourced with an array of Rescue Boards, Jet Skis and IRB's. At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Water Safety will be wearing the traditional yellow and red surf lifesaving uniforms for easy identification.

Should at any point an athlete decides to abandon the swim, they will be taken to one of the swim extraction points. From here they will be required to confirm their athlete number and be checked over by medical. It is then the athlete's responsibility to walk back to Transition and hand in their timing chip to race officials.

BIKE MECHANICS

The Bike Mechanics for the event will be setup at the Expo and Transition

- Friday (9:00am – 6:00pm)
- Saturday (9:00am – 6:00pm)
- Sunday (Race Day) Morning Only

They will be conducting a paid service for 'minor mechanicals' during these times. A limited 'emergency service' will be available inside Transition on race morning for athletes.

During the race two mechanics will be circulating around the bike course and will have static locations at 16.8km and 53.4km mark. They will provide basic tools and spares enabling athletes to conduct their own repairs, however the mechanics are unable to carry out any repairs on athlete's behalf as it is against the rules. Athletes should be aware that spare wheels and tubulars will also not be available from mechanics.

LOST AND FOUND

Lost and Found will be at the Event information booth during race week and on race day. Please check the schedule of events for Event Information Desk hours and location. After the conclusion of the event, please email ironman703bangsaen@gmail.com to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed items will be donated to charity within 30 days.

TRANSITION OPENING TIMES

TIME: Transition will be open from 4:30AM to 6:00AM

Please ensure you leave yourself enough time on race morning as all athletes will be required to be out of transition by 6:00AM

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.

Based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected for all IRONMAN 70.3 events.

AID STATIONS

Aid stations are approximately every 18KM on the bike and approximately a 1.7KM apart on the run. The general offerings are as follows:

BIKE:

Water

Isotonic: Sponsor (Local Brands - Original Flavoured)

Energy Gel: Various Brands

Bananas

Dried Bananas

Toilets

RUN:

Water

Isotonic: Sponsor (Local Brands - Original Flavoured)

Bananas

Cola (at selected station)

Dried Bananas

Toilets (at selected station)

Local Snacks

Sponge

IRONMAN TRACKER

The IRONMAN Tracker App provides official real-time athlete tracking for select IRONMAN and IRONMAN 70.3 events. Download the app to your phone to track athlete's times, find them on the interactive map, and share race-day updates on social media!

IRONMAN 70.3 BANGSAEN COURSE CUT-OFFS

The below cut off times are for all athletes across the race. Should an athlete be unable to reach one of these cut off times, they will no longer be able to continue racing. Race results will be classified as a Did Not Finish (DNF). Event Personnel will assist in transporting the athlete back to the event precinct via Sag Wagons. The below information outlines each leg's cut off policy in further detail.

SWIM – 1 HOUR 10 MINUTES FROM AN ATHLETE'S INDIVIDUAL START TIME.

The following intermediate cut off points will also apply to all athletes. Any swimmer unable to reach these cut-offs will be collected by event water safety and will be classified as a Did Not Finish (DNF). The time below represents the absolute cut off for all athletes regardless of individual time.

- **6.55 am – 0 km**

(ALL athletes must be in the water)

- **8:05am – 1.9 km**

Swim Exit (Athletes must have completed the entire swim course)

BIKE – 5 HOURS 30 MINUTES FROM AN ATHLETE'S INDIVIDUAL START TIME.

The following intermediate cut off points will apply to all athletes. Any cyclists unable to reach these cut-offs will be collected by the event Sag Wagons and will be classified as a Did Not Finish (DNF). The time below represents the absolute cut off for all athletes regardless of individual time.

- **8:10 AM – 0km: T1 Bike Exit**

(Athletes must be past the mount line and be riding)

- **10.16 AM – 44.7 km:**

(athletes must have passed the turnaround point)

- **12.25 PM– 90 km: Bike Entry Transition 2**

(athletes must have dismounted their bike and passed the dismount line)

RUN – 8 HOURS 30 MINUTES FROM AN ATHLETE'S INDIVIDUAL START TIME.

The following intermediate cut off points will apply to all athletes. Any runners unable to reach these cut-offs will be collected by the event Sag Wagons and will be classified as a Did Not Finish (DNF). The time below represents the absolute cut off for all athletes regardless of individual time.

- **12.30 PM – 0km: Run Exit Transition Area**

(athletes must have passed the run exit arch and started the run course)

- **2.22 PM- 13.5 km**

Lap 3 start (outbound)

- **3.25 PM – 21.1 km**

Finish Arch (athlete must have passed under the finish arch).

In addition to the above cut off times, athletes may be cut off at any time based on the Race Directors discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenario's the Race Director also reserves the right to announce new cut off times.

TRANSITION

TRANSITION TIMES

Transition will be open from 4:30AM to 6:00AM on race morning, Sunday 23 February. Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 6:00AM.

RELAY TEAM PROCEDURE

All Relay team members must exit Transition by 6:00AM. At the discretion of the Transition Manager, cyclist will be able to re-enter into transition at approximately 6:25AM via Transition Area 1.

Relay Team Members (cyclist and runner) will be required to stand at Relay Team

Exchange Zone and await their team member. Your timing chip is your relay baton which you will be required to take off and pass onto your team member prior to starting their designated relay leg.

BIKE CHECK-OUT

Bike Check-Out is from 12:30PM to 4:00PM. 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 your bags are not reclaimed from 12:30PM to 4:00PM, IRONMAN 70.3 Bangsaen, will not be responsible for any items left overnight.

SWIM COURSE - 1.9KM



SWIM PROCEDURE

IRONMAN 70.3 Bangsaen starts with a 1.9km 1 lap swim from Bangsaen Beach. Athletes will swim a 1.9km clockwise triangular course. It is expected to be a non-wetsuit swim, with race day water temperature averaging at 24 – 27 degrees Celsius

SWIM CUT-OFFS

1 Hour 10 minutes after individual start time.

NOTE: We suggest athletes attend the Practice Swim held on Saturday 22 February between 8:00am – 10:00am

IRONMAN[®] SWIMSMART TOP 10 CHECKLIST

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here's a top-10 checklist to help get you ready.

1 PREPARE FOR RACE CONDITIONS

- Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.

2 RACE IN SHORTER EVENTS

- Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
- For extra guidance, talk to a coach or your local triathlon club.

3 LEARN ABOUT COURSE DETAILS

- It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarize yourself with the course.
- Keep in mind, every body of water is different, so you'll need to educate yourself on water current and surf conditions.
- Study the event timetable to plan for proper arrival and preparation.

4 ENSURE HEART HEALTH

- As an athlete in training, you should take the proper steps to assess your health with your physician.
- The American Heart Association suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

5 PAY ATTENTION TO WARNING SIGNS

- If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

6 DON'T USE NEW GEAR ON RACE DAY

- Focus on controlling as much as you can on race day.
- You should never race in equipment you haven't trained in this is not the time to test new gear.
- Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
- Prepare for the unexpected with backups of all your gear.

7 WARM UP ON RACE DAY

- Arrive early enough on race day for a proper warm up prior to the start, preferably in the water.
- If you aren't able to warm up in the water, spend between 5 and 10 minutes getting loose.
- Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

8 CHECK OUT THE COURSE

- Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.
- Identify basic navigation points so that you know what you are swimming towards.

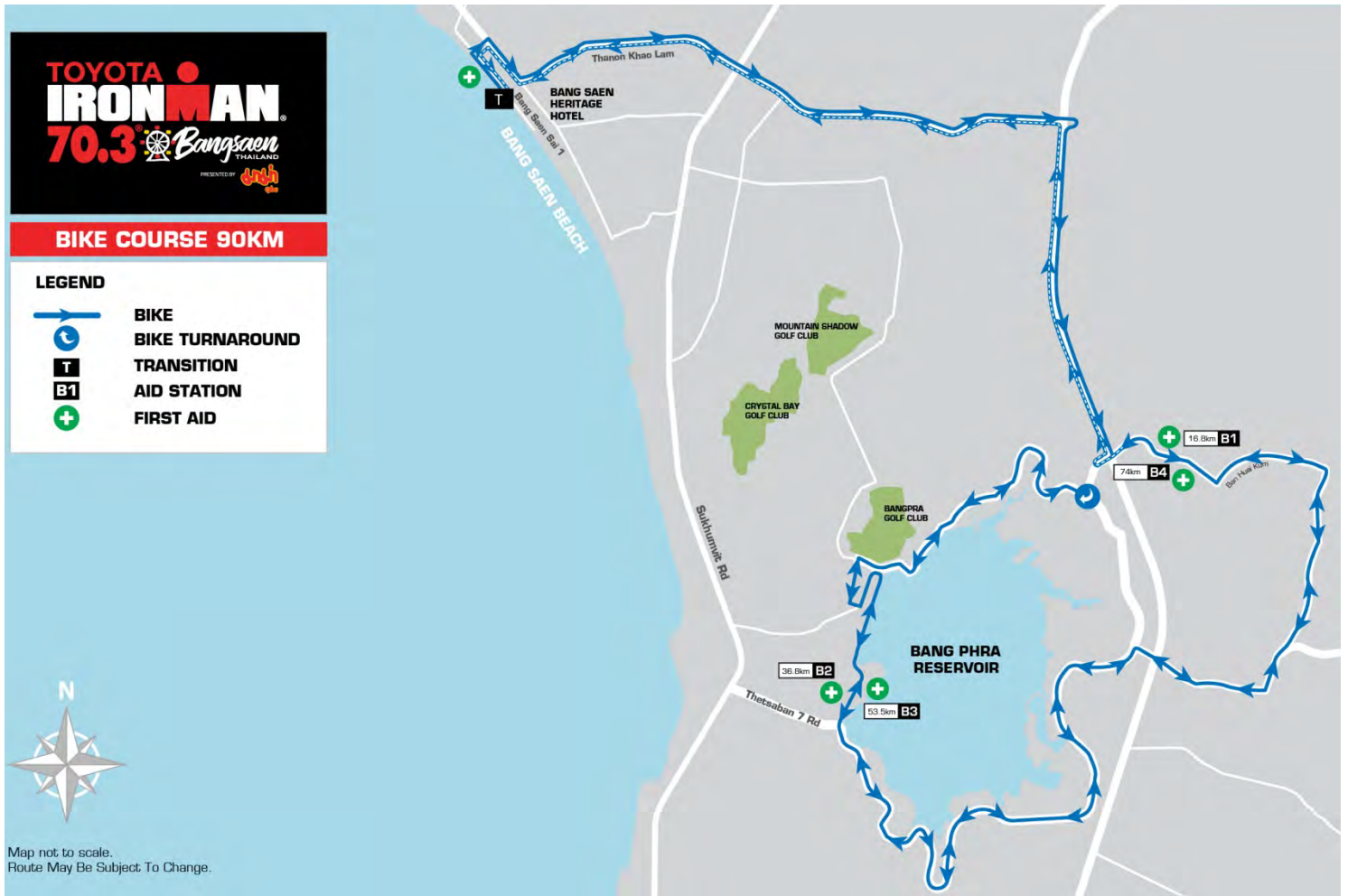
9 START EASY – RELAX AND BREATHE

- Don't race at maximum effort from the start.
- Relax and focus on proper breathing technique as you settle into a sustainable pace.

10 BE ALERT AND ASK FOR HELP

- In a race setting always stop at the first sign of a medical problem.
- If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
- Race rules allow for competitors to stop or rest at any time during the swim.
- Feel free to hold on to a static object like a raft, buoy, or dock.
- You may also rest by holding on to a kayak, boat or even a paddle board. As long as you don't use it to move forward, you won't face disqualification.

BIKE COURSE – 90KM



TRAFFIC NOTES

Whilst we implement traffic management on course, and the roads are controlled, there still will be vehicular traffic sharing the roads at times. Please exercise vigilance and tolerance if traffic is encountered, particularly at all roundabouts and intersections where vehicle crossings may be installed. Normal road rules will apply. Police, traffic controllers, course marshals and event crew will be on course to monitor.

AID STATIONS

The Bike Course has 4 Aid Stations located approximately 16 km - 20 km apart.

BIKE AID STATIONS LOCATIONS

- B1 – Opposite of Ban Hua Kum Hospital at km16.8
- B2 – Entrance of Bangphra Reservoir at km36.8
- B3 – Exit of Bangphra Reservoir at km53.5
- B4 – In front of Ban Hua Kum Hospital at km74.0

BIKE AID STATION LAYOUT

Discard Zone Start > Water > Sports drink > Food > Sports drink > Water > Toilet > Discard Zone Finish

BIKE AID STATIONS WILL OFFER

- Water
- Isotonic: Sponsor (Original flavoured)
- Energy Gel (Various Brands)
- Bananas
- Dried Bananas
- Toilets

BIKE AID STATION PROCEDURE

Slow down when entering Aid Stations, don't stop! If you do not require any product from a Bike Aid Station please stay to the right of the roadway.

There will be signs along the Aid Station listing what is on offer. Volunteers will also be advising what they are holding. Please help the volunteers to help you by communicating politely as per your needs

Please discard any unwanted items post the Discard Zone Start sign and pre Discard Zone Finish sign. Anything discarded outside this area will be penalized.

BIKE CUT-OFFS

5 hours 30 minutes from an athlete's individual start time.

The following intermediate cut off points will apply to all athletes. Any cyclists unable to reach these cut-offs will be collected by the event Sag Wagons and will be classified as a Did Not Finish (DNF).

The time below represents the absolute cut off for all athletes regardless of individual time

- 8.10 am – 0 km: T1 Bike Exit (Athletes must be past the mount line and
- 10.16 am – 44.7 km: (athletes must have passed the turnaround point)
- 12.25 pm – 90 km: Bike Entry Transition 2 (athletes must have dismounted their bike and passed the dismount line).

DRAFTING



DRAFTING VIOLATION BLUE CARD

Five-minute time penalty served in a penalty tent on the bike course



LITTERING VIOLATION BLUE CARD

Five-minute time penalty served in a penalty tent on the bike course



BLOCKING VIOLATION YELLOW CARD

30 second stop and go time Penalty Served at the next penalty tent



DISQUALIFICATION (DSQ) RED CARD

3 Blue Card violations will result in race disqualification

Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

BEFORE YOU RIDE

1 IT STARTS WITH YOUR BIKE

- Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
- Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly.
- Keep your bike clean and your chain lubed.
- Use front and rear lights when riding in low light conditions – this may be required by law in your area.
- Tires should be inflated to the recommended pressure.

2 LEARN THE BASICS

- Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking.
- If you're unfamiliar with shifting gears, practice doing this in a low-traffic area.
- Practice riding a straight line, and cornering (right, left, U-turns).

3 SUIT UP

- Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.
- Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.
- Choose clothing that is visible in low-light conditions.

4 BE PREPARED TO RIDE

- Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed.
- Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5 PLAN AHEAD

- Select a route that limits the number interactions with vehicles – if possible factor in time of day and day of the week.
- Always obey all traffic signals and signs.
- Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you.
- Select a ride distance appropriate to your fitness.

6 INFORM OTHERS

- In the event of an incident, someone should know where you are riding.
- Always carry personal identification with you and emergency contact information.
- Carry a cell phone for emergencies.

DURING THE RIDE

7 STAY ALERT

- Leave the playlists and podcasts for indoor workouts.
- Don't use your phone while riding – pull off the road if you need to make a call or send a text.
- Don't take photos and selfies while riding.
- Keep your head up, particularly when riding in a group. Look at the road and the riders around you, not your bike computer.
- Be able to see and hear what is going on around you. When riding in the aerobars, do not look down at the road, look ahead.
- When riding in a group, do not get fixated on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
- Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
- Pay particular attention when approaching aid stations during a race. Do not ride through aid stations in the aerobars.

8 OBEY THE LAW

- Always stop at stop signs and lights—remember, cyclists have the same responsibilities as vehicles.
- Know the traffic laws for your area, especially those regarding riding two abreast or single file.
- Know where the vehicles are around you and anticipate that drivers may not see cyclists.
- When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

9 COMMUNICATE

- Use verbal and hand signals so others know if you are stopping or turning.
- Make eye contact with drivers and other cyclists.
- While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
- Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid from, letting them know you are taking aid directly from them.

10 SAFETY FIRST

- Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass.
- If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
- When riding in a group, avoid riding in the aerobars unless you are riding in front. Your hands should always be able to get to the brakes quickly.
- Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.

RUN COURSE - 21.1KM



TRAFFIC NOTES

Road closures are in place for the duration to minimize the traffic flow on course and to protect the athletes. There will be vehicular traffic adjacent to the course comprising of event personnel and local residents requiring access, so please exercise vigilance and tolerance at all times, especially if traffic is encountered. High levels of awareness should be applied at all roundabouts and intersections. Normal road rules apply at all times. Police, traffic controllers and event crew will be on course to patrol and direct traffic.

AID STATIONS

The Run Course has 5 Aid Stations located approximately 1.6-1.8 km apart.

RUN AID STATION LOCATIONS

- R1 – Opposite of S2 Hotel Coffee Shop
at km0.8, km7.7, km14.5
- R2 – Opposite of Center of Strategic Studies Host Thailand
at km2.3, km9.2, km16
- R3 – Khao Sam Muk Hall
at km 4.1, km11.2, km17.9
- R4 – Angsila/ Bangsaen Sai 2 Intersection
at km5.6, km12.5, 19.4
- R5 – Beach Road
at km0.1, 7.0, 13.8km

RUN AID STATIONS WILL OFFER

- Water
- Bananas
- Dried Bananas
- Local Snacks
- Isotonic
- Cola (at selected station)
- Toilets (at selected station)
- Sponge

RUN CUT-OFFS

8 hours 30 minutes from an athlete's individual start time.

Any runner unable to reach these cut-offs will be collected by the event Sag Wagons and will be classified as a Did Not Finish (DNF). The time below represents the absolute cut off for all athletes regardless of individual time.

- 12.30 pm – 0km: Run Exit Transition Area (athletes must have passed the run exit arch and started the run course)
- 2.22 pm – 13.5 km: Lap 3 start (outbound)
- 3.25 pm – 21.1km: Finish Arch (athlete must have passed under the finish arch).

In addition to the above cut off times, athletes may be cut off at any time based on the Race Directors discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenario's the Race Director also reserves the right to announce new cut off times.

For more information visit the [WEBSITE](#)

FINISH LINE

FINISH LINE POLICY

Friends and family members, including children, are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

FinisherPix is proud to be selected as the Official Photo Service of The Event. FinisherPix will have photographers working at the swim exit, on the bike course, on the run course and of course, at the Finish Line!

The Complimentary Finisherpix service will be given to TOYOTA IRONMAN 70.3 Bangsaen presented by Mama athlete.

- Register your email address at www.finisherpix.com to be notified as soon as photos are online
- Please be sure you have your helmet sticker visible on the FRONT of your bike helmet so we can identify your biking photos
- Please be sure to keep your bib number visible on the FRONT of your body during the run and at the Finish Line so we can identify your photos
- Smile and 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 within 24-48 hours after the race to view, order, and share your photos from your 2020 IRONMAN 70.3 Bangsaen Event.



NEVER FORGET YOUR RACE



IRONMAN
OFFICIAL PHOTOGRAPHER



ORDER YOUR RACE PHOTOS HERE:
www.finisherpix.com
www.facebook.com/finisherpix
 #finisherpix



POST RACE INFORMATION

RECOVERY

As you cross the finish line, volunteer catchers will be there to escort you to the secured recovery area. You will be presented with a finisher t-shirt and medal and your timing chip will be removed. These catchers will endeavour to briefly assess you as you proceed and may need to take you directly to the Medical Tent for treatment. If you do not require any treatment you will be able to proceed to the Recovery facilities.

Unfortunately, you will not be able to re-enter Recovery once you have exited so make sure you are comfortable prior to this point. Please remember volunteers and the medical team are there to help you at any point should you require.

Recovery will offer:

- Water
- Sports Drink
- Cola
- Fruits
- Thai Food

MASSAGE

Massage will be available for IRONMAN 70.3 Bangsaen athletes.

COOL POOL

Cooling down pools will be available inside the Post Finish Recovery Area.

PRESENTATION & ROLL DOWN

AWARDS

IRONMAN 70.3 Bangsaen Awards presentations will be held on Sunday 23 February 2020 at 5:00PM at Bangsaen Heritage Hotel Exhibition Hall. Entry for friends, family and athletes is free of charge.

Awards will be presented to top 3 in each Age Group Category and top 3 relay team in each Team Category.

If you are a place getter and unable to collect your trophy, please contact IRONMAN after the event on +66 (2) 957 5880 or ironman703bangsaen@gmail.com to arrange collection.

ROLL DOWN CEREMONY – 2020 IRONMAN 70.3 WORLD CHAMPIONSHIP, TAUPO, NEW ZEALAND



Fifty-Eight (58) general Age Group qualifying slots and 2 special qualifying slots for the fastest Thai Male (1) and fastest Thai Female (1) for the 2020 IRONMAN 70.3 World Championship, Taupo, New Zealand will be awarded to the top Age Group finishers.

Qualified athletes are required to claim their IRONMAN 70.3 World Championship slot in-person on Sunday 23 February at 4:00PM. This year's Roll Down will be held at Bangsaen Heritage Hotel Exhibition Hall. Please bring a valid Photo ID with you and be prepared to pay the full entry fee of \$500 plus 8% ACTIVE administration fee. Only credit card is accepted, no cash or cheque.

Final slot allocation will be determined on the race day based on the number of official starters per age group. The number of each slot awarded to each age group will be posted at the ceremony.

Only Age Group athletes are eligible to receive Age Group World Championship qualifying slots. Athletes holding a current professional or Elite status with any ITU Member National Triathlon Governing Body, WTC Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they have qualified for, hold professional or elite status.

Any change in an athlete's status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of athlete to make such disclosure will be cause for disqualification from such event and may result in sanctions from WTC events.

RELAY TEAMS

WHAT IS A RELAY TEAM?

A relay team is comprised of 2 or 3 athletes who compete as a “group” to finish the triathlon. Typically, one athlete completes the swim, another the bike, and the final person does the run. Each athlete passes his/her timing strap and chip from one to the other as they complete their respective leg of the race. A two-person team can complete the race in any combination of legs. Relay team members can be comprised of mixed of genders and ages. However, all participants must be 18 years of age on race day.

CHECK-IN PROCESS

All relay members must be present and together during Athlete Check-In to pick up their assigned race packets. Relay members cannot pick up race packets for their teammates and will not be able to check-in if a relay team member is missing. (This is for the safety and legal accountability of all athletes during the event).

Relay teams should look for the Relay Check-In table upon arriving at Athlete Check-In. All relay members must have a photo ID.

At Athlete Check-In, athletes will be required to sign their own individual waivers – no waiver, no race. A relay team will be assigned one bib number.

EACH TEAM WILL RECEIVE:

- 1 swim cap
- Bike stickers
- Helmet sticker
- Race bib to be worn on the run
- 3 athlete wristbands and tattoos
- Each athlete will receive an official T-shirt, official Backpack, and Water Bottle

Timing chips will be picked up at Bike Check-In/Exit. There will only be one timing chip per team. Finisher medals are given to the runner upon finishing.

TATTOO'S

Relay teams will get 3 number tattoo's. Each team member is to wear the number tattoo of their right bicep. The runner is required to wear the category tattoo on their left calf.

RELAY INFO TIMING AND CHIP TRANSFER RULES

In order to ensure a proper chip timing reading, relay athletes must keep ankle strap and chip on their ankle at all times. Athletes must make the chip transfer from ankle to ankle at the specified relay area (relay pen) in/near transition. Athletes must not run with the chip in their hands at any time to ensure accurate chip reading. The timing chip acts as the “baton” and athletes must hand-off the timing strap/chip to move forward to the next discipline. Failure to do so will result as a DNF.

Once the transfer has been made, the relay member that just finished must grab their gear and exit transition as they are no longer a valid participant.

SWIM TO BIKE

The bike cannot be removed from the bike rack until chip is properly transferred and attached to the next teammate. The swim leg athlete will exit the swim and head to transition area where they will locate their bike leg athlete in the relay pen and make the chip transfer. The swim athlete must stay within the confines of the relay pen. Only after the chip and ankle strap has been transferred, can the bike leg athlete go to the bike rack to begin the bike portion of the event.

BIKE TO RUN

The timing chip may not be removed until the bike is properly racked in the designated spot.

RUN TO FINISH

Only the run leg relay participant is able to cross the finish line. All other relay team participants will be able to access post-race finish line athlete areas (not including the finish line chute). If a relay team member drops out of any leg or fails to meet the given time allotment, the relay team will not be able to continue the race and will be disqualified.

PLAN AHEAD

It is imperative that relay athletes properly communicate with their team. Each relay team is accountable for being in the designated place at the right time. Athletes are not expected to wait in the transition pen area for the entire length of the race, but athletes should be aware of anticipated finish times associated with each leg. We strongly encourage relay athletes to follow the event schedule and stay close to the relay exchange area. *Please keep in mind that access to race venues may be difficult or not possible due to race road closures. It is up to each athlete to coordinate timing and chip transfer.

FINISH LINE

Volunteers will be instructed to give relay athletes "finisher medals." Relay medals are NOT different than the individual medals. Each relay athlete will be given 2 or 3 medals (depending on the size of the team) once finished. It is the responsibility of the run leg athlete to distribute additional medals to the team.

AWARDS

Relay awards are typically given to the top three overall relay teams. Each relay team will only receive one award. Additional awards for each member of the relay team will be available for purchase, should athletes choose. Scoring is not based on gender or age. The top three teams will each receive one award. Please check the Event Schedule for the time and place of the Award Ceremony.

RACE DAY CHECKLIST

TRANSITION

- Transition opening times on the race day are 4:30am to 6:00am
- ID Wristband
- Timing Chip (applied to left ankle)
- Race Number Tattoo (Left and Right Arm)
- Bike pump
- Nutrition to strap/secure to your bike
- If in a Relay Team, ensure your team mates are ready!

SWIM

- Race supplied Swim cap
- Trisuit
- Goggles

BIKE

- Bike racked and ready in Transition with bike seat post sticker is attached
- Bike shoes safely clipped onto your bike, or on the ground next to your bike
- Have your helmet checked on race morning and placed onto or next to your bike

RUN

- Race bib
- Running Shoes and socks
- Sunglasses
- Hat

RECOVERY

- Street Wear Bag, containing all of your post-race requirements & personal belongings including warm clothing.

EVENT CONTACT DETAILS

There will be 2 Information Desks located at the event.
Opening hours for the Information Desks are listed within the Event Schedule and online.
Our friendly staff will do their best to help you with any questions you may have.

GENERAL EVENT ENQUIRES

Additional information can be found via our following details:

Website: <http://www.ironman.com/im703-bangsaen>

Phone: +66029575880

E-mail: admin@ironman703bangsaen.com

EMERGENCY SERVICES

Phone: +66(6) 5-539-7631

MEDICAL

Burapha University Hospital

169/382 Long Had Bangsaen Rd, Tambon Saen Suk,
Amphoe Mueang Chon Buri, Chang Wat Chon Buri 20131

Phone: (+66) 38 394 850-3

Website: <http://hsc.buu.ac.th>

AIRPORT

Suvarnabhumi International Airport (BKK) (Major Airport)

999 M.1 Nong Prue, Amphoe Bang Phli
Chang Wat Samut Prakan 10540

Phone: (+66) 1722

Don Mueang International Airport (DMK) (Minor Airport)

222 Vibhavadi Rangsit Rd, Khwaeng Sanambin
Khet Don Mueang, Krung Thep Maha Nakhon 10210

Phone: (+66) 2535-1192

Website: www.AirportThai.co.th

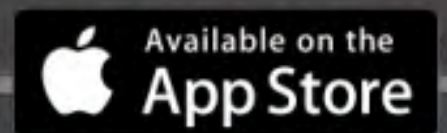
LOCAL SERVICES

Tourist Information

Saensuk Municipal Office

Phone: (+66)38 193500~2

Website: www.SaenSukCity.go.th



Download the IRONMAN Tracker App and follow your athlete on race day! Receive updates and find the perfect spot to cheer as they pass by on course!