



NEWSLETTER 3

RACE WEEK

12 April 2009



Welcome to the second annual Ironman China and Ironman 70.3 China presented by K-Swiss. This is the third in a series of newsletters to help prepare you for your trip to Haikou, Hainan, China. You will soon be part of Asia's ultimate endurance experience at the only venue in the entire race series to offer both an Ironman and Ironman 70.3 on the same day, 19 April 2009.

Race week is upon us, and we look forward to welcoming you to this year's events hosted by the Crown Spa and Resort in Haikou, Hainan.

See you soon in Haikou!

The Ironman China team

FOLLOW OUR NEWS

Please continue to check the websites: www.ironmanchina.com and www.ironmanchina703.com for current race information. These sites have a great deal of information about the course, maps, regulations etc and you may find that many of your queries can be answered there. Race day coverage of Ironman China will be on www.ironman.com we are also hoping to have live video feed as well as text and photo updates.

RACE REGISTRATION

You will be required to show your passport during registration. No exceptions. Registration opens on Thursday 16th April until Saturday 18th April.

WEATHER

The current temperature range is 19-31 degrees Celsius (66-88 Fahrenheit), partly cloudy with a daily <40% chance of rain. Typical midday temperatures in recent days have been approximately 28 degrees Celsius (82 Fahrenheit).

ARRIVAL IN HAIKOU

To assist the clearance of your bike and equipment through customs the Sports Bureau at the Government of Haikou have prepared an introductory letter which explains that you are not importing a bike, but merely using it for sport and will take it home again. [These letters can be downloaded here](#). Please print this to show to customs officials if required.

SWIM

The final swim course has been determined, [view the map here](#). The water temperature is currently 23 degrees, please see the previous newsletter for regulations regarding wetsuits and remember that a final call on wetsuits will be made by the Event Director during the race briefing on 18th April.

BIKE RENTAL

A number of athletes enquired about renting bikes for Ironman China. It's taken some time but we have managed to secure a handful of Giant Road Bikes for rental during race week. Prices are 100RMB/day; 500 RMB/week. Please contact sean@ironmanchina.com or find Sean at the registration desk to reserve a bike.

Specs:

- Giant Alloy road frame and fork
- Shimano Sora 2*8 brake levers with integrated shifter
- Giant Aero shaped clincher wheels
- Frame Size Available: 50cm or 52cm

BIKE RULES

The following has been added to the race regulations:

10.2 Yellow Line Rule: On out and back sections (two way bike traffic) on the course, cyclists must stay on the left side of the road at all times, except when a cyclist is directed to cross the yellow line by a race official. Any cyclist crossing the mid-point of the road will be disqualified or time-penalized. In no case shall a cyclist cross a solid yellow line indicating a no passing zone.

BIKE TRANSFERS FROM THE AIRPORT TO HOTELS

Ironman China has arranged a bike transfer service for 10USD/60RMB per bike between the airport and 3 hotels. Crown Spa Resort, and Bao Hua Hotels. The bike transfer service will operate from the airport 0800-2100 Tuesday to Saturday (April 14-18). Prebooking is not necessary, please look for the Ironman China temporary desk when you arrive at Haikou Melian Airport. Return transfers can be arranged on Monday and Tuesday (April 20-21) for 10USD/60RMB. *Note: Bikes will be transferred to the hotels when the truck is fully loaded, rather than to a timed schedule.*

AID STATIONS

Aid stations are approximately every 15km on the bike and 1.8km on the run. POWERBARS, POWERGELS and fresh

fruit will be available at different stations. Further information will be provided in the race briefing. Flavours are:
 Powerbar – chocolate, cookies and cream, vanilla, banana.
 Powergel – strawberry banana, tropical fruit, blackcurrent (caffeine), green apple (caffeine)
 Three flavours of GATORADE will be available on the course in addition to water: lemon, orange, and blueberry.

EAT

Ironman China Functions

Ironman China will be hosting three meal functions. The food will be a combination of Chinese/Asian and Western. The pre race Carbo Welcome Party is included in the race entry fee for both Ironman China and Ironman 70.3 China participants. Competitors in Ironman 70.3 China receive complimentary entry to a Barbeque at the finish line on race day, and Ironman China (full distance) competitors are entitled to a single free entry to the Awards Banquet.

Additional tickets can be purchased at the race office. Prices are as follows:

Carbo Welcome Party:	Adults 28 USD / 195 RMB	Kids 15 USD / 105 RMB
70.3 Barbeque:	Adults 15 USD / 105 RMB	Kids 10 USD / 70 RMB
Awards Banquet Lunch:	Adults 28 USD/ 195 RMB	Kids 15 USD/ 105 RMB

BUS

Ironman China will run two buses during race week from 15-18th and on 20th April:

1. Between the Crown Spa and Resort (host hotel) and the Bao Hua Hotel
2. Between the Crown Spa and Resort and the Transition Area

On race day buses will run from both the Crown Spa and Bao Hua to the Transition Area/Start and from the Finish line.

[Download the complete bus schedule here.](#) (schedules are subject to change)

MASSAGE

During race week massages will be available in the registration building, at a cost of US \$25/30mins. In addition, the Crown Spa and Resort features a world class spa with a range of health treatments available from traditional Chinese massage, Shiatsu, and aromatherapy to more adventurous treatments like fish therapy and cupping. The Spa is open daily from 9am to midnight. On race day, a complimentary post race massage will be available at the finish line.

LANGUAGE LINK

This English/Chinese destination guide may be useful to print out to show your taxi driver.

Crown Spa and Resort **皇冠滨海温泉酒店** **琼山大道** **1号,**

Huang Guan Jiu Dian

(Official Hotel, race registration, welcome dinner, awards banquet)

Transition Area

(street directions)

换项区

滨江路, 琼州大桥北侧

1公里处

Finish line

(East West Park)

终点

People's park, 人民公园

Bao Hua Hotel

宝华酒店, 滨海大道

Thank you

谢谢! Xie Xie!

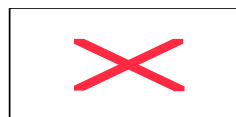
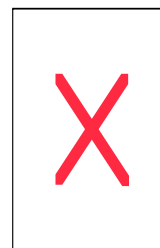
Hello

你好, Ni Hao

Goodbye

再见, Zai Jian

[Ironman China Sponsors](#)



Ironman China Ltd. For further information

please see <http://www.ironmanchina.com>

Race Date: 19 April 2009

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