



6 OCTOBER 2008

FOR IMMEDIATE RELEASE

Ironman China and Ironman 70.3 China Finalize Course

Ironman China, and Ironman 70.3 China, presented by K-SWISS are all set for 2009 with a redesigned race course.

“A number of new roads have been finished since last year’s race which gave us the opportunity to make major improvements to the swim, bike and run courses” says Event Director, Murphy Reinschreiber.

The course has been moved from the West to the East side of Haikou, enabling a guaranteed sheltered swim and bike and run courses that completely avoid the main city traffic.

The brand new swim course is two loops in the clean, slow moving waters of the Nandu River.

The modified bike course retains the same character as the 2008 course: two 90km loops with a combination of incredibly clean and wide-open five lane highways and the unique section through the rural villages. The cultural landscape of Shi Shan and Dao Tan villages was the highlight of the 2008 course and was hailed by veteran Ironman athletes as being truly unique in the Ironman series.

The run course has been redesigned for simplicity and diversity of scenery: the simple, flat 3-leg run includes urban and rural sections and finishes in the city’s central East West park, as in 2008.

“The commitment from the local government of Haikou to this event is fantastic,” commented Race Director, Tinny Tung. “Haikou city is not only supporting our race plan but is also investing in this race by building an event-specific transition area, swim start, and swim finish area. This is great for Ironman China and the long-term development of the race.”

The inaugural Ironman China took place in 2008 and was won by the two-time Ironman Brazil winner, Olaf Sebatschus. Belinda Granger took the women’s title in her second Ironman win of 2008. The Ironman 70.3 China is an age-group only event and was won by Steven Waite of Australia.

Ironman China will take place on 19 April 2009, the same day as Ironman 70.3 China, and is the only race venue to host two Ironman events at the same site on the same day.

Race Date 19 April 2009
www.ironmanchina.com

About Ironman China Ltd

Ironman China is owned and produced by Ironman China Ltd.

For further information please see

<http://www.ironmanchina.com>

Race Date: 19 April 2008

For media enquiries please contact:

Steph Cox, Media Coordinator

steph@ironmanchina.com

skype: stephjcox

Tel: +852 81 763 619