



Event Briefing – Ironman Santa Rosa

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*This Briefing is provided by Ironman Certified Coaches from Total Intensity Sports.
If you have questions or are interested in personalized coaching for your next event, contact us at
www.totalintensitysports.com*

Distance: Full Ironman
Location: Lake Sonoma / Santa Rosa, CA
Time of Year: Mid May
Website: www.ironman.com/triathlon/events/americas/ironman-70.3/santa-rosa.aspx

General Info

- This race was formerly known as Vineman. While this course uses some of the same roads on the bike as the old Vineman event, it is dramatically different. The swim venue is different (now at Lake Sonoma rather than the Russian River in Guerneville) and the run course is in Santa Rosa (rather than Windsor). It is much flatter than the old course and avoids the challenging Chalk Hill of the old course.
- Transition areas are in two separate locations, approximately 40 miles apart. Dropping off bikes and gear on the day before the race into both transitions is required. You will, however, have access to your T2 (and T1) bags prior to the start of the race.
- This race is a Saturday race. As such, Ironman allows athletes to pick up their race packets on Friday. Because of the logistics of two transitions and the large number of things to get done prior to race day, we strongly discourage you from picking up your packet on Friday. Among other things, run gear bags must be dropped off in Santa Rosa by 4pm on Friday, bikes and T1 gear bags must be dropped off into T1 at Lake Sonoma on Friday before 5pm.
- Traffic on the roads getting to Santa Rosa and Lake Sonoma can be really busy during the week. Plan in extra time to get around while you are in the area.
- The swim and T1 area doesn't have extra parking for spectators. If spectators do go to the lake, be prepared to stay there until all athletes are out of transition and on the bike course. Race officials will not allow you to drive on the park road while the race is going on.
- The sun doesn't rise until around 6am, so headlamps will be needed in T1 before the race.

Swim

Start Time: 6.10 am for the age groupers

Start Type: Rolling Start, Self-Seeded
Distance: 2.4 miles
Venue: Lake Sonoma is a very clean lake.
Insider Info:

- Two loops on a clockwise rectangle. Athletes exit the water after your first loop.
- Water Temperatures: typically in the lower-60s F. Could be colder.
- Transportation (busses) is provided to get from the transition area to the swim start. It's very hard to get there with any other option.
- It is typically cold in the morning prior to the race – having someone prepared to take your pre-race clothes or using the race's morning clothes drop off option is recommended.

Bike

Distance: 112 miles
Course Type: Roads, wide shoulders, there are some rough roads along the course.
Direction/Laps:

- This is a point-to-point ride from Lake Sonoma to Santa Rosa, followed by two loops on a 22-mile loop south of Santa Rosa.

Insider Info:

- No significant climbs of note – much easier than old Vineman course. NO Chalk Hill.
- Most of the climbing is in the first 10 miles.
- Road conditions are sketchy. Be alert for potholes and other dangers
- There are a considerable number of turns and short out-and-backs. Becoming familiar with the course is important.
- Great crowds will be on the roads near Santa Rosa. Don't expect a lot of crowds outside of this area. The additional loops on the southern end of this course helps with your motivation from the crowds.
- Special needs bags will be available just before you get to Santa Rosa the first time.

Run

Distance: 26.2 miles
Course Type: roads and bike trails.
Direction/Laps: Three laps of a course which primarily runs along a small canal – on the way out athletes run on one side of the canal and the other side when athletes run back. At the end of the third loop, you go to the finish line.

Insider Info:

- Course is very flat.
- The area around Stony Point Road might seem a little confusing – on each loop, on the way out to the turn-around, you have to cross the canal to the north side, go underneath Stony Point Road and then return to the south side of the canal before continuing west. Be sure to familiarize yourself with these areas before race day.
- Special needs bags will be available near the transition area (limited to accessing them one time).

- Temperatures will get much cooler as the sun sets (around 8 pm) – having cold running gear in your special needs bag is recommended.
- Crowds concentrate around the roads in Santa Rosa

Transition Area

IMPORTANT! Due to the size of the race field, transition area is quite large. Make sure you familiarize yourself with the logistics and directions of the ins and outs of T1 and T2. Determine exactly where you will be going as you enter transition and look for your transition spot and as you leave transition. The directions you run through transition can also be a little confusing. Check this out on Thursday and Friday to be ready on race day.

- **LONG Uphill run** from the swim exit into transition. You may want to wear shoes for this (leave them at water's edge pre-race). Take your time running up to transition to keep your heart rate down. Use this long distance to begin removing your wetsuit. This may or may not be carpeted. Be prepared.

Race Cut-Offs

Swim:

Approximately 8:50 am and 9:00 am (exit out of T1)

Since this is a rolling start, the time of the last swimmer entering the water determines the exact cut-off times.

Each athlete will have 2 hours and 20 minutes to complete the swim course. Any athlete taking longer than 2 hour and 20 minutes from their start time (rolling start) will receive a DNF. The course will officially close 2 hour and 20 minutes after the final athlete starts.

Athletes must be out of transition and starting the bike course by 9:00 am or you will not be permitted to continue.

Bike:

5:10pm and 5:20pm (exit out of T2)

Due to the nature and limited timeframes for road closures, there will be an additional preliminary cut-off time for the bike course at the start of the second lap on the bike course (approximately mile 90). Any athlete that does not pass this point by 3:45 PM will receive a DNF

Run:

Midnight

Due to the three-loop nature and limited timeframes for road closures, there will be an additional preliminary cut-off time for the run course at the start of the third lap of the run course. Any athlete who has not started the third lap (approximately mile 17.5) by 9:45 PM will not be permitted to continue and will receive a DNF.

Other Important Topics

Pre-Race Check-In

While this Ironman allows you to pick up your packet the day before the race (Friday), there is a lot to do pre-race so it is better to check-in two days before or as early as possible. At check-in, you'll get a wrist band that you must wear all weekend. This gets you in and out of transition area, post-race food, and into everything IM-related (except the VIP tent). You'll also have to sign a medical information release form and double check your emergency contact and health

information card. You'll get your race bag here with your swim cap, bib number, three gear and specials needs bags (explained below), and some goodies. You'll also get your chip just before you exit the Ironman check-in tent.

Ironman Gear Bags

When you check in you will receive three gear bags: morning clothes bag, bike gear bag, and run gear bag. The morning clothes bag is for you to put whatever you are wearing pre-race into once you get your wetsuit on and are ready to head to the start line. You can either give this bag to your family or you can drop it off at the bins they have in T1, which will be available to you after you finish the race. If you put your phone or iPod in this bag, you may want to put it in a ziplock baggie just to be sure it doesn't get wet. Many people put their wetsuit and swim gear in this bag just to transport it with you in the morning when you head to the race venue. The next bag is the bike gear bag, which will have everything you need for the bike-helmet, shoes, socks, clothing, nutrition (if not already attached to your bike), sunglasses, etc. In your run bag, you will include your running shoes, socks, race number belt, nutrition, water bottle, hat or visor, etc. You will turn in your bike and run gear bags the day before the race. There is no transition set-up for Ironman. Everything goes into your bag which will be laid out in number order, as you'll see when you drop it off the day before the race.

Special Needs Bags

You will also get a bike special needs bag and a run special needs bag. You can put whatever you want in these bags. You will drop them off on race morning and they will be transported to the appropriate spots, about halfway through the bike and run courses. You can access these bags when you get to that spot or you can choose to leave them be and continue. You DO NOT get these bags back so don't put anything valuable in them.

- Suggestions for bike special needs include CO2 cartridge(s), bike tube(s), extra/special nutrition, extra water bottle(s), chamois cream.
- Suggestions for your run special needs, you may want to include gloves, sleeves, or a long-sleeve shirt in case you are out there after dark. You may also want to put in extra nutrition, headlamp (remember you won't get it back if you don't use it), advil, pepto bismol or antacids, or anything special you might want or need on the run, especially if you are going to be out there in the dark.

Schedule of Events

- Always use the official Schedule of Events (put online 4-6 weeks before the event) for specifics.
- Practice Swim (1-2 days before race day)
- Mandatory Bike & Gear Check-In (day before race day)
- Athlete Check-In (2-4 days before race day; Important: Athlete Check-In will NOT be open on race day.)

Race Day Parking

- Parking is at the finish line/transition area. Busses take athletes to the swim start. Spectators aren't usually allowed to use the busses.
- The swim and T1 area doesn't have extra parking for spectators. If spectators do go to the lake, be prepared to stay there until all athletes are out of transition and on the bike course. Race officials will not allow you to drive on the park road while the race is going on.