

Intermountain[®]
Healthcare

IRONMAN[®] 70.3[®] WORLD CHAMPIONSHIP

PRESENTED BY



UTAH SPORTS
COMMISSION

St. George Utah | USA



THE LAND OF ENDURANCE.

SEPTEMBER 18, 2021



SWIM 1.2MI



BIKE 56MI



RUN 13.1MI

Intermountain
Healthcare

IRONMAN 70.3[®]

WORLD CHAMPIONSHIP

PRESENTED BY



UTAH SPORTS
COMMISSION

St. George Utah | USA

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NIRVANA
EVENT TRAVEL, ACCOMMODATION & LOGISTICS

GREATER
ZION

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Intermountain
Healthcare

IRONMAN 70.3
WORLD CHAMPIONSHIP

PRESENTED BY UTAH SPORTS
COMMISSION

St. George Utah | USA



2021 Schedule of Events

Wednesday, September 15, 2021

Start	End	Event	Location
9.00am	5.00pm	Accreditation	Washington County School District Building
9.00am	5.00pm	Media Center	Washington County School District Building
9.00am	5.00pm	VIP Guest Services	Washington County School District Building
9.00am	6.00pm	IRONMAN® Village	Town Square Park
9.00am	6.00pm	Official IRONMAN® Store	Town Square Park
9.00am	6.00pm	IRONMAN® Information Tent	Town Square Park
9.00am	6.00pm	Lost and Found	Town Square Park
9.00am	6.00pm	Bike Tech Support	Town Square Park
9.00am	6.00pm	Land of Endurance Fun Run Check-in	Town Square Park
9.00am	6.00pm	IRONKIDS® Check-in	Town Square Park
9.00am	6.00pm	IRONMAN® 70.3® World Championship Athlete Check-in, All Athletes	Town Square Park

Thursday, September 16, 2021

Start	End	Event	Location
8.30am	9.30am	Land of Endurance Fun Run	Town Square Park
9.00am	5.00pm	Accreditation	Washington County School District Building
9.00am	5.00pm	Media Center	Washington County School District Building
9.00am	5.00pm	VIP Guest Services	Washington County School District Building
9.00am	6.00pm	IRONMAN® Village	Town Square Park
9.00am	6.00pm	Official IRONMAN® Store	Town Square Park
9.00am	6.00pm	IRONMAN® Information Tent	Town Square Park
9.00am	6.00pm	Lost and Found	Town Square Park
9.00am	6.00pm	Bike Tech Support	Town Square Park
9.00am	6.00pm	IRONKIDS® Check-in	Town Square Park
9.00am	6.00pm	IRONMAN® 70.3® World Championship Athlete Check-in, All Athletes	Town Square Park
10.00am	10.45am	Race Briefing Chinese	Dixie Convention Center
11.00am	11.45am	Race Briefing Japanese	Dixie Convention Center
12.00pm	12.45pm	Race Briefing Spanish	Dixie Convention Center
1.00pm	1.45pm	Race Briefing French	Dixie Convention Center
2.00pm	2.45pm	Race Briefing German	Dixie Convention Center
6.00pm	8.00pm	Welcome Banquet	Dixie Convention Center
8.00pm	8.45pm	Race Briefing – English	Dixie Convention Center

**THE LAND OF
ENDURANCE.**



2021 Schedule of Events (cont.)

Friday, September 17, 2021

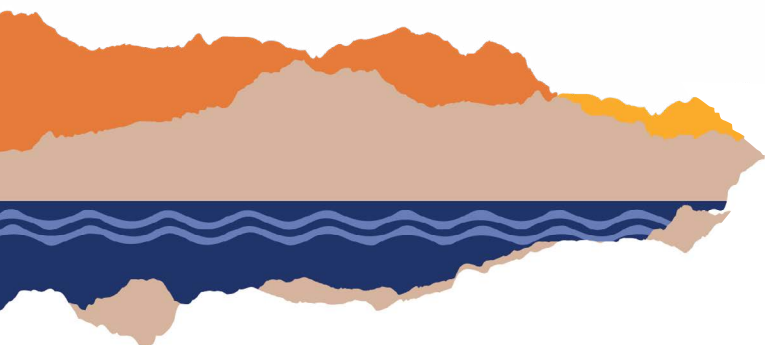
Start	End	Event	Location
9.00am	10.00am	IRONKIDS®	Town Square Park
9.00am	12.00pm	IRONMAN® 70.3® World Championship Athlete Check-in, All Athletes	Town Square Park
9.00am	5.00pm	Accreditation	Washington County School District Building
9.00am	5.00pm	Media Center	Washington County School District Building
9.00am	5.00pm	VIP Guest Services	Washington County School District Building
9.00am	6.00pm	IRONMAN® Village	Town Square Park
7.30am	6.00pm	Official IRONMAN® Store	Town Square Park
9.00am	6.00pm	IRONMAN® Information Tent	Town Square Park
9.00am	6.00pm	Lost and Found	Town Square Park
9.00am	6.00pm	Bike Tech Support	Town Square Park
10.00am	10.45am	Race Briefing – Physically Challenged & Handcycle Athletes	Town Square Park, Clock Tower
10.00am	6.00pm	Professional, Age Group, Physically Challenged & Handcycle Bike and Bike Bag Check-in	Sand Hollow State Park – T1
10.00am	6.00pm	Professional, Age Group, Physically Challenged & Handcycle Run Bag Check-in	Tabernacle St / 100W – T2

Saturday, September 18, 2021

Start	End	Event	Location
4.00am	7.30am	Athlete Shuttles to Sand Hollow	Town Square Park
5.00am	7.00pm	Media Center	Washington County School District Building
5.00am		Transition 1 Open – All Zones	Sand Hollow State Park
5.30am	8.00am	Accreditation	Washington County School District Building
7.00am		START IRONMAN® 70.3® World Championship Professional Men	Sand Hollow State Park
7.10am		START IRONMAN® 70.3® World Championship Professional Women	Sand Hollow State Park
7.12am		START IRONMAN® 70.3® World Championship Physically Challenged & Handcycle	Sand Hollow State Park
7.25am		START IRONMAN® 70.3® World Championship Age Group – First Wave	Sand Hollow State Park
7.30am	6.00pm	IRONMAN® Village	Town Square Park
7.30am	6.00pm	Official IRONMAN® Store	Town Square Park
7.30am	6.00pm	IRONMAN® Information Tent	Town Square Park
7.30am	6.00pm	Lost and Found	Town Square Park
7.30am	6.00pm	Bike Tech Support	Town Square Park
2.00pm	7.00pm	Men's & Women's Bike and Gear Bag Check-out	Tabernacle St / 100W – T2
7.30pm		IRONMAN 70.3 World Championship - Rise To It After Party	Dixie Convention Center

Sunday, September 19, 2021

Start	End	Event	Location
8.00am	12.00pm	Official IRONMAN® Store	Town Square Park
8.00am	12.00pm	Lost and Found	Town Square Park
8.00am	12.00pm	Bike Tech Support	Town Square Park



SEPTEMBER 18, 2021
SWIM 1.2 MI BIKE 56 MI RUN 13.1 MI

WELCOME



Andrew Messick
President & Chief Executive Officer
The IRONMAN Group

On behalf of our entire IRONMAN team, welcome to the 2021 Intermountain Healthcare IRONMAN 70.3 World Championship presented by Utah Sports Commission in stunning St. George, Utah.

After what has been one of the most difficult and tumultuous years in our racing community's history, we take great pride in celebrating your achievement of overcoming all and making it to this prestigious event. It is a tremendous honor to have earned a spot for the IRONMAN 70.3 World Championship and I am pleased to have the privilege of congratulating you on being part of the world's most elite athletes.

We look forward to bringing this event to the striking Southwestern United States community of St. George and "The Land of Endurance." Its breathtaking scenery and stunning views of the surrounding Red Rock canyons have made this community a sought-after destination for athletes for years.

As you prepare to take on this unique and challenging course, we hope you bask in the beauty of one of the premier endurance event locations in the world. While the course is a difficult test worthy of all who qualify, this event is intended to also be a celebration of what you have already accomplished as you chase your continued goals.

Despite not having the opportunity to gather for this event last year, we look forward to a memorable race and hope you enjoy everything that comes with being an athlete on the world's stage. On behalf of the IRONMAN family, we wish you a safe and successful race and cannot wait to welcome you across that finish line as you take your place in the annals of IRONMAN 70.3 history.

See you at the finish line!



Diana Bertsch
Senior Vice President,
World Championship Events
The IRONMAN Group

Welcome to the Land of Endurance!

On behalf of all of us at IRONMAN, welcome to the stunning community of

St. George, Utah for the 2021 Intermountain Healthcare IRONMAN 70.3 World Championship presented by Utah Sports Commission. After a long wait, we can't wait to celebrate your achievement and welcome you to a week of world championship festivities in a truly unique and beautiful Southwest United States setting.

Carved by water, rock and time, this "Land of Endurance" includes the Red Cliffs National Conservation Area and Pine Valley Mountains to the north, the western edge of the Colorado Plateau and Zion National Park to the east, and the Arizona Strip to the south providing scenery as far as the eye can see. Your participation in this event will be an experience unlike any other as you make memories to be cherished.

Those who have made it to the start line should be extremely proud of the journey towards this athletic pinnacle of racing. The unique and challenging course provides for a swim in the beautiful Sand Hollow Reservoir, ride to the picturesque Snow Canyon State Park, run along the Red Cliffs Desert Reserve and finish in the center of historic downtown St. George that culminates in a one-of-a-kind celebration of YOU!

Our staff, the incredible team of volunteers, and local community stand at the ready to ensure you have the best experience possible. As athletes arrive from around the world, we ask that you carry an awareness, courtesy, and respect for all.

Embrace the striking beauty of this Southwestern treasure, rise to the occasion, and remember, "ANYTHING IS POSSIBLE!"



Kevin Lewis, Director
Greater Zion Convention
& Tourism Office

For years, the annual IRONMAN® 70.3® St. George has been a showcase of the world's best professional athletes. The race is consistently stacked with some of the largest and most

distinguished pro fields on the circuit. It's a race well known for challenging conditions and epic finishes.

This year, as the 2021 Intermountain Healthcare IRONMAN 70.3 World Championship presented by Utah Sports Commission, the degree of competition rises to a new level.

Every athlete can already claim elite status after securing their place here by qualifying in the top of their division at another race. Each is already a champion, yet every athlete is yearning for something more.

To win here, at this level, you have to be fast. Fast, on a course with a reputation for pushing back. There is no margin for error. It's all out, no holds barred. No dipping your toe in to test the water, this is dive in, put your head down and go. Every weakness is exploited. Every doubt is doubled. Every ache intensified. When the best of the best show up, there is no mercy.

For local residents, this is a chance to witness and be inspired by the characteristics of greatness. A display of discipline, determination and dreams will dot our landscape on race day. Athletes will lay out heart and soul for all the world to see, and there's a good chance they will leave some of it here. Like the early settlers who conquered this rugged terrain, their sweat, blood and tears will drip into the desert soil and become part of the energy and spirit that resonates from the land.

The top athletes say they don't really pay attention to the landscape on race day. Don't get me wrong, they love the dynamics of the course and the beauty that surrounds them, but the focus becomes extremely narrow when they are racing.

What they do notice in the middle of the race is the heart and soul of the people here - the volunteers, the public safety personnel, the cheering crowds, and the behind-the-scenes support. "I still get goosebumps when I think about it," tweeted one of the top pros who raced here last May.

I still get goosebumps too. Watching our community Rise to It is simply remarkable.

Nothing grows in the desert without effort, but the kind of life that blossoms here is almost indescribable. The Land of Endurance is enriched by hearts that pound with passion, sweat that weeps for the good of others, and blood that drips with optimism and passion.

Congratulations for enriching this land and this 2021 Intermountain Healthcare IRONMAN 70.3 World Championship presented by Utah Sports Commission with yours.



Spencer Cox
Utah Governor

On behalf the entire state of Utah, welcome to the Land of Endurance. Greater Zion is a place that oozes in the characteristics of IRONMAN. The rugged terrain is playfully captivating; the cozy communities are refreshingly spirited; the people

resonate with welcome appreciation - everything about it is intriguingly inspirational.

We have all of the external elements to make this an unforgettable world championship, but what sets us apart is the heart of the people. You can't fabricate genuine passion and enthusiasm and in St. George, it is here for the taking. There is no question that you will feel something different here, and once you've felt it, you'll understand what we mean by Life Elevated.

We've been preparing to host the 2021 Intermountain Healthcare IRONMAN 70.3 World Championship presented by Utah Sports Commission for more than a decade. Together we're ready to Rise to It!



Welcome to Greater Zion,

From near and far, generation after generation, people are drawn to a land we call Greater Zion. They come for reasons they can't explain, compelled by a feeling that comes from deep within.

In this extraordinary place, a collection of communities, filled with optimism and purpose, have grown and thrived. Each community that the IRONMAN® 70.3® World Championship course goes through in Utah has its own distinct character and flavor.

You can enjoy red sand and blue water adventure in Hurricane where the race starts, or Broadway-level arts and entertainment in Ivins - home to the signature climb up Snow Canyon. You'll pass through the refreshing communities of Washington and Santa Clara that radiate with pioneer heritage and a peaceful, "feels like home" attitude. In the center of it all is St. George, one of the country's most sought after communities. St. George has that unique blend of small town feel with big city energy and amenities nestled in the heart of all the adventure and scenery you can possibly imagine.

As leaders of these communities, we celebrate your success and invite you to immerse yourself in the beauty of our landscapes and the enthusiasm of our people.

Congratulations for the dedication, commitment and passion that brings you to a place resonating with those qualities. People tell us they "feel" something different here. As you embrace our land and our people, we know you'll feel it too.

THE LAND OF ENDURANCE IS CALLING. RISE TO IT!



Commissioners Gil Almquist and Victor Iverson,
Washington County Commission



Mayor Michele Randall,
St. George City



Mayor Rick Rosenberg,
City of Santa Clara



Mayor John Bramall,
City of Hurricane



Mayor Ken Neilson,
Washington City



Mayor Chris Hart,
Ivins City





THE WORLD'S BIGGEST ARENA.

Location, location, location. Utah has all the natural qualities to add the right level of epic to your event. Visit UtahSportsCommission.com to find out why our state is right for you.

#StateofSport



UTAH SPORTS
COMMISSION

UTAH: THE STATE OF SPORT



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How to Watch the 2021 IRONMAN 70.3 World Championship


WATCH LIVE

Live coverage of the race starts at 6:30 am local time (Mountain Daylight Time/GMT -6) on race morning with a 30 min pre-show with hosts Greg Welch, Michael Lovato and Dede Griesbauer. Field commentator Matt Lieto will also be bringing on-course reports during our start to finish coverage of the pro men (starting at 7am) and the pro women (starting at 7:10). Also, stay tuned to our social channels for daily episodes of our race-week series, A Fighting Chance, which takes audiences behind the scenes with the top pro contenders as they prepare for race day. Go inside the action to meet the people behind the staging of this iconic event and the age-group personalities chasing their own finish line goals. See what it takes to have a fighting chance at world-title glory

GET SOCIAL

Tag your IRONMAN 70.3 World Championship photos and videos with #IM703WC wherever you share most. Stay on top of the latest news and exciting events by connecting with IRONMAN across our social channels:

 **@ironmantri:** Follow our Instagram account for stories, videos, and key moments from race week.

 **@IRONMANTri:** Follow major updates on the professional race while you're on the go.

 **Facebook.com/IRONMANTri** Your home for all things IRONMAN, globally.

Facebook.com/IRONMANNow Check out this page for the latest on our broadcast schedule and daily episodes of A Fighting Chance.

Facebook.com/IM703WC The main event page for this year's championship event, with updates, photos, and announcements.

TRACK YOUR ATHLETE

Download the IRONMAN Tracker App:

On Apple:



On Android:



Live tracker: See times and current pace within seconds of a participant crossing each timing mat. Estimated times will be provided based on current pace.

Live leaderboard: See who is leading the race! The leaders in each category will be displayed in real time as they complete the course.

Facebook/Twitter notifications: You can set up automatic posting as an athlete progresses through the course. As a spectator, athlete times can be posted to your Facebook or Twitter feed automatically, allowing friends and family to share in the excitement. If you're a participant, claim your profile, enable notifications, and your stats will post live as you pass each checkpoint.

Live map tracking: Participant locations will be plotted on the interactive course map as progress is made on course. The position of each participant is estimated based on the most recent timing received. Note: Participants do not need to carry their phones for this to work.



MAY 7, 2022

RACE STATS



2019 WORLD CHAMPIONS

NAME	SWIM	BIKE	RUN	TIME
Gustav Iden	23:55	2:17:25	1:08:10	3:52:35
Daniela Ryf	26:32	2:33:38	1:18:37	4:23:04

2019 PROFESSIONAL TOP 10: MEN'S DIVISION

NAME	SWIM	BIKE	RUN	TIME
1. Gustav Iden	23:55	2:17:25	1:08:10	3:52:35
2. Alistair Brownlee	23:17	2:17:38	1:10:43	3:55:19
3. Rodolphe Von Berg	23:31	2:17:31	1:12:15	3:56:45
4. Kristian Blummenfelt	23:231	2:22:10	1:09:59	3:59:32
5. Sebastian Kienle	26:50	2:19:57	1:09:31	4:00:18
6. Bart Aerouts	27:00	2:19:46	1:10:36	4:01:14
7. Javier Gomez	23:22	2:24:07	1:10:09	4:01:30
8. Sam Appleton	23:19	2:23:01	1:11:56	4:02:15
9. Bradley Weiss	24:39	2:21:51	1:12:43	4:03:09
10. Ben Kanute	23:21	2:20:57	1:16:53	4:04:36

2019 PROFESSIONAL TOP 10: WOMEN'S DIVISION

NAME	SWIM	BIKE	RUN	TIME
1. Daniela Ryf	26:32	2:33:38	1:18:37	4:23:04
2. Holly Lawrence	26:23	2:36:50	1:20:08	4:27:02
3. Imogen Simmonds	26:40	2:36:16	1:21:10	4:28:10
4. Chelsea Sodaro	27:23	2:41:34	1:17:56	4:31:07
5. Lucy Charles-Barclay	25:23	2:42:03	1:20:19	4:31:50
6. Radka Kahlefeldt	26:37	2:43:02	1:19:59	4:33:38
7. Amelia Watkinson	26:40	2:37:59	1:25:21	4:34:06
8. Manon Genet	29:16	2:39:26	1:21:16	4:34:14
9. Emma Pallant-Browne	27:36	2:45:06	1:17:53	4:34:26
10. Sarah Svensk	29:23	2:44:12	1:17:18	4:35:23

2019 AGE GROUP CHAMPIONS: MEN'S DIVISION

AGE GROUP	TIME	NAME	AGE
18-24	4:15:48	Theo Debard	18
25-29	4:18:04	Kristoffer Visti Graae	25
30-34	4:18:05	Lukas Bosmans	30
35-39	4:25:01	Lars Petter Stormo	35
40-44	4:26:15	Karel Zadak	40
45-49	4:28:47	Alexandre Vinokurov	45
50-54	4:34:55	Laurent Jalabert	50
55-59	4:46:23	Christophe Joffret	55
60-64	5:05:17	Scheiring Hermann	60
65-69	5:25:05	Mark Jochum	65
70-74	5:24:58	Yves Tabarant	70
75-79	6:32:41	Ken Murley	75

2019 AGE GROUP CHAMPIONS: WOMEN'S DIVISION

AGE GROUP	TIME	NAME	AGE
18-24	4:58:55	Sidey Andrew	18
25-29	4:57:17	Charlene Clavel	25
30-34	4:56:06	Tracy Clinch	30
35-39	4:53:56	Rachel Clausing	35
40-44	4:51:09	Johanna Daumus Carrier	40
45-49	5:10:30	Samantha Bradley	45
50-54	5:21:25	Brigitte McMahon	50
55-59	5:21:47	Catherine Houseaux	55
60-64	5:39:42	Jenny Alcorn	60
65-69	6:23:14	Rosemary Wedlake	65
70-74	7:32:03	Linda Spillane	70

2019 HANDCYCLE CHAMPION

TIME	NAME	AGE
5:29:41	Miroslav Sulc	46

PRIZE PURSE: The 2019 IRONMAN 70.3 World Championship professional prize purse was \$250,000 and distributed among the top 10 professional male and female finishers.

COUNTRIES REPRESENTED FOR 2021

COUNTRY	PARTICIPANTS
United States of America	3271
Mexico	143
France	86
Canada	83
Colombia	60
Germany	60
Ecuador	55
Argentina	54
United Kingdom	50
Australia	44
Chile	43
Brazil	42
Switzerland	38
United Arab Emirates	29
Denmark	28
Guatemala	20
Japan	20
Russia Federation	19
Poland	16
Spain	15
Taiwan, Province of China	14
South Africa	13
Kazakhstan	12
New Zealand	12
Peru	12
Italy	11
Costa Rica	10
Belgium	8
Ireland	8
Netherlands	8
Portugal	8
Sweden	8
Bermuda	7
Finland	7
Panama	7
Philippines	6
El Salvador	4
Honduras	4
Romania	4
Ukraine	4
Uruguay	4

COUNTRY	PARTICIPANTS
China	3
Czech Republic	3
Estonia	3
India	3
Latvia	3
Luxembourg	3
Norway	3
Aruba	2
Austria	2
Cyprus	2
Egypt	2
Hungary	2
Martinique	2
Morocco	2
Singapore	2
United States Minor Outlying Islands	2
Andorra	1
Azerbaijan	1
Bangladesh	2
Belarus	1
Belize	1
Croatia	1
Georgia	1
Greece	1
Hong Kong	1
Indonesia	1
Israel	1
Jordan	1
Kenya	1
Kuwait	1
Kyrgyzstan	1
Malta	1
Namibia	1
Nicaragua	1
Pakistan	1
Saudi Arabia	1
Turkey	1
Uzbekistan	1
Venezuela	1

OVERALL STATISTICS 2021

COUNTRIES REPRESENTED

80

AVERAGE AGE

42

TOTAL PARTICIPANTS

4,414

FEMALE **1599** MALE **2815**

36%

64%

YOUNGEST MALE

JACOB WOLMER, 18

YOUNGEST FEMALE

ARRON GOLDMAN, 18

OLDEST MALE

MANFRED KLITTICH, 84

OLDEST FEMALE

CHERIE GRUENFELD, 77



THE COURSE

Your 2021 Intermountain Healthcare IRONMAN 70.3 World Championship presented by Utah Sports Commission promises an experience to last a lifetime. The day kicks off with a 1.2-mile (1.9km) swim in clear and cool Sand Hollow Reservoir, a 56-mile (90.1km) bike that includes the legendary Snow Canyon climb, and a 13.1-mile (21.1km) run that takes athletes through the Red Cliffs Desert Reserve to an electric finish in historic downtown St. George.

Before you start dreaming of that long-awaited finish line, it's time to prepare for what is to come on this challenging, champion-worthy course. Use the maps included here to start visualizing your day and don't miss Jason Lentzke's article (page 30) on how to execute a performance to be proud of on this course. Your best day is just around the corner.

SWIM





ROKA

MAVERICK X

THE WORLD'S MOST LOVED WETSUIT

"I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

PATENTED

PROTECTED BY DOMESTIC AND
INTERNATIONAL PATENTS WITH
ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY
FASTEST IRONMAN
SWIMMER ON THE PLANET

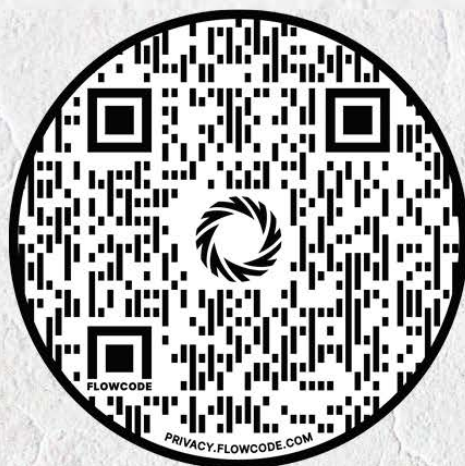
BIKE





IRONMAN
GLOBAL SERIES
2021 OFFICIAL BIKE PARTNER

Ventum is giving away a frameset to one lucky athlete. Simply scan the flowcode for your chance to win!



Learn more at Ventumracing.com

RUN



The HOKA logo is located in the top right corner of the image. It consists of the word "HOKA" in a bold, blue, sans-serif font, with a stylized blue swoosh above the letter "O".

HOKA

The background of the advertisement features three runners in motion against a light gray concrete wall. On the left, a woman with dark hair in a ponytail, wearing a light blue tank top and black shorts, is running. In the center, a man in an orange t-shirt and black shorts is running. On the right, another man in a black t-shirt and black shorts is running. All three are wearing HOKA Clifton 8 running shoes. The shoes are light blue with red and white accents. The text "SMOOTH ON DOWN THE ROAD" is overlaid in large, white, sans-serif capital letters across the middle of the image.

SMOOTH ON DOWN THE ROAD

THE LEGENDARY CLIFTON RIDE,
NOW EVEN SMOOTHER.

CLIFTON8

THE CONTENDERS

WHO WILL TAKE THE TITLE IN ST. GEORGE?

The much-awaited IRONMAN 70.3 World Championship is here, and the coveted podium in St. George awaits. The professional competitors are hungry to return to the height of their game—read on and make your pick for the 2021 men’s and women’s champion!

Tune into [IRONMAN Now](#) on Facebook and don’t miss a minute of the action. Coverage of the professional race will begin at 6:45 am Mountain Time (GMT-6) on Saturday, September 18, 2021. (See How to Watch on page 10.)

DANIELA RYF >

A dominant all-around triathlete, the reigning world champ rarely shows a weakness. The “Angry Bird” is looking to reclaim her throne after winning this event in 2019—the last edition of this event in Nice, France. On the St. George course, Ryf set a course record (4:05:47) at the North American Pro Championship edition of the event in May of this year.



COUNTRY: Switzerland

AGE: 34

TWITTER/INSTAGRAM: @danielaryf

CAREER HIGHLIGHTS:

Five-time IRONMAN 70.3 World Championship winner (2014, 2015, 2017, 2018, 2019);

Four-time IRONMAN World Championship winner (2015-2018).

2021 1st, IRONMAN Tulsa, 1st, IRONMAN 70.3 Dubai,

1st, IRONMAN 70.3 North American Pro Championship, St. George; 1st, IRONMAN 70.3 Switzerland.

2019 1st, IRONMAN Austria, 1st, IRONMAN North American Championship, Texas,

1st, IRONMAN 70.3 Oceanside, 1st, IRONMAN 70.3 Switzerland.



COUNTRY: UK

AGE: 27

INSTAGRAM: @lucycharles93

TWITTER: @LucyAnneCharles

CAREER HIGHLIGHTS:

2021 1st, IRONMAN 70.3 European Championship, Elsinore

2019 2nd, IRONMAN World Championship;
1st, IRONMAN African Championship

2018 2nd, IRONMAN 70.3 World Championship;
1st, IRONMAN African Championship, South Africa.

^ LUCY CHARLES-BARCLAY

Lucy Charles-Barclay is an English professional triathlete specializing in IRONMAN and IRONMAN 70.3. Prior to taking up triathlon, Charles was an elite distance and open water swimmer. Charles made her debut in triathlon in 2014 and went on to win the 18–24 age group at the 2015 IRONMAN World Championship. In 2017, her first year competing professionally in Kona, she came in second, behind Daniela Ryf. She repeated this in 2018, and in 2019 she placed second again, this time behind Germany's Anne Haug.

HOLLY LAWRENCE >

The 2016 IRONMAN 70.3 World Champion is a proven specialist at this distance. Strong across the swim, bike, and run, this Brit often leads races wire-to-wire. She thrives on tough, hilly courses like St. George.

COUNTRY: UK

TWITTER: @holly_lawrence_

AGE: 31

INSTAGRAM: @hollylawrencetri

CAREER HIGHLIGHTS:

2020 1st, IRONMAN 70.3 Cozumel

2019 1st, IRONMAN 70.3 European Championship, Elsinore,
1st, IRONMAN 70.3 Asia-Pacific Championship, Cairns,
1st, IRONMAN 70.3 North American Championship,
St. George, 2nd, IRONMAN 70.3 World Championship, Nice.

2017 1st, IRONMAN 70.3 North American Pro
Championship, St. George.

2016 1st, IRONMAN 70.3 World Championship,
Mooloolaba.





^ EMMA PALLANT-BROWNE

Before Emma Pallant Browne turned 30 in 2019, she had already put together an impressive resume. She had become the European U23 cross-country champion, was a world-class middle-distance runner, had notched world titles in aquathlon (2017) and duathlon (2015 and 2016), and came second to Daniela Ryf at the IRONMAN 70.3 World Championship in 2017. She'd also won a stack of 70.3 races. With the injury that has plagued her career now a distant memory, Pallant-Browne is back on the scene tearing up run courses with her blazing fast splits.

COUNTRY: UK

AGE: 32

TWITTER: @emmapallant

INSTAGRAM: @em_pallant

CAREER HIGHLIGHTS:

2021 1st, IRONMAN 70.3 Boulder; 2nd, IRONMAN 70.3 Des Moines; 3rd, IRONMAN 70.3 St. George

2020 2nd, IRONMAN 70.3 South Africa

2019 1st, IRONMAN 70.3 Lanzarote;
1st, IRONMAN 70.3 Cascais; 1st, IRONMAN 70.3 Vichy;
1st, IRONMAN 70.3 Pays d'Alx

✓ ELLIE SALTHOUSE

Ellie Salthouse started her triathlon journey as a junior in Queensland, progressing to Triathlon Australia, the ITU junior ranks and then through to the elites. After hooking up with coach Siri Lindley in 2013, Salthouse turned her sights to the half-distance, where she has enjoyed success. She says that becoming an IRONMAN 70.3 World Champion is her "ultimate dream."

COUNTRY: Australia

AGE: 28

TWITTER: @elliesalthouse1

INSTAGRAM: @elliesalthouse1

CAREER HIGHLIGHTS:

2021 1st, IRONMAN 70.3 Andorra, IRONMAN 70.3 Geelong

2019 1st, IRONMAN 70.3 Coquimbo, 1st, IRONMAN 70.3 Cozumel, 2nd, IRONMAN 70. Geelong, 3rd, IRONMAN 70.3 Oceanside





◀ GUSTAV IDEN

The defending champion from the 2019 edition of the event in Nice returns to show the triathlon world that he is still the one to beat. This young Norwegian worked his way up in sport racing on the WTS circuit until landing on the half-distance, where he's already enjoyed considerable success. This year he placed 8th at the Tokyo Olympics. Iden trains alongside Kristian Blummenfelt in his hometown of Bergen.

COUNTRY: Norway

AGE: 25

INSTAGRAM: @gustav_iden

CAREER HIGHLIGHTS:

2021 8th, 2020 Tokyo Olympics

2019 1st, IRONMAN 70.3 World Championship

SAM LONG ▶

This young American has been taking 2021 by storm. Born as one of three premature triplets to a family of triathletes, the doctors who said he might always lag behind his peers couldn't have been more wrong. Long now stands at 6 feet, 4 inches tall and is nicknamed the 'Big Unit'. Long is known as a confident, vocal presence on social media and his "Yo, Yo, Yo!" mantra has become a recognizable brand among his supporters, family, and fans.

COUNTRY: USA

AGE: 25

INSTAGRAM: @samgolong

CAREER HIGHLIGHTS:

2021 1st, IRONMAN 70.3 Boulder; 1st, IRONMAN Coeur d'Alene; 2nd, IRONMAN 70.3 St. George

2020 1st, IRONMAN 70.3 Cozumel; 3rd, IRONMAN Florida

2019 1st, IRONMAN Chattanooga; 1st, IRONMAN 70.3 Victoria; 1st, IRONMAN 70.3 Chattanooga



RODOLPHE VON BERG >

Rodolphe “Rudy” Von Berg followed in the footsteps of his father, also a triathlete, and is a fast-rising star in the world of middle-distance racing. In Nice in 2019—his third IRONMAN 70.3 World Championship start—his win took even two-time Olympic champion Alistair Brownlee by surprise. Von Berg showed he could run as well, finishing in third at the prestigious race.

COUNTRY: USA

INSTAGRAM: @rudylvonberg

AGE: 27

TWITTER: @rudylvonberg

CAREER HIGHLIGHTS:

2021 2nd, IRONMAN 70.3 European Championship, Elsinore

2020 1st, IRONMAN 70.3 Les Sables d'Olonne

2019 1st, IRONMAN 70.3 South American Championship, Buenos Aires; 1st, IRONMAN 70.3 Elsinore; 1st, IRONMAN 70.3 North American Championship, St George; 2nd, IRONMAN 70.3 Cozumel; 2nd, IRONMAN 70.3 Oceanside; 3rd, IRONMAN 70.3 World Championship.



> DANIEL BÆKKEGAÅRD



From a background in elite swimming, this Dane jumped into triathlon at a young age in 2015, as part of the Danish Triathlon Federation's youth program. He made waves at his first IRONMAN 70.3 in 2018 in Marbella when pitted against much more experienced pros, and the following year continued to draw attention with impressive wins including a 1:13:20 half marathon in Lahti.

COUNTRY: Denmark

AGE: 25

INSTAGRAM: @therealstriker_

CAREER HIGHLIGHTS:

2021 3rd, IRONMAN North American Championship, Tulsa

2020 1st, IRONMAN 70.3 Tallinn; 1st, IRONMAN 70.3 Dubai

2019 1st, IRONMAN Austria; 1st, IRONMAN 70.3 Finland; 2nd, IRONMAN 70.3 Middle East Championship, Bahrain

> KRISTIAN BLUMMENFELT

Norwegian short-course triathlete Kristian Blummenfelt soared to a career-defining moment in Tokyo as he took Gold at the 2020 Olympics. He is the current world record holder at the half distance, setting a time of 3:25:21 at the 2019 IRONMAN 70.3 Middle East Championship, Bahrain.

COUNTRY: Norway

INSTAGRAM: @kristianblu

AGE: 27

TWITTER: @kristianblu

CAREER HIGHLIGHTS:

2021 1st, 2020 Tokyo Olympics

2019 1st, IRONMAN 70.3 Middle East Championship, Bahrain; 4th, IRONMAN 70.3 World Championship



A STEP AHEAD OF YOUR TRAINING PLAN?



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PAINT THE TOWN RED



Race, eat, and play your way through our Southwest host city with this 4-day itinerary.

By Jennifer Ward

St. George is a natural gem for triathlon and adventure enthusiasts alike. With a million-year geologic history and location at the intersection of the Mojave Desert, the Pine Valley Mountains and Zion National Park, this moderately-sized city is the poster child of the American Southwest. With more than 65 miles of urban trails and easy-to-navigate size, St. George is as welcoming and warm as it is striking and seductive.

The characteristically difficult courses the city has served up to triathletes for over a decade make St. George the perfect place to bring the IRONMAN 70.3 World Championship back to U.S. soil. Challenging climbs on the bike and run are rewarded with exceptional red-rock canyon views. The refreshingly moderate

Autumn temperatures and spectacular support round out the long list of reasons athletes are stoked to showcase their strengths here on the world scale.

But there's so much more to do than just chase down a PR. Follow our Thursday through Sunday guide for this weekend championship, and get ready to make memories in the Land of Endurance!

DAY 1: SETTLE AND PREP

8 a.m. With a few days to go before the big showdown, it's a great time to head to Town Square in historic downtown—race base—and check in early at the IRONMAN Village. Check out the Land of Endurance Fun Run at 8:30 to shake out the legs and de-stress for your day.

3 p.m. Give the family a break from your to-do list and send them to the St. George Children's Museum to explore pint-sized towns, shoot hoops, play music and create giant bubbles. At the Dinosaur Discovery Site at Johnson Farm, dubbed one of the best dinosaur

track sites in the world by paleontologists, children and adults alike will enjoy the rare and well-preserved fossil fish, invertebrate traces and dinosaur remains.

7 p.m. With roots that trace to the 1930s, George's Corner Restaurant & Pub is a must-hit. Produce is pulled from the owners' garden, and the meat is fresh off their farm, never frozen. The dinner menu includes salads, burgers, fried chicken and ribs, all which pairs nicely with a Utah brew. Their bread is handmade in-house—and there are gluten-free options, too.

DAY 2: TOUR AND TAKE TEN

9 a.m. You'll have a tough time deciding between French toast and the Dixie Sunrise with two eggs over Italian herbed potatoes at TwentyFive Main, a café and cupcake "parlor" owned by two brothers. Take a cappuccino and some strawberry cupcakes to go—you know, to earn extra points with the spouse and kids before the long spectator day ahead.

10:30 a.m. No matter your religion, the St. George Utah Temple—the first temple built by The Church of Jesus Christ of Latter-Day Saints following the death of founder Joseph Smith—is worth seeing. The beautiful

19th century, bright-white building gleams amidst the surrounding red rocks and a simple stroll through the visitor's center and surrounding property will give you a place for quiet reflection and a sense of calm before race day. You could also swing by the Brigham Young Winter Home and Office, the historic former home of Brigham Young, the pioneer who moved the Mormon Church to Utah and founded Salt Lake City.

12 p.m. Catch breathtaking vistas overlooking St. George during lunch at the more upscale Cliffside Restaurant (while dinner receives high marks from visitors, it's much pricier). You'll want to try the creamy potato soup, the Southwestern Santa Fe salad or the fish tacos—all are favorites.

1:30 p.m. If you're up for strolling, browse the antique stores, boutiques, and jewelry shops in walkable downtown St. George. Want to prep for the race ahead



instead? Take the crew to enjoy the pristine waters of the Sand Hollow Reservoir at Sand Hollow State Park in Hurricane, the race swim site. The fam won't even know you're sneaking in laps while they paddle board, swim, snorkel, scuba dive or even cliff jump (heights span kid-friendly to courageous) amidst the sandstones. They can also tackle the sand dunes on an ATV.

6 p.m. Fuel for your race at family friendly The Pizza Factory. Pile artisan crusts, from Chicago to deep-dish, with an array of sauces and toppings. The menu also includes specialty pizzas, spaghetti, a well-stocked salad bar, a kid's menu, and bread "twists," which many dub the best bread sticks they've ever had.

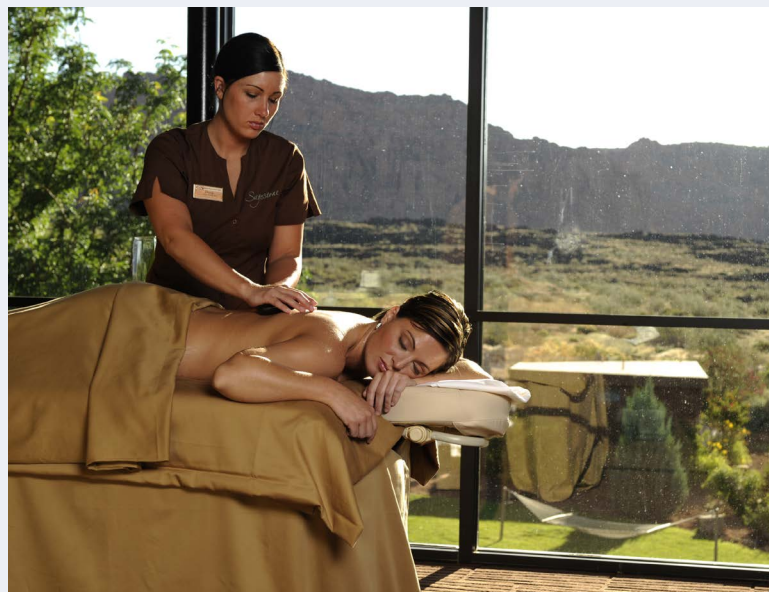
DAY 3: TRI TIME

5 a.m. It's the day you've been training for—and you're in for a scenic adventure. The morning kicks off early in Town Square, where you'll catch the athlete shuttle to Sand Hollow State Park (spectators can park just north of the entrance to catch their own bus to watch your one-loop wetsuit swim). Once out of the water, you'll tackle the hilly bike course, which honors those climbs with unparalleled views of St. George and Snow Canyon, and equally epic descents. Catch your spectators in T2 in Town Square before your run, which climbs through the Red Cliffs Desert Reserve and also offers an amazing city scene. You'll finish on Main Street, in the heart of St. George.

6 p.m. Celebrate your accomplishment at the more upscale Painted Pony (reservations highly recommended), in a beautiful section of downtown. Steaks, bacon-wrapped duck, macaroni and herb-whipped potatoes are served up in the restaurant's Southwest-inspired atmosphere.

DAY 4: REST AND RECOUP

10 a.m. The incredible wealth of beauty in Zion National Park is just a 45-minute drive away. It's an ideal place to reward outdoor-loving race sherpas with a hiking or backpacking trip. If you want to keep it simple and stay closer to town, visit Petroglyph Park—which is really more a large rock etched with unscathed ancient petroglyphs than it is a "park." While other nearby areas also boast petroglyphs (including the Little Black Mountain Petroglyph Site), this spot tucked in a Bloomington neighborhood is easily accessible and still impressive.



11 a.m. Need something less physically taxing to rest those tired legs—or even to reward your dedicated support squad? Take an entirely different approach to the day at the Sagestone Spa & Salon at Red Mountain Resort. Facials and deep tissue massages—along with a host of other treatments—blend desert botanicals and mineral-rich muds, clays, and salts. Sip tea in a room overlooking the mountains before a Himalayan salt stone massage. A host of day spas in town offer treatments, too.

6 p.m. Family friendly Broadway musicals and concerts are best seen at the Tuacahn Center for the Arts, a nonprofit arts center founded by a Utah playwright at Padre Canyon next to Snow Canyon State Park. The 1,920-seat amphitheater is set in the midst of red-rock cliffs. Pre-show dinners are often also available.

When it's time to head back home, grab your crew, your gear and your shiny new finisher's medal, and head for the hills. Only this time, you won't have to bike them.

LOOKING FOR THAT PERFECT PRE-RACE LATTE OR POST-RACE SELFIE? DON'T MISS MORE ST. GEORGE FAVORITES FROM PRO ATHLETES ON PAGE 32.

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THE INSIDE SCOOP: ST. GEORGE

Top picks for coffee, food, and post-race fun from those who've walked (and biked and run) these streets before you.

By Jennifer Ward

St. George has earned its place among the greats as a prime example of an IRONMAN race host city. It has welcomed and embraced athletes for over 10 years, and this year, it welcomes the world for the pinnacle IRONMAN 70.3 event on the circuit. In 2022, the heralded full-distance race will return as a unique addition to the U.S. IRONMAN race circuit.

Many a beautiful sunrise has been captured by nervous athletes, as have many post-race ice creams and pizzas been tossed back. If you're descending on the town for this year's much-awaited IRONMAN 70.3 World Championship

for the first time, there's no need to be left to your own (or Google's) devices. St. George's paths are well-worn and welcoming, with numerous professional athletes having returned again and again to race, or even to make their home among the town's rugged red cliffs.

To get started on putting together a "best of" list for our very best athletes, we consulted Nicholas Chase, a professional triathlete, coach, and U.S. Air Force member based in St. George. Read on for his and other pros' recommendations for how to spend your time when you're not out crushing the course.

BEST BIKE SHOP: RAPID CYCLING

705 N Bluff St., St. George.

"The owner, Jordan Bracken is one of the best bike mechanics in the town of St. George. His staff are incredibly courteous and will make sure you're set up before the big race. Call and make an appointment for a tune-up to eliminate pre-race stress."

BEST CAFE: FEELLOVE COFFEE

558 E Riverside Dr #208, St. George.

"If you love avocado toast, kombucha, or fancy lattes, you can't miss FeelLove. Paired with amazing interior design and the best cake in St. George—the Shakra Cake!"

BEST COOKIES: SWEET TOOTH FAIRY

2376 Red Cliffs Dr. Ste 309B, St. George

"Four years ago I stumbled into this shop hours after IRONMAN 70.3 St. George and devoured the most amazing sugar cookies ever. Their cake bites also blew my mind."

BEST POKE: HAWAIIAN POKE BOWL

175 W 900 S, St. George

"Get there early because they WILL sell out and be prepared to wait in line."



BEST HIKE: THE VORTEX

Lower Sand Cove Rd, Dammeron Valley, UT

"This hike is only 30 minutes outside of St. George and is easily missed for more well-known ones. The views are amazing and the vortex pattern within the rock for which it is named is quite unique."

BEST MASSAGE: COOLIT! CRYO AND MASSAGE

676 S Bluff St #200, St. George

"This is a one-stop recovery shop. Cryotherapy will quickly help eliminate pains and soreness post race. I usually have a cryo session, then a 90-minute massage with Janetta."

BEST RIDING: SOUTHERN PARKWAY OR VEYO LOOP

"The shoulder on the Southern Parkway is one of the biggest around and the road quality is what you will experience on race day. There are rolling hills and moderate traffic, but I've always felt very safe on this stretch of road. Also, the Veyo loop is part of the IRONMAN 140.6 course and is worth a ride. Make sure to stop at Veyo Pies for a refuel!"



MORE OF NICK'S PICKS:

Best Pool: Sand Hollow Aquatic Center

Best Open Water Swimming: Quail Creek



Best Ice Cream: Freddy's Frozen Custard

Best Dinner Views: Xetava Garden and Cliffside



Best Day Trip: Horse Shoe Bend, Grand Canyon

Best Zion Hike: The Narrows



Best Cute Town: Springdale, Utah

Best Hotel: The Advenier

Best Bar: Wood Ashe Rye

THE PROS KNOW

Professional athletes from all over the world have returned to Utah again and again to test themselves in the Land of Endurance. Read on for more insight and info.

HIKE AND NOSH: British pro Emma Pallant-Browne says: "An awesome place to go for a walk and flush out those post-race legs are the Candy Cliffs. The views are pretty mind-blowing, and it's a brilliant way to get fresh air, vitamin D and active recovery and come away with unique photos and memories. Then head back into town for Nielsen's Frozen Custard and yoga in Vernon Worthen Park. One place I recommend for dinner is the Pizza Factory and their bread twists—go sweet or savory, both were lush!"

ANGELS AND AMERICANOS: Sam Long, winner of the 2021 IRONMAN Coeur d'Alene, advises either hiking Angels Landing in Zion, or, if a recovery ride is more appealing, park at La Verkin Coffee and ride into Zion and up to the tunnel.

CARB RE-LOAD: American pro Linsey Corbin says "as soon as you cross the line, walk across the street and visit Farmstead Bakery—such great treats and iced coffees!" Her second pick would be to take a day trip to Zion National Park, a true hiker's paradise.

VEGAS, BABY: Take advantage of proximity and follow in American long-course star Meredith Kessler's footsteps: she enjoys hitting up nearby Las Vegas for dinner and a show after the race.

LOCAL LANDMARKS: Matt Hanson enjoyed a quick swim in Quail Creek Reservoir, which he calls "spectacular" if you're looking for a pre-race open water swim or a post-race dip. He adds that the nice thing about Red Cliffs Desert Reserve is that you can stay in the car and just enjoy the views on a quiet road—"perfect to help calm the pre-race nerves."

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RISE TO IT

How to Master the 2021 IRONMAN 70.3 World Championship Course



An IRONMAN Certified Coach provides practical tips for your big day.

By Jason Lentzke

Congratulations on earning your spot to the start line at the Intermountain Healthcare IRONMAN 70.3 World Championship presented by Utah Sports Commission! St. George is not only a historic venue for our sport, but offers a world championship-worthy course as well. I hope this guide will help prepare you to take on and enjoy one of the most incredible courses on the triathlon circuit.

RACE MORNING

An important thing to remember as you prepare is that this is a two-transition (sometimes called a split-transition) race. This adds a few new logistics if you've never raced this type of event before, as your gear will be in different places.

Race morning will come quickly. Plan your morning transportation accordingly in order to arrive at T2 (aka the bike to run transition in the city's central Town Square) to board a shuttle headed to Sand Hollow Reservoir for the swim start. Because you will likely arrive at Sand Hollow quite

early, pack a second breakfast (make sure it's food you're used to and know you can tolerate) to snack on prior to your start time. Include your preferred electrolyte drink so you can start your race with a full tank. Wear your race kit and timing chip, and pack a bag with your wetsuit, snacks, water, goggles, and anything else you might need for the swim.

Do not count on having access to your run gear bag (your running shoes, visor or hat, race belt, etc.) in T2 prior to boarding the shuttles on race morning. Be sure all of your nutrition and run gear is dropped off during your scheduled drop off window the day before you race. You will, however, have access to your bike on race morning. If you want to add nutrition or an extra CO2 cartridge to your bike, pump your tires or zero your power meter, you will be able to.

SWIM: 1.2 MILES/1.93 KM (1 LAP)

The swim is in Sand Hollow Reservoir near the small town of Hurricane, about a 30-minute drive from the city—hence, the shuttles provided by IRONMAN. Expect chilly water temperatures (usually between 15-17 °C/59-61 °F) and the swim begins into the sun (bring tinted goggles) so plan on using landmarks rather than the buoys to sight.

A practice swim will not be available, so prepare for this by doing a light dry-land warm up. Then, seed yourself within the



appropriate swim corral, and consume a gel and 24 ounces of your electrolyte drink 30 minutes before you start your swim.

Don't start out too quickly. Stay calm and collected. Remember, nobody wins the race in the water. Targeting an 80-85 percent effort will get you up to a good speed while helping you maintain composure and head into T2 strong.

The course starts out with a straightforward buoy line and is followed by a 90-degree right-hand turn and then another 90-degree right-hand turn to the finish. While the course isn't technical, try to swim tangents by swimming straight.

BIKE: 56 MILES/90.1 KM (1 LOOP)

Yes, we will have hills (approximately 3442 feet/1049 meters of them) but we also have beautiful pavement and fast, non-technical descents. Stronger riders will benefit from riding a larger tooth chain ring (54-56) to help keep tension on the chain on the descents. I recommend riding with an 11-28 or 11-30 cassette so that you can work efficiently. If you have a disc wheel, you will want to bring it to this course.

Ease into the first few miles/kms, and focus on getting your calories and liquids in. Let your heart rate settle before the first climb around the backside of the reservoir.

Over the first 10 miles/16km, you have a net elevation gain—don't be surprised if the effort feels hard. Focus on finding your rhythm, adhering to your target HR and power (80-85 percent of your Functional Threshold Power on flats, capped at 100 percent on climbs).



As you head toward Snow Canyon, you'll encounter rolling hills that will allow you to carry speed into the start of each climb. Ride within yourself and use your momentum to carry you up the first portion of most climbs.

Don't obsess over it, but if your heart rate is too high, shift into a bigger gear and bring the cadence down a bit—even if you're climbing. Keeping the cadence low should reduce heart rate stress and keep the effort more muscular. This will also help you keep your bike stable if the wind kicks up. Target a 80-90 cadence over the whole course. Relax your upper body and keep your head behind your hands when aero.

Your goal should be to arrive at mile 35 with a good mindset and energy levels. Within this world championship environment, it's easy to over bike early on. Don't give in to the temptation. The real race begins at mile 40 of the bike course.

As you approach the 6 mile/10km Snow Canyon Climb, stay patient. This is a stunning climb with spectacular views and several changes in grade. It offers an opportunity to manage your effort by pushing a slightly bigger gear toward the bottom of the climb and shifting to an easier gear over the climbs. Don't be afraid to get in and out of the saddle.

The final descent to T2 is very fast. Be aware of athletes around you and be vocal to stay safe. With appropriate gearing, you should be able to keep tension on the chain all the way to T2. Keeping a load on the legs will help prime your run legs for the final third of your race. Be sure to mentally prepare for your run and do not neglect hydration over the final few miles.

Target at least 1 bottle of fluid per hour (alternate between sports drink and water) along with 1 gel every 40 minutes. Do the math and determine how many bottles you need to consume. I also recommend two salt pills per hour. Don't let yourself get hungry.

RUN: 13.1 MILES/ 21.1 KM (2 LOOPS)

The run, much like the bike, is hilly. The first 2.5 miles take you up Diagonal Street over a slight uphill with some tree coverage. It's critical to not overcook the first 5km of each run loop. As you make the turn onto Red Hills Parkway, a steep uphill will greet you and the shade will become just a memory. Here, lean forward from your ankles, not your hips, and stay mentally tough: you are exposed, running uphill, and dealing with the southern Utah sun. Use every aid station to cool off, ingest fuel, and regain form. Don't be afraid to walk the aid stations, especially early on. If you paced your bike well, your run heart rate should be roughly 10 beats higher than on the bike.

As you approach the end of Red Hills Parkway, you will approach Skyline Drive before returning to Main Street for your second loop.

Save your legs for the final mile of this run and ride the serious net downhill and the incredible spectator energy—right into the heart of beautiful St. George and an epic finish line party.



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9 am - 6 pm

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ABRAMS, LAURIE	ALMANDOZ NARDI, FEDERICO	ARADILLAS, FEDERICO	BAKER, KERI
ABUAPARA HERRERA, NABIH	ALMARZOOQI, NAYEF	ARAMBURU, ERNESTO	BAKER, NICOLE
ABURAO, ANTHONY	ALMEIDA, LUCAS	ARAYA KOPAITIC, GONZALO ANDRÉS	BAKER, SUSAN
ACEVEDO, EDUARDO	ALONSO MURAS, MANUEL ALEXANDRE	ARBELAEZ SERNA, NATALIA	BAKKER, AINSLEE
ACS, PETER	ALQAM, HAMZAH	ARCOS, ESTEBAN	BAKOSOVA, PETRA
ACUNA, FERNANDA	ALTAYEB, DINA	ARD, MELISSA	BAKSH, NASSER AHMED
ADAMS, CASEY	ALTERMATT, SVEN	ARDEN, ANDREW	BAL, MICHAL
ADAMS, GLENDA	ALTMAN, LISA	ARELLANO, MARIALUZ	BALAREZO, LELIO
ADAMS, LONNIE	ALTMANN, RUBY	ARENAS SAMUDIO, SERGIO	BALES, AARON
ADAMS, MARK	ALUETA, FRANCIS	ARENSZ, ROMAR	BALFE, MARY
ADDISON, JANICE	ALVARADO FRANCO, OTTO	ARÉVALO DE ALVARADO, SILVIA	BALLER, PAM
AGNONE, CHRIS	ALVARADO RODRIGUEZ, MIGUEL	ARGUELLES, JIM	BALLERINI, ANGELA
AGREN, KRISTEN	ALVAREZ, JORGE	ARIZA, ALEX	BALLESTERO, EDUARDO
AGUILAR, JUAN MANUEL	ALVAREZ, MARCELA	ARLANDSON, DAN	BALTER, JONATHAN
AGUILERA, FLAVIO	ALVAREZ, RODRIGO	ARLING, P. J.	BANASZEWSKI, CHARLES
AHONEN, RAMI	ALVAREZ ORELLANA, RONY	ARMENDARIZ, ALEJANDRO	BANDEL, KEVIN
AITOLEHTI, MARTINA	ALVAREZ ROJO, ISABELA	ARMONDA, ROCCO	BANDUR, MICHELLE
AKE, MINERVA	ALVES, MARCELO	ARNING, INGRID	BANG, STEVEN
ALANIS, GONZALO	AMANI, NOMI	ARRAZOLA PAZ, YOLI	BANKS, KAMI
ALBANESE, JASON	AMANN, BERND	ARRECHEA, ALMUDENA	BANKSTON, SUSAN
ALBANESE, MICHAEL BRIAN	AMARAL, JULIANA	ARREGUIN, ZEUS	BANVILLE, ALEXANDRE
ALBERICO, JESSICA	AMAYA CASTRO, LUZ MARIA	ARTACHO, BRUNO	BARAN, JAMES
ALBERICO, MIKE	AMAZON, MICHAEL	ARTURO RODAS, LUIS	BARANOWSKI, JARROD
ALBERTS, BRANDI	AMEND, JENNIFER	ARTYUSHENKO, PAVEL	BARBER, NICOLE
ALBERTSON, TED	AMENDT, JOHANNA	ARVIDSON, NATHAN	BARBER, SARAH
ALBIN, KIM	AMIOD, BROOKS	ASHFORD, LINDSAY	BARBER, ZACH
ALBRECHT, LEE	AMORESANO, JOSEPH	ASHWORTH, OLIVER	BARDENHEIER, JOHN
ALBRIGHT, BRADLEY	AMY, JEREMY	ASPESLETTEN, JULIE	BARDER, OWEN
ALBRIGHT, CHAD	ANDERSON, ASHLEY	ASPILLAGA, CRISTIAN	BAREFOOT, LISA
ALBROW, RICHARD	ANDERSON, BILL	ASTRA, SUZANNE	BARETH, JEROME
ALCURI, LESLIE	ANDERSON, CURTIS	ATTIPAS, TRYFONAS	BARGHOLZ, MAGNUS
ALDERSON, ROBERT	ANDERSON, DAVID	AUCHEY, BLAKE	BARINCI, PIER
ALEXANDER, ADAM	ANDERSON, JUDY	AUCUTT, BRENT	BARISH, ROBERT
ALEXANDER, CAITLIN	ANDERSON, LEN	AUGUST-ABBOTT, BETH	BARKAN, RICHARD
ALEXANDER, MICHAEL	ANDERSON, SONJA	AUSTIN, DRAKE	BARKER, JOHN
ALEXANDRU, TOMA	ANDERSON, TYLER	AUTH, CHRIS	BARLA, JORGE ALEJANDRO
ALHAMMADI, SARI	ANDRADA, DOORGAL GUSTAVO SAD LAFAYETTE DE	AVGERIS, SOPHIA	BARLIK, LYNN
ALHOSANI, ABDULRAHMAN	ANDRADE, ANA	AVILA VAZQUEZ, CLAUDIO	BARNER-OLSEN, MARTIN
ALIDRA, ADAM	ANDRADE, MONICA	AVILES, RODRIGO	BARNES, AMANDA
ALIOUANE, JEREMY	ANDRADE, PABLO	AWBREY, MELANIE	BARNES, EARL
ALJARO, NICOLE	ANDREWS, JAMES	AYALA, ALEXANDRO	BARNES, IAN
ALLAIRE, PATRICK	ANDZEJEWICZ, BRIAN	AYALA, MONSTERRAT	BARNES, JACOB
ALLARD, DIANE	ANELLO, MICHAEL	AYKROYD, LAURA	BARNES, KEVIN
ALLDRIN, RICK	ANFIMOVA, NADEZHDA	BAAKE, STINA	BARNES, SETH
ALLEN, AUDREY	ANGEL, MARIA	BABA, MICHAEL	BARNHILL, KURT
ALLEN, CASSADY	ANGELONI, MARK	BABER, GEORGE	BARNHOLT, KELSEY
ALLEN, JACK	ANHOLD, JOHN	BACHMANN, ERIC	BARNSTABLE, TIM
ALLEN, JAMILA	ANILTURK, ONDER	BACZKOWSKI, STACEY	BARREAUD, SÉBASTIEN
ALLEN, JOE	ANNABEL, BRUCE	BADER, REBECCA	BARRERA FLORES, MARIAUXI
ALLEN, MARK	ANNE, FABIEN	BAHMER, TINA	BARRETT, DANIEL
ALLEN, MATTHEW	ANNIS, EMILY	BAIG, NIHAL	BARRETT, MELISSA
ALLEN, ROBIN	ANORE MAZZITELLI, MARIELA	BAILEY, DEREK	BARRIENTOS, CATALINA
ALLEN, SANTIAGO RODOLFO	ANTIPINSKIY, ANDREY	BAILEY, JAMIE	BARRON, RANDALL
ALLENDE, EUSEBIO	ANTKOWIAK, DONNA	BAINBRIDGE, ANDREW	BARROSO, MACARENA
ALLGIRE, JACQUIE	ANTONIAK, MAREK	BAKALIN, GRIGORIY	BARTLETT, JAMES

BARTLETT, KARI
BARTLING, COLLEEN
BARTOLOME, JERRY
BARTON, KELLY
BARTOSIEWICZ, BLAIR
BARTSCHER, VINCENT FELIX
BASA, MATTHEW
BASAURE, MARCELA ALEJANDRA MORA
BASMAJIAN, ALDEN
BASSETT, BEN
BASSETT, ETHAN
BASTIAN, KERSTIN
BASULTO, BRYAN
BATES, NATALIE
BATIE, MELISSA
BATTAGLIA, BRIAN
BATTLE, LESLIE
BATTY, TODD
BAUER, CHRISTIAN
BAUGHMAN, CHRISTIAN
BAUMAN, LINDSEY
BAUMANN, CORALIE
BAXTER, GRAHAM
BAYLES, CLARK
BEADES, KEVIN
BEATRIZ LIMA DE FIGUEIREDO FREUA, ANA
BEATTIE, OLIVIA
BEATY, JAMES
BEAULNE, CHARLES-A
BEAVER, DAN
BEAVERS, HOLLY
BECERRA, NELLY
BECK, DANIELLE
BEDENBAUGH, MICHAEL
BEECHER, BILL
BEGEMAN, MATTHEW
BEHNING, BETTINA
BELL, CHRISTINE
BELL, CHRISTOPHER
BELLEVILLE, DANIEL
BELLLOT, JULIEN
BELTRAN, JOSE ANGEL
BENE, GEORGE
BENE, PATRICK
BENEDICT, ZACHARY
BENISSO, PABLO
BENITEZ, JORGE
BENNETT, CHAD
BENNETT, JACOB
BENNETT, MIKE
BENSON, ARTHUR
BENSON, MARK
BENZ, JENNIFER
BENZAKEN, ALAIN
BERANEK, JOELLE
BEREZNYAK, ANTON
BERGDOLT, MARIAN

BERGERON, JENNIFER
BERGET, JAKOB
BERGSTEN, ANNA
BERKLEY, TRAVIS
BERNARDI, SHAWN
BERNER, CHARLOTTE
BERNER, SUZI
BERNHARD, AMANDA
BERNITT, TOM
BERRIEL GONZALEZ, MARIA ELENA
BERRYMAN, SAMANTHA
BERTELSEN, ERIC
BERTONCELLO, RICCARDO
BETANCES, ALEXANDER
BETTENCOURT, BRENDA
BETTS, FIONA
BEVIS, BRITTANY
BEYERBACH, BILL
BIAGGINI, OMAR
BIBZA, JESSICA
BICKLEY, MARTIN
BIELIK, PATRYK
BIGER, JULIEN
BIGGS, TRACY
BIGLER, ASHLEY
BIJL, JOYCE
BILBAO, MAITE
BILBAO, OVIDIO
BILLETTE, ROBERT
BILLIKOPF, PHILIP
BILLYARD, MARK
BINEBINE, ELKHALIL
BINKAUSKAS, MICHAEL
BINNS, BARBARA
BIRD, DONALD
BIRECKI, JAKUB
BIRECKI, WACLAW
BIRKENFELD, LOTHAR
BIRMINGHAM, EDWARD
BISHOP, LISA
BISSON, TOBI
BITTNER, CORBY
BLACK, ALAN
BLACK, ALLYSON
BLACK, AMANDA
BLACK, DAN
BLACK, LARRY
BLACK, TROY
BLACKMAN, ISAAC
BLADINIERES, NUSHA
BLAIR, AMBER
BLAIR, TIFFANY
BLANCO, NATALIA
BLANKE, CARYN
BLASER, NICOLAS
BLAZER, BRETT
BLONSKY, JEFF

BLUTEAU-GIRARD, JUSTINE
BOBARD, ANTONIN
BODEAU, JOHN
BODENHORN, JOEY
BOEHM, JUSTIN
BOGDANOV, ALEXANDER
BOGUS, MICHELE
BOHNENKAMP, JUDITH
BOISSONNEAU, NICOLAS
BOLANO, FAUSTO
BOLDUC, ROBERT
BOLIN, RICK
BOLLING, RICHARD
BOLLINGER, CONOR
BOMBONATO BORSATTO, DEBORA
BOND, MARLENA
BONDARENKO, SERGEI
BONDLY, LAUREN
BONDS, TOMMY
BONGI, NICHOLAS
BONGIOVANNI, JOHN
BONGIOVANNI, KATE
BONILLA, OSWALDO
BONILLA, VERONICA
BONNEAU, VALENTIN
BONNIN, PATRICK
BONSELL, SHAWN
BONSELS, LIZZIE
BOOTH, ANTHONY
BOOTH, JON
BOOTH, MATT
BOOTH, PAM
BORCHERT, FELICIA
BORDONI, RENZO
BORMETT, IAN
BOROVIAN, VOJTA
BOROWIK, JOANNA
BOROWIK, SEBASTIAN
BORSATTO, ALEXANDRE
BOSA, CHRISTIAN
BOTYAROV, MICHAEL
BOULLOSA, ANTONIO
BOURDENET, MARLÈNE
BOURDILLON, PATRICK
BOURGEAULT, STEPHANE
BOUTIN, JENNIFER
BOUTON, RICHARD
BOWDEN, PETE
BOWERS, MIKE
BOWKER, KAYLA
BOWMAN, DEBBIE
BOWMAN, JEFFREY
BOWMAN, SEAN
BOWMAN CHOAT, MARY
BOYCE, ROB
BOYD, BEN
BOYD, JEFFREY

BRADHOFT, CINDY
BRADFORD, PAUL
BRADLEY, TIM
BRAMBLETT, KIM
BRANDENBURG, JEFF
BRANDT, ALAN
BRANDT, MARK
BRANNON, LYNN
BRANS, MARTIN
BRANSON, BONNIE
BRANTLEY, PETER
BRAUER, THOMAS
BRAUN, JOY
BRAUN, MICHEL
BRAVO, RAMON
BRAYTON, CATIANA
BRAZ, LEONARDO
BREAUX, ANA
BREDE, LARRY
BREEDEN, ALEX
BREEN, CHRISTOPHER
BREENE, AARON
BREEVOORT, SARAH
BREFFLE, BARRY
BREGON, MADONNA
BREITFELD, ANJA
BRENEISER, CASSIDY
BRENNAN, MEGHAN
BRENNAN, TORRY
BRENNER, JEFFREY
BRENNELL, ELIZABETH
BRENNY, NOAH
BRENTESON, JOHN
BREWER, ASHLEY
BREWER, DANIEL
BREWER, HEIDI
BREWER, LAURA
BRICENO, MAURICIO AGUILAR
BRIDGE, ERIN
BRIGGS, BLAKE
BRIGGS, MATT
BRIGGS JR, JAMES
BRINK, RICHIE
BRINKMAN, GABRIEL
BRINKOP, WILLIAM
BRIONES, MISAEAL
BRIONES, NAOMI
BROCHU, MELYSSE
BROCKMANN, KARIN
BROGAN, PHILIP
BROOKS, MARC
BROUILLET, MICHEL
BROWN, AUDREY
BROWN, CHRISTOPHER
BROWN, GARRETT
BROWN, JAMES
BROWN, JASON

NAME: LAST, FIRST

BROWN, JON
 BROWN, KARA
 BROWN, KYLE
 BROWN, SUSAN
 BROWN, TAYLOR
 BROWN, TIMOTHY
 BROWNE, COLIN
 BRUCE, CHARLOTTE
 BRUCE, CLAIRE
 BRUN, CLAUDE
 BRUN, KARINA
 BRUNDYN, ALMINDA
 BRUNER, RICHARD
 BRUNNER, DAVID
 BUCHER, KELSEY
 BUCK, STACIE
 BUENTING, MIKE
 BUFFINGTON, GEORGE
 BUHL, RAIMUND
 BUKLEEV, ALEXEY
 BULLARD, JESS
 BUONGIORNO, MATT
 BUR, KIEL
 BURAN, DIANA
 BURCHI, BRYCE
 BURDZILAIUSKAS, WHITNEY
 BURGANS, ALEX
 BURGE, TANI
 BURGER, PAUL
 BURGESSON, JACK
 BURGESS, RICHARD
 BURGETT, LAUREN
 BURGUETE RUIZ, MARIA
 BURISH, JACEB
 BURKE, JIM
 BURKE, LESLEY
 BURKE, RUSSELL
 BURKHART, GRANT
 BURNETT, MATTHEW
 BURNS, BRIAN
 BURNS, MICHAEL
 BURNS, MONICA
 BURNS, SHANNA
 BURNS, TODD
 BURRIS, ANDREA
 BURRIS, DAN
 BURROW, JOSIAH
 BURROWS, JUSTIN
 BURY, ARTUR
 BURY, GRAŻYNA
 BURY, LIDIA
 BURYANOV, TERRI
 BURZ, OANA
 BUSS, GARY
 BUSS, JANET
 BUTCHER, JOHN
 BUTLER, BOB

BUTLER, MIKE
 BUTTE, ANDREW
 BUTTNER, TINA
 BUTTO, FEDERICO
 BUXTON, KAREN
 BYERS, SARAH
 BYKERK, CHAD
 BYRD, TRACY
 BYRNE, DES
 BYRNE, MEREDITH
 BYUN, SHARON
 CABECA, JOSE
 CADRIEL, DAN
 CAFE BIRMAN, ALEXANDRE
 CAFFREY, JOSEPH
 CAHILL, BECKY
 CAIRNS, TRUDI
 CALCOTE, MARY
 CALDERON, NICOLAS
 CALDWELL, JOY
 CALISTO, JULIO
 CALKINS, TARA
 CALL, ANA
 CALLAHAN, SCOTT
 CALLAHAN-BRILL, JAMI
 CALLE, JUAN
 CALLISON, ELIZABETH
 CALLOWAY, DIANE
 CALVO-RUIZ, DAVID
 CAMACHO TOVAR, SERGIO
 CAMELO OCAMPO, ANDRÉS
 CAMERON, JOEL
 CAMPA, ALFONSO
 CAMPBELL, ANNETTE
 CAMPBELL, CHARLIE
 CAMPBELL, DEAN
 CAMPBELL, IRVIN
 CAMPBELL, JENNIFER
 CAMPBELL, SARA
 CAMPISI, MICHELE
 CAMPO, FABIAN
 CAMPOS, NICOLAS
 CANCELLIERE, LAUREN
 CANELA, JOSÉ
 CANELAS, MARCO
 CANEZ, VICTOR
 CANIZARES VINUEZA, CESAR AUGUSTO
 CANNON, RICHARD
 CANON, STEPHANIE
 CAO, MARCELO
 CAPASSO, KEVIN
 CAPLAN, JEFF
 CAPUTA, MICHAEL
 CARAVEO, MARIA
 CARBALLO, GABRIEL
 CARDENAS, RAUL
 CAREL, BASTIEN

CAREW, ASHLEY-JON
 CAREY, BRETT
 CARLA, DAHAN
 CARLSON, CHRISTINA
 CARLSON, LEANNE
 CARLSON, WILLIAM
 CARLSSON, BRETT
 CARMONA MADRAZO, ANTONIO
 CARNE, DAVID
 CARNEVALE, LARA
 CARPENTER, BRIAN
 CARPENTER, JAMES
 CARPENTER, PETER
 CARPENTER, RILEY
 CARR, CAROL
 CARRANZA, CHANDLER
 CARRASCO, CARLOS
 CARRASCO, SANDRA
 CARRINGTON, GUY
 CARRION, RYAN
 CARSON, MATTHEW
 CARSON, SAVANNAH
 CARUCCI, COURTNEY
 CARVALHO ELLERO, CAIO
 CARVALLO, JAVIER
 CASANOVA, ALEJANDRO
 CASE, CHRISTINA
 CASEY, CATHY
 CASEY, DOMINIC
 CASEY, TED
 CASSEZ, PASCAL
 CASSIDAY, KATIE
 CASSIDY, MONIKA
 CASTALDI, ANDREW
 CASTERLINE, THEODORE
 CASTILLEJOS ALVAREZ, LUCELIA
 CASTILLEJOS ORNELAS, DAVID
 CASTILLO, JOHANNA
 CASTILLO, LOURDES
 CASTILLO RANGEL, DIEGO
 CASTO, LAURA
 CASTRO, JUAN
 CASTRO, JUAN
 CASTRO, LUIZ
 CATALDI, GINNY
 CATLIN, MICHAEL
 CATLIN, TINA
 CATTO, SCOTT
 CAVALET, ANDREA
 CAVNAR-JOHNSON, MARY
 CEBALLOS, GUSTAVO
 CEDENO, ELIGIO
 CEPEDA BELTRAN, JAVIER
 CERIZE, PEDRO LUIZ
 CERON, FRANCISCO
 CERON MARTINEZ, SAMIR
 CEVALLOS HURTADO, ROBERTO

CHACON, LEONARDO
 CHACON, PEDRO
 CHAER, RABIH
 CHAGANOS, GREG
 CHAHAL, SUNDIP
 CHAIKEN, ASHLEY
 CHALOUPKA, ANDREW
 CHAMBERS, CARISSA
 CHAMBLEE, DANIEL
 CHAMOUN, CAROLINE
 CHAMPAGNE, LYNNE
 CHANDLER, JOHN
 CHANDLER, LAURABETH
 CHANEY, C. SCOTT
 CHAPMAN, CALEB
 CHAPMAN, JAMIE
 CHAPMAN, MARCUS
 CHARLESWORTH, COURTNEY
 CHARTERS, JENNIFER
 CHATTERTON, ROBERT
 CHAVES DE SOUSA, NUNO MIGUEL
 CHAVEZ IRIARTE, YASMIN
 CHEN, CHIEN-CHOU
 CHENAL, BORIS
 CHERRY, SARA
 CHESTERMAN, KYLE
 CHEVALIER, JOE
 CHEVRIER, PHILIPPE
 CHEVRIER, SOPHIE
 CHILD, MITCH
 CHIURILLO, GIANFRANCO
 CHOATE KINMARTIN, MELISSA
 CHOREN, DAVID
 CHRISS, JAMES
 CHRIST, BENJAMIN
 CHRIST, BRYAN
 CHRISTENSEN, MELISSA
 CHRISTENSEN, PETER
 CHRISTIAN, LORRAINE
 CHRISTIAN, MELISA
 CHRISTOFFERSON, ANDERS
 CHRONERT, MICHAEL
 CHRZANOWSKI, MICHAEL
 CHU, CHEN-YI
 CHUN, MATTHEW
 CHUNG, GWENDOLYN
 CHUU, ERIC
 CIFUENTES, LORENA
 CIMADOR, ENRICO
 CIMADORO, RICH
 CIMPEAN, MARIUS
 CIGUERA, PATRICK
 CIRA, SARAH
 CIRVES, KRISTINA
 CISNEROS, FRANCISCO
 CLAES, CHERYL
 CLAES, MAARTEN



2021-2022 TOUR SCHEDULE

SEP. 26		EDP ROCK 'N' ROLL MADRID
OCT. 2-3		UNITED AIRLINES ROCK 'N' ROLL SAN JOSE
OCT. 23-24		HEINEKEN 0.0 ROCK 'N' ROLL SAN DIEGO
OCT. 23-24		ROCK 'N' ROLL LIVERPOOL
NOV. 6-7		HUMANA ROCK 'N' ROLL SAVANNAH
NOV. 13		UNITED AIRLINES ROCK 'N' ROLL WASHINGTON DC
NOV. 20		ST. JUDE ROCK 'N' ROLL NASHVILLE
NOV. 21		ROCK 'N' ROLL ESTADO DE MÉXICO
DEC. 4-5		HUMANA ROCK 'N' ROLL SAN ANTONIO
JAN. 15-16		ROCK 'N' ROLL ARIZONA
FEB. 5-6		ROCK 'N' ROLL NEW ORLEANS
FEB. 26-27		ROCK 'N' ROLL LAS VEGAS
MAR. 26		UNITED AIRLINES ROCK 'N' ROLL WASHINGTON DC
APR. 23-24		ST. JUDE ROCK 'N' ROLL NASHVILLE
MAY 28-29		ROCK 'N' ROLL LIVERPOOL
JUN. 4-5		HEINEKEN 0.0 ROCK 'N' ROLL SAN DIEGO
JUN. 11-12		ST. JUDE ROCK 'N' ROLL SEATTLE
OCT. 1-2		UNITED AIRLINES ROCK 'N' ROLL SAN JOSE
NOV. 5-6		ROCK 'N' ROLL SAVANNAH
DEC. 3-4		ROCK 'N' ROLL SAN ANTONIO

BRINGING
FUN TO
THE RUN



NAME: LAST, FIRST

CLARK, AIDAN
CLARK, AMY
CLARK, AUBREY
CLARK, CARL
CLARK, DANIELLE
CLARK, DAVID
CLARK, DENAY
CLARK, JENIFER
CLARK, JUSTIN
CLARK, PHILIP
CLARK, SARAH
CLARK, SHAWN
CLARK, SHAWN
CLARK, SYDNEY
CLAROT, SAMUEL
CLASSEN, CAROLYN
CLAVEL, VINCENT
CLAWSON, MARCIA
CLEARY, MEGHANN
CLEMENTS, RANDY
CLENELL, RACHEL
CLENELL, STUART
CLEWS, PEGGY
CLIFFORD, MATTHEW
CLIME, JOHN
CLINE, JOHN
CLINTON, COLBY
CLOUGH, DYLAN
CLOUGH, MARK
CLUFF, RONDA
COATES, GABRIELA
COBLENTZ, RYAN
COCHRAN, HUNTER
COCHRANE, SAMANTHA
COCK, ANNA
CODER, HEATHER
COELLO, OSMAN
COFANO, MARGIE
COFFEE, JODI
COFFEE, VICTORIA
COHEN, COOPER
COHEN, JEFF
COHEN, KALEY
COKER, KRISTIN
COLDEN, SHAWN
COLE, CAMERON
COLE, KITTY
COLEMAN, JOSH
COLEMAN, KASEY
COLIE, DENA
COLLARD, ANGELA
COLLARD, CYRILLE
COLLINETTI, ESTHER
COLLINS, DANIELLE
COLON, BETH
COLVARD, JOHN
COMAS, ALEJANDRO

COMBES, KELSEY
COMER, LISA
COMERFORD, CAMERON
CONCEPCION, DAVID E
CONDIE, CAMERON
CONDON, DAVE
CONELLI, MARCELO
CONEY, MEGAN
CONKLIN, ELIZABETH
CONNELLY, DANIEL
CONNERS, MATTHEW
CONNOLLY, PAM
CONNOLLY, SARA
CONRAD, LARS
CONSTANDSE, JEAN-CLAUDE
CONTRERAS, ADRIANA
CONWAY, BRIDGET
COOK, COLIN
COOK, DANIEL
COOK, DENNIS
COOK, NATE
COOK, VANESSA
COOKE, VENUS
COOLEY, PAIGE
COOPER, JESSICA
COOPER, VAUGHN
COQUELIN, WILLIAM
CORCORAN, BRENDAN
CORDERO PENA, MARIA JOSE
CORIO, LEONARDO
CORMIER, RENAUD
CORNFORTH, GREG
CORONA, KAREN
CORONADO, JUAN PABLO
CORONADO WINN, CHLOE
CORREA, SANTIAGO
CORRIGAN, AMY
CORTES COLIS, VANESSA
CORTES MATAMORROS, CYNDI
CORTES WHITE, SANDRA
CORTI, STEPHAN
CORY, KELLY
COSMAN, NICK
COSTANTINO, LARRY
COSTELLOE, RONAN
COSTEN, JADE
COTE, MYRIANNE
COTTER-BROWN, AMY
COTTERELL, LEE
COUCH, JOHN
COUGHLIN, SCOTT
COUPER, ASHLEY
COURTNEY, JAMES
COVRE BASTOS, RONALDO
COX, MATTHEW
COX, SUMMER
CRAFT, JOHN

CRAIG, CARY
CRANDELL, TODD
CRANE, BOB
CRAWFORD, BOB
CRESSA, MATTHEW
CREWE, SARAH
CRIBBS, CAREY
CRINO, JOHN
CRISAFI, YAMILA
CRISP, BRIAN
CRISTIANI, ALEJANDRO
CRITELLI, APRIL
CROISE, LAURENT
CROWALL, DAVID
CROSS, JAMIE
CROWE, CANDI
CROWE, JEFF
CROWLEY, DAN
CROWLEY, KATHLEEN
CRUNK, RACHEL
CRUSE, NATHAN
CUARAN, JOHNNY
CUDEBACK, JEFF
CUEBAS, JEREMY
CUEVAS ROMERO, SONIA
CUMINGS, NICHOLAS
CUMMIN, ALYSSA
CUNDARI, TROY
CUNNINGHAM, JOHN
CURLEY, SCOTT
CURNIER, DANIEL
CURRAT, JESSICA
CURRIDORI, VALERIO
CURTIS, DAVID
CUSHING, TRACY
CUTLER, SISA
CYGANIK, JONATHAN
CYPRO, NICOLAS
CYRUS, LESLEY
CZELUSTA, JESSE
DACEY, KYLE
DADAS, NANCY
DADON, TANGUY
DAKE, JAMIE
DALE, CHRISTOPHER
D'ALESSANDRO, GARRETT
DALEY, BRANDON
DALEY, DEBRA
DALEY, SEAN
DALEY, WILLIAM
DALTON, TRUDY
DALY, COLLEEN
DAMBRAUSKAS, DANA
DAMPIER, ANGELA
DANA, MATT
DANCELME, ALEXIS
DANIONI, ALBERTO

DANIONI, RODRIGO
DANKS, HAROLD
DANNER, JESSE
DANOWIT, ZACHARY
DANSIE, ELIZABETH
DAPRATO, TARRA
DARNE, EMMANUEL
DASIYICI, MEHMET
DATCA, CAN
DATWYLER, JENNIFER
DAUDLIN, MARTINE
DAUGHERTY, EMMA
DAUKSTS, SERGEJS
DAUST, SANDRA
DAUW, ALICIA
DAVEY, JANETTE
DAVIDSON, HEATHER
DAVIES, SAMANTHA
DAVIS, AUSTIN
DAVIS, BRENDAN
DAVIS, DEAN
DAVIS, JONATHAN
DAVIS, KAILIN
DAVIS, KELLEN
DAVIS, LUKE
DAVIS, MATTHEW
DAVIS, MEGAN
DAVIS, MICHAEL
DAVIS, MOUNT
DAVIS, SARA
DAVIS, SPENCER
DAVIS, STEPHANIE
DAVIS, TAYLOR
DAWKINS, DAVID
DAWSON, BRIAN
DAYKIN, ANDY
DE ARRIBA HERNANDO, LUIS
DE BIASI, CLARA
DE CARO, BARTOLOME
DE CLEER, VINCENT
DE GANTE CARRILLO, LUCIA EVA
DE LA PARRA, ANNE
DE LA ROCA, JOSE
DE LA VEGA, FERNANDA
DE LANGE, BOB
DE LEEUW, MARIJN
DE LOS HEROS, VANESSA
DE MORAES DANTAS REI, JOAO
DE PAULA, DAVID
DE PAWLKOWSKI, JUAN
DE REUCK, COLLEEN
DE REUCK, DARREN
DE SIMONE, FLAVIO
DEAKIN, JOSHUA
DEAN, ANNABETH
DEBIEF, FANNY
DEBOER, SHAWN

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 DECKER, DANYON
 DECKER, RENO
 DECKER, ROSS
 DECKER, TRAVIS
 DECROCK, STEPHANE
 DEDE, JENNA
 DEDE, WESLEY
 DEFILIPPI, ANGIE
 DEJESUS, SUE
 DEJOHN, NICHOLAS
 DEL BOSQUE, ALBERTO
 DEL MORAL, RAUL
 DEL PRIORE, DARREN
 DEL SOLAR JUNCO, FERNANDO ANTONIO
 DEL VALLE, FERNANDA
 DEL VALLE STEVENS, MARICARMEN
 DELACRUZ, DYLAN
 DELAGE, JAIME
 DELANNOY, ALLYSON
 DELEPIANI, DANIEL
 DELGADO, ANIBAL
 DELGADO, EFRAIN
 DELGADO, GABRIELA
 DELGADO, JAVIER
 DELGADO, JUAN FELIPE
 DELGADO, NICOLAS
 DELGADO LANDAZURI, MARCELO
 DELL, BRITTANY
 DELL OREFICE, CAROLINA
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 DELMONTE, MATTHEW
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 DELORME, LINDSAY
 DELPIANO RADOVIC, GONZALO ALBERTO
 DELUCIA, RACHEL
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 DEMEURE, MARC-OLIVIER
 DEMOLDER, JESSICA
 DEMOPOULOS, ANNA
 DENNY, KEVIN
 DENTE, JOEY
 DENTON, MARGARET
 DEPPERSCHMIDT, CRAIG
 DER, BALFOUR
 DEREIGNIER, KATIE
 DERIDDER, MICHAEL
 DERRICK, VICKI
 DERRICK, WILLIAM
 DERUAZ, CÔME
 DERUAZ, MAËLLE
 DESILVA, JORDAN
 DETROUX, JULIEN
 DEUTERIO, FON
 DEVITT, LIV

DEVLIN, BRIAN
 DHIMAN, PANKKAJ
 D'HOOGE, MARC
 DIAZ, ARTURO
 DIAZ, MARIO
 DIAZ CALVO, RAFAEL MIGUEL
 DICKERSON, MICHAEL
 DIDION, ANTHONY
 DIEHL, ALEXANDER
 DIETZEL, OLIVIA
 DIGLIO, JUAN MARTIN
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 DIMEQ, KATEY
 DINSDALE, MICHELLE
 DION, JAMES
 DIPPOLO, VICTORIA
 DIRITO, MEGHAN
 DISCUA, OSCAR
 DIXON, MATTHEW
 DJORDJEVIC, NATASA
 DOBAY, HOLLI
 DOBSON, JASON
 DOEDING, JOACHIM
 DOINIDIS, STEVE
 DOIRON, CHENIN
 DOLAN, DANIEL
 DOLAN, JEFF
 DOLEGA-KOZIEROWSKI, JAN
 DOLLAR, JOSEPH
 DOMINGOS, DAVID
 DONA, GUIDO
 DONAHUE, ERIC
 DONAHUE, JOSEPH
 DONAHUE, MICHAEL
 DONALDSON, SCOTT
 DONETH, SARAH
 DONNELLY, IAN
 DOOLEY, MARK
 DOORNBOSCH, JIM
 DOPP, MEGAN
 DOPP, PAUL
 DORN, JUSTIN
 DORRER, CHRISTINA
 DORRILL, JEFF
 DOUDA, COLTON
 DOUGHERTY, JOHN
 DOWE, GREG
 DOWNEY, ELIZABETH
 DOWNHAM, JAC
 DOYLE, CONOR
 DOYLE, ROBIN
 DOYLE, TIMOTHY
 DOYON, STEPHANIE
 DRAEGER, BETHANY
 DRAP, CAITLIN
 DREW, CARL
 DREW, DIANA

DREYER, RYAN
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 DROBNEY, JEFF
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 DRUZYNSKI, CHRISTY
 DU MEZ, KATE
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 DUBERLEY, JOHN
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 DUCHESNE, SARA
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 DUCKWORTH, RYAN
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 DUCUNS, MEREDITH
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 DUFOUGERAY, AXEL
 DUGAN, JUSTIN
 DUGGAN, JEREMIAH
 DUKE, MATTHEW
 DUMAS, MIKE
 DUNA, KRISTOF
 DUNCAN, CHARLES
 DUNCANSON, ROB
 DUNDERVILL, ROBERT
 DUNKLE, JULIE
 DUNN, BRYAN
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 DUNNE, GAVIN
 DUNSON, TYRONE
 DUPEU, FRANCK
 DUPRETY, MARY
 DUQUE, JOSCAR
 DURAN, CHELSEA
 DURBAL, RAJESH
 DURHAM, JENNIFER
 DURKIN, MADDIE
 DUTILLEUL-FRANCOEUR, PHILIPPE
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 DYKSTRA, KATHLEEN
 EARDLEY, BETHANY
 EARLEY, MELISSA
 EARLYWINE, ERIN
 EASTWOOD, RAYMOND
 EATON, JOSH
 EBAYER, LUKE
 ECHEVERRI, FELIPE
 ECKERT, CLAIRE
 ECKETT, CHRISTOPHER
 ECKHOUSE, DEBORAH
 EDDY, NEIL
 EDELMANN, FRIEDERIKE
 EDMISTON, GEORDIE
 EDMONDS, BRENT
 EDUARDA FALCÃO VASCONCELLOS, MARIA
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 EDWARDS, BILLY
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 EDWARDS, THOMAS
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 EGE, SEAN
 EGGERS, CRISTIAN
 EICHELBERGER, ANDREW
 EICHLER, GUNNAR
 EIGEN, STEFANIE
 EKONOMI, CHRISTINA
 ELEONORA, SEMENOVSKAYA
 ELIOTT, ALEX
 ELIZONDO, ERIC
 ELJURI, ANDRES
 ELLIOT, LEWIS
 ELLIOTT, DIRK
 ELLIS, BRAD
 ELLIS, RYAN
 ELLISON, PATRICK
 ELLWANGER, KATE
 EMERY, ANNA
 EMMERICH, THOMAS
 ENDAYA, VANJ
 ENDSLEY, SHAUN
 ENDSLEY, SUZANNE
 ENGEL, ERIC
 ENGERT, SHEILA
 ENGLANDER, KYLE
 ENGLE, CHUCK
 ENNABAOUI, NASSIM
 ERICH, DOVE
 ERICHSEN, IAN
 ERICKSEN, RUSSELL
 ERNST, MARKUS
 ESCHENBACHER, PATRICK
 ESCOBAR, PATRICIO
 ESCOMEL, FRANCK
 ESER, ELIZABETH
 ESKEW, SHAY
 ESPINEL, JON
 ESPINOSA, GERARDO
 ESPINOSA, JUAN
 ESPINOSA MENDOZA, BRENDA
 ESPINOZA, TAWNY
 ESPINOZA DANS, PAMELA
 ESTEVE, JOSEP
 ETTER, SEAN
 EVAK, MOLLY
 EVANS, KEITH
 EVANS, MARK
 EVANS, MARK
 EVANS, MARK
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 FARIAS, MARICARMEN
 FARINA, LORENA
 FARRELL, AMY
 FARRELL, LINDSAY
 FARRELL, RACHEL
 FATULE ZULETA, GIULIANA
 FAUCHER, MEAGHAN
 FAUER, ALEX
 FAWAZ, MARWAN
 FAY, BROCK
 FAYOLLE, PABLO
 FEDERICI, MELINA
 FEDOSIEIEV, ROMAN
 FEDYUSHKIN, ALEXANDER
 FEELY, ALEXIS
 FEIKES, MAGGIE
 FEJFAR, JEFF
 FELDER, PAUL
 FELIX, KIM
 FELTON, KIRK
 FELTON, MITCH
 FENTON, MICHAEL
 FERGUSON, CONNOR
 FERMYER, JULIA
 FERNA, FABIAN
 FERNANDES, NUNO
 FERNANDEZ, ELISA
 FERNANDEZ, STEPHANIE
 FERNANDEZ CASTILLO, RAQUEL
 FERNANDEZ SERNA, CRISTIAN
 FERRARI, JEREMY
 FERREIRO, JORGE
 FEUERHAHN, MARTIN
 FICHAUX, OLIVIER
 FIEGEL, BRENT
 FIELDING, JOHN
 FIERRO, PAOLA
 FINDLAY, CRAIG
 FINGER, PAUL
 FINK, JEFF
 FINKBEINER, CAROLINE
 FINLEY, ALAN
 FINLEY, TAMERA
 FINOTTI-SHEPPARD, JENNIFER
 FIOQUETTA, FEDERICO
 FIORANTE, GUSTAVO
 FIRSTENBERG, SAMANTHA
 FISCHBACH, YANNICK
 FISHER, CYNTHIA
 FISHMAN, EDDIE

FISHMAN, LORI
 FISKE, TODD
 FITCH, TOM
 FITE-BOLTJES, LESLEY
 FITZGERALD, TRAVIS
 FITZSIMMONS, MICHAEL
 FLANAGAN, KEVIN
 FLECK, THOMAS
 FLEMING, CASEY
 FLEMING, GIN
 FLEMING, JOSEPH
 FLESCH, MEGAN
 FLESHOUR, DANIEL
 FLETCHER, AMY
 FLOHR, CHRISTINE
 FLOREA, SHANNON
 FLOURNOY, THOMAS
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 FOLEY, RYAN
 FONTAINE, BERTRAND
 FOOTE, BRIDGET
 FORBES, ADRIAN
 FORD, BENJAMIN
 FORD, JENNIFER
 FORD, MARK
 FORD, MIMI
 FORD, ROBERT
 FORERO, MIGUEL
 FORESTELL, ELIZABETH
 FORINASH, TONY
 FORLANI, ALFREDO
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 FOUCHER, RONAN
 FOWLER, STARR
 FOX, JEFFREY
 FOX, SCOTT
 FRAGA, FLORENCIA
 FRANCO, GUILLERMO
 FRANCO, MARIANA
 FRANCO HERNANDEZ, YANKARI
 FRANCOIS, BODIC
 FRANK, JESSE
 FRANKEL, ROBBIE
 FRANKS, DUANE
 FREASE, DAVIS
 FREDERICK, ANNIE
 FREDRICKSON, KYLE
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 FREIBURGHaus, STEVE
 FREITAS, FELIPE
 FRIEDMAN, LIZ
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 FRIEND, LAURA
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 FRIIS, CLAUS

FRITZ, TRACY
 FROEMMING, ADAM
 FRON, DANELLE
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 FUCCI, CHIARA
 FUDALA, AMY
 FUDALA, JASON
 FUELLING, KAITLIN
 FUENTES, JOAO
 FUKUMOTO, TETSURO
 FULKERSON, SCOTT
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 FULLER, KEVIN
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 FUNK, HARALD
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 GAA, CHRISTYN
 GABLEMAN, ANDREA
 GABRIEL, ERIC
 GABRIEL, RODRIGO
 GAGE, MARCUS
 GAGNON, SYLVAIN
 GAIBOR, JUAN CARLOS
 GAILEY, DOUG
 GALAT, STEVEN
 GALEK, KIMBERLY
 GALIEN, TEDDY
 GALLACHER, MICHAEL
 GALLAGHER, CURRY
 GALLARDO, MARTIN
 GALLARDO, PAUL
 GALLEGOS, HILDA
 GALLRDO, XAVIER
 GALVAO, STEVEN
 GAMMIE, BRENDA
 GANNON, MARK
 GARCIA, ANA ISABEL
 GARCIA, CAMILO
 GARCIA, HECTOR
 GARCIA, ISELA
 GARCIA, JOSEPH
 GARCIA, MARIA
 GARCIA, MARQUES
 GARCIA, OMAR
 GARCIA, PEPE
 GARCIA SAINZ, ANDREA
 GARCIA SANCHEZ, ALEJANDRO
 GARCIA TELLEZ, FATIMA GEORGINA
 GARDINER, KEITH
 GARDNER, MEREDITH
 GARGES, ERIC
 GARLAND, BENJAMIN
 GARLAND, KIM
 GARNER, HAROLD

GARONE, PATRICIA
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 GARRISI, JESSELYN
 GARRISON, TERESA
 GARVEY, THOMAS
 GARVIN, MIKE
 GASTOL, CORIANNA
 GATTE, BENJAMIN
 GAUDIN, BRICE
 GAUTHIER, MATHIEU
 GAVIRIA, ALEJANDRO
 GAYNOR, DEBORAH
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 GEBELEN, RYAN
 GEBER ANDREAZZA, MARCOS
 GEGG, ROBERT
 GEISE, BRUCE
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 GENASCI SMITH, ELLA
 GENCARELLA, FRANCESCA
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 GENTILE, MATTHEW
 GENTLE, MIA
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 GEORGE LECLAIR, KAREN
 GEORGE THOMSON, BARBARA
 GERBER, ALEX
 GERRY, TIM
 GERSHEL, MARC
 GERSITZ, LORRAINE
 GESMUNDO, JACK
 GESSNER, THOMAS
 GEY, GIAN MARCIO
 GHARPURE, CHAITANYA
 GHAZZALI, ABBESS
 GIANNUNZIO, SCOTT
 GIBBONS, GREG
 GIBBONS, KALEIGH
 GIBBS, BROCK
 GIBSON, JENNIFER
 GIL, ALBERTO
 GILBERT, LAURA
 GILDEA, STUART
 GILE, DAVID
 GILES, KRISTEN
 GILL, POLLY
 GILLESPIE, LLOYD
 GILLIGAN, KIRK
 GILSON, ALEXANDER
 GINDRE, MATT
 GINGRAS, MICHAEL
 GINN, CHRISTOPHER
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 GODMAN, JEFF
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 GONZALEZ, ALINE
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 GONZALEZ, SOL
 GONZALEZ, TONY
 GONZALEZ ALVAREZ, JOSE ANTONIO
 GONZALEZ FLORES, RODRIGO ANTONIO
 GONZALEZ IBARRA, MARIA FERNANDA
 GONZALEZ KAIL, MICAELA
 GONZALEZ LOPEZ, ALONSO
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 GOODRICH, SCOTT
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 GORDON, JERETT
 GORDON, JOSH
 GORDON, MARCUS
 GORE, TRISTAN
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 GOULD, KARIN

GOULET, ADAM
 GOURSON, SETH
 GOUTKIN, BORIS
 GOYAL, SACHIT
 GOYETTE, HEATHER
 GRADY, KATHY
 GRADY, SEAN
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 GRAHAM, ALANA
 GRAHAM, ANA
 GRAHAM, DUANE
 GRAHAM, KERRI
 GRAHAME, HEATHER
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 GRANDANS, ANDIS
 GRANICH, MEGAN
 GRANINGER, THERESA
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 GRANT, ANNA
 GRANT, CARRIE
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 GRAY, ROBERT
 GRAYBEAL, ANDREW
 GREELEY, BRIANA
 GREEN, FRANK
 GREEN, JORDAN
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 GREGG, REBBY
 GREGOIRE, NADIA
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 GREGORY, NICK
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 GROSS, EMMETT
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 GRUENFELD, CHERIE
 GRULLON, LUIGI
 GRZYBOWSKI, PAM
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 GUBERN, EVA
 GUBLER, PHILIPP
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 GUENTHER, BRYAN

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 GUERTIN, THIERRY
 GUEVARA, ANDREA
 GUEVARA, BEN
 GUEVARA, FRANCISCO
 GUILBAULT, MICHAEL
 GUILBERT, MATTHIEU
 GUIONNET, JEROME
 GULD, TAMMY
 GUMKOWSKI, BJ
 GUNN, SAYER
 GURLEY, RON
 GURROLA, GEORGE
 GUSTAFSSON, LARS
 GUSTIN, BRENDA
 GUTIERREZ, LUIS
 GUTIERREZ, MICHAEL
 GUTIERREZ, RAMON
 GUTIERREZ, SANTIAGO
 GUTIERREZ, SEELEY
 GUTIERREZ LOPEZ, JESUS ROBERTO
 GUY, KATE
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 GUZMAN, ALEJANDRO
 GUZMAN HENTSCHEL, LORENZA
 GUZMÁN HENTSCHEL, MARINA
 GYDESEN, JENS
 HAAS, CHRISTOPHER
 HACKETT, CAMERON
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 HAGEN, MARK
 HAGGINS, SYDNEY
 HAINS, AARON
 HAJJAR, ROSE
 HALAWA, YASMIN
 HALE, JENN
 HALEWSKI, STEVEN
 HALL, ALLISON
 HALL, ANDREW
 HALL, DEVON
 HALL, JIM
 HALL, SHEILA
 HALLBERG, JAMES
 HALTER, LINDSEY
 HALVORSON, DAVID
 HAMACHER, SALLY
 HAMARD, CHLOÉ
 HAMBLIN, CORY
 HAMILL, TORI
 HAMILTON, HEATHER
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 HANCOCK, ABIGAIL
 HANDEL, STEPHEN
 HANLEY, AMY

HANN, ALAN
 HANNA, JOHN
 HANSCHKE, LARS
 HANSCHKE BUSCH, ALINA
 HANSELMAN, TOM
 HANSEN, RASMUS
 HANSON, CHAD
 HANSON, SABRA
 HARDMAN, JASON
 HARINCK, DAVID
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 HARNER, ZACHARY
 HAROUSSEAU, MARK
 HARPER, ROSS
 HARPER, ZACHARY
 HARR, WILLIAM
 HARRINGTON, LORI
 HARRIS, CHRIS
 HARRIS, JAMES
 HARRIS, MICHAEL
 HARRISON SALAZAR, CHRISTOPHER
 HARSCH, PETER
 HART, ELLEN
 HART, GINA
 HART, STEPH
 HART, WENDY
 HARTONG, DANIEL
 HARVEGO, ERIN
 HARVEY, BERNARDO
 HARVEY, DARRYN
 HARVEY, PATRICE
 HASLAM, STEVE
 HASSEL, DIANA
 HASSELKUSS, DIRK
 HATALA, JOHN
 HATEM, DANTE
 HATHAWAY, KIERSTEN
 HATSKO, DZMITRY
 HATTON, CORY
 HAUFLER, JENNA
 HAUGH, KEVIN
 HAUPTMAN, ROGER
 HAUSE, KEVIN
 HAUSWIRTH, SUSANA
 HAVAS, PETER
 HAWKINS, KELLY
 HAWLEY, TIM
 HAYDEN, SUSAN
 HAYES, BRIAN
 HAYES, JAMIE
 HAYMAN, MATT
 HAZLICK, DENISE
 HEATH, JOHN
 HEATH, PERRY
 HEBDA, MEGAN
 HECK, DON
 HEDRICH, MICHELLE

The background of the poster is a scenic photograph of a paved road winding through a lush green valley. In the distance, there are rugged mountains under a bright blue sky with scattered white clouds. Two cyclists are riding on the road, one in front of the other. The cyclist in the foreground is wearing a white and black jersey, while the one behind is in a yellow and black jersey. The overall tone is energetic and adventurous.

IRONMAN
70.3  **ANDORRA**

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 HEKTOEN, SARA
 HELGEMO, STEPHEN
 HELSEL, DAVE
 HELSEL, THERESA
 HEMP, BRENDAN
 HENARES, ISAAC
 HENARES, RAQUEL
 HENDERSON, MELANIE
 HENDON, CHRIS
 HENDRICK, WILLIAM
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 HENNING, SUSAN
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 HENRIKSSON, ANDRE
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 HENRY, MALACHI
 HENRY, MAX
 HENSLEY, NATALIE
 HERBST, CARLA
 HERMANN, HEATHER
 HERMANN, LAURA
 HERMES, MARK
 HERNANDES DELGADO JUNIOR, SILVIO
 HERNANDEZ, CAROLINA
 HERNANDEZ, CHRISTIAN
 HERNANDEZ, CIBELLE
 HERNANDEZ, CRISTAL
 HERNANDEZ, HECTOR
 HERNANDEZ, MAURICIO
 HERNANDEZ, SIMONE
 HERNANDEZ, TANIA
 HERNANDEZ, VICTOR
 HERNANDEZ TORRES, ALEJANDRO
 HERNANDEZ WEBER, MONICA
 HERR, ALLISON
 HERRADA, SERGIO
 HERRERA, GABRIELA
 HERRING, MARION
 HERRINGTON, CHRIS
 HERZOG, JOHN
 HEURTEUX, FLORETTE
 HEY, RUTH
 HEYES, BRETT
 HEYSER, CHIP
 HIBBS, DAVID
 HICKEN, ADAM
 HICKS, JOSEPH
 HICKS, KORRIE
 HIDALGO, RUDDY

HIGGINBOTHAM, AMY
 HIGGINBOTHAM, ANDY
 HIGGINS, COLE
 HIGGINS, PAULINE
 HIGHLAND, JUAN
 HIGUERA, JULIAN
 HILDENBRAND, DAVID
 HILL, CAMELLIA
 HILL, CHERYL
 HILLER, LEAH
 HILLNER, JOSEPH
 HINDLEY, ANDREW
 HINES, BRADON
 HINGLE, LAURA
 HINKLEY, KEVIN
 HINOJOSA, FRANZ
 HINOJOSA, OMAR
 HINOJOSA CORREA, JUAN MANUEL
 HINTON, TIMOTHY
 HIPPEN, EMILY
 HIPSKIND, KEVIN
 HIRSHBERG, ELLIE
 HIRTH, ANDREA
 HIRTH, SCOTT
 HISEL, PEYTON
 HITCH, TANYA
 HITE, AMY
 HOBLET, MICHAEL
 HOCHMAN, JULIET
 HODGE, DAVID
 HODGES, JEREMY
 HODGES, NATHAN
 HODGES, RENEE
 HODNETT, SPENCER
 HODNETT, STACEY
 HOENISCH, PAULO
 HOEPER, JEVIN
 HOFF, NIKOLAJ KOORS
 HOFF, TIMOTHY
 HOFFMAN, KARYN
 HOFSTETTER, ROMAN JÖRG
 HOGAN, HEIDI
 HOGAN, TERESA
 HOHENBERGER, JOHN
 HÖIOM, RUNAR
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 HOLA, TIM
 HOLCOMBE, ROGER
 HOLDEN, RICHARD
 HOLER, LUCA
 HOLLAND, MARK
 HOLLINGSWORTH, CHELSEA
 HOLLIS, GEMMA
 HOLMES, EMILY
 HOLMES, JENNIFER
 HOLMES, QUENTIN
 HOLMQUIST, KAMBERLY

HOLNESS, SAM
 HOLT, HENRY
 HOLT, LISA
 HOLVERSON, DALLAS
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WOOD, KAREN
WOOD, THOMAS
WOOD, WILLIAM
WOODHOUSE, REBECCA
WOODMAN, GEOFFREY
WOODS, AMY
WOODSON, JOE
WOODWARD, TYLER
WOOLSEY, SCOTT
WOOLWINE, LEISHIA
WOURMS, LISA
WRIGHT, WILL
WU, CHING-CHENG
WU, KARL
WU, TSUNG-HAN
WYNHOF, CAMERON
WYSER, FABIAN
WYSZYNSKI, BRITTANEY
XIN, WEIGUO
XYDIAS, JACKIE
YAKUSHINA, KATERYNA
YAMAGUCHI, LUCIANA
YAMAMURA, YUKI
YAMASAKI, LAURA
YAMASHITA, IZUMI

YAMASHITA, MASASHI
YANDELL, ANDREW
YARD, RYAN
YBARRA, ANA MARIA
YEAGER, KYLE
YEAGER, RHONDA
YEAGER, ZACH
YEOMAN, AMY
YERGER, INGRID
YEROSHOV, SERGIY
YIBIRIN, SERGIO
YNDESAD, CATHY
YOHMAN, DON
YOKOYAMA, TSUYOSHI
YON, JAMEY
YONCE, SHAYNE
YOUNG, JAY
YOUNG, JOHNNY
YOUNG, MICHAEL
YOUNG, NATHAN
YOUNG, TREVOR
YOUNGDAHL, PRESTON
YOUNGS, ROXANNE
YOUNGSON, ROCHELLE
YTTERDAHL, DARCY
YUNGINGER, REBECCA
YURCHAK, KALEB
YURKOVIC, DAVE
ZABALA, JOTA
ZAHRA, TALIA
ZAIDI, SEAN
ZAJAC, JODI
ZAJAC, MATT
ZAMBRANO, CLAUDIA
ZAMBRANO, PAUL
ZAMBRANO, RACHEL
ZAMORA, DAVID
ZAMORA, FERNANDO
ZAMORA, MARTHA ISABEL
ZAMORANO, JAVIER
ZANARDINI, LAURA
ZANDER, STEFAN
ZANDOTTI, SANDRINE
ZAPAG PERALTA, ENRIQUE
ZARAGOZA VERDE, MONSERRAT
ZARYSKI, CAL
ZECHMAN JOHNSON, THERESA
ZELEDON, RODOLFO
ZELENT, CRAIG
ZELINSKI, RYAN
ZENKER, JENNIFER
ZEPP, KEVIN
ZERA, KATIE
ZEROSKI, MICHAEL
ZERWECK, CARTER
ZEUG, MARLENE
ZHANBULAT, KADYROV

ZHANG, RICHARD
ZHUKOV, IVAN
ZHUSHMAN, OLENA
ZIARKO, MELANIE
ZIEGLER, JONATHAN
ZIEGLER, READ
ZIELIS, SEBASTIAN
ZIEMIANSKA, ANETA
ZIESLER, SEBE
ZILINSKAS, RACHEL
ZILINSKAS, SUSAN
ZIMERI, PETER
ZIMIN, DMITRIY
ZIMMERMAN, NATALIE
ZINCHUK, JENNIE
ZINIEL, TY
ZINSER, JASON
ZIRKELBACH, JOHN
ZOBARAN, RODRIGO
ZULETA, OSCAR
ZULUAGA, EUGENIA
ZUMBEC, CHRISTOPHER
ZYCHOWICZ, PAUL

What athletes are saying about IRONMAN Virtual Club...

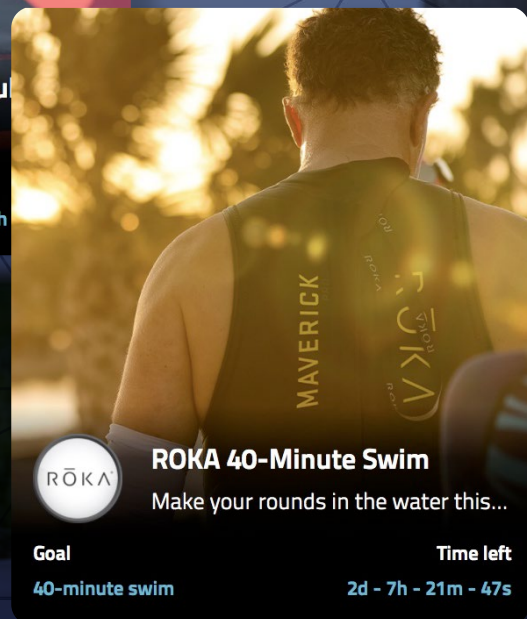
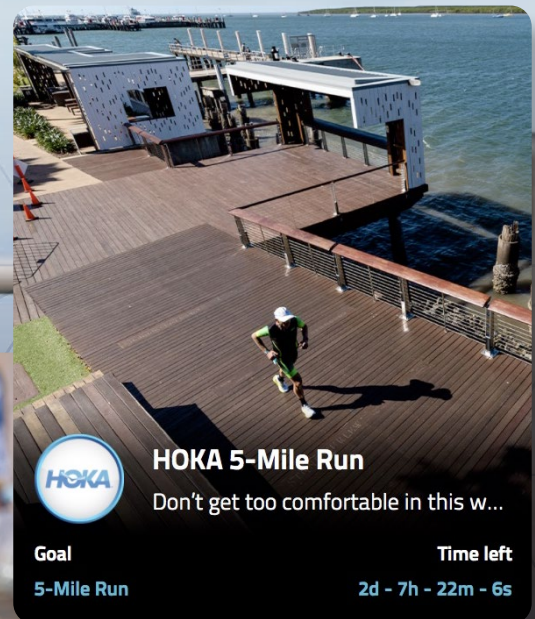
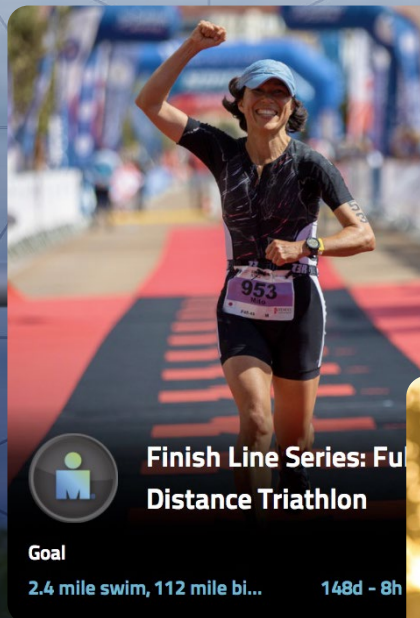
“Motivational free events and challenges”

“Great motivator for triathlon training”

“Fun way to compete and stay active”

“Great community”

“Lots of fun competing for points against other Tri Clubs”





INCLINE



MILES



MPH

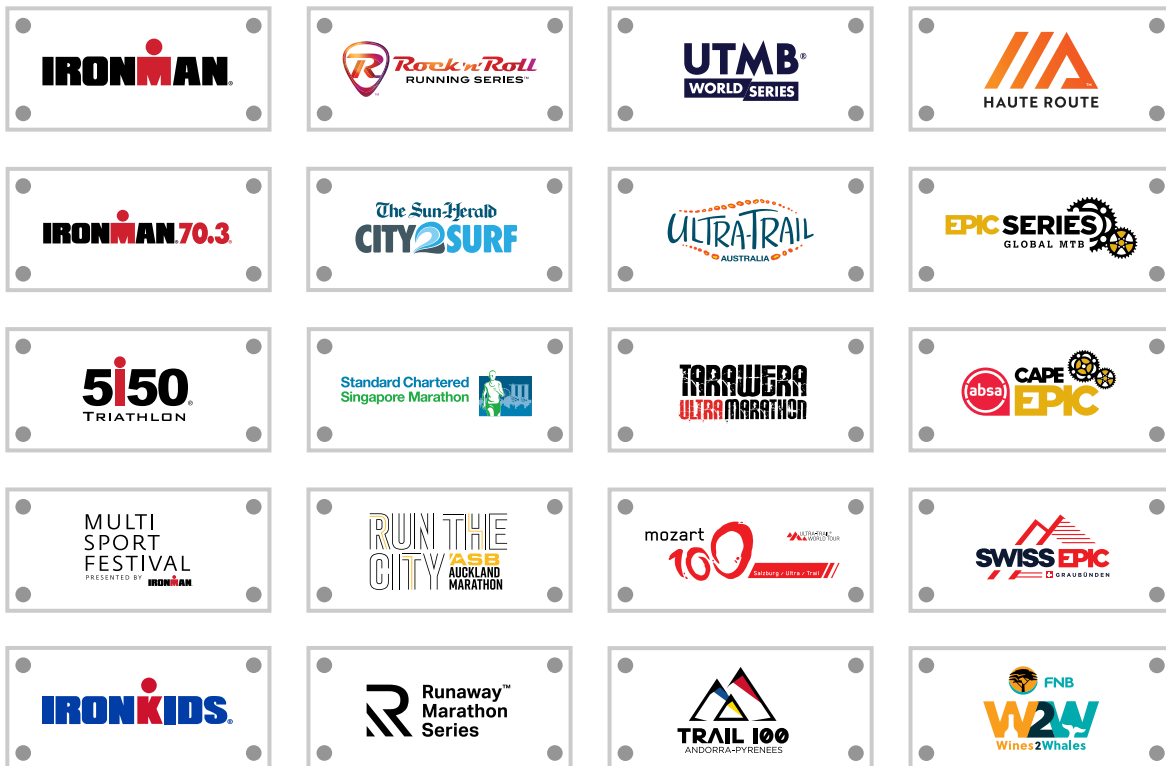
IRONMAN Virtual Club is an interactive platform where you can participate in virtual challenges and races and log and track your training sessions. Earn points for your activity that can be traded in for major discounts on training and racing gear from the IRONMAN Store.

Join today at IRONMANVirtualClub.com!



Beginning with a single race in Hawai'i, **The IRONMAN Group** has grown to operate a global endurance sport portfolio with triathlon, road and trail running, cycling and mountain biking events across 50 countries.

The IRONMAN Group mission is to provide exceptional, life-changing experiences for athletes of all levels, from their first step to the finish line. We are inspired by our athletes' ambition, and endeavor to be worthy of their commitment.



We invite you to find your next finish line with us.