

# Ironman Cozumel 2023: the most challenging race returns to Quintana Roo

*On November 19, 2023, the iconic Ironman competition will take place in Cozumel.*

UNITED STATES, November 3, 2023 /EINPresswire.com/ -- The excitement and adrenaline are

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*Javier Aranda, Director of the Quintana Roo Tourism Promotion Council.*

about to take over Cozumel, as one of the most challenging and exciting global sporting events, the Ironman 2023, will be held on November 19. This competition brings together elite athletes and endurance enthusiasts from around the world who will be demonstrating their strength on the largest island in the Mexican Caribbean.

Ironman Cozumel 2023 promises to offer an unforgettable experience for all participants. Given its location surrounded by the Caribbean Sea, its crystal-clear waters that house the largest coral reef barrier in the Americas, and its infrastructure prepared to receive athletes, this destination will be the perfect setting for the competition.

The sports challenge includes three different disciplines. In the first place, the swimming stage will consist of 3.8 km and is consolidated as one of the most spectacular in the world due to the great visibility of the water and the amount of marine life that accompanies the athletes throughout the route. It will start at Marina Fonatur and end in front of the dolphin platform at Chankanaab Park. During the course, athletes will swim laps in a counterclockwise circle.

In second place, the cycling stage will consist of three laps around the island to complete the 180 kilometers of the course, along a route that covers incredible seaside roads, the hotel zone, and iconic sites of Cuzumel. It will start at the parking lot of Chankanaab Park and end on the side of the municipal presidency esplanade.

Finally, there is the running stage, which will be a marathon of 42.2 km, in three laps, on a completely flat route that will start on Rafael Melgar Avenue. In total, there will be 17 hours to complete the marathon competition.

"Quintana Roo is proud to host this world-class event that combines sports, nature, and hospitality. We invite athletes and sports enthusiasts to join us and live this unique experience in Cozumel, a place that always welcomes its visitors with open arms and has provided all the necessary infrastructure to make this experience an unforgettable event". Said Javier Aranda, Director of the Quintana Roo Tourism Promotion Council.

To learn more about the event, visit <https://www.ironman.com/im-cozumel>.

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