

# Event Timetable

The following table is the official Event Schedule for the 2019 Challenge Kaiserwinkl-Walchsee

# **FRIDAY JUNE 28th**

10:00 a.m. – 07:00 p.m.	<b>Registration</b> , Walchsee Sports and Event Centre Late entries for Junior Challenge, Challenge Women 5:00 p.m.
10:00 a.m 03.00 p.m.	Registration Challenge Swim, late Entries until 2:00 p.m.
10:00 a.m 07:30 p.m.	Expo in the Sports and Event Centre
05:00 p.m.	Start Challenge Swim, Lake promenade - See la Vie
07:00 p.m.	Prize Ceremony, Lake promendade - See la Vie

# SATURDAY HINE 29th

SATURDAY JUNE 29th				
07:30 a.m 08:30 a.m.	Official swim training, Start Area			
08:00 a.m 09:00 a.m.	Registration Junior Challenge, Walchsee Sports and Event Centre			
	ATTENTION: no late entries!			
09:00 a.m 03.00 p.m.	Registration Challenge Kaiserwinkl-Walchsee			
	and Challenge Women, Walchsee Sports and Event Centre			
	late entries for Challenge Women until 2:00 p.m.			
08:00 a.m 07:30 p.m.	Expo, Walchsee Sports and Event Centre			
10:00 a.m.	Start Junior Challenge (Aquathlon)			
01:30 p.m.	German and English Race briefing, Walchsee Sports and Event Centre			
03.00 p.m.	Junior Challenge award ceremony, Walchsee Sports and Event Centre			
04:00 p.m. – 06:30 p.m.	Bike and Helmet Check-In, Transition Area			
05:00 p.m.	Start Challenge Women			
06:00 p.m.	Challenge Women award ceremony, Walchsee Sports and Event Centre			
06:30 p.m. – 08:30 p.m.	Kaiserschmarrn Party, Walchsee Sports and Event Centre			

# **SUNDAY JUNI 30th**

08:00 a.m 10.00 a.m.	Transition Area open (No Bike Check-In!)
10:30 a.m.	Start Challenge Kaiserwinkl-Walchsee 2019
	Single-, Relay and Aquabike starter
01:30 p.m. – 06:30 p.m.	Expo, Walchsee Sports- and Event Centre
approx. 02.15 p.m.	Expected finish of the men's winner
approx. 02.45 p.m.	Expected finish of the women's winner
05:00 p.m. – 07:30 p.m.	Bike Check-Out
07:00 p.m.	Expected finish of last finisher
07:15 p.m.	Award ceremony Challenge Kaiserwinkl-Walchsee 2019

# Raceinfo english

# LETTER FROM THE TECHNICAL OFFICIALS

On behalf of Triathlon Austria, welcome to the 10th edition of Challenge Kaiserwinkl-Walchsee 2019. We are using the Austrian Triathlon Competition Rules from the Austrian Federation. (ÖTRV-Sportordnung) This is a 'NON Drafting Event".

To minimize the possibility of infringing the rules on race day, and avoiding a visit to the Penalty Box, please observe the following:

- 1. The draft distance is 12 meters (7 bike lengths) between bikes (front wheel to front wheel).
- 2. Overtaking is only permitted on the left of other cyclists and only if it is possible safely and with a safe side distance to the other cyclists. A maximum of 25 seconds is allowed for completing an overtaking process once it has started, otherwise one must fall behind immediately until one is outside of the draft zone (minimum distance 12 metres). Permanent riding next to each other (blocking) is not allowed.
- 3. An overtaken competitor must leave the draft zone of the overtaking persons immediately (within 5 seconds).

Violations of the non-drafting regulations will incur a 5-minute time penalty from the technical officials (TOs) which are signalled with a blue punishment card. Affected competitors must independently enter the next penalty box on the cycling route, announce their time penalty (blue cards) and "serve" their time penalty there. Only after having been given the GO command from the TOs at the penalty box, are they then allowed to continue the competition.

To minimize any misunderstanding on race day, the following summarizes the above rules:

- Avoid a BLOCKING infringement by riding on the right side of the bike lane
- Avoid a DRAFTING infringement by:
- Keep **12 meters** between yourself and the cyclist in front of you.
- Complete your passing within 25 seconds.
- Dropping back 12 meters within 5 seconds once passed, also before attempting to re-pass.
- When passing a number of cyclists, do not "drop in" between cyclists unless the distance between those is more than 12 meters.
- Avoid an ILLEGAL PASS infringement by passing other athletes on the left.
- Avoid a LITTERING infringement by not throwing away ANYTHING except when approaching or exciting Aid Stations (marked Littering Areas). (DSQ)
- Avoid a HELMET infringement by always having your chin strap securely fastened when moving with your bike.
- **UNAUTHORISED EQUIPMENT** absolutely no cell phones, MP3 players, iPods or other audio listening or communication devices.
- **OUTSIDE ASSISTANCE** do NOT accept any assistance from anyone other than race personnel and do not have non-racers ride or run alongside you.
  - The coaches are allowed to hand own nutrition next to the Aid Stations .
- Relieving yourself anywhere other than at the on-course toilet facilities provided may result in a Disqualification.

Triathlon is an individual event and it is your responsibility to fully understand the rules and avoid infringements. A Technical Official's ruling is final in the case of Drafting, Blocking and Illegal Pass infringements (Judgment Calls) and these calls are not subject to either protest or appeal.



Remember to treat other athletes, volunteers, officials and spectators with courtesy and consideration as failure to do so is Unsportsmanlike Conduct and may result in a DSQ.

I sincerely hope you have a great race and achieve your goals!

### ATHLETE CHECK LIST

We have provided the checklist below for convenience to make sure everybody is prepared to have a great event.

- o Read the Athlete Information Guide in its entirety
- Familiarize yourself with race week schedule
- Ensure you arrive in time for Athlete Registration from 10am 7pm on Friday, June 28th or Saturday, June 29th 2019 from 9am – 3pm
- o Ensure you know where the Race Briefing is, what time it starts and allow enough time to get there comfortably.
- Check the athlete list online and ensure your name, country and details are correct (if incorrect please contact info@challenge-walchsee.at)
- o Bring your Triathlon National Federation annual member card; if you don't have a Federation membership, ensure you have photo identification and bring to Athlete Registration
- Confirm your Emergency Contact person will be contactable on race day and ensure that the full number including area / country code is provided
- o Confirm your Medicare/Health Insurance details are up to date
- Check the weather forecast to ensure you bring all relevant clothing and equipment
- o Familiarize yourself with the venue and race day road closures
- o Familiarize yourself with the course (it is your responsibility to know this on race day)
- Bring your Photo Identification
- Bring your valid Triathlon Membership Card

# **EVENT INFORMATION**

There will be an Information Office located at the Tourism Office in Walchsee Dorf-Strasse 1;

Our friendly staff will do their best to help you with any questions and have information and maps on the event and surrounding areas, as well internet and a phone if required. They can also assist you in booking services as part of the event.

Additional information can be found via the following details: www.challenge-walchsee.at



# **PARKING**

Please note there is no official designated parking area. For further information visit our website

www.challenge-walchsee.at

Maps are listed at the end of the Information booklet. Please ensure you obey all advisory signage.

On Race Day make sure you are not parking on the bike or run course for the safety of the competitors. Your car will be moved at the driver's expense.

### **CHALLENGE SPORT EXPO**

Visit the Challenge Kaiserwinkl-Walchsee Sport Expo located at the Expo Area in the Sport and Event Center Open every day (see Event Schedule), the Challenge Sport Expo will feature daily entertainment and a selection of swim, bike and run equipment for you to browse. It is the perfect opportunity for you to stock up on last minute equipment needs as well as talk to the experts behind the brand. Make sure to check daily on specials, activities and entertainment available for all.

# **MASSAGE**

For your convenience, Wittlinger Therapie Center will be available for pre & post event massage services. The team will be located on the Expo of the Sport and Event centre on

Saturday June 29th from 9.00 a.m. - 06.00 p.m.

Pre Race Massage: 30 min € 20,00

Once finished the race, don't forget to visit the team at the Sport and Event Center for your free complimentary massage.

# **BIKE MECHANICS**

A bike service is located at the Challenge Kaiserwinkl-Walch-see Sport Expo on Friday from 2 pm and on Saturday from 9 am before relocating to the Transition Area for Bike Check-in on Saturday.

The Bike service will be conducting a paid service for 'minor mechanicals' during these times. A limited 'emergency service' will also be available inside transition on race morning.

# **MEDICAL**

Your safety is of utmost importance to us. If you are unsure about your ability to complete the race or are not feeling 100% physically fit in the lead up to the event, Challenge highly recommends you seek medical advice from your doctor. Basic first aid is available throughout event week. If you require medical attention we recommend that you visit our Information Desk or seek the assistance of event personnel. Medical staff will be situated in a variety of positions on race day. These locations are as follows:

- Swim Start; Swim Exit; Transition, several spots around the Bike & Run Course
- Finish & Recovery
- Basic first aid support can also be obtained at the Bike and Run Aid Stations.

It is strongly advised that you have adequate personal insurance regardless of whether you are an Austrian resident or from overseas. We highly recommend that Austrian athletes hold valid private health insurance and that international athletes check with their travel insurance or personal insurance provider to confirm what they are covered for under Austrian legislation. All non-Austrian residents are not covered for medical costs or ambulance transport costs. If you have an accident you must pay for your own medical expenses and transport. Hence it is recommended you obtain adequate personal medical insurance or travel insurance with the relevant coverage.

# **HOSPITAL**

BKH Kufstein Endach 27 A 6330 Kufstein

# **PRE EVENT TRAINING**

Challenge will endeavor to provide sufficient directional signage across the event period to assist athletes for training and familiarization purposes. At all times athletes must remember that their safety and the law is priority. Please do not risk either in the pursuit of course familiarization. Below is further information on each leg for training and familiarization purposes.

### **SWIM**

There will be an opportunity to train on the Swim Course on Saturday 07:30am – 8:30am. This is the only organized and approved swim practice as part of the event. Importang information: The swim course crosses



the motorboat and waterski line and is only released for raceday.

#### **BIKE**

Please adhere to traffic regulations when training on the bike course. Do not ride two abreast and obey all traffic rules. Being a competitor does not exempt you from the law. Be courteous to motorists. Wear your helmet whilst cycling!

We ask you to drive carefully, especially in the smaller towns and back roads. The roads are not closed yet, it can happen, that children are playing on the street or tractors are on the way.

We ask you to not throw away any plastic of packing materials into fields an on the roadside during the training!

#### **RUN**

The 4 loop run course is a mixture of paths and roadways and follows the paths and roads along the lake Walchsee

# TRIATHLON MEMBERSHIP

Have you organized your National Triathlon membership? Every athlete is required to hold a valid membership of his National Triathlon Federation in order to participate in the Challenge Kaiserwinkl-Walchsee 2019.

You will be required to show proof of your membership at Athlete Check-In. If you don't have, or fail to proof, your membership you have to purchase a one day membership of the Austrian Triathlon Federation for insurance reasons.

# **ONE DAY MEMBERS (ODM)**

If you have purchased a One Day Membership with Triath-Ion Austria, please bring Photo ID to show at Athlete Check In.

# ATHLETE REGISTRATION

Athlete Registration for all athletes participating in Challenge Kaiserwinkl-Walchsee will take place at the Sport & Event Center in 6344 Walchsee,

See Straße 3 on the following days and times:

- Friday, June 28th, between 10.00am-7.00pm
- Saturday, June 29th, between 9.00am 3.00pm

It is compulsory for all athletes to register during these times. No athlete will be able to register after 3.00 pm on Saturday June 29th, 2019.

You are required to show photo identification to register – i.e. Driver's License, Passport, as well as your Triathlon Annual License

Please do not take your bike into the Registration queue as this congests the area and makes it dangerous for other athletes. Please allow time for delays when making travel arrangements.

**Please note:** it is illegal for someone to race under your name or for you to race under someone else's name: this will result in suspension from your state Triathlon Association and ineligibility to race in other Challenge events.

# During Registration athletes will receive the following:

- ID wristband (to be worn from when you are registered to after the Awards Function)
- Swim cap compulsory to wear on race day
- 3 Helmet sticker (placed on the front, on the left, on the right of the helmet)
- Bike seat post sticker (to wrap around the seat post of your bike and stick to itself)
- Race bib (compulsory on bike and run leg )
- Gear Bags (Red = Bike, Blue = Run, Green = After Race Gear)
- Gear Bag stickers, to be stuck onto your Gear Bags
- Start Gift (Backpack)
- Sponsor promotional items

### **ID WRISTBAND**

Your ID wristband must be worn at all times as this will be your entry to 'athlete only restricted areas.' This is your only means of entry to transition to rack your bike pre-race and to collect your gear and bike after the race. Challenge will not allow access into these area's without athletes wearing their wristband.

Age Groupers and Relays ID Wristband is to be worn until Sunday after Bike Check Out.

# **TIMING INFO**

You will collect your Timing Chip and confirm your identity with the timing personnel during Athlete Registration. Please ensure you put it in a safe place and remember to have it with you on race morning.



- Timing Chips must be worn on your left ankle.
- On race morning, your timing chip must be worn to enter transition. Officials will be checking this.
- If you do not start the race or pull out of the race for any reason please inform one of the Officials.
- Timing results will include swim split, bike split, run split and finish time— Overall and Category results
- If timing chip are not worn throughout the duration of the race, race results will not be available.
   If you loose your timing chip, please contact a Technical Official immediately.

### WITHDRAWAL & TIMING CHIP RETURN

If you withdraw from the race at any time (pre or during the race), please inform Challenge Walchsee-Kaiserwinkl Officials or Technical Officials, especially on race day. Please help us to increase your safety by telling us.

Only by return of your timing chip and showing your race number you get your bike at the bike check-out. If you fail to return your timing chip, a 50,00 € replacement charge applies.

# KAISERSCHMARRN PARTY AS WELCOME DINNER

Date: Saturday June 29th, 2019

Time: 6.30pm – 8.30pm Location: Sport & Event Center

Your ticket is included in you race entry. Your athlete wristband is your ticket and will be checked upon entry. **NO WRISTBAND NO ENTRY**;

Extra tickets for partners and support crew are available for € 15.- There will be limited number of tickets available for friends and family for the Welcome Dinner. Tickets are available at the Registration

# COMPULSARY PRE RACE ATHLETE BRIEFING

This takes place, at the Sport & Event Center in 6344 Walchsee, Seestrasse 3.

As well as receiving an overview of the course and key rules and regulations, you will also be advised of any last minute changes that differ from the information published in this document or on the web site.

01.30 p.m. Saturday June 29th: Briefing German/English

### **BIKE CHECK-IN**

Bike Racks for athletes will be set out in numbered order. Information on the transition procedures is provided under the 'Transition 1' sections of this guide.

Your bike MUST be checked into the Transition Area between 4.00pm - 6.30pm ONLY on Saturday June, 29th.

Your bike must display your seat post sticker and you must wear your ID wristband. If you do not have either of these you will not be allowed in or out of transition.

When you rack your bike on Saturday between 4.00pm-7.00pm please allow plenty of time to walk through the routes that you will take through the Transition Area.

Volunteers will be available for race specific questions and Technical Officials will be available for any questions regarding rules and regulations.

# **BIKE CHECKS**

Your bike will be visually inspected by a Technical Official and allowed into transition upon passing this inspection. This is not a guarantee of safety. Athletes are responsible for their bikes being properly maintained. Check your bike complies with the regulations before presenting it at transition to avoid rejection. Inspectors will be checking for such thing as:

- End plugs on handle bars
- Brakes in working order
- Compliance with Competition Rules

If in doubt of passing this visual inspection please visit our bike mechanics prior to Bike Check-in. They will be available onsite at either the Challenge Walchsee Expo on Friday and Saturday or on Sunday at the entry into Transition.

### HELMET CHECK IN

Bike helmets are compulsory. Technical Officials will be conducting helmet checks as you enter the Transition area on Saturday June 29th.

Please ensure you wear your helmet fastened when entering Transition.

It is compulsory that all helmets are placed after Check-In into the red Bike Bag. The Bike Bag must be placed on the designed place in the transition area.

Helmets must meet the following specifications:

 Your helmet must be approved by a recognized testing authority



- Alterations to any part of the helmet are not allowed. This includes, but is not limited to, any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover.
- Helmets must be undamaged

Helmets MUST STAY in the transition area in the red Bike BAG after Check-In.

# TRANSITION GEAR BAGS

Athletes are supplied with a sticker sheet which includes their race number for each gear bag (Athlete Kit Guide).

Athletes are required to apply their own labels provided on the sticker sheet to their gear bags. All bags have a specially marked area for the application of the sticker.

Volunteers and signage will be available during Bike and Bag Check-in to help you.

It is important to note that the Red Bike Bag will be used in your transition from Swim to Bike (T1) only and the Blue Run Bag will be used in your transition area from Bike to Run (T2) only.

Please note you will have access to these bags on race morning.

The following items are examples of what could be included within each bag.

#### **RED BIKE BAG**

The following race items are examples of what could be included within the bag.

- Bike helmet (compulsary)
- Bike shoes (or clipped on bike)
- Race Bib number
- Sunglasses
- Socks
- Clothing
- Nutrition & fluids (or ON bike)

This bag must be placed (WITH HELMET) in the transition corresponding to your race number on Saturday during Check In and must stay overnight. All other race items can be placed in your bag also in the morning on race day.

#### **BLUE RUN BAG**

The following items are examples of what could be included within the bag

- Running shoes
- Sunglasses
- Hat
- Socks
- Clothing
- Nutrition & fluids

This bag must be handed over latest Sunday morning in transition zone corresponding to your race number!

Please note: no items except those on your bike or within the bags (red bike and blue run) are accepted anywhere else within transition and will be removed by volunteers if found (e.g. next to your bike in transition).

#### **GREEN AFTER RACE BAG**

Your Green After Race Bag needs to contain all the items you require upon completion of your race. On race morning all After Race Bags need to be dropped to the After Race Bag Drop Zones which will be located at **Swim Start from 9:30am – 10:30 am**.

The bags will then be transported to the Recovery Area. After Race Bags will be available for collection in Recovery on Sunday post-race.

#### AFTER RACE BAG COLLECTION

Red Bike, Blue Run Bags will be at Transition area during the following hours:

5:00pm – 7:00pm on Sunday

Green After Race Bags will be at Recovery upon finishing. It is the responsibility of the athlete to collect, hand in and pick up their bags from the appropriate locations and times, as well as ensure they are marked correctly.

Any bags not collected will be brought back to the Challenge Walchsee Office.



# RACE DAY INFORMATION

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#### **COMPETITOR RACE BIB**

Wearing your race bib is COMPULSORY for competitors for the Bike and Run leg.

Your number must be clearly visible on the back for the bike split and towards the front at the run split. If you plan to use an elastic race number belt then it will be necessary to ensure the complete race number is displayed. You must not fold, cut or manipulate your race bib in any way.

#### **BAG TRANSFERS**

On race morning all After Race Bags need to be dropped to the After Race Bag Drop Zones which will be located at Swim Start from 9:30am – 10:30am.

The bags will then be transported to the Recovery area. After Race Bags will be available for collection in Recovery area on Sunday post-race.

# RACE DAY CHECKLIST

### **TRANSITION**

- Transition Area is accessible between 8.00am -10:00am
- ID Wristband
- Nutrition to strap/secure to your bike

### SWIM

- Race supplied Swim cap
- Timing Chip (applied to left ankle)
- Wetsuit (if applicable)
- Goggles

#### BIKE

- Bike seat post sticker
- Bike shoes (Bag or clipped onto bike)
- Race Bib number
- Sunglasses
- Socks
- Clothing
- Nutrition & fluids (or on bike)

#### **RUN**

- Running shoes
- Sunglasses
- Hat
- Socks
- Clothing
- Nutrition & fluids

#### AFTER RACE

 Green After Race Bag, containing all of your postrace requirements & personal belongings including warm clothing

# **COURSE INFORMATION**

# **SWIM COURSE 1,9km 1 LOOP**

Cut Off Time: 1 hours 10min after respective start time

Located in the Lake Walchsee the one lap swim course is undertaken in a clockwise direction.

**Important information:** the swim course crosses the motorboat and waterski line and is only safe on race day (and during the official swim training).

#### RACE MORNING WARM UP SWIM

### **PRO ATHLETES**

Pro Athletes will be able to warm up at the west end of the beach.

The warm up area will be accessible after 10.00 am once the Race Director has confirmed it is safe to do so. All Pro athletes will need to exit the water once advised by the Race Director.

#### **AGE GROUPERS**

Age Group Athletes will be able to warm up at the west end of the beach.

No swimming is allowed directly in front of Start Zone 1.

**Age Groupers** will be able to warm up from approx. 10.00 am once the Race Director has determined it is safe to do so. They will need to exit the water by 10:20 am and be ready in their chosen Start Area. Please follow the direction of water safety at all times during warm up.



# COURSE INFORM

# CHALLENGE SWIM START

10:30 am: Start Pro Men 10:35 am: Start Pro Women

10:45 am: Rolling Start Age Groups,

**PRO ATHLETES: BEACH START** 

Pro Athletes will be sent off in separate male and female

wave starts from the beach.

This start area is located in front of the Age Group Start

Zones.

#### AGE GROUPERS: ROLLING START

This year's event will again incorporate a Rolling Swim Start, allowing Age group athletes to select themselves their Start Zones prior to the race start.

Each Start Zone will align to a different expected swim time with all Start Zones located at the beach.

There will be 4 different Start Zones to choose from depending on an athlete's expected swim time.

These Zones are:

Zone 1. < 30 minutes

Zone 2. 30-35 minutes

Zone 3. 35-45minutes

Zone 4. 46-70minutes and all relays and

aquabike starter

To access the Start Zones, athletes will need to follow the directional signage and instructions of event staff.

Athletes being released in groups of 8 athletes at a time over the start line and timing mat.

When an athlete crosses the timing mat the individual time is started.

The rolling start will continue from Zone 1 to Zone 4 until all athletes have crossed the timing mat and start the race.

### SWIM SUPPORT

There will be a large number of water safety personnel and craft on the water pre and during the swim. The water safety team is there to support you should you require any help. They will be resourced with an array of Rescue Boats, Surf Boards and kayaks.

At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid.

Should at any point an athlete decide to abandon the swim, they will be taken to one of the rescue boats. From there they will be returned to swim exit.

#### **SWIM RULES**

- Footwear like stockings or socks covering the feet must not be worn for the swim leg (footless stockings are possible).
- Race rules allow for competitors to stop or rest at any time during the swim
- After the swim the wetsuit may only be removed to the hips, if nobody else is hindered, until one reaches the Changing Tent.

# **TRANSITION**

Pre-Race Transition opens at 8.00 am until 10.00 am on race morning and then re-opens at approx. 5.00pm, after the last biker finished the bike course, until 7:30pm for bike and gear bag collection.

#### TRANSITION 1 (SWIM TO BIKE)

At the Swim exit, you will pass through a timing mat. Athletes will then continue to run along the path passing the T1 Aid Station and into the Transition 1.

The T1 Aid Station will offer:

- Water
- Powerbar Electrolyte

Entering the Transition you collect your RED BIKE BAG, make sure you collect your(!) numbered bag (RED BIKE BAGS will be lying on ground in numerical order) and proceed into the Changing Tent.

Do not completely remove your wetsuit until you are in the Changing Tent. Separate male and female changing areas are available. You must place discarded swim gear (including wetsuits) in the emptied RED BIKE BAG.

Please leave your RED BIKE BAG at the Changing Tent exit where it will be collected and placed in the original spot



# COURSE INFORMATION

### TRANSITION RULES

- Used equipment must be packed back into your Red or Blue Bag and placed at the designated location.
- Your helmet must remain securely fastened at all times that you are in control of your bike. This includes the time that you are pushing your bike from the rack to the mounting line as well as from the dismount to the rack.
- You must not mount your bike until you passed the mount line.

# **BIKE COURSE 90KM 2 LOOPS**

#### **BIKE AID STATIONS**

Slow down when entering Aid Stations, don't stop! If you do not require any product from a Bike Aid Station please stay to the left of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will also be advising what they are holding. Please help the volunteers help you by communicating politely your needs.

Please throw away any unwanted items between the Littering Zone Start Sign and Littering Zone End sign. Anything thrown away outside this marked area will be penalized with a DSO.

The Bike course has 2 Aid Stations per loop.

#### **BIKE AID STATION LOCATIONS:**

•	Aid Station 1	KM	18
•	Aid Station 2	KM	34
•	Aid Station 3	KM	62
•	Aid Station 4	KM	78

#### BIKE AID STATION WILL OFFER:

- Water
- Powerbar Electrolyte
- Powerbar Bars,
- Bananas
- Toilets

### **BIKE AID STATION LAYOUT**

Littering Zone Start > Water > Electrolyte > Bars > Bananas > Electrolyte > Water > Litterung Zone Finish

#### **TRAFFIC**

Road closures are in place. There will be vehicular traffic adjacent to the course comprising event personnel, so please exercise vigilance and tolerance at all times, especially if traffic is encountered.

High levels of awareness should be applied at all roundabouts and intersections. Normal road rules apply at all times. Police, traffic controllers and event crew will be on course to patrol and direct traffic.

Additional awareness should be applied along the downhill sections and narrow roads.

#### **DISTANCE MARKERS**

Distance markers will be located every 10 kilometers along the Bike course.

#### TECHNICAL SUPPORT ON BIKE COURSE

No personal bike support is allowed. It is your responsibility to carry spare tubes and canisters (and know how to use them!) in case of punctures.

### FOUR SEASONS COLLECTING CARS

The Four Seasons Collecting car will collect athletes who are unable to complete the event, or are unable to finish within the course cut-off time. Collected athletes will be transported to the closest Aid Station or back to Transition/Finish Line.

Should you require a car at any time to pick you up please wave down a motorbike official and they will contact the car deployment.

Alternatively advise volunteers at the nearest Aid Station.

Please note: delays in transportation are expected. To get you transportated as quickly as possible, please do not move from your reported location once the car has been requested as this could affect their ability to locate and transport you.

#### **BIKE COURSE RULES**

 Drafting is not allowed (Keep 12 meters front to front wheel). Drafting is suspended at steep uphill and downhill sections and at aid stations. Overtaking is only allowed if the traffic situation allows for it. Overtaking must be completed within 25 seconds; otherwise the minimum distance of 12 meters has to be restored.

Drafting is punished with a 5-minute time penalty. Race marshals present a blue card to the respective riders. The time penalty must be spent in the penalty box on the cycling course (just before the end of a loop)in the loop the penalty is received . The athlete must independently



# COURSE INFORMATION

report at the penalty box. Athletes that do not report for their time penalty are disqualified.

- Picking up nutrition outside of the official aid stations or receiving outside assistance in any form is not allowed.
   If you disregard these rules you will be disqualified.
- NO Mobile phone(s) or any other electronic listening communication device must be used, NO Headphones or headsets are allowed
- Discarding any items (drinking bottles, cups, banana skins, packing material etc.) is only allowed in the area of 50m before to 150m after aid stations for environmental reasons.
- Athletes are required to wear their Race numbers on their back or race belt with the number visible at all times

#### **BIKE/TIME PENALTY**

The Bike Penalty Box is located at the end of the Bike loop: Time Penalties are announced by showing a blue card: 5 minutes per booking.

The time Penalty must be spent in the next penalty box on the bike course. Athletes that do not report for their time penalty are disqualified.

#### **TRANSITION 2**

Upon finishing the bike, athletes must rack their bikes in the spot allocated to their race numbers themselves.

Pick up your Blue Run Bag in the Transition Zone and change in the Changing Tent

Please help the volunteers help you by politely communicating your needs. Athletes must place discarded bike gear (including helmets) into the emptied Blue Run Bag. Please leave your BLUE BIKE BAG at the Changing Tent exit where it will be collected and placed in the original spot Please do not leave your bag within the changing tent as there is limited space available and you will be penalized.

Athletes will then continue to exit transition onto the run passing the T2 Aid Station. The T2 Aid Station will offer

- Water
- Powerbar Electrolyte

# **RUN COURSE 4 LOOPS**

#### **RUN AID STATIONS LOCATIONS**

The Run Course has 2 Aid Stations per loop, located approximately 2km apart

#### **RUN AID STATIONS WILL OFFER:**

- Red Bull (will be supplied served in a diluted formula of 50% Red Bull and 50% water).
- Water
- Powerbar Sportsdrink
- Cola
- Powerbar Gel Drink
- Powerbar Bars
- Bananas
- Oranges
- Water
- Toilets

#### **RUN AID STATION LAYOUT**

Littering Zone Start > Red Bull > Cola > Water > Electrolyte > Bars > Gels > Fruits > Electrolyte > Cola > Water > Litterung Zone Finish

Slow down when entering Aid Stations. If you do not require any product from a Run Aid Station please stay to the left.

There will be signs along the aid station listing what is on offer.

Volunteers will also be advising what they are holding. Please help the volunteers help you by communicating politely your needs. Feel free to move through the tables at your leisure and help yourself.

Please throw away any unwanted items between the Littering Zone Start Sign and Littering Zone End sign.

# **DISTANCE MARKERS**

Distance markers will be located every 1 kilometer along the Run course.



# POST RACE INFORMATION

#### **RUN COURSE RULES**

- Athletes are required to wear their Race numbers on their front or race belt with the number visible at all times
- Runners must not run bare chested. Zippers at the front must be closed for the better part. The straps must be on the both shoulders.
- Participants that violate the uniform regulations can be stopped by Technical Officials and ordered to correct their clothing. Only then the respective athlete can continue the race. If they do not oblige they are disqualified.
- Picking up nutrition outside of the official aid stations or receiving outside assistance in any form is not allowed. If you disregard these rules you will be disqualified.
- NO Mobile phone(s) or any other electronic listening communication device must be used, NO Headphones or headsets are allowed
- Discarding any items (drinking bottles, cups, banana skins, packing material etc.) is only allowed in the area of 50m before to 150m after aid stations for environmental reasons.
- Along the run course there is a RUN penalty box shortly before the end of a lap, where all time penalties (1 minute per violation), must be served for any violations off the bike course (not closed or early opened chin strap, disregard of the mount and/or dismount lines on the cycling route). A flipchart is put up facing the running direction for this purpose, on which the starting numbers of all competitors affected by such a time penalty are displayed. It is the competitors' responsibility to check for themselves whether their starting number is listed on the flipchart and if so to "serve" their time penalty accordingly. A competitor is disqualified if a time penalty has not been served in the penalty box.

CUT-OFF TIMES (Measured from the respective start)

**SWIM: 1 HOUR 10 MINUTES** 

**SWIM AND BIKE: 5 HOURS 30 MINUTES** 

**TOTAL TIME: 8 HOURS** 

In addition to the above cut off times, athletes may be cut off at any time based on the Race Directors discretion and judgment. Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenario's the Race Director also reserves the right to announce new cut off times.

# POST RACE INFORMATION

# **FINISH LINE**

We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athlete's finish line experience.

As you cross the line, volunteers will be there to escort you to the secured recovery area.

You will be presented with your Finisher Medal.

These volunteers will endeavor to briefly assess you as you proceed and may need to take you directly to the Medical tent for treatment.

If you do not require any treatment you will be able to proceed to the other finish compound facilities.

Cold food, fruit and drinks will be served within the designated recovery area. We aks you not to take any food and drinks for family members and friends outside from the afterrace area.

You will also have access to your Green After Race Bag and have the option of a free massage.

Finishers Shirts will be available for collection from the designated area within the Recovery area by all official Finishers at the completion of their race.

Please show your race number, finisher medal and athlete wristband to receive your finisher shirt.

Unfortunately you will not be able to re-enter Recovery once you have exited so make sure you are comfortable prior to this point. Please remember volunteers and the medical team are there to help you at any time should you require their assistance.

# **BIKE, BAG COLLECTION**

From 5:00pm – 7:30pm one can pick up one's bike and bags in the Transition Area by showing your race number and the timing chip.



# POST RACE INFORMATION

# **RESULTS**

Non-Official Results and any Disqualifications will be displayed from 6:30 pm in the Walchsee Sport and Event Centre

Official Results will be available online via <a href="https://www.challenge-walchsee.at">www.challenge-walchsee.at</a> and <a href="https://www.raceresult.at">www.raceresult.at</a> on Monday July, 1st

# **DISQUALIFIKATIONS AND PROTESTS**

protest time: 6:30 pm - 7.00 pm

Any protests must be submitted by protest form and payment of a protest fee of €25,- to the competition jury (Sport and Event centre) within the protest time.

Protest against the disqualification because of Drafting (factual decision) is not possible.

# FINISH LINE PHOTO

www.marathonphotos.com is proud to be selected as the Official Photo Service of The Event.

www.marathonphotos.com will have photographers working at the swim exit, on the bike course, on the run course and of course, at the Finish Line!

So what do you need to do?

- Please be sure you have your helmet sticker visible on the FRONT of your bike helmet so we can identify your biking photos
- Please be sure to keep your bib number visible on the FRONT of your body during the run and at the Finish Line so we can identify your photos
- Smile and celebrate when you cross the Finish Line!
   Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement
- Visit www.marathonphotos.com within 48 hours after the race to view, order, and share your photos from Challenge Walchsee!

# **MASSAGE**

On race day, the massage team will offer a 10 minute complimentary post-race massage in the Sports and Event Center.

### AWARDS PRESENTATION

Get ready for an evening of entertainment as we recognize the top 3 finishers in the Age Group and Pro Categories.

**Location:** Sports and Event Center

Date: June 30th, 2019

**7.15 pm – 8.15 pm**: Price Giving Ceremony

Following the presentation of awards, you are invited to celebrate your achievements with fellow athletes at the Official Awards Ceremony located at the Sports & Event Center

If you are to be recognized at the awards but are unable to collect your trophy, please contact us to arrange collection. If prizes need to be posted a postage fee will be charged.

### **LOST AND FOUND**

Lost and Found will be at the Awards Ceremony.

After the conclusion of the event, please email info@challenge-walchsee.at to locate any missing items and schedule returns. Shipping fees will apply.

# **GENERAL EVENT ENQUIRES**

Additional information can be found via our following details:

Website: www.challenge-walchsee.at E-mail: info@challenge-walchsee.at



# ADD. INFORMATION RELAY/AQUABIKE

# ADDITIONAL INFO FOR RELAY TEAM MEMBERS:

The start pack can be picked up by one member of the respective team, this means that not all three team members have to be present at Registration.

#### START PACK:

- ID Wristband 3x
- Bathing cap with the color of the respective starting group
- 2 race numbers: 1 for the cyclist and 1 for the runner incl. pins
- Race number stickers for helmet, bicycle and clothes bags
- Timing chip + Velcro strip: This timing chip represents the relay baton and must be handed over to the next team member. Failure to do so will result in disqualification
- Race Booklet
- 3 Transition bags:
   Green After Race bag (swimmer),
   Red Bike Gear bag (biker),
   Blue Run Gear bag(runner)

#### SWIMMERS:

**Before the start**: Put your after-swim clothing into the GREEN clothing bag and deposit it in the pick-up zone on the Relay handover area, or hand over your bag to the cyclist, who then can take your bag to the transition zone and return it to the swimmers there.

**Start:** all relay starter start in zone 4

**Change to cycling**: The transponder must be handed over to the cyclist within the designated relay handover area.

#### **CYCLISTS**

Helmets MUST STAY in the transition area in the RED BIKE BAG after Check-In on Saturday.

On Race day you can put your after-bike clothing into the Red bag and deposit it in the designed area where you can pick up the bag after your bike split.

**Start:** Wait inside the relay handover area for your swimmer. You must take over the transponder from the swimmer.

**Bicycle finish:** You must hand over the transponder to the runner within the relay handover area. Pick up your RED clothing bag at the provided area, enjoy some food and drink in the recovery area.

Please note that if you exceed the time limit of 5h30min for the swim and cycle leg, the race director has the right to remove your team from the race.

#### **RUNNERS**

**Before the start**: Put your after-run clothing into the BLUE clothing bag and hand it over to your cyclist who can bring you the bag to the after race area.

**Start:** You must take over the transponder from the cyclist at the relay handover area.

**Finish:** Enjoy some well-earned food and drink in the after race area.

#### RELAY MEETING POINT FOR FINISH

Swim and bike relay team members can meet up with their run team member by waiting for them in at the beginning of the finish line and all three team members can cross the finish line together.

**Team Finisher Shirts:** Finisher shirts for all three team members can be collected in the recovery area by the runner.

### **Swimmers and cyclists:**

Please do not ask our volunteers for the finisher shirts before the team has completed the race.

Volunteers have been instructed to hand them to runners only!

# ADDITIONAL INFO FOR AQUABIKE STARTER:

#### START PACK:

- ID Wristband
- Bathing cap with the color of the respective starting group
- 1 race number
- Race number stickers for helmet, bicycle and clothes bags
- Timing chip + Velcro stripRace Booklet
- 2 Transition bags: Green After Race bag,
   Red Bike Gear bag



# CHASE THE RACE

Start: all aquabike starter start in zone 4

At the end of the bike course the race finishs. The time will be taken at the dismount line before the entrance of the transition zone.

Please rack your bike to the spot allocated to its number and leave the transition at the relay and aquabike exit. In the after race area you will get your finisher medal and your Shirt as well as your after race food and beverage. (Entrance Kirchgasse).

# **SPECTATOR POINTS**

Challenge Kaiserwinkl-Walchsee is an extremely Familiy and spectator friendly race

Challenge Kaiserwinkl-Walchsee recommends the following Spots as the best and safest spectators viewing area's across the race.

**LOCATION 1: SWIM START** 

Times: 10.00am - 10.45am

Make sure you are there to see the start of the race!

LOCATION 2: BIKE COURSE

Walchsee Center

Times: 10.00 am - 5.00 pm

**Best Bike Course viewing point!** 

LOCATION 3: TRANSITION ZONE Times T1: 10:50 am - 11:50 am Times T2: 12.50 am - 4.30 pm

See the athlete's transition from swim to bike during T1 and then bike to run during T2!

LOCATION 4: FINISH LINE/RUN COURSE

Times Finish line: 14.15 pm – 7.00 pm Times Run Course: 13:00 am – 7.00 pm

Best on course viewing point!

WATCH THE FIRST AND LAST FINISHERS!

# SPECTATOR SUPPORT- DO'S AND DON'TS

To make sure everybody has a great day out, spectators are asked to make sure they abide by the following requests to ensure the safety of the athletes and health of the environment:

"" DO make sure your athlete has read the Athlete Information Guide.

"" DO make sure your competitor has read and understands the Triathlon Rules pertaining to this race, and has thoroughly read this booklet.

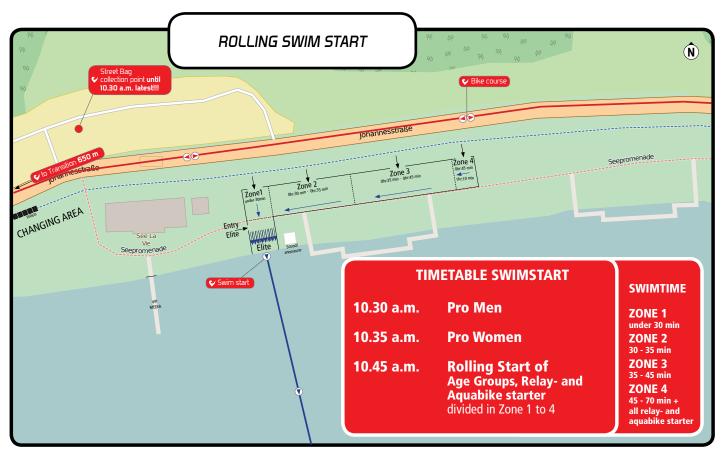
"" DO make sure your competitor keeps his/her Competitor Bib secured to clothing and takes his/her timing chip on race morning as this race is timed with a chip.

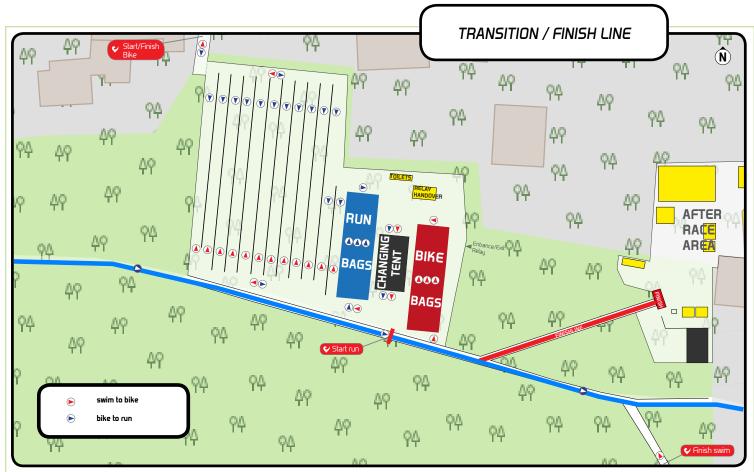
"" DO NOT put yourself or another person in danger by spectating in areas of obvious risk. Please remember although an event is on, it is not above the law and police will be monitoring the safety and wellbeing of everybody to ensure a great day out.

"" DO NOT ride, drive or run beside a competitor on any part of the course. This is outside assistance and can lead to disqualification of that competitor



# Strecken/ Maps





# Strecken/ Maps



