

RACE MANUAL 2017



WINTERMAN

XTREME TRIATHLON

GENERAL PARTNERS:

MALEVIL



NEWDAY

ATEX
SPORTSWEAR

TIME AGENDA 13. – 16.10. 2017

13.10.2017

16:00 – 18:00 REGISTRATION
DĚČÍN, CITY LIBRARY - INFO CENTRUM

14.10.2017

10:00 – 14:00 REGISTRATION
DĚČÍN, CITY LIBRARY- INFO CENTRUM

11:00 TRAINING SWIM/ T1 UNDER THE BRIDGE

16:00 MANDATORY BRIEFING FOR ATHLETES + SUPPORTS
DĚČÍN, CITY LIBRARY – CONFERENCE HALL

15.10.2017

02:30 – 3:40 BIKE CHECK-IN T1 / UNDER THE BRIDGE
03:40 FERRY DEPARTURE / PARKING NEAR T1 & INFO CENTRUM
05:00 SWIM START 8,3KM / DOBKOVICE
07:00 T1 CLOSED DOWN
12:00 FIRST ATHLETE IN T2 - RESORT MALEVIL /LAST YEAR 12:20/
16:00 WINNER EXPECTED TIME - JEŠTĚD /LAST YEAR - 16:52/
17:00 MANDATORY HEADLIGHT, RED FLASHING ARM BAND
22:00 SAFETY CHECK & CUT-OFF TIME / 32KM RUN,
JANŮV DŮL VILLAGE, STEEP CLIMB OF LAST 11KM

00:00 FINISH LINE CUTT-OFF

*“Your body drives you to the line
but only your mind makes you cross it“*

16.10.2017

08:00 – 11:30 BRUNCH FOR PARTICIPANTS / RESORT MALEVIL
09:00 – 10:00 FINISHER T-SHIRTS AND PRESENTS DISTRIBUTION
10:00 CEREMONY AND AWARDS / RESORT MALEVIL
10:45 PHOTO OF FINISHERS AND SUPPORTS
11:00 – 11:30 BIKE CHECK-OUT / THOSE WHO LEFT THE BIKE IN
SPECIAL ROOM DURING THE RACE IN T2/
DO 12:00 CHECK- OUT RESORT MALEVIL

15.11.2017

OFFICIAL RACE MOVIE OF WM 2017 / FACEBOOK, WWW
OPENING REGISTRATION WM 2018

14.10.2018

WINTERMAN XTREME TRIATHLON 2018

YOU WILL RECEIVE:

- 1 WINTERMAN SPORTBAG
- 2 WINTERMAN ID WRISTBAND FOR THE TRIATHLETE AND THE SUPPORT
- 1 BIB NUMBER/DOUBLE SIDED – REVERSE PART WITH ID DATA
- 1 PLASTIC BAG WITH A NUMBER INTENDED FOR THE FERRY
- 1 WINTERMAN SWIMMING CAP WITH A START NUMBER
- 1 STICKER UNDER THE SEATPOST
- 1 HELMET STICKER
- 1 CAR STICKER – WINDSCREEN
- 1 CAR STICKER – RARESCREEN /IT LOOKS LIKE A WHITE STRAP OF EMPTY PAPER/
- 1 RED FLASHING LIGHT ARM BAND FOR BIKE AND RUN
- 1 WINTERMAN WAIST BELT FOR START NUMBER AND POCKET FOR GPS / WILL BE RETURNED TO THE ORGANIZOR/
- 1 STICKER FOR BIKE NAVIGATION WITH NAMES OF VILLAGES DURING THE BIKE COURSE
- PRINTED SUPPORT MANUAL WITH MAPS
- SUPPORT T-SHIRT

WHEN ENTERING THE FERRY, EVERY TRIATHLETE WILL RECEIVE:

- FLOATING WATERPROOF POCKET WITH GPS TRACKER, SMALL FLASHING LIGHT AND WHISTLE + SMALL FLASHING LIGHT UNDER THE WM SWIM CAP*
- * THE ABOVE MENTIONED STUFF + WINTERMAN WAIST BELT WILL BE CHANGED FOR FINISHER T-SHIRT AND PRESENT ON THE CEREMONY AFTER THE RACE

HELMET STICKER



CAR STICKER – WINDSCREEN



CAR STICKER – RARESCREEN



STICKER UNDER THE SEATPOST



WHAT, WHY, HOW TO USE DURING THE RACE:

- WM ID wristband for the triathlete and the support – allows you to entrance the T1, T2, identification of the triathlete during the race, entrance for a Monday BRUNCH at Malevil
- Bib number/double sided – reverse side with ID data/ - to identify the triathlete, ID, contact and specific health data shall be compulsorily listed on the reverse side of the bib number by each triathlete in case of any accidents or unexpected situations
- Plastic bag with a number intended for a boat – triathletes put all they intent to have on the boat and they do not need it for swim. The bag will be handed over to Support in T1 before the swimmers exit the water
- Sticker under the seat post – stick it around a seat post and fasten both ends together so that the number points backwards. Or it can be fasten around brake cables if there is not enough space under the seat post as there are pockets or other equipment
- Helmet sticker – stick it in the centre of the front part to make it clearly visible
- Black car sticker „SUPPORT CAR WITH A NUMBER“ stick it at the rear part of the car, to the LEFT side!!!! to make it clearly visible
- Small yellow car sticker for a SUPPORT car – stick it at the front windscreen to the passenger’s right top side!!! To make it clearly visible. It looks like empty white strap of paper and it needs to be sticked inside the car
- The waterproof pocket with GPS, small flashing light, whistle and rubber strap must be fasten and tighten around your waist on the top of your wetsuit
- Small flashing light that you’ll get on the ferry on the race day is obligatory to be worn under the WM swim cap for safety reasons and visibility.
- After the SWIM part you are obliged to put GPS tracker into the WM waist belt and when leaving transition zone T1 the red flashing light arm band must be in the flashing mode on the left arm or leg /obligatory flashing mode until 8am/
- Red flashing light arm band for the run course must be placed around your right arm or leg from 5p.m. and everytime when reduced visibility, dusk or fog
- Race Manual – received via email, study it carefully, you agree with all terms and conditions by entering T1
- Support manual – SUPPORT is obliged to study the information and respect it. We recommned to keep the maps during the race.

SUPPORT INFO:

Support team is absolutely necessary for the race. Being a support is enormously responsible task. So it is necessary for all support to read and study this part carefully to be sure that they understand and know everything. We can assure you, that if you go through WM as a support, you will know absolutely everything about triathlon and your relationship with your athlete will be much closer than any time before... At the finish you will be as excited as your athlete, because during the race you will experience the same feelings as them!

PLEASE READ EVERYTHING CAREFULLY!

- Wearing Support Neon Yellow Winterman T-shirts and ID wristbands are obligatory for the Support during the race. Without these you are not allowed to enter T1, T2 and Brunch on the day after the race. Wear it as a top layer of your clothes, it is necessary for identification by your triathlete, organizers and public audience
- Support car must be signed with a big Winterman “Support car” sticker – place it on the rear left part of the car
- Small yellow car sticker at the front windscreen to the passenger „right top side” from the inside
- Support can enter T1 from 2:30 until 04,00 am. After this time, T1 will be closed until the athlete exits the water. Supports must wait for their athletes at the water exit in the special support corridor
- Support is the only person to help the athlete in T1. He packs and care all athlete’ s things after the swim. You will not return to this place again.
- From T1 you will follow the bike track. Until the 30th km of bike is limited „NO SUPPORT” area. There are only two allocated car parks. The first one is at the 14th km at the end of Hřensko on the left side of the road. The second one is at 23th km on the beginning of Vysoká Líba on the left side of the right angle junction. The end of „NO SUPPORT” area is on 30th km in Jetřichovice
- Another „NO SUPPORT” zone is from 70 – 76km / Dolní Chřibská – Doubice/s
- The race runs in full traffic so it is absolutely necessary to obey traffic rules
- Winterman support cars are not excluded from the traffic rules
- Athletes must obey traffic rules and respect other road users
- Support is not allowed to stop other traffic in order to help his/her athlete
- The bike route is hilly with many curves. Navigation and correct direction is Support’s responsibility
- For the athletes comfort there will be WM organizers along the route. They have no right to stop the traffic, they are directory assistance only.
- Every change of direction and important junction will be marked by WM sign with the arrow
- You, as a support, will receive a detailed guide with maps and marked routes...

SUPPORT INFO:

- Most of the race course follows small local roads. There are many railway crossings and junctions on the route. The tarmac is mostly very good but there are parts which are rough and uneven. Always keep on your mind that you race in a full traffic!
- You must be sure that you know the direction and that you are able to advise your athlete where to go. Even the smallest mistake might cause many kilometres in wrong direction – it is your responsibility!
- Under no circumstances you must not obstruct or block the traffic by parking your car incorrectly to provide support service.
- **You are allowed to park only on the spots where you stand with all four wheels off the road or off the white side line! Violence of this rule will cause the 10minutes penalty in T2 or in 32Km CHECK POINT. Repeated violence of this rule will mean immediate disqualification.**
- T2 support parking is allocated just few metres from T2 - TRANSITION. Support packs all the athlete's belongings after the bike course. No leftovers stay here. You can use bike storage room in T2. Bike must be collected after the ceremony, from 11:00 -12:00.
- Run course is much easier for orientation than the bike course. System of the signs is the same as during the bike course. You can follow your athlete almost all along the run except of three parts where you cannot follow your athlete by car.
- There are three short off-road parts. First one is right at T2 exit in Malevil. Athletes run a short loop around Malevil there. The second exception starts on the 4.5km and is 3500m long. Athletes run along a field path to get safely under busy road. You meet again at MOL Petrol Station where the athletes run under the high road through a pedestrian subway and then they continue on a road leading to Jablonné v Podještědí. There is a large space for parking opposite and behind the petrol station. The third off-road part is 1500m long. It's on 10th km at the end of Jablonné v Podještědí. Athletes will turn right on the dam of a water reservoir, following a nice trail beside water, below the Lemberk castle. Support cars must go left on the dam. The course diversion is 2km long and it crosses 2 railway crossings. All of these three exceptions, support cars drive along a normal tarmac road.
- **Athletes will not get across any railway crossings during the run course**, but supports get across a few. If there is a red light on or you hear a sound alert, you must stop your car and wait until the sign for free pass again. This is a condition of the race. If anyone of the athletes or support teams violates this regulation, he/she will be immediately disqualified.
- Every athlete and Support /if he/she follows the run course on foot/ is obliged to wear red flashing lights arm band on their right leg or hand and a headlamp during fog, darkness and twilight and after 5pm.
- „Finish“ ... there is NO TRAFFIC to the top of Ještěd finish. Support cars must be parked either at the first car park on the 40th km or in the second and last car park on the 42nd km (one km before the finish line). Supports must accompany their athletes to the finish side by side. There will be a hot soup for athletes and supports at the finish buffet/open until 12pm/. Distance from Ještěd to T2 resort Malevil is a 35-minute drive.

RULES: SWIM

1. Wetsuit is obligatory, you will not be allowed to start without a wetsuit
2. Swimming socks and neoprene caps are highly recommended
3. Swimming equipment such as flippers, snorkel, gloves, cork-jackets are forbidden
4. Athlete is obliged to swim with a waterproof pocket /incl. GPS tracker and small flashing red light in a flashing modes/ placed on the back
5. The waterproof pocket contains the GPS tracker, small flashing light inside and emergency whistle fixed on the rubber strap
6. It is allowed to have more than one wetsuit
7. Athlete must swim in an official Winterman cap with a start number and small flashing red light placed under the cap in a flashing mode/
8. It is not allowed to wear a bib number during the swim course
9. During the swim a fleet of kayakers and motorboats will take care of athletes, whistling during the swim will call an emergency assistance
10. When athlete exits the water he or she must show his number written on his/her hand to an organizer
11. Supports have free entry to T1 until 4am (athletes until 3,40am). After this time T1 will be closed. Support will enter T1 again together with his/her athlete after he/she exits the water
12. If an athlete takes on the boat something he/she does not need during the courses, he/she is obliged to put it into a plastic bag signed with his number/ organizers will handle it to the supports in T1 after the start
13. After exit the water in T1, athlete must put the GPS tracker into a WM pocket start number waist belt and the red flashing light arm band on the left leg or left arm in a flashing mode
14. Athletes and supports are responsible for their swimming stuff. After 7am the T1 will be dismantled. You will not return to this place again. Organizer is not taking any responsibility for any stuff after 7am

NOTE: Floating waterproof pocket with gps tracker, small flashing light and whistle. Small flashing light under the wm swim cap*

- The above mentioned stuff + winterman waist belt will be changed for finisher t-shirt and present on the ceremony after the race
SUPPORT T-shirts used during the race will be changed for smaller sizes in the Ceremony Day /size according registration data/s

RULES: BIKE

1. Athlete is obliged to ride on the right side, respect traffic regulations and follow the route marked by WM arrows. Athlete is obliged to take extra care especially when getting over a railway crossings and junctions with STOPS. It is strictly prohibited to get over railway crossing when red lights are on or when bars are down. Not respecting these two conditions is a reason for immediate disqualification
2. Athletes have no priority over other traffic participants
3. Athletes are obliged to place their Winterman start number pocket waist belt with GPS tracker visibly on their back
4. Reverse side of the bib number contains ID and contact data – fill them
5. It is compulsory to have a front and rear lights on bike (will be checked during bike check-in & check out from T1)
6. Athletes are obliged to have their bike lights (front and rear) and red flashing light arm band ON when leaving T1 until 8am. In case of reduced visibility lights must be on all the time.
7. Athletes are obliged to wear a reflective vest or cycling reflective straps when leaving T1 until 8am.
8. We strongly recommend to use strong front lamp during bike course – first 60minutes will be absolute dark!
9. Bikes of all athletes must be signed with a sticker under the seat post
10. Helmets must be signed with a number sticker in front
11. Helmets must be securely fastened at all times when athletes are in possession of the bike
12. Every athlete is obliged to keep their bikes in a good technical condition
13. It is allowed to change bikes only in case of a mechanical problem
14. It is prohibited to use radio, MP3, Walkman or any other audio device during the race
15. In case of a danger to life it is allowed to use a mobile phone
16. **A minimal distance between a support car and an athlete is 100m.** Support must never drive just before or behind an athlete for his safety!
17. It is not allowed to handle or take anything from a moving car
18. Athletes are not allowed to sit anywhere in a car
19. Everyone who wants to be a WM Finisher never drafts. Minimal distance allowed between bikers is 15m
20. It is allowed to ride side by side when riding up the hill
21. It is allowed to have a back pack with you on bike course
22. Littering is strictly forbidden – during all race! **! Violence of this rule will cause warning of the organizer. Repeated violence of this rule will mean immediate disqualification.**

RULES: RUN

1. Athlete is obliged to run on the left side, ie. in opposite direction, respect traffic regulations and follow the route marked by WM arrows. Athlete is obliged to take extra care especially when crossing the roads and getting over junctions.
2. Athletes are obliged to place their Winterman start number pocket waist belt with GPS tracker visibly on the front part of their body.
3. Each athlete is obliged to wear red flashing light arm band on their right hand and a headlamp during a fog, darkness and twilight and after 5pm
4. It is prohibited to use mobile phone, radio, MP3, Walkman or any other audio device during the race
5. In case of a danger to life it is allowed to use a mobile phone
6. Support may accompany their athlete on foot or on bike during the run leg. In this case support must have red flashing light arm band on their right hand and a headlamp during a fog, darkness and twilight and after 5pm
7. It is not allowed to handle or take anything from a car
8. Athlete cannot sit anywhere in the car!
9. It is allowed to have a back pack during the run course
10. **SAFETY CHECK - POINT on 32ndKM** in Janův Důl municipality. The CUT - OFF TIME at this point is 10pm. Athletes, who do not reach this place till 10pm, will be asked to give up the race.
11. **NO TRAFFIC TO THE FINISH!! The last support car park is on the 42nd km / 1km before finish**
12. Supports must accompany their athletes to the finish side by side last km of the race
13. There will be a hot soup for athletes and supports at the finish buffet /opened until 12pm/
14. **THE RACE CUT - OFF TIME IS AT MIDNIGHT 0:00**
15. Littering is strictly forbidden – during all race! **! Violence of this rule will cause warning of the organizer. Repeated violence of this rule will mean immediate disqualification.**

SIGNS AND ORIENTATION DURING THE RACE

Bike course runs only on a tarmac roads

Run course runs on roads, off-road field and forest paths (5km approx.)

- The course is primary signed by an arrow with WM placed on vertical road signs – direction indicator
- Every important and radical change of direction is signed with an arrow with WM / vertical road signs – direction indicator
- Every turn off the main road is signed before the junction with an arrow with WM / vertical road signs – direction indicator
- Every turn off the main road is signed behind the junction with a straight arrow with WM / vertical road signs – direction indicator
- The route is signed along all its length with arrows with WM

Arrow is placed on a “**High road**” road sign

Arrow is always placed on a “**Stop**” road sign

Arrow is always placed on a vertical road signs „**direction indicator left, right or straight**“

Arrow is always placed on a road sign at the „**beginning or end of a municipality**“ /name of village or city/

Arrow is always placed on the places with difficult orientation

Arrow is placed on a long stretches without any turns

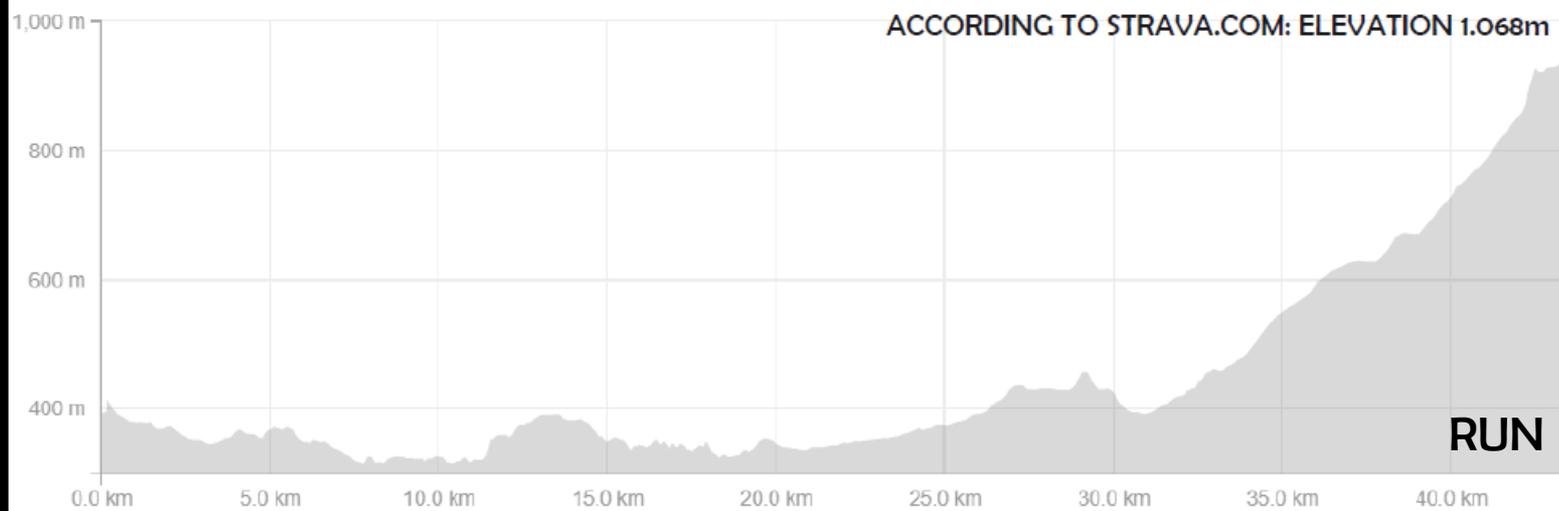
- Several very unclear junctions are marked with a red cross over the WM arrow on the wrong exit



RESPECTING TRAFFIC REGULATIONS

1. You race in full traffic and you are a road user
2. It is absolutely necessary to obey traffic rules
3. Athlete is not excluded from traffic rules and does not take precedence over the others
4. Support is not allowed to stop other cars to help a ride of their athlete
5. **Support car must park by all four wheels off the road or off the white side line only!** Violence of this rule will cause the 10minutes penalty in T2 or in 32Km CHECK POINT. Duplicated violence of this rule will cause immediate disqualification
6. It is prohibited to get over railway crossing if there is a red light on or you hear an audio alert, you must stop your car and wait until the train passes
7. Those are the conditions of the race. If anyone - athletes or support teams - violates this regulation, he/she will be immediately disqualified

MAPS – COURSE PROFILE

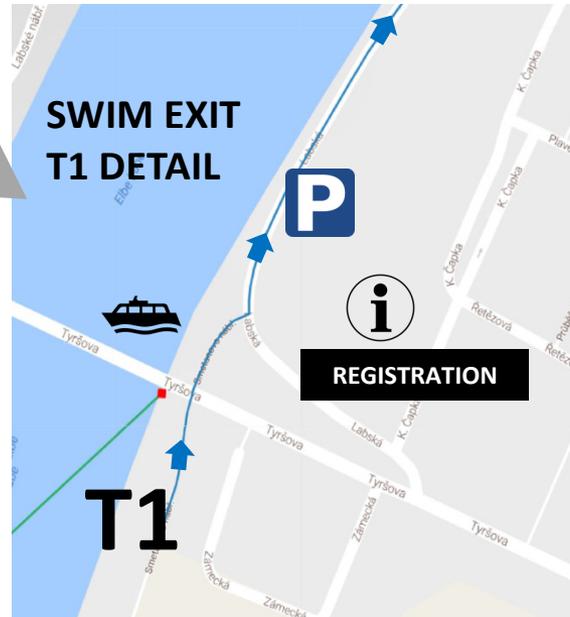


MAPS – REGISTRATION, T1, SWIM:

SWIM EXIT is located below the 3rd bridge and it will be illuminated by fire on the right bank.



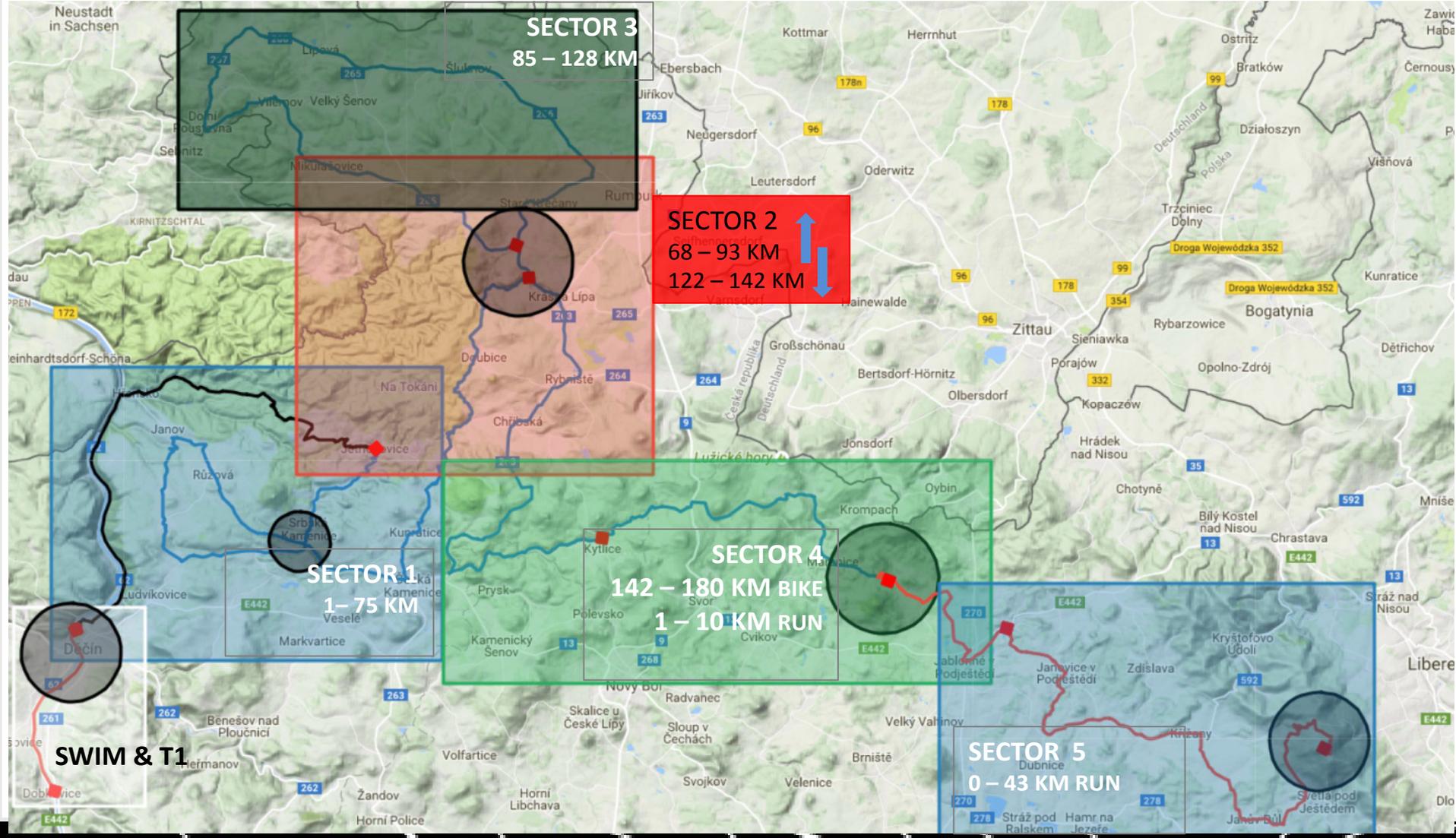
MAPS – SWIM:



- River Swim from Dobkovice to Děčín.
- Boarding starts at 3.20 in the the Car Park by T1
- **Ferry departs exactly at 3:40 am**
- Toilets are available on the boat.
- On the boat: the stuff you will not need for a swim put into a plastic bag with your number. We'll bring it to your support before you finish the swim.
- **Water temperature will be EXTREMELY COLD!**
expect 10 - 14 °C
- **You will swim down stream in the DARK!**
- Speed of the stream changes according to a current water flow, 4 - 5km/h is expected
- The distance is 8,3km down stream
- Athletes starts the swim with a jump off the ponton
- Expect fast pace and 30 - 34 big river buoys
- Finish of the swim and exit from water is easy, exit is on the right hand side, under the third bridge
- Water exit will be marked by a fire and flags
- Wetsuit is obligatory and necessary
- Smal red flashing light under the WM swim cap & waterproof pouch with GPS & light are obligatory
- Swim socks and caps or balaclavas are strongly recommended

MAPS = 5 SEKTORS:

TRASA: Děčín T1, Hřensko, V. Lípa, Jetřichovice, Srbská Kamenice, Růžová, Janov, Arnoltice, Bynovec, Kámen, Srbská Kamenice, Česká Kamenice, Studený, Dolní Chřibská, Doubice, Krásný Buk, Brtníky, Mikulášovice, Vilémov, Dolní Poustevna, Lobendava, Šluknov, Rumburk, Staré Křečany, Zahrady, Krásný Buk, Krásná Lípa, Chřibská, Č. Kamenice, Mlýny, Kytlice, Horní Světlá, Mařenice, Heřmanice v Podj. Malevil T2



MAPS – BIKE + T1 :

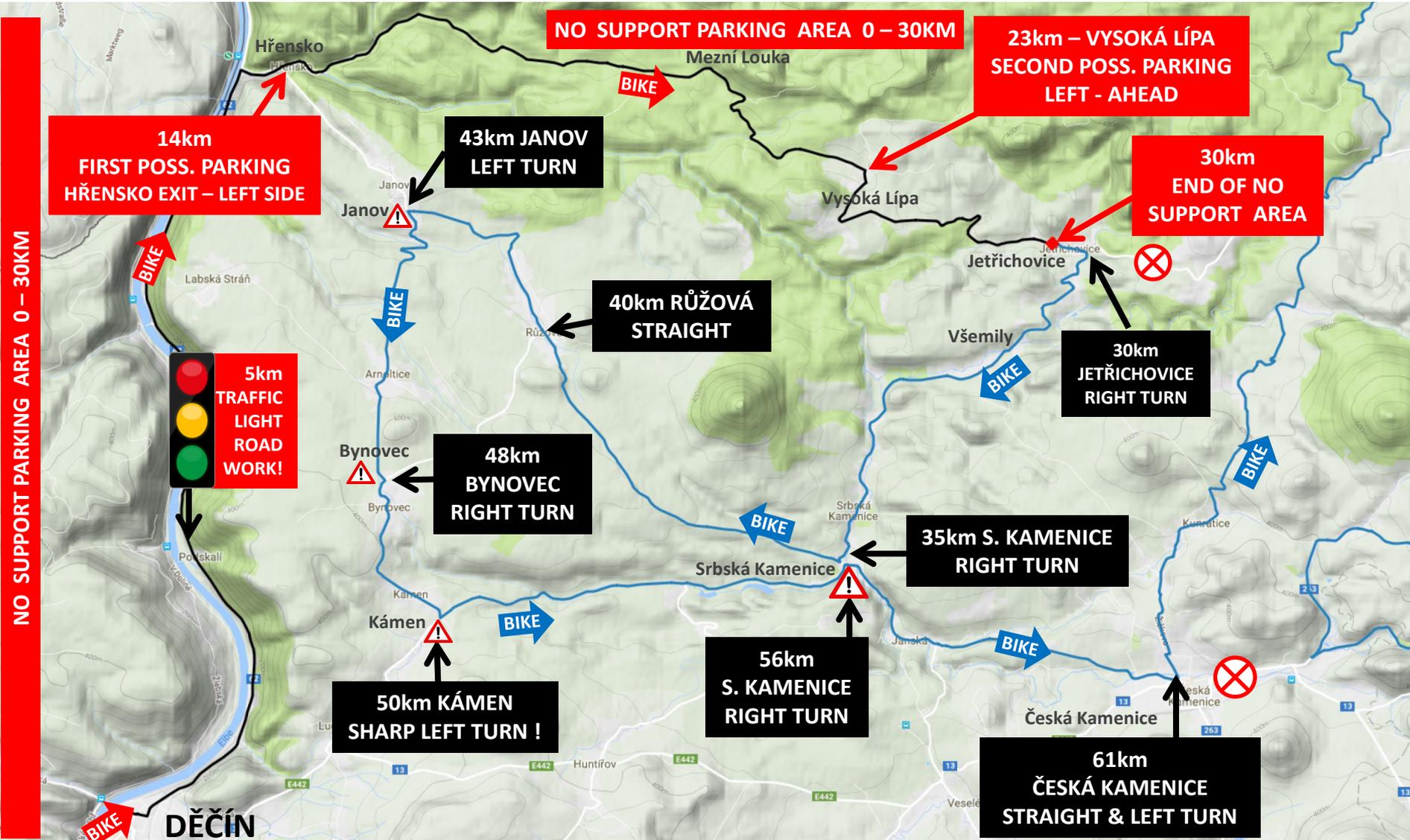
BIKE - first 30km is **NO SUPPORT PARKING AREA**.

There are 2 allocated car parks ONLY (14km exit Hřensko & 23km Vysoká Lípa entry).



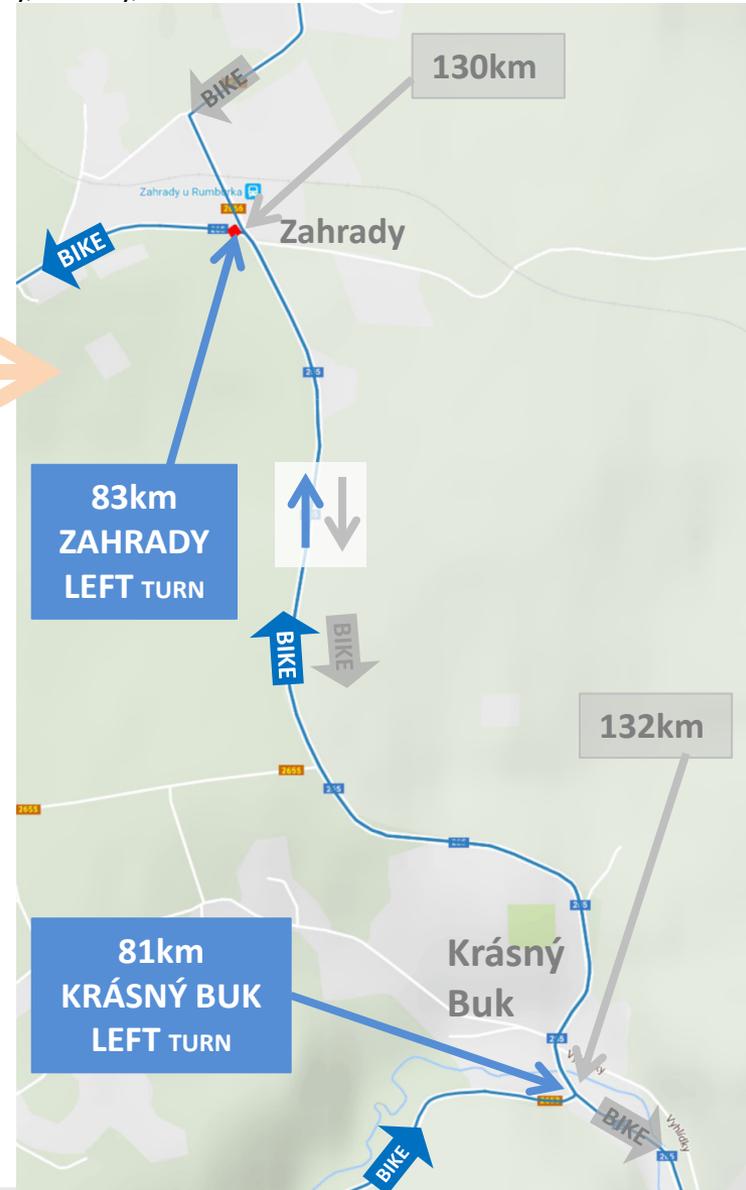
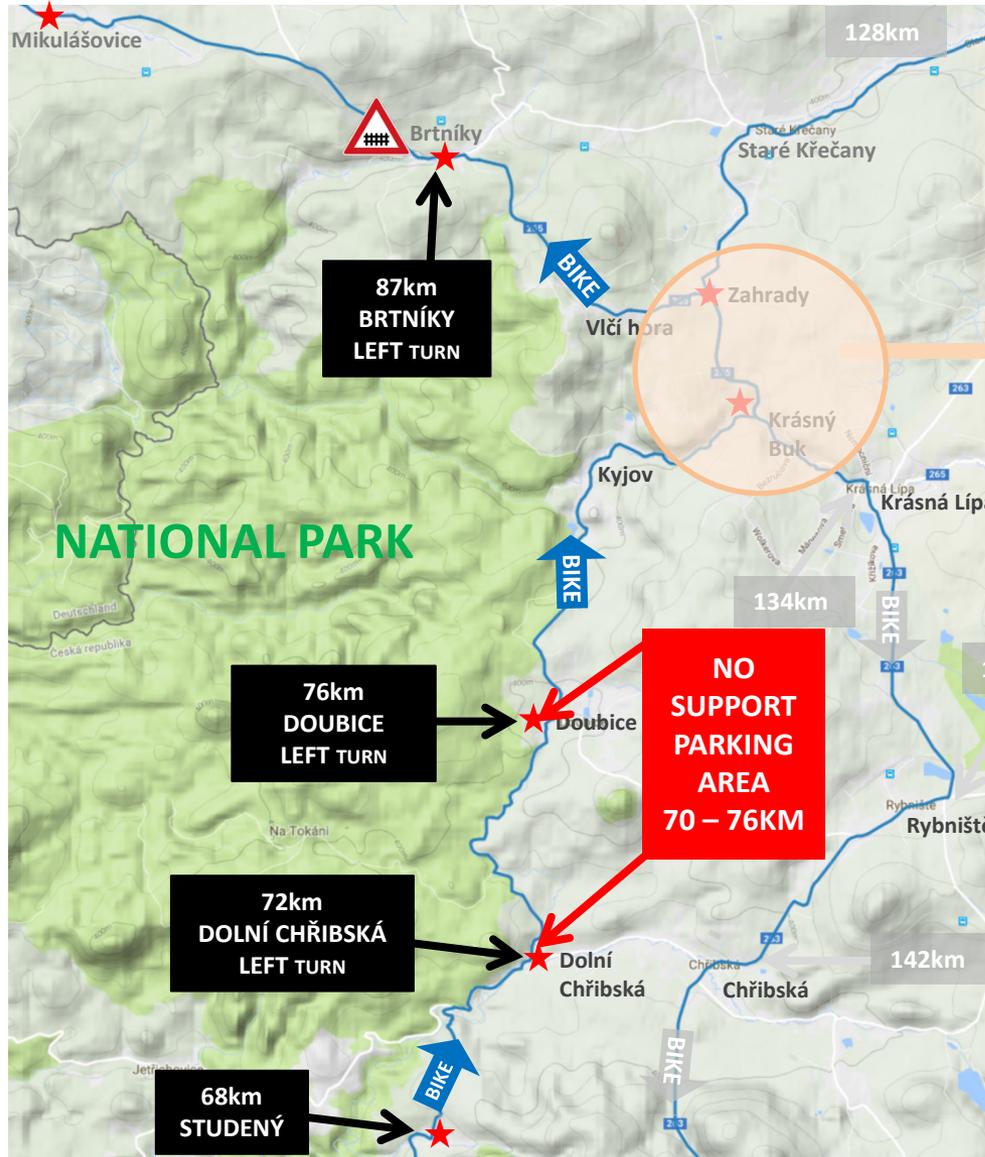
MAPS – BIKE SECTOR #1: 1-72KM :

T1 - Děčín, Hřensko, Mezní Louka, Vysoká Lípa, Jetřichovice, Všemily, Srbská Kamenice, Růžová, Janov, Arnoltice, Bynovec, Kámen, Srbská Kamenice, Jánská, Česká Kamenice, Kunratice, Lipnice, Studený, Dolní Chřibská - 72Km



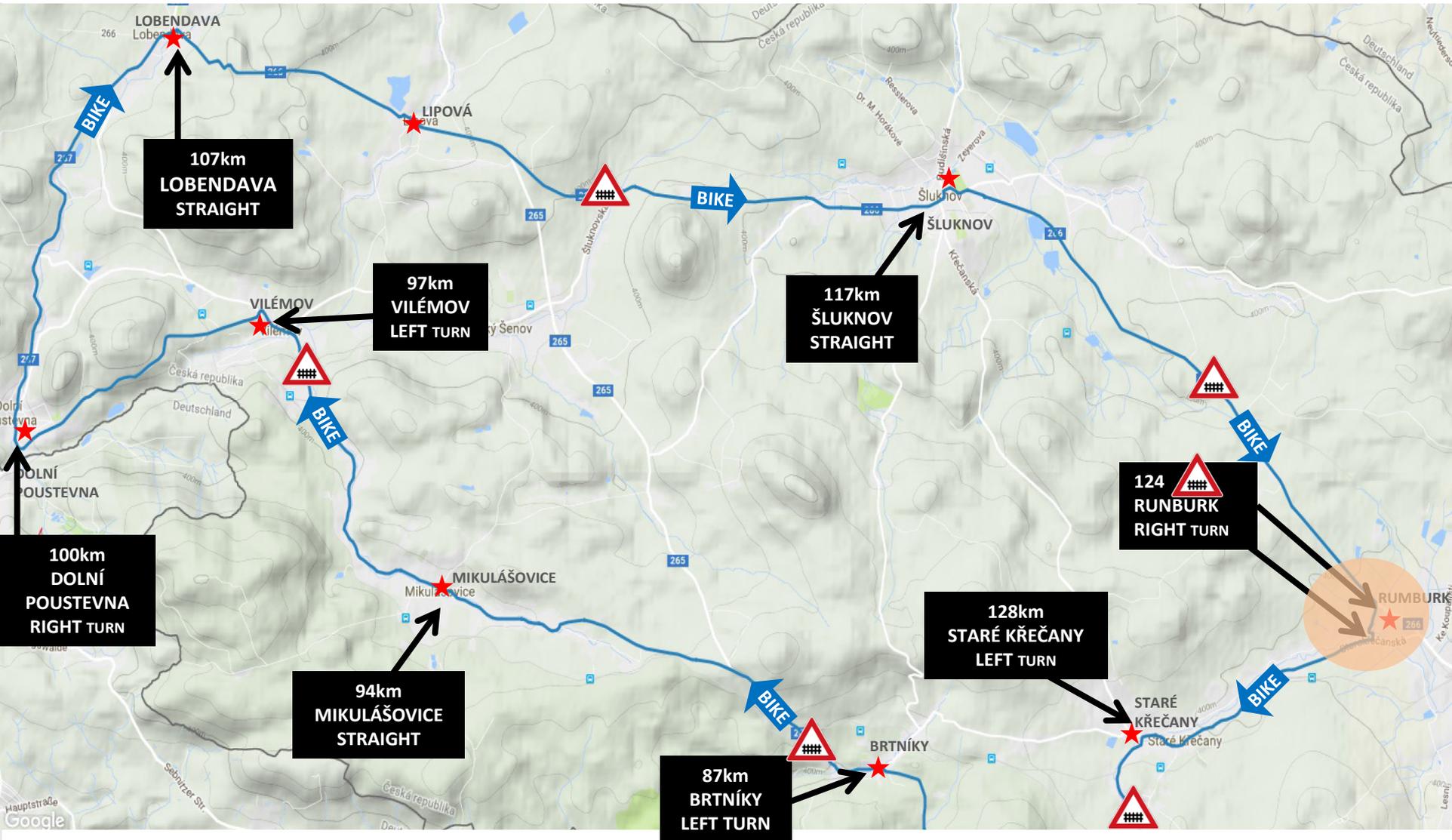
MAPS – BIKE SECTOR # 2 :68 – 94KM

68Km Studený, Dolní Chřibská, Doubice, Krásný Buk, Zahrady, Brtníky, Mikulášovice 94km



MAPS – BIKE SECTOR # 3 :85 – 128KM

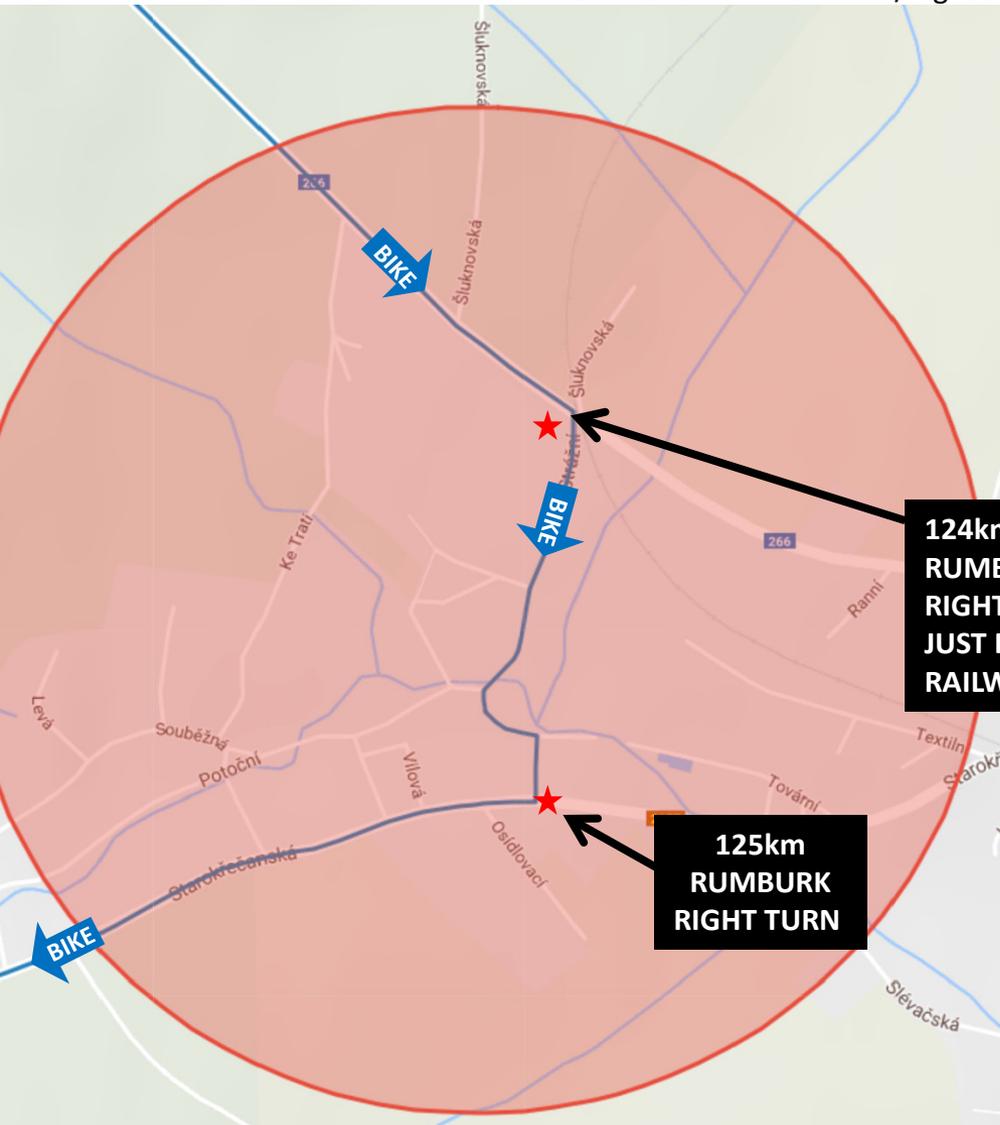
87km Brtníky, Mikulášovice, Vilémov, Dolní Poustevna, Horní Poustevna, Lobendava, Lipová, Velký Šenov, Šluknov, Rumburk,
128km Staré Křečany



MAPS – BIKE DETAIL :124 - 125KM

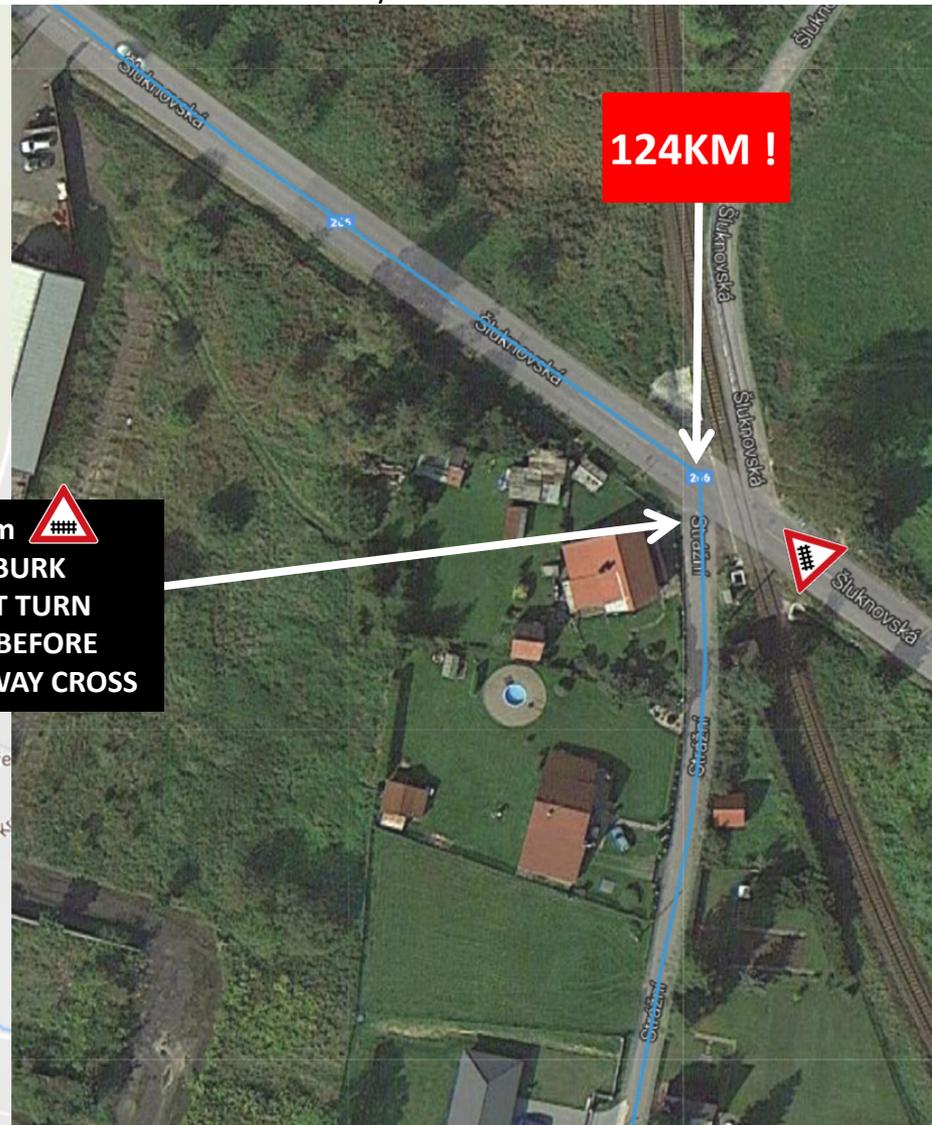
124,5Km right turn just before the railway cross (approaching Rumburk)

125Km exit from Rumburk / right turn direction to Staré Křečany



124km 
RUMBURK
RIGHT TURN
JUST BEFORE
RAILWAY CROSS

125km
RUMBURK
RIGHT TURN



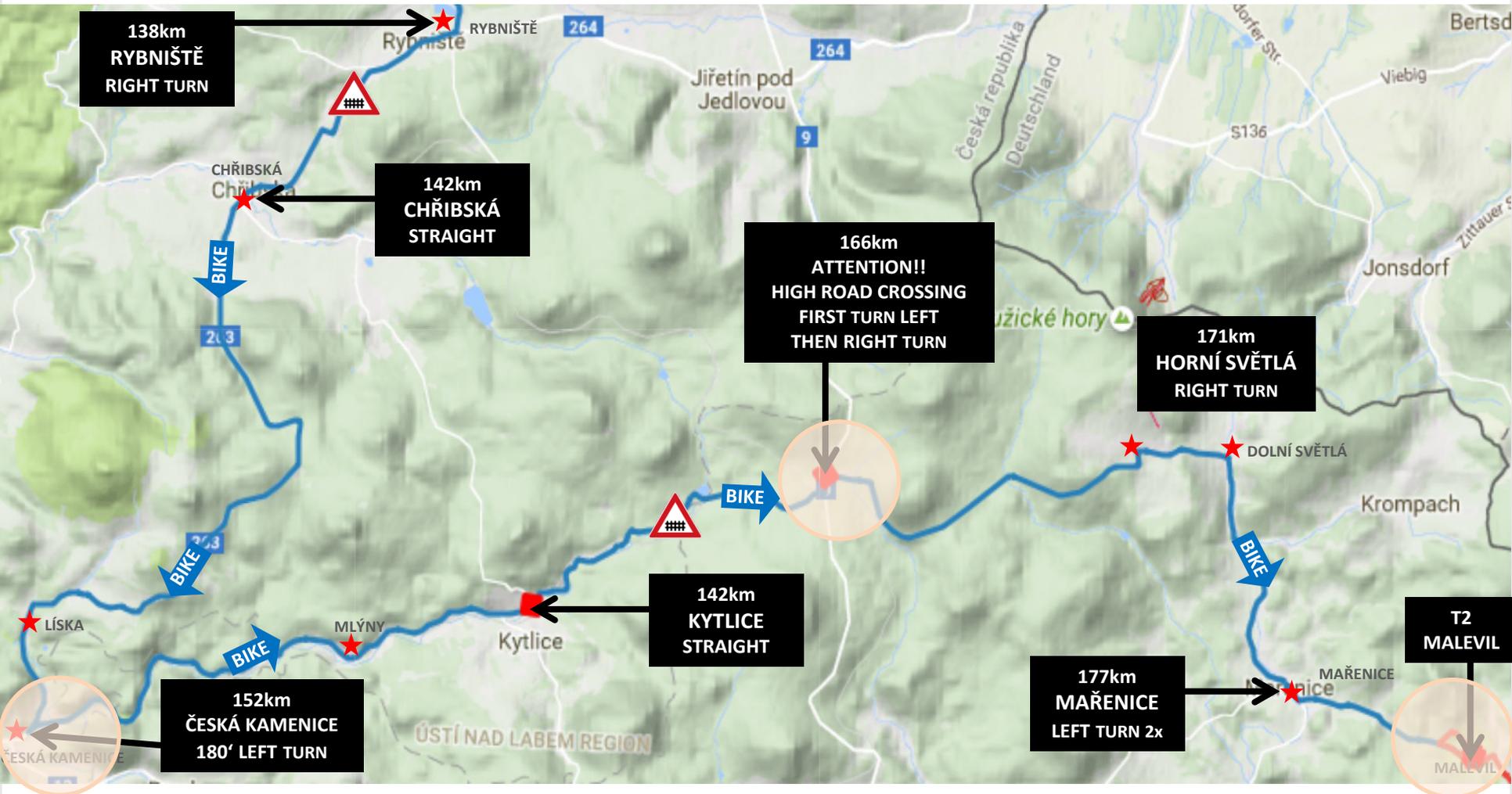
MAPS – BIKE SECTOR # 4 :128 – 142KM

128km Staré Křečany, Zahrady, Krásný Buk, Krásná Lípa, Rybniště, Chříbská – 142km



MAPS – BIKE SECTOR # 4 :138 – 180KM

138Km Rybníště, Chřibská, Česká Kamenice - 152Km, Mlýny, Kytlice, Nová Huť, Horní Světlá, Dolní Světlá, Mařenice,
180Km T2 RESORT MALEVIL



MAPS – BIKE DETAIL:152KM + 166KM

DETAIL OF 152KM - ČESKÁ KAMENICE

VERY SHARP (180°) LEFT TURN

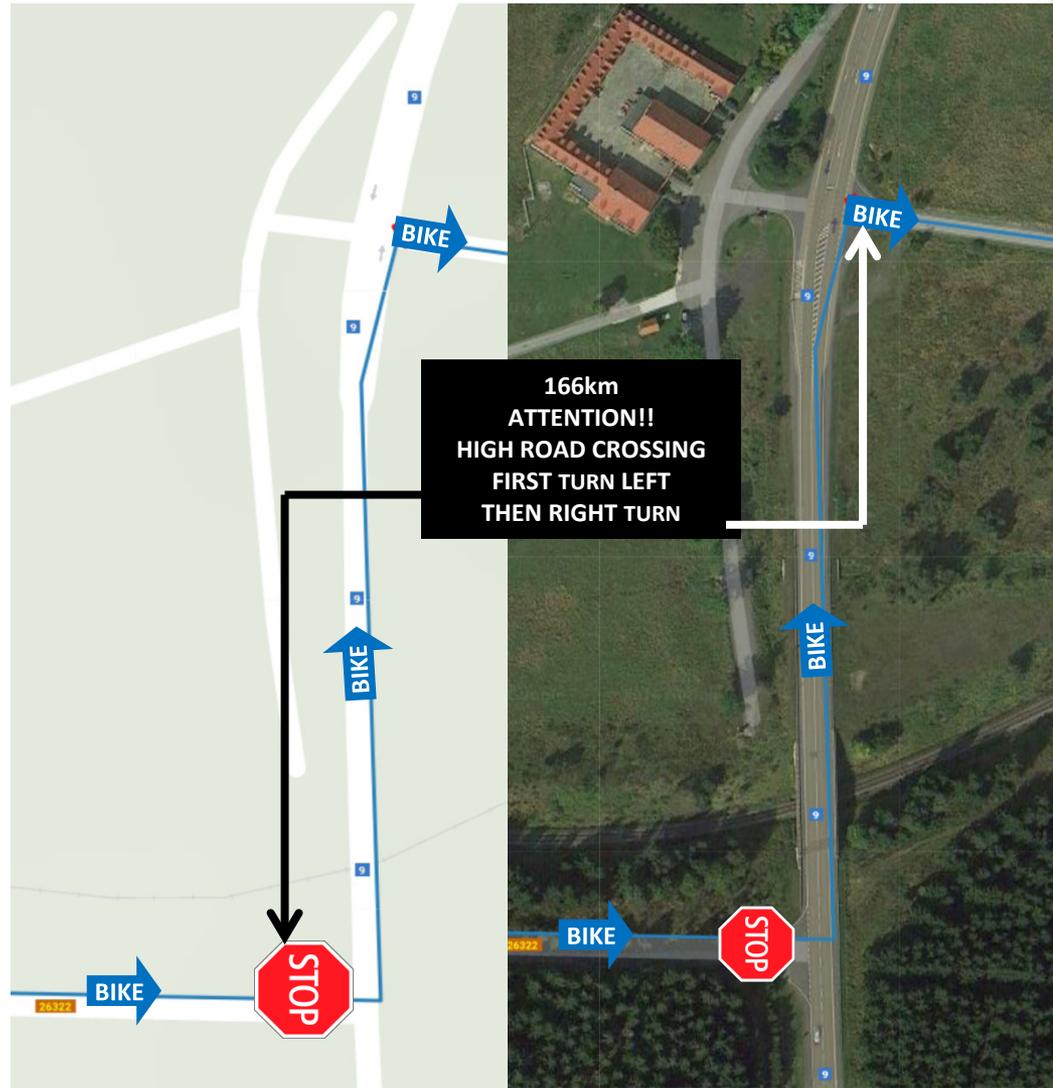
ATTENTION! Your athlete will ride very fast down hill!!



DETAILS OF 166KM

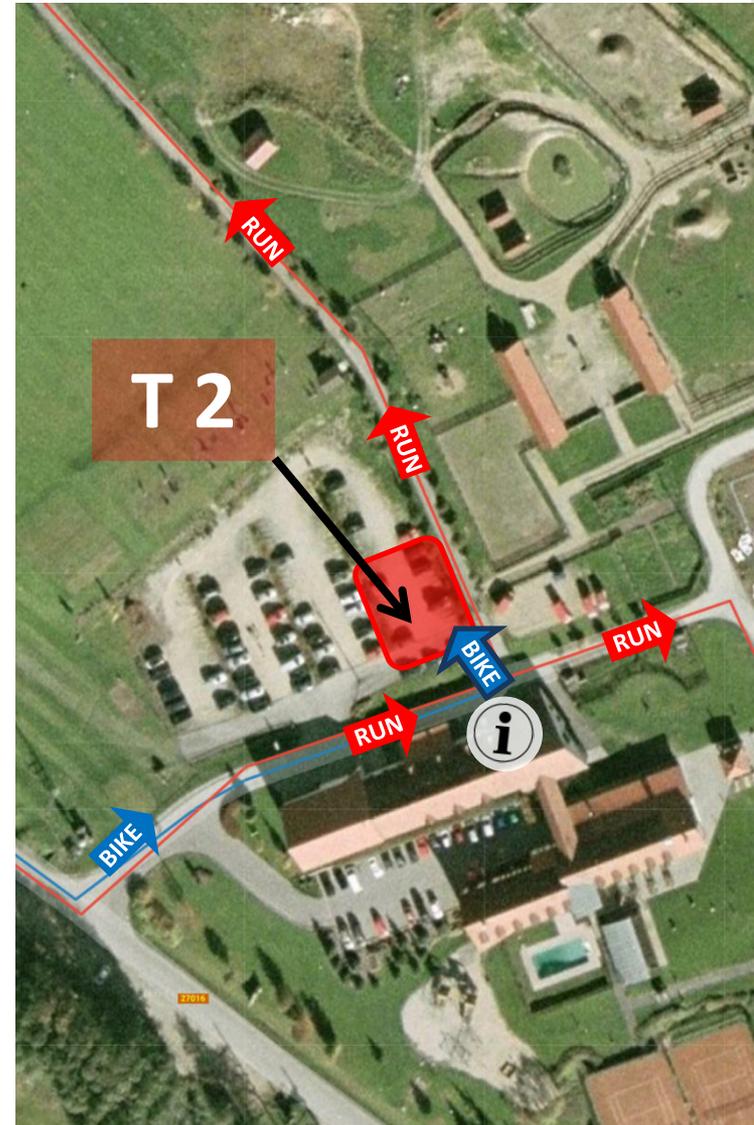
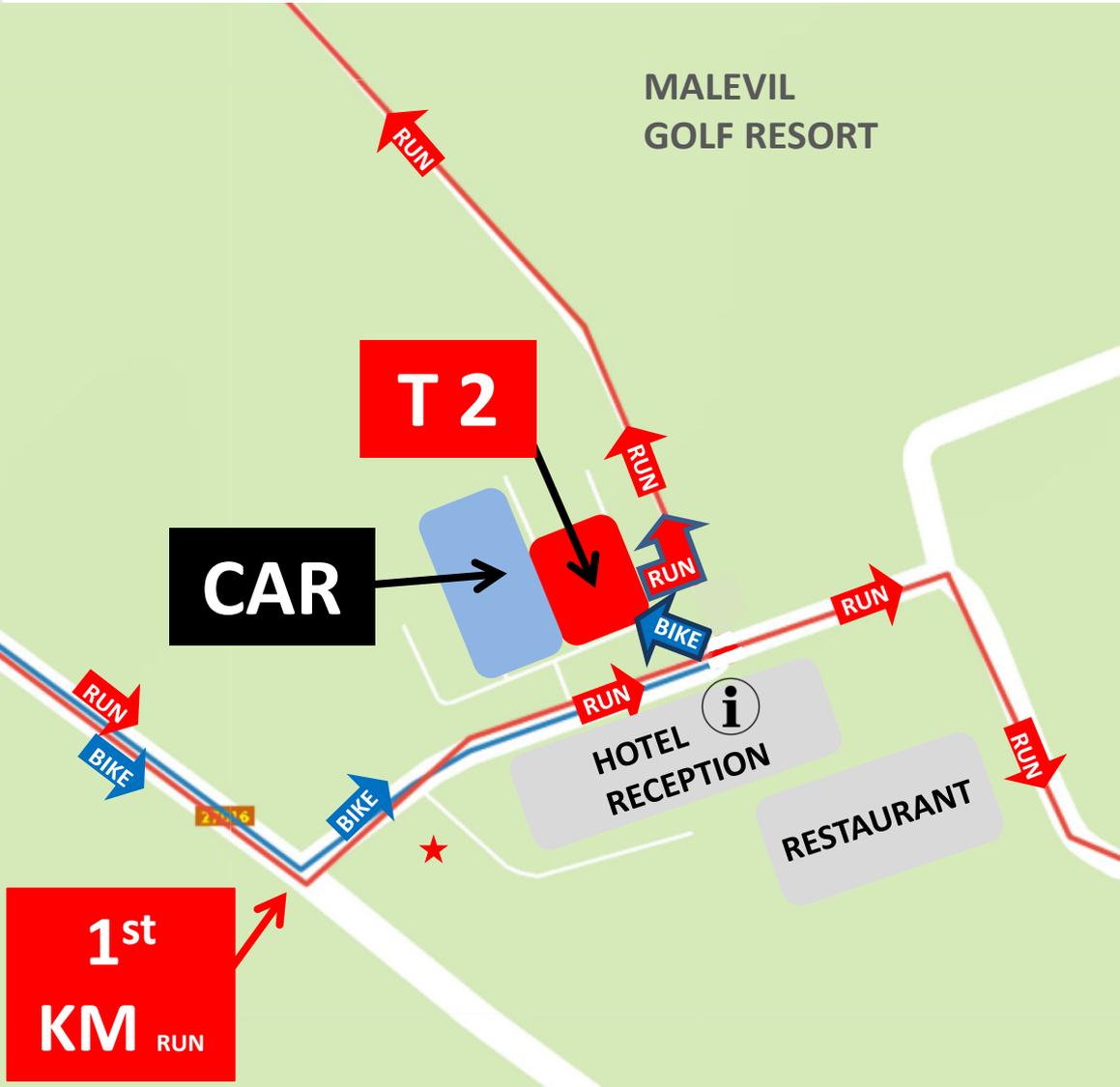
CROSSING THE HIGH AND VERY BUSY ROAD

FIRST TURN LEFT & AFTER 100m TURN RIGHT!!!!



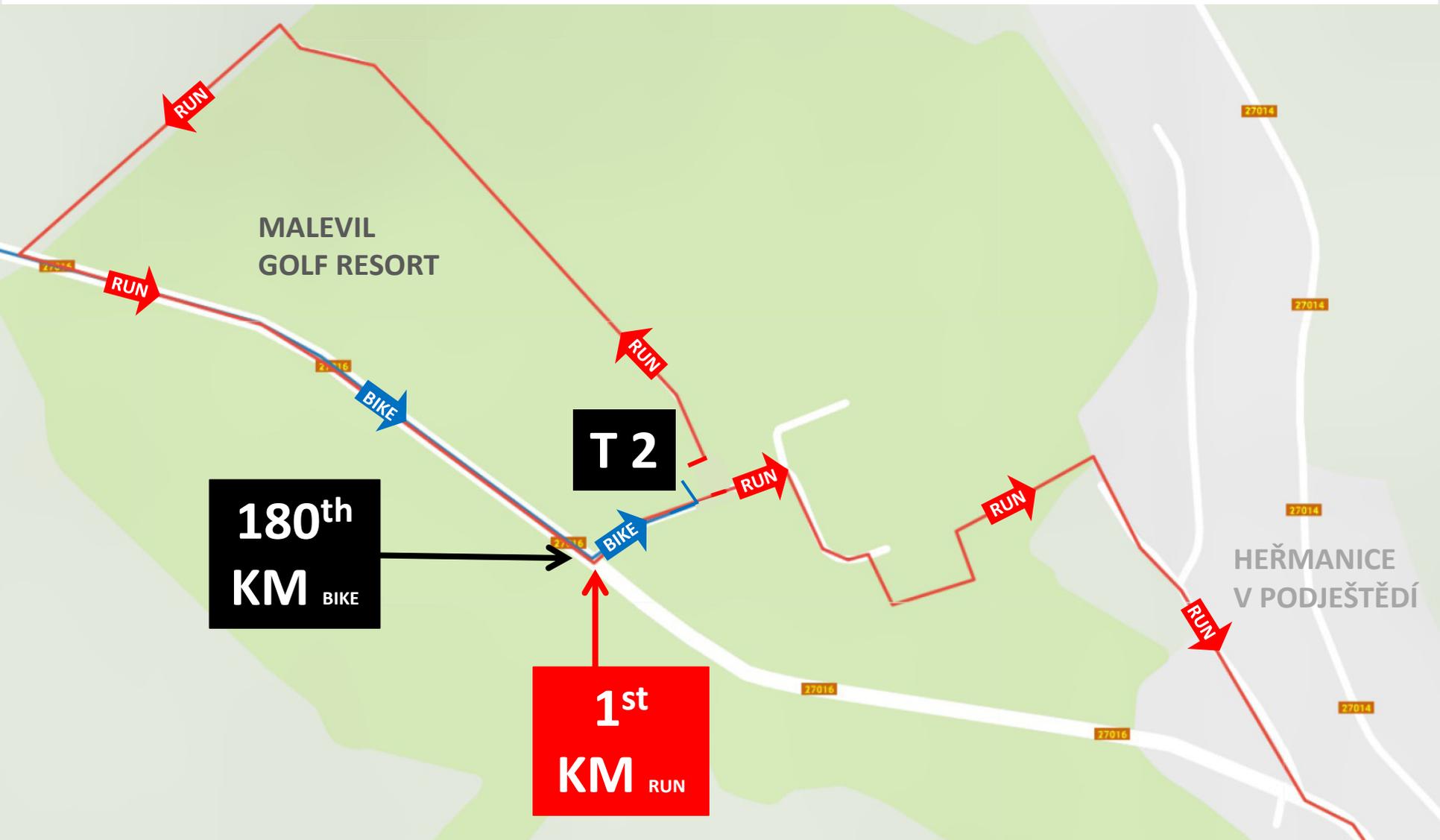
MAPS -DETAIL T2

DETAIL OF T2 - MALEVIL, BLUE LINE ARRIVAL OF BIKE / RED LINE RUN



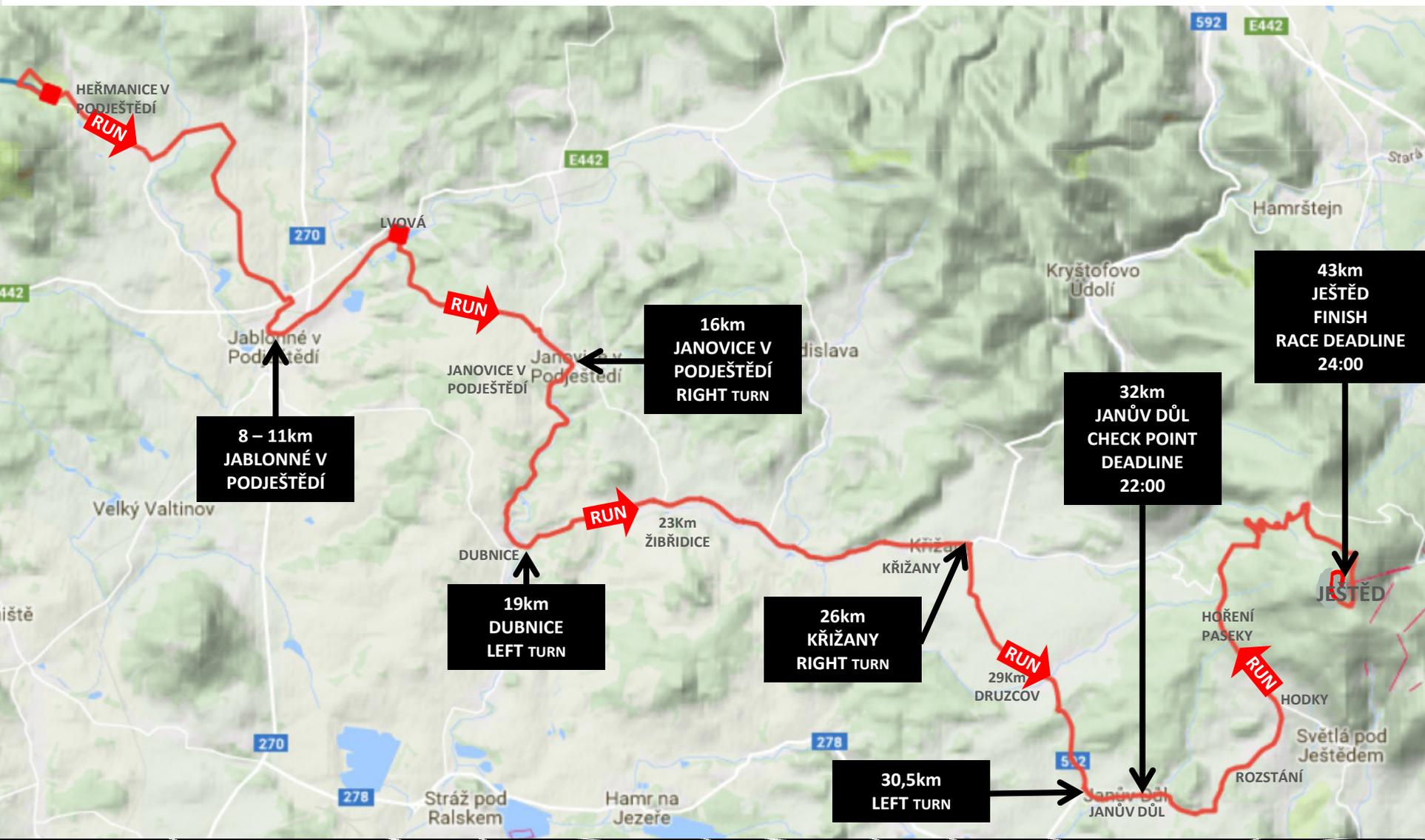
MAPA –DETAIL DEPA T2

PRVNÍ ČÁST BĚHU – 1KM OKRUH MALEVIL



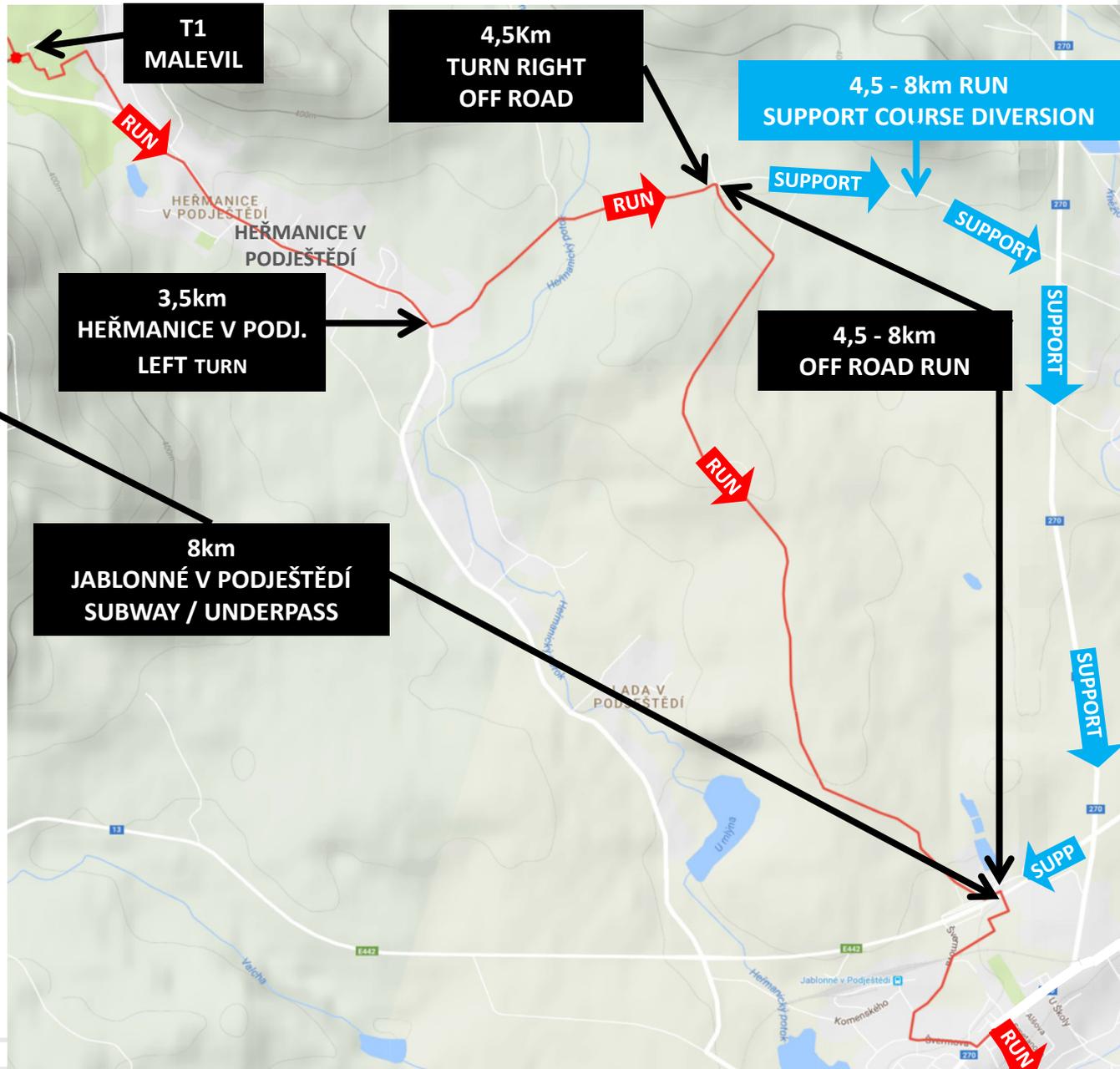
MAPS –RUN SECTOR # 5 :0 – 43KM

T2 – MALEVIL, Heřmanice v Podještědí, Jablonné v Podještědí, Lvoová, Janovice v Podještědí, Dubnice, Žibřidice, Křížany, Druzcov, Janův Důl – 32Km **TIME DEADLINE 22:00**, Rozstání, Hodky, Hoření Paseky, **Ještěd 43Km – RACE DEADLINE 24:00**



MAPA - RUN SECTOR #5 :0 - 10KM

DETAIL 8KM – JABLONNÉ V PODJEŠTĚDÍ
UNDERPASS THE HIGH ROAD



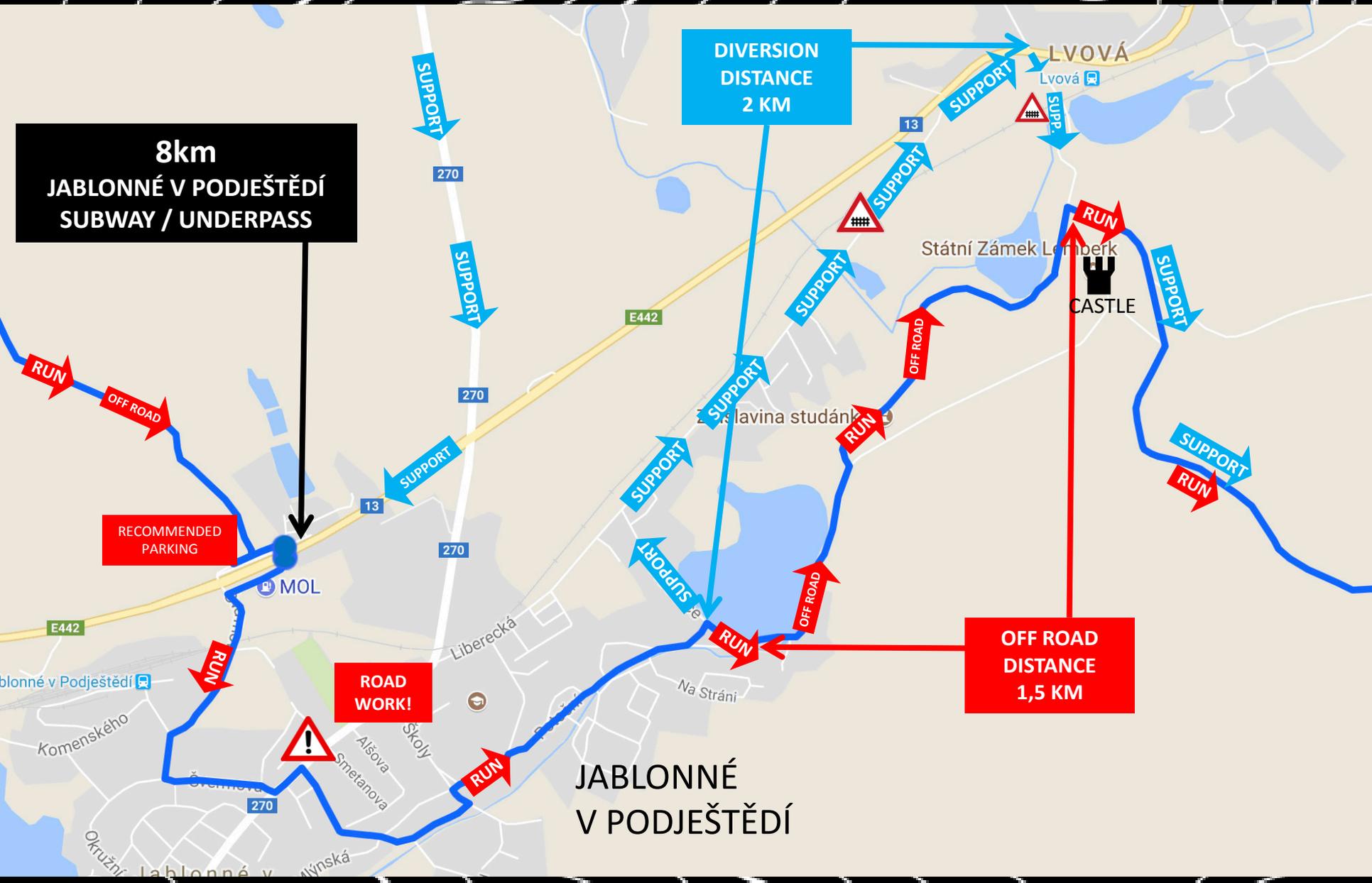
MAPS -RUN: DETAIL 8 - 10KM

DETAIL 8- 10Km - Jablonné v Podještědí UNDERPASS THE BUSY HIGH ROAD AND THE CITY



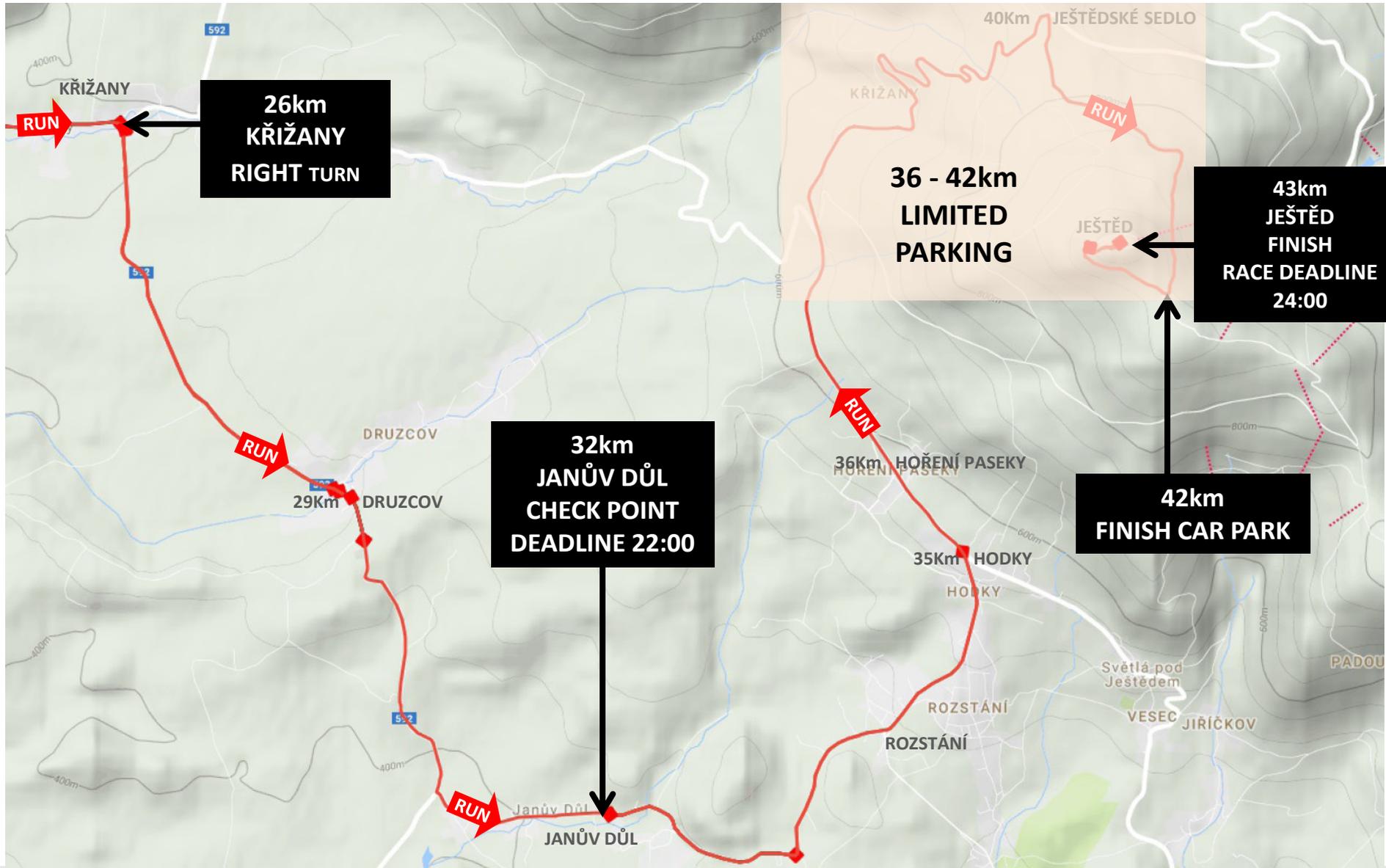
JABLONNÉ V PODJEŠTĚDÍ

MAPS -RUN: DETAIL 8 - 11KM



MAPS –RUN: 26 – 43KM

26Km Křižany, Druzcov, Janův Důl – 32Km, Rozstání, Hodky, Horní Paseky, Ještědské sedlo 40Km, CAR PARK 42Km, Ještěd 43Km



WINTERRIVIAN

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GENERAL PARTNERS:

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THE ORGANIZER, TOGETHER WITH THE WINNER OF WINTERMAN 2017 DONATES **PRIZE MONEY** TO A CHILDREN'S HEART CENTRE, MOTOL HOSPITAL. IN CHILDREN'S HEART CENTRE, DOCTORS AND NURSES ARE SAVING SEVERAL LITTLE LIVES A DAY AND WINTERMAN AS A STATEMENT OF THANKFULNESS DONATES EVERY YEAR PART OF ALL ENTRY FEES AND PRIZE MONEY TO THIS WORLD CLASS WORKPLACE.

