

RACE MANUAL 2018



WINTERMAN

XTREME TRIATHLON

GENERAL PARTNERS:



NEWDAY

ATEX

SPORTSWEAR

TIME AGENDA 12. – 15.10. 2018

12.10.2018

16:00 – 18:00 REGISTRATION
RECEPTION MALEVIL RESORT

13.10.2018

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

11:00 TRAINING SWIM/ T1 UNDER THE BRIDGE

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

14.10.2018

03:00 – 4:30 BIKE CHECK-IN T1 / UNDER THE BRIDGE

04:30 BUS DEPARTURE / PARKING NEAR T1 & INFO CENTRUM

05:30 SWIM START 8,6KM /JAKUBY

07:30 T1 CLOSED DOWN

12:30 FIRST TRIATHLETE IN T2 - RESORT MALEVIL

16:00 EXPECTED WINNER IN FINISH

17:00 MANDATORY HEADLIGHT, RED FLASHING ARM BAND

22:30 SAFETY CHECK & CUT-OFF TIME / 32KM RUN,
JANŮV DŮL VILLAGE, STEEP CLIMB OF LAST 11KM

00:30

FINISH LINE CUTT-OFF

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

15.10.2018

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

14.11.2018

OFFICIAL RACE MOVIE OF WM 2018 / FACEBOOK, WWW
OPENING REGISTRATION WM 2019

13.10.2019

WINTERMAN XTREME TRIATHLON 2019

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 INTENDED FOR THE BUS
- 1 WINTERMAN SWIMMING CAP WITH A START NUMBER
- 1 STICKER UNDER THE SEATPOST
- 1 HELMET STICKER + 1 BAG 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 RACE MANUAL WITH MAPS
- SUPPORT T-SHIRT

IN THE BUS, 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 + BAG 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 intend 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 WHITE 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 stuck 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 in the bus 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
- Printed Race Manual – SUPPORT is obliged to study the information and respect it. We recommend 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 triathlete will be much closer than any time before... At the finish you will be as excited as your triathlete, because during the race you will experience the same feelings as them!

PLEASE READ EVERYTHING CAREFULLY!

1. 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
2. Support car must be signed with a big Winterman "Support car" sticker – place it on the rear left part of the car
3. Small white "support car" sticker at the front windscreen to the passenger „right top side" from the inside
4. Support can enter T1 from 03:00 until 04:30 am. After this time, T1 will be closed until the triathlete exits the water. Supports must wait for their triathletes at the water exit in the special support corridor
5. Support is the only person to help the triathlete in T1. He packs and care all triathlete's things after the swim. You will not return to this place again.
6. 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 Lípa on the left side of the right angle junction. The end of „NO SUPPORT" area is on 30th km in Jetřichovice
7. Another "NO SUPPORT" zone is from 70 – 81km / Dolní Chřibská – Krásný Buk
8. The race runs in full traffic so it is absolutely necessary to obey traffic rules
9. Winterman support cars are not excluded from the traffic rules
10. Triathletes must obey traffic rules and respect other road users
11. Support is not allowed to stop other traffic in order to help his/her triathlete
12. The bike route is hilly with many curves. Navigation and correct direction is Support's responsibility
13. For the triathletes comfort there will be WM organizers along the route. They have no right to stop the traffic, they are directory assistance only.
14. Every change of direction and important junction will be marked by WM sign with the arrow
15. You, as a support, will receive a detailed guide with maps and marked routes...

SUPPORT INFO:

16. 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!
17. You must be sure that you know the direction and that you are able to advise your triathlete where to go. Even the smallest mistake might cause many kilometres in wrong direction – it is your responsibility!
18. Under no circumstances you must not obstruct or block the traffic by parking your car incorrectly to provide support service.
- 19. 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.**
20. T2 support parking is allocated just few metres from T2 - TRANSITION. Support packs all the triathlete' s belongings after the bike course. No leftovers stay here. You can use bike storage room in T2. Bike must be collected afer the ceremony, from 11:00 -12:00.
21. 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 triathlete almost all along the run except of three parts where you cannot follow your triathlete by car.
22. There are three short off-road parts. First one is right at T2 exit in Malevil. Triathletes run a short loop in Malevil. The second exception starts on the 4km and is 3,5km long. Triathletes run along a field path to get safely under busy road. You meet again at MOL Petrol Station where the triathletes 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 next section, where it is not possible to follow a triathlete by car, is from 8km to 11km. The section begins just at the pedestrian subway opposite MOL Petrol Station. That is why we recommend that every support waits his/her triathlete here. Support cars continue from the Petrol station along main road no.13 towards Liberec to Lvová, where they turn right to Lemberk Castle. Here you will again meet with your triathlete.
- 23. Triathletes 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 triathletes or support teams violates this regulation, he/she will be immediately disqualified.
24. Every triathlete 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.
25. „Finish“ ... **NO TRAFFIC TO THE TOP OF JEŠTĚD!!** The last support car park is on the 42nd km . From the car park, Support must walk 300m back down the road, waiting for his/her triathlete. From this point,they must go through the last 1.2km long run together. This part is an extremely challenging terrain. leading to the summit with a final descent to the finish line. This part is compulsory to run with your triathlete. It's a part with extremely challenging terrain, ending right at the car park where you left your car.In the finish hot soup and tea will be available for you and your triathlete. The distance from Ještěd to T2 resort Malevil is a 35-minut 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. Triathlete 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. Triathlete 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 triathletes, whistling during the swim will call an emergency assistance
10. When triathlete 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. After this time T1 will be closed. Support will enter T1 again together with his/her triathlete after he/she exits the water
12. If an triathlete takes to the bus 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, tri 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. Triathletes and supports are responsible for their swimming stuff. After 7:30am the T1 will be dismantled. You will not return to this place again. Organizer is not taking any responsibility for any stuff after 7:30am

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. Triathlete is obliged to ride on the right side, respect traffic regulations and follow the route marked by WM arrows. Triathlete 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. Triathletes have no priority over other traffic participants
3. Triathletes 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. Triathletes are obliged to have their bike lights (front and rare) 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. Triathletes 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 Triathletes 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 Triathletes 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 an injury, 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. Triathletes 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. Triathlete is obliged to run on the left side, ie. in opposite direction, respect traffic regulations and follow the route marked by WM arrows. Triathlete is obliged to take extra care especially when crossing the roads and getting over junctions.
2. Triathletes are obliged to place their Winterman start number pocket waist belt with GPS tracker visibly on the front part of their body.
3. Each Triathlete 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 an injury it is allowed to use a mobile phone
6. Support may accompany their Triathlete 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. Triathlete 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 22:30. Triathletes, who do not reach this place till 22:30, will be asked to give up the race.
11. **NO TRAFFIC TO THE TOP OF JEŠTĚD!!** The last support car park is on the 42nd km . From the car park, Support must walk 300m back down the road, waiting for his/her triathlete. From this point,they must go through the last 1.2km long run together. This part is an extremely challenging terrain. leading to the summit with a final descent to the finish line.
12. Finish is near the Ještědka cottage. Supports must accompany their triathletes to the finish side by side!
13. There will be a hot soup and tea for triathletes and supports in the finish
14. **THE RACE CUT - OFF TIME IS 00:30!**
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. Triathlete 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 Triathlete
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 - Triathletes or support teams - violates this regulation, he/she will be immediately disqualified

MAPS – COURSE PROFILE

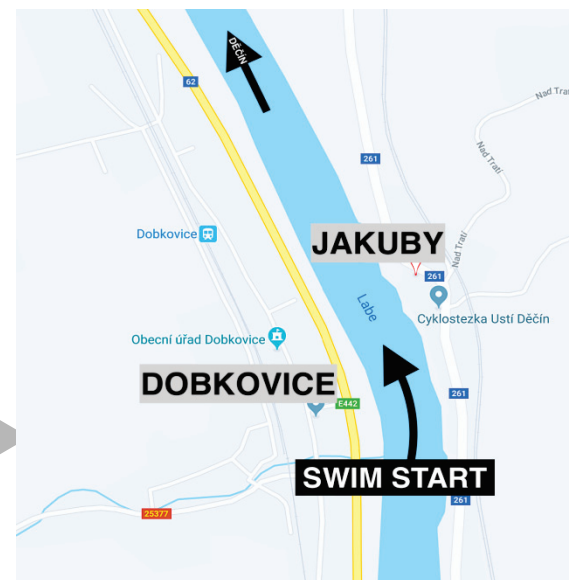


MAPS – REGISTRATION, T1, SWIM:

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



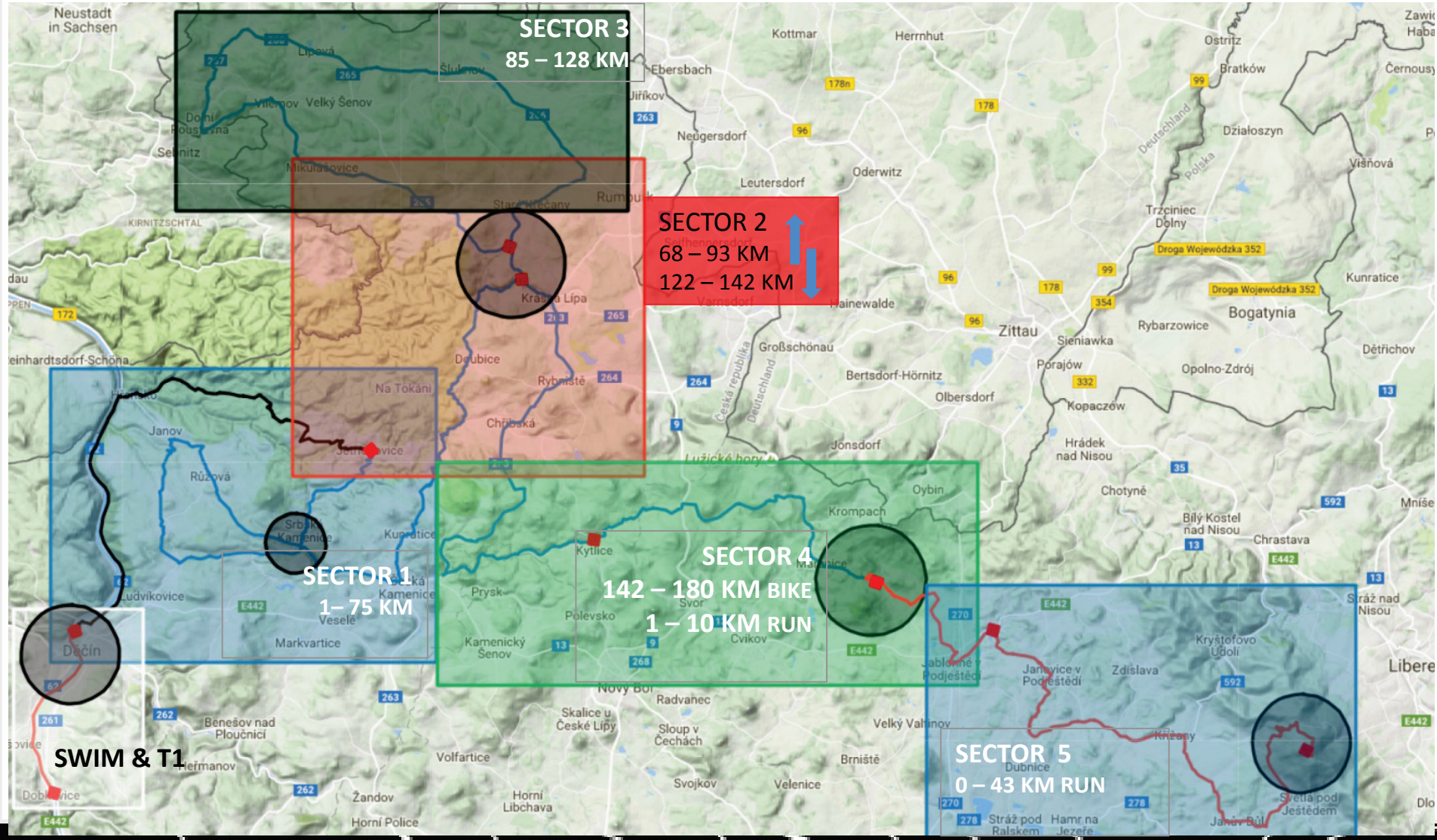
MAPS – SWIM:



- River Swim from Jakuby to Děčín.
- Boarding to the bus starts 4.20 in the Car Park by T1
- **Bus departs exactly 04:30 am**
- There are mobile toilets on the start
- In the bus: 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 8,6km down stream
- Triathletes starts the swim with a jump off the platform
- Expect fast pace and 26 – 30 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!!!**
- Small red flashing light under the WM swim cap & waterproof pouch with GPS & light are obligatory
- **Swim socks and wetsuit cap or balaclava 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 :

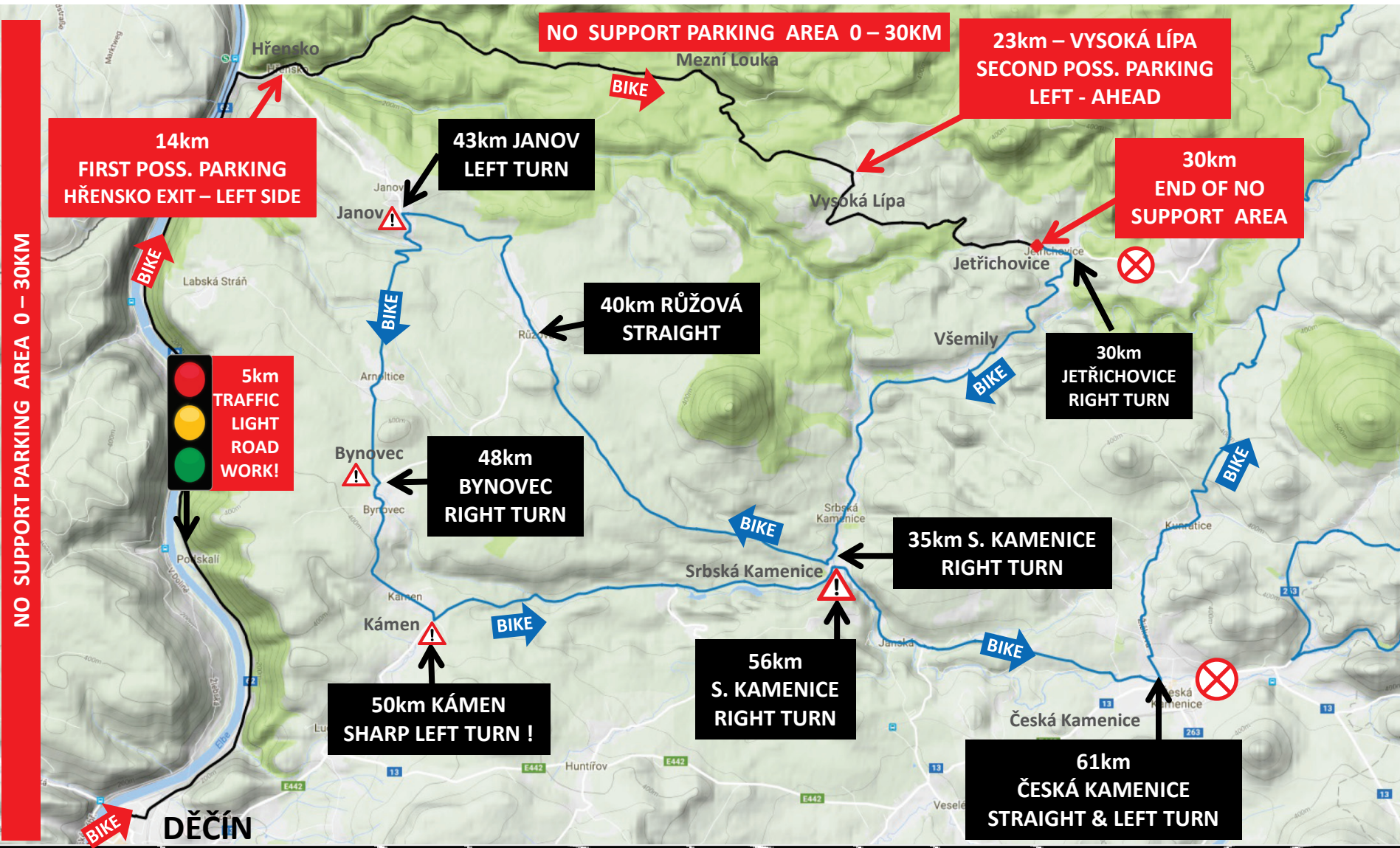
BIKE - first 30km is **NO SUPPORT PARKING AREA**.

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



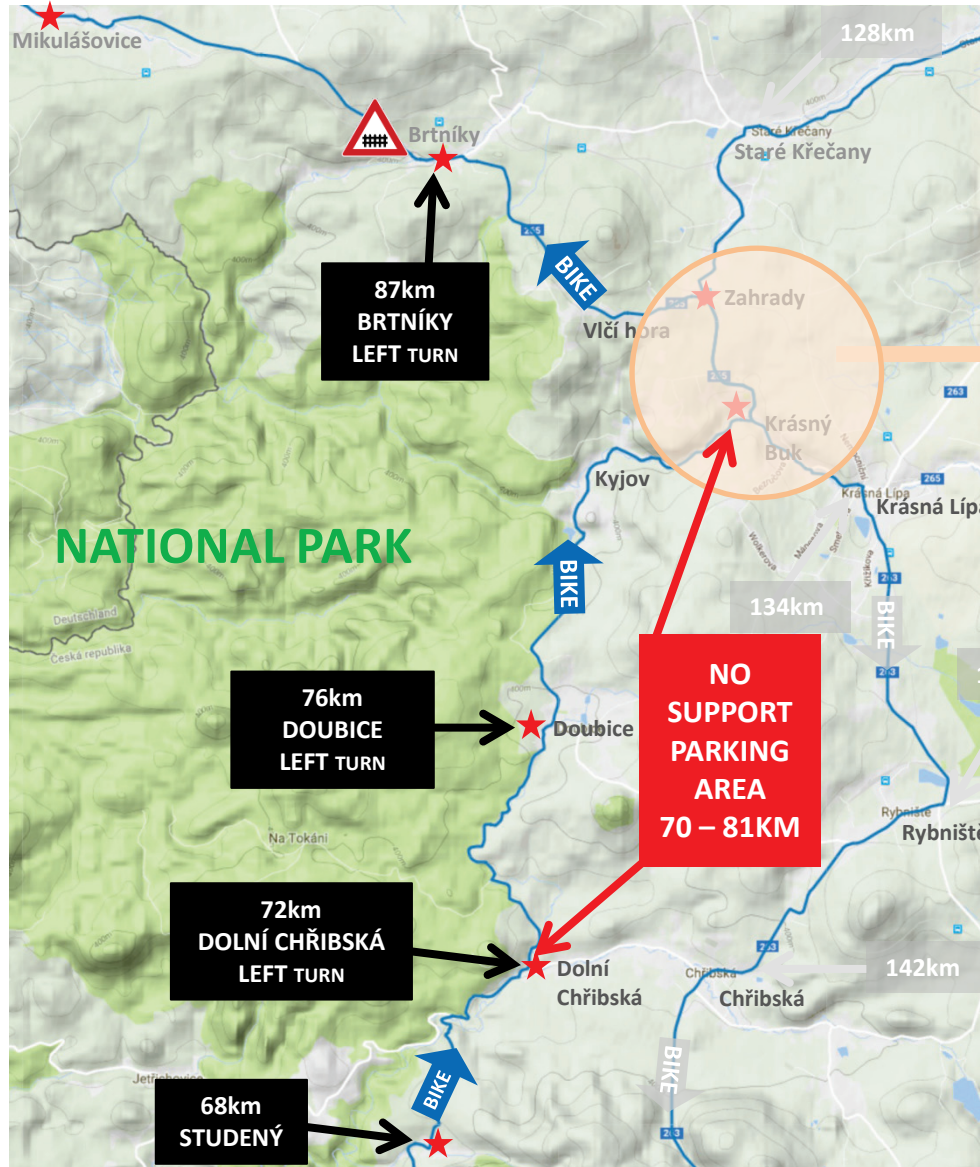
MAPS – BIKE SECTOR #1: 1-72KM :

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



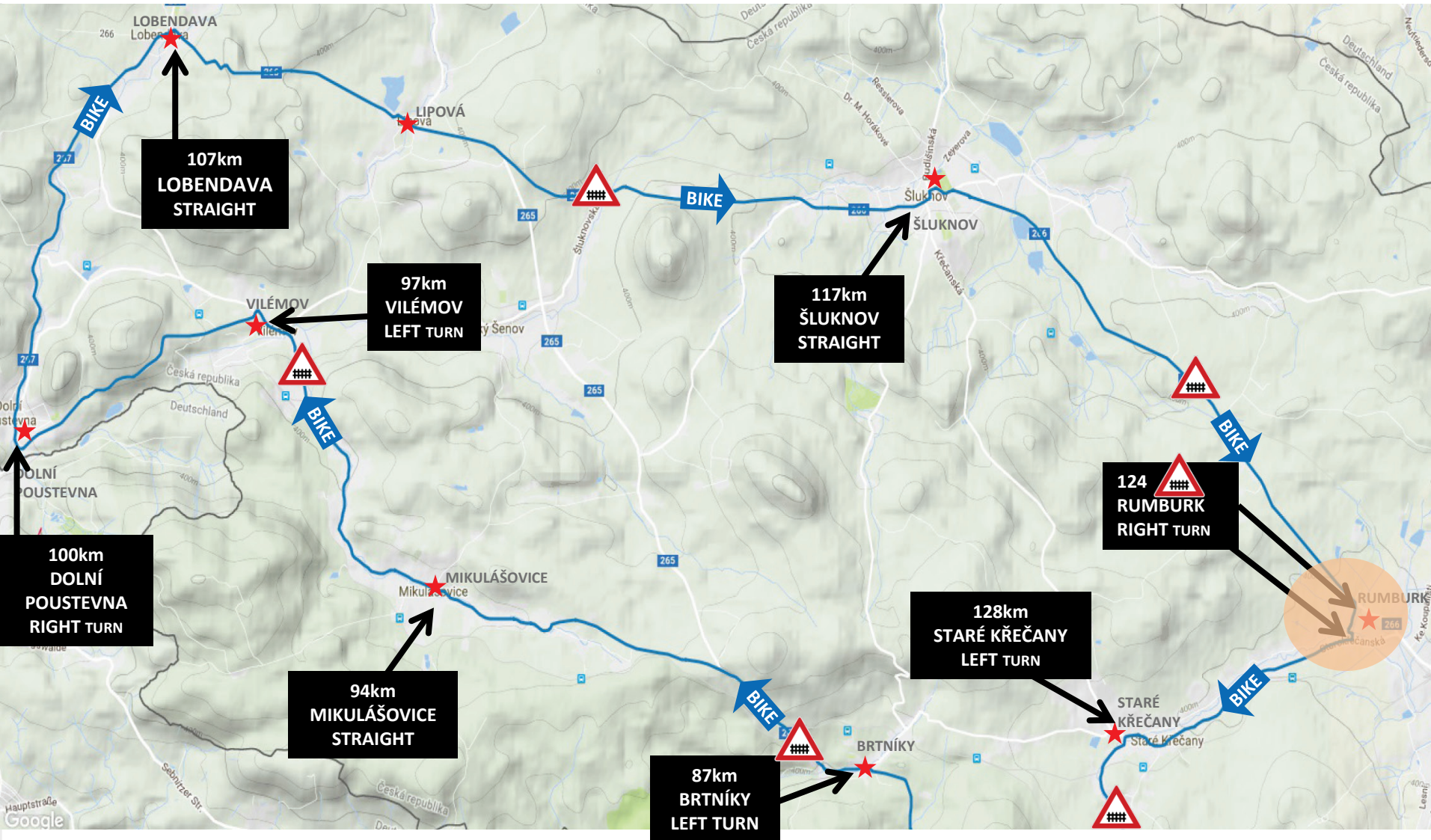
MAPS – BIKE SECTOR # 2 :68 – 94KM

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



MAPS – BIKE SECTOR # 3 :85 – 128KM

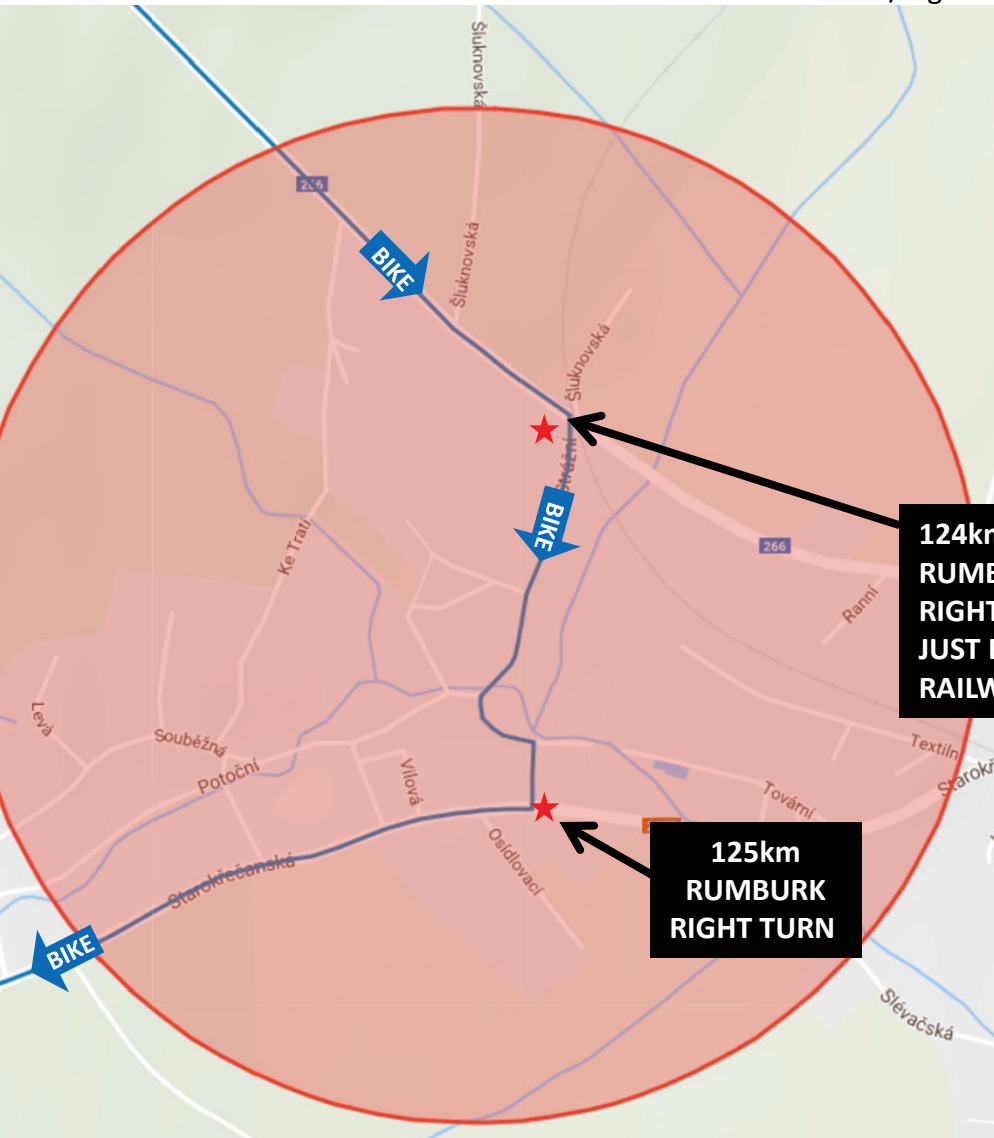
87km Brtníky, Mikulášovice, Vilémov, Dolní Poustevna, Horní Poustevna, Lobendava, Lipová, Velký Šenov, Šluknov, Rumburk,
128km Staré Křečany



MAPS – BIKE DETAIL :124 - 125KM

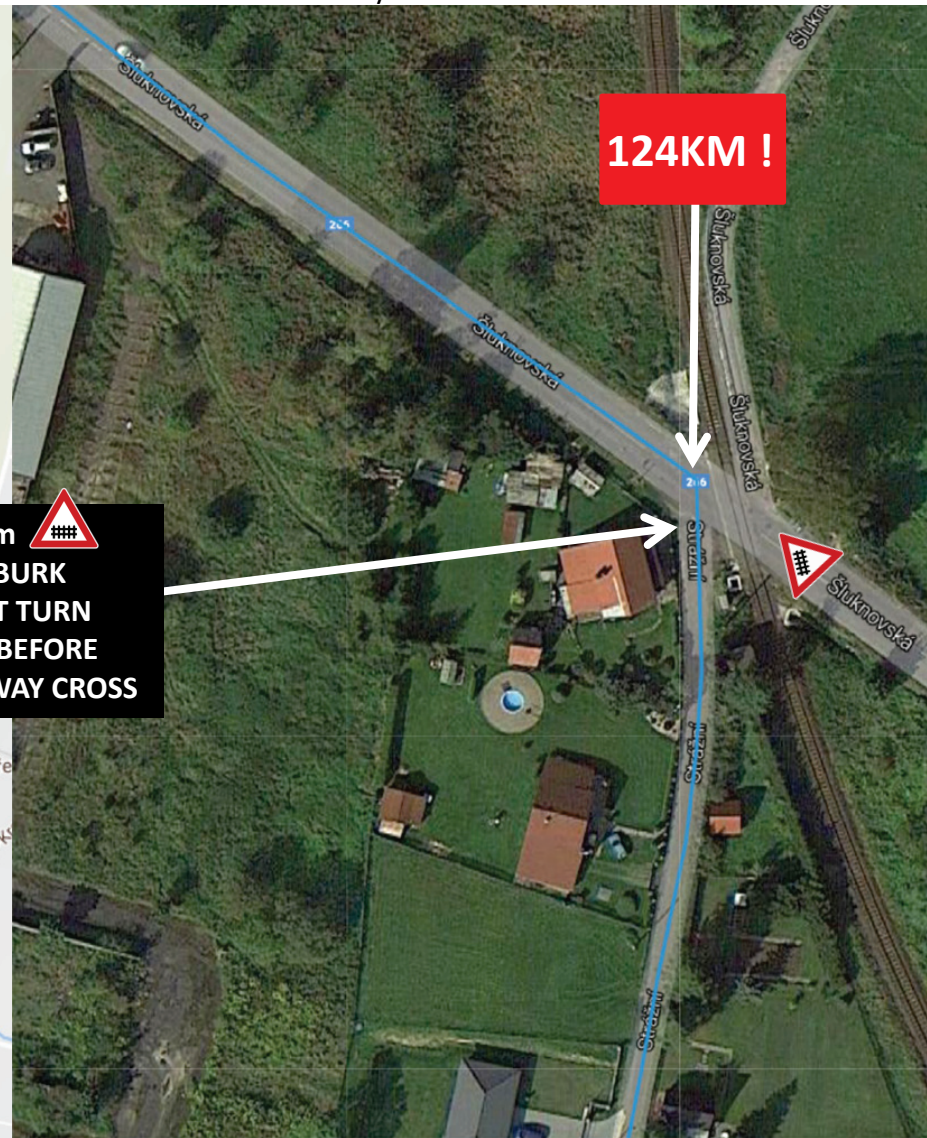
124,5Km right turn just before the railway cross (approaching Rumburk)

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



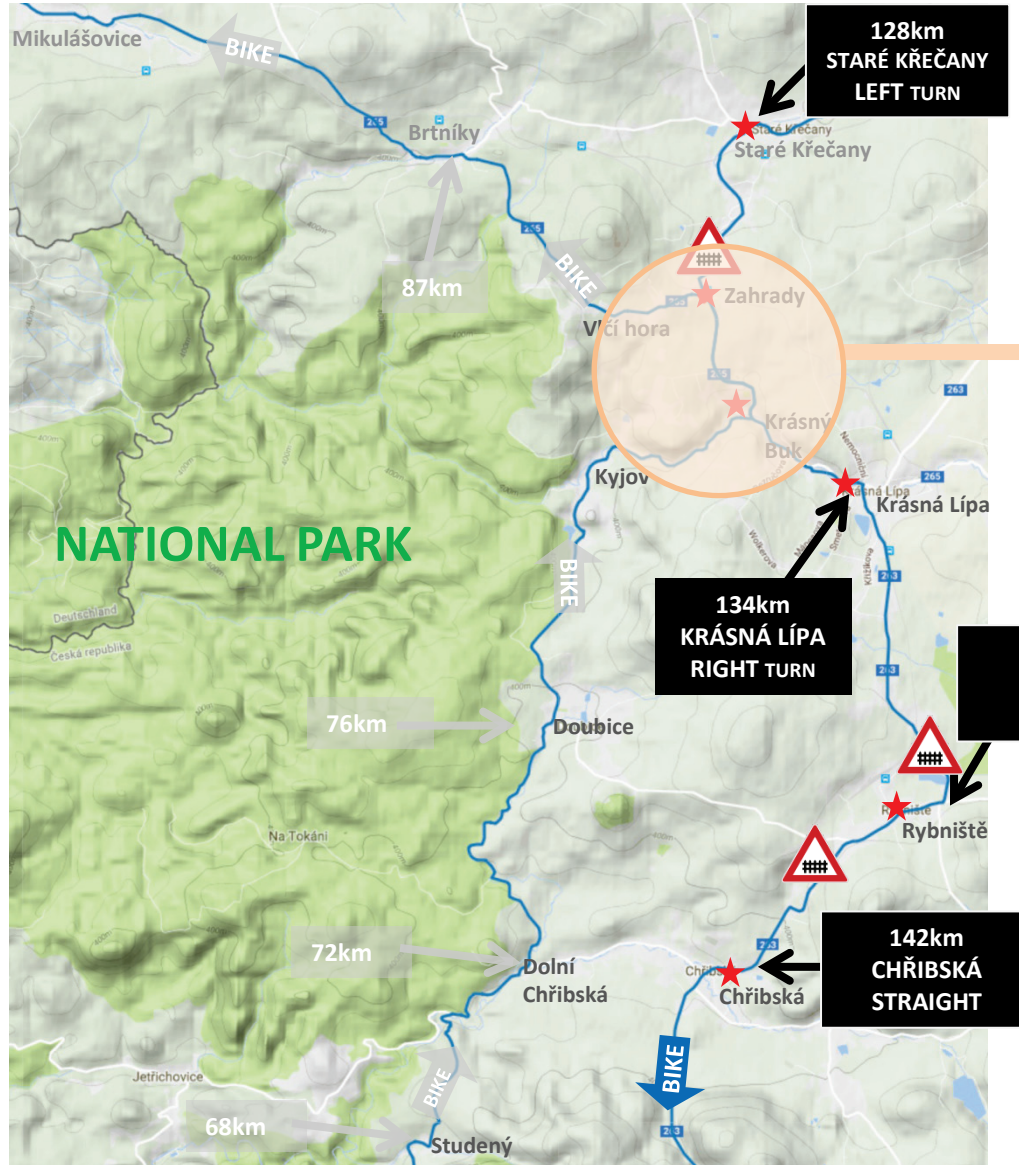
124km 
RUMBURK
RIGHT TURN
JUST BEFORE
RAILWAY CROSS

125km
RUMBURK
RIGHT TURN



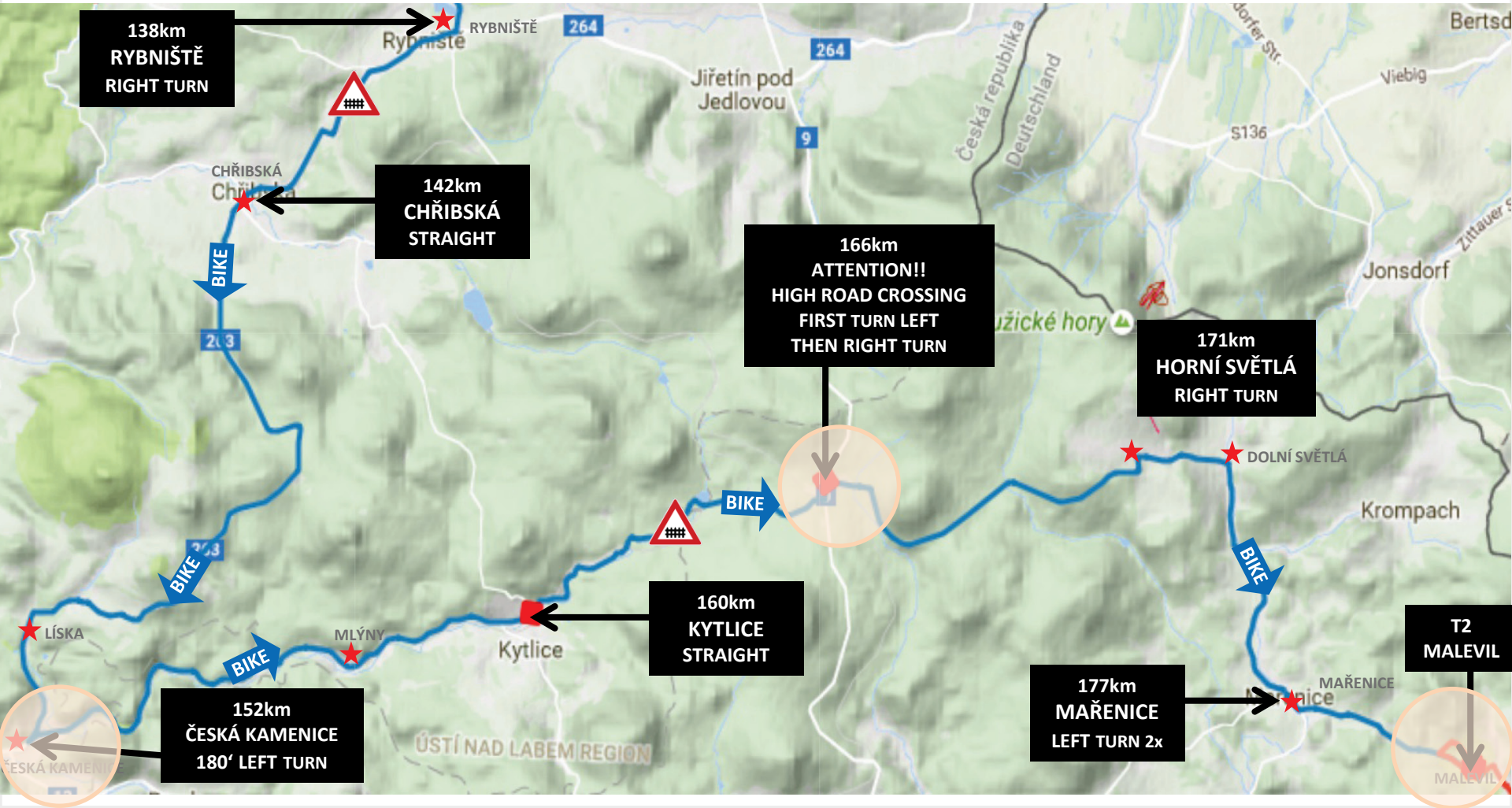
MAPS – BIKE SECTOR # 4 :128 – 142KM

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

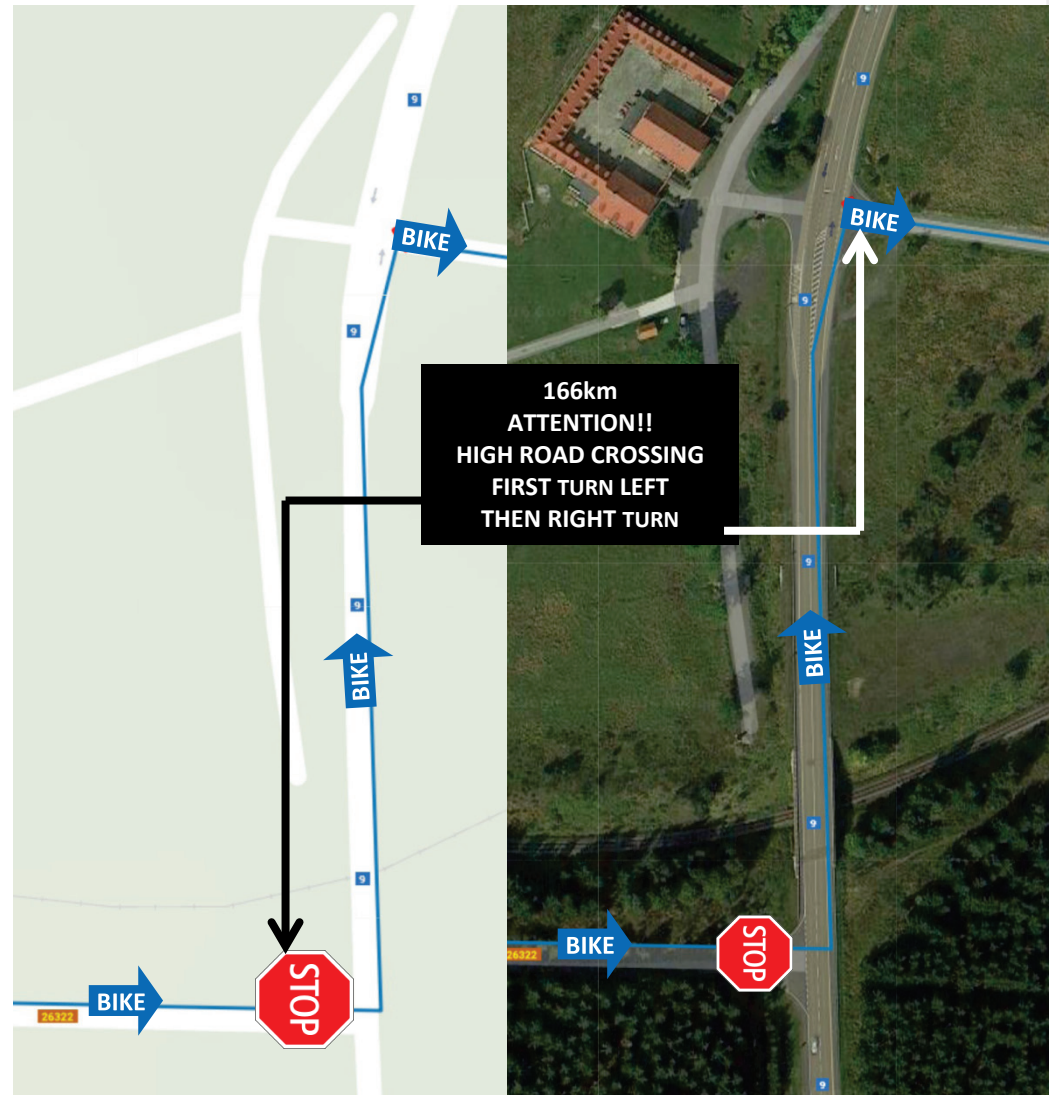
ATTENTION! Your Triathlete will ride very fast down hill!!



DETAILS OF 166KM

CROSSING THE HIGH AND VERY BUSY ROAD

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



MAPS -DETAIL T2

DETAIL OF T2 - MALEVIL, LOOP of 500m RUN IN MALEVIL

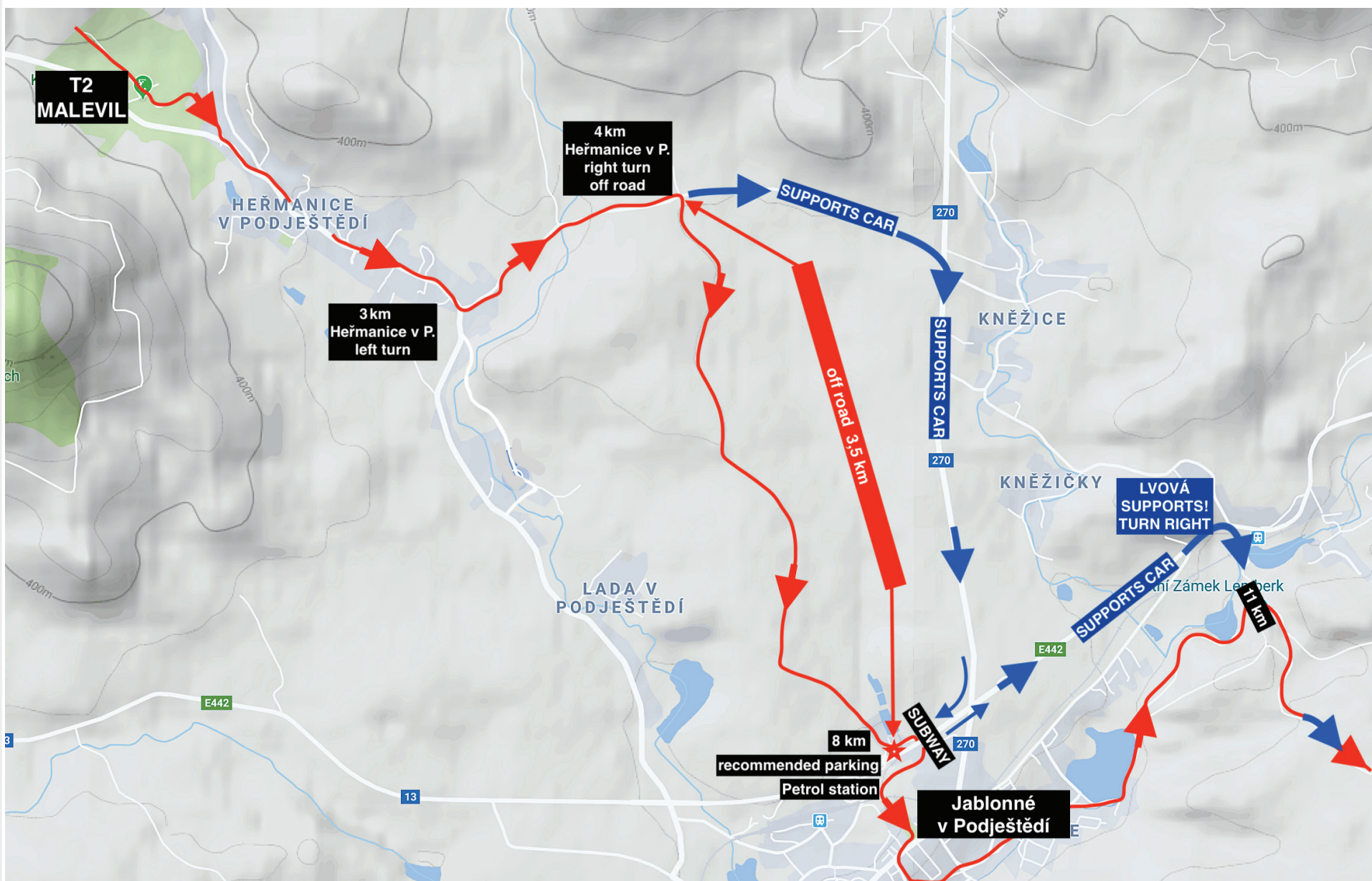


MAPS –RUN SECTOR # 5 :0 – 43KM

T2 – MALEVIL, Heřmanice v Podještědí, Jablonné v Podještědí, Lvoová, Janovice v Podještědí, Dubnice, Žibřidice, Křižany, Druzcov, Janův Důl – 32Km **TIME DEADLINE 22:30**, Rozstání, Hodky, Hoření Paseky, **Ještěd 43Km – RACE DEADLINE 00:30**



MAPS -RUN SECTOR #5 :0 - 8KM



MAPS – RUN SECTOR # 5 :8 – 11KM



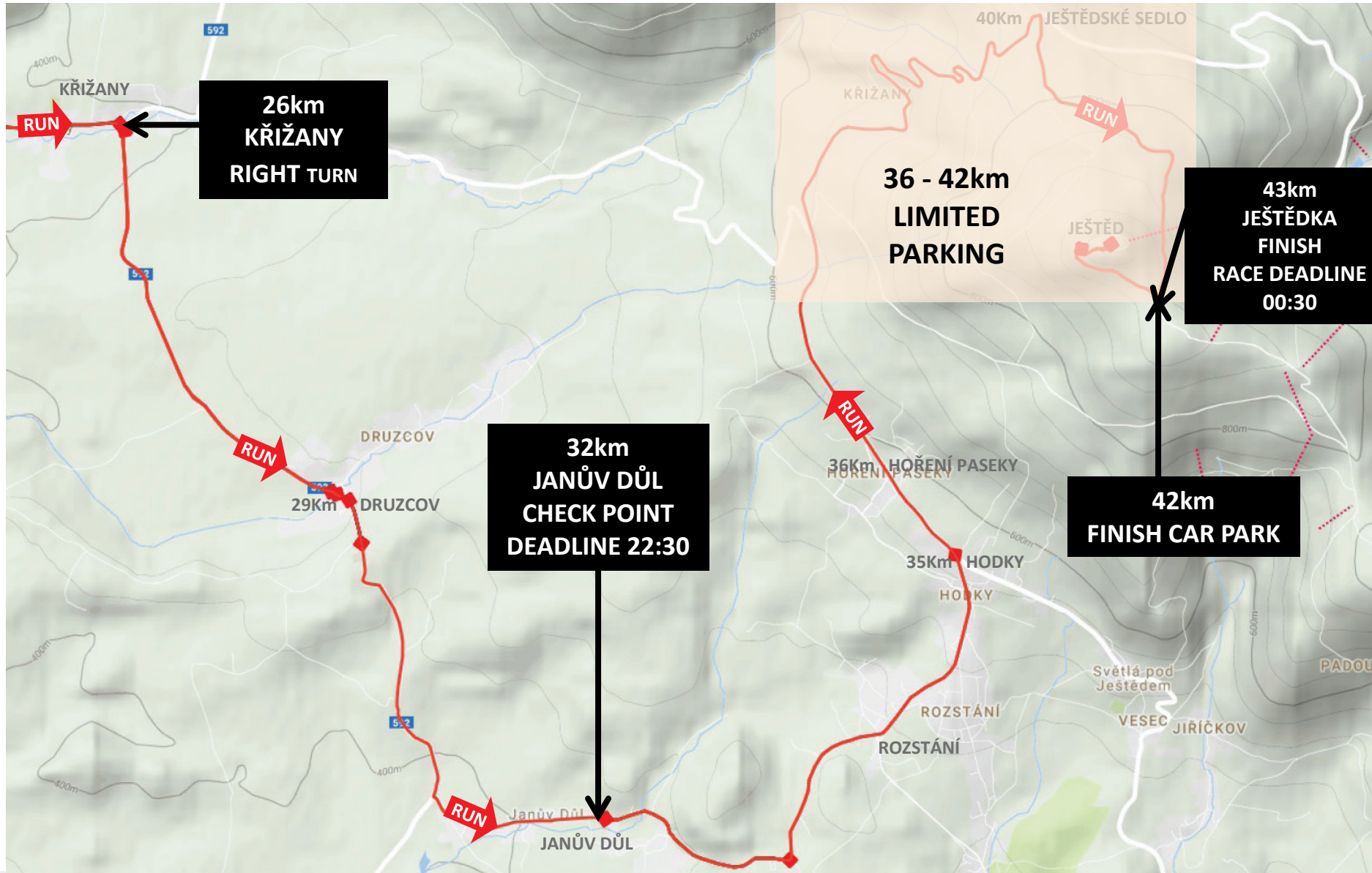
**JABLONNÉ V PODJEŠTĚDÍ
8 - 11 KM**

MAP -RUN SECTOR #5 :8 - 11KM



MAPS –RUN: 26 – 43KM

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



MAPS -RUN: DETAIL 42 -43KM





WINTERMAN

XTREME TRIATHLON

THE ORGANIZER, TOGETHER WITH THE WINNER OF WINTERMAN 2018 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.



GENERAL PARTNERS:



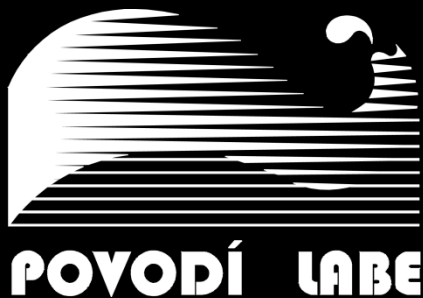
NUTRITION PARTNER:



MEDIA PARTNER:



OTHER PARTNERS:





WINTERMAN

XTREME TRIATHLON