RACE MANUAL 2020

WINTRERMAN
XTREME TRIATHLON

GENERAL PARTNERS:

NEWDAY

ATEX SPORTSWEAR
TIME AGENDA 09. – 12.10. 2020

09.10.2020
16:00 – 18:00 REGISTRATION
RECEPTION MALEVIL RESORT

10.10.2020
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

11.10.2020
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 ATHLETE IN T2 - RESORT MALEVIL
16:00 WINNER EXPECTED TIME - JEŠTĚD
17:00 MANDATORY HEADLIGHT, RED FLASHING ARM BAND
22:30 TOP EXTREME FINISH PART CLOSURE. ROAD RUN TO THE FINISH.

12.10.2020
00:30 FINISH LINE CUTT-OFF
“Your body drives you to the line but only your mind makes you cross it”

10.10.2021
WINTERMAN XTREME TRIATHLON 2021
YOU WILL RECEIVE:

- 1 WINTERMAN BAG
- TIMING CHIP WITH A CHIP STRAP
- 2 WINTERMAN ID WRISTBAND FOR THE TRIATHLETE AND THE SUPPORT
- 1 BIB NUMBER/DUPLICATE 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

WHEN ENTERING THE BUS, EVERY TRIATHLETE WILL RECEIVE:

- FLOATING WATERPROOF POCKET WITH GPS TRACKER, SMALL FLASHING LIGHT AND WHISTLE *

* THE ABOVE MENTIONED STUFF + WINTERMAN WAIST BELT WILL BE CHANGED FOR FINISHER T-SHIRT AND PRESENT ON THE CEREMONY AFTER THE RACE
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
• Timing chip to wear on your left ankle
• 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 to the bus – triathletes put all they intent to have in the bus 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.
• 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
• E-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 recommnend 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 yellow “support car” sticker at the front windsreen to the passenger „right top side”
4. Support can enter T1 from 2:30 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 is only one allocated car park - 14th km at the end of Hřensko on the left side of the road. 14km – 30km is strictly “NO SUPPORT” zone. 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 10 minutes 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. In T2 it is the duty of the Support to take the bike with him/her. There is no possibility to leave a bike in T2.

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 4 parts where you cannot follow your triathlete by car.

22. There are several offroad / NO SUPPORT / sections at the beginning of the run, where your triathlete cannot be followed by a car. On the first 11km there are 4 offroad sections. The map shows recommended parking lots, where you can provide support to your triathlete. Triathletes run along forest and field paths. On the 8th kilometer they continue under the busy main road (opposite the MOL petrol station. Triathletes run under the main road and behind the viaduct run through the city of Jablonné v Podj. Another section where it is not possible to follow the triathlete by car is from approx. 9km to 11km. The section begins at the pond. Support cars continue to the road in the direction of Liberec to Lvová, then turn right to the castle of Lemberk.. 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. Support may accompany his triathlete during the run course on bike. His duty, however, is to ride a bike on the right side of the road, ie according to the traffic rules. Accompanying by the bike is only possible up to 32km, ie to Checkpoint.

25. It is allowed for the support or anyone else to accompany the triathlete on the run. However, it is forbidden for this accompanying person to run in front of the triathlete!

26. 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.

27. „Finish“ … **NO TRAFFIC TO THE TOP OF JEŠTĚD!!** The last support car park is on the 41st 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
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 and have a timing chip on his/her ankle
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 4:30 am. 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. Trithletes 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. *

- 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 datas
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 and have a timing chip on his/her ankle
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 wheels 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, i.e., 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 and have a timing chip on his/her ankle.

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. /on bike only until 32km checkpoint and must bike on right side/ 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 32nd KM 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 41 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. 22:30, the final extreme part through the TOP will be closed. Triathletes continue to the finish on the road.

14. There will be a hot soup and tea for triathletes and supports in the finish.

15. THE RACE CUT - OFF TIME IS 00:30!

16. 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.
SIGN 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 primarily 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

BIKE

According to Strava.com: Elevation 3.155m

RUN

According to Strava.com: Elevation 1.068m
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 4:10 in the Car Park near 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!!!**
- Smal 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**
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 Lipa, Chřibská, Č. Kamenice, Mlýny, Kytlice, Horní Světlá, Mařenice, Heřmanice, Heřmanice v Podj. Malevil T2
Exit from T1 and pass through Decin
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, Doubice 76Km
DETAIL: Česká Kamenice
81Km Krásný Buk, Zahrady, Brtníky, Mikulášovice, Vilémov, Dolní Poustevna, Horní Poustevna, Lobendava, Lipová, Velký Šenov, Šluknov, Rumburk, Staré Křečany, 134Km Krásná Lípa
**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
134Km Rybniště, Chřibská, Česká Kamenice - 152Km, Mlýny, Kytlice, Nová Huť, Horní Světlá, Dolní Světlá, Mařenice, 180Km T2 RESORT MALEVIL
MAPS – RUN: 0 – 42KM

T2 – MALEVIL, Heřmanice v Podještědí, Jablonné v Podještědí, Lvová, Janovice v Podještědí, Dubnice, Žibřidice, Křižany, Druzcov, Janův Důl – 32Km TIME DEADLINE 22:30, Rozstání, Hodky, Hoření Paseky, Ještěd 42Km – RACE DEADLINE 00:30
MAP - RUN : 8 - 11KM
MAPS - RUN: 15 – 42,2KM

15Km Janovice v Podještědí, Dubnice, Žíbřidice, Křižany, Druzcov, Janův Důl – 32Km, Rozstání, Hodky, Horní Paseky, Ještědské sedlo 40Km, CAR PARK 41Km, FINISH 42,2Km
MAPS - RUN: DETAIL 42 - 43KM

FINISH JEŠTĚD - RACE DEADLINE: 00:30

- 41km point
- Ještěd peak
- Finish
THE ORGANIZOR AND WINNER DONATE EVERY YEAR PART OF ENTRY FEES IN FORM OF WINNER PRIZE MONEY TO

TO A CHILDREN’S HEART CENTRE, MOTOL HOSPITAL IN PRAGUE. IN CHILDREN’S HEART CENTRE, DOCTORS AND
NURSES ARE SAVING SEVERAL LITTLE LIFES 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.