

# **XTREME TRIATHLON**

# **RACE MANUAL 2020**













### **WINTERMAN 2020 - COVID-19 MEASURES**



According to the Government Regulation of the Czech Republic No. 958 of 30 September 2020, effective from 5 October 2020, in connection with the State of Emergency, the Winterman Xtreme Triathlon 2020 will take place under the following conditions:

- 1. A maximum of 130 registered triathletes will take part in the race
- 2. The race takes place with the exclusion of the public and without spectators
- 3. Triathletes will protect their mouth and nose with a protective respirator or mask in all indoor areas and in T1 while bike check-in and before the start!
- 4. It is your duty to wear mask in all indoor areas please respect it!
- 5. Mandatory RACE BRIEFING is cancelled and will be replaced by VIDEO RACE BRIEFING available to triathletes before the race you will be informed by email
- 6. For individual questions, an outdoor meeting point will be set aside for groups of up to 10 people on the day of registration (location will be specified during registration)
- 7. In T1, please respect 2m distance, the organizer will provide disinfection in the registration area, T1, T2 and Finish
- 8. Instead of organized transport, triathletes must take their own car to the start!
- 9. The start will be organized in waves, we will specify this during registration
- 10. The entrance to T1 for athletes (during bike check-in) and supports is possible only with masks
- 11. In the FINISH area, please respect the distance of 2m
- 12. During the race, there are no refreshment stations provided by the organizer

We emphasize the obligation to wear masks in all indoor areas

The Winterman race is part of the International Triathlon Series - XTRI SERIES

The race is governed by the international rules of triathlon, which is registered as a sport in the Czech Union of Sport, specifically in the Czech Triathlon Association.

### **IMPORTANT TIMES AND INFORMATION**



02:00 BIKE CHECK - IN T1

03:45 RECOMMENDED DEPARTURE TO START

04:40 BOARDING TO START ON THE STARTING PLATFORM

05:00 SWIM START

08:00 FND OF MANDATORY BIKE LIGHTING

17:00 MANDATORY HEADLAMP, FLASHING TAPE AND REFLECTIVE STRIPS

22:00 DEADLINE RACE CHECK POINT CUT - OFF TIME

22:00 CLOSING TOP SECTION OF JEŠTĚD

24:00 RACE CUT - OFF TIME

10:30 WINNERS CEREMONY MALEVIL

#### **KEY RULES**

Triathletes will protect their mouth and nose with a protective mask in all indoor areas and in T1 while bike check-in and before the start!

The race takes place in full trafic operation, follow the rules of the road and the rules of the race.

Prohibition of stopping and providing service in NO STOP ZONE FOR SUPPORT CARS

NO STOP ZONE FOR SUPPORT CARS! 1 - 30km (T1 – Jetřichovice) exception 14km end of Hřensko

NO STOP ZONE FOR SUPPORT CARS! 67 – 84km.

RACE CHECK POINT 32km behind the village Januv Dul.

The minimum distance of the support car from the competitor is 100m.

No drafting! The minimum allowed distance between competitors on bikes is 15 m.

Mandatory reflective strips on the entire bike path and from 17:00 and always with reduced visibility

Mandatory front and rear lights on the bike, red flashing light strap on the left leg for at least until 8 am and always with reduced visibility

No telephone, MP3, headphones, or other audio devices

No littering

# TIME AGENDA 9 - 12.10.2020



09.10.2020 17:00 – 19:30 19:30 – 20:30	REGISTRATION MALEVIL OUTDOOR QUESTIONS AND ANSWERS CORNER - MAXIMUM 10PAX	00:00	FINISH CUT - OFF TIME  Your body drives you to the line but only your mind makes you cross it"
10.10.2020 10:00 - 14:00 10:30 14:15 - 17:00	REGISTRATION DĚČÍN - CITY LIBRARY TRAINING SWIM - T1 OUTDOOR QUESTIONS AND ANSWERS CORNER - MAXIMUM 10PAX	12.10.2020 08:00 – 12:00 09:00 – 10:30	Malevil T2 BRUNCH AT MALEVIL FINISHER T-SHIRTS AND PRESENTS DISTRIBUTION - MALEVIL WINNERS ANNOUNCEMENT
11.10.2020 02:00 - 03:45	T1 CHECK - IN	10:45	FINISHERS GROUP PICTURES
03:45 – 4:00	RECOMMENDED DEPARTURE TIME TO THE SWIM START	TILL 12:00	CHECK - OUT HOTEL MALEVIL
05:00 07:30	SWIM START – STAR PLATFORM, RIGHT BANK OF ELBE RIVER, VILLAGE JAKUBY T1 CLOSED DOWN	18.11.2020	
12:00	FIRST ATHLETE IN T2 - RESORT MALEVIL	OFFICIAL RACE MOVIE OF WM 2020 / FACEBOOK, WWW	
15:30	WINNER EXPECTED TIME - JEŠTĚD	OPENING REGISTRATION WM 2021	
17:00	MANDATORY HEADLIGHT, RED FLASHING  D REFLEXTIVE CROSS BELT WOWOW	10 10 2021	
22:00	CUT-OFF TIME - 32KM RACE CHECK POINT JANŮV DŮL	10.10.2021 WINTERMAN X	TREME TRIATHLON 2021
22:00	TOP EXTREME FINISH PART CLOSURE.		
24:00	FINISH LINE CUT-OFF TIME		

#### **EVERY PARTICIPANT WILL RECEIVE:**



1 SPORTBAG WINTERMAN

TIMING CHIP WITH A CHIP STRAP

- 2 WINTERMAN ID WRISTBAND FOR THE TRIATHLETE AND THE SUPPORT
- 1 BIB NUMBER/DOUBLE SIDED REVERSE PART WITH ID DATA
- 1 WINTERMAN SWIM CAP WITH A START NUMBER
- 1 BIKE STICKER
- 1 HELMET STICKER
- 2 CAR STICKERS WINDSCREEN AND RARESCREEN /WITHOUT THOSE STICKERS IT WILL NOT BE POSSIBLE TO PARK IN THE FINISH /
- 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 REFLECTIVE WOWOW CROSS BELT /OBLIGATORY ON THE WHOLE BIKE COURSE AND AFTER 5PM ON THE RUN COURSE 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

NUTREND ENDURANCE PACKAGE

#### WHEN LEAVING THE BIKE CHECK-IN, EVERY TRIATHLTE WILL RECEIVE:

FLOATING WATERPROF POCKET WITH GPS TRACKER, 2 SMALL FLASHING LIGHTS, WHISTLE AND TIMING CHIP

- \* WATERPROOF POCKET, WINTERMAN WAIST BELT AND REFLECTIVE CROSS BELT WILL BE CHANGED FOR FINISHER T-SHIRT AND GIFT-DAY AFTER THE RACE AT MALEVIL
- \*GPS TRACKER AND TIME CHIP WILL BE TAKEN AWAY IN THE FINISH

### WHAT, WHY, WHERE TO USE DURING THE RACE



- ID wristband for the triathlete and the support allows you to entrance the T1, T2, identification of the triathlete during the race
- -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
- Bike sticker under the seat post or on the brake cables
- Helmet sticker stick it in the centre of the front part to make it clearly visible
- Car stickers "SUPPORT CAR WITH A NUMBER" rear part of the car and front windscreen. Both please clearly visible. Without those stickers you will not be able to park in the finish area.
- Sticker with the names of the villages and directions during the BIKE COURSE, we recommend to stick in on the bike frame
- Reflective cross belt WOWOW is mandatory to be worn during the whole bike course. You can also wear fully reflective vest one of those needs to be worn during the whole bike course and during the run course after 5 p.m.
- 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. The free end with the case and whistle must float freely on the water surface. The whistle is for EMERGENCY when swimming. You will receive this in the morning before the start when leaving the T1
- Small flashing light (that you'll get when leaving bike chek-in in the morning) is obligatory to be worn under the WM swim cap for safety reasons and visibility. The second flashing light is placed in the pocket with GPS tracker. The flashing lights are used to recognize the triathlete in the water in the dark for the organizers, rescuers and the triathles themselves.
- Timing chip to wear on your left ankle you will receive everything in the morning before the start when leaving the T1, after the bike check-in
- 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 recommned to keep the maps during the race.

### IMPORTANT INFORMATION FOR SUPPORT PERSON



"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…

#### 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. Wear it as a top layer of your clothes, it is necessary for identification by your triathlete, organizers and public audience
- Support must drive the triathlete to the start due to Covid19 restrictions
- Support car must be signed with a WM "Support car" stickers placed at the back of the car and at the front windscreen, both clearly visible
- Support cannot enter T1 due to COVID-19 restrictions during bike check-in. Only when the triathlete exits the water. Supports must wait for their triathletes at the water exit in the special support corridor.
- Support is the only person to help the triathlete in T1. He packs all triathlete's things after the swim. You will not return to this place again.
- From T1 you will follow the bike course, but untill the 30th km of bike, there is "NO STOP ZONE FOR SUPPORT CARS" area. There is only one allocated car park 14km 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 30km in Jetřichovice
- Another "NO STOP ZONE FOR SUPPORT CARS" is 67 84km. In this zone, it is not allowed to stop and provide servis to your triathlete. The beggining is in a village called: Studeny. End of this NO STOP ZONE is in the village Zahrady.
- The race runs in full traffic so it is absolutely necessary to obey traffic rules
- Your car is not excluded from the traffic rules, triathletes must obey traffic rules and respect other road users
- The bike course is hilly, very slippery with many curves.
- For the triathletes comfort there will be volunteers 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
- The support car must only be parked on all four wheels off the road or behind the white side line! In case of violation of this rule, the triathlete may receive a penalty of 10 minutes in T2 or at 32km CHECK POINT. If repeated the tirathlete can be disqualified!

### IMPORTANT INFORMATION FOR SUPPORT PERSON



- Most of the race course follows small local roads. There are many railway crossings and junctions on the route. 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 triathlete where to go. Even the smallest mistake might cause many kilometres in wrong direction.
- Under no circumstances you must not obstruct or block the traffic by parking your car incorrectly to provide support service.
- 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. There is no possibility to leave a bike in T2.
- 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 3 trial parts, where you cannot follow your triathlete by car.
- There are several trail "offroad" parts where you can't drive. The first section leads from T2 up to 5 km, it runs across the golf course and along the meadows around Malevil. The second section is from 5km to 8km. Triathletes run along a trail road to the underpass under the busy main road / opposite is the MOL gas station /. Triathletes run under the main road and behind the viaduct run through the city of Jablonné v Podj. The third section is at 10 km at the end of the town of Jablonné vPodj. Support cars must go to the village of Lvová (there are railway crossings along the way) under the Lemberk castle. There you will again meet your triathlete. Triathletes will not cross 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.
- Support may accompany his/her 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 the Checkpoint.
- 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! There can be only one person accompanying the triathlete.
- 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./
- "Finish" ... NO TRAFFIC TO THE TOP OF JEŠTĚD!! The last support car park is on the 42km . 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 1.5km 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.
- After 10pm the final challenging terrain part will be closed and triathletes will be asked to follow the mail road to the finish line.
- In the finish beer will be available for you and your triathlete / no soup due to COVID restrictions/.
- The distance from Ještěd to T2 resort Malevil is a 45-minut drive.

### **RACE 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, under the WM swim cap 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 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 can enter T1 ONLY together with his/her triathlete after he/she exits the water
- 12. Support must drive his/her triathlete to the swim start by his/her own car regulation Covid19
- 13. Swim start will be in starting waves COVID19 regulation. More information at the registration.
- 14. After exit the water in T1, triathlete must put the GPS tracker into a WM pocket start number waist belt.
- 15. 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 waterprof pocket with whistle, WM start number waist belt and reflective cross belt WOWOW will be returned to the organizor and exchanged for finishers gits at Malevil 12.10.2020 after the race.

\* GPS tracker and timing chip will be returned in the finishline.

SUPPORT T-shirts used during the race will be changed for smaller sizes at Malevil 12.10.2020 as well /size according registration datas/

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#### **RACE 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 left ankle
- 4. Reverse side of the bib number contains ID and contact data fill them please
- 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 reflective cross belt WOWOW provided by organizor or fully reflective vest during the whole bike course and as well on the run course after 5 pm.
- 8. We strongly recommend to use strong front lamp during bike course first 60minutes will be absolute dark!
- 9. Bikes and helmets of all triathletes must be signed with a sticker
- 10. Every athlete is obliged to keep their bikes in a good technical condition
- 11. It is allowed to change wheels only in case of a mechanical problem
- 12. It is prohibited to use radio, MP3 or any other audio device during the race
- 13. In case of an injury, it is allowed to use a mobile phone
- 14. 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!
- 15. It is not allowed to handle or take anything from a moving car, triathletes are not allowed to sit anywhere in a car
- 16. Everyone who wants to be a WM Finisher never drafts. Minimal distance allowed between bikers is 15m
- 17. It is allowed to have a back pack with you on bike course
- 18. 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.

#### **RACE 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 and have a timing chip on his/her left ankle.
- 3. Each Triathlete is obliged to wear reflective cross belt WOWOW provided by organizor, 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 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 course. There can be only one accompanying person /bike must ride on the 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. RACE CHECK POINT at 32KM in Januv Dul. The CUT OFF TIME at this point is 22:00. Triathletes, who do not reach this point till 22:00, will be asked to give up the race.
- 11. NO TRAFFIC TO THE TOP OF JEŠTĚD!! The last support car park is on the 42 km. You will be able to park here only if your car is marked by the WM sitckers. 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 1.5km long run together. This part is an extremely challenging terrain leading to the summit with a final descent to the finish line. For other cars we recommend to park on the car park at 40km and walk to the finishline on foot.
- 12. Finish is near the Ještědka cottage. Supports must accompany their triathletes to the finish side by side!
- 13. 22:00, the final extreme part throug the TOP will be closed. Triathletes continue to the finish on the road.
- 14. There will be a beer in the finishline /but no hot soup due to COVID restrictions/
- 15. THE RACE CUT OFF TIME IS 00:00!

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.

### ORIENTATION DURING THE RACE



Bike course runs only on a tarmac roads

Run course runs on roads, trail ,off-road' paths

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

You race in full traffic and you are a road user

It is absolutely necessary to obey traffic rules

Triathlete is not excluded from traffic rules and does not take precedence over the others

Support is not allowed to stop other cars to help a ride of their Triathlete

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

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

Those are the conditions of the race. If anyone - Triathletes or support teams - violates this regulation, he/she will be immediately disqualified

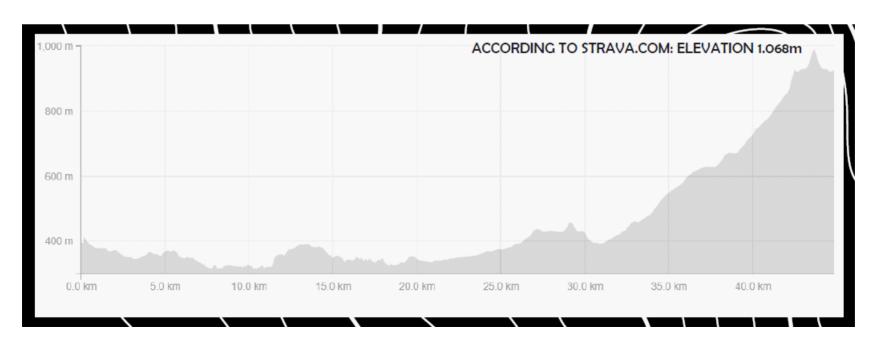
## **RACE COURSE PROFILE**



#### BIKE

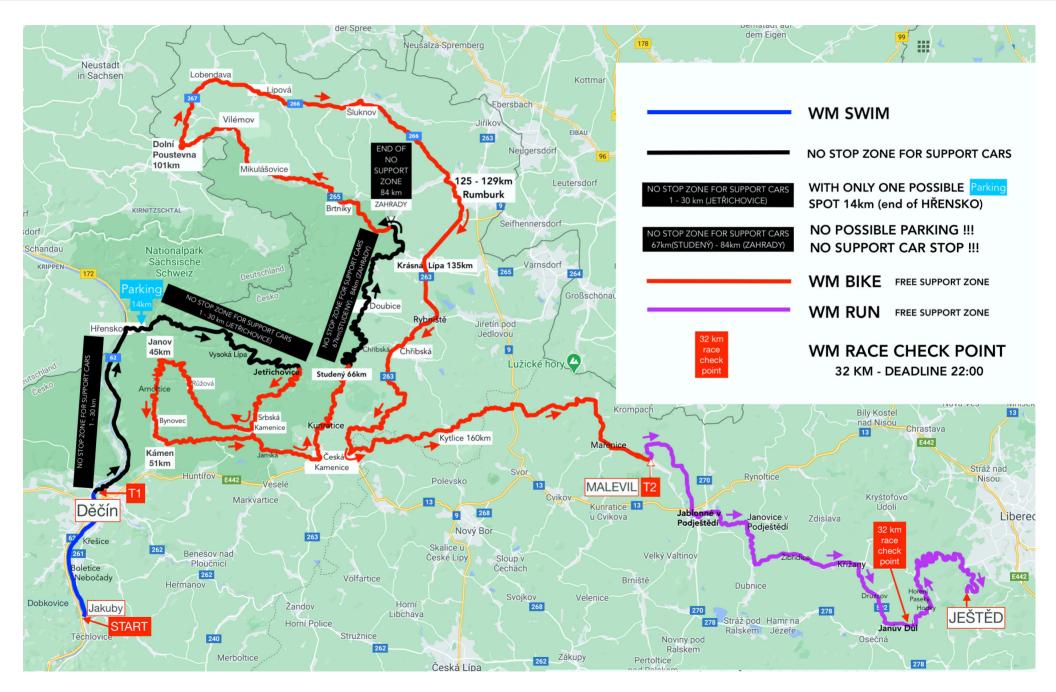


#### RUN



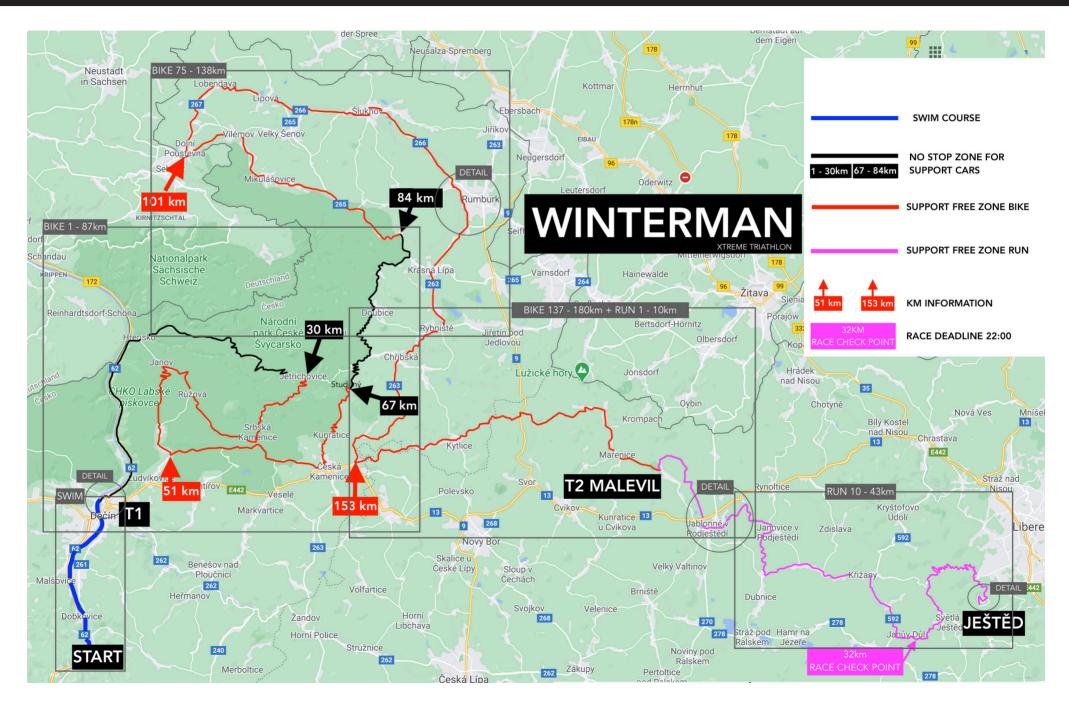
## **MAP - RACE COURSE OVERVIEW**





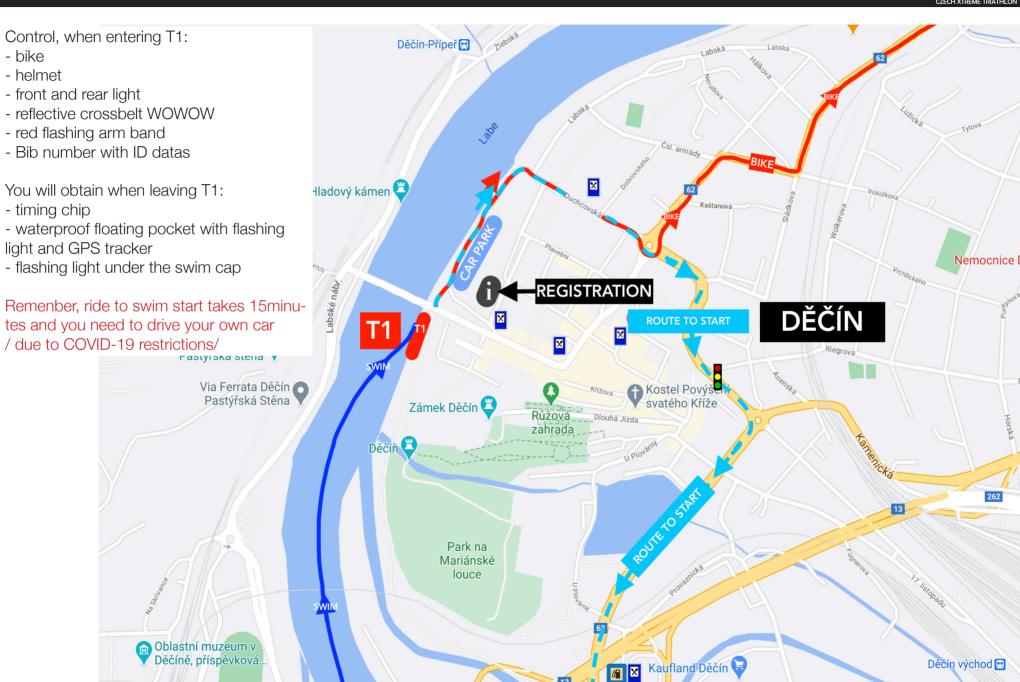
## **MAP - RACE COURSE OVERVIEW - SECTORS**





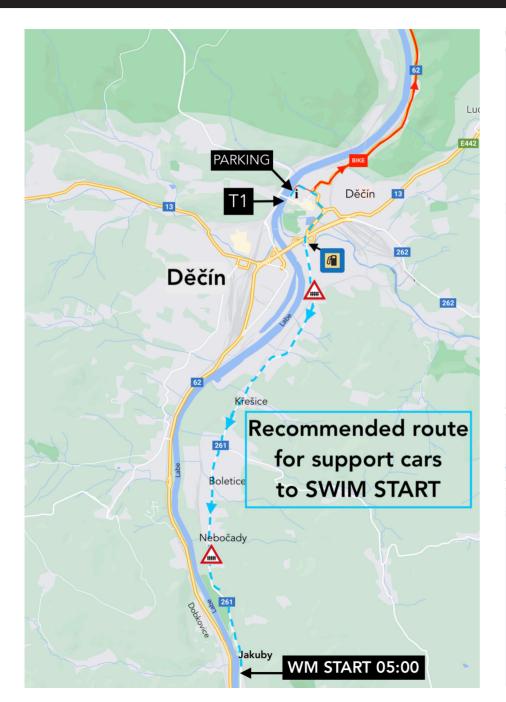
# MAP- DETAIL T1, REGISTRATION, PARKING





# MAP – SWIM START, HOW TO GET TO SWIM START







### MAP - SWIM



Triathletes must get to the swim start by their own cars

Recommended departure from T1 is 3:45

THE START IS ON THE RIGHT BANK OF THE ELBE RIVER BEHIND THE VILLAGE OF JAKUBY.

Swim is downstream the river from Jakuby to Děčín. The distance is 9km.

Before the start, it is the duty of each triathlete to aclimatize to extremely cold water from Elbe river, this step is mandatory.

Athletes starting in the first vawe will be asked to approach the start platform at 4:40

Mobile toilets are at the start and in T1

Depending on the situation, COVID will start in waves

The water temperature is EXTREMELY COLD: 10 - 15 °C

Swim is in absolute darkness, we recommend transparent swim goggles.

The speed of the current is 4-5 km / hour

Start of the race will be by a jump from a platform in starting waves

There are 26 - 30 river buoys in this swim course

The SWIM EXIT from the water is under the third bridge on the right side of the river, it will be marked by a fire on the shore

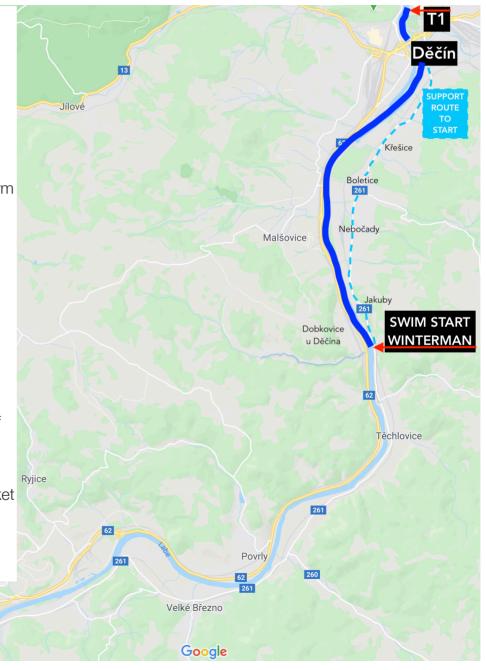
The exit from the water will be led on the carpet

Neoprene is mandatory! Flashing light under the WM cap, waterproof pocket with GPS, flashing light and timing chip on the leg need to be worn before jump to the water

Ústí nad

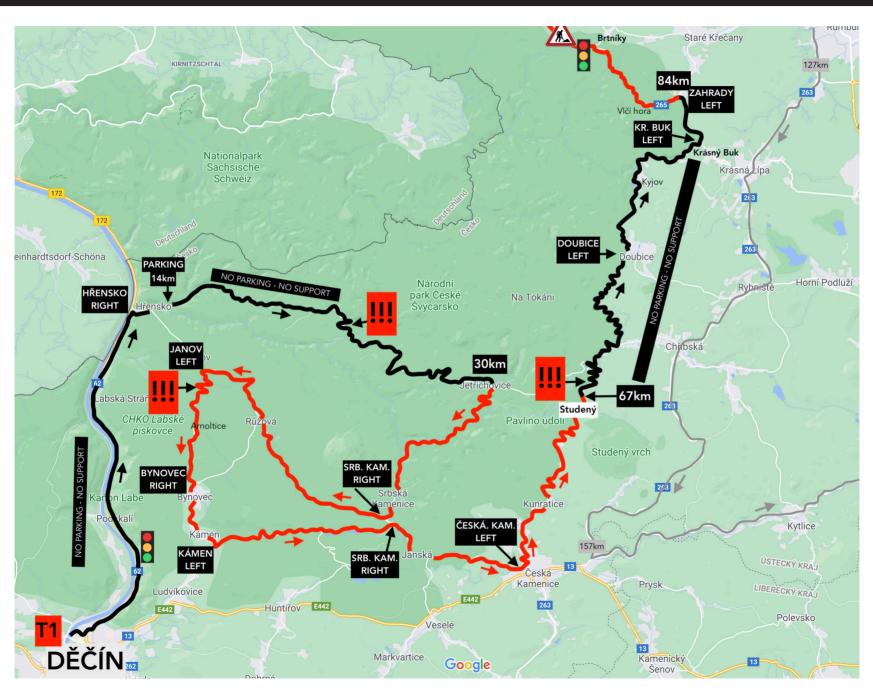
Labem

We recommend neoprene socks and a neoprene cap



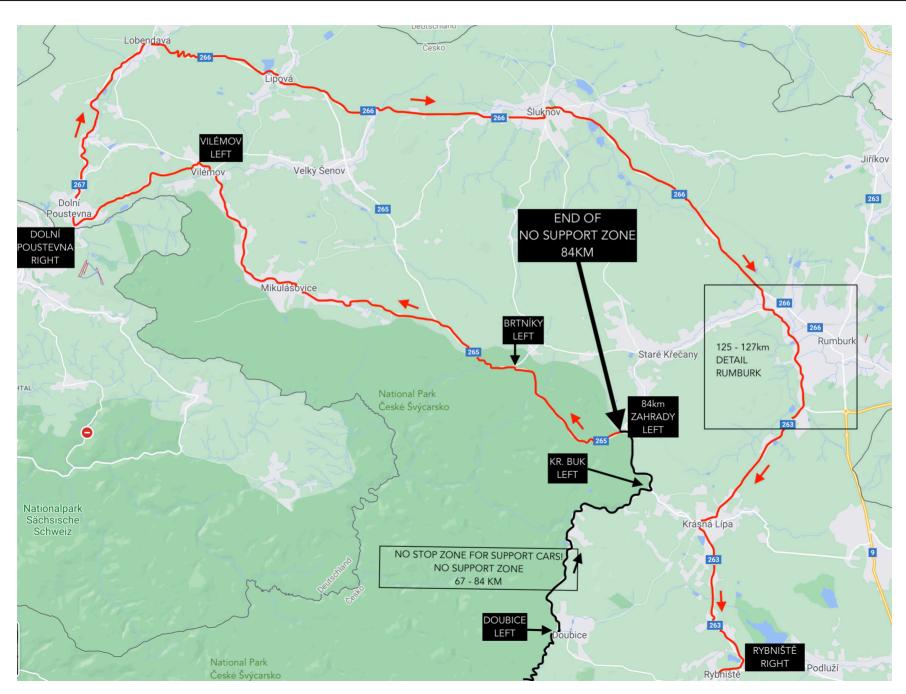
## MAP – BIKE 1KM - 87KM





## **MAP - BIKE 75KM - 138KM**





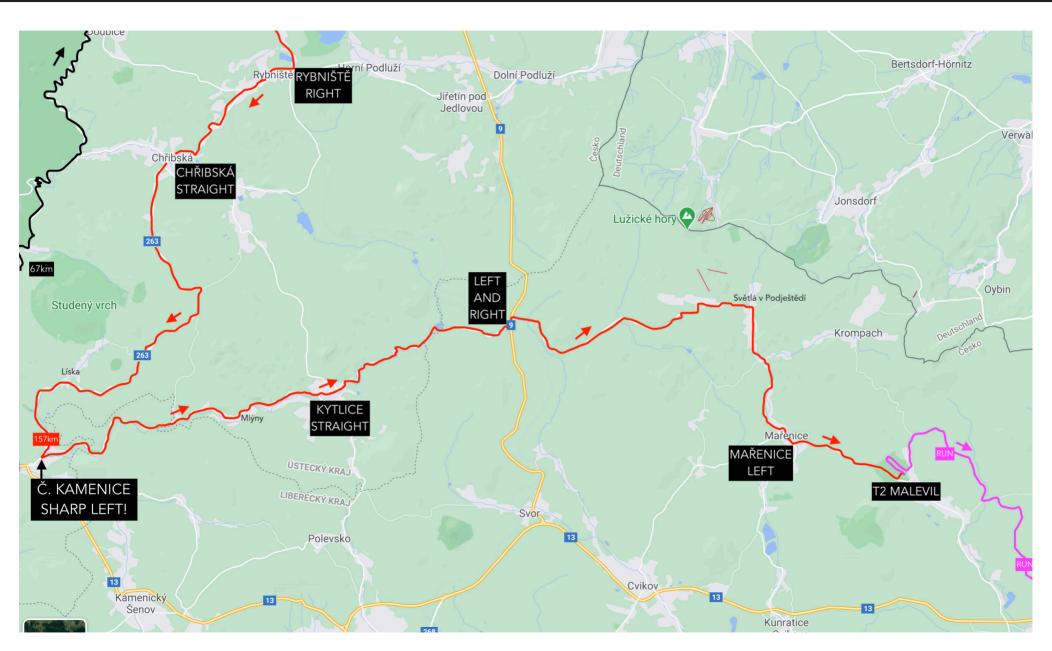
# MAP – BIKE DETAIL 125KM - 127KM RUMBURK





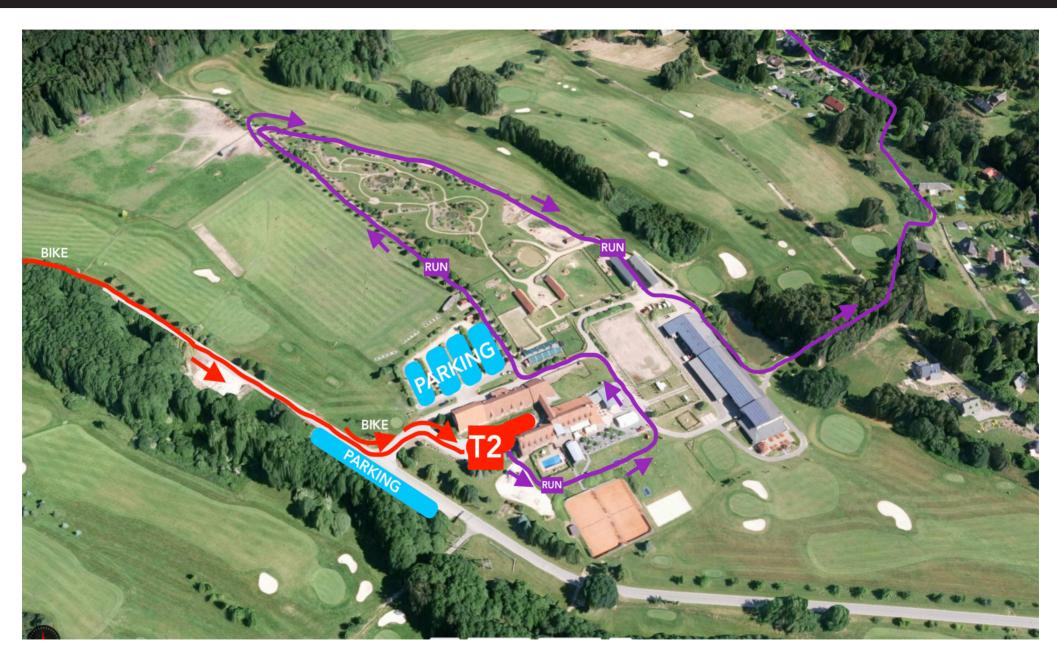
## MAP - BIKE 137KM - 180KM + RUN 1KM - 10KM





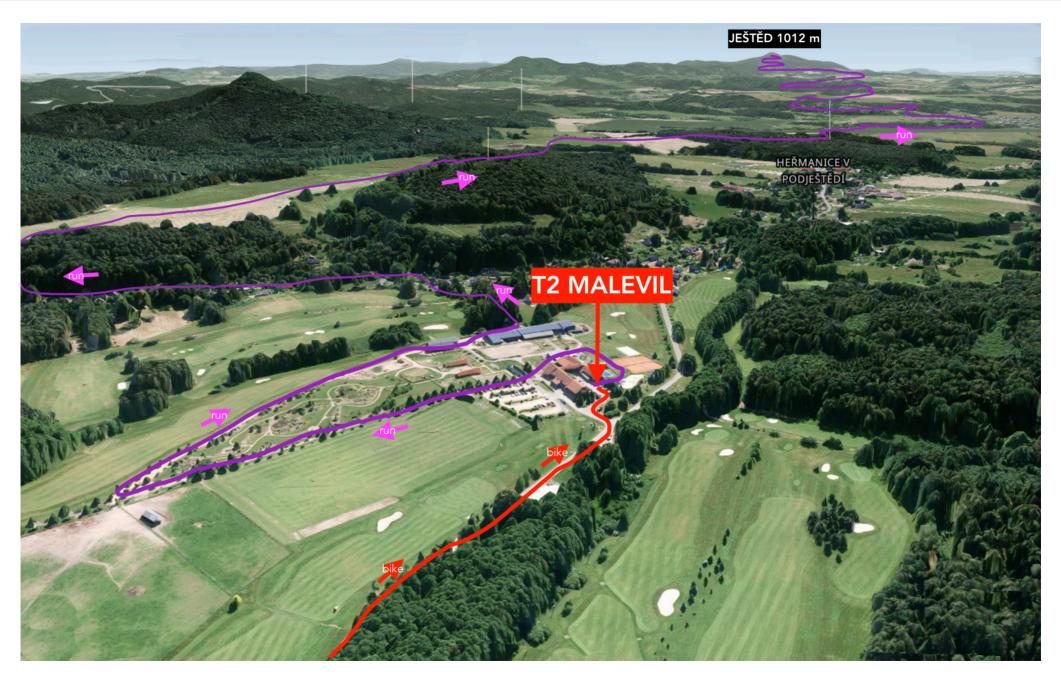
# MAP- DETAIL T2 MALEVIL





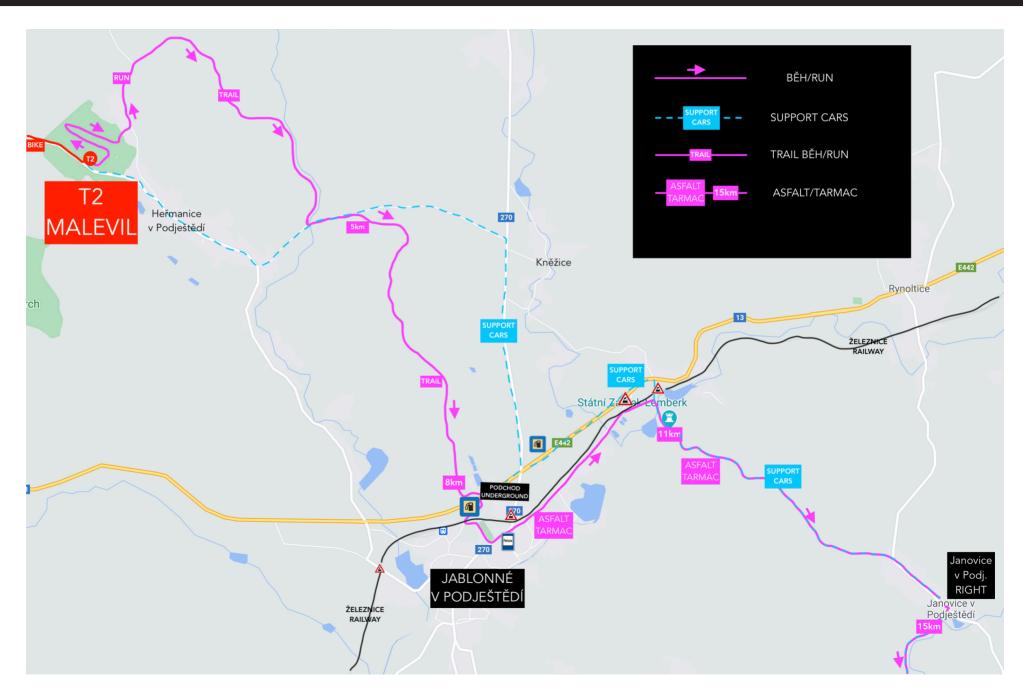
# MAP - RUN OVERVIEW 3D - 1KM - 42KM





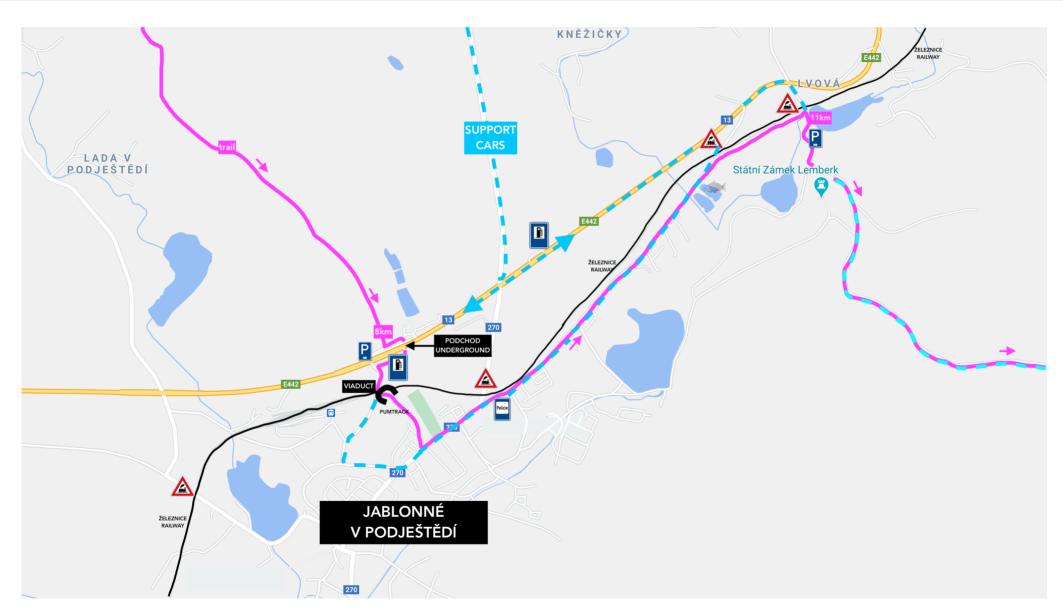
## **MAP – RUN 1KM - 15KM**





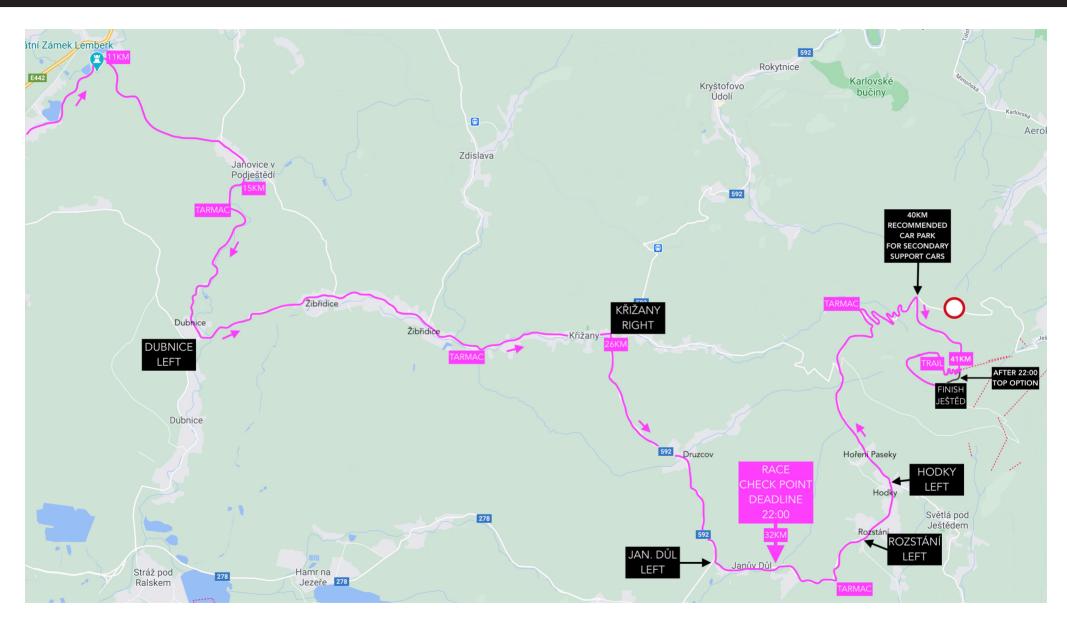
# MAP - RUN - DETAIL 8KM - 11KM JABLONNÉ





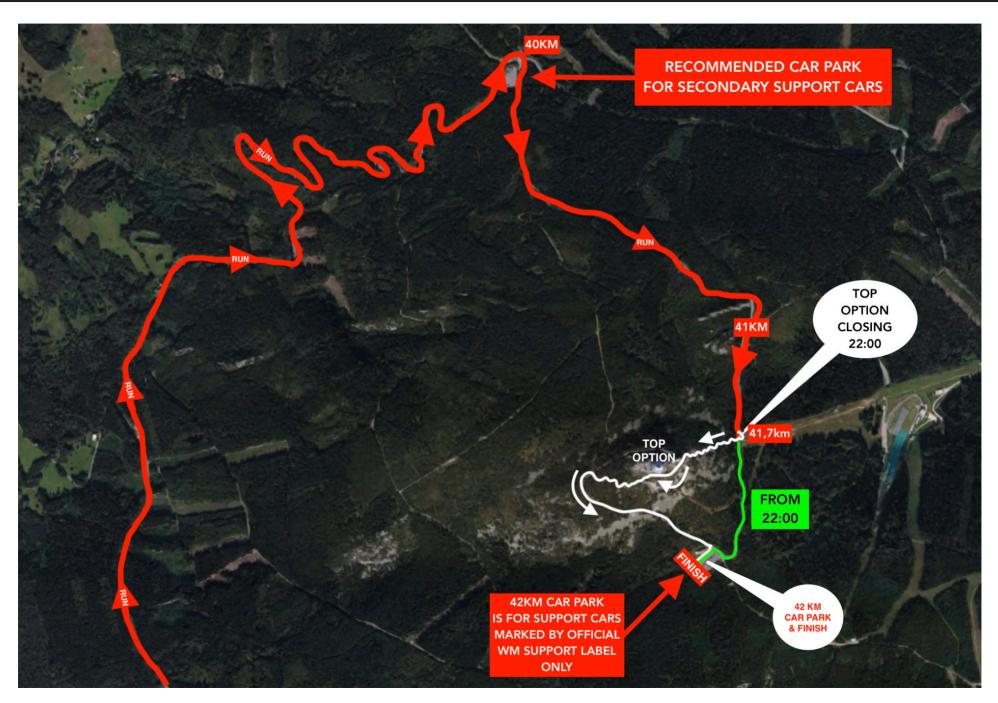
## **MAP – RUN - 10KM - 42KM**





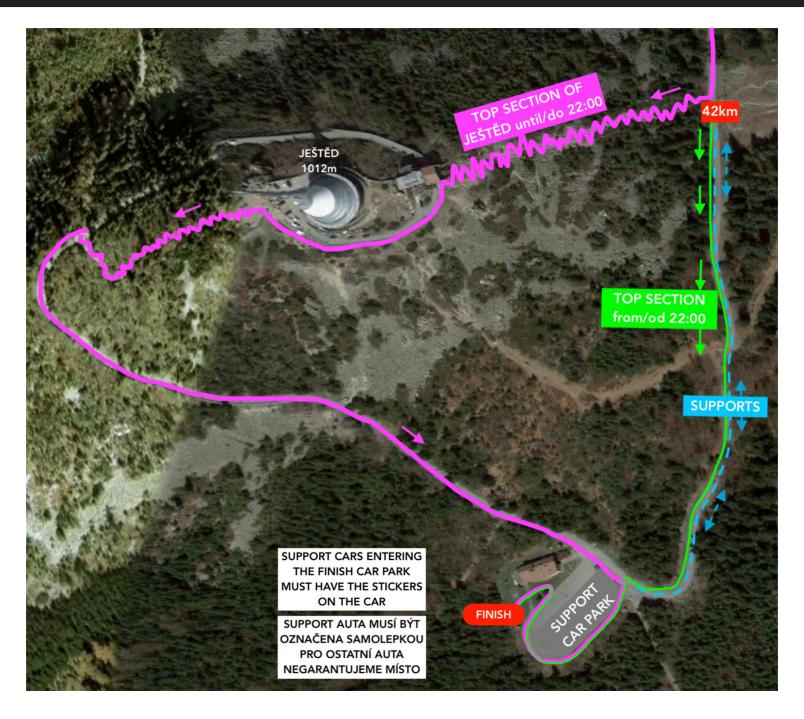
# **MAP - RUN - DETAIL FINISH**





## MAP – RUN - DETAIL FINISH + PARKING





### WINTERMAN WITH LOVE



THE ORGANIZOR AND WINNER DONATE EVERY YEAR PART OF ENTRY FEES
IN FORM OF WINNER PRIZE MONEY 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 TO THIS WORLD CLASS WORKPLACE.

#### THANK YOU FOR BEING PART OF ALL OF THIS!



## **BIG THANKS TO ALL OUR PARTNERS**























# XTREME TRIATHLON

