

RACE MANUAL 2023













IMPORTANT INFORMATION



IMPORTANT TIMES:

02:45 BIKE CHECK - IN T1

04:30 BUSES DEPARTURES

05:30 SWIM START

08:00 END OF MANDATORY BIKE LIGHTING

17:00 MANDATORY HEADLAMP, FLASHING TAPE AND REFLECTIVE STRIPS

22:00 DEADLINE RACE CHECK POINT 32KM - CUT - OFF TIME

22:00 CLOSING TOP SECTION OF JEŠTĚD

24:00 RACE CUT - OFF TIME

MONDAY 11:00 WINNERS CEREMONY MALEVIL

KEY RULES:

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

Prohibition of stopping and providing service in NO SUPPORT ZONES.

NO SUPPORT ZONE:

14 – 30 km (Hřensko – Jetřichovice)

67 – 84 km

RACE CHECK POINT 32km end of willage Janův Důl – DEADLINE 22:00

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 5 p.m.

Mandatory front and rear lights on the bike, red flashing light strap on the left leg until 8 am and from 5pm and always with reduced visibility.

No telephones, MP3s, headphones, or other audio devices

No littering!

MADATORY STICKERS HELMET STICKER CAR STICKER - WINDSCREEN **SUPPORT CAR** § CAR STICKER - RARE PART SUPPORT CAR CAR STICKER - RARESCREEN DOPROVODNÉ VOZIDLO STICKER UNDER THE SEATPOST

ATTENTION PLEASE: YOU WILL RECEIVE A WATERPROOF POCKET WITH WHISTLE AND GPS AND 2 FLASHING LIGHTS FOR SWIM AT BIKE CHECK-IN

- * Day after the race Resort Malevil we will exchange the waterproof pocket with whistle, wm race belt and reflective strips for finishers gifts
- * day after the race Resort Malevil we wiill exchange neon yellow support t-shirt for the "support finisher" t-shirt
- **medal and WM Finisher gifts will receive only those who finished

TIME AGENDA



13.10.2023 - Friday

17:00 – 18:00 REGISTRATION MALEVIL – T2 Heřmanice v Podještědí

14.10.2023 - Saturday

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

13:00 TRAINING SWIM - T1

16:00 CZ MANDATORY RACE BRIEFING, ATHLETES & SUPPORTS (DC)

17:00 ENG MANDATORY RACE BRIEFING, ATHLETES & SUPPORTS (DC)

15.10.2023 - Sunday

02:45 - 4:15 T1 BIKE CHECK- IN

04:30 BUS DEPARTURE / PARKING ON THE BRIDGE

05:30 SWIM START / JAKUBY /

07:30 T1 CLOSE DOWN

12:30 FIRST ATHLETE IN T2

16:00 WINNER EXPECTED TIME - JEŠTĚD

17:00 MANDATORY HEADLIGHT, RED FLASHING ARM BAND

22:00 32KM RUN - CHECK POINT & RACE CUT-OFF TIME

22:00 TOP EXTREME FINISH PART CLOSURE

24:00 RACE DEADLINE

00:00 FINISH LINE CUTT-OFF

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

16.10.2023 MALEVIL T2

08:00 – 12:30 BRUNCH FOR ATHLETES AND SUPPORTS/ RESTAURANT OF RESORT MALEVIL

09:00 – 11:00 FINISHER GIFTS DISTRIBUTION

11:00 CEREMONY AND AWARDS / RESORT MALEVIL

11:30 PHOTO OF FINISHERS AND SUPPORTS

12:00 CHECK - OUT RESORT MALEVIL

01.12.2023

OFFICIAL RACE MOVIE OF WM 2023 / FACEBOOK, WWW OPENING REGISTRATION OF WM 2024

13.10.2024

WINTERMAN XTREME TRIATHLON 2024



WHAT, WHY, HOW TO USE...



- 1. WM ID wristband for the athlete and the support allows you to entrance the T1, T2, identification of the athlete during the race, entrance for a Monday BRUNCH at Malevil / you can also purchase additional persons for brunch during registration 300CZK/per extra person.
- 2. Bib number/double sided reverse side with ID data/ to identify the athlete, ID, contact and specific health data should be compulsorily listed on the reverse side of the bib number by each athlete in case of any accidents or unexpected situations.
- 3. Plastic bag marked with BIB number sticker is to be used for your personal belongings before start. The bag will be transported and handed over to Support in T1 before the athletes exit the water.
- 4. Sticker under the seat post stick it around a seat post or around brake cables and fasten both ends together so that the number points backwards.
- 5. Helmet sticker stick it in the centre of the front part to make it clearly visible.
- 6. 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.
- 7. White car sticker "SUPPORT CAR WITH A NUMBER" stick it at the front windscreen to the passenger's right top side!!! To make it clearly visible.
- 8. Big YELLOW sticker "POZOR DOPROVODNÉ VOZIDLO" stick it on the rear window of the support car.
- 9. Small sticker with the names of places and the profile of the bike path, we recommend sticking on the bike frame.
- 10. Reflective Strips are mandatory and must be worn throughout the entire bike course and from 5 p.m.
- 11. The waterproof pocket for GPS with whistle and small flashing light, must be worn on the top of your wetsuit. Place the rubber around your waist and pull it tight, let the free end with the pocket and the whistle float freely on the surface of the water. The whistle is for EMERGENCY when swimming. You will receive everything in the morning, together with GPS and 2 flashing lights! The white flashing light must be switched on and placed under the WM swim cap. The second red flashing light will be in the pocket with the GPS. Flashing lights are used to recognize the triathletes in the dark for organizers, rescuers and the triathetes themselves. You will receive everything in the morning at BIKE CHECK IN T1.
- 12. After the SWIM part you are obliged to put GPS tracker into the WM race belt!!!
- 13. 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, from 5p.m. and everytime when reduced visibility, dusk or fog / During run it must be placed on right side.
- 14. Printed Race Manual with maps SUPPORT is obliged to study the information and respect it. We recommned to keep it in the car during the race.
- 15. In case of withdrawal from the race, accident, or urgent emergency situation, call the organizer phone: +420774700300

IMPORTANT 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!

- 1. Wearing Support Neon Yellow Winterman T-shirts and ID wristband is obligatory for the Support during the race. Wear it as a top layer of your clothes, it is necessary for identification by your athlete, organizers and public audience.
- 2. Without a t-shirt and wristband, you cannot support an athlete, we will not let you enter T1 and T2 nor brunch (only wristband) at MALEVIL /day after the race/.

 ONLY OFFICIAL SUPPORT (WEARING WM T-SHIRT) CAN PROVIDE SUPPORT SERVICE. Violation of this rule is 5 minutes penalty, repeating means disqualification!
- 3. Support car must be marked with three Winterman "Support car" stickers, one on windscreen other two on the rear part of the car.
- 4. Support can enter T1 from 2:45 until 04:15 am. After this time, T1 will be closed until the athlete exits the water.
- 5. BUS departures at 4:30 to the swim start.
- 6. Supports must wait for their athletes near the water exit. Support is the only person to help the athlete in T1.
- 7. Support is obliged to pack and take all athlete's things after the swim. Do not forget the black plastic bag from the start. You will not return to this place again. From T1 you will follow the bike course.
- **8. 14 30 km NO SUPPORT ZONE**. STOPPING is PROHIBITED in this zone, it is not possible to provide any service here. The beginning of the zone end of Hřensko village | End of the zone Jetřichovice village.
- 9. 67 81km NO SUPPORT ZONE. STOPPING is PROHIBITED in this zone, it is not possible to provide any service here.
 The beginning of the zone is at the top of the climb behind the village of Studený, it leads through the villages of Chřibská, Doubice, Kyjov, Krásný Buk. The end of the zone is in the village of Krásný Buk.
- 10. The whole race runs in full traffic it is absolutely necessary to obey traffic rules.
- 11. Winterman support cars are not excluded from the traffic rules and do not have any priority over others.
- 12. Support is not allowed to stop other traffic in order to help his/her athlete.
- 13. The entire bike course is hilly, windy, slippery and demanding in terms of orientation and direction. Navigation is Support's responsibility.
- 14. For the athlete's comfort there will be WM volunteers along the route. They have no right to stop the traffic, they are directory assistance only.
- 15. Every change of direction and important junction will be marked with WM signs with the arrow.



IMPORTANT SUPPORT INFO



- 17. The race runs in full traffic!
- 18. The route is very demanding for correct parking to be able to provide support to your athlete.
- 19. SUPPORT CARS MUST PARK ALL FOUR WHEELS OFF THE ROAD OR BEHIND A WHITE SIDELINE! In case of violation of this rule, athlete will receive a penalty of 5 minutes (in T2, at 32km or at the finish). Repeated violations means disqualification of athlete!
- 20. UNDER NO CIRCUMSTANCES you must not obstruct or block the traffic by parking your car incorrectly to provide support service.
- 21. There is a spacious car park in T2. After helping your athlete, you have to take all his/her belongings to the car, you do not leave anything in T2.
- 22. The marking of the running course is the same as for the bike course /WM arrows on traffic signs/. In trail passages, the athlete cannot be followed by a car.
- 23. There are several trail sections where you can't drive. Support vehicles drive on a normal road. The first section leads from the T2 around Malevil up to 8th km to Jablonné v Podještědí. There, a busy main road runs under the underpass /opposite the MOL petrol station/. Athletes run down the main road and behind the gas station connect to the sidewalk leading to the town of Jablonné v Podj. The next section is directly in Jablonné v Podještědí between 9 11 km, the route leads around the pond under the castle Lemberk. Support cars go to the village of Lvová (there are railway crossings along the way) directly under the Lemberk chateau where you will meet again with your athlete.
- 24. Athletes DO NOT cross any railway crossings during the run course, but support has to cross several of them. It is strictly forbidden to go to the red traffic lights, cross the railway crossing when the warning signal is on. If any of the athletes or support teams violate this rule, they will be immediately disqualified.
- 25. For each athlete and Support who runs in twilight, darkness, rain, fog and after 5 pm it is mandatory to have a red flashing armband on his right arm or leg and a headlamp on.
- **26.** FROM 41KM, SUPPORT MUST COMPULSORILY COMPLETE THE FINAL PART of the run course over the top of Ještěd to the finish line with an athlete!
- 27. After 10 pm, the top trail part will be closed and the course will be shortened to the finish on the tarmac road. The athlete must always be accompanied by support from 41km to the finish.
- 28. In the finish line, there is a hot soup, tea and Czech beer for the athletes and Supports.
- 29. Parking at the finish line is free of charge for support cars, for others it costs CZK 200 cash only!
- 30. The drive from the finish line to T2 to Malevil takes about 45 minutes.

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. Neoprene gloves are not allowed. Possible only with the health exception previously consulted with the organizer.
- 4. Athlete is obliged to swim with a waterproof pocket /incl. GPS tracker and small flashing red light in a flashing mode/ placed around his waist and white flashing light under the WM swim cap.
- 5. The waterproof pocket contains a 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. Swimming equipment such as flippers, snorkel, cork-jackets are forbidden.
- 8. Athlete must swim in an official Winterman cap with a start number and white flashing light placed under the cap in a flashing mode.
- 9. It is not allowed to wear a bib number during the swim course.

10. THE START OF SWIM IS AT 5:30, BY JUMPING OFF THE PLATFORM!

11. During the swim a fleet of kayakers and motorboats will take care of athletes, whistling during the swim will call an emergency assistance.

12.ATTENTION! FINAL PART OF SWIM BEFORE THE FIRST BRIDGE - EXTREMELY STRONG AND FAST CURRENT WITH SEVERAL BUOYS!

- 13. When athlete exits the water he or she must show his/her number written on his/her hand to an organizer.
- 14. Supports have free entry to T1 until 4:15 am. After this time T1 will be closed. Support will enter T1 again together with his/her athlete after he/she exits the water.
- 15. After exitting the water in T1, support or athlete must put the GPS tracker into a pocket of WM race belt.
- 16. 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.
- 17. Support is obliged to pick up the athlete's belongings from the start of the swim a black plastic bag marked with BIB number.

* 3 THINGS...

Waterproof pocket case with whistle, GPS, reflective belt and WM triathlon strap are returned to the organizer day after the race. those 3 things will be exchanged for a WM Finisher gift package, day after the race at the official WM Finisher Ceremony at Malevil Resort.



BIKE



- 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.
- 2. It is strictly forbidden to go on the red traffic light, cross the railway crossing when the warning signal is on. Violating this rule results in immediate disqualification.
- 3. Athletes have no priority over other traffic participants.
- 4. Athletes are obliged to place their WM race belt with GPS tracker visibly on their back.
- 5. Reverse side of the BIB number contains ID and contact data fill them.
- 6. It is compulsory to have a front and rear lights on bike (will be checked during bike check-in & check out from T1).
- 7. The athlete is obliged to wear reflective strips or a full-reflective vest for the entire bike course.
- 8. When exiting T1, an athlete is obliged to have the front and rear lights on, the red flashing armband on the left leg / hand and a reflective strips.
- 9. The athlete is obliged to use all the lights until 8:00 am. In case of reduced visibility lights must be on all the time.
- 10. We strongly recommend to use strong front lamp during bike course first 60minutes will be dark!
- 11. Bikes of all athletes must be marked with a sticker under the seat post.
- 12. Helmets must be marked with a BIB number sticker in front.
- 13. Helmets must be securely fastened all time when athletes are in possession of the bike.
- 14. It is allowed to change wheels only in case of a mechanical problem, the whole bike (bike frame) cannot be changed.
- 15. It is forbidden to use headphones, a mobile phone, MP3 or any audio device, use a mobile phone only in case of danger to life | emergency call: 155 or 112.
- 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. Athlete 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 ATHLETES IS 15M.
- 20. It is allowed to ride side by side when riding up the hill.
- 21. Littering is strictly forbidden during all race!! Violation of this rule is a warning, repetition is disqualification.

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 and follow exclusively the racing route marked by WM arrows.
- 2. Athlete is obliged to have the BIB number on the belt with GPS visibly placed on the body in front.
- 3. Athlete is obliged to wear Reflective Strips and red flashing light arm band on the right arm and a headlamp always in case of reduced visibility (during a fog, darkness and twilight) and after 5pm.
- 4. It is forbidden to use headphones, a mobile phone, MP3 or any audio device. Use a mobile phone only in case of danger to life | emergency call: 155 or 112.
- 5. Support may accompany the athlete on the bike or run with him/her during the run course. A maximum of 2 runners and one cyclist can be accompanied.

 THE CONDITION IS THAT THE ATHLETE MUST ALWAYS RUN FIRST! Escorts on the bike must respect the traffic rules of the road and bike on the right side of the road behind the athlete in order not to restrict the traffic. Never bike next to athlete. There is a 5 minute penalty for violation, repeated violation means disqualification of the athlete!
 - ONLY OFFICIAL SUPPORT (MARKED WITH A WM T-SHIRT) CAN PROVIDE SUPPORT SERVICE If the athlete's cycling or running accompaniment is not official support, he/she cannot give a help or support the athlete. There is a 5 minute penalty for violation, repeated violation means disqualification of the athlete!
- 7. Accompanying the athlete on bike is possible only up to 32 km. There is a 5 minute penalty for violation, repeated violation means disqualification of the athlete!
- 8. Athlete is not allowed to handle or take anything from a moving car.
- 9. Athlete can not sit anywhere in the car!
- 10. It is allowed to have a backpack during the run course.
- 11. RACE CHECK POINT ON 32NDKM IN JANŮV DŮL. THE CUT OFF TIME AT THIS POINT IS 22:00. Athletes, who do not reach this place till 22:00, will be stopped, their BIB number and GPS will be taken away and they will be asked to end the race.
- 12. Parking at the finish line is free of charge for support cars. For other cars it costs CZK 200 cash only!.

THE SUPPORT MUST ACCOMPANY THE ATHLETE SIDE BY SIDE FROM 41 KM TO THE FINISH LINE.

- 14. The last top trail part over the top of peak Ještěd closes at 22:00, then there will be a run to the finish line on an tarmac road.
- 15. There will be free hot soup, tea and Czech beer at the finish line for Athletes and Supports.
- 16. THE RACE CUT OFF TIME IS 00:00!
- 17. 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



Bike course runs only on a tarmac roads.

Run course runs on tarmac roads and trail paths (12km apprx.).

- The course is primary marked by an arrow with WM placed on vertical road signs direction indicator
- Every important and radical change of direction is marked with an arrow with WM / vertical road signs direction indicator
- Every turn off the main road is marked before the junction with an arrow with WM / vertical road signs direction indicator
- Every turn off the main road is marked behind the junction with a straight arrow with WM / vertical road signs direction indicator
- The route is marked 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 placed at the beginning of long sections without a turn
- 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 make it easier for his/her athlete to ride.
- 5. Support car must park by all four wheels off the road or off the white side line only!
- 6. It is strictly forbidden to go to the red traffic light, cross the railway crossing when the warning signal is on.
- 7. Violation of the above-mentioned road traffic rules may result in a penalty or disqualification of the competitor!

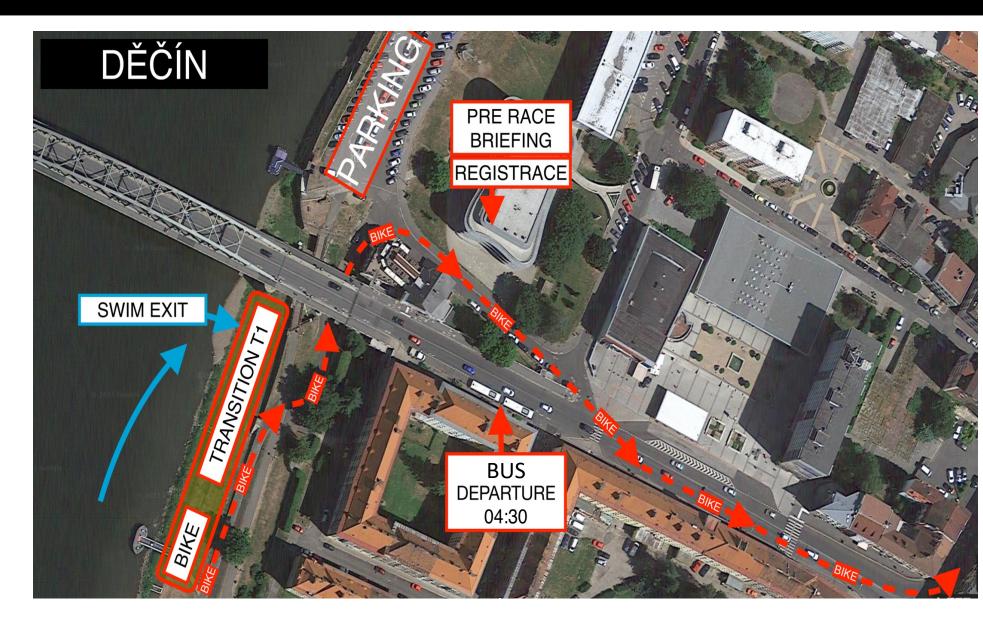






MAP: T1 DETAIL

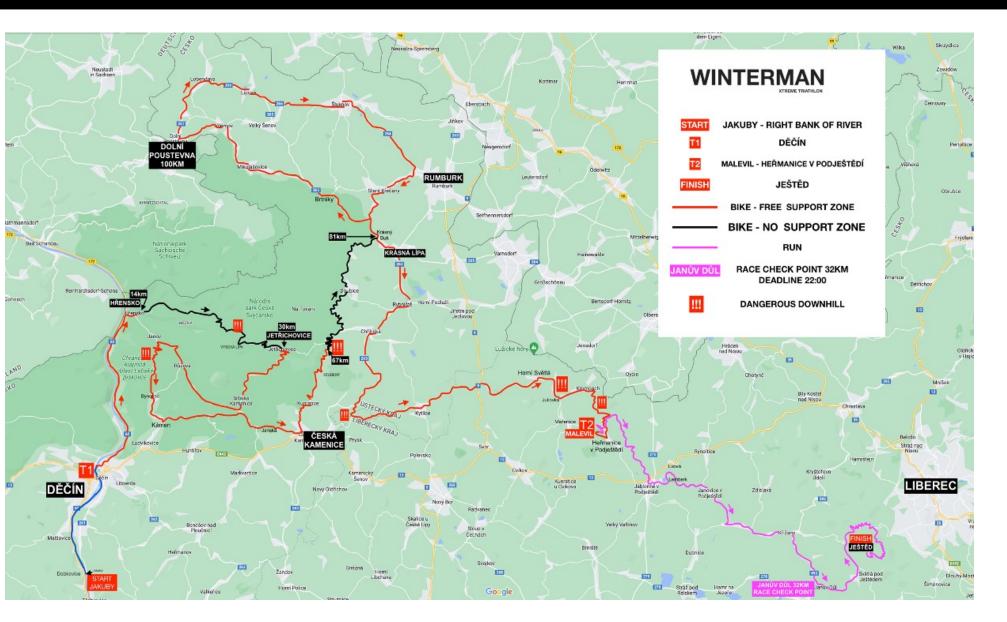






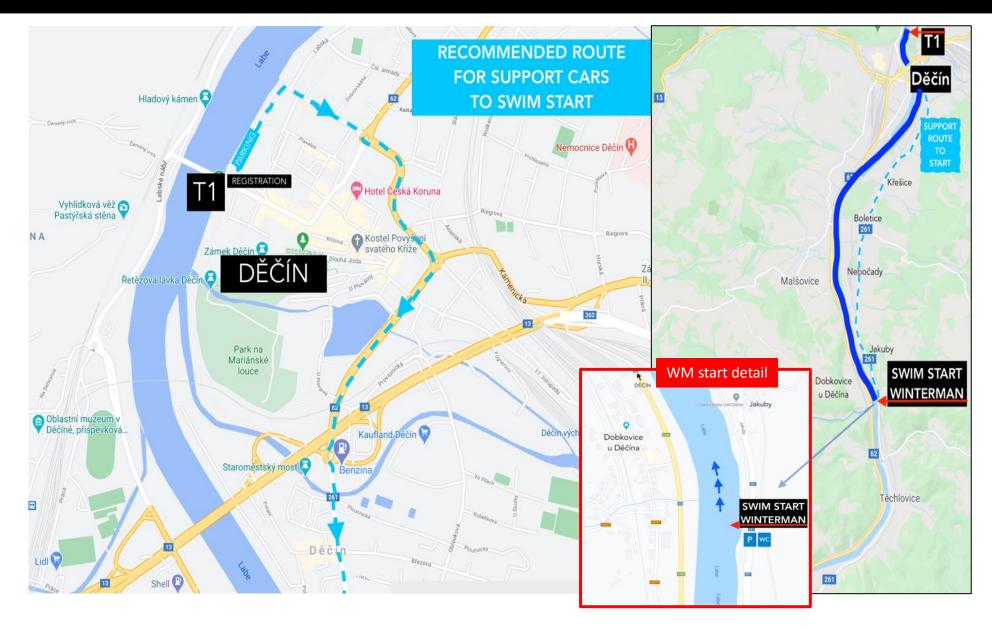
OVERALL RACE COURSE MAP





MAP: SWIM







MAP: BIKE KM 1-81





MAP : BIKE KM 70 - 135

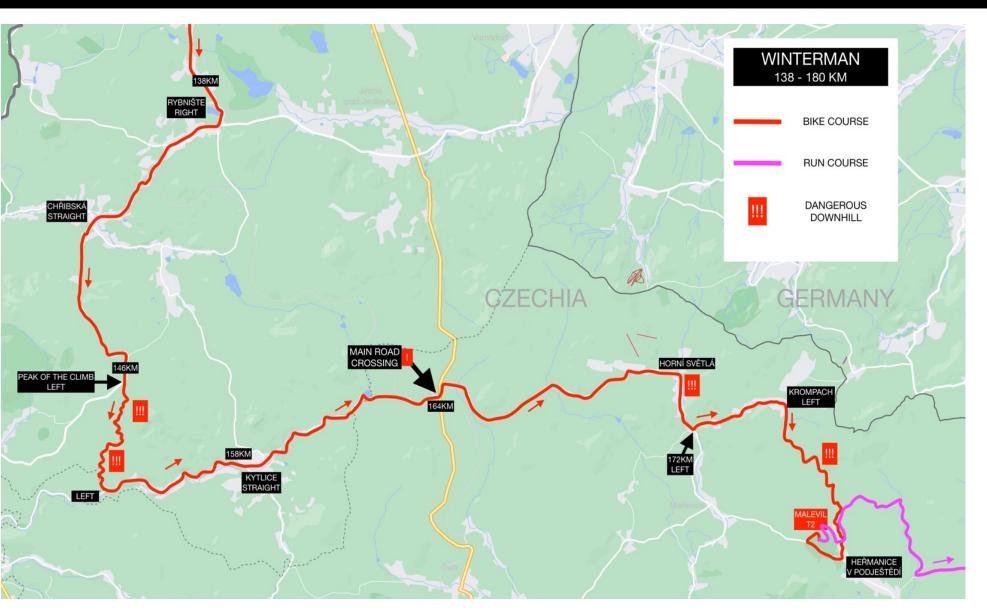






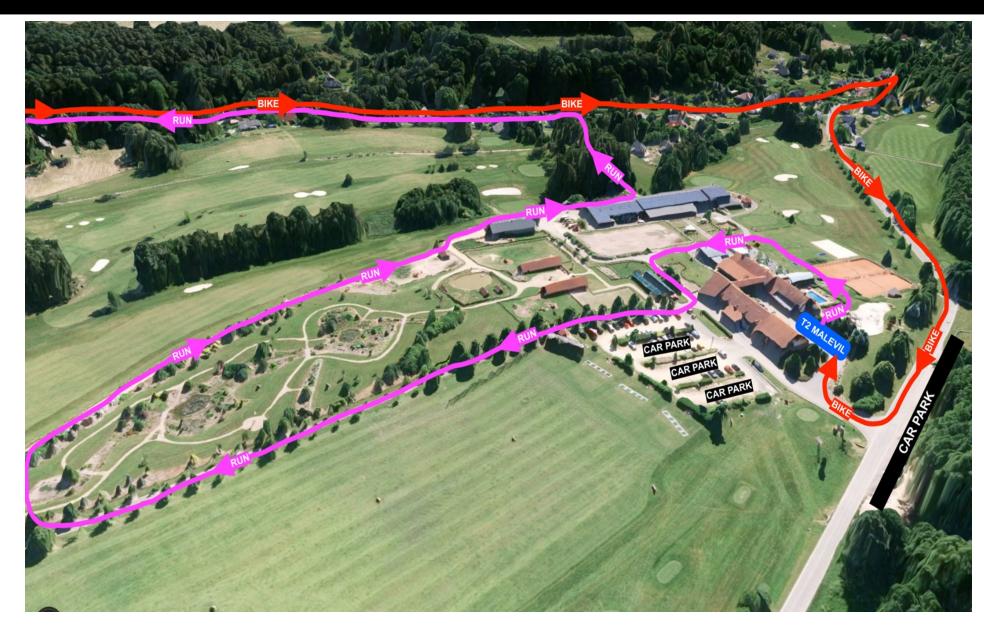
MAP: BIKE KM 135 – T2 MALEVIL





MAP: T2 DETAIL

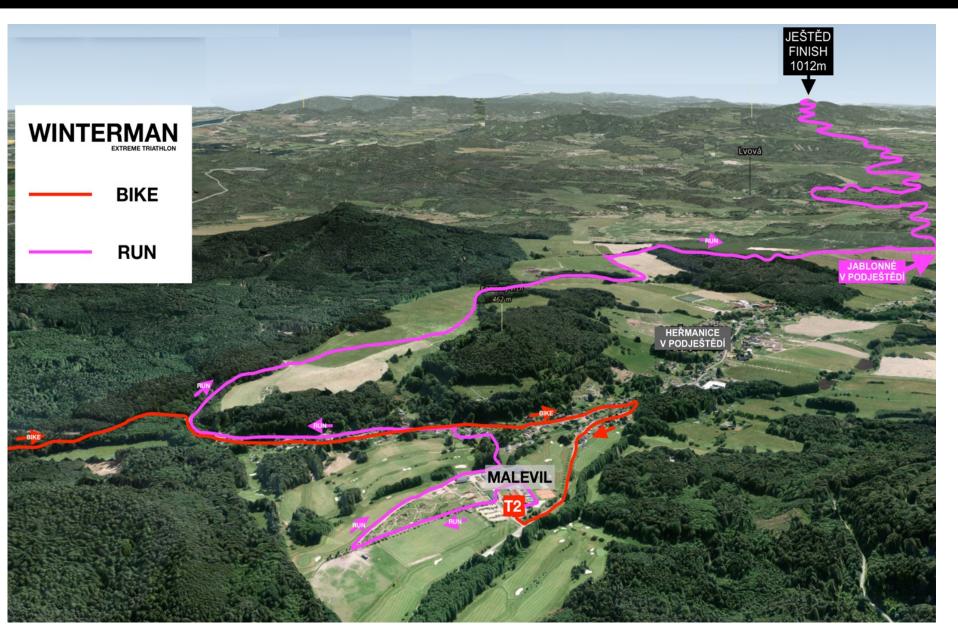






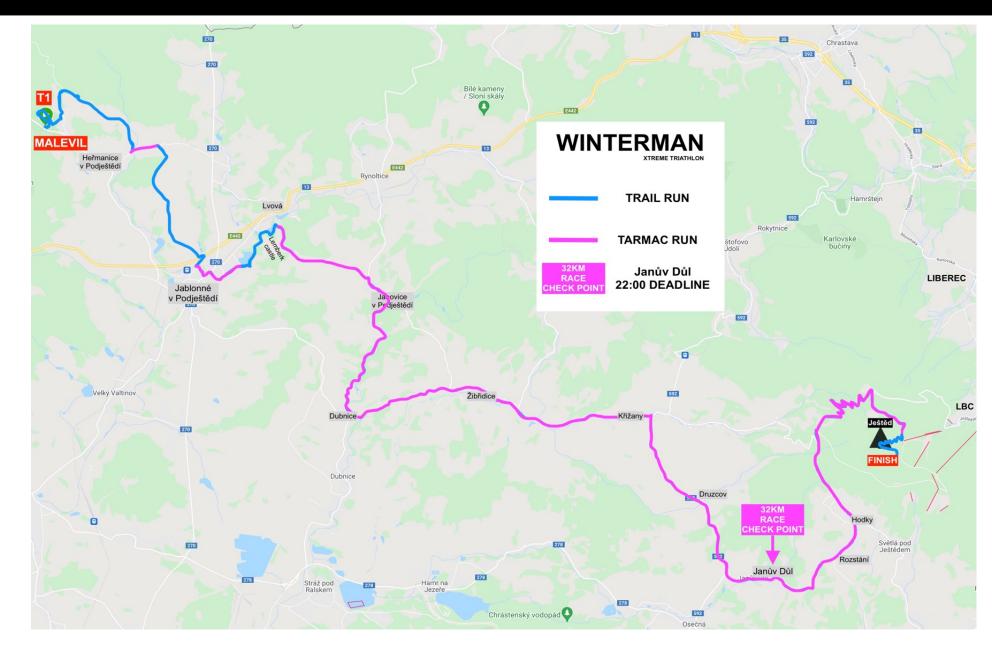
MAP: RUN 3D





MAP: RUN KM 1-43







MAP: RUN KM 1 - 15





MAP : RUN - JABLONNÉ V PODJEŠTĚDÍ

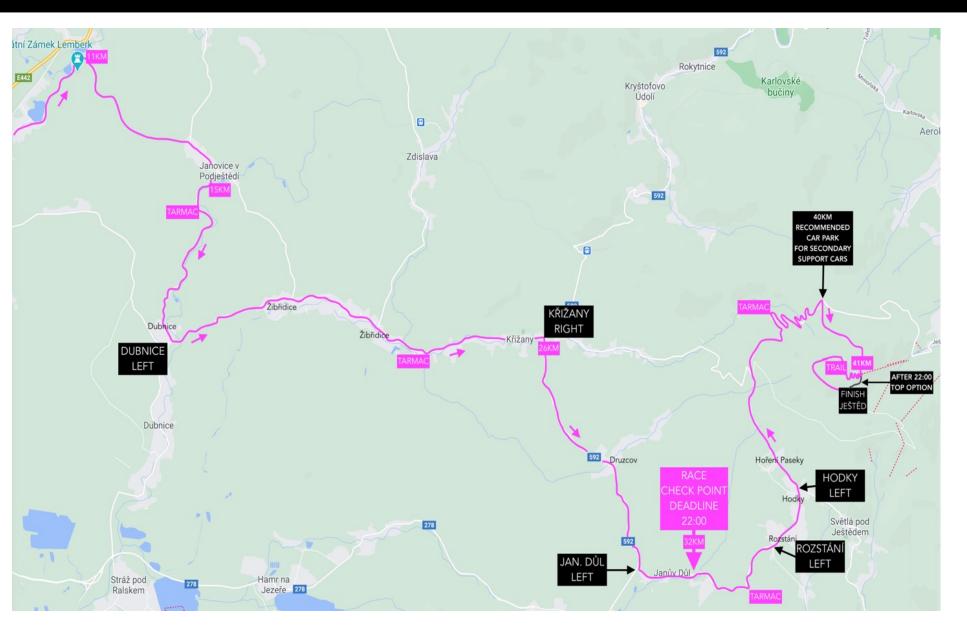






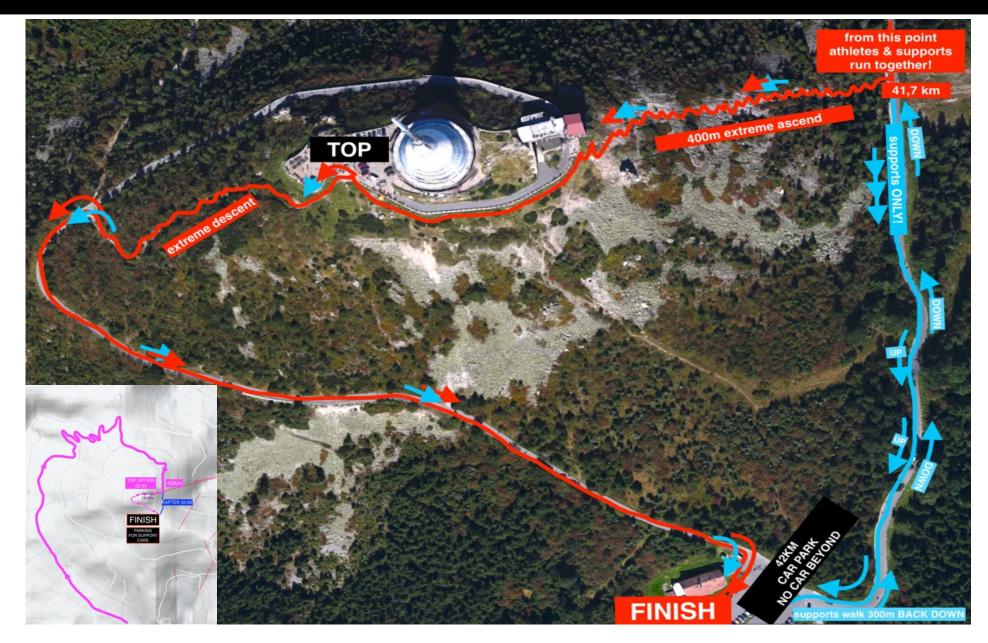
MAP: RUN KM 10 - FINISH





MAP: RUN FINISH





THANK YOU!



THE ORGANIZOR AND WINNER DONATE EVERY YEAR PART OF ENTRY FEES IN FORM OF WINNER PRIZE MONEY TO CHILDREN'S HEART CENTRE, MOTOL HOSPITAL IN PRAGUE.

IN CHILDREN'S HEART CENTRE, DOCTORS AND NURSES ARE SAVING SEVERAL LITTLE LIFES A DAY.

WINTERMAN AS A STATEMENT OF THANKFULNESS DONATES EVERY YEAR PART OF ALL ENTRY FEES AND PRIZE MONEY TO THIS WORLD CLASS WORKPLACE.

THANK YOU FOR BEING PART OF ALL OF THIS!

HUGE THANKS ALSO TO OUR GREAT PARTNERS:

















