



AlpineMan Xtreme Triathlon

Race Manual 2017

September 23rd, 2017

Bohinj, Slovenia



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Summary

The first edition of the AlpineMan Xtreme Triathlon will start on **September 23rd, 2017 at 5 AM** on Lake Bohinj's west coast. The **entry fee** is **340 EUR**, which will need to be paid in 10 days following the lottery results via bank transfer if you are awarded a slot in the race. For the first edition of the AlpineMan Xtreme Triathlon **50 racing slots** will be drawn in the **lottery**.

Athletes are **required** to have and be accompanied by a personal, **registered supporter** in a support vehicle. The supporter needs to be able to communicate with the race organizers in Slovene or English. You will not be allowed to start the race without a registered supporter. We recommend that the support team consists of two adults. The supporter is personally responsible for his athlete during the course of the race. **Only one supporter vehicle** is allowed per athlete and this vehicle will be marked accordingly with labels provided by the race organizer. The supporter and his athlete must strictly adhere to all traffic regulations at all times and without exceptions! It is forbidden to drive right in front or behind the athlete, and the athlete is not allowed to sit in the supporter vehicle.

No support is provided on the bike leg from the organizer. The supporter must provide all essentials for his athlete (food, beverage, clothing, etc.) during the bike leg of the race. Suitable meeting points will be marked with AlpineMan Xtreme Triathlon road signs, whereas the details and maps can be found in the Road Book.

Even though it is not mandatory to have a supporter during the run section of the race, we recommend one. The supporter can follow his athlete in the supporter vehicle till Tolmin, and on foot or bicycle from Tolmin to Tolminske Ravne. From Tolminske Ravne onward it is possible to accompany the athlete only on foot.

Walking stick are allowed during the mountainous section of the run leg.

In Tolminske Ravne, before entering the mountainous part of the run leg, a medical checkpoint will be organized. Each athlete and supporter must respect the decisions of the medical crew.

There will be no referees on the course and the race organizer expects that all athletes will follow the rules of true sportsmanship and fair play and that all participants will respect the natural environment in which the race is organized. The race organizer also expects that the athletes will conquer this ordeal solely on their own and by not using any kind of prohibited methods and substances.



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General Information

Entry Fee

The entry fee for the AlpineMan Xtreme Triathlon 2017 is 340 EUR. Athletes who will be awarded a racing slot in the lottery will need to transfer the entry fee via bank transfer within 10 days from receiving the slot confirmation e-mail. This will serve as confirmation of the registration.

The entry fee includes:

- Pasta party on Friday evening
- Finisher T-Shirt
- Supporter T-Shirt
- Bus transportation for athletes to the Swim start
- Aid stations in transition areas and during the run section of the race
- Crossroad traffic regulation by Slovenian Police
- Scuba diving rescue team
- Mobile medical units
- Safety during the trail-running section covered by GRS
- After race banquet

Registration

The athletes have to be at least 18 years old in order to participate in the race. Registration opens on November 23rd, 2016 at 00:00 CET (UTC +01:00) and closes on February 22nd, 2017 at 23:59 CET (UTC +01:00). Please note that registration is only possible within this period, later requests will not be considered. Prior to the registration each athlete and his supporter must read and understand this Race Manual and agree with the Rules of Participation. In addition, a signed copy of the Release of Liability must be presented during the Pre-Race Registration.

Rules of Cancellation of Registration

To protect AlpineMan Xtreme Triathlon against financial loss the following rules apply to cancellation:

Regardless of the cancellation cause **until May 31st 2017:**

- Refund with a deduction of 130 EUR.

Due to health reasons (illness or injury) **until July 31st 2017:**

- Refund with a deduction of 130 EUR (medical certificate must be presented).

Regardless of the cancellation cause **after July 31st 2017:**

- **No refund.**



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Slots

The first edition of the AlpineMan Xtreme Triathlon will start with 50 athletes. The slots will be drawn among all registered athletes. The awarded slot is personal and cannot be transferred to another athlete. The athletes will need to present their identity during the Pre-Race registration with a valid identity document.

Participant List

The full list of athletes that were awarded a slot in the lottery will be published on the official event web site on the day following the lottery.

Supporter

The race organizer will provide aid stations only in transition areas and during the run leg of the race, where three aid stations will be organized. Each athlete must have a supporter who must accompany and support the athlete during the bike leg and partially during the run leg of the race. An official supporter has to be registered on the athlete registration form. The supporter can be changed at any time prior to the race.

Only one supporter vehicle is mandatory and allowed per athlete. This vehicle will be marked appropriately with labels provided by the race organizer. The number of vehicles is limited in order to lower our footprint in nature. In addition, the parking areas also offer limited parking spots.

The supporter as well as the athlete must strictly adhere to all traffic regulations. The supporter is not allowed to drive the supporter vehicle right in front or behind the athlete.

The supporter plays an important role during this epic day and will therefore be given the official AlpineMan Xtreme Triathlon Supporter T-Shirt during Pre-Race Registration. The supporter can input his T-Shirt size during the on-line athlete registration process.

Pre-Race Registration and Race Briefing

The Pre-Race Registration will be open on Thursday afternoon and on Friday. The athlete and his supporter have to register together during the Pre-Race Registration opening hours. The Race Briefing will be organized on Friday evening and is mandatory for both the athletes and their supporters.

The Race Briefing will be organized in Slovene (Friday from 3:45 PM to 4:45 PM) and in English (Friday from 5 PM to 6 PM).

Prize Money

No prize money will be awarded.



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Medical Teams

Medical teams which will take care of the athletes in case of an accident will be present along the course during the entire day. The medical crew can at any time during the race remove the athlete from continuation if medical or health issues pose a hazard to his health. **Continuation of the race on personal responsibility is not permitted.**

Timekeeping and GPS Tracking

The AlpineMan Xtreme Triathlon will have official timekeeping in the form of timing chips. This system will allow the athletes and spectators to review their split times as the results will be available live on the Internet and in printed version after the race.

In addition, each athlete will be provided with a GPS tracking unit which will allow live tracking of the athlete's position on the course. These units also serve as a safety device.

Accommodation in Bohinj

The race organizer in collaboration with Hotel Jezero (<http://www.hotel-jezero.si/en/>) offers a special discount when booking accommodation. The athletes and their official supporters will be able to book the accommodation at Hotel Jezero (B&B in a double bed room) for 35 €/person/night using a unique code which will be sent to you by the race organizer.

Otherwise, each participant of the event is personally responsible for finding and booking appropriate accommodation during the event.

Accommodation can be found on the following web pages:

- Turistično društvo Bohinj (<http://www.bohinj-info.com/en>)
- Turizem Bohinj (<http://www.bohinj.si/en>)



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Race Rules

General Rules

Each athlete has to carry the timing chip and GPS tracker with him during the course of the entire race. The athletes must not carry their BIB number during the swim leg and the BIB must be made visible in T1. The BIB number must be visible on the back side of the athlete during the bike leg, and on the front side during the run leg.

Cut-off times

The cut-off times will be enforced and strictly followed to ensure your maximum safety. The following cut-off times will be in effect.

Location	Cut-off Time	Local Time
Water exit (entry to T1)	02 h 15 min	07:15
Exit from T2	10 h 15 min	15:15
Arrival to T3 (mountain entry check point)	14 h 15 min	19:15
Finish line	19 h 00 min	24:00

Swim

A neoprene swimsuit is mandatory during the swim. In case of extremely low water temperatures, we also recommend using a neoprene swim cap, socks and gloves.

Bike

The bikes must be in good working order. The bikes need to be equipped with a working rear red light which must be turned on during the entire bike leg. Helmets must be approved by an accredited national testing authority or have a CE stamp. It is not allowed to change the bike during the race. It is however allowed to change a wheel with prior notification of the race organizer. It is strictly forbidden to use headphones or any sort of multimedia device during the bike leg. The bike course will not be closed for traffic during the race, therefore it is mandatory to adhere to all traffic regulations. Drafting is strictly forbidden.



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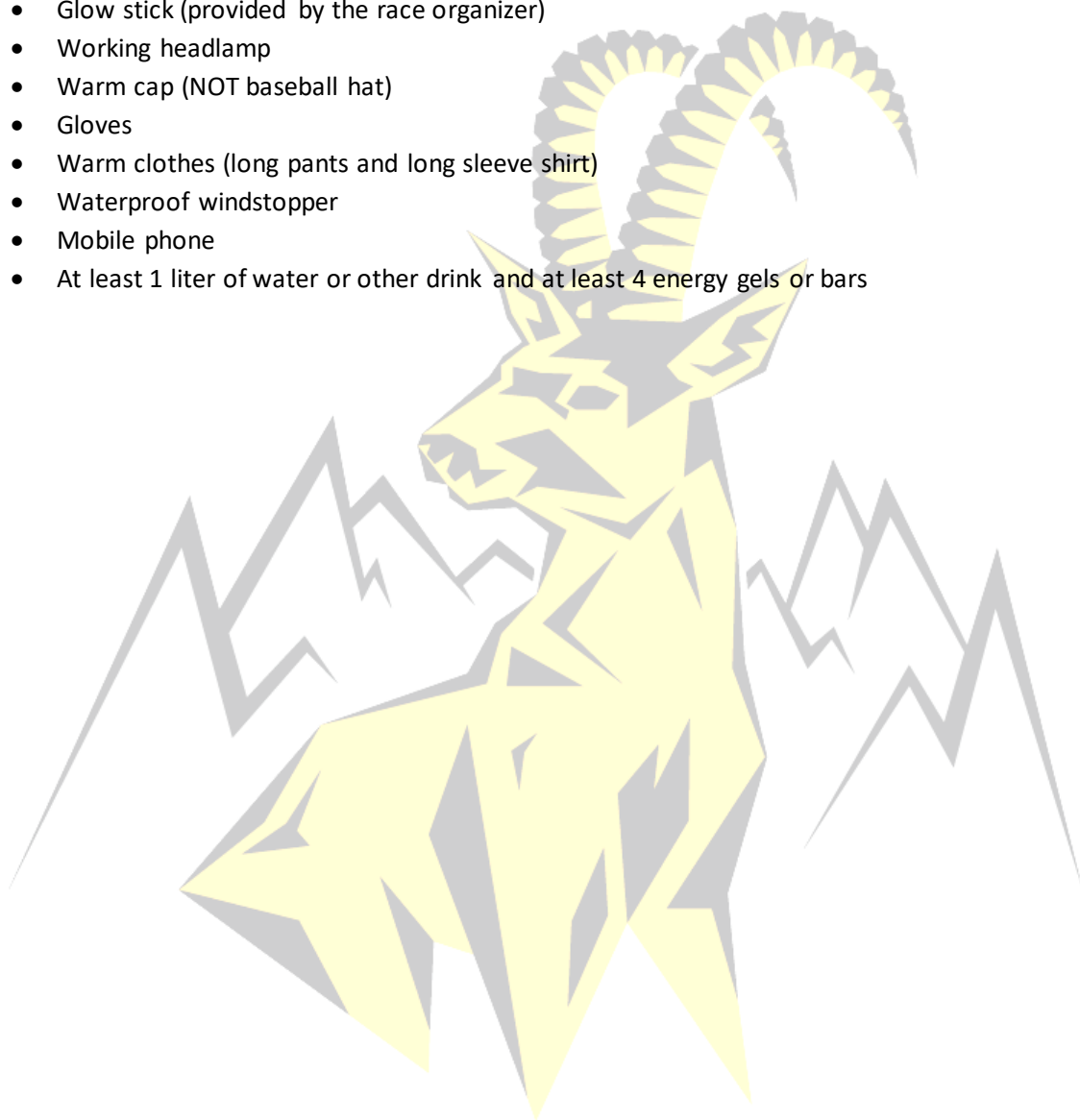


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Run

The run course is not closed for traffic during the race, therefore it is mandatory to adhere to all traffic regulations. The runners have to stay on the left side of the road. It is allowed to use walking sticks from T3 (Tolminske Ravne) onward. Prior to entering the mountainous section of the run leg (from T3 onward) each athlete (and his supporter if he will accompany him) has to go through a backpack check of mandatory equipment:

- Glow stick (provided by the race organizer)
- Working headlamp
- Warm cap (NOT baseball hat)
- Gloves
- Warm clothes (long pants and long sleeve shirt)
- Waterproof windstopper
- Mobile phone
- At least 1 liter of water or other drink and at least 4 energy gels or bars



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