



GARMIN

CHALLENGE
FREDERICIA
wearetriathlon!



2017
ATHLETESGUIDE

Athlete's guide

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1.0 Timetable

Sunday September 3rd

8.00	Race briefing at De Orange Haller
8.00 – 14.00	Registration is open
8.30	Bike Check-in
9.00 – 9.55	Warm Up
10.00	T1 closes
10.00	Rolling start Challenge, Nordic & Danish Championships
10.30	Rolling start Motions triathlon

2.0 Before the race

Preparation / Safety information

The participation in a Challenge Denmark event can cause considerable stress, especially physical stress. In order to avoid accidents and injuries as far as possible, we kindly ask you to keep the following in mind:

- Please make sure that you are well prepared and sufficiently trained for the race, and physically fit.
- You should practice open water swimming before race day (but never alone). If the water temperature is below 18 degrees Celsius a wetsuit with long sleeves and legs is mandatory according to the Danish federation race rules.
- We recommend obtaining a medical test before the race, which confirms that you are fit to take part – also as a relay starter.
- If you were ill shortly before the race, or if you recovered from a disease shortly before the race, to be on the safe side,

please obtain a new medical test, which confirms that you are fit to take part – also as a relay starter.

- If an injury occurs in an accident and/or due to disease in the course of the race, please strictly follow the instructions given by the Race Director, physicians and emergency services. Very important; on the back of your race number - please fulfill medical questionnaire and contact address.
- Also, we recommend that you get acquainted with the Danish Triathlon Federations competition rules, which you'll find here: http://www.triatlon.dk/wp-content/uploads/2017/04/Konkurrencer-for-DTriF-2017_ver_26_april_2017-1.pdf, or the International Triathlon Federations competition rules, which you'll find here: http://www.triatlon.org/uploads/docs/intusport_competition-rules_2017.pdf.

Route map and map of the competition area



You can see a more detailed version, and the whole bike route, via this link:

<http://www.challengedenmark.dk/fredericia/en/athletes/course/>

Getting around Fredericia / addresses

Expo, Registration & Race Briefing

De Orange Haller (The Orange Halls)

Sønder Voldgade 7-11

7000 Fredericia

Race Briefing

Sønder Voldgade 7-11

7000 Fredericia

J.B Nielsens Plads

7000 Fredericia

Transition Zone

Oldenborggade across from J.B. Nielsens Plads

7000 Fredericia

Swim Start

Oldenborggade

7000 Fredericia

Registration / opening hours of the athlete service

Registration and race bag pick-up will take place in the Orange Halls (De Orange Haller), Sønder Voldgade 7-11, 7000 Fredericia.

Opening hours for registration:

- Friday, August 1st, from 16:00 – 19:00 (4 pm to 7 pm).
- Saturday, August 2nd, from 10:00 – 13:00 (10 am to 1 pm).
- Sunday, august 3rd, from 8:00 – 14:00 (8 am to 2 pm).

Attention! Please make sure that you bring your passport or other foto ID and the license of your national triathlon union as well. If you do not have a license you will have to buy a one day license

(<http://www.sportstiming.dk/ST/DTRIF/EventList.aspx?theme=epmtriathlon>) please do that in

advance of registration, in order not to slow down the process .

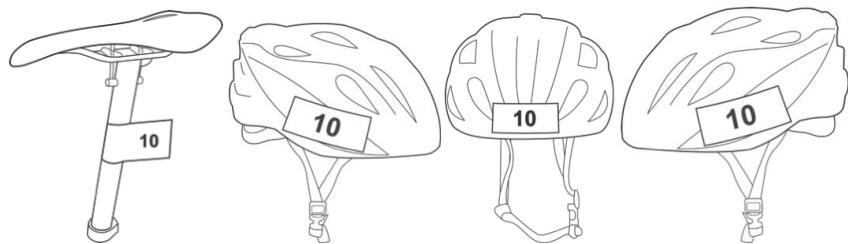
At registration you will receive the following items:

- Race number
- Safety pins
- Timing chip
- Velcro strap
- Swim cap
- 3 x number stickers for your helmet
- 1 x number sticker for your bike

In addition to the start number for the bike frame, the helmet start number (threefold), and a start number for running, every competitor receives an identification transponder for time-taking as well as a competitor's wrist band.

Attachment of the race numbers and timing chip

- Bike numbers are to be attached to the frame in such a way that they can be read from both sides.
- The helmet start numbers are to be mounted so they can be seen from the front, left and the right.



- Start numbers must not be reduced in size or changed in any way. Please wear your start numbers so that you can always be identified (**you are not allowed to wear the number during the swim, it's optional for the biking, and mandatory for running – it must be placed on the front of your jersey/t-shirt**). It is the participant's responsibility to make sure that they can be identified by their start numbers.
- According to DTriF (Danish Triathlon Association) regulations the start number may not be worn when swimming. For cycling and running, competitors must wear upper body clothing.

The timing chip is to be worn throughout the entire race and can be attached using the velcro band above the ankle. While swimming, the transponder has to be worn under the wetsuit.

In case of loss of the timing chip during the race, contact an official immediately. Timing as well as

ranking/evaluation is difficult without the timing chip.



The timing chip for identification and timing is borrowed property and must be returned, including velcro bands. A € 50,00 fine must be paid for every lost timing chip.

Timing chips will be collected only in transition area T2 when the athletes pick up their bike. In case the transponder got lost, the athletes will be identified by the passport or ID-card.

When leaving the parc fermé, start number will be compared with the bicycle frame number, so it is crucial to bring your start number with you.

The competitor's wrist band is to be worn on either the left or right wrist, and entitles the athlete to free entry to the Carbo/Pasta Party and to the transition areas.

Swim training

You are free to swim in the canal. But it is always advisable to swim in groups and not by yourself. There is a strong current if you swim out of the canal system, so be aware of this before you go swimming.

Test of aid station supplies before race day (32Gi)

In the registration area, at the expo, you will have the opportunity to taste the energy products from 32Gi, which will be served during the race. We serve "Raspberry Endure" during the bike

portion and "Lime Endure" during the run. In addition, there will be chews, gels, and food bars from 32Gi.

Race Briefing

Participation in the race briefing at De Orange Haller (expo and registration area) is recommended for all athletes!

The briefing will take place on Sunday August 3rd at 8:00 (8 am).

Bike Check-In

All bikes and helmets (with start-number sticker attached) are to be deposited at transition area from 8:30 to 10:00 (8 am to 10 am) on Sunday September 3rd.

There will be one entrance to the transition area, where the bikes and helmets will be checked by the race marshals/officials.

When you check in your bike you'll also receive your transition box, which you'll use for your equipment in the transition zone.

Start groups/ colours

Category	Swim cap colour
PRO:	GOLD
AG MEN:	ORANGE/GREEN
AG WOMEN:	PINK

Starting times:

- 10.00 Rolling start Challenge, Nordic & Danish Championships
10.30 Rolling start Motions triathlon

Transition Zone

The transition zone is situated along Oldenborgsgade and there will be bike racks on both sides of the road. Your individual transition place will be marked with your race number.

You will receive a box to store your equipment in the transition zone. The box has to be situated by your bike at your place. ALL items must be inside the box, if not you may receive a penalty or the items may be removed without warning.

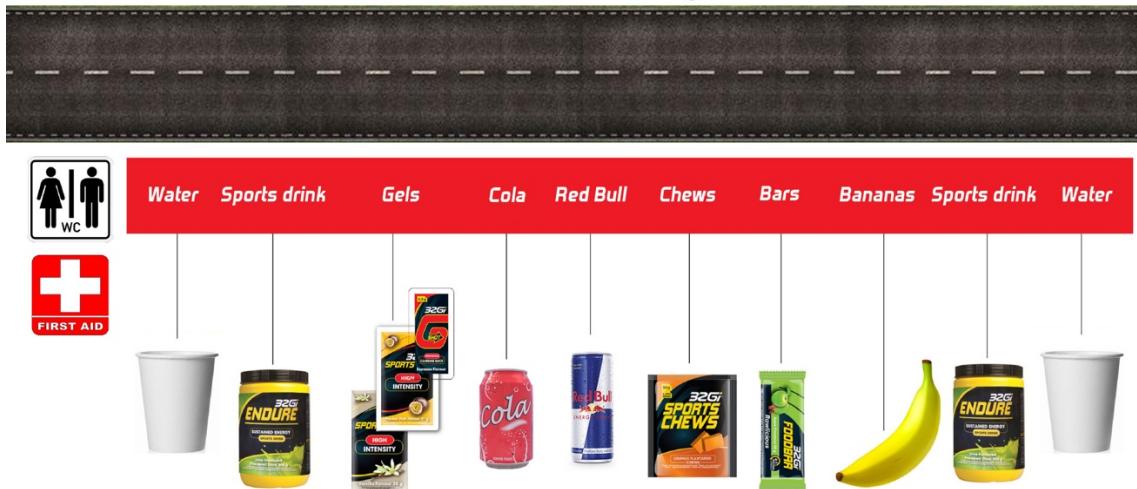
Aid stations

At the aid stations, products will always be offered in the same order. There will be toilets at each aid station. No peing on the course, it will be sanctioned with penalty

- a) Bike course – There will be no aid stations during the bike course
- b) Run course – 1 aid station located before you begin a new lap (see above map).



RUN AID STATIONS



- c) Finish-line catering area: Fruit, drinks and Erdinger Alkoholfrei.

Environmental protection/Littering:

Please do only throw away the energy bars wrappers (aluminum foils and gel packages), banana peel and used drinking bottles, at the aid stations (trash bins will be available). This is at the beginning and end of each aid station. It will make it much easier for our volunteers to keep the area clean.

On the bike course, used drinking bottles, gel tubes and energy bars wraps must be thrown into the designated areas before and after all aid stations. All littering outside aid stations will be sanctioned by penalty.

Rules regarding toilet use:

Athletes and spectators have to use the toilets around the race course. They will be placed at every aid station and at crowded areas. During a penalty period in the penalty boxes athletes are

not allowed to go to the toilet or urinate in their pants. Urinating or worse than that, outside the toilets, will lead to disqualification. Only exception is if you urinate into your own pants while moving forward.

Family or friends accompanying athletes

It is strictly prohibited to accompany/pace participants on the bike or run course, and it will lead to the immediate disqualification of the respective participant without any warning.

Family and friends are allowed to walk around the lake during the swim section.

Marking or writing on the roadway only with chalk. No permanent paint at all.

Time limits/cut off

As soon as an athlete has exceeded the cut off, the athlete's start-number will be marked by the race marshalls, and the athlete himself will then be responsible for his way to transition area T2 and/or to the finish-line, in case he does not use the return service provided by the organizer.

The athlete will then act at his own risk and responsibility. In this case, no safety measures and aid stations will be available on the bike and

run course any longer. Athletes who have to stop the race on the bike course can order the return service provided by asking the volunteers along the course and at the aid stations. There will be a vehicle following the last competitor. Any athlete who drops out while riding the bike must note this to an official and bring the timing chip immediately back to transition area 2 and give note about the DNF (did not finish) to an official at finish area.

3.0 On race day

Please take note of the following information for race day:

3.1 Start / Swim

The swim is two (2) laps in the channel at Fredericia city centre.

Swim caps / wetsuit

Competitors are obliged to wear the swim caps provided by the organizer. Wetsuits must be used if the water temperature is lower than 18.0°C. A wetsuit must be with long sleeves and legs, in the case that wetsuits are mandatory due to water temperature (below 18°C).

Be prepared for cold water under 18.0°C. Bring an extra swim cap (to wear underneath the official cap) and earplugs to prevent dizziness. Above 24 °C wetsuits are prohibited (will not happen).

3.2 First transition

Upon leaving the swim you'll enter the transition zone for the first time. Here you'll take of your wetsuit and put on your bike equipment.

All changing must be done at your bike.

Entering the starting area

There will be rolling start of 6 persons per group. The timing will only start after you've crossed the timing mat before entering the water.

Exit the race while swimming

If a participant decides to exit the race while swimming, he/she must immediately contact the life guards (every 200m along the waterside) or one of the officials/course marshalls at transition area T1.

If this is not the case, and if rescue measures are initiated, the cost of this will have to be paid by the participant.

You have to put on your helmet and close the chin band before taking your bike of the rack.
Failure to do so will result in a penalty.

You may first mount your bike in the designated mount zone.

ATTENTION: When moving around in the transition zone pay attention to biking athletes and stand back when possible.

3.3 Bike

The bike zone consists of two (2) rounds of 20 km. During both laps you'll pass the transition zone.

ATTENTION: Upon entering the second lap of the bike course you'll ride through the transition zone. When riding through the transition zone pay attention to other athletes crossing the transition zone.

Rules and regulations

The following instructions are to be observed for the competition, in particular for cycling:

You must at all time follow the traffic rules and regulations according to Danish law

- **The organizer is obliged to disqualify competitors from the race for one case of severe violation or several cases of other violation of the traffic regulations or of police orders. The organizer reserves the right to refuse the competitor further participation, if the police require this.** The police will take into account the danger of the situation before making their decision.

- Before the race starts, the organizer gives a list of all competitors to the police. **Every competitor must wear his start number on the helmet and bike frame as described on the bike leg.**

- **No phones and/or MP3 players are allowed on the bike or run course.**

- The legal distance between bikes is **12 meters from the front to front**. Race fair! Drafting sucks!

- Do not expect any warning before given a penalty.

- **All marshalls follow the competition rules of the Danish triathlon federation, which can be read here:**

http://www.triatlon.dk/wp-content/uploads/2017/04/Konkurrencer-for-DTriF-2017_ver_26_april_2017-1.pdf. For english speaking persons we refer to the International Triathlon Federations competition rules, which you'll find here:
http://www.triathlon.org/uploads/docs/intusport_competition-rules_2017.pdf.

Littering on the Bike

- **Throwing away waste (littering) during the competition outside the designated**

zones (transition areas and supply points) will result in a penalty.

3.4 transition area

When finishing the bike course you'll enter the transition zone for the second time.

Firstly you'll dismount your bike **before** the dismount line. Failure to do so will result in a penalty. Afterwards you'll move into the transition zone and put on your running equipment.

When entering the transition zone the helmet has to be tightened until you place your bike in the racks. Removing the helmet **before** taking your hands off the bike will result in a penalty.

ATTENTION: When moving around in the transition zone pay attention to biking athletes and stand back when possible.

3.5 Run and finish

The run course consists of four (4) laps in the centre of Fredericia.

You'll receive a wristband for every lap.

During the run, the start number must be worn on the front.

Participants who decide to exit the race (DNF) must contact an official immediately for safety and timing reasons.

In order to be able to allocate the finishing photos, we ask all athletes to wear their start numbers **in front and in a clearly visible manner** when crossing the finish line.

- No music, (MP3 players) are allowed during the run and bike section
- No mobile phones are allowed on bike and run section

3.6 After finish

In order to find family / friends after the finish, please arrange a meeting point **before** the race.

3.7 Award

After the race there will be an ongoing award ceremony where we celebrate the top 6 pros and the age group top 3. There will be trophies for

top 6 male and female pros. Trophies for top 3 in each age group, male and female.

3.8 After the race

Lists of results

The results and splits will be online (www.ultimate.dk / download app here app.ultimate.dk) both desktop and special app. And the list of results will be available for download on our website.

Lost & Found

Lost & found items can be given to the staff at the tent in transition area or to staff at finish line. They must be collected from there by 11 p.m. (23.00).

Old shoes, towels, bottles, etc. will not be declared as lost & found items and therefore disposed within the transition area.

5.0 Medical

Please note any medical conditions you might have on the back of your bib number.

On race day you can contact our event doctor via cellphone +45 24 41 13 36