

# austria extreme

# TRIATHLON

# Race Manual 2023

## English



3,8 km



186 km



44 km



+ 5.800 m

the new generation of winners

sponsored by



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# **Austria eXtreme Triathlon Manual 2023**

Version 1, 01/8/2022

We are a motivated team organizing the Austria eXtreme Triathlon from pure passion for the sport. With this Haundbuach (Race Manual) 2023, we provide the basic information about the Austria eXtreme Triathlon – please read it carefully! If there are any remaining questions, please contact us to ask them in either **German or English**.

More detailed information for the participants will follow in 2023 after registration in the form of a Stroßnbuach(Roadbook), including detailed directions.

For ease of readability, the masculine notation is used consistently. Content is liable to changes!

## **Austria eXtreme Triathlon – the sporting challenge**

**Austria eXtreme Triathlon 2023 is the 8<sup>th</sup> eXtreme Triathlon edition of its kind in Austria. The athletes and their supporters await a sporting challenge amidst the green heart of Austria, from the state capital Graz to Murtal, Lachtal, SölktaI, Ennstal up to the foot of the highest mountain of Styria, the Dachstein.**

**The varied landscape and the rousing motivating atmosphere of the competition promise a terrific adventure for all participants. The main focus here is not competitive timing, but an incomparable sporting experience.**

The course of the Austria eXtreme Triathlon is just as breathtakingly beautiful as it is challenging with its long distance and more than 5.860 meters of positive altitude difference. The atmosphere of athletes, supporters, partners and the crew is familial and relaxed.

In the foreground are the personal commitment and the challenging adventure that the athletes share with their supporter. All this makes the event an unforgettable sporting experience.

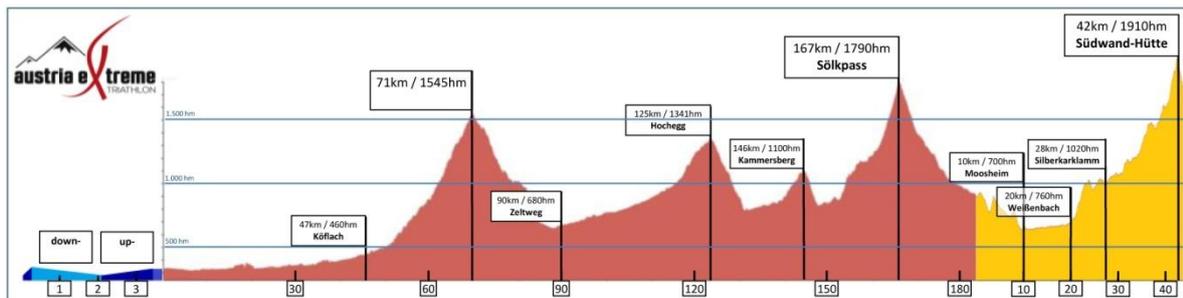
# The Route

## General Overview

The 8<sup>th</sup> Austria eXtreme Triathlon takes place on **June 24, 2023, starting at 4:30 a.m.**

All athletes and their personal supporters must register and attend the briefing the day before, on June 23 starting at 4:00 p.m. The exact location of registration and briefing will be published in the Stroßnbuach (Roadbook) 2023. Registration and briefing is mandatory for athletes and supporters.

This is the Austria eXtreme Triathlon: 3.8 kilometers of swimming, 186 kilometers of cycling, 43,6 kilometers of running and over +5,860 meters of ascent. The supporter undertakes to accompany the athlete on the final 17 km of the running leg.



## Swimming course

**Swim start is at 4:30 a.m.**

The swimming route begins in the Mur the main river of Graz and Styria which flows through Austria, Slovenia, Croatia and Hungary which also forms part of the borders between the states. The water quality is of grade two.

The water temperature of the Mur isvaries between 10 to 18 degrees Celsius.

Wearing a neoprene suit is obligatory, neoprene socks may be used. Gloves are not allowed!

**Cut-off time for swimming: 6:45 a.m.**

## Cycling course

A total ascent of approx. +3,950 meters is covered over 186.6 kilometers. In terms of altitude difference, this section is the most challenging. Remember to properly allocate your energy and choose an appropriate pace.

Covering the whole distance with one and the same bike is mandatory! **The roads are not closed for the general traffic**, so you must take care and follow the rules of the Austrian road traffic regulations (StVO). Particular care is to be taken on downhill runs. Drafting is not permitted.

### Gaberl

The first climb brings you to the Gaberl, a mountain crossing since Roman times. From here it's a steep downhill to the Murtal.

### Schönberg/Kammersberg

When you arrive at Schönberg, you will always be rewarded by the landscape. The Rothenfels castle in the Wölzertal is one of the few medieval castles that have preserved their original appearance to this day.

### Sölkipass

The Sölkipass with a slope of 8-12% connects the upper Murtal in the south with the Ennstal in the north, crossing the Schladminger Tauern. At the Sölkipass you are at an altitude of 1,790 meters. ATTENTION, dangerous downhill!

### Checkpoint Sölksperr

Here and at each checkpoint, you are obliged to contact the crew verbally!

**Cut-off time for cycling: 5:00 p.m.**

## Running course

The athlete will climb +1900 meters during the 43,6 Kilometer run course. Each athlete should have sufficient liquid and solid food at his disposal.

### Sölksperr

At the magnificent Sölksperr, you descend from the bike and you can absorb the beauty of nature. The running course begins from here.

### Strubschlucht

The Strubschlucht separates the small and big Großsölkthal. For centuries the creek has exposed marbles that are easily visible in the gorge.

### Michaelerberg-Pruggern / Aich

After about nine kilometers you reach Michaelerberg-Pruggern. The local community was founded as an autonomous body in 1850.

### Silberkarklamm

The Silberkarklamm is a romantic whitewater gorge in the heart of the Dachstein region. In the 15th century, silver was mined here. Wild nature with alpine plants along the rushing waterfalls leads to the Silberkarhütte.

### Lodenwalker

In this traditional business enterprise from 1434, fine suits and costumes, practical jackets, coats, hard-wearing sports and winter clothing as well as Schladminger socks and accessories from pure Schurwolle (Virgin Wool) are produced. Guided tours are offered all year round on weekdays. **Here is your supporter parking area!**

### Ramsau am Dachstein

Ramsau am Dachstein is the largest Styrian tourist community with a sunny, wooded plateau open to the south. The village is a scattered settlement on the southern side of the Dachstein with a natural park landscape on three floors. Ramsau-Türlwand: +1,700 meters to +1,900 meters, a south-open high alpine area with extensive hiking trails to the Dachstein shelters. From the Dachstein-Skywalk look-out platform, there is an unrivaled view.

### Südwandhütte

The Dachstein Südwandhütte lies at an altitude of 1,910 meters at the foot of the Dachstein south wall. Shortest climb over comfortable footpath from the glacier cableway in about 35 minutes, beautiful circular walks back to the parking lot. Wonderful view from the sun terrace!

**At each checkpoint, you are obliged to contact the crew verbally!**

**Cut-off time for running up to the CP Aich: 7:00 p.m.**

**Cut-off time for running up to the CP Silberkarklamm: 8:00p.m**

**Cut-off time for running up to the CP Glös-Alm: 10:15 p.m.**

**Cut-off time Finish-line: 12:00 p.m.**

# Registration

The starting place is awarded according to "first come – first serve". The registration is only fixed by the confirmation from the organizer with the starting number, which you receive by E-mail. A total of 100 individual starting places and 30 Team challenge places will be awarded. The organizer reserves the right to refuse athletes!

## **Each athlete requires a personal supporter.**

The starting place is personal and non-transferable. Athlete and supporter must identify themselves at the registration (briefing) on the day before the Austria eXtreme Triathlon with an official photo identification card.

The Austria eXtreme Triathlon Haundbuach(Manual) must be read carefully before the registration.

Accommodation, meals, travel and other activities must be organized and financed by the respective athlete and his team. Tips for accommodation can be found in the detailed Stroßnbuach(Roadbook) 2022 or on our homepage [www.autxtri.com](http://www.autxtri.com).

## **Participation fee**

The participation fee is for single starter:

- € 440.- until 30.11.2022
- € 480.- from 01.12.2022 until 31.12.2022
- € 530.- from 01.01.2023

The ÖTRV will charge a daily license of € 20.- for single starters when collecting the starting numbers.

The day license is not required if a valid ÖTRV annual license is presented.

In addition to the starting slot the fee includes:

- Finisher T-shirt for athlete and registered supporter(for finishers only)
- Road toll on the Dachstein road for one car
- Bus transfer from finish back to the Silberkarklamm
- Sports bag
- Stroßnbuach(Roadbook) in print version

## Waiting list

There is no waiting list.

## Entry list

The final participant list of the Austria eXtreme Triathlon will be published on our website [www.autxtri.com](http://www.autxtri.com) beginning of April 2023.

## Withdrawal policy

**In order to protect Austria eXtreme Triathlon from financial damages, the following cancellation conditions apply:**

**Cancellation by 31.12.2022(23:59 CET):** A processing fee of 150 Euro will be withheld by the organizer, the remaining sum will be refunded.

**Cancellation by 01.03.2023(23:59 CET):** A processing fee of 220 Euro will be withheld by the organizer, the remaining sum will be refunded.

**Cancellation by 31.03.2023(23:59 CET):** If a medical certificate supporting the cancellation is provided, a processing fee of 220 Euro will be withheld by the organizer, the remaining sum will be refunded. Without a medical certificate, no reimbursement is applicable.

**Cancellation after 01.04.2023:** No reimbursement is applicable.

**A transfer of your starting slot to the following year is not possible!**

**A transfer of your starting slot to another person is not possible!**

## Conditions of participation

The following terms and conditions apply to the all participants of the Austria eXtreme Triathlon.

- Each participant (i.e., athlete or supporter) understands the extreme physical challenge of a long-distance triathlon.
- Each participant completes the triathlon with his own muscle strength.
- Each participant is responsible for his decisions and actions.
- Each participant is fair to others and towards nature in a respectful manner.
- The Austrian StVO (road traffic regulations) apply on all roads.
- The organizer has the right to change the route or, in the worst case cancel the race without giving reasons and retain 60% of the entry fee.
- In this case there is no damage compensation obligation of the organizer towards the participants.
- The organizers are not liable for accidents, damages and compensation claims.
- In the case of discrepancies between the different language versions, the German version applies.
- Athletes and supporters agree to the publishing of photographs and recordings within the framework of the press and public relations work.

Photographs and recordings may be published without restriction in time, space, material and content.

- The court of jurisdiction is Graz.

## **Regulations for Athletes and Supporters**

The organizers appeal to the responsibility, reason and fairness of the participants. In case of littering by the athlete or the supporter, the team will be immediately disqualified. By participating in the race all participants agree to help other competitors in emergency situations.

### **Responsibility of the supporter**

**Without a registered supporter, the athlete does not receive a starting number.** There is only one supporter. The data of the registered supporter must be announced at the time of registration. Both, athlete and supporter will receive information by email directly from the organizers until the start of the competition. **The supporter can be re-nominated until the registration on the day before the race.**

During the entire triathlon, the registered supporter assumes the responsibility for his athlete and must be able to communicate with the organizers in German or English. The supporter must always be accessible to the organization team by mobile phone.

Only one supporter vehicle (passenger car up to max. 3.5 tons recommended) is allowed per athlete. Its license plate has to be communicated to the race organization and it will be marked by a sticker provided during registration. Several persons can ride along in the supporter vehicle to accompany the athlete.

The supporter accompanies the athlete during the entire triathlon, providing food and drink on the bike and running courses at any time. Note that accessibility of the running course by car is limited (see below).

### **Supporter info swimming**

The start/transition zone is open from 3:00 a.m.

The supporter is responsible for the bike and further equipment of the athlete and he will be handed the GPS tracker which the athlete will carry.

The organizer accepts no liability for any equipment. If the athlete has left the transition zone, the supporter must also clear it.

### **Supporter info cycling**

The supporter can take care of the athlete during the entire bike leg. We recommend not to use buses or camping vans over 3.5 tons due to lack of space on mountain roads. There is also a limited possibility to park cars on narrow pass roads. **As the general road regulations apply, only public parking may be used.** In the Stroßnbuach(Roadbook) 2023, the parking and meeting places for athletes and supporters are listed. **It is strictly forbidden for the supporter car to accompany the athlete in a permanent manner, driving directly in front or behind the athlete.** The athlete is forbidden to accept any items from the driving support car or to sit in the vehicle. The bike transition is located near the Sölksperrre. The supporter will assist in the transition and clear this zone immediately after the athlete has left.

### **Supporter info running**

**From the Silberkarklamm Checkpoint (27 km into the running leg), the supporter must run together with the athlete up to the finish line.** Both must cross the finish line together to complete the triathlon successfully. Athlete or supporter must wear a backpack with solid and liquid food, warm clothing (jacket, rain cover, headgear, gloves, emergency cover) and a functional headlamp.

**This equipment is mandatory from the Checkpoint Silberkarklamm and will be controlled.** We advise the athlete to carry a drinking bag from the beginning of the run course.

The running track is only partially accessible by car. The supporter can accompany the athlete on foot all along the running course, but bikes and mobile undercarriages with motorization e.g. E-bikes, etc. are forbidden on the entire running course. It is also forbidden to take animals along the route.

**The use of poles of any kind is prohibited.**

### **Supporter T-Shirt**

Since supporters play a central role in the Austria eXtreme Triathlon, they receive their own finisher T-Shirt on Sunday at the award ceremony(if they have finished together with their athlete). The required clothing size must be indicated at the time of registration and cannot be changed afterwards.

### **Medical care**

At the medical checkpoint the Doctor's instructions must be followed. The medical crew is at any time authorized to exclude an athlete from further participation for health reasons. It is not possible to continue on your own responsibility.

## **Quitting the race**

If an athlete is quitting the race, the organization must be informed by telephone under the hotline number, see Stroßnbuach(Roadbook) and the GPS tracking system must be delivered to the nearest checkpoint!

## **Prize money**

There is no prize money, but a fantastic finisher shirt and Medal.

## **Timing**

For the Austria eXtreme Triathlon Crew, everyone who comes across the finish line is a winner. The fastest woman and the fastest man will be highlighted at the award ceremony on Sunday. There is however timekeeping carried out through the GPS tracking system.

## **Spectators**

Spectators are warmly welcomed both at the start of the race, as well as along the course and in the finish area. Fans are requested not to block small parking spaces along the bike course.

## Schedule

Friday, 23.06.2023	<u>Registration</u> The athletes and their supporters register together. Place and exact date and time of the registration will be announced in the Stroßnbuach (Roadbook) 2023. When registering, the presentation of photo IDs for athlete and supporter is obligatory.	4:00 – 5:00p.m.
	<u>Briefing Single starter</u>  <u>Briefing Teams</u>  For all athletes and their supporters mandatory attendance is required	5:00 – 6:00p.m.
Saturday, 24.06.2023	<u>Handing out of GPS tracker &amp; transition zone opened</u>	3:00 – 3:50a.m.
	<u>Swim check-in</u>	4:00 – 4:20a.m.
	<u>Austria eXtreme Triathlon start</u>	4:30 a.m.
	<u>Austria eXtreme Triathlon cut-off time</u>	12:00 p.m.
Sunday, 25.06.2023	Finisher ceremony Hotel Berghof Ramsau Athletes, supervisors and teams will meet for the official award ceremony, with an "Austria eXtreme Triathlon T-Shirt" being handed over to all finishers	10:00 – 12:00a.m
	<u>Summer festival Hotel Berghof Ramsau.</u>	01:00 – 08:30p.m

**Further details on the event will be given to all participants of the Austria eXtreme Triathlon in the Stroßnbuach (Roadbook) 2023.**

# Team Challenge

## What are teams?

A team name is created by you and accompanies you from your registration!

The first team member swims 3.8 km, team member two bikes 186.6 km, team member three runs 43.6 km. From the Silberkarklamm (on the run course 17 km before the finish) team member one or two must run with you and from the Glösalm (4.5 km before the finish) additionally team member one or two.

Only teams that bring all three athletes to the finish at the Dachstein valley station with their own muscle power will be scored!

Only teams that get all three athletes to the finish at the valley station of the Dachstein using their own muscle power will be judged!

Participation fee for teams:

- € 660.- until 30.11.2022
- € 720.- from 01.12.2022 bis 31.12.2022
- € 900.- from 01.01.2023

## The start package for teams includes:

- 3 finisher shirts as part of the victory ceremony for the finishers
- Road toll Dachstein Road for one vehicle
- sports bags
- Stroßnbuach (Roadbook) in print version

The ÖTRV will charge a day license of € ?- for starters when collecting the start numbers. - The day license is not required if a valid ÖTRV annual license is presented.

## Withdrawal conditions for teams

Withdrawal until: 31.12.2022 (23:59 CET): The entry fee will be refunded minus a handling fee of 250 Euros.

Withdrawal until: 1.3.2023 (23:59 CET): The entry fee will be refunded minus a processing fee of 330 Euro.

Withdrawal until: 31.3.2023 (23:59 CET): If a medical confirmation is available, the entry fee will be refunded minus a processing fee of 330 Euros. Without medical confirmation there will be no refund.

Withdrawal after: 1.4.2023: There will be no refund.

Due to your team name you can change the participants until the registration on 23.06.2023.

Support activities will be taken over by the team members independently!

Otherwise, the event guidelines for individual starters apply.

## **Clean sport**

The athletes undertake to comply with the Anti-Doping Regulations of the Anti-Doping Federation Act 2021 as well as the according regulations of the relevant national and international sports federation (in particular statutes, sports regulations, competition rules). Athletes are persons who are members or licensees of a sports organization or its belonging organizations, or who were members at the time of a potential violation of anti-doping rules, or who participate in competitions organized by a sports organization or by its belonging organizations or supported by a federal sports promotion scheme.

The organizers and hosts reject doping strictly. As a participant, you assure that you have not taken or will take any prohibited substances or prohibited methods for doping purposes. Information about whether a drug or a treatment method is forbidden, can be found here: [www.nada.at/medikamentenabfrage](http://www.nada.at/medikamentenabfrage).

This service of the National Anti-Doping Agency (NADA Austria) is also available as "MedApp" for Android and IOS.

If the participating athletes have taken illicit substances or used prohibited methods after medical or dental diagnosis, it is strongly recommended that all medical certificates and findings be retained for any retroactive medical exception approval. More detailed information can be found here:

<https://www.nada.at/de/medizin/krankheit-oder-verletzung>

**The new generation of winners!**

