

austria extreme

TRIATHLON

Haundbuach 2019
race manual
english



3,8 km



186 km



44 km



+ 5.800 m

the new generation of winners

sponsored by



Austria eXtreme Triathlon Manual 2019

Version 1, 01/08/2018 Manual (Manual)

We are a motivated team and we organize the Austria eXtreme Triathlon from pure passion for the sport. Read the Haundbuach (Race Manual) carefully to answer your questions. If you still have any questions, ask them either in **German or English!**

This Haundbuach gives advance information about the Austria eXtreme Triathlon on Austrian soil. More detailed information for the participants will follow in 2019 after registration in the form of a Stroßnbuach (Roadbook), with detailed directions. For ease of readability, the masculine notation is used consistently. Content changes reserved!

Austria eXtreme Triathlon - the sporting challenge

Austria eXtreme Triathlon 2019 is the 5th eXtreme Triathlon edition of its kind in Austria. The athletes and their supervisors 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 focus here is not time measurement, but an incomparable sporting experience.

The track of the Austria eXtreme Triathlon is just as breathtakingly beautiful as it is challenging with more than +5.800 meters of altitude. The athletes and their supervisors go on an exciting journey with fantastic landscapes that lead them across the green heart of Austria.

This triathlon is a long-distance competition.

The atmosphere of the athletes, supervisors, partners and the crew is familiar and relaxed.

The time measurement is second. In the foreground are the personal commitment and the challenging adventure that the athletes share with their supervisors.

The winning experience amidst spectacular and breathtaking natural landscapes make the event an unforgettable sporting experience.

Explanations of the swimming-, cycling and running track

Swimming course:

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

If an athlete is assigned, the organization must at least be informed by telephone under the **hotline number +43 664 755 33 303** and the GPS tracking system must be delivered to the nearest checkpoint!

Cycling course:

In terms of altitude meters, this section is the most challenging. Remember to properly allocate your energies and choose a corresponding tempo.

Gaberl

At the Gaberl, a former Roman road, you can already see for the first time towards Dachstein. Now it goes steeply downhill to Murtal.

Lachtal

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

Sölkpass

The Sölkpass with slopes between eight and 12% now rises in front of you. It connects Ennstal in the north with the upper Murtal in the south and crosses the Schladminger Tauern.

At the Sölkpass you are at an altitude of +1,790 meters. As a reward for your efforts so far, you will leave the beautiful valley. ATTENTION, dangerous downhill!

Checkpoint

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

When an athlete is assigned, the organization team must at least be informed by telephone using the hotline number and the GPS tracking system must be handed over to the nearest checkpoint!

Running track:

Sölksperr

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

Strubschlucht

It goes into the Strubschlucht; This separates the small and big Großsölktal. 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 rap in the heart of the Dachsteingebiets. 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 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 +1,910 meters above sea level at the foot of the Dachstein Südwände. 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! Here, you will be spoiled with regional dishes and drinks. Starting point for hut hikes, all climbing tours and climbing routes in the Dachsteingebiet.

Checkpoint

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

1. Summary

3.8 kilometers of swimming, 186 kilometers of cycling, 44 kilometers of running and over +5,800 meters of altitude. This is the Austria eXtreme Triathlon.

The starting shot will be on 22.06.2019 south of the Styrian capital Graz.

All athletes and their personal supervisors will register on the day before, the 21.06.2019 from 04:00 p.m.

The exact location will be published in the Stroßnbuach 2019 (Roadbook 2019).

There, the start numbers are issued and a final briefing for the players takes place.

This registration with his supervisor is essential for a start.

The starting place is awarded according to the principle "First Come – First Serve".

The registration is only fixed by the confirmation from the organizer with the starting number, which you get by mail. A total of 125 individual starting places will be awarded.

The final entry list will be published on the homepage of Austria eXtreme Triathlon at the beginning of January 2019 www.autxtri.com

Each athlete needs a personal supporter. The latter must be able to communicate with the organization team in German or English. This so-called "supporter" must always be accessible to the organization team by means of a functional mobile phone. For each participating sportsman, the organization is to be known as a supervisor as well as a car license plate and the phone number under which he can be reached. The vehicle will be marked with a placard on the day before the triathlon.

This car must not be driven in front of or behind the athlete at any time during the triathlon. Nothing can be accepted from the driving car, and the athlete is not allowed to lean on the car or sit.

Driving in the wind shadow is also not allowed.

The run is only partially accessible by car.

Walking on foot is permitted, the accompanying bicycle is prohibited on the whole course. Also, all of the mobile undercarriages with motorization are e.g. E-bikes, etc. is not allowed on the entire course!

The use of poles of any kind is prohibited!

The guard car can only be parked in public car parks. A corresponding map with listed parking spaces will be attached to the Stroßnbuach 2018. In general, the Austrian Road Traffic Regulation (StVO) applies.

The supporter is allowed to accompany his athlete along the route and to feed him.

It is forbidden to carry animals on the route. We advise the athlete to carry a drinking bag from the beginning of the course. Both have to carry a backpack with solid and liquid food, warm clothing, emergency cover and a working headlamp from the Checkpoint Silberkarklamm.

The **entry fee** is **395 Euros** and includes in addition to the starting fee:

- Finisher T-shirt for athlete and registered supporter
- Roof toll for one car
- Transfer to the Silberkarklamm
- On-site service
- Joint brunch on 23.06.2019 for all athletes and their registered supervisors in the Ramsau event hall
- Sports bag for athletes with name and startnumber
- Two mountain/valley tickets for the Dachsteinbahn on June 23,2019
- Group photo (online)
- Stroßnbuach (Roadbook) in print version

In case of withdrawal from the event until 31.12.2018, a processing fee of 145 Euro will be withheld.

In case of withdrawal from the event until 01.03.2019, the participation fee minus a processing fee of 195 Euro will be refunded without notification of reasons.

In the case of cancellation between 01.03.2019 (23:59 CET) and 31.03.2019 (23:59 CET) a processing fee of 195 Euro will be charged upon presentation of a medical certificate.

Without a doctor's certificate the entire entry fee will be withheld.

After 01.04.2019, the entire participation fee has to be withheld.

A transfer of the starting place to the following year is not possible!

A transfer of the starting place to another person is not possible!

These cancellation conditions must be **strictly** adhered to in order to protect the event from financial damage.

Accommodation, meals, travel and other activities must be organized and financed by the respective team of the athlete. Tips for accommodation possibilities can be found in the detailed Stroßnbuach 2019 (Roadbook 2019) or on the homepage www.autxtri.com. Only the fastest male and female participants are highlighted. A prize money will not be paid out.

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

When an athlete is assigned, the organization must at least be informed by telephone and the GPS must be delivered to the next checkpoint.

Award ceremony (Sunday, 23.06.2019)

All athletes and their registered supervisors will be given a brunch at the Ramsauer Eventhalle by the Verein Austria eXtreme Triathlon on 23.06.2019 (Address: Ramsau 350, A-8972 Ramsau am Dachstein).

The finisher T-Shirts will be presented during this brunch (09:00 a.m - 12:00 a.m.). Then the group photo takes place.

Brunch

The number of additional tickets for additional persons (costs: 25 € p.P.) must be announced on the homepage "Service Brunch" on 15.06.2019 at the latest. At a later date, no other wishes can be considered for organizational reasons.

2. Conditions of participation

The following terms and conditions apply to the Austria eXtreme Triathlon:

Each participant of a long-distance triathlon must be aware of the extreme physical challenge.

It is up to the participant and his supervisor to take personal responsibility into account. As already mentioned, timing plays a subordinate role. Austria eXtreme Triathlon aims to offer its participants an unforgettable sporting experience.

There is no referee at the course.

Austria eXtreme Triathlon assumes that its competitors are fair to the other athletes and supervisors and respect nature in a respectful manner.

The STVO (road traffic regulations) applies on all roads.

Fairness and safety is a basic principle of the Austria eXtreme Triathlon, i.e. the athletes complete the triathlon from their own muscle strength.

The organizer also has the right to change the route guidance by means of force majeure or, in the worst case, to cancel the event without stating reasons.

The organizer is not liable for accidents, damages and claims theft.

In the case of discrepancies between the different language versions, the German version applies.

I hereby agree to the fact that photographs or recordings may be made or published within the framework of the press / public relations work. The photographs or recording may be published without restriction in time, space, material and content.

The court of jurisdiction is Graz!

Regulations for Athletes and Supporters

Referees are not provided. The organizers appeal to the responsibility, reason and fairness of the participants.

If athletes or supervisor drop back, the team will be immediately expelled from the contest. By participating in the triathlon all participants undertake to help other competitors in emergency situations.

General information on starting positions

The Austria eXtreme Triathlon has 125 starting places available. This is done according to the principle "First Come – First Serve". The registration is only made by sending the start number by mail.

The organizer reserves the right to refuse athletes!

The starting place is personal and non-transferable. For this reason, the athletes must identify themselves with the registration (briefing) on the day before the triathlon by means of an official photo identification card. The Austria eXtreme Triathlon Haundbuach 2019 (Manual 2019) must be read carefully before the registration.

Participation fee

The participation fee is 395 Euros and is paid via Mastercard and VISA-Card. Subject to alterations by an adequate payment system!

Waiting list

There is no waiting list!

Entry list

The final participants of the Austria eXtreme Triathlon 2019 will be published on the website www.autxtri.com of the triathlon at the beginning of January 2019.

3. Mandatory Supervisor

Responsibility of the supervisor

Each athlete needs a personal registered supporter, who accompanies him during the triathlon and feeds him on the bike and running track. Food can be taken at any time along the running course.

The running track is hardly navigable with vehicles.

Without a registered supporter, the athlete **does not receive a starting number**. 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 data of the registered supporter must be announced at the time of registration for the draw. This enables the crew of Austria eXtreme Triathlon to provide both athlete and registered supporter with information on the event by e-mail until the start of the competition. The supervisor can be re-nominated until the registration on the day before the race.

For the competition, only one supporter vehicle is allowed per athlete. However, several persons can ride along to accompany the athletes.

The vehicle is marked by the Austria eXtreme Triathlon organization. We recommend not to use buses or camping vans over 3,5 tons for lack of space on mountain roads. The strict limitation of the vehicles is in favor of the triathlete. There is also a limited possibility to park the car on narrow pass roads.

Accompaniment of the athlete from the Silberkarklamm Checkpoint

From the Silberkarklamm Checkpoint, the supervisor is obligated to accompany the athletes in the course of the race. Both must cross the finish line together to complete the triathlon successfully and properly.

Failure to do so will result in disqualification!

Supporter T-Shirt

Since the supporter plays an important role in the Austria eXtreme Triathlon, they receive their own finisher T-Shirt on Sunday at the award ceremony. A supporter T-shirt is issued for each athlete. The required clothing size must be indicated at the time of registration and cannot be changed afterwards!

Medical care

The medical team is authorized at any time during the competition to exclude an athlete from the continuation of the race due to medical reasons.

A continuation of the race at the Athlete's own responsibility is prohibited.

4. Withdrawal policy

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

Cancellation by 31.12.2018 (23:59 CET): A processing fee of 145 Euros will be withheld by the organizer.

Cancellation by 01.03.2019: Without giving reasons, the nominal fee will be refunded minus a reduction of 195 Euros.

Cancellation between 01.03.2019 (23:59 CET) and 31.03.2019 (23:59 CET): For the reimbursement of 200 Euros a medical certificate is required. A handling fee of 195 Euros will be withheld.

Cancellation after 01.04.2019: The entire entry fee must be withheld. A partial refund is also no longer possible when presenting a medical certificate.

Prize money

No prize money will be paid!

Timing

For the Austria eXtreme Triathlon Crew, everyone who comes across the finish line is a winner. The fastest woman and the fastest man are highlighted.

Timekeeping is carried out through a GPS tracking system.

Registration and briefing

The starting number and a final briefing of athlete and supervisor takes place the day before the Austria eXtreme Triathlon, **Friday 21.06.2019**. This registration is obligatory for athlete and registered supporter to start at the Triathlon.

Winner Ceremony on Sunday, 23.06.2019

The honors of those athletes with their registered supporter, who have jointly achieved the goal of the Austria eXtreme Triathlon, will be performed on the Sunday morning after the race.

Spectators

Spectators are warmly welcomed both at the start of the race, as well as on the course and in the finish area. Fans are requested to keep the parking spaces along the bike route free.

5. Course of the event

Friday, 21.06.2019 from 04:00 p.m.

Registration and starting number assignment at 04:00 p.m.

The athletes and their assistants register together. Place and exact date and time of the registration will be announced in the Stroßnbuch 2019 (Roadbook 2019).

When registering, the presentation of a photo-proof for athlete and supervisor is obligatory.

Briefing at 05:00 p.m.

At 05:00 p.m. the race management will hold a briefing for all players. Athlete and their registered supervisor must be present: Important and up-to-date information about the race is given.

Saturday, 22.06.2019, 04:30 a.m.

Swimming

At 04:30 a.m. the 5th Austria eXtreme Triathlon starts in Altarm-Thondorf, south of the Styrian capital Graz.

The water temperature of the Mur is 10 to 16 degrees Celsius.

Wearing of a neoprene suit is obligatory.

Adviser info swimming

The change zone is open from 03:15 a.m. for the supervisor. The supervisor is responsible for the racing bike and the equipment of the athlete.

The organizer accepts no liability for this. If the athlete has left the change zone, the supervisor must also clear the change zone.

Cut-off time for swimming: 06:45 a.m.

Cycling

A total distance of approx. +3,950 meters are covered on 186.6 kilometers. These may only be returned with one and the same bike! As there are no separate roadblocks for the competition, attention must be paid to public transport. Particular care is taken on downhill runs. Driving in the wind shadow is not permitted.

The Austrian road traffic regulations (StVO) are valid on the busy roads.

Supporter cycling info

Each Athlete is entitled to one of the supervisor's vehicles (PKW up to 3.5 tonnes). The supervisor may not travel either directly in front or behind the athlete. Nothing can be accepted from the driving car. The athlete must not lean on the vehicle or sit in the vehicle. The supervisor is allowed to take care of the athlete during the whole cycle. The supervisor has to park his vehicle only in public parking - whether for food or for parking.

In Stroßnbuach 2019 (Roadbook 2019), the meeting places for athletes and supervisors are listed.

The changing zone is located near the Großsölk dam. The supervisor will make the change to the race and have to clear this zone immediately after leaving the athlete.

Cut-off time for cycling: 05:00 p.m.

Running

A total distance of approx. +1,900 meters of altitude on a 44 kilometer track are overcome. Each athlete should have sufficient liquid and solid food at his disposal.

Supporter running Info

Athletes and supervisors must wear a backpack with solid and liquid food, warm clothing (jacket, rain cover, headgear, gloves, emergency cover) and a functional headlamp. Recommended liquid food: at least 1 liter; Solid food: energy seal.

The running track is only partially accessible by motorized vehicles. Walking on foot is permitted, the accompanying bicycle is prohibited on the whole course. Also, all of the mobile undercarriages with motorization e.g. E-bikes, etc. are not allowed on the entire running course!

The use of poles of any kind is prohibited!

The guard car is to be parked in public car parks.

From Silberkarklamm Checkpoint, the supervisor must accompany the athlete to the finish line. Both must cross the finish line together to complete the triathlon successfully and properly.

Cut-off time for running up to the CP Aich: 07:00 p.m.

Cut-off time for running up to the CP Silberkarklamm: 08:00p.m

**Cut-off time for running up to the CP Glös-Alm: 10:15 p.m.
Finish-line: 12:00 p.m.**

Sunday, 23.06.2019, 09:00 a.m.

On Sunday morning, athletes, supervisors and teams will meet for the official award ceremony, with an "Austria eXtreme Triathlon T-Shirt" being handed over to all "Finishers", and the ceremony will take place from 09:00 to 11:00 a.m. Then the Austria eXtreme Triathlon Crew will take a common group photo with all finisher.

Further details on the event will be given to all participants of the Austria eXtreme Triathlon in the Stroßnbuach (Roadbook), which will be issued in 2019.

Clean sport

"The athletes undertake to comply with the Anti-Doping Regulations of the Anti-Doping Federation Act 2007 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

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!

