

austria extreme

TRIATHLON

Haundbuach 2020
race manual
english



3,8 km



186 km



44 km



+ 5.800 m

the new generation of winners

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Austria eXtreme Triathlon Manual 2020

Version 2, 3/1/2020

We are a motivated team organizing the Austria eXtreme Triathlon from pure passion for the sport. With this Haundbuch (Race Manual) 2020, 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 2020 after registration in the form of a Stroßnbuch (Roadbook) 2020, including as well detailed directions.

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

Austria eXtreme Triathlon –the sporting challenge

Austria eXtreme Triathlon 2020 is the 6th 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, Sölkta, 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 5.800 meters of positive altitude difference. The atmosphere of athletes, supervisors, 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.

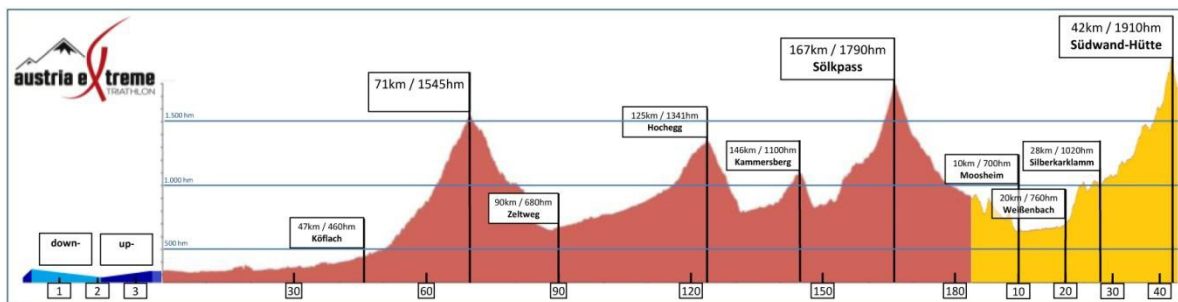
The Route

General Overview

The 6th Austria eXtreme Triathlon takes place on **June 27, 2020, starting at 4:30 a.m.**

All athletes and their personal supporters have to register and attend the briefing on the day before, **June 26, starting at 4:00 p.m.** The exact location of registration and briefing will be published in the Stroßnbuach (Roadbook) 2020. **Registration and briefing are mandatory for athletes and supporters.**

This is the Austria eXtreme Triathlon: 3.8 kilometers of swimming, 186 kilometers of cycling, 44 kilometers of running and over +5,800 meters of altitude. **The supporter has 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 is in the south of Graz in the Mur, the main river of Styria, which flows through Austria, Slovenia, Croatia and Hungary and forms part of the borders between the states. The water quality is of grade two.

The water temperature of the Mur is 10 to 16 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 distance of approx. +3,950 meters is covered over 186.6 kilometers. In terms of altitudedifference, this section is the most challenging. Remember to properly allocate your energy and choose a corresponding pace.

Covering the whole distance with one and the same bike is mandatory! **The roads are not closed for the general traffic**, so you have to take care of it 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.

Sölkpass

The Sölkpass 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 Sölkpass 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 44 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 Großsölkta. 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 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 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 get by E-mail. A total of 125 individual starting places will be awarded. The organizer reserves the right to refuse athletes!

Each athlete needs 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) 2020 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) 2020 or on our homepage www.autxtri.com.

Participation fee

The participation fee is

- € 420.- until 31.12.2019
- € 520.- from 1.1.2020

The participation fee has to be paid by Mastercard and VISA-Card (changes reserved).

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
- Joint brunch on 28.6.2020 for all athletes and their registered supervisors in the Ramsau event hall(*)
- Sports bag for athletes with name and startnumber
- Group photo (online)
- Stroßnbuach (Roadbook) in print version

(*) Additional tickets for accompanying persons (25 € per person) must be booked via www.autxtri.com, "Service Brunch" until 15.6.2020 at the latest. For organizational reasons, later bookings cannot be accepted.

Waiting list

There is no waiting list.

Entry list

The final participant list of the Austria eXtreme Triathlon 2020 will be published on our website www.autxtri.com beginning of March 2020.

Withdrawal policy

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

Cancellation by 31.12.2019 (23:59 CET): A processing fee of 150 Euro will be withheld by the organizer, the remaining sum will be refunded.

Cancellation by 1.3.2020 (23:59 CET): A processing fee of 220 Euro will be withheld by the organizer, the remaining sum will be refunded.

Cancellation by 31.3.2020 (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 1.4.2020: 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 the others and towards nature in a respectful manner.
- The Austrian StVO (road traffic regulations) applies on all roads.
- The organizer has the right to change the route or, in the worst case, to cancel the event without stating reasons.
- The organizer is 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

Referees are not provided. 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 whole 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 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 whole bike leg. We recommend not to use buses or camping vans over 3.5 tons for 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) 2020, 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 Sölkspërre. 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 equipping 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 the 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) 2020 and the GPS tracking system must be delivered to the nearest checkpoint!

Prize money

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

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.

Course of the event

Friday, 26.6.2020	<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) 2020. When registering, the presentation of photo IDs for athlete and supporter is obligatory.	4:00 – 5:00p.m.
	<u>Briefing</u> Athletes and their registered supporters must be present. Important and up-to-date information about the race is given.	5:00 – 6:00p.m.
Saturday, 27.6.2020	<u>Handing out of GPS tracker&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, 28.6.2020	<u>Brunch and Finisher ceremony</u> Athletes, supervisors and teams will meet for the official award ceremony, with an "Austria eXtreme Triathlon T-Shirt" being handed over to all finishers. The ceremony will take place from 9:00 to 11:30 a.m., ending with a group photo of the Austria eXtreme Triathlon Crew with all finishers.	9:00 – 11:30a.m.

Further details on the event will be given to all participants of the Austria eXtreme Triathlon in the Stroßnbuach (Roadbook) 2020.

Corporate teams

What are company teams and how can they apply?

Quite simply: Four of you register in the name of your company. The first team member swims, team member two rides the bike course, team member three runs and one team member accompanies the whole race as a supporter by car. From the Silberkarklamm (on the running track 17 km before the finish) a second team member has to run along and from the Glösalm (4.5 km before the finish) also a third team member has to join. Only teams with all three athletes arriving together at the finish line will be judged!

The start package for corporate teams includes (entry fee 2.400 Euro):

- 4 Austria eXtreme Triathlon training shirts with company logo (delivery of the shirts March 1, 2020)
- The company logo on the website of the Austria eXtreme Triathlon (Team section)
- A quarter page in Stroßnbuach / Roadbook (text of the company)
- 1 Posting on the Facebook page of the Austria eXtreme Triathlon (text of the company)
- 1 company banner in the transition zone 1
- 3 finisher shirts and 1 supporter shirt at the finisher ceremony for finishers
- 4 tickets for the brunch on Sunday, June 28, 2020

The registration takes place via e-mail to the Austria eXtreme Triathlon Association. Then the bill is issued and sent for deposit.

If the team does not start, for whatever reason, there is no money back - as the company acts as a sponsor in this case.

The general conditions of the individual starters apply.

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!



Austria eXtreme Triathlon Verein / Lendplatz 34 / 8020 Graz / Austria / ZVR: 206118759 / office@autxtri.com