

# austria extreme

## TRIATHLON

### Haundbuach 2018 race manual english



± + 5.800 m

the new generation of winners

sponsored by



# **Austria eXtreme Triathlon Manual 2018**

Version 1, 11/07/2017 Manual (Manual)

We are a motivated team and we organize the Austria eXtreme Triathlon out of 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 (Race Manual) provides you with information in advance about the Austria eXtreme Triathlon, which takes place on Austrian soil. More detailed information for participants will follow in 2018 after registration, in the form of a Stroßnbuach (Roadbook), with detailed directions.

For ease of readability, the masculine notation is used consistently.

We reserve the right to make content changes as required!

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

**Austria eXtreme Triathlon 2018 is the 4th eXtreme Triathlon of its kind in Austria. The athletes and their supporters can expect a sporting challenge within the green heart of Austria: from the state capital Graz to Murtal, Lachtal, SölktaI, Ennstal and 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 on an incomparable sporting experience.**

The Austria eXtreme Triathlon route is just as breathtakingly beautiful as it is challenging, with more than +5.800 meters of altitude gain.

The athletes and their supporters 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 amongst the athletes, supporters, partners and the crew is familiar and relaxed.

Measuring your race time comes second. The focus is on the personal commitment and challenging adventure that the athletes will share with their supporters. The winning experience, amidst spectacular and breathtaking natural landscapes, make the event an unforgettable sporting experience.

## Explanations of the swimming, cycling and running route

### Swimming course:

The swimming route takes place 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 grade two.

If an athlete cannot complete the swim and leaves the race, the organization must be informed by telephone using the **hotline number +43 664 587 0001** and the GPS tracking system must be delivered to the nearest checkpoint!

---

### Cycling course:

In terms of altitude gain, this section is the most challenging. Remember to properly manage your energy and pace yourself accordingly.

#### Gaberl

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

#### Lachtal

When you arrive at Schönberg, you will be rewarded by a beautiful 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 slope gradients 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 top to the Sölkpass you will reach an altitude of +1,790 meters. As a reward for your efforts so far, you will descend into the beautiful valley below. ATTENTION, dangerous downhill!

#### Checkpoint

At each checkpoint, you are obliged to make verbal contact with the crew!

If an athlete cannot complete the cycle section and leaves the race, the organization team must be informed by telephone using the hotline number and the GPS tracking system must be handed over at the nearest checkpoint!

### Running track:

#### Sölksperr

At the magnificent Sölksperr, you leave your bike and can absorb the natural beauty around you. The running course begins here.

### Strubschlucht

The run route crosses the Strubschlucht. This separates the small and big Großsölktal. For centuries, the creek has exposed marble that is 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 Dachsteingebeits. In the 15th century, silver was mined here. Wild natural scenery with alpine plants and rushing waterfalls leads to the Silberkarhütte.

### Lodenwalker

From 1434, this traditional business enterprise has produced fine suits and costumes, practical jackets, coats, hard-wearing sports and winter clothing as well as Schladminger socks and accessories from pure Schurwolle. Guided tours are offered all year round on weekdays.

### **This is where supporters park their cars!**

### Ramsau am Dachstein

Ramsau am Dachstein is the largest Styrian tourist destination with a sunny, wooded plateau facing the south. The village is a scattered settlement on the southern side of the Dachstein, with three levels of natural park landscape

Ramsau-Türlwand: between 1,700 meters and +1,900 meters, is a south-facing 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. The shortest climb over a comfortable footpath from the glacier cableway takes about 35 minutes, with beautiful circular walks back to the parking lot. There is a wonderful view from the sun terrace! Here, you will be spoiled with regional dishes and drinks. This is also the starting point for hut hikes, all climbing tours and climbing routes in the Dachsteingebiet.

### Checkpoint

At each checkpoint, you are obliged to make verbal contact with the crew!

## 1. Summary

3.8 kilometers of swimming, 186,6 kilometers of cycling, 44 kilometers of running and over +5,800 meters of altitude gain. This is the Austria eXtreme Triathlon.

The race will start on 23.06.2018, south of the Styrian capital Graz.

All athletes and their personal supporters will register the day before the race, on 22.06.2018 from 04:00 p.m.

The exact location will be published in the Stroßnbuach 2018 (Roadbook 2018).

At registration, the start numbers are issued and a final briefing for the participants will take place. Registration for both athletes and their supporters is essential in order to take part in the race.

A starting place in the Austria eXtreme Triathlon is awarded based on a "First Come – First Serve" principle. The registration is only completed when you receive an email confirmation from the organizer with your race number. . A total of 125 individual starting places will be awarded.

The final entry list will be published on the homepage of Austria eXtreme Triathlon website at the beginning of January 2018 - [www.autxtri.com](http://www.autxtri.com)

Each athlete needs a personal supporter who must be able to communicate with the organization team in either German or English. This supporter must always be accessible to the organization team by means of a functional mobile phone. For each participating athlete, the organization must know the supporter's name, as well as the car license plate number 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 directly in front of or too close behind the athlete at any time during the triathlon. Nothing can be accepted from the moving car, and the athlete is not allowed to lean on or sit in the car.

Drafting is not allowed.

The run route is only partially accessible by car.

Supporters may accompany the athlete on foot, , but cycling alongside the athlete is prohibited throughout the course. Also, no motorized equipment e.g. E-bikes, Segway, etc. is allowed on any part of the course!

The use of poles of any kind is prohibited!

The support 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 bring animals with you on the route. We advise the athlete to carry a drinking bag from the beginning of the running course. Both the athlete and supporter must carry a backpack with solid and liquid food, warm clothing, emergency blanket and a working headlight from the Silberkarklamm Checkpoint.

The **entry fee** is **390 Euros** and includes in addition to the starting fee:

- Finisher T-shirt for athlete and registered supporter
- **Road toll** for one car
- Transfer to the Silberkarklamm checkpoint after the race
- On-site service
- Joint brunch on 24.06.2018 for all athletes and their registered supporters in the Ramsau event hall
- Group photo (online)
- A printed copy of the Stroßnbuach (Roadbook)

In the case of withdrawal from the event up until 31.12.2017, a processing fee of 140 Euro will be withheld.

In the case of withdrawal from the event up until 1 March 2018, the participation fee minus a processing fee of 190 Euro will be refunded without notification of reasons.

In the case of cancellation between 01.03.2018 (23:59 CET) and 31.03.2018 (23:59 CET) a processing fee of 190 Euro will be charged upon presentation of a medical certificate. Without a doctor's certificate, the entire entry fee will be withheld.

After 1 April 2018, 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 athlete's team. Accommodation tips can be found in the detailed Stroßnbuach 2018 (Roadbook 2018) or on the homepage of the [www.autxtri.com](http://www.autxtri.com) website.

Only the fastest male and female participants are acknowledged.

Prize money will not be paid out.

At the medical checkpoint, the doctor's instructions must be followed. The medical crew is at all times authorized to exclude an athlete from further participation for health reasons. It is not possible to take responsibility for continuing on your own. If an athlete quits the race before the end, the organization must be informed by telephone and the GPS must be delivered to the next checkpoint.

Award ceremony (Sunday, 24 June 2018)

All athletes and their registered supporters will be invited to a brunch at the Ramsauer Eventhalle by the Verein Austria eXtreme Triathlon on 24 June 2018.

(Address: Ramsau 350, A-8972 Ramsau am Dachstein

GPS data: 47°25'11.9"N 13°39'07.8"E).

The finisher T-Shirts will be presented during this brunch (09:00 a.m - 12:00 a.m.) and then the group photo will be taken.

### **Brunch**

The number of brunch tickets for any additional persons (cost: 25 € p.p.) must be requested on the homepage under "Service Brunch" on or before 15.06.2018. At a later date, no further requests 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 supporter to take personal responsibility into account. As already mentioned, timing plays a secondary role. Austria eXtreme Triathlon aims to offer its participants an unforgettable sporting experience.

There is no referee on the course.

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

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

Fairness and safety are basic principles of the Austria eXtreme Triathlon, i.e. the athletes complete the triathlon using 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 of theft.

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

You hereby agree to the fact that photographs or recordings may be taken 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 supporters litter on the route, the team will be immediately disqualified 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. These will be allocated according to the principle "First Come – First Serve". Registration is only completed when the start number is sent by email.

The organizer reserves the right to refuse athletes!

The starting place is specific to one person and is non-transferable. For this reason, the athletes must identify themselves at the registration briefing on the day before the triathlon by means of an official photo identification card. The Austria eXtreme Triathlon Haundbuach 2018 (Manual 2018) must be read carefully before the registration briefing.

## Participation fee

The participation fee is 390 Euros and is paid via Mastercard or 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 2018 will be published on the triathlon website ([www.autxtri.com](http://www.autxtri.com)) at the beginning of January 2018.

## 3. Mandatory Supporter

### Responsibility of the supporter

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

The running track is mainly inaccessible to vehicles.

**Without a registered supporter, the athlete will not receive a starting number.** During the entire triathlon, the registered supporter assumes responsibility for his athlete and must be able to communicate with the organizers in either German or English. The registered supporter's information must be provided when the athlete registers for the race online. This enables the crew of Austria eXtreme Triathlon to provide both athlete and registered supporter with information about the event by e-mail up until the start of the race. The supporter can be changed up until the registration briefing the day before the race.

**For the race, only one supporter vehicle is allowed per athlete. However, several people can ride along to accompany the athlete.**

The vehicle will be marked by the Austria eXtreme Triathlon organization. We recommend that you do not use buses or camping vans over 3,5 tons due to lack of



space on the mountain roads. The strict limitation of the vehicles is in favor of the triathlete. There is also limited space to park the car on narrow pass roads.

### **Accompaniment of the athlete from the Silberkarklamm Checkpoint**

From the Silberkarklamm Checkpoint, the supporter is obligated to accompany the athlete for the remainder 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 will receive their own finisher T-Shirt on Sunday at the award ceremony. A supporter T-shirt is issued for each athlete. The required T-shirt 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 prevent an athlete from continuing the race due to medical reasons. Continuing 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 31.12.2017 (23:59 CET):** A processing fee of 140 Euros will be withheld by the organizer.

**Cancellation by 01.03.2018:** Without giving reasons, the entry fee will be refunded minus a deduction of 190 Euros.

**Cancellation between 01.03.2018 (23:59 CET) and 31.03.2018 (23:59 CET):** For the reimbursement of 200 Euros a medical certificate is required. A handling fee of 190 Euros will be withheld.

**Cancellation after 01.04.2018:** The entire entry fee must be withheld. A partial refund is also no longer possible despite 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 acknowledged.

Timekeeping is carried out through a GPS tracking system.

## **Registration and briefing**

Hand out of Race Numbers (race packs) and final briefing for athletes and supporters takes place the day before the Austria eXtreme Triathlon, **Friday 22.06.2018**. This registration briefing is obligatory in order for athletes and registered supporters to start the Triathlon.

## **Winner Ceremony on Sunday, June 24, 2018**

The athletes and their registered supporters, who have jointly achieved the goal of the Austria eXtreme Triathlon, will be recognised on the Sunday morning after the race.

This is also a good opportunity for all athletes and supporters to talk to the winners, other athletes and supporters, as well as the crew. Through the Austria eXtreme Triathlon experience, we become a family.

## **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, 22.06.2018 from 04:00 p.m.**

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

The athletes and their supporters register together. Place and exact date and time of the registration will be announced in the Stroßnbuch 2018 (Roadbook 2018).

When registering, it is compulsory to present photo evidence of the athlete's and supporter's identity.

### **Briefing at 05:00 p.m.**

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

**Saturday, 23.06.2018, 04:30 a.m.**

## **Swimming**

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

The water temperature of the Mur is between 10 to 14 degrees Celsius.

Wearing of a neoprene suit is obligatory.

## **Adviser info swimming**

The transition zone is open from 03:15 a.m. for the supporter. The supporter is responsible for the athlete's racing bike and equipment.

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

**Cut-off time for swimming: 06:30 a.m.**

## **Cycling**

There is a total altitude gain of approx. +3,950 meters over the 186.6 km route. The distance must be covered using one and the same bike! As there are no separate roadblocks for the race, attention must be paid to public transport. Particular care should be taken on downhill sections. Drafting is not permitted.

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

## **Supporter cycling info**

Each athlete is entitled to one supporter's vehicle (PKW up to 3.5 tonnes). The supporter may not travel either directly in front of or behind the athlete. Nothing can be accepted by the athlete from the moving car. The athlete must not lean on the vehicle or sit in the vehicle. The supporter is responsible for taking care of the athlete for the duration of the cycle route. The supporter must park his vehicle only in public parking areas - whether for food or for stopping.

In Stroßnbuach 2018 (Roadbook 2018), potential meeting places for athletes and supporter are listed.

The transition zone is located near the Großsölk dam. The supporter will assist the athlete during transition and will have to clear this zone immediately after leaving the athlete.

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

## **Running**

A total altitude gain of approx. +1,900 meters is completed on the 44 kilometer route. Each athlete should have sufficient liquid and solid food at his disposal.

## **Supporter running Info**

Athletes and supporters must wear a backpack with solid and liquid food, warm clothing (jacket, rain cover, headgear, gloves, emergency cover) and a functional headlight. Recommended - liquid food: at least 1 liter; solid food: energy bars.

The running track is only partially accessible to motorized vehicles. Walking on foot is permitted, but cycling is prohibited on the whole course. Also, all motorized bicycle equipment e.g. E-bikes, etc. are not allowed on the entire running course!

The use of poles of any kind is prohibited!

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

From Silberkarklamm Checkpoint, the supporter 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 reaching the CP Aich: 07:00 p.m.**

**Cut-off time for reaching the CP Silberkarklamm: 08:00p.m**

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

**Finish-line: 12:00 p.m.**

**Sunday, 24.06.2018, 09:00 a.m.**

On Sunday morning, athletes, supporters 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 09:00 to 12:00 a.m. Then the Austria eXtreme Triathlon Crew will take a group photo of all finishers.

Further details on the event will be given to participants of the Austria eXtreme Triathlon in the Stroßnbuach (Roadbook), which will be issued in 2018.

**The new generation of winners!**

