



**CHALLENGE**  
**GERAARDSBERGEN**  
*wearetriathlon!*

# ATHLETE GUIDE

Friday June 30 – Sunday July 02 2017

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## Welcome to *CHALLENGEGERAARDSBERGEN in the heart of Cycling History*

It's exciting to see **CHALLENGEGERAARDSBERGEN** becoming a member of CHALLENGE FAMILY and I would like to welcome everybody taking part, athletes and spectators alike. The course leads through the entire region and heart of GERAARDSBERGEN and is underlined by the **Muur**, a spectacular, steep, cobblestone climb culminating at the Chapel of Our Lady of Oudenberg and a major feature of the **Tour of Flanders**.

**CHALLENGEFAMILY** is a global series of long distance triathlons, which include a number of side events and is changing the face of triathlon racing around the world. Featuring spectacular courses in iconic destinations, **CHALLENGEFAMILY** events focus on delivering a **quality triathlon festival experience** to athletes of all ages and abilities, local communities and creating a **memorable** spectator experience that captures all the excitement and emotion of this inspirational sport.

One of my favourite aspects of this spectacular race and festival is the layout for athletes and spectators. Everything is within easy reach of this wonderful setting and the location showcases the beauty of the region.

The festival and numerous side events will deliver huge value to the active lifestyle of the local community and I will be personally challenging the **3 uur De Muur** climb, which I'm very much looking forward to.

The entire team behind **CHALLENGEGERAARDSBERGEN** is passionate about giving the athletes the race of their life. So I'd like to say thank you to them, the hundreds of volunteers and of course the sponsors and local stakeholders and local community, without whom none of this would be possible.

I have no doubt we will have an amazing weekend of racing, the courses are spectacular and the community support outstanding. The **Muur** as well as the finish line is one of the most vibrant in the whole **CHALLENGEFAMILY** series – enjoy!

#SEEUATTHEFINISHLINE  
#WEARETRIATHLON

Zibi Szlufcik  
**CHALLENGEFAMILY CEO**



Dear  
Sportfriends,

The City Council of Geraardsbergen is very pleased to invite for the first time an International Triathlon.

Triathlon may not be the most common sports, but has currently has become extremely popular, both in inland and abroad. It is an ideal sport for those who go for a real challenge, since it consist of swimming, biking and running.

The whole idea is to organise a triathlon grow two years ago itself from the base has. A lot of athletes wanted to climb the iconic **THEMUUR**. Together with **CHALLENGEFAMILY** we found a partner who has the same values as our city. In our coöperation we focus on the sport and the athlete and we for one large SPORTS FESTIVAL WEEKEND with celebrations and entertainment.

The impressive number of nationalities that participates in the first **CHALLENGEGERAARDSBERGEN** shows that a lot of athletes see **THEMUUR** as an important extra advantage.

In addition to the noble Age Group Athletes this year also, we have the honour to welcome a lot of well-known national and international triathletes, such as Tine Deckers, and Belgian media star Saartje Vandendriessche.

We look forward to this all together unforgettable sports weekend with on Saturday *the kids swim&run* **CHALLENGETEENS**, the **WOMENSRUN** (6 km), the open water swimming competition **CHALLENGESWIM**, and 3 hours **THEMUUR**.

The grand finale will be on Sunday with the triathlon itself, which start early in the morning on the Gavers and will cross the rest of the day our territory.

Are you curious about what it all means? Feel free to come off! It is the ideal time to come to Geraardsbergen and cheer the athletes. We expect a lot of enthusiastic spectators, who on and around the race course will enjoy the course and entertainment. Because in addition to the sports themselves, you can still enjoy Geraardsbergen as store,- and goodfood-city. In short, it is again a sports and folk festival where you all are welcome!

Guido De Padt  
Mayor, City Of Geraardsbergen

Véronique Fontaine  
Alderman Of Sport, City Of Geraardsbergen



## Who would ever dare to think ...

Who would ever dare to think that two years ago we were today on the eve of what perhaps is going to be the biggest multi sports festival in Belgium.

With pride, we are incredibly honored, and incredibly happy, that is one of the largest triathlon organizations in the world, **CHALLENGEFAMILY**, has chosen Geraardsbergen to organize their triathlon-event in Belgium.

In those two years there from the first ideas to the very last weeks, a lot has happened, and it's nice to see that a whole community is setting his shoulders behind this event.

Because it aren't just the athletes who are from all over the world who subscribe and feel that **THEMUUR** will give them an unforgettable experience, and it aren't only the people behind the Organization, in fact there is a growing group of sports enthusiasts and Geraardsbergen servants and local residents who are willing to volunteer as a helper, and make **CHALLENGEGERAARDSBERGEN** to a topedition.

And it goes even further, the provincial domain de Gavere are opening their doors wide open for this event, the towns of Herne and Galmaarden offer us the space to sent the athletes over the most beautiful cycle paths of the Pajottenland. Radio2, Sporza and the many sponsors are joining to make it a topevent.

It is very nice to see that gradually all those people gathered around the **CHALLENGEGERAARDSBERGEN** project.

So don't hesitate about what you are going to do, come out on 2 July, admire and cheer along the course for all those athletes who go out for 1.9 km swimming, 90 km cycling and 21 km of running.

Make sure you don't miss this!

Jens Heyman  
**Commercial Director**

Tim Vidts  
**Operational Director**

Kris Torrekens  
**Race Director**

## Introduction

This Athlete Guidebook contains very important information regarding the preparation for your race.

The most important parts are:

- The program
- Cut-off times
- Registration process  
(Please do NOT forget your legal identification and your licence of your national triathlon federation)
- The rules and regulations

If you are competing in the relay, the information in this guidebook is also applicable to you and your team.

Besides reading this guidebook, you're strongly advised to be present during the Race Briefings on:

### **Race Briefing for Pro Athletes**

at congress room DE DOOS located at the swim start at the following time :

<i>Saturday July 1</i>	<i>14:00 – 15:00</i>	<i>ENGLISH</i>
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### **Race Briefing for Age Group Athletes & Relay**

at congress room DE DOOS located at the swim start at the following times :

<i>Saturday July 1</i>	<i>15:00 – 16:00</i>	<i>ENGLISH</i>
<i>Saturday July 1</i>	<i>16:00 – 17:00</i>	<i>FRENCH</i>
<i>Saturday July 1</i>	<i>17:00 – 18:00</i>	<i>DUTCH</i>

During these briefings, we will provide you with the latest information on the course, rules, and regulations.

### **LIVE ATHLETE TRACKING**

Live athlete tracking will be available on our website: <http://www.challenge-geraardsbergen.com>

## EVENT TIMETABLE

FRIDAY JUNE 30, 2017

START	FINISH	ACTIVITY	LOCATION
17.00	21.00	Athlete Registration	De Spiraal
17.00	21.00	<b>CHALLENGEEXPO</b>	De Spiraal
17.00	18.00	Media Accreditation	De Spiraal

SATURDAY JULY 1, 2017

START	FINISH	ACTIVITY	LOCATION
07.00	09.00	Swim Training Session on Swim Course	De Gavers / Beach
09.30	14.00	<b>CHALLENGETEENS</b>	De Gavers
10.00	17.00	Athlete Registration	De Spiraal
10.00	22.00	<b>CHALLENGEEXPO</b>	De Spiraal
10.00	11.00	Media Accreditation	De Spiraal
12.00	12.30	<b>CHALLENGEGERAARDSBERGEN</b> Media Press Conference	City Hall
12.30	13.00	Official Reveal <b>MANNEKENPIS</b> jersey	City Hall
12.30	13.00	Professional Athletes Meet and Greet	City Hall
14.00	17.00	<b>CHALLENGESWIM</b>	T Schipken
16.00	17.00	<b>CHALLENGEWOMANSRUN</b>	De Gavers / City Center
14.00	15.00	Professional Athlete Briefing	De Gavers
15.00	16.00	Age Group Race Briefing <b>ENGLISH</b>	De Gavers
16.00	17.00	Age Group Race Briefing <b>FRENCH</b>	De Gavers
17.00	18.00	Age Group Race Briefing <b>DUTCH</b>	De Gavers
17.00	19.00	Bike Check-In	De Gavers
18.00	20.30	Pasta Party	De Spiraal

SUNDAY JULY 2, 2017

START	FINISH	ACTIVITY	LOCATION
07.00	09.00	Athlete Registration	De Spiraal
07.00	19.00	<b>CHALLENGEEXPO</b>	De Spiraal
08.00	10.30	Transition Opens	De Gavers / Transition1
09.00	20.00	Media Centre Open	Tourist Office
11.00		Race Start – Professional Men	De Gavers / Beach
11.02		Race Start – Professional Women	De Gavers / Beach
11.05		Race Start – Age Group Women + Men 65 + Handcycle	De Gavers / Beach
11.08	11.25	Race Start – Age Group Men in rolling start	De Gavers / Beach
11.30		Race Start – Relay & Business Relay	De Gavers / Beach
15.00	15.30	Professional Press Conference	City Hall
16.30	20.30	Bike Check-Out	Transition2
19.30	20.30	Award Ceremony <b>CHALLENGEGERAARDSBERGEN</b>	De Spiraal

DE SPIRAAL : Zakkaai 29 Geraardsbergen  
 DE GAVERS : Onkerzelestraat 280 Geraardsbergen  
 T SCHIPKEN : Kampstraat 59 Geraardsbergen  
 CITY HALL : Markt 1 Geraardsbergen  
 TOURIST OFFICE : Markt 3 Geraardsbergen

## PRE EVENT INFORMATION

### Transfer Service

#### T1 / T2 SHUTTLE SERVICE

There will be a shuttle service on Saturdays and Sundays between the City Centre and The Gavers. The pickup point "City Centre" you will find at the roundabout at the end of the WEVERIJSTRAAT (near the athletics stadium) the pickup point "The Gavers" you will find at parking A from The Gavers

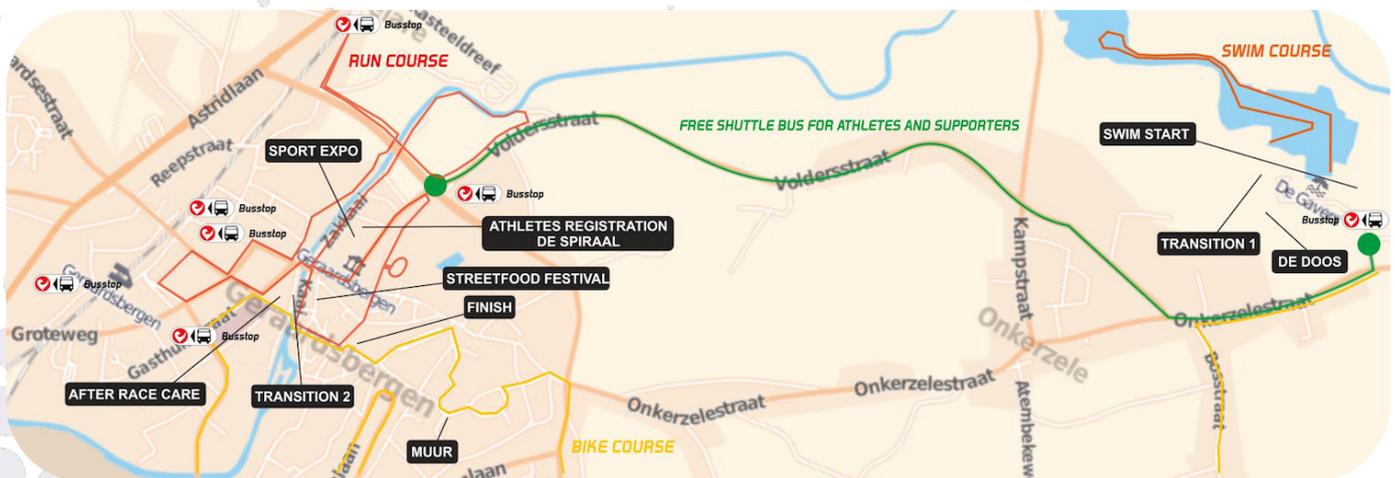
Timetable	Saturday	14.00 - 19.00
	Sunday	08.00 - 21.00

The frequency of the buses will be continuous but please be advised that it can be very busy at peak times. The walking distance from T1 to T2 is 5 km.

#### AIRPORT SHUTTLE SERVICE & HOTEL SHUTTLE SERVICE

For any transfer inquiries, please email [info@challenge-geraardsbergen.com](mailto:info@challenge-geraardsbergen.com)

### Race venue map



## Rules and Regulations

For a smooth and sporty course of the event, we feel compelled to draw your attention to some important rules:

- Participation in the event is at the participant's own risk.
- The participant grants indemnity to the organization against all liability and claims possibly resulting from participation in the event.
- The officials have the right to disqualify participants for reasons of misbehaviour during or before the race.
- The race directors have the right to withdraw participants from the competition for the latter's personal protection, e.g. for medical reasons.
- The race will take place according to the rules of the Belgian triathlon federation (BTDF : <http://www.triathlon.be>)
- You shall adhere to the directions, instructions and rules of the volunteers and the officials (who can be recognized by clothing marked 'TECHNICAL OFFICIAL', 'RACE OFFICIAL' and/or I.T.U.) under penalty of disqualification.

These include among others:

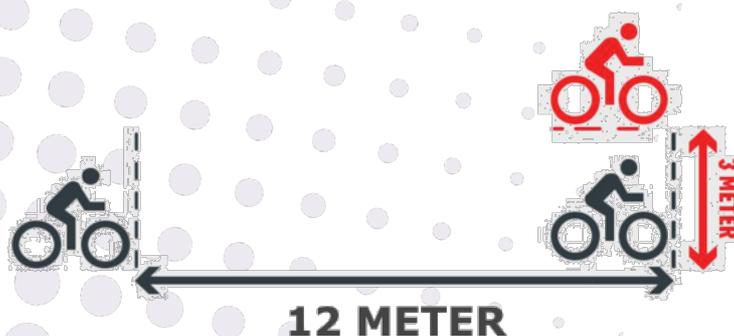
- Music devices (iPod, phones, etc) with earphones are not allowed;
- Action cameras (GoPro's etc) attached to your bike or helmet are only allowed after approval of the head-technical-official;
- No outside assistance is allowed, supporters are not allowed to accompany you on bike on the bike- and run course;
- If you are caught drafting on the bike course, you'll receive a blue card which implies a 5 minute penalty in the penalty box; it is the athlete's responsibility to serve the penalty. If the penalty was not served the athlete is disqualified; If you are caught drafting 3 times and are shown a blue card 3 times you are disqualified;
- Blocking is prohibited! Blocking violation is punished by a yellow card (1 minute in penalty box)
- Regarding relay teams, the biker has to inform the runner independently and autonomously about his/her imposed time penalty, it's the runners responsibility to serve to time penalty at the exit of Transition 2.
- The littering of trash during the competition outside the provided zones in transition area as well as at the beginning and ending of the aid stations of the bike and run courses will end in a disqualification.

Penalties:

- no card > stop&go (Minor violation)
- **Yellow** card > 1 minute in the penalty box (Blocking violation)
- **Blue** card > 5 minutes in the penalty box (Drafting violation)
- **Red** card > disqualification (Serious breach of the rules/dangerous or unsportsmanlike conduct)

**CHALLENGEGERAARDSBERGEN** is a non-drafting race. We follow the ITU 12 meter drafting rule, so we will work with a 12m long and 3m wide anti drafting zone. This zone is from the front wheel of the leading athlete to the front wheel of the overtaking athlete. Overtaking should take place within 40 seconds. Blocking is prohibited.

There will be DUTCH-LINES along the course to check your distance.



## Race Day Checklist

### TRANSITION

- Transition Area is accessible between 8.00 a.m. – 10.30 a.m.
- ID Wristband
- Nutrition to strap/secure to your bike
- Race number tattoo/decal on left & right upper arm

### SWIM

- Race supplied Swim cap
- Timing Chip (applied to left ankle)
- Wetsuit (if applicable)
- Goggles

### BIKE

- Bike seat post label
- Bike shoes (in bag or clipped onto bike)
- Race Bib number
- Sunglasses
- Clothing
- Socks
- Nutrition & fluids (in bag or on bike)

### RUN

- Running shoes
- Sunglasses
- Hat
- Socks
- Clothing
- Nutrition & fluids

### AFTER RACE

- GREEN After Race Bag, containing all of your post-race requirements & personal belongings including warm clothing

## Information Desk

Friday, Saturday and Sunday two information desk are open for you:

- Athletes information desk : **CHALLENGEEXPO** at the **ATHLETESREGISTRATION**
- Central information desk : **CHALLENGEEXPO** at the corner with **STREETFOODFESTIVAL**

## Parking

Sufficient Parking space is available near the city.

The meadow between “Denderland shopping” and “Cinema focus” (adres; Zonnebloemstraat 9) will serve as General parking on Friday and Saturday, and as exclusive athletes parking on Sunday. Signs wil guide you to the parking spots.

## Expo

The **CHALLENGEEXPO** is located near by the **ATHLETESREGISTRATION** close to **T2**.  
adres: Zakkaai 29 - Geraardsbergen

Opening hours:	Friday, June 30	17.00 – 21.00
	Saturday, July 1	10.00 – 22.00
	Sunday, July 2	07.00 – 19.00



## Medical

During the event our Medical Team will take the best care of our athletes. If you have special medical needs, please inform our Head Medic before you start the race.

- In case you need medical assistance in the days before or after the race, please contact the weekend doctor : **+32 54 410607** or as for assistance at the **information desk**.
- The National Emergency Number in Belgium is **112**

## Bike Mechanics

At **TRANSITION1**, **S-BIKES** will offer bike service during Bike Check-in and on Race morning.

There are no mechanics at the bike course, athletes are responsible to bring material themselves.

In case you need any technical bike assistance in the days before the race, you are welcome at the **S-BIKES** shop.

- adress Astridlaan 156 – Geraardsbergen
- phone +32 54 245968 or +32 495 805211
- website [www.s-bikes.be](http://www.s-bikes.be)



## Athletes Registration

The **ATHLETEREGISTRATION** is located near by the **CHALLENGEEXPO** close to **T2**.  
adres: Zakkaai 29 - Geraardsbergen

Don't forget to bring your personal identification and triathlon federation license card for validation purposes.

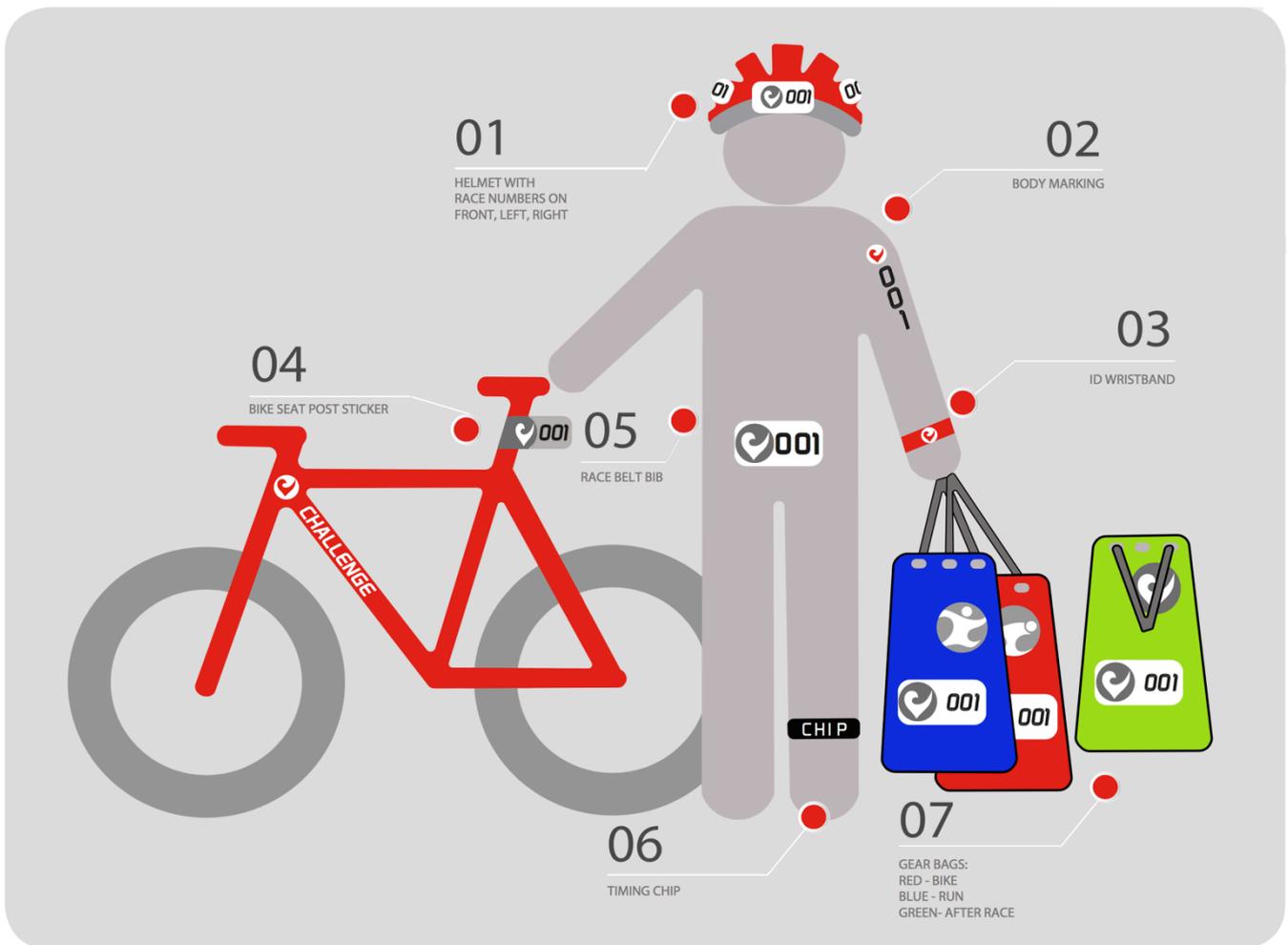
The registration process takes place according to following steps:

1. Make sure to look up your bib number by checking the starting list on the wall in the registration office
2. Near the wall with the starting list will be some Release and Waiver of Liability and Indemnification Agreements. Please sign it and bring it to the "Race gear pickup" desks. All athletes of a relay team have to be present at the registration office to sign the Release and Waiver of Liability and Indemnification Agreement.
3. At the desk marked "INFORMATION"
  - In case there is an issue with your registration, you will be assisted at this desk.
  - If you can't provide a triathlon union license card, a day license must here be acquired for Euro 15.00.
  - you can buy additional entrance tickets for your families/friends to the Pasta Party (adults Euro 15.00 – Kids <12y Euro 10.00 per Ticket)
  - You can also buy a pass for the VIP area directly at the finish line, with sweets&drinks open from 13:00 - 19:00 (Euro 60.00 per Ticket)
4. At the desk marked "RACE GEAR PICK UP".
  - Your entry information will be checked and you'll receive the necessities for racing in an envelope.
  - You will also be provided with three bags that are required during transitions and after the race.
  - Additionally you will get a voucher for your Athletes Gift, which you can pick up at the **CHALLENGEEXPO**

During the Registration Process you will receive all your race gear that you'll need during the race weekend. The race gear consists of the following items:

- a. Race bib number to be worn on your back during cycling and on your chest during running.
- b. Tattoos: decals with your bib number which need to be placed on your body: one on your left upper arm and one on your right upper arm.
- c. Bike seat post sticker, to be placed under the saddle of your bike.
- d. Helmet race number sticker, to stick on the front, left and right side of your helmet.
- e. Three TA bags stickers, one for each bag
- f. Swimming cap, to be worn during the swim course
- g. Three TA bags, to be used as follows:
  - Red = Containing bike outfit
  - Blue = Containing run outfit
  - Green = Containing After race outfit
- h. Athlete wristband that gives you access to participants' areas, to be worn around the wrist. This wristband will also give you access to the Pasta Party.
- i. Timing Chip must be worn on the left ankle

Please check to ensure that all these items are present. In case of deviations, please report this at the Information Desk.



## Timing Info

The progress of your race is registered by a Race Timing Chip (transponder) attached to a soft rubber band with velcro. This transponder needs to be placed on your left ankle during all three parts of the race. As the chip is linked to your BIB number, please make sure the organization has match the chip with your BIB number. Otherwise your time cannot be registered correctly during the race.

There will be a ship-scan-computer at the **ATHLETESREGISTRATION**

Live athlete tracking will be available on our website: <http://www.challenge-geraardsbergen.com>

### INFORMATION FOR RELAY STARTERS

Each relay receives a transponder for the time-keeping. This transponder has the additional function of a relay baton, therefore it has to be handed over personal from swimmer to biker as well as from biker to runner. The handing over has to be made on the signed spaces of the biker resp. the runner in the transition area.

## Withdrawal & Timing Chip

If you drop-out of the race, please inform one of the staff members on the course, at transition area, or at the finishline as soon as possible, and definitely before you go home, so we know that you are safe. Return your Timing Chip when checking out your bike. After the race you have to bring the timing chip to the bike check-out to receive your bike.

## Pasta Party

For all athletes, participation in the Carbo Loading party on Saturday is included in the entry fee. In addition, there are a limited number of tickets for accompanying persons. They are available at Euro 15.00 each at athletes registration office, tickets for children under 12 years cost Euro 10.00.

The Pasta Party takes place inside the Spiraal (entrance trough **CHALLENGEEXPO**). Participants are offered all sorts of food to prepare them best for the Challenge of the next day. Entrance is only allowed with athletes wristband or the Pasta Party ticket as handed out during registration. During the Pasta Party, music will be played and brief entertainment program will take place.

## Race Briefing

It is obligatory for all athletes to attend the race briefing

### Race Briefing for Pro Athletes

at congress room DE DOOS located at the swim start at the following time :

<i>Saturday July 1</i>	<i>14:00 – 15:00</i>	<i>ENGLISH</i>
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### Race Briefing for Age Group Athletes & Relay

at congress room DE DOOS located at the swim start at the following times :

<i>Saturday July 1</i>	<i>15:00 – 16:00</i>	<i>ENGLISH</i>
<i>Saturday July 1</i>	<i>16:00 – 17:00</i>	<i>FRENCH</i>
<i>Saturday July 1</i>	<i>17:00 – 18:00</i>	<i>DUTCH</i>

## Bike Check-In

Bike and Bike Helmet check-in:

Saturday, July 1	17.00 - 19.00 p.m.	DE GAVERS / <b>TRANSITION1</b>
Sunday, July 2	08.00 - 10.30 a.m.	DE GAVERS / <b>TRANSITION1</b>

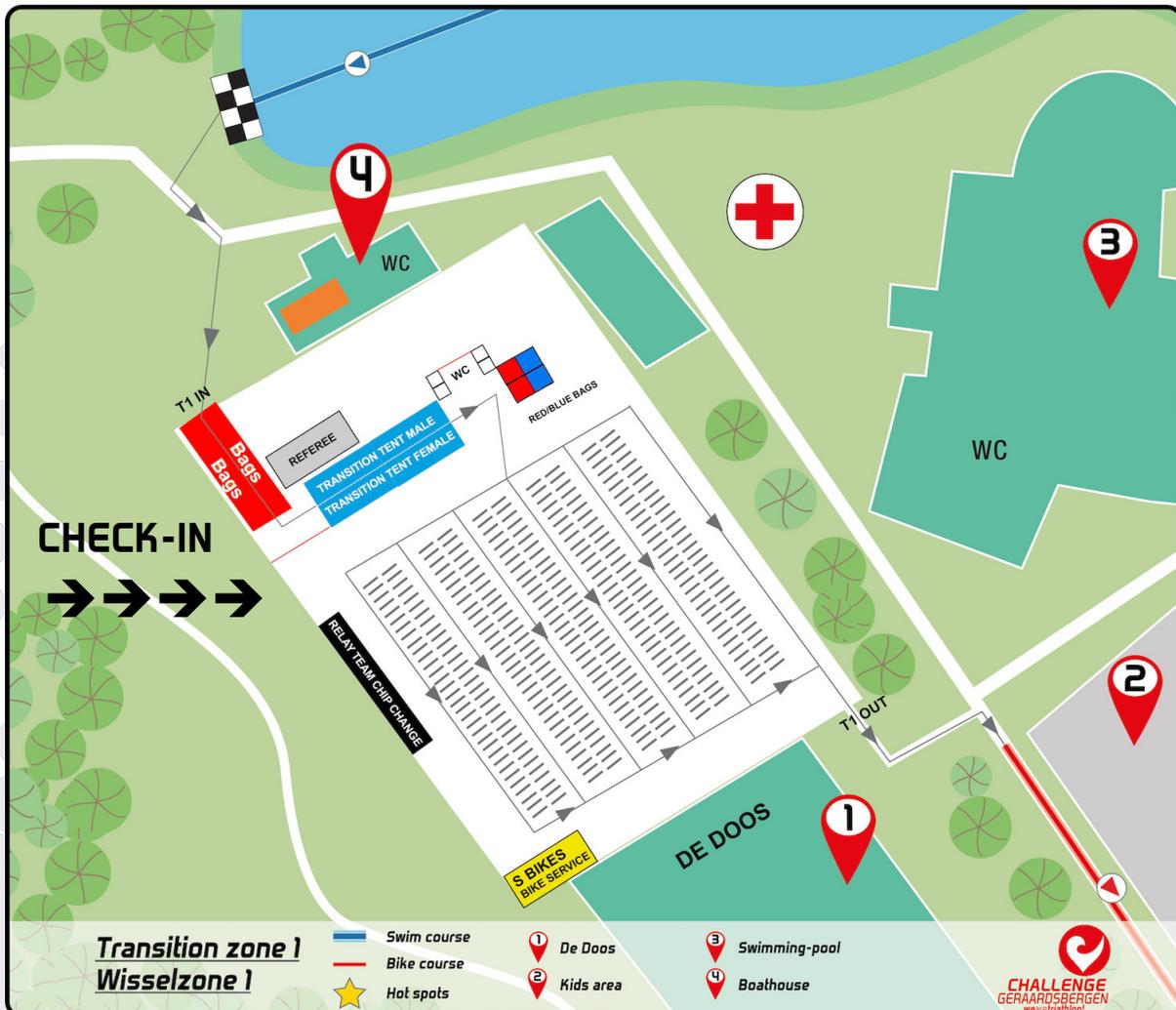
Athletes Red and Blue bags can be checked in on Saturday & Sunday, at the same times.

We transport your **BLUE** RUN GEAR BAG to **TRANSITION2**

The bike check-in is located at DE GAVERS right at swim exit entrance of **TRANSITION1**. At the bike check-in, your bike is checked for safety and adherence to the regulations as set out by the I.T.U.

Before checking-in your bike, make sure you have checked the following things:

- Your bike is technically in order e.g: your brakes are working and there are no open ends on your handle bars.
- The saddle stem flag/label is placed under your saddle.
- On your head you have fastened your helmet containing 3 stickers with your bib number on the front, left and right sides.
- You are carrying your own race BIB number around your waist or in your hand.
- There is no loose gear allowed on the ground in the Transition Area. Make sure everything is placed in the designated red or blue bag. Materials which are attached to your bike (shoes attached / helmet place on steering bar / nutrition) are allowed.



## TRANSITION BAGS

During registration you will receive three differently coloured TRANSITION bags. These should be used as follows:

### RED bag

Contains all your bike gear that cannot be fixed onto your bike. In the TA, no loose gear is allowed on the ground.

This bag is stored in a rack indicated by your bib number in the TA. This bag should be placed by yourself on the rack in

#### **TRANSITION1**

This bag will be ready for you after the swim at the entrance of **TRANSITION1** according to your bib number.

After the swim, this bag will contain all your swimming gear and can be left after the changing tent.

### BLUE bag

Contains all your running gear.

This bag must be handed over before you leave Bike check-in. We will transport and put your BLUE bag to **TRANSITION2**

This bag will be sorted at the entrance of **TRANSITION2** according to your bib number.

After the bike course, you put your bike gear in this bag and can be left after the changing tent.

### GREEN bag

This bag contains your clean, dry clothes and materials that you need after the finish. This bag must be handed over just before the start (location: next to Swim entrance) and is NOT allowed in **TRANSITION1**.

After the race, the green bags will be available to you in the Chill-out zone after the finish.

The red and blue bags can be retrieved from **TRANSITION2** at the Bike Check-out.

## BODY MARKING

Every athlete receives two RACE NUMBER TATTOOS, both are mandatory and need to be put on left & right upper arm.

Mark yourself the night before the race, apply to clean, dry skin that is free of lotion or sunscreen.

- Separate the two decals along the vertical perforated line
- Peel off the clear protective layer
- Put the sticky side on your skin with the arrows pointing up
- Soak the tattoo backing with a wet towel and wait a while
- Place your hand over the backing, when it's ready the backing paper will slide off
- Allow a minute or two to dry

To Remove after race; soak the tattoos in baby oil, rubbing alcohol or nail polish remover for 30 seconds, and wipe away

## RACE DAY INFORMATION

### RACE BIB

It is not allowed to carry your race bib during the swim.

During the bike leg this is carried on the back and during the run leg it is carried on the front.

## COURSE INFORMATION

### Swim course / 1 loop





## SWIM SUPPORT SWIM SAFETY

The swim course is guarded by lifeguards and medical staff on boats and supported by volunteers in kayaks. Are you having issues during the swim? Draw attention to the kayaks and they will come to your rescue.

## SWIM RULES

Wetsuit use is governed by the following values:

- Mandatory: 17.0 °C and below
- Forbidden : 24.0 °C and above
- No Swim if the water temperature is under 15.0°C

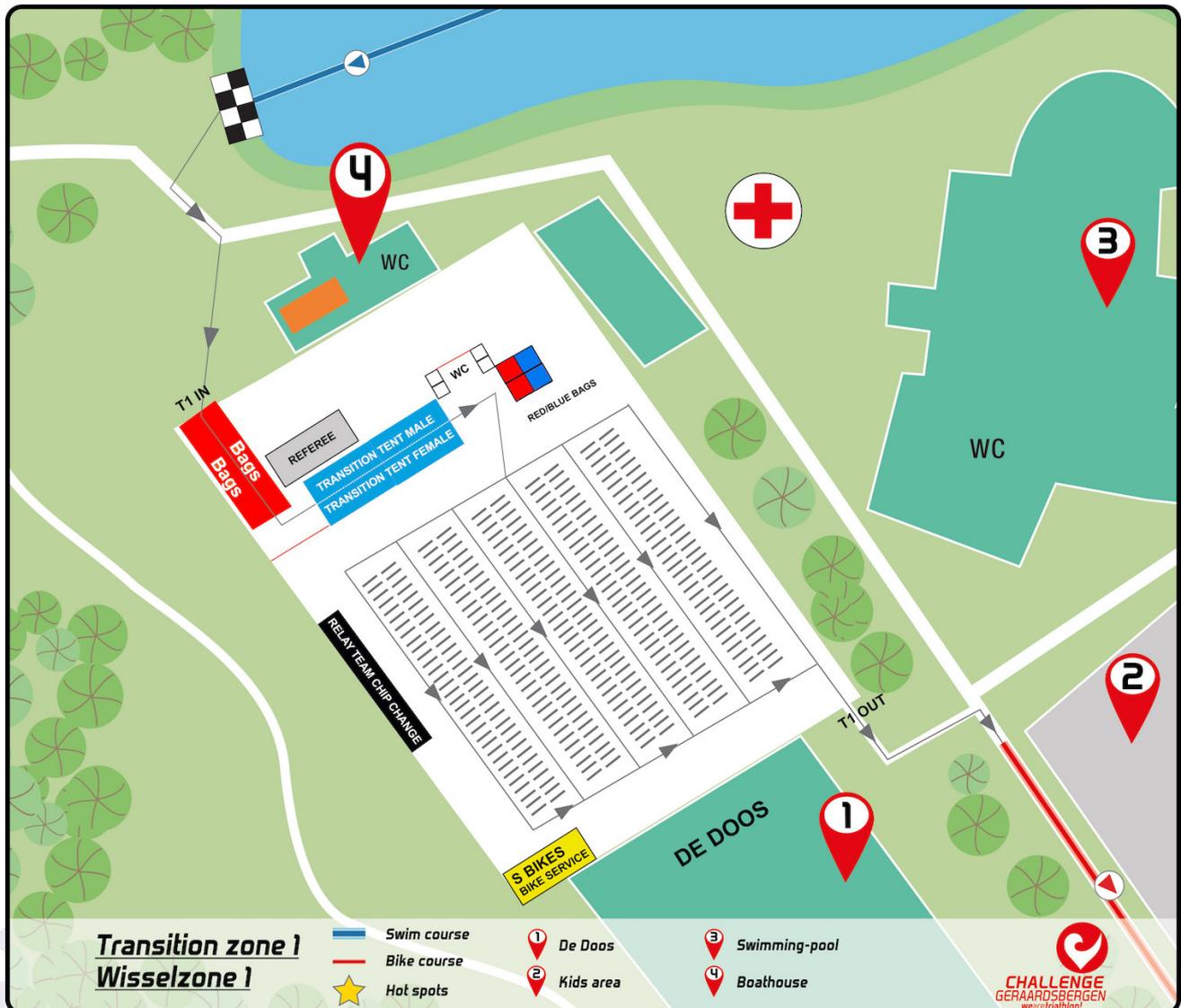
*\* Note: The temperatures above are not always the water temperature used in the final decision. If the water temperature is lower than 24 °C and the air temperature is lower than 20 °C, then the measured water temperature has to be decreased with 0.5 °C per 1.0 °C difference between the water and air temperature, according to the next chart:*

°C	AIR TEMPERATURE °C															
	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	
WATER TEMPERATURE °C	24	21.5	21	20.5	20	19.5	19	18.5	18	17.5	17	16.5	16	15.5	15	14.5
	23	21	20.5	20	19.5	19	18.5	18	17.5	17	16.5	16	15.5	15	14.5	14
	22	20.5	20	19.5	19	18.5	18	17.5	17	16.5	16	15.5	15	14.5	14	13.5
	21	20	19.5	19	18.5	18	17.5	17	16.5	16	15.5	15	14.5	14	13.5	13
	20	19.5	19	18.5	18	17.5	17	16.5	16	15.5	15	14.5	14	13.5	13	C
	19	19	18.5	18	17.5	17	16.5	16	15.5	15	14.5	14	13.5	13	C	C
	18	-	18	17.5	17	16.5	16	15.5	15	14.5	14	13.5	13	C	C	C
	17	-	-	17	16.5	16	15.5	15	14.5	14	13.5	13	C	C	C	C
	16	-	-	-	16	15.5	15	14.5	14	13.5	13	C	C	C	C	C
	15	-	-	-	-	15	14.5	14	13.5	13	C	C	C	C	C	C
	14	-	-	-	-	-	14	13.5	13	C	C	C	C	C	C	C
	13	-	-	-	-	-	-	13	C	C	C	C	C	C	C	C
12	ONLY FOR RELAY								C	C	C	C	C	C	C	

## CUT-OFF TIME

Swim cut off is **1 hours 10 minutes** hour after the start of the last starting wave.

## Transition Swim to Bike



### TRANSITION RULES

- Put all swim wear in **RED** bag.
- Wear helmet with fastened chip strap before getting the bike from the rack.
- Mount after the mount line.

#### ADDITIONAL INFO FOR RELAY TEAM MEMBER

Transition for the Relay Teams is near the entrance of Transition Zone at the right side.

Each relay receives a transponder for the time-keeping. This transponder has the additional function of a relay baton, therefore it has to be handed over personal from swimmer to biker. The handing over has to be made on the signed spaces.

## Bike course // 2 loops

Bike course animation and GPX is available on our website: <http://www.challenge-geraardsbergen.com>

  
**90 KM  
BIKE**



-  Start Path
-  **2 loops** (make sure you pass two times **THEMUUR**)
-  Finish Path

## BIKE COURSE CITY-CENTRE-CROSSING MANTRA



after 1<sup>st</sup>e LAP >cross CITY CENTRE >cross **THEMUUR** 1<sup>st</sup>e TIME >go STRAIGHT to LAP 2  
 after 2<sup>nd</sup> LAP >cross CITY CENTRE >cross **THEMUUR** 2<sup>nd</sup> TIME >go RIGHT to T2 via finish path

### BIKE COURSE AID STATIONS

The bike lap has two aid stations. The locations of the stations are displayed on the previous bike course map and are roughly located at km 15, 40, 60 and 80.

Nutrition is served in the following order:

- |                    |       |               |
|--------------------|-------|---------------|
| 1. WATER           |       | Bottle 750 ml |
| 2. ISO Sport drink | WIN2  | Bottle 750 ml |
| 3. FRUIT           | SIBEL | Bananas       |
| 4. BAR Energybar   | WIN2  | 40g           |
| 5. GEL Energygel   | WIN2  | 40g           |

## Trash Zone

Please note that you're allowed to throw away your trash only in the special marked areas before and after an aid station. Do not litter the rest of the course with your garbage. In case you are spotted throwing away your materials like cups, sponges, drink bottles or empty gels, you risk a disqualification. This is in force for both the bike as well as the run course.

## TRAFFIC, ROAD CLOSURES

The cycling direction of the course is closed for traffic, but cars can always cross the bike course !!! As an athlete we ask you to keep to the right side of the road to allow for other athletes to pass you in the left side. It is strictly forbidden to pass an athlete on the right side.

## DISTANCE MARKERS

There will be distance markers every 10 km on the bike course.

## COLLECTION CAR (BROOM CAR) INFORMATION

If you drop-out of the race, please report to a volunteer at the bike course then you will be picked up by the Collection car.

## BIKE RULES

- Drafting is prohibited! Minimum spacing 12 m long (front wheel to front wheel) overtaking time is maximum 40 seconds.
- On the bike course, the road traffic regulations are binding!

## PENALTY BOX

Penalty box for penalties received at the bike course is located at the way out of **TRANSITION2**. If an athlete gets a penalty, it's the athletes own responsibility to stop at the penalty box.

Regarding relay teams, the biker has to inform the runner independently and autonomously about his/her imposed time penalty, it's the runners responsibility to serve to time penalty at the exit of **TRANSITION2**.

## CUT-OFF TIMES

Time limit / Cut Off times

Swimming:	1 hours 10 minutes	/ 12.40 p.m.
Swimming + cycling:	4 hours 50 minutes	/ 16.20 p.m.
Swimming + cycling + running:	7 hours 30 minutes	/ 19.00 p.m.

For safety reasons there is a **additional cut-off** time after the first passage **on top of THEMUUR**, all cyclist must be over this point before **14:20 p.m.**

## Transition Bike to Run



### TRANSITION RULES

- Dismount before dismount line.
- Rack your bike randomly at the collection rack, we put it save away for you !
- Keep helmet strapped until bike is racked.
- Put all Bike wear in **BLUE** Bag  
(helmet and shoes can stay attached to bike) but are not allowed to be left on the ground near the bike.

#### ADDITIONAL INFO FOR RELAY TEAM MEMBER

Transition for the Relay Teams is near the entrance of Transition Zone at the right side.

Each relay recieves a transponder for the time-keeping. This transponder has the additional function of a relay baton, therefore it has to be handed over personal from biker to runner. The handing over has to be made on the signed spaces.

## Run course /// 3 loops

Bike course animation and GPX is available on our website: <http://www.challenge-geraardsbergen.com>



## RUN COURSE AID STATIONS

On the run course, four aid stations are located approximately 2,5 kilometers apart from each other.

- Aid station 1 and 3 serve all the nutrition as listed below
- Aid station 2 and 4 serve only water + sponges

Nutrition is served in the following order:

1. WATER		Cup
2. COLA		Cup
3. ISO Sport drink	WIN2	Cup
4. FRUIT	SIBEL	Bananas + Orange
5. BAR Energybar	WIN2	40g
6. GEL Energygel	WIN2	40g
7. Salt Nuts		

Every aid station is equipped with a toilet, both on the bike and on the run course.

### Info on Special Needs Station

Athletes can bring their own food and drink and ask accompanying people to pass them the food and drink at a special area at the end of every aid station.

Every athlete is asked to organize the provision of their own food and drink with the help of accompanying persons. The race organizer does not assume any responsibility for this private service.

Please note that TO's will monitor that no help is offered outside the aid stations.

## DISTANCE MARKERS

There will be distance markers every 1 km on the run course.

## PENALTY BOX

There is no penalty box for penalties granted on the run course. Penalties on the run course are served by a stop and go penalty on the spot.

## POST RACE INFORMATION

### Finish Line

Our volunteers are ready to assist you after you finish. First, you'll receive your medal and finisher shirt. If you require immediate medical assistance, our volunteers will help you get to the medical center located near the finish line.

Directly next to the red carpet there's a Friends and Family Zone to meet-up your relatives and friends after the finish before you go to the Chill-out Zone. In the Chill-Out zone all sorts of refreshments are available for athletes only.

The green transition bag (as prepared before the race) is available after the Chill Out. Please make sure you have attached the sticker with your bib number on the bag, in order to retrieve it. When exiting the Chill-Out Zone, you can quickly reunite with your friends and relatives again.

Showers & Massage are located at **TRANSITION2**, at the Bike Check-out. It's just a step away, signs will guide you to that location.



## Massage and Showers

After race massage en showers are located at **TRANSITION2**, at the Bike Check-Out. Massage closes at 20:00 p.m. Immediately after the finish line you can enjoy the Athletes Chill Out Zone, but please notice: once you leave the Chill Out Zone at the finish, you can't go back in again.

## Bike and Bag Collection

The bike check-out is located at **TRANSITION2**. After the the last bike-finish of the race, all athletes can retrieve their bikes from the Transition Area. You will only be allowed to collect your bike if you RETURN YOUR CHIP!

The Transition Areas only accessible by athletes wearing a participant bracelet. Checkout of the bike is only possible when the athlete can show his or her bib number, and return the Timing Chip. Upon check-out, athletes are requested to pick up their bike, helmet, and red and blue transition bags.

## Results

The results of the race will be available on our site: [www.challenge-geraardsbergen.com](http://www.challenge-geraardsbergen.com)

## Finish Line Photo

Photos of **CHALLENGEGERAARDSBERGEN** are made by **Marathon Photos**. These will be made available to you by e-mail in the days after the race. After that you can decide to buy them and download a package or ordering special items.

## Flower Ceremony

The Top 3 of Pro male and female athletes overall will have an award ceremony at the finish area on DE MARKT on the race day itself. This award ceremony will be held as soon as the fastest three men and women have finished.

## Awards Ceremony

The final Award Ceremony takes place on Sunday evening, July 2nd, at congress room DE SPIRAAL at 19:30 p.m. The winning pro-athletes and the winners in all Age Groups are celebrated during this ceremony. Please be available to receive your award during this ceremony.

## PRIZE MONEY BREAKDOWN

PRO prize money will be paid five deep across both men and women as follow:

Placing	Prize Money	Points
1 <sup>ste</sup> place	€ 3,500	250
2 <sup>nd</sup> place	€ 2,100	200
3 <sup>rd</sup> place	€ 1,400	150
4 <sup>th</sup> place	€ 1,150	100
5 <sup>th</sup> place	€ 850	75
6 <sup>th</sup> place	€ 500	40

In the advent of a tie the prize money will be averaged between the two athletes and corresponding places.

Age Group athletes can not win prize money. In the Age Groups, awards can be won tree deep in the following categories:

## MEN

M18-24  
M25-29  
M30-34  
M35-39  
M40-44  
M45-49  
M50-54  
M55-59  
M60-64  
M65-69  
M70-74

## WOMEN

W18-24  
W25-29  
W30-34  
W35-39  
W40-44  
W45-49  
W50-54  
W55-59  
W60-64  
W65-69  
W70-74

## HANDCYCLE

MHANDCYCLE  
WHANDCYCLE

## RELAY

MRELAY  
WRELAY  
MIXRELAY

## Lost & Found

All lost and found items will be collected in **TRANSITION2** at the bike check-out area.

- After the conclusion of the event, please email [info@challenge-geraardsbergen.com](mailto:info@challenge-geraardsbergen.com) to locate any missing items and schedule returns. Shipping fees will apply.

## Sponsor Information



## CHALLENGE FAMILY

### Other **CHALLENGEFAMILY** events

Check <http://www.challenge-family.com> for other **CHALLENGEFAMILY** events in the world.

## GENERAL EVENT ENQUIRES

### Website

<http://www.challenge-geraardsbergen.com>

### Email

[info@challenge-geraardsbergen.com](mailto:info@challenge-geraardsbergen.com)

### Phone

+32(0)54 43 51 49

### Social Media

<https://www.facebook.com/ChallengeGeraardsbergen>

<https://twitter.com/CFGbergen>

<https://www.instagram.com/challengegeraardsbergen>