



RACE BRIEFING



General Conduct



- ✔ You are racing according to the rules of the Belgium triathlon & Duathlon Federation.
- ✔ Disregard of rules and regulations might result in disqualification.
- ✔ **NO OUTSIDE ASSISTANCE! NO SUPPORT VEHICLES, BIKES... ON BIKE AND RUN COURSE!**
- ✔ **INFORM** officials/referees/marshalls in case of racewithdrawal.



Participants Lay-Out



34 PRO Athletes

- 12 PRO WOMAN
- 22 PRO MAN



509 AGE GROUPS Athletes

- 60 AG WOMAN
- 449 AG MEN



24 RELAY TEAMS

- 72 ATHLETES

615 PARTICIPANTS

29 NATIONALITIES





Weather Forecast



AIR

- ✓ Temperature 21°
- ✓ Wind 4 Bft South-West
- ✓ CLOUDY with SUNNY PERIODS
- ✓ POSSIBILITY of LIGHT RAIN

WATER

- ✓ Temperature xx°

WETSUITS ARE (NOT)* ALLOWED *to be confirmed

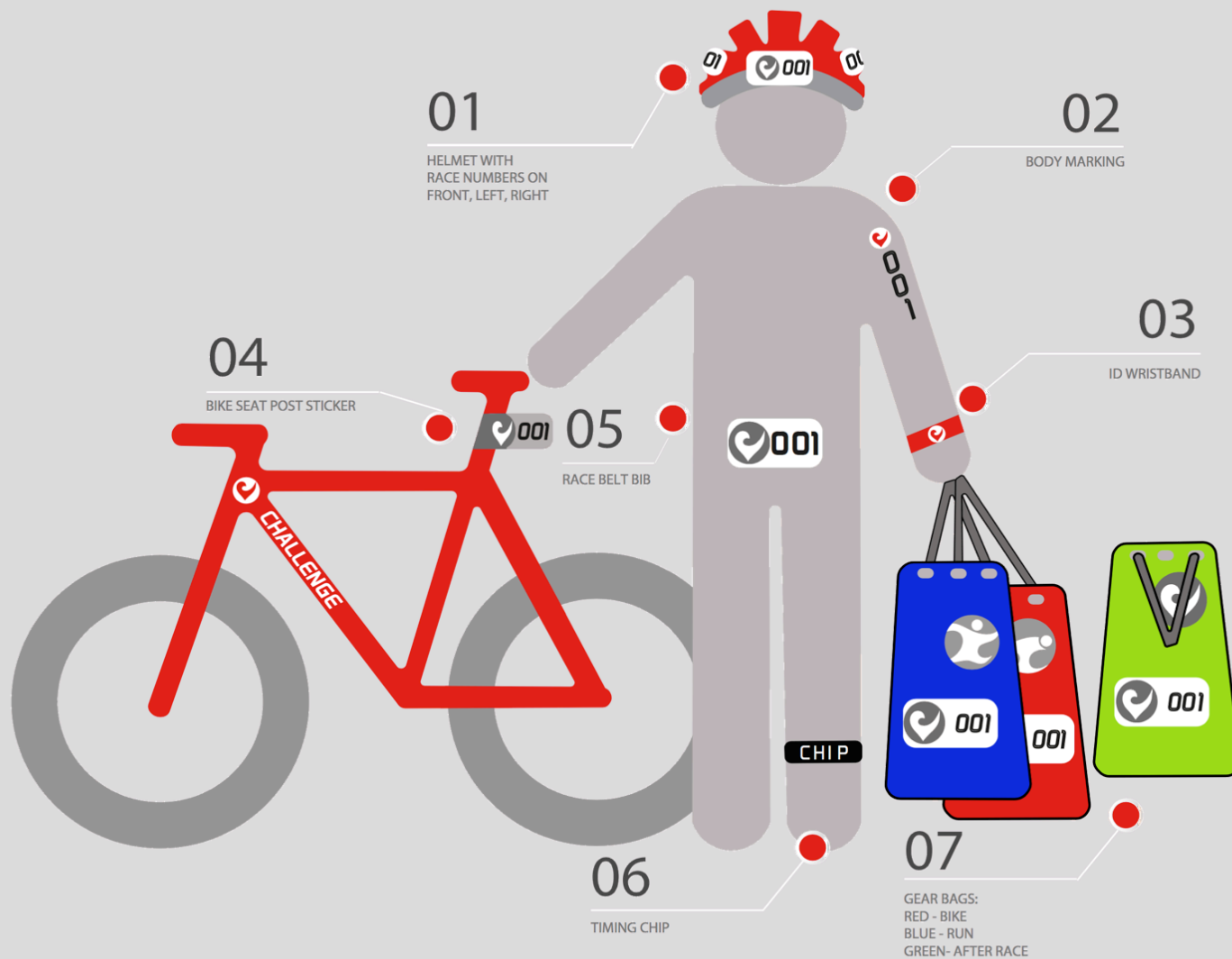


Your Race Kit should contain:

- ✔ 3 Gear bags (Blue, Red, Green)
- ✔ 1 Timing Chip
- ✔ 1 Race bib (3 for RELAY)
- ✔ 3 Helmet stickers
- ✔ 1 Bike seatpost sticker
- ✔ 2 Race Tattoos
- ✔ 1 Swim Cap – colour according to PRO/AGE/GENDER
- ✔ 1 Athlete ID wristband



Sunday 02/07/2017





Red Gear Bag Check-in

RED BIKE BAG

Drop off on **SATURDAY** or **SUNDAY @T1**

- ✔ Put it yourself in the transition racks corresponding to your race number
- ✔ Bag should contain ALL your bike course requirements

Shoes can be fixed on pedals & Helmets allowed on bike

CHALLENGE
GERAARDSBERGEN
wearetriathlon!

SWIM TO BIKE

NAME	_____
ADDRESS	_____
PHONE	_____
RACE NUMBER	_____



Blue Gear Bag Check-in

BLUE RUN BAG

Drop off on **SATURDAY** or **SUNDAY @ T1**

- ✔ **Drop in the transition area**
@ the BLUE BAG collection area
- ✔ **Bag should contain**
ALL your run course requirements

We rack it for you in T2 corresponding to your race number





Green Gear Bag Check-in

GREEN STREET WEAR BAG

Drop off on SUNDAY @ SWIMSTART

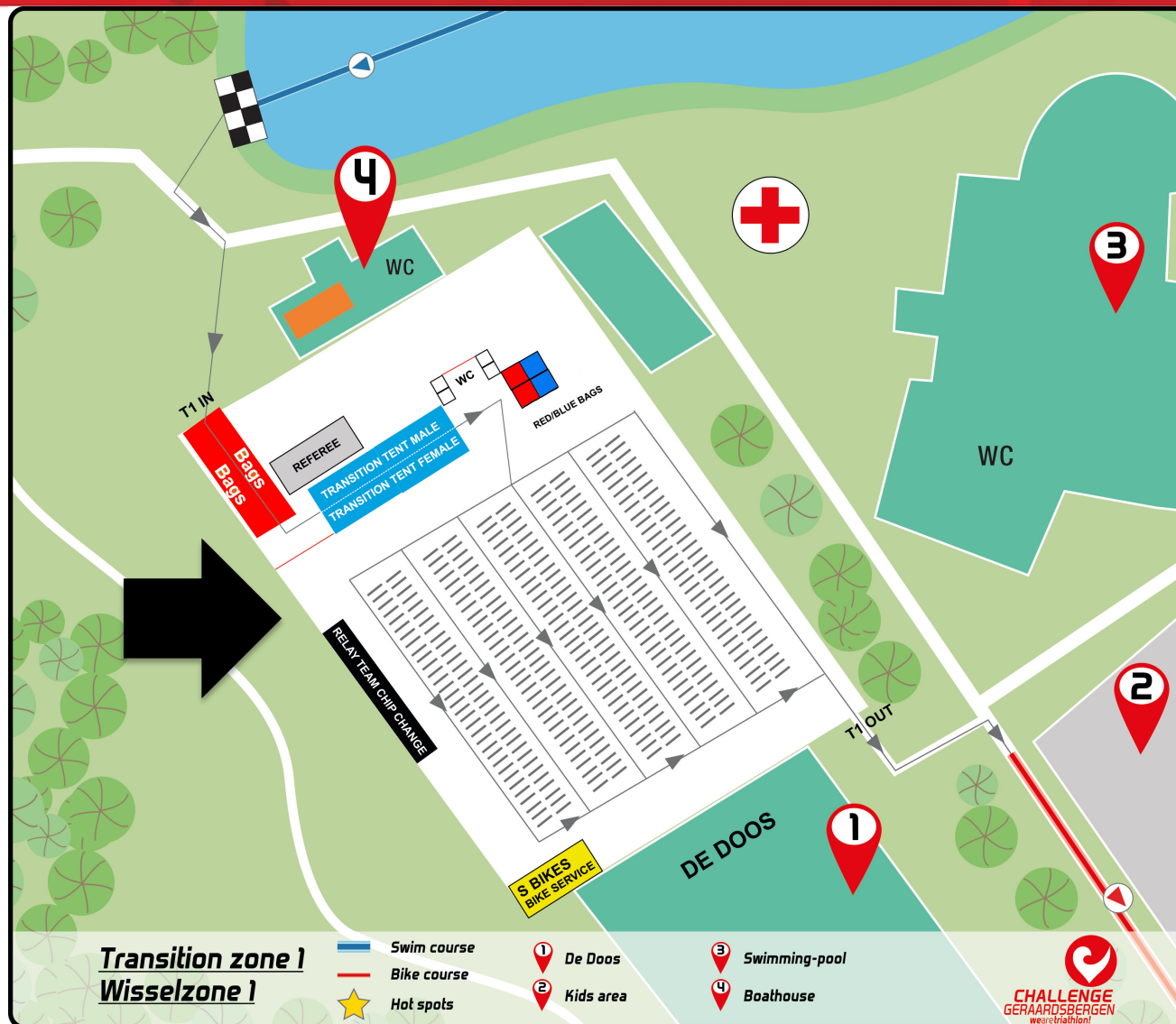
- ✔ **Drop it @ the swimstart**
@ the GREEN BAG collection area
- ✔ **Bag should contain**
ALL your post race requirements

Bag will be waiting for you at the FINISH LINE 😊





Bike & Racekit Check-in Area



Sunday 02/07/2017



Saturday Bike & Racekit Check-in

17:00PM – 19:00PM

ALLOWED NOT COMPULSORY

- 📍 @ entry T1
 - ✓ Visual Bike & Helmet Check
 - ✓ Bodymarking OK
 - ✓ BIB-number OK (= filled in)
- 📍 Rack your Bike according your Race Number
- 📍 Hang your RED BAG according to your BIB number
- 📍 Drop your BLUE BAG @ the blue-bag tent

Helmet & Shoes can be on your bike, no other racekit allowed



Sunday Bike & Racekit Check-in

8:00AM – 10:30AM

COMPULSORY

- 📍 @ entry T1
 - ✓ Visual Bike & Helmet Check
 - ✓ Bodymarking OK
 - ✓ BIB-number OK (= filled in)
- 📍 Rack your Bike according your Race Number
- 📍 Hang your RED BAG according to your BIB number
- 📍 Drop your BLUE BAG @ the blue-bag tent

Helmet & Shoes can be on your bike, no other racekit allowed



Swim Start – Procedure

- ! **Drop of your Green Bag**
- 😊 **Go for a Warm Up Swim**
- > **Enter the Start Corridors**

- 📍 **Pro athletes W** called to line-up for the beach start one-by-one in order of their race number.

- 📍 **Pro athletes M** called to line-up for the beach start one-by-one in order of their race number.

11:00 am START PRO MEN

11:02 am START PRO WOMAN



Sunday 02/07/2017



Swim Start – Procedure

✔ **Agegroup woman + M65**

called to line-up for the beach start

11:05 am **START AGE GROUP WOMEN + M65**

✔ **Agegroup men**

enter corridors according their swimming time

called to get-ready voor de ROLLING beach start.

every 10 sec, 5 men in the water. Stewards will indicate the start frequency.

11:08 am – 11:25 am **START AGE GROUP MEN**



Sunday 02/07/2017



Swim Start – Procedure

📍 Relays & Business Relays

called to line-up for the beach start

11:30 am **START RELAYS & BUSINESS RELAYS**

Age group man



Age group woman



Relays



Pro man



Pro woman



Sunday 02/07/2017



Swim Course



Sunday 02/07/2017



Swim Course

1,9 Km

wearing BIB number is forbidden

- ✔ 1 LOOP
- ✔ START will be signaled by a countdown „theAnthem“ and startgun
- ✔ Arm straight into the air if you need assistance
Lifeguards on water : kayak & rescueboats
- ✔ Inform RO or a TO if you choose to withdraw
- ✔ Exit via the **CHALLENGEFAMILY** Arch



Sunday 02/07/2017



Transition1 Area



Sunday 02/07/2017



Transition1 Area

- ❑ Enter T1
- ❑ Grap your **RED BIKE BAG** from the rack
- ❑ Proceed into the changing tent
 - Do not completely remove your wetsuit until you are in the changing tent
 - Take your bike gear out the bag & change
 - put your swim gear in the bag
- ❑ Leave your **RED BIKE BAG** just outside the changing tent
- ❑ Go to your Bike & Exit T1
- ❑ Don't mount your bike, before the marked mount line



Sunday 02/07/2017



Cut-Off Times

Time limit

- | | | |
|---------------------------------|--------------------|--------------|
| ✓ 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 pm*



Sunday 02/07/2017



Bike Course


**90 km
BIKE**



Sunday 02/07/2017



Bike Course Loops

90 Km

BIB number must be worn on your back

- ✔ START Path
- ✔ 2 LOOPS (make sure you pass two times ***THEMUUR***)
- ✔ FINISH Path

MANTRA

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

LINK : Bike Course Movie



Sunday 02/07/2017



Bike Course Loops



TO T2



AFTER 2X
MUUR

1 x MUUR
2 x MUUR



CHALLENGE
SCHNAPPELIJCHEN

TO T2
AFTER 2X
MUUR

KEEP LEFT

1 x MUUR
2 x MUUR

KEEP RIGHT

CHALLENGE
SCHNAPPELIJCHEN
www.challenge.nl



Bike Course Loops



LAP 2	TO T2
	
	AFTER 2X MUUR

CHALLENGE SCHWABISCHEN

TO LAP 2	AFTER 2X MUUR
KEEP LEFT	KEEP RIGHT

CHALLENGE SCHWABISCHEN



Bike Course Regulations

- ✔ Always ride as far as possible to the right
 - ✔ Always pass left
 - ✔ Never cross the center line
 - ✔ Do not litter – you will be penalized if spotted
-
- ✔ Follow the general rules of traffic, be aware of cars.



Sunday 02/07/2017



Bike Course Regulations

This is a NON DRAFTING event.

- ✔ Legal distance: 12m x 3m between bikes
- ✔ From front wheel to front wheel
- ✔ When passing or passed :
 - complete your pass within 25sec
 - make forward progress at all times
 - drop 12 meters back after being passed




Disregard results in a 5 min penalty time in the penalty box

There will be DUTCH-lines (self distance checkers) on the bike course



Penalties & Penalty Box

- ✔ Blocking is prohibited! Blocking violation is punished by a **YELLOW** card
- ✔ Drafting is prohibited! Drafting violation is punished by a **BLUE** card
 - If you are caught drafting 3 times (3 BLUE cards=RED card) you are disqualified
- ✔ Littering of trash outside the provided zones will end in a disqualification.

- ✔ **The penalty box is located at the exit of transition 2** 
 - It's the athlete's responsibility to serve the penalty.
 - If the penalty was not served the athlete is disqualified;

Relay teams, the biker has to inform the runner about his/her time penalty, it's the runners responsibility to serve to time penalty at the exit of Transition 2.



Procedure & Cards

- ☑ The Officials will Sound a whistle
 - Show your CARD
 - Call your number, advise you of the PENALTY
 - Will note your number and other information

DO NOT ARGUE WITH THE OFFICIAL – PLEASE

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/dangerous or unsportsmanlike)



Serving Penalties

PENALTY BOX

- ✔ Located in T2 : on the left side at the end
- ✔ Under a tent with clear signs— PENALTY BOX

PENALTY ASSESSMENT

- ✔ Stop in the PenaltyBox
- ✔ Tell your Race number to the TO
- ✔ Serve your time until the TO tells you „GO“
- ✔ Resume your race

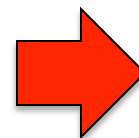


Bike Aid Stations

Aid Stations are located at km 15, 40, 60 and 80

AID STATION BUILD UP ORDER

- ✓ LITTERING zone
 - 📍 WATER
 - 📍 ISO Sport drink
 - 📍 FRUIT (Bananas)
 - 📍 BAR Energybar
 - 📍 GEL Energygel
- ✦ SPECIAL NEEDS
- ❖ TOILETS
- ✓ LITTERING zone





USING AID STATION

- ✔ slow down on approach!!
- ✔ It is a slowspeed area

NOT USING AID STATION

- ✔ Keep to the left of lane, pay attention to others



- ✔ DO NOT LITTER OUTSIDE OF LITTERING ZONE

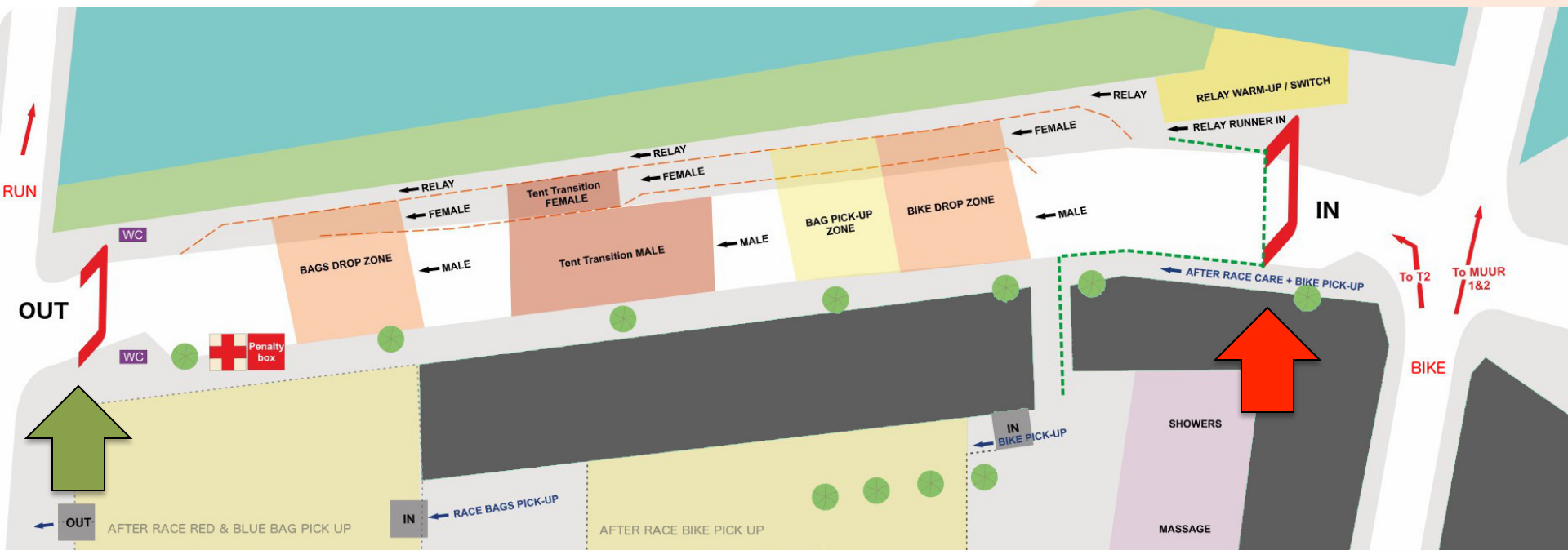


SPECIAL FOOD NEEDS

- 👉 Athletes can bring their own food
 - 👉 Athletes are asked to organize the provision themselves
 - 👉 Accompanying people can pass them the food
 - 👉 Only allowed at a special area at the end of every aid station.
-
- ✓ TO's will monitor that no help is offered outside the aid stations.



Transition2 Area



Sunday 02/07/2017



Transition2 Area

- ✔ GET OFF THE BIKE BEFORE THE DISMOUNT LINE
- ✔ Rack your bike randomly at the collection rack
 - Keep helmet strapped until bike is racked.
- ✔ Grap your **BLUE RUN BAG** from the rack
- ✔ Proceed into the changing tent
 - Take your run gear out the bag & change
 - put your bike gear in the bag
- ✔ Leave your **BLUE RUN BAG** just outside the changing tent
- ✔ Exit T2



Sunday 02/07/2017



Run Course



**21KM
RUN**



Sunday 02/07/2017



Run Course Loops

21 Km

BIB number must be worn on front

📌 3 LOOPS

- Start the run in the direction of The City Market
- **Go Straight** and start here with the 3 laps

YOU HAVE TO COUNT YOUR LAPS YOURSELF

- After last lap **Go Right** and Finish in the Arena

LINK : Run Course Movie



Sunday 02/07/2017



Run Course Regulations

REGULATIONS

- ❖ NO outside assistance
- ❖ NO Ipods, headphones, cell phone or cameras
- ❖ NO littering & NO „going to the toilet“ except in aid stations
- ❖ KEEP your torso covered
- ❖ KEEP your BIB-number visible on the front

THERE IS NO PENALTY BOX ON THE RUN COURSE

- ❖ Minor violations are served by a “stop&go” penalty on the spot
- ❖ Serious violations will be served with “disqualification”



Run Course Aid Stations

Aid Stations are located +/- Km 2,5 apart from each other

Aid station 2 and 4 serve only water + sponges

Aid station 1 and 3 serve all the nutrition as listed below

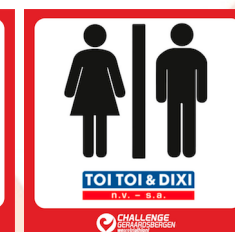
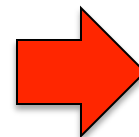
✓ LITTERING

- ✓ WATER
- ✓ COLA
- ✓ ISO Sport drink
- ✓ FRUIT (Bananas + Orange)
- ✓ BAR Energybar
- ✓ GEL Energygel
- ✓ SALT NUTS

✦ SPECIAL NEEDS

❖ TOILETS

✓ LITTERING



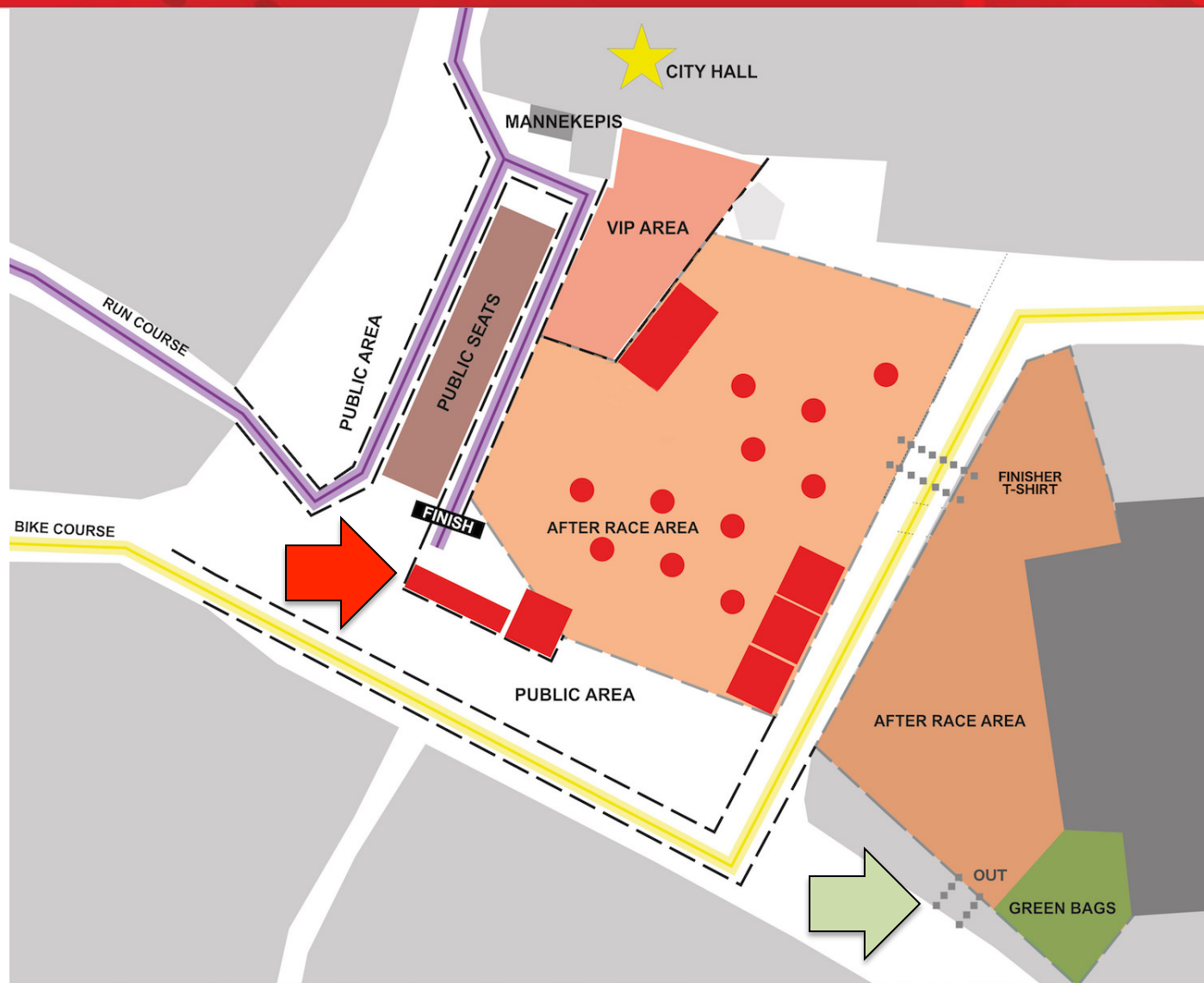


Mobile **Medical Stations** are located over the course

- ✔ Swim Start
- ✔ T1
- ✔ Bike Course
- ✔ T2
- ✔ Run Course
- ✔ Finish Area



Finish Area & After Race Area





Finish Area & After Race Area

After Race Area OFFERS you

- ✔ Finisher Medal
- ✔ Belgian Fries & Geraardsbergse Mattentaarten
- ✔ Drinks
- ✔ Finisher T-shirt

- ✔ Music & Ambiance

- ✔ Medical assistance
- ✔ Toilets

- ✔ Green Bag



Finish Area Post Race

RESULTS

- 🕒 will be displayed continuously on the notice board

FLOWER CEREMONY

- 🕒 TOP 3 PRO male and female have an award ceremony at the finish area. This award ceremony will be held as soon as the fastest three men and women have finished.

DOPING CONTROL

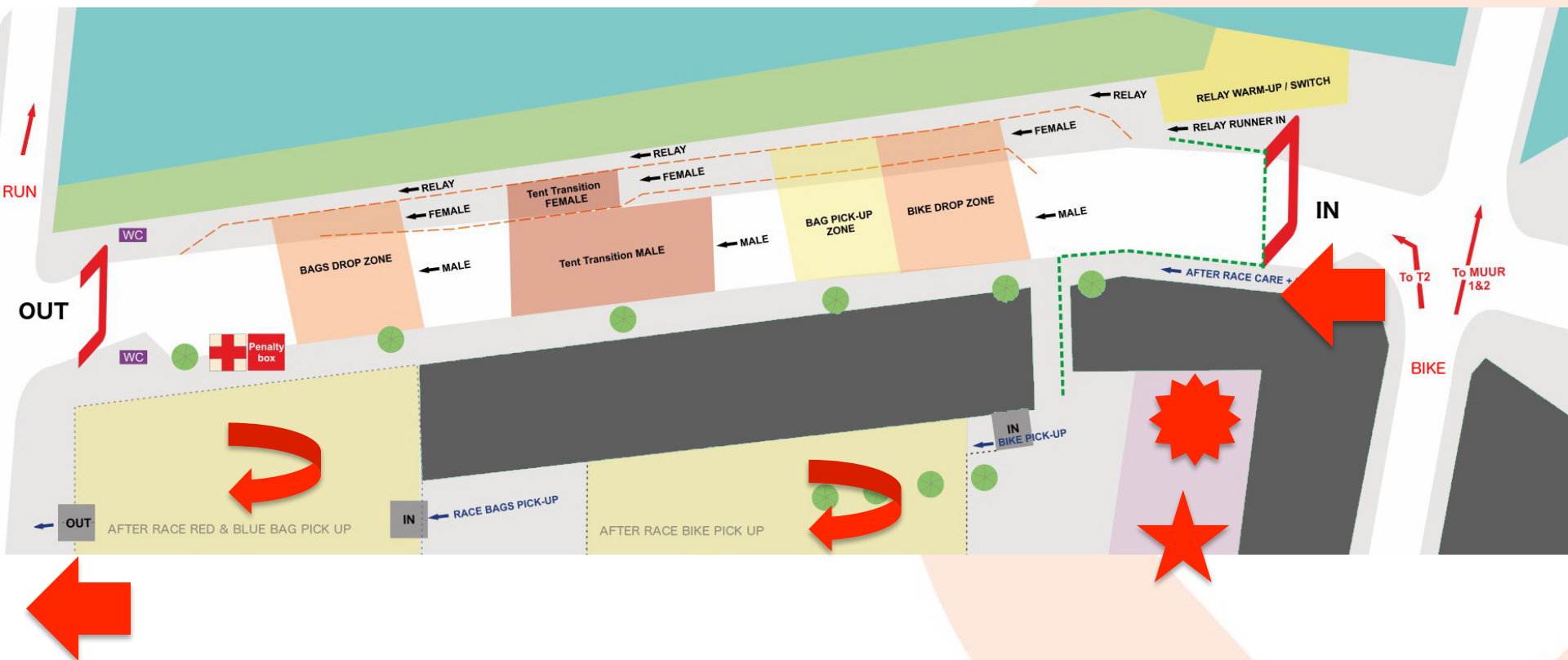
- 🕒 Athletes who are subject to a doping control will be announced through the posting of their BIB-number at the finish.

PROTESTS

- 🕒 Protests and appeals, in writing, within 1 hours after race to the RD or TO.



Bike Check-Out, Showers & Massage



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Sunday 02/07/2017



Bike and Bags Check-Out & Award Ceremony

BIKE and Bags CHECK-OUT

- ✔ Is located at the entrance of T2
- ✔ Opens at 16:30 pm – Closes at 20:30 pm
- ✔ Only by returning your TIMING CHIP to the official at the exit

MASSAGE & SHOWERS

- ✔ Is located at the entrance of T2
- ✔ Opens after race– Closes at 20:00 pm

AWARD CEREMONY

- ✔ The final Award Ceremony takes place after the race at congress room DE SPIRAAL at 19:30 pm
- ✔ 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.

FINAL RACE DAY CHECKLIST



- ✓ **RACE SAVE**
- ✓ **HAVE FUN**
- ✓ **GO HARD LIKE A FLANDRIEN**

Be friendly to the volunteers and give them your best smile