



**CHALLENGE**  
**GERAARDSBERGEN**  
*we are triathlon!*

# ATHLETE GUIDE

Friday June 9 – Sunday June 11 2023

Welcome to CHALLENGEGERAARDSBERGEN Triathlon in the heart of Cycling History

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**Dear athletes, dear sports fans,**

'De Muur van Geraardsbergen': you are about to conquer this world-famous climb. And you're not only about to conquer the Muur van Geraardsbergen, because during Challenge Geraardsbergen you'll pass many more iconic locations and you'll be able to enjoy a beautiful course throughout the entire race. Not to mention the Belgian hospitality you will undoubtedly experience. In other words: get ready for a race to remember. In a few days it will be showtime and together we are doing everything to experience a wonderful event!

Challenge Geraardsbergen is very unique. The city, its inhabitants and the organization 'breathe triathlon'. Here sport - in general - plays a huge role in daily life and on June 11, 2023, this is especially true for triathlon. As an athlete, you will soon be the most important part of this. Make sure you enjoy it from start to finish, because that feeling is not only unforgettable, but perhaps even indescribable. And above all, it cannot be compared to any other feeling: #WeAreTriathlon!

Thank you for your trust in Challenge Family and your choice to race Challenge Geraardsbergen. I want to wish you all the best with your final preparations and of course good luck with your race. We will cheer for you at the start, along the course and of course at the finish line. We will hand over your well-deserved finisher medal and celebrate that special finish moment together with you!

#SeeYouAtTheFinishLine

**Jort Clam**  
**CEO Challenge Family**





‘Geraardsbergen Moves’, the motto of our Local Government with which we want to encourage everyone from young to old to get more exercise. We do this by offering a whole range of possibilities, from purely recreational to competitive for the enthusiastic athlete. Offering a half triathlon is therefore fully in line with these ambitions.

On Sunday 11 June 2023, the time will come again: our city will once again be completely coloured by **CHALLENGEGERAARDSBERGEN**.

1.9 km of swimming in the open water of the Provincial Domain De Gavers, 90 km of cycling along our hilly roads, 21 km of running with the ‘Markt’ as a steep finish. The Wall woven through the course. Then you know it is going to be another beautiful and extremely tough half-triathlon. It does not deter the athletes. There are many of them, from home and abroad. The lure of our Challenge reaches far abroad. Many different nationalities will appear at the start and although they may speak a different language, they all have one thing in common; the same passion for sport!

For those who prefer to prove their skills in a single sporting discipline, there are the Challenge side events. On Saturday 27 May, we kicked things off with the Challenge Geraardsbergen 3U De Muur. The goal? To cycle up De Muur as many times as possible in three hours, alone or in a team of 2 to 4 people. The record was broken in 2022 with 29 climbs at 31 km per hour. On Saturday 10 June, swimmers will dive into the water of De Gavers for a distance of 500, 1500 or 3000 m during the Challenge Geraardsbergen Swim.

And so we come to the apotheosis of 11 June: the Challenge Geraardsbergen. The athletes have been living intensely towards this moment for months, with only one goal: to shine along our roads.

And they are not alone: our 400 volunteers - often from the many local associations are eager to once again give their best. To each of them: endless thanks for your commitment!

Challenge Geraardsbergen is now being organised for the fifth time.

Each time, it is an unmissable popular festival, where the athletes are propelled by the many enthusiastic supporters. In Geraardsbergen every athlete is treated as a winner. You can feel that warm atmosphere in everything.

So be sure to come and support along on 11 June (or at one of the side events). Make a difference for the athletes along the course or during the finals on the Market Square. Immerse yourself in the Challenge atmosphere and get totally enchanted.

We are all set!

**Burgemeester: Guido De Padt**

**Schepen van Sport: Stephan De Prez**

## 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 license 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, it's mandatory to be present during the Race Briefings.

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 9, 2023

START	FINISH	ACTIVITY	LOCATION
18.00	20.00	Athlete Registration	De Gavers (De Doos)
18.00	20.00	<b>CHALLENGESPONSORZONE</b>	De Gavers (De Doos)
18.00	20.00	<b>CHALLENGEINFODESK</b>	De Gavers (De Doos)
18.00	19.00	Media Accreditation	De Gavers (De Doos)

SATURDAY JUNE 10, 2023

START	FINISH	ACTIVITY	LOCATION
12.00	13.00	Swim Training Session on Swim Course	De Gavers
12.00	12.30	Media Accreditation	De Gavers (De Doos)
14.00	16.00	<b>CHALLENGESWIM</b> (registration open @ 13.00)	De Gavers
13.00	13.30	<b>CHALLENGEGERAARDSBERGEN</b> Media Press Conference	De Gavers (De Doos)
13.30	17.00	Athlete Registration	De Gavers (De Doos)
13.30	17.00	<b>CHALLENGESPONSORZONE</b>	De Gavers (De Doos)
13.30	17.00	<b>CHALLENGEINFODESK</b>	De Gavers (De Doos)
13.00	14.00	<b>Professional Athletes Meet and Greet</b>	De Gavers (De Doos)
14.00	15.00	<b>PRO Race Briefing ENGLISH</b>	De Gavers (De Doos)
15.00	16.00	Age Group Race Briefing <b>ENGLISH</b>	De Gavers (De Doos)
16.00	17.00	Age Group Race Briefing <b>DUTCH</b>	De Gavers (De Doos)
17.00	18.00	Age Group Race Briefing <b>FRENCH</b>	De Gavers (De Doos)
17.00	19.00	Bike Check-In	De Gavers / Transition zone
18.00	20.00	Pasta Party	De Gavers (De Doos)

SUNDAY JUNE 11, 2023

START	FINISH	ACTIVITY	LOCATION
07.00	09.00	Athlete Registration	De Gavers (De Doos)
08.00	10.30	Bike Check-In (Transition open for athletes)	De Gavers / Transition zone
09.00	11.00	<b>CHALLENGESPONSORZONE</b>	De Gavers (De Doos)
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
11.04		Race Start – Age Group Women + Men 65 + Para-athletes	De Gavers / Beach
11.08	11.24	Race Start – Age Group Men in rolling start	De Gavers / Beach
11.25		Race Start – Relay	De Gavers / Beach
12.00	14.00	Shuttle Service to <b>CITYCENTER</b>	De Gavers/ Weverijstraat
15.30	19.30	Shuttle Service to <b>TRANSITIONZONE</b>	Weverijstraat/De Gavers
15.00	15.30	Professional Press Conference	City Hall
16.30	20.30	Bike Check-Out	De Gavers / Transition zone
19.30	20.30	Award Ceremony <b>CHALLENGEGERAARDSBERGEN</b>	De Gavers (De Doos)

DE GAVERS : Onkerzelestraat 280 Geraardsbergen  
 CITY HALL : Markt 1 Geraardsbergen  
 TOURIST OFFICE : Markt 3 Geraardsbergen

## PRE EVENT INFORMATION

### Transfer Service

#### FINISH to TRANSITIONZONE TRANSFER SERVICE

There will be a shuttle service on Sundays between the City Centre and The Gavers.  
The pickup point is located at the 'Denderstraat' in the City Centre and 'parking A' in The Gavers,  
signs will guide you to the pickup point.

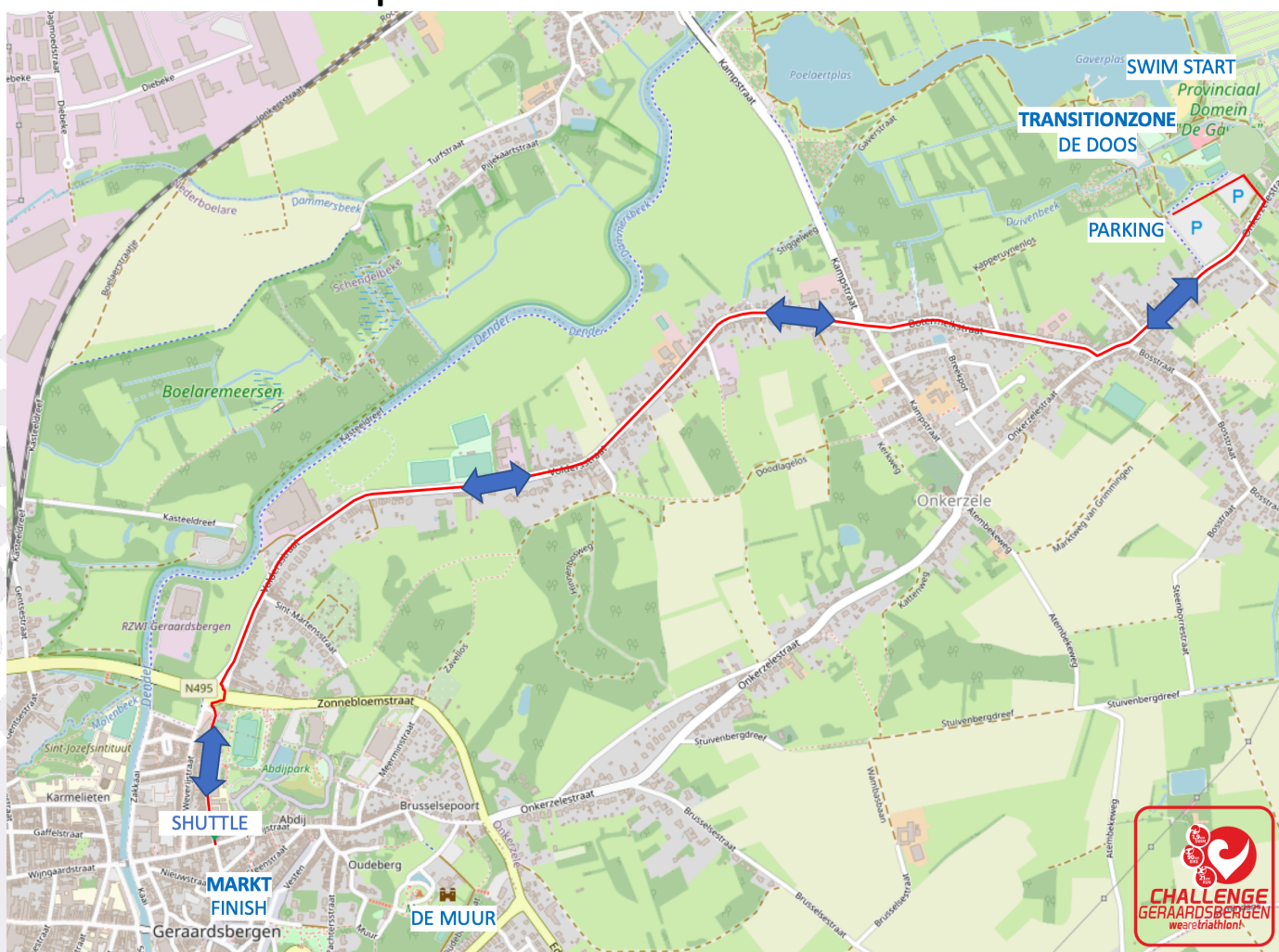
Timing see page 7

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 the finish area to transitionzone 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 (<https://www.triathlon.be/sportrules>)
- 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:

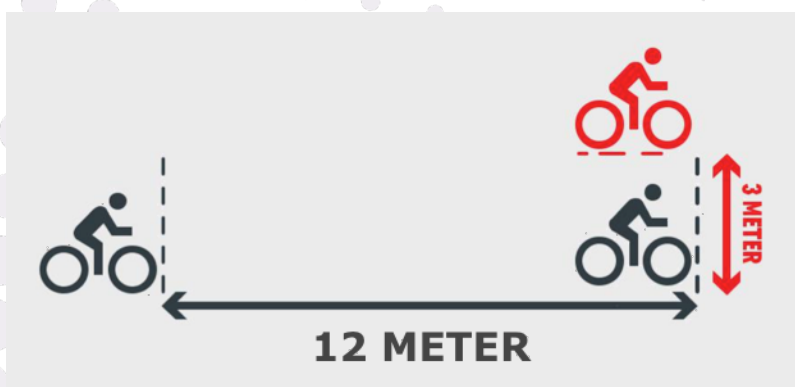
- Music devices (iPod, phones, etc) with earphones are not allowed;
- Action cameras (GoPro's etc) attached to your bike or helmet are only allowed after approval of the head-technical-official;
- No outside assistance is allowed, supporters are not allowed to accompany you on bike on the bike- and run 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:

- stop&go (Minor violation)
- **Yellow** card > 30 sec. 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 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 25 seconds. Blocking is prohibited.

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



## Race Day Checklist

### TRANSITION

- ID Wristband
- Nutrition to strap/secure to your bike
- Race number tattoo/decal on left upper arm & left leg

### 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 en Saturday the information desk is open for you at the **ATHLETESREGISTRATION**  
adress: De Gavers (De Doos) – Onkerzelestraat 280 – Geraardsbergen

Opening hours see page 7 of this guide.

## Parking

Sufficient Parking space is available at the Gavers.

The meadow behind parking A will serve as athlete parking on Friday, Saturday and Sunday. Only athletes can park here. Signs wil guide you to the parking spots.

## Expo

On Friday, Saturday and Sunday the **CHALLENGESPONSORZONE** is open at **ATHLETESREGISTRATION**.  
adress: De Gavers (De Doos) – Onkerzelestraat 280 – Geraardsbergen

Opening hours see page 7 of this guide.

## 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 **TRANSITIONZONE**, **S-BIKES** will offer bike service during Bike Check-in on Race morning.

There is one bike service post at the bike course, just after “the muur”.

For the rest, athletes themselves are responsible for having repair material.

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 **CHALLENGESPONSORZONE**.

adress: De Gavers (De Doos) – Onkerzelestraat 280 – 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:

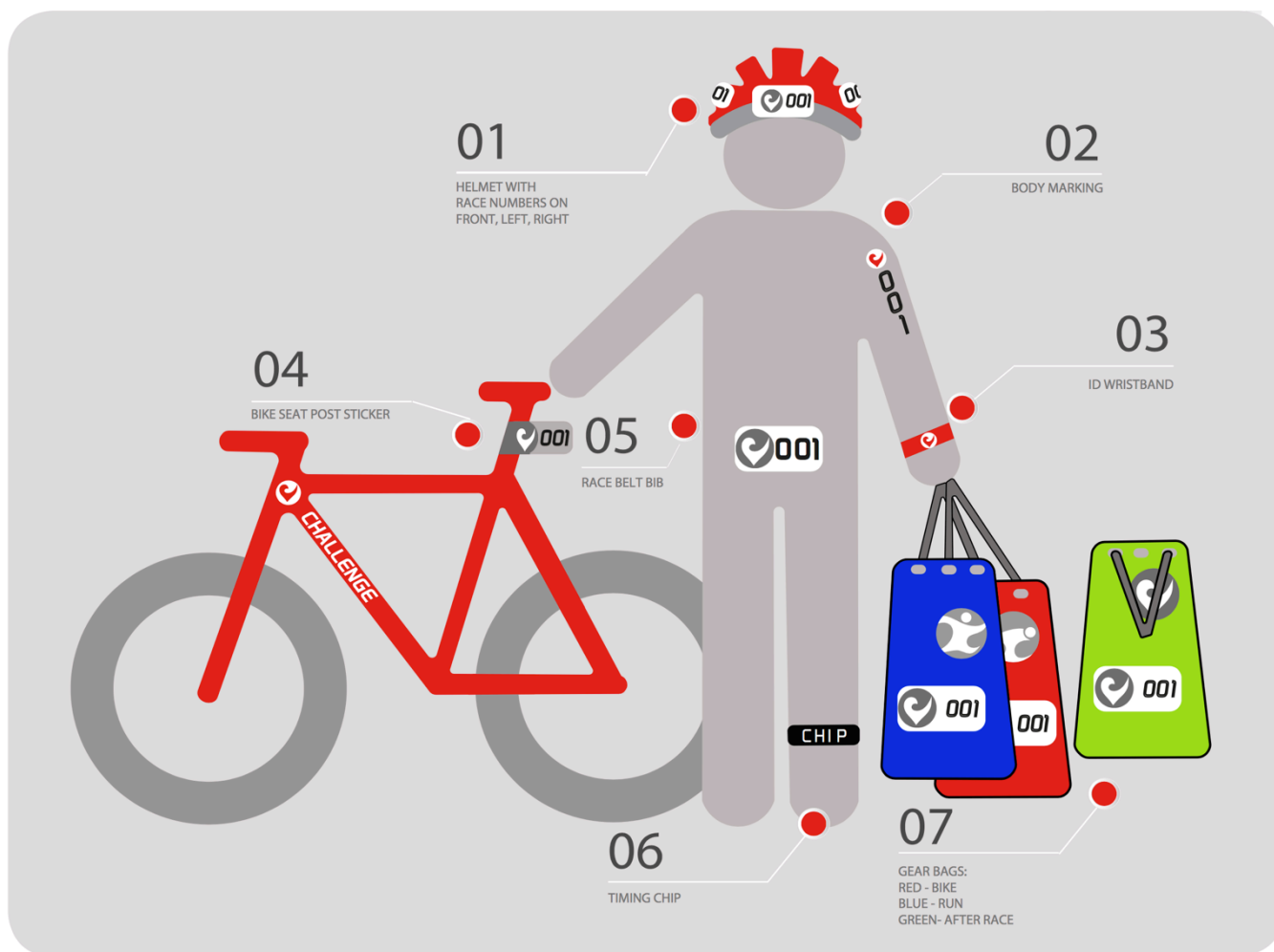
1. Make sure to look up your bib number by checking the starting list on the wall in the registration office
2. At the desk marked "INFORMATION"
  - In case there is an issue with your registration, you will be assisted at this desk.
  - If you can't provide a triathlon union license card, a day license must here be acquired for Euro 30.00.
  - you can buy additional entrance tickets for your families/friends to the Pasta Party (adults Euro 15.00 – Kids <12y Euro 7.00 per Ticket)
3. 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 **CHALLENGESPONSORZONE** on Friday, Saturday and Sunday.

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 left leg.
- 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

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.

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

### INFORMATION FOR RELAY STARTERS

Each relay receives one 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.

Lost chips will be charged 50€/chip at bike check-out.

### INFORMATION FOR RELAY TEAMS

RELAY TEAMS need to bring in their timing chip at the finishline !

## 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 7.00.

The Pasta Party takes place inside the Spiraal (entrance trough **CHALLENGEZONE**). 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 mandatory for all athletes to attend the race briefing

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

at De Gavers (De Doos):

timing see page 7

### **Race Briefing for Age Group Athletes & Relay**

at De Gavers (De Doos):

in **ENGLISH, FRENCH and DUTCH**

timing see page 7

## Bike Check-In

Bike and Bike Helmet check-in:

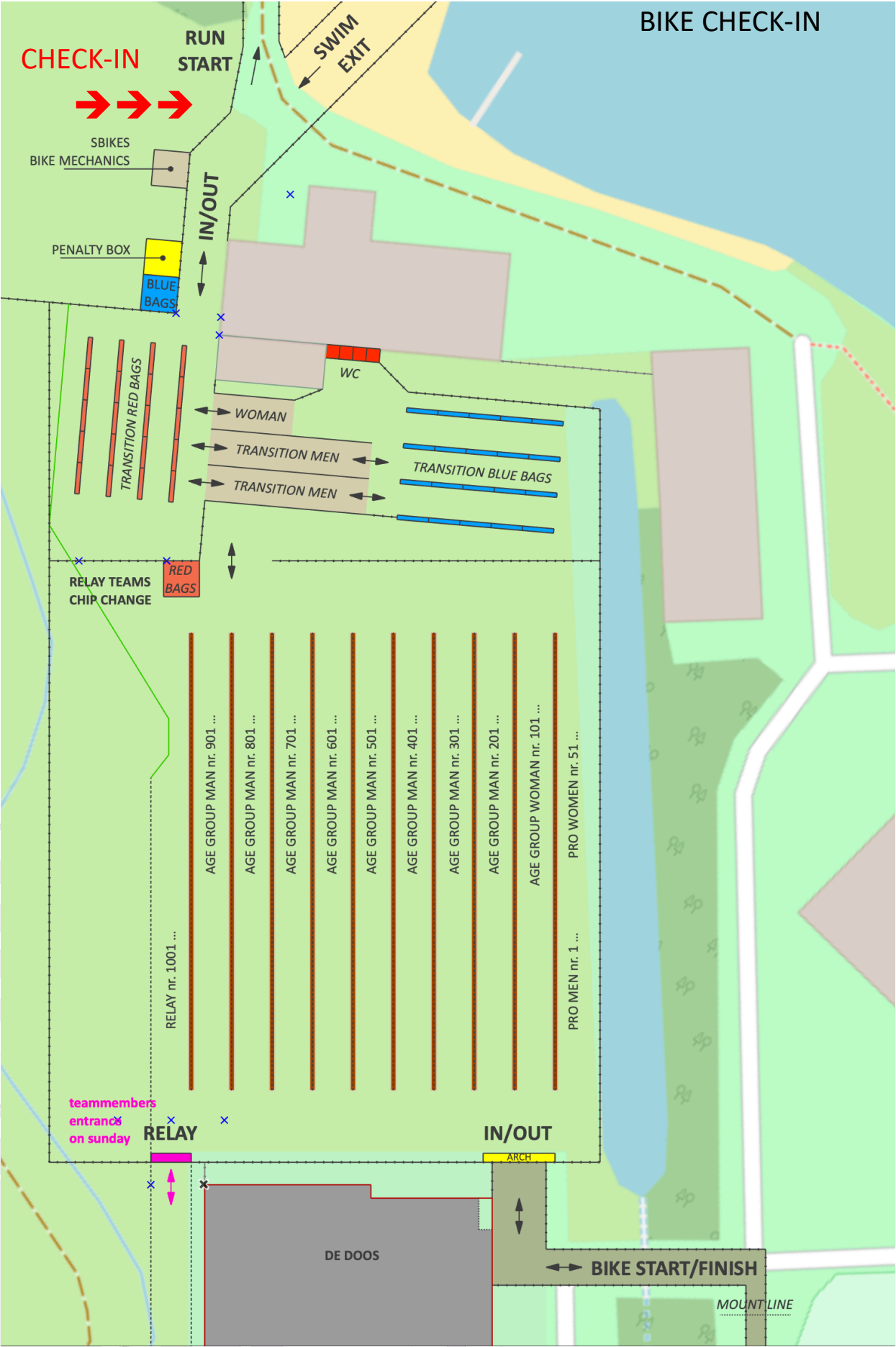
Timing see page 7

Athletes **RED** and **BLUE** bags can only be checked in on Sunday, at the indicated times.

The bike check-in is located at DE GAVERS right at swim exit entrance of the **TRANSITIONZONE**. 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 & nutrition. Your helmet should also be stored in the provided bag, both before and after cycling.





## 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 the **TRANSITIONZONE** at the red-bag-rack.

This bag will be ready for you after the swim at the entrance of **TRANSITIONZONE** 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 is stored in a rack indicated by your bib number in the TA. This bag should be placed by yourself on the rack in the **TRANSITIONZONE** at the blue-bag-rack.

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

After the bike, this bag will contain all your swimming gear 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 **TRANSITIONZONE**.

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 **TRANSITIONZONE** at the Bike Check-out.

## BODY MARKING

Every athlete receives two RACE NUMBER TATTOOS, both are mandatory and need to be put on a visible place (left upper arm & left leg). 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

On the back of your BIB-number the emergency number is printed, so you always have it with you if you need it. Ask a member of staff to call it if you would be stranded on the track or would need help.

## COURSE INFORMATION

## Swim course / 1 loop

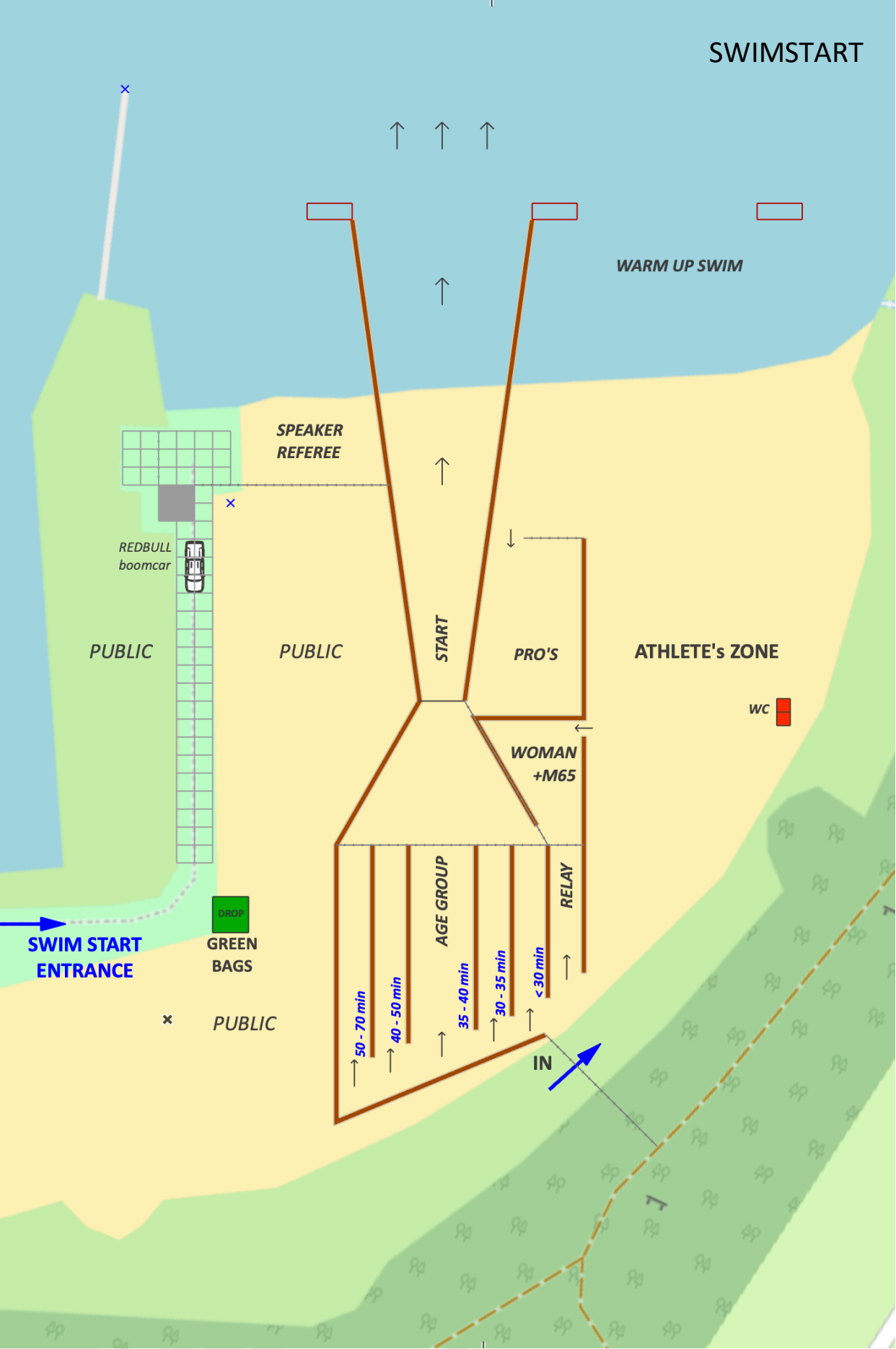


## WARM UP SWIM

Before the swim start there is a limited possibility for a warmingup swim. Please check the actual time schedule. (Preparing for the swim course is only possible during the Test Swim organized the day before the race.)

## SWIM START PROCEDURE

1. All participants of the race will enter the start area via the start corridors on the beach.
2. Before entering the corridors, all athletes must pass a TIMING registration mat to record their presence.
3. First All Pro athletes M are called to line up for the beach start; one-by-one in order of their race number.
4. Then All Pro athletes W are called to line up for the beach start; one-by-one in order of their race number.
5. Then the Age Group woman wave + M65 + Para-athletes will be called to line up for the beach start.
6. Then the Age Group men will be called to get ready voor de ROLLING beach start. Between the time indicated in the schedule per 5 men will be left in the water. Stewards will indicate the start frequency.
7. At last the Relays & Business Relays will be called to line up for the beach start.
8. Before entering the water, all athletes will pass a TIMING registration mat to record their start time.
9. Start is signalled by a gun blast (except for the Age Group Men ROLLING start)
10. The start of the the counter clockwise lap takes place facing the Gavers Lake





## 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: 16.0 °C and below

Forbidden : 24.0 °C and above

No Swim if the water temperature is under 12.0°C

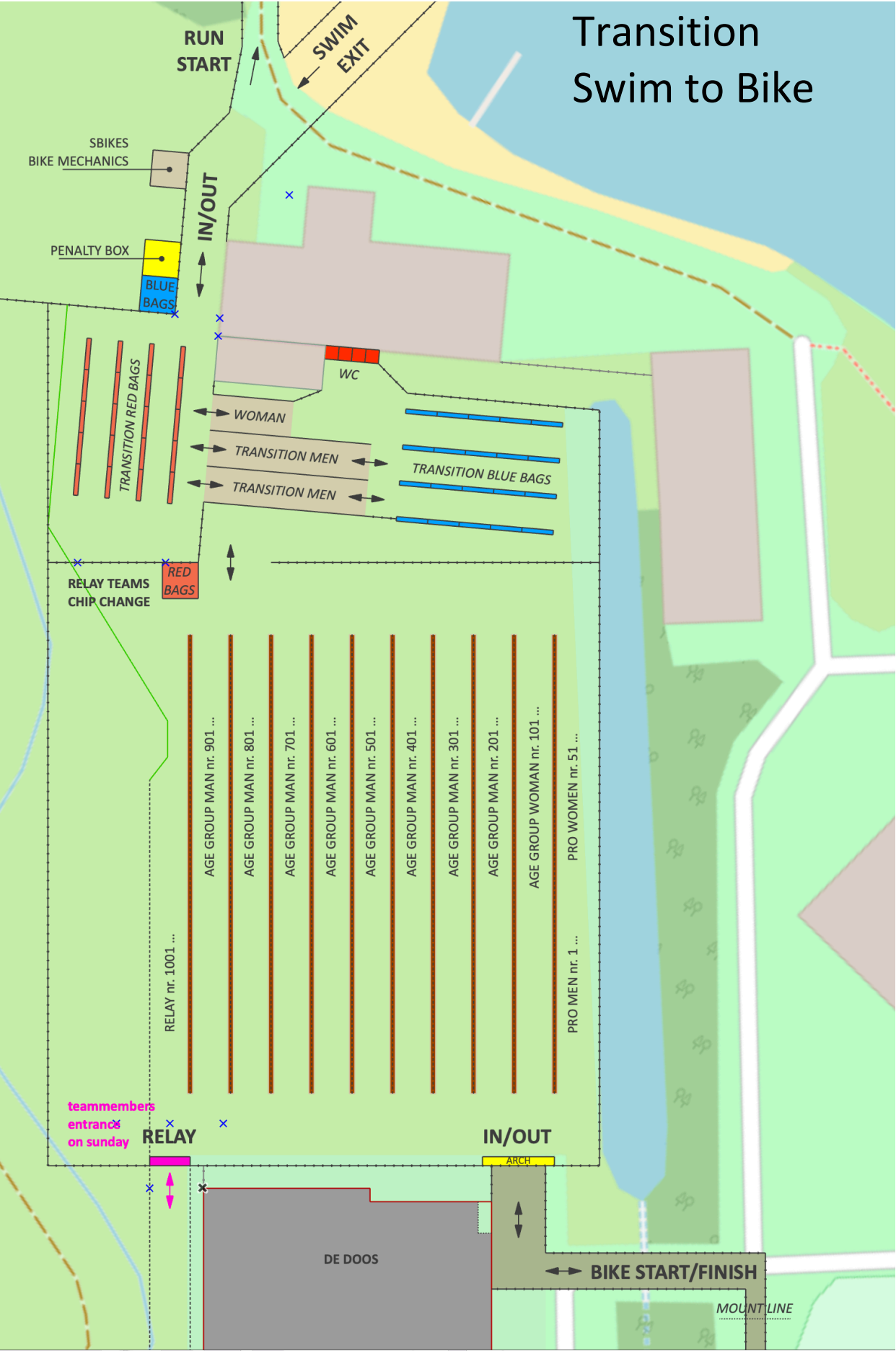
*\* Note: The temperatures above are not always the water temperature used in the final decision. If the water temperature is lower than 24 °C and the air temperature is lower than 20 °C, then the measured water temperature has to be decreased with 0.5 °C per 1.0 °C difference between the water and air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

When swimming is without wetsuit, the athletes must wear their official competition trisuit. If athletes wish to use a second suit, it must be worn under the official trisuit during the entire competition.

## CUT-OFF TIME

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



## TRANSITION RULES

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

### ADDITIONAL INFO FOR RELAY TEAM MEMBER

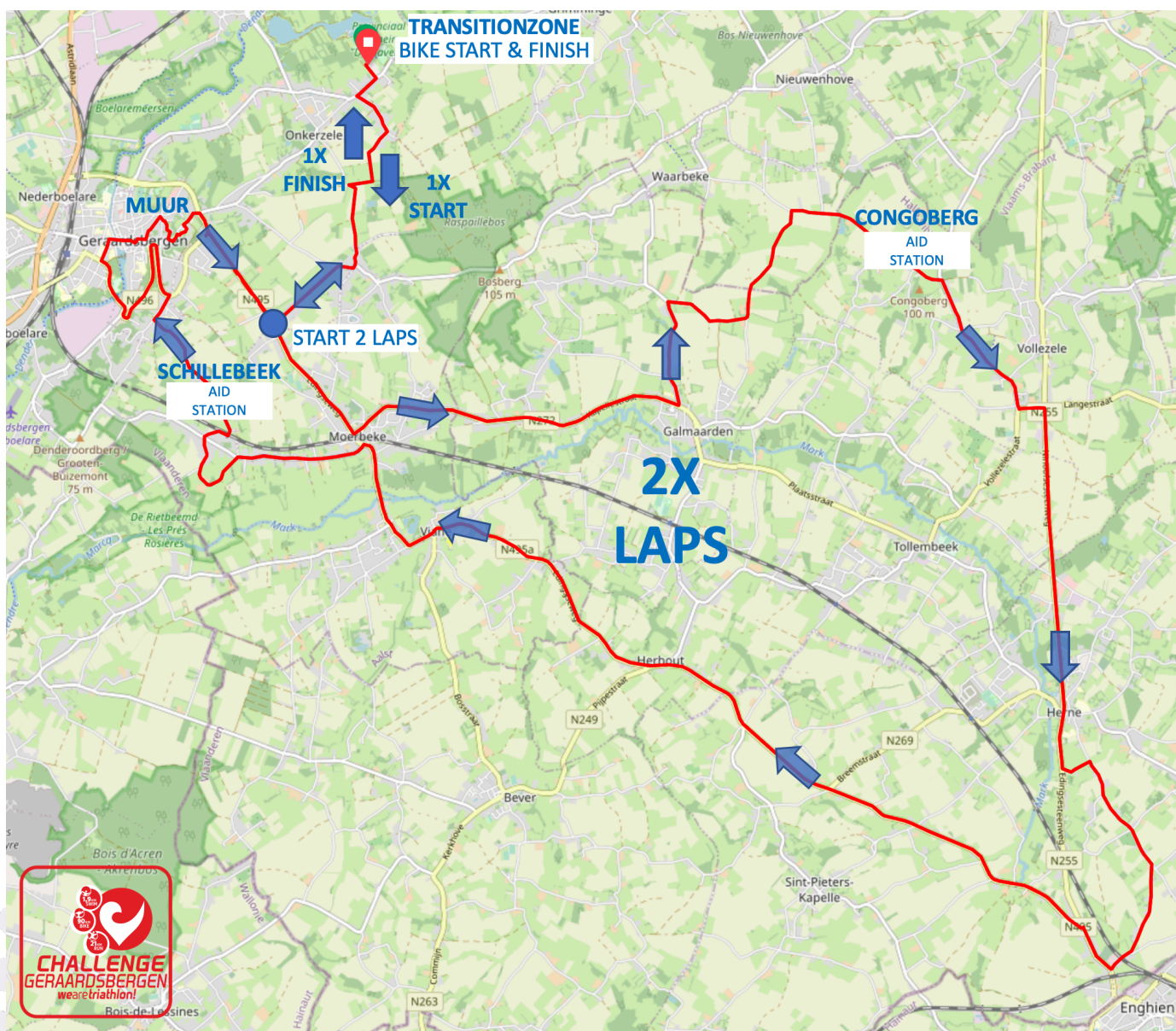
Transition for the Relay Teams is near the entrance of Transition Zone at the right side.

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 personally from swimmer to biker. The handing over has to be made on the signed spaces.

***TEAMS have separate access to the Transition Zone once the race has started!***  
***This is situated at the rear of THE DOOS***

## Bike course // 2 loops

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



1X Start path / 2 laps / 1X Finish path = partly left hand drive

### 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 | TRISPORT PHARMA | Bottle 750 ml |
| 3. FRUIT           | CIBEL           | Bananas       |
| 4. BAR Energybar   | TRISPORT PHARMA | 35g           |
| 5. GEL Energygel   | TRISPORT PHARMA | 50g           |



## 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 25 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 **TRANSITIONZONE**. 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 **TRANSITIONZONE**.

## CUT-OFF TIMES

Time limit / Cut Off times

Swimming:	1 hours 10 minutes	/ 12.50 p.m.
Swimming + cycling:	4 hours 50 minutes	/ 16.30 p.m.
Swimming + cycling + running:	7 hours 30 minutes	/ 19.10 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 RULES

- Dismount before dismount line.
- Rack your bike in the **TRANSITIONZONE** according to your bibnumber.
- Keep helmet strapped until bike is racked.
- Take your bikebag (**BLUE**) from the rack, they are racked according to your bibnumber, and change in the changing tent.
- Put all Bike wear in **BLUE** bag and leave it in the provided area after the changing tent.  
(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

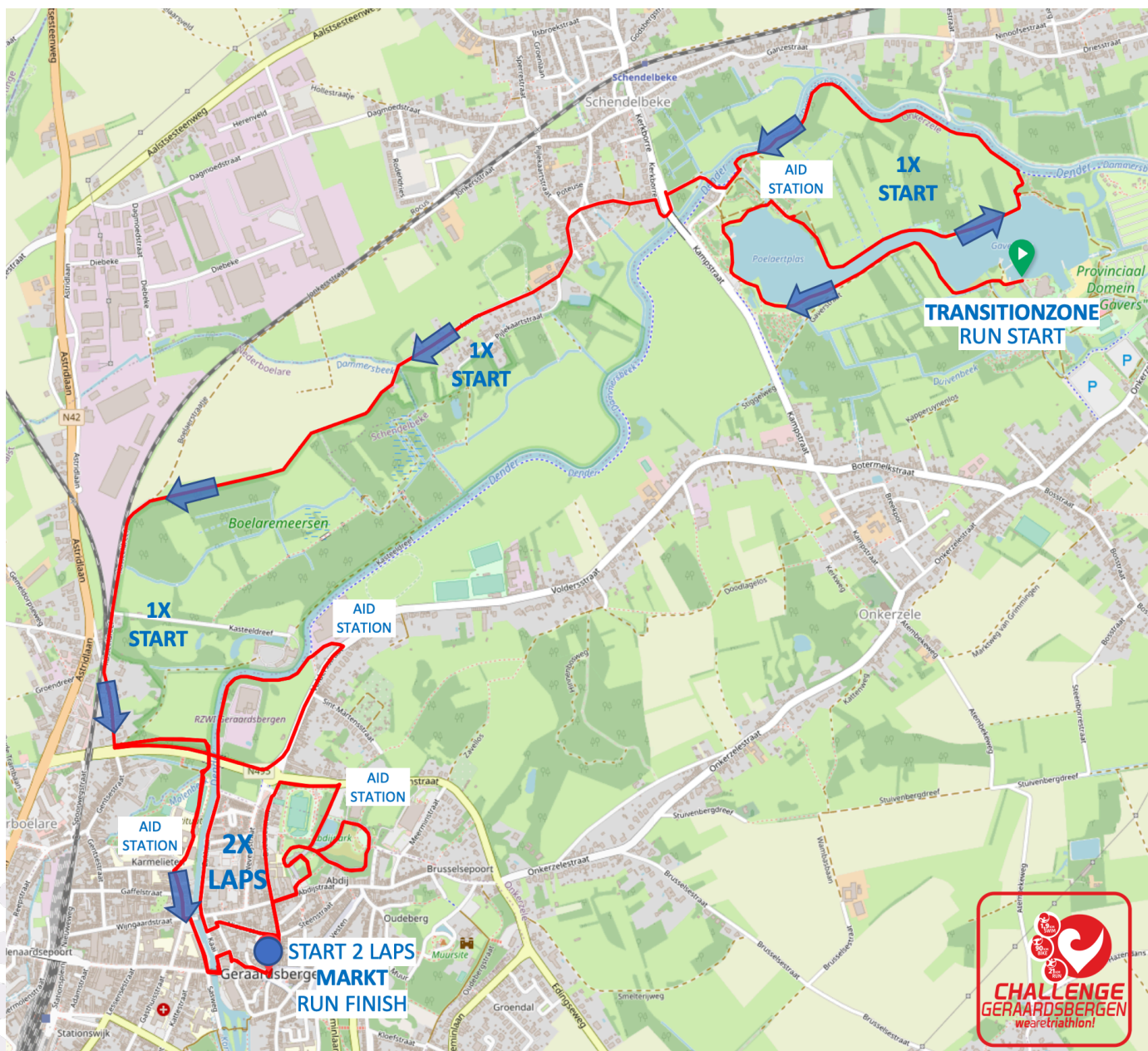
Transition for the Relay Teams is near the entrance of Transition Zone at the left side.

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 biker to runner. The handing over has to be made on the signed spaces.

***TEAMS have separate access to the Transition Zone once the race has started!***  
***This is situated at the rear of THE DOOS***

## Run course /// start + 2 loops

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



1X Start path (De Gavers to De Markt) / 2 laps / 1X to Finish

## RUN COURSE AID STATIONS

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

- Aid station 1 serve only water > at the first passage
- Aid station 1 serve all the nutrition as listed below > at the second passage
- Aid station 2 serve all the nutrition as listed below
- Aid station 3 serve all the nutrition as listed below
- Aid station 4 serve only water

Nutrition is served in the following order:

1. WATER		Cup
2. COLA		Cup
3. ISO Sport drink	TRISPORT PHARMA	Cup
4. FRUIT	CIBEL	Bananas + Orange
5. BAR Energybar	TRISPORT PHARMA	35g
6. GEL Energygel	TRISPORT PHARMA	50g
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.



## Finish

**No family members or children are allowed in the finish zone.**

Only individual athletes are allowed to cross the finish line !

Failure to comply with this rule from the sporting regulations will result in disqualification.



**No full teams are allowed in the finish zone.**

Only the runner of the team is allowed to cross the finish line !

Failure to comply with this rule from the sporting regulations will result in disqualification.





## POST RACE INFORMATION

### Finish Line

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

In the Chill-Out zone all sorts of refreshments are available for athletes only.

Your "green transition bag" (as prepared before the race) will be available in front of the church across the exit of the Chill Out. Please make sure you have attached the sticker with your bib number on the bag, in order to retrieve it.

Showers & Massage are located at **TRANSITIONZONE**, at the Gavers. You can get there by using the free transfer service. The pickup point is located at the 'Denderstraat', signs will guide you to the pickup point.



## Massage and Showers

After race massage en showers are located at **TRANSITIONZONE**, at the Bike Check-Out. Massage closes at 20:00 p.m. It is mandatory to shower before you go to the massage.

## Bike and Bag Collection

The bike check-out is located at **TRANSITIONZONE**. 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 Area is 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 our resident photographer. 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 at de Gavers (De Doos) at 19:30 p.m.

The top 6 pro-athletes and the top 3 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 six deep across both men and women as follows:

Placing		Prize Money		Points
1 <sup>st</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	50

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

**Important :** Only athletes recognized by **CHALLENGEFAMILY** as **PRO athletes** can win prize money, It is up to the athlete himself to do the application for approval to **CHALLENGEFAMILY**. If the athlete signs up as PRO and then it turns out that he isn't recognized as PRO by **CHALLENGEFAMILY**, he will not be able to claim prize money.

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

## MANNEN

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

## VROUWEN

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

## HANDCYCLE

MPARA  
WPARA

## TEAMS

MRELAY  
WRELAY  
MIXRELAY

## Lost & Found

All lost and found items will be collected in **TRANSITIONZONE** 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.



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ALPIN HOTEL



## RACE CALENDAR 2023



 <b>ANFI CHALLENGE</b> <b>MOGAN GRAN CANARIA</b> SPAIN, 22 APR 2023 MIDDLE	 <b>CHALLENGE TAIWAN</b> TAIWAN, 22 APR 2023 LONG/MIDDLE	 <b>EKOÏ CHALLENGE FRÉJUS</b> FRANCE, 14 MAY 2023 MIDDLE	 <b>SPORTLAND N-Ö</b> <b>CHALLENGE ST. PÖLTEN</b> AUSTRIA, 21 MAY 2023 MIDDLE	 <b>CHALLENGE PUERTO VARAS</b> CHILE, 19 MAR 2023 MIDDLE
 <b>CHALLENGE</b> <b>GUNSAN-SAEMANGEUM</b> KOREA, 4 JUN 2023 MIDDLE	 <b>OTSO CHALLENGE SALOU</b> SPAIN, 4 JUN 2023 MIDDLE	 <b>CHALLENGE WALES</b> WALES, 10 JUN 2023 MIDDLE	 <b>CHALLENGE</b> <b>CAGNES-SUR-MER</b> FRANCE, 11 JUN 2023 MIDDLE	 <b>THE CHAMPIONSHIP</b> SLOVAKIA, 21 MAY 2023 MIDDLE
 <b>LOTTO CHALLENGE</b> <b>GDANSK</b> POLAND, 18 JUN 2023 MIDDLE	 <b>DATEV CHALLENGE</b> <b>ROTH</b> GERMANY, 25 JUN 2023 LONG	 <b>CHALLENGE VANSBRO</b> SWEDEN, 1 JUL 2023 MIDDLE	 <b>CHALLENGE KAISERWINKL</b> <b>WALCHSEE</b> AUSTRIA, 2 JUL 2023 MIDDLE	 <b>CHALLENGE TURKU</b> FINLAND, 30 JUL 2023 MIDDLE
 <b>CHALLENGE DAVOS</b> SWITZERLAND, 26 AUG 2023 MIDDLE	 <b>CHALLENGE ISTANBUL</b> TÜRKIYE, 3 SEP 2023 OLYMPIC	 <b>CHALLENGE</b> <b>COQUIMBO-LA SERENA</b> CHILE, 3 SEP 2023 MIDDLE	 <b>CHALLENGE</b> <b>ALMERE-AMSTERDAM</b> NETHERLANDS, 9 SEP 2023 LONG/MIDDLE	 <b>CHALLENGE SAMARKAND</b> UZBEKISTAN, 17 SEP 2023 MIDDLE
 <b>CHALLENGE SANREMO</b> ITALY, 24 SEP 2023 MIDDLE	 <b>CHALLENGE BUDVA</b> <b>MONTENEGRO</b> MONTENEGRO, 24 SEP 2023 MIDDLE	 <b>CHALLENGE SANTA MARTA</b> COLOMBIA, 8 OCT 2023 MIDDLE	 <b>CHALLENGE BARCELONA</b> SPAIN, 8 OCT 2023 MIDDLE	 <b>CHALLENGE</b> <b>PEGUERA MALLORCA</b> SPAIN, 14 OCT 2023 MIDDLE
 <b>CHALLENGE VIEUX BOUCAU</b> FRANCE, 21 OCT 2023 MIDDLE	 <b>CHALLENGE CANBERRA</b> AUSTRALIA, 26 NOV 2023 MIDDLE	 <b>CHALLENGE FLORIANOPOLIS</b> BRAZIL, 3 DEC 2023 MIDDLE	 <b>CHALLENGE SALINAS</b> ECUADOR, 10 DEC 2023 MIDDLE	 <b>INTEGRITY HOMES</b> <b>CHALLENGE WANAKA</b> NEW ZEALAND, 17 FEB 2024 MIDDLE



ALL RACES ARE QUALIFICATION RACES FOR THE CHAMPIONSHIP



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1,9 KM SWIM  
90 KM BIKE  
21 KM RUN



## 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>