

# ***RACE***

*BRIEFING 2024*

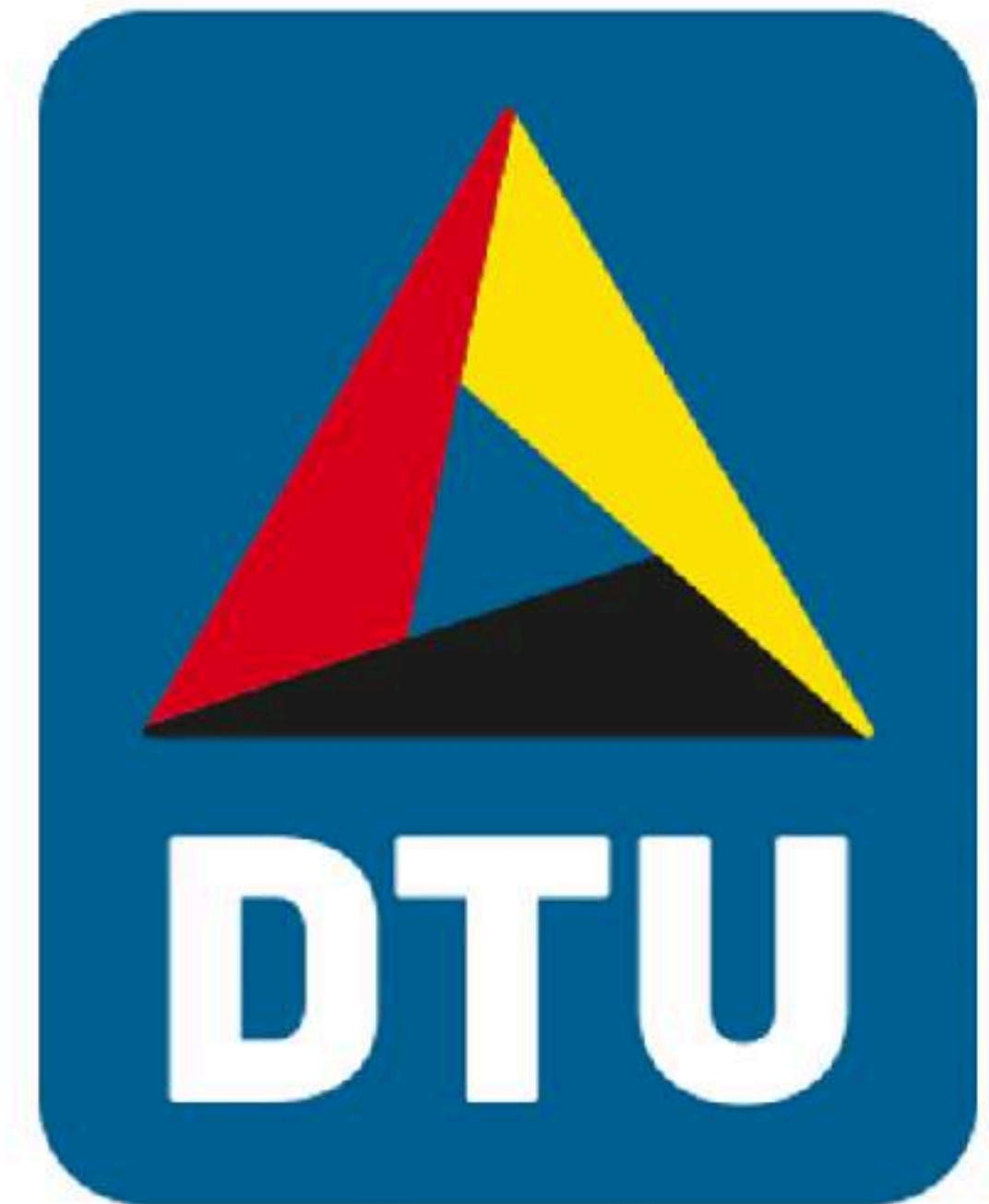


## Rulebook used:

- DTU Sportordnung 2024

Get familiar with the rules!

We will tell you about the most important rules during the briefings in race week, but it's your responsibility to know the rules. So please make sure to have a look at the Sportordnung.





*RACE BRIEFING 2024*

# ***PRE RACE***





## Pickup your race kit

**Where?** Triathlon Expo

**When?**

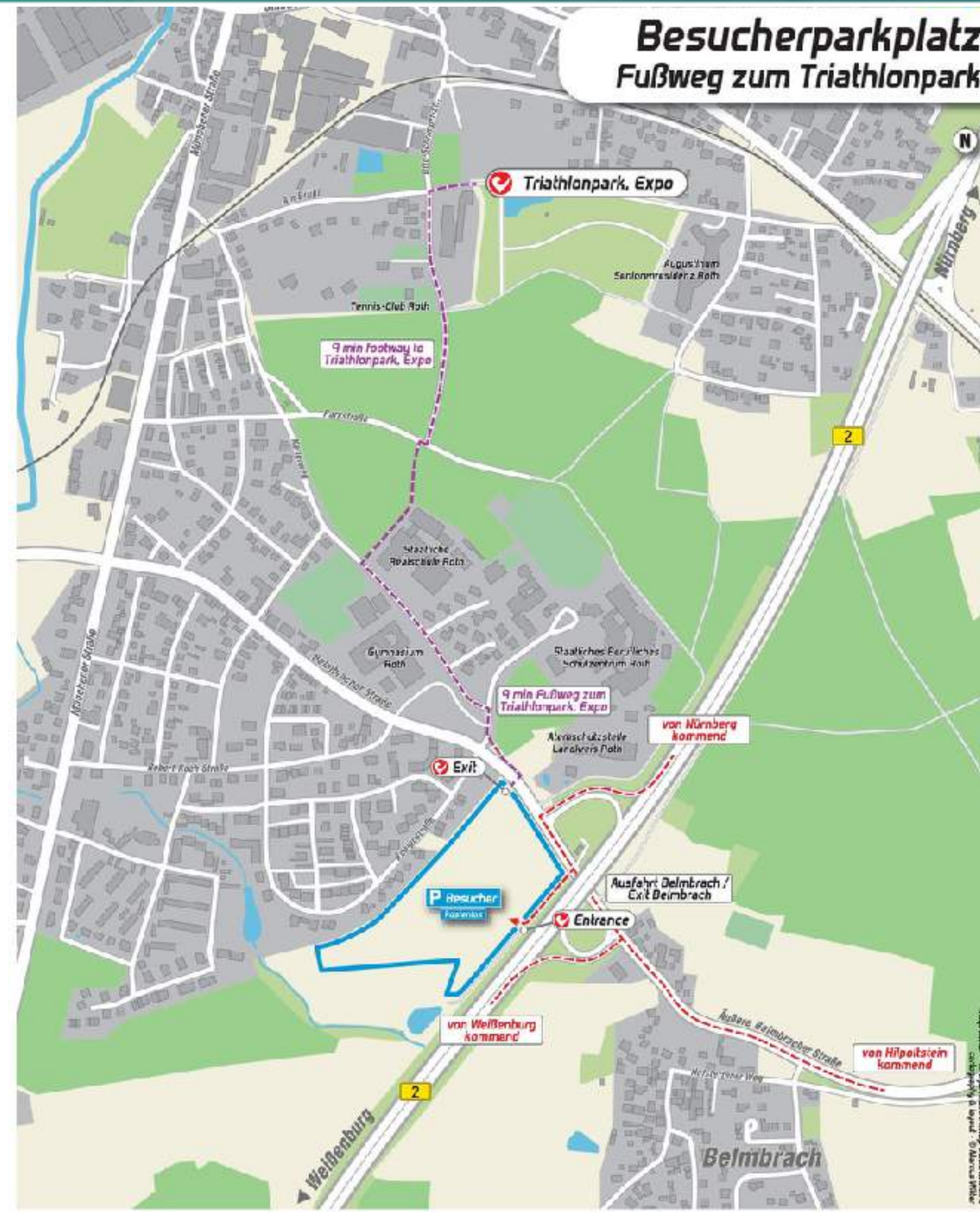
- Thursday: 10:00 am - 07:00 pm
- Friday: 10:00 am - 08:00 pm
- Saturday: 09:00 am - 12:00 am

**Bring:**

- Mail with QR-Code
- Passport
- License (if you have one)









# Triathlonpark Roth





# Race Briefing

## Saturday

**09:00 am Spanish** (in the pasta-party tent)

**09:00 am French** (in the stadium)

**10:00 am English** (in the stadium)

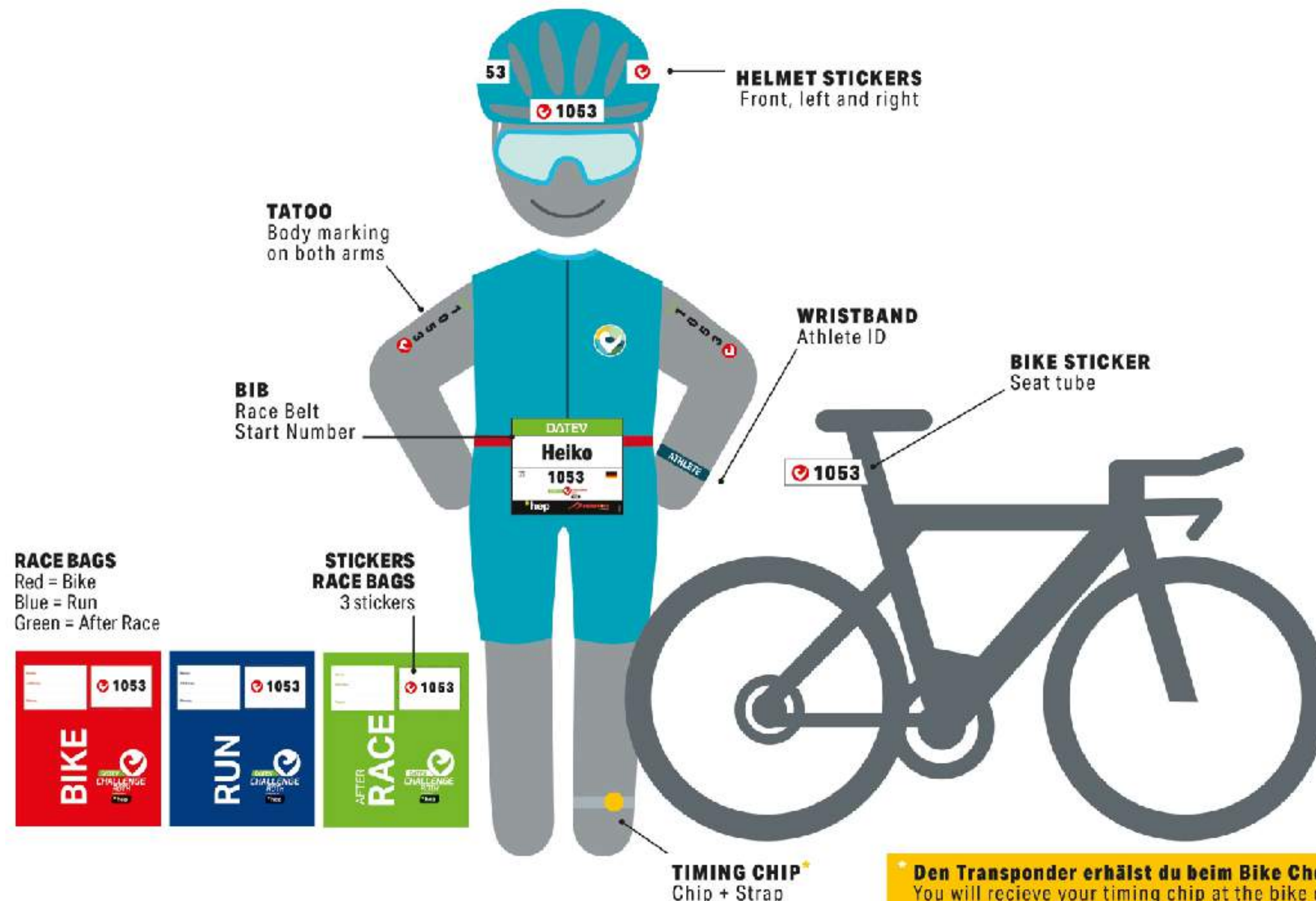
**11:00 am German relay** (in the stadium)

**12:00 am German individuals** (in the stadium)





# RACE KIT SETUP



- Tattoos must be applied, even if covered by tri-suit!
- Tattoos could be applied on the forearm!



# The Bags - and what to do with them!

**RED** = Everything you need for the bike on raceday / bring to T1 on raceday until 06:15

**BLUE** = Everything you need for the run on raceday / bring to T1 saturday during the bike check-in (will be transported to T2 by the organizers)

**GREEN** = Everything you need after the race / bring to T1 on raceday - drop before the swim start (will be transported to the finishline by the organizers)

**The RED and BLUE bag will be handed to you at the bike check-out after the race!**

## RACE BAGS

Red = Bike

Blue = Run

Green = After Race

## STICKERS

RACE BAGS

3 stickers



## Bike Check-In

**Where?** In T1 / swim start

**When?** Saturday 12:30 am - 05:30 pm

### Bring:

- Bike (including the bike sticker from the starter kit)
- Blue bag (running) - has to be dropped at the trucks in T1
- Helmet (has to stay on the bike!)

Timing chip will be handed to you during the Check-In!

## BIKE CHECK-IN

Wechselzone / Transition Area I





# T1 on Raceday

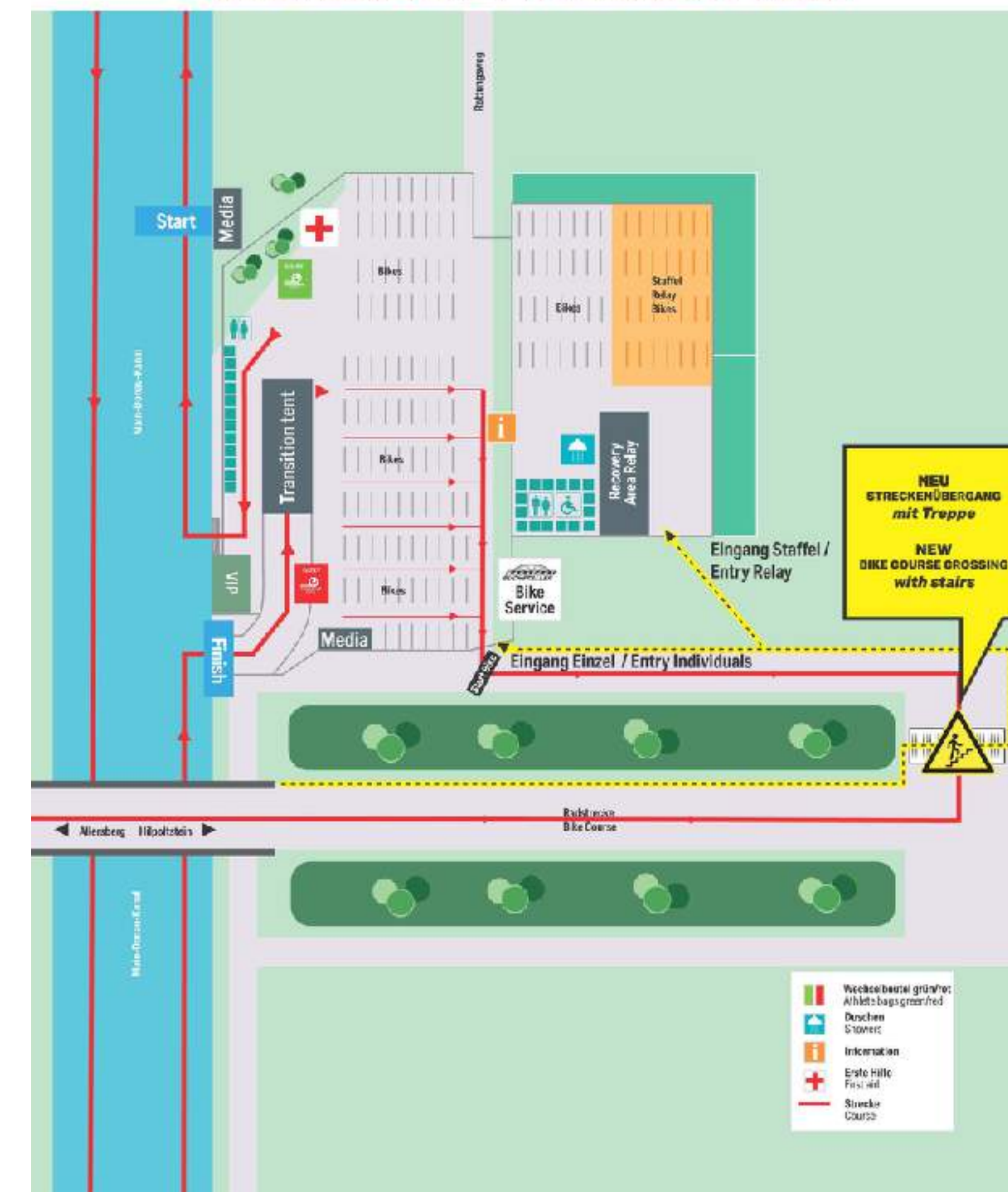
Opening: 05:00 am

## Bring:

- Red Bag (bike) - drop at swim exit (latest 06:15 am)
- Green Bag (after race) - drop from 05:00 - 08:00 am at the trucks in T1

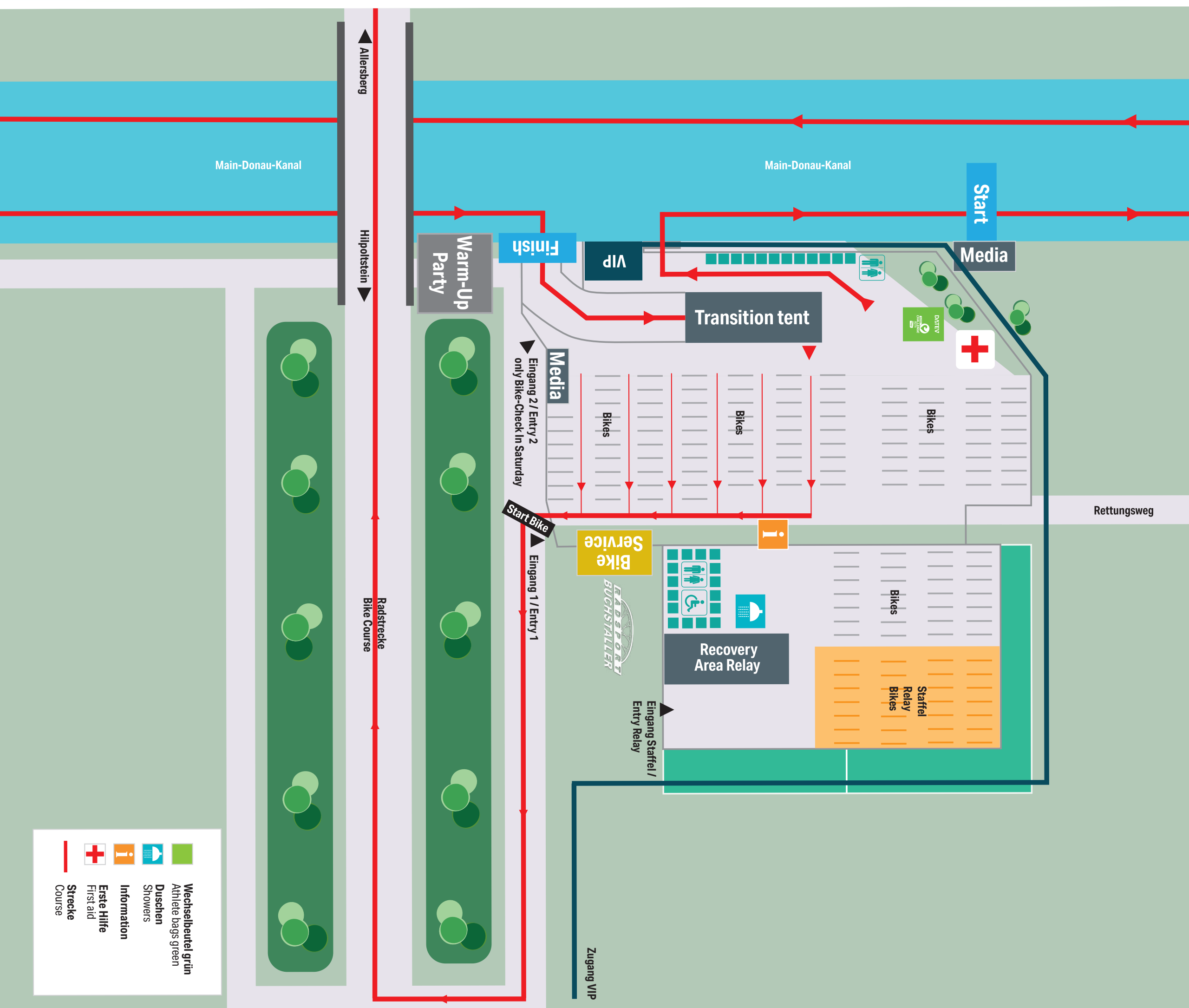
## RACE DAY

Wechselzone / Transition Area I



# T1 on Raceday

- You can access your bike to place nutrition or check the tires before your start!
- Pumps will be available!
- Swim warmup will be possible!
- Enter the pre-start area 5 minutes ahead of your start in order to activate your timing chip!





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**SWIM**

**DATEV**



**CHALLENGE**  
ROTH





## CHALLENGE ROTH



**SCHWIMMSTRECKE - SWIM COURSE**  
Streckenlänge / course distance - 3,8 km



 **Schwimmstrecke**  
*swim course*

 **Radstrecke**  
*bike course*

cartography & layout - © Marcus Wille

Stand: März 2024



## MAIN INFORMATION FOR THE SWIM:

- No Bib-Number during the swim allowed!
- Don't grab the leash!
- Keep all buoys on your left!
- Warmup is allowed. But for the start: Enter through the Pre-Start-Area in order to activate the timing chip!





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# ***TRANSITION 1***





## MAIN INFORMATION FOR T1:

- Grab red bag on your own!
- Wetsuit open before tent - only down to waist!
- Close helmet before you move your bike!
- Push your bike until you reach mounting line!





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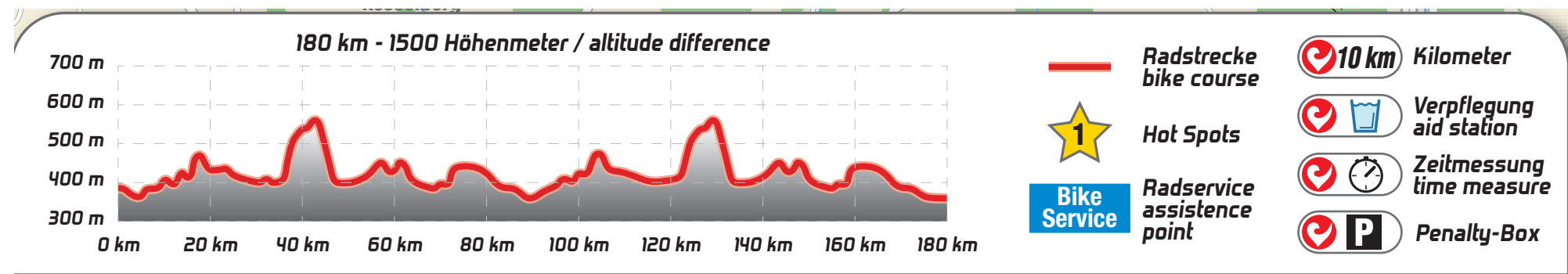
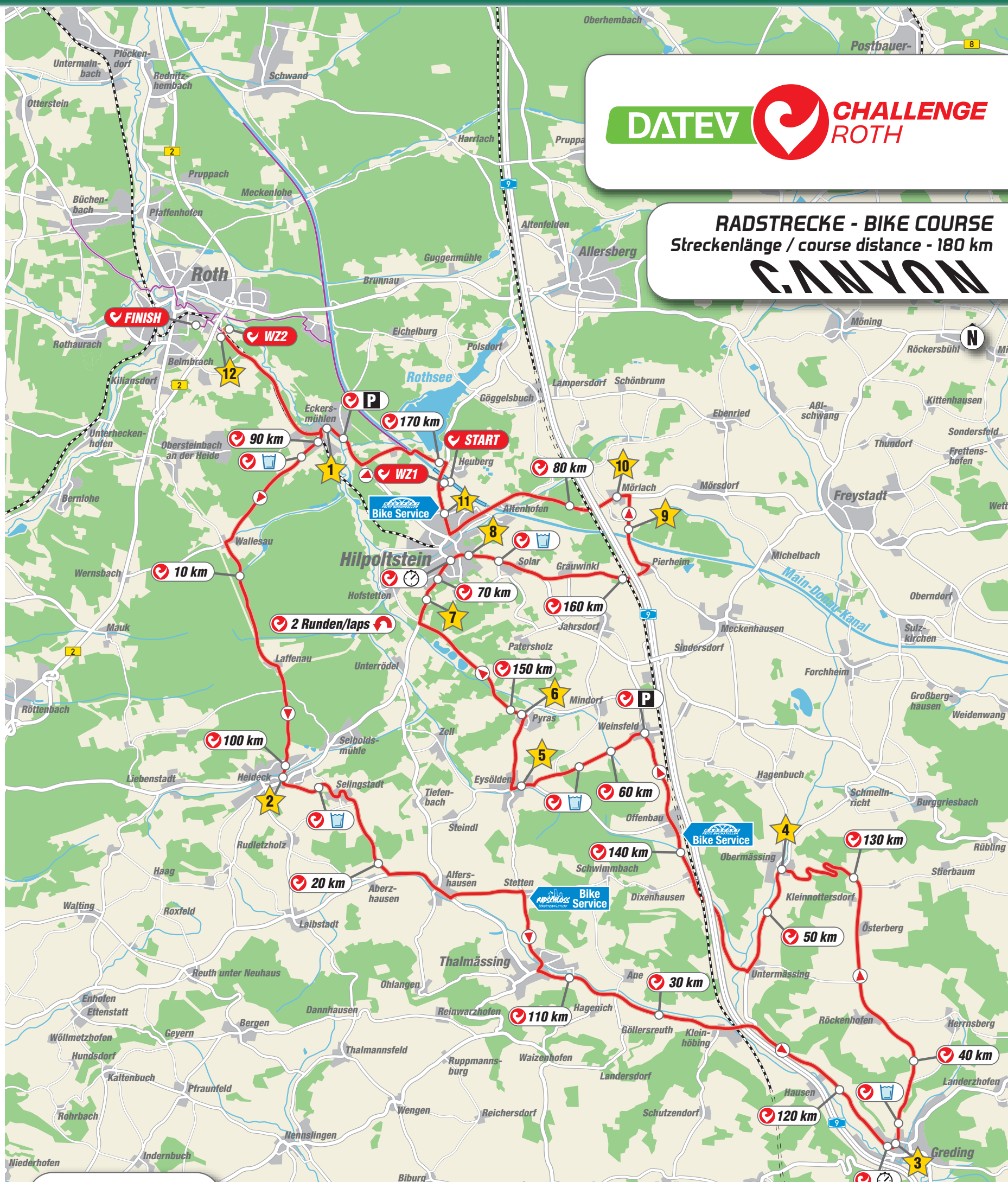
# ***BIKE***

**DATEV**



**CHALLENGE**  
**ROTH**







## MAIN INFORMATION FOR THE BIKE:

- Bib-Number on the back!
- No bottle, aero-insert, soft flask or water bladder in front of tri-suit allowed!
- Stay on the right side! Do not cross the middle line!



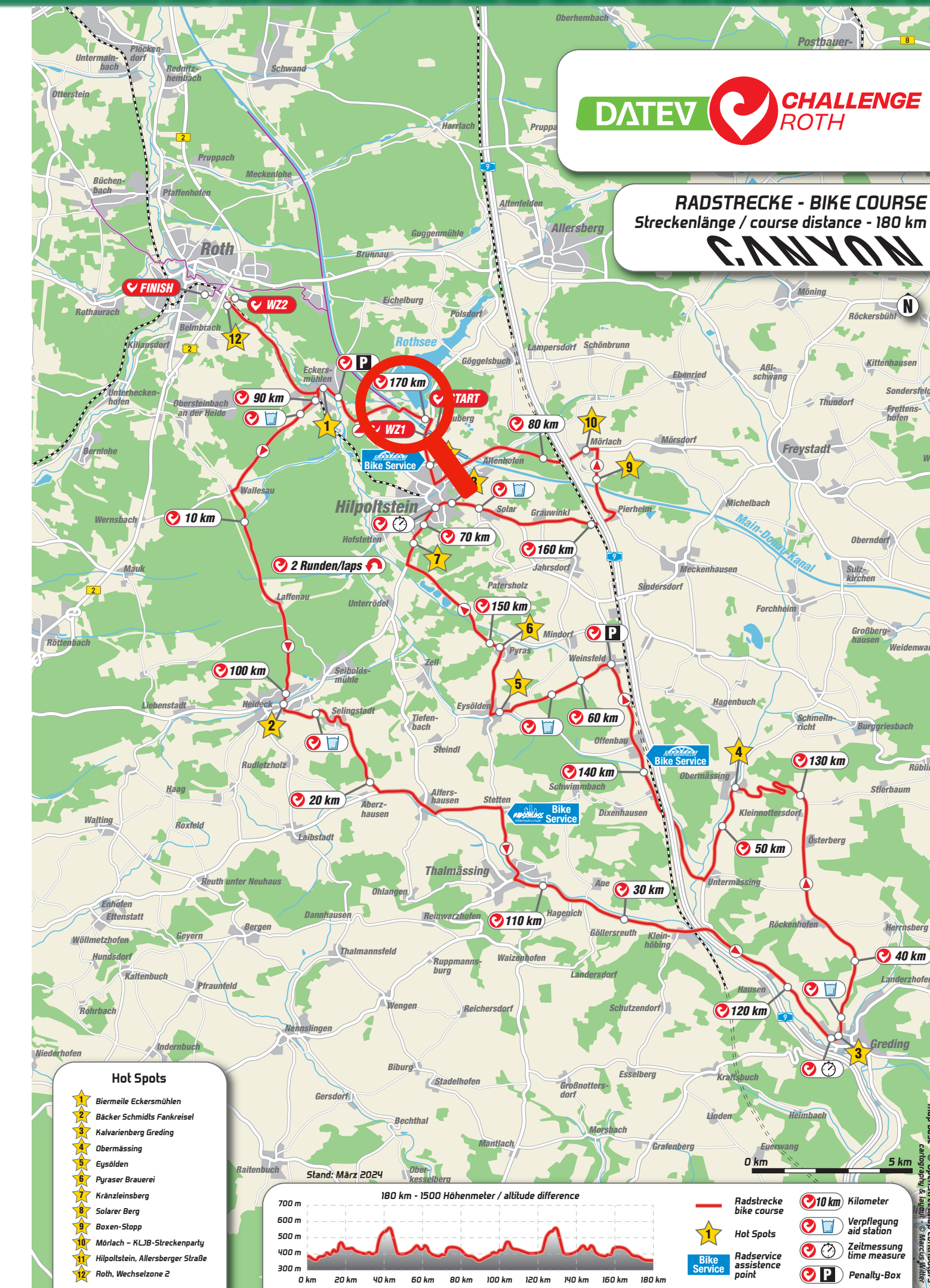


# Schleuse Haimpfarrich

KM 2, 85, 170

Sharp corner and bumpy road!

Right at the start of the bike course - be prepared!





# Eckersmühlen

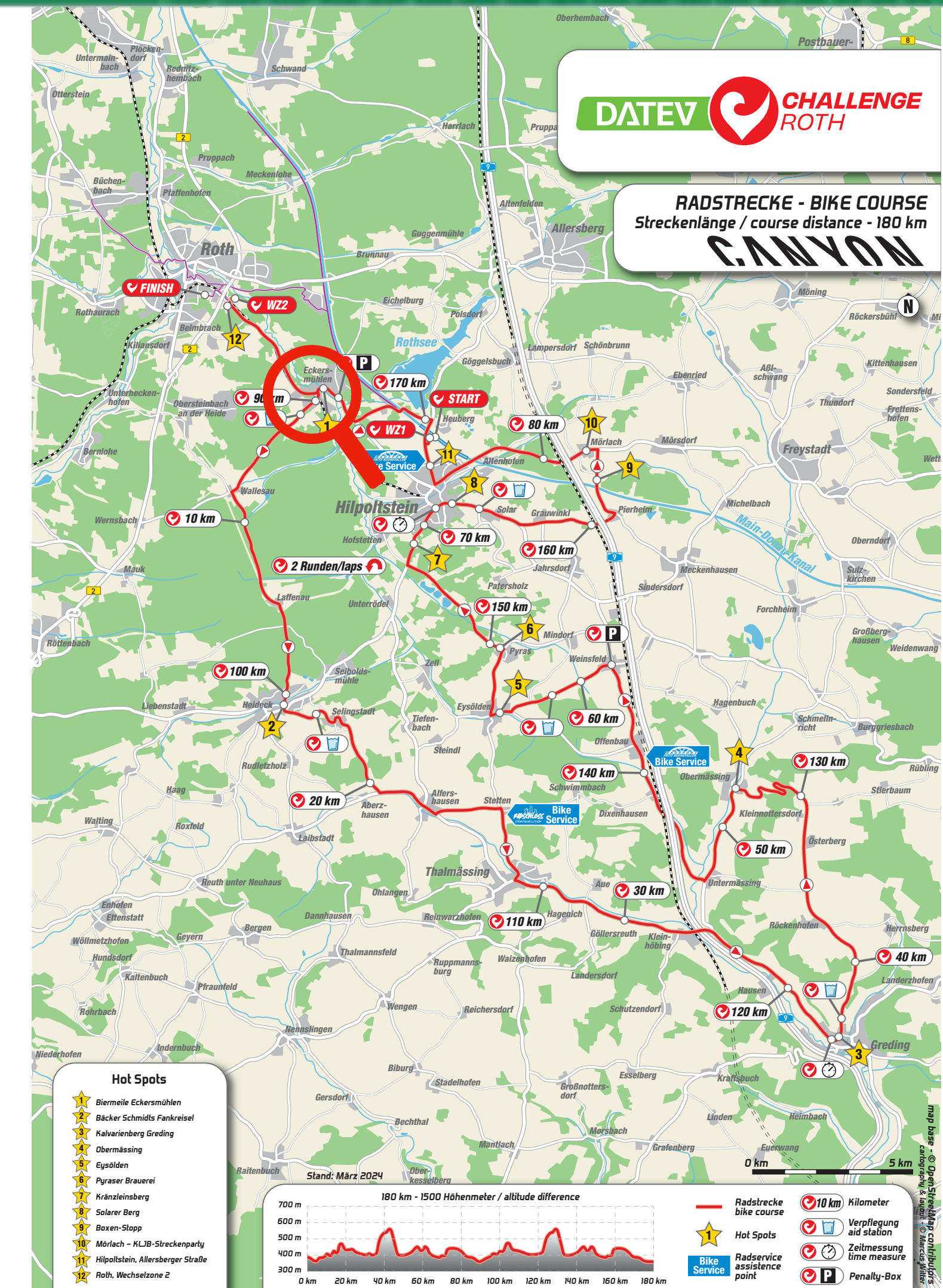
## KM 5, 88, 173

### Lap 1 + 2

Turn left! Stay on the left side!

„Lap“ 3

Turn right to head to T2!



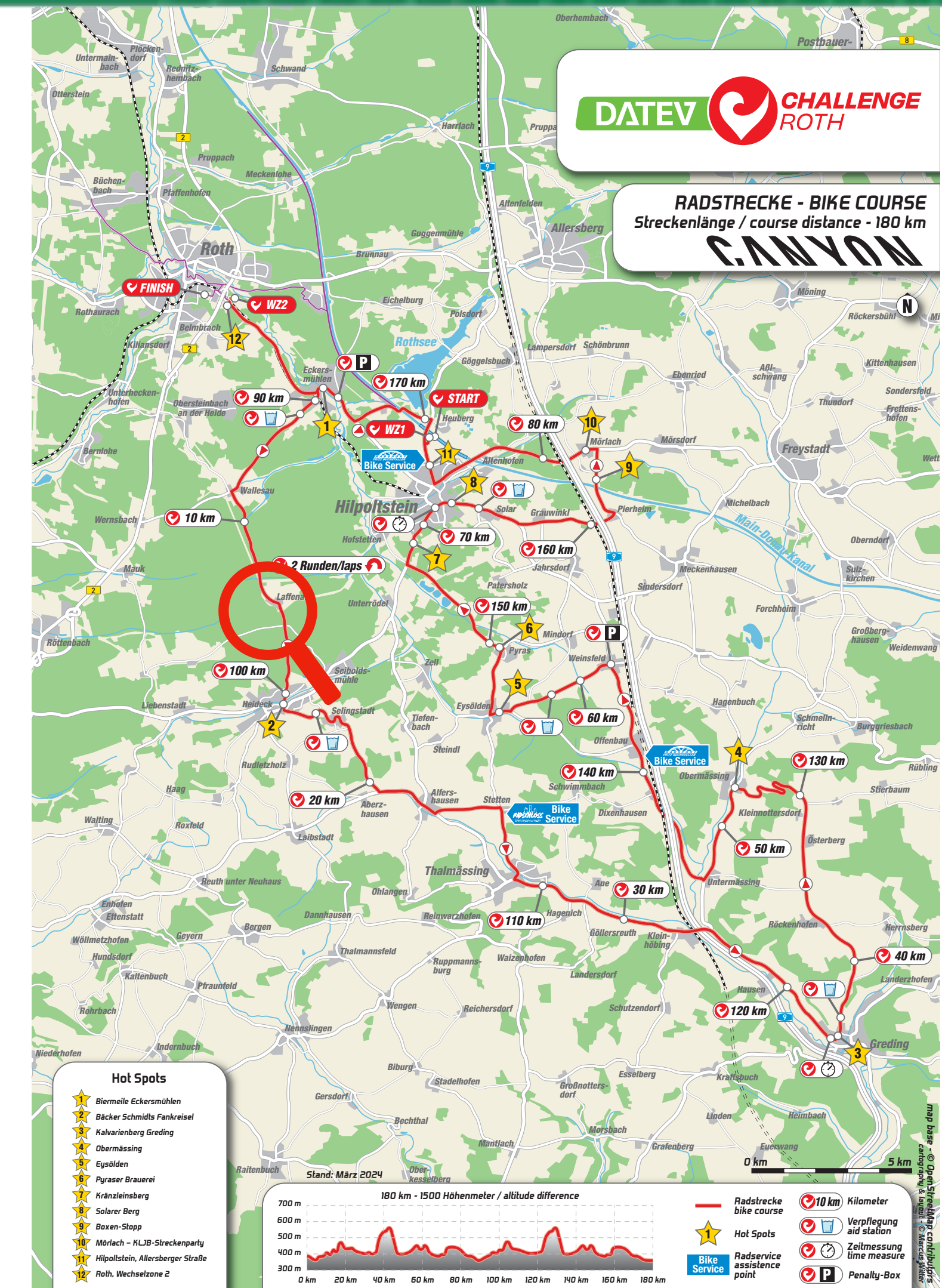
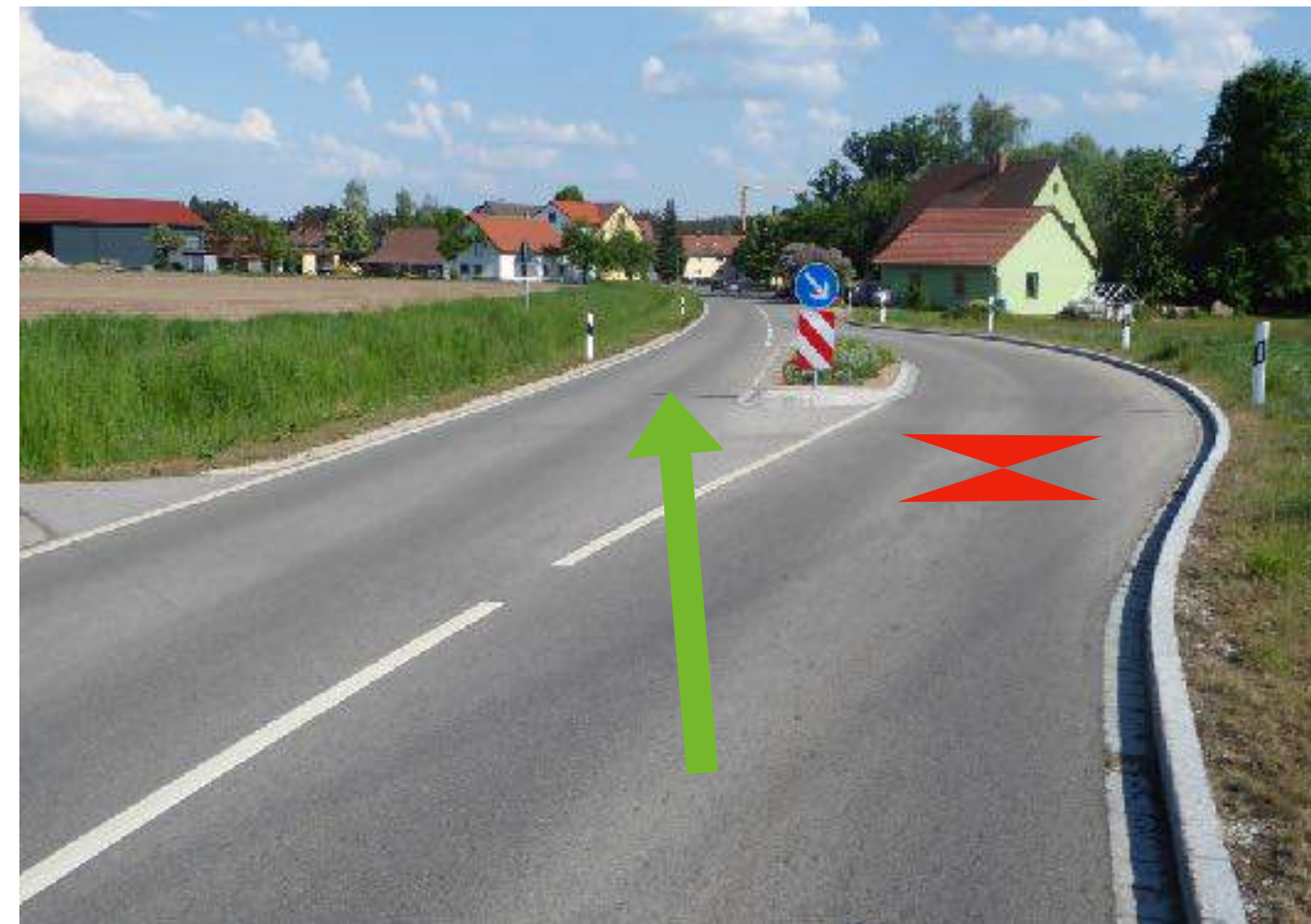


# Laffenau

## KM 14, 97

### Stay left!

At the end of a longer downhill. You are pretty fast! Keep your eyes on the road!



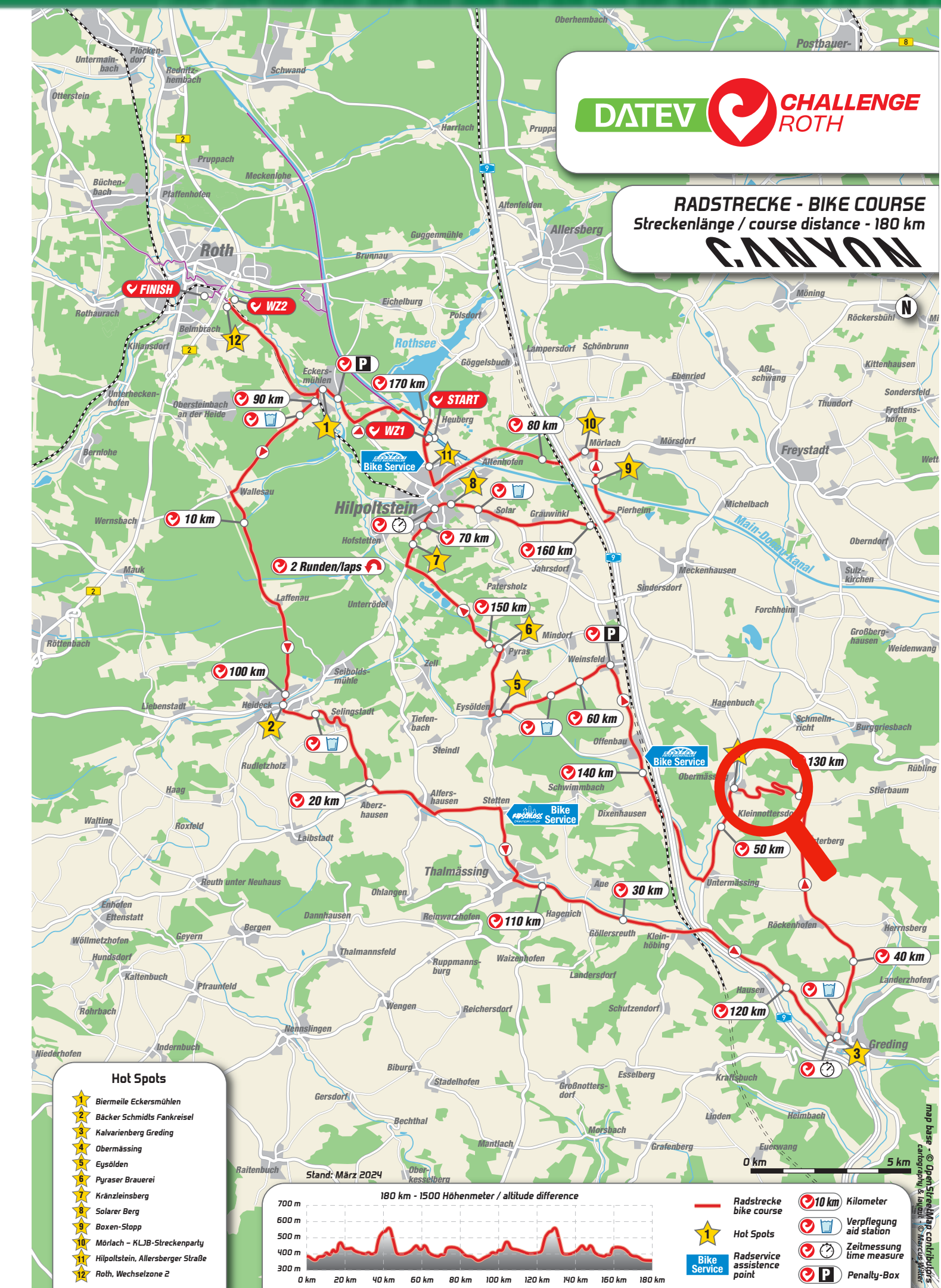


# Downhill into Obermässing

KM 47, 130

## Switchbacks!

One of the fastest parts of the course! Stay on the right side and be super careful!





Trash

Self-Supply

Water

Bars/Gels

ISO

Bananas

Water

Trash



Aid stations are all  
setup the same way!

Around every 17 km!





- Self-supply at the end of every aid station!
- Must be organized on your own!
- Only nutrition - no equipment!
- Make sure not to block the official volunteers!
- Water/Iso will be handed in bike bottles (750ml)!

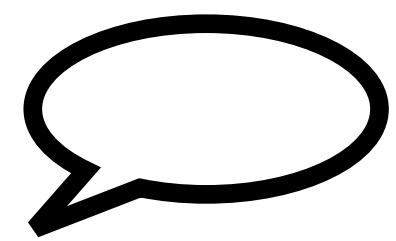




- No mobile Bike-Service!
- Three special Service-Station!







**warning**

no time penalty

**60 sec penalty**



swim, T1, T2, run: right next to the referee

bike: in the penalty box in T2



**5 min penalty**

in a penalty box (next or next-next)



**Disqualification**





## Drafting zone **BIKE/BIKE**

- 12meters - front wheel to front wheel
- 25 seconds to overtake





Position on the bike: OK!



Position on the bike: NOT ALLOWED!

„Supertuck“



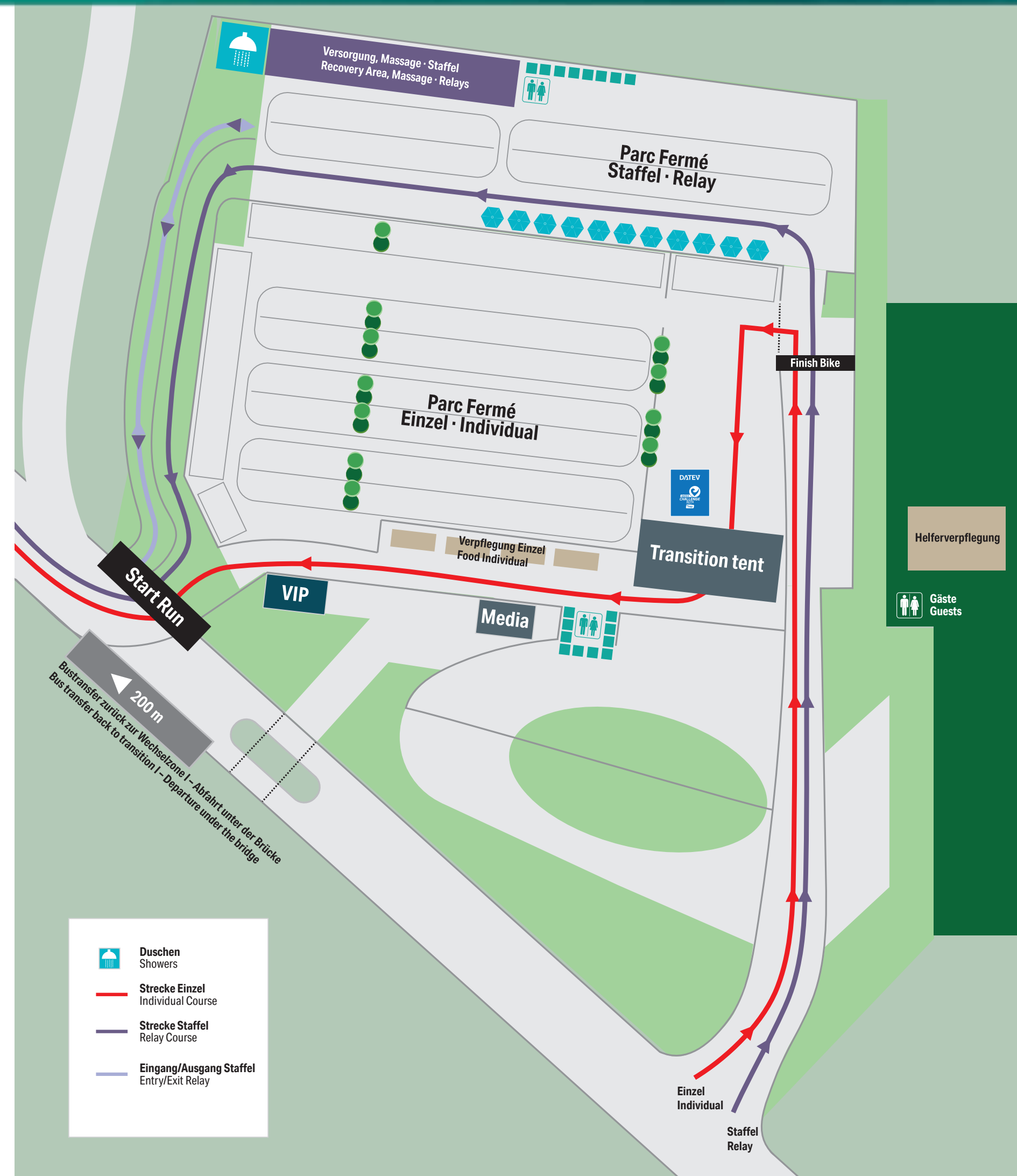


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# ***TRANSITION 2***









## MAIN INFORMATION FOR T2:

- Slow down before dismount line!
- Don't open your helmet before you get off the bike!
- Bikes will be racked by volunteers!
- Blue bag (running) will be handed to you by volunteers!



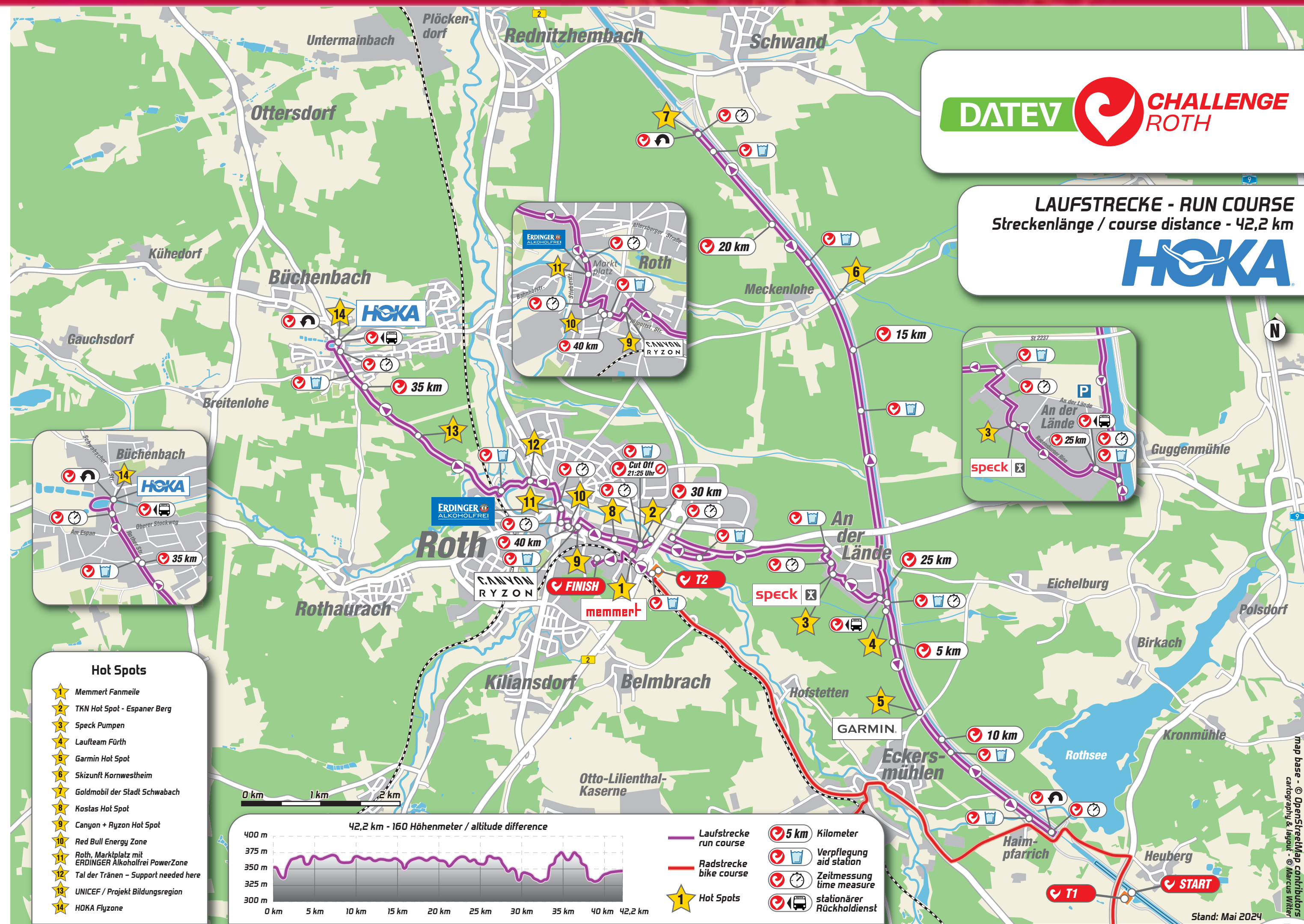


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***RUN***









## MAIN INFORMATION FOR THE RUN:

- Bib-Number on the front!
- No accompaniment by coaches or support crew on bicycles allowed!





RedBull/Water Mix

Vegetable broth

Water

Fruits

Rice cake

Crackers

Fruits/Nuts

Gels

Bars

Cola

Water

ISO



Aid stations are all  
setup the same way!

Around every 2,5 km!





- Self-supply at the end of every aid station!
- Must be organized on your own!
- Only nutrition - no equipment!
- Make sure not to block the official volunteers!





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# ***FINISH LINE AFTER RACE***





## Bike Check-Out: Sunday 06:30 pm - 12:00 pm

- could be done by supporters (yellow card in starter kit!)
- blue and red bag will be handed to you together with your bike

### Bring:

- Bib number or passport
- yellow BIKE CHECK-OUT CARD





**SEE YOU AT  
THE FINISHLINE!**

