

30.
NAGYATÁD
EXTREME MAN®
Az út maga a cél

> XXIX. LONG DISTANCE TRIATHLON
HUNGARIAN CHAMPIONSHIPS
NAGYATÁD, 10.08.2019
TECHNICAL INFORMATION

ORGANIZING TEAM

Attila Péter – Showman

József Szliczki – Race Director

Évi Herr – Registration

Gyula Herr – Chief of Organizing Team

László Herbszt – Design

Ágnes Fehér – Race Office

Nina Herr – Social Media

Miklós Peperő – Swimming

József Balogh – Bike

Zoltán Pap – Running

Katalin Beleznay – PR

Judit Beleznai – Awarding Ceremony

Péter Kocsis – English Interpretation

Dávid Herr – eXtremeMan Live

Sped-Med – Health Care

Ákos Bohm – Bike – Ágneslak

Compass Club – Bike – Böhönye

Bogdán Zoltán – Bike – Segesd

Csilla Tóth – Bike – Nagyatád

László Beleznay – Whales Order

Dezső Horváth – Civil Guards

Gyula Herr Jr. – Design II.

Klári Huszics – Athlete's Garden

Zoltán Huszics – Master Chef

Ferenc Horváth – Competition Center

Lajos Filó – Refreshment - Running

Gabi Karászi – Finishers

Márti Szamek – Relay Finishers

Anett Hantosi – Logistics

István Borovics – Electricity

SUPERVISORS FOR A FAIR EXTREMAMAN RACE

Viktória Böröczi – Chief Race Marshal bt.estimate@gmail.com

Dóra Rózsa – Technical Supervisor dorarozsa@yahoo.com

József Vadkerti – DEPO

Gyula Csizmadia – Bike

Gábor Molnár – Swimming – Running



The Official Time Measurement Team of eXtremeMan
Wishes You a Good Race!
EVOChip Hungary Ltd.

> RACE NUMBER ALLOCATION

1–1000 individual, „10<timers”: red

First Timers

2000 – 2999 „IronCouple”

3000 - 3999 Relays With 3 Members

4000 - 5999 Relays With 4 or more Members

TO-DOS BEFORE THE RACE

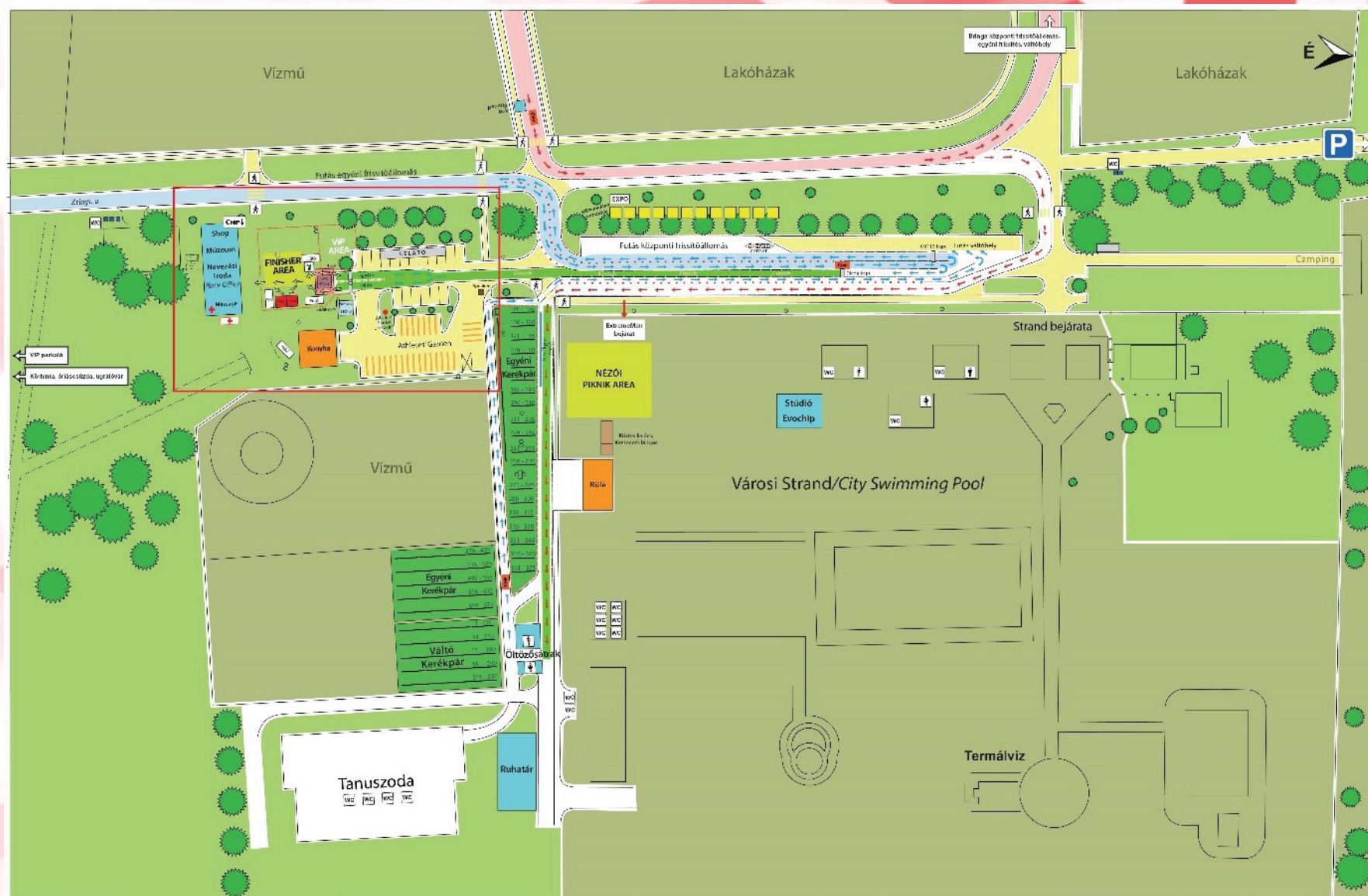
1. Registration (Taking Your Starting Kit – Comp. Office)
2. Submitting the Running Equipments
3. Approaching the Swimming Location
4. Parking
5. Cycling Check-In
6. Settling the Cycling Equipment
7. Swimming Check-In

➤ REGISTRATION – LOCATION & TIME

7. August (Wednesday): **17:00-20:00**

8. August (Thursday): **9:00-11:00 and 17:00-20:00**

9. August (Friday): **8:00-12:00 and 17:00-20:00**



➤ REGISTRATION I.

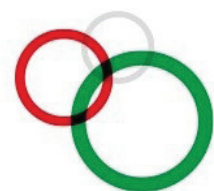
During the registration first the participant is identified – for that you need to have a **valid ID or Driving License or Passport**.

Everyone can pick up only his/her own race pack.

The eXtremeMan Nagyatád Race goes under the flag of Hungarian Triathlon Federation as 29th Hungarian Long Distance Triathlon Championships.

All triathletes must have a **valid race license** in order to participate.

If you have non-Hungarian Race License, please bring it with you to the registration.



MAGYAR
TRIATLON SZÖVETSÉG

www.triatlon.hu

➤ After successful registration all valid-entry participants receive their **starting pack**.

Starting pack for **Individual Competitors** contains:

personalized race number

- white chip – if required
- bike stickers (both helmet and bicycle)
- emblemmed swimming cap
- transition bags
- wristband
- „filled bottle” - with 4 types of High5 products
- guide
- lottery tickets in closed envelopes
- race number sticker

STARTING PACK FOR RELAY TEAMS CONTAINS:

- race number (with team name)
- white chip
- unique t-shirts
- bike stickers (both helmet and bicycle)
- emblemmed swimming caps (2 pc per team)
- transition bags (if necessary)
- wristband (1 pc per team member)
- bottle (1 pc per team member)
- guide (1 pc per team member)
- lottery tickets in closed envelopes
- race number stickers

The drawing of lot requiring **the lottery tickets** will take place during the awarding ceremony

➤ At the back of the race number the health insurance emergency phone nr. is highlighted. This number is to be called in case of any health-related issues. Whenever you are witnessing an emergency situation, please immediately notify the organizers. At the same spot you have the possibility to highlight a phone nr. which is linked to your closest relative/friend available at the race locations.

➤ REGISTRATION II. YELLOW CHIP?

Does the Competition Office know about it?

YES, if you provided your chip number during the preliminary online registration. If you don't have a yellow chip or failed to notify the organizers about it, you will complete the race with a white chip.

Rent & Deposit Fee of the white chip: 1000 HUF – 1000 HUF.

Please bring along precisely two 1000 HUF bank notes!

Relay teams can participate with white chip only. The registration fee is covering the rental fee, however, 1000 HUF deposit is still required.



➤ SUBMITTING THE RUNNING EQUIPMENT

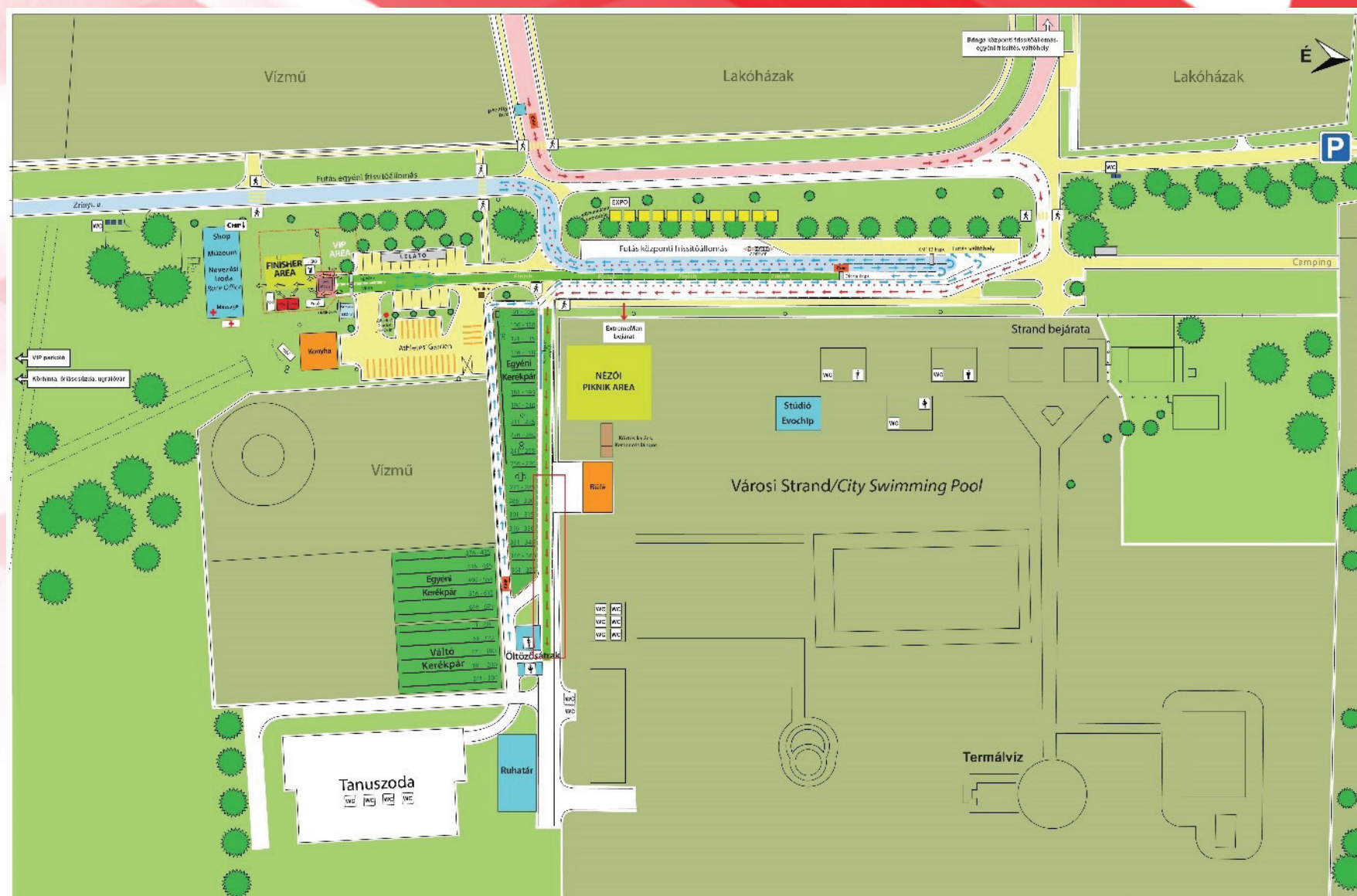
Time: 9.08.2019. (Friday) 8:00 - 20:00

Location: Competition Center –
in the area of the bike-run transition
New Location compared to previous
occasions!

Please place it into the **"RUN"** plastic bag, which is
then to be hanged onto the racks located in the bike-
run transition area

There is a chance for submitting your after-race
clothing as well. Please place it into the **"After Race"**
plastic bag.

Also, for those individual competitors having no
escorting friends/relatives, we grant the possibility of
submitting the AFTER RACE bag before the start at
the swimming location. For this purpose a designated
truck will be waiting behind the dressing tent, but only
there! You can find the AFTER RACE bag along with
the BIKE bag (full with wet swimming dress/caps/
goggles) after the race, in the dressing compound.



TO-DOS BEFORE RACE

- ~~1. Registration (taking your starting kit – Competition Office)~~
- ~~2. Submitting the Running Equipments~~
3. Approaching the Swimming Location
4. Parking
5. Bike "check-in"
6. Placing the Bike Equipments
7. Swimming "check-in"

SWIMMING

In the Mine Lake of Gyékényes
40 km from Nagyatád
50 minutes long drive!



> PASSENGER BUSES BICYCLE TRANSPORT

- Meeting at 4:45 at the parking area next to the Attila József Youth Hostel
- Protective Materials have to be provided individually
- Don't forget your tickets at home as the bus drivers will ask for them!
- Departure at 5:00. No headcount control
- The buses will depart back to Nagyatád at 10:30 and at 11:00



TO-DOS BEFORE RACE

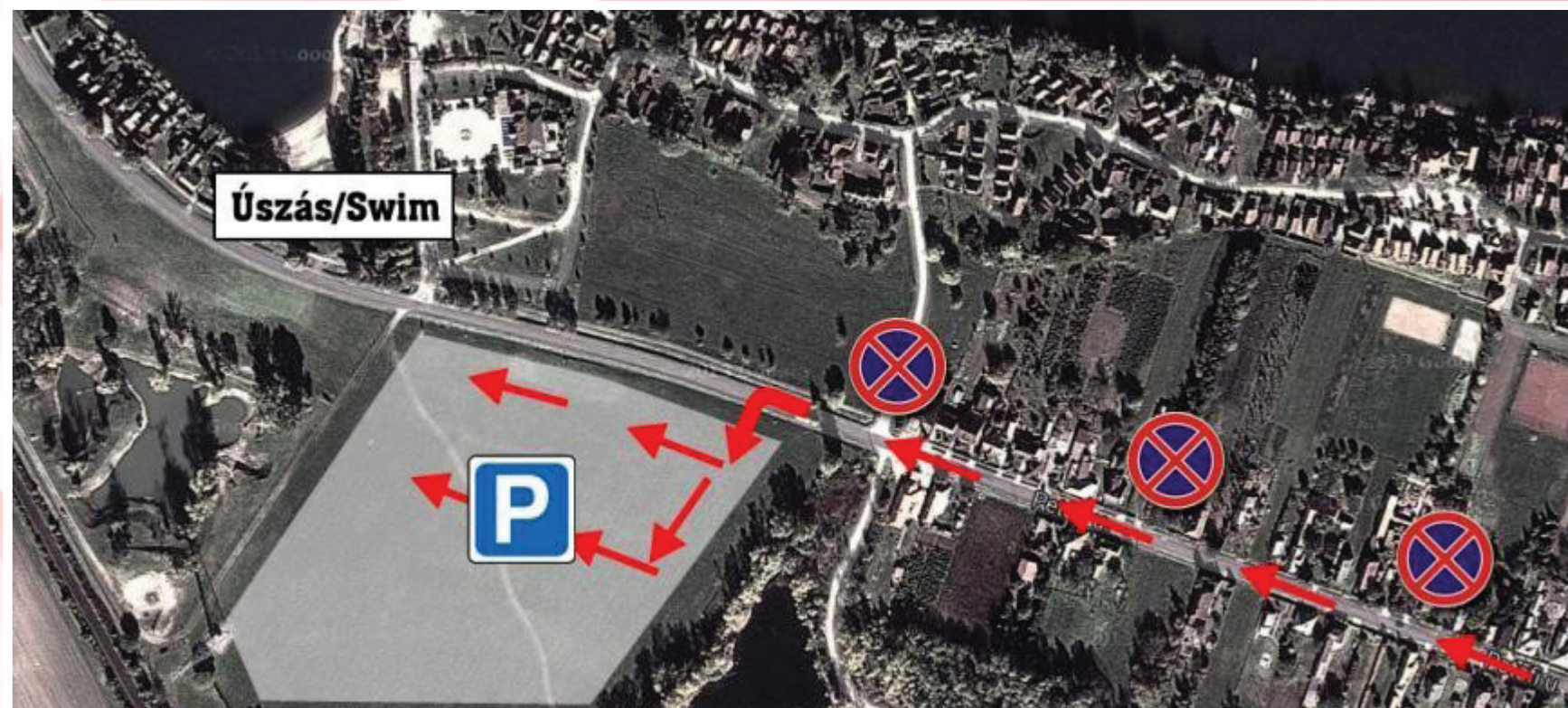
- ~~1. Registration (taking your starting kit – Competition Office)~~
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- ~~3. Approaching the Swimming Location~~
- 4. Parking**
5. Bike "check-in"
6. Placing the Bike Equipments
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PARKING

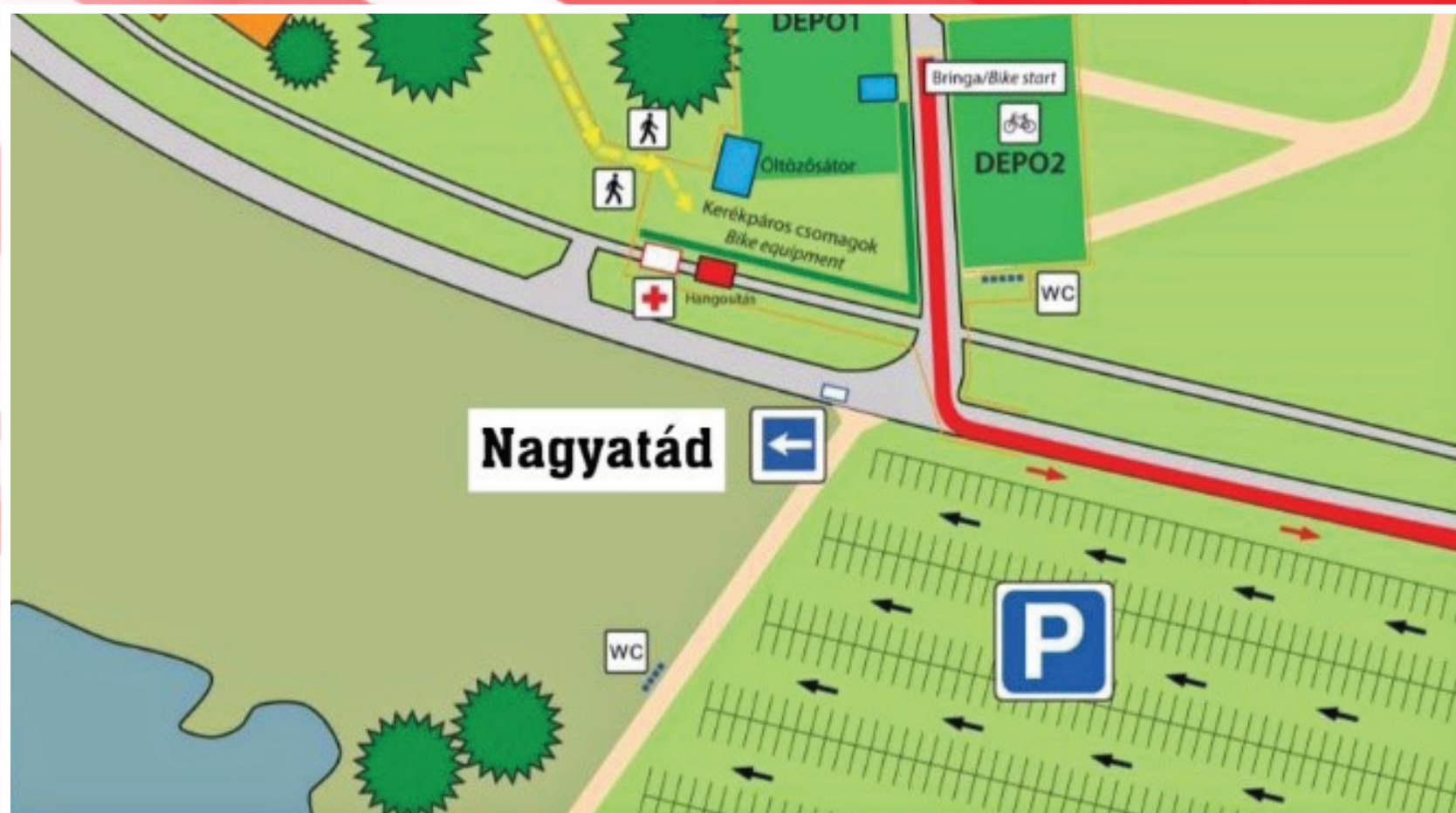
The white wristband shows every policeman/civil guard/
organizer that the car belongs to the race, so they will
help you to find a guarded parking lot.
Price of the Wristband: 300 HUF in the eXtremeMan Shop

> PARKING IN GYÉKÉNYES

Parking Area is **CLOSED (!)**:
bw 8:10 – 9:20 and bw 9:50 – 10:30



➤ **Leaving the Parking Area:**
you will be directed to the left
Bw. 9:20 – 9:50, then after 10:30



TO-DOS BEFORE RACE

- ~~1. Registration (taking your starting kit – Competition Office)~~
- ~~2. Submitting the Running Equipments~~
- ~~3. Approaching the Swimming Location~~
- ~~4. Parking~~
- 5. Bike "check-in"**
- 6. Placing the Bike Equipments**
- 7. Swimming "check-in"**

➤ BIKE CHECK-IN

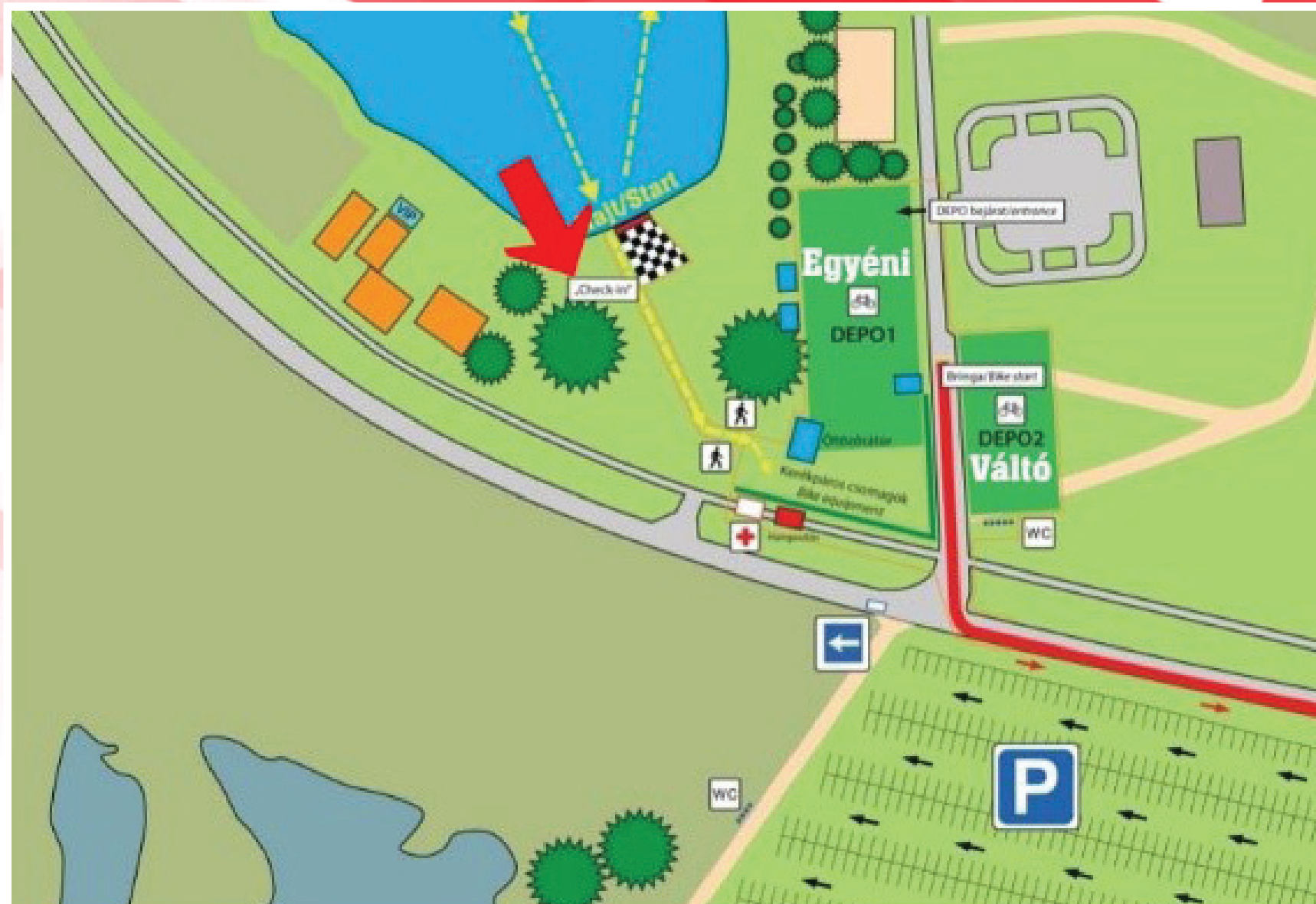
- individuals 6:00 – 7:15
- relay teams 7:15 – 8:00



- **Placing the Bike Equipment in the
‘BIKE’ plastic bags**
Individuals: 6:00 – 7:15
Relay teams: 7:15 – 8:00



➤ **Swimming check in: 6:45 - 7:20**
Warm up in water till 7:20
/Final Countdown.../

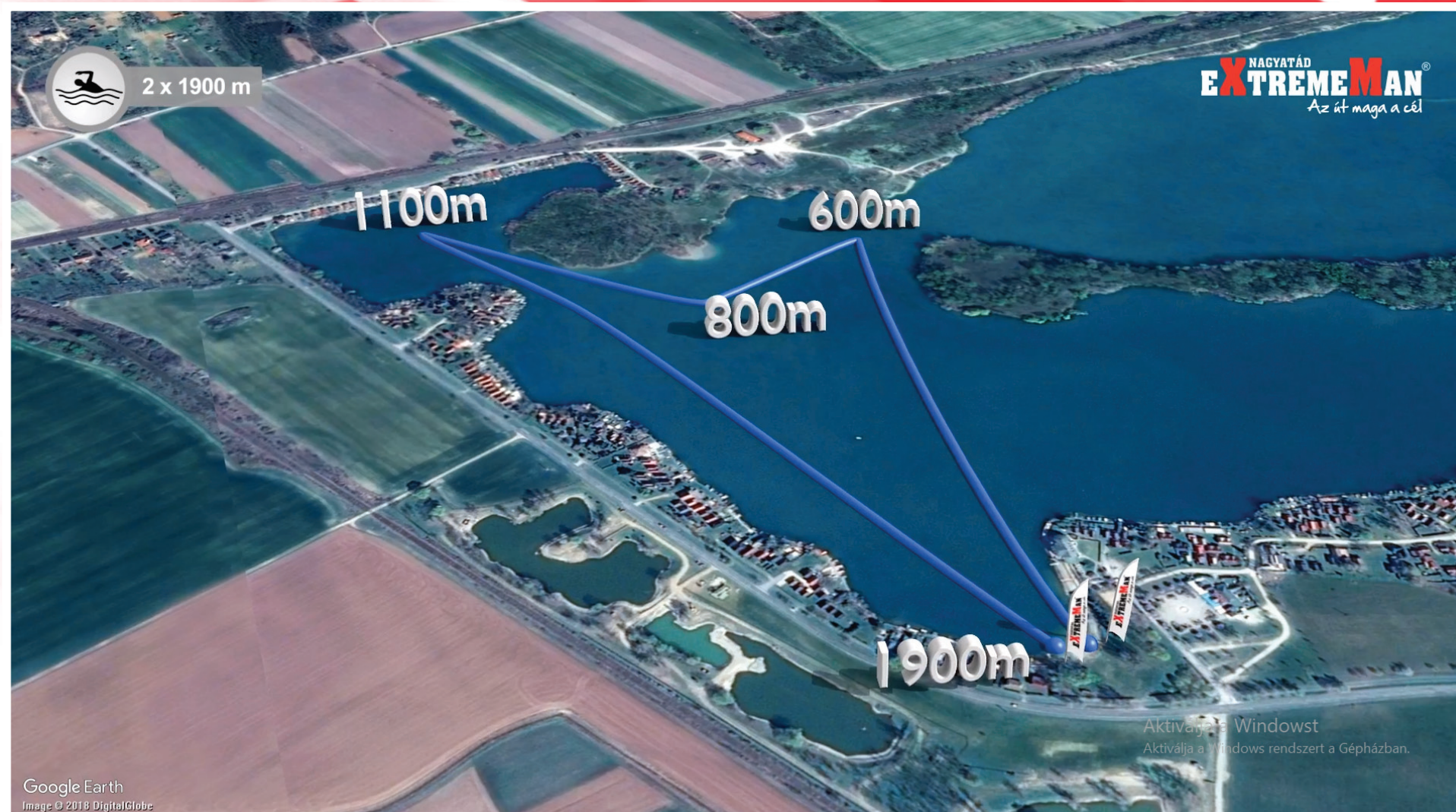


➤ The chip must be worn above the ankle.



➤ SWIMMING

The swimming consists of **2 laps**!
After completing the first lap, you
have to come out of the water and
run 10m before starting your next lap.



➤ PASSAGE FOR SPECTATORS

Please always look for the Spectator Passage Gate instead of unattentively crossing the corridor designated for swimmers coming out of the water. We will flexibly let you all cross at the aforementioned gate.



➤ START

Individuals: 7:30

Relay Teams: 8:50

Due to weather conditions the starting time can be modified.

Wearing swimming suit is only allowed if the water temperature is below 24 C° - official temperature measurement: 1 hour before the start

Wearing the official eXtremeMan swimming cap is mandatory!

The **blue** (TOP) and **red** (PRIORITY) capped competitors must be in the front row before the start. The rest of the competitors will be guided to various zones based on the planned swim time.

START: By running into water, after the cannonfire



> SWIMMING

**Limit: 2 hour 20 min
to get on the bike!**



> Summary of the Morning Program

4:45 Bicycle placement, bus arrival for pick-up next to the hostel

5:00 Departure of buses and bicycle transportation vehicles



6:00 Gyékényes: DEPO opens

6:45 – 7:20 Swimming Check-In, warm-up possibility in the water

7:20 'Final countdown' – ending the warm-up, all competitors at the beach

7:30 START – by Cannonfire

From 7:31: Relay teams Check-In

From 7:50: Team members on the beach

8:50 START for Relays – by Cannonfire

Spectators:

Leaving the parking area only in the designated time slots

Drivers to use the white wristbands.

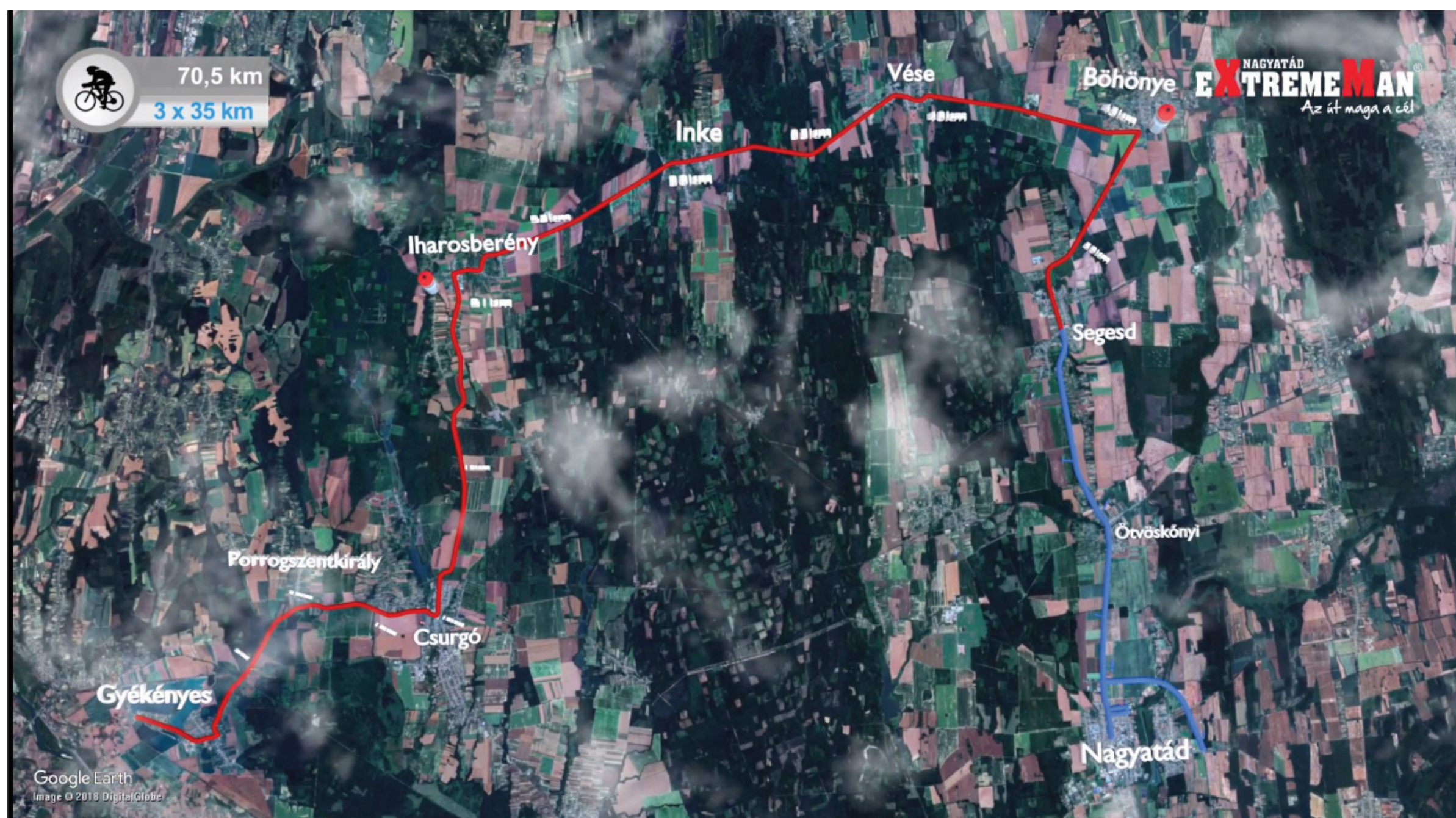
Those cars with wristbanded drivers will not be detoured by the police in Nagyatád but will be directed to the appropriate parking spots near the Competition Center. Buses will depart for Nagyatád at 11:00



➤ **Guarded Parking Area for normal cars
in Nagyatád is open till 12:30**

Closed:12:30-18:00

➤ BIKE – NEW, MODIFIED COURSE IN 2019!



Altitude: 640 m

Gyékényes Lake – Csurgó – Iharosberény – Böhönye - Nagyatád City Swimming Pool, then Nagyatád bypass - Segesd – Nagyatád. The medium-quality asphalt course contains 3 turnarounds and 3 laps. Partial closure from Traffic so please proceed accordingly.

 **Partial road closure, secured by police and civil guards.
Traffic rules are to be complied with!**

> BIKE

The bike course crosses railways,
thus time adjustment is possible.
"I" mark on race number!



➤ REFRESHMENT STATIONS

At 22, 48, and 72 km, then in every 2 turnaround of the small lap (Segesd and Nagyatád)

At the refreshment stations the following is available:

- Fresh water in bottle (only if empty bottle is dropped in return)
- HIGH5 isotonic drink in bottle (only if empty bottle is dropped in return)
- HIGH5 energy bar in the Nagyatád Competition Center, energy gel at the Segesd turnaround.
- Halved Banana



HIGH5
SPORTS NUTRITION

> REFRESHMENT STATIONS

Protect your Environment!

Please drop your bottles only at the designated drop-off areas. Only after dropping the used bottle a new bottle can be handed over.

Please get rid of your wastes at the refreshment stations only!

Waste zone regulations are governed by the relevant sections of the HTU rulebook.

There always be a sign highlighting the end of the waste zone.



> INDIVIDUAL REFRESHMENTS

Individual refreshments can be handed over at 72, 107 and 142 km, at the Central Refreshment Station, along the right side of Kápolna str. (full length) and at the designated grassy area at the Pizza Dolo turnaround.

Those handing over the individual refreshments must NOT obstruct the movement of other, faster competitors.

The faster cyclists are advancing at the left side of the one-direction Kápolna street. **Thus it is strictly forbidden to hand over individual refreshments at the left side!**

Non-compliance might involve race marshall intervention.



> BIKE

Time Limit:

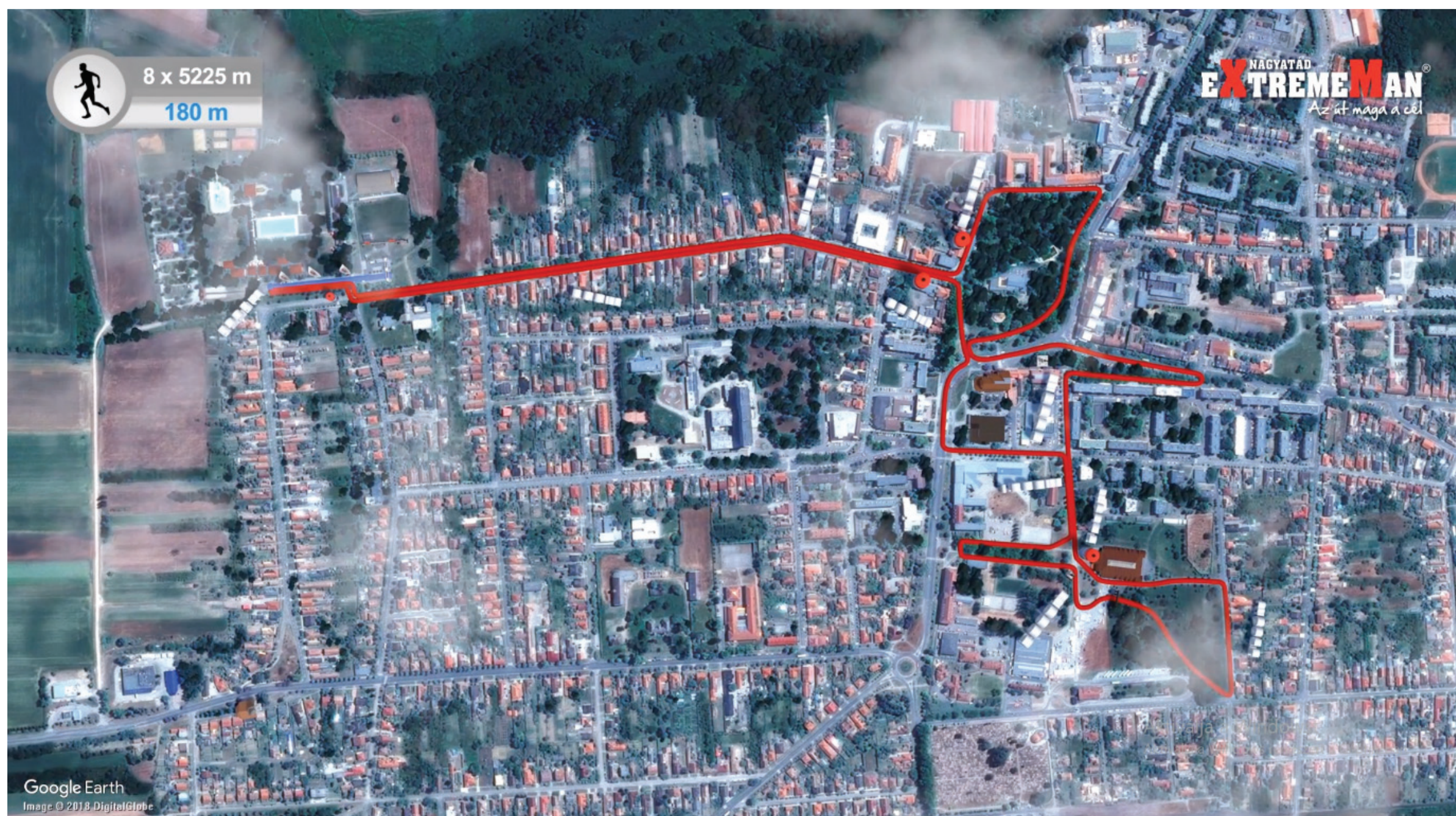
8 hours 45 min (CET 16:15) to start the last lap
and 10 hours 30 min (CET 18:00) to start running.

No drafting!

In case of non-compliance, the race marshal shows up a blue card, resulting a 5 minutes penalty to spend in the next penalty box. Second blue card automatically means immediate disqualification.

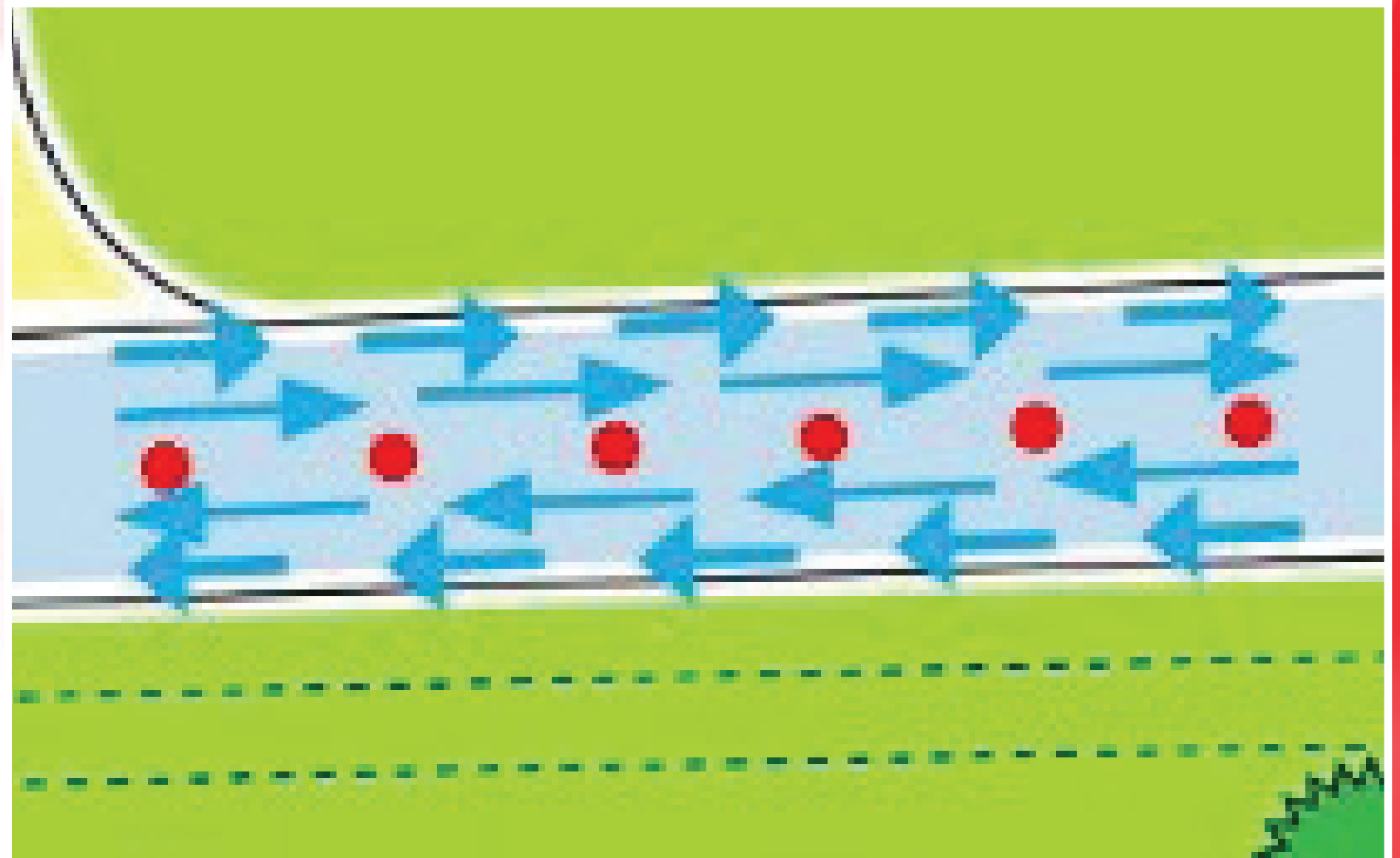


➤ RUNNING: NEW COURSE IN 2019!



Competition Center – Nagyatád downtown – Szt. István Park – Competition Center
8 laps (5250 m each) – the competitors are passing by the Competition Center in each lap.
Good quality asphalt and cast stone, full closure from traffic.
Escorting the competitors is strictly forbidden.

➤ Always **KEEP TO THE RIGHT**
on the running course.



➤ REFRESHMENT STATIONS

1. COMPETITION CENTER

- water in plastic cups
- I:am salt pills
- HIGH5 isotonic drinks in plastic cups
- HIGH5 gel
- quartered banana
- tubs full with water (for washing purposes – bring your own sponges distributed in the registration pack)

2. PARK - WESTSIDE (980 M)

- water in plastic cups
- HIGH5 isotonic drinks in plastic cups
- biscuits
- tubs full with water (for washing purposes)

3. IN FRONT OF THE CITY SPORTS HALL (2.200 M)

- water in plastic cups
- HIGH5 isotonic drinks in plastic cups
- Cola
- tubs full with water (for washing purposes)

4. PARK - EASTSIDE (4.000 M)

- water in plastic cups
- HIGH5 isotonic drinks in plastic cups
- melone slices

Protect Your Environment!

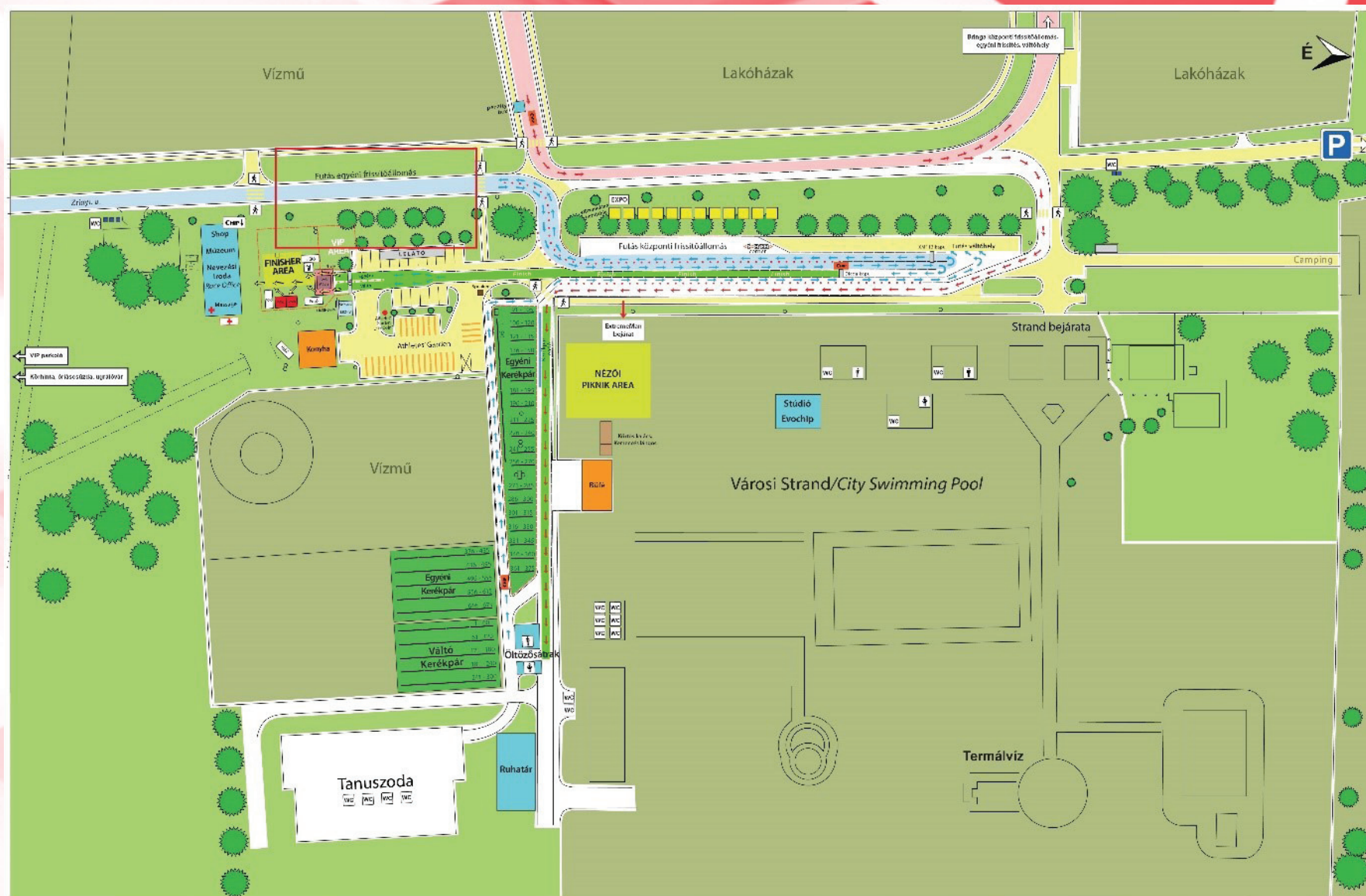
Please get rid of your wastes at the refreshment stations only!

Waste zone regulations are governed by the relevant sections of the HTU rulebook.



➤ INDIVIDUAL REFRESHMENT ZONE

Along Zrínyi str, and in the designated areas at Park Westside and Park Eastside Refreshment Stations.



➤ TIME LIMIT - RUNNING

To start running:

10:30 (18:00 CET)

Time limit in each lap is ca. 40 min


The 4th lap must be started the latest at race time 12:30

The 7th lap must be started the latest at race time 14:30

The 8th lap must be started the latest at race time 15:50

Race Course closes at midnight.



 **Counting the running laps is individual responsibility!**
+ eXtremeMan Live Data

> VÁLTÓK / RELAYS



Depo Time
7:15 – 8:00

> SWIMMING "CHECK-IN" - FROM 7:31
WARM-UP POSSIBILITY: 7:31-7:45 OR 8:40–8:45

START: 8:50

➤ Official Time Limit to finish the swimming:

2 hours 10 minutes

Those relay teams, which still have their swimming member in the lake at 11:00 a.m., can still complete the stage, however, the cycling members will get a spare chip and will be released onto the cycling track at race time 3:30.

➤ **Those relays who will not start their last lap within the time limit (race time 8:45 – 16:15 CET), can still finish the cycling stage off-race. However, at race time 10:30 (CET 18:00) all running members will be set to start the running distance by a joint-start (spare chips will be provided).**

➤ RELAY SPOTS:

BW SWIMMING LAPS: at the start

FROM SWIMMING TO CYCLING:

2nd entrance of the Bike Depo in Gyékényes

BW BIKE STAGES:

designated spot at the end of Kápolna str.

FROM CYCLING TO RUNNING:

-in the dressing tent (DEPO)

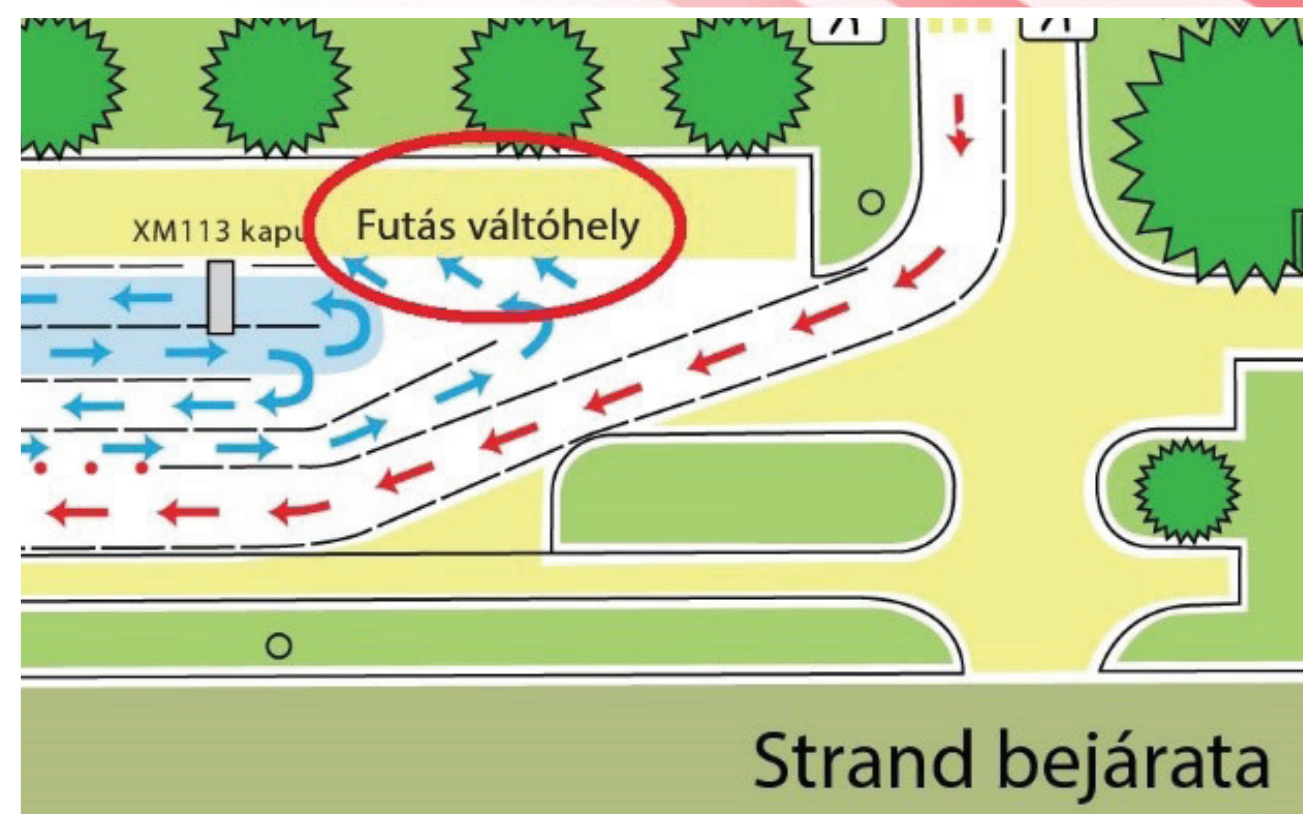
BW RUNNING LAPS:

at the individual refreshment stations

We suggest that from the last relay spot, all relay members should join the running teammate in order to finish together.

Finisher Photo Ethics!





➤ FINISH

Individual competitors must use the finish gate on the right, while the relay teams must use the one on the left. We suggest that the teams would cross the finish line in full number.

Those individual competitors completing the race successfully will get the unique Finisher

T-Shirt and an anniversary medal.

Those relay teams completing the race successfully will get an anniversary medal.
After crossing the finish line, Mogyi snacks, cakes, water, beer, massage and if necessary, medical assistance are awaiting the Finishers.
It is well worth to refresh yourself in the thermal bath and in other pools of the City Swimming Pool.

Doping control is possible.



➤ FINISHER PHOTO ETHICS

The race number should be worn in the front with clear visibility.

If you arrive to the finish line with a small time gap away from your fellow finisher, please keep enough distance so that the finisher corridor is cleared for you as well!

After crossing the finish line, please leave the finishing area as soon as possible.



- Only official/accredited media reps and competitors can occupy the finishing area.

The Rose of Gratitude



> AFTER-RACE TO-DOS - CHECK OUT

1. 1. Keep your chip and/or race number on! Only after positive identification will you be served in the Depo and in the Dressing Tent.
2. **Depo Equipment Area Opens** at 18:00 in the Dressing Tent. Here you can pick up your BIKE/RUN/AFTER RACE bags. **Chip and Race Number Identification.**
3. 3. Don't forget to pick up your **bike** and **helmet** from the Depo. Depo opens at 18:00.
Chip and Race Number Identification
4. **You can drop off your white chip at the eXtremeMan shop– here you'll get the deposit back (1.000 HUF).**

Any lost and found objects/equipments can be checked and picked up before and after the awarding ceremony on Sunday. We cannot undertake storing these objects, neither can we post them afterwards.

➤ **WE WISH YOU ALL A GREAT RACE AND A SUCCESSFUL FINISH.**

