

EXTREME NAGYATÁD **MAN**®

Az út maga a cél

➤ **XXX. LONG DISTANCE TRIATHLON
HUNGARIAN CHAMPIONSHIPS
NAGYATÁD, 08.08.2020
TECHNICAL INFORMATION**

ORGANIZING TEAM

Attila Péter – „Showman”
Blanka Ivók – Race Office
Edvin Jeszencsák – Running
Viktor Vörös – Bike – Ágneslak
Erika Nagy – Decoration
Zoltán Fábián – SHOP
József Szliczki – Race Director
Évi Herr – Registration
Gyula Herr – Chief of Organizing Team
László Herbszt – Design
Nina Herr – Social Media
Miklós Peperő – Swimming
József Balogh – Bike
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
Zoltán Bogdán – 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
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

5. August (Wednesday): 17:00-19:00

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

7. August (Friday): 8:00-20:00



➤ REGISTRATION I.

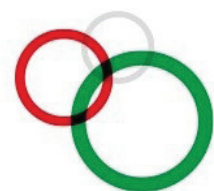
During the registration first the participant is identified – for that you need to have a **valid ID or Driving License or Passport**.

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

The **eXtremeMan Nagyatád Race** goes under the flag of Hungarian Triathlon Federation as 30th 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
- eXtremeMan emblemmed flask
- race number stickers (2)

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, or 3 if necessary)
- transition bags (if necessary)
- wristband (1 pc per team member)
- bottle (1 pc per team member)
- race number stickers

Participants who **wear** their wristbands until 8th of august (2020) until 24:00 can entry free and use the service of City Swimming Pool

➤ 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

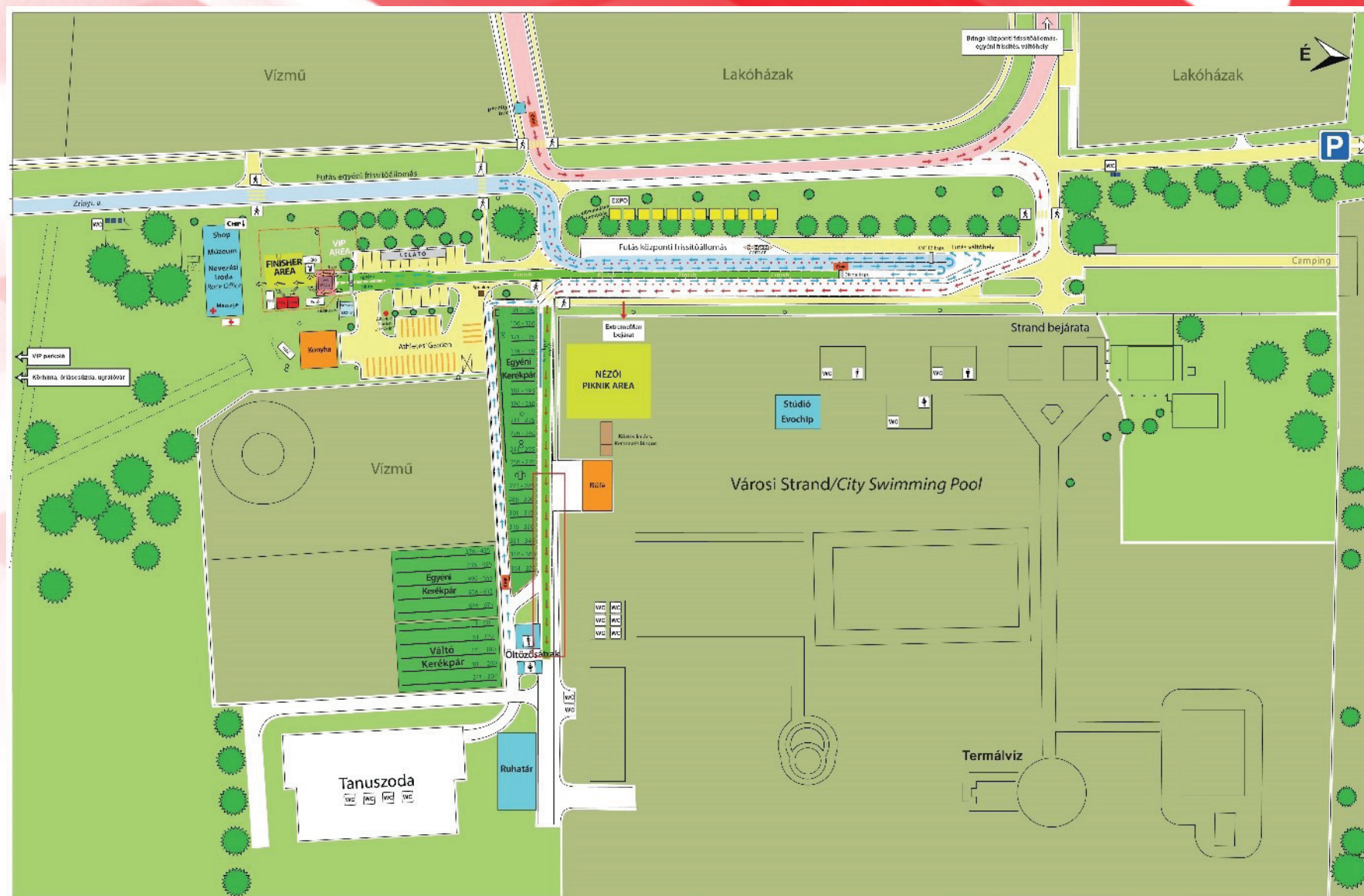
Time: 7.08.2020. (Friday) 8:00–20:00

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"

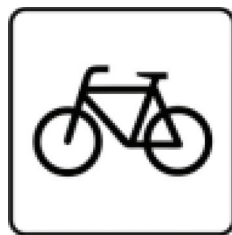
➤ SWIMMING

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

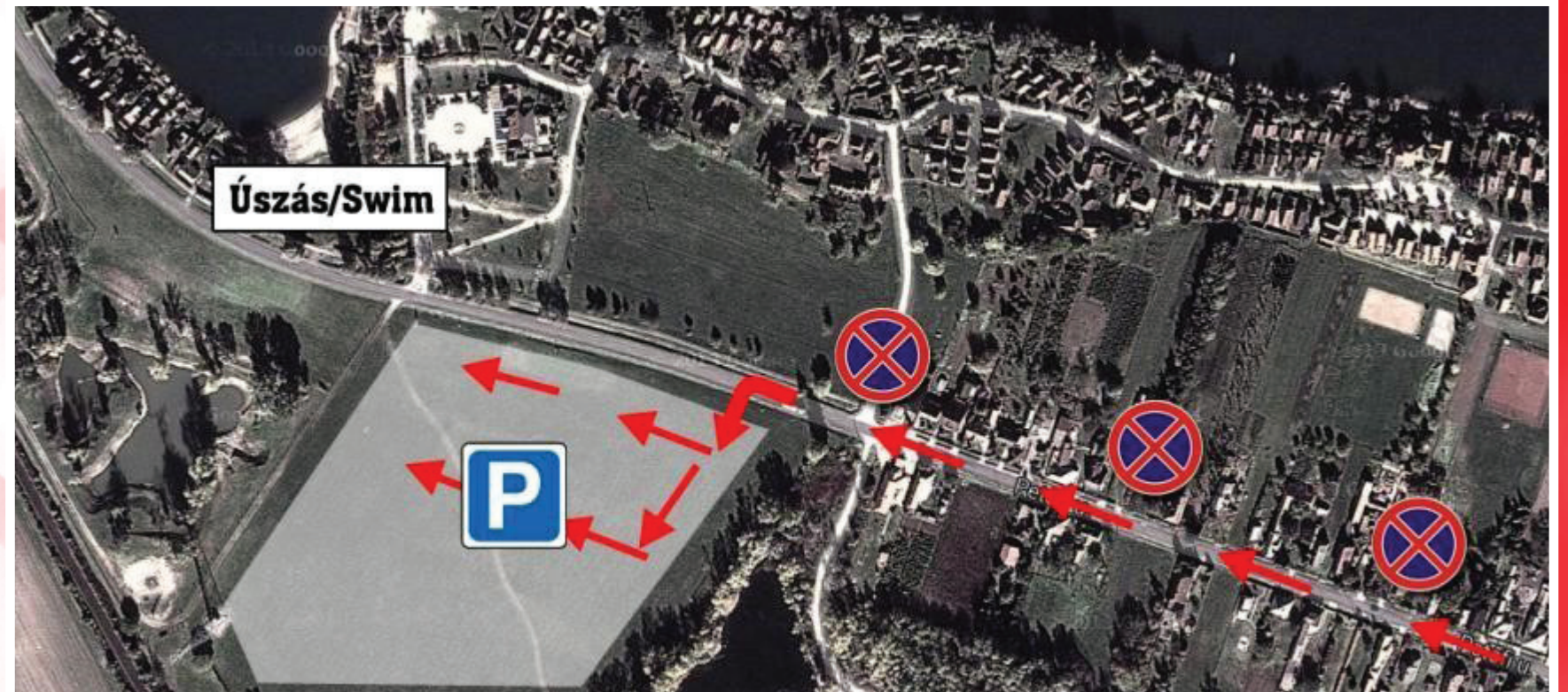


TO-DOS BEFORE RACE

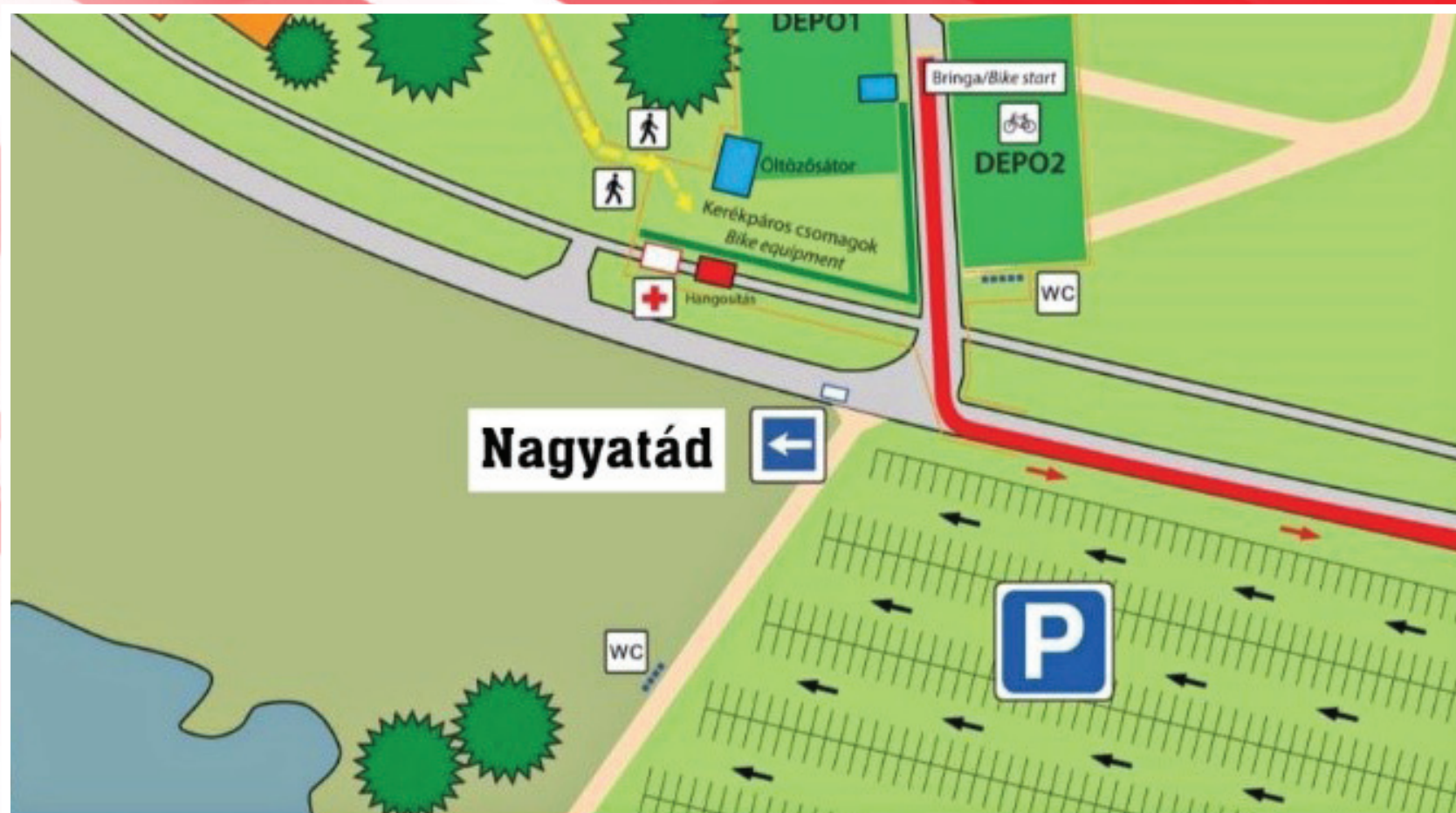
- ~~1. Registration (taking your starting kit – Competition Office)~~
- ~~2. Submitting the Running Equipments~~
- ~~3. Approaching the Swimming Location~~
- 4. Parking**
5. Bike "check-in"
6. Placing the Bike Equipments
7. Swimming "check-in"

➤ 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

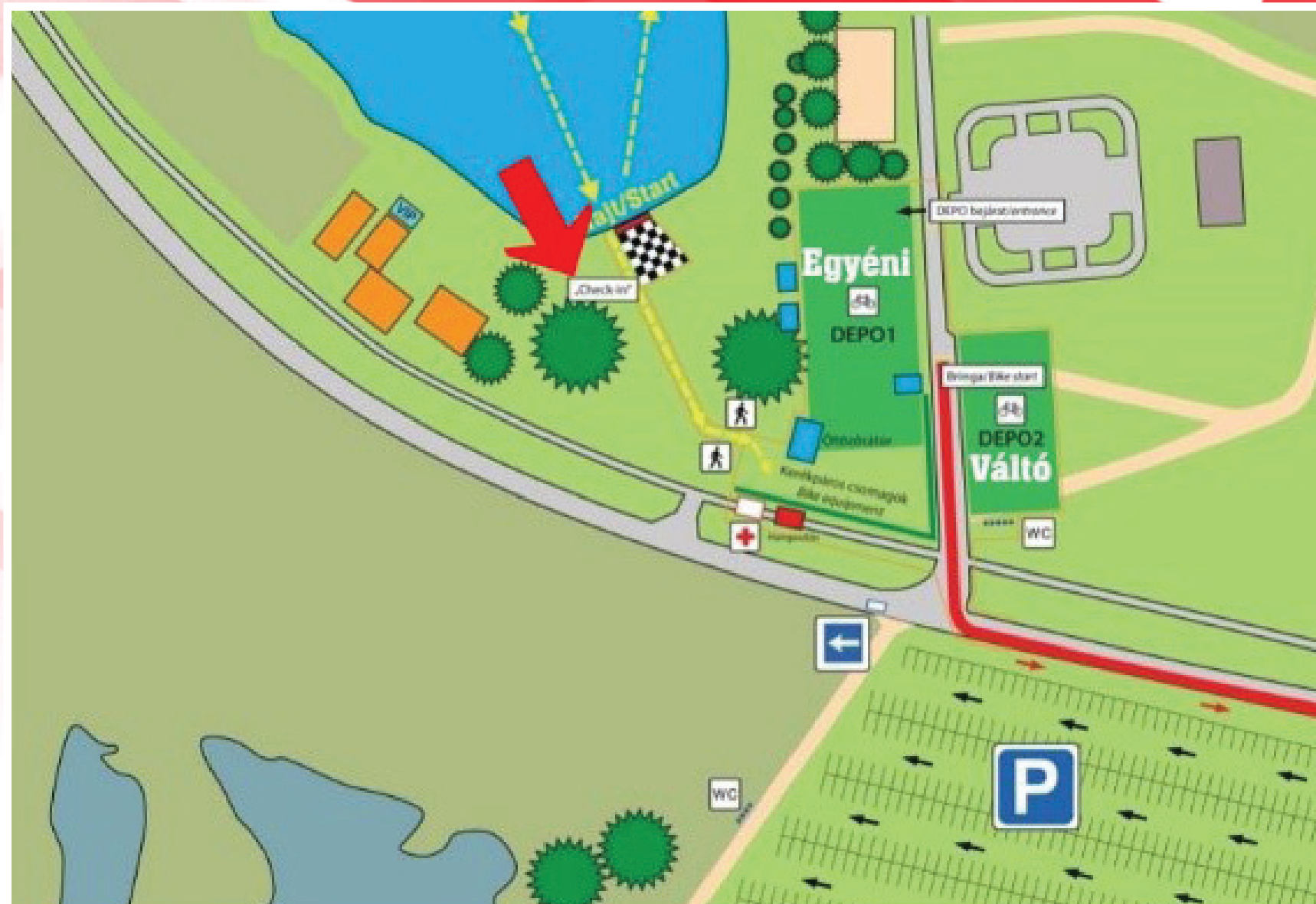
- individuals 6:00–7:15
- relay teams 7:15–8:00



- **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 3 laps!

After completing a 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!

START: By running into water, after the cannonfire



> SWIMMING

**Individual racers: no time limit
regarding swim this year!**



> 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 (until 8:10, or between 9:20 and 9:50, or after 10:30)

Buses will depart for Nagyatád at 11:00

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

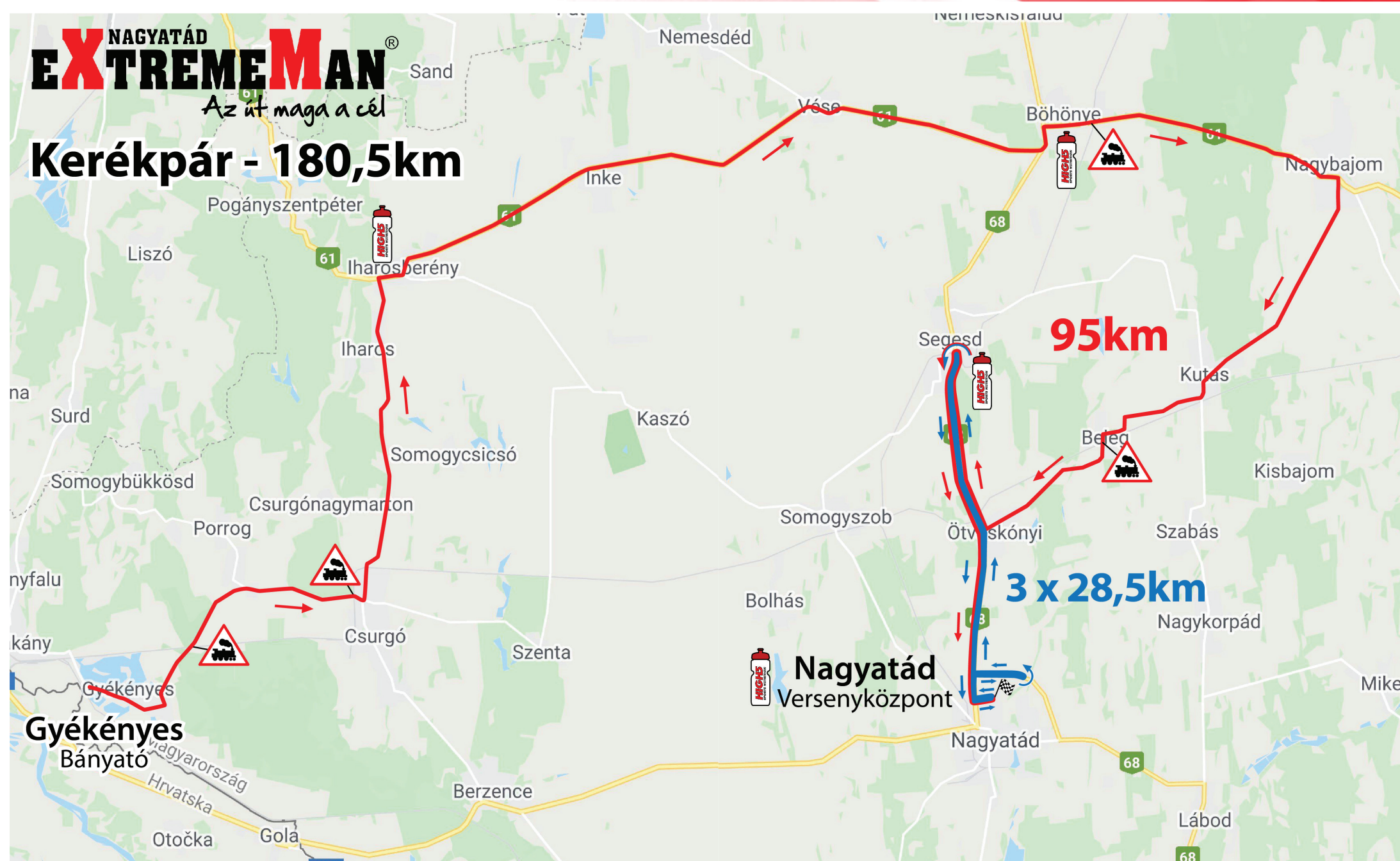


**> Guarded Parking Area for normal cars
in Nagyatád is open till 14:00**

Closed:14:00-21:00

**You can leave the parking area
(with police management) after 21:00.**

➤ BIKE COURSE EXTREMAMAN NAGYATÁD 2020



Altitude: 640 m

Gyékényes Lake – Csurgó – Iharosberény – Böhönye – Nagybjom – Kutas – Beleg - Ötvöskőny – Segesd - 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, 51, and 80 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 95, 123 and 150 km, at the Central Refreshment Station, along the right side of Kápolna str. (full length). 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:

9 hours 15 min (CET 16:45) 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.



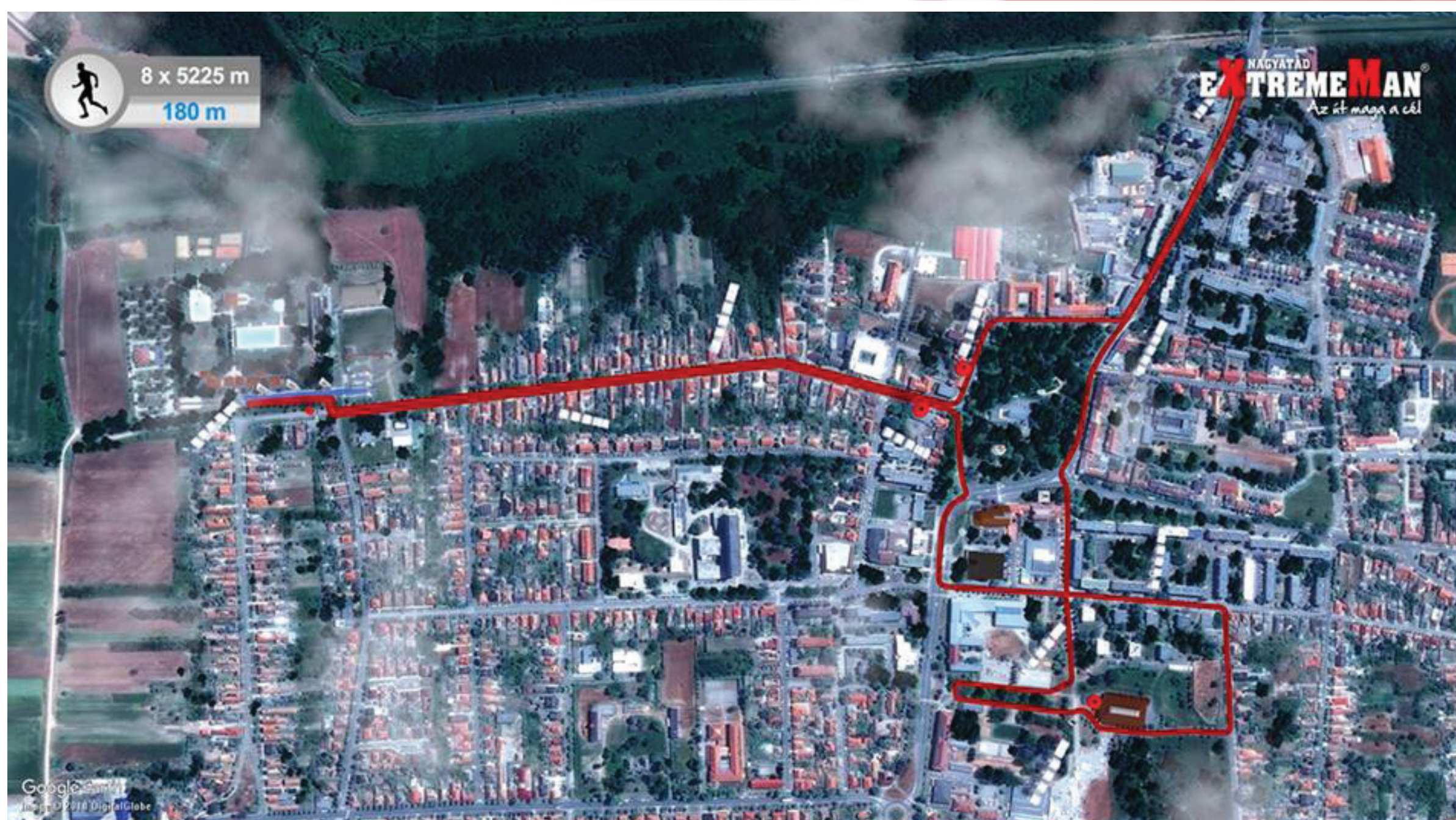
➤ AT THE END OF THE CYCLING STAGE

You'll have to put your bike to the situated temporary storage, wherefrom the organizers will take your bike their place. The Run bags can be found exactly at the same spot where they were hanged on the previous day.

All competitors must grab their bags and must use the dressing tents for transition before setting out to run.



➤ RUNNING- NEW COURSE IN 2020!



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

„cool down!”- water poured on your head by our volunteers (if you ask for it)

- mineral water served in 0,5 l plastic bottle
- I:am salt pills (I:am corner)
- HIGH5 isotonic drinks in plastic cups
- HIGH5 gel

4. PARK - EASTSIDE (4.000 M)

- „cool down!”- water poured on your head by our volunteers (if you ask for it), ICE
- mineral water served in 0,5 l plastic bottle
- HIGH5 isotonic drinks in plastic cups
- watermelon slices

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

„cool down!”- water poured on your head by our volunteers (if you ask for it), ICE

- mineral water served in 0,5 l plastic bottle
- Cola

4. PARK - EASTSIDE (4.000 M)

- „cool down!”- water poured on your head by our volunteers (if you ask for it), ICE
- mineral water served in 0,5 l plastic bottle
- HIGH5 isotonic drinks in plastic cups

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.

Personal aiding is only allowed along the Zrínyi Street, furthermore at the designated areas at Atád market and Hotel Park.





➤ 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**
THERE'S NO WARM-UP POSSIBILITY!

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 9:15–16:45 CET), are not allowed to finish the rest of the cycling. 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:

ONLY in the Zrínyi Street at the designated area called „boxstreet”

FROM BIKE TO RUNNING:

at the designated area in Race Centre
at the transition zone.

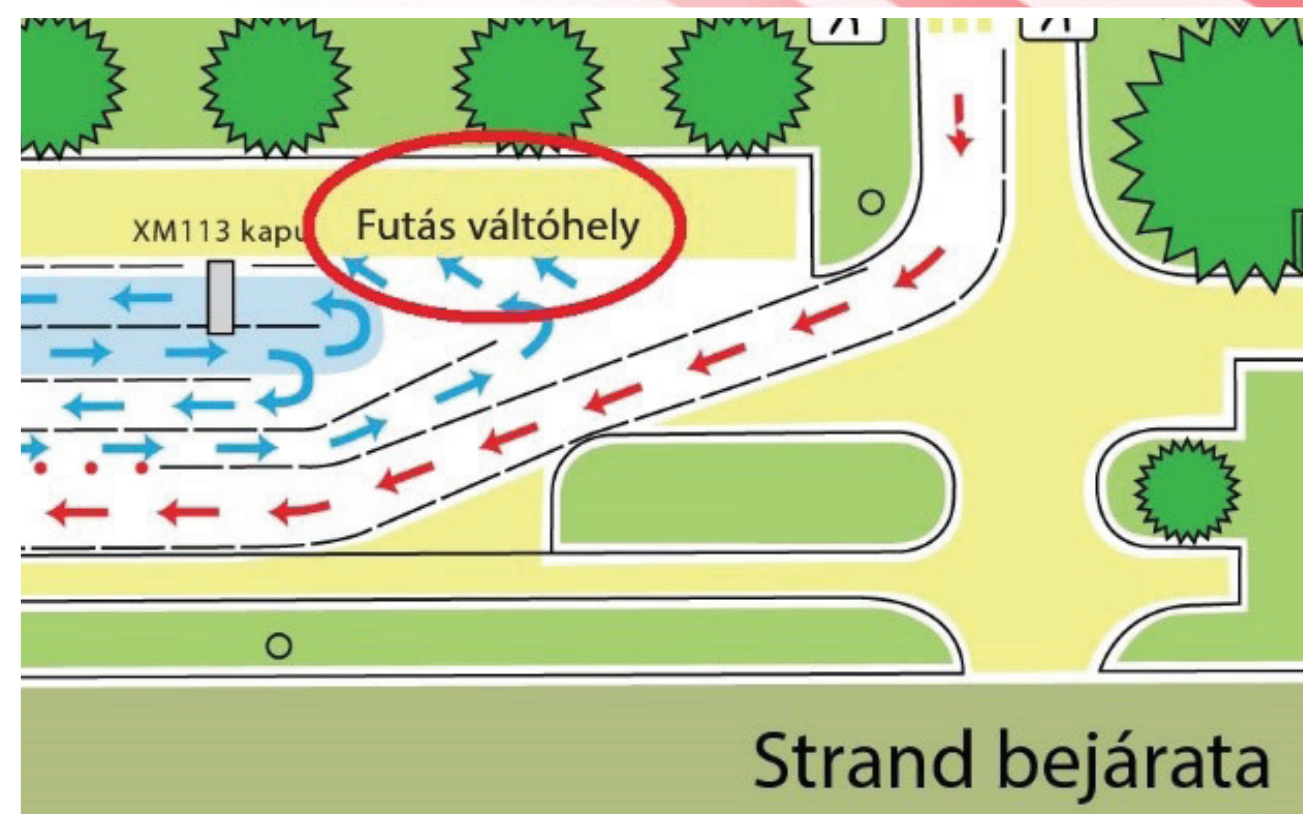
BW RUNNING LAPS:

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 an anniversary medal.

Attention! Finisher T-shirt handover in eXtremeMan shop! Don't forget it!

Those relay teams completing the race successfully will get an anniversary medal.

After crossing the finish line, water, beer and cakes are awaiting the Finishers.

We recommend to refresh yourself in the thermal bath and in other pools of the City Swimming Pool. Doping control is possible.

You will find an information booklet regarding Athlete's garden menu, other services and also food tickets in Your race package.



➤ 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

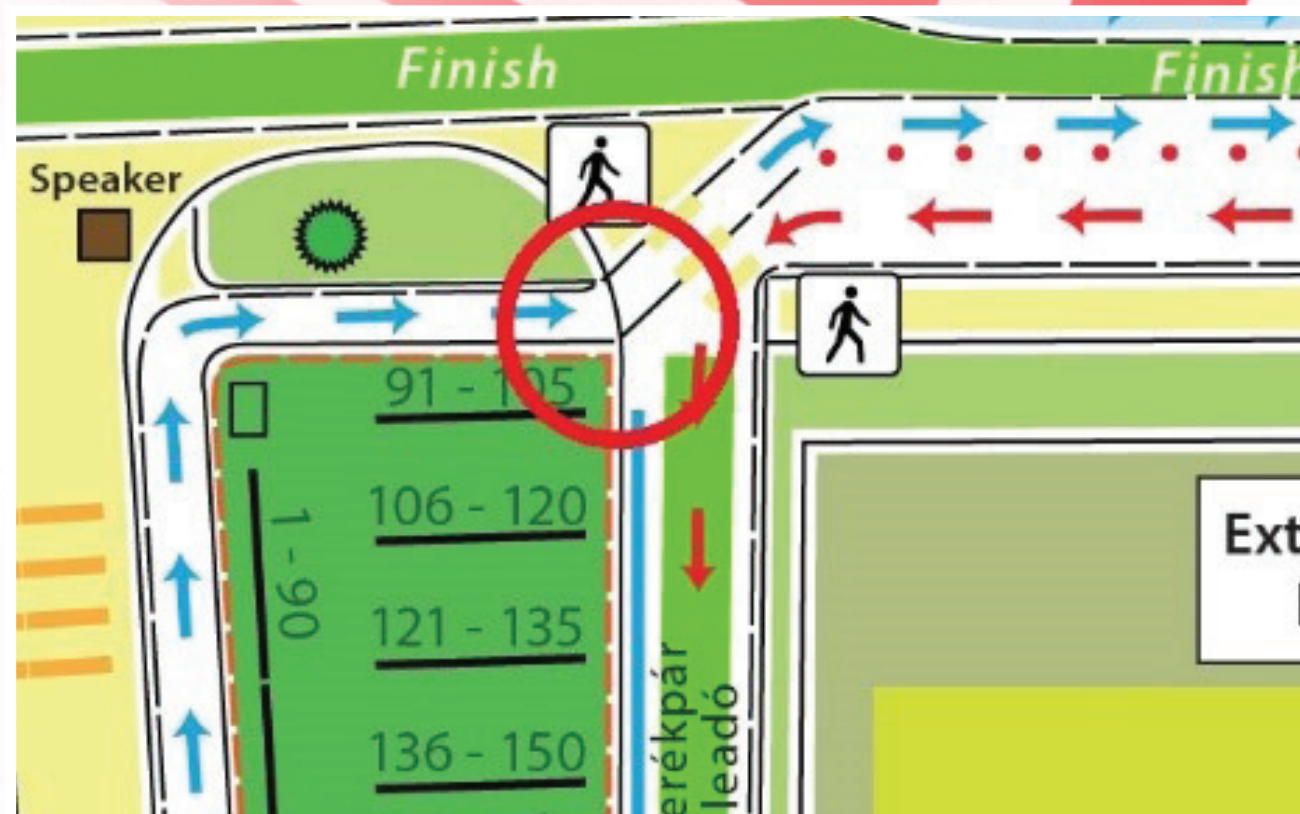
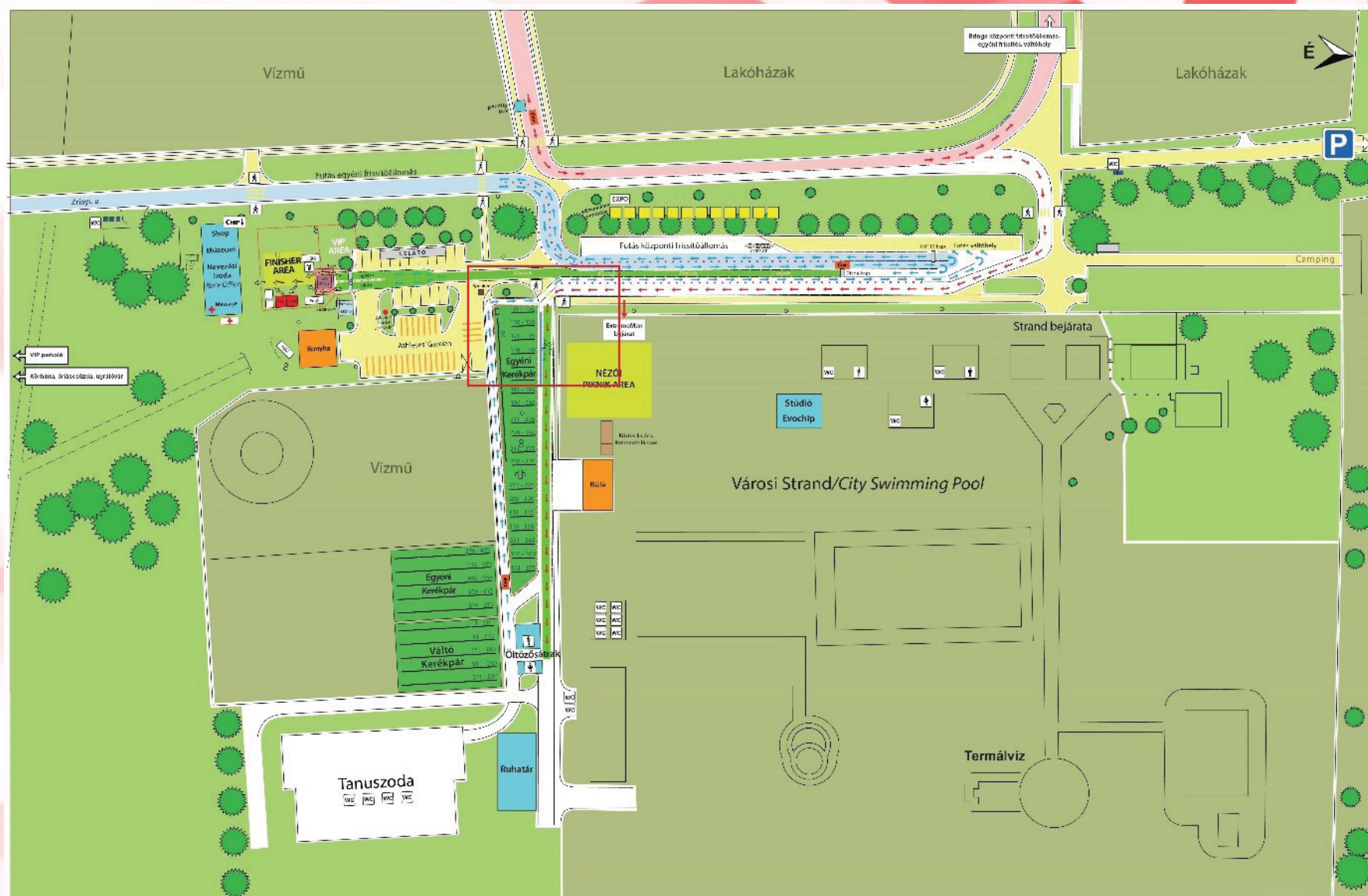


> AFTER-RACE TO-DOS - CHECK OUT

1. 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. 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).

➤ After-Race to-dos - CHECK OUT

At the entrance/exit of
the Depo



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

