

FOREVER **EXTREME MAN**[®] NAGYATÁD *Az út maga a cél*

**> LONG DISTANCE TRIATHLON
INTERNATIONAL CHAMPIONSHIPS
NAGYATÁD, 05.08.2023
TECHNICAL INFORMATION**

ORGANIZING TEAM

József Balogh – bike course director

Katalin Beleznay – protocol officer

István Borovics – Electricity

Ákos Böhm – deputy of the racing center director

Ergo ambulancia – medical ensuring

László Fajtai – running course director

László Herbszt – design

András Herr – deputy of the running director

Dávid Herr – entry office, showman,

Évi Herr – online registration

Gyula Herr – Chief of organising team

Nina Herr – Social Media

Ferenc Horváth – racing center director

Henrietta Illés – director of bike aid station in Segesd

Gyula Herr Jr. – starting ceremony music

Blanka Ivók – EXPO

Péter Kampf – SHOP

Ádám Kosaras – director of the Athlete's garden

Erika Nagy – decorator

Ágnes Tóth – leader of students at aid stations

Miklós Peperő – swimming course director

Attila Péter – Showman

Zsófia Péter – awarding ceremony, secretary of organizing team

Tamás Simon – Civil guards

József Szliczki – spreadsheet

Petronella Szél – bike course aid station director in Nagybjom

Csilla Tóth – bike course aid station director in Nagyatád

Regina Varga – Changing Tent in Nagyatád

Viktor Vörös – bike course aid station director in Iharosberény

SUPERVISORS FOR A FAIR EXTREME MAN RACE

Viktória Böröczi – running course director

Lóránt Répássy – bike course director

Gyula Csizmadia – transition director

Viktória Böröczi – swimming course director

Jenő Molnár – technical supervisor

Ferenc Rónai – Chief Race Marshal



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: green

2000–2999 relay of two members

3000–3999 relay of three members

4000–8999 four and more relay members

9201–9210 ExtrememanITT92 racers

9801–9899 Extrememan98.5 racers

13501–13512 ExtrememanQ135 racers

1001–1100 Extrememan Running Festival racers

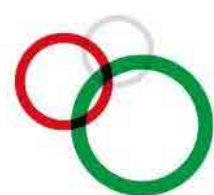
TO-DOS BEFORE THE RACE

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 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. 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

➤ At the registration office, competitors entered in the competition will receive their start pack after registration.

CONTENTS OF THE „MINIMAL” START PACK FOR INDIVIDUAL COMPETITORS:

- a named start number
- white chip if required
- envelope containing raffle tickets for the raffle draw
- cycling etiquettes (helmet and bike)
- bags for the changeovers
- red armband

THE CONTENTS OF THE START KIT FOR RELAYS:

- start number (with team name)
- white chip
- envelopes containing raffle tickets and meal tickets for the raffle draw
- cycling etiquettes (helmet and bicycle) - branded swimming caps (2 per relay or 3 if necessary) - bags for relays (if necessary)
- one green armband per relay team

Competitors wearing an armband may use the services of the Municipal Beach free of charge until 24:00 on 5 August 2023

➤ 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 registration office know about it?

**YES, if the competitor in his/her Profile
registered it by the deadline.**

If the competitor does not have a yellow chip or has not registered it by the deadline, he/she will start the race with a white chip.

White chip rental and deposit fee: 1.000 HUF - and 2.000 HUF. For the chip rental or deposit, **please bring a banknote of 1.000 Ft and 2.000 Ft each!** All relays start with a white chip, the entry fee covers the rental fee.

A deposit of 2000Ft is also requested.



➤ DELIVERY OF RUNNING GEAR

Date: 4 August 2023. (Friday) 9:00-20:00

Venue: race centre

-Cloakroom/Dressing tent

Put your running equipment in the bag marked RUN! Please hang your RUN bags on the hangers in the changing tent/clothing area.

It is possible to drop off your clothes after the race bags during the same period.

Please place them in the AFTER RACE bag, and drop them off at the cloakroom.

We offer the possibility for our competitors arriving alone to drop off the AFTER RACE pack in the morning at the start in the truck behind the changing tent, but only there. You can collect it after the race, together with the „wet” gear that you have taken off after the swim and then placed in the BIKE pack, at the Clothing Store after you cross the finish line.



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 Gyékényes, in the so called:
"Kotró" lake
40 km from Nagyatád
50 minutes long drive!



> PASSENGER BUSES AND COACHES BICYCLE TRANSPORT VEHICLE_s

Meeting at the parking next to
the József Attila College at 4:45

You provide your own protective cover
to protect your bicycle frame.

Do not forget your tickets at home,
as the drivers will ask for them!

Departure at 5:00. There will be no head count.

Return buses depart at 10:30.

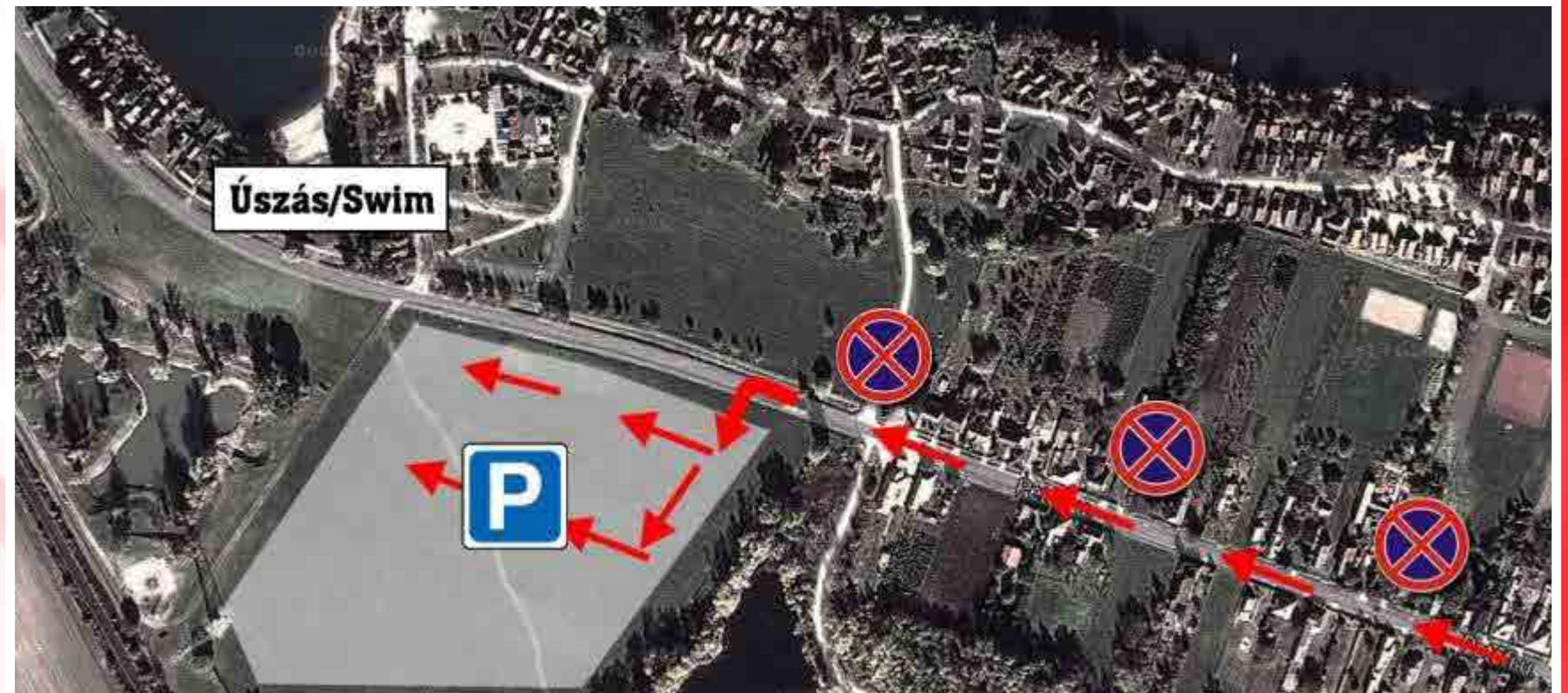


TO-DOS BEFORE RACE

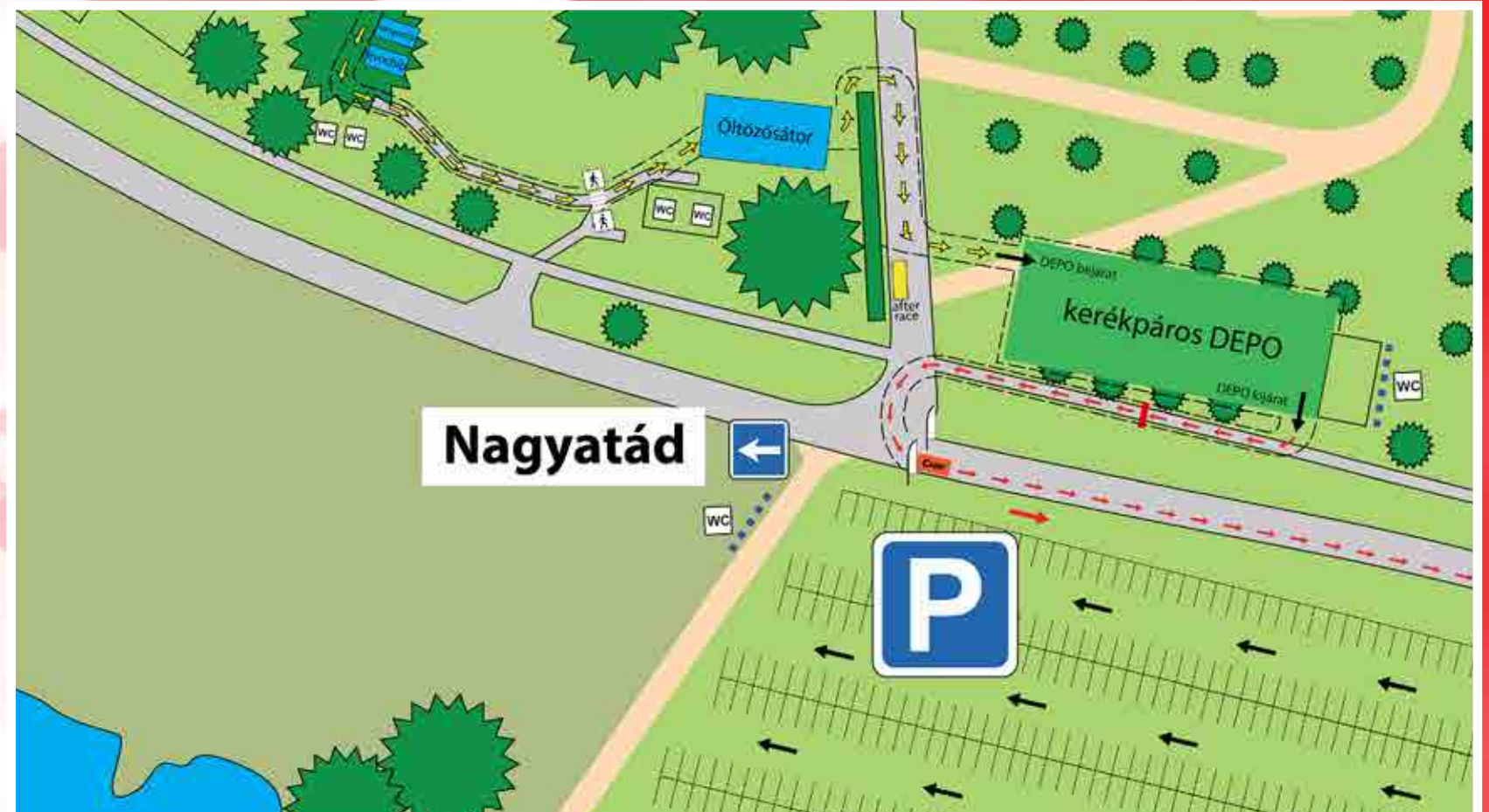
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- ~~2. Submitting the Running Equipments~~
- ~~3. Approaching the Swimming Location~~
- 4. Parking**
5. Bike "check-in"
6. Placing the Bike Equipments
7. Swimming "check-in"

> PARKING IN GYÉKÉNYES

APPLICABLE until 7:40 a.m.
CLOSED: 7:40-9:20 a.m.
and between 9:40-10:30 a.m.



➤ **Leaving the Parking Area:**
you will be directed to the left
Bw. 9:20–9:40, 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 a.m.
Relay teams: 7:15–8:00 a.m.



➤ **Swimming check in:**
6:45-7:20 a.m.
Warm-up in the water
7:05-7:25 a.m.
/Final countdown.../



➤ Should wear
the chip above
the ankle!



➤ SWIMMING

swimming is in three laps
After completing
the swimming laps
after coming out of the water,
you have to run about 10 m
along the shore
to start the next lap



➤ PASS OF THE SPECTATORS

Running out of the water at the starting point crossing the exit corridor please look for the Spectators' Gate, where a flexible method will be used letting people through a continuous flow of people.



➤ START:

”Wave starts will be!”:

7:00 eXtremeManQ135 Nagyatád

7:31:40 eXtremeMan Nagyatád

- all men

7:34:40 eXtremeMan Nagyatád

- all women

8:50 eXtremeMan Nagyatád relay

9:25 eXtremeMan98.5 Nagyatád

Weather conditions permitting,
the start time may be changed.

Neoprene in water temperatures
below 24 degrees is acceptable.

Official measurement 1 hour before the start.

Start: with a water run, start signals
are indicated by a horn



> AFTER THE SWIMMING:

First "cut off time"
**THE CYCLING MUST BE STARTED
at 2 HOURS 20 MINUTES**



- > Summary: "breakfast menu"
- 4:45 Bringing of cycles, arrival of the buses parking in front of the Sports Hall
 - 5:00 Departure of buses and bikes' coaches



- 7:00 eXtremeManQ135 Nagyatád Start
- 7:25 "Final countdown" - end of the warm-up, racers on the beach
- 7:30 individual starts - starting signal: starting sign- horn
- 7:35 am - relays swim "check-in",
- 8:50 start of relays
- 9:25 eXtremeMan98.5 Nagyatád Start
- Spectators: leaving the car parking place till 7:40 am, from 9:20 to 9:40, or after 10:30

After 9:00 p.m. under the control of the police can be left



THE EXTREMEMAN NAGYATÁD 2023 CYCLING TRACK



Gyékényes minelake–Csurgó–Iharosberény–Böhönve–Nagybjom–Kutas
–Beleg–Ötvöskönyi–Segesd–Nagyátád SWIMMING POOL („big circle”) ,
then Nagyátád–by-passing road translator–Nagyátád on a turning track eight laps („small circles”)

- **Partial road closure on the "big circle",
with police and civil guard security.
On the "small circles" with full traffic closure.
The rules of the Highway Code must be obeyed!**

> CYCLE

The track crosses level crossings, time credit possible.
"I" sign on the track number!



> AID STATIONS

Iharosberény at 22 km,
Nagybajom at 59 km,
Segesd at 80 km,

then on the „small circles” at the central
refreshment station in Nagyatád

THE ORDER OF THE REFRESHMENTS:

- water in a canteen
(condition canteen dropped)
- High5 isotonic drink
in canteen (canteen must be dropped)
- at the Nagyatád Race Centre
High5 energy bar
- gel at the Segesd
- split banana



HIGH5
SPORTS NUTRITION

> AID STATIONS

Look after our environment!

Please only dispose of your canteen
in the designated area!

We will only give you another canteen
after you have dropped it!

Please only use the refreshment stations
in the immediate vicinity of the refreshment point!

Information about the „litter zone”
and its rules can be found at ETU rule book.

The end of the litter zone is indicated by a sign!



➤ INDIVIDUAL REFRESHMENT

Individual refreshment after the big lap (92km), then will be possible in all small circuits !

Location: after the central refreshment station on the right side of KÁPOLNA Street, **BUT ONLY HERE! FOR ACCIDENT PREVENTION REASONS IT IS FORBIDDEN IN OTHER PLACES !**

Please do not disturb with the individual refreshments the faster cyclists.

Faster cyclists must use the **left side** of the street **the left lane**, refreshments will be provided **in this lane is FORBIDDEN!**

Violation of this rule will result in referee action may result in a penalty.



➤ CYCLE

„Cut off time”

6:30 (CET - 14:00) for cycling for the start
of small circles

8:30 (CET - 16:00) for the fifth round
of cycling for the start of the fifth small cycle

finally: 10:30 for the start of the run (CET - 18:00)

No drafting!

For a rider breaking this rule, the race referee will
call the attention of the racer with a blue card, **after
which the racer must go to the Penalty Box for
a 5-minute time penalty.**

On the second blue card, the competitor will be
disqualified from the race.

The „Penalty Box” - the control of the cyclist's
laps in front of the chip carpet.



➤ AT THE END OF THE BIKE...

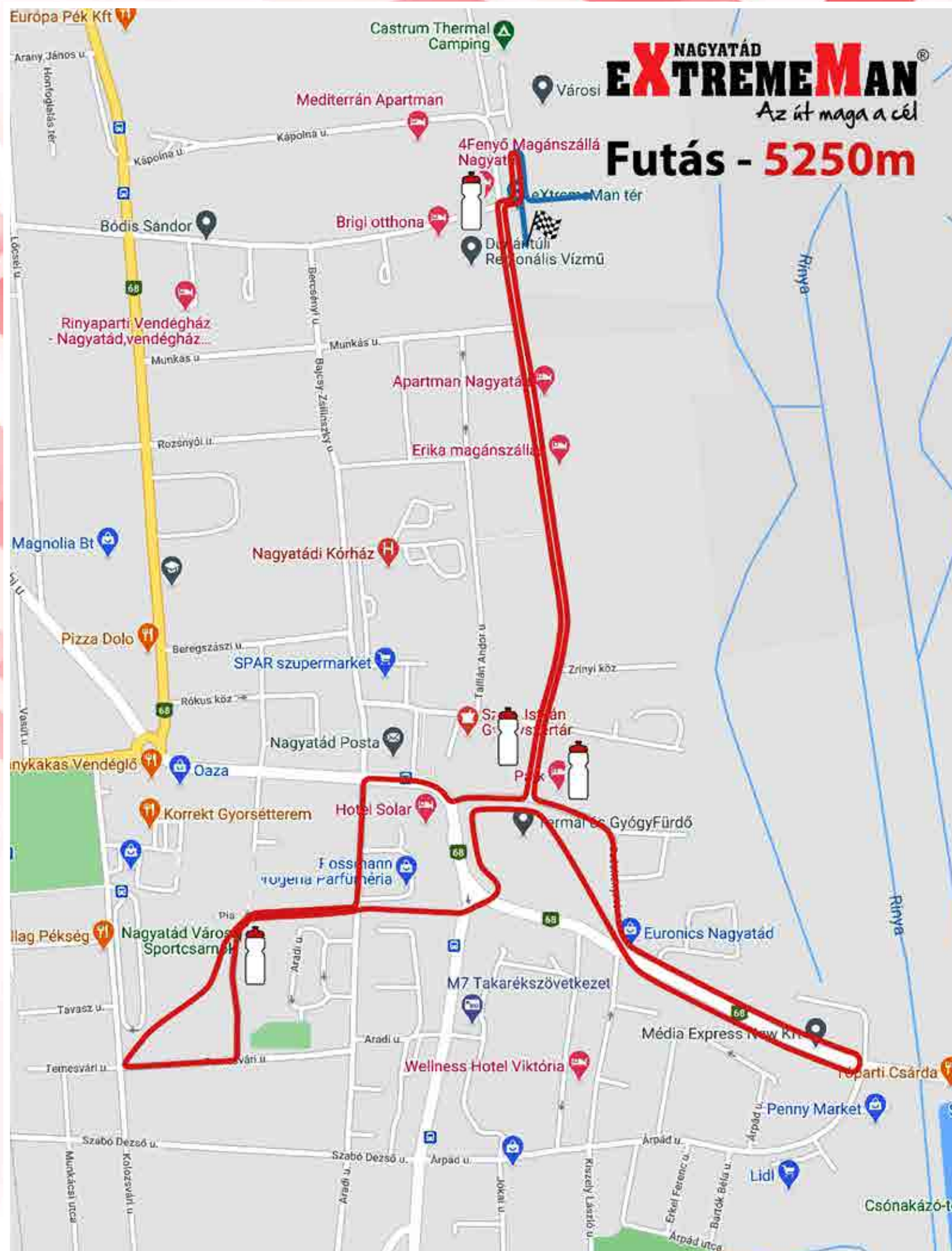
The riders on the “temporary containers” will hang their cycles, from where the organizers will take the bikes, and put them in the numbered places. After dismounting, the rider will find the bag marked RUN where they placed it the day before on the racks in the changing tent. There he changes his clothes they can start their run.



➤ RUN: SAME AS IN 2022 FAMILIAR COURSE (NO CHANGE!)

Race Centre - downtown Nagyatád - St.
Stephen's Park-Race Centre 8 laps on a 5.250
m course (difference in level: negligible)
-runners on each lap will pass through the
Race Centre.

The running course completely closed to
traffic and of good quality asphalt or artificial
turf. No runner's escort is allowed.



➤ On the runway,
"keep to the right" rule applies
Try to run on the edge of the track!

➤ RUNNING - AID STATIONS

1. RACE CENTRE

- "cooling point" – water on the head from the helpers (if you ask for it),
- I:am salt tablets (I:am corner)
- half litre of mineral water
- HIGH5 isogel

2. BEHIND ATAD DEPARTMENT STORE (980 M)

- "cooling point" – water on the head from the helpers (if you ask for it), ICE
- half litre of mineral water
- biscuits

3. IN FRONT OF SPORTS HALL (2.200 M)

- "cooling point" – water on the head from the helpers (if you ask for it), Iced water
- half litre of mineral water
- Coca Cola

4. PARK IN FRONT OF THE HOTEL (4.000 M)

- "cooling point" – water on the head from the helpers (if you ask for it), Iced water
- half litre of mineral water
- watermelon slice

Take care of our environment!

Please only use the refreshment stations in the immediate vicinity in the immediate vicinity of the refreshment stations! The „Littering zone” and its rules can be found in the ETU rule book



➤ INDIVIDUAL AID STATIONS

Along Zrínyi Street "eXtremeMan drive"



➤ TIME LIMITS ON THE RUN

To start the run: **10:30** (CET 18:00)

Time limit for each lap approx. 40 minutes

For individuals and relays equal
(based on individual race clock):

4th lap at **12:30**, (CET 20:00)

lap 7 at **14:30**, (CET 22:00)

and the last lap at 15:50

(CET 23:20) must start!

Closing time is midnight.




 **Counting the laps
on the run individual responsibility!
+eXtremeMan live data**

➤ RELAYS



DEPO
(Transitioning) 7:15-8:00 a.m.
The competitor is not allowed to be accompanied.

 **Swimming „check-in”**
from 7:35 a.m. – warming up
in the water no possibility!

START 8:50 A.M.

> The relay swimming

TIME LIMIT 2:10

Relays in which the swimmer is still in the water at 11:00 am, the swim course may complete, but members on bikes with a spare chip will start the race in 3:30 race time, at 11:00 a.m



Sliding over the limit for cycling relay riders, i.e. if the cyclist in the relay cannot start at 10:00 (17:30 CET) for the last **will not be allowed to cycle out for the last cycling lap.** BUT, according to the race clock At 10:30 (CET 18:00) **all waiting relay teams** (one reserve relay team each) **will be allowed to start at the end of the race.** (with a spare chip), **will start the final marathon.**

➤ RELAYS CHANGING PONT

SWIMMING TO SWIMMING:
AT THE SWIMMING VENUE,

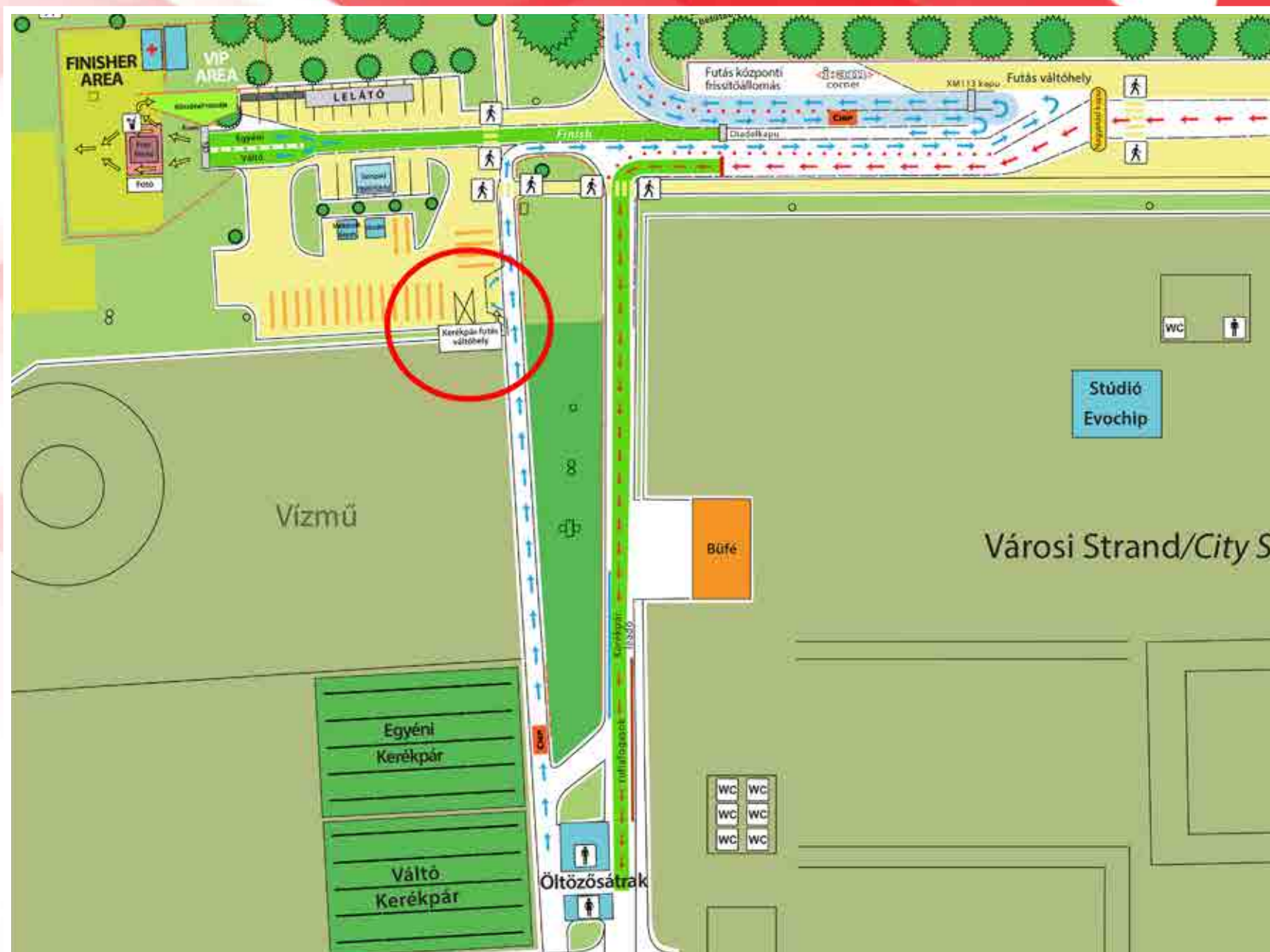
FOR SWIMMING-CYCLING: AT THE DEPO FOR
CYCLISTS IN GYEKÉNYES, NEXT TO THE
BICYCLES,

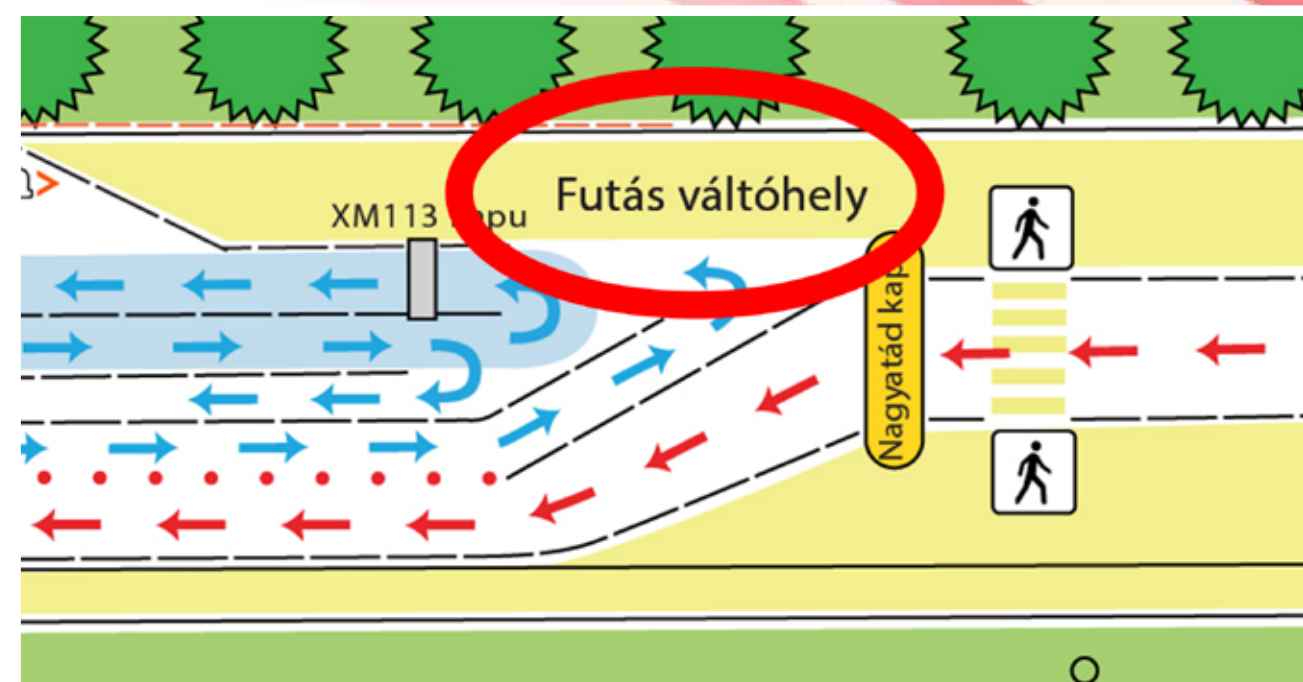
FROM BIKE TO BIKE AT THE „BOXSTREET”
DESIGNATED IN THE COMPETITION CENTRE
AND ONLY THERE!

BIKE TO RUN: IN THE CORNER
OF EXTREMEMAN SQUARE
AT THE CHANGING AREA

RUN-TO-RUN:
AT THE CHANGING AREA NEAR
THE NAGYATÁD GATE

IT IS RECOMMENDED THAT TEAMMATES
JOIN THE FINISH LINE FROM THE LAST
CHANGEOVER POINT.





➤ FINISH LINE

Individual riders finish on the right, relay riders finish on the left.

It is recommended that relay teams cross the finish line together.

Individual competitors who have successfully completed the race cross the finish line will receive individual medals of the race.

The FINISHERS T-shirts of the race will be given to the individual competitors will be included in their entry pack.

After crossing the finish line, freshly baked scones, oven-baked scones, ice-cold Coca Cola, cold beer, and water.

Successful relay runners, on stage (in the backstage area of the stage), you will be able to enjoy the race in the will receive their medals for successful completion.



➤ FINISH LINE PHOTO ETIQUETTE

Please respect the **etiquette** of the destination photo! Only we can take the right photo of you and use it if you are wearing it visibly in front your race number, in the finish corridor the individual or relay runner in front of you and leave some time for the photo to be taken to take a photo, after the finish line leave the finish area as quickly as possible.



➤ In the FINISH area, only the accredited media and the competitors can be present.

The rose of thanks !



➤ WHAT TO DO AFTER THE RACE ?... THE "CHECK OUT"

1. Keep your race number on you.
"You may NOT take anything out without" identification from the DEPO area.

2. Your bags marked BIKE, RUN and AFTER RACE are in the RUN STORAGE.

OPENING: 6:00 PM.

Identification by race number.

3. Your bike and helmet are in the BIKE DEPO.

OPENING: 6:00 PM.

Identification by number.

4. Hand in the white chip (if you have one) that you rented for the race (if you have a valid chip for the race, if you have a rental for the race.

The deposit of 2.000 HUF will be returned!



> THE FOUND OBJECTS:

Objects that for some reason can't be identified by a number, will be kept on the day of the competition in a designated area in the CLOACKROOM.

After the race, they will be taken to the City Beach, where they will be in "changing room 5".

At the end of the City Beach summer season, the OBJECTS in "Locker Room 5" will no longer be stored.

➤ **WE WISH YOU GOOD RACING AND A SUCCESSFUL FINISH!**

