

Challenge Kick-Off Weekend - The Programme

Saturday, May 5, 2018

10:00 am: CHALLENGE WOMEN Active Day at

Sparkasse Mittelfranken South on Westring 38, Roth (Foyer)

10.00am to approx. 11.30am: Group run with running ABC as well as many valuable tips from professional triathlete Daniela Sämmler / Walk-smovey-group with Anita Grabendorfer

10.00am to 11.30pm Q&A with event partners AOK, New Balance and smovey

11:30am to 12:00pm stretching and stretching

From about 12.00pm: Get -2 Gether with Daniela Sämmler over coffee, tea and delicious brunch

13.30: End of the event

The event is free. Please bring a towel.

Attention: There are no showers available.

Registration: info@challenge-women.com or via Facebook

2:00pm to 6:00pm: Charity Swim at Roth Swimming Pool

Swim for Charity - 50 cents per lap donated to

Kreisklinik Roth for the "KlinikClowns" campaign

Lane allocation takes place on the day - just turn up and swim!

Commentary: Julian Meinhold

Outline Programme:

5:00pm: Pro Swim

Supported by Sparkasse Mittelfranken-Süd and

Memmert GmbH + Co. KG and Speck Pumpen GmbH + Co.KG.

Registration: not required

Sunday, May 6, 2018

9:00am: Official bike course and run course recce

To wrap up the weekend and prepare for race day, all participants will discover the official DATEV Challenge Roth bike course, accompanied by professionals. Afterwards there is a group run to Büchenbach and the second turnaround point of the run course (about 12 km). Matthias Fritsch from Professional Endurance Team and the triathlon pros will give tips for the event, explain the transition areas and the schedule for race weekend.

9.00am: Welcome (Park & Ride car park, Hilpoltsteiner Straße)

9.30am - 2.00pm: training on the original bike course with a tour of the transition zones (about 100km bike, from Park & Ride car park)

approx. 2.30pm: run to the second turnaround point in Büchenbach and back (from Park & Ride car park)

The official course recce is free. However, advance registration is essential to ensure we can provide enough guides for the day.

Course recce registration: <https://www.professional-endurance-team.de/challenge-roth-active-seminare/official-streckenbesichtigung-2018/anmeldung-streckenbesichtigung-2018/>