

# Challenge Kick-Start Weekend - The Programme

## Saturday, May 4, 2019

### **10:00 am CHALLENGE WOMEN Active Day**

at Sparkasse Mittelfranken-Süd on Westring 38 in Roth (Foyer)

10.00am – 12:45pm: run training/yoga in groups

\* Running with tips from Sandra Mastropietro / Walk-Smoeve group with Smoeve trainer, Anita Grabendorfer

\* Hatha Yoga powered by ELEMENTS

12:45pm - approx. 2:00pm: Get-2-Gether with Sandra over coffee, tea and delicious brunch.

10:00 - approx. 2:00pm: Partner displays from New Balance, AOK and TEAMSmoeve

Please bring a towel.

The Challenge Women Active Day 2019 is already fully booked. If you'd like to be put on the wait list, please contact [info@challenge-women.de](mailto:info@challenge-women.de)

Participation is free.

### **2:00pm to 6:00pm: Charity Swim at Freizeitbad Roth**

Swimming for a good cause - 50 cents for each lap goes to the Hospiz-Verein Hilpoltstein-Roth  
Lane allocation takes place on the day - just drop by and join in the swim!

Commentary: Julian Meinhold

Support programme: Neoprene test with blueseventy

5:00pm: "Promischwimmen"

Supported by Sparkasse Mittelfranken-Süd and Memmert GmbH + Co. KG and Speck Pumpen GmbH + Co.KG.

Registration: not required

## Sunday, May 5, 2019

### **9:00am: Official bike course recce and running section**

Park and Ride car park: Hilpoltsteiner Straße

The finale for the weekend and to get everyone in race mode, participants can enjoy a guided tour of the Roth course. Afterwards the participants will run towards Büchenbach and the second turnaround point of the run course (about 12 km). Matthias Fritsch from Professional Endurance Team and pro triathletes will give race tips, explain the transition zones and the race weekend timetable.

9:00am: Welcome

9:30am-2:00pm: Training on the original bike course with a visit to the transition zones (about 100km bike, from Park & Ride car park)

approx. 2:30pm: Run to the Turn Point II in Büchenbach and back (from Park & Ride car park)

The official course recce is free. However, pre-registration is essential so can ensure we have guides: <https://www.professional-endurance-team.de/challenge-roth-active-seminare/official-streckenbesichtigung-2019/>