

PRELIMINARY COMPETITION REGULATIONS

**for the participation at the DATEV Challenge Roth on September 5th 2021
as a supplement to the Race Briefing**



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**We wish all participants a successful race and
a pleasant stay in the county of Roth!**

**The final version will be published before the race
and will be handed out as a printed version
to all participants.**

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++ Bayerischer Triathlon- Verband e.V. ++
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A. General information for all starters

In order to take part at the DATEV Challenge Roth and to secure a safe and accident-free procedure, you have to note multiple rules and regulations. In the following, we put together the most important and relevant information for all participants – no matter if individual or relay starter.

1. Health requirements and general emergency call numbers

The participation at the DATEV Challenge Roth represents considerable, especially physical stress. In order to avoid accidents and injuries as far as possible, we kindly ask you to keep the following in mind:

- Please make sure that you are well-prepared, sufficiently trained for the race and physically fit.
- We recommend to obtain a medical certificate before the race which confirms that you are fit to take part – also as a relay starter.
- If you were ill shortly before the race, or if you recovered from a disease shortly before the race, to be on the safe side, please obtain a new medical certificate which confirms that you are fit to take part – also as a relay starter.
- If an injury occurs, in case of an accident and/or due to a disease within the race, please strictly follow the instructions given by the directors, physicians and emergency services.

Please call 112 in any case of emergency!

2. Essential competition regulations

Upon registration - latest at the begin of participation - the participant accepted the following regulations, provisions and rules – in the same order – to be binding. Acceptance of and adherence to these regulations is a basic prerequisite for participating in the event.

- Entry Information of the race organizer
- General Terms and Conditions for Participants
- Race Regulations of the organizer
- The information communicated at the race briefing including possible changes **which take place at the following times in the big festival tent on Saturday, September 4th**:
 - 01:00 p.m. - Spanish
 - 02:00 p.m. - French
 - 03:00 p.m. - Individual starters (English)
 - 04:00 p.m. - Individual starters (German)
 - 05:00 p.m. - Relays (German)
 - 05:30 p.m. - Relays (English – at the press center / Schützenhaus)

Participation is obligatory for all athletes!

- Competition Regulations of Deutsche Triathlon Union (sports regulations, organizers' regulations, national league regulations, anti-doping code, race marshals' regulations), as well as the legal order and rules of procedure and disciplinary code; cf. <https://www.triathlondeutschland.de/neu-im-triathlon/regelwerk>

Every arrangements or regulations can be checked up during the hours of opening at the Infopoint or everytime at <http://www.challenge-roth.com/wichtige-downloads.html>

On the bike course you have to obey to the German street law. (StVO). In addition we kindly ask you to consider other participants and be fair-minded.

3. Differences from official DTU Regulations

At the DATEV Challenge Roth the following differences from the official DTU Sport Regulations are valid:

In addition to the 5-minute penalty, athletes will have to run an additional penalty loop of 1 km on the run course at kilometer 1,5 (**at the beginning of the first loop!**). If an athlete receives two penalties, he will also have to run two penalty loops. If an athlete does not comply, he will be disqualified.

Regarding relay teams, the biker has to inform the runner independently and autonomously about his/her imposed time penalty. If the relay runner does not run the penalty loop(s), the relay team will be disqualified!

4. Requirements of the approving authority

According to the granted permission by the approving authority, the organizer has to inform in writing all participants and accompanying staff about the following:

- The participants of the event and the guides of support vehicles have to respect the traffic regulations (StVO).
- The organizer is obliged to disqualify race participants and accompanying staff in case of one rough or repeated other violations against the StVO as well as against other orders by the police. In addition, the organizer has to exclude them of further participation in the event and take them out of the ranking in case the police requires it.

Rough violations especially are:

- Not driving on the right side of the road in case of complexity
- Non adapted speed with endangering others
- Ignoring of right of way or priority with endangering others
- Other reproachable rough violation/damage
- If it is not possible to ensure a proper procedure of the event despite of instructions by the police, the race has to be cancelled after previous warnings by the police.

5. Disqualification

Kinds of penalty:

- Warning: no official time penalty
- Yellow card: Warning + **60sec time penalty** (added to the finishtime)
- Blue card:
 - warning + **5min time penalty** (in the next penalty box)
 - blue card in case of drafting: **additional** 1km penalty loop on the runcourse
- Red card: disqualifikation

Athletes will also be disqualified after three warnings (yellow or blue card). Even if no red card was given during the race, the race director or the arbitration may still pronounce a disqualification afterwards. A list with disqualified athletes can be found on the entrance to the press center.

Especially the following delinquencies lead to an immediate disqualification of the participant:

- Swimming in the canal outside the official training hours
- Not bringing up or changing the tattoos given by the organizer (bib number and relay-„S“)
- The littering of trash during the competition outside the provided zones in both transition areas as well as at the begining and ending of the aid stations of the bike and run courses. On the bike course the aid stations are each signed out by transversal double lanes
- The use of MP3-Players as well as other electronical players with headphones of all sorts on the bike course
- Crossing of a solid line
- Not-running the 1,0 km penalty loop **at the beginning of the run course** in addition to the already imposed time penalty of 5 minutes

- Passing the time limits mentioned in 6.15
- Accompanying by relatives, especially during the bike or run
- Fraudulent acquiring of advantages or outside help
- Exchange of start numbers
- Insults and assaults against other athletes, volunteers, Officials or spectators

Important: Relays have to organize on their own to inform the runner, that he/she has to run the additional penalty loop. In case the runner does not run the penalty loop, the whole relay will be disqualified.

6. Organizational issues and important processes

6.1. Collecting your start documents / opening hours of the athlete service

The opening hours of the athlete service are as follows:

- Thursday, September 2nd and Friday, September 3rd from 10:00 a.m until 07.00 p.m.
- Saturday September 4th from 10:00 a.m. until 01:00 p.m.

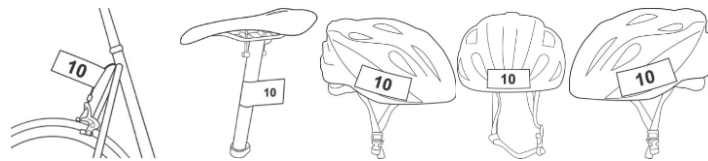
Attention! Please make sure that you have got your passport, your time-taking transponder, the start license of your local triathlon union as well as your start number available before you collect your start documents!

6.2. Start number

In addition to the start number for the bike frame, the helmet start numbers (threefold), and a start number for cycling and running, every competitor receives an identification transponder for time-taking as well as a competitor's wrist band.

Bike numbers have to be attached to the frame in such a way, that they can be read from the left-hand side (riding direction).

The helmet start numbers have to be mounted so they can be seen from the front, left and the right.



Start numbers must not be reduced in size or changed in any way. Please wear your start numbers in such a way that you can be identified (for cycling on your back, for running in front). According to DTU Regulations, the start number must not be worn during the swim.

It is the participant's responsibility to make sure that they can be identified by their start numbers.

6.3. Identification of starters from the county of Roth

Single starter from the county of Roth receive a yellow dot, which is to be attached to the bike helmet.

Relay starter from the county of Roth receive a green dot, which is to be attached to the bike helmet.

6.4. Transponder



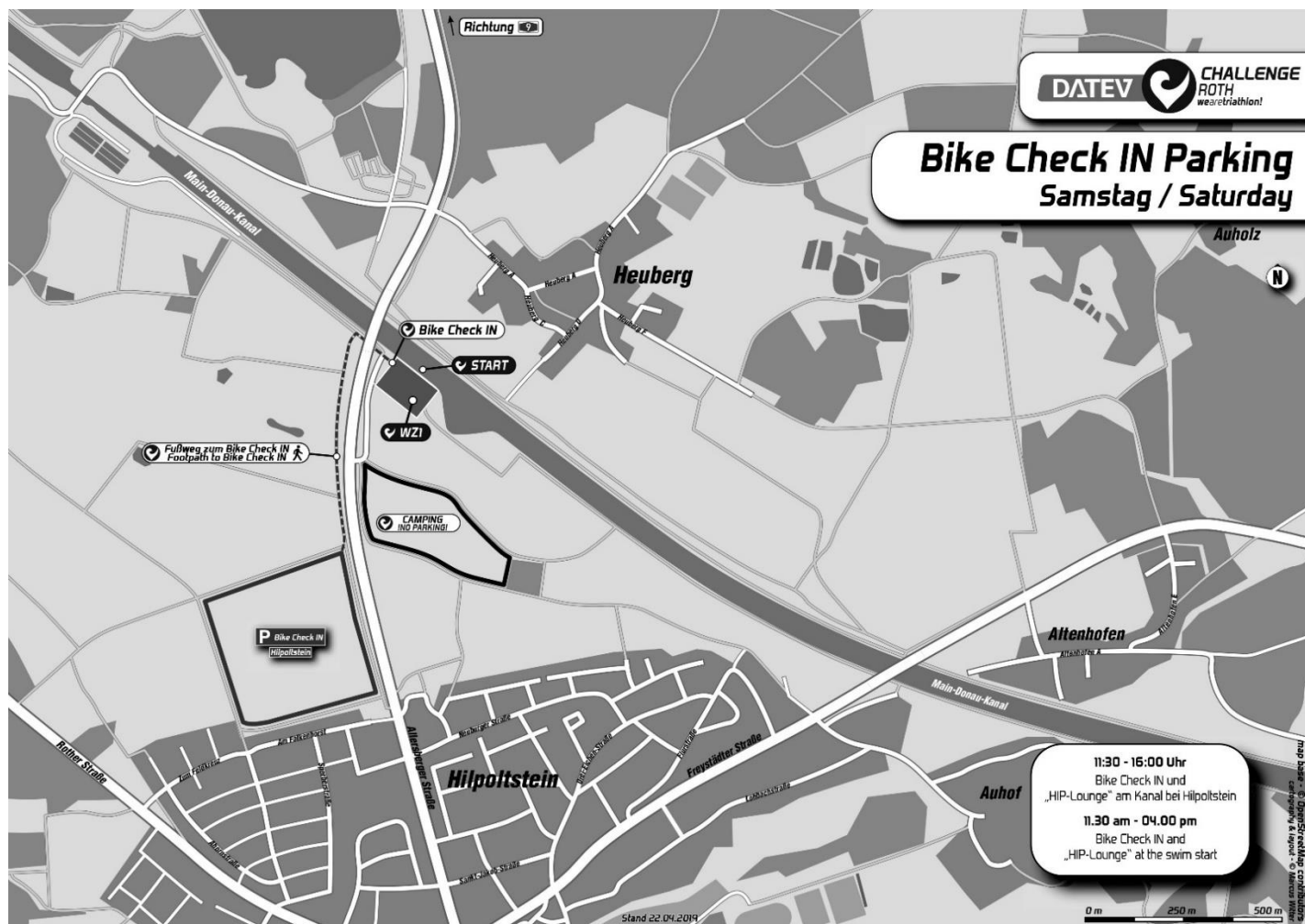
The transponder is to be worn throughout the entire race and can be attached using the velcro band above either ankle. While swimming, the transponder has to be worn under the wetsuit.

In case the transponder gets lost during the race, time-taking as well as ranking/evaluation is not possible any more. You can receive a replacement for your lost transponder at the information desks in the transition areas.

The transponder for identification and time-taking is borrowed property and must be returned. In case the transponder is lost, a EUR 50.00 fine is invoiced.

The Velcro band is a present, so that after the race only the transponder has to be given back.

6.5. Parking at the Bike Check-In



6.6. Bike Check-In (Individual starters and relay bikers)

The bikes and helmets (with start-number sticker attached) are to be deposited at transition area I at the Hilpoltstein landing stage on Saturday, September 4th 2021 between 11:30 a.m. and 4:00 p.m. Only athletes (**individual starters, relay bikers and relay swimmers**) are allowed to enter transition area I.

There will be two entrances to the transition area, where the bikes and helmets will be checked by the race marshals. After that, the participants will be identified with their transponder. **It's mandatory to carry your transponder at the bike check-in – even for the relay biker.**

At the entrance of the transition area I is a bike service. Also at race day morning there is an offer emergency bike service at the pump station.

Athletes will find a last bike service station at the entrance to transition area I. After the check-in, the bikes are to be deposited in the bike stands according to the start-number (in blocks of 15 bikes each). It is not allowed to use full bike covers.

Please note that the German Sports Regulations requires the following:

- Every participant is obliged to use a bike, which is in a technically faultless condition to avoid jeopardizing other persons.
- Brake levers must point backward.
- In the transition area swim/bike the helmets **must** be deposited on the bikes with an open chin band. The helmet will stay at the bike during the night.
- Seeing aids (glasses), gloves, the start-number as well as shoes, including socks, water bottles, spare tubes as well as own food and drinks **may** be deposited on the bike.

6.7. Deposition of clothing bags

Important: The athlete bags have no bib number, when they are handed out. Therefore all athletes have to put in the individual bib number for the bags on their own, before bringing them to the Check-In.

Blue clothing bag (running clothes) – Saturday, September 4th 2021

Deposit after the bike check-in at the truck at the transition area I. The blue clothing bags will be brought to transition area II on September 4th and placed there according to the start-numbers. Therefore, it is not possible to deposit any running clothes on race day.

Red clothing bag (cycling clothes) – Sunday, September 5th 2021

Deposit by 6:15 a.m. the latest according to the start-numbers at the swim exit in the transition area I

Green clothing bag (general sportswear / after race) – Sunday, September 5th 2021

Deposit until 30 minutes before each start group at the truck near the entrance to the swim start.

Personell bike pumps are to bulky for putting them in the green bags. You have to hand them seperate. They will be marked with your start number and transported with the green bags to the fairground at Roth. You will get them back after you showed your startnumber at the recovery area. Not fetched bike Pumps will not be forwarded. They will be scrapped two weeks after the race.

6.8. Information desk and bicycle pump station in the transition area I

In case of any questions or problems athletes can approach the information desk in transition area I on Saturday during the bike check in and on Sunday at 5.00 a.m. on race day.

In front of the information desk will be a bicycle pump station including about thirty bike pumps, where athletes can adapt their tire pressure to their personal needs. Longer waiting times must be taken into account.

6.9. Painting of lines and letters

Spraying, painting, marking or writing on the roadway, on traffic signs, trees, signs, posts or elsewhere is prohibited.

6.10. Aid stations on the course

At the aid stations, products will always be offered in the same order.

Bike course – aid stations are located approx. every 17.5 km:

water – bananas – ISO – energy bars – gels – water

On the second bike lap, cola will additionally be offered at the last aid station (Solar).

Run course – aid stations are located every 1,5 km:

ISO – water – cola – gels – energy bars – bread – dried fruit – rice cake – bananas – apples – melons -
lemons – water – warm soup – red bull-water-mix

6.11. Own food and drinks

Competitors have the opportunity to ask accompanying persons to provide them with their own food and drinks up to 100m after every aid station on the bike as well as on the run course – except the aidstation on the run course located in the forest between Roth and Büchenbach.

Athletes have to arrange themselves for a person to hand them their own food and drinks. The race organizer does not assume any responsibility for such services which has to be privately organized.

6.12. Contact information – race directors and course marshalls

The course marshall's office is located at the press center/Schützenhaus. Protests can only be filed there in writing by paying a fee of EUR 25.00.

6.13. Meeting with family / friends

In order to find family and friends after the finish / massage, please arrange a meeting point before the race.

6.14. Lost & found

Lost & found items can be given to the staff at the tent in the transition area II. They must be collected from there by 12 p.m., or from the festival tent at the triathlon-parc on Monday, September 6th, between 10 a.m. and 1 p.m. the latest! Otherwise lost items will not be returned!

Old shoes, towels, bottles and other object of obvious minimum value will not be declared as last & found items and therefore be disposed

6.15. Time limits

The following time limits exist for individual starters:

- Swim: 02:10 hours
- Swim + Bike: 09:10 hours
- Swim + Bike + Run: 15:00 hours

The following time limits exist for relay teams:

- Swim: 02:10 hours
- Swim + Bike: 08:25 hours
- Swim + Bike + Run: 13:45 hours

Execution of the time limit on the bike course:

If an athlete exceeds the maximum competition time in the second loop on the bike (corresponding to the transit times at nr. 6.15) he can be taken out of the race at every location. The athlete will be stopped, his start number will be taken off or marked with a black cross and he will be taken out of the ranking.

If the athlete does not use the return service offered by the organizer, he can continue to ride to transition area II on the bike course, however, at his own risk and responsibility and without any safety and aid services. His race will end at transition area II.

Concerning relays, the organizer will try to inform the directors in transition area II via telephone about the disqualification of the relay biker and to ask them to inform the relay runner. The relay runner then can start his run - without being ranked - but has to be aware of the maximum competition time of 13:45 hours for relays.

Execution of the time limit in transition II:

Transition II has to be left to start the marathon at 6:00 p.m. the latest. After that time, a start is not possible any more.

Execution of the time limit on the running course:

All athletes (individual starters as well as relay starters) who have not passed kilometer 30,0 (Acuna clinic) on the running course **by 09:10 p.m. the latest** have to stop the race there.

Athletes who have been taken out of the race there will have to stop the race and return to the Finishline area! They are not allowed to continue the race on their own responsibility due to safety reasons!

6.16. Start groups

The race will be started in several start groups.

Further information will be published before the race.

7. Days before the race

7.1. Camping

Please do not camp without permission in meadows or parking spaces in the city of Roth or near the Rothsee or Main-Donau-Canal. Camping facilities are available at the Wallesau Camping Site, the Eckersmühlen sports hall and at the northern periphery of Hilpoltstein, near the swim start (entrance at the Hilpoltstein Landing Stage) as well as at the sporting ground in Heuberg.

7.2. Bernbacher Carbo party

On Friday, September 3rd the Bernbacher Carbo Party will take place from 6 to 8 p.m. in the festival tent at the Triathlon Park (free entry for all competitors).

Together with the start documents, every participant will receive a wrist band (for free entry to the Bernbacher Carbo Party). There will also be a limited number of tickets for non-athletes. They will be available at the athlete service and at the information desk at the Schützenhaus for EUR 20.00 each. Children up to 12 years have free entry.

We offer several pasta variations and different sauces together with a huge Salat buffet. For dessert we offer several biscuits.

In addition, there will be various cold drinks (water, apple juice with mineral water, cola, Red Bull) as well as coffee and milk products (yoghurt, buttermilk, cocoa).

Please note:

- It is not allowed to bring dogs to the Bernbacher Carbo Party.
- Since there is only limited space, no bikes and/or baby carriages can be parked at the festival tent.
- Inm case of incompatibilities please get in contact with Luise Köstler luisekoestler@freenet.de

7.3. Swim training in the Main-Donau-Canal

The Main-Donau-Canal is a state-owned waterway which is mainly used for boating and ships. **Therefore, swimming in the Main-Donau-Canal is generally forbidden.**

The general swimming ban will be revoked for the participants so that they can do some swim training, with ships and boats being stopped during the following hours:

Friday, September 3rd from 6:30 a.m. until 9:00 a.m.

Saturday, September 4th from 6:30 a.m. until 9:00 a.m.

As it is extremely hazardous, even life-threatening to swim outside the above-mentioned hours, participants can only do their training in the Main-Donau-Canal during the above-mentioned hours on the official race course.

Athletes who do their swim training outside these hours in the Main-Donau-Canal will not be allowed to participate in the competition.

7.4. Swim training at the Rothsee

During the swim training in the Rothsee, competitors must be aware of hindrances caused by sailors and surfers.

To avoid accidents, competitors must wear light-colored swim caps during their training (either their own or those provided by the organizer).

7.5. Bike service before the race

Radsport Buchstaller	Mo-Fr:	10:30-18:00	Allersberger Straße 24, 91161 Hilpoltstein
	Mi und Sa:	09:00-12:30	Tel. 09174 – 2396
Fahrrad-Werkstatt	Di-Fr:	12:00-18:00	Siegertstraße 3, 91161 Hilpoltstein
	Sa:	09:00-13:00	Tel. 0151 – 11679738

Zweirad Müller	Mo-Fr:	09:00-19:00	Bortenmacherstraße 2, 91154 Roth
	Sa:	09:00-15:00	Tel. 09171 – 97870
Herobikes	Mo-Fr:	09:00-12:30	Welserstraße 4, 91154 Roth
		13:30-18:00	Tel. 09171 – 989498
	Sa:	09:30-13:00	

7.6. Massage service before the race

During the two weeks before the race (Wednesday to Friday, 8 a.m. to 6 p.m.) Rainer Wittmann's practice for physiotherapy and naturology (Döderleinsweg 9, 91161 Hilpoltstein – contact by phone 0049 (0)9174 / 2999 or e-mail wittmann-pt@gmx.de) offers physiotherapeutical treatment or taping especially for triathletes (for a fee).

In addition, our directors of massage, Kerstin Reichow and Frank Frenzel, (mobil 0049 (0)175 / 6184592) – are able to support you in concern of requests for Sportphysiotherapie, Massage and Kinesiotaping at the Expo from Thursday to Saturday (for a fee).

7.7. Childcare during Challenge weekend

The Challenge Kid's Area offers parents, who participate in or watch the triathlon, the great possibility to have their children overseen on Saturday between 10.00 a.m. and 3.00 p.m., and on Sunday between 11 a.m. and 6.30 p.m.

With a huge Indoor- and Outdoor-Area on the former TSV-facility next to the festival ground, the Protestant Free Church Ecclesia Roth will again offer a lot of attractions for children of all ages, so the kids will definitely not be bored. The service offer is valid only for children over 3 years!

The costs for the childcare service are 3.00 EUR per hour including drinks. Food, as long as the kids do not bring it on their own, can ordered for additional 3.00 EUR. The Payment has to be done onsite, the registration has to be done online via: childcare@challenge-roth.de If this is not possible, additional onsite registration is possible, too. Please do not forget to provide the children with sufficient sunscreen and a headgear (both should have the children's name on it!).

7.8. Pharmacy emergency service

The emergency services can be found on www.aponet.de (Search via postalcode and date)

7.9. Medical emergency service

General Medical on-call duty:

Thursday from 06:00 p.m. – 09:00 p.m.

Friday from 01:00 p.m. – 09:00 p.m.

Saturday and Sunday from 09:00 a.m. – 09:00 p.m.

Permanently available via phone: 116 117

B. Special information for individual starters

Individuals have to consider the following information in addition to the general information for all starters

1. Travel information towards and last preparations in transition area I

1.1. Athlete shuttle to the swim start on race day

There will be a shuttle bus for athletes which leaves from the Roth school center (Belmbracher Straße, 91154 Roth) to the swim start at the following hours:

04:20 a.m. / 04:40 a.m. / 05:00 a.m. / 05:20 a.m. / 05:40 a.m.

The shuttle bus may only be used by athletes who have come to Roth without a car. In order to obtain a place on a shuttle bus to the swim start in the morning, please tell our staff at the athlete service that you would like to use the bus. You will then be informed about which bus to take. It will not be possible to use the shuttle bus in the morning without having signed in for it at the athlete service. The places on the bus will be allocated on a first-come, first-serve basis.

1.2. Possible parking spaces at the swim start

Athletes with their own car as well as their families and friends are requested to use their own car to drive to the swim start. 15.000 parking spaces will be available there.

Some of these meadows and parking spaces are privat property and therefore have to be paid. Therefore the approving authority have obliged the organizer to raise a fee for his own parking spaces. Rotary Club Roth will look after these parking spaces and collect the complete parking fee of EUR 3,00 (please hold ready loose cash) for charity purposes.

Since there will be high traffic in the morning on race day, all participants are urgently recommended to arrive at the swim start by 4:50 a.m. Orders from the official staff, fire brigade and the police must be strictly observed. Please also observe the signs where parking is absolutely prohibited!

Race Day SWIM START Parking Sonntag / Sunday

**! keine freie Parkplatzwahl !
Bitte Anweisungen der Polizei folgen**

**! no parking choice !
Please follow the instructions of the police**

Parkplatz Parking Space	Anfahrt bis Arrival until	Abfahrt ab Departure from
P Heuberg	jederzeit/all day long	jederzeit/all day long
P Kanal	6:00 Uhr	jederzeit/all day long
P Hilpoltstein	6:30 Uhr	ca. 11:00 Uhr
Camping	von Mittwoch vor bis Mittwoch nach dem Rennen from Wednesday before until Wednesday after the race	

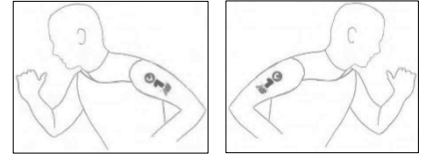
* die 3€ Parkgebühr gehen als Spende an den Rotary Club Roth /
the 3€ parking fee are donated to the Rotary Club Roth

1.3. Access to transition area I

The transition area I opens at 05:00 a.m. on race day.

1.4. Start number tattoos

Every athlete gets – in addition to the start documents and start Numbers – two sets of start number tattoos, which both have to be fixed on both upper arms before the race.



Participants who don't wear the tattoo with the start number or change it, will be disqualified.

2. Start / Swim / Transition Area I

2.1. Swim caps / Wetsuit / Swimming to warm up

Competitors are obliged to wear the swim caps provided by the organizer. Wetsuits can be used if the water temperature is up to 24.5°C. On race day, swimming to warm up will only be possible outside the race course, i. e. before entering the starting area.

Swim glasses with wings are forbidden!

2.2. Entering the starting area

All athletes of a start group must proceed to the start check-in 5 minutes before the start time. The individual start groups will be called up and the competitors will be registered when entering the starting area by means of the transponder attached to either ankle. **After registration, it is not possible to leave the start area again.**

2.3. Quitting the race during the swim

If a participant decides to quit the race during the swim, he must immediately contact the lifeguards (every 200m along the waterside) **and** one of the directors or team members of the time keeping company mika:timing in the transition area I.

If this does not happen and rescue measures are initiated, these will have to be paid by the participant himself.

A return service to the Finishline together with the bike is only possible, after the last swimmer has finished the swim.

2.4. After the swim

After the swim, the competitors themselves must put their wetsuits into the red clothing bags.

3. Bike

The following instructions are to be observed for the competition, in particular for cycling:

3.1. Traffic rules

During the bike race, the official traffic regulations (StVO) are valid on the whole bike course.

In accordance with the official traffic regulations (StVO) and the DTU Sports Regulations, athletes are obliged to keep to the right side of the road on the bike course. Athletes who cycle in the middle of the road for an extended period of time without wanting to overtake anyone (blocking), will be given a blue card. In addition, all drivers of the official accompanying vehicles, have to stay on the right side, too!

If an athlete is disqualified or quits the race, he will have to leave the bike course and remove his start number or let his start number be marked with a black cross. He will be permitted to cycle on to the transition area II, but only in the direction of traffic. If the bike course is closed to traffic or partially closed to traffic, it has to be used as a one-way road.

Reversing or cycling against traffic is strictly prohibited.

Before the start of the race, the organizer gives a list of all competitors who are allowed to start to the police, including their respective start numbers. Every competitor must wear his start number in a way, that it can easily be recognized throughout the race on the back of the tricot.

3.2. Return service on the bike course

Athletes who have to quit the race on the bike course, have to inform the directors of the course. They can ask the organisers on-site, for example at the aid stations as well as the directors or marshalls, to call the hotline for quitting athletes and inform the return service.

There are four moving return services at the whole bike course. Composed of a van and a small transporter.

After the arrival in Roth the athlete has to return his transponder immediately at transition area II.

The number for athletes who quit the race is +49 (0)175 / 19 64 107

3.3. Safety equipment / Clothing / Start number

According to the DTU-sport regulation § 30.1 every athlete has to wear a cycling helmet with closed chinstrap, from the moment he picks up the bike until he returns it at the transition area II. The helmet has to correspond to the regulations of an accepted testing institute.

The competitors must wear upper body clothing. The start number must be worn on the back of the tricot.

3.4. Drafting

Drafting and continuous cycling next to each other is prohibited and will be punished with disqualification. The distance from the cyclist in front must be at least 12 m.

3.5. Time-Penalties and penalty loop

After a time-penalty has been imposed on the bike course, the athlete must proceed to the next penalty box.

Otherwise he will be automatically disqualified. The penalty boxes are marked with an indicating label and are located at

- Eckersmühlen (km 5, 90 and 175),
- Kleinhöbing (km 30 and 115),
- Weinsfeld (km 55 and 140).

If a penalty is imposed between the penalty box in Eckersmühlen and transition area II on the second lap, the athlete will have to serve the penalty in transition area II.

The time penalty is 5 minutes, with an additional penalty loop of 1 km on the first loop of the run course at kilometer 1.5. If an athlete receives two penalties, he will also have to run two penalty loops. If an athlete does not comply, he will be disqualified.

3.6. Bike service

During the competition, Radsport-Buchstaller will provide three service points for athletes. They are located 400 m before the village Thalmässing, second close to the village Holzi (2 km behind the village Obermässing) and in Hilpoltstein, Albersberger Straße near Radsport-Buchstaller.

Due to the wide variety of different wheels, groupsets e.g. there will be **no mobile service squads**. The stationary points will therefore offer more material than in the years before. Athletes should make sure to bring their own spare material to make it to one of the service points.

3.7. Spare wheel

Spare wheels which are handed out by the bikeservice during the race will be collected back by the service-team Buchstaller in the transition area II in the afternoon.

4. Transition Area II

The entrance of the transition area II (bike/run) is marked on the ground. From that marker, all participants must push their bikes. The bikes will be taken over by volunteers. Time-taking will be effected when entering and leaving the transition area.

5. Run and finish

Position of the start numbers / Clothing

The start number must be worn – especially when crossing the finishline – on the front of the tricot.

Participants have to wear upper body clothing.

5.1. Return service on the run course

Participants who exit the race on the run course may use the return service at the Roth landing stage (km 5, 12 and km 25), and at the turning point in Büchenbach cityhall (km 35).

Participants who would like to use this service should contact the announcer at the landing stage or in Schwand. In addition, the head of each aid station can be asked for help.

Athletes who quit the race on the run course have to put down their bib number and inform the race organiser via the official telephone number: +49 (0)175 / 19 64 107

6. After the finish

6.1. List of results / Certificates / Medal / Finishshirt

We hand out an inofficial instant certificate to every participant right after the finish at the catering area, including splits and finishing time.

After the race, a certificate with a personal photo and the list of results will be available for download on our homepage.

Athletes only get a medal and a finish shirt, when they have finished the race in time.

6.2. Catering area

All individual participants and relay runners have access to the finishline catering area. There, the following food and drinks will be offered:

Sandwiches, pasta, vegetable bouillon with vegetables, yoghurt, fresh fruit, a variety of bakery goods as well as cold and hot drinks (water, apple juice with mineral water, ISO, Red Bull, buttermilk, cacao cola, coffee, tea).

In case of incompatibilities please get in contact with Luise Köstler luisekoestler@freenet.de

6.3. Shower facilities

For individuals and relay runners shower facilities are located behind the catering area. For relay cyclists, showers are offered in the transition area II.

6.4. Massage service

For all single starters as well as for all relay runners a free massage service will be offered in the catering area until 11:30 p.m.

6.5. Return of transponders, clothing bags and collecting of bikes

Individual starters can only return the transponder at transition area II when picking up the clothing bags (red + blue) and the bike (the velco band is a present and has not to be returned). The green clothing bag is handed over immediately after the finish in the changing tent next to the big festival tent (catering).

The participant can only enter transition area II if he can be identified by his transponder at the access control. In case of a lost transponder, the athlete will be identified via identity card or passport.

The transponder-start number is compared to the bike frame number at the exit control while leaving transition area II. The transponder remains at the transition area II. In case of a lost transponder EUR 50.00 are invoiced afterwards.

All bikes and clothing bags (red + blue) have to be picked up on race day between 6:30 p.m. and 12:00 p.m. at transition area II. An early pick up is not possible for individual starters.

Important information: Transition area II can only be reached by foot until 6.30 p.m. Afterwards it can be reached by car coming from Belmbrach.

6.6. Shuttle bus back to the swim start (only for athletes)

A shuttle bus (with a trailer for bikes) back to the swim start leaves from the entrance of transition area II starting at 6:30 p.m. in half-hour intervals. The last shuttle bus is scheduled to leave at 01:00 a.m. on Monday morning.

C. Additional information for relay teams

Additional to the general regulations and assignments, explicit attention should be paid to the following informations by all relay starters.

1. General information for all relay starters

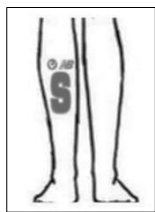
1.1. Handling of the transponders

Each relay receives a transponder for the time-keeping. This transponder has the additional function of a relay baton, **therefore it has to be handed over personal from swimmer to biker as well as from biker to runner. The handing over has to be made on the signed spaces of the biker resp. the runner in each transition area.**

After the race, the transponder has to be returned by the runner at the release of the finisher-shirts at the catering area:

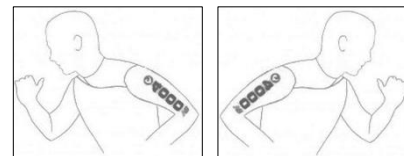
In case the transponder gets lost 50,00 Euros will be invoiced afterwards.

1.2. Start number tattoos and calf markings



Every athlete of the relay gets two sets of start number tattoos, which both have to be fixed on the upper arms before the race.

Further **the bike athlete and the run athlete both provide each one** additional „S“-tattoo, which both have to apply either on their right or left calf. **Participants, who do not affix or cut/change the tattoo given by the organizer, will be disqualified.**



1.3. In case the relay swimmer is ill or quits the race

If a relay swimmer cannot take part in the competition due to illness, or if he has to quit the race/swim, he must immediately contact the lifeguards (every 200m along the waterside) **and** one of the directors or team members of the time keeping company mika:timing in the transition area I and then proceeds to meet his biker.

The other members of the relay team are then allowed to continue the race – outside the ranking - assuming a swim time of 2:15 hours (which corresponds to the maximum swim time).

1.4. Relay meeting point for finish

There will be a meeting point for relay teams between the railway track and the Augustinum retirement home (approx. 500 m from the finishline), where swimmer and biker of all relay teams can join the runner in order to cross the finishline together.

2. Information for the relay swimmer

2.1. Entry to transition area

The relay swimmer will not be admitted to transition area I before 7:30 a.m. on race day.

Athletes are not allowed to leave the relay-area until the swim start for relays.

2.2. Deposit of clothing bag

The clothes that the swimmer puts off before the start must be put into the green clothing bag and deposited at the bike of the relay biker.

2.3. After swimming

Washing facilities, drinks and food will be available at the transition area I for relays. In addition, showers will be available at the HIP AKTIV Fitness Center (on the way into the town of Hilpoltstein).

2.4. Massage service

All relay swimmers will be able to benefit from a free massage service at transition area I between 9:30 a.m. and 12:00 noon.

3. Information for the relay biker

3.1. Entry to transition area I

The relay biker will not be admitted to transition area I before 7:30 a.m. on race day.

The relay biker are not allowed to leave the relay transition area until the start of the relay bike race.

3.2. Deposit of clothing bag

The clothing which is put off before the start must be placed into the red clothing bag and deposited at the truck in transition area I for relays. Personal bike pumps must be put in the red bag as well. They will be transported to the transition area II in Roth together with the red bags.

3.3. Traffic rules

The rules for individual participants (in particular B. 3) are also be valid for relay cyclists!

3.4. Penalty time and penalty loop

The biker has to inform the runner independently and autonomously about his imposed time penalty, so that the runner can absolve the penalty loop(s)!

3.5. Handling of clothing bags, catering and massage

Pick up the red clothing bag at the transition area II. Washing facilities (shower containers), drinks and catering as well as a free of charge massage service are available at the transition area II.

3.6. (Early) Bike collection

Every relay team gets a special designated **Bike-Check-Out bracelet**, which enables them to collect the bike while the runner is still on course.

When leaving transition area II, the start number on the Bike-Check-Out bracelet and on the bike frame are compared. If both match, the bracelet is retained and the biker can pick up the bike.

Due to this, the bikers can already pick up their bike immediately while leaving transition area II and do not have to wait until the runner crosses the finishline.

Important information: Transition area II can only be reached by foot until 6.30 p.m. Afterwards it can be reached by car coming from Belmbrach.

4. Information for the relay runner

4.1. Deposit of clothing bag

Put your clothing into the blue clothing bag and hand it at the relay transition area II – it will be taken to the changing tent at the finishline.

4.2. Start of the run

The transponder must only be taken over from the cyclist at the marked place within the relay transition area (see map in the program booklet).

Transition II has to be passed by to start the marathon at 6:00 p.m. the latest. After that time, a start is not possible any more.

4.3. Penalty Loop

If applicable, the runner will have to remember to serve the penalty of his relay biker by running the respective penalty loop(s) of 1 km at kilometer 1.5 at the beginning of the first loop! If the relay runner does not comply, the relay team will be disqualified.

4.4. Pick up of clothing bags, catering and massage after the finishline

When you have reached the finishline, you can pick up the blue clothing bag at the changing tent next to the catering area. The catering and the massage will take place in the catering area. You can use the massages until 11:30 p.m..