DUATHLON MIDDLE DISTANCE
EUROPEAN CHAMPIONSHIPS
VIBORG 2019

ETU · POWERMAN

Athletes Guide

WORLD SERIES POWERMAN® VIBORG

GENERAL INFORMATION / REGISTRATION

Address: Powerman Viborg, Nytorv, 8800 Viborg

Saturday May 11th, 2019

Registration will take place in the STARK Truck, Staenderpladsen, 8800 Viborg

Opening hours for registration:
Friday 11.00 – 18.00 / Saturday 07.00 – 11.00

Elite: Friday 17:45 – 18:00

To register you need the following:

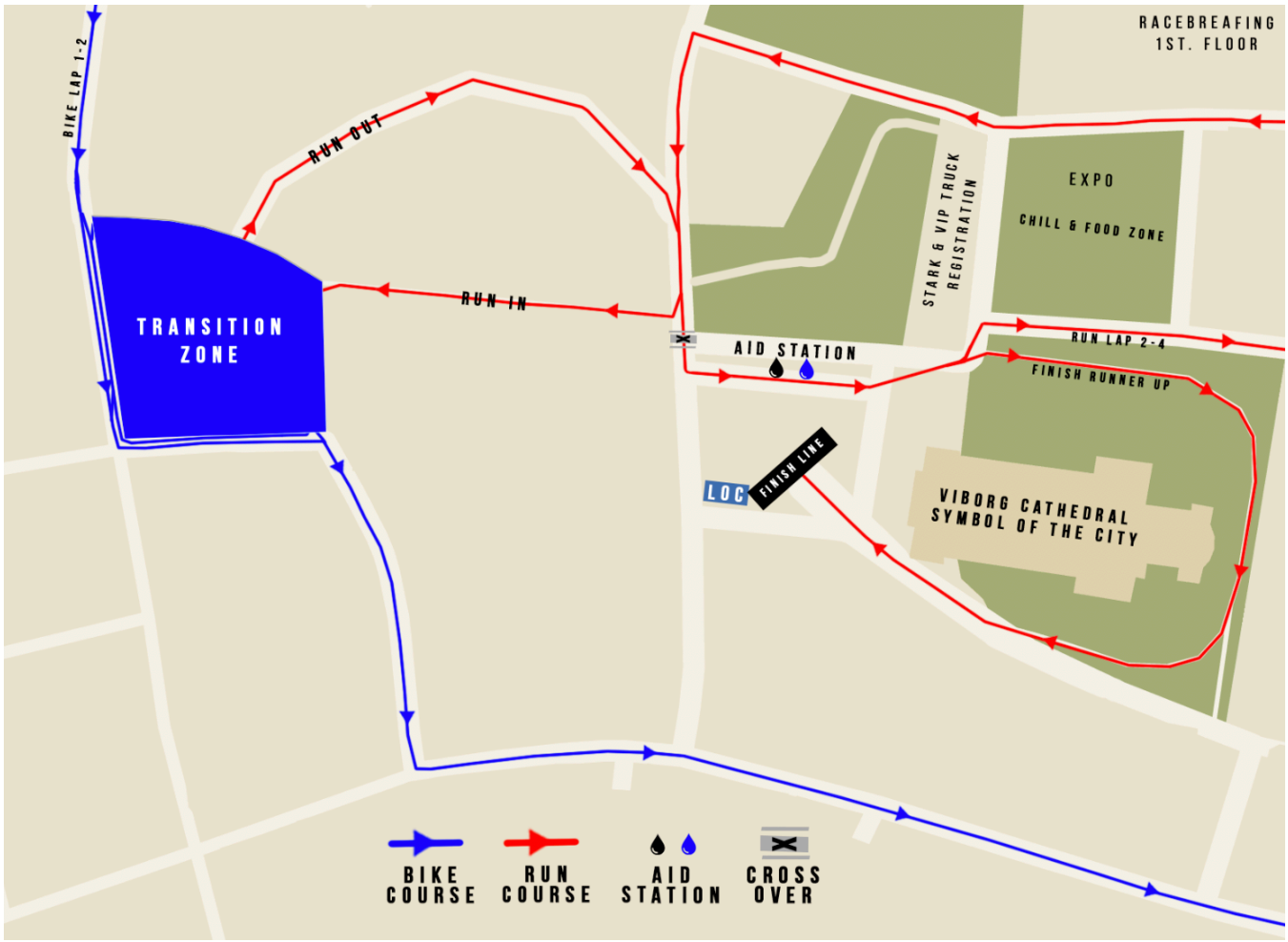
- Ticket of confirmation from sportstiming
- Valid license from your national federation. You need to have a valid license, to attend the European championships.
- One day license, in case you don't have a valid license. This can be purchased during the registration, or at the registration booth – this is only valid for the open race.
- Legitimation

At registration, you will receive the following items:

- Printed race number
- Timing chip
- Stickers for each athlete, bike and helmet
- Wristband

Please be sure to check that you have received all these items, and request if not handed to you.
For bike check-in and during race, please wear your wristband.
Keep your race number after you have finished, you will need this and the chip – to pick up your bike.

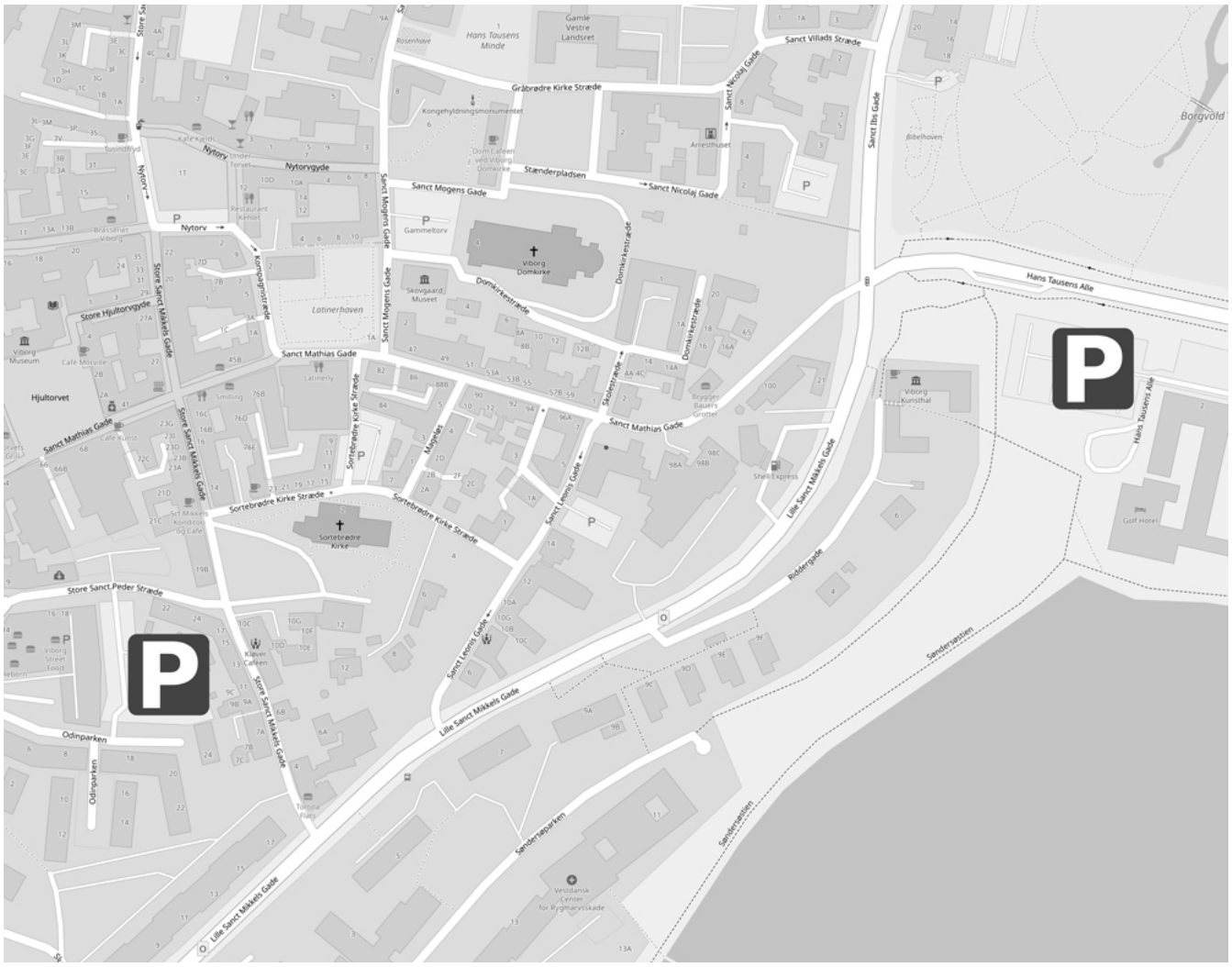
VENUE MAP


RACEBREAFING
1ST. FLOOR
BIKE LAP 1-2
RUN OUT
RUN IN
TRANSITION ZONE
STARK & VIP TRUCK REGISTRATION
EXPO
CHILL & FOOD ZONE
AID STATION
RUN LAP 2-4
FINISH RUNNER UP
LOC
FINISH LINE
VIBORG CATHEDRAL
SYMBOL OF THE CITY
BIKE COURSE
RUN COURSE
AID STATION
CROSS OVER

REGISTRATION
RACE BRIEFING / VCC
Nytorvgyde
STARK TRANSITION ZONE
Sanct Mogens Gade
AID STATION
MEDIC
EXIT
START LINE
START BOXES
MEDIA SPOT
FINISH LINE
MIX ZONE
PODIUM
TIMING
Domkirkestræde
Latinerhaven
Sanct Mathias Gade

PARKING

Parking close to venue.



PRE-RACE SCHEDULE

Friday May 10th	Event	Venue
11:00 - 18:00	Registration open	STARK Truck
15:00 - 15:30	Race Briefing AG - English Including Team managers	The Old Court
16:00 - 16:30	Race Briefing AG - Danish Including Team managers	The Old Court
16:30 - 16:45	Opening Ceremony	Cathedral
16:45 - 18:00	Pasta Party	Food zone
17:45 - 18:00	Elite sign-in	STARK Truck
18:00 - 18:30	Race briefing Elite Bring uniform/pro license	The Old Court

Race Briefing

Race briefing will be held in the old town hall, Stænderpladsen, 8800 Viborg – 2nd floor.

It is compulsory for all athletes competing in ETU European Championship Powerman Viborg to attend the race briefing.

Race Briefing will be held by Event Director, Jacob Sonne-Schmidt, IPA President John Raadschelders and referees/tehnical delegates from ETU, David Rigby, Peter Thygesen and Thomas Klingler.

Saturday May 11th	Event	Venue
08:00 - 11:00	Late registration	STARK Truck
10:30 - 11:30	Bike Check-in - Elite Women	Nytorv
10:30 - 12:00	Bike Check-in - AG/Open/Elite Men	Nytorv
13:30 - 14:10	Bike Check-in - Powerman Short (5/30/5)	Nytorv

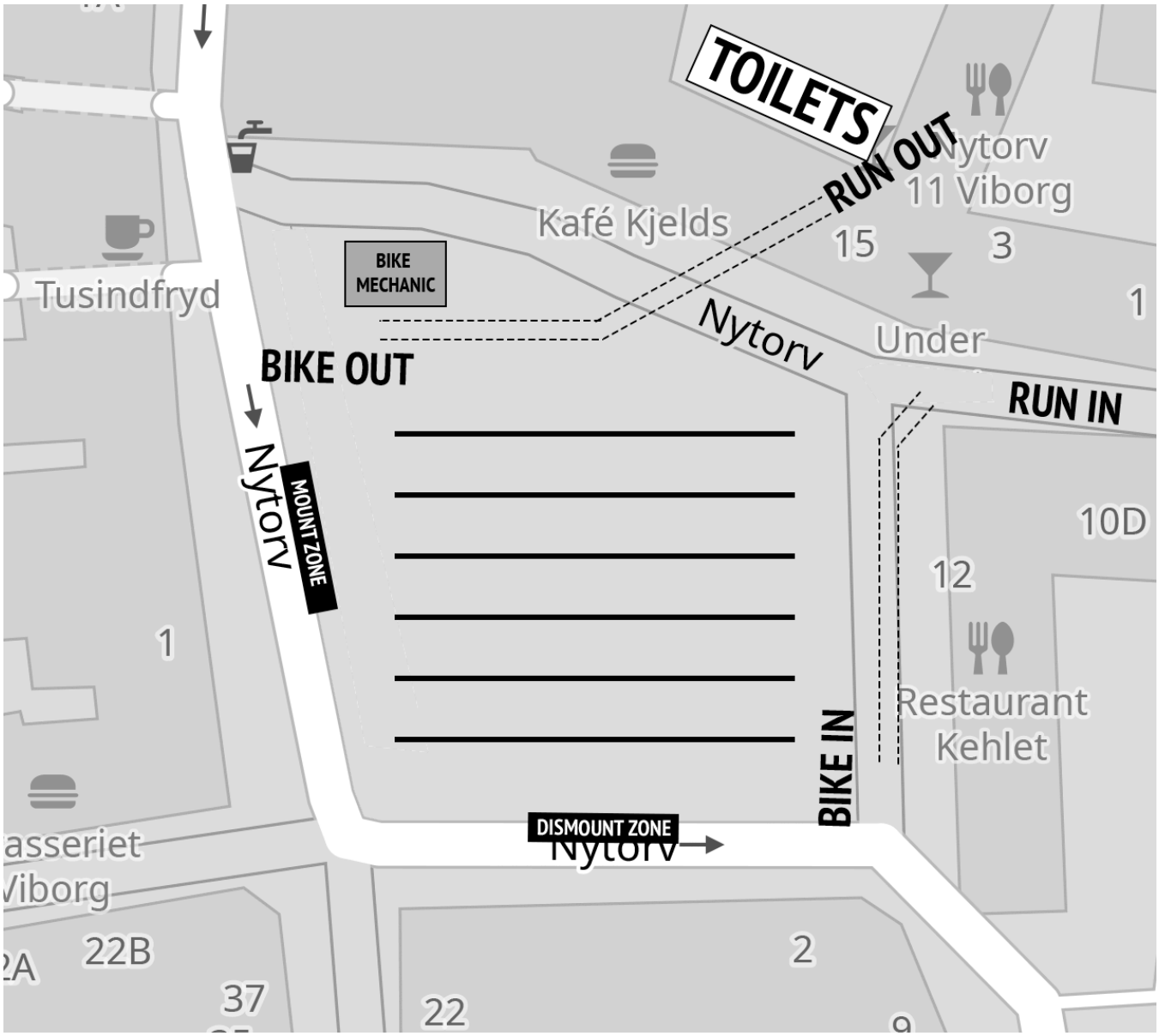
RACE SCHEDULE

Start times	Group	Venue
10:00	Powerkids	Cathedral
12:00	Elite - Start (Women)	Cathedral
12:25	Para - Start	Cathedral
12:30	AG - Start (Women)	Cathedral
12:30	AG - Start (Men 55+)	Cathedral
12:45	Elite - Start (Men)	Cathedral
12:50	AG - Start (Men)	Cathedral
13:00	AG - Start (Open Powerman EC)	Cathedral
14:15	Powerman Short	Cathedral

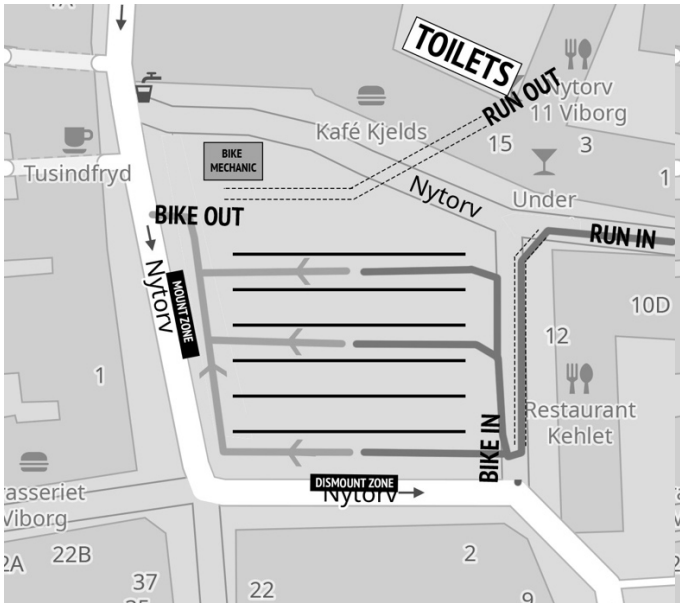
CEREMONY SCHEDULE

Medal Ceremony	Group	Venue
15:30	Elite Ceremony	Cathedral
16:00	Danish National Ceremony (DM)	Cathedral
16:30	Para Athletes Ceremony	Cathedral
17:00	AG ceremony	Cathedral

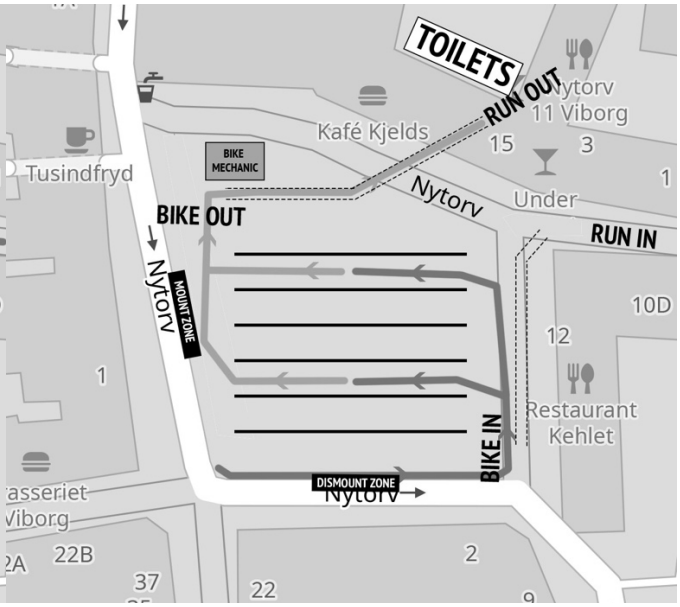
TRANSITION ZONE



RUN IN – BIKE OUT FLOW

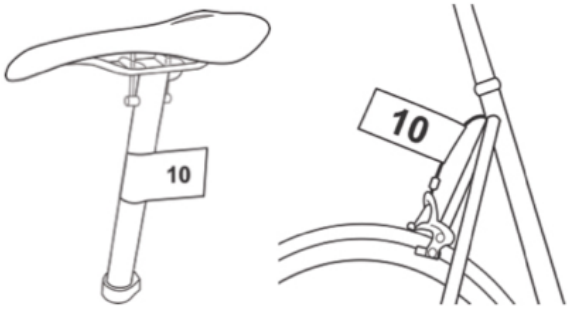


BIKE IN – RUN OUT FLOW

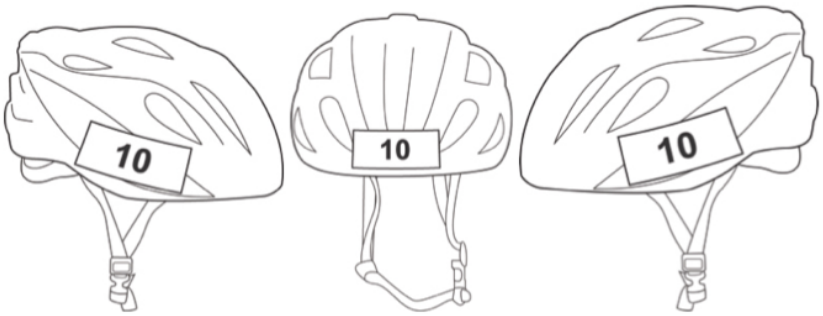


BIKE CHECK-IN

The sticker on the bike must be placed in one of the following ways:



Helmet stickers must be placed like this:



Items for check-in:
- Bike, with stickers on
- Bike helmet with stickers on
- Bike shoes

Check-in is not possible without your helmet or if the helmet does not pass safety regulations. An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited. Race Marshals have the right to reject the helmet and in case the athlete is obligated to get hold of a new and approved one.

The stickers on the bike must be visible at all times during the bike ride. If the bike does not meet the standards, the Race Marshals are allowed to reject it at bike check-in.
TZ: Only athletes with valid wristband, volunteer with valid wristband and race officials are allowed in TZ.

RUN COURSE

Laps:

- Powerman Short: 2 laps
- EC/DM and Open Powerman: 4 laps

On the run course it is important to wear the race number visible (on the front) and secured to the shirt or in a strap. Athletes are not allowed on the run course without visible race number or shirt on.

Aid stations on the run course:

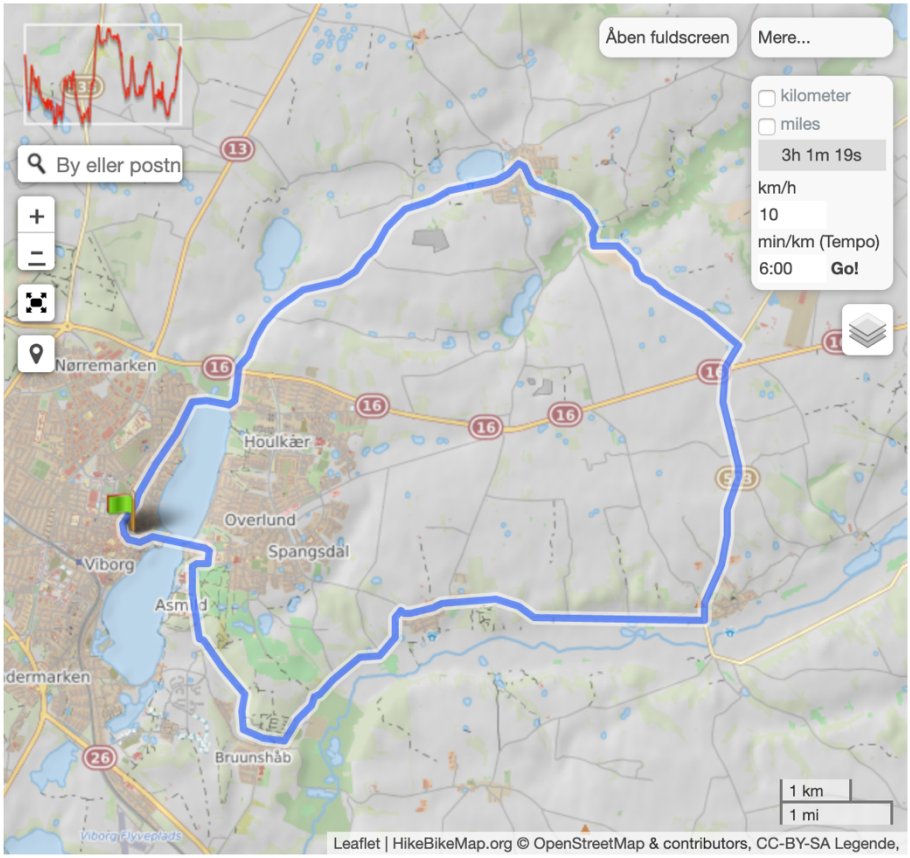
On the Run Course there are one aid station, located at the cathedral.

Aid stations covers:

- 32GI Endure Drink
- 32Gi Endure Chews
- 32Gi Sports Gels

Toilets are placed next to the TZ zone, and next to the aid station. Please use them! You might receive a penalty if you don't.

BIKE COURSE



The bike course is a loop of 30 km.

You can download the bike and run course from the home page: www.powerman.dk

Part of the course are on smaller roads. The majority of the course are closed/half-closed for regular traffic so therefore it is important to pay attention on the bike course. All athletes need to follow the Danish Road Traffic Act, see more on: http://www.cyklistforbundet.dk/Alt-om-cykling/Love-og-regler/Faerdselsloven.

Remember it is your own responsibility to learn the bike course even though volunteers will guide you through the course.

Please remember that the bikes condition and the bike handling is your responsibility. Please make sure that the bike is in good condition and all parts are securely fastened.

Bike Mechanics at the STARK Transition Zone

Here you will find tools, tubes and pumps. Please remember to bring your own extra tubes, small hand pump and tools in case of flats during the bike ride.

Your bike must follow the rules described from The Danish Triathlon Association. In short this means that the bike is technically suitable and safe for a race. For further information: http://www.triatlon.dk/main/files/elementer/20150409-1049-46.pdf (only in Danish)

Safety on roads

Trained personnel, traffic officials and volunteers will be on the course to give you directions, handle traffic and help keeping you safe at all times.

Please note:
- Pay attention to oncoming traffic and pedestrians crossing the roads
- Residents have been notified about Powerman Viborg prior to the race
- Road closure are executed by trained professionals in close contact with the police and the local authorities.
- On course there will be road cones, markers, banners and road signs

Extra attention needed when:
- You come across road signs - left and right turns
- You are crossing the roads
- You are going through the aid station

Pay special attention to:
- In case of emergency rescue, vehicles shall have free passage at all times. Please respect this and let them pass you.

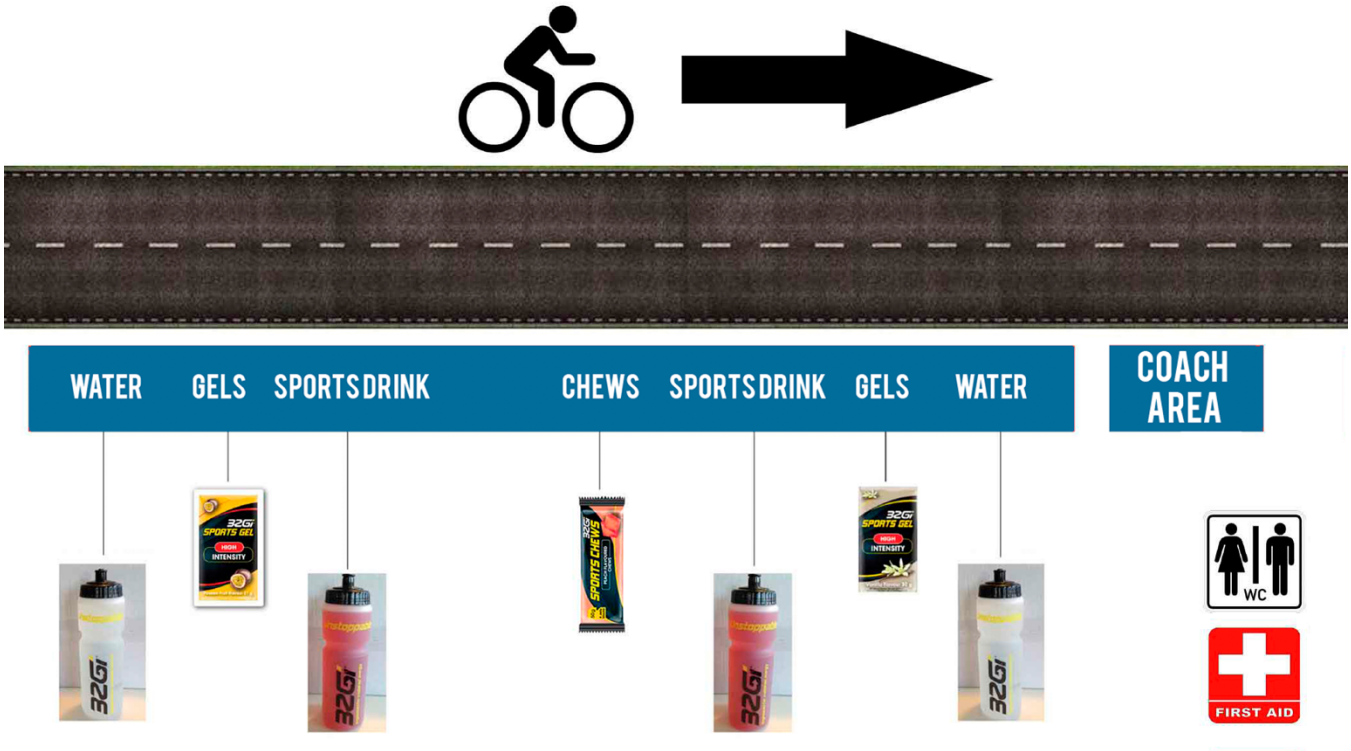
Aid Station on the bike course:

Outside Golf Hotel Viborg, you will have the one aid station on the bike course. This is also the place for your bottle - and waste drop. You are only allowed to deposit your bottles and waste at the Aid station. There will be trash bins or garbage cans where you can put your waste.

The Aid Station covers:

- 32Gi Endure Drink – 600ml bottles
- 32Gi Endure Chews
- Bottles with Water

Keep in mind that the Aid station is a busy spot, so prepare yourself in good time and follow the flow through the station. Do not try to overtake in high speed here - this can be very dangerous! At short distance volunteers will serve you with supplies in the zone and remember that other athletes will be just behind you.



Competition rules:

https://www.triathlon.org/uploads/docs/itusport_competition-rules_2019.pdf