

AALBORG TR:ATHLON WEEKEND



DEAR ATHLETE

We are pleased to welcome you to the 6th edition of this triathlon event in Aalborg.

Our hope is that the event lives up to everyone's expectations for a triathlon.

Many volunteers have been involved in planning and participating as helpers at the event day. Please show them that you appreciate their help.

The event is organized in cooperation with many sponsors and partners. We would like to thank you for this cooperation.

We hope you will take the necessary time to familiarize yourself well in the event. Just like football players must know the rules as offside, no contact with the hand, etc., there is also important rules in Triathlon. The responsibility to be informed before the competition starts is solely with you.

Good luck on Sunday 9th of July. Enjoy the day!
We look forward to seeing you.

Sincerely
Aalborg Triathlon 2017

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Aalborg Triathlon Klub



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FUSION 

GENERAL INFORMATION

- Use of MP3 player or similar electronic devices are not permitted at any time.
- Waste may only be left in garbage bins at the aid stations. Violation of this rule will result in punishment.
- Only use toilets located in the transition area and at aid stations on the bike- and run. Please respect the neighbors' private gardens.
- Respect at any time orders from referees and officials.
- Many participants are new to the triathlon sport. We therefore refer to read the rules from [Dansk Triatlon Forbund](#).
- It is each participant's responsibility to know the rules.
- Please make sure that your bike is in good condition. This is to own and others' safety. Should you still need minor repairs of the bike, Fusion Sport Aalborg will be present at the arena Sunday.

RESULTS SERVICE

In cooperation with Sportstiming we offer professional communication of results.

There will be online time tracking via www.sportstiming.dk.

NOTE: Be aware that online time tracking is for guidance. The head-referee shall always approve the results before it apply.

The provided time tracking chip must be returned in the finish area. If you forget to hand in your chip, you will be charged kr. 100.

APP

We have an Event App where you can quickly find all important information. You can follow the news coming from the event, view live display of results and follow on social media; Facebook and Instagram. Besides this, you can see how best to get to and from the event, and where to park, so you do not get parking fines or harasses other traffic.



[Google Play](#)



[App-Store](#)



Race day: Sunday the 9th of July 2017		
	Start	End time
Athlete registration	06:00	08:00
Bike check-in	06:00	08:15
Transition zone is open*	06:00	08:40
Race briefing	08:20	08:30
Warmup finish	08:40	08:50
1/4 Distance - Heat 1	09:00	
1/4 Distance - Heat 2	09:10	
1/4 Distance - Swim cut-off	10:00	
1/4 Distance - Bike cut-off	11:55	
1/4 Distance - Finish cut-off	13:20	
1/2 Distance - Heat 1	09:20	
1/2 Distance - Swim cut-off	1:10 from start	
1/2 Distance - Bike cut-off	4:40 from start	
1/2 Distance - Finish cut-off	7:00 from start	

Heats			
Heat 1	1/4 Male	YELLOW	9:00
Heat 2	1/4 FEMALE	BLACK	9:10
Heat 3	1/2	WHITE	9:20

REGISTRATION

Registration takes place on the rugby pitch behind the Aalborg Rugby Club "Lynet" at Johannesmindevej 41, 9000 Aalborg.

Remember to bring a valid photo ID. Members of Danish triathlon clubs must bring license card which is printed via Klubmodul. Make sure you have a valid license at the event day. Otherwise you will be charged 150 DKK for individual membership (EPM) (+70 DKK administration fee).

Bib number will only be handed to the person officially registered as a participant. A start number is not transferable to others!

At the registration desk, you will receive a registration pack:

- 1 bib number.
- 3 small stickers for the helmet
- 1 bike sticker to wrap around the seat post or brake cable
- 1 big sticker for your baggage
- 1 timing chip and 1 ankle band
- 1 swim cap

The start number must be worn visibly at the front during the run. It is not allowed to wear the number during the swim. On the bike ride start number is optional. We recommend using a number belt or similar which is quick to put on.

NOTE: It is not allowed to modify the bib number, by cutting the number, folding it or the like.

In the registration tent there will be baggage storage. Make sure to mark your bag with the provided label. Storage is at your own risk, but volunteers are supervising the tent.



CHECK IN AT THE TRANSITION ZONE

After registration in the tent, you have to check-in your bike in the transition zone. Before bike check-in, you must mount labels on helmet and bike.

At bike check-in referees will investigate whether the helmet is approved and intact.

All participants have an assigned spot in the transition zone marked with race number. It is not allowed to mark the place further. Bike has to be hanged on the bicycle stand on the same side of the stand as the race number. This means that most of the bike must be on this side.

There will be a plastic box when you enter the transition zone. All equipment including changing clothes must at all times be located in this box. For security reasons, everything outside the box will be removed by the referees. However, it is allowed to mount bike shoes, helmet, glasses and food on the bike. Wetsuit also has to be placed inside the box after swimming. To avoid wet shoes etc., it may be useful to bring an additional plastic bag.

Changing between disciplines is by the bike. Note that it is not allowed to expose yourself during the event. This will result in disqualification. If you want to change clothes, we refer to a tent inside the transition zone. Use



of triathlon clothes is recommended to eliminate the need to change clothes.

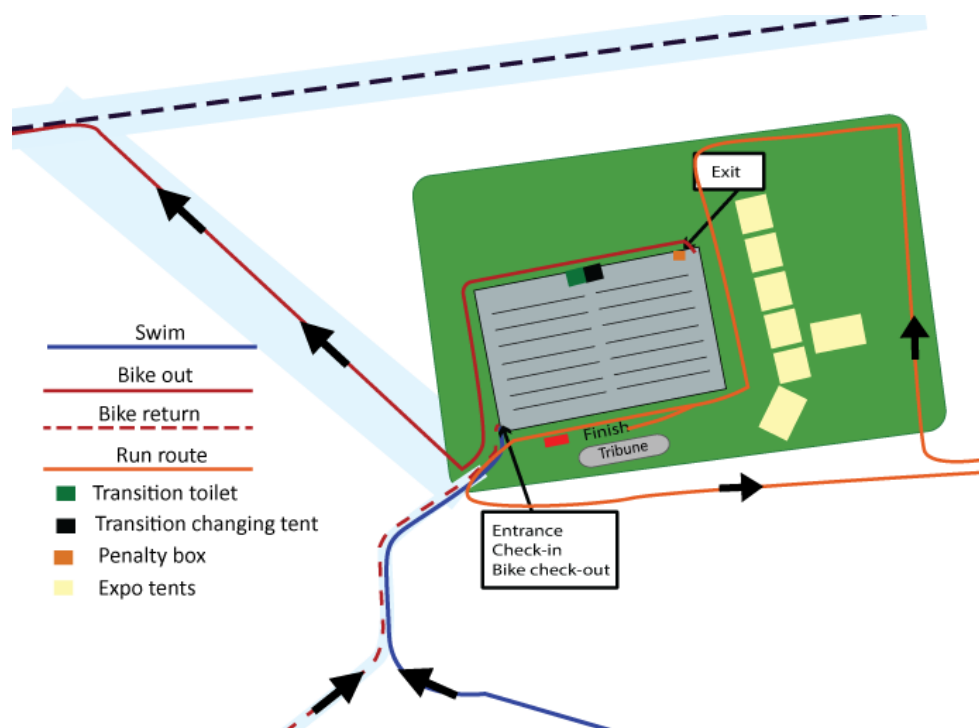
The transition is built up of several rows where number 1 is located closest to Exit, and highest number closest to Entrance. The numbers are placed chronologically.

The transition zone is large and it can be difficult to find your place. It is therefore recommend to familiarize yourself with the transition zone and memorize how to get into the zone to your spot and how to exit.

Relay

Relay teams starts with checking bike in at Check-In. Relay participants can then freely use the entrance in the opposite corner to go in and out.

When the relay teams switch athlete, the chip band should be moved from athlete 1 to athlete 2 manually. Start numbers will be labeled 2 and 3 respectively bike and run.



BLUESEVENTY SWIM COURSE

Swimming takes place in a calm lake which used to be a chalk moat. The course is a one-time route. The start takes place 150 meters from the shore, so make sure you get there in time.

Big yellow and orange buoys form the swimming route. The participants must always have yellow buoys on the left side and orange buoys on the right side.

The provided swim cap must be used. However, it is allowed to use an additional cap under the provided cap. The color of the provided cap is used to distinguish participants across the heats.

Participants should expect that wetsuit is compulsory. The permission for use of the lake means that swim without a wetsuit is only allowed when the water temperature exceeds the max. limits. The limits are 20°C for elite and 23°C for agegroup. Head-referee announces official water temperature one hour before start according to competition rules of the national federation.

Use only the marked route from the competition



area to the starting area (five minute walk) at 1/2 Distance. The path close to the lake is too narrow for many participants. It is the individual participant's responsibility to be ready for the start.

There will be a clearly marked gate you have to go through to go into the lake. This is for security purposes and the queue MUST be used. Otherwise you will be disqualified.

If you need assistance, lay on you back and wave with your arms. Our helpers will be with you in a very short time.

NOTE: There will not be toilets available at the swim start. Be sure to use the toilets in the transition zone, before heading to the swim start.



BIKE COURSE

The bike helmet must be tightened before the bike is removed from the stand.

It is not allowed to enter your bike in the transition zone. Do not enter your bike before the clearly marked mount line on the asphalt road.

The bike course is a beautiful and varied route. The route starts with a short way out to a circular route. This circular route is completed twice at the 1/2 Distance and once at the 1/4 Distance before the trip goes back towards Aalborg.

Participants are responsible for counting laps. There will be timing out on the bicycle route that will be used for control.

10-meter rule is used, which means that there must be 10 meters between each bike. Any violation of the 10-meter rule will be punished by the referees. Waste may only be left in garbage bins at the aid stations. Violation of this rule will result in disqualification.

The cycle route is not closed for public traffic, but there will be traffic regulations at every turn. All participants must comply with the general rules of the road.

NOTE: Be aware that the bike route is using a narrow bike path under Ny Nibevej twice on each lap. These bike paths are "no passing zone", it is therefore not allowed to overtake. At the same time, there is a very sharp turn on the second bike path, which makes it important to keep the speed down!

All turns will be swept and larger holes will be marked prior to the event.

OWN PROVISION

There is an option to use your own provisions right after the aid station.



The Fusion Sport run course is a flat route that alternate asphalt and hard-pressed gravel to ensure a pleasant experience. It is a out and home route, so make sure to keep right.

The route is completed twice at the $\frac{1}{4}$ Distance and four times at the $\frac{1}{2}$ Distance.

A female athlete in an orange singlet and shorts is running a race on a grass field. She is in the foreground, crossing a red and white striped finish line. Behind her is a large crowd of spectators and several white tents, indicating a large outdoor event.



AID STATIONS

First aid station is placed at 20 km. Therefore we recommend to bring the first bottle yourself.

Waste may only be left in garbage bins at the aid stations. Violation of this rule will result in punishment.

BIKE COURSE

- Energy drink
- Water

The stations are placed at the 20 and 60 kilometer marks.

Toilet will be available at the aid station.

Trash and empty bottles can be thrown before and after the aid station in the clearly marked areas.

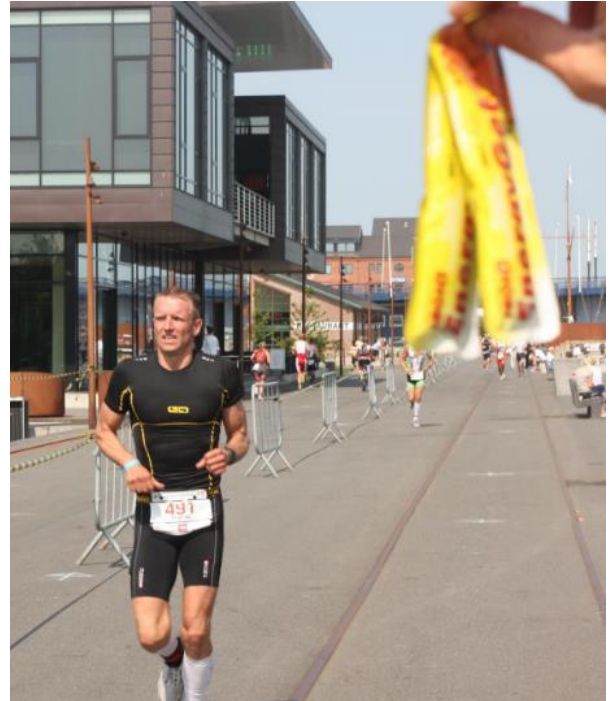
RUNNING COURSE

- Energydrink
- ISOGels
- Water

Stations are placed every 2,5 km. We advise that you use the marked garbage areas. Toilet will be available at the aid stations.

There will be an opportunity for own provisions at Johannesmindestien at the start of the run course. However, only at the marked area.

Trash and gel can be thrown before and after the aid station in the clearly marked areas.



LE CHEF FINISHER AREA

- Energydrink
- Water
- Finisher zone with barbecue food

RACE DINNER

Le Chef Finisher tent

After completion of the competition, you can enter the finisher tent to get a delicious after-race dish.

This meal will consist of barbecue food, water and soft drinks.

This delicious meal is part of your entry fee. You have to **show your bib number** when entering the finisher tent.



GETTING TO AALBORG TRIATHLON

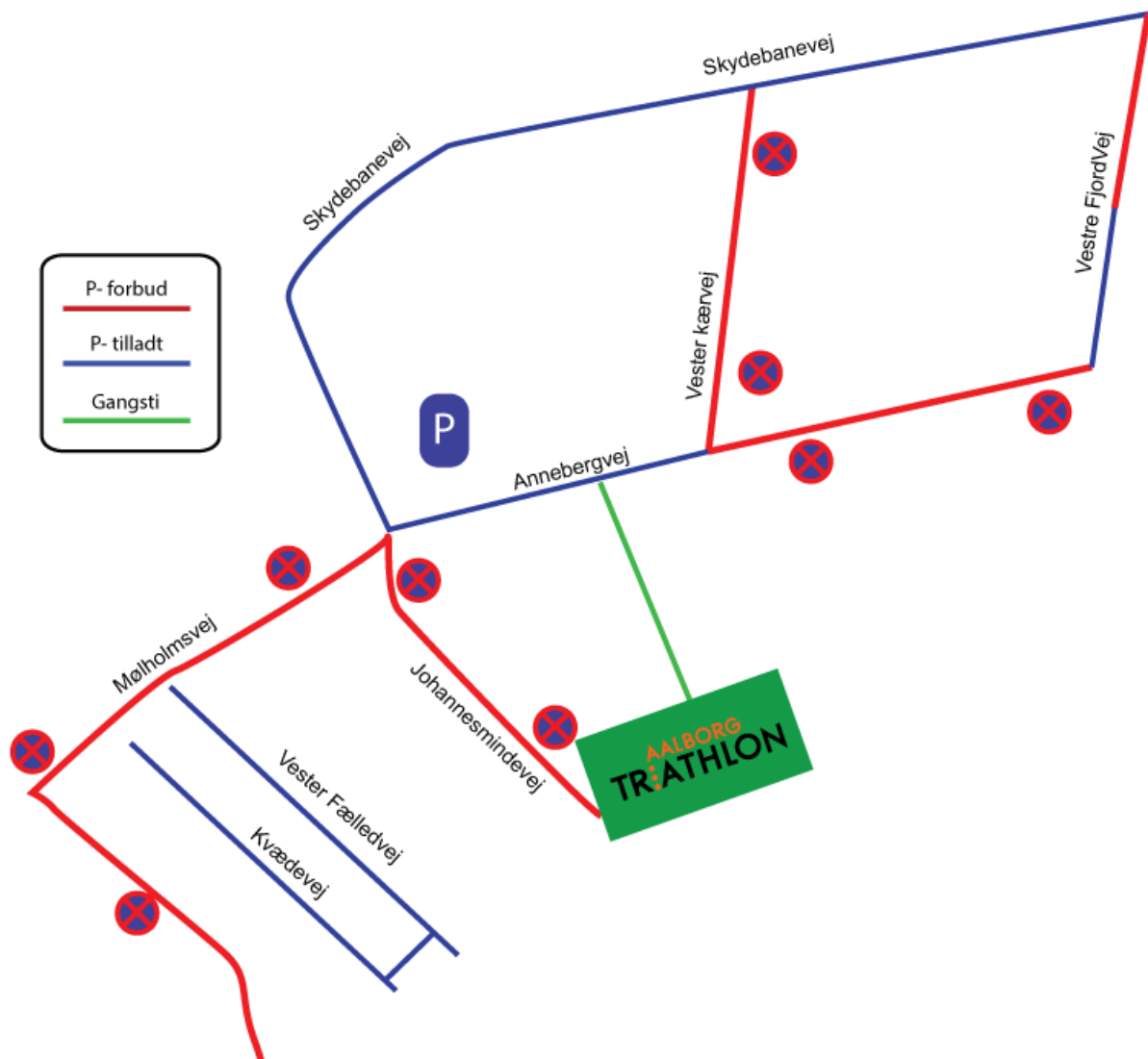
The competition area and the transition Zone is placed at the end of Johannesmindevej.

Please note the limited parking opportunities in the area. We recommend using a bike as means of transport to and from the competition. Other individuals are advised to use the stated parking opportunities in consideration of other traffic and residents in the neighborhood nearby. Parking at Annebergvej is advised. Be sure to get to the event in time.

Johannesmindevej is closed to traffic on both Saturday and Sunday. It is recommended to cycle the remaining distance and use the annotated P-Place instructed on the map. P-sites are part of NKI Racing Arena at which you can park for free. Parking in prohibited areas will result in P-Fines or possible removal

of the vehicle.

When the car is parked, you can either walk along Johannesmindevej or use the designated path (represented by a green line).



**MORE RACES
WON THAN
ANY OTHER
WETSUIT DESIGN
EVER**

