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**DUATHLON** <sup>★ ★</sup> MIDDLE DISTANCE  
**EUROPEAN CHAMPIONSHIPS**  
VEJLE 2018

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ETU · POWERMAN

**POWER**  **MAN**®  
D E N M A R K

*Run | Bike | Run*

# Athlete Guide



# Powerman Denmark - Event Schedule 2018

**Address:** Powerman Vejle // Campus Vejle Boulevarden 48, 7100 Vejle

**Saturday May 5 2018.**

**// Changes can occur // Stay updated on [powermanvejle.com](http://powermanvejle.com)**

## **Registration:**

Registration will take place at tournament office on Campus Vejle, Boulevarden 48, 7100 Vejle

## **Opening hours for registration:**

Saturday May 5, ETU & Danish Championship (Elite) 10-60-10	10.00 – 16.00
Saturday May 5, AG Powerman Middle distance 10-60-10 and 5-30-5	10.00 – 16.00

## **To register you need the following:**

- Ticket of confirmation from sports timing // Please bring it printed
- Valid license (E.g. Danish Triathlon Federation License to register for Powerman Classic) // Buy it before Race day // Bring your confirmation.
- One day license: <http://www.sportstiming.dk/ST/DTRIF/Main.aspx?theme=epmtriathlon>
- Legitimation (own)

## **Look for the banner with Registration and Information**

### **Race number:**

- You will receive an email from sportstiming.dk.
- Relay-team will have one number for each participant

### **At registration, you will receive the following items:**

- Printed race number (with chip)
- Timing chip,
- Stickers for each athlete, bike and helmet
- Goodie-bag
- 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 it when you go to pick up your bike.





## Sunday May 6<sup>th</sup> 2018 / RACE DAY

07:00 - 18:00 Welcome to Powerman Vejle, EXPO

07:00 - 08:00 Bike Check-In - **ELITE & PARA**

06:30 - 09:00 Bike Check-In – **AG**

### START TIMES :

09:00 Elite – Start (Men)

09:05 Elite – Start (Women)

09:45 Start AG women and men 55+

09:50 Start AG men

**11.00 Start Powerman short 5-30-5 - NEW STARTTIME!!!!**

11:30 /12.00 Power kids – TBA on home page [www.powermanvejle.com](http://www.powermanvejle.com)

### Medal ceremony:

12:30 Elite Ceremony (European Championship)

13:00 Danish National Ceremony (Danish Championship)

13:45 Power kids Ceremony

16:00 AG ceremony

### Time schedule for bike Check out

TBA - Elite

TBA - AG

TBA - OPEN

TBA - PARA

## Powerman Expo by



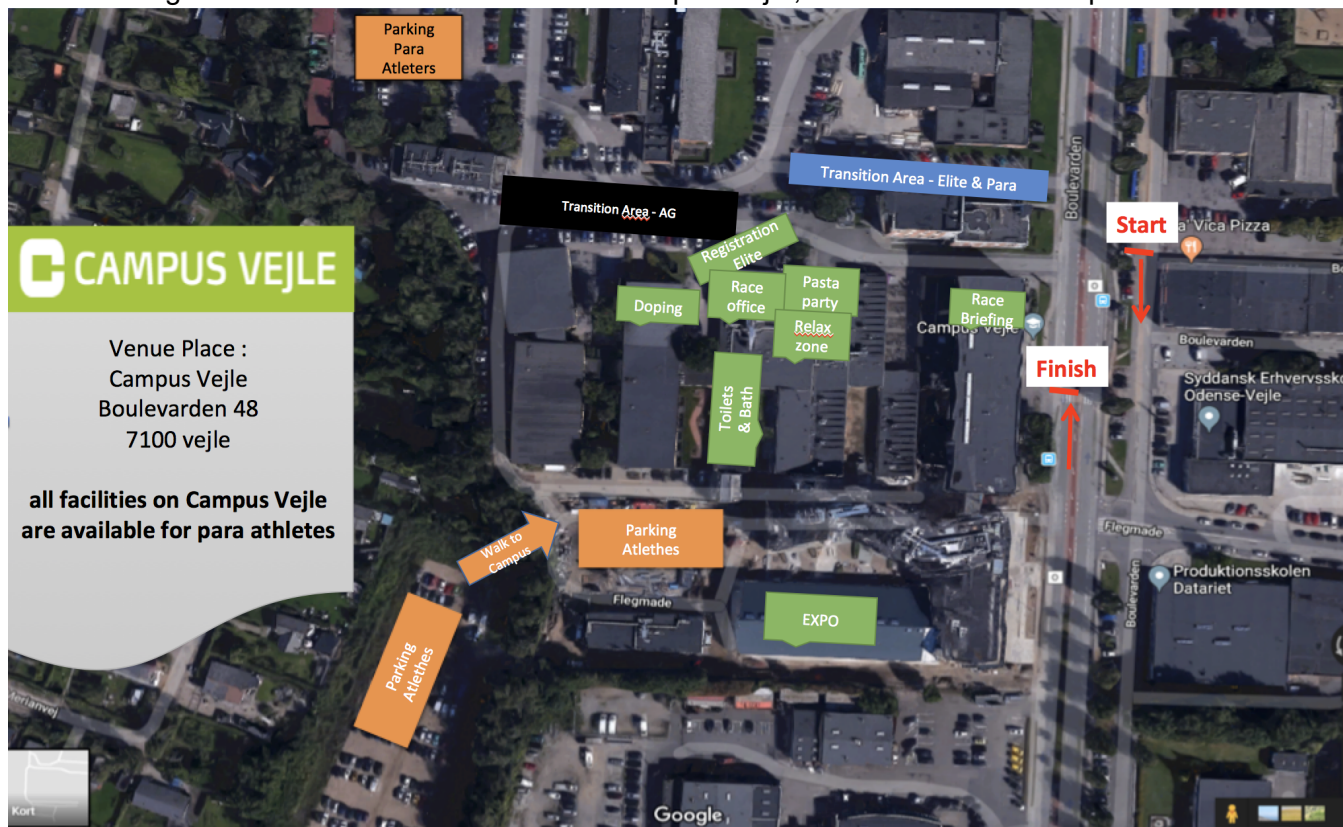
**Saturday May 5 from 12.00 - 17.00**

**Sunday May 6 from 10.00 - 13.00**

The Powerman Vejle EXPO is located at the venue area on Campus Vejle opposite the TZ area.

## Race Briefing

Race briefing will be held at the auditorium on Campus Vejle, see location on the map



**It is compulsory for all athletes competing in European Championship & Danish Championship to attend the race briefing.**

**The Race Briefing for Elite and Para athletes will be held by the Technical Delegate in English. For Age Group there will be held one briefing in English and one in Danish.**

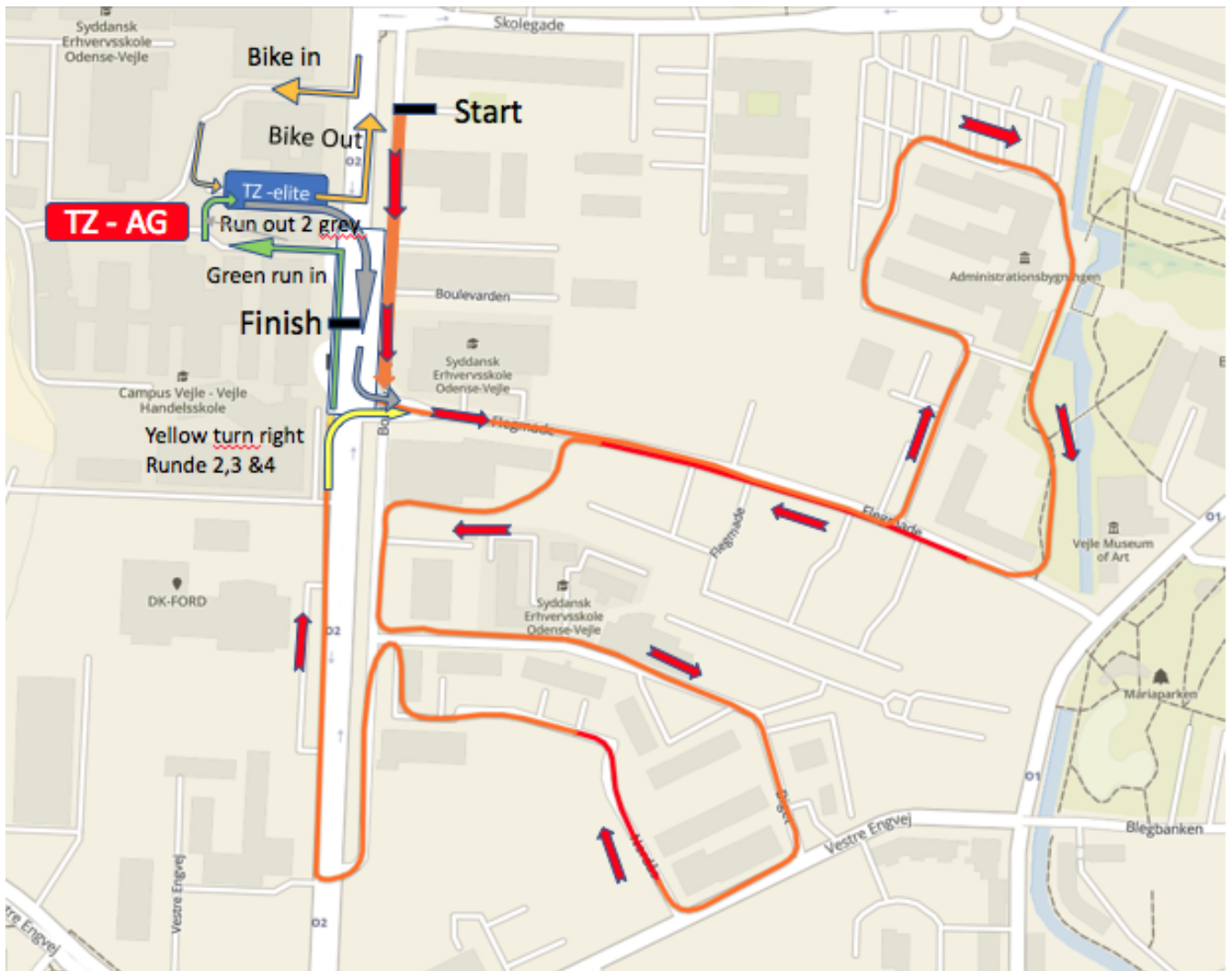
The Race Director will be available during the briefings to answer any questions you might have. Sunday you can also get your questions answered by the guides, by Technical Director or Technical Officials from European and Danish Triathlon Federation.



Venue place: Campus Vejle, Boulevarden 48, 7100 Vejle

## Transition Zone:



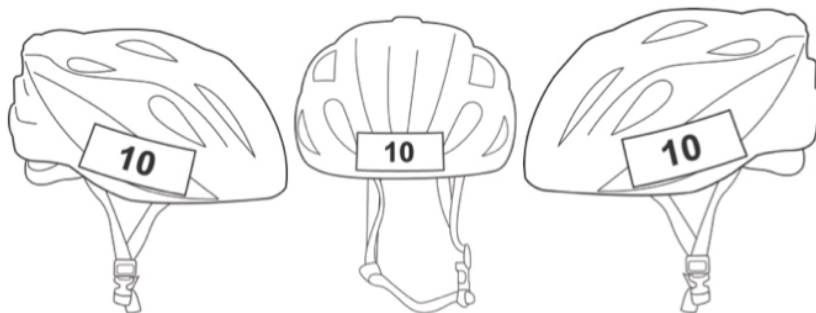


Campus Vejle is one of the largest universities in Denmark. Daily around 3000 students. All Powerman activity are located at Campus Vejle.

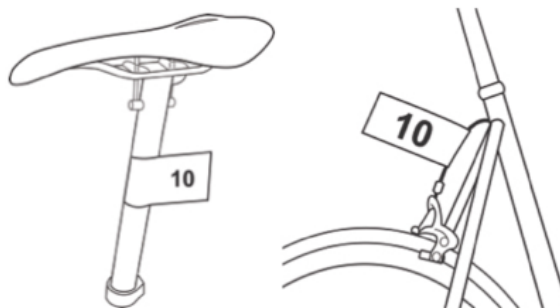
- TZ (Transaction zone)
- Doping control, right next to TZ
- Race office (get your stickers for the helmet, bike and start number)
- Race Briefing (Auditorium)
- Technical Officials Room
- Pasta party
- Relax Zone for athletes
- Lot of Toilets & bath
- EXPO



**Helmet stickers must be placed like this:**



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



**You must check-in:**

- Bike, with stickers on
- Bike helmet with stickers on – in front
- Bike shoes (only allowed in pedals, not on the ground)
- AG/Open: One pair of shoes can be placed next to your box all other equipment must be in the box handed out in transition.
- Elite/Para: ITU Rules for shoes and equipment apply

If an athlete wishes to use the same shoes in a duathlon for the second run these do not have to be placed in the bin in transition one, however, only one pair of running shoes may be on the floor at any time during the competition. Running shoes must be located within 0.5m of the athlete's bin (rack number/name plate).

- You will get a plastic box for your stuff at check-in.

***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. Technical Officials 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 Technical Officials are allowed to reject it at bike check-in.

TZ: Only athletes with valid wristband (red), volunteer with valid wristband and race officials are allowed in TZ.

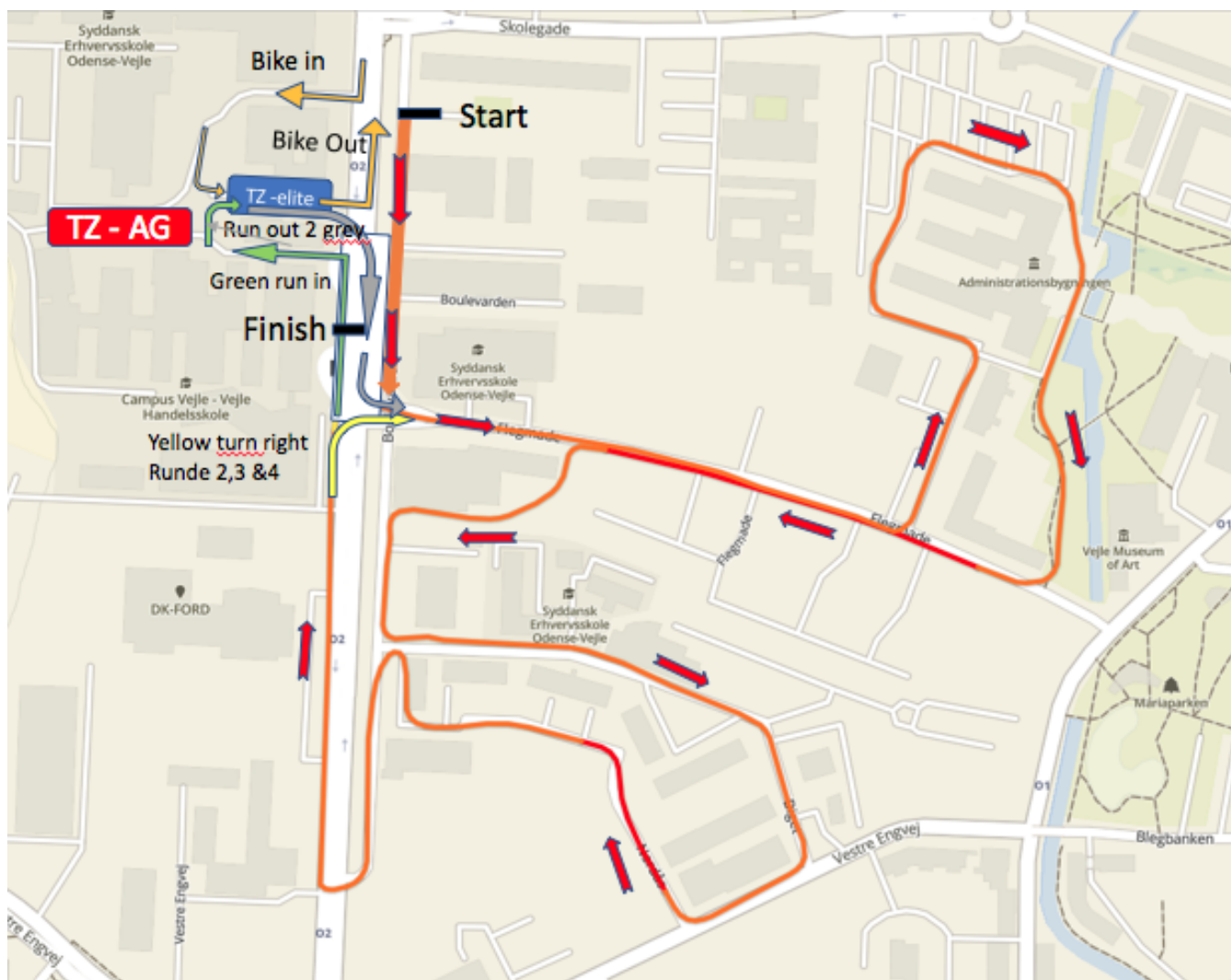
### On Race start Sunday May 6th:

Meet our FELT Bike Mechanicals at the Powerman Vejle EXPO Area. Mechanics can help you with last minute adjustments but please bring pumps and extra gear.

Visit our mechanicals:

Saturday May 5 th. At the EXPO.

## Run Course // 2,5 km



### Run course description:

The run course are in the city around Campus Vejle, a very flat and Quick route, only on asphalt.





### Facts on the run course:

Laps:

- Powerman Short: 2 loops run + 1 loop bike + 2 loops run
- EC & Danish Championship Powerman Classic: 4 loops run + 2 loops bike + 4 loops run

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.

### Please note:

- No electronic devices are allowed to use during the running part for safety reasons; headphones, telephones, iPods, MP3 etc.
- No help from outsiders are allowed (except receiving energy from family/friends/others in the marked area at the Aid stations). On the refreshment station **elite** can received drinks from their coaches.
- WASTE may only be thrown away in and around the Aid stations and please use the trash bins // see signs

### Aid stations on the run course:

On the Run Course there are one aid stations. Location on the boulevard in front of Campus Vejle

### Aid stations covers:

- SIS Energy Gels
- SIS Energy Bars
- Water



### Special needs bags:

At all aid stations you can place your own special needs bag. You have to place your own stuff; volunteer will not carry this to the aid station.

**Toilets** are placed in Campus Vejle and next to the TZ zone and on the venue are. Please use them! You might receive a penalty if you don't.

### TZ

After the Campus vejle Run Course or the FELT Bike Course you will enter the TZ where you will:

1. Change and get ready for the bike course or,
2. Let your Relay team takeover or,
3. Go on your last run.

### Relay teams



Remember to wear your helmet and your chin strap fastened before taking your bike from the rack in the transition area for the FELT Bike Course. You have to cross the bike mount line before mounting your bike. The line will be clearly marked.

## Regulations // Bike

Helmet:

- First on, last off with the chin strap fastened
- Keep your things in your bag
- No headphones are allowed
- No cycling until you are out of the transition zone and have past the mount line
- No cycling after you enter the transition zone // TZ (bike dismount line) from the FELT Bike Course



## Powerman FELT Bike Course

Part of the course are on smaller roads. *The majority of the course are half-closed for regular traffic so therefore it is important to pay attention on the bike course.* This depend on the category of the race and Powerman do not have the sufficient size to match a category with permission to close all roads. 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 and know the bike course even though volunteers will guide you through the course. The bike and run course are marked with small signs 1 week before the event.**

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.

**On the bike course there will be FELT BIKE MEK on Campus Vejle.**

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 Federation (which follows the ITU rules). In short this means that the bike is technically suitable and safe for a race. For further information: Look at ITU competition rules.

## Safety on roads

*The bike course travels on smaller roads. Because we are not allowed to close all roads, please pay attention on the bike course. In Denmark we drive on the right hand side. On critical part of the FELT bike course Traffic officials will directed and help you.*



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 that we cannot guarantee 100% car free roads, as people who live on/by the FELT Bike Course have to be able to get out of their homes.

**Please note:**

- Pay attention to oncoming traffic and pedestrians crossing the roads
- Residents have been notified about ETU Powerman Vejle 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, 180\* turns
- You are crossing the roads
- You are going through the aid station on Boulevarden

**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.

**FELT Bike Course ETU Powerman 2018**



**FELT Bike Course for ETU Powerman Classic 10-60-10  
( se full map on [www.powermanvejle.com](http://www.powermanvejle.com))**

The bike course is a loop of 30 km.

The Turn point will be on the Boulevard very close the start and finish line.



Wheel station, coach zone and penalty box is located very close to the start at Campus Vejle, on the Boulevard.

The FELT BIKE COURSE is a tough course with some of the “best” hills in Denmark. The area is also a nice nature and it runs on a country road with many small hills and turns which requires a good cycling technique.

You can download the bike and run course from the Home page: [www.powermanvejle.com](http://www.powermanvejle.com)

## Non-Drafting:

Both Powerman Classic and Powerman Short are non-drafting events. This means that you are not allowed to ride within 12 meters from the bike in front of you (measured from front wheel to front wheel) and 3 meters to the sides. This means: always keep 5 bike lengths between you and the bike in front, overtake only if you have the extra strength.

You are not allowed to ride side by side or draft on any other vehicle.

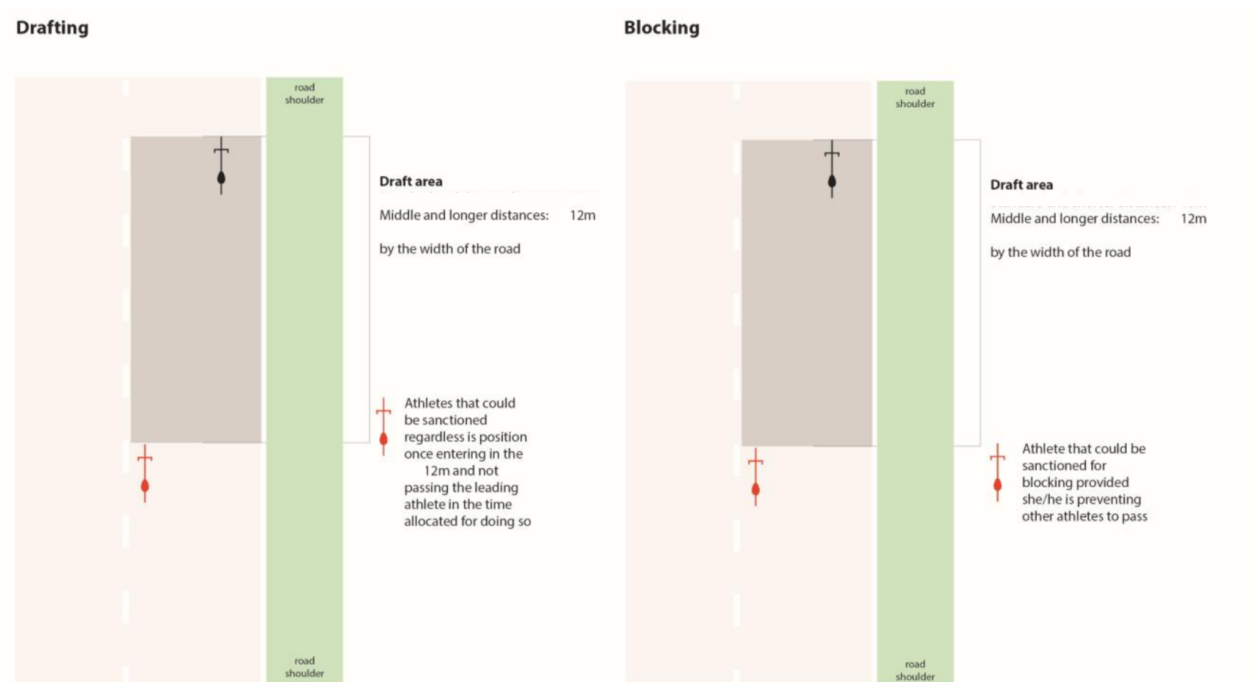
Remember Denmark has right-hand side driving (keep right).

Only when overtaking it is allowed to enter the “drafting zone” and you will have 25 sec. to pass another participant and 25 sec. to fall back. Overtaking is on the (left) outside of the other participant. After overtaking pull to the right hand side. An overtaken cyclist must fall 12 meters back (out of the drafting zone) before attempting to regain the lead from the lead bike.

**Please help us keep a fair race and follow the rules at any time.** If you see another participant drafting tell them, it’s strictly prohibited. A Technical Official on the FELT Powerman Bike Course will notify athletes committing rule violations. The Technical Official has the following possibilities of penalties:

- Verbal warning
- Yellow card (ETU/Powerman 30 sec., short 15 sec.) is used for Blocking and other minor infringements.
- Blue Card (5 min ETU/Powerman, Short 2 min) penalty at **next** bike penalty box is used for Drafting violations.  
(ETU/Powerman 3 blue cards = Disqualification, Short 2 blue cards = Disqualification)
- Penalty Boxes: A Bike Penalty Box will be located near the turning point on the bike course (on Boulevarden). Likewise a Run Penalty Box will be located on the run course before the the finish chute and before lap count. Bike penalties are served in the Bike Penalty Box and Transition and Run penalties are served in the Run Penalty Box or on the spot. Make sure you remember to stop if you are given any time penalty. Failing to stop will result in a disqualification;
- Red card = Taking no penalty - disqualification, receiving help from outsiders (except mechanics), throwing bottles and waste outside the Aid stations (zone), using electronic devices during the race; headphones, telephones, iPods, MP3 etc.





**Please note:**

- No electronic devices are allowed to use during the bike part; headphones, telephones, iPods, MP3 etc.
- Be sure to dismount your bike before entering the TZ area.

Any violation of the rules mentioned below will result in direct disqualification.

- No help from outsiders are allowed (except mechanics and for elite athletes).
- WASTE may only be thrown in and around the Aid stations
- No electronic devices are allowed during the bike part; headphones, telephones, iPods, MP3 etc.

**Aid Station on FELT Bike Course:**

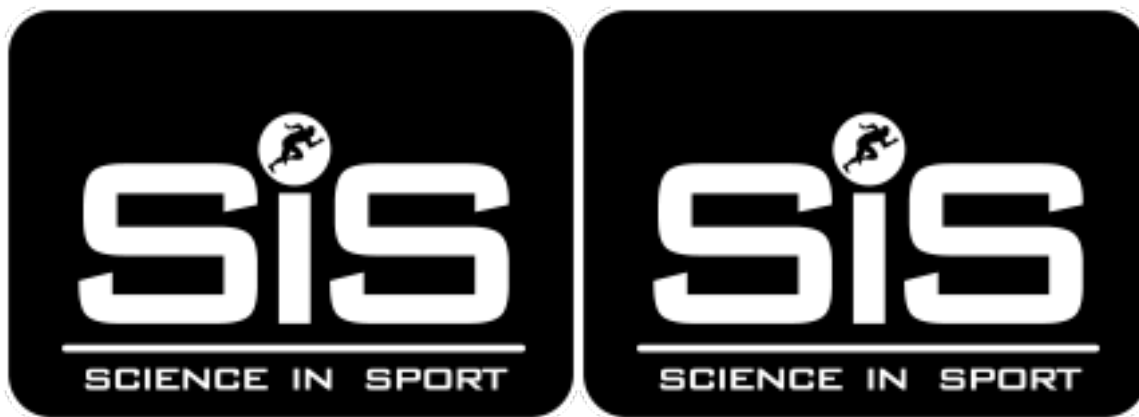
On the bike course you'll meet one Aid Station on Vestbanevej. This is also the place for your bottle - and waste drop. You are only allowed to deposit your bottles and waste at the Aid station. There will be trash bins or garbage cans where you can put your waste. Please help us keep the environment clean!

The Aid Station covers:

- SIS Energy Gels
- SIS Energy Bars
- Bottles with Water
- Bottles with energy

Picture will follow.





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.

### **Pasta party at Powerman Vejle // come and chill with us // Before // During // After**

At the registration day Saturday, athletes, family, friends and volunteers are invited to a pasta party 18.00 o'clock. On Campus Vejle (**special prize 7 Euro**) ...registration through [klubchef@vejle-if.dk](mailto:klubchef@vejle-if.dk)  
The barbecue is for everyone. We are looking forward to welcoming you and your family and friends!

### **Medicals**

#### **Medical help:**

There will be medical help available Saturday and Sunday at Camps Vejle.

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Vejle Brand- & Redningsberedskab

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There will be a medical car stationed at campus Vejle, in case of emergency on the bike route

### **Transport to Powerman Vejle from Billund Airport:**

Link: <https://www.bll.dk/da-dk/til-lufthavnen/transport-til-og-fra>



## Stay // accommodation in vejle.

The LOC has made an exclusive deal with Danhostel Vejle, and participants can get a good price through the LOC. Dan hostel is located right on the bike route only 5 min from the venue place.



## Danish National Championship // Elite // Age Group // in Danish

Mesterskabet i 'duatlon' afvikles som et 'Åbent Dansk Mesterskab'.

Alle deltager på samme distance:

- 10 km løb // 60 km cykling // 10 km løb

ELITE og DM Klasse - Eliten (18-99 år)

AGE GROUP og DM- 18-39 år - 40-44 år - 45-49 år etc.

OBS // hvis er du tilmeldt som almindelig deltager, stiller du op i ELITEN og IKKE SOM AG'ER. Ønsker du at stille op som AG'ER til DM skal dette noteres til sportstiming inden stævnestart.

Stævneinformation Campus Vejle Boulevarden 48, 7100 Vejle

Registrering: Kan ske indtil d. 1. maj 2018, kl. 23.59 via sportstiming på følgende link:  
<https://www.sportstiming.dk/event/5134>

**Parkering:** Kan ske gratis på Campus Vejle fra lørdag d. 5 maj og frem til mandag morgen kl. 08.00 i området nær stævnepladsen. (Alle bedes dog orientere sig om mulighederne for parkering inden stævnet).



Tidtagning: Tidtagning foretages af sportstiming

Licens: Licens og billed id skal medbringes til konkurrencen og fremvises og ellers kan der købes endagslicens ved tilmelding på sportstiming.

**Cykling:** Cykelruten er en ca. 30 km rundstrækning på landeveje omkring Vejle i et bakket og smukt område. Færdselsregler skal overholdes. Der skal bæres godkendt cykelhjelm.

**Løb:** Løberuten er en 2,5 km rundstrækning rundt i Vejle City. På hver omgang kommer man igennem målområdet med tilskuerne.

**Præmier:**

- Medaljer til Age Group og præmier til top 3 AG
- Medaljer og pengepræmier til Eliten European Championship // 5000 €

Reglement Dansk Triatlon Forbunds sikkerhedsprotokol og konkurrenceregler vil være gældende under hele stævnet og det er non-drafting for alle klasser. Drafting – 10 meter regel.

**Spørgsmål? kontakt: [klubchef@vejle-if.dk](mailto:klubchef@vejle-if.dk)**

ARE YOU READY  
**POWER  MAN**®  
European Championship 6/5-18

Have a safe and outstanding race – see you in Vejle

