



# RACEBOOK

Iron Dragon Triathlon  
8 September 2019

## Competition Place

Attention: New location 2019!

If you are using satnav, head for the "Budzyń Plaża Główna" bus stop, Gate no. 5 (GPS: 50.047679, 19.792350 or [2QXR+3W Kryspinów](#)).

Please arrive in advance to ensure you have time for registration, bringing in your bicycles, technical briefing and warm-up.

## Car Park

Contenders and fans have paid car parks at their disposal:

- (1) next to the changing zone, [2QXR+4M Kryspinów](#),
- (2) next to the rope park, [2QXX+V7 Kryspinów](#),
- (3) next to the Nad Zalewem Restaurant (formerly "Rohatyna"), [3Q2X+J7 Cholerzyn](#),
- (4) next to the Skansen Smaków Inn, [3Q2X+7Q Cholerzyn](#).

## Competition schedule

### Saturday, 7 September 2019

18:00-21:00 - collection of start packages (triathlon, aquathlon) at the Competition Office.

### Sunday, 8 September 2019

7:00-8:15 - collection of start packages, aquathlon

8:30 - technical briefing, aquathlon (finish line / stage)

9:00 - aquathlon start

11:00 - award ceremony for aquathlon

7:00-11:00 - collection of start packages, triathlon

9:00-11:00 - bringing start equipment to the changing area (bicycles, wet zone and dry zone)

11:30 - technical briefing, triathlon (stands)

12:00 - start, Sprint distance

13:00 - start, Olympic distance and relay

17:00-19:00 - issuing equipment from the changing area

17:30 - award ceremony





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## Registration

Office is open from 7:00 – 11:00.

This is where you can collect your start package and confirm your participation in the competition. Please bring your ID card or any other document confirming your identity.

### Collecting Start Packages (Competition Office):

Saturday 07.09.2019, 18:00-21:00

Sunday 08.09.2019, 7:00-11:00

## Start Package

- ⤴ A set of start numbers and stickers:
  - 3 pieces for your helmet (stick on the front, left and right side of your helmet)
  - 1 piece for your bicycle (stick it onto the seat post) 1 piece start number
  - 3 pieces of stickers for your wet and dry bags, and deposit
- ⤴ Swimming cap
- ⤴ Chip to be worn on your ankle. The chip has to be returned once you cross the finish line.
- ⤴ Sponsor gifts
- ⤴ Wrist identification band.
- ⤴ Others

## Deposit

Personal belongings can be left in the deposit which is located at the Competition Office. Your belongings can be collected after the race is done, with your start number and band.

## Bringing in your bicycle and running equipment to the changing zone

After registration, go to the changing zone and put your bicycle in the spot marked with your start number. Hang it by the seat on the pole with the handlebars facing towards you.

Then, go to the wet zone with blue bags and leave anything you need for your bicycle section in the spot marked with your number (helmet, start number, possibly footwear, gels, etc.).

In the next step, go to the dry zone with red bags and leave your equipment for the running section (footwear, cap, glasses, gels, etc.).

Bikes can also be left on Saturday from 18:00 to 21:00.

### NOTE!

To enter the zone you need your bicycle to have a number sticker, your helmet to have number stickers + start belt with number that you are wearing! Additionally, we will write your number with a marker on your shoulder and ankle. You can only enter the zone once, so remember about all the items you need there!

You can collect your bicycle from the changing zone at 17:00.

In the changing zone, whenever you push your bicycle, you have to wear your helmet at all times.

Time trial bicycles or bicycles with aerobars will not be accepted to the changing zone. Short aerobars are permitted that do not protrude beyond the shift and brake levers. This is related to the safety requirements so that in the case of falls, the risk of contact with protruding elements is limited for cyclists riding in the peloton.





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## Technical Briefing

8:30 - Aquathlon (Iron Dragon Kids) - finish line / stage  
11:30 - Sprint & Olympic distances - finish line / stage

## Triathlon: Swimming

The start is from the shore. The expected water temperature - about 20°C. We recommend using trisuits.

The **aquathlon** contenders swim to the properly positioned **returning buoys, pass one with their left shoulders** and swim towards the exit shore.

The **sprint distance** contenders pass buoys 1, 2, 3 and 4 with their left shoulders and head for the finish line. We exit the water through the gate and **head to the changing zone**.

The **Olympic distance** contenders swim in the counterclockwise direction and pass each bouy with their left shoulders, swim the second lap and then **head for the changing zone**.

## Race

9:00 - Aquathlon start

12:00 - Sprint distance start

13:00 - Olympic distance start

Remember! If you feel unwell, turn on your back and raise your hand. Rescue services will come and assist you.

After you reach the changing zone, the swimming equipment (trisuit, swimming cap and goggles) have to be packed to the bag with your number in the wet zone. If you fail to complete this task, 5 penalty minutes will be added to your final time.





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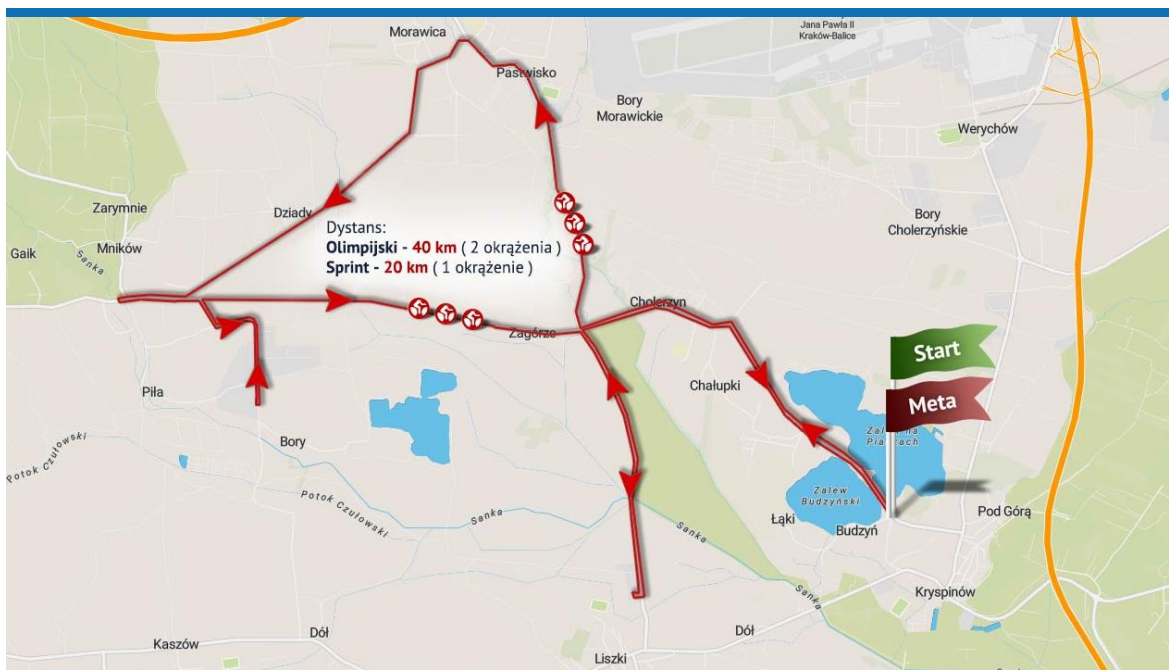
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## Triathlon: Bicycle

After visiting the **blue bag zone**, leave the changing zone wearing a helmet, it is not obligatory to have your start number on your bicycle. Then follow the route. After reaching the beginning of the circuit, go 1 lap for the sprint distance or 2 laps for the Olympic distance. You count the laps yourself.

We ride in the "drafting" convention (drafting is allowed). When exiting the last lap towards the **changing zone**, keep to the right! After reaching the changing zone, leave your bicycle in the spot you collected it from, i.e. the one marked with your start number. No car traffic is permitted along the cycling route.



## Triathlon: Running

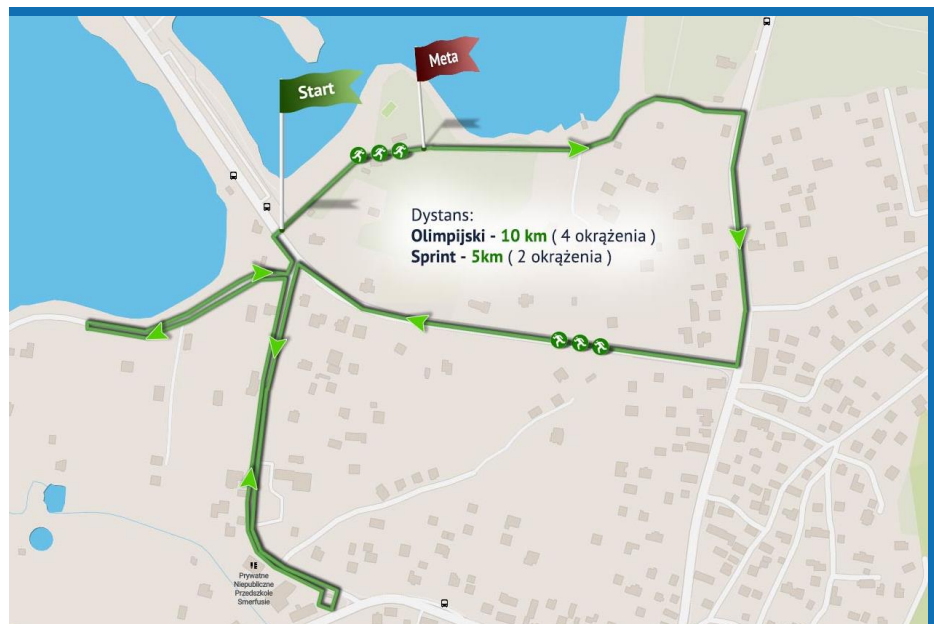
Once the bicycle is hung, you can start running! Run towards the red bag zone, leave your helmet and put your running shoes on. Leave the changing zone with your start number fastened at your front.

You run:

2 laps = 5 km for the **sprint distance**

or

4 laps = 10 km for the **Olympic distance**







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## Finish Line

Congratulations! You have finished Iron Dragon Triathlon. You will be awarded with a medal. Please remember to return your chip.

## Meals / Regeneration Zone

Past the finish line you will get a meal and something to drink. You collect the meal and drink with your start number.

## Time Limits

### **Swimming**

30 min. sprint / 60 min. Olympic distance

### **Bicycle** – total with swimming

1.5 hours sprint / 3 hours for Olympic distance

### **Running** – total with swimming and cycling

2 hours sprint / 4 hours Olympic distance

## Competition Services

All our volunteers along the route will wear competition shirts and reflective vests. If you need help or information, ask them for assistance.

## Safety

WOPR lifeguards (Water Rescue Teams and Lifeguards) will ensure safety for the contenders (Profit), physicians and medical rescuers (R2), Volunteer fire-fighters from the Liszki commune, volunteers.

## Necessities

- ▲ ID Card
- ▲ Goggles (but not required)
- ▲ Swimsuit / trisuit
- ▲ Bicycle
- ▲ Helmet
- ▲ Cycling shoes
- ▲ Running shoes
- ▲ Socks
- ▲ T-shirt
- ▲ Shorts

## Contact details

### **email:**

[artur.czerwiec@irondragon.pl](mailto:artur.czerwiec@irondragon.pl)

### **phone:**

509 536 643

(only in emergency)