

ALPS

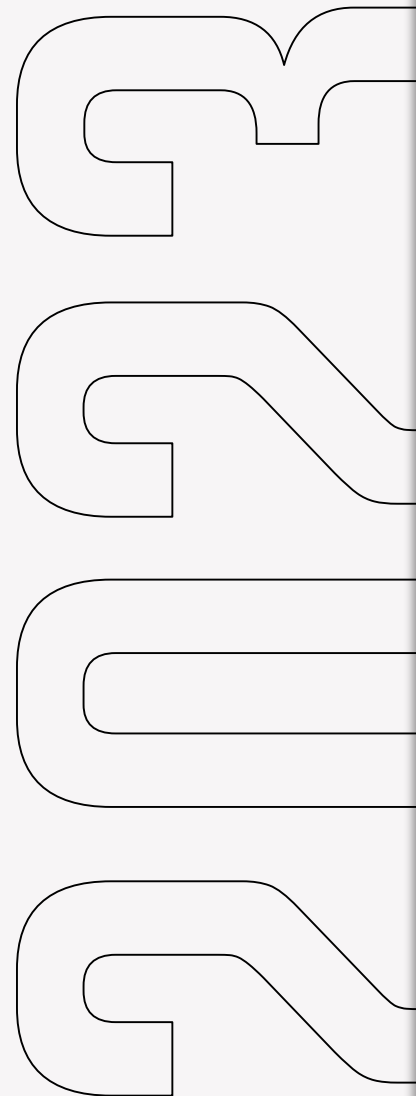
LAC D'ANNECY MAN

SAINT - JORIOZ

3 & 4 JUNE 2023

EVENT BOOK

XTREM TRIATHLON



PRESENTATION

The Alpsman journey is waiting for you on the 3rd of June, and here is what you can expect :

- A unique start, in the middle of the Annecy lake
- A wonderful bike route, in the Regional Nature Reserve of the Bauges
- A day through the most beautiful landscapes of Haute-Savoie
- A finish line in front of the lake - **Lake Finish** – or at the top of the Semnoz - **Top Finish** -

ARE YOU READY ?

SUMMARY

- SCHEDULE
- VENUE MAP
- CHECKLIST
- BIB WITHDRAWAL
- ATHLETE PACKAGE
- BIKE DELIVERY
- TRANSITION BOXES
- PERSONAL BAGS
- BOAT AND START
- TRANSITIONS
- ROUTES
- SIGNING
- FOOD SUPPLY
- OFFICIALS
- MANDATORY EQUIPMENT
- ESCORT AND SPECTATORS
- FINISHERS
- AFTER-RACE
- ECO-RESPONSABILITY
- WEATHER

FRIDAY, JUNE 2ND

- 13pm-18pm : Opening of the Village
- 13pm-18pm : BIB withdrawal
- 16pm-18pm : Opening of the transition zone – bike delivery
- 16pm-18pm : Personal bags delivery
- 18:30pm : General Briefing (**mandatory**)
- 19pm-20:30pm : Pasta Party

Lake Esplanade
Lake Esplanade
Beach
UCPA
Lake Esplanade
Lake Esplanade

SATURDAY, JUNE 3RD

- 3:30am-4:15am : Opening of the transition zone
- 3:30am-4am : Personal bags delivery
- 4:10am-4:40am : Boarding
- 5:30am : Start of the race
- 16:30pm : Arrival of the 1st Top Finisher Xtrem
- 17:30pm : Closing of the « Tournant »
- 19pm-00:30 : Opening of the transition zone to get your personal belongings back
- 19pm-00:30 : Personal bags recovery
- 22:45pm : Closing of the « Lake » loop
- Midnight : Stop of the timing

Beach
UCPA
Lake Esplanade

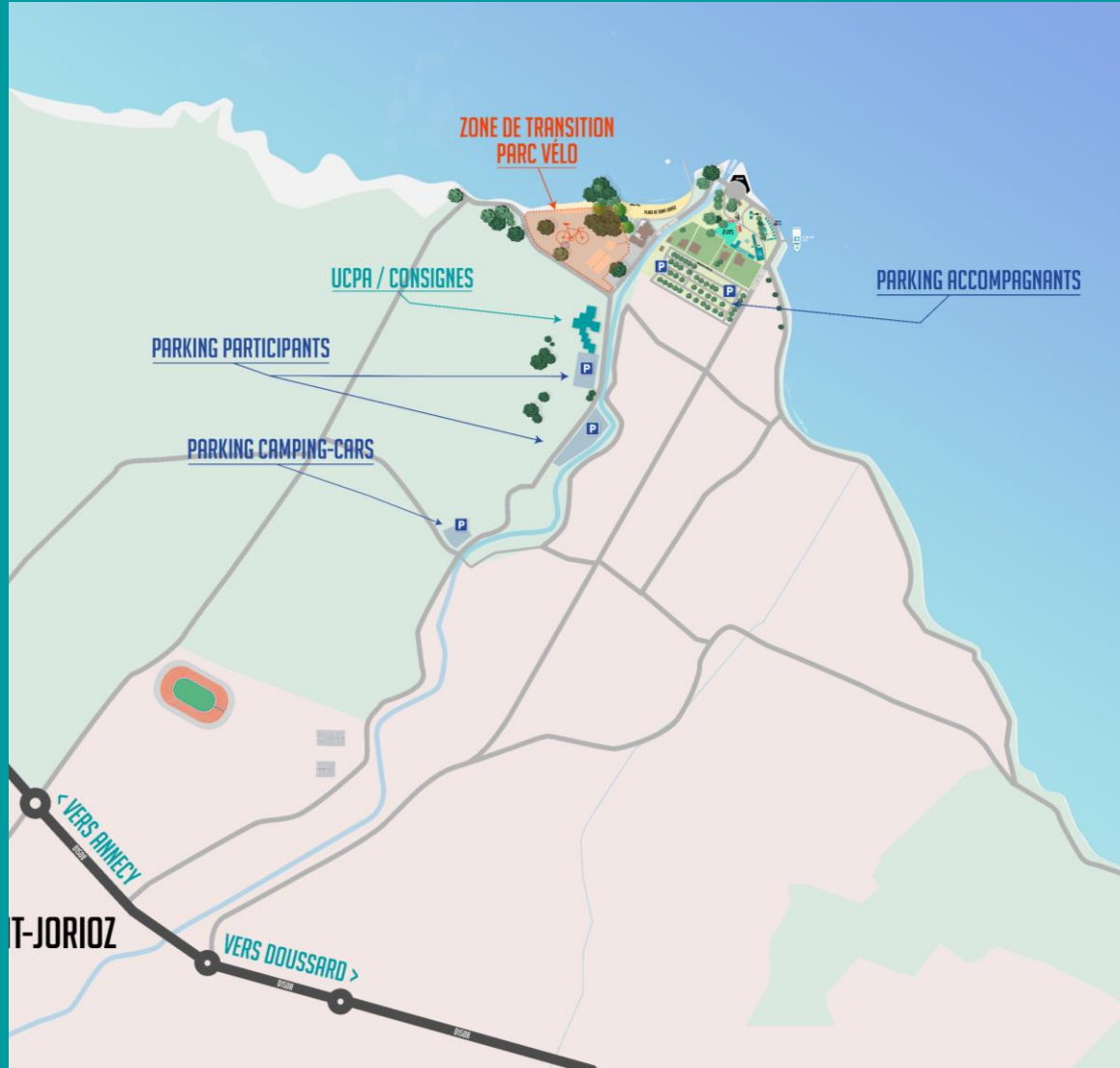
Summit of the Semnoz
Lake Esplanade
Beach
UCPA
Lake Esplanade

SUNDAY, JUNE 4TH

- 9am-11am : Personal bags recovery
- 12:30pm : Lunch & Awards ceremony

UCPA
Lake Esplanade

ROAD TO THE VILLAGE



VENUE MAP



CHECKLIST

BEFORE THE RACE

- Venue and parkings maps
- ID
- Bike settings
- Routes study
- Athletes briefing

SWIM

- Timing transponder
- Swimming suit (if necessary)
- Swimming goggles
- Swimming cap (given by the organisation)

BIKE

- Bib on your back
- Bike frame
- Helmet
- Personal food supply (optional)
- Sunscreen
- Sunglasses

RUN

- Bib on the front
- Trail shoes to climb up to the Semnoz (optional)
- Personal food supply (optional)
- Sunscreen
- Sunglasses
- Headlamp

BIB WITHDRAWAL

The bib withdrawal will take place on Friday the 2nd on the Alpsman Village, at the lake esplanade, from 13pm to 18pm. You will need your ID and your withdrawal card (sent by email on the 1st of June).

If you didn't submit your license or certificat online, you will have to show it to withdraw your bib.

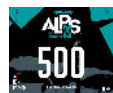
If you do not show your licence or certificate, you **will not be allowed** to race.



ATHLETE PACKAGE

ENVELOPE :

- 1 bib : to be worn on the back during bike and on the front during run
- 1 bike frame : to attach on the front of the bike
- 1 swimming cap : to be worn during swimming
- 1 lunch token : to give in exchange of your lunch (Saturday evening or Sunday noon)
- 1 timing transponder : to be worn on your left ankle during the whole race
- 2 tattsos with your bib number : for your left arm and leg
- 1 sticker board

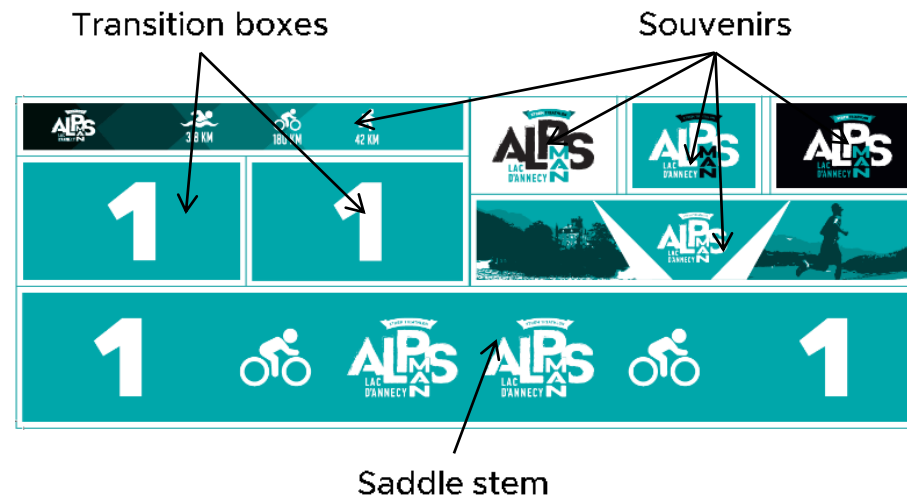


ATHLETE GIFT :

The 2023 jersey !

→ To be withdrawn at the Alpsman store on the Village.

STICKERS



BIKE FRAME :

To attach at the front of the handlebar.
Ties will be given.



BIKE DELIVERY



The bike delivery is mandatory on Friday between 16pm and 18pm. You will have to wear your bib and your helmet to enter the bike park.

You can deliver your transition boxes later.

The bike recovery is mandatory on Saturday before 00:30pm.
It is not possible to recover your bike on Sunday !

TRANSITION BOXES

Once you have your bib, you will have to go to the UCPA building to get your 2 transition boxes.

The delivery of the T1 box is between the exit of the water and the bike park :

- between 3:30am and 4:15am on Saturday

The delivery of the T2 box is under your bike :

- Friday between 16pm and 18pm
- Saturday between 3:30am and 4:15 am

Stickers on the small side



PERSONAL BAGS

Once you have your bib, you will have to go to the UCPA building to get your personal bags. They are not mandatory, but you can have :

- Boat bag : to leave your shoes or jacket
- Bike bag : for your personal food supply or clothing (at Lescheraines, km 105 and 159)
- Run bag : for personal food supply, trail shoes, headlamp... at UCPA at each run lap (3 times for the Top finishers and 5 times for the Lake finishers)
- Semnoz Arrival bag : for personal belongings at the arrival



These bags have to be delivered at UCPA :

- Friday between 16pm and 18pm
- Saturday between 3:30am and 4am



Your run bag will be at the UCPA, 500 meters before the lake esplanade and the Tournant. You can have access to it at every lap, before the Tournant. **Once you pass the Tournant, you can not have access to the run bag.**

PERSONAL BAGS

The Boat, Bike, Run and Semnoz Arrival bags are not mandatory. In order to avoid wasting, take them **only** if you plan to use them. Here are a few ideas to avoid too much bag waste :

- In the boat, you will have access to a recycling box. You can leave your old jacket, flip-flops...
- Your supporters can bring you your bags :
 - Lescheraines (bike) : your supporters can deliver your personal belongings. To go to Lescheraines, free buses will be available.
 - Semnoz arrival : if your supporters meet you at the top, you can leave them your personal bag. To go to the Semnoz, free buses will be available.

BOAT

BOARDING

3 boats will be used to take you to the middle of the lake :

- Allobroge : boarding at 4:10am – 130 passengers
- Belle Etoile : boarding at 4:25am – 120 passengers
- Cygne : boarding at 4:40am – 180 passengers



START



IN THE WATER

Once you arrive in the middle of the lake, all the concurrents will jump in the water, as announced by the race director.

You will have to wait a few minutes in the water before the start.

START

The start will be announced by the boat horn.

Mass-start in the direction of the bank.

SWIM

Once you get closer to the bank, you will swim along the side, from Duingt to Saint-Jorioz.

Boats, kayaks and paddles will show you the way.

During the race, always leave the buoys on your right.

OUT OF THE WATER

You will get out on the beach of Saint-Jorioz before going to the transition area.

TRANSITION 1

SWIM → BIKE

When you get out of the water, you will have to take your T1 box on your way to the changing tent, where you delivered it earlier in the morning.

Once you are changed, you will enter the bike park and go to your bike using the exterior path. Then you will get your bike and go to the exit of the bike park using the central path, with the bike in your hand and your helmet fastened.

You will leave your T1 box at your bike place. You will recover it at the end of the race.



TRANSITION 2

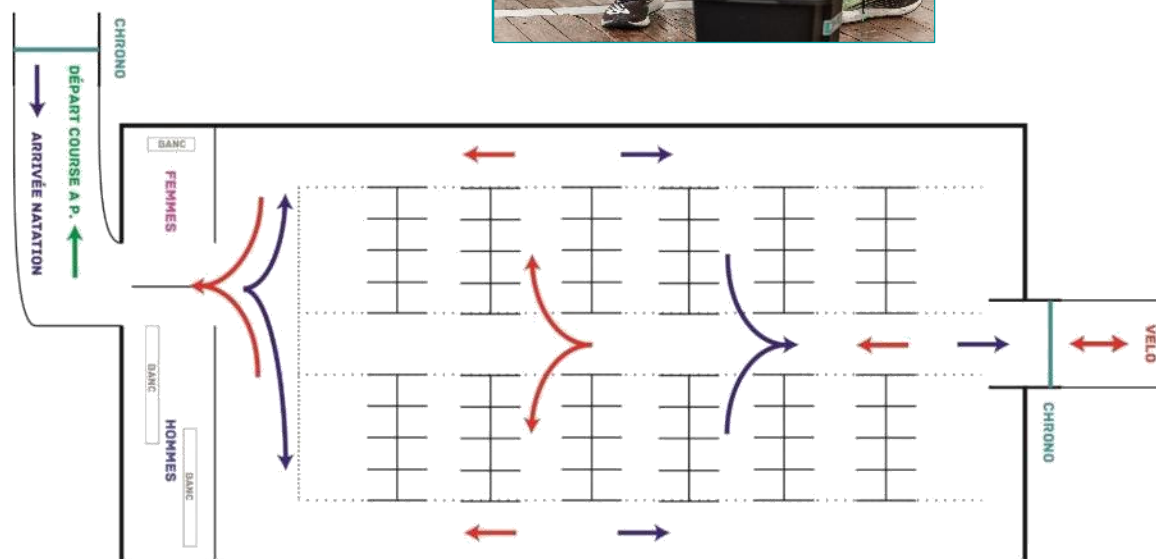
BIKE → RUN

At the end of the bike part, you will enter the bike park using the central path (bike in your hand and helmet fastened). You will deliver your bike at its place and take your T2 box. You will go to the changing tent to put on your running equipment.

Once you get changed, leave your T2 box to a volunteer who will put it back next to your bike.

You will recover your 2 boxes at the end of the race.

Put your bib at the front.

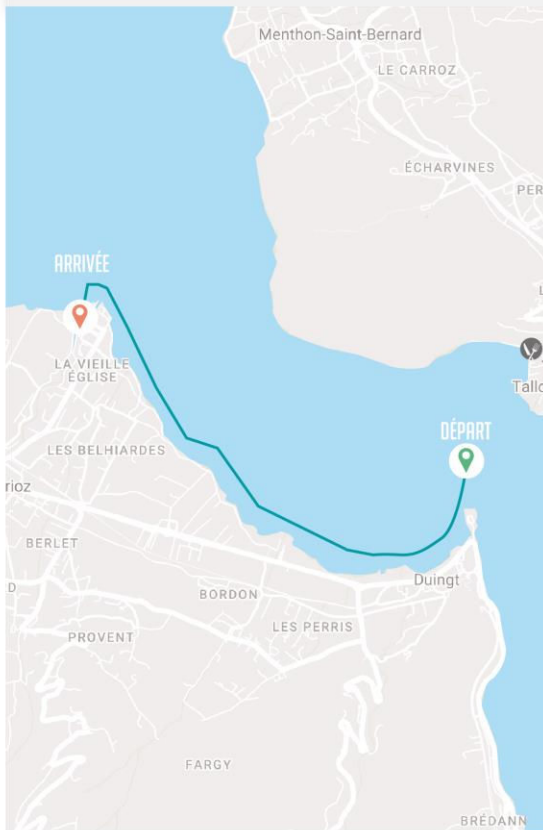


ROUTES

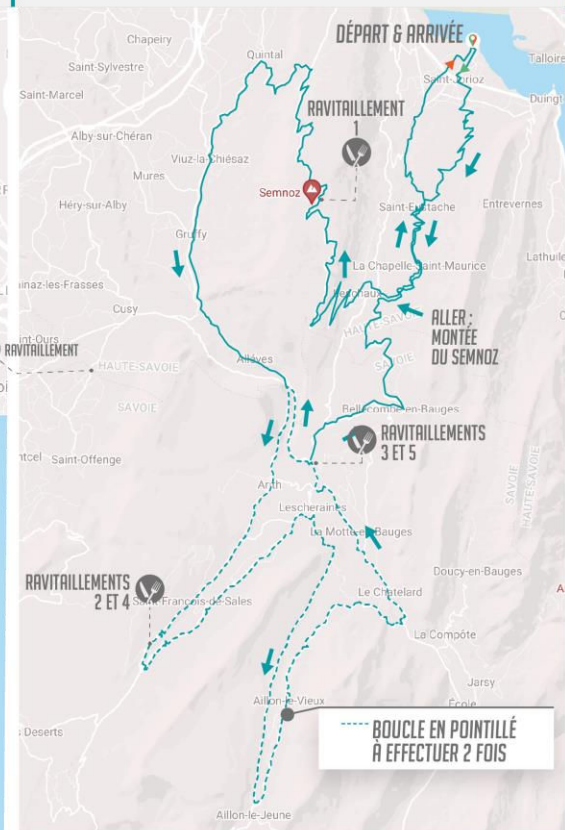
CARTOGRAPHIE | ALPSMAN XTREM



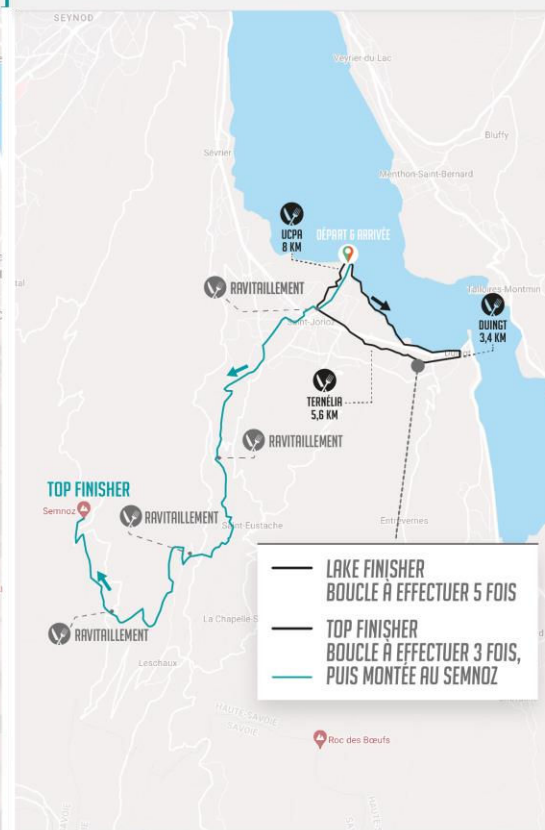
NATATION | ÉTAPE 1 3,8 KM



VÉLO | ÉTAPE 2 180 KM - D+ 4000 M



COURSE À PIED | ÉTAPE 3 42 KM



CUT OFF TIME :

Swim :

- At the exit of the water, after 2 hours of race, at **7:30am**

Bike :

- At Lescheraines (km 105), after 8 hours of race, at **13:30pm**
- At the end of the bike route (transition area), after 12h30 of race, at **18pm**

Run :

- At the « Tournant » (Top Finishers), at **17:30pm**
- Closing of the Lake loop : **22:45pm**
- Stop of the timing : **00:00**

VISUALISEZ LES
LES TRACÉS ICI



SIGNING

BIKE

During the bike, you will have to follow the « bike » signs :



Volunteers will also be there to show you the way and secure the route. However, the roads will be open to traffic : **you must respect traffic regulations !**

RUN

During the run, you will have to follow the « run » signs. You will also follow blue tape and reflective bands on the Semnoz climb.



All along the Semnoz climb, the remaining kilometers will be marked.

FOOD SUPPLIES

BIKE

- Top of the Semnoz, KM 29 : solid & liquid
- Saint-François de Sales, KM 66 : solid & liquid
- Lescheraines, KM 105 : solid & liquid + personal bag
- Saint-François de Sales, KM 120 : solid & liquid
- Lescheraines, KM 158 : solide & liquid + personal bag
- UCPA, KM 180 (just before entering the bike park) : solid & liquid

RUN - LAKE

- Duingt, KM 3,4 : solid & liquid
- Ternelia, KM 5,1 : liquid
- UCPA, KM 8 : solid & liquid + personal bag
- Duingt, KM 11,8 : solid & liquid
- Ternelia, KM 13,5 : liquid
- UCPA, KM 16,4 : solid & liquid + personal bag
- Duingt, KM 20,2 : solid & liquid
- Ternelia, KM 21,9 : liquid
- UCPA, KM 24,8 : solid & liquid + personal bag

RUN - TOP

- Parking Coutin, KM 26,4 : liquid
- Entredozon, KM 30,5 : solid & liquid
- La Bauche, KM 34 : solid & liquid
- Parking Semnoz Sud, KM 38,5 : liquid
- Semnoz arrival, KM 42 : solid & liquid + personal bag

FOOD SUPPLIES DETAILS

	Product	BIKE 1 Semnoz	BIKE 2 & 4 Saint François de Sales	BIKE 3 & 5 Lescheraines	BIKE 5 UCPA	RUN 1 Duingt	RUN 2 Ternélia	RUN 3 UCPA	RUN 4 Parking Coutin	RUN 5 Entredoizon	RUN 6 La Bauche	RUN 7 Parking Sud Semnoz	RUN 8 Semnoz arrival	RUN 9 Lake arrival
Liquid	Still water	X	X	X	X	X	X	X	X	X	X	X	X	X
	St Yorre		X		X	X	X	X		X	X	X	X	X
	Coca-Cola			X	X		X	X		X			X	
	Orangina				X	X	X	X			X			
	Mint sirup	X	X	X			X			X			X	X
	Lemon sirup			X		X							X	X
ErgySport	Energétic drink		X	X	X		X	X		X	X			
	Bio bars			X										
	Mashed fruit sticks			X		X								
	Strawberry gums				X			X						
Salty	Bread		X		X		X	X					X	X
	Dried sausage		X		X		X	X					X	X
	Cheese		X								X		X	X
	Saint Morêt			X			X							
	Crisps		X	X	X	X	X	X		X	X		X	X
	Tuc		X	X	X	X	X	X		X	X		X	X
Sugary	Chocolate		X		X			X			X		X	X
	Cake		X	X	X			X			X		X	X
	Ginger bread		X	X	X			X			X		X	X
	Dried apricots		X	X	X		X	X			X		X	X
	Raisins	X	X	X	X	X	X	X		X	X		X	X
Fruits	Oranges	X	X	X	X	X	X	X		X	X		X	X
	Bananas	X	X	X	X	X	X	X		X	X		X	X
	Apricots			X	X	X	X	X			X			
	Cherry tomato				X	X	X	X		X	X			
	Watermelon				X	X	X	X		X	X		X	

OFFICIALS



Officials will make sure that the regulations are respected.



T1

BIKE

- Helmet fastened before you take your bike
- Get on your bike after getting out of the bike park
- It is forbidden to throw away your rubbish. You can be disqualified for doing that.
- Respect the traffic regulations.
- Personal assistance forbidden (except personal bags)
- Bib on your back
- Drafting forbidden (black card : 5mn stop and go)
- Helmet fastened until you deliver your bike
- Get off the bike before entering the bike park
- It is forbidden to throw away your rubbish. You can be disqualified for doing that.
- Personal assistance forbidden except the escort for the final climb to the Semnoz.
- Bib on your front
- Hiking sticks forbidden

T2

RUN

PENALTY : The penalty area will be at the exit of the transition area.

MANDATORY EQUIPMENT

SWIM

- **SWIMMING SUIT**

If the water temperature is **under 16°C** on race day, the swimming suit will be mandatory. If the temperature is **above 24°C**, it will be forbidden.

- **SWIMMING CAP**

Mandatory for the swim. Given by the organisation.

BIKE

- **HELMET**

It is mandatory to have your helmet fastened as soon as you touch your bike.

- **BIB**

Has to be worn on the back during bike.

RUN

- **BIB**

Has to be worn on the front during run, without being taken off or hidden at any time.

- **HEADLAMP**

The headlamp is mandatory from 20:00pm, whether you are on the lake loop or on the Semnoz climb. You can leave it in your run bag, and take it at the UCPA during the run.

ESCORT

The escort is allowed during the Semnoz climb, but it is not mandatory. The escort has to be named during the registration and must give the following information : name, surname, date of birth (20 y.o. minimum), phone number, license or medical certificate.



The escort will have a bib with the same number as the concurrent. The bib must be worn on the front.



The escort is not allowed to run in front of the concurrent – only on the side or behind him, without giving physical help. The escort is here to support the concurrent and for his safety. The escort has to be physically able for the climb.

It is forbidden to get food supply from his escort.

SPECTATORS

3 zones have been defined to support the concurrents :

1

LAKE ESPLANADE :

- Transition Swim → Bike
- Transition Bike → Run
- Lake run loop



2

LESCHERAINES

- Bike at KM 105 and KM 158



3

TOP OF THE SEMNOZ

- Arrival of the Top Finishers !



- Free buses will be available for spectators to go to Lescheraines and to the top of the Semnoz.
- Take off at the spectators parking.

All infos [here](#) !



Don't forget to follow the live to know the concurrents positions and the rankings !
Click [here](#)

BECOME A FINISHER

THE « TOURNANT »

Your goal is to become a Top Finisher, by finishing the race at the summit of the Semnoz.

For that, you will have to pass **the Tournant** in time.

After 3 loops along the lake and 25km of running, you will reach the Tournant which is on the lake esplanade, in the heart of the Alpsman village.

To pass that stage, you will have to **ring the bell before 17:30pm**. If you do so, you will be allowed to attempt the final climb to the Semnoz and become a **Top Finisher**.

If you don't, you will have to run 2 more loops to become a **Lake Finisher**.



ARRIVAL

Whether you become a Lake or a Top Finisher, volunteers will be on the finish line to congratulate you and give you :

- Your medal
- Your t-shirt (if you chose it during your registration)



RECOVERY AREA

Please join us on the Alpsman Village to go to the recovery area. You will find osteopaths, and our partners CryoAdvance and YY Vertical !

AFTER RACE

AWARDS CEREMONY

- « **Top Finisher** » ranking : finish line at the top of the Semnoz.
Bonuses will be given to Top Finishers only during the awards ceremony, on Sunday 4th at 12:30pm. If you are not here, the bonuses can't be given.
- « **Lake Finisher** » ranking : finish line by the lake, in the Alpsman Village.
- The following concurrents will be rewarded :
 - 3 first men scratch
 - 3 first women scratch
 - 3 first of each category



EQUIPMENT RECOVERY

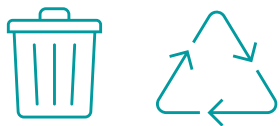
- The transition area will be opened for recovery on Saturday between 19pm and 00:30. **It will not be open on Sunday.**
- Give your transponder back once you cross the finish line. Then go to UCPA to give back your boxes and to recover your personal belongings, on Saturday between 19pm and 00:30, and on Sunday between 9am and 11am.

LUNCH

- You will find a bar on the Alpsman Village ; best place to live the end of the race together !
- For lunch, you can choose to take it on Saturday evening or on Sunday noon.

ECO-RESPONSABILITY

ALPSMAN & MAIF PARTNERSHIP



- Sorting waste on food supply areas
- Recycling box on the boat to recover old shoes and clothes before the start
- Recovery of the bottle caps par the association LES BOUCHONS 74



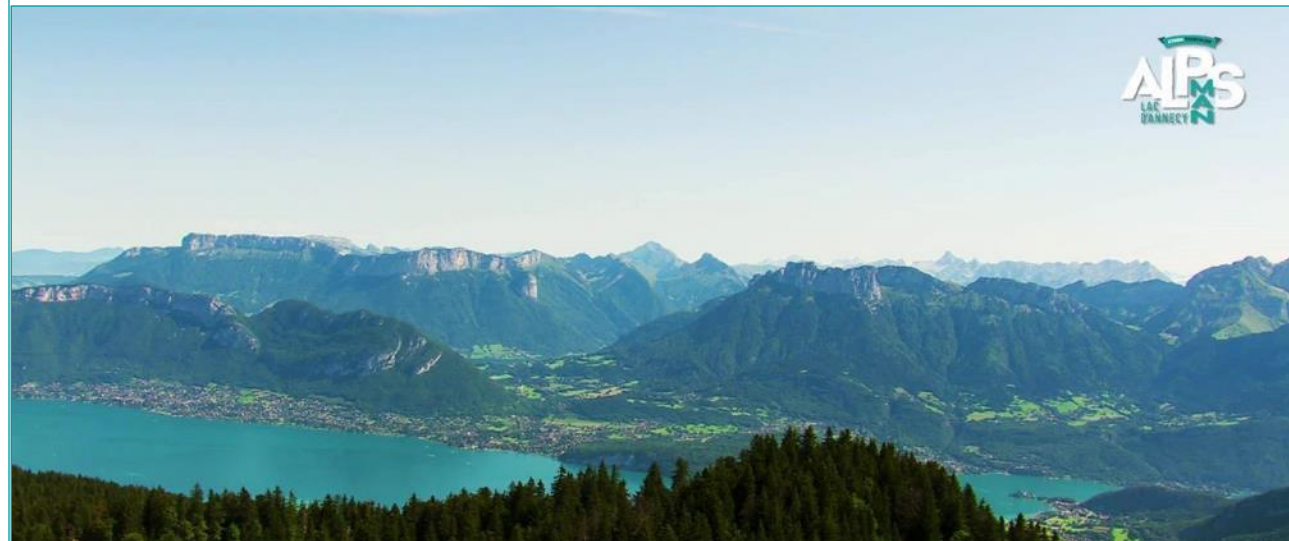
- Free buses for spectators
- Incitation for carsharing



- Use of reusable dishes

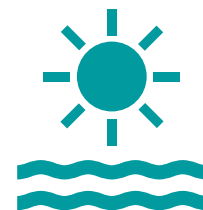
BECAUSE EVERY LITTLE THING MATTERS, WE COUNT ON YOU !

WEATHER



Keep an eye on the weather before the race !

TEMPERATURE IN SAINT-JORIOZ : [HERE](#)



**THE ORGANISATION TEAM WISHES YOU A
WONDERFUL RACE**



LET'S MEET AT THE TOP !

