

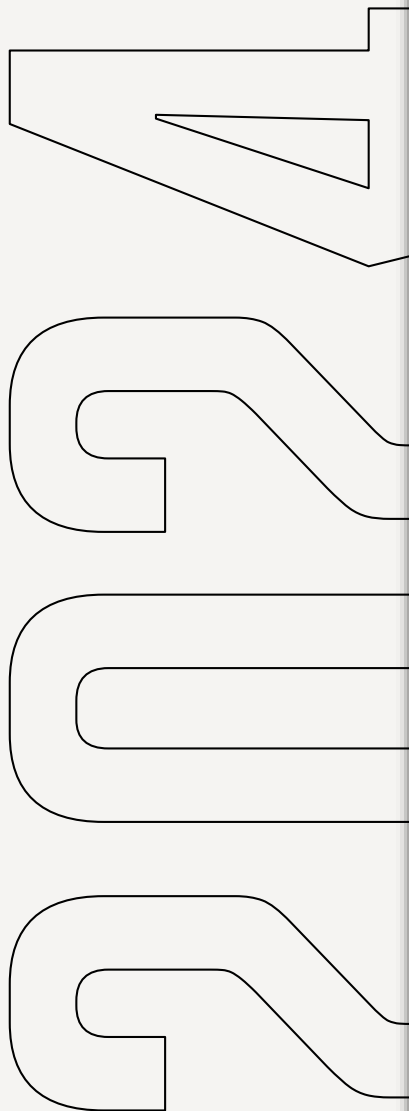


SAINT - JORIOZ

8 & 9 JUNE 2024

EVENT BOOK

HALF TRIATHLON



PRESENTATION

The Alpsman journey is waiting for you on the 8th of June, and here is what you can expect :

- A unique swim in the purest lake of Europe
- 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 at the top of the Semnoz -

ARE YOU READY ?

SUMMARY

- SCHEDULE
- VENUE MAP
- CHECKLIST
- BIB WITHDRAWAL
- ATHLETE PACKAGE
- PRÉPARATION DU VÉLO
- PERSONAL BAG
- BIKE DELIVERY
- BRIEFING
- SWIM
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FRIDAY, JUNE 7TH

1pm-6pm : Opening of the Village

1pm-6pm : BIB withdrawal

4pm-6pm : Personal bags delivery

Lake Esplanade

Lake Esplanade

UCPA

SATURDAY, JUNE 8TH

6am-7am : Bib withdrawal

6am-8am : Opening of the transition area – bike and transition equipment delivery

6am-8am : Personal bag delivery

8:30am : Men start

8:35am : Women start

1:30pm : Arrival of the 1st Finisher Half

3pm-9pm : Opening of the transition area to recover bike and personal belongings

7:35pm : Stop of the timing

8pm : Lunch

8:30pm : Award Ceremony

Lake Esplanade

Beach

UCPA

Beach

Beach

Summit of the Semnoz

Beach

Lake Esplanade

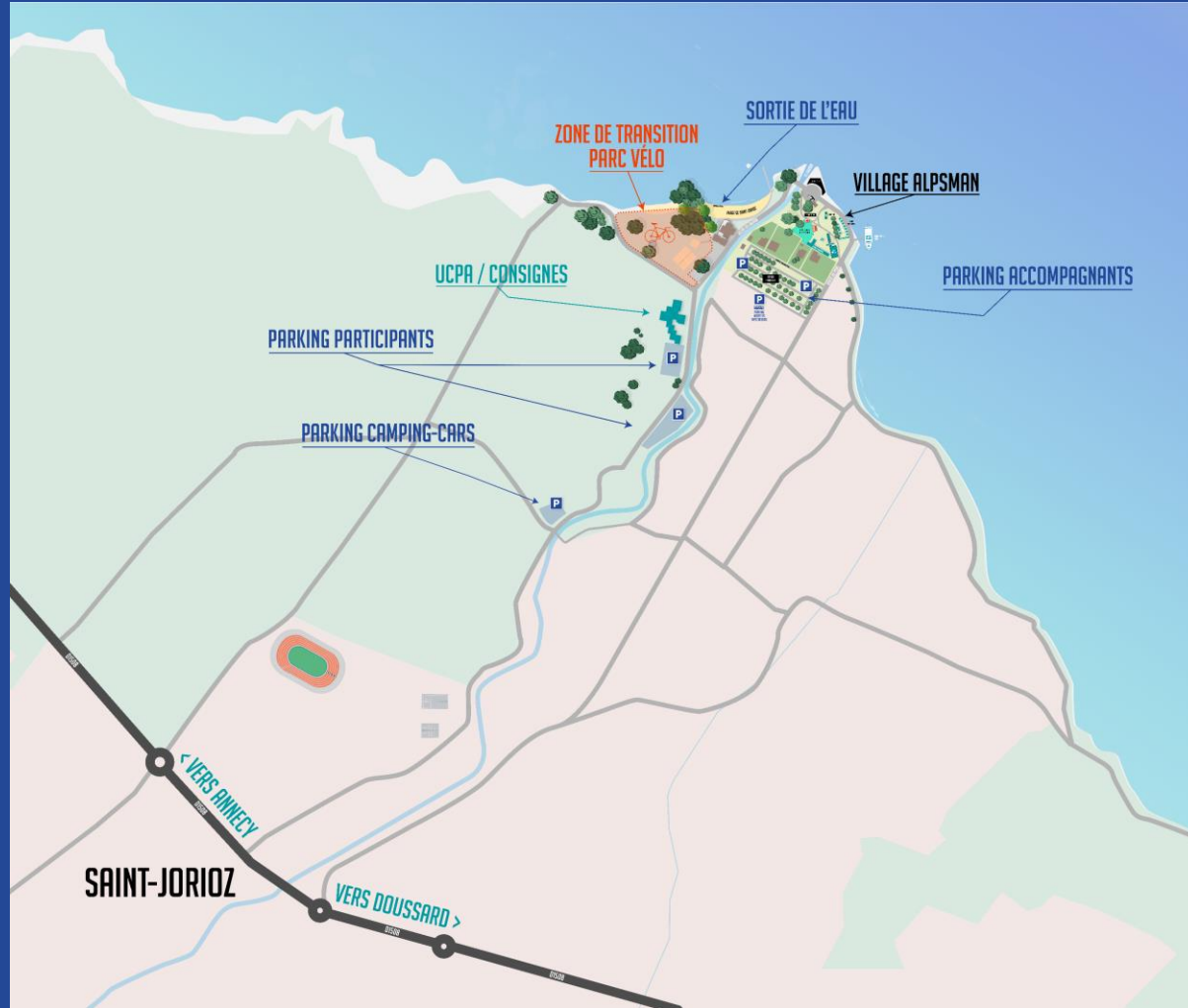
Lake Esplanade

SUNDAY, JUNE 9TH

12:30pm : Award Ceremony for Xtrem

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
- Personal foldable glass (no cup will be provided at the food stations by the organisation)

RUN

- Bib on the front
- Trail shoes to climb up to the Semnoz (optional)
- Personal food supply (optional)
- Sunscreen
- Sunglasses
- Personal foldable glass (no cup will be provided at the food stations by the organisation)

BIB WITHDRAWAL

The bib withdrawal will take place on Friday the 7th on the Alpsman Village, at the lake esplanade, from 1pm to 6pm, and on Saturday from 6am to 7am. You will need your ID and your withdrawal card (sent by email on the 5th of June).

If you didn't submit your license or certificate 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 wristband: to give in exchange of your lunch (Saturday evening or Sunday noon) and to wear to have access to the transition park
- 1 timing transponder : to be worn on your left ankle during the whole race
- 2 tattos with your bib number : for your left arm and leg
- 1 sticker for the saddle stem



ATHLETE GIFT :

The 2024 technical shirt and the matchy headband !

→ You've been asked if you wanted to take the gift or not. If you took it you will be able to withdraw it at the « boutique » tent.

PRÉPARATION DU VÉLO

SADDLE STEM STICKER :

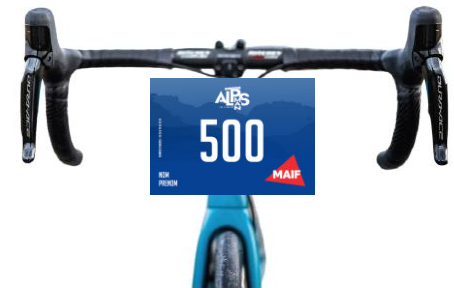
1700     1700

To attach around the saddle stem.



BIKE FRAME :

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



PERSONAL BAG

SEMNOZ ARRIVAL BAG



Semnoz bag

During the bib withdrawal, a totebag « Semnoz arrival » will be given to you. Once you put your stuff in it, you will have to go to the UCPA building to deliver it. The organisation will bring it at the top of the Semnoz so you can have your personal belongings at the arrival.

You have to deliver this bag at UCPA :

- On Friday from 4pm to 6pm
- On Saturday from 7am to 8am

AVOID WASTING :

This bag is not mandatory.

In order to avoid wasting, take it only if you plan to use it.

Here are a few ideas to avoid too much bag waste :

- Your supporters can bring you your bag :
 - 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.

BIKE DELIVERY



The bike delivery is mandatory on Saturday between 6am and 8am. You will have to wear your bib and your helmet to enter the bike park.

You also have to deliver your transition equipment under your bike.

The bike and equipment recovery is mandatory on Saturday between 15pm and 21pm. **It is not possible on Sunday.**

BRIEFING

The race briefing will be given by the race director :

On Saturday at 8:10am in the bike park

Every important information will be given, such as information about the routes and the safety rules.

It is mandatory to attend this briefing.



SWIM



START

The start will be given by the speaker in the microphone.
Mass-start, straight ahead.

SWIM

Once you are away from the beach, you will have to turn right before doing a half turn and swim along the side from Duingt to Saint-Jorioz.
Boats, kayaks and paddles will be there to show you the way.
During the swim, always leave the buoys on your right.
The loop has to be done twice, with an Australian exit between the 2 loops.

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 your bike equipment under your bike, where you left it earlier in the morning.

Once you are changed, you will exit the bike park using the central path, with the bike in your hand and your helmet fastened.

Leave your swimming equipment 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 get changed with your running equipment.

Put your bib at the front.

ROUTES

CARTOGRAPHIE | ALPSMAN HALF



NATATION ÉPREUVE 1

2 KM

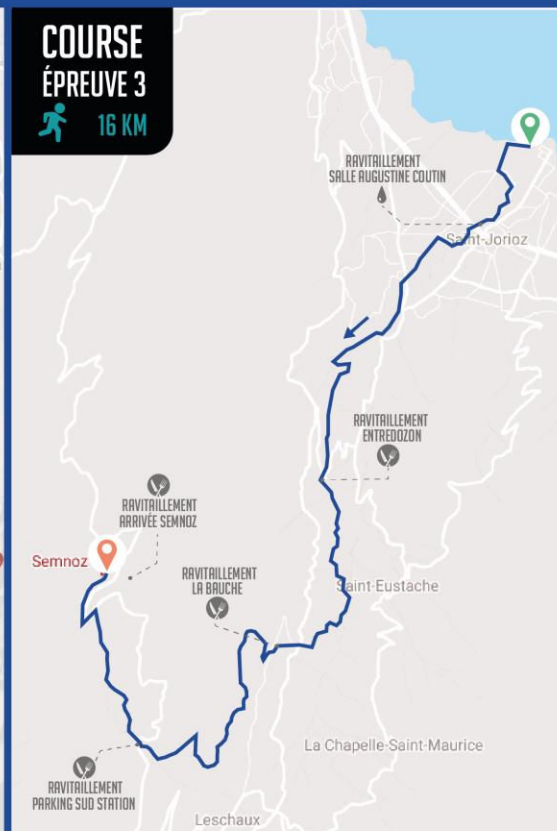
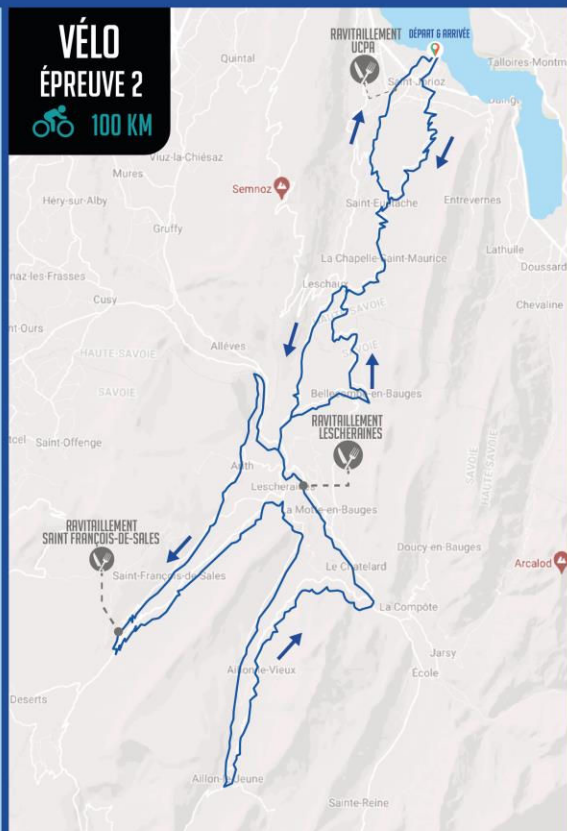
BOUCLE À EFFECTUER 2 FOIS
AVEC SORTIE À L'AUSTRALIENNE

VÉLO ÉPREUVE 2

100 KM

COURSE ÉPREUVE 3

16 KM



CUT OFF TIME :

Swim :

- At the exit of the water, after 1 hour of race, at **9:35am**

Bike :

- At Lescheraines (km 74), after 5h10 of race, at **13:45pm**
- At the end of the bike route (transition area), after **6h30** of race, at **15:05pm**

Run :

- Stop of the timing : **19:35pm**

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 ! Judges will be placed along the road and will put some penalties if you break the route 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.

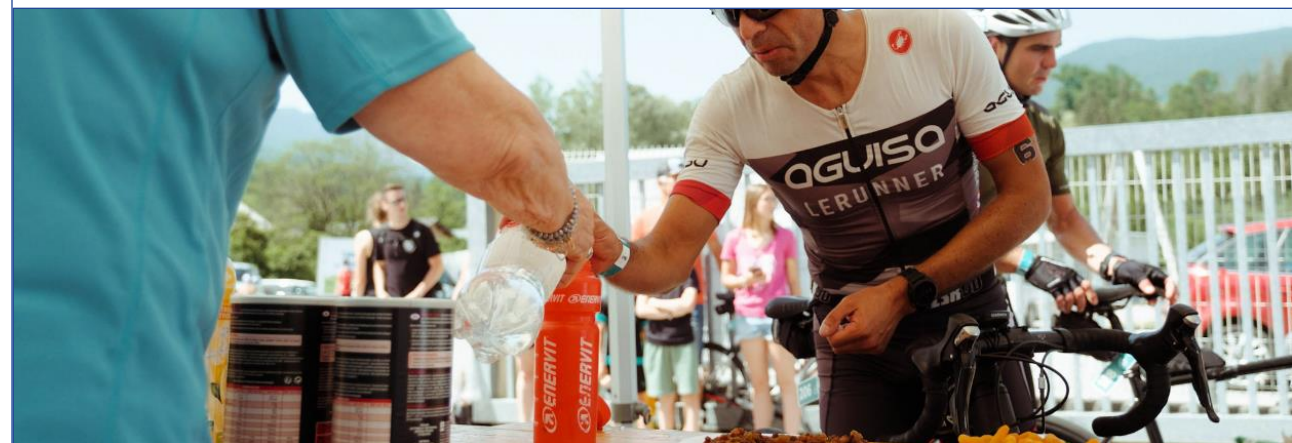
FOOD SUPPLIES

BIKE

- Saint-François de Sales, KM 36,5 : solid & liquid
- Lescheraines, KM 74 : solid & liquid
- UCPA, KM 100 (just before entering the bike park) : solid & liquid

RUN

- Parking Coutin, KM 1,4 : liquid
- Entredoizon, KM 5,5 : solid & liquid
- La Bauche, KM 9 : solid & liquid
- Parking Semnoz Sud, KM 13 : liquid
- Semnoz arrival, KM 16 : solid & liquid + personal bag



FOOD SUPPLIES DETAILS

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

SPECTATORS

3 zones have been defined to support the concurrents :

1

LAKE ESPLANADE :

- Transition Swim → Bike
- Transition Bike → Run



2

LESCHERAINES

- Bike at KM 74



3

TOP OF THE SEMNOZ

- Arrival of the finishers !



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

All infos [here](#) !



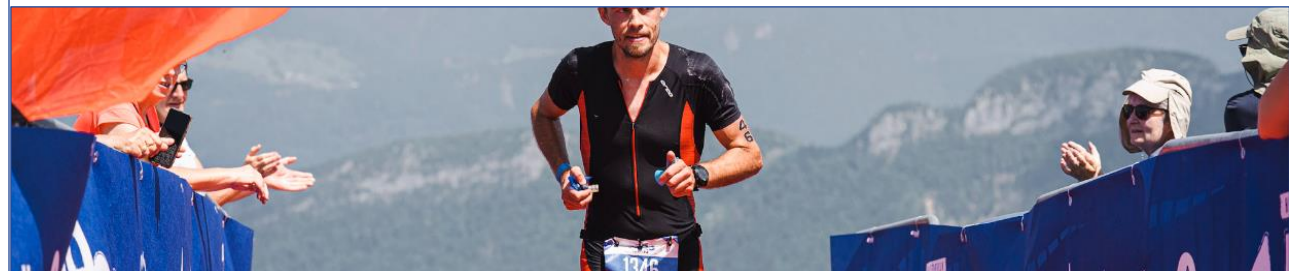
Don't forget to follow the live to know the concurrents positions and the rankings !
Click [here](#)

AFTER RACE

AWARDS CEREMONY

It is mandatory to be here if you want to receive your prize.

- 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 3pm and 9pm. **It will not be open on Sunday.**
- Give your transponder back once you cross the finish line
- For the DNFgo to UCPA to give your transponder back and recover your personal bag, on Saturday until 00:30.

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 (until 10:30pm) or on Sunday noon.

RECOVERY AREA

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

ECO-RESPONSABILITY

ALPSMAN & MAIF PARTNERSHIP



- Sorting waste on food supply areas
- 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 !

