

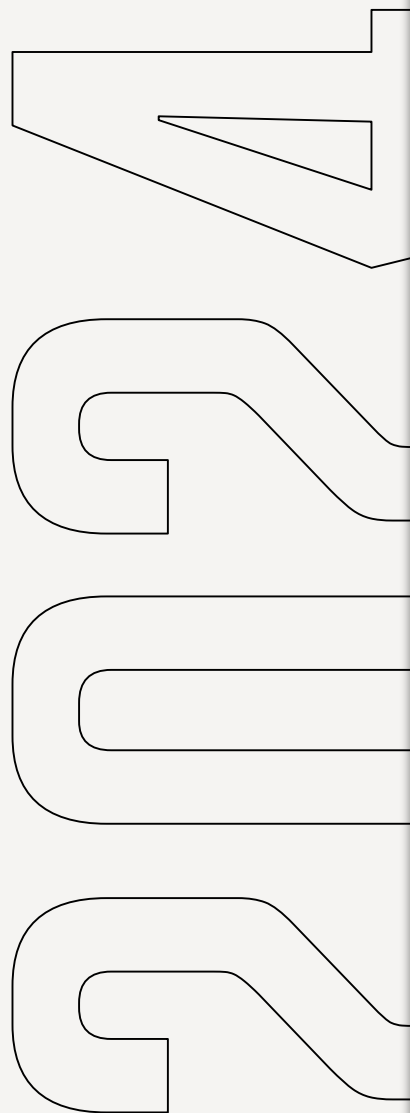


SAINT - JORIOZ

8 & 9 JUNE 2024

EVENT BOOK

XPERIENCE TRIATHLON



PRESENTATION

The Alpsman journey is waiting for you on the 9th of June, and here is what you can expect :

- A unique swim in the purest lake of Europe
- A wonderful bike route between Duingt and Saint Jorioz

ARE YOU READY ?

SUMMARY

- SCHEDULE
- VENUE MAP
- CHECKLIST
- BIB WITHDRAWAL
- ATHLETE PACKAGE
- PRÉPARATION DU VÉLO
- PERSONAL BAG
- BIKE DELIVERY
- BRIEFING
- SWIM
- TRANSITIONS
- ROUTES
- SIGNING
- FOOD SUPPLIES
- OFFICIALS
- MANDATORY EQUIPMENT
- SPECTATORS
- AFTER RACE
- ECO-RESPONSABILITY
- WEATHER

SCHEDULE

FRIDAY, JUNE 7TH

1pm-6pm : Opening of the Village

1pm-6pm : BIB withdrawal

Lake Esplanade

Lake Esplanade

SATURDAY, JUNE 8TH

4pm-6pm : BIB withdrawal

Lake Esplanade

SUNDAY, JUNE 9TH

7:30 – 9:00 : BIB withdrawal

7:30 : Opening of the transition area – bike and transition equipment delivery

9:20 : Briefing

9:30 : Men start

9h35 : Women and team start

1:00 pm : Award ceremony

1:30 pm : Closing of the transition area

Lake Esplanade

Beach

Beach

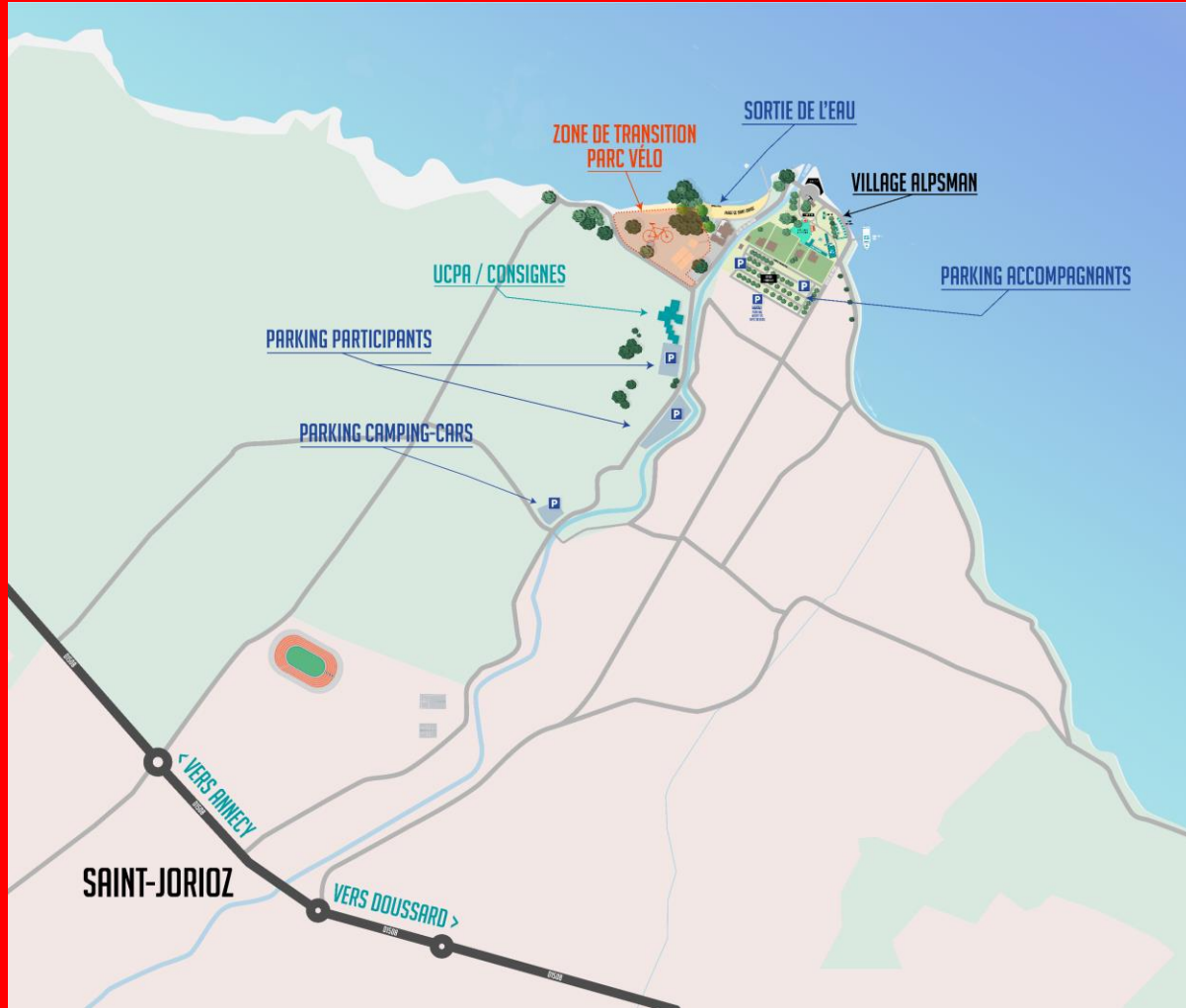
Beach

Beach

Lake Esplanade

Beach

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

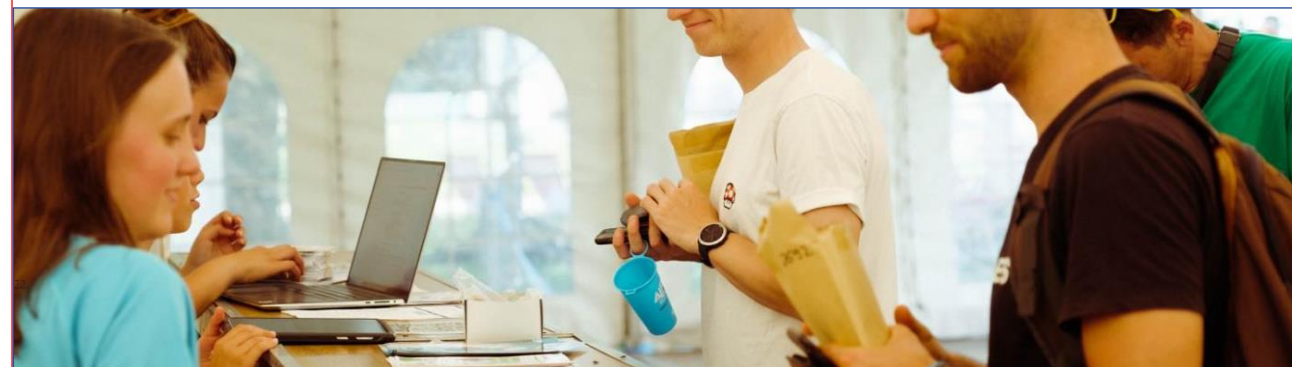
- Bib on the front
- Trail shoes to climb up to the Semnoz (optional)
- Personal food supply (optional)
- Sunscreen
- Sunglasses
- Personal foldable glass (no cup will be provided at the food stations by the organisation)

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 4pm to 6pm. 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 wear to have access to the transition park
- 1 timing transponder : to be worn on your left ankle during the whole race



ATHLETE GIFT :

- The official and local Alpsman Beer ;
- The local jam ;

→ 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.

BIKE PREP

BIKE FRAME :

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



BIKE DELIVERY

The bike delivery is mandatory on Sunday between 7am and 9am. 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 before 1:30pm.

BRIEFING

The race briefing will be given by the race director :

9:10am at 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 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.

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 XPERIENCE



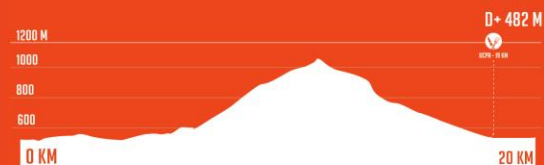
NATATION ÉPREUVE 1

750 M



VÉLO ÉPREUVE 2

20 KM



COURSE ÉPREUVE 3

5 KM



CUT OFF TIME :

Swim :

- At the exit of the water at **10:10 am**

Bike :

- At the end of the bike route (transition area) at **11:15am**

Run :

- Stop of the timing : **12:10pm**

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.



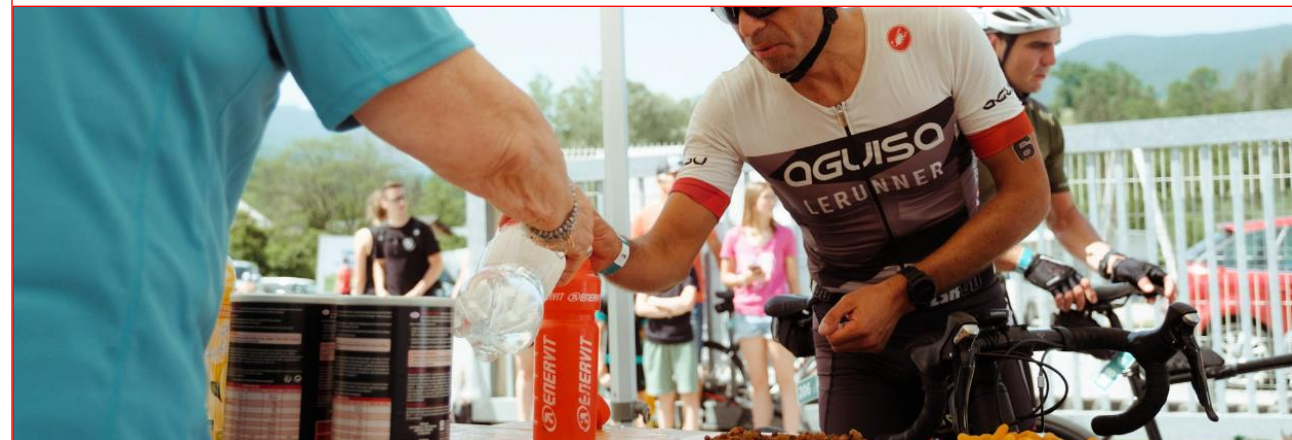
FOOD SUPPLIES

BIKE

- UCPA, KM 19,5 (just before entering the bike park) : solid & liquid

RUN

- Lake esplanade arrival : solid & liquid



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.

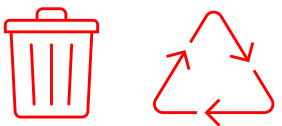
RUN

- **BIB**

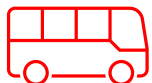
Has to be worn on the front during run, without being taken off or hidden at any time.

ECO-RESPONSABILITY

ALPSMAN & MAIF PARTNERSHIP



- Sorting waste on food supply areas
- Recovery of the bottle caps par the association LES BOUCHONS 74



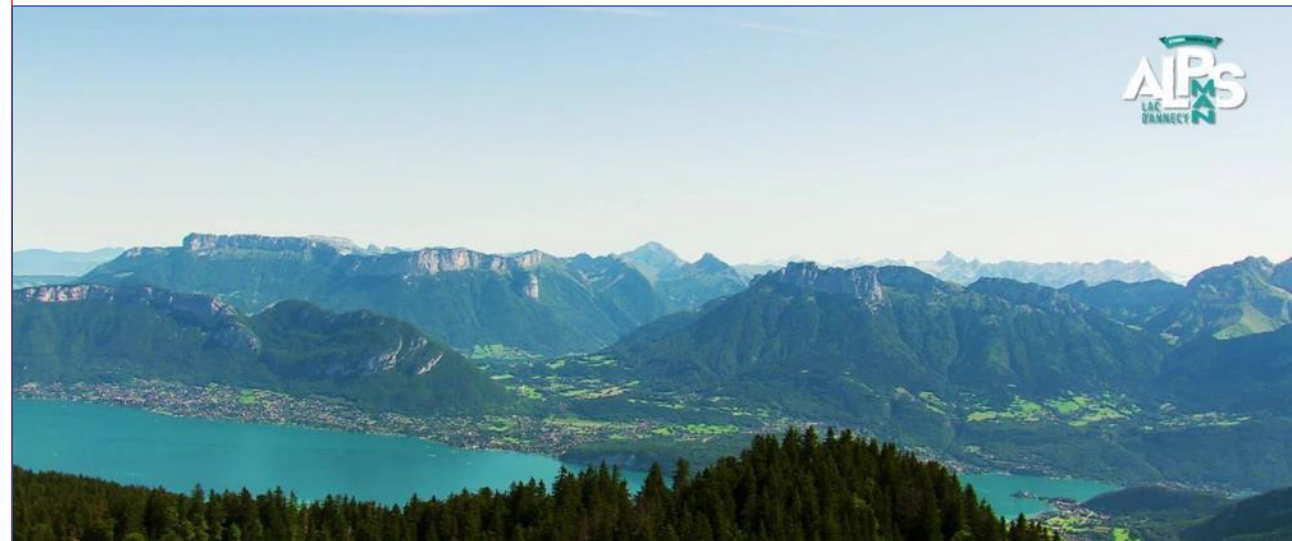
- Free buses for spectators
- Incitation for carsharing



- Use of reusable dishes

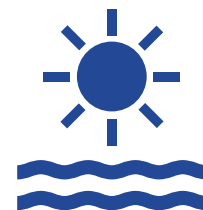
BECAUSE EVERY LITTLE THING MATTERS, WE COUNT ON YOU !

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 !

