

ALPS LAC D'ANNECY MAN

Saint – jorioz

8th & 9th june 2024

RACE BRIEFING

Half triathlon



RACE BRIEFING

In addition to the briefing to be held at 8.10 am in the transition park, you will find below the essential information from this briefing and in particular the specific features of the bike course.

**PLEASE READ THIS INFORMATION
CAREFULLY**

SWIMMING COURSE

SPECIFIC FEATURES

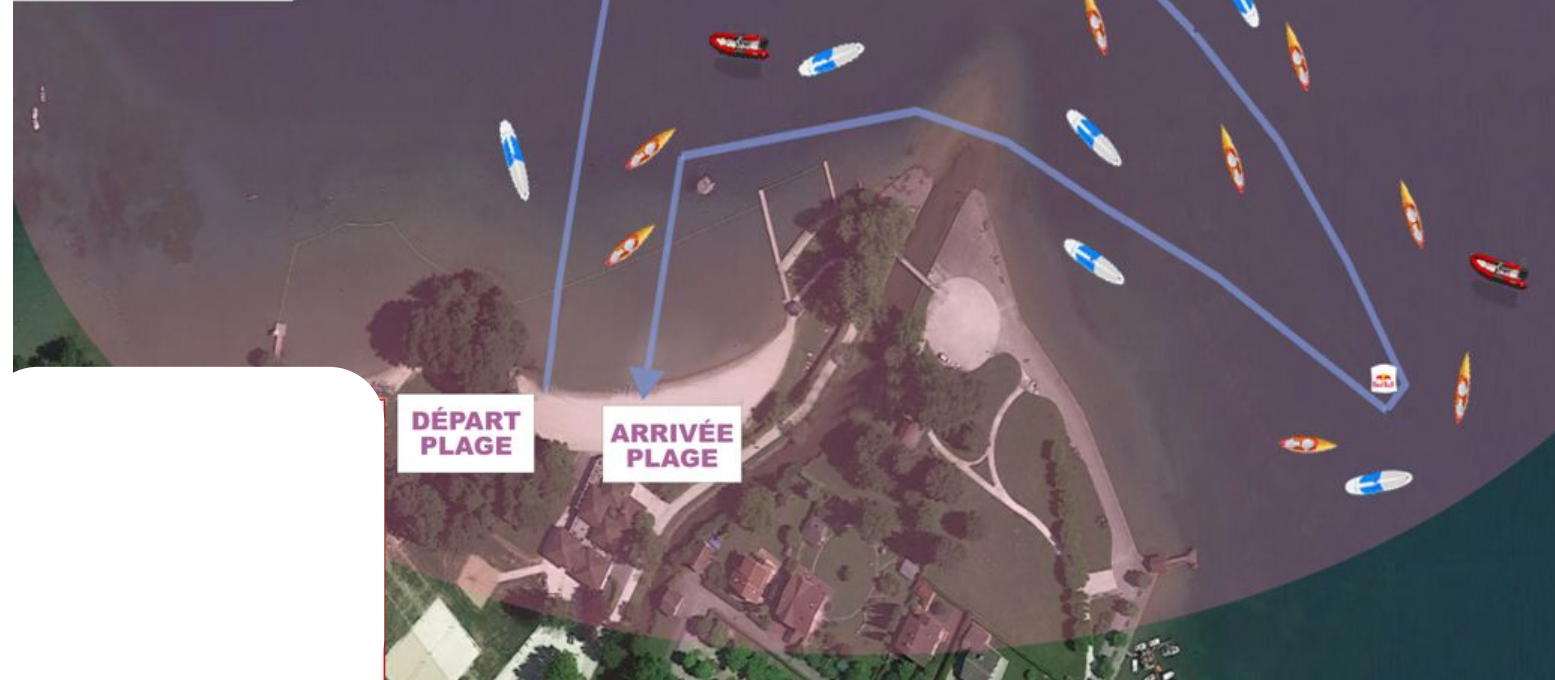
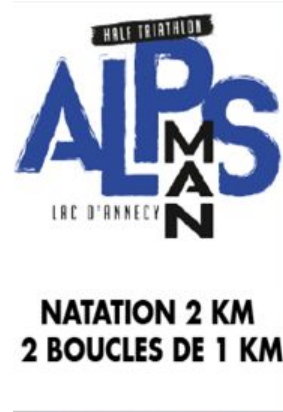
- 2 loops of 1km ;
- 1 Australian-style run (under the arch);
- Your route in detail:
Start from the beach out of the water on the sand
Passing through the Alpsman gate
Right-hand Red Bull buoy
Australian exit under the Red Bull arch
Alpsman gate crossing
Red Bull buoy right hand
Exit under Orca arch

TIMETABLE

- Swim start: 8:30 am men / 8:35 am women
- Swim exit time barrier: 9.35am (exit from the water)

ADDITIONAL INFORMATION

Take care when stepping out of the water at the ramp.
the ramp;



BIKE COURSE

SPECIFIC FEATURES

- 100 km and 1920m D+ ;
- 3 refreshment points;

TIMETABLE Out of race

- At Lescheraines (74th km), after 5 hours 10 minutes of racing, i.e. at 1:45 p.m.
- At the end of the bike course (transition zone entrance), after 6h30 of racing, i.e. at 15h05

ADDITIONAL INFORMATION

- Please note that the traffic regulations must be strictly observed throughout the cycle route. There will be judges on the roadsides to help enforce this rule, and they will be instructed to ask you to stop if the highway code requires you to do so. We are counting on you to respect these instructions so that this wonderful event, the AlpsMan, can continue to take place in our region. Thank you for your understanding
- Kilometre information :
Km 25.5 to km 28: road surface in average condition ;
Km 35: traffic lights with alternating traffic;



BIKE COURSE

ADDITIONAL INFORMATION

- Please note that the traffic regulations must be strictly observed throughout the cycle route. Judges will be on hand at the roadside to help enforce this rule, and will be instructed to ask you to stop if the highway code stipulates that you must do so.
- Kilometre information :
Km 38: roadworks, no priority for riders



BIKE COURSE

ADDITIONAL INFORMATION

- Please note that the traffic regulations must be strictly observed throughout the cycle route. Judges will be on hand at the roadside to help enforce this rule, and will be instructed to ask you to stop if the highway code stipulates that you must do so.
- Kilometre information :
Km 40-42: crossing of Le Noyer, various locks without right of way



BIKE COURSE

ADDITIONAL INFORMATION

- Please note that the traffic regulations must be strictly observed throughout the cycle route. Judges will be on hand at the roadside to help enforce this rule, and will be instructed to ask you to stop if the highway code stipulates that you must do so.
- Kilometre information :
Km 46 : Lescheraines cemetery, lock without right of way
Km 46,5 : Sharp right-hand bend, please stay in the right-hand lane



BIKE COURSE

ADDITIONAL INFORMATION

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- Kilometre information :
Km 75.3 : A few metres before the Lescheraines feed station, lock with compulsory passage on the right



BIKE COURSE

ADDITIONAL INFORMATION

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- Kilometre information :
Km 80.6 : Bellecombes-En-Bauges, Warning: roadworks, possibility of gravel

RUNNING COURSE

COURSE SPECIFICATIONS

- 16 km ;
- 4 refreshment points + finish refreshment point ;

TIMETABLE

- Stopwatch: 7.35pm

ARBITRATION INFORMATION

YELLOW CARDBOARD

- A yellow card may be issued in the event of an offence that can be described as unintentional and which can be remedied by a 'stop and go'. The rider changes his behaviour so that he can get back into the race.



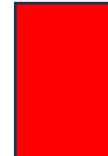
BLUE CARDBOARD

- A blue card may be issued in the event of drafting, for example. On returning to the transition park, the rider must first pass through the penalty box. Failure to report to the penalty box may result in a red card being issued.
- 3 blue cards during the event may lead to disqualification.



RED CARDBOARD

- A red card may be issued for serious offences such as insulting marshals, acting in bad faith, disobeying traffic regulations, throwing rubbish outside the designated areas, disrespecting other road users, athletes and volunteers.
- A red card results in immediate disqualification.



The entire organisation team
wishes you an excellent race.



See you at the top!

