



COMUNE DI L'AQUILA

REGIONE
ABRUZZO



ASSESSORATO ALLO SPORT



COMUNE DI CAMPOTOSTO



EAGLE

extreme triathlon

MAN

SHORT
DISTANCE

22nd July 2023

22nd July 2023



PRE-RACE BRIEFING

Last Update: 14th July 2023



www.eaglexman.com



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SCHEDULE



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THE RACE



BIB # AND EQUIPMENT



COURSE AND
SANITARY CARE



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RECAP



COMPULSORY
MATERIALS



LINKS





RACE SCHEDULE

Friday 21st July 2023

POSITION: LAT 42.4261623, 13.5272450 – click e navigate



15.00 – 19.15 race pack collection l'Hotel Cristallo a Fonte Cerreto (AQ)

COMPULSORY MATERIAL CHECK AND RACE BAGS DROPOFF

19:15 – 20.00 Mandatory Briefing Hotel Cristallo a Fonte Cerreto (AQ)

Saturday 22nd July 2023

POSITION: LAT 42.5282208, LON 13.3688218

45' driving time from FONTE CERRETO – click and navigate



07:00 T1 opening

STRONGLY SUGGESTED A SHOES PAIR TO REACH T1 FROM SWIM EXIT

07:45 T1 closing

THE SUPPORTER CAN ASSIST THE ATHLETE CHANGE – IT IS POSSIBLE TO CHANGE FULLY ONLY WITHIN THE TENT

08:00 Race Start

18:00 Cutoff Race





LIVE TRACKER

You can follow the eagleXman and eagleXman 113 participants by GPS Tracking «seteTRACK»





BIB NUMBERS AND TECHNICAL MATERIALS

1. Athlete race bib
2. Race supporter team bib (if you have him)
3. stickers kit: for bikes, for helmets, for finishline bag [BAG OWNED BY THE ATHLETE - DELIVER THE FINISHLINE BAG TO THE RACE OFFICE BY 19.15 PM ON FRIDAY 22 July]





BIB NUMBERS AND TECHNICAL MATERIALS

4. Stickers for T1 T2 and Finish Bags compulsory material bag (run) **[DELIVER THE T2 BAG TO THE Race Office BY 7.15 PM ON FRIDAY 21 July]**
5. Car backing sticker. Place on front windshield

T1 BAG LABEL. USE THE T1 BAG EXCLUSIVELY IF YOU DO NOT HAVE A RACE SUPPORTER - AFTER THE SWIM SECTION, COLLECT YOUR SWIMMING GEAR AND PUT IT IN THE T1 BAG - THE STAFF WILL COLLECT YOUR BAG AND PUT IT IN T2 AFTER THE RACE



T1 BAG

ETICHETTA PER BORSA T1. USARE LA BORSA T1 SOLO SE NON SI DISPONE DI UN ACCOMPAGNATORE - DOPO LA FRAZIONE DI NUOTO, PONI NELLA SACCA TUTTA LA TUA ATTREZZATURA, LO STAFF TI CONSEGNERA' LA BORSA IN T2 DOPO LA FINE DELLA GARA

T2 BAG LABEL. DELIVER IT TO THE RACE OFFICE ON FRIDAY UNTIL 08.00 PM. CONTAINS AT LEAST THE MANDATORY RUN EQUIPMENT:

Waterproof hood, Long-sleeved thermal shirt, Long Pants, Thermal hat or Buff, Working headlamp, Mobile phone, GPS, Reusable cup, Water reserve, Food reserve, Survival sheet Whistle



T2 BAG

ETICHETTA PER BORSA T2. CONSEGNARE IL VENERDI' IN SEGRETERIA ENTRO LE 20.00 CONTIENE ALMENO IL MATERIALE OBBLIGATORIO:

Giacca a vento, Maglia termica a maniche lunghe, Pantaloni lunghi, Cappello termico o Buff, Lampada frontale funzionante, Telefono cellulare, GPS, Bicchiere riutilizzabile, Riserva d'acqua, Riserva alimentare, Telo di sopravvivenza, Fischietto

FINISH BAG LABEL. PUT INSIDE YOUR POST FINISH GEAR - WE ALSO RECOMMEND TO PROVIDE ALSO A THERMAL JACKET



FINISH BAG

ETICHETTA PER BORSA ARRIVO. USALA PER IL VESTIARIO POST GARA - E' ANCHE RACCOMANDATA UNA GIACCA TERMICA



BIB NUMBERS AND TECHNICAL MATERIALS

6. Swimming cap COLOR ORANGE
7. Personal buoy [to be tied to the waist]



BIB NUMBERS AND TECHNICAL MATERIALS

8. Time detection chip
9. GPS tracking [MANDATORY to wear BUT only after the swimming section]



**GPS: wear it only
after swim!!**



BIB NUMBERS AND TECHNICAL MATERIALS

10. 1 pasta party bracelets, one for each athlete and one for each companion, to be consumed at the "Ostello Lo Zio" refuge in Campo Imperatore [To be worn when collecting the bib or in any case before the race]
11. 1 vouchers for descent by cable car





RACE BAGS MANAGEMENT

T1 BAG

The bag, **provided by the organization**, is to be used to store the swimming material once the first fraction is over, the supporter collects the bag from T1. In the absence of the companion, the organization will collect your bag and put it back in T2





RACE BAGS MANAGEMENT

BAG T2

The bag, owned by the athlete, must contain at least the mandatory material as per regulation. It must be delivered by 7.15pm on Friday 21 July at the Race Office where the material check will take place.

The T2 BAG can certainly contain other clothing and shoes (for example) and will be made available in T2 at the end of the bike leg.

ADHESIVE TO APPEAR TO BAG T2



FINISHLINE BAG

The bag, owned by the athlete, must contain the change clothes for the post-race. It must be delivered by 7.15 pm on Friday 21 July to the Race Office.

The FINISHLINE BAG will be returned to the athlete after arrival.

STICKER TO APPEAR ON THE FINISHLINE BAG





MANDATORY MATERIAL

Below is the list of recommended material to be included in BAG T2 and subject to verification at the race Race Office by 19.15 on Friday 21 July

For the last 6 km of the race, the following are recommended (in case of bad weather conditions the staff can require to have some of the following before taking the last 6km) for the athlete and their supporter:

- Waterproof * and breathable ** windbreaker with hood, suitable for bad weather conditions in the mountains (GoreTex material highly recommended); * minimum 10,000 mm of water column; ** RET less than 13
- – the jacket must necessarily have an integrated hood
- – the seams must be watertight
- – the jacket must not have parts with permeable fabric [The athlete decides, according to his own criteria, if his jacket complies with the regulations and therefore suitable for bad weather in the mountains; in any case, in the event of checks, only the employees of the organization will be able to decide.]
- Long-sleeved thermal shirt
- Long Pants
- Thermal hat or Buff
- Working headlamp
- Mobile phone, which guarantees autonomy of at least 15 hours: the runner must be reachable at any time before, during and after the race.
- GPS provided by the organization
- Reusable cup (glasses will NOT be given to run refreshments)
- Water reserve
- Food reserve
- Survival sheet
- Whistle

The athlete's mandatory equipment can also be transported by the supporter.

Further information on the equipment:

Complete bike clothing change recommended

Front bike light recommended (rear one is mandatory)

Bike gloves (recommended)

Thermal gloves for run term (recommended)





SUPPORTER

The support team is strongly recommended for the whole Bike course and for the initial part of the run course, while, for the last 6 km of the race, it is mandatory for each athlete to have a supporter. As mentioned, the supporter can accompany the athlete during both stages. The supporter can bring the athlete's material. The supporter must also have the mandatory equipment and wear a bib.

EAGLE X MAN extreme triathlon SHORT DISTANCE

XO-31

SUPPORTER

ONLY WHO DARES MAY FLY

CONTATTO DI EMERGENZA
 EMERGENCY CONTACT PERSON
 NOME NAME:.....
 MOBILE:.....

XO-31

EAGLE X MAN extreme triathlon

SUPPORT CAR

ONLY WHO DARES MAY FLY





THE RACE

Transition Checkin

The supporter can help the athlete to arrange the equipment, both before the race and in T1 where, it will be his exclusive task, to recover all the athlete's material from the transition area.

SAFETY: individual buoy and light stick

The race start defined at 8:00 am, will be at sunrise but, despite this, for safety reasons, **EACH ATHLETE IS OBLIGED TO WEAR BOTH THE INDIVIDUAL BUOY, AND THE LUMINOUS SAFETY STICK**, to be activated, by tying them to the waist. when the transition area closes.



SWIM

The course is drawn over two 1.9km counterclockwise laps. 3 are the turning buoys to leave on your left. In the first part of the course it is advisable to orient yourself with the LED lights placed near the 3 buoys and oriented to improve visibility. From the end of the swim you will enter the **shoes area that will allow you an easy transition to the actual T1.**

CUTOFF TIME SWIM: 09:00





BIKE

The bike course is strictly NO-DRAFT wake, it is forbidden to wake both between competitors and between athletes and other cyclists not in the race and, obviously, it is forbidden to do with accompanying cars. All staff are authorized, as day judge, to punish offenders with a STOP & GO

THE RACE IS TOTALLY OPEN TO TRAFFIC COMPLYING WITH THE ROAD CODE;

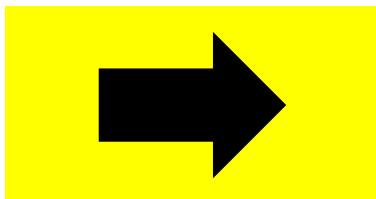
THE CYCLING CIRCUIT IS SCARLY COVERED BY TELEPHONE NETWORK, HOWEVER WE WILL HAVE OUR EMPLOYEES WHO WILL CARRY OUT CONTINUOUS PERLUSTRATIONS TO ENSURE THE REGULARITY OF THE RACE;

It is strongly recommended that the accompanying person assist their athlete on the bike route, assistance should only be performed when stationary, in areas where the stop does not hinder circulation.

Refueling cannot take place with the car running and the same car can neither follow nor precede the cyclist.

On the entire bike route there is 1 refreshment points organized at kilometer 30th
The aid station is open until 11:30.

The signage is made with arrows as in the figure:





BIKE

SINGULAR POINTS

At km 30 a sign indicates the deviation of the two race routes, keep left





BIKE

SINGULAR POINTS

At km 38 a sign indicates the deviations of the two race routes, go straight





BIKE

SINGULAR POINTS

At km 47.5, about 200 meters after having turned right, as soon as you pass the square of the Gran Sasso cable car station, you will arrive in T2



CUTOFF BIKE: 15:00





T2

The bikes must be deposited on the racks, and afterwards they must be taken over by the supporter. Here you will find BAG T2, the compulsory equipment will be re-checked at the 18th km in the same point where you made the transition.

Check out bike

At the end of the cycling stage, the volunteer will collect the athlete's bike and the same can be retired by a supporter or after the race until 21:30 at T2 which is in the exact same location

POSITION: LAT: 42.426441, LON: 13.527214 – click and navigate



The cut-off for starting from T2 is at 15:00





RUN

The run course of 6 km is **mountain path where trail shoes are suggested.** THE COURSE SIGNAGE IS MADE WITH THE FOLLOWING TAPE

FLIPPER
TRIATHLON

adriatic
S E R I E S

FLIPPER
TRIATHLON

adriatic
S E R I E S

AID STATIONS

A Aid Station in T2 km 0,
D Tap Water km 4

CUTOFF km 0 run 15:00

CUTOFF finishline 18:00





RUN

SINGULAR POINTS

EAGLE
extreme triathlon
X MAN

↑

**GO OUT THERE AND
EARN YOUR
RESPECT!**



KM 0

Google Earth





FINISHLINE

At the end of the race you will be directed to the "lo Zio" Hostel to retrieve your FINISHLINE BAG and refresh yourself (the red bracelet for athletes and green for supporters gives you the right to have a meal).

CUTOFF TIME FINISHLINE: 18:00



BEHAVIOR IN CASE OF WITHDRAWAL

It is the responsibility of the Athletes and their supporters to promptly notify the organization in the event of a withdrawal for any reason. The notice must be given to the operations center at Fonte Cerreto by calling +39 3661954011 or equivalent, using the following key.





Assistance on the courses

REMEMBER THAT THE ENTIRE ROUTE IS OPEN TO TRAFFIC - ALWAYS RESPECT THE ROAD CODE

The coordination center number +393661954011 is active for the entire duration of the race and can be reached by pressing the «emergency call» button. At any time, but in case of absolute necessity, it is also possible to call 118 directly



Associations collaborate in safety on the courses:
C.R.I. Chieti e L'Aquila

Dr. Lifeguard Cesenatico

external: 118 l'Aquila & Soccorso Alpino l'Aquila





RECAP

THE REDS: OBLIGATIONS

AT BIB COLLECTION: COMPULSORY MATERIAL CHECK AND BAGS DEPOSIT T2 AND FINISHLINE

AT THE BIB COLLECTION: "FINISHLINE" and "T2" BAGS OWNED BY THE ATHLETE: DELIVER THE FINISHLINE BAG TO THE RACE OFFICE BY 7.15 PM ON FRIDAY 21 July

RED BRACELET: WEAR AT THE BIB COLLECTION OR IN ANY CASE BEFORE THE RACE

IN T1: IT IS POSSIBLE TO CHANGE IT INTEGRALLY ONLY INSIDE THE TENT IN CHARGE

**SWIM: EACH ATHLETE IS REQUIRED TO WEAR BOTH THE INDIVIDUAL BUOY AND THE SAFETY LIGHT STICK, BY LINKING THEM TO THE WAIST
SWIM CUTOFF: 1.5h - 09:00**

**BIKE: ROAD WITH OPEN TRAFFIC RESPECT THE ROAD CODE, UNCONNECT POINTS AND ROUTE REDUCTIONS: ATTENTION! POOR TELEPHONE COVERAGE
SWIM + BIKE CUTOFF: 7h - 15:00**

**RUN: ONLY IN CASE OF BAD WEATHER CONDITIONS IT IS NECESSARY TO PASS THE COMPULSORY EQUIPMENT CHECK AT TO TAKE THE FINAL ASCENT OF 6KM
CUTOFF KM18: 15:00**

EAGLEXMAN TIME LIMIT: 18:00

EACH RETIRED ATHLETE HAS THE OBLIGATION TO NOTICE THE ORGANIZATION IMMEDIATELY





RECAP

THE GREEN: SUGGESTIONS

IN T1: THE supporter CAN ASSIST THE ATHLETE CHANGE HIGHLY RECOMMENDED A PAIR OF SHOES TO TRANSIT FROM SWIMMING TO T1

MATERIAL: JACKET: GoreTex material highly recommended

FURTHERMORE:

- Complete bike clothing change recommended
- Recommended front bike light (rear mandatory)
- Bike gloves (recommended)
- Thermal gloves for run course (recommended)

SUPPORT: THE SUPPORT TEAM IS STRONGLY RECOMMENDED FOR THE WHOLE BIKE COURSE AND FOR THE INITIAL PART OF THE RUN course

RUN: TRAIL SHOES ARE RECOMMENDED





QUICK LINKS





ONLY
WHO
DARES
MAY
FLY

