



EAGLE X MAN

extreme triathlon
L'Aquila - Abruzzo

5th edition 18 july 2026



RACE BRIEFING

eagleXman

3.8 – 180 - 42



18th July 2026

last update: 12 July 2026

www.eaglexman.com



SCHEDULE



RACE BAGS



RACE PHASES



LIVE TRACKING



**MANDATORY
GEAR**



FINISH & AWARDS



RACE KIT



**SUPPORT
TEAM**



RECAP



**QUICK
LINKS**



QUICK INDEX



Race Schedule

Friday 17 July 2026

POSITION: LAT 42.4261623, 13.5272450 – click & navigate



3.00PM - 6.30PM race pack collection at Hotel Fiordigigli - Fonte Cerreto (AQ)

3:00PM – 7:15PM MANDATORY GEAR CHECK AND RACE BAGS DROP OFF

7:15PM - 8.00PM Mandatory Briefing Hotel Fiordigigli a Fonte Cerreto (AQ)



QUICK INDEX



Race Schedule

Saturday 18 July 2026

POSITION: LAT 42.5282208, LON 13.3688218
45' driving time from FONTE CERRETO – click & navigate



04:00AM T1 opening

STRONGLY SUGGESTED TO USE A SHOES PAIR TO REACH T1 FROM SWIM EXIT

04:45AM T1 closing

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

05:00AM Race Start

00:30AM 19 July Race Cut off



QUICK INDEX



Race Schedule

Sunday 19 July 2026

POSITION: LAT 42.4261623, 13.5272450 – click & navigate



11:00AM Awards Ceremony @Hotel Fiordigigli in Fonte Cerreto (AQ)

....Race Party afterwards



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Live Tracking

You can follow the 3 eagleXman races participants by GPS Tracking
«seteTRACK»





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Race Kit

- Athlete & supporter bibs
- Stickers: bike, helmet, T1, T2, Finishline bags
- White swim cap, buoy and buoy belt
- Timing chip
- GPS tracker (wear after swim)
- Post Finish Meal Vouchers (athlete + supporter)
- From finish to Fonte Cerreto descent voucher



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Race Kit

1. Athlete race bib #
2. Race supporter team bib #
3. stickers kit: for bikes, for helmet



Stampe speciali
per il mondo sportivo

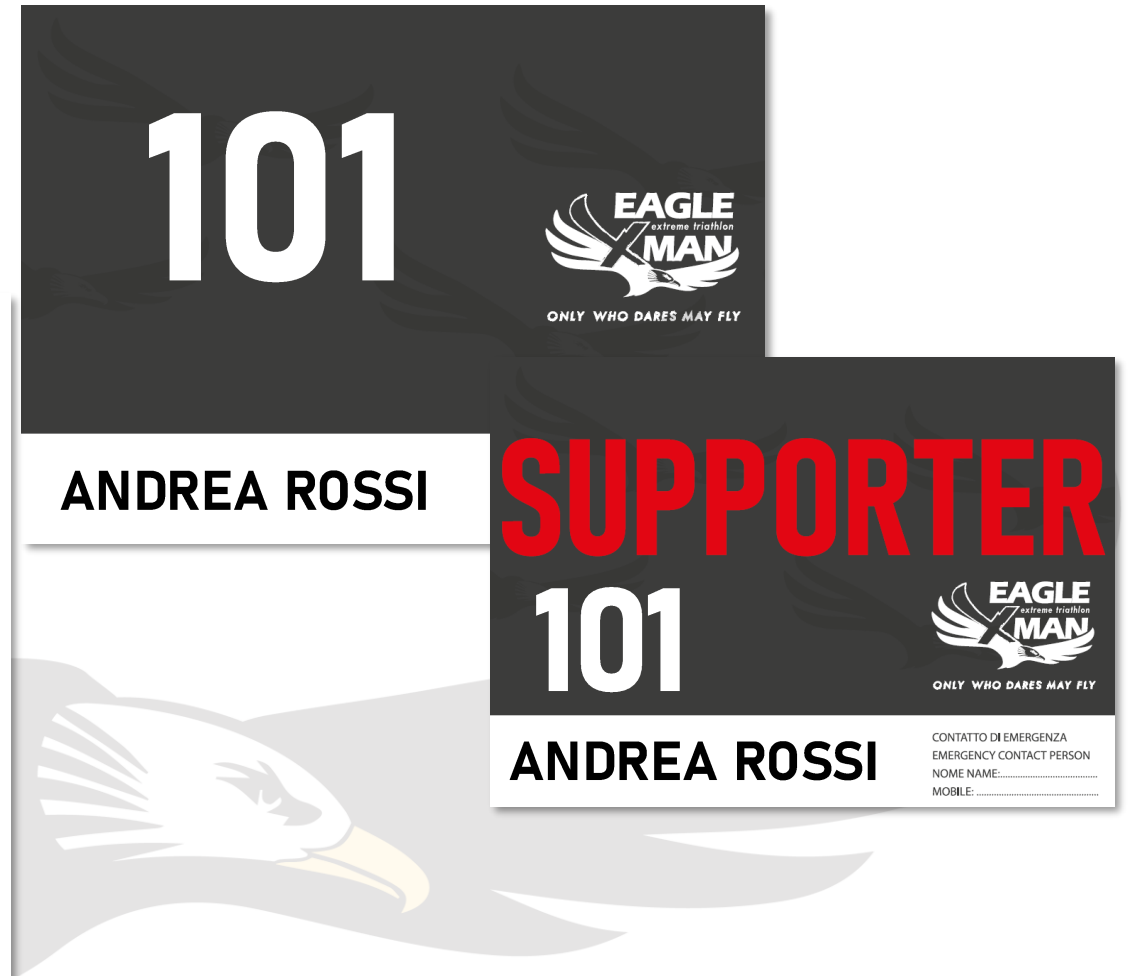
www.oltc-srl.it

KIT ADESIVI PREFUSTELLATI PER TRIATHLON 32x15 cm

— dimensione del foglio
pre-fustellato
— area di stampa/linea di pre-fustella/
dimensione finale
..... posizione consigliata
per numerazione

file supportati:
pdf, jpg, tiff, ai, eps, psd

preferibilmente file vettoriali
con font convertiti in tracciato
oppure con risoluzione da 150 a 300 dpi





QUICK INDEX



Race Kit

BAG STICKERS

	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  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 T1 BAG	
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TRANSITION 1 BAG FOR THE
BIKE GEAR – PROVIDED BY
ORGANIZATION

	T2 BAG LABEL. DELIVER IT TO THE RACE OFFICE ON FRIDAY UNTIL 08.00 PM. CONTAINS AT LEAST THE MANDATORY RUN EQUIPMENT: Waterproof head, Long-sleeved thermal shirt, Long Pants, Thermal hat or Buff, Working headlamp, Mobile phone, GPS, Reusable cup, Water reserve, Food reserve, Survival sheet, Whistle  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 T2 BAG	
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TRANSITION 2 BAG FOR THE
RUN GEAR – **NOT PROVIDED BY**
ORGANIZATION

	FINISH BAG LABEL. PUT INSIDE YOUR POST FINISH GEAR - WE ALSO RECOMMEND TO PROVIDE ALSO A THERMAL JACKET  ETICHETTA PER BORSA ARRIVO. USALA PER IL VESTIARIO POST GARA - E' ANCHE RACCOMANDATA UNA GIACCA TERMICA FINISH BAG	
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FINISH LINE BAG FOR THE
POST FINISH GEAR – **NOT**
PROVIDED BY ORGANIZATION



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Race Kit

SUPPORT CAR STICKER



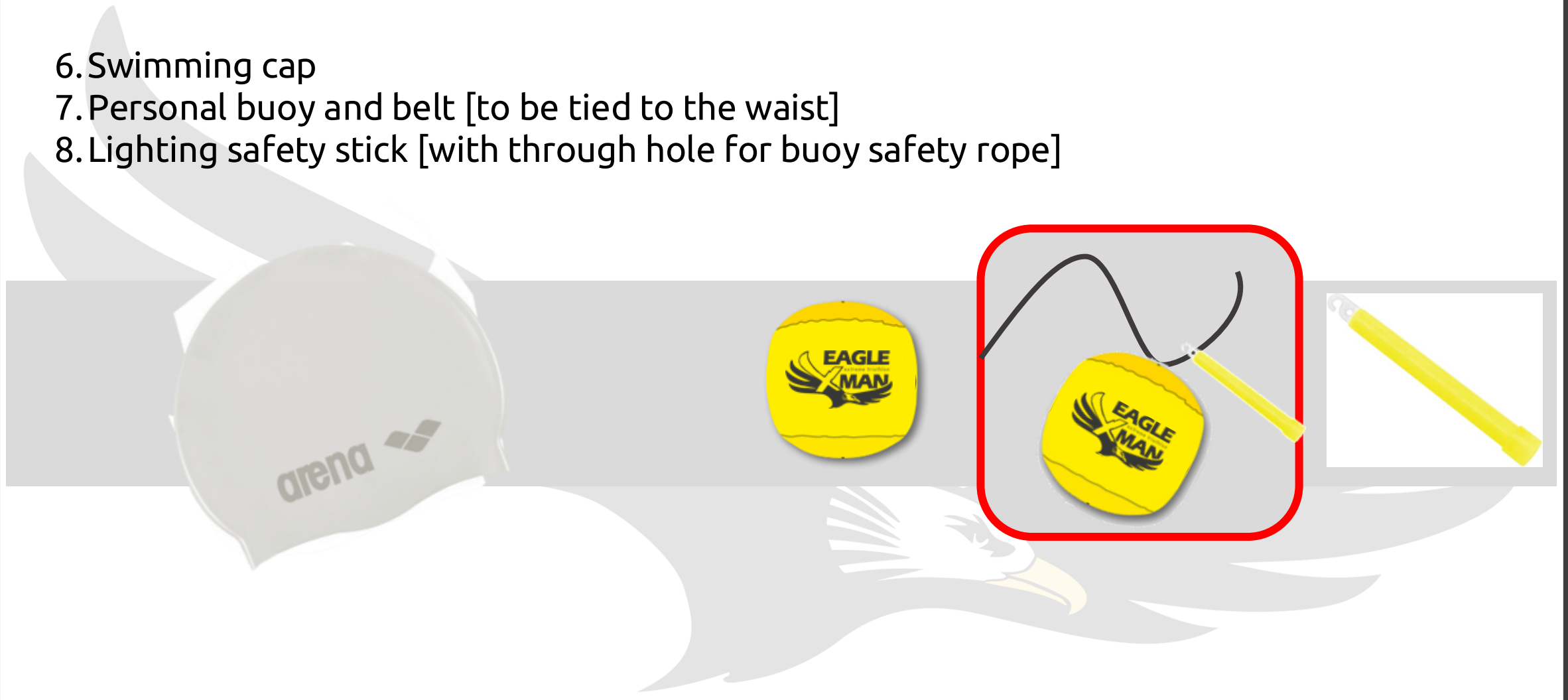


QUICK INDEX



Race Kit

- 6. Swimming cap
- 7. Personal buoy and belt [to be tied to the waist]
- 8. Lighting safety stick [with through hole for buoy safety rope]





QUICK INDEX



Race Kit

9. Time detection chip **anklet not provided but available at the race office**

10. GPS tracker **[MANDATORY to wear BUT only in T1 after the swimming leg]**



GPS: wear it only after swim!!



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Race Kit

11. 2 post finish meal tickets to be used at the "Ostello Lo Zio" refuge in Campo Imperatore
[Put it in the FINISH BAG]
12. 2 vouchers for descent by cable car or cab from Campo Imperatore to Fonte Cerreto
[Put it in the FINISH BAG]
13. 2 vouchers for the award ceremony lunch hosted @ Hotel Fiordigigli Sunday the 19th





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Race Bags

T1 BAG: The organization will enclose the bag and the following sticker, use it to collect your swimming gears after swim



T2 BAG: personal bag, Include run and mandatory equipment
Drop-off by Friday 7:15PM

STICKER TO APPEAR ON TO T2 BAG



FINISH BAG: personal, with post-race clothes
Drop-off by Friday 7:15PM

STICKER TO APPEAR ON TO FINISH BAG





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Mandatory Gear

MANDATORY EQUIPMENT

SWIM

- Wetsuit is mandatory
- Individual swim buoy provided by the organization
- Light stick attached to the buoy and to be activated a few minutes before entering the water

BIKE

- Rear light
- GPS tracker (provided by the organization)
- Full of charge mobile phone
- Approved helmet and BIB# clearly visible from the rear
- Food and Beverage
- Waterproof jacket
- Tyre repairing kit

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



RUN

Below is the list of mandatory material to be included in BAG T2 and subject to verification at the race Race Office by 7:15PM on Friday 17 July

For the last 6 km of the race, the following are compulsory for the **athlete and his 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
- 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 tracker 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.



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Support Team

- Mandatory for last 6 km of the run
- Recommended during Bike and Run
- May carry athlete gear
- Must wear and show the bib#, has also the mandatory equipment





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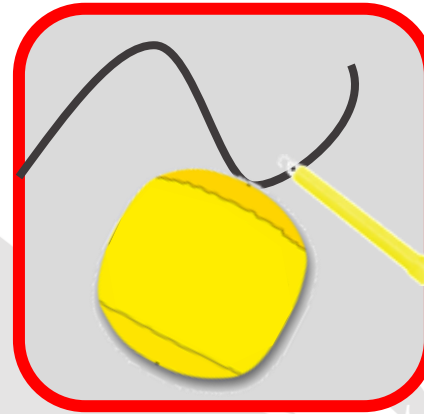


Race Phases

TRANSITION CHECK-IN

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 5:00AM , will be at sunrise but, despite this, for safety reasons, **EACH ATHLETE IS ASKED MANDATORILY TO WEAR BOTH THE INDIVIDUAL BUOY, AND THE LIGHTING SAFETY STICK**, to be activated, by tying them to the waist. when the transition area closes.



QUICK INDEX



Race Phases

SWIM / T1

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 1st buoy 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**.

CUT OFF SWIM TIME 07:00AM



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Race Phases

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

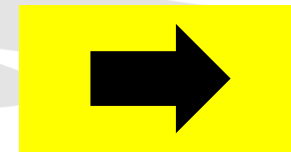


THE CYCLING CIRCUIT IS SCARLY COVERED BY TELEPHONE NETWORK, HOWEVER WE WILL HAVE OUR EMPLOYEES WHO WILL CARRY OUT CONTINUOUS PERLUSTRATIONS TO ENSURE THE REGULARITY OF THE RACE;

It is **strongly recommended** that the supporting person assist their athlete on the bike route, assistance to the athlete **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**.

The signage is made with arrows as in the figure:





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Race Phases

BIKE

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





QUICK INDEX



Race Phases

BIKE

At km 35 turn left towards «FILETTO» and «PESCOMAGGIORE»



LÉ FONTARI BARRIER

KEY INFORMATION FOR ATHLETES & SUPPORTERS

On race day (Saturday), about 2 km before reaching Campo Imperatore, a road barrier in the Le Fontari area (~2000 m) is managed by the Gran Sasso Tourist Center (CTGS). When the summit parking is full, the barrier closes to general traffic.



BARRIER STAFFED BY CTGS

07:30 AM – 03:30 PM

Expected to be CLOSED to general traffic.

3. ATHLETE BRIEFING – KEY POINTS



Le Fontari barrier active: Saturday morning, the barrier will be staffed and closed from 07:30 to 15:30.



Full Distance: Make sure your supporter car displays the official "SUPPORTER CAR" sticker on the windshield.



113 Distance: Supporter cars cannot go up. Park in Le Fontari and wait for your athlete on the descent. Keep the road clear.



Road safety: The road to the summit is narrow and steep. Be careful with ascending cars and descending cyclists.



Summit time cut-off: 12:00 PM sharp. Athletes passing later will be stopped for safety reasons and marked as DNF.

1. ACCESS RULES

FULL DISTANCE (3.8 - 180 - 42)



SUPPORTER CARS ALLOWED TO GO UP

Only vehicles with the official "SUPPORTER CAR" sticker may pass the barrier and reach Campo Imperatore.

113 DISTANCE (1.9 - 90 - 24)



NO ACCESS TO THE SUMMIT



Supporter cars for the 113 distance must stop at Le Fontari and wait for the athlete to return on the descent.

2. KEY TIMES – PASSAGE ESTIMATES

113 DISTANCE (HALF)

ATHLETE TYPE	LE FONTARI (2 km to top)	CAMPO IMPERATORE (SUMMIT)
LEADER	08:06	08:14
AVERAGE ATHLETE	08:29	08:40
LAST FINISHER	09:36	09:50
AT LIMIT (DNF)	11:17	11:31

FULL DISTANCE

ATHLETE TYPE	LE FONTARI (2 km to top)	CAMPO IMPERATORE (SUMMIT)
LEADER	08:42	08:50
AVERAGE ATHLETE	09:21	09:31
LAST FINISHER	11:16	11:30
AT LIMIT (DNF)	11:36	11:50

Start times: 05:00 (Full) – 06:00 (113)

4. SUPPORTER GUIDELINES



For 113 athletes: Park in Le Fontari only in designated areas. Do not block the road.



Use the Fontari Chairlift to reach Campo Imperatore if you wish to watch the race.



Expect long waits: Your athlete may take up to 3-5 hours to return.



Follow race updates via official channels and live tracking.



Respect the area: Keep it clean, respect nature and other visitors.



SAFETY FIRST!

Your cooperation ensures a safe race and a great experience for everyone.



**RESPECT THE MOUNTAIN.
RESPECT THE RACE.**



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Race Phases

BIKE

At km 78 a sign indicates the deviations of the two race routes, turn left





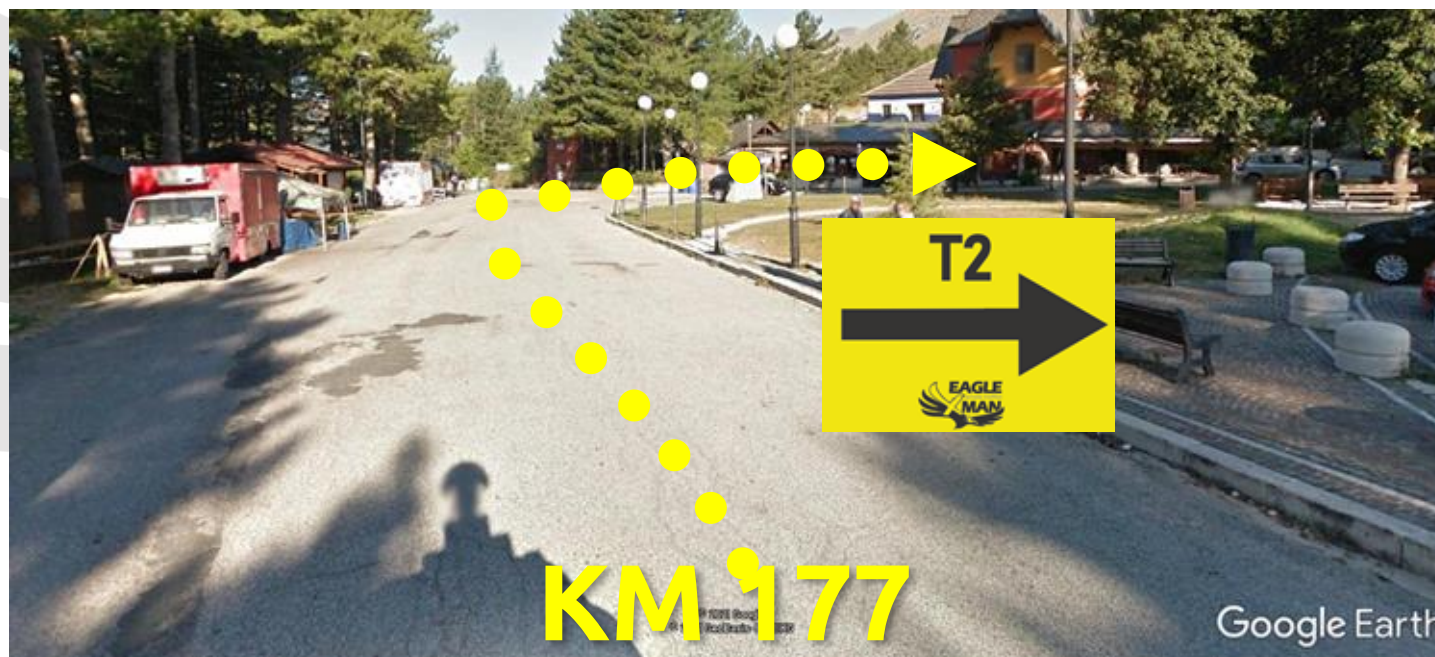
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Race Phases

BIKE

At km 177, 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



CUT OFF BIKE TIME 5.00 PM



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Race Phases

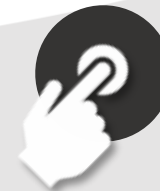
BIKE/T2

The bikes **must be** deposited on the racks, and afterwards they **must be** taken over by the supporter. Here you will find T2 BAG, (the mandatory equipment will be re-checked at the 36th km) in the same point where you made the transition.

CHECK OUT BIKE

At the end of the cycling stage, the supporter will collect his athlete's bicycle

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



From this point it is allowed to continue with the RUN SUPPORT TEAM.



INDICE RAPIDO



Race Phases

RUN

The run course is mainly off-road with some asphalt roads. The final part of 6 km is instead a **mountain path where trail shoes are suggested**. THE COURSE SIGNAGE IS MADE WITH THE FOLLOWING TAPE:



“km 36”

The 36th km represents the crossing point near T2 where it is **NECESSARY TO PASS THE MANDATORY GEAR CHECK TO TAKE THE FINAL 6KM ASCENT**. The check will be very fiscal as it is aimed at athlete and supporter safety. At this point, the health personnel can impose a forced stop at their own evaluation if some non safety conditions are detected. **From this point it is allowed to continue ONLY with the RUN SUPPORT TEAM.**

CUT OFF km36 TIME 9.30PM



INDICE RAPIDO



Race Phases

RUN

Km 0 - 18 - 36 are located at T2, the same is also used as a refreshment and health check point and material for the last climb.





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Race Phases

RUN



KM 36



Google Earth



INDICE RAPIDO



Fasi di Gara

- Snack salati e dolci
Tè / Coca Cola / Acqua
Frutta fresca e disidratata
Gel e barrette energetiche

- Acqua

AID STATIONS

A Aid Station in T2 km 0, km 18, km 36 

B Aid Station km 4,5 km 22,5 

C Tap Water km 8 km 26 

D Aid Station km 10 and km 28 

E Water km 15 and km 33 

F Tap Water km 40 





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Finish and Awards

FINISH

At the end of the race you will be directed to the "lo Zio" Hostel to retrieve your **FINISHLINE BAG** and refresh yourself.

CUT OFF TIME FINISHLINE 00:30AM 19 JULY

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 button.





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Finish and Awards

AWARDS

All athletes who reach the finish line will be awarded starting at 11:00AM at the Fiordigigli hotel as scheduled with the final lunch, accessible with the 2 "awards ceremony" vouchers





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Quick Links





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Final Recap

Check everything by Friday evening!

Double Check **MANDATORY** and **RECCOMENDED** items
and behavior

Join the mandatory briefing

Enjoy the most extreme triathlon experience!



ONLY
WHO
DARES
MAY
FLY



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