



EAGLE X MAN

extreme triathlon

L'Aquila - Abruzzo

XO

5th edition 18 july 2026



RACE BRIEFING

eagleXman X-Olympic

1.5 – 46 – 6



18th July 2026

last update: 12 July 2026

www.eaglexman.com

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SCHEDULE



RACE BAGS



RACE PHASES



LIVE TRACKING



**MANDATORY
GEAR**



FINISH & AWARDS



RACE KIT



**SUPPORT
TEAM**



RECAP



**QUICK
LINKS**



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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)



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Race Schedule

Saturday 18 July 2026

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



07:00AM T1 opening

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

07:45AM T1 closing

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

08:00AM Race Start

X-O finishers medal awarding directly to the finish line

06:00PM Race Cutoff



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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 and supporter bib#
- Stickers: bike, helmet, T1, T2, Finishline bags
- White swim cap
- Timing chip
- GPS tracker (given at Bike Check in the race morning - wear after swim)
- Post Finish Meal Voucher(only athlete)
- 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 helmets



Stampa specialistica
per il mondo sportivo

www.otc-srl.it

KIT ADESIVI PREFUSTELLATI PER TRIATHLON 32x15 cm

— dimensione del foglio
pre-fustellato
— area di stampa/linea di pre-fustellatura/
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

Bike Number



Numero Bib

Stampa specialistica
per il mondo sportivo



Adesivo Casco Frontale



Helmet Label Front



Helmet Label Left Side

Adesivo Casco Sinistro



Helmet Label Right Side

Adesivo Casco Destro



ANDREA ROSSI

CONTATTO DI EMERGENZA
EMERGENCY CONTACT PERSON
NOME NAME:
MOBILE:



QUICK INDEX



Race Kit

4. Stickers for bags

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 T1 BAG - THE STAFF WILL COLLECT YOUR BAG AND PUT IT IN T2 AFTER THE RACE

XO
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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

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 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

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eXtreme - Olympic
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, Bicchieri riutilizzabile, Riserva d'acqua, Riserva alimentare, Telo di sopravvivenza, Fischietto

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

XO
eXtreme - Olympic
FINISH BAG

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

FINISH LINE BAG FOR THE
POST FINISH GEAR – **NOT PROVIDED** BY ORGANIZATION



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Race Kit

5. Swimming cap





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Race Kit

6. Time detection chip **anklet not provided but available at the race office**
7. 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

8. 1 post finish meal ticket to be used at the "Ostello Lo Zio" refuge in Campo Imperatore
[Put it in the FINISH BAG]
9. 1 voucher for descent by cable car or cab from Campo Imperatore to Fonte Cerreto
[Put it in the FINISH BAG]





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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

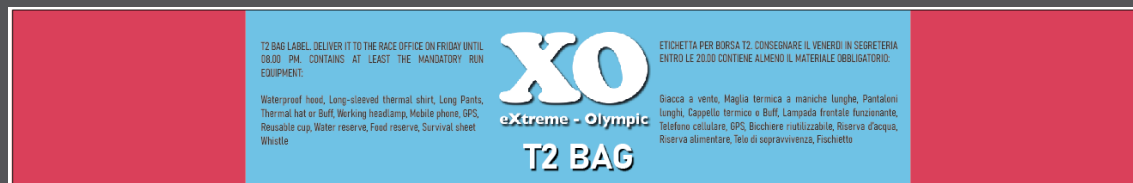


T2 BAG: personal bag, Include run and mandatory equipment

Drop-off by Friday 7:15PM

Or by the race morning

STICKER TO APPEAR ON TO T2 BAG



FINISH BAG: personal, with post-race clothes

Drop-off by Friday 7:15PM

Or by the race morning

STICKER TO APPEAR ON TO FINISH BAG





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Mandatory Gear

MANDATORY EQUIPMENT

SWIM

- Wetsuit is mandatory

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**:

- 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 10 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

- Recommended for last 6 km of the run
- Possible only on safe stop areas during Bike
- May carry athlete gear
- **Must wear and show the bib#,**



ANDREA ROSSI

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



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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 possible to recover all the athlete's material from the transition area. The race start defined at 8:00AM.



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Race Phases

SWIM / T1

The course is drawn over **one 1.5km counterclockwise lap**. 2 are the turning buoys to leave on your left. From the end of the swim you will enter the **shoes area that will allow you an easy transition to the actual T1**.

CUTOFF SWIM TIME 09:00AM



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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



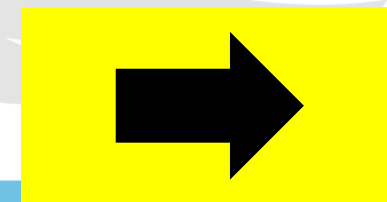
THE CYCLING CIRCUIT IS SCARLY COVERED BY TELEPHONE NETWORK, HOWEVER WE WILL HAVE OUR EMPLOYEES WHO WILL CARRY OUT CONTINUOUS PERLUSTRATIONS TO ENSURE THE REGULARITY OF THE RACE;

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**.

On the entire bike route there is 1 refreshment point organized at kilometer at km 41st. The aid station is open from 8:00 to 11:30.

The **signage** is made with arrows as in the figure:





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Race Phases

BIKE

At km 7.5 a sign indicates the deviations of the race routes, turn left



AT THIS POINT, THE BIKE ROUTE TURNS LEFT AND CROSSES WITH THE BIKE ROUTE OF THE ATHLETES FURTHER AHEAD OF YOU.
eXtreme Olympic IS NOT A RACE LIKE ALL THE OTHERS! GIVE THE PRIORITY – RESPECT THE DRIVING CODE!



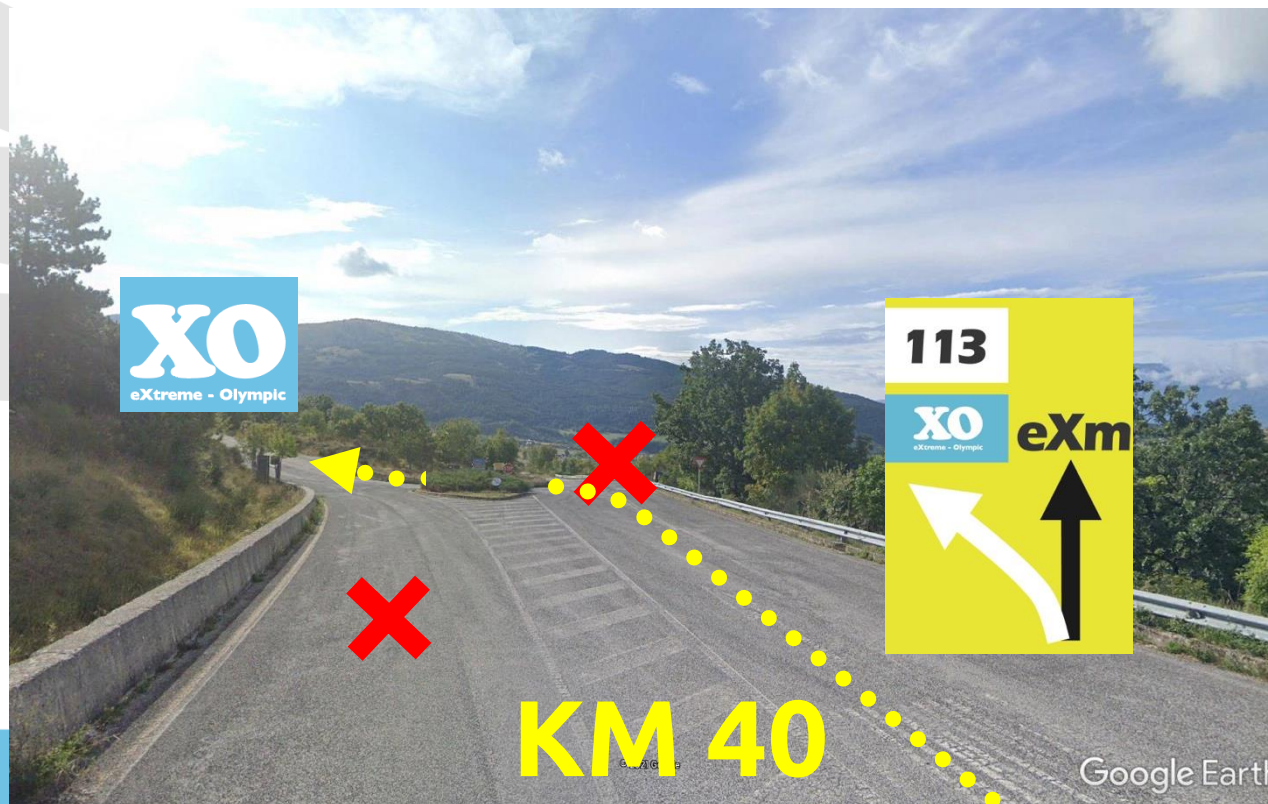
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Race Phases

BIKE

At km 40 a sign indicates the deviation of the two race routes, **keep the left road** but **respect road code and the right driving side**





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Race Phases

BIKE

At km 46, about 200 meters after having turned left, as soon as you pass the square of the Gran Sasso cable car station, you will arrive in T2



CUTOFF BIKE TIME 3:00 PM



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Race Phases

BIKE/T2

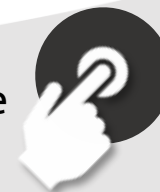
The bikes **must be** deposited on the racks, and afterwards they **can be** taken over by the supporter. Here you will find T2 BAG, (the mandatory equipment will be re-checked at the run start).

CHECK OUT BIKE

At the end of the bike leg, the bicycle may be placed on the rack or immediately picked up by the supporter wearing the race bib.

In any case, the bike must be collected by the athlete or the supporter **no later than 9:30 PM** at T2, which is located in the exact same spot.

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



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



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Race Phases

RUN

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



“km 0”

The Run Start Point represents the crossing point near T2 where it is **NECESSARY TO PASS THE MANDATORY GEAR CHECK FOR THE FINAL 6KM ASCENT**. The check will be very fiscal as it is aimed at athlete safety. At this point, the health personnel can impose a forced stop at their own evaluation if some non safety conditions are detected.

CUTOFF TIME km 6:00PM



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Race Phases

RUN

Km 0 is 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

AID STATIONS

A Aid Station in T2 km 0

F Tap Water km 4

-  Salted and sweet snacks
Tea/coke/water
Fruit fresh and dehydrated
Sport Gels/Sport Bars
-  Water or Tap Water





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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.

CUTOFF TIME FINISHLINE 06:00PM

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 receive the medal awarding directly to the finishline





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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 Olympic triathlon experience!

XO

extreme - Olympic

ONLY
WHO
DARES
MAY
FLY



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