



# RACEBOOK

Onico Iron Dragon Triathlon  
10 September 2017



## Competition Place

If you are using satellite navigation, set your destination to Karczma Rohatyna, Cholerzyn 361, 32 – 060, Liszki (50.051457, 19.797673)

Please arrive in advance to ensure you have time for registration, bringing in bicycles, technical briefing and warm-up.

## Car Park

The car park for this competition can be found at the Skansen Smaków (when going from the Balice Airport).

Parking fee is PLN 10.00. Car parks can also be found near the lagoon.

## Competition schedule

### Saturday, 9 September 2017

16.00-20.00 - collection of start packages (triathlon, aquathlon) at the Competition Office.

17.00 - riding along the bike section. Start: Karczma Rohatyna

### Sunday, 10 September 2017

7.30-8.30 - collection of start packages, aquathlon

8.35 - technical briefing, aquathlon (stands)

9.00 - aquathlon start

10.30 - award ceremony for aquathlon and drawing the main price (stands)

8.00-11.00 - collection of start packages, triathlon

9.30-11.15 - bringing starting equipment to the changing area (bicycles, wet zone and dry zone)

11.20 - technical briefing, triathlon (stands)

12.00 - start, Olympic distance and relay

12.10 - start, sprint distance

15.30 - issuing equipment from the changing area

16.30 - award ceremony and drawing the main price (stands)





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## Competition Office / Registration

The Competition Office can be found on the premises of Karczma Rohatyna in a big white tent. The Competition

Office is open from 7:00 – 12:00. This is where you can collect your start package and confirm your participation in the competition. Please bring your ID card or any other document confirming your identity.

### Collecting Start Packages:

Saturday, 9 September 2017:  
16.00-20.00 – Competition Office.

Sunday, 10 September 2017:  
7.00 – 10.30 – Competition Office.

## Start Package

- ▲ A set of starting numbers and stickers:
  - 3 pieces for your helmet (stick on the front, left and right side of your helmet)
  - 1 piece for your bicycle (stick it onto the seat post) 1 piece starting number
  - 3 pieces of stickers for your wet and dry bags, and deposit
- ▲ Swimming cap
- ▲ Chip to be worn on your ankle. The chip has to be returned once you cross the finish line.
- ▲ Towel
- ▲ Competition brand bandana.
- ▲ Wrist identification band.
- ▲ RUN&Bike supplements
- ▲ Others

## Deposit

Personal belongings can be left in the deposit which is located at the Competition Office. Your belongings can be collected after the race is done, with your starting number and band.

## Bringing in your bicycle and running equipment to the changing area

After registration, go to the changing area and put your bicycle in the spot marked with your starting number. Hang it by the seat on the pole with the handlebars facing towards you.

Then, go to the wet zone with blue bags and leave anything you need for your bicycle section in the spot marked with your number (helmet, starting number, possibly footwear, gels, etc.).

In the next step, go to the dry zone with red bags and leave your equipment for the running section (footwear, cap, glasses, gels, etc.).

### NOTE!

To enter the zone you need your bicycle to have a number sticker, your helmet to have number stickers + starting belt with number that you are wearing! Additionally, we will write your number with a marker on your shoulder and ankle. You can only enter the area once, so remember about all the items you need there!

You can collect your bicycle from the changing zone at 15:30.

In the changing area, whenever you push your bicycle, you have to wear your helmet at all times.

Time trial bicycles or bicycles with aerobars will not be accepted to the changing area. Short aerobars are permitted that do not protrude beyond the shift and brake levers. This is related to the safety requirements so that in the case of falls, the risk of contact with protruding elements is limited for cyclists riding in the peloton.



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## Technical Briefing

8:35 – technical briefing for aquathlon contenders.

11:20 - technical briefing for triathlon contenders at the Olympic and sprint distance.

## Triathlon: Swimming

**Start from shore.** Anticipated water temperature: approx. 20°C. Trisuit is recommended.

**Aquathlon** contenders swim to the returning buoys. They pass it with their right shoulder and swim towards the exit shore.

**Olympic distance** contenders swim clockwise and they pass every buoy with their right shoulder, swimming towards the finish line. **Sprint distance** contenders pass the first buoy with their right shoulder and they swim towards the right to the next buoy which also needs to be passed with the right shoulder. Then, they swim towards the finish line. Leave the water through the gate and go towards the changing area.

## Race

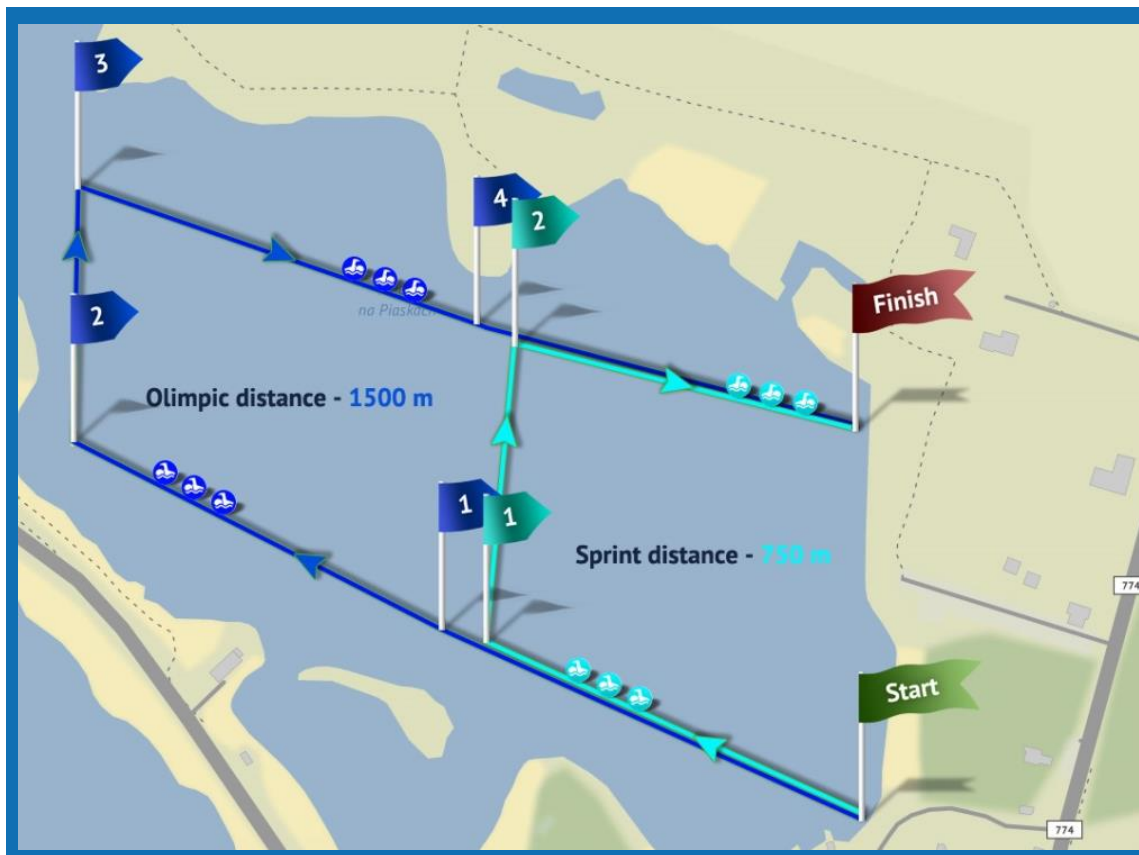
9.00 – aquathlon start

12.00 – start, Olympic distance

12.00 – start, sprint

Remember! If you feel unwell, turn on your back and raise your hand. Rescue services will come and assist you.

After you reach the changing area, the swimming equipment (trisuit, swimming cap and goggles) have to be packed to the bag with your number in the wet zone. If you fail to complete this task, 5 penalty minutes will be added to your final time.





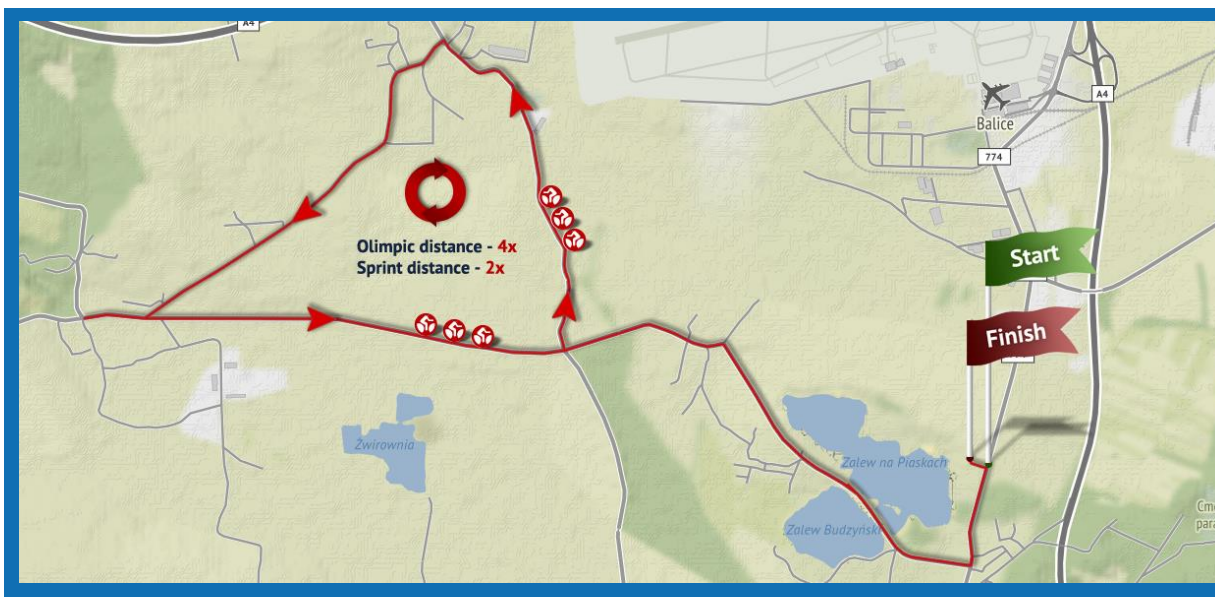
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## Triathlon: Bicycle

No car traffic is permitted along the cycling section. Leave the changing area wearing a helmet and starting number fastened to your back. Move towards the marked route. After you reach the start of the loop, complete 2 loops for the sprint distance or 4 loops for the Olympic distance. Count the loops yourself. Riding in the drafting convention is permitted. When you leave your last loop towards the finish line, keep to the right! After reaching the changing area, leave your bicycle in the spot you collected it from, i.e. marked with your starting number.



## Triathlon: Running

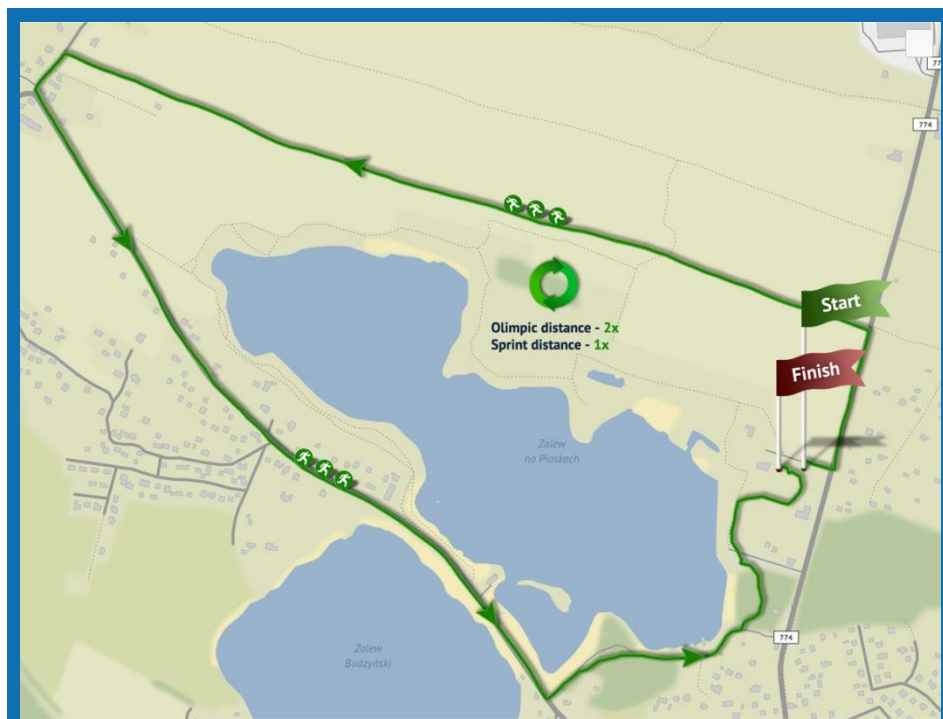
Once the bicycle is hung, you can start running. Reach the dry zone with bags and leave your helmet. Put your running shoes on and leave the changing zone with your starting number fastened at your front.

You run:

1 loop = 5 km **for sprint**

or

2 loops = 10 km **for Olympic distance**





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## Finish Line

Congratulations! You have finished Onico Iron Dragon Triathlon. You will be awarded with a medal. Please remember to return your chip.

## Meals / Regeneration Zone

Meals can be obtained in the Regeneration Zone. Meals are provided to contenders with the Onico Iron Dragon band and starting number. The regeneration meal is prepared by the U Jędrusia catering company.

## Time Limits

### **Swimming**

30 min. sprint / 60 min. Olympic distance

### **Bicycle** – total with swimming

1.5 hours sprint / 3 hours for Olympic distance

### **Running** – total with swimming and cycling

2 hours sprint / 4 hours Olympic distance

## Competition Services

All our volunteers along the route will wear competition shirts and reflective vests. If you need help or information, ask them for assistance..

## Safety

WOPR lifeguards (Water Rescue Teams and Lifeguards) will ensure safety for the contenders (Profit), physicians and medical rescuers (R2), Volunteer fire-fighters from the Liszki commune; volunteers.

## Necessities

- ▲ ID Card
- ▲ Goggles (but not required)
- ▲ Swimsuit / trisuit
- ▲ Bicycle
- ▲ Helmet
- ▲ Cycling boots
- ▲ Running shoes
- ▲ Socks
- ▲ T-shirt
- ▲ Shorts

## Contact

### **email:**

[artur.czerwiec@irondragon.pl](mailto:artur.czerwiec@irondragon.pl)

### **phone:**

509 536 643

(only in emergency)