

XTERRA SUMAVA 2023



COMPETITOR HANDBOOK

Version 1.0

BASIC INFORMATION

Race name: XTERRA SUMAVA 2023

Date: 2/9/2023

Status: XTERRA European Tour, XTERRA World Championship 2024 qualifier, Czech

Cross triathlon tour race

Full distance: 2K swim, 70K bike, 21K run

Sprint distance: 0,7K swim, 35K bike, 7K run

Race type: Long distance XTERRA, Gravel bikes allowed

Organizer: 4 X Production CZ s.r.o.

Race director: Michal Pilousek

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Phone: +420725944979

Location: Knizeci cesta, Blizsi Lhota 11, Horni Plana, Czech Republic

BEFORE THE RACE

RACE LOCATION

Our race takes place in Sumava National Park. The main race venues is hotel resort Knizeci Cesta in Blizsi Lhota. This race is specific because you all need to take ferry boat and sail over Lipno lake to the race start beach in Horni Plana. Transition area, bike and run courses and finish line all are in Blizsi Lhota. This part of Sumava lake was closed during the communism era (1948-1989) for public. Because of this stupid closure the nature and roads remained the same and you can feel spirit of old times when there were no cultural boarding between Czech, Germany and Austria. This race would like to bring back event that will bring our three nations together and invite also other nations to join us in wonderful Sumava mountain for triathlon race.

ACCOMMODATION

Easiest was is to book one of apartments in Knizeci cesta. You can also choose from other facilities across the Lipno lake in Horni Plana.

PARKING

Please park your cars only in marked area close to transition area. Follow blue parking arrows from both directions in Blizsi Lhota.

REGISTRATION + RACE BAG PICK-UP

The race office will be inside the Knizeci cesta resort near the finish line in XTERRA globe tent. Come between 3pm – 6pm on Friday or in the race morning between 7am – 8am for your race bags.

RACE BAG

In your bag you can find the bike plate (put on front of your handlebars), run bib number (you need to wear it only for run on your front), timing chip (don't forget to put it on), XTERRA tattoos, MICO technical wear socks and all FULL distance athletes can also choose their gift – XTERRA Zoggs swim bag or Kalas bike jersey.

BIKE CHOOSE

For XTERRA Long Distance it is only up to you to choose the bike. From fully suspension mountain bike to road bike. The course suits best Gravel bikes with fat tires or hard tail mountain bike. There is just one division – no separate ranking by bike types.

RACE MORNING LOGISTICS

First off all, pick up your race bag. Then put all gear into transition area near the Knizeci cesta resort on field. Then grab all your swim gear and go to the ferry dock. It is only 100 meters from Knizeci cesta resort. FULL distance athletes have departure of the boat at 8:30AM. Be ready on the shore 8:20AM please! Sprint distance ferry leaves at 9:30AM, you need to be there on time!!! Don't bring any luggage for the swim start, please bring only swim gear + some shoes. Organizer will collect all shoes and bring them back to the transition area after your race start.



SWIM COURSE

The start of the race is from HORNI PLANA BEACH. Start line will be marked by tape on the ground between two XTERRA pilons.

FULL distance:

After the start you swim first loop on the right side of the Lipno lake. You need to have both orange buoys on your right shoulder. This means you swim „clockwise“. After first 1300 meters long triangle you will exit the water and do a short Australian exit. The run on the beach will be marked with small XTERRA flags. Second part of the swim course is straight line from Horni Plana beach to the marked swim exit on the other side of Lipno lake. The swim exit will be marked with yellow flags and buoy!

SPRINT distance:

Start is from beach between two XTERRA pilons. Line is marked by tape on the ground. Your swim course is very easy. You just need to swim straight to the other side of Lipno lake. The exit from water is marked with yellow flags and buoy.

After the exit from the water you will have to run approx. 300 meters on the grass to the transition area. The route will be marked with small XTERRA flags.

TRANSITION AREA

The transition area will be marked by race numbers. First put all your swim gear on your spot. Then put on and buckle your helmet. After your helmet is secure on your head and the strap is buckled you can take your bike and push it to the MOUNT LINE. Line will be marked by orange spray on the ground and there will be a big sign MOUNT LINE.

BIKE COURSE

The loop is same for FULL and SPRINT races. It is marked by blue arrows, orange arrows on the ground and XTERRA tape.

You start will uphill around Knizeci cesta resort. The course is mix of old tarmac roads, gravel roads and one short singletrack without any rocks and technical obstacles. You must respect traffic rules. The race is NOT on closed roads. On all crossings we will have crew members, but you must be responsible and respect the traffic rules. One part of the course copy very famous tourist route. Please be aware of tourists and pass them securely.

In one section you bike on both sides - directions of a road. Please stay on bike all the time on the right side!

In one section run course joins bike course. Bikers on right side, runners on left side.

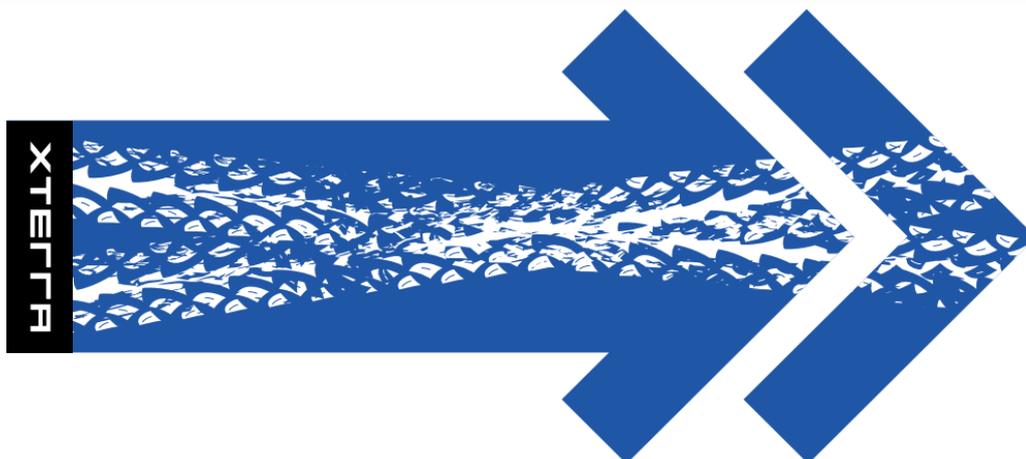
FULL distance after one loop bike around the transition area and continue to the second lap.

SPRINT distance after one loops turn to the transition area and continue with their run.

Dismount from your bike before the DISMOUNT LINE - marked with signs and orange line on the ground. Push your bike to your slot in the transition area. Rack your bike and then you can put down your helmet.

AID station on Ks: 1, 17, 35, 52, 70

AID station offer: bike bottles with water and iso, Inkospor Gels



RUN COURSE

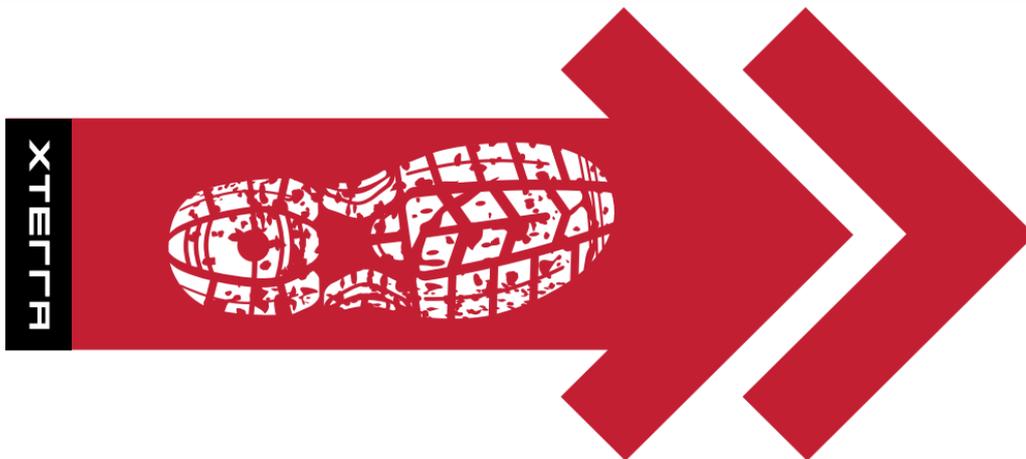
FULL distance: Run course marked with RED arrows, arrows on the ground and XTERRA tape. You start with the same uphill as bike course, stay on left. Last part of the run is also on the same road as the bike loop. Again stay all the time on your left.

SPRINT distance: Run course marked with PINK arrows, arrows on the ground and XTERRA tape. You start the same way as bike route and full distance run. After 3.7K you turn right and rest of your run loop is different to the full distance one. After you run to the Blizsi Lhota village you have run around the Knizeci cesta resort to enter the finish line from the transition area location.

AID stations FULL Ks: 0, 4.5, 10, 14.5

AID stations SPRINT Ks: 0, 7

AID station offer: cups with water or iso, Inkospor gels



RACE COURSE MAP

Please study very carefully the race map:

<https://www.google.com/maps/d/u/0/edit?mid=1dDKsCYzIZn-nVUIJSdA8sjhFBotJGz8&usp=sharing>

The bike and run course will be marked on Thursday. The swim course can be marked on the race morning, because there is lot of boat traffic before the race day.

SCHEDULE

FRIDAY 1ST SEPTEMBER

15:00 – 18:00 – Registration, race bag pick-up

18:00 – Athlete briefing, pasta party

SATURDAY 2ND SEPTEMBER

7:00 – 8:00 – Registration, race bag pick-up

7:00 – 8:45 – Transition area check-in

8:30 – Ferry departure for FULL distance athletes – Ferry Dock Blizsi Lhota

9:00 – Start XTERRA FULL distance in Horni Plana

9:30 – Ferry departure for SPRINT distance athletes

9:45 – Start XTERRA Sprint distance in Horni Plana

10:00 – Cut-off time for FULL distance after the swim

15:00 – Bike cut-off time for FULL distance competitors

18:00 – Award ceremony, Dinner for athletes