

Road book 2024 formats S-M-L : General Information



Saturday program:

- 3:40 pm to 7 pm : XS & Trikids races in **BENFELD**
- 3 pm to 6 pm: Bib collection S-M-L in **OBERNAI** and drop off the run bag
- 6:45 pm : Pasta party at **BENFELD** lake (mandatory online registration)

Sunday program:

- 7:15 am to 11 am: Bib collection S-M-L in **OBERNAI** and drop off the run bag
- 9:15 am to 1:00 pm : race starts at **BENFELD lake** (swim, bike departure)
- 2:30 pm : Awards ceremony format S in **OBERNAI**
- 4:30 pm : Awards ceremony format M et L in **OBERNAI**



Acces & parking in **OBERNAI** and **BENFELD** <https://triathlon-obernai.fr/acces/>



OBERNAI ↔ **BENFELD** <https://triathlon-obernai.fr/acces/>



Please note : it is forbidden to drive on the race roads between 9:30 am and 2 pm. For everyone's safety, use the "car" route via Schaeffersheim/Niedernai

•Read the rules of the event on: <https://triathlon-obernai.fr/reglement/>

Contents of the bib kit		S	M	L	Relay
Stickers kit (helmet, bike, bag,..)		1	1	1	1
Run bag (deposit in Obernai)		green	red	blue	*
Take to the swim start	Bib	1	1	1	1
	Swim cap if reserved at registration	(1)	(1)	(1)	(1)
	Ankle bracelet & chip	1	1	1	1
	Bag for return Benfeld=>Obernai per organization	1	1	1	*

* On request at bib collecting

Organization before the race

Practical Information

1. Bib collection

- Bring a triathlon license or an identity document for non-triathlon licensees.
- Bib collection possible by a third person, complete file only, and with the triathlon license or an identity document (copy or digitized).

2 Withdrawal of orders :

- In the bib area only if the "endowment" option was subscribed to at registration On presentation of the bib envelope
- It is also possible, if available, to purchase T-shirts and bags in cash

3. Transition area in Obernai

- Run bag handed on saturday are dropped of at the location in transition area by the organization on Sunday morning
- Sunday morning the run bag must be dropped off directly at the entry of the transition area

4. Transition area in Benfeld

Format L : The helmet, shoes and bib belt can remain in the numbered slot. The rest of the belongings are to be put in the bag hung on the gantry when going out swimming.

- **Formats S et M** : Only the items strictly necessary for the race are left with the bike in the numbered space without spilling over into the neighboring space.



Sunday 8:30 am to 11 am at Benfeld : small repair and adjustments on your bike



Swim suit Zogg (previously registered on line < 18/05)

- Pick-up on Saturday in OBERNAI at the bib area from 3 pm to 6pm
- Pick-up on Sunday in OBERNAI at Sport 2000 booth from 8:30 am to 11 am
- Return on Sunday in OBERNAI at Sport 2000 booth from noon to 6 pm

Swim suit mandatory if water temperature < 16°C ; Allowed if water temperature => 16°C and =< 24.5°C ; forbidden if water temperature >24.5 °C



For participants in the L triathlon, the company AerOptimum offers a postural study in a wind tunnel. To participate in the draw, don't forget to place your entry form in the box on Saturday (near registration) or Sunday (AerOptimum stand).

To go to the start at BENFELD lake :

- There is no shuttle**
- From Obernai, we recommend going there by bike (16 km flat). Informal gathering on the south side of the Obernai transition area in front of the Skate Park. Free movement: do not ride more than 2 abreast.
- Water bottles can be refilled by yourself at the Benfeld lake
- Dedicated car parks for each race, follow the signs.

You don't start after picking up your bib? Return your bib and wristband with the chip. Avoid searches that delay the release of results.

Race schedule - Sunday 2 June 2024

Race	L	M		S	
Distances in km	2,1/82/19,2 km	1,4/46/9,6 km		0,55/24/4,8 km	
Start number collection	Obernai "Parking des Remparts" : Saturday 3:00 pm till 6 pm				
Handover of run bag	Saturday 3 pm till 6 pm in Obernai at bib collection point				
	Sunday from 7h30 on in transition area #2 in Obernai				
Opening/closing of transition area #2 in Obernai	7h30/8h30	7h30/10h45		7h30/9h30	
Opening/closing of transition area #1 in Benfeld	8h15/9h	11h/12h	11h/12h45	9h30/10h30	
Race briefing	9h05	12h05	12h50	10h10	
Starting times	9h15 : all	12h15 : W & Rel	13h00 Men	10h20 W. & rel.	10h30 Men
Latest time for bike start	10h25	13h10	13h55	10h45	10h55
Latest time for run start	14h30	16h20		12h05	
Latest time for run start sd lap	15h40				
Award ceremony	16h30 in Obernai	17h00 in Obernai		14h15 in Obernai	
Bike retrieval timeslot	15h00-18h	16h20 à 18h00		12h05-13h30 maxi	

Refueling

	Location	Aid station content
SWIM	Swim out M & L	Water
Bike	Ste Odile : Km 29 (L)	Solid, filling personal water bottles with water & Hydrixir energy drink
	Col de la Charbonnière : KM 47 (L)	Solid, filling personal water bottles with water & Hydrixir energy drink + filled bottles
	Ste Odile sommet, km 65 (L) , km 30 (M)	Solid, filling personal water bottles with water & Hydrixir energy drink
Run	KM 0,1	Sweet & savoury solids, fruit, water & energy drink
	KM 3 (L & M)	water & energy drink - no sold
	KM 4,2 (L & M)	solids, fruit, water & energy drink, salty
	KM 7,2 (L & M) / KM 2,6 (S)	solids, fruit, water & energy drink, salty
Finish	Finish rest area	solids, fruit, water & various drinks, salty

Race route :

<https://triathlon-obernai.fr/triathlon-l/>
<https://triathlon-obernai.fr/triathlon-m/>
<https://triathlon-obernai.fr/triathlon-s/>

Race information 1/2

Acces to start area at Benfeld lake:

- Bike compliant and identified with the sticker
- Helmet on head,
- Bib belt closed, with bib attached by 3 points
- Chip bracelet attached to the left ankle
- Sticker on left arm or leg (L format)
- Swim cap
- Bag for returning belongings to Obernai by the organization

The organization marks your arm (S and M)

The refereeing body verifies your compliance

Numbering of bike locations:

- Numbering from 1 to 600 in the direction of travel and without even or odd sides
- For the M and L it is necessary to remove the 1st digit of the bib number.

Examples: Bib number M 1428 = place 428

Bib L 2065 = place 65

Swim=>bike transition in Benfeld:

- S & M: Change at location – nudity not allowed
- L: Change under marquees, H & M separated
- The numbered bag containing your belongings will be returned to Obernai by the organization. The remaining items are considered as waste
- For the relay teams, the chip bracelet on the ankle serves as a relay indicator, exchange at the designated location in the transition areas.

Exceeding the time limit for the start of the bike = exclusion from the race by the judges – consult the timetable page 3



Start biking at the line at the exit of the transition area:

- Helmet on the head, bib, attached to the belt, on the back
- The eventual stop of 42 s at the railway crossing (km 14.3) does not give rise to a bonus
- In the event of a penalty for drafting (blue card), you will have to stop in the penalty area at the arrival of the bike, on your own initiative.
- Throwing waste or equipment: only in dedicated area at refueling points

Bike => run transition in Obernai:

- Get off the bike at the marked line before the transition area
- L: Placing the bike on the bars without a numbered slot, Removing the Run Bag from the Gantry and Changing under tent , put remaining belongings in the bag, collected by the organization
- M & S: Drop-off the bike at the numbered location, Change at the location. Remaining racing matters must not overtake neighboring locations.



- Warm up possible in the dedicated area up to 10 minutes before the start and outside the races in progress
- Departure: Arrive at the start at H-10 mn for the briefing. Swimming cap on the head, bracelet/chip on the left ankle
- Course: The buoys are always on the right. 1 Australian-style outing for the M, 2 Australian-style outings for the L

The swim cap is mandatory. It can be personal or provided with the bib if subscribed at the registration.

If you don't start or stop after swimming, return your bib and wristband with the chip. Avoid searches that delay the release of results.

Race information 2/2



Exceeding the time limit for the start of the run or 2nd loop L = disqualification by the referees

Reminders:

- Bib number place at the front and visible during the run
- Throwing waste or equipment only at refueling points

L 2 laps x 9.6 km = 19.2 km / 242 m Elev.

M 1 lap 9.6 km / 121 m Elev.

S 1 lap 4.8km / 74 m Elev.

Arrival:

- Do not forget to smile and enjoy!
- Return of the microchip and strap after the finish line.
- Keep the bib for the collection of the bike and belongings
- Cooling showers
- Care by osteopaths and massages
- Enjoy our post-race buffet

Finish area strictly reserved for competitors, accompanying persons forbidden

Bike and belongings pick-up:

In the transition area with the bib and **at the scheduled times**

Around the race

LIVE TRACKING and results

Cartographic and chronometric monitoring of athletes' progress from a smartphone, tablet or computer:

<https://tri-obernali-benfeld.liverace.run/>



Your souvenir photos with

SPORTOGRAF.COM

Link to www.triathlon-obernali.fr or www.sportograf.com by identifying yourself on the Obernai event with your bib number

. sportograf.com/event/11791



TRIATHLON VILLAGE in OBERNAI

- Partner Stands
- Refreshment & food bar
- Giant screen with streaming of the events in progress

For L triathlon participants :

AerOptimum offers a postural study in a wind tunnel. To participate in the draw : come to the stand (registration desk on Saturday) and place your entry form in the ballot.

