

Road book 2025 formats S-M-L : General Informations

Saturday programme:

- 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 run bag
- Non-stop: Drinks & food at **BENFELD** lake

Sunday programme:

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



Accès & 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 route 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

Organisation before the race

Practical Informations

1. Bib collection

- Bring a triathlon license or an identity document for non-triathlon licensees.
- Bib collection possible for a third person subject to complete file and to have their triathlon license or identity document (copy or digitized).

2 Pick-up of prizes:

- 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 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 of 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 ajustements on your bike

À confirmer

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

- ☐ Pick-up on Saturday in OBERNAI at the bib area from 3 pm to 6pm
- ☐ Pick-up on Sunday in BENFELD at Zogg tent from 8:30 am to 11 am
- ☐ Return on Sunday in OBERNAI at Zogg tent from 12:00 to 6 pm

Swim suit mandatory if water temperature <16° ; Allowed if water temperature =>16° et =<24°5 ; forbidden if water température >24°5

To go to the star at BENFELD lake :

- ☐ **There are no schuttle**
- ☐ From Obernai it is best to get there by bike (16km 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.
- ☐ Self-service water bottles can be refilled 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 8 June 2025

Race	L	M		S	
Start number collection	Obernai "Parking des Remparts" : Saturday 3:00 pm till 6 pm and Sunday 7:15 am till 10:30 am				
Handover of run bag	Saturday 3 pm till 6 pm & Sunday up 7:30 AM in Obernai at transition area 2 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	
<u>START</u> : "mass start"	9h15 all categories	12h15 Women & Relay	13h00 Men	10h20 Women & relay &	10h30 Men
<u>Latest time for bike start</u>	14h30	13h10	13h55	10h45	10h55
<u>Latest time for Run start</u>	14h30	16h20		12h05	
<u>Latest time for Run start lap 2</u>	15h40				
Award ceremony	16h30 in Obernai	17h00 in Obernai		14h15 in Obernai	
Bike recovery	15h00-18h	16h20 - 18h00		<u>12h05-13h30 maxi</u>	

Aid stations

	Location	Aid station content
SWIM	Swim out M & L	Water
Bike	Ste Odile : Km 29 (L) direction Hohwald	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 2,3 (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

Routes:

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

Race informations 1/2

Acces to start at Benfeld lake:

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

The organization marks your arm (S and M)

The refereeing judges verifies your compliance

Numbering of bike pitch:

- 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 = pitch 428

Bib L 2065 = pitch 65



- 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 the prize was subscribed at the registration.

Swim => bike transition:

- S&M: Change at location – nudity not allowed
- L: Change under marquees and separate H & F
- The numbered bag containing your belongings is repatriated to Obernai by the organization. The remaining cases are considered as waste
- For the relay teams, the chip bracelet on the ankle serves as a handover to 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 head, chin strap closed Bib on the back attached to the belt
- The eventual stop of 42 sec. at the railway crossing (km 14.28) 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.
- Abandonment of waste or equipment: only at refreshment points

Bike => running 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 of the bike at the numbered location Change at the location. The remaining business must not spill over into the neighbouring location

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 informations 2/2



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

☐ **Reminders:**

- Bib number at the front and visible
- Abandonment of waste or equipment only at refreshment points

L

2 laps x 9, 6km = 19,2km / 242m Elev.

M

1 lap 9,6km / 121m Elev.

S

1 lap 4,8km / 74m Elev.

☐ **Arrival:**

- Don't 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
- Supply Massages

Finish area strictly reserved for competitors, accompanying persons forbidden

Around the race

☐ **LIVE TRACKING and results**

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

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



☐ **Your souvenir photos with**

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

. sportograf.com/event/13608

SPORTOGRAF.COM



☐ **TRIATHLON VILLAGE in OBERNAI**

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

Bike and belongings pick-up:

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