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Gigathlon

CZECH REPUBLIC 

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Podpořil

Ústec



BO

30. 8. - 1. 9. 2019
LABE ARENA RAČICE | CAMP MĚLNÍK

EVENT GUIDE



www.gigathlon.com

Team name:

Members of the team:

Categorie:

Nationality:

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SUBJECT TO CHANGE WITHOUT NOTICE

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www.gigathlon.com | Czech Republic

eventime
ÚSPĚCH SÍTY NA MÍRU

DEAR SPORTS FRIENDS

following last year's success, this year again, the Ústí Region will welcome the fourth edition of the international sports event "Gigathlon Czech Republic 2019". Our region has plenty to offer to visitors and athletes.

On the first day of September, an adrenalin sports holiday will take place in the Labe Arena in Račice, following the example and tradition of the Swiss Gigathlon event.

Five disciplines are awaiting the participants - road and mountain biking, running, swimming and inline skating. I am sincerely paying tribute to all participants, who are facing a total of 272 race km and over 1,800 meters of altitude. During two competition days the athletes will go even beyond the borders of our region to Mělník and Kokořínsko.

I believe that every participating athlete will make plenty of beautiful memories during this event, which is unprecedented in the country and that they may extend their stay in the Usti region even for more than just the two racing days.

I believe that we will see both, athletes who already participated last year as well as brand new ones who want to try and see just how challenging and exceptional this race is.

Sincerely and sporty wishes

Oldřich Bubeníček

Governor of the Ústí nad Labem Region



DEAR GIGATHLETES,

already for the fourth year is the Gigathlon for me an inseparable part of the end of the summer. For the second time we are coming back to the Labe Aréna in Račice, that hosted Gigathlon Czech Republic 2018 - the year with a not an easy courses unfortunately affected by the bad weather.

This year we have prepared slightly shorter and easier competition version that can be entered in new categories - Couple Women and Couple Men. An athletes can choose also from a long traditional version weekend Gigathlon or short version 1 day Sunday Gigathlon. For the very first time we are going to visit Mělník and it's surrounding, where we will surly find a great base for the first competition day. I believe that you all will have a great time here.

For this year as well as following years we will keep a family atmosphere despite, economically speaking, necessary growth of numbers of athletes. The 5th "anniversary" year is already in my head, place and courses. Among current high competition of hundreds running, triathlon or extreme sporting events, we want to keep our originality, based on weekend event, international attendee and unique combination of 5 disciplines and 3 categories, as a key, that will keep on capturing people's attention.

As every year I admire everybody's performance and I am looking forward to our high five or a hug at the finish line. I thank to all our long term as well as new partners, Ústí nad Labem Region, city Mělník, Labe Arena Račice and the whole crew and volunteers, that you are in it with me for the fourth time. Let the weekend be an inspirational and full of unforgettable moments!

Viva Gigathlon!

Jan Plachý

CEO Gigathlon Czech Republic



Last year Gigathlon Czech Republic has moved from south to the north, where the top sports centre called Labe Arena Račice turned into the main base for the weekend. New courses have been introduced to nearly 200 Gigathletes. Here are the ones who have taken home not only a great memories but also medals:

SINGLE 🧑

Pavel Mužíček	14:30:34
Martin Gabla	14:38:48
Jan Strangmüller	15:16:50



SINGLE 🧑

Anja Sturm	15:57:20
Claudia Meili	16:48:01
Jeanine Forster	17:29:25

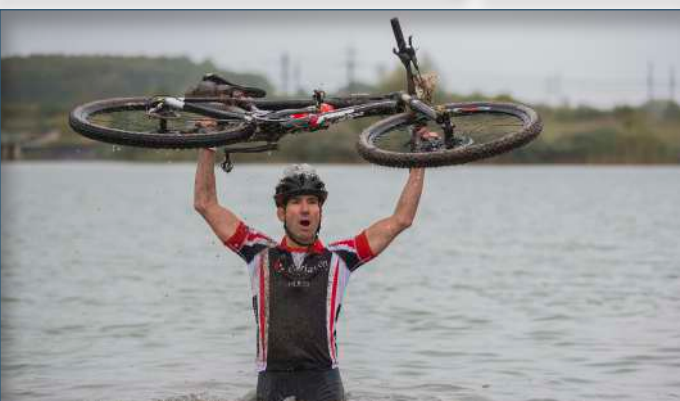
COUPLE 🧑🧑

CSG TRI Team 1	13:18:11
Bianca & Arnold	13:22:20
CSG TRI Team 2	14:09:46



TEAM OF 🧑🧑🧑🧑

CSG TRI Team A	12:30:54
Atira.cz Cyklo Jiříčka	12:35:36
Dream team	14:30:06



THROWBACK TO 2018



Hazmburk Castle

ÚSTÍ NAD LABEM REGION

The Ústí Region lies in the north-west of the Czech Republic and its north-west side also delimits the border with Germany. The capital city of the region is Ústí nad Labem. The Ústí Region is also the Czech Republic's fifth largest region. The Ústí Region has a rich history represented by a high number of objects of cultural heritage. The most famous include e.g. the Roman-style rotunda on Říp Hill, the Gothic-style church in Most, the Baroque chateau in Duchcov, monasteries in Osek and Doksany as well as the chateaus of Ploskovice and Libochovice.

The towns of Litoměřice, Ústěek and Terezín were announced urban conservation zones. Other important features of the Ústí Region include its transport links to the European Union. We must mention especially the Labe River, which connects inland Bohemia with the North Sea. It is skirted by an important railway line and motorway from Prague to Dresden.



Castle Roudnice nad Labem



LABE ARENA RAČICE

The Labe Arena Račice is world well known for its 2 km long rowing channel, where international sporting events like European Rowing Championships or World Speed Canoeing Championships take place regularly.

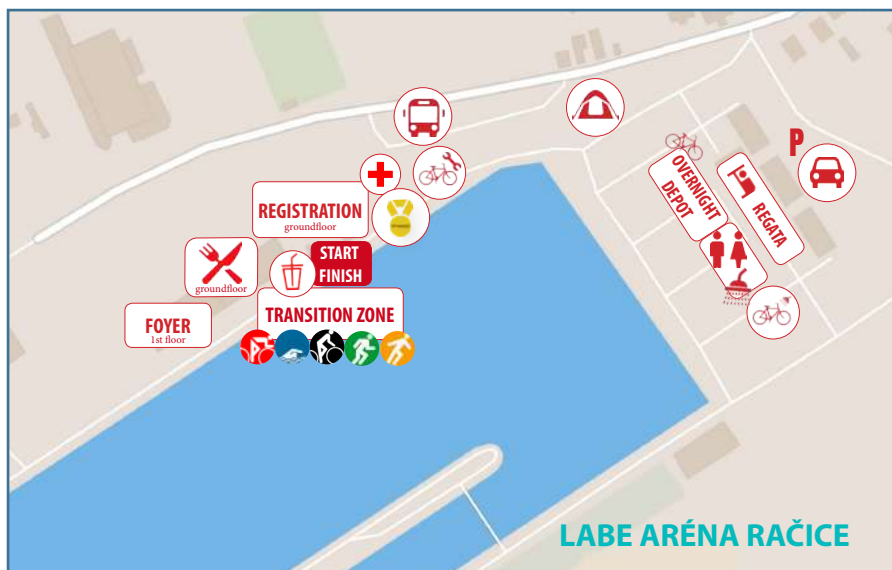
The first weekend in September this venue will turn into the home base of Gigathlon Czech Republic 2018 and will provide surly comfortable facilities and excellent service to all Gigathletes. Local water alias rowing channel will turn into the swim course on Calm Sunday, the green in front of the channel into the Gigathlon camp village, the garage for the rowboats into the overnight depot for bikes and the stand along the inline course will serve for fans at the finish line as well as for the Medal Ceremony.



CAMP MĚLNÍK

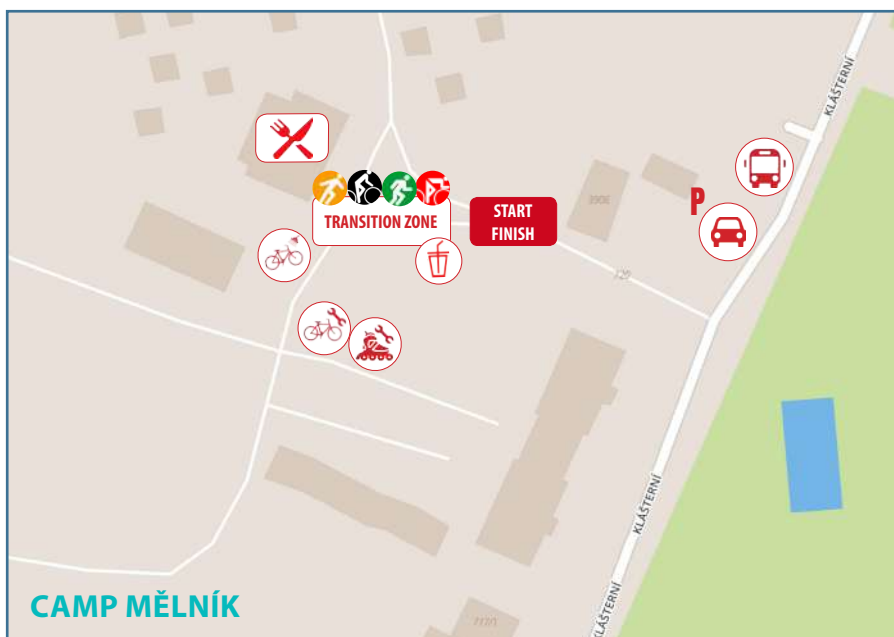
Camp Mělník is the most visited camp in the region and that is thanks to its wide scale of accommodation offers throughout the year, delicious kitchen with a friendly staff, rich sporting facilities and its location near the city centre. On Saturday, August 31 Camp Mělník is going to turn into the main centre of the fourth edition of the Gigathlon Czech Republic. Besides of transition zone and refreshment point athletes can look forward to the great atmosphere created by our presenter and DJ.

RAČICE HOME BASE & DELICIOUS SUNDAY



Račice 130, Labe Arena, 411 08 Štětí | GPS souřadnice: 50.457646, 14.341097

MĚLNÍK AMBITIOUS SATURDAY



Camp Mělník, Klášterní 720, 276 01 Mělník | GPS 50.3599141, 14.4755038456524

REGISTRATION

All registered athletes must be present at the registration desk with a valid ID.

WEEKEND GIGATHLON

Friday 30. 8. | 14:00 - 21:00
Areál Labe Aréna Račice

DELICIOUS SUNDAY

Sunday 1. 9. | 7:00 - 7:30
Areál Labe Aréna Račice

Start package will be collected at the registration desk including the timing chip strap.

START PACKAGE 2019

CATEGORY	1*	H	5x
COLOUR OF CATEGORY	● red	○ white	● blue
EVENT GUIDE	1	1	1
WRIST BAND	2	2	5
HELM COVER	2	2	3
SWIM CAP	1	2	2
START # ROAD BIKE	1	2	1
START # MOUNTAIN BIKE	1	2	1
START # INLINE	1	1	1
START # RUN	1	1	1
TIMING CHIP STRAP	1	1	1
MEAL VOUCHERS	2	2	5
SAFETY PIN	4	8	8
CABLE TIE	6	12	12

TIMEKEEPER

The timing will be secured by time keys with **straps attached to your ankle**. Time key straps will be collected at the registration desk on Friday afternoon (Weekend Gigathlon) or Sunday morning (Delicious Sunday). All time keys should be returned on Sunday after finish. Please double check at the registration that your number on the time key matches the printed numbers.



For the first year the race will take place across two regions - Ústí nad Labem Region and Central Bohemian Region. In total **271 km with 1 827 m** of elevation gain are waiting for the Gigathletes of 2019. Both competition days athletes will compete in 5 disciplines in different order each day.

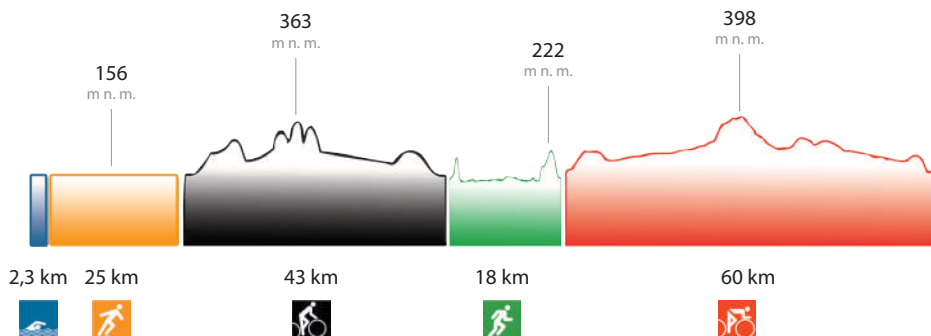
31. AUGUST AMBITIOUS SATURDAY

For the very first time the Gigathlon Czech Republic will start with the **SWIM** mass start. All swimmers will gather at the start of the rowing channel at 7:00 am and swim through the whole length of the channel. After the 2,2 km swim and 100 m run they will hand the relay over to the **INLINE** skaters.

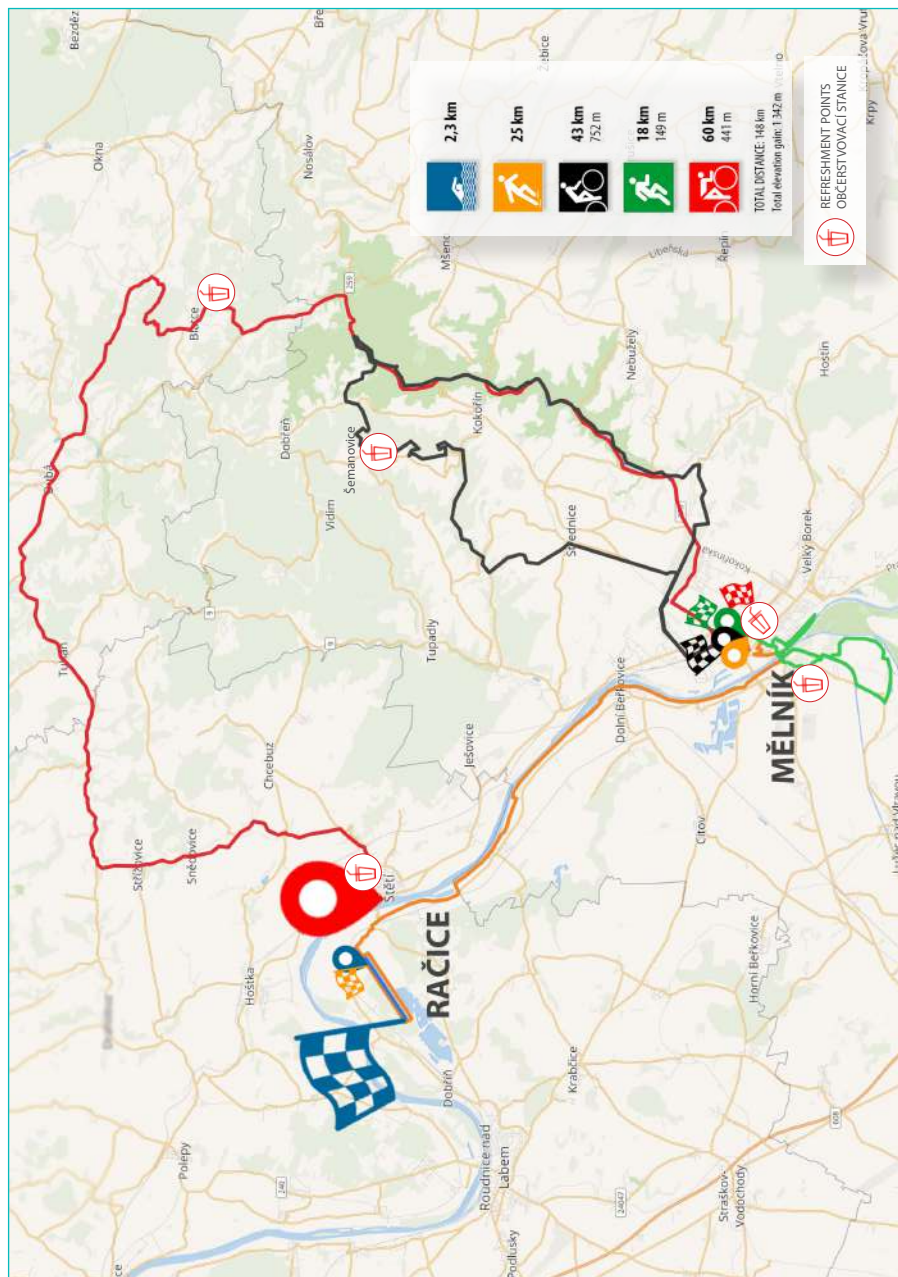
Inline skaters will start their course with a "warm up" round around the channel and then hit the inline skating path direction Mělník. This course goes along the river Labe. Spectacular views over the Chateau Mělník will open to athletes' sights. Inline skaters will finish in Camp Mělník, the main Saturday's centre.

Third discipline of the day is **MOUNTAIN BIKE**. 43 km long wavy course through the Kokořín forest will be one of the highlights of the whole weekend. Discipline **RUN** will be the last on Saturday that is going to start and end in Mělník. Again a great views over the Chateau Mělník will open to these athletes. Extremely scenic and diverse course with green paths turning in to quiet asphalt roads back and forth will bring runners all the way to the confluence of the two biggest Czech rivers Vltava and Labe.

The last discipline of the day and the discipline, that will start in Mělník, but will finish in Štětí-Račice will be the **ROAD BIKE**. From Mělník cyclist will dive back in to the forest area of Kokořín and will finish their 60 km long measured course in Štětí, where their time for the day will be stopped. Unfortunately due to the undergoing bridge reconstruction in Štětí athletes cannot cycle directly to Račice. But luckily enough they can enjoy a ferry ride instead that is going to take them over the river and then a final chill ride back to Labe Arena Račice.



* **Neutral zone** applies to Couples who are planning on the combination of MTB + Swim (see p.19).



1. SEPTEMBER

DELICIOUS SUNDAY

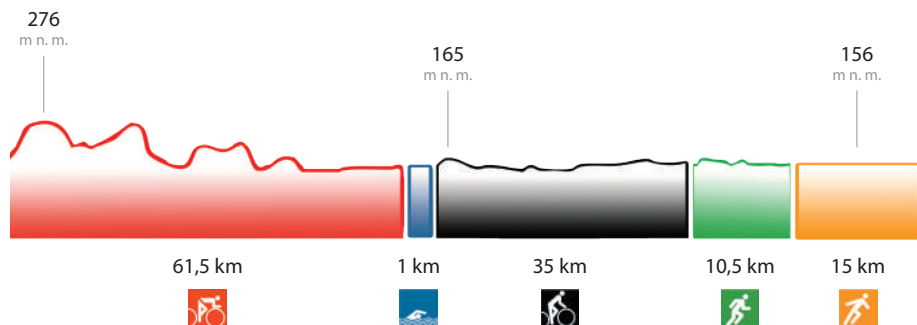
Delicious Sunday stands for shorter and less demanding courses and therefore a fast performance with more stress on the teamwork and fun. On Sunday we will welcome at the start next to the **Weekend-Gigathletes** also fresh 1 day **Sunday-Gigathletes**.

Main centre of the day will be in Labe Arena Račice, where all disciplines will start and finish. There will be only one transition zone, what will create again an awesome atmosphere at the finish line. Sunday as every year will start in interval start based on times from the first competition day. The fastest in each category will start at 7:00 and will be followed by others with max gap of 60 min from the first day. A mass start for rest of athletes is set for 8:00 am.

First discipline **ROAD BIKE** is a 60 km long course that will break the mass in small groups, so gigathletes in the second discipline **SWIM** won't have to fight for their space in the water. Swimmers also won't stay in the water that long, they will swim only half of Saturday's course 1 km. From the wetsuit back to the bike seat. Due to the bridge reconstruction in Štětí will **MOUNTAIN BIKE** discipline stay as well close to Labe Aréna. A less technical 17,5 km long round in a nearby forest will ride bikers twice.

The discipline **RUN** got this year on the fourth place but the course remains the same as last year. Two times 5,25 km long round around the rowing channel, when the athletes will have to cross the finish line twice before they can hand over the relay to athletes in the last discipline of the Gigathlon Czech Republic 2019.

The last burden will be carried by **INLINE SKATERS**, who will circle 3 times around the channel before the very final finish line crossing in 2019. Biker or Supporter can accompany the last Gigathlet for his/her last round and the rest of the team mates can join for the last few meters. The last finish line brings the smiles on athletes faces and therefor we recommend you to be aware of your mates on the course and not to move far from the finish line.



30. AUGUST FRIDAY

14:00 - 21:00

Registration

16:00 - 22:00

Drop off bikes (Regata overnight depot)

18:00 - 21:00

Dinner

19:15

Opening - Welcome Drink (Foyer Labe Arena)

19:30 - 20:30

Race briefing (Meeting room Labe Arena)

31. AUGUST SATURDAY

5:30 - 8:00

Breakfast

7:00

START swim (Račice)

7:25

Estimated time of the first swimmer

7:25 - 8:00

Rolling start inline

8:05

Estimated time of the first inline skater

8:05 - 10:00

Rolling start mountain bike

10:00

Cut off time swim + inline

9:50

Estimated time of the first mountain-biker

9:50 - 12:30

Rolling start run

11:05

Estimated time of the first runner

11:05 - 14:30

Rolling start road bike

14:30

Cut off time mountain bike + run

12:55

Estimated time of the first finisher

Lunch (lunch package)

12:55 - 18:00

All gigathletes at the finish

18:00

Cut off time road bike

14:00 - 20:00

Drop off bikes at the overnight depot (Regata)

17:00 - 20:00

Dinner

1. SEPTEMBER SUNDAY

5:30 - 8:00

Breakfast

7:00

START fastest Gigathletes (Single, Couple, ToF)

7:00 - 8:00

Interval start*

8:00

START road bike**

8:00

START 1 Day - Sunday Gigathletes

8:30

Estimated time of the first road-biker

8:30 - 10:30

Rolling start swim

8:45

Estimated time of the first swimmer

11:00

Cut off time road bike + swim

8:45 - 11:00

Rolling start mountain-bike

10:00

Estimated time of the first mountain-biker

10:00 - 13:00

Rolling start run

10:35

Estimated time of the first runner

10:35 - 14:15

Rolling start inline

14:15

Cut off time mountain bike + run

11:05

Estimated time of the first finisher

11:05 - 15:15

Estimated time of all finishers

13:00 - 15:30

Lunch

15:00

Medal ceremony

* All Gigathletes who finished within 60 min after the Saturday's winner in the respected category.

** All Gigathletes who finished above 60 min after the Saturday's winner in the respected category.

There will be two transition zones on Saturday (Labe Arena Račice and Camp Mělník) and only one on Sunday (Labe Arena Račice). Even though this year's concept is not that logistically demanding, we still recommend to all Gigathletes to plan their Saturday's transport ahead. All Gigathletes except swimmers and inline skaters have to get to Camp Mělník, where they will start their discipline. After the race is finished all have to move back to Račice.

Estimated times of the first Gigathlete's starts from the Camp Mělník:

MOUNTAIN BIKE

8:05

RUN

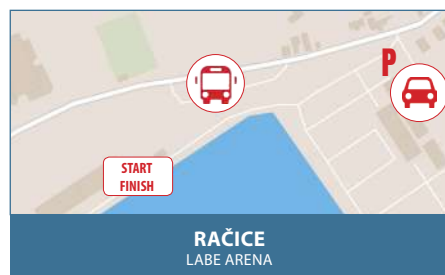
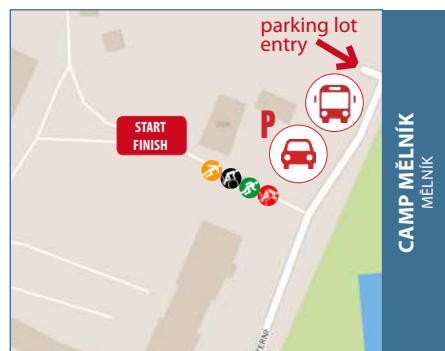
9:50

ROAD BIKE

11:05

We recommend to be in Mělník 1 h prior their start. Gigathlon Shuttle Bus or private cars can be used for transportation. We recommend to either use our Shuttle Bus or carpool from Račice to Mělník and back to eliminate the free spaces. Shuttle bus can be used as well for the swim start, that is 2 km away from Labe Arena Račice - start of the rowing channel.

SHUTTLE BUS* AMBITIOUS SATURDAY



Račice (Registration)	Račice (Start - swim)
6:35	6:40
Račice	Mělník (Camp)
7:00	7:30
8:00	8:30
Mělník (Camp)	Račice
12:00	12:30
14:00	14:30

* * Times are approximate. Subject to change.

PARKING

Parking lot right behind the Camp Mělník will be available for free parking with no parking tickets. Even though we recommend to use cars effectively (Single 1 x, Couple 1 x, Team of Five 2 x).

ESTIMATED TIMES OF THE FIRST AND LAST GIGATHLETE

31. AUGUST AMBITIOUS SATURDAY

Discipline	Distance	First Gigathlete	Last Gigathlete	Cut off time
SWIM	2,3 km	25 min 7:00 - 7:20	1 h 7:00 - 8:00	-
INLINE	20 km	40 min 7:20 - 8:05	2 h 8:00 - 10:00	10:00
MOUNTAIN BIKE	43 km	1 h 45 min 8:05 - 9:50	2 h 30 min 10:00 - 12:30	-
RUN	18 km	1 h 15 min 9:50 - 11:05	2 h 12:30 - 14:30	14:30
ROAD BIKE	60 km	1 h 50 min 11:05 - 12:55	3 h 14:30 - 17:30	17:30

1. SEPTEMBER DELICIOUS SUNDAY

Discipline	Distance	First Gigathlete	Last Gigathlete	Cut off time
ROAD BIKE	61 km	1 h 30 min 7:00 - 8:30	2 h 30 min 8:00 - 10:30	-
SWIM	1 km	15 min 8:30 - 8:45	30 min 10:30 - 11:00	11:00
MOUNTAIN BIKE	35 km	1 h 15 min 8:45 - 10:00	2 h 11:00 - 13:00	-
RUN	10,5 km	35 min 10:00 - 10:35	1 h 15 min 13:00 - 14:15	14:15
INLINE	15 km	30 min 10:35 - 11:05	1 h 14:15 - 15:15	-

On Sunday will start at 7:00 the fastest in each category and will be followed by others with max gap of 60 min from the first day. A mass start for rest of athletes is set for 8:00 am.

Competitors are required to respect the regulations of the officials of health care, emergency police and organizers. They are entitled to withdraw a competitor from the race at any time if it is due to her/his condition endangering his health and safety. Participants who are treated during the race, can resume racing after treatment, if allowed by the health care / emergency official.

INLINE, MTB AND ROAD BIKE

- Participants are obliged to wear a helmet all the times when racing.
- Wrist, elbow and knee protections are recommended (inline).
Lights and reflex equipment should be carried at all times. (road bike and mountain bike)
- All participants should stay alert. Competition will be held without traffic closed on both days. Intersections will be managed by organisers in cooperation with police. Organizers will oversee (at selected hazardous locations), who will be entitled for as long as necessary to stop vehicles when passing racers. Crossing in the opposite direction without the necessary vision (especially when cornering) is unacceptable and will result in up 60 min penalization (road bike & mountain-bike). Even though participants are racing they should not try to demand right of way and must obey the driving rules. Cars on the road have always right of way!
- Race courses include steep inclines and descents, each participant is responsible to be able to manage those. These places will be properly marked and participants will be informed about necessary slow down before the descents.
- Competitor is obliged to make sure at all railway crossings that he can safely cross over. Crossing when crossing gates are being closed is unacceptable and will result in either disqualification or in up 60 min penalisation. (road bike and mountain bike)
- Before a long ride we recommend to put on dry cloths.
- In case of thunderstorm athlete should get off the bike and leave a dangerous territory, Gigathlete should not continue in the race. We recommend to avoid trees, rocks and other high objects.
- **INLINE - MOUNTAIN BIKE - NEUTRAL ZONE** (only for category Couple) applies for combination "swim + mountain bike and inline + road bike + run". When the swimmer who continues with mountain bike will get to the Camp Mělník after the inline skater's arrival, the neutral zone applies and the waiting time will be subtracted from the total time.
ROAD BIKE (Ambitious Saturday only) due to the undergoing bridge reconstruction in Štětí, road bike discipline will be ended in Štětí and the race time will be stopped here for this day. From here athletes will take a ferry over the river and then follow the signs back to Račice.

SWIM

- Wetsuit with minimum thickness of 3 mm is mandatory. The wetsuit must cover arms and legs while hands and feet need to be free.
- Swim course will be overseen all the time. In case of any danger, the swimmer should try to make sign by waving or by hitting the water with arm or leg.

Full version of Gigathlon Czech Republic 2019 regulations can be found online
at www.gigathlon.com > "Downloads" > "Regulations 2019"



GIGATHLON CAMP

is an inseparable part of this event. Accommodation in Gigathlon camp in original Gigathlon tents (only) is free of charge. Tents have to be pre-ordered. After the event Gigathlets can keep them.

ANOTHER ACCOMMODATION POSSIBILITIES IN LABE ARENA RAČICE

are in spacious dorm named Regata. 2 beds ensuite rooms or 4 and 6 bed rooms with a shared bathrooms are available.

Check out time on Sunday from Regata is before 5 pm.



CATERING

All meals, besides of Saturday's lunch, will be served in Labe Arena Račice in the dining hall, directly underneath of the official restaurant. For Saturday's lunch Gigathletes will be getting lunch package. All meals will be served against valid meal vouchers.

	Friday	Saturday	Sunday
BREAKFAST	-	5:30 - 8:00 Labe Aréna	5:30 - 8:00 Labe Aréna
LUNCH	-	lunch package	13:00 - 15:30 Labe Aréna
DINNER	18:00 - 21:00 Labe Aréna	17:00 - 20:00 Labe Aréna	-

SYMBOLS

CATEGORIES



Single



Couple



Team of Five

DISCIPLINES



Run



In-line



MTB



Swim



Road bike

COURSES



Run



In-line



MTB



Swim



Road bike

SIGNAGE



Direction signs



Marking tape

TRANSPORT



Shuttle bus



Parking

SERVICES



Bicycle wash



bike / In-line services

OTHERS



Camp



Showers



Bikes depot



Catering



WC



Medical

NOTES SATURDAY

HOST



PARTNERS

SAFICHEM assets



**PŘEROST A ŠVORC
AUTO**



VIENNA HOUSE
DIPLOMAT
PRAGUE



ORGANIZER

