



# Gigathlon

CZECH REPUBLIC 



28. - 30.8.2020

MĚLNÍK

**EVENT GUIDE**



[www.gigathlon.com](http://www.gigathlon.com)

**Team name:**

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**Members of the team:**

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**Category:**

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**Nationality:**

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## INFORMATION GUIDE: 22. 8. 2020

SUBJECT TO CHANGE WITHOUT NOTICE

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e-mail: info@gigathlon.cz

### Emergency Number:

+ 420 603 199 239  
*for athletes during the race*  
29.-30.8.2020

### Organizer:

eventime s.r.o.  
Václavské náměstí 1, 110 00, Praha 1  
www.gigathlon.com | Czech Republic

**eventime**  
ÚSPĚCH SÍTY NA MÍRU

# DEAR GIGATHLETES,

this year is for most of us exceptional thanks to the unexpected occasions, that had the strong impact on our personal lives as well as on global sport. Normally fully booked calendars with various events remained empty Therefore I am pleased even more that despite more difficult preparation, uncertain start of the international athletes or just the difficulties with sport preparation of each athlete we are going to meet at the end of this summer and celebrate together this little jubilee.

Next to the current world situation there is another aspect that will have an impact on the future of Gigathlon Czech Republic. The Swiss owner of the Gigathlon's license has come to the conclusion to skip next year's Gigathlon Switzerland 2021, to focus on preparations of 2022 instead, what they are planning on calling the final Gigathlon, that will close this more than 20 years long sporting era.

What does this actually mean for Gigathlon Czech Republic? For now is certain that after 2022 we won't have the rights to organize Gigathlon under this brand. That means we as well have to decide whether we will continue under a new structure or we will put an end to it. It's clear that you athletes and your interest into this event will play a big role on that decision. I believe that together we can keep this event in the Czech Republic going.

Right now we can look forward to the best part that is just around the corner, to the 5th edition of the Gigathlon Czech Republic about which we are all full of expectations. For the first time with both days in Mělník and its surroundings, for the first time with new lighter Saturday's version, but mainly still with Czech as well as international participants, for who we want to create the unforgettable race atmosphere.

Many of you are coming back to Gigathlon, some of you have even not missed out a year, but we will as well welcome many new Gigathletes. I would like to thank here to all participants for your trust in our organizing team, I also thank to all volunteers for their great work and last but not least to the host city Mělník that provides us with an awesome facilities.

Let's enjoy this weekend to the max! I am looking forward to seeing you at the start & at the finish line.

**Viva Gigathlon!**



**Jan Plachý**  
CEO, Gigathlon Czech Republic

Last year Gigathlon Czech Republic has returned back to the **Ústí and Labem region** with the main base in well know sport facility Labe Aréna Račice. With the Saturday's competition athletes got the chance to slightly pre discover city Mělník and it's surrounding aka the main area of this year's event. Gigathletes measured their endurance, strength and will on the courses of total length **271 km with 1 827 m elevation gain**. Here below you can check the ones who coped with the last year challenge the best.

## SINGLE MAN

Michal Vlášek	11:27:16
Ondřej Teplý	12:14:24
Christian Flegel	12:34:58



## SINGLE WOMAN

Anja Sturm	13:00:54
Barbora Soukupová	15:50:55
Marli Lenhardt	17:42:09

## COUPLE

OXYMORON	10:39:43
CSG TRI Team AA	11:48:56
MIŠÁCI	12:03:09



## TEAM OF 5

CSG TRI TEAM	10:03:27
CEP TEAM	11:25:22
LOST & FOUND	12:07:39

# MĚLNÍK CITY

Mělník city is not only a city of wine with castle surrounded by walls. The main treasure is hidden underneath. There are castle's wine cellars, wine exposition in museum, underground of Mělník with the widest well in the Czech Republic or Church of St. Peter and Paul with an ossuary and an observation tower from which you can get a great views over the beautiful surroundings.

The confluence of the two largest Czech rivers Labe and Vltava is one of the most scenic places in Mělník. You can observe it from the restaurant placed directly in Mělník Castle or from most of our race courses. If you have enough time during the weekend you may take the ferry to the confluence and the historic technical monument Lateral canal with lock in Hořín. Who is eager for more, it's definitely worth the visit of Kokořín and Houska castles, Irons - Devil's Heads in Želíz or majestic mountain Říp.

## RECOMMENDED

### Bardolino Pizza

Delicious **pizza**

Brown food truck, main square



### Beer Bar NĚMÝ Medvěd

**Microbrewery** with a tasty **burgers**

main square (náměstí Míru 27)



### Ajskrým Kára (Puro Gelato)

Savory **ice cream**

Red food truck, main square



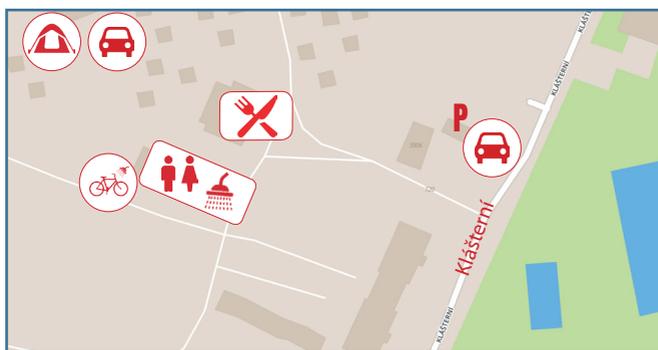
Castle Mělník

# 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 the race weekend of 28.-30.8. Camp Mělník will turn into the base of the Czech Republic Gigathlon 2020. Gigathletes will find here main accommodation "Camp Gigathlon" on a widely spread green area. Breakfast buffet for athletes will be served in the Camp's restaurant on the both competition days (included in registration fee). Camp Mělník provides more types of accommodation and it is up to athletes, whether they choose Camp Gigathlon (included in registration fee) or some other option.

## CAMP MĚLNÍK



Camp Mělník, Klášteří 720, 276 01 Mělník  
GPS 50.3599141, 14.4755038456524

## GIGATHLON CAMP

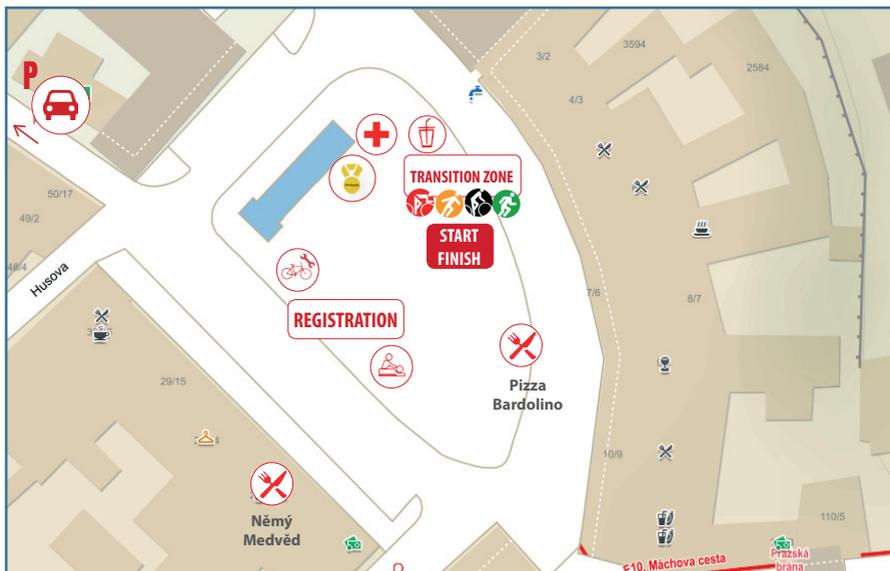
is an inseparable part of this event. Accommodation in Camp Gigathlon in original Gigathlon tents (only) is free of charge. Tents have to be pre-ordered. After the event Gigathletes can keep them.

Gigathletes, who are planning on staying in Camp Mělník, please sign up first at the reception desk (on your right) upon your arrival.

**Parking** either right next to your tent in Camp Gigathlon or at the parking lot outside of the Camp Mělník (see the map above). Cars can be parked here for free. Please use up the space in vehicles effectively (Single 1x, Couple 1x, Team of Five 2x).

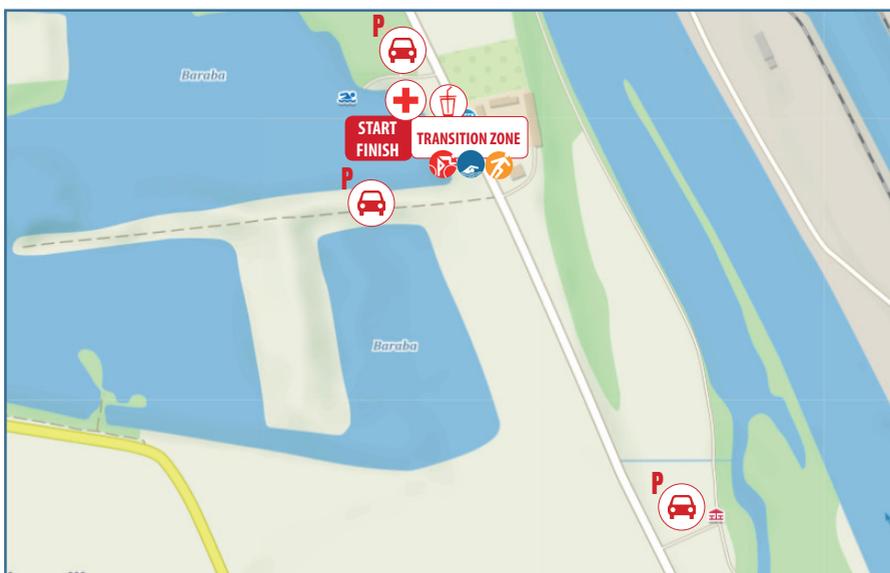


## TRANSITION ZONE MAIN SQUARE | SATURDAY & SUNDAY



Náměstí Míru, Mělník 276 01 | GPS: 50.3518386N, 14.4746492E

## TRANSITION ZONE BARABA | SATURDAY & SUNDAY



Quarry Baraba, Dolní Beřkovice | GPS: 50.3667261N, 14.4486261E

## REGISTRATION

All registered athletes must be present at the registration desk with a valid ID. Please give us a shout, shall any of your team members should not make it on time.

### WEEKEND GIGATHLON & LIGHT SATURDAY GIGATHLON

Friday 28. 8. | 16:00 - 20:00 | main square (náměstí Míru)

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

## START PACKAGE 2020

CATEGORY	1*	M	5x
COLOUR OF CATEGORY	● red	○ white	● blue
EVENT GUIDE	1	1	1
WRIST BAND	2	2	5
HELM COVER ( <i>Weekend Gigathlon only</i> )	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
BREAKFAST VOUCHERS	2	2	5
SAFETY PIN	4	8	8
CABLE TIE	6	12	12
BAG (for running shoes)	2	2	2

\* Helmet cover can be either returned into the prepared boxes at the finish line on Sunday or kept as a souvenir.

## TIMEKEEPER

The timing will be secured by time keys with **straps attached above your right ankle**. Time key straps will be collected at the registration desk on Friday afternoon. Time keys should be returned on Sunday after the race at the Gigathlon info tent. Please double check at the registration that your number on the time key matches the printed numbers.

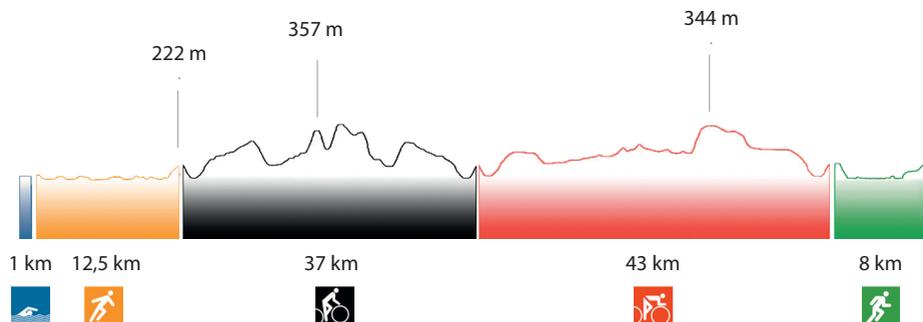


5th edition of the Gigathlon Czech Republic will be for the very first time with both competition days held in Mělník. The highlight of this year will be the finish line right at the main square. Gigathlon Camp can be found in Camp Mělník, that is only 15 min away by walk from the main square. Athletes can look forward to **250 km and 2 657 m elevation gain**. Each day Gigathletes will complete 5 disciplines in different order. This year competitors can choose from the classic 2 days event Weekend Gigathlon or new lighter 1 day version Light Saturday Gigathlon (half distances).

## 29. AUGUST LIGHT SATURDAY

The 5th Gigathlon Czech Republic will be kicked off by **swimmers**. 1 km long round in crystal clear water of the quarry Baraba will be a great refreshing way how to start a day. As a second will get on course **inline skaters**. They will skate along the river on the cycling path direction Hněvice. After 5 km they will turn back and hit the way opposite direction back to Mělník. Last short part will be going up hill up to the point, where 500 m (above Vrázovka - view point) before the finish line, due to health and safety, inline skaters will have to swap inline skates for the running shoes and run (carrying their skates) the last part to the main square.

Team mates will be already waiting on the main square. **Bikers** will hit the road direction Kokořínsko and dive into the forest. On their 37 km long course they can look forward not only to a quiet beautiful nature, but also to some decent technical passages. Fourth on course will get gigathletes in discipline **road bike** on the 43 km long loop across the green forestry area of Kokořínsko. Last but not least will take the burden on their shoulders **runners**. They will get the most of the city Mělník with 8 km long run down to the confluence of two Czech biggest rivers called Labe and Vltava. A mixture of road and terrain run will be accompanied all the way by a great views over the Mělník castle. They will finish their run as well as the whole new event Light Saturday Gigathlon by crossing the finish line together with their team mates back on the main square in Mělník.





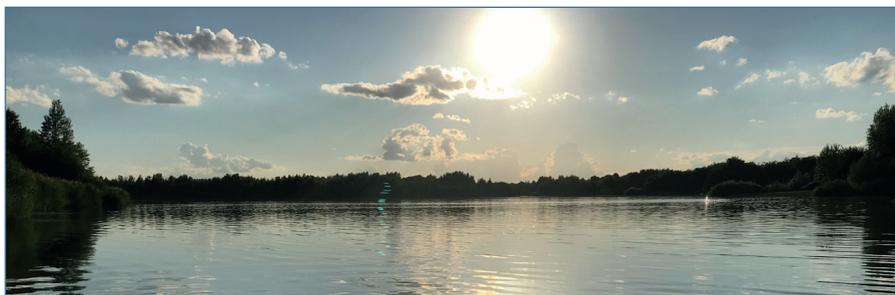
# WEEKEND GIGATHLON

## 29. AUGUST

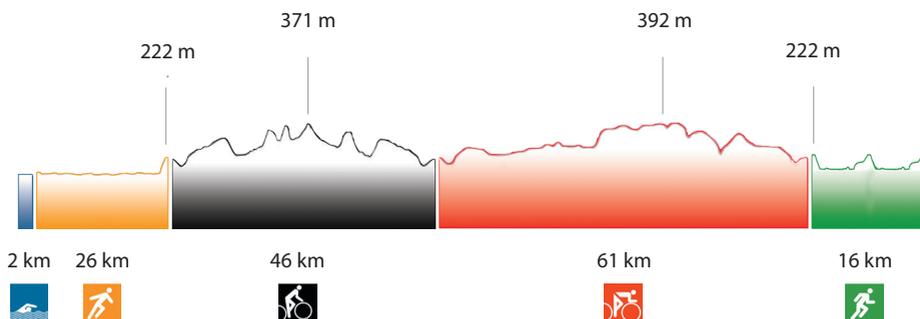
### FURIOUS SATURDAY

will kick off at Baraba with the swim course. **Swimmers** will circle 1 km long round twice in crystal clear water of the quarry. Next one on the course **inline skaters** will copy last year inline course from Mělník (Baraba) to Počaply and back direction city centre Mělník. Last short part will be going up hill up to the point, where 500 m before the finish line, due to health and safety inline skaters will have to swap inline skates for the running shoes and run (carrying their skates) the last part to the main square.

**Mountainbike** will start at the main square in Mělník. 1 round of 46 km across Kokořínsko will be spiced up by technical passages. Bikers will hand over the relay on the main square to **cyclist**. They will as well head back to Kokořínsko. After one round of 61 km through a quiet nature they will hand over the relay to **runners** back on the main square. They will run 2 times 8 km long loop with the scenic views over Mělník, which will be the great end of the first day.



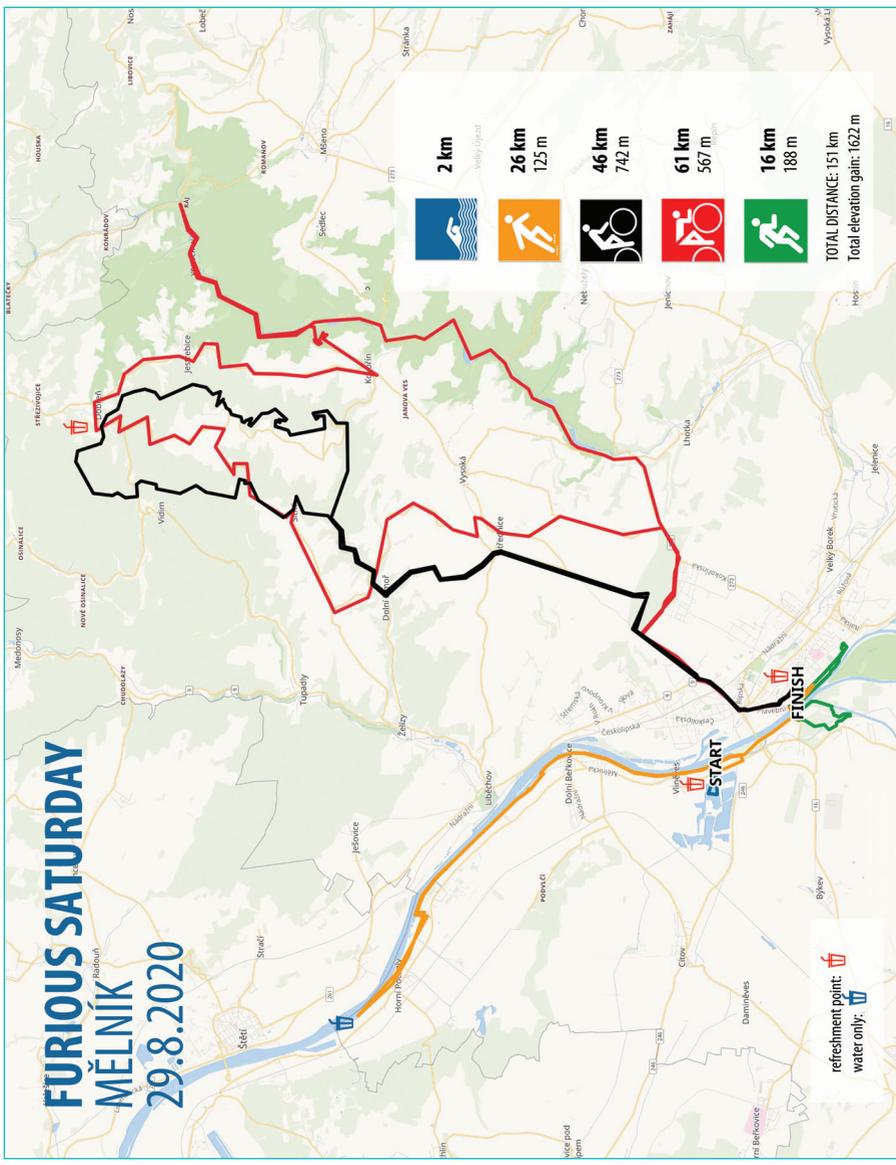
quarry Baraba



# FURIOUS SATURDAY

## MĚLNÍK

### 29.8.2020



refreshment point:   
 water only: 

# FURIOUS SATURDAY

# 30. AUGUST

## CURIOUS SUNDAY

During the second competition day Gigathletes will mostly copy courses of the previous day in short versions. Athletes will start in order in which they have finished on the first day. All first Gigathletes in their category start at 7:00. Gigathletes with the loss of time up to 60 min from the Saturday's winner will be starting in so called **interval start** from 7:00 till 8:00. Rest of the competitors will start in **mass start** at 8:00.

First on course **road bikers** will ride same but shorten course in opposite direction than on Saturday. After 46 km in wheels they will meet up with swimmers at Baraba quarry.

**Swimmers** will copy 1 Saturday's loop.

**Inline skaters** will head as well the same direction as on Saturday, but turn back sooner, again as on Saturday 500 m before the finish line, they will swap their inline skates for running shoes.

**Bikers** will have less elevation gain demanding course. They will not leave Mělník and ride 5 times 4.75 km loop close by castle Mělník. That means they will have to ride through the finish line on the main square 5 times, what is going to make a great exciting atmosphere.

After they will catch up with **runners**, who will with 1 Saturday's loop finish 5th year of the Gigathlon Czech Republic 2020.





## 28. AUGUST FRIDAY

16:00 - 20:00

**Registration**

19:30

**Opening - Welcome Drink (main square)**

20:00 - 21:00

Briefing (main square)

## 29. AUGUST LIGHT SATURDAY

SATURDAY ONLY

5:30 - 8:00

Breakfast

6:00 - 18:15

transition zone - main square

**7:30**

**START swim (Baraba)**

7:45

Estimated time of the first swimmer

7:45 - 8:30

Rolling start inline

8:10

Estimated time of the first inline skater

8:10 - 9:30

Rolling start mountain bike

9:30

Cut off time swim + inline

9:25

Estimated time of the first mountain-biker

9:25 - 12:00

Rolling start road bike

10:45

Estimated time of the first road-biker

10:45 - 14:00

Rolling start run

14:00

Cut off time mountain bike + road bike

**11:15**

**Estimated time of the first finisher**

11:15 - 15:00

All gigathletes at the finish

15:00

Cut off time run

15:00

**Medal Ceremony Light Saturday Gigathlon**

## FURIOUS SATURDAY

WEEKEND

5:30 - 8:00

Breakfast

6:00 - 18:15

Transition zone - main square

**7:00**

**START swim (Baraba)**

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

9:35

Estimated time of the first mountain-biker

9:35 - 13:00

Rolling start road bike

11:20

Estimated time of the first road-biker

11:20 - 16:15

Rolling start run

16:15

Cut off time mountain bike + road bike

**12:20**

**Estimated time of the first finisher**

12:20 - 18:15

All gigathletes at the finish

18:15

Cut off time run

# 30. AUGUST CURIOUS SUNDAY

WEEKEND

5:30 - 8:00	Breakfast
6:30 - 15:00	Transition zone - main square
<b>7:00</b>	<b>START road bike - fastest Gigathletes (Single, Couple, ToF)</b>
7:00 - 8:00	Interval start (All Gigathletes who finished within 60 min after the Saturday's winner in the respected category)
<b>8:00</b>	<b>START road bike</b> (All Gigathletes who finished above 60 min after the Saturday's winner in the respected category)
8:30	Estimated time of the first road biker
8:30 - 10:00	Rolling start swim
8:45	Estimated time of the first swimmer
10:35	Cut off time road bike + swim
8:45 - 10:35	Rolling start inline
9:30	Estimated time of the first inline skater
9:30 - 12:05	Rolling start mountain bike
10:45	Estimated time of the mountain-biker
10:45 - 13:35	Rolling start run
13:35	Cut off time mountain bike + běh
<b>11:30</b>	<b>Estimated time of the first finisher</b>
11:30 - 14:35	All gigathletes at the finish
<b>14:30</b>	<b>Medal ceremony</b>

## ESTIMATED TIMES OF THE FIRST GIGATHELETS

We advise you to be at the start area 30 min prior to your start. For transport we recommend to use effectively personal vehicles. Potential individual transport provided by organizer can be sorted on Friday at the registration desk.

### LIGHT SATURDAY

<u>BARABA</u>		<u>MAIN SQUARE</u>		
SWIM	INLINE	MOUNTAIN BIKE	ROAD BIKE	RUN
<b>7:30</b>	<b>7:45</b>	<b>8:10</b>	<b>9:25</b>	<b>10:45</b>

### FURIOUS SATURDAY

<u>BARABA</u>		<u>MAIN SQUARE</u>		
SWIM	INLINE	MOUNTAIN BIKE	ROAD BIKE	RUN
<b>7:00</b>	<b>7:25</b>	<b>8:05</b>	<b>9:35</b>	<b>11:20</b>

### CURIOUS SUNDAY

<u>MAIN SQUARE</u>	<u>BARABA</u>	<u>MAIN SQUARE</u>		
ROAD BIKE	SWIM	INLINE	MOUNTAIN BIKE	RUN
<b>7:00</b>	<b>8:30</b>	<b>8:45</b>	<b>9:30</b>	<b>10:45</b>

On Sunday all Gigathletes who finished within 60 min after the Saturday's winner in the respected category start in **interval start 7:00 - 8:00**. The rest of Gigathletes in **mass start at 8:00**.

## ESTIMATED TIMES OF THE FIRST AND LAST GIGATHLETE

### 29. AUGUST LIGHT SATURDAY

Discipline	Distance	First Gigathlete	Last Gigathlete	Cut off time
SWIM	1 km	15 min 7:30 - 7:45	30 min 8:00 - 8:30	-
INLINE	12,5 km	25 min 7:45 - 8:10	1 h 8:30 - 9:30	9:30
MOUNTAIN BIKE	37 km	1 h 15 min 8:10 - 9:25	2 h 30 min 9:30 - 12:00	-
ROAD BIKE	43 km	1 h 20 min 9:25 - 10:45	2 h 12:00 - 14:00	14:00
RUN	8 km	30 min 10:45 - 11:15	1 h 14:00 - 15:00	15:00

### 29. AUGUST FURIOUS SATURDAY

Discipline	Distance	First Gigathlete	Last Gigathlete	Cut off time
SWIM	2 km	25 min 7:00 - 7:25	1 h 7:00 - 8:00	-
INLINE	26 km	40 min 7:25 - 8:05	2 h 8:00 - 10:00	10:00
MOUNTAIN BIKE	46 km	1 h 30 min 8:05 - 9:35	3 h 10:00 - 13:00	-
ROAD BIKE	61 km	1 h 45 min 9:35 - 11:20	3 h 15 min 13:00 - 16:15	16:15
RUN	16 km	1 h 11:20 - 12:20	2 h 16:15 - 18:15	18:15

### 30. AUGUST CURIOUS SUNDAY

Discipline	Distance	First Gigathlete	Last Gigathlete	Cut off time
ROAD BIKE	47 km	1 h 15 min 7:00 - 8:30	2 h 8:00 - 10:00	-
SWIM	1 km	15 min 8:30 - 8:45	35 min 10:00 - 10:35	10:35
INLINE	19 km	45 min 8:45 - 9:30	1 h 30 min 10:35 - 12:05	-
MOUNTAIN BIKE	23,5 km	1 h 15 min 9:30 - 10:45	1 h 30 min 12:05 - 13:35	13:35
RUN	8 km	45 min 10:45 - 11:30	1 h 13:35 - 14:35	14:35

This year there will be same **two transition zones** on the both competition days. Main transition zone will be situated directly in the city centre on the **main square**. The second transition zone will be placed down the river by the quarry **Baraba**. Thanks to the short transfer distances, there won't be any transport provided by organizer. We recommend to all Gigathletes to plan their transfers ahead.

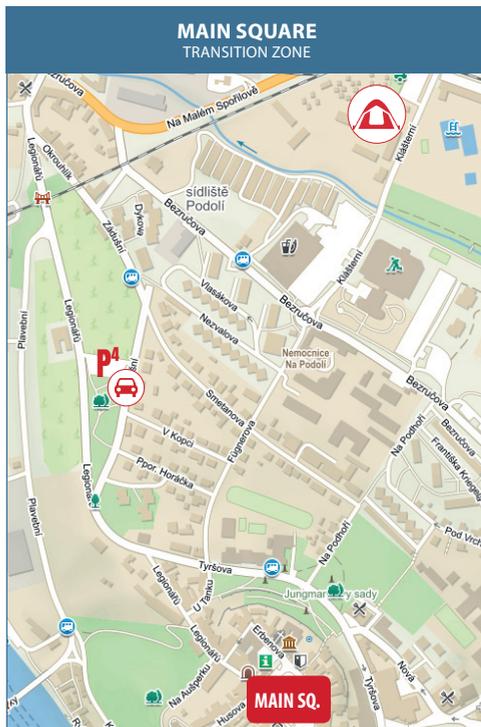
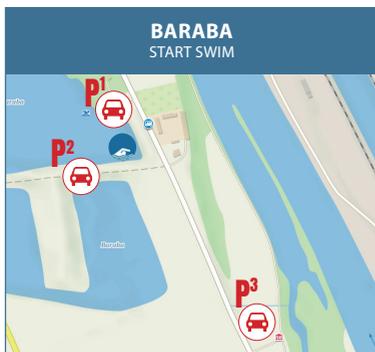
For category **COUPLE** we offer individual transport, that can be pre-booked on Friday at the registration desk.

## DISTANCES

Camp Mělník - Main Square	15 min by walk (1,2 km)
Main Square - Vrázova (inline/running shoes)	5 min by walk(500 m)
Main Square - P Legionářů	10 min by walk (900 m)
Main Square - Baraba	30 min by walk (3,1 km)
Baraba - Camp Mělník	35 min by walk (3,8 km)

## PARKING

Please use up the space in vehicles effectively (Single 1x, Couple 1x, Team of Five 2x).



- P CAMP MĚLNÍK** - right next to the tent in Gigathlon Camp or outside of the Camp Mělník
- P<sup>1</sup> BARABA** - on your left hand after the swim start (direction from city centre Mělník)
- P<sup>2</sup> BARABA** - along the road / **P<sup>3</sup> BARABA** - shelter next to to cycling path (after the bridge first to the right)
- P<sup>4</sup> NÁMĚSTÍ** - parking Legionářů, 10 min by walk from the main square

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 & 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 organizers 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.
- 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, Gigaathlete should not continue in the race. We recommend to avoid trees, rocks and other high objects.

**INLINE** (both competition days) due to the uneven surface of the last part inline discipline will be combined with a short run. **500 m before the finish line above the Vrázovka (view point) competitors have to swap their inline skates for running shoes** and while carrying their inline skates run to the finish. Inline skates left behind at Vrázovka on athlete's risk only. Time is being kept till the athlete runs through the finish line on the main square.

Running shoes can be either hand in at the registration desk on Friday in the marked bag that is included in the start package or individually bring to the changing point above Vrázovka (see times below).



### Drop off shoes:

for Saturday's race	for Sunday's race
<p><b>Friday</b> 16:00 - 20:00 at registration</p>	<p><b>Saturday</b> 15:00 - 18:30 Info Giga Tent</p>
<p><b>Saturday</b> from 6:15 individually above Vrázovka</p>	<p><b>Sunday</b> from 8:00 individually above Vrázovka</p>

## 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 2020 regulations can be found online at [www.gigathlon.com](http://www.gigathlon.com) > "Downloads" > "Regulations 2020"

# OTHER SERVICES



### BIKE SERVICES

- basic services
  - more difficult repairs possible after individual pre-booking personally at the tent or by phone
  - basic nutrition supplements from Inkospor available (*cash payment only*)
- place: main square  
time: Friday 16:00 - Sunday  
*(time depends on athletes demands)*  
Michal Kohoutek, Bikeranch, tel: +420 602 573 612



### INLINE SERVICES

- on call after race hours
- Filip Šnajdr, tel. +420 603 521 620



TRIGGERPOINT

### RELAX ZONE

- massage tools provided by Trigger Point
  - massages
- time: Saturday - Sunday  
*(time depends on athletes demands)*  
place: main square



# CATERING

2x breakfast buffet is included in the start package. Breakfast will be served in the restaurant in Camp Mělník on Saturday and Sunday.

	Friday	Saturday	Sunday
BREAKFAST	-	5:30 - 8:00 Camp Mělník	5:30 - 8:00 Camp Mělník

For other meals we recommend to visit either restaurant in Camp Mělník or any of our recommendations that can be found on page n. 6.

# SYMBOLS

## CATEGORY

-  Single
-  Couple
-  Team of Five

## DISCIPLINES

-  Run
-  Inline
-  Mountain-bike
-  Swim
-  Road bike

## COURSES

-  Run
-  Inline
-  Mountain-bike
-  Swim
-  Road bike

## SIGNAGE

-  Direction signs
-  Marking tape

## TRANSPORT

-  Parking

## SERVICES

-  Bicycle wash
-  bike / In-line services

## ZÁZEMÍ

-  Camp
-  Shower
-  Medical
-  Catering
-  WC

## NOTES

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HOST



PARTNERS

**SAFICHEM** assets



**PŘEROST A ŠVORC  
AUTO**



the intelligent sportswear

VIENNA HOUSE  
DIPLOMAT  
PRAGUE



Run on clouds.



ORGINIZER

