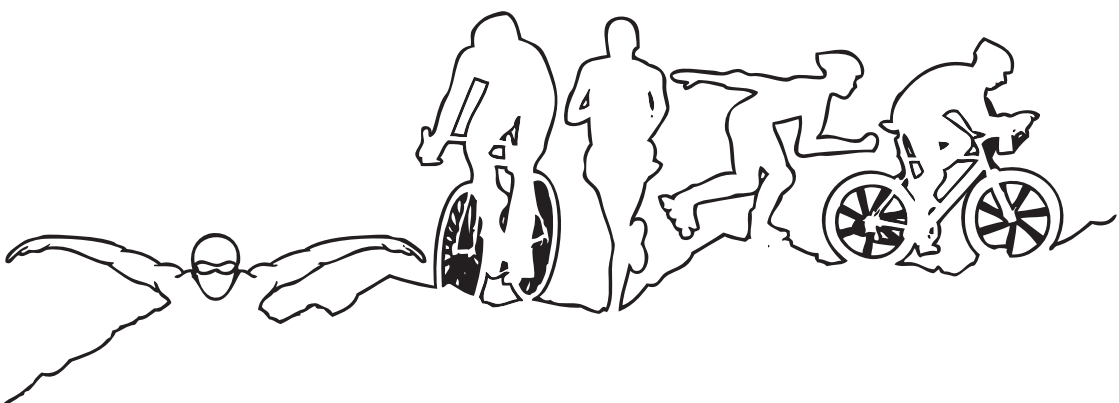




Gigathlon

CZECH REPUBLIC 



27.-29.8.2021

MĚLNÍK

EVENT GUIDE



www.gigathlon.com

Team name:

Members of the team:

Category:

Nationality

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INFORMATION GUIDE: 23 August 2021

SUBJECT TO CHANGE WITHOUT NOTICE

Contact:

cell.: + 420 607 852 540
e-mail: info@gigathlon.cz

Emergency Number:

+ 420 774 245 198
for race time only

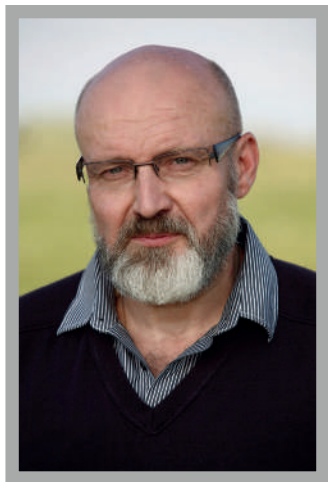
Organizer:

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

eventime
ÚSPĚCH SÍLY NA MÍRU

WELCOME WORD

A royal dowry town and wine growing region after a year welcome back athletes of the sporting event Gigathlon Czech Republic. Already for the sixth time the physical and mental strengths of the hobby as well as pro athletes will be tested in this unique combination of 5 disciplines (run, swim, road bike, mountain bike and inline skating), three categories and two events. Gigathlon is becoming a tradition enriching our town located directly on the confluence of the two biggest Czech rivers. At Gigathlon everybody can find their perfect combination of disciplines that meets their demands. The competition will run in the most beautiful and scenic parts of the Mělník's region. I wish to all Gigathletes their best race, a bit of unnecessary luck and mainly a satisfaction with their own performance. I look forward to see you all at the opening ceremony and during the race days here in Mělník.



MVDr. Ctirad Mikeš (Mayor of the Mělník city)



GIGATHLON 2016 - 2020

WINNERS 2016 - 2020

2016

Lipno

Single Man

Krebs Ramon
Teply Ondřej
Mužíček Pavel

Single Woman

Vliegen Tina
Recke Constanze
Soukupová Barbora

Couple

US
Thomas Kammermann
& Jeanine Forster

Team of 5

GRANITBEISSER

2017

Olšina

Single Man

Krebs Ramon
Mužíček Pavel
Beglinger Benji

Single Woman

Hürlimann Eva
Sturm Anja
Soukupová Barbora

Couple

OXYMORON
Bruno Fritsche
Sarah Straub

Team of 5

SÄNTIS

2018

Račice, Most

Single Man

Mužíček Pavel
Gabla Martin
Strangmuller Jan

Single Woman

Sturm Anja
Meili Claudia
Forster Jeanine

Couple

CSG TRI Team 1
Vlášek Michal
& Kochová Barbora

Team of 5

CSG TRI TEAM A

2019

Račice, Mělník

Single Man

Vlášek Michal
Teply Ondřej
Flegel Christian

Single Woman

Sturm Anja
Soukupová Barbora
Lenhardt Marli

Couple

OXYMORON
Bruno Fritsche
& Rahel Schnetzler

Team of 5

CSG TRI TEAM

2020

Mělník

Single Man

Vlášek Michal
Schelling Sebastian
Heisch Philipp

Single Woman

Sturm Anja
Soukupová Barbora
Hagen Alida

Couple

OXYMORON
Bruno Fritsche
& Tanja Löpfe

Team of 5

CSG TRI TEAM

2021

Mělník

Single Man

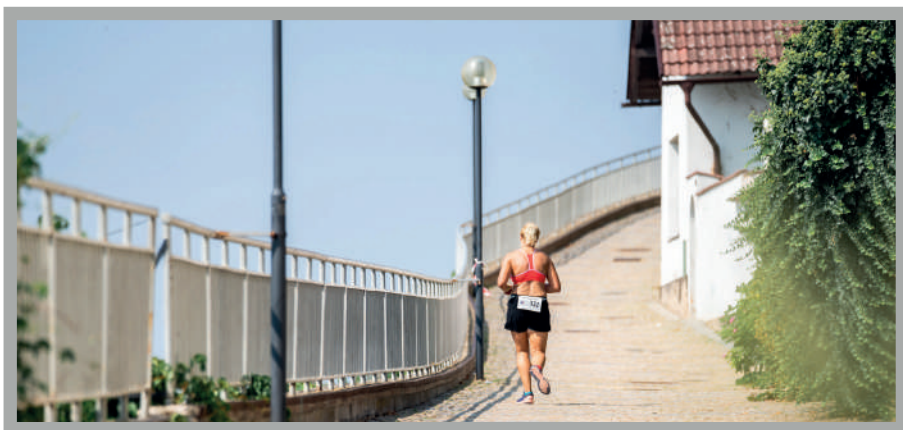
Couple

Team of 5

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 Želízy or majestic mountain Říp.



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 27.-29.8. Camp Mělník will turn into the base of the Czech Republic Gigathlon 2021. 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

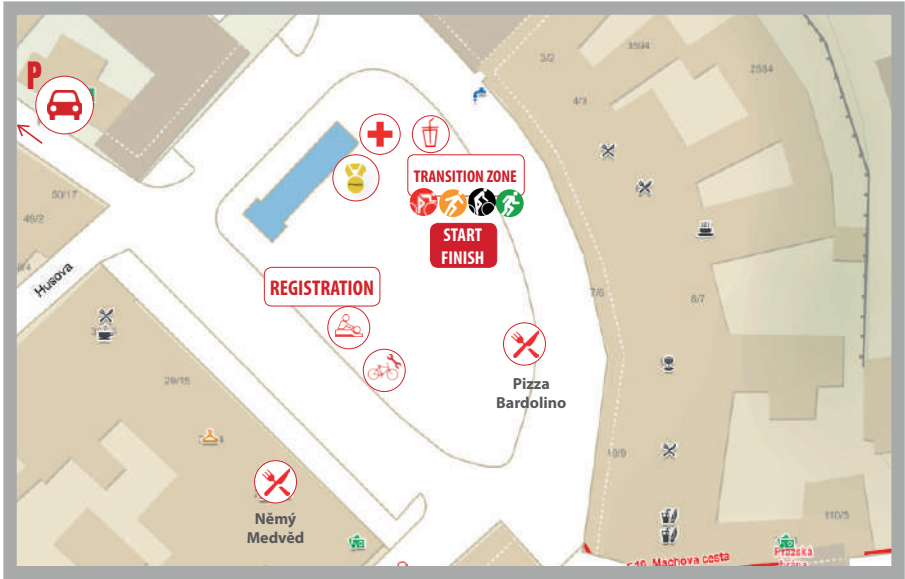
GIGATHLON CAMP

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).

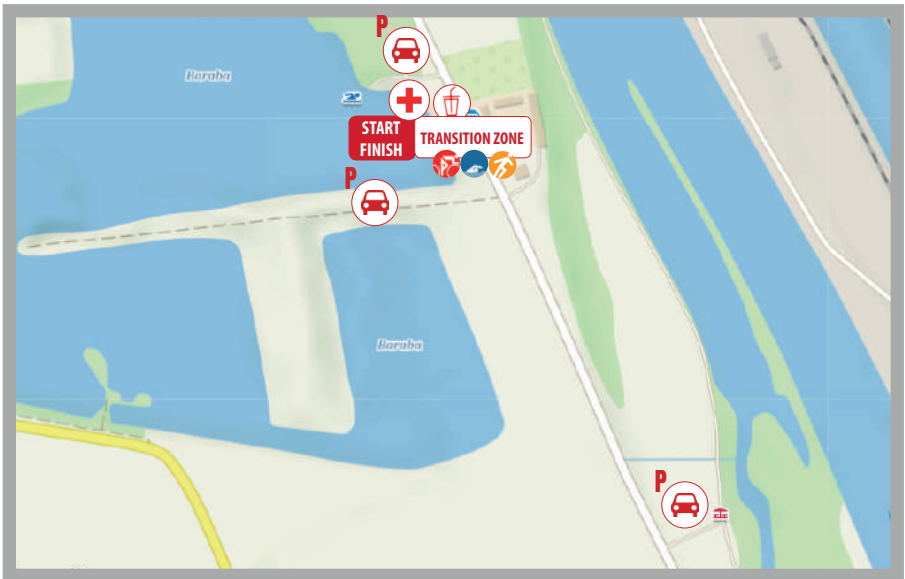


TRANSITION ZONE MAIN SQUARE | SATURDAY & SUNDAY



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

TRANSITION ZONE BARABA | SATURDAY & SUNDAY



Quarry Baraba, Dolní Beřkovice | GPS souřadnice: 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 27. 8. | 16:00 - 19:00 || main square (náměstí Míru)

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

START PACKAGE 2021

CATEGORY	1*	H	5x
COLOUR OF CATEGORY	● red	○ white	● blue
EVENT GUIDE	1	1	1
TIMING CHIP STRAP	1	1	1
HELM COVER* <i>(Weekend Gigathlon only)</i>	1	2	2
SWIM CAP	1	2	2
START # ROAD BIKE	1	2	1
START # MOUNTAIN BIKE	1	2	1
START # IN-LINE	1	1	1
START # RUN	1	1	1
BAG (FOR RUNNING SHOES)	2	2	2
BREAKFAST VOUCHERS	2	2	5
SAFETY PIN	4	8	8
CABLE TIE	6	12	12

* Due to outage at the supplier of the helm cover will this year category Single receive only one helm cover and category Team of 5 will receive 2 helm covers. Please keep in mind, that helm covers must be changed as well in the transition zone (when you are changing a discipline with your team mate or changing your helm).

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.



Gigathletes will gather again in the city of Mělník, that is only 1 h away north from golden Prague. While Camp Mělník will welcome back and host Gigathlon Village, the main competition scene will shine in the city centre Mělník on the main square (náměstí Míru). Here you can look forward to the traditional opening ceremony together with welcome drink, partners park including massages, bike services, Gigathlon merchandising as well as rich offer of food & beverages inclusive wine testing from the local winery Kraus. In 2021 you can choose again from either classic 2-day event Weekend Gigathlon or a hobby version 1-day Light Saturday Gigathlon.

28 AUGUST

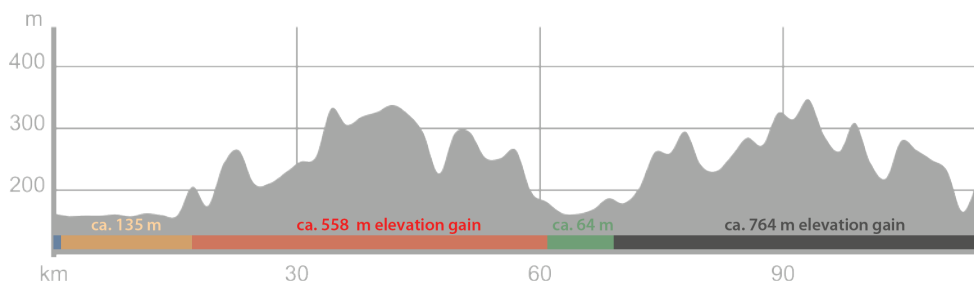
LIGHT SATURDAY

total distance: 116 km

LIGHT SATURDAY will be kicked off by **SWIMMERS**. 1,1 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 6 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 before the finish line, due to health and safety, inline skaters will have to swap inline skates for the running shoes and run the last part to the main square. (Inline skates has to be carried while running or picked up by team mates no later than 30 min after the end of discipline in-line).

Third on course, but first starting from main square will get on the road gigathletes in discipline **ROAD BIKE** on the 46 km long loop across the green foresty area of Kokořínsko. Relay then will be handed to the **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 view over the Mělník castle.

Last but not least will take the burden on their shoulders **BIKERS** who will be already waiting on the main square. They will hit the road direction Kokořínsko and dive into the forest. On their 45 km long course they can look forward not only to a quite beautiful nature, but also to some decent technical passages. They will finish their ride as well as the whole event Light Saturday Gigathlon by crossing the finish line together with their team mates/supporter back on the main square in city center of Mělník.



LIGHT SATURDAY MĚLNÍK 28.8.2021



LIGHT SATURDAY

WEEKEND GIGATHLON

28 AUGUST

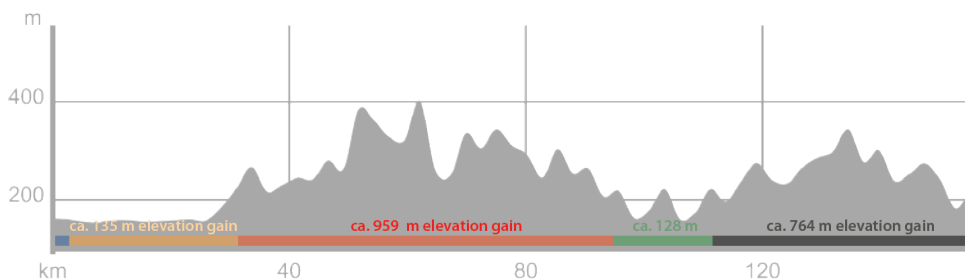
ATHLETIC SATURDAY

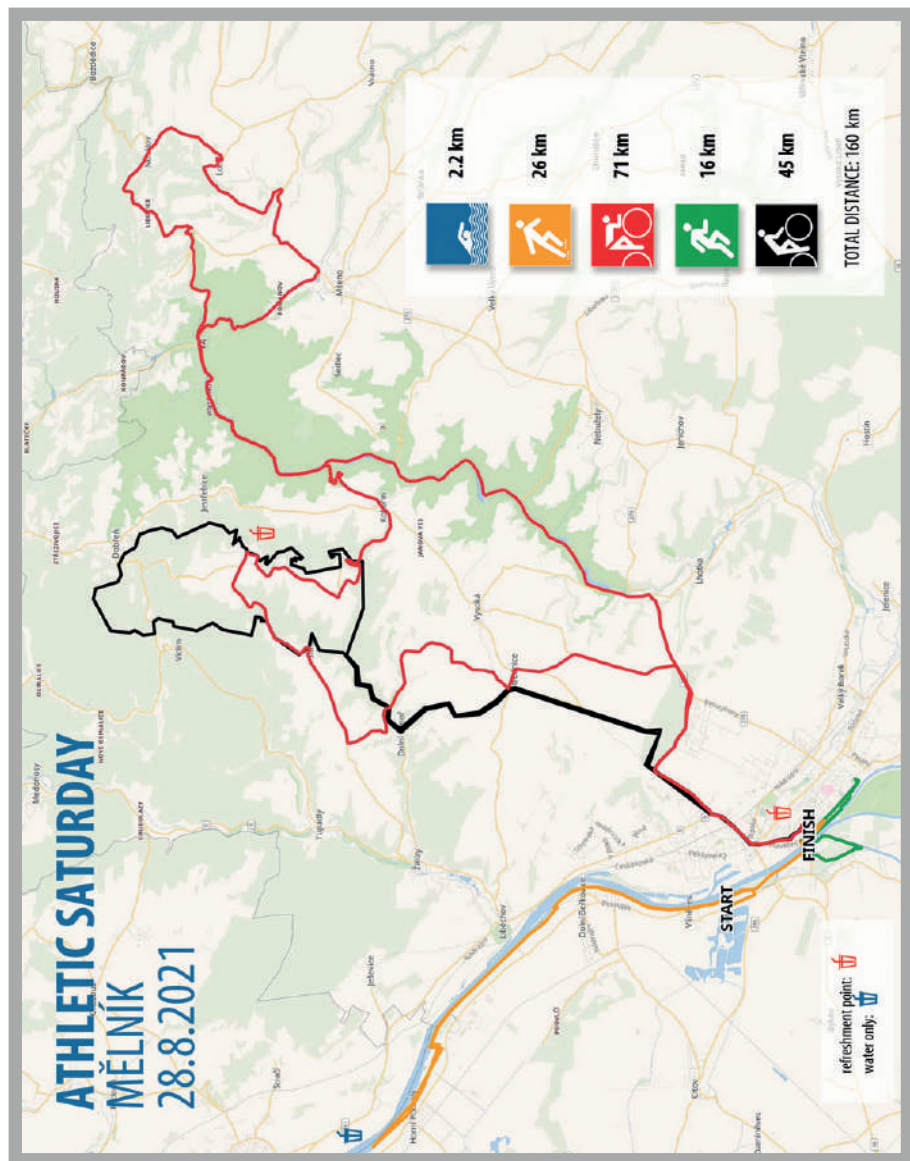
total distance: 160 km

ATHLETIC SATURDAY will kick off at Baraba with the **SWIM** course. Swimmers will circle 1.1 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 their skates for the running shoes and run the last part to the main square. (Inline skates has to be carried while running or picked up by team mates no later than 30 min after the end of discipline in-line).

Third on course, but first starting from the main square will be **CYCLISTS**. They will cycle direction and around landscape protected area called Kokořínsko. They will copy course from 2020 but can look forward to an extension of 10 km, what bring them in total to the 71 km long course.

Relay will be handed over back on the main square to **RUNNERS**. One 8 km long loop through the city and nature with the scenic views over Mělník will run athletes on the first day twice. As the last ones on the course will **MOUNTAIN BIKERS** dive back into the landscape protected are Kokořínsko, where they can look forward to the scenic course through rocky path with some technical passages. Their 45 km long course as well as first competition day will finish back in the city center on the main square.





ATHLETIC SATURDAY

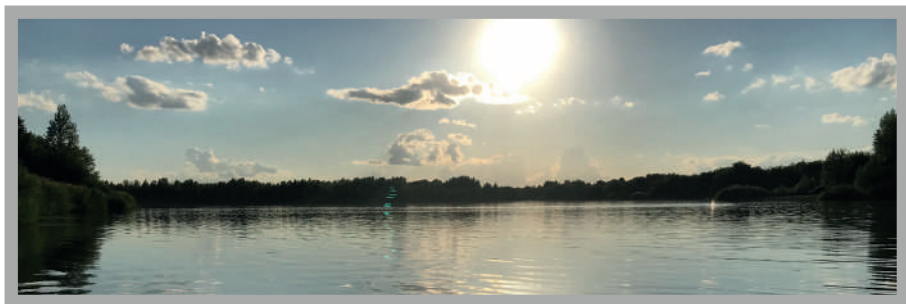
WEEKEND GIGATHLON

29 AUGUST

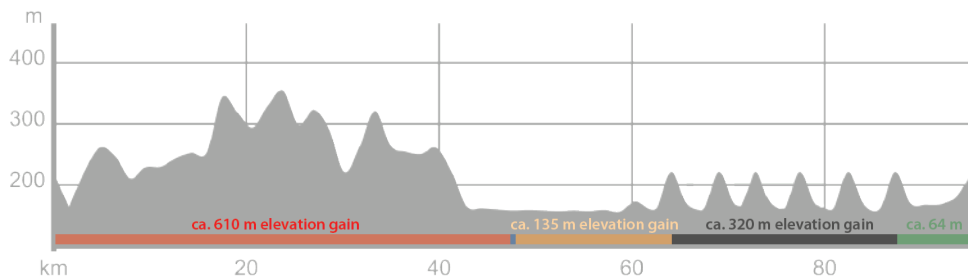
POETIC SUNDAY

total distance: 96 km

POETIC SUNDAY starts where the Athletic Saturday ended on the main square with the **ROAD BIKERS** as the first athletes on course. They will ride shorten round of the previous day course 46 km and meet up with swimmers at Baraba quarry. **SWIMMERS** will copy 1 Saturday's loop and get the portion of 1,1 km swim. **INLINE SKATERS** will as well copy the same track from the previous day, only 10 km shorter. **BIKERS** will have less elevation gain demanding course. They will not get too far from the main scene. Five loops of nearly 5 km lenght will create a great parade again, as they will have to ride through the main square, through the finish line after each loop. It is, without any doubts, going to create again an exciting atmosphere. Once they part is done they will catch up with **RUNNERS**, who will after 1 Saturday's loop finish the Gigathlon Czech Republic 2021.



quarry Baraba



POETIC SUNDAY MĚLNÍK 29.8.2021

46 km
1.1 km
16 km
25 km
8 km
TOTAL DISTANCE: 96 km

POETIC SUNDAY

27 AUGUST FRIDAY

16:00 - 19:00	Check-in
18:30	Opening - Welcome Drink (main square)
19:00 - 20:00	Briefing (main square)

28 AUGUST LIGHT SATURDAY

SATURDAY ONLY

5:30 - 8:00	Breakfast
6:00 - 18:15	transition zone -main square
9:00	START swim (Baraba)
9:15	Estimated time of the first swimmer
9:15 - 9:30	Rolling start inline
10:00	Estimated time of the first inline skater
10:00 - 11:00	Rolling start road bike
11:00	Cut off time swim + inline
11:15	Estimated time of the first cyclist
11:15 - 13:15	Rolling start run
11:45	Estimated time of the first runner
11:45 - 14:15	Rolling start mountain bike
14:15	Cut off time road bike + run
14:00	Estimated time of the first finisher
14:00 - 17:15	All gigathletes at the finish
17:15	Cut off time mountain bike
16:30	Medal Ceremony Light Saturday Gigathlon

28 AUGUST ATHLETIC SATURDAY

WEEKEND

5:30 - 8:00	Breakfast
6:00 - 18:15	transition zone -main square
7:00	START swim (Baraba)
7:30	Estimated time of the first swimmer
7:30 - 8:00	Rolling start inline
8:30	Estimated time of the first inline skater
8:30 - 9:30	Rolling start road bike
9:30	Cut off time swim + inline
10:30	Estimated time of the first cyclist
10:30 - 12:30	Rolling start run
11:30	Estimated time of the first runner
11:30 - 14:30	Rolling start mountain bike
14:30	Cut off time road bike + run
13:45	Estimated time of the first finisher
13:45 - 17:30	All gigathletes at the finish
17:30	Cut off time mountain bike
16:30	Medal Ceremony Light Saturday Gigathlon

29 AUGUST POETIC SUNDAY

WEEKEND

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

TIMETABLE

ESTIMATED TIMES OF THE FIRST GIGATHELETS

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

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**.

28. AUGUST LIGHT SATURDAY

BARABA		MAIN SQUARE		
SWIM	INLINE	ROAD BIKE	RUN	MOUNTAIN BIKE
9:00	9:15	10:00	11:15	11:45

28. AUGUST ATHLETIC SATURDAY

BARABA		MAIN SQUARE		
SWIM	INLINE	ROAD BIKE	RUN	MOUNTAIN BKE
7:00	7:30	8:30	10:30	11:30

29. AUGUST POETIC SUNDAY

BARABA		MAIN SQUARE		
ROAD BIKE	SWIM	INLINE	MOUNTAIN BIKE	RUN
7:00	8:15	8:30	9:15	10:15

ESTIMATED TIMES OF THE FIRST AND LAST GIGATHLETE

28 AUGUST LIGHT SATURDAY

Discipline	Distance	First Gigathlete	Last Gigathlete	Cut off time
SWIM	1,1 km	15 min 9:00 - 9:15	30 min 9:00 - 9:30	-
INLINE	16 km	45 min 9:15 - 9:45	1 h 30 min 9:30 - 11:00	11:00
ROAD BIKE	46 km	1 h 15 min 10:00 - 11:15	2 h 15 min 11:00 - 13:15	-
RUN	8 km	30 min 11:15 - 11:45	1 h 13:15 - 14:15	14:15
MOUNTAIN BIKE	45 km	2 h 15 min 11:45 - 14:00	3 h 14:15 - 17:15	17:15

28 AUGUST ATHLETIC SATURDAY

Discipline	Distance	First Gigathlete	Last Gigathlete	Cut off time
SWIM	2,2 km	30 min 7:00 - 7:30	1 h 7:00 - 8:00	-
INLINE	26 km	1 h 7:30 - 8:30	1 h 30 min 8:00 - 9:30	9:30
ROAD BIKE	71 km	2 h 8:30 - 10:30	3 h 9:30 - 12:30	-
RUN	16 km	1 h 10:30 - 11:30	2 h 12:30 - 14:30	14:30
MOUNTAIN BIKE	45 km	2 h 15 min 11:30 - 13:45	3 h 14:30 - 17:30	17:30

29 AUGUST POETIC SUNDAY

Discipline	Distance	First Gigathlete	Last Gigathlete	Cut off time
ROAD BIKE	46 km	1 h 15 min 7:00 - 8:15	2 h 15 min 8:00 - 10:15	-
SWIM	1,1 km	15 min 8:15 - 8:30	30 min 10:15 - 10:45	10:45
INLINE	16 km	45 min 8:30 - 9:15	1 h 15 min 10:45 - 12:00	-
MOUNTAIN BIKE	25 km	1 h 9:15 - 10:15	1 h 45 min 12:00 - 13:45	13:45
RUN	8 km	30 min 10:15 - 10:45	1 h 13:45 - 14:45	-

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.

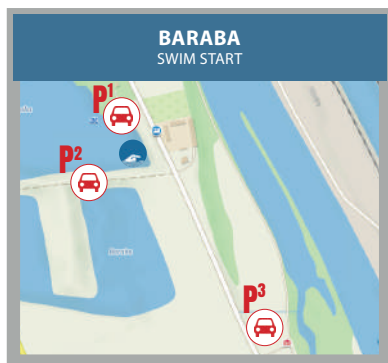
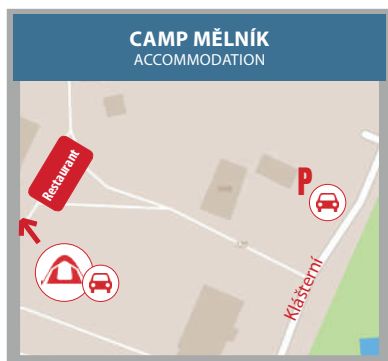
For category COUPLE we offer individual transport, that can be pre-booked on Friday at the registration desk.

DISTANCES

Camp Mělník - Main Square	15 min by walk (1,2 km)
Main Square - Vrážova (inline skates/running shoes change)	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

P¹ BARABA - on your left hand after the swim start (direction from city centre Mělník)

P² BARABA along the road / **P³ BARABA** - shelter next to to cycling path (after the bridge first to the right)

P4 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 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.
- 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 (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 at Vrázovka must be collected no later than 30 min after the end of the discipline inline. 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).

Please do not leave your shoes unattended at Vrazovka out of below times!!



DROP OFF SHOES:

for Saturday's race	for Sunday's race
Friday 16:00 - 20:00 at registration	Saturday 15:00 - 18:00 info tent Gigathlon (main sq.)
Saturday in the morning od 6:15 individually above Vrázovka	Sunday in the morning od 8:00 individually above Vrázovka

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 > "Downloads" > "Regulations 2021"

OTHER SERVICES



BIKE SELF-SERVICE

- basic self-services (tool and spare parts available)
- more difficult repairs possible during after race hours
- book individually on the phone

place: main square

contact: Petr Valda, cell: +420 724 119 893



INLINE SERVICE

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



TRIGGERPOINT

RELAX ZONA

- 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

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

SIGNAGE

CATEGORY



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



Parking

SERVICES



Bicycle wash



Bike / In-line
services

HOME BASE



Camp



Showers



Medical



Catering



WC

NOTES



Výběr ze
115 druhů
tiskovin

Katalogy
Letáky
Knihy

Tisk
on-line

HOST



PARTNERS

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stavby Mělník, s.r.o.

 **KOLOSHOPCZ**



Švýcarsko.
přirozeně. 

o
n
Run on clouds.


JOHANN W
BARDECKÉ VYUŽITÍ TRÉNINGŮ
(1987)




ÚNĚTICKÝ PIVOVAR

ORGANIZER

eventime
ÚSPĚCH SÍTÍ NA MÍRU

 **Gigathlon**
CZECH REPUBLIC 