

OFF THE MAIN ROAD

General Information Guide

**Lipno nad Vltavou
2. - 4. September 2016**

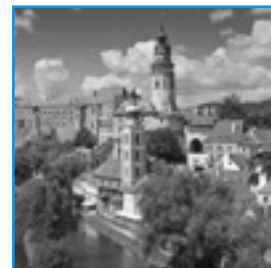
 **Gigathlon**
CZECH REPUBLIC 



CONTENT

2016 GIGATHLON

NEWS	3
PROLOGUE	4
OFF THE MAIN ROAD	5
COURSES CONCEPT	6
HOMEBASE	8
OPENING TIMES AND SCHEDULE	11
LIPNO NAD VLTAVOU	12
REGULATIONS	13
TIME KEEPER AND ACCREDITATION	17
KEYS TO SYMBOLS	18
SAFETY AND FIRST AID	19
CATERING	20
TIME DEMANDS	21
LOGISTICS (GIGATHLETS AND EQUIPMENT)	22
STARTER PACKAGE	24
CONCLUSION	25
PARTNERS	26



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NEWS

2016 GIGATHLON

Gigathlon organising team has been working really hard since we opened the registration on St. Valentine's day in February 2016 in order to fulfil our vision to provide the participants with a great event. There have been few important changes compared to the original proposition that we would like to present to you:

SATURDAY - 3. 9. 2016

Saturday transition zone from cycling to swim moved from Přední Výtoň to Lipno nad Vltavou

- Why? Because of the change of the swim course and for better safety of swimmers when swimming alongside the lakefront, also more attractive for spectators
- Outcome: • Road bike finishes in Lipno nad Vltavou (length stays the same) • Swimmers start and finish at the same spot (planned "Rabbits' Island" moves to Sunday) – swim course is shortened to 2.5 km + final 400 m run in Marina Lipno

Saturday MTB and run transition zone moved from Přední Výtoň to Frýdava

- Why? Same reasons as above plus better transition zone conditions
- Outcome: • Saturday's MTB course will be 4 km shorter than planned • Saturday run course is shortened to 21 km, runners come back following the green tourist route

SUNDAY - 4. 9. 2016

Swim to open Relax Sunday

(changed from 3rd discipline to 1st) – 1.4 km swim + 400 m run

- Why? More attractive course that includes the "Rabbits' Island" and also enables the swimmers to experience morning transfer by ferry
- Outcome: • Swim is the first discipline on Sunday and all the swimmers need to get to the start of the swim by ferry • Road bike is second discipline, everything else stays the same

New Single Track has been built in Frymburk in July 2016

- Why? Because Lipno region loves bikers and Gigathlon!
- Outcome: Bikers will enjoy lot of technical parts and elements on Sunday

Sunday run prolonged

- the run is now 9.5 km so the runner can be joined by the team mate on bike all the way to the finish (Supporter of single category comes back by shuttle)
- Why? Encouraging team spirit

PROLOGUE

2016 GIGATHLON



Dear fans of sport, unusual experience and beautiful nature,

I am honoured to welcome you in South Bohemia for the first year of Gigathlon Czech Republic 2016. Everyone holding this manual in hands is a true pioneer of sorts. The Gigathlon Czech Republic 2016 race is full of "first times". The race has never been held outside of Switzerland, it has five disciplines instead of the usual three and takes two days instead of one. What is more, the goal is not to win, but the team spirit and desire for new experience surrounded by beautiful nature. I am very happy that this desire brought you here to the South Bohemia. It is not a coincidence that you are coming in the year of the event "Olympic South Bohemia". Sport of any sort has a beautiful attribute: sport brings together likeminded people who know that they will spend the best time being active together while sharing the experience. The two days of Gigathlon Czech Republic will certainly bring you exceptional moments. Every biker knows that the most beautiful view is from a saddle. I am sure you will not be disappointed when the view is on the Český Krumlov square, Rožmberk castle or Vítkův castle. When you dismount the bike, the experience will not become any lesser. Running race through the Treetop Walkway will open the views not only on South Bohemia but you might even see all the way to Alps! I cannot forget the swim and inline skating at Lipno Lake. I simply believe that your participation in Gigathlon Czech Republic will be unforgettable and that you will become a regular visitors of our beautiful region.

Mgr. Jiří Zimola

Governor of the Region of South Bohemia

Thanks to Czech Republic, Gigathlon goes international



pioneer-event.

1996, exactly 20 years ago, the multi-sport event GIGATHLON was founded in Switzerland. It is a great pleasure to me, that after 14th Gigathlon in Switzerland, the 15th is going to take place out of the Switzerland from 2nd to 4th of September in the Czech Republic. Thanks to the cooperation with our friend Jan Plachý, Gigathlon goes now international and the first fruits has been already delivered. I visited Lipno for the first time 2 years ago and I was immediately amazed by this current host region. I am sure that the touristic and sports highlights of this region, that the Gigathletes are going to enjoy this September, will also motivate in the future hundreds of athletes to take part in this event. The organising committee as well as the Gigathletes of the very first Gigathlon Czech Republic can be proud already today of this

Peter Wirz

Gigathlon Founder

OFF THE MAIN ROAD

2016 GIGATHLON

Quite normal is Gigathlon in Switzerland. Normal is one discipline or maybe the triathlon. Normally the competition lasts one day and everyone wants to win. "Gigathlon Czech Republic 2016" is in all its ways unique sports experience. We are leaving the regular paths and usual ideas and we are going OFF THE MAIN ROAD. Team spirit and excitement comes before the desire for a victory. We are bringing a new sports concept with the Swiss tradition and quality in the scenic south Bohemia. The courses will take you into the most beautiful spots of the region.

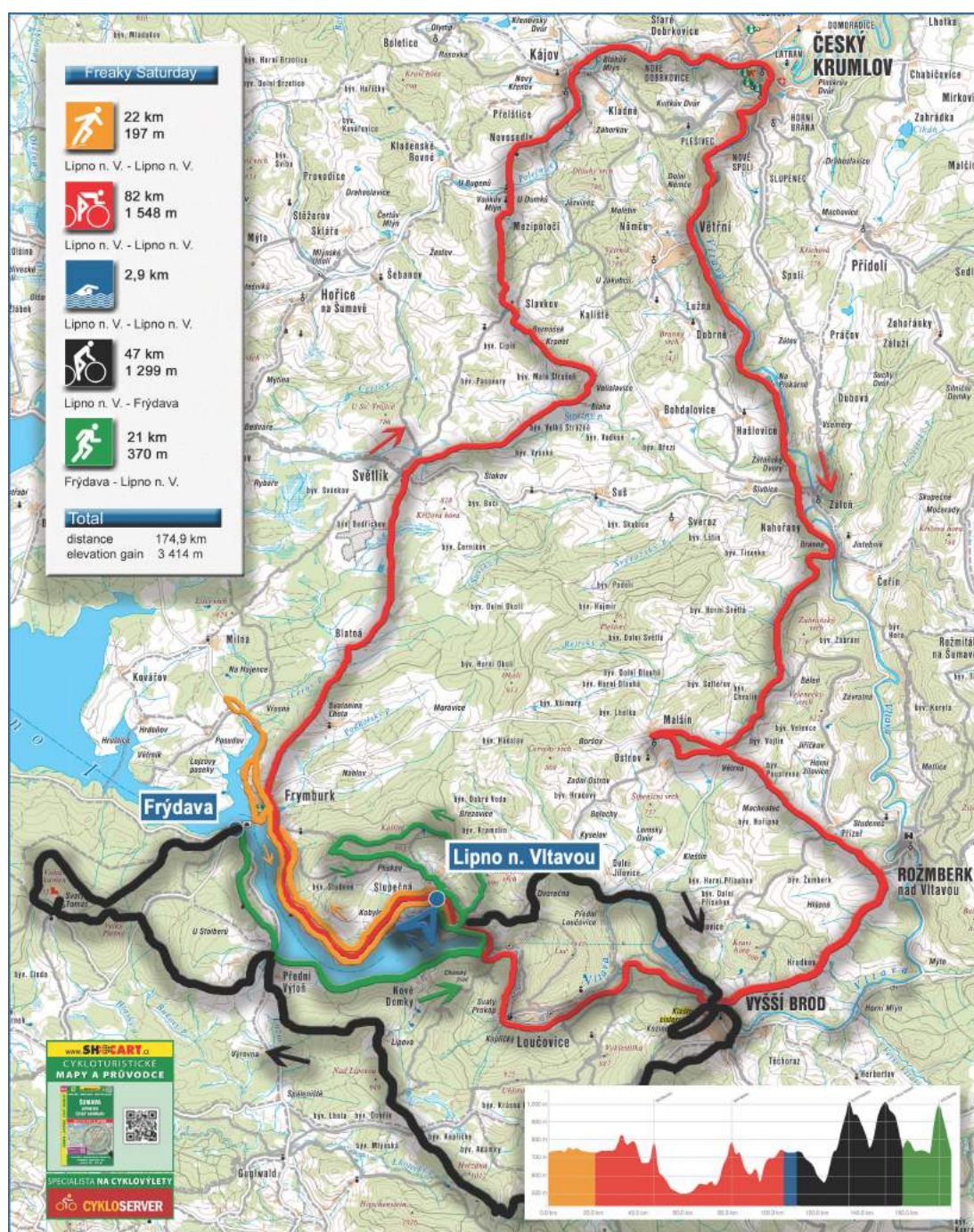


PARTNER



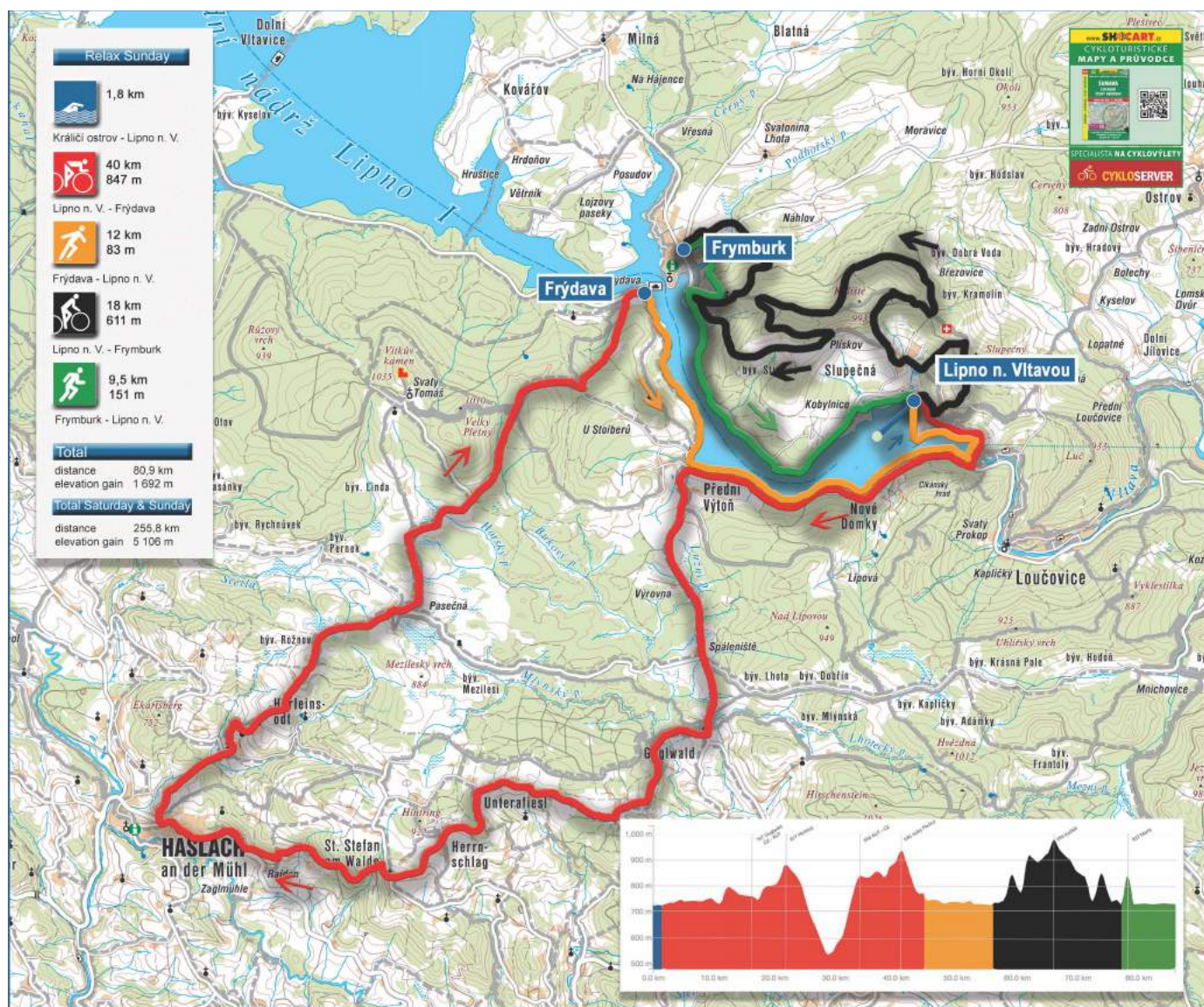
Freaky Saturday (3. 9. 2016)

Freaky Saturday is going to take you through the most interesting natural places, historical and culture sights in the region around Lipno Dam. You will not miss as well the brand new build up sights that became an inseparable part of this region. Thanks to 5 Gigathlon disciplines you will discover on your way the Lipno Dam, you will cycle through the historical town Český Krumlov, bike through the Cistercian monastery in Vyšší Brod, you will get to see the castle Rožmberk, the highest located castle in the Czech Republic Vítkův Hrádek, wind power plants on the Austrian border or you will run up lately very popular tower Stezka v Korunách Stromů above the Lipno nad Vltavou. Everyone finds the rewards on their way.



Relax Sunday (4. 9. 2016)

Relax Sunday is a perfect ending of this sporty weekend. On the half long distances from Saturday will be waiting on you on the way Králičí ostrov (Rabbit Island) with the living rabbits. On the same day you will leave the Czech Republic to get the chance to enjoy a bit of Austria as well. The technical parts of the MTB course will take you down through 2 Single Trails - one is directly in Lipno nad Vltavou and the second one has been recently just built in Frymburk. The last kilometres of the Run course will be with no doubts one the most emotive moments of this race and we will be waiting for you in the finish line in Marina - Lipno.



PARTNER

SAFICHEM assets

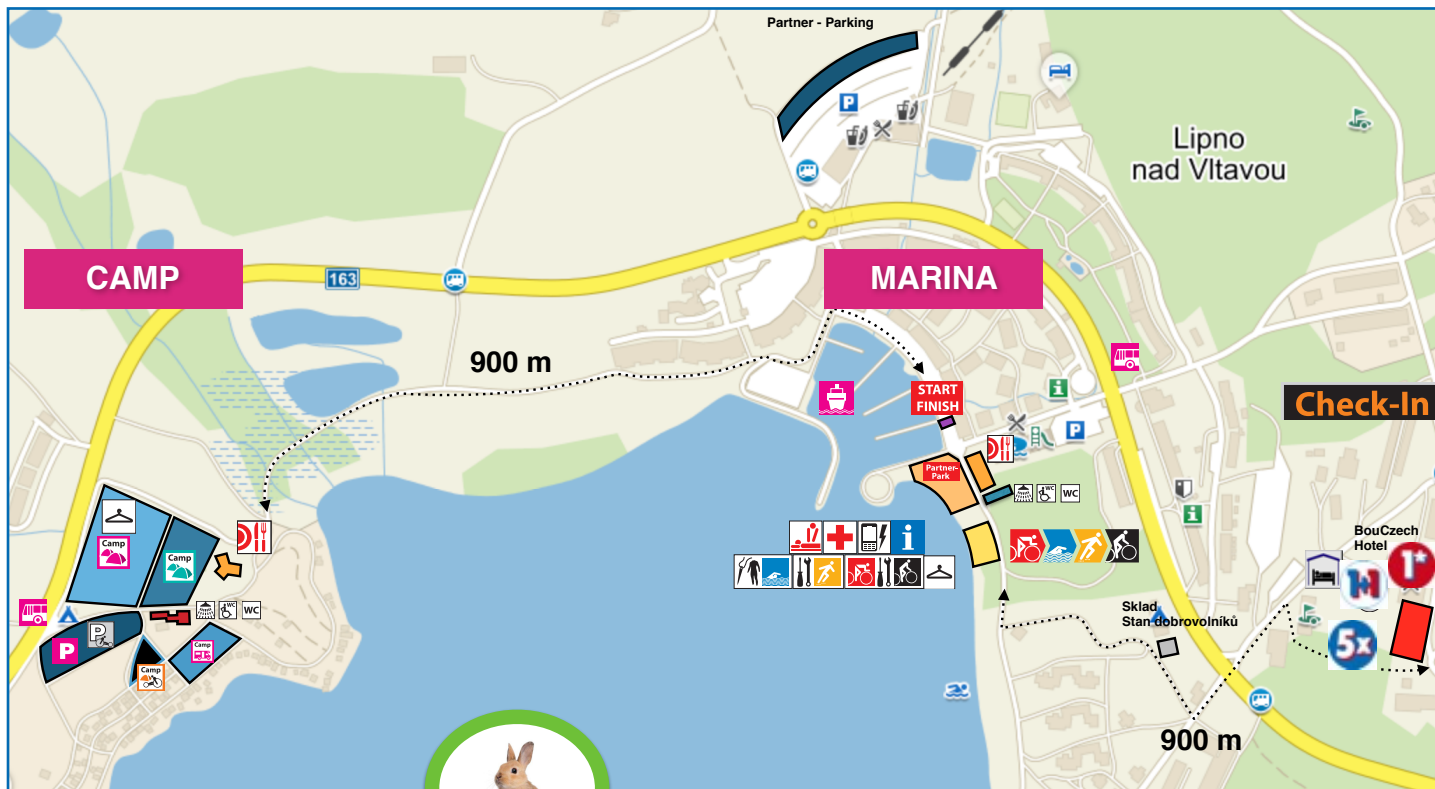
HOMEBASE 2016 GIGATHLON

Map of the area

Lipno n. Vlt. - Marina = _____ Home base **48° 38' 25.9855715" N 14° 13' 19.4519234" E**

Lipno n. Vlt. - Camp Modřín = _____ Accommodation in the campsite Modřín, Parking for the Gigathlets

Lipno n. Vlt. - Hotel BouCzech = _____ Check-In

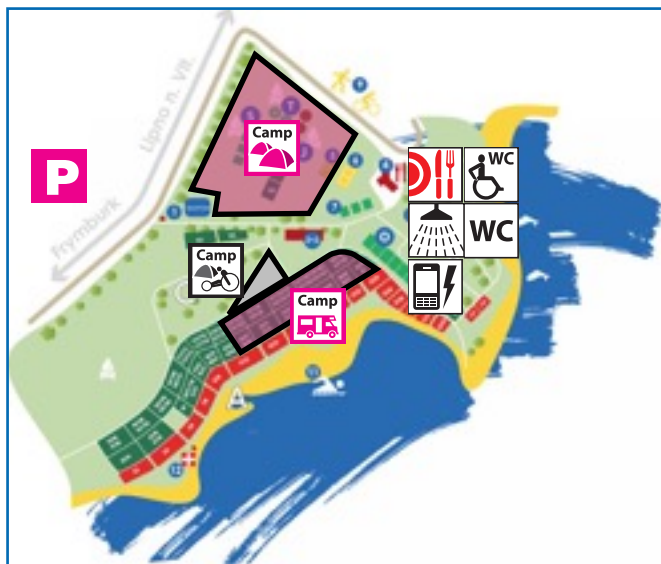


Accommodation (campsite)

- Camp Modřín (Lipno nad Vltavou)
- GPS: **48° 38' 24.7349955" N**
14° 12' 33.2578468" E

Registration (13:00 - 21:00) & Accommodation (Hotel)

- Hotel BouCzech - "Congress room"
- GPS: **48° 38' 19.0179668" N**
14° 13' 43.9394188" E



Transition zone n. 1 Marina (2. - 4. 9. 2016)

- main transition zone
- GPS: 48° 38' 25.9855715" N
14° 13' 19.4519234" E

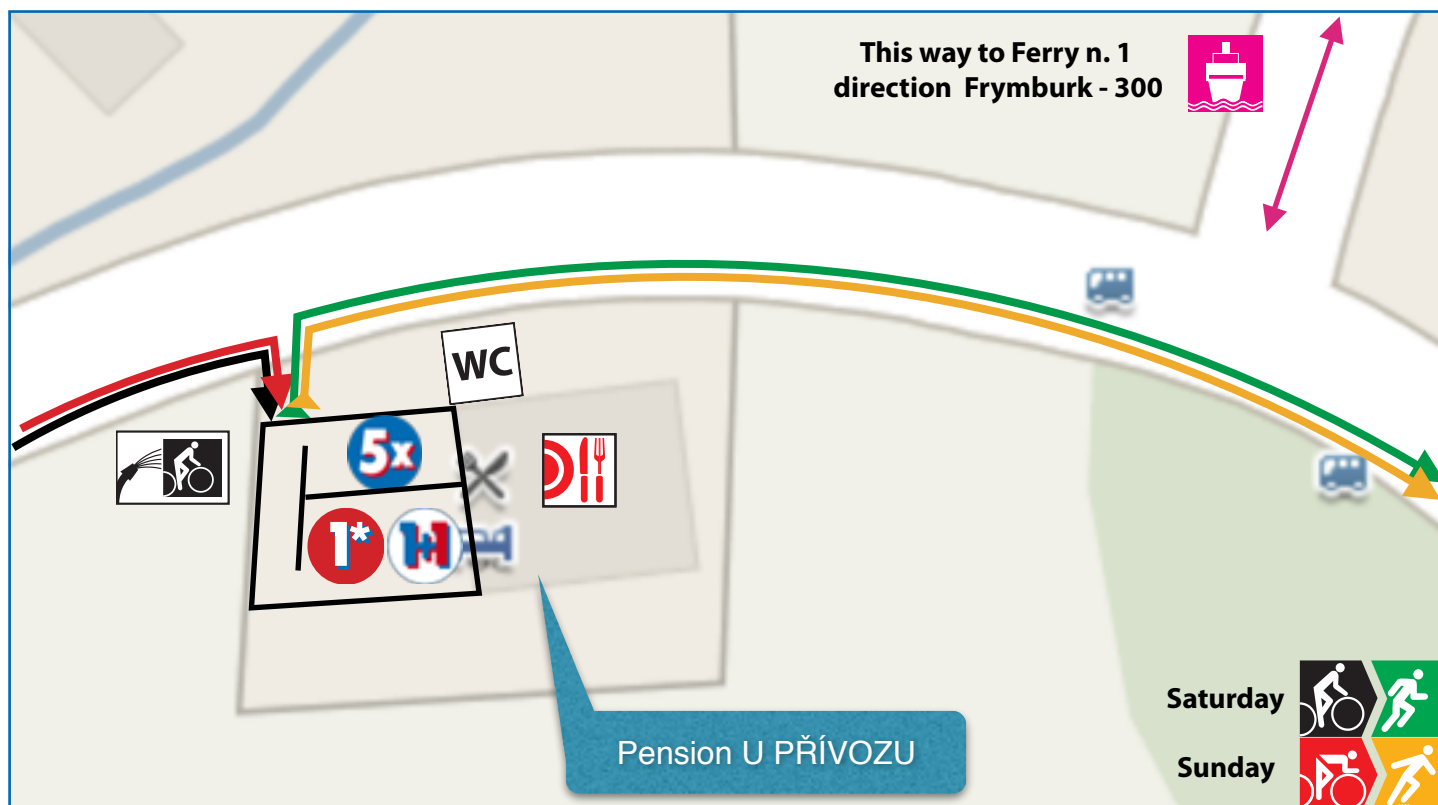
Note:

- Both bikes have to be stored here on Friday & Saturday before 23 pm! The transition zone will be under surveillance 24 h per day.



Transition zone n. 2 - Pension "U Přívazu" (3. - 4. 9. 2016)

- Transition zone for the Gigathletes
- Refreshment point and base for the Gigathletes
- GPS 48° 39' 27.3425436" N
14° 9' 30.9341526" E



Transition zone Frymburk n. 3 (Sunday 4. 9. 2016) -

Football pitch

- Transition zone (MTB to Running)
- Refreshment point and base for Gigathletes

- GPS: 48° 39' 49.295365" N

14° 10' 9.2682838" E




PARTNER



SCHEDULE 2016 GIGATHLON







FRIDAY, 2. 9. 2016

13:00 - 21:00	Accreditation (Hotel BouCzech)
16:00 - 23:00	Drop off the bikes to trans. zones (Lipno)
16:00 - 23:00	Drop off the running stuff (Lipno) 
18:00 - 22:00	Dinner (Marina Lipno)
19:00 - 20:00	Opening Ceremony and Info meeting (Marina)

SATURDAY, 3. 9. 2016

5:00	Recommended Wake-Up time
4:30 - 9:00	Breakfast + Lunch package Pick-Up time
6:30	Start – In-line skating – (Marina) 
7:15	Expected arrival of the first in-line skaters
7:15 - 8:30	Start of the road cycling
9:50	Expected arrival time of the first cyclist
9:50 - 13:00	Swimming start (Marina)
13:00	Cut off time In-line + Road Cycling 
13:00	Swimming mass start * 
10:25	Expected arrival of the first swimmer
10:25 - 14:00	MTB start
12:40	Expected arrival time of the first biker
12:40 - 18:30	Start run
18:30	Cut off time Swimming + MTB 
18:30	Running mass start * 
14:10	Expected arrival of the first Gigathlet
14:10 - 22:00	Finishing of the other Gigathlets
22:00	Cut off time Running
16:00 - 23:00	Drop off bikes and Running and In-line stuff to the to transition zone (Lipno)
17:00 - 23:00	Dinner (Marina Lipno)

SUNDAY, 4. 9. 2016

5:00 - 9:00	Breakfest
6:20 - 7:40	Ferry departures from Loděnice/Marina to island
7:00	Swimm chasing start 
8:00	Swim mass start 
7:15	Expected arrival time of the first swimmer
7:15 - 8:45	Start road cycling
8:30	Expected arrival time of the first cyclist
8:30 - 11:30	Start In-line skating
11:30	Cut off time Swimming + Road cycling 
11:30	In-line Skating mass start * 
8:55	Expected arrival time of the first In-liner
8:55 - 12:15	Start MTB
9:50	Expected arrival time of the first MTB
9:50 - 14:30	Start Running
14:30	Cut off time In-line + MTB * 
14:30	Running mass start 
16:00	Expected arrival time of the last Gigathlet
15:00	Medal Ceremony
11:30 - 16:30	Lunch
15:00- 18:00	Pick up of the race material

* ...start for the category Couple allowed only in the case that the given two disciplines will be performed by different Gigathlet, if not the Couple continues out of official ranking

LIPNO NAD VLTAVOU

2016 GIGATHLON

The first written mention of the Lipno settlement dates back to 1530, but the settlements Březovice, Studené, Plískov, Kobylnice, Petrův Mlýn and Slupečná, which belong to the current cadastral municipality Lipno nad Vltavou, were remembered already after 1281 as goods Rosenbergs'. Slupečná was the greatest of these settlements and was a village until 1954. Gradually by the end of the 15th century all the settlements came under the possession of the Vyšší Brod monastery. Village Kramolín was also mentioned in 1459 before the Lipno itself. In 1530, 150 to 170 people (in 28 settlements) lived in the then seven settlements on the territory of today's Lipno nad Vltavou. Since 1575, when rafting was declared free enterprise, the principal occupation of local peasants became rafting. Voražská meadow is located close to Lipno (about 300 m from the dam reservoir today, is now under water), the rafts had to be disassembled before Devil's currents, loaded onto ox cart and transferred unfolded to the monastery. It was a well-paid job. Landlords in Kramolín at the time were notorious for breeding working bullocks. [1]

In 1910, a total of 575 people lived in settlements on the territory of today's village (most of them in Slupečná and Kobylnice). Given that the entire population was of German nationality, all the settlements were significantly affected by the displacement of Germans after the World War II. The second major change was the construction of the dam of Lipno Lake.

The works related to the construction of the dam itself began in the early months of 1951. Wooden houses for workers and volunteers were built next to the future dam and created a basis for future settlement in Lipno nad Vltavou. The original Lipno settlement was largely demolished in 1958 and flooded when the Lipno Lake was being filled. [1]

After the fall of the Iron Curtain, the municipality did not have its own means and same as the surrounding municipalities was affected by the gradual increase in unemployment due to the loss of competitiveness of most local businesses, some of which have disappeared. Yet the village concentrated all the efforts on preparing the conditions for the influx of potential investors interested to invest in tourism. In 1997 the municipality started negotiations with the Dutch investor, who then invested more than one billion CZK and built an apartment complex Marina Lipno, one of the largest sailing harbours in the Central Europe. Then more investors joined in order to build related infrastructure, including construction of a water park, a major development of the local ski resort Lipno - Kramolín, snowboard park, bobsleigh tracks, summer theater, golf courses and other attractions. [1]



PARTNER



REGULATIONS

2016 GIGATHLON

The event is hereinafter referred to as "Gigathlon". These regulations relate exclusively to the Gigathlon Czech Republic 2016 and do not apply to events held outside Czech Republic.

A. Terms

Supporter

The official accredited helpers of Gigathletes are called supporters. They are required to be visibly identified during the whole race and wear Supporter vest provided by the organization throughout all the race.

External persons

Everyone who is not accredited counts as an external person, mainly spectators.

B. Brand and Logo

The Gigathlon brand, the Gigathlon logo, the silhouettes and the pictograms are copyright protected trademarks and they shall not be used without the written agreement of the organizer. It is especially forbidden to print T-shirts with our trademarks without permission. The use of the logos is restricted to the organizer, sponsors and partners who make it possible to stage the Gigathlon. It is also forbidden to use the "Gigathlon" brand for commercial advertising purposes or for offers associated with the event.

C. General Rules

1. Form of competition

The Gigathlon Czech Republic 2016 is divided into two one-day stages of different lengths. One will take place on Saturday September 3 and one on Sunday September 4, 2016.

2. Categories

Single Woman and single Man: woman or man who competes in the whole race alone.

Couple: two competitors as a team, at least one has to be a woman. Each person competes in at least two disciplines per day. The rules laid down by the organizer governing the allocation and the obligatory combinations of disciplines must be observed.

Team of Five: Five competitors as a team, at least two have to be female. Each one has to compete in one discipline per day.

3. Responsibility

Each participant is responsible for being in good shape, properly trained and physically healthy at the time they participate in the Gigathlon. Participants are expected to comply with these regulations, the Road Safety Rules, the requirements of the organizer, and the directions and instructions of all the race officials and public authorities.

Only persons older 18 years can participate in the Gigathlon race in Single and Couple categories (born in 1998 and earlier). Adolescents born in 1999 to 2001 are only allowed to participate with the written agreement of their parents, which must be submitted together with their registration via email to info@gigathlon.cz, and they may only participate in the Team of Five category. Persons younger than 15 years of age (year of birth 2002 and younger) cannot participate in the race.

4. Disciplines, participant behaviour

It is prohibited to obstruct another participant in any manner, such as by bumping, striking, pushing them out of the way, obstructing their path, sabotaging the equipment of others, or causing any detriment to other competitors. If the competitor leaves the race course and then enters the race again, he/she must start from the same point at which he/she left. It is not permitted to take any shortcuts, to omit a part of the course or to somehow gain unfair advantages for oneself.

If, during the race, competitors end them selves in front of a closed railway level-crossing barrier or a red light, the time will not be stopped or credited. The instructions of the staff must be strictly followed. If participants cross a closed level crossing barrier or a red light, they will immediately be disqualified. Participants will also be disqualified if they cross any security markings; it makes no difference whether this happens in a straight section or in a curve.

5. Registration / Application / Entry fees

Application

The application can only be made through online registration system at www.gigathlon.com.

Entry fees

Entry fees, early bird offers and possible discounts as well as payment details are available online at www.gigathlon.com below the Gigathlon Czech Republic 2016 section. For the Single category, the entry fee accounts for one participant and one supporter.

Confirmation of the registration

Application is only valid and the participant is signed up for the race only after the payment has been received by the organizer. Once payment has been received, the event organizer will send an email to confirm the application for registration and issue an authorization to record the names of the supporters and/or team members on the registration portal. The Team Captain can then invite the team members to join the team, allocate the disciplines and amend the team information.

REGULATIONS

2016 GIGATHLON

No refund of entry fee / cancellation insurance

Entry fees cannot be reclaimed once a starting position has been purchased. Even if Gigathlon has to be interrupted, shortened or cancelled, participants are not entitled to a reimbursement. Participants are recommended to take out cancellation cost insurance so that the entry fee can be claimed back in the event of emergency or illness

6. Check-In

The check-in will take place on Friday September 2, 2016 from 1 pm till 9 pm in Accreditation Centre at the Hotel BouCzech in Lipno nad Vltavou. During the check-in times, all participants (and not only the Team Captain) must pick up their race package in person. For each Gigathlete who fails to show up at the same time, a time penalty of 60 minutes will be added to the overall time. At the check-in, all team members must present an identification document (ID card, passport, driver's license). Bikes (both road bikes and mountain bikes) of all participants that will be used during the Gigathlon on Saturday has to be delivered by the participant personally to the transition zone in Lipno nad Vltavou according to the disciplines. Drop off bikes on Friday must be done from 4 pm till 11 pm.

7. Supporter

The Single's entry fee includes one supporter per competitor. The Supporter has to be checked-in and accredited together with the participant. No further supporters can be accredited. No supporters will be accredited for the Couples, Team of Five.

A nontransferable and sealed wristband counts as accreditation for Gigathletes and a supporter accreditation for supporters. Supporters must also comply with the regulations, and they also have to follow the directions and instructions of all the race officials and public authorities. If supporters violate the rules, the Gigathlete they are supporting will be penalised.

8. Supporter / Help from external people

It is not permitted for competitors to be accompanied during the race by a pace maker, supporter or external person with either a car, motorcycle or bicycle, or on foot or otherwise.

During the race, competitors are not permitted to accept food, beverages and objects (such as clothing, shoes, etc.) from supporters or external people outside of the transition zone.

In the event of a breakdown (road bike/ mountain bike, inline) the competitor can accept help from outside, but not from their own team members. Only Gigathletes with a wristband who are next in line to compete and supporters with a supporter accreditation are permitted to enter the transition zone.

9. Medical service

There will be professional medical service and first aid provided by the organizer through out the whole Gigathlon race. Instructions issued by a race doctor or paramedic must be strictly followed.

Race doctors or paramedics are authorized to take a participant out of a race if their health situation or safety is endangered. Competitors who receive first aid treatment can continue the race from the point at which they left it, if the doctor or paramedic allows this.

10. Disclaimer of liability

Gigathletes participate under their own responsibility and at their own risk. The organizer declines any liability for personal injury or damage to property. No claim for liability can be made against the organizer. It is the responsibility of each participant to take out insurance against accidents, illness or theft, as well as a liability insurance.

Each participant has to accept and sign the Gigathlete's declaration when they register for Gigathlon; in so doing, they relieve the organizer and the organizer's ancillary personnel from all liability claims, to the extent permitted by law.

11. Not ending a stage

Singles, one of a Couple or a member of a Team of Five who cannot finish a stage within the set time limit because of an injury or accident are allowed to continue the Gigathlon in the next stage. That team will not, however, be ranked in the overall ranking.

12. Time limit

The organizer issues the time schedule of the race. Each participant is responsible for showing up on time at the start and in the transition zones. Total time of the race in not being paused during the whole race.

13. Equipment

Each participant is responsible for his/her equipment and must make sure that it is in perfect condition and complies fully with the Road Security Rules. During the disciplines of road bike, mountain bike, inline skating and handbike the participants are obliged to wear a helmet all the time. The competitor is also committed to wearing the official starting number for the duration of the race. The starting number must be worn visibly at the specified points. The accredited supporter must wear the supporter accreditation/vest issued to him/her throughout the entire race. The participants are similarly responsible for wearing sportswear appropriate to the weather conditions – particularly during cold weather, in high mountain sections, or if there is a risk of bad weather. Road cyclists and mountain bikers must make sure that their sportswear protects them against cooling. During very hot weather competitors must apply/wear adequate solar protection, such as sunblock, a cap and sunglasses, and they must take along enough liquids and water. If a Gigathlete has to complete a discipline in the dark, he / she is responsible

REGULATIONS

2016 GIGATHLON

for having correctly mounted lights. Referees reserve the right to remove any participants who are poorly equipped from the race. Headphones of any kind are forbidden during the race.

14. Starting number, timing chip

The given starting numbers must be worn visibly during the competitions at the specialized points. Gigathletes must attach the wristbands to their wrist before going to the check-in. The wristband is personal and has to be worn during the entire Gigathlon. Lack of a wristband will incur a penalty. Participants must wear the timing chip at the ankle throughout the competition. Pre mature removal of a timing chip prevents accurate time measurement. Each Gigathlete is responsible for wearing the timing chip correctly and must make sure that the chip is registered when passing the «special time measuring mats» and passage control.

15. Tents

Singles and Couples will be given a 4-person tent and Teams of Five, two 4-person tents. These tents are already included in the entry fee and remain in the possession of participants after the race.

16. Littering

Participants are responsible for taking care of the environment. A time penalty of 60 minutes will be incurred for littering or leaving objects along the route (such as drinking bottles, clothes, etc.). Food waste may only be thrown away in the waste zone. The end of the refreshment point / waste zone is tagged with a sign. After this, competitors must take their waste to the next refreshment point. Referees will carry out inspections.

17. Prizes, Categories, Prize giving ceremony

Prizes will be awarded for best three competitors in each category (Single Woman, Single Man, Couple, Team of Five) Prizes will not be handed over / shipped later, the winners have to take over the prizes during the official prize giving ceremony.

D. Swimming

18. Wetsuit

It is mandatory to wear a wetsuits, knees and elbows must be covered, hands and feet must be uncovered. If the wetsuit does not comply with these requirements, the swimmer will not be allowed to enter the swimming race.

19. Swimming aids

Artificial aids such as paddles, flippers, snorkels, gloves and shoes or similar are not allowed. Underwater music players are forbidden.

20. Water temperatures / Substitute sections

If the water temperatures are too low or in the event of a storm or thunder and lightning, the swimming sections will be

shortened or replaced by a running section:

Swimming courses Saturday:

	Water temperature	Distance	Time of start
Sa0	15 °C and more	whole course	no change
Sa1	14 - 14.9 °C	1500m	no change
Sa2	13 - 13.9 °C	750m	no change

Replacement Running course on Saturday:

	Water temperature	Distance	Time of start
Sa3	< 12.9 °C	10 km, 120 e.g.	no change

Swimming courses Saturday:

	Water temperature	Distance	Time of start
Su0	14 °C and more	whole course	no change
Su1	13 - 13.9 °C	750m	no change

Replacement Running course on Sunday:

	Water temperature	Distance	Time of start
Su2	< 12.9 °C	5 km, 60 e.g.	no change

E. Cycling / biking

21. Cycle / Mountain bike equipment

Only cycles and mountain bikes powered solely by human force are permitted. Supplementary housings fitted to any parts of the cycle (exception: rear wheel) which improve its aerodynamics are not permitted. Wheels may not contain any component advantaging the drive being applied. They must be constructed in such a way that it is possible to check on this rule. All Gigathletes are responsible for ensuring that the cycle and mountain bike are in perfect condition and have been checked by a qualified mechanic before travelling to the Gigathlon. The bikes that expect they will compete on Saturday in the dark must have with red back light and white front light.

22. Mountain bike courses

The Gigathlon mountain bike courses contain technically challenging sections. All Gigathletes are responsible for controlling their bikes. The wearing of a functional hard helmet and of the official helmet cover is mandatory. All Gigathletes are responsible for controlling their bikes.

F. Inline

23. Use of sticks / roller skis

Sticks and roller skis are prohibited on the inline sections. Protectors are recommended.

24. Mandatory wearing of helmets

The wearing of a functional hard helmet and of the official helmet cover is mandatory. Further protective equipment, such as elbow pads, knee pads and wrist protectors are recommended.

REGULATIONS

2016 GIGATHLON

25. Handbike

The In-line course can be performed by the hand biker.

G. Running

26. Use of sticks

Sticks are not permitted on the running courses.

27. Use of lights

Gigathletes tackling the running course after 17:00 must be equipped with a headlamp.

H. Breaches of the regulations / protests

28. Referees

Referees are used to monitor for compliance with the regulations, and breaches of the regulations are penalised. Referees may issue direct instructions to competitors, which must be followed at all times.

29. Penalties

Depending on the nature and severity of the offence, the following penalties may be imposed by the referees:

- Verbal warning
- Time penalty
- No classification
- Disqualification

The penalty is notified to the Gigathlete in person or to the team captain via a text message.

30. Protest

Protests by Gigathletes and supporters against decisions by referees and against other arrangements by the organisers (timing, misdirection, etc.) are to be lodged at the Race Center at Hotel BouCzech with a 200 CZK deposit being paid. The protest is in principle to be lodged within half an hour after the announcement of the unofficial results, if the referee's decision has not been made yet. Protest related to the courses or disability of the competitors must be notified before the start of the race. The affected Gigathlet can compete, the decision will be made before the official results announcement. Protests against behaviour or equipment of the other Gigathlet or against the referee has to be given over in the written form 15 min after the his/her finish. Protests against the timekeeper must be delivered to the Sports Director within the 30 min after the unofficial announcement of the results.

31. Start

Saturday - mass start (all categories) at 6:30 am

Sunday - chasing start at 7 am. Women's Single, Men's Single, Couple and Team of Five who are less than one hour behind the leaders in their category will take part in the chasing start on Sunday. When Gigathletes start, they will be separated by their respective time differences from the leading competitor in their category. The Gigathletes involved will be notified about their participation in the chasing start via a text

message sent to the team's mobile phone on Saturday evening. All other Gigathletes will start according to the mass start. Swimmers will be brought to Rabbit's Island.

Non-permitted accompaniment / support by supporters or externals, Non-permitted discarding of waste

First offence: 60 minute time penalty

Second offence: 120 minute time penalty

Third offence: Disqualification

Non-permitted use of the supporter vehicle / Non-permitted travel and transport in a non-accredited vehicle

First offence: 60 minute time penalty

Second offence: 120 minute time penalty

Third and each further offence: 180 minute time penalty

Breach of the regulations at check-in - Not all team members appearing:

60 minute time penalty per athlete failing to appear

Breach of the regulations - wristband missing / vehicle vignette missing

a. Athlete is registered as a Gigathlete: 60 minute time penalty

b. Athlete is not registered: Disqualification

Other, general breaches of the regulations

a. Depending on the severity of the offence, time penalty of 30 min. or more, up to disqualification.

b. Passing beyond a railway crossing barrier when down: Disqualification!

c. Crossing a safety line: Disqualification!

d. Running a red light: Disqualification!

e. Completing an incorrect section: Disqualification!

f. Altering or theft of Gigathlon signs: Disqualification!

I. Final clauses

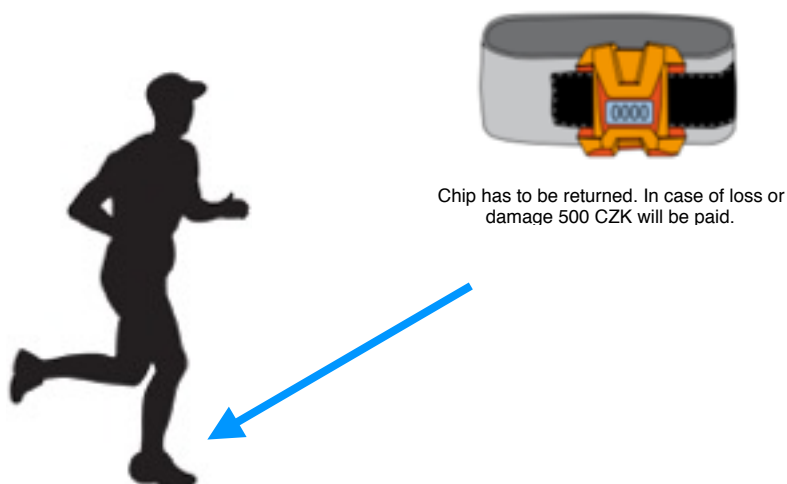
These regulations were brought into effect on August 8, 2016 by organiser of the Gigathlon Czech Republic race. In the event of contradictions, the Czech version of these regulations will prevail. The regulations are valid for the Gigathlon Czech Republic 2016. Gigathletes will be informed about any addenda or modifications via the official website in the section Gigathlon Czech Republic 2016 at www.gigathlon.com, or the Team Captain will be informed directly via email.

TIMEKEEPER & ACCREDITATION 2016 GIGATHLON

Accreditation opens on Friday at 13:00 and stays open until 21:00 approx 900 m from Partner park in the BouCzech Hotel in the congress hall. All the team members need to come together to the registration, an official photo ID must be presented. After the accreditation the participants pick up their starting packages. The tents that are part of the package will be distributed in the camp Modřín.



The timing will be provided through timing chips that will be adjusted to the ankle using a bracelet provided with each chip. Participants get the chips on Friday at the accreditation desk and return them on Sunday after finish. Each participant should make sure that his/her number corresponds with the number that is on the envelope with his/her starting number.



Chip has to be returned. In case of loss or damage 500 CZK will be paid.



SATURDAY

The race starts with the inline skating at 6:30 am, then the chip is handed over to the cyclist, who hands over to the swimmer, who is followed by the mountain biker and runner. Everyone needs to hand over the chip in the designed area inside the transition zones. After the hand over, the competitor can only continue after adjusting the chip to his / her ankle.

After finishing on Saturday, the participants keep the chip for the swimmer that starts with it from the Rabbits' Island on Sunday.

SUNDAY




Participants start from the Rabbits' Island with the "chasing start". First participants from each category who finished within one hour of the category leader will start at 7:00 using the same time intervals from the leader. Mass start for all the remaining participants (having finished more than 1 hour after the leaders) will happen at 8:00.

The chip handing over works the same way as on Saturday. After finishing the last discipline the chip is handed back in the finish area.

KEYS TO SYMBOLS

2016 GIGATHLON

Categories

-  Single
-  Couple
-  Team of Five





Disciplines

-  Swimming
-  Running
-  In-line
-  Velo
-  MTB
-  Hand bike




Courses

-  Swimming
-  Running
-  In-line
-  Velo
-  MTB




Transition zones

-  Swimming > Velo
-  In-line > Velo
-  MTB > Running
-  Velo > In-line





Signage

-  Direction
-  Direction
-  Marking tape





Food & Beverage

-  Refreshment points
-  Catering
-  End of the waste zone




Services and rentals

-  In-line service
-  Wetsuits service
-  Bike service
-  Bike wash





Transport

-  Shuttle bus - Lipno > Frymburk
-  Ferry - Frymburk > Frýdava
-  Ferry - Lipno > Králiči ostrov
-  Chair lift to Stezka




Parking

-  Single
-  Couple
-  Team of Five



Camp

-  Campsite
-  Camper parking
-  Changing rooms
-  Barrier-free camp







Sanitary facilities

-  Barrier-free WC
-  WC
-  Showers

Health

-  Medical
-  Massages

Others

-  Photo point
-  Charging station
-  Info point
-  Start
-  Finish
-  Partner park
-  No cycling
-  No cars
-  Both directions traffic
-  Attention
-  Media
-  Accreditation

SAFETY AND FAIR PLAY

2016 GIGATHLON

Throughout the race organisers will ensure expert medical care and first aid. There will be a medical doctor available in the main transition zone (Lipno) who will provide first aid throughout the weekend if necessary. The mountain rescue service can be reached via phone and the Czech Police will oversee together with the organisers the traffic situation. The swim courses will be overseen by the Lipno water rescue service. Competitors are required to respect the regulations of the officials of health care, emergency and police. These officials 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.

Safety regulations on course – general rules

The race will be held with partial road/course closures only, especially at intersections. On respective roads the race organisers will oversee (at selected hazardous locations), who will be entitled for as long as necessary to stop vehicles when passing racers. In-line skates (Saturday) and road bike (Saturday and Sunday) will be held with police assistance, that will manage floating road closure of the right lane, upstream traffic will be slowed down by a police vehicle. Crossing in the opposite direction without the necessary vision (especially when cornering) is unacceptable and will result in immediate disqualification.

IN-LINE COURSE

- Apart from what is mentioned above, the participants should stay alert, the course will not be closed for public. Only exception is the road from Lipno to Frymburk on Saturday that will have floating closure on Saturday.
- 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 course includes 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.
- Each participant is required to wear a helmet all the time when racing.
- Wrist, elbow and knee protections are recommended.

CYCLING, MTB A RUN COURSE

- Road bike / cycling will be held without traffic closed on both days. Only intersections will be managed in cooperation with Czech Police.
- During all the race the driving rules of conduct have to be obeyed.
- It is forbidden to shorten the course by any means.
- Participants have to make sure that there is no train coming at the railway intersections. Participant has to make sure that it is safe to cross the railway every time. In case of ignoring the closed bars or red lights at the railway crossings, the participant will be disqualified immediately. Waiting time at the railway crossing is not discounted from the total time.
- Changing into dry functional clothing is recommended before the long road / mountain bike.
- In case of strong thunderstorm with lightnings the participant should quit dangerous areas and drop the bike. The participant should not continue and we recommend to avoid trees, rocks and any high objects.
- Both road and mountain bikes have to be equipped with lights.
- Gigathletes starting the run course after 17:00 have to carry head light and reflex equipment adjusted on a visible place.

SWIM COURSE

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



CATERING 2016 GIGATHLON

Catering is one of the important parts of the Gigathlon race. Each of the participants and supporters are provided with full board. Full board is: warm dinner on Friday, Saturday morning you will get breakfast and lunch package, that you can use as you wish. Everyone will get warm dinner on Saturday. Sunday starts with breakfast, no lunch package will be provided. Because of the shorter course, warm lunch will be served.



	Breakfast	Lunch	Dinner
Friday - 2. 9. 2016	-	-	18:00 - 22:00
Saturday - 3. 9. 2016	4:30 - 9:00	LUNCH PACKAGE	17:00 - 23:00
Sunday - 4. 9. 2016	5:00 - 9:00	11:30 - 16:30	-



Breakfast and lunch packages

So called **Food auction** is typical for Gigathlon. What does it mean? You get a breakfast and lunch package where everyone gets the same things. Yet we don't have the same taste buds, so you can take out some things to the dedicated spot and take some other things that someone else didn't want. We hope to prevent maximum of food wasting and hopefully everything distributed will be eaten.



PARTNER



the intelligent sportswear

TIME DEMANDS 2016 GIGATHLON

SATURDAY 3. 9. 2016				
DISCIPLINE	DISTANCE	FASTEST GIGATHLET	SLOWEST GIGATHLET	Limit
In-line	22 Km	45 min (6:30 - 7:15)	120 min (- 8:30)	
Velo	82 Km	155 min (7:15 - 9:50)	270 min (- 13:00)	13:00
Swimming	2,9 Km	35 min (9:50 - 10:25)	90 min (- 14:30)	
MTB	47 Km	135 min (10:25 - 12:40)	240 min (- 18:30)	
Running	21 Km	90 min (12:40 - 14:10)	270 min (- 22:00)	

SUNDAY 4. 9. 2016				
DISCIPLINE	DISTANCE	FASTEST GIGATHLET	SLOWEST GIGATHLET	Limit
Swimming	1,4 Km	20 min	45 min	
Velo	40 Km	70 min	165 min	
In-line	12 Km	25 min	50 min	
MTB	18 Km	55 min	120 min	
Running	9,5 Km	40 min	90 min	

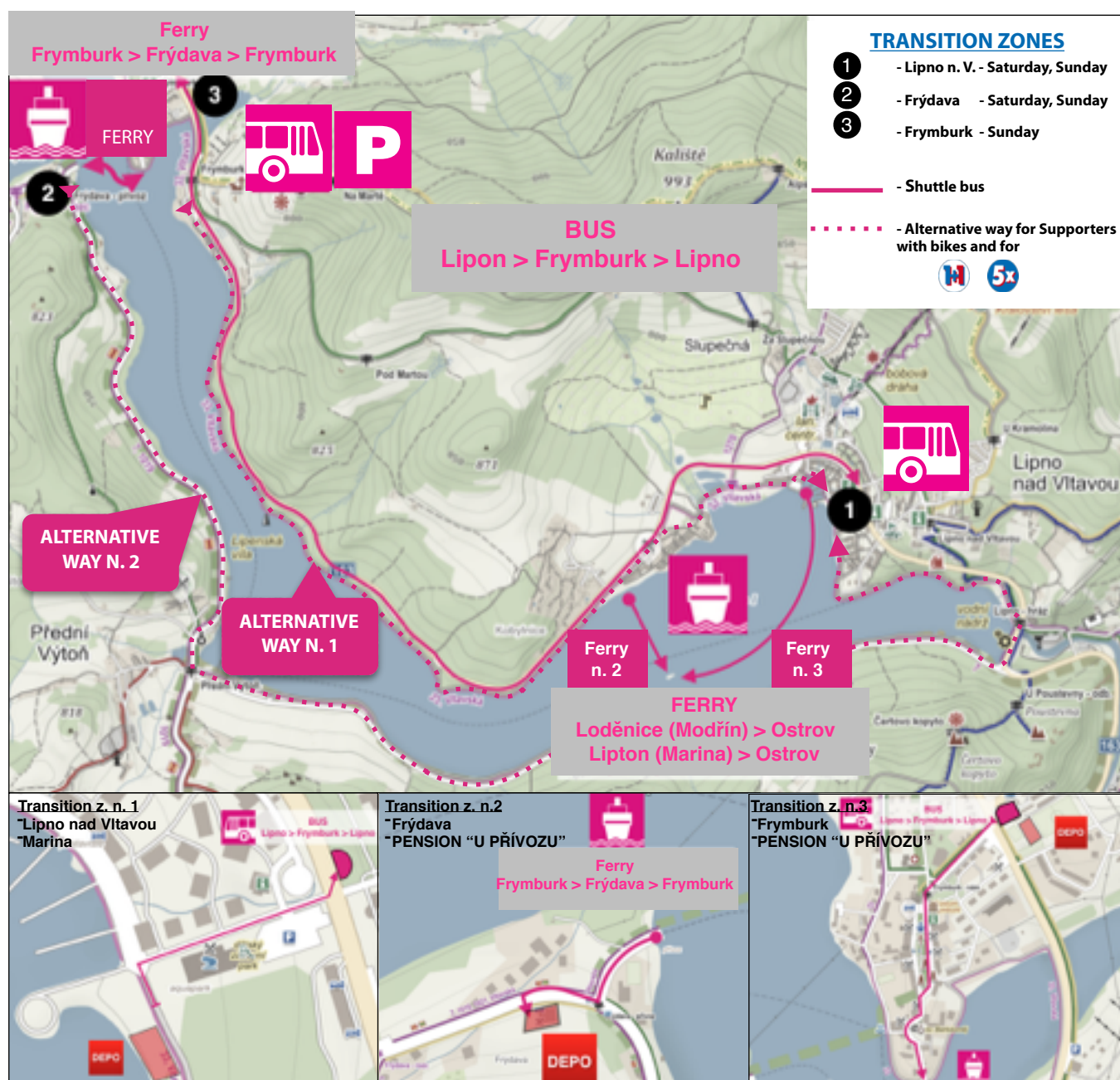
NAME	Lipno n. Vlt. (Marina)		Camp Modřín		Hotel BouCzech		Frymburk		Frýdava
Lipno n. Vlt. (Marina)									
Camp Modřín	0,9 Km - by walk	10 min							
Hotel BouCzech	0,9 Km - by walk	10 min	2 Km - by walk	20 min					
Frymburk	15 min - Shuttle	15 min	15 min - shuttle + 0,9 Km - by walk	25 min	15 min - Shuttle + 0,9 Km by walk	25 min			
Frýdava	15 min - Shuttle + 1 km - by walk + 20 min - Ferry + 0,3 Km - by walk	50 min	+ 0,9 Km - by walk 15 min - Shuttle + 1 km - by walk + 20 min - Ferry + 0,3 Km - by walk	60 min	+ 0,9 Km - by walk 15 min - Shuttle + 20 min - Ferry + 0,3 Km - by walk	50 min	1 Km - by walk + 20 min - Ferry + 0,3 Km - by walk	35 min	

PARTNER



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TESTED BY NORTH

TRANSPORT TO THE VENUES 2016 GIGATHLON



SATURDAY - 3. 9. 2016

MIRKO BUS Lip. - Frym.	MIKRO BUS Frym. - Lip.	Ferry 1 Frym > Frýd	Ferry 1 Frýd. > Frym
10:00 - 15:00 interval: 10 - 15 min	13:30 - 17:30 interval: 10 - 15 min	Nonstop 9:00 - 18:00	Nonstop 9:00 - 18:00

SUNDAY - 4. 9. 2016

Ferry 2 Ldn. > Ostr.	Ferry 3 Lip. > Ostr.	BUS Lip. > Frym.	Ferry 1 Frym. > Frýd.	Ferry 1 Frýd. > Frym.
6:20 - 6:30	7:20 - 7:40	6:40 - 12:30 interval: 10 - 15 min	7:10 - 7:25	Nonstop 9:00 - 18:00
6:40 - 6:50			7:50 - 8:05	
7:00 - 7:10			Nonstop 9:00 - 18:00	
7:20 - 7:30				

Legend:

- Lip.** = Lipno n. Vltavou - homebase
- Frym.** = Frymburk - Sunday's transition zone / ferry
- Frýd.** = Frýdava - Sunday's & Saturday's transition zone
- Ldn.** = Loděnice, next to the camp Modřín
- Ostr.** = Králíčí ostrov (Rabbit's Island)- Swim start (Sunday)
- Ferry 1** = Main ferry Frymburk > Frýdava and back
- Ferry 2** = boat from Loděnice to Ostrov
- Ferry 3** = boat from Lipna n. V. to Ostrov



Gigathlon is known as 5 disciplines race. But there is one part missing which is rather demanding physically and logically and which influences the whole race and could be easily count as a sixth discipline. We are talking about Logistics. Not all transition zones are located in the same place so the Gigathletes should plan ahead who is going to do what at what time. Please see the page 21st where you find the estimated time with which should the Gigathletes count while planning their day.

SATURDAY 3. 9. 2016



There are two transition zones on the first competition day. In-line skating, Velo and Swimming start and finish in the same transition zone (Lipno). Here will be Supporter helping his/her Single Gigathlet with food and beverage, changing of clothes etc. When the Single Gigathlet hits the MTB course, Supporter travels with the Shuttle bus toward Frymburk, from where he takes Ferry to Frýdava. There he will prepare Gigathletes stuff for running and will be waiting to take over Gigagalthlets mountain bike, which he will bring back on the same way (*alternative way n. 2*) to Lipno.



During the first competition day the Gigathletes are meeting each other in the transition zones. To the transition zone in Frýdava has the competitor take a Shuttle: Shuttle bus (Lipno - Frymburk) & Shuttle ferry (Frymburk - Frýdava). In the case that one Gigathlet does discipline MTB and Running the second Gigathlet has to get back to Lipno on her/his own with the colleague's bike. If the chip will be handed over in Frýdava, the Gigathlet after MTB who does not continue, has to take the *alternative way n.2* back to the transition



Team of Five does not need to be concern much with the logistic side of the event. Only the runner has to take the Shuttle bus to Frýdava: Shuttle bus (Lipno - Frymburk), then Shuttle ferry (Frymburk - Frýdava). The runner should take the clothes for the MTB athlete. Biker will take the *alternative way n.2* back to transition zone in Lipno.

SUNDAY - 4. 9. 2016



There will be three transition zones on the second day: Lipno, Frýdava, Frymburk. After the road cycling start, Supporter should move to Frýdava, where he/she will be waiting for Single Gigathlet to help him get ready for In-line skating. After Gigathletes start Supporter will move with the Velo with Shuttle ferry to Frymburk. After the arrival of the Gigathlet, Supporter will take as well mountain bike and both bikes will transport with Shuttle bus back to Lipno, where Supporter will be awaiting his/her Single Gigathlet at the finish line.



Sunday will be a day of transfers. Gigathet who starts in the third discipline In-line has to get to Frýdava: Shuttle bus (Lipno - Frymburk) and Shuttle ferry (Frymburk - Frýdava), it takes ca. 1 h. Cyclist who will want to take a part in MTB as well will have to move quickly after the discipline Road cycling over the *alternative way n.1* to the transition zone in Lipno. In-line course is 12 km long and the expected fastest time is ca. 24 min. **We recommend that the In-liner does as well MTB course.** Cyclist who is going to run as well has to only move with the Shuttle ferry from Frýdava to the other side to Frymburk.



It is important that all Gigathletes are everywhere with a time reserve. First transfer have to be done by In-line skater, who start from Frýdava. Cyclist, who ends in Frýdava continue over the *alternative way n.2* to Lipno. Runner has to move to Frymburk. Biker who ends here his/her race will move a short way to Campsite Frymburk, where he/she will be waiting for the Runners and will accompany him/her on the cycling path to the finish line (*alternative way n.1*)

STARTER PACKAGE

2016 GIGATHLON

	1*	1H	5x
Categories	Red	White	Blue
General Information Guide	1	2	2
Maps 5 pcs.	1	2	2
Wristband	2	2	5
Helm cover	2	2	3
Swim cap	1	2	2
Starts number - In-line	1	2	2
Starts number - Run	1	2	2
Starts number - Road Cycling	1	1	1
Starts number - Bike	1	1	1
Chip with the band	1	1	1
Meal vouchers	2	2	5
Bidon	1	2	5
Tent	1	1	2



PARTNER

TRIEXPERT

SPECIALISTA NA BĚH A TRIATLON

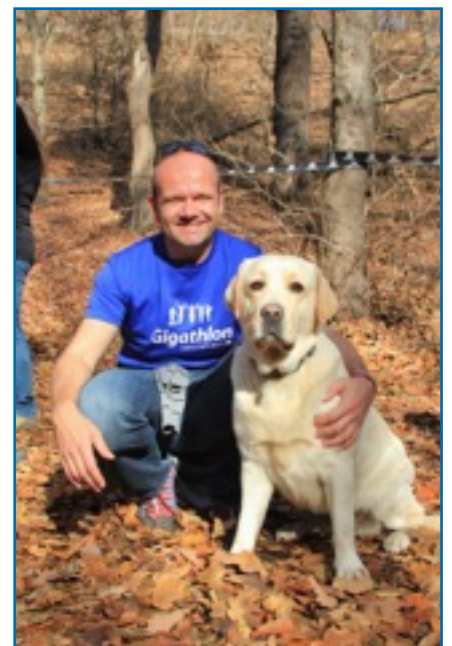
CONCLUSION

2016 GIGATHLON



Dear Gigathletes,

I am writing these words 6 weeks before the start of our race and in my thoughts I have often the moments when I started to play with the idea of starting the adventure called Gigathlon Czech Republic. It was year 2013 and I was returning to the Czech Republic after few years spent in Switzerland. My vision was to connect these two beautiful countries through travelling and sports. Gigathlon fascinated me by its' atmosphere and new concept already in Switzerland. It took exactly 3 years since the first meeting with Peter Wirz, founder of Gigathlon, at the railway station in Zürich until the first weekend of September 2016, when hundreds of participants will taste the experience of Gigathlon outside of Switzerland. I had to overcome many obstacles and there were moments when I was asking myself why am I doing this. I am still not sure, but one thing is clear - I am chasing my dreams why doing fulfilling work everyday and a vision of new concept of sports event in the Czech Republic is pushing me ahead. Gigathlon is a journey towards new experience, sharing the joy of sport and willing to become part of the new Gigathlon community. I am curious what will Gigathlon mean to all of you who will line up at the start of our premier season. I would like to thank to all the participants, organisers and volunteers who are joining me for this journey and support me, I am truly grateful for all of you. Do not forget that the first year happens only once, so enjoy it fully and I am running off to think about how beautiful will be Gigathlon in 2017 :)



Yours Honza Plachý

PARTNERS 2016 GIGATHLON

HOST REGION



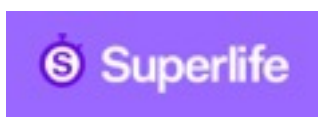
PARTNERS



MEDIA PARTNER



OFFICIAL APPLICATION



CHARITY PARTNER



ORGANISER

