



Race Manual 2019



Race Date 17th of August 2019



About

thorXtri is an extreme triathlon based in South West Norway. The race takes you from the deep fjords through curvy climbs, narrow roads, scenic and spectacular views. You run beside the North Sea before finishing on historical grounds at the Three Swords Monument in Stavanger.

This manual is intended to describe and prepare both athletes and their support crew as best as possible for what is ahead: before, during and after race day. The climate and terrain may affect timelines and race course.

The organizers reserve the right to alter and adjust any element of the manual up to race brief. A comprehensive race brief scheduled the evening before race day will give additional input.



1. Summary

- Swim start is 3800 meters away from Lysebotn pier, with a point-to-point swim, exiting at Lysebotn Pier. Race start is 5 am, the boats leaves Lysebotn at approx. 4:15 am.
- Competitors must race with a support team accompanying them in a vehicle. Your support team must be able to communicate with the organizers in English or Norwegian.
- We recommend having two adults as support per athlete, as it is a long day for both athletes and support. Should the athlete want to, they can have a support runner for the entire run section.
- Race briefing attendance is compulsory for the athlete and minimum one support.
- Runners must keep to the left-hand side of the road (facing oncoming traffic) during all tarmac



sections.

- Norwegian Road traffic regulations must be strictly followed always by athletes and their supporter always.
- Cutoff time: 2h15m exit from the water, 12 hr completion of the bike stage.
- You may have to finish in the dark, so make sure you do carry the mandatory head torch.
- The finish line will be at the “Swords in Rocks” site at Møllebukta, Stavanger.
- Please be nice to other athletes, their support crew, race marshals and other volunteers – they are using their time off work, so you can race.
- Please book your accommodation as soon as possible after you have received your confirmation.

2. Program 2019

Friday 16th of August 2019:

Description	Location	Time all CET
Swim test (optional)	Lysebotn Pier	09:00 – 10:00
Race Registration Open, incl kit check	Sirdal Høyfjellshotell	12:00 – 14:30
Mandatory Race Brief 1 (Bib 1 – 125)	Sirdal Høyfjellshotell	15:00 – 16:00
Race Registration for “late arrivals”	Sirdal Høyfjellshotell	16:00 – 17:00

Saturday 17th of August 2019:

Description	Location	Time all CET
Transition Area Open	Lysebotn Pier	03:30 – 04:00
Boat departure	Lysebotn Pier	04:00 – 04:40
Swim start Photo	Swim start	04:55
Swim start thorXtri	Swim start	05:00

Sunday 18th of August 2019:

Description	Location	Time all CET
Finisher Ceremony/ Finisher Photo	Clarion Hotel Stavanger	11:00 – 12:00

3. Prices/Race Slots

For thorXtri 2019 we will offer 120 startslots at our standard race fee of 3 600 NOK. A limited number of slots will be offered on a first-come-first served basis while rest might be allocated via a lottery during fall of 2018.

Race fee includes race, thorXtri branded safeswimer, swim security, race marshals, medical safety, bike, ferry to swim start, a gift at finish line, finisher t-shirt, timing service, a race beer and a traditional meal at the finish line.

4. Cancellation rules

Due to the race concept we can't accommodate a refund policy for any reason, should you not be able to race we recommend you check your insurance coverage and see if they can compensate you. Your entry is not transferable.



The entry slot is strictly personal and cannot be transferred, sold or given to another athlete. Anyone who starts thorXtri using other person's start number will be automatically disqualified, and will not be permitted to enter the race again.

5. Course description

5.1 Swim

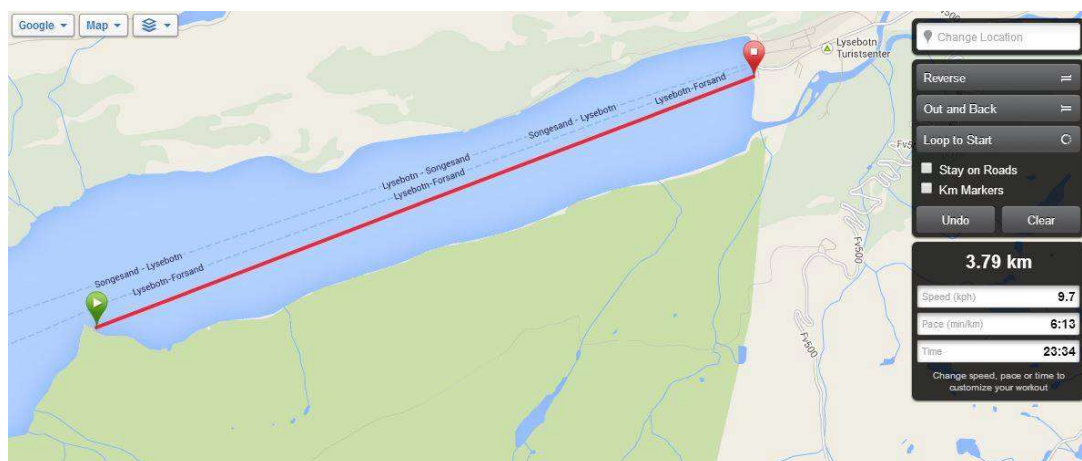
3.8 kilometers in Lysefjorden. Average water temperature for August should be 11-14 degrees Celsius, but it may be even colder than this. The Race Director team reserves the right to alter the swim course, even up to the start of the swim, based on conditions race day morning. There will be kayaks and boats following the athletes.

Due to the conditions and water temperatures in Lysefjorden it is mandatory to have a full wetsuit, we strongly recommend using swim booties/sock and neoprene vests/shorts. We also allow use of nonwebbed gloves so please bring them with you.



For safety, all athletes must use a tow float (also known as a safer swimmer, see picture). As the race starts 5am, and due to the shape of the fjord and mountains, it can be quite dark for the first hour or so. From 2018 each athlete will be provided with a safe swimmer, this will be handed out at race registration only. Please bring an extra bike lamp to be placed inside the safe swimmer.

Please notice there is a small river next to Lysebotn Pier; this will more than likely give the race a guaranteed head current and a flow of refreshing cold water. Please make sure you come prepared, as it will be cold and probably not a very fast swim course. The local utility company has several hydro power plants in the area and we will notify you during race brief, or right before swim start, which power plants will be in use or not.



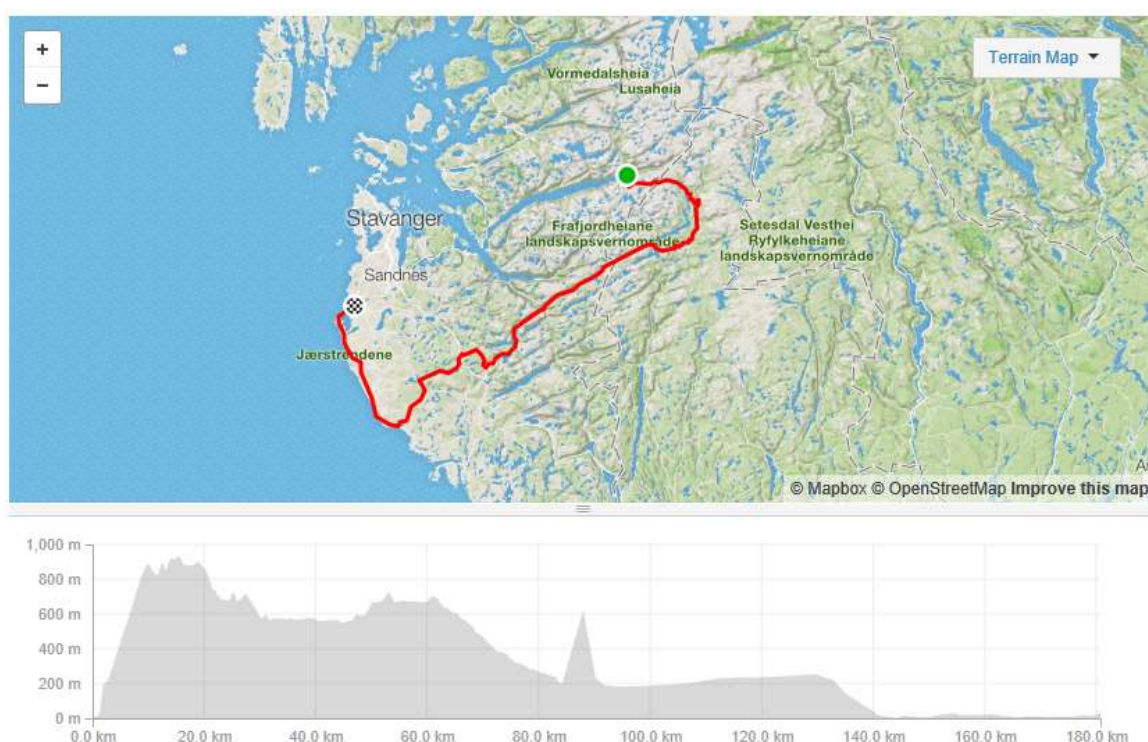


We recommend having warm drink/food, clothes available at T1 as the athlete may be extremely cold after the swim leg.

In case of extreme weather conditions, we reserve the right to change the format, shorten or abandon the swim. If abandoned, the swim leg may be replaced by a run before the bike leg.

5.2 Bike Course

From Lysebotn pier, you follow Fv500, exit the village and enter the curvy climb up Lysebotn (Fv986). No support allowed until athletes exit Fv986 and turn right at Fv975 (after approx. 34k). Make sure you bring sufficient water, bike supplies and warm clothes as conditions at the top of the peak are very different from the seaside. It is a single-track road from the peak until Fv975 and we want to reduce the number of support teams and athletes in this road at the same time.



NB! The Climb after 84k is not there – you bike via a tunnel so please disregard this “climb” – It’s just Strava playing with you 😊 NB!! For GPX export please see <https://www.strava.com/routes/7580908> as here the route is open and can be downloaded.

Athletes need to have a white light in front and a red light at the back – the bike will be checked for working brakes and lights before entering transition on Saturday morning. If brakes and lights are not working you will not be allowed to start the race.

It is also mandatory to wear a reflector vest on the first 7 km of the race and you must have a CE approved helmet fastened before un-racking your bike in transition. This helmet must be worn for the entire bike leg.



Approx Distance	Road	Direction
32.2 km	Fv986	Turn right onto Fv975
46.8 km	Fv975	Turn right onto Rv45 towards Sandnes
84.2 km	Rv45	Turn left onto 503 toward Vikeså
100.7km	503	Turn right onto 113
106.5 km	113	Turn right onto 112
112 km	112	Turn left onto 111
116.5 km	111	Turn left onto E39 (PS! A very busy road)
119 km	E39 *)	Turn right onto 504
129.7 km	504	Turn left onto 133
144.3 km	133	Turn right onto Rv44
164 km	Rv44	Turn left onto 507 Towards Orre/Bore
180.6 km	507	Exit at "Borestranden" for T2.

*) E39 is a very busy road, here athletes must be very careful. Expect to stop and wait until the road is clear. A few seconds wait will not really make an impact on a race day of 11 to 16 hours. 😊 Stay safe!

Please note the race takes place on public roads and normal traffic rules apply. No support from a moving vehicle, all four wheels need to be outside the road. Violating this rule will result in an automatic disqualification if you are observed by the team judge, race director team or race marshals.

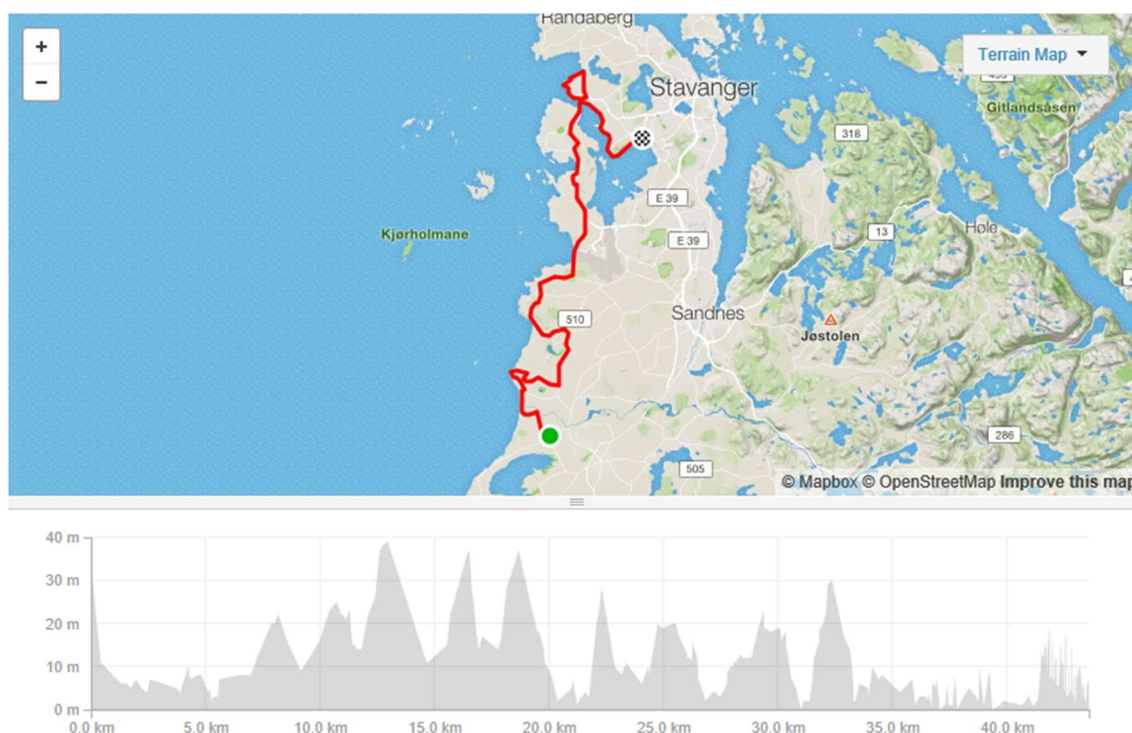
There will be race marshals from at key turning points, other intersections will be marked with a small arrow pointing you in the right direction (and a thorXtri beach flag).



5.3 Run Course

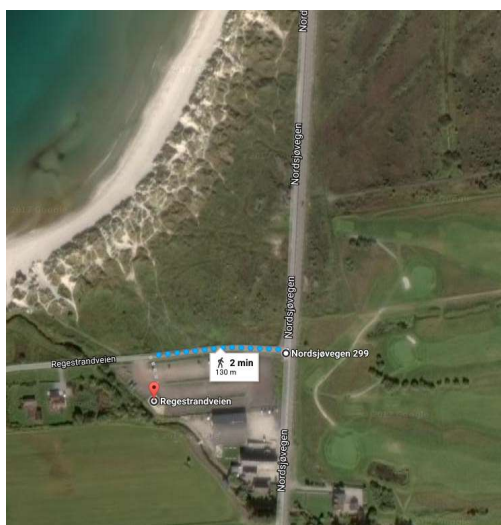
The run section starts from Transition 2, and you run down towards the beach on a gravel road towards Borestranden. After 4k you see a small bridge and you continue following the red thorXtri logos printed on the tarmac. After the bridge you follow road 245/Selevegen clockwise to Fv510, then head north. After a few km you turn right onto Gamle Tjeltavegen and follow this up the hill and turn left on FV375/Vigdelvegen and follow this down to Hellestø Beach.

You follow the marked road. Remember to stay on left side of the road on sections with no bike/footpath.



We recommend having typical “city trail” shoes on the run leg, as you will be running on a mixture of tarmac, hard gravel and tractor roads.

For GPX file download please see: <https://www.strava.com/routes/9475001>



At the South end of the Solastranden there are public restrooms approx. 300 meters away from the road (please see picture). This is approx. 20.4 km into the race course.

You then follow the road North and follow the thorXtri logo and signs towards Tananger, the industrial oil and gas centre of Norway.

When you reach Tananger Bridge. Here you turn off the foot path and head towards into 445/Kvernevik ring (there is a small path just before the shop). Then you follow the gravel road to the turning point at the Broken Chain Monument, here you turn 180 degrees and run back the same way to the

Tananger Bridge. At the bridge you run under it and follow the markers to the finish line at the Sword in Rock site. From this point, you are not allowed to have support from your car, as the next 7 km you will run along sea houses. We recommend your support team to drive to the finish line and wait for your athlete at the Three Sword site. If you have a support runner, they can of course join you from here to the finish line.

6. Timing points

Every athlete must carry a transponder on their wrist. It collects your split times and at key points using RFID. We will use GPS timing service and more information regarding this will be posted closer to race date.

Timing points

Out of water	Bike finished
Out on bike	Start Run
Peak 932	Broken Chain Monument
Byrkjedalstunet (84k)	Finish line

7. Race Rules

7.1. Littering

Absolute no littering from you or you support crew, you will be disqualified and taken out of the race at first offence.

7.2. Drafting

No support pacing from a bike at any time during the race, up the main climbs, you can to ride side-by-side on the bike from the bottom of the Lysebotn climb to the peak at 932 meters checkpoint above sea level.



7.3 Timing chip

If you for any reason loose or don't hand in your timing chip or GPS chip we will invoice you a fee of 500 NOK (its simply re-placement cost of the chip!).

7.4 Wetsuit and Swim gear

Full wetsuits are mandatory for the swim. Non-webbed gloves, swim socks, neoprene hats/vests/shorts are permitted and strongly recommended. Lysefjorden can be very cold – don't underestimate this point. A tow float (e.g. Safe Swimmer) will be provided to you during registration and you need to place a white bike lamp inside which you turn on before start of the swim.

7.5 Bike

Your bike needs to be in good working order. There are 2 support-free zones and here you are on your own, which means we recommend you bring sufficient spare parts in case mechanical issues or punctures. You are not allowed to change wheelsets during the bike stage unless prior approval is obtained from the Race Director HQ. Your bike needs to have a solid white light in the front and a solid red light at the back. Please: no blinking lights! The bike course is open to normal traffic. Road traffic regulations need to be followed always. Avoid obstructing traffic by holding to the right whenever possible. The use of headphones, headsets or mobile phones is not permitted at any time during the bike stage.

Helmets are mandatory while riding your bike and must be approved by a national accredited testing authority or have the CE stamp. Your helmet shall be securely fastened before you remove your bike from the T1 rack and not removed until you and your bike are inside the T2 area.

7.6 Run

Follow the thorXtri markings, keep to the left if you are not on the bike/footpath. Use of music during the run is not allowed, we are not racing on closed roads therefore other individuals may also be out on the course.

Recommended kit list for the run:

Water proof-jacket	Minimum ½ liter of water/sports drink
Head torch Required after 9pm! (required).	Food
Mobile phone	

7.7 Race Number

Race number needs to be visible on your bike in transition. The race number is mandatory to wear on your back on the bike leg and in front on the run. No race number is allowed during the swim. You will not be allowed to start biking or running unless you are wearing your race number.



7.8 Support team

- Your main role is to provide your athlete (and other athletes) with supplies and mental encouragement! Trust us, they will need it.
- Support team members can join the athlete in Transition 1 but try to avoid too many people in the area at the same time.
- This race is about the athletes finishing by their own efforts, as support team or support runner you are not allowed to help, pull or push your athlete to a faster finish time.
- When providing support, you need to ensure your vehicle has all four wheels off the road, be alert when exiting and entering the road – you are the single biggest risk for our athletes.
- Follow the traffic regulations and speed limits – if you cause dangerous traffic situations your athletes will get time penalties or may even be disqualified.
- Only one support vehicle per athlete, the vehicle must be marked with issued label and athlete's race number.
- Support from a moving car is not allowed and your athlete will be disqualified and taken out of the race at first offence.
- The non-littering rule applies for support teams as well and your athlete will be disqualified and taken out of the race at first offence.
- Obstruction of normal traffic not allowed, nor to drive slowly to keep your athletes pace. Drive up ahead of your athlete and find a good spot to stop and wait for your athlete to pass. Beware of traffic when reentering the road.
- There are three support-free zones, on the bike and two on the run:
 - No support during the first 7 km of the bike course. We recommend you drive directly to Sirdal Høyfjellshotell and enjoy a coffee and breakfast. It's is plenty of parking and as the athletes get off the mountain mobile coverage get better so the he/she should be visible on the raceone app.
 - 2nd Support-free zone is the first 5 km on the run. Here the roads are narrow, and we don't want cars on these small roads. We recommend you stop at the Shell gas station at Voll for coffee and snacks while your athlete runs the first segment.
 - 3rd Support-free zone starts when your athlete run under the Tananger bridge at approx. 36.6 km into the run. We recommend you driving to the finish line.



8. Practical information

8.1 Travel to and from Lysebotn from Stavanger Area.

You can either take the tourist ferry from Lauvik to Lysebotn, or drive Fv45 from Ålgård to Sirdal, or via Vikeså 503. If you pick the last option, you will have the benefit to drive approx. 112 km of the bike course opposite way.

8.2 Fuel and Shops in Sirdal/Lysebotn

Lysebotn is a very remote site. There are no shops in the town. We recommend you bring all your bike gear and gear in the mandatory kit list from either Stavanger or Sinnes if you are not taking it from your home.

There are 2 filling stations in Sirdal, one at “GP” at Sinnes approx. 45k into the bike course, here is also a decent shop so you can buy additional supplies on your way into and out of Sirdal and Lysebotn area.

There is also a smaller shop and filling station at a place called “Suleskaar” which is just 1-2 km away from the single-track road leading into Lysebotn.

8.3 Parking on race course / recommended waiting areas for support teams on race day

- Drive to “The Eagle’s Nest” here friendly Henrik may serve you coffee if you ask nicely. When your athlete arrives make sure he/she gets some extra energy before the last climb up to Peak 932. Here you also find public restrooms.
- Then drive to Peak 932 and wait here. If bad weather, he/she may want a change of clothes here. The athlete has climbed 1150 height meters in 15k! Down from the peak drive safely, as we expect bikes to be faster than support cars! Keep safe and don’t overtake any bikes unless it is safe! Watch out for sheep and oncoming traffic – it is tourist season and they drive early in the morning into this area!
- Sinnes and the GP Shop and filling station is a good “waiting” place while your athletes have been out for 45k. On the way, up to the top of Hunnedalen there are many good sites to get off the road and provide support. Here you find rest rooms at the filling station.
- At Byrkjedaltunet (approx. 78km into Bike course) you can enjoy the famous Norwegian “lapper with Strawberry Jelly” and a coffee. Here you find rest rooms at the restaurant.
- T2 is a small area limited parking slots so please be swift and leave the area when your athlete has started on the run. We have no T2 rest rooms!



9. Cut offs

Cut-offs are necessary because we are concerned about your safety, please respect Race marshal's decision if you do not make the cut-off:

Description	Cut-off time
Exit the water	07:15 CET
Exit T2	17:00 CET
Finish line	01:00 CET on Sunday 19 th of August.

If you withdraw from the race at any point from after race brief meeting, it's mandatory to inform the Race office immediately by texting messaging Race HQ +47 918 63 344. You also need to hand in your timing chip and gps chip, if you will be invoiced NOK 500 for each unit respectively.

If you cannot get through please send a text to the above number.

The national EMERGENCY numbers in Norway

Ambulance/Medical emergency: 113

10. Medical

Medical crew and race marshals appointed by the organizers reserve the right to remove a competitor from the race should they suspect that there is a health or injury risk to the competitor at any time during the race. Any use of non-legal performance enhancement supplements/drugs prohibited.

11. Liability

Athletes and their support crews must sign a document of "Release from Liability" before they receive their start number. There may be an additional liability waiver required at the swim start, dependent on water temperature.

12. Penalties

The Race Director, on the advice of Race Marshalls, can issue time penalties for athletes or disqualify either athlete or support.

Time penalties

Minor violations (yellow card) - 5 minutes

Second violation (yellow card) - 15 minutes

Third violation, major violations or dangerous behavior (red card) Disqualification, please note the no littering rule applies to all parts of the course (this include athletes and their support crew).

A penalty box for serving time penalties placed in T2 and right before the finish line.



13. Expected weather conditions

The water temperature in Lysefjorden averages 10-15 C in August. Be prepared for cold water. The air temperature on the bike leg: 5-20 C. Air temperature on run section: 10-23 C.

14. Aid stations

Athletes are essentially self-supported by their teams. Therefore, there are no organizer-provided aid stations on the bike leg or the run leg.

15. Media

You doing the race is probably good news for your local newspaper and for local triathlon media. Please contact us at info@thorxtri.com if you need support or photos. Please inform us after you have received the coverage.

Images: Please note that any images of you that our press partners or we take during the race may be used by us for marketing purposes. If you do not agree to this, please inform one of the race officials.

16. Housing

Pre-Race - Official thorXtri partner:

Sirdal Høyfjellshotell (same site as Race Brief)	www.hotelsirdal.no
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Use the booking code which was provided on your race email confirmation. There are other housing facilities and we recommend you search as soon as you get your slots confirmed.

PS! There is no road between Forsand and Flørli to Lysebotn – we have had athletes booking housing here but that is not recommended even though it is a shorter distance there is simply no connection except by boat.

Post-Race - Official thorXtri partners:

Comfort Square hotel, Løkkeveien	<i>The T-shirt Ceremony will be hosted at Clarion Stavanger hotel, approx. 300 meters away from the official Race hotel on Sunday at 11:00-12.00. CET.</i>
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17. thorXtri online webshop

Please visit our online brand shop. Some items may be sold at Race Registration and after T-shirt ceremony in Stavanger as well. <https://teamshop.no/collections/thorxtri>



IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY IN THE THORXTRI, I AM AWARE OF AND I AGREE AS FOLLOWS:

Athlete:

1. I am aware of the risks and hazards associated with or related to participating in the competition.
2. I am aware that the swim water temperature on the race start line is cold. It is possible this will be below the 'normal' permitted range according to Triathlon rules. In this case, it is solely my decision on whether to undertake the swim section and I will not hold the organizers or their agents responsible in any way for any claims that may arise.
3. I have sole responsibility for my personal possessions and athletic equipment during the competition and its related activities.
4. I attest that I am physically fit and can complete the competition.
5. I grant full permission for thorXtri to use my photographs as part of the event photo gallery on social media and relevant websites. I also accept the use of drones for photo and film can be closer to me while I race.
6. I will comply with the rules and the regulations of the race manual.
7. I confirm that all my race equipment is in good working order and accept that the Race Marshals can remove me from the race if the equipment is below acceptable standards.
8. Doctors and marshals appointed by the organizers may remove me as a competitor from the race should there be a health or injury risk.
9. The bike course is open for ordinary traffic and I confirm I will follow road traffic regulations always.
10. The use of non-legal performance enhancement supplement prohibited.
11. In the event of a race cancellation due to a storm or other "Act of God" (or "Act of Thor"!) my entry fee will be non-refundable.
12. The organizer retains the right to change the course at any time for safety or logistical reasons.
13. Participation is at the participant's own risk!
14. The participant indemnifies the organization against any claims that may possibly result from participation in the event. The participant also indemnifies thorXtri for all consequences, which may ensue because of this participation.



Official Support:

15. I will drive according to traffic rules and at normal traffic speed. I will never drive directly behind or in front of the biker or runner.
16. When parked, the car will always be off the edge of the road.
17. All support, I will provide from outside of the stationary car and never through a car window.
18. The competitor will not sit in the car at any time during the race, even if the car is parked.
19. I will follow the directions given by the race marshals

By submitting this entry, I acknowledge having read understood and agreed to the above awareness and acknowledgement of risks, terms, conditions, waive, and release thorXtri and their partners from liability and have executed this agreement voluntarily.

Place

Date

Competitor (please print name clearly)

Support person (please print name clearly)

Competitor's signature

Support person signature

Support person's mobile phone number on race day: