

Take the challenge to become a **GREEK X HERO** swimming in the turquoise Ionian Sea, bike and run in the beautiful Greek Island of Corfu!!! **Greek X Hero** is an extreme triathlon for experienced athletes who want to exceed their limits. At the time of the race in Corfu Island the weather is quite unstable and even though it does not have high mountains the geomorphology of the island makes the race quite challenging. Temperatures range from 0 to 32 degrees Celsius.

*Note: This manual is intended to be as comprehensive as possible, but the nature of the local weather, race course and the area it takes place in means that it is not possible to be 100% accurate on all matters. The important details are correct though. There will also be a compulsory race briefing where any last minute changes will be brought to your attention. The organisers reserve the right to alter any element of the manual. This manual will provide you with the information you need to compete at the Greek X Hero Triathlon 2020. Competitors and their support crews must read this document and follow all advice herein:*

### **COURSE OVERVIEW:**

- 3,9 km swim A to B, from the Queen's jetty in Mon Repo along the coastline to the Old Fortress (T1)
- 185 km road bike (roads are open to traffic) with a total altitude of 3750m (T2 at Kinopiastes village)
- 40 km trail run on trails and dirt roads with 1850m altitude
  - 30 km until T2A (Liapades village)
  - last 10 km with supporter
- Finish in the top of Angel's Castle (Aggelokastro)

Athletes are largely self-supported throughout the race.

### **SUMMARY:**

- Start from Corfu Town (Mon Repo) on Saturday April 11th 2020. Race will start at 06:00 am
- Registrations are on-line on the website [www.greekheroxtri.com](http://www.greekheroxtri.com)
- Competitors must race with a **support team** accompanying them in a vehicle. Your support team must be able to communicate with the organisers in English (or Greek), and be always available through his/her mobile phone before and during the race. Only one support vehicle is allowed per athlete. One member of the support team must be fit enough to accompany the athlete in the latter stages of the run, consisting of off-road steep climbing over a mountain (distance 10 km). If for any reason the support person is not able to attend the athlete on the day of the race, the athlete can race alone except for the last 10 km on the run that he or she is obliged to find a companion or will run with the next athlete if he/she agrees who arrives at

the station (if you wish you can contact the local organization and to find you a local support person and/or vehicle for a fee of 100 euros).

- Time measurement and live tracking will be via race chips and GPS that will be provided by the organisation at the registration.
- Race briefing attendance is compulsory for the athlete and supporters
- Support is allowed during almost all of the bike leg.
- No support will be provided from the organisation during the bike leg.
- Runners must keep to the left side of the road (facing oncoming traffic) during any tarmac sections.
- Greek Road traffic regulations must be strictly observed at all times by athletes and supporters.
- Time penalties are as follows: Minor violations (yellow card) - *5 minutes*, second violation (yellow card) - *15 minutes*, third violation, major violations or dangerous behaviour (red card) – *disqualification*.
- We have a special rule on ***littering***: Leaving litter (gel and bar wrappers, banana skins etc.) is an *instant disqualification* offence. We rely on the goodwill of the landowners and local communities for this event to be possible. Litter is something they are all very sensitive about.
- ***Basic aid stations*** (gels/bars/water, toast, nuts, Coca Cola) will be provided by the organisers in the run section at 16 km (Vatos) and at 30 km, T2A (Liapades). However, we strongly advise that you plan for travelling self-sufficiently on this section (i.e. carry your own food/water).
- You may have to finish in the dark, so make sure you do carry the mandatory ***head torch*** (and make sure it's a good, powerful one, not simply the lightest you can 'get away with'). Support crews and runners must carry the mandatory kit.

## **REGISTRATION:**

**Registrations are on-line on [www.greekheroxtri.com](http://www.greekheroxtri.com).**

At the ***race-number pick*** up you have to provide:

- 1) Medical Certificate - if you haven't emailed it, or your TRIATHLON LICENCE,
- 2) Identification document (ID, passport),
- 3) Data of the support person and vehicle (phone number)

At the race number pick up you will receive:

- 1) Transition bags:
  - Bicycle bag
  - Running bag
  - Finish bag
- 2) Swimming cap
- 3) Timing chip
- 4) Bib number
- 5) Road manual for attendants
- 6) Signs of the race for supporting vehicles
- 7) You will receive stickers with your entry number in your envelope. Place one small sticker on the front helmet, the big sticker on your bike and one small sticker on each transition bag you will receive.

Each participant, in addition to the material received upon his/her arrival at the registration, upon finishing the race he/she will also receive:

- 1) Finisher t-shirt for the athlete and his/her supporter
- 2) Free photographic coverage at various points of the race
- 3) Finisher medal
- 5) Closing ceremony lunch

### **CANCELLATION POLICY**

In case of cancellation of participation after you complete your registration, until February 14th of 2020 50% of the fee will be returned; no refund is possible from February 15th of 2020 and after.

### **PROGRAM**

FRIDAY 11/4

19:30 - 20:30 PASTA PARTY

14:00 - 19:30 Bike Service

**14:00 - 19:30 Race number pick-up**

**17:15 - 18:15 Mandatory Technical Briefing in Greek**

**18:30 - 19:30 Mandatory Technical Briefing in English**

SATURDAY 12/4

04:00 - 05:20 **T1** - Compulsory placement of bicycles in the transition zone 1, final adjustments, placement of Transition Bags.

T1 05:20 **Transfer** of athletes to the Mon Repo to the SWIM START

**06:00 START OF THE RACE**

19:00 Estimated first athlete finish time

SUNDAY 13/4

13:00 Awards - Lunch - Closing Ceremony

### **CUT OFF TIME:**

- Exit the water **2 hours 20 minutes**
- Exit transition zone **T2** from bike to run at Kinopiastes (T2) **13 hours**
- Exit cut off point at **T2A** check point at Liapades **19 hours**
- **Finish** time at Aggelokastro **21 hours**

After this time, those who remain on the route run at their own risk.

## REGULATIONS

The race will take place according to the general rules of the **I.T.U.**

\* For what is not provided by the following and general regulations of the sport I.T.U. the Standing Committee decides immediately.

## EQUIPMENT

- Full **wetsuits** are mandatory for the **swim**. Gloves and swim socks are permitted if non-webbed, these will be checked at registration. Neoprene hats and vests are strongly recommended.
- **Swimming caps** provided by the race organisation are to be worn during the swim
- **Race timing chip** is to be worn at all times.
- **GPS Tracker** is to be worn at all times from T1 onwards (note: not during the Swim) - this piece of equipment is vital for your safety as we can locate you at any point. The tracker will alert us of inactivity and we can send help. From experience we know this can be a life saving device – PLEASE USE IT!
- **Start number** is not to be worn during the swim, and must be stored visible in T1, until the athlete exits the water.
- **Start number belt** must be worn (and visible) on the **back** during **bike** segment and in **front** during the **run** at all times.
- Bikes must be in good working order and Greece road legal.
- **Helmets** are compulsory whilst riding your bike, and must be approved by a national accredited testing authority, or have the CE stamp.
- **Sunglasses** are highly recommended
- No change of bike or wheels are allowed except due to mechanical failure. In this case the Race Office must be informed.
- There is **mandatory equipment** that must be carried by the athlete during the **run**. There will be a compulsory check at registration and a secondary equipment check at T2 and T2A. Please remember to bring your kit to the race number pick up.

## MANDATORY:

- Aluminium foil 1,4\*2m
- Whistle (for attracting attention)
- Water container with 1l water
- Waterproof Jacket 10000mm
- Head Torch

- Extra Batteries and extra small torch
- Sufficient Food (min 500 kCal)
- **Mobile Phone switched on with the emergency numbers.**

RECOMMENDED:

- Additional Thermal Clothing (e.g. microfleece top)
- Buff
- Sunscreen

If you have a support runner through the run section from T2 to T2A (this is not mandatory), they must also carry their own set of this equipment.

### ***MEDICAL***

Medical crew, Mountain Rescue and marshals appointed by the organisers may 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. The use of non-legal performance enhancement supplements/drugs is forbidden.

### ***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.

For the participation under the age of 18 at the day of the race, the parent/guardian must sign the relevant statement of responsibility.

### ***PENALTIES***

Athletes are responsible for knowing the routes, rounds, reversals, and any penalties that may be imposed during the race.

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 (including being rude to race officials) (red card) – Disqualification.

Note the point above about Littering – this is a big 'no no'!

A penalty box for serving time penalties is placed in T2 and at T2A.

Failure to execute the penalties in the penalty box disqualifies the athlete.

### Rules on the bike leg

- During the transitions we ride the bike out of the Transition Zone at the special **mount line** and get off the bike BEFORE the dismount line. In any case, we **do not ride within the transition area** for any reason neither before nor during the race or after we have completed our race.
- GreekXHero is a **DRAFT FREE** race. There should be a 12 meters distance between the front wheels of the two athletes (10 meters clear distance between the two bikes). You are not permitted to draft other competitors, nor are you allowed to have bike or vehicle drafting/pacing from your support team. We will have draft busters on the course.
- **Overtaking another athlete** should have a maximum time of 20 seconds; while the athlete being overtaken should reduce his/her speed to let the overtaking athlete pass.
- The **helmet** should be worn all the time while riding the bike.
- The bike course is **open to normal traffic**. Road **traffic regulations** must be strictly observed at all times.
- The following may lead to time penalties and/or disqualification:
  - Violating traffic regulations. (Crossing the double line in the middle of the road leads to disqualification).
  - Obstructing traffic by not holding to the right whenever possible.
  - Use of headphones, headsets or mobile phones while on the bike.
  - Pacing on the bike leg, either by car or bike.
  - Drafting off another athlete or motor vehicle.
- The upper body should be covered during the bike and run leg.
- The camera is allowed on the bike with the approval of the race referee.

### Rules on the run leg

- The run course is open to normal traffic on road sections. Road traffic regulations must be strictly observed at all times.
- The following may lead to time penalties and/or disqualification:
  - Runners must keep to the left side of the road during the road sections.

- Use of headphones, headsets or mobile phones on any tarmac sections.

## Rules for the support team

The following may lead to time penalties and/or disqualification:

- The support team causing **dangerous traffic situations**.
- Failure to clearly mark support car with *GreekXHero* issued **stickers** and athlete number. (Only one support car per athlete is allowed.)
- **Support from a moving car** (All support must be given from outside of the car while parked.) This will be monitored by motorcycle marshals.
- **Parking** of a support car in the road or in passing places on single track roads (When parked the support car must be placed off the road.)
- **Obstruction** of normal traffic (Never attempt to drive slowly to keep the pace of the athlete.) There may be motorbike marshals roaming the course to enforce road safety.

## Expected weather conditions

**Water temperature** in Ionian Sea is between **12 C - 17 C** degrees in April, be prepared for possible waves. The swim may be shortened or abandoned if the water temperature is unseasonably cold. The water temperature will be announced before the race for the use of a wet suit.

The swim course may be changed if the weather is bad, if the visibility is low due to fog or rain, high waves, strong tide or any other reason.

**Air temperature** on the bike and run leg can vary from **0 to 32 C** degrees.

## Aid stations

Athletes are essentially self-supported by their teams. Therefore there are no organiser-provided aid stations on the bike leg. On the run leg the organisers will provide basic (gels/bars/water, toast, nuts, Coke) aid/ food stations at 16 km (Vatos) and at T2A (Liapades).

## Safety checkpoint in Liapades. (TA2)

There will be a special checkpoint at T2A to assure that:

- You and your support crew are **fit enough** to continue to the top.
- Both you and your support have the **necessary equipment** in a backpack, containing the equipment listed above as a minimum. You must carry your own equipment. This will be checked at T2A.
- You will not be allowed to continue the race alone. If your **support** does not follow you into the mountain, you will be held back and paired with the next competitor (if they agree to this). This applies to all competitors.

If you **withdraw** from the race at any point from after the pre-race meeting, it is mandatory to inform the race office immediately by calling **+30 6945100165 OR +306948088977**. If you cannot get through, please send a text to either of the above numbers. Mobile coverage can be patchy. (Please instruct your supporters, friends and family that your tracker not moving is NOT a reason to call us on the emergency contact telephone numbers. This is not necessary, and potentially stretches our resources to be dealing with real race control incidents.) The national EMERGENCY numbers in the Greece are 112, please use either in case an ambulance or rescue is required.

## **DETAILS FOR THE COMPETITOR:**

- On the day of the race the competitors and their supporters should get to the **T1 point**, in the Old Fortress at **4:00 am**, place their bikes and Transitions Bags to the signed area. **One support person** can accompany the competitor to the transition zone. Parking area outside of the Old Fortress for the support vehicles will be showed by the organisation.
- At **5:20 am** the transition zone closes, and the competitors should be ready for their **transfer** to the swim start. The support team is not allowed to use the transfer, it is recommended for them to wait for their competitor in the T1 with some hot tea and towels.
- At **6:00 am the race begins** from the Queen's jetty in Mon Repo, next to the church where Prince Philip of Edinburgh was born - the husband of Queen Elisabeth II. of England. The water temperature at this time of the year is between 12 and 17 degrees Celsius. The swimming route is quiet challenging even though it follows the coastline. Reaching the Gulf of Garitsa and passing the outer part of the Old Fortress, the sea has *many streams*, and the constant *waving* makes the swim quite difficult and needs attention. Coming out of the water, the athletes enter and pass through arcades entering the Old Fortress where they find their bikes.
- In **T1** the competitor takes off the wetsuit etc., wears his helmet and race number, takes his mobile phone, GPS tracker and any necessary equipment and takes his bike to the mount line. Everything left by the competitor is collected by his support, **nothing should be left in the Transition Area!**
- On the **bike leg** the temperature ranges from 0 to 32 degrees Celsius. The route follows the island's almost entire coastline with amazing views, but it is also very technical since it enters traditional small villages on narrow streets and challenges the athletes with constant ups and downs. The route has **three passes**, one quite demanding at 60 km to the highest point of the island with gradients up to 17%, the second climb leads to Sokraki at 70-75 km with 22



hairpins, and the third one at Viston with an ascent up to 18 %. The rest of the race does not move at high altitudes but the continuous ups and downs give a total altitude of **3750m at 185km**.

- **T2** is located in the village of **Kinopiastes**, from where the **40km long run with 1850m** altitude begins. Parking for the vehicles will be shown by the organisation. The competitors leave their bikes and get ready for the run. The bike and everything left by the competitor should be collected by the support team! **Nothing should be left in the transition zone!**
- Athletes will run through the beautiful beaches of Kontogialo, Glyfada and Ai Giorgi with their unique views, but the route has great difficulty due to the **peculiarity of the terrain**. The athletes have to run either on sandy beaches or jump from rock to rock, then climb steep hills of up to 15% and run downhill on slopes up to 32% until they reach the picturesque village of Liapades at 30 km through huge olive trees.
- **T2A** is in **Liapades**, where an compulsory **check** will take place for the fitness of the competitor and his/her support and their equipment.
- The **last 10 km** should be run together with one **supporter**, climbing up to the famous **Angelcastle (Angelokastro)**, and become a **Greek X Hero!!!!**

## **RELEASE FROM LIABILITY**

The organizer is not responsible for the death, injury or any damage to the health of the participants who declare that they are aware of the risks involved in sea, road traffic, and mountainous environment, have relevant experience and their health status is good and allows them to participate in the race. Also, once it accepts the terms of participation, it accepts that any harm to the health is solely the responsibility of the participant himself and he or any of his relatives are not entitled to any compensation. Each participant is required to carry out a regular medical checkup and to have done the necessary medical check-up in the last six months in order to be able to participate in GREKXHERO. The competitor should also have a medical certificate and present it when requested at the event. The organizer reserves the right not to allow any participant to complete the GREKXHERO if there is a relevant opinion of the GREKXHERO physician. The insurance of the athletes' own responsibility.

IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY IN THE Greek X Hero Extreme TRIATHLON I AM AWARE OF AND I AGREE AS FOLLOWS:

**Competitor:**

1. I am aware of the risks and hazards associated with or related to participating in the competition.
2. I will be made aware of the swim water temperature on the race start line. It is possible this will be below the 'normal' permitted range according to the Greek Triathlon Association rules. In this case, it is solely my decision on whether to undertake the swim section and I will not hold the organisers 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 GreekXHero to use my photographs as part of the event website photo gallery.
6. I will comply with the rules and the regulations of Greek Triathlon Association
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 suspected to be sub- standard.
8. Doctors and marshals appointed by the organizers may remove a competitor from the race should there be a health or injury risk to the competitor.
9. The cycle route is not closed to traffic. Road traffic regulations must be strictly observed at all times.
10. The use of non legal performance enhancement supplements is forbidden.
11. In the event of a race cancellation due to a storm or other "Act of God" my entry fee will be non- refundable.
12. The organiser 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 Greek X Hero for any and all consequences which may ensue as a result of this participation.

**Support:**

1. 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.
2. The car will always be off the edge of the road.
3. All support will be given from outside of the stationary car and never through a car window.
4. The competitor will not sit in the car at any time during the race, even if the car is parked.
5. 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 and conditions and waive and release GreekX Hero and their partners from liability and have executed this agreement voluntarily.

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Place Date dd/mm/yyyy

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Competitor (please print name clearly)

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Competitors signature

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Support person (please print name clearly)

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Support person signature

Support person's mobile phone number on race day, including country code:

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