

Race Information Pack

15th May, Orfű



TRIATLON és QUADRATLON
MULTISPORT FESZTIVÁL!



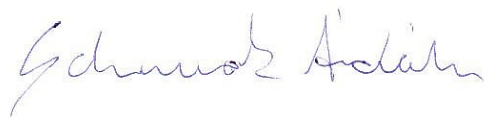
Dear Competitors,

Thank you for entering the Quadrathlon World Championship - Middle Distance, which is taking place on Sunday 15th May 2016. Please carefully read all of the below as it contains information that will affect your race.

Please note that the WC is run in parallel to a triathlon race. It is your responsibility to familiarise yourself with the rules of WQF to ensure fairness and safety to all competitors.

Best of luck to you all in the competition, enjoy the race and we look forward to seeing you next weekend.

Best regards,



Adam Schmuck
Race Director

Thanks to all our sponsors



Registration

Registration will be open on Saturday (14 May) 2.00-8.00pm, so you can pick-up your race pack. Or on the race day from 8.00-10.30am.

Pricing, if you have pre-registration till 1st May:

Individuals: EUR 50,- , Relays: EUR 40,-/teammates

Pricing without pre-registration:

Individuals: EUR 60,- , Relays: EUR 50,-/teammates

Please bring cash for these purposes as no card facilities are available.

Entry fee contains

- Race T-shirt
- PowerBar refreshments in the race pack and also during the race
- Saturday Pasta Party and Lunch after the race
- Finisher medals, Trophies for all podium positions
- Massage for individual competitors
- Timing, medical service
- VAT

Race pack

Vouchers for the Pasta party and lunch after the race

Race numbers

Race T-Shirt and OrfúMad bottle

PowerBar energy bars and gels

OrfúMad Surprises

Timing

The timing chip device to be worn around your left ankle - this must be worn throughout all 4 disciplines and will need to be handed in at the finish line. You receive the chip at the registration. We will help to turn on the chip when you enter the check-in area. In case of lost timing device you will be charged HUF 20.000,-.

Race numbers

You will be given an individual race number that is worn during the race (safety pins are provided if you don't have a race belt). Three numbered labels – one for your helmet, one for your kayak and one for your bike frame. No numbered swim cap or body-mark will be provided for the swimming. Race numbers must be worn in such a way that they are clearly visible on your back during the bike and the front during the run sections.

Transition area

There is no overnight bike/kayak racking facility. Transition will open at 8.00am on the morning of the race and will be kept secure until the completion of the race at around 7.00pm. All competitors are to remove their bikes and equipment by 4.30pm. Only competitors in possession of their race number and with their bikes bearing that same number will be able to enter or leave the transition area. No family or friends are allowed in the transition area.

Schedule

We recommend that you arrive at Registration 2 hours before your swim start time. Please allow sufficient time for your journey, for the registration, racking, chating. :) Check the schedule below:

14 May, Saturday

14.00-20.00 Registration open, race pack pick-up

16.00-20.00 Pasta party

18.00 Briefing

15 May, Sunday

8.00-10.30 Registration open, race pack pick-up

8.00 Transition open

10.00 Briefing

10.45 Transition close

11.00 START

16.00 Prize giving ceremony

16.30 You can collect your equipment from the transition area.

WARNING: triatlethes are still racing, be carefull and do not disturb their competition. Thank you.

Ambulance, massage

In the event village we provide medical services. If you have an injury, should you visit them in their tent. Ambulance will be available on: +36706695526. This number is printed on the race number.

Our massage service is waiting for individual competitors after the race. You just need to show your race number.

Bike repair service

Kerékpár Diszkont - hungarian bike shop and service company - will take care of your bike before and during the race Their service center will be located in the event village and will be open on the race day. They are also available on mobile phone, if you need help on the road: +36205562359 (printed on the race number).

Event village and course maps

The race takes place at Orfű, Hungary. The event village will be located at the car park of the Aquapark next to the Lake Pécs. You will find here the registration, the massage, the transition area, the start and finish area, toilettes and a restaurant/bar. At the registration desk you can check the course maps and the race schedule on a billboard.

Directions, car parking

Orfű is located in the Southern Transdanubian region of Hungary, 15 km far from Pécs and 200 km from Budapest. You can use the car park of the Aquapark which is located next to the event center. Parking is free.

Transfer services:

From Pécs to Orfű: EUR 25,-/person

From Budapest Liszt Ferenc Airport: EUR 140,-/bus which can handle 8-9 people.

If You are interested in this service, please contact us on orfumad@seakayaking.hu.

Facilities and food

There will be temporary toilets and changing facilities, which will be situated near Registration. In your race pack you will find vouchers for the Saturday Pasta party and for a lunch after the race. Spectators are free. There is a restaurant in the event village where you can buy meals, coffee for spectators.

Swim

Open water swim in Lake Pécs

Distance: 1,5 km

Time limit: No

The probable temperature of the water is between 16-20 Celsius. We usually advise competitors to wear wetsuits – however they are only compulsory if the water is less than 14°C. According to the WQF regulation the swim should be cancelled if the water temperature is below 13 Celsius. Either a short sleeved or long sleeved wetsuit is fine.

Following registration and racking your bike you should move to the swim start at least 10 minutes prior to Start Time. It is a deep-water start, and you will be given time to enter the water and warm-up should you wish.

The swim route is marked by swimming buoys. The lead swimmers will be led by a canoeist. If at any point you find yourself in difficulty please stop in the water and put your hands up and you will be immediately rescued.

Bike

The bike course goes out on to the open road through the surrounding villages.

Distance: 36 km, 1 circle

Time limit: No

Please be reminded that helmets **MUST** be numbered and fastened on your head **BEFORE** you un-rack your bike and on returning from the cycle you should rack your bike properly **BEFORE** removing your helmet.

Drafting is **NOT** allowed at any point and will be enforced by marshals out on the cycle course.

At all times, for your own safety and the safety of other competitors, you must obey the Highway Code and rules of the road, direction signs and the instructions of the marshals. The roads are not closed for this event.

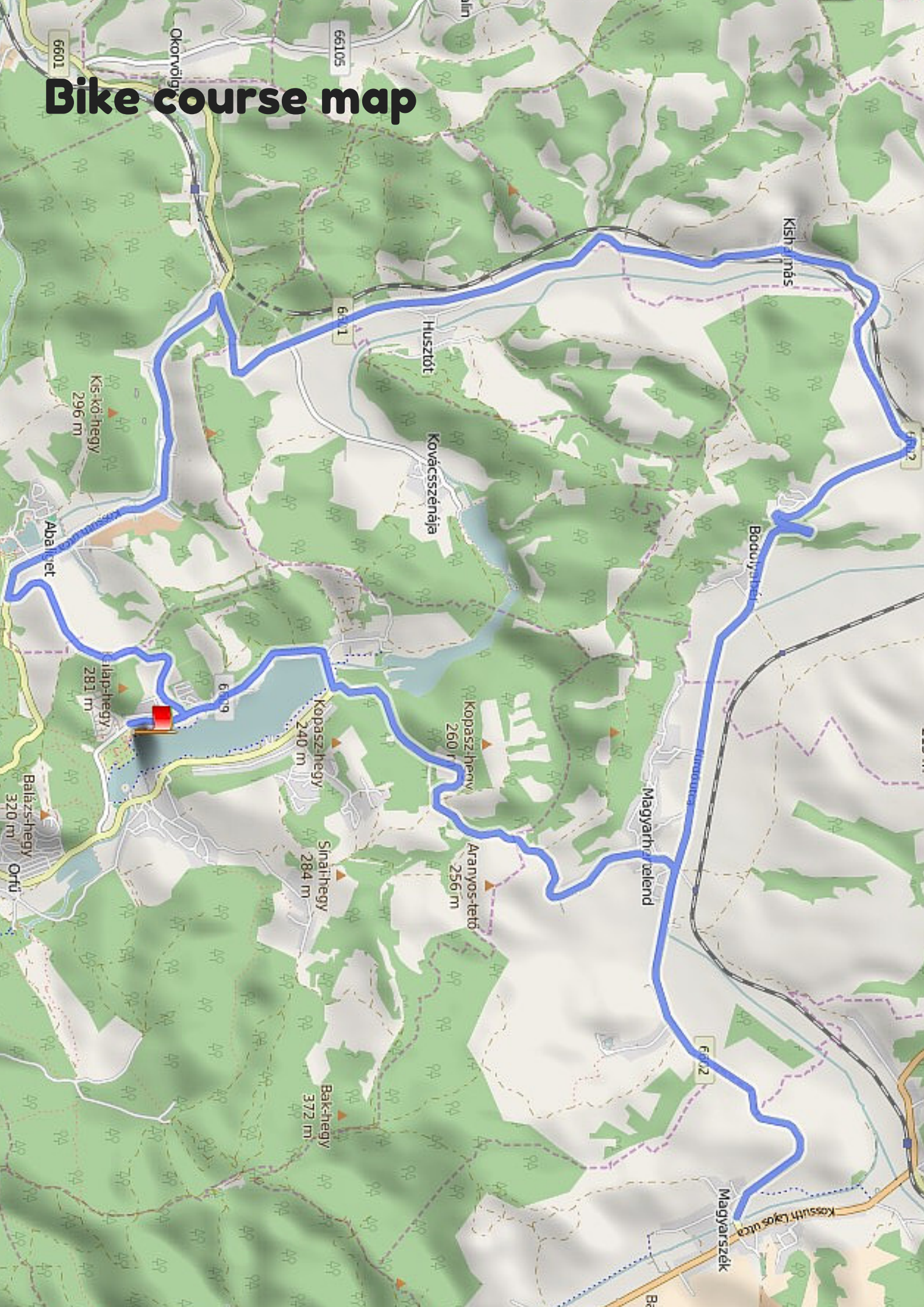
Refreshment points :

1. Abaliget, at the end of the village, at 5 km
2. Magyarhertelend, at 20 km

You will be given: 0,75l water, 0,75l iso, banana (to your hand), glucose, bread with honey, cola

Just throw down your empty bottle and
we'll give the full one to your hand!

Bike course map



Kayak

Kayak course will be on Lake Pécs

Distance: 8 km

Time limit: No

We have a wide range of Kayaks (Vajda, Epic) to hire. Contact Adam directly if you are interested and to check availability. Mobile +36309500 655 or email orfumad@seakayaking.hu

Run

The run course will lead via tracks and roads around Lake Pécs, low altitudes.

Distance: 9,9 km

Time limit: No

Refreshment points: one is next to the running course close to the transition area (water, iso, banana, glucose, salty snacks) the other is on the other side of the lake (water, PowerBar iso)

It is strictly forbidden to lead on or follow the competitors.

Run course map

The map displays a run course (blue line) winding around a large lake. Key locations and roads include:

- Locations:** Tekeres, Óreghegy, Mecsek közút, Szabadság út, Tiszai út, Órfa, and Bányos.
- Roads:** Tiszai út, Szabadság út, Mecsek közút, Szabadság út, Tiszai út, Órfa, and Bányos.
- Landmarks:** A large lake, a green flag icon, and a road number 6611.

More information

We hope that this competitor guide has answered any questions that you may have had, but please don't hesitate to contact us if you have any further questions.

E-mail: orfumad@seakayaking.hu

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**SEE YOU SOON
AT ORFŰ!**