

Event Regulations

- 1) All Fédération Française de Triathlon (FFTRI) rules and regulations apply to this event.
- 2) The highway code must be respected.
- 3) All outside (non-official) assistance is prohibited. This includes support vehicles, coaches and/or attendants. This may lead to entrant disqualification.
- 4) Only official FFTRI judges can apply sanctions or delegate power to organization commissioners.
- 5) Official judges will be clearly identified.
- 6) Passing other competitors in all intersections and bridge crossings is strictly prohibited.
- 7) Entry fees will not be refunded in the event of entrant withdrawal.
- 8) One swim cap, 2 jersey numbers and one bicycle number will be provided by the organization.
- 9) All entrants wishing to withdraw from the event must submit his/her race numbers to the nearest official race stand.
- 10) In the event of race cancellation, entry fees will be reduced 50% for the same race category for the 2006 event.
- 11) Once the total number of entrants specified on the entry form is reached, all further entry requests will be refused and their fees refunded.
- 12) **Fresh supplies available during race:** Spring water, energy food, soft drinks, apples, oranges, lemons, bananas, rice cakes, hot tea at the end of the swim event, spice bread, raisins, dried apricots, and sugar.
- 13) An anti-doping test may be requested at the end of the event in compliance with FFTRI regulations.
- 14) Entrants must wear their race numbers (front and back) without hiding or removing any part. Same for swim caps and bicycle number. All bicycles must be hung by their saddle in the bike lot.
- 15) Entrants must walk in the bike lot.
- 16) A line will be drawn at the bike lot exit and at the bike event finish line indicating the areas where entrants must follow the rules specified in Article 15 above.
- 17) **Sanctions** : Sanctions will be applied in compliance with FFTRI rules.
- 18) Entry deadline is 14 August .
- 19) Other than the preceding points, the FFTRI regulations will apply in compliance with Article 1. Each entrant acknowledges having read and accepted these regulations; and in particular FFTRI regulations in regards to drafting and controlled substances.
- 20) **VERY IMPORTANT:** Race numbers will only be distributed at the Embrun Village Hall (Salle des Fêtes). No special dispensations will be accepted.
- **Long Distance Triathlon** (15 August): Check-in 12 August from 2 to 6 PM; 13 August from 9AM to Noon and 2 to 6 PM; and August 14 from 9AM to Noon and 2 to 6 PM.
- 21) **All entrants must attend race instructions meeting:**
- **Long Distance Triathlon** (15 August 2005): August 14 at 5PM at Lake Podium.
- 22) **Race Start Time:**
- **Long Distance Triathlon:** 15 August at 6AM at Lake.
- 23) **Disqualifying Times:**

All competitors arriving at the specified locations after these times will

be automatically disqualified.

24) **Bike drop-off times in Bike Lot:**

• **Long Distance Triathlon** (15 Aug.): 14 Aug.between 1:30 and 6PM at Lake.

25) **Fresh Supplies Stands**

Long Distance Triathlon (15 Aug.):

a) **Swim:** Start and finish lines, and Bike Lot

b) **Bike:** Bike Lot, Start, Finish, Villars, Savines, Pont neuf, Saint Clément, Maison du Roy, Arvieux, Isoard Pass, Briançon, Vigneaux, Pallon, Saint Clément, Pont neuf, and Chalvet.

c) **Run:** Bike Lot, Start, Finish, CNA, Bar des Pêcheurs, Gendarmerie, Pont neuf, Star Flash, Baratier, and Lake

26) **Awards Ceremonies:**

Long Distance Triathlon: 15 Aug. at 8:30PM at Lake Podium.

27) **Loop of penalty** : It will be placed at the output of the bike lot, 200m go and back.

28)**Swim replacement** :

10km of run.

Triathlon Organizers:

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Technical Recommendations

1)Course:

Bike: Triathlons use paved roads whose shape is very selective. Watch a stage of the Tour de France with the Isoard Pass to know more.

Hill-training is recommended.

The smallest gears recommended (for hills) are 3.2 to 4.2 m.

depending on your training and physical condition.

Examples: average 36x24, strong average 42x36, very strong 42x23, and super 42x21.

In previous years, many riders regretted having gears too big, so...

Run: For the Long Distance Triathlon, the main difficulty of the course is a 5% climb over 1500 meters that is done twice.

Swim: Water is calm and without current.

2) Vertical and horizontal signposting:

Bike : yellow arrows

Run : blue arrows

3) Swim Start: Warm-up in rowing port only.

No competitors are allowed beyond the water line enclosing the port or the starting net.

GRILLE DE PRIX LONGUE DISTANCE EMBRUN MAN

Cl't	Scratch	Femme	Vétéran homme	Vétéran femme	Clubs
1 ^{er}	20000	12000	600	600	3000
2 ^{ème}	12000	6000	300	300	1500
3 ^{ème}	9000	4000	200	200	1000
4 ^{ème}	7000	3000			
5 ^{ème}	4000	2000			
6 ^{ème}	3000	1500			
7 ^{ème}	2000	1000			
8 ^{ème}	1500	900			
9 ^{ème}	1000	800			
10 ^{ème}	900	700			

Time Estimates

LONG DISTANCE TRIATHLON

1)Bike

KM	Location	First	Last
0	PLAN D'EAU	7H00	8H15*
8	ST EUSEBE	7H26	9H02
15	LES MEANS	7H39	9H14
22	ST APOLINAIRE	7H53	9H33
31	PRUNIERES	7H57	9H38
35,4	SAVINES	8H12	9H57
41,1	CROTS	8H21	10H10
43	ROND POINT LES ORRES	8H25	10H15
47,5	PONT NEUF	8H29	10H20
50	SAINT ANDRE	8H36	10H38
54	SIGURET	8H44	10H49
60	SAINT CLEMENT	8H55	10H56
66,2	GUILLESTRE	9H07	11H15
74,2	MAISON DU ROI	9H23	11H40
85,2	CARREFOUR ARVIEUX	9H45	12H14
96,6	CASSE DESERTE	10H21	13H02
98,4	COL DE L'ISOARD	10H26	13H10*
116	BRIANCON	10H44	13H34
124,9	PRELLES	10H52	13H50
131,6	LES VIGNAUX	11H18	14H25
141,1	PALLON	11H38	14H55
155,5	ST CLEMENT	12H00	15H20
161,5	SIGURET	12H06	15H30
165,5	SAINT ANDRE	12H12	15H50
169	PONT NEUF	12H15	16H15*
171	EMBRUN	12H20	16H20
175,5	CHALVET	12H35	16H30*
182	LES VIGNES	12H45	16H55
185,5	PLAN D'EAU	12H50	17H15*

• : Disqualifying times

2)Run

KM	Location	1 st lap First	2 nd lap last
0	PLAN D'EAU	12H50	20H00*
1	CNA	12H53	20H04
2	PONT CLAPIERE	13H01	20H09
5	PIED DE VILLE	13H11	20H25
6	STADE	13H16	20H34
7,5	DIGUE /PONT NEUF	13H21	20H50
10	DIGUE/CLAPIERE	13H30	21H00
12,5	PONT NEUF	13H40	21H20
14,4	STARFLASH	13H48	21H35
15,5	BARATIER	13H54	21H53
16,3	LOTISSEMENT LA MURE	13H57	22H00
17,6	CROIS NOUV /ANC RTE DES ORRES	14H02	22H10
19	PONT CLAPIERE	14H07	22H20
20	PARC A VELO/ARRIVEE	14H12	22H30*

* : Disqualifying times

Transportation:

1) Rail: Embrun Train Station: +33 (0) 4 92 43 50 50,

Direct service from Marseille, Paris, Grenoble, and Lyon.

2) Bus: SCAL Bus terminal: +33 (0) 4 92 43 06 05, Service from Marseille,

Grenoble, Gap, and Briançon.

3) Car: From Marseille, Nice, and Avignon on motorway to Sisteron then,

main roads. From Paris, and Lyon on motorway to Grenoble then main roads via Gap. From Milan and Turin on motorway to Briançon, then main roads to Embrun.

4) Air: Int'l airports at Marseille, Lyon, Roissy Charles de Gaulle (Paris), Grenoble, Turin, then by rail or road to Embrun.

From Gap Tallard Airport: Taxi and bus to Embrun.

5) Main distances: Marseille (225 km) - Nice (278 km) - Avignon (270 km) -

Paris (703 km) - Lyon (238 km) Grenoble (129 km) - Turino (159 km) - Gap

(38 km) - Briançon (52 km) - Genève (282 km).

Lodging:

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www.embrunais-serreponcon.net

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.Office de Tourisme de Chateauroux les Alpes Tel : 04 92 43 43 74

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otchateaurouxlesalpes@wanadoo.fr

.Office de tourisme de Charges Tel : 04 92 50 64 25

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.Syndicat d'initiative de Crévoux Tel : 04 92 43 87 89

.Office de tourisme d'Embrun Tel : 04 92 43 72 72

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