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Indeland-Triathlon 2019 - Registration confirmation

Dear Triathlon participant,

You have signed up for the indeland-triathlon on 16 June 2019. We thank you for the confidence placed in the event and in us. We will do our utmost to meet your trust and strive to offer you a good event and a nice experience "indeland-triathlon".

We are pleased that you will be participating in the indeland triathlon and wish you a good preparation for the last few weeks.

With this letter, we would like to provide you with all the important information you need to participate the Indeland triathlon. We kindly ask you to read this information carefully, so that you can quickly and easily get around with the event.

1. On the address label you will find your starting number and your CHAMPION-CHIP number. In the "LEIH-CHIP" (loan chip) note, we assume that you do not have your own chip and need a rental chip (see time measurement).
2. If you have acquired your own CHAMPION-CHIP in the meantime, please let us know at the latest 07 June the chip number in writing with, to MasterLogistics GmbH, Unterthal 3, 51465 Bergisch Gladbach or to info@indeland-triathlon.de The rental fee of 5.00 Euro will not be refunded if no chip number has been given at registration is.
3. Please check the printed CHIP number to see if it actually matches your chip. If not, please give us written notice by June 08, 2019, to the address mentioned under item 2.
4. Please refer to the start number for your starting number. The switches are arranged according to MD, KD, VD and relay.

OPENING HOURS START NUMBER EXCHANGE at the Aldenhoven City Hall

Saturday, 15 June 2019 14:00 to 17:00

Sunday, 16 June 2018 7:30 am to 11:45 am

If you are in possession of a DTU start-up passport, bring it to the start of the start documents. Without a DTU start-up pass, a daily license must be solved! (Not at "Volksdistanz" (Folks distance) or relay race)

Late registration

No online registration is possible after online registration.

COMPETITION MEETING in the city hall of Aldenhoven:

Saturday, June 15, 2019 3:00 pm

The competition regulations of the DTU apply. These are available where the start-up documents are given out.

Your start-up document contains the following content:

1 start number for bicycle and run. The starting number must not be worn during swim-ming!

3 wardrobe bags

Please use these bags for your clothes. At the Blausteinsee, put ALL your personal uten-sils in one of the bags. Any surrounding utensils can not be considered.

5 stickers with your starting number

- 3 adhesives per one wardrobe bag

- 1 glue attach to the helmet on the front

- 1 glue attach to the frame of your wheel

1 Information about the competition

1 swimming cap

1 Velcro for the chip - only relay participants! 1 Leihchip (loan chip), if no own chip is present

BICYCLE-CHECK-IN AT BLUESTEINSEE

Medium and short term from 8:30 to 11:00

folk distance from 12:00 hrs

When checking out the wheel in change zone I, the helmet is checked next to the wheel for damage and correct fit on the head. Do not start with a defective or non-approved hel-met.

STARTING TIMES

1. Start group, middle distance (1.9-88-20) 10:00 hrs

Ladies, Relay and Men from AK50

2. Start-up group middle distance (1.9-88-20) 10:15 h

Men up to and including AK45

3. Start group short distance (1,5-44-10) 11:00 clock

Ladies, relay race and Men from AK50

4. Start group short distance (1.5-44-10) 11:15 h

Men's up to and including AK45

5. Start group folk distance (0.5-20-5) 13:10 pm

Ladies and Relay

6. Start-up group for the Volksstanz (0,5-20-5) 13:30 h

Men and youth / junior

TIMING

The timing is exclusively via the real time-champion-chip. Without this chip, timing is im-possible. If you did not enter a chip number when you registered, we will program a rental chip with your data. A fee of 5.00 Euro will be charged for the rental chip, which has al-ready been collected from your account together with your start fee. On the day of the event, you can return the chip to the chip return at the end of the destination catering vil-lage until 17:00. In the case of non-return, this is in your possession and can be used worldwide. 25,00 Euro for the purchase of the chip after the event will be debited from your account. Only chips are taken which were also borrowed from the indeland triathlon 2019.

The Champion chip is to wear on the shoe or the ankle. If the chip is placed incorrectly, no time can be measured! If several competitors simultaneously pass the time measurement in the target, the Champion chip measurement decides.

Please hand over the loan chip at the end of the destination catering.

MEDALS

You will receive your medal immediately after the finish line. Please ensure that your medal is handed over to you, as later complaints cannot be considered.

WINNER HONORS

In Römerpark age classes and total from 15:00 o'clock

INTERNETPORTAL AND DOCUMENT PRINT OUT

At www.indeland-triathlon.de you can print out your certificate from Sunday, 16 June 2019 from 6.00 pm. In the internet portal you can find photos of our partner SportOnline, impressions, results lists etc. of the event.

SHOWERS / CHANGING CLOTHES

Changing rooms and shower facilities are available in Aldenhoven at the Römerpark.

FOOD SUPPLY during and after the route

In the target area, comprehensive target catering is expecting you.

The goal catering is exclusively for participants and NOT for companion.

On the bike route is the food at the "Kraftwerk Info-Zentrum" (excluding short - and medium distance).

On the course, you will be served with water, Coca Cola, Dextro and at the beginning of the second round a gel of Dextro.

First-aid attendant / TOILETS

First-aid attendant / Paramedics and toilets are located in the start / finish area and in each change zone.

PARKING

The official participant parking spaces are located in Aldenhoven in the supermarkets (Lidl, Netto, Aldi etc.)

At the Blausteinsee, only the parking lots at the roundabout and swimming pool can be used.

The green areas can also be used in the vicinity of the Blausteinsees. However, the operator charges a fee of € 2.00

SHUTTLE BUS

On Sunday, 16th June 2019 the buses depart from 8:00 am to 11:00 pm in the 15 minute clock from Aldenhoven to Blausteinsee.

From the Blausteinsee to Aldenhoven, the buses depart from 11:05 to 15:05 in 20 minutes. From 15:05 the shuttle will only be done as needed.

The last bus leaves at 16:45 from Aldenhoven to Blausteinsee. (No return journey!)

Further information can be found on our homepage www.indeland-triathlon.de under "INFORMATION"

In the shuttle buses NO bicycles are taken! This transfer is only for spectators and relays.

Information for relay race participants

The champion chip is carried by means of a Velcro strap on the ankle and passed on to the next participant in the corresponding exchange zones.

SWIMMING

Sample Swimming is possible three minutes before the start

Medium distance: 1 big round (last turn-around buoy)

Short distance: 1 middle round (second last turning buoy, third buoy !!) Folk distance: 1 small round (first turnabout)

The starting number is NOT worn while swimming!

Please pull the neoprene suit as far as the hip from the upper body after the swim exit on the way to the change zone. Pack all personal items, including the neoprene suit in the wardrobe bag.

The change zone I closes at 15:15 h

BIKE COURSE

Before you take the wheel in the change zone, please put on the helmet and close it. Open and remove the helmet only after you have parked the wheel in the exchange zone II.

The access and removal is only permitted at the marked changing areas.

Wind shading is prohibited and leads to disqualification. The overtaking process must be completed after 25 seconds.

The distance to the front man must be 12 meters.

Critical points on the course are marked!

- 500 m after the first change zone, there are 2 roadways marked with pylons!
- After Bourheim, a downhill course followed by a sharp right turn.
- Lowered curb at KM 33.5 and 73.5. Here we are still working on a solution.
- The route is traffic-free. Local residents can not be excluded

Hazards are displayed by helpers. The staff is to be followed!

Attention: After the start, at the second roundabout, please note the following in order to avoid wrong driving:

Folk distance: turn right and take the first exit on the right

Short distance: take the first right and take the first exit on the right.

Turn left at the second roundabout and take the first exit left to Aldenhoven

Medium distance: 1st right and 1st right. Take the second right and take the first exit on the right.

At the 3rd time turn left through the roundabout and take the first exit left to Aldenhoven

RUNNING

Folks distance 5 KM: a round and straight to the finish line

Short distance 10 KM: two rounds. At the beginning of the 2nd round you will receive a band

Medium Distance 20 KM: four rounds, at the finish line you must have three straps

On the route are kilometers. Up to KM 5 markers per kilometer.

RECOMMENDATION OF THE ORGANIZER

If possible, pick up your starting materials on Saturday, June 15, 2019 at the above times. If this is not possible, you have the opportunity on Sunday morning.

- Park at the athletic parking lots (Aldi, Netto, Lidl) in Aldenhoven

The access to the town hall and the exchange zone is blocked and not possible

- Start the race at the Race-Office at the Town Hall in Aldenhoven

- submit the DTU start pass! Without a valid DTU start pass you have to buy a daily li-cense! This does not apply for relays and folk

- Place the after-race bag on the WZII or the Blausteinsee. In the bag are all the equip-ment you need after the competition (dry clothes, shower gel, towel etc.) For athletes who want to place their pre-competition clothing in these bags, it is possible to deliver the bag at the Blausteinsee.

- Use one bag for your running gear. (Running shoes, running t-shirt, cap etc.) This bag you place at your assigned exchange zone place in WZII in Aldenhoven

- ride the bike to the Blausteinsee lake (about 6 km), the route is signposted

- Check in your bicycle and place the swimming bag at your changing point.

For info: after the change from swimming to the bike (WZI), the bags remaining at the lake are transported by the organizer to Aldenhoven to the WZII and can be picked up there after the competition.

Watch out! Utensils not packed into the bags will NOT be transported!

Plan for Sunday morning events before the competition a time period of 1.5 hours.

TIME LIMITS

Medium distance: swimming and 50 km cycling 3:00 hours Short distance:

swimming and 10 km cycling 2:00 hours End of cycling / closing of the

change zone II 3 pm

TARGET FINAL TIME: 5:30 pm

We wish you a good preparation!

Best regards

Your indeland-triathlon team