

**FOREVER**  
**EXTREME MAN**<sup>®</sup>  
NAGYATÁD  
*Az út maga a cél*

**➤ LONG DISTANCE TRIATHLON  
INTERNATIONAL CHAMPIONSHIPS  
NAGYATÁD, 10.08.2024  
TECHNICAL INFORMATION**

## **> SUPERVISORS FOR A FAIR EXTREMAN RACE**

Viktoria Böröczi – Chief Race Marshal  
Jenő Molnár – technical supervisor



The Official Time Measurement Team  
of eXtremeMan Wishes You a Good Race!  
EVOChip Hungary Ltd

## ➤ RACE NUMBER ALLOCATION

1-1000 Individual, "TTT": red

First-time Ironman competitors: green

2000-2999 "Ironman in pairs"

3000-3999 for three-person relays

4000-4999 for four or more person relays

5000-5050 50 km Ultramarathon Hungarian Championship

6000-6999 competitors of the Mid-Distance Variations race

9000-9999 competitors of eXtremeManITT30

10400-10411 competitors of the eXtremeManQ104 race

1001-1100 competitors of the eXtremeMan Marathon

Running Festival

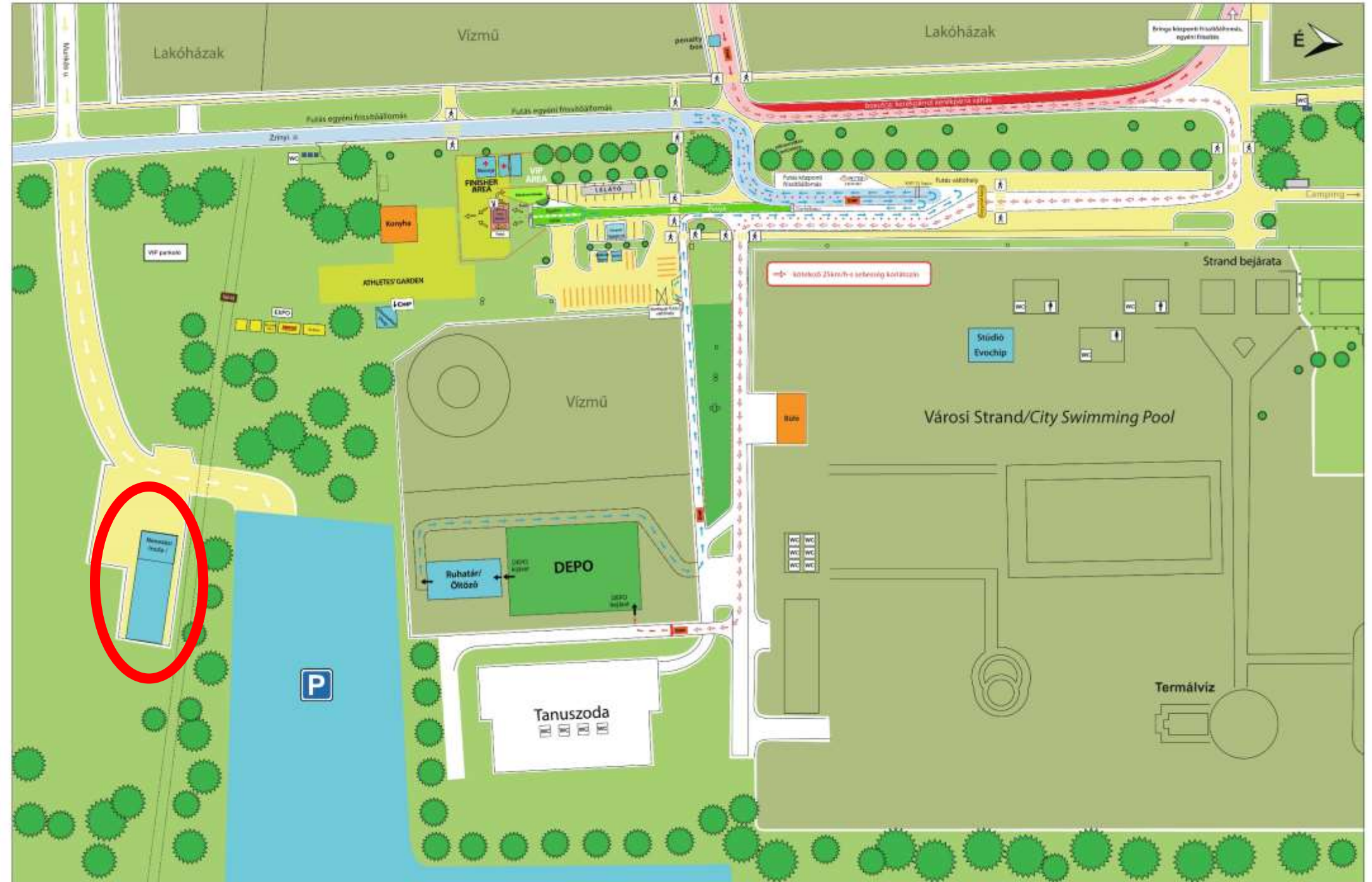
## **➤ TO-DOS BEFORE THE RACE**

1. Registration (Taking Your Starting Kit – Race Office)
2. Submitting the Running Equipments
3. Approaching the Swimming Location
4. Parking
5. Cycling Check-In
6. Settling the Cycling Equipment
7. Swimming Check-In

## ➤ REGISTRATION – LOCATION & TIME

8. August (Thursday):  
**17:00-20:00**

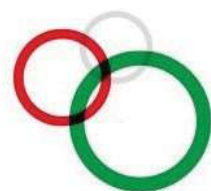
9. August (Friday):  
**8:00-20:00**



## ➤ REGISTRATION I.

During the registration, first part when the participant is identified – for that you need to have a **valid ID** or **Driving License** or **Passport**. Everyone can pick up only his/her own race pack. All triathletes must have a valid race license in order to participate.

**If you have non-Hungarian Race License, please bring it with you to the registration.**



MAGYAR  
TRIATLON SZÖVETSÉG

[www.triatlon.hu](http://www.triatlon.hu)

➤ At the registration office, competitors entered in the competition will receive their start pack after registration.

### **CONTENTS OF THE „MINIMAL” START PACK FOR INDIVIDUAL COMPETITORS:**

- a named start number
- white chip if required
- envelope containing raffle tickets for the raffle draw
- cycling etiquettes (helmet and bike)
- bags for the changeovers
- red armband

### **THE CONTENTS OF THE START KIT FOR RELAYS:**

- start number (with team name)
- white chip
- envelopes containing raffle tickets for the raffle draw
- cycling etiquettes (helmet and bicycle) - bags for relays (if necessary) – one jubileel water bottle per relay participant
- one green armband per relay participant

Competitors wearing an armband may use the services of the Swimming Pool free of charge until 24:00 on 10 August 2024



➤ **At the back of the race number** the health insurance emergency **phone nr.** is highlighted. This number is to be called in case of any health-related issues. Whenever you are witnessing an emergency situation, please immediately notify the organizers. At the same spot you have the possibility to highlight a phone nr. which is linked to your closest relative/friend available at the race locations.

## ➤ REGISTRATION II. YELLOW CHIP?

Does the registration office know about it?

**YES, if the competitor in his/her Profile registered it by the deadline.**

If the competitor does not have a yellow chip or has not registered it by the deadline, he/she will start the race with a white chip.

White chip rental and deposit fee: 1.000 HUF - and 2.000 HUF. For the chip rental or deposit, **please bring a banknote of 1.000 Ft and 2.000 Ft each!** All relays start with a white chip, the entry fee covers the rental fee.

**A deposit of 2000Ft is also requested.**



## ➤ DELIVERY OF RUNNING GEAR

**Date:** 9 August 2024. (Friday) 9:00-20:00

**Venue:** race centre

-Cloakroom/Dressing tent

Put your running equipment in the bag marked RUN! Please hang your RUN bags on the hangers in the changing tent/clothing area.

It is possible to drop off your clothes after the race bags during the same period.

Please place them in the AFTER RACE bag, and drop them off at the cloakroom.

We offer the possibility for our competitors arriving alone to drop off the AFTER RACE pack in the morning at the start in the truck behind the changing tent, but only there. You can collect it after the race, together with the „wet” gear that you have taken off after the swim and then placed in the BIKE pack, at the Clothing Store after you cross the finish line.



## **➤ TO-DOS BEFORE RACE**

- ~~1. Registration (taking your starting kit – Competition Office)~~
- ~~2. Submitting the Running Equipments~~
3. Approaching the Swimming Location
4. Parking
5. Bike "check-in"
6. Placing the Bike Equipments
7. Swimming "check-in"

## ➤ SWIMMING

In Gyékényes, in the so called:  
"Kotró" lake  
**40 km from Nagyatád**  
**50 minutes long drive!**



## ➤ PASSENGER BUSES AND COACHES BICYCLE TRANSPORT VEHICLES

Meeting at the parking next to  
the József Attila College at 4:45

You provide your own protective cover  
to protect your bicycle frame.

Do not forget your tickets at home,  
as the drivers will ask for them!

Departure at 5:00. There will be no head count.

Return buses depart at 10:30.

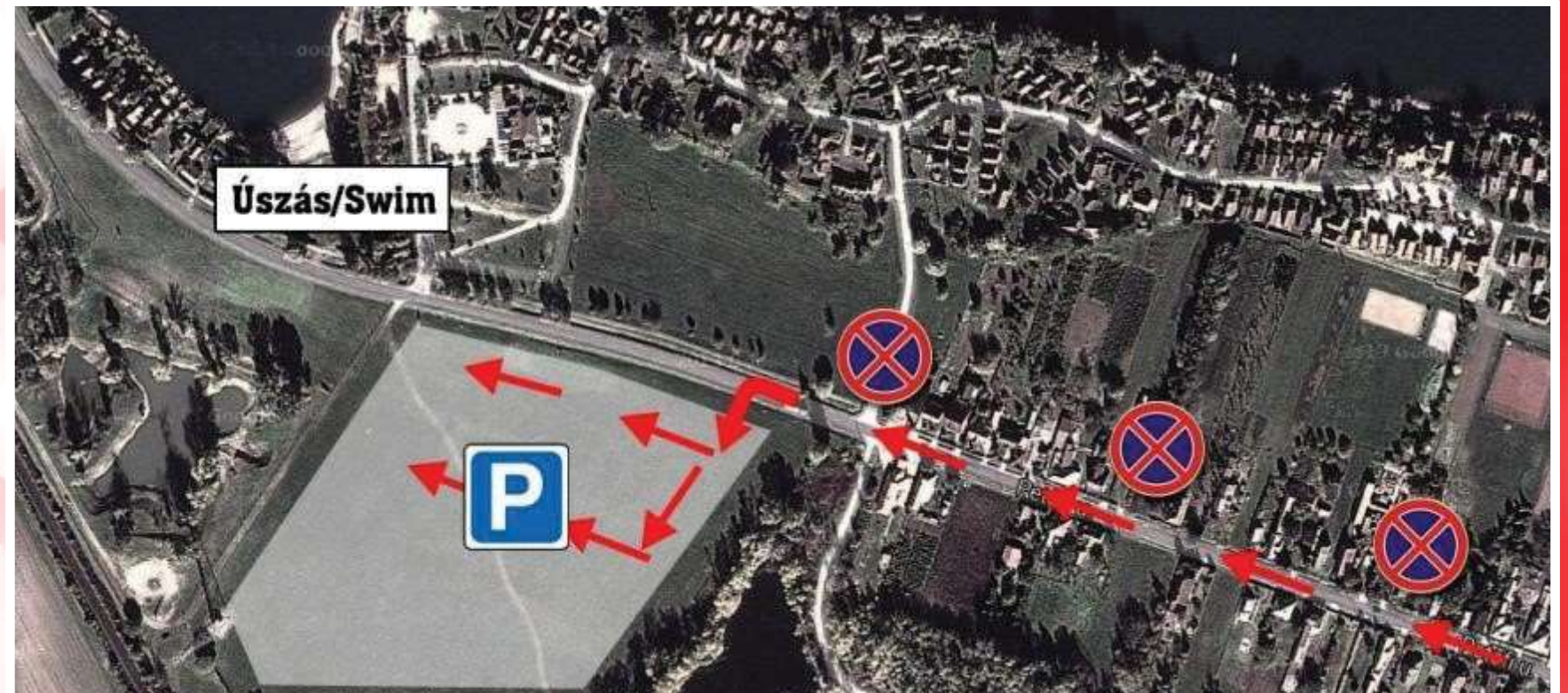


## ➤ TO-DOS BEFORE RACE

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- 4. Parking**
5. Bike "check-in"
6. Placing the Bike Equipments
7. Swimming "check-in"

## ➤ PARKING IN GYÉKÉNYES

APPLICABLE until 7:50 a.m.  
CLOSED: 7:50-9:20 a.m.  
and between 9:40-10:30 a.m.





➤ **Leaving the Parking Area:**  
**you will be directed to the left**  
**Bw. 9:20–9:40, then after 10:30**



## ➤ TO-DOS BEFORE RACE

- ~~1. Registration (taking your starting kit — Competition Office)~~
- ~~2. Submitting the Running Equipments~~
- ~~3. Approaching the Swimming Location~~
- ~~4. Parking~~
- 5. Bike "check-in"**
- 6. Placing the Bike Equipments**
- 7. Swimming "check-in"**

## ➤ BIKE CHECK-IN

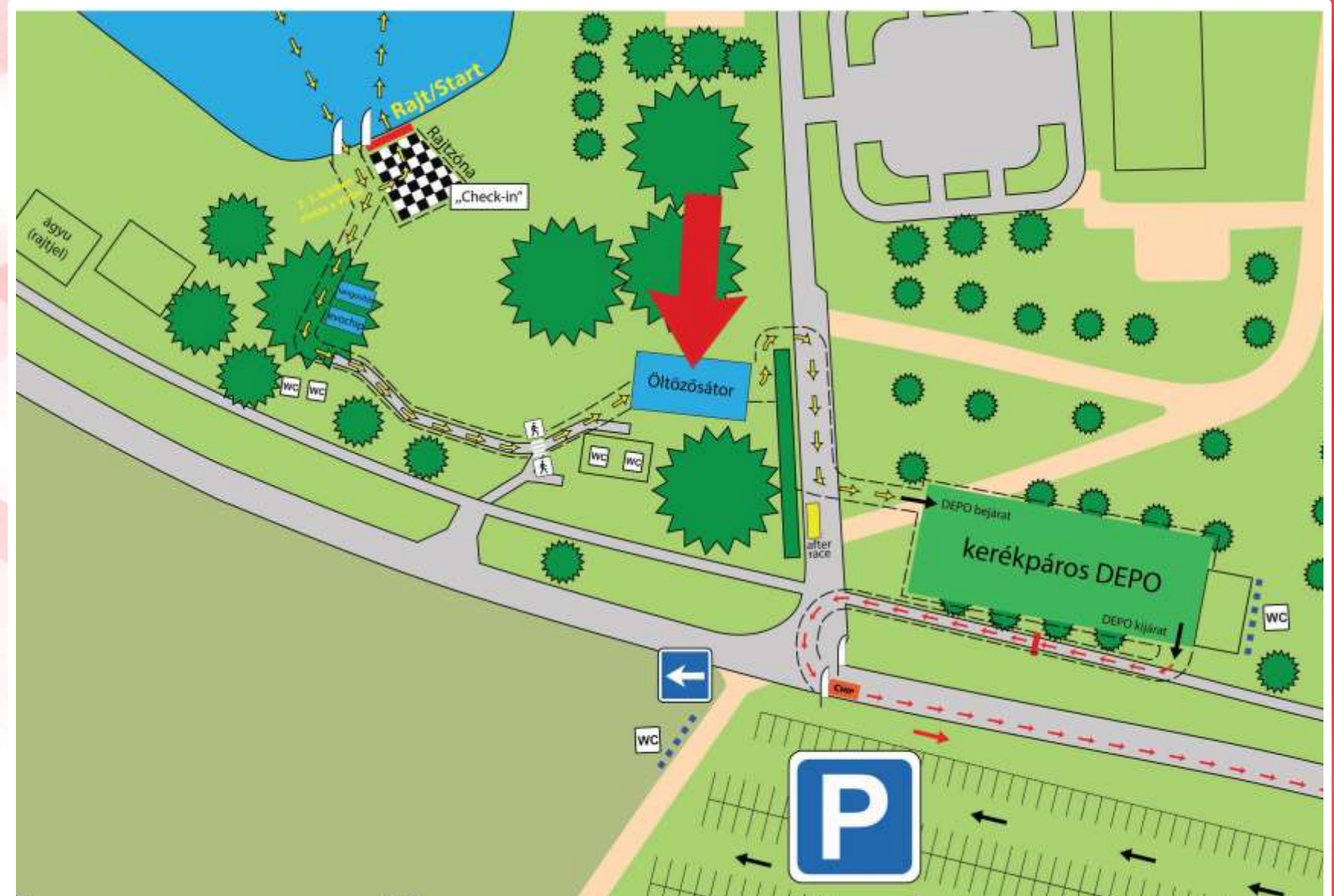
- Individuals, Q104, Just for fun relay race:  
6:00–7:15
- Relay teams, middle distance variations:  
7:15–8:15



➤ **Placing the Bike Equipment in the "BIKE" plastic bags**

**Individuals, Q104, just for fun relay race: 6:00–7:15 a.m.**

**Relay teams, middle distance variations: 7:15–8:15 a.m.**



- **Swimming check in:**  
individuals: 6:45-7:15  
a.m.
- Q104:**6:45-7:15 a.m.
- just for fun**
- relays:**7:02-7:10 a.m.
- Relays:** after 7:35
- Middle distance**
- variations:** after 9:15
- /Final countdown.../**



➤ Should wear  
the chip above  
the ankle!



## ➤ SWIMMING

swimming is in three laps  
After completing  
the swimming laps  
after coming out of the water,  
you have to run about 10 m  
along the shore  
to start the next lap



## ➤ PASS OF THE SPECTATORS

Running out of the water at the starting point crossing the exit corridor please look for the Spectators' Gate, where a flexible method will be used letting people through a continuous flow of people.





## ➤ START:

**”Wave starts will be!”:**

**7:20 just for fun relays**

**7:31:40 eXtremeMan Nagyatád**

**- Women and men and Q104**

**8:50 eXtremeMan Nagyatád relay**

**9:25 eXtremeMan Nagyatád  
middle distance variations**

Weather conditions permitting,  
the start time may be changed.

Neoprene in water temperatures  
below 24 degrees is acceptable.

Official measurement 1 hour before the start.

Start: with a water run, start signals  
are indicated by a horn



**➤ AFTER THE SWIMMING:**

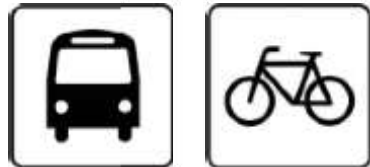
First "cut off time"  
**THE CYCLING MUST BE STARTED**  
at 2 HOURS 20 MINUTES



➤ Summary: "breakfast menu"

4:45 Bringing of cycles, arrival of the buses  
parking in front of the Sports Hall

5:00 Departure of buses and bikes' coaches



7:20 just for fun relays

7:25 "Final countdown" - end of the warm-up,  
racers on the beach

7:30 individual and Q104 starts - starting signal:  
starting sign- horn 7:35 am - relays swim "check-in",

8:50 start of relays

9:25 eXtremeMan Nagyatád Middle distance variations

Spectators: leaving the car parking place till 7:50 am, from 9:20 to  
9:40, or after 10:30

➤ In Nagyatád, the designated (recommended) car park for individuals: the grassy area behind the Camping, which can be freely accessed and exited from the 68-bypass road all day long.



## THE EXTREME MAN NAGYATÁD 2024 CYCLING TRACK



### Introduction:

The course for the Gyékényes - Nagyatád section:

**Route:** Gyékényes quarry lake – Porrogszentkirály – Csurgó – Berzence – Somogyudvarhely (turning point) – Berzence – on road 681 – Nagyatád – Tarany connecting road – Tarany – Nagyatád (eXtremeMan area)

The introductory section of approximately 60 km is on good and medium quality asphalt with FULL ROAD CLOSURE.

### Main Route:

From the eXtremeMan area – on road 681 after Hókamalom turning point – Tarany connecting road – Tarany, there are 4 x 30km "small loops" with FULL ROAD CLOSURE on good quality asphalt.

### Key Points:

- The introductory section of approximately 60 km is fully closed to traffic. The "small loops" are also fully closed to traffic. Traffic regulations must be observed!

➤ "Important notice: The initial 60 km stretch of the road is completely closed. All 'small circles' are fully blocked. Please strictly follow all traffic rules and regulations."



## ➤ CYCLE

The track crosses level crossings, time credit possible.  
"I" sign on the track number!



## ➤ AID STATIONS

At the Somogyudvarhely turning point at about 25 km, then at the central refreshment station in Nagyatád at 60 km, and thereafter at the end of each lap here.

### THE ORDER OF THE REFRESHMENTS:

- water in a canteen  
(condition canteen dropped)
- High5 isotonic drink  
in canteen (canteen must be dropped)
- High5 energy bar and gel
- Split banana



**HIGH5**  
SPORTS NUTRITION



## ➤ AID STATIONS

Look after our environment!

Please only dispose of your canteen  
in the designated area!

We will only give you another canteen  
after you have dropped it!

Please only use the refreshment stations  
in the immediate vicinity of the refreshment point!

Information about the „litter zone”

and its rules can be found at ETU rule book.

The end of the litter zone is indicated by a sign!



## ➤ INDIVIDUAL REFRESHMENT

**Individual refreshment** after the big lap (92km), then will be possible in all small circuits !

Location: after the central refreshment station on the right side of KÁPOLNA Street, **BUT ONLY HERE! FOR ACCIDENT PREVENTION REASONS IT IS FORBIDDEN IN OTHER PLACES !**

Please do not disturb with the individual refreshments the faster cyclists.

Faster cyclists must use the **left side** of the street **the left lane**, refreshments will be provided **in this lane is FORBIDDEN!**

Violation of this rule will result in referee action may result in a penalty.



## ➤ CYCLE

„Cut off time”

5:00 AM (CET – 12:30 PM) for starting the first small laps of cycling  
9:00 AM (CET – 4:30 PM) for starting the fourth (last) small laps of cycling  
finally: 10:30 AM for starting the run (CET – 6:00 PM)

### No drafting!

For a rider breaking this rule, the race referee will call the attention of the racer with a blue card, **after which the racer must go to the Penalty Box for a 5-minute time penalty.**

On the second blue card, the competitor will be disqualified from the race.

**The „Penalty Box”** - the control of the cyclist's laps in front of the chip carpet.

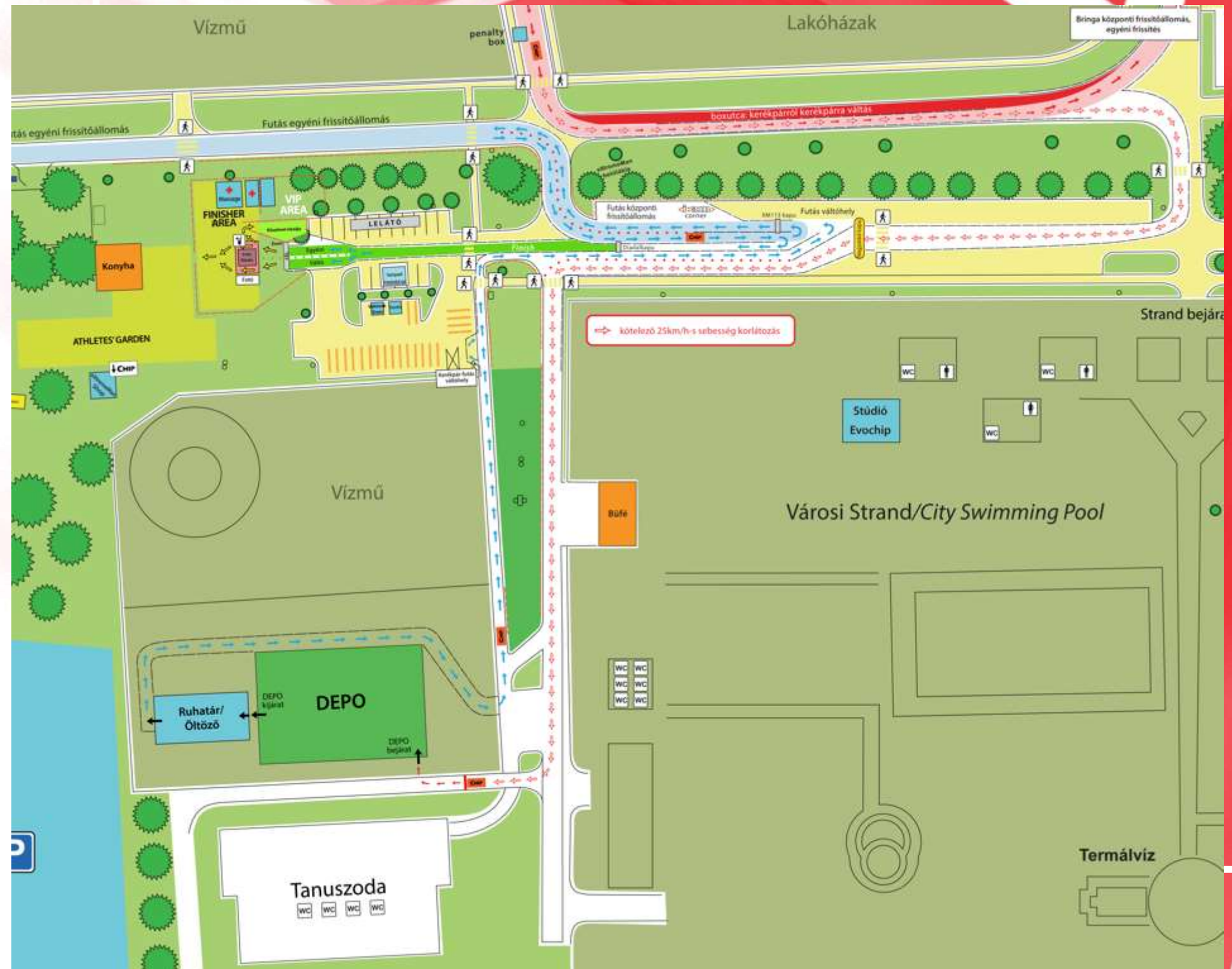


## ➤ AT THE END OF THE BIKE...

At the end of cycling, in the last 500 meters before dismounting (from the end of Alkotmány street, from the chip mat before the high stand to the dismounting mat before the second transition area), the competitor must adhere to the maximum speed limit of 25 km/h, which will be monitored by race judges.

If someone completes the last 500 meters in less than 70 seconds, they will receive a five-minute time penalty added to their running time. After dismounting, the competitor must place their bike in the numbered bike depot, and then change into their running gear in the changing tent. In the transition area, only the helmet (fastened) and cycling shoes may remain on the bike.

The riders on the “temporary containers” will hang their cycles, from where the organizers will take the bikes, and put them in the numbered places. After dismounting, the rider will find the bag marked RUN where they placed it the day before on the racks in the changing tent. There he changes his clothes they can start their run.



➤ **RUN: SAME AS  
IN 2022 FAMILIAR  
COURSE (NO CHANGE!)**

**Race Centre - downtown Nagyatád - St.  
Stephen's Park-Race Centre 8 laps on a 5.250  
m course (difference in level: negligible)  
-runners on each lap will pass through the  
Race Centre.**

**The running course completely closed to  
traffic and of good quality asphalt or artificial  
turf. No runner's escort is allowed.**



➤ **On the runway,  
"keep to the right" rule applies  
Try to run on the edge of the track!**

## ➤ RUNNING - AID STATIONS

### 1. RACE CENTRE

- "cooling point" – water on the head from the helpers (if you ask for it),
- I:am salt tablets (I:am corner)
- half litre of mineral water
- HIGH5 isogel

### 2. BEHIND ATAD DEPARTMENT STORE (980 M)

- "cooling point" – water on the head from the helpers (if you ask for it), ICE
- half litre of mineral water
- biscuits

### 3. IN FRONT OF SPORTS HALL (2.200 M)

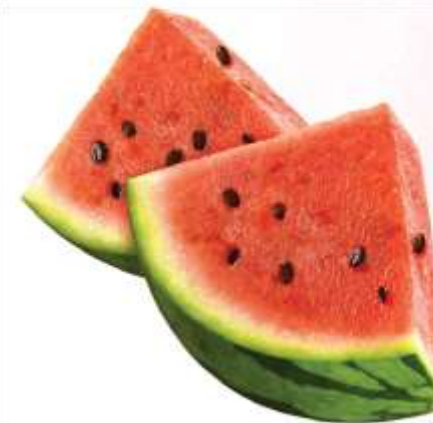
- "cooling point" – water on the head from the helpers (if you ask for it), Iced water
- half litre of mineral water
- Coca Cola

### 4. PARK IN FRONT OF THE HOTEL (4.000 M)

- "cooling point" – water on the head from the helpers (if you ask for it), Iced water
- half litre of mineral water
- watermelon slice

### Take care of our environment!

Please only use the refreshment stations in the immediate vicinity in the immediate vicinity of the refreshment stations! The „Littering zone” and its rules can be found in the ETU rule book



**HIGH5**  
SPORTS NUTRITION

*Coca-Cola*

## ➤ INDIVIDUAL AID STATIONS

Along Zrínyi Street  
"eXtremeMan drive"  
every athlete has the  
opportunity of getting  
refreshment from outside.  
This rule holds to the full  
length of the this street.





## ➤ TIME LIMITS ON THE RUN

To start the run: **10:30** (CET 18:00)

Time limit for each lap approx. 40 minutes

For individuals and relays equal  
(based on individual race clock):

4th lap at **12:35**, ( CET 20:00)

lap 7 at **14:40**, (CET 22:00)

and the last lap at 15:40

(CET 23:20) must start!

Closing time is midnight.



**> Counting the laps  
on the run individual responsibility!  
+eXtremeMan live data**

**RELAYS**



**DEPO**

**(Transitioning)**

**Just for fun relay 6:00 – 7:15**

**Relay – 7:15 – 8:15**

**The competitor is not allowed to be accompanied.**

**➤ Swimming Check-in:**

- Just for Fun Relay: 7:02 – 7:10
- Awarded Relay: from 7:35
- No warm-up in the water is possible!

**Start Times:**

- Just for Fun Relay: 7:20
- Awarded: 8:50

- **There is no time limit for the relay swimming.**  
**For those relays where the relay member is still in the water at 10:45, the relay cyclist will be started at 10:45 with a spare chip.**



Relays that do not start the last cycling lap at **9:15 (CET 16:45)** will not be able to complete the remaining part of the cycling. These relays, and those who have not yet finished cycling by **10:30**, will be given the **opportunity** to restart. At **10:30 (CET 18:00)**, a restart will occur: waiting relay members will be started on the marathon with a spare chip. Restarted relays will be listed on a **separate results list**.

## ➤ RELAYS CHANGING POINT

**SWIMMING TO SWIMMING:  
AT THE SWIMMING VENUE,**

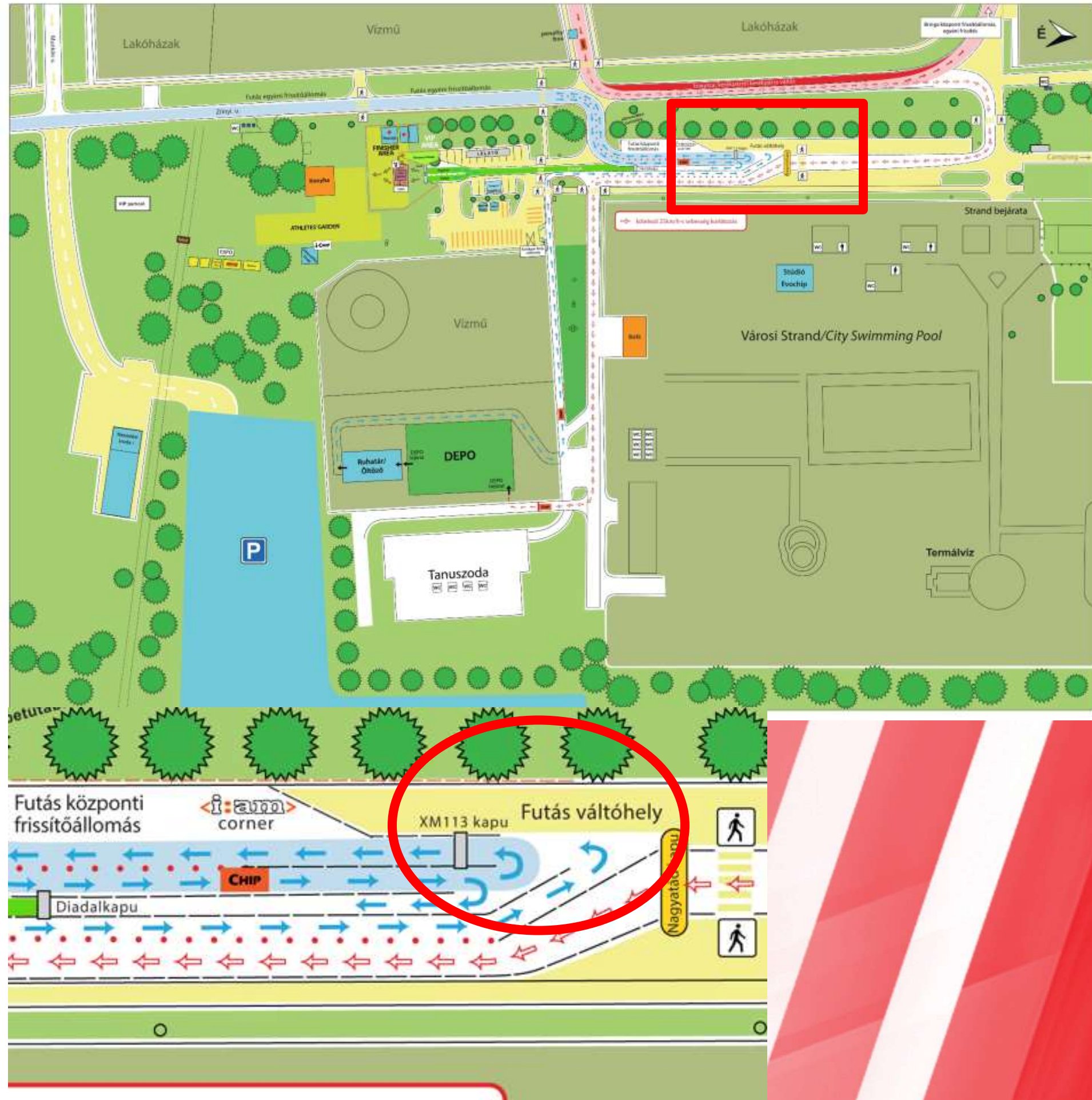
**FOR SWIMMING-CYCLING: AT THE DEPO FOR  
CYCLISTS IN GYEKÉNYES, NEXT TO THE  
BICYCLES,**

**FROM BIKE TO BIKE AT THE „BOXSTREET”  
DESIGNATED IN THE COMPETITION CENTRE  
AND ONLY THERE!**

**BIKE TO RUN: IN THE CORNER  
OF EXTREMAMAN SQUARE  
AT THE CHANGING AREA**

**RUN-TO-RUN:  
AT THE CHANGING AREA NEAR  
THE NAGYATÁD GATE  
IT IS RECOMMENDED THAT TEAMMATES  
JOIN THE FINISH LINE FROM THE LAST  
CHANGEOVER POINT.**







## ➤ FINISH LINE

Individual riders finish on the right, relay riders finish on the left.

It is recommended that relay teams cross the finish line together.

Individual competitors who have successfully completed the race cross the finish line will receive individual medals of the race.

The FINISHERS T-shirts of the race will be given to the individual competitors will be included in their entry pack.

After crossing the finish line, they will receive a FINISHER'S PACKAGE in the FINISHER area

Successful relay runners, on stage (in the backstage area of the stage), you will be able to enjoy the race in the will receive their medals for successful completion.



## ➤ FINISH LINE PHOTO ETIQUETTE

Please respect the **etiquette** of the destination photo! Only we can take the right photo of you and use it if you are wearing it visibly in front your race number, in the finish corridor the individual or relay runner in front of you and leave some time for the photo to be taken to take a photo, after the finish line leave the finish area as quickly as possible.



➤ In the FINISH area, only the accredited media and the and competitors can be present.

The rose of thanks !



## ➤ **WHAT TO DO AFTER THE RACE ?... THE "CHECK OUT"**

1. Keep your race number on you.  
"You may NOT take anything out without" identification from the DEPO area.

2. Your bags marked BIKE, RUN and AFTER RACE are in the RUN STORAGE.

### **OPENING: 6:00 PM.**

Identification by race number.

3. Your bike and helmet are in the BIKE DEPO.

### **OPENING: 6:00 PM.**

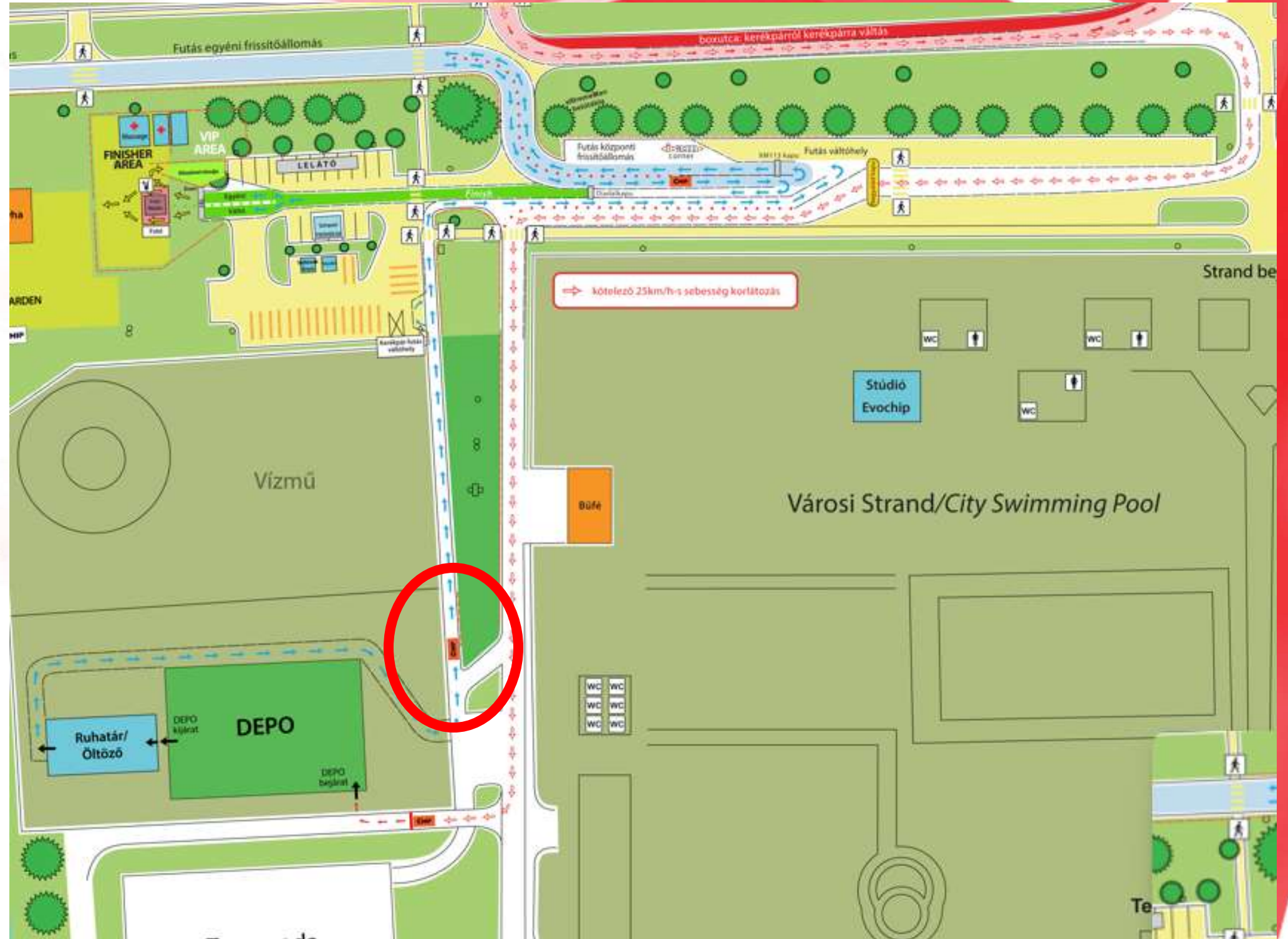
Identification by number.

4. Hand in the white chip (if you have one) that you rented for the race (if you have a valid chip for the race, if you have a rental for the race.

The deposit of 2.000 HUF will be returned!

➤ AFTER  
THE RACE TASKS,  
THE "CHECK OUT"

DEPO ENTRANCE  
AND EXIT



## ➤ **THE FOUND OBJECTS:**

Objects that for some reason can't be identified by a number, will be kept on the day of the competition in a designated area in the CLOACKROOM.

After the race, they will be taken to the City Beach, where they will be in "changing room 5".

At the end of the City Beach summer season, the OBJECTS in "Locker Room 5" will no longer be stored.

➤ WE WISH YOU GOOD RACING AND A SUCCESSFUL FINISH!

