

ATHLETE'S GUIDE

DUATHLON ★★ MIDDLE DISTANCE
EUROPEAN CHAMPIONSHIPS
ALSDORF 2020

ETU • POWERMAN

The early season is when we see inspiring performances from our athletes as they race the longer-distance duathlon events all over Europe. The highlight for us once again will be the ETU-Powerman European Middle Distance Championships, hosted this year by the city of Alsdorf.

The 2020 race will be an important one for many, as they seek to defend their titles won last year in Viborg but for a good number too, this race will be a final test of their fitness ahead of the very first ITU-Powerman Middle Distance Duathlon World Championships, which will be held soon afterwards in Viborg, Denmark.

ETU and Powerman have been working closely together for many years now to promote the challenge of middle-distance duathlon racing and this has naturally fed into the “Big One” at the end of the year in Zofingen, where athletes from all over the world race for the ITU World titles.

I am pleased that the 10k – 60k – 10k format has been recognised by ITU as an event that deserves a place at the table of World Championships and am sure that the support, enthusiasm and positive feedback of so many of our European athletes over the years as they raced around Europe at our Championship events has contributed to this decision.

The race in Alsdorf is a well-established one and has been used by the Deutsche Triathlon Union in the past for its own national championships. The event has been recognised as Germany's biggest duathlon. The LOC is strong and determined and the “easy to get to” location is attractive to athletes from many countries. The team of Technical Officials, led by Thomas Klingler, is a very experienced one, who will ensure that the years' of experience they have built up at our own ETU-Powerman events and in Zofingen, will ensure a safe and fair race.

I would like to extend my thanks to Partick Thevis and his team in Alsdorf and of course to the city authorities without whose continued support we simply could not have events like this on the ETU Race Calendar. Alsdorf is an ancient city, dating back to, I believe, 1191 and I am very happy indeed that such an ancient city will host such a modern, forward-thinking and inclusive sport. I wish everyone a very successful trip to the 2020 ETU-Powerman Alsdorf Middle Distance Duathlon European Championships

Renato Bertrandi

President European Triathlon Union

On April 19th we will set up for the sixth time a duathlon event in Alsdorf. What started in 2015 in a very manageable way will go down in the history books this year with the European Championship as an absolute highlight. We welcome more than 1000 athletes from 20 nations here in Alsdorf. In addition to the athletes from Germany and Europe, we are particularly proud of the many participants from overseas.

Our event is still interesting not only for top athletes and ambitious athletes. Almost 50% of the participants can be assigned to the group of amateur athletes. The sprint distance with 300 participants is still a big part and very important for us, because we want to inspire people for the duathlon sport.

My thanks go to the city of Alsdorf, the many volunteers and the loyal sponsors. My special thanks go to our main sponsors DACHSER Logistics Center Maas-Rhein and Sparkasse Aachen. Without this support, such an event could not be held.

I wish all participants a successful and accident-free competition, and the spectators have a lot of fun watching the race.

Race director Patrick Thevis

TABLE OF CONTENTS

1. GENERAL INFORMATION
 - 1.1. INTRODUCTION
 - 1.2. KEY DATES
 - 1.3. KEY CONTACTS
 - 1.4. CONTACT DETAILS
2. VENUE
 - 2.1. RACE VENUE
 - 2.2. COURSE FAMILIARIZATION
 - 2.3. ATHLETE'S LOUNGE
 - 2.4. ELITE ATHLETES' RACE PACKAGE
 - 2.5. DOPING CONTROL
3. ACCOMMODATION
4. TRANSFER AND TRANSPORT
5. ATHLETE'S SERVICES
 - 5.1. SWIM AND BIKE TRAINING
 - 5.2. BIKE MECHANICAL SERVICE
6. COMPETITION SCHEDULE
 - 6.1. ELITE WOMEN
 - 6.2. ELITE MEN
 - 6.3. COMPETITION RULES
 - 6.4. ATHLETE'S BRIEFING
 - 6.5. TIMING CHIPS
 - 6.6. RESULTS
 - 6.7. PROTEST & APPEALS
7. ACCREDITATION
8. USEFUL INFORMATION
 - 8.1. LANGUAGE
9. COURSE MAPS

1. GENERAL INFORMATION

1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

The race follows the ITU rules they can found under:

https://www.triathlon.org/development/technical_officials_docs/category/competition_rules

The uniform catalogues are under:

https://www.triathlon.org/development/technical_officials_docs/category/uniforms_catalogues

1.2. KEY DATES

Saturday 18.04.2020

times	Event	Venue Alsdorf
10:00 – 15:00 Uhr	Issuing of race numbers (EC uniform check) AG	Sportsfreund Alsdorf, Bahnhofstraße 56
16:00-16:30 Uhr	Elite/Para sign-in for the briefing mandatory for all elite and Para athletes	Autohaus Zittel, Linnicher Str. 203
16:30 – 17:00 Uhr	Race briefing Elite/Para English mandatory for all elite and Para athletes	Autohaus Zittel, Linnicher Str. 203
17:00 -17:30 Uhr	uniform & license check Race pack hand out mandatory for all elite and Para	Autohaus Zittel, Linnicher Str. 203
17:30 – 18:00 Uhr	Race briefing AG English	Autohaus Zittel, Linnicher Str. 203
18:00 – 18:30 Uhr	Race briefing AG in German	Autohaus Zittel, Linnicher Str. 203
18:30 Uhr	Opening Ceremony & Pasta Party	Autohaus Zittel, Linnicher Str. 203

Sunday 19.04.2020

Start times Sunday	Group	Venue Alsdorf
08:00 Uhr	Elite Women	Denkmalplatz
08:05 Uhr	Elite Men	Denkmalplatz
08:45 Uhr	AG Men 20-54	Denkmalplatz
09:15 Uhr	AG Men 55-85	Denkmalplatz
10:00 Uhr	Para	Denkmalplatz
10:02 Uhr	AG Women	Denkmalplatz
11:00 Uhr	Open race / Team relay	Denkmalplatz
12:20 Uhr	Sprint Distance	Denkmalplatz
Cut off times		
13:15	Last bike lap	Denkmalplatz
14:00	bike	Denkmalplatz
15:30	Last run lap	Denkmalplatz

BIKE CHECK-IN, OUT

Check IN	Check Out	Klasse/Strecke
7:00-8:00	14:30	Elite women
7:00-8:00	14:30	Elite men
07:00-8:30	14:30	AG Men-55 (MK20-MK50)
07:00-8:30	14:30	AG Men +55 (MK55-MK85)
07:00-8:30 & 9:30-9:50	14:30	Para
07:00-8:30 & 9:30-9:50	14:30	AG Women
07:00-8:30 & 9:30-9:50	14:30	Open race / Team relay
11:00-12:00	14:30	Sprint

Medal Ceremony

	Group	Venue Alsdorf
	Flower ceremonies 1-3 men women elite	Denkmalplatz
Ab 16:00 Uhr	Elite	Stadthalle Alsdorf
	EC Para + Age group	Stadthalle Alsdorf
	DM Age group	Stadthalle Alsdorf
	Powerman Sprint	Stadthalle Alsdorf
	Powerman open	Stadthalle Alsdorf

1.3. KEY CONTACTS

Name and contact details of:

- Race director Patrick Thevis, Tel. 0151/50739664 thevis@freenet.de
- technical delegate Thomas Klingler

1.4. CONTACT DETAILS

Patrick Thevis, Tel. 0151/50739664 thevis@freenet.de

2. VENUE

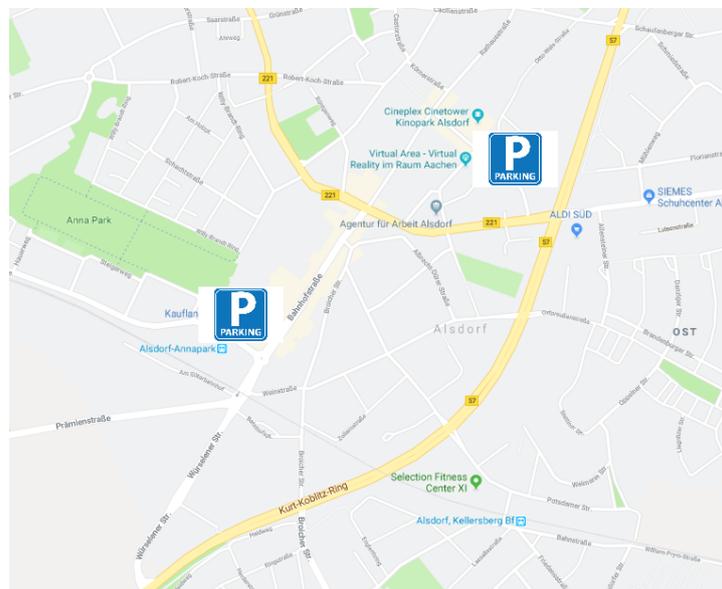
2.1. RACE VENUE Denkmalplatz, 52477 Alsdorf



Parking

Parking close to venue. Kaufland Alsdorf, Bahnhofstr. 37, 52477 Alsdorf

Be care full this parking looked form 8:00- 16:00



2.2 COURSE FAMILIARIZATION

We have no familiarisation.

Be careful it not allowed to ride bikes on the roads L240 and on the 57n. They can only use when they are closed for the race.

2.3. ATHLETE'S LOUNGE

The bag drop of is in the city hall, there are also toilets

A recovery area is behind the finish, showers are in the Luisenbad

2.4. ELITE (and/or other categories) ATHLETES' RACE PACKAGE

The Elite/para get the race pack after the briefing in the Autohaus Zittel, Linnicher Str. 203

AG Race pack pick with the uniform check is located at the Sportsfreund Alsdorf, Bahnhofstraße 56

2.5. DOPING CONTROL

The doping control will be located in the town hall. Doping tests will be conducted according to ITU/WADA rules. The athletes must carry their identification to the doping control facilities.

3. ACCOMMODATION

Book your hotel room as soon as possible (in2 Boarding House, City Hotel Alsdorf and Hotel Gloria Alsdorf). Camping facilities are 2 km from the race site.

4. TRANSFER AND TRANSPORT

Closest airports from the event: Maastricht/Aachen Airport at 40 km, Cologne Airport at 70 km and Düsseldorf Airport at 70 km with well working railway connection to Alsdorf

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES

Showers at the completion days are near the TA in **Luisenbad**



The bike course can not be used for training, most of the road`s are normally closed for bikes



The run course can uses all time

5.2. BIKE MECHANICAL SERVICE

Bike Shop: bestbike Radsport, Bahnhofstraße 43, 52477 Alsdorf

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
18.04.2020	16:30	17:00	Athlete's briefing Press Conference	Autohaus Zittel, Linnicher Str. 203
18.04.2020	17:00	17:30	Athlete registration	Autohaus Zittel, Linnicher Str. 203
19.04.2020	7.00	8:00	TA check in	Denkmalplatz
19.04.2020	7:50		Calling area	Denkmalplatz
19.04.2020	7:55		Athletes introduction	Denkmalplatz
19.04.2020	8:00		Start	Denkmalplatz
19.04.2020	16:00		Award Ceremony	Town hall

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
18.04.2020	16:30	17:00	Athlete's briefing Press Conference	Autohaus Zittel, Linnicher Str. 203
18.04.2020			Athlete registration	Autohaus Zittel, Linnicher Str. 203
19.04.2020	7.00	8:00	TA check in	Denkmalplatz
19.04.2020	7:55		Calling area	Denkmalplatz
19.04.2020	8:00		Athletes introduction	Denkmalplatz
19.04.2020	8:05		Start	Denkmalplatz
19.04.2020	16:00		Award Ceremony	Town hall

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the International Triathlon Union.

The race follows the ITU rules they can found under:

https://www.triathlon.org/development/technical_officials_docs/category/competition_rules

The uniform catalogues are under:

https://www.triathlon.org/development/technical_officials_docs/category/uniforms_catalogues

6.4. ATHLETE'S BRIEFING

Saturday 18.04.2020

16:00-16:30 Uhr	Elite/Para sign-in for the briefing mandatory for all elite and Para athletes	Autohaus Zittel, Linnicher Str. 203
16:30 – 17:00 Uhr	Race briefing Elite/Para English mandatory for all elite and Para athletes	Autohaus Zittel, Linnicher Str. 203
17:00 -17:30 Uhr	uniform & license check Race pack hand out mandatory for all elite and Para	Autohaus Zittel, Linnicher Str. 203
17:30 – 18:00 Uhr	Race briefing AG English	Autohaus Zittel, Linnicher Str. 203
18:00 – 18:30 Uhr	Race briefing AG in German	Autohaus Zittel, Linnicher Str. 203

6.5. TIMING CHIPS

At the registration athletes will be given a timing chip, to be worn on the athletes' ankle.

6.6. RESULTS

Results will be uploaded live at the ITU official website www.competitions.com.

Please inform if there is any live coverage.

All the Results information will be distributed to the Team Leaders at the Information Centre

6.7. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Info on when and where the accreditations will be distributed

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.

All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8. OTHER USEFUL INFORMATION

8.1. LANGUAGE is english

9. COURSE MAPS

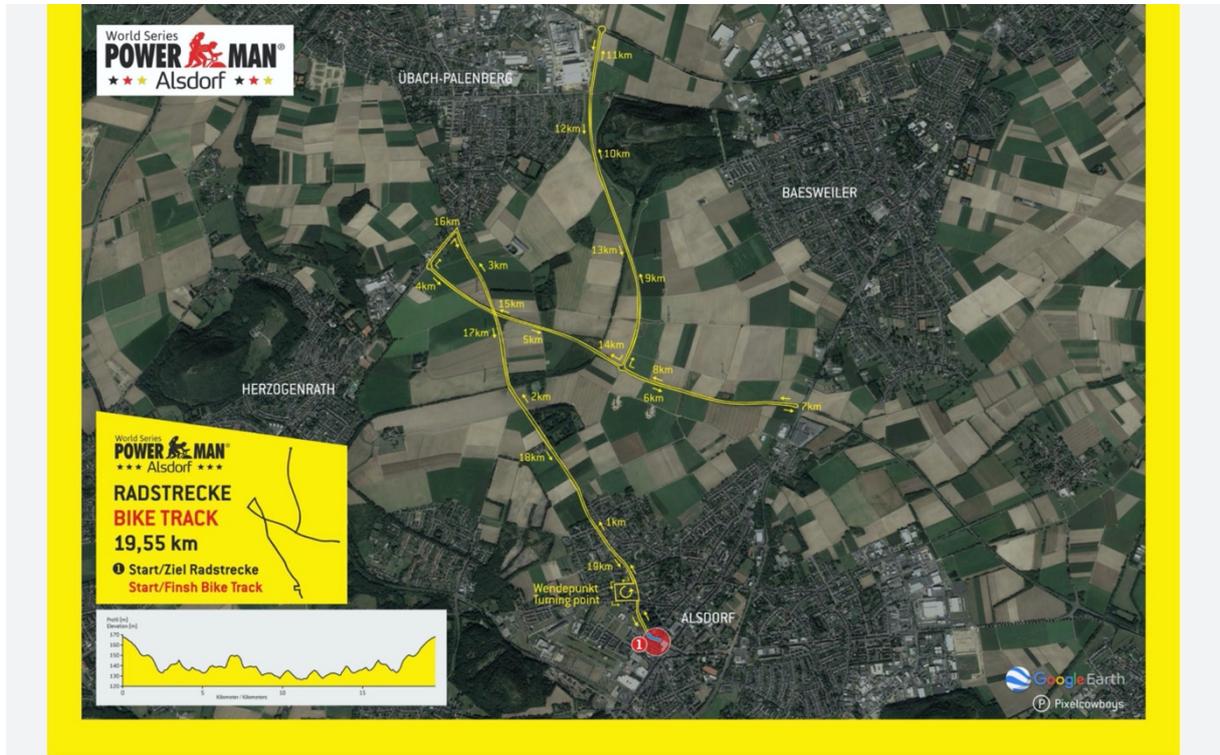
All maps can be found as google earth file under:

https://1drv.ms/u/s!AsE_1QSu5E-gYQ1Ezs4SaoknQdxsw?e=flYuQu

TRANSITION 1



 BIKE COURSE 3 laps



 RUN COURSE



World Series
POWER MAN
★★★ Alsdorf ★★★

0 100 200 300 400 500 600 700 800 900 1000
1000
900
800
700
600
500
400
300
200
100
0
0 0,5 1 1,5 2 2,5 3 3,5 4 4,5 5
Höhe (m) vs. Distanz (km)

World Series
POWER MAN
★★★ Alsdorf ★★★

LAUFSTRECKE 2,5 km
RUN 2,5 km
VD: 2 & 2 LAPS
CD: 4 & 4 LAPS

- 1 Start Laufen
Start Run
- 2 Ziel Laufen
Finish Run
- 3 Wechselzone
Transition Area

Google Earth
Panorama

Good luck, and thanks to your sponsors