



Athlete's Guide Challenge
Vansbro 2023

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EVENT TIMETABLE

The following timetable is the official Event Schedule for Challenge Vansbro 2023:

FRIDAY JUNE 30th

- 16:00–20:00 Race Office (Registration), Arena
- 16:00–20:00 Expo & Merchandise, Arena
- 16:00–20:00 Pasta dinner Challenge Vansbro Middle distance, Restaurant Arena
- 19:30 Race briefing Challenge Middle Distance ONLY PRO/Swedish Championship (Onsite/online) Hotel Flottaren conference room or online

SATURDAY JULY 1st

- 08:00–20:00 Race Office, Arena
- 08:00–10:00 Transition Area open
- 08:00 Bike service open, Arena
- 10:00–20:00 Expo & Merchandise, Arena
- 11:00 Start Challenge Vansbro Middle Distance–PRO / Swedish Championship Men
- 11:03 Start Challenge Vansbro Middle Distance–PRO / Swedish Championship Women
- 11:10 Start Challenge Vansbro Middle Distance–AG Men and Women
- 11:10 Start Challenge Vansbro Middle Distance–Aquabike Men and Women
- 11:20 Start Challenge Vansbro Middle Distance–Fun Class Men and Women
- 11:20 Start Challenge Vansbro Middle Distance–Para Men and Women
- 14:30–16:00 Bike check In Challenge Vansbro Sprint distance
- 15:40 Expected finish of the men's winner, middle distance
- 16:00 Expected finish of the women's winner, middle distance
- 16:30 Start Challenge Vansbro Sprint/Relay
- 14:00–20:00 Bike Check-Out (Must show race bib)
- 19:20 Expected finish of last finisher
- 17:00 Award ceremony PRO & Swedish Championship Challenge Vansbro 2023
- Every hour Award ceremony AG/RM Challenge Vansbro 2023, Arena (outdoor stage)
- 12:00–23:00 After race dinner, Arena restaurant
- 17:30 & 21:00 Live entertainment, HighFive, Arena Restaurant

SUNDAY JULY 2nd

- 08:00–16:00 Race Office, Arena
- 10:00–16:00 Expo & Merchandise, Arena
- 10:00 Vansbro Open Water Swim 10K
- 12–13:30 Vansbro Open Water 3km
- 13–14:30 ? Vansbro Open Water 1,5km
- 13–14:30 ? Vansbro Open Water 1km



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Daniela Bleymehl - Three-time Ironman winner
and winner of Challenge Roth 2018



LETTER FROM THE TECHNICAL OFFICIALS

We welcome you to the second of Challenge Vansbro 2023. We are using the Swedish Triathlon Competition Rules. This is a "NON Drafting Event". To minimize the possibility of infringing the rules on race day, and avoiding a visit to the Penalty Box, please observe the following:

1. The draft distance is 12 meters (7 bike lengths) between bikes (front wheel to front wheel).
2. Overtaking is only permitted on the left of other cyclists and only if it is possible safely and with a safe side distance to the other cyclists. A maximum of 25 seconds is allowed for completing an overtaking process once it has started, and once you have started an overtaking process you must complete it, otherwise you will be penalized with a card (5 min penalty). Permanent riding next to each other (blocking) is not allowed.
3. An overtaken competitor must leave the draft zone of the overtaking persons immediately (within 5 seconds).

Drafting is punished with a 5-minute time penalty. Race marshals present a blue card to the respective riders. The time penalty must be spent in the penalty box on the cycling course in the loop the penalty is received, just before aid station 2 if you got your penalty during lap 1 and just before entering the transition area if you got your penalty during lap 2. The athlete must independently report at the penalty box. Athletes that do not report for their time penalty are disqualified.

To minimize any misunderstanding on race day, the following summarizes the above rules:

- Avoid a BLOCKING infringement by riding on the right side of the road
- Avoid a DRAFTING infringement by: Keep 12 meters between yourself and the cyclist in front of you.
- Complete your passing within 25 seconds.
- Dropping back 12 meters within 5 seconds once passed, also before attempting to re-pass.
- When passing a number of cyclists, do not "drop in" between cyclists unless the distance between those is more than 12 meters.
- Avoid an ILLEGAL PASS infringement by passing other athletes on their right.
- Avoid a LITTERING infringement by not throwing away ANYTHING except when approaching or exiting Aid Stations (marked Littering Areas). If you litter a technical official will show you a yellow card and that means you have to stop for 30 s in the next penalty box if you litter on the bike, and if you litter on the run you must also stop for 30 s but you get to choose what lap you will stop in the penalty box (located at the run aid station at the arena), just make sure to take your punishment on the run before you enter the finish.

- Avoid a **HELMET** infringement by always having your chin strap securely fastened when moving with your bike.
- **UNAUTHORISED EQUIPMENT** – absolutely no cell phones, MP3 players or other audio listening or communication devices.
- **OUTSIDE ASSISTANCE** – The coaches are allowed to hand own nutrition next to the Aid Stations. Athletes are allowed to help each other if an accident happens. An athlete can help another athlete with nutrition, tubes... as long as the athlete can move on with his own race. So one is not allowed to give another athlete a wheel, bike or helmet as an example, this will result in disqualification of both athletes.

Triathlon is an individual event and it is your responsibility to fully understand the rules and avoid infringements. A Technical Official's ruling is final in the case of Drafting, Blocking and Illegal Pass infringements (Judgment Calls) and these calls are not subject to either protest or appeal.

Remember to treat other athletes, volunteers, officials and spectators with courtesy and consideration as failure to do so is Unsportsmanlike Conduct and may result in a disqualification. I sincerely hope you have a great race and achieve your goals!

ARK

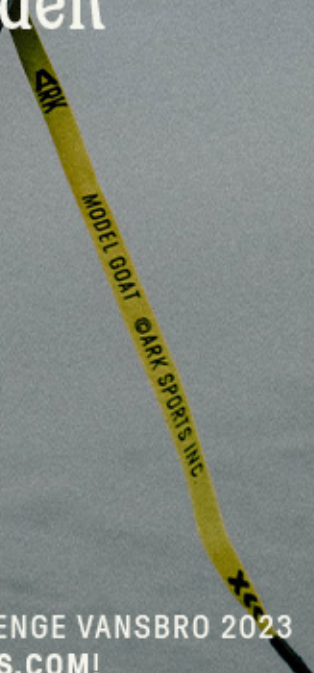
AIM FORWARD

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PRE EVENT INFORMATION

FINDING HERE

Read 'more about travel and accommodation at our website [here](#)

ATHLETE CHECK LIST

We have provided the checklist below for convenience to make sure everybody is prepared to have a great event.

- Read the Athlete Information Guide in its entirety
- Familiarize yourself with race week schedule
- Ensure you arrive in time for Athlete Registration from 16:00–20:00 on Friday, June 30th or Saturday, July 1st from 08:00.
- Ensure you know where the Race Briefing is, what time it starts and allow enough time to get there comfortably or see it online (Only PRO/Swedish Championship)
- [Check the athlete list online](#) and ensure your name, country and details are correct (if incorrect please contact the Race Office at the Arena)
- Bring your Triathlon National Federation annual member card; if you don't have a Federation membership, ensure you have photo identification and bring to Athlete Registration
- Confirm your Emergency Contact person will be contactable on race day and ensure that the full number including area/country code is provided
- Confirm your Medicare/Health Insurance details are up to date
- Check the weather forecast to ensure you bring all relevant clothing and equipment
- Familiarize yourself with the venue and race day road closures
- Familiarize yourself with the course (it is your responsibility to know this on race day)
- Bring your Photo Identification/driver's license.
- Make sure that you have watched the PRE-RACE movie that will be out June 28th on our website and social media

EVENT INFORMATION

Our friendly staff will do their best to help you with any questions, just visit the race office at the Arena.

START LIST

Registered athletes can be seen [here](#). An official start list will be published at our [website](#) June 27th.

PARKING

There are official designated parking areas. Maps are listed at the end of the Information booklet. On Race Day make sure you are not parking on the bike or run course for the safety of the competitors. Your car will be moved at the driver's expense.

CHALLENGE VANSBRO SPORT EXPO

Visit the Challenge Vansbro Sport Expo located at the Arena. Open every day (see Event Schedule), It is the perfect opportunity for you to stock up on last minute equipment needs, bike service.

BIKE SERVICE

A bike service is located next to the Expo area Friday June 30th from 16:00–20:00, Saturday July 1th from 08:00. The Bike service will be conducting a paid service for 'minor mechanicals' during these times. A limited 'emergency service' will also be available inside transition area on race morning.

MEDICAL

Your safety is of utmost importance to us. If you are unsure about your ability to complete the race or are not feeling 100% physically fit in the lead up to the event, Challenge highly recommends you seek medical advice from your doctor. Basic first aid is available throughout event week. If you require medical attention, we recommend that you visit our race office or seek the assistance of event personal. Medical staff will be situated in a variety of positions on race day. These locations are as follows:

- Swim Start; Swim Exit; Transition, several spots around the Bike & Run Course
- Finish & Recovery (Medical Area)
- Basic first aid support can also be obtained at the Bike and Run Aid Stations.

It is strongly advised that you have adequate personal insurance regardless of whether you are an Swedish resident or from overseas. We highly recommend that international athletes check with their travel insurance or personal insurance provider to confirm what they are covered for under Swedish legislation. All non-Swedish residents are not covered for medical costs or ambulance transport costs. If you have an accident you must pay for your own medical expenses and transport. Hence it is recommended you obtain adequate personal medical insurance or travel insurance with the relevant coverage.

HOSPITAL

There is a medical service at the arena (Medical Center). The nearest hospital is located in the cities of Mora (70 km) and Falun (110 km)

PRE EVENT TRAINING

At all times athletes must remember that their safety and the law is priority. Please do not risk either in the pursuit of course familiarization. Below is further information on each leg for training and familiarization purposes.

SWIM

You can swim in the river any time you want. Beware of that other competitions might occur in the river. It's recommended that you wear a safety buoy and/or bright coloured swim cap for your safety if you swim in the river before the race as there might be some small fishing boats in the river. Safety buoys can be bought at the Expo. There is also an outdoor 25 m pool (free entry) available for all athletes.

BIKE

Please adhere to traffic regulations when training on the bike course. Do not ride two abreast and obey all traffic rules. Being a competitor does not exempt you from the law. Be courteous to motorists. Wear your helmet whilst cycling! We ask you to drive carefully. The roads are not closed, it can happen, that children are playing on the street or tractors are on the way. We ask you to not throw away any plastic or packing materials into fields or on the roadside during the training!

After 1K into the bike course you ride 500 m through an industrial area and this section will only be open during race day but you can easily ride around this if you want to check the rest of the course.

RUN

The 4 loop run course is a mixture of paths and roadways and follows the paths along the river and in the city center. After 1,1K into the run course you run 400 m through an industrial area and this section will only be open during race day but you can easily run around this if you want to check the rest of the course.

TRIATHLON LICENSE

Have you organized your national competitions license? Every athlete outside the fun class is required to hold a valid triathlon license of his National Triathlon Federation in order to participate in the Challenge Vansbro middle distance 2023. You will be required to show proof of your license at the registration. If you don't have, or fail to prove, your triathlon license you have to purchase a oneday membership of the Swedish Triathlon Federation for insurance reasons.

ATHLETE REGISTRATION

Athlete Registration for all athletes participating in Challenge Vansbro will take place at the race office at the arena:

- Friday, June 30th, between 16:00–20:00
- Saturday, July 1st, between 08:00 until 1 hour before your start

It is mandatory for all athletes to register during these times.

You are required to show photo identification to register—i.e. Driver's License, Passport, as well as your Triathlon Annual License

Please allow time for delays when making travel arrangements.

Please note: it is illegal for someone to race under your name or for you to race under someone else's name: this will result in suspension from your state Triathlon Association and ineligibility to race in other Challenge events.

During Registration athletes will receive the following:

- Swim cap – compulsory to wear during the swim leg on race day
- 3 Helmet stickers, with race bib, (placed on the left, on the right and in the front of the helmet)
- 1 Bag sticker, with race bib, for your after race bag
- Bike seat post sticker (to wrap around the seat post of your bike and stick to itself)
- 1 Timing chip (PRO 2 chip)
- Race bib (compulsory on bike and run leg)
- Ticket to Pasta meal June 30th (only middle distance)
- Ticket to after race meal
- Challenge Vansbro Sling bag

TIMING INFO

You will collect your Timing Chip and confirm your identity with the timing personnel during Athlete Registration. Please ensure you put it in a safe place and remember to have it with you on race morning.

- Timing Chip must be worn on your left ankle. PRO athlete will receive two timing chips to be placed one on each ankle.
- On race morning, your timing chip must be worn to enter transition. Officials will be checking this.
- If you do not start the race or pull out of the race for any reason, please inform one of the Officials.
- Timing results will include swim split, bike split, run split and finish time – Overall and Category results
- If timing chip are not worn throughout the duration of the race, race results will not be available. If you lose your timing chip, please contact a Technical Official immediately.

WITHDRAWAL & TIMING CHIP

If you withdraw from the race at any time (pre or during the race), please inform Challenge Vansbro Officials or Technical Officials, especially on race day. Please help us to increase your safety by telling us.

Only by showing your timing chip and showing your race number you get your bike at the bike check-out.



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CHALLENGE VANSBRO PASTA MEAL & AFTER RACE MEAL

Your ticket is included in you race entry (middle distance). NO TICKET NO MEAL

PASTA MEAL:

Date: Friday June 30th

Time: 16:00–20:00

Location: Restaurant at the Arena

AFTER RACE MEAL:

Date: July 1st

Time: 12:00–23:00

Location: Restaurant at the Arena

A post race pasta meal is included in the race fee. You can upgrade your post race meal to a barbeque buffé at this link: <https://billetto.se/e/easyeat-forbokning-av-grillbuffe-biljetter-820854>

Extra tickets for family, partners and support crew are available for sale at the Restaurant.

MANDATORY PRE RACE ATHLETE BRIEFING

(middle distance, only PRO/Swedish Championship

This takes place online and at the arena, see time schedule. Briefing onsite will take place a Hotel Flottaren Conference room [here....](#) Or online, see our [website](#) for link

BIKE CHECK-IN

Bike Racks for athletes will be set out in numbered order. Information on the transition procedures is provided under the 'Transition 1' sections of this guide.

Your bike **MUST** be checked into the Transition Area between Saturday July 1st at 08:00–10:00 for middle distance and 14:30–16:00 for the sprint distance.

Your bike must display your seat post sticker, with race bib. If you do not have this you will not be allowed in or out of transition.

When you rack your bike please allow time to walk through the routes that you will take through the Transition Area.

Volunteers will be available for race specific questions and Technical Officials will be available for any questions regarding rules and regulations.

BIKE CHECKS

Your bike will be visually inspected by a Technical Official and allowed into transition upon passing this inspection. This is not a guarantee of safety. Athletes are responsible for their bikes being properly maintained. Check your bike complies with the regulations before presenting it at transition to avoid rejection. Inspectors will be checking for such things as:

- End plugs on handle bars
- Brakes in working order
- Compliance with Competition Rules

If in doubt of passing this visual inspection, please visit our bike service center prior to Bike Check-in. They will be available onsite at the Challenge Vansbro Expo during the weekend.

HELMET CHECK IN

Bike helmets are compulsory. Technical Officials will be conducting helmet checks as you enter the Transition area on Saturday July 1st.

Please ensure you wear your helmet fastened when entering Transition.

It is compulsory that you leave your helmet with your bike after it been checked in.

Helmets must meet the following specifications:

- Your helmet must be approved by a recognized testing authority
- Alterations to any part of the helmet are not allowed. This includes, but is not limited to, any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover.
- Helmets must be undamaged Helmets
- Helmet must stay in the transition area after Check-In.

TRANSITION GEAR

Athletes have all their transition gear on the ground or on their bike.

The following race items are examples of what could be included for the bike leg:

- Bike helmet (compulsory)
- Bike shoes (or clipped on bike)
- Race Bib number
- Sunglasses
- Socks
- Clothing
- Nutrition & fluids (or ON bike)

The following items are examples of what could be included for the run leg:

- Running shoes
- Sunglasses
- Hat
- Socks
- Clothing
- Nutrition & fluids

BAG DROP (Your own bag)

At the race area marked SELF STORAGE BAG close to the transition area (at the outdoor 25 m pool area) you can leave a bag with clothes and stuff that you will need after the race. The SELF STORAGE BAG area will be guarded with volunteers. Valuable items could be stored at the Race office center.

RACE DAY INFORMATION

COMPETITOR RACE BIB

Wearing your race bib is **COMPULSORY** for competitors for the Bike and Run leg. Your number must be clearly visible on the back for the bike split and towards the front at the run split. If you plan to use an elastic race number belt then it will be necessary to ensure the complete race number is displayed. You must not fold, cut or manipulate your race bib in any way.

RACE DAY CHECKLIST

TRANSITION

- Transition Area is accessible from 08:00 on race morning
- Nutrition to strap/secure to your bike

SWIM

- Race supplied Swim cap
- Timing Chip (applied to left ankle). PRO one chip on each ankle
- Wetsuit (if applicable)
- Goggles

BIKE

- Helmet
- Bike seat post sticker, with race bib
- Race Bib number
- Bike shoes (On ground or clipped onto bike)
- Sunglasses
- Socks
- Clothing
- Nutrition & fluids (or on bike)

RUN

- Running shoes
- Sunglasses
- Hat
- Socks
- Clothing
- Nutrition & fluids



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COURSE INFORMATION

RACE MORNING WARM UP SWIM

All athletes must check in to the swim entry area before entering the water.

The swim start is located 100 m from the swim entry area. It takes 1–2 min to swim from the swim entry to the start line. Be sure to enter the water in time, we will not wait for late swimmers!

All athletes will be able to warm up in the designated warm up area before the race.

If you don't want to enter the water before your start, it is possible to walk to the starting line.

Remember that you are responsible to be at the start line at the right time for you as there is different start times for different groups.

Starting procedure: Athletes must stay behind the start rope. 30 seconds before the start the rope will be removed. You are now in the hands of the starter. On signal – race starts.

SWIM COURSE

Swim course 1.9 km 1 loop

Cut Off Time: 1 hours 10 min after respective start time

Located in the river Västerdalälven the one lap swim course is undertaken in anticlockwise direction.

SWIM START

It is a deep water swimstart but you can wait at the shoreline if you are not in a rush to be at the front of the field.

11:00 Start Challenge Vansbro Middle Distance – PRO/Swe Champ Men

11:03 Start Challenge Vansbro Middle Distance – PRO/Swe Champ Women

11:10 Start Challenge Vansbro Middle Distance – AG Men and Women

11:10 Start Challenge Vansbro Middle Distance – Aquabike Men and Women

11:20 Start Challenge Vansbro Middle Distance – Para Men and Women

11:20 Start Challenge Vansbro Middle Distance – Fun Class Men and Women

SWIM SECURITY

There will be a safety crew and craft on the water pre and during the swim. The water safety team is there to support you if you require any help. There will also be life guards on pontoons.

At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid.

Should at any point an athlete decide to abandon the swim, they will be taken to one of the rescue boats/pontoons. From there they will be returned to swim exit.

SWIM RULES

- Footwear like stockings or socks covering the feet must not be worn for the swim leg.
- Race rules allow for competitors to stop or rest at any time during the swim
- After the swim the wetsuit may only be removed to the hips, if nobody else is hindered, until one reaches the transition area.

TRANSITION 1 (SWIM TO BIKE)

At the Swim exit athletes will run about 100m into the Transition 1.

Separate male and female changing areas are available in Transition area. You must place your swim gear (including wetsuit) on the ground with your bike.

TRANSITION RULES

- Your helmet must remain securely fastened at all times that you are moving with your bike. This includes the time that you are pushing your bike from the rack to the mounting line as well as from the dismount to the rack.
- You must not mount your bike until you passed the mount line.
- Place all your equipment within 1m from your bike.

BIKE COURSE

Bike course: 90 km 2 loops

Bike aid station (middle distance only)

Slow down when entering Aid Stations, don't stop! There will be signs along the aid station listing what is on offer. Volunteers will also be advising what they are holding. Please help the volunteers help you by communicating politely your needs.

Please throw away any unwanted items between the Littering Zone Start Sign and Littering Zone End sign. Anything thrown away outside this marked area will be penalized with a yellow card (30s in the penalty box).

The Bike course has 4 Aid Stations

BIKE AID STATION LOCATION:

- Aid Station 1– KM 2
- Aid Station 2– KM 25
- Aid Station 3– KM 45
- Aid Station 4– KM 65

AID STATION 1 & 3 WILL OFFER:

- Water (served in 500 ml bottles)
- Maurten Electrolyte (served in 500 ml bottles)
- Maurten Bars & gels
- Bananas
- Coca Cola (served in 500 ml bottles)
- Toilets

AID STATION 2 & 4 WILL OFFER:

- Water (served in 500 ml bottles)
- Maurten Electrolyte (served in 500 ml bottles)

BIKE AID STATION 1 & 3 LAYOUT

Littering Zone Start > Water > Electrolyte > Gel > Banana > Bars > Coca Cola > Electrolyte > Water > Littering Zone Finish

TRAFFIC

The roads are NOT closed for traffic so always be aware that there might be vehicle on the course. Normal road rules apply at all times even if traffic controllers and event crew will be on course to patrol and direct traffic.

DISTANCE MARKERS

Distance markers will be located every 10 kilometres along the Bike course.

TECHNICAL SUPPORT ON BIKE COURSE

No personal bike support is allowed. It is your responsibility to carry spare tubes and canisters (and know how to use them!) in case of punctures.

COLLECTING CARS

Collecting cars will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to Transition area. Should you require a car at any time to pick you up please wave down a motorbike official and they will contact the car deployment. Alternatively advise volunteers at the nearest Aid Station. Please note: delays in transportation are expected. To get you transported as quickly as possible, please do not move from your reported location once the car has been requested as this could affect their ability to locate and transport you.

BIKE COURSE RULES

- Drafting is not allowed (Keep 12 meters front to front wheel). Drafting is suspended at aid stations.
- After 500 m into the bike course and when 500 m left on the course overtaking is forbidden "Suspension Bridge". The 12 m drafting rule does not apply in this section of the course. See picture in the appendix.
- Picking up nutrition outside of the official aid stations or receiving outside assistance in any form is not allowed. If you disregard these rules you will be disqualified.
- NO Mobile phone(s) or any other electronic listening communication device must be used, NO Headphones or headsets are allowed
- Discarding any items (drinking bottles, cups, banana skins, packing material etc.) is only allowed in the littering zone at the aid stations for environmental reasons.
- Athletes are required to wear their race numbers on their back or race belt with the number visible at all times

BIKE/TIME PENALTY

Drafting is punished with a 5-minute time penalty. Race marshals present a blue card to the respective riders. The time penalty must be spent in the penalty box on the cycling course in the loop the penalty is received, just before aid station 2 if you got your penalty during lap 1 and just before entering the transition area if you got your penalty during lap 2. The athlete must independently report at the penalty box. Athletes that do not report for their time penalty are disqualified.

TRANSITION 2

Upon finishing the bike, athletes must rack their bikes in the spot allocated to their race numbers themselves.

Athletes must place bike gear (including helmet) with your bike.

Athletes will then continue to exit transition onto the run course. There will be an aid station 100m after the exit of the transition zone.

RUN COURSE

RUN AID LOCATION

The Run Course contains of 4 laps. Each lap is 5.25 km and has 2 Aid Stations per loop, located approximately 2.5 km apart

WRIST BAND

Wrist band will be handed over close to the first aid station on each lap. The first three laps have the same color (white) of the wristband. On the fourth and final lap a red Challenge Vansbro Wrist band will be handed over.

RUN AID STATION WILL OFFER:

- Water (served in 125 ml cups)
- Maurten Electrolyte (served in 125 ml cups)
- Maurten Gel & Bars
- Bananas
- Coca Cola (served in 125 ml cups)
- Toilets

RUN AID STATION LAYOUT

Littering Zone Start > Water > Electrolyte > Gel > Banana > Bars > Coca Cola > Littering Zone Finish

Slow down when entering Aid Stations.

There will be signs along the aid station listing what is on offer. Volunteers will also be advising what they are holding. Please help the volunteers help you by communicating politely your needs. Feel free to move through the tables at your leisure and help yourself.

Please throw away any unwanted items between the Littering Zone Start Sign and Littering Zone End sign.

DISTANCE MARKERS

Distance markers will be located every 2 km along the Run course

RUN COURSE RULES

- Athletes are required to wear their Race numbers on their front or race belt with the number visible at all times
- Runners must not run bare chested. Zippers at the front must be closed for the better part. The straps must be on both shoulders.
- Participants that violate the uniform regulations can be stopped by Technical Officials and ordered to correct their clothing. Only then the respective athlete can continue the race. If they do not follow the order, they are disqualified.
- Picking up nutrition outside of the official aid stations or receiving outside assistance in any form is not allowed. If you disregard these rules, you will be disqualified.
- NO Mobile phone(s) or any other electronic listening communication device must be used, NO Headphones or headsets are allowed
- Discarding any items (drinking bottles, cups, banana skins, packing material etc.) is only allowed in the littering zone at the aid stations for environmental reasons.

- Along the run course there is a RUN penalty box shortly before the end of each lap, where all time penalties (30 s per violation), must be served for any violations off the bike course (not closed or early opened chin strap, disregard of the mount and/or dismount lines on the cycling route). A flipchart is put up facing the running direction for this purpose, on which the starting numbers of all competitors affected by such a time penalty are displayed. It is the competitors' responsibility to check for themselves whether their starting number is listed on the flipchart and if so to "serve" their time penalty accordingly. A competitor is disqualified if a time penalty has not been served in the penalty box.

Cut off times: (Measured from the respective start)

Swim: 1 HOUR 10 MINUTES

Swim and bike: 5 HOURS 30 MINUTES

Total: 8 HOURS

In addition to the above cut off times, athletes may be cut off at any time based on the Race Directors discretion and judgment.

Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenario's the Race Director also reserves the right to announce new cut off times.

RACE CALENDAR 2023

	ANFI CHALLENGE MOGÁN GRAN CANARIA SPAIN, 22 APRIL 2023	MIDDLE		CHALLENGE ISTANBUL TÜRKIYE, 3 SEP 2023	OLYMPIC
	CHALLENGE TAIWAN TAIWAN, 22 APRIL 2023	LONG MIDDLE		CHALLENGE ALMERE-AMSTERDAM NETHERLANDS, 9 SEP 2023	LONG MIDDLE
	CHALLENGE CERRADO BRAZIL, 23 APRIL 2023	MIDDLE		CHALLENGE SAMARKAND UZBEKISTAN, 17 SEP 2023	MIDDLE
	EKOÏ CHALLENGE FRÉJUS FRANCE, 14 MAY 2023	MIDDLE		CHALLENGE SANREMO ITALY, 24 SEP 2023	MIDDLE
	SPORTLAND N-Ö CHALLENGE ST PÖLTEN AUSTRIA, 21 MAY 2023	MIDDLE		CHALLENGE BUDVA-MONTENEGRO MONTENEGRO, TBC SEP 2023	MIDDLE
	THE CHAMPIONSHIP SLOVAKIA, 21 MAY 2023	MIDDLE		CHALLENGE SANTA MARTA COLOMBIA, 8 OCT 2023	MIDDLE
	CHALLENGE GUNSAN-SAEMANGEUM KOREA, 4 JUN 2023	LONG MIDDLE		CHALLENGE BARCELONA TRIATHLON SPAIN, 8 OCT 2023	OLYMPIC
	OTSO CHALLENGE SALOU SPAIN, 4 JUN 2023	MIDDLE		CHALLENGE PEGUERA MALLORCA SPAIN, 14 OCT 2023	MIDDLE
	CHALLENGE WALES WALES, 11 JUN 2023	MIDDLE		CHALLENGE VIEUX BOUCAU FRANCE, 21 OCT 2023	MIDDLE
	SKODA CHALLENGE GERAARDSBERGEN BELGIUM, 11 JUN 2023	MIDDLE		CHALLENGE EGNAZIA TRI ITALY, 21 OCT 2023	MIDDLE
	CHALLENGE CAGNES-SUR-MER FRANCE, 11 JUN 2023	MIDDLE		CHALLENGE FLORIANÓPOLIS BRAZIL, 19 NOV 2023	MIDDLE
	LOTTO CHALLENGE GDAŃSK POLAND, 18 JUN 2023	MIDDLE		CHALLENGE CANBERRA AUSTRALIA, 26 NOV 2023	MIDDLE
	DATEV CHALLENGE ROTH GERMANY, 25 JUN 2023	LONG		CHALLENGE SALINAS ECUADOR, 10 DEC 2023	MIDDLE
	CHALLENGE VANSBRO SWEDEN, 1 JUL 2023	MIDDLE	2024		
	CHALLENGE KAISERWINKL-WALCHSEE AUSTRIA, 2 JUL 2023	MIDDLE		INTEGRITY HOMES CHALLENGE WANAKA NEW ZEALAND, 17 FEB 2024	MIDDLE
	CHALLENGE TURKU FINLAND, 30 JUL 2023	MIDDLE		BCI CHALLENGE PUERTO VARAS CHILE, 17 MAR 2024	MIDDLE
	CHALLENGE DAVOS + SWITZERLAND, 26 AUG 2023	MIDDLE		CHALLENGE RICCIONE ITALY, TBC MAY 2024	MIDDLE
	CHALLENGE MALAYSIA MALAYSIA, 2 SEP 2023	MIDDLE			
	CHALLENGE COQUIMBO-LA SERENA CHILE, 3 SEP 2023	MIDDLE			

ALL RACES ARE QUALIFICATION
RACES FOR THE CHAMPIONSHIP



POST RACE INFORMATION

FINISH LINE

We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athlete's finish line experience. As you cross the line, volunteers will be there to escort you to the secured medal plaza and recovery area.

You will be presented with your Finisher Medal. Finisher gift will be available for collection from the designated area within the Recovery zone. Please show your race number, finisher medal to receive your finisher shirt.

Fruits and drinks (hot and cold) will be served within the designated recovery area. You will also have an option of a free massage (middle distance service only). We ask you not to take any food and drinks for family members and friends outside from the recovery area. After leaving the recovery area you will enter the mixed zone. Here you can socialise with your supporters and our sponsor. After exit the mixed area you will have access to your self-storage bag.

Unfortunately, you will not be able to re-enter Recovery once you have exited so make sure you are comfortable prior to this point. Please remember volunteers and the medical team are there to help you at any time should you require their assistance.

SHOWERS & CHANGING AREA

For your service we offer you a warm shower in our changing area (outdoor). It's located between the Arena and the transition area.

LIVE RESULTS

Live timing will be available at the links below:

Challenge Vansbro Middle distance: <https://live.eqtiming.com/64587>

Challenge Vansbro Sprint: <https://live.eqtiming.com/64588>

Svenska Triathloncupen Sprint: <https://live.eqtiming.com/67661>

Aquabike: <https://live.eqtiming.com/64589>

Family Relay: <https://live.eqtiming.com/67263>

Business Relay: <https://live.eqtiming.com/67264>

Non-Official Results and any Disqualifications will be displayed at the links above immediately after you finished your race. Official Results will be available online via www.challenge-vansbro.com and www.eqtiming.se as soon as possible after the race.

DOPING

Doping tests will be carried out on a selection of athletes.

DISQUALIFIKATIONS AND PROTESTS

Protest time: 15 minutes after athlete entered the finish line or quit the race

Any protests must be submitted by protest form to and payment of a protest fee of 500 SEK to the competition jury (Race Office) within the protest time.

Protest against the disqualification because of Drafting (factual decision) is not possible.

THE CHAMPIONSHIP

Age group athletes will have the opportunity to qualify with a top six age group finish at any **CHALLENGEFAMILY** event worldwide during the qualification period.

Read more about [THECHAMPIONSHIP here](#)

MASSAGE

For your convenience, massage service will be available for pre & post event massage services. Friday June 30th until Sunday July 2nd the massage team will be located at the recovery area. Pre booking is made here <https://wdwellness.se/boka/>

Pre Race Massage: 40 min 500 SEK

Once finished the race (only middle distance), don't forget to visit the massage team at the Recovery area located directly after the finish line, for your free complimentary massage.

AWARDS PRESENTATION

Get ready for an afternoon of entertainment as we recognize the top 3 finishers in the Age Group and Pro Categories as well as the Swedish champions. ARK wetsuit for fastest swim time men/woman. ABUS helmet prize for fastest bike split (men/women) and the Wahoo watches for fastest Transition times (t1+t2 men/women).

Location: Arena at the outdoor stage (near Finish Line)

Date: July 1st

Time: 17:00 Award ceremony PRO/Swedish Championship Challenge Vansbro 2023.

Award ceremony Age Group/Riksmasterskap 18–24, 25–29, 30–34, 35–39, 40,44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84 years Challenge Vansbro 2023. Every hour (17, 18, 19, 20) As soon as possible when the an AG category is complete

If you are to be recognized at the awards but are unable to collect your trophy, please contact us to arrange collection. If prizes need to be posted a postage fee will be charged.

LOST AND FOUND

Lost and Found will be at the Race Office in the Sport Expo.

After the event, please email challenge@vansbrosimningen.se to locate any missing items and schedule returns. Shipping fees will apply.

GENERAL EVENT ENQUIRES

Additional information can be found via our following details:

Website: www.challenge-vansbro.com

E-mail: challenge@vansbrosimningen.se

SPECTATOR SUPPORT – DO'S AND DON'TS

To make sure everybody has a great day out, spectators are asked to make sure they abide by the following requests to ensure the safety of the athletes and health of the environment:

- »,» DO make sure your athlete has read the Athlete Information Guide.
- »,» DO make sure your competitor has read and understands the Triathlon Rules pertaining to this race and has thoroughly read this booklet.
- »,» DO make sure your competitor keeps his/her Competitor Bib secured to clothing and takes his/her timing chip on race morning as this race is timed with a chip.
- »,» DO NOT put yourself or another person in danger by spectating in areas of obvious risk. Please remember although an event is on, it is not above the law and police will be monitoring the safety and wellbeing of everybody to ensure a great day out.
- »,» DO NOT ride, drive or run beside a competitor on any part of the course. This is outside assistance and can lead to disqualification of that competitor.



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ADDITIONAL INFO FOR AQUABIKE ATHLETES:

During Registration you will receive the following:

- Swim cap – compulsory to wear during the swim leg on race day
- 3 Helmet stickers, with race bib, (placed on the left, on the right and in the front of the helmet)
- 1 Bag sticker for your after race bag
- Bike seat post sticker, with race bib, (to wrap around the seat post of your bike and stick to itself)
- 1 Timing chip
- Ticket to Pasta meal June 30th
- Ticket to after race meal
- Race bib (compulsory on bike and run leg)
- Start Gift (Challenge Vansbro Sling bag)

Start: Saturday July 1st all Aquabikers starts at 11:10

Age: 18 years and older

Distance: 1900 m swim, 90 km bike, walk to the finish line

Bike Check in: Saturday July 1st 08:00–10:00

Bike Check out: Saturday July 1st 12:00–20:00

Race Maps: See Appendix Challenge Vansbro Middle distance

Race finish: When enter the transition area after the bike leg the race finish and timing will stop.

Please rack your bike to the spot allocated to its number and leave the transition like the other runners do and run or walk the last 300 m to the finish line and get your well earned finisher medal. You will collect your finisher gift as well as your after race food and beverage in the recovery area and restaurant tent.

ADDITIONAL INFO FOR CHALLENGE SPRINT:

During Registration you will receive the following:

- Swim cap – compulsory to wear during the swim leg on race day
- 3 Helmet stickers, with race bib, (placed on the left, on the right and in the front of the helmet)
- 1 Bag sticker for your after race bag
- Bike seat post sticker, with race bib, (to wrap around the seat post of your bike and stick to itself)
- 1 Timing chip
- Ticket to after race meal
- Race bib (compulsory on bike and run leg)
- Start Gift (Challenge Vansbro Sling bag)

Start: all Challenge Vansbro Sprint starts at 16:30 July 1st

Age: 15 years and older

Distance: 400 m Swim, 20 km bike, 5.25 km run (on lap)

Bike Check in: Saturday July 1st 14:30–16:00

Bike Check out: Saturday July 1st 17:30–20:00

Race Maps: See Appendix Challenge Vansbro Sprint

After 500 m into the bike course and with 500 m left on the bike course overtaking is forbidden "Suspension Bridge". No aidstations on the bike course for sprint distance.

CHALLENGE SPRINT BUSINESS- & FAMILY RELAY:

The race package can be picked up by one member of each team, this means that not all three team members have to be present at Registration.

During Registration the relay team will receive the following:

- Swim cap – compulsory to wear during the swim leg on race day
- 3 Helmet stickers, with race bib, (placed on the left, on the right and in the front of the helmet)
- Bag sticker for your after race bags
- Bike seat post sticker, with race bib, (to wrap around the seat post of your bike and stick to itself)
- 3 Timing chip
- Race bib (compulsory on bike and run leg)
- Ticket to after race meal (ONLY business teams)
- Start Gift (Challenge Vansbro Sling bag)

LEG 1 – SWIMMERS:

Before the start: Put your after-swim clothing in the self storage bag area.

Start: all relay's starts at 16:30 July 1st

Change to cycling: The swimmer moves up to the transition area. The transition is made at the bike rack. The transition is made by touching the biker's shoulder with one hand.

LEG 2 – BIKE

Helmets MUST STAY in the transition area after Check-In on Saturday.

On Race day you can leave your after-bike clothing in the transition area next to your bike.

Start: Wait at the bike rack until your swimmer from Leg 1 enter your bike. The swimmer moves up to the transition area. The transition is made at the bike rack. The transition is made by touching the biker's shoulder with one hand.

Bicycle finish: You must enter your bike at the bike rack number.

LEG 3 – RUN

Before the start: Leave your after-run clothing in the transition area (next to the team bike).

Start: Wait at the bike rack until your biker from Leg 2 has racked the bike. The transition is made at the bike rack. The transition is made by touching the runner's shoulder with one hand.

Finish: Enjoy some well-earned time in the recovery area with your team.

Relay Meeting Point for Finish

Swim and bike relay team members can meet up with their run team member by waiting for them in at the beginning of the finish line and all three team members can cross the finish line together.

Team Finisher Shirts (only business teams): Finisher shirts for all three team members can be collected by the runner in the recovery area. Please do not ask our volunteers for the finisher shirts before the team has completed the race. Volunteers have been instructed to hand them to runners only!

Start: Saturday July 1st all relay's starts at 16.30

Age: 11 years and older

Distance: 400 m swim, 20 km bike, 5.25 km run

Bike Check in: Saturday July 1st 14:30–16:00

Bike Check out: Saturday July 1st 17:30–20:00

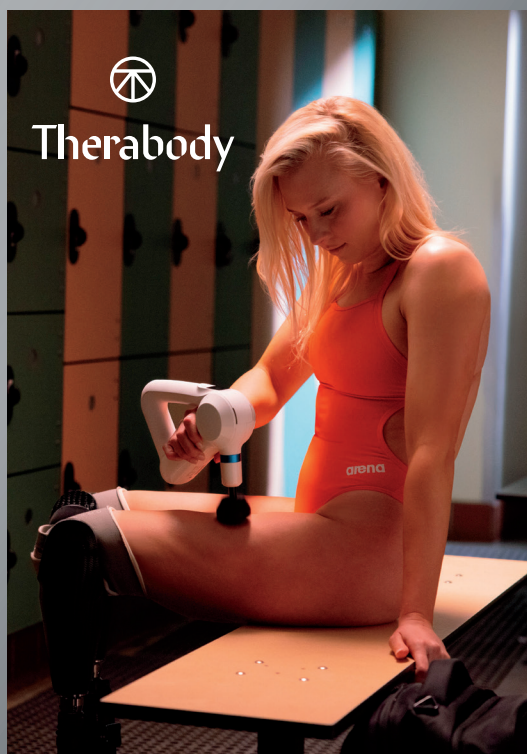
Race Maps: See Appendix Challenge Vansbro Sprint

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"So the triangle handle on the theragun is incredible because it truly allows you to reach those really hard spots. And I'm a swimmer. I have amazing flexibility in my shoulders, but at the same time they get tight because I'm just swimming lap after lap. So when I got out of practice and my muscles started to tense and get super sore. I just know that with the triangle handle, I've been able to reach all those really difficult spots that I can't get to myself. And I think that is one of my favorite details of the Theragun because it just allows me to just get all over my back, which I use my back a lot for what I do".

Jessica Long

Therabody atlet,
Professionell simmare och femfaldig världsmästare





Maps Challenge Vansbro Kids

Swim/run Course



Maps Challenge Vansbro Middle distance

Swim Course



Bike Course



Bike Course



Run Course



Maps Challenge Vansbro Sprint

Swim Course



Bike Course



Bike Course



Run Course

