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**NATURA**

CROSS TRIATHLON  
EUROPEAN CUP  
European Triathlon

**BOHINJ**  
**SLOVENIA**  
September 13, 2015



CROSS TRIATHLON  
EUROPEAN  
European  
Triathlon CUP

BOHINJ  
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## DEAR TRIATHLETES, VISITORS, FANS!

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Welcome to Bohinj, a place that is known for organizing numerous sporting events.

Just a quick look in history reveals how Bohinj and its people have been connected through sport. That is why we are delighted to once again welcome triathletes in Bohinj for TNatura Cross Triathlon.

We are no novices in organizing triathlon competitions. For more than 25 years *Triathlon »of the steel ones«* takes place here and certainly gives a special touch to the last August days.

And TNatura Cross Triathlon can only establish an even greater bond and position Bohinj even more firmly as a place with a strong tradition of sport and recreation. Moreover, it can show that Bohinj can and should organize and host big sporting events for best athletes.

I wish you a pleasant stay.

And surely, lot of sports successes.

Franc Kramar  
*Mayor of Bohinj Municipality*



## WELCOME TO BOHINJ

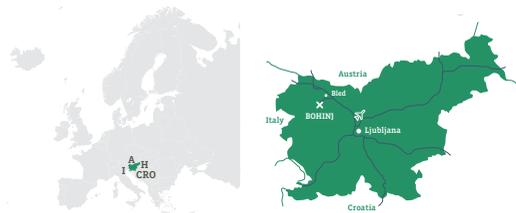
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Bohinj is located in the heart of the Julian Alps. The most extensive and highest mountain group in Slovenia is also the most subtle south-eastern part of the Alps. More than two-thirds of Bohinj lie in the only Slovenian National Park: Triglav National Park.

Bohinj comprises of Nomenj Basin, Upper and Lower Bohinj valley, Lake Basin, Plateau Pokljuka and Jelovica and mountains. Twenty-four villages are lined through the valley and above it, introducing fabulous wealth of hidden past, cheerfulness present and future secrets. The most recognizable natural beauty of Bohinj is its lake, the largest permanent natural lake in Slovenia.

### HOW TO ACCESS BOHINJ:

- by car** from Ljubljana, through Bled, over Pokljuka plateau or cross Soriška ridge
- by bus** from Ljubljana, through Bled
- by train** direction Jesenice and Nova Gorica
- by cartrain** from Most na Soči and from Podbrda
- by plane** Ljubljana (Jože Pučnik) Airport (50 km),  
from Trieste Airport (Ronchi, 200 km)  
from Klagenfurt Airport (70 km)





**CHALET TRIGLAV \*\*\*\*\***  
Goreljek 104,  
4247 Zgornje Gorje

[www.vilatriglav.com](http://www.vilatriglav.com)

***Vila Triglav in the heart of the Triglav national park***

*“Fantastic place for vacation”*

*“A place to dream”*

A Review, September 18, 2014

We chose Vila Triglav for our honeymoon and it turned out to be one of the best choices ever made. We had an amazing time full of Slovenian hospitality, traditional and delicious food and excellent tips for hiking trips. The location is simply amazing. Vila is hidden in forests and the mountains and lakes nearby give you many options for sport activities or lazy afternoon trips. You can also borrow high quality mountain bikes from Tadej and enjoy the local hills with feet in the pedals. We fell in love with the Vila and our room, which became our new home for a whole week. It had a special atmosphere thanks to the traditional wooden furniture, was always perfectly clean and cosy. After a day spent in the mountains, the hot tub was another unique experience and together with the wellness in wooden chalet is perfect for relaxing. We can highly recommend this accommodation to any pairs, families or friends. It is a place like any other we have been before. Well deserved 5 stars!

*Do you wish to spend your vacations „in the middle of nowhere“, to eat a home made Slovenian food, to relax in the hot tube under the open sky, to feel like to be at home?*

**Please join the Family Valjavec in Vila Triglav on the Pokljuka plateau, situated amidst lush spruce forests in the heart of the Triglav National Park, only 20 minutes drive from both Lake Bled and Lake Bohinj. Once one of Tito's villas, it was build in the year 1939, in the famous Plečnik style.**

*Welcome anytime,*

*Valjavec Family*

## PROGRAMME

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<b>SATURDAY, 12. SEP</b>	12.00 – 18.00	<b>Registration and race package pick up (Event site)</b>
	18.00	<b>Race Briefing ELITE+AGR</b>
	18.45	<b>Race pack delivery ELITE – Uniform check</b>
<b>SUNDAY, 13. SEP</b>	9.00	<b>Open Transition Area</b> (uniform recheck for ELITE)
	9.45	<b>Open warm up</b>
	10.00	<b>Close Transition Area</b>
	10.15	<b>Close warm up</b>
	10.30	<b>Start Elite/AGR</b> (separate starts)
	13.30	Check out
	14.30	<b>Award Ceremony at Event Site</b>

**\*all the activities will be held at the event site at Lake Bohinj.  
Additional details about starting times and locations will be sent  
to all the athletes a couple of days before the race.**



### **STATISTICS AND IMPRESSIONS ABOUT TNATURA BOHINJ 2014**

- 70 athletes from 12 european countries
- among participants world cross triathlon champion **KATHRIN MÜLLER** and european/world champion **KRIS CODDENS**
- unique conditions for attractive championship, confirmed also by athletes themselves
- **TNATURA SLOVENIA 2014 IS CLASSIFIED AS ONE OF THE MOST BEAUTIFUL ONE OF THE SEASON!**

# SCOTT-BOHINJ RACE without pro licence

Competition	Date	Organizer
1. 18. Four Brave Men Run	8 August	ŠD Avgust Gašperin Stara Fužina
2. 29. CEBE Triathlon "of the Steel ones"	29 August	Turistično društvo Bohinj, LTO Bohinj
3. ETU TNatura Cross Triathlon	13 Sept	TK Pokljuka

Rich in kind prizes: Scott mountain bike, weekend at Chalet Triglav, ... more at [www.bohinj.si](http://www.bohinj.si)



## THE CARBON EXPERTS

WATCH THE PRODUCTION MOVIE



SCOTT was one of the first brands to use carbon fiber extensively in its bicycle frames. Since then we have strived to improve carbon technology, always aiming to make lighter, more robust, and more durable products. With this in mind, SCOTT has been a forerunner in carbon process development with regard to manufacturing practices that are precise, repeatable, and minimize waste. SCOTT engineers continue to work with independent testing laboratories and engineering universities not only to maintain SCOTT's high standards within carbon manufacturing, but also to foster new developments and advance its carbon expertise.

Learn more at: [www.scott-sports.com/carbonexperts](http://www.scott-sports.com/carbonexperts)



# MLINOTEST CROSS TRIATHLON SLOVENIAN CUP 2015

Competition	Date	Organizer
1. 3. Cross triathlon Vogršček	20 June	TK Ajdovščina
2. Cross triathlon Bloke	27 June	TK Inles Riko Ribnica
3. 2. Koroška Cross triathlon	4 July	PK Fužinar
4. ETU TNatura Cross triathlon	13 Sept	TK Pokljuka

# To To znam. poznam!

Pri naši hiši ni za dobro jed nikoli premalo časa. Testenine, ki so tako hitro pripravljene, obvladamo na tisoč in en način. Ampak meni je še vedno najljubši tisti, ki ga poznam iz otroštva. Tudi zato s police vedno vzamem tiste iz Mlinotesta! Take je kupovala že moja mama in vem, da jih bo tudi moja hči. Vse več jih je, a imajo tisto, kar hočem: okus po domači kuhinji.

*Testenine  
iz Mlinotesta  
na slovenskih mizah  
že več kot 50 let!*



Zdaj tudi v novi  
piročni embalaži  
za praktično odpiranje.



## INTRODUCING THE COURSE

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After a great premiere edition of TNatura Bohinj 2014, we have selected and worked out an entirely new route, which will be very spectacular and especially, more technical than last year.

The whole event will be moved a bit souther, to the event area Pod Skalco, where we have an excellent starting point to the pristine nature of the Triglav National Park.

### SWIM: 2×750m

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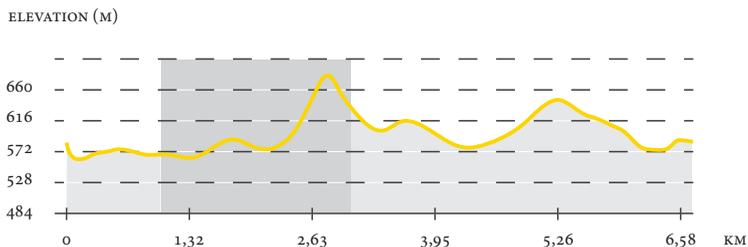
After finishing both laps athletes will move to the transition area across the main road. The transition area is set in the main event site so expect a lot of fans cheering you while you set on the bike course.

### MTB: 4×6,4km with more than 500m of a climb

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The track runs along the former route of the Alpe Adria MTB race (European cup). It is very technical and runs along forest paths, gravel roads, but also contains approximately 700 m of paved route. There is one steep, but short climb, one longer climb, two technical downhills, the route also crosses a small stream and is followed by a highly technical flat part of the route.

In short, the bike section will be a great challenge for each one of you.

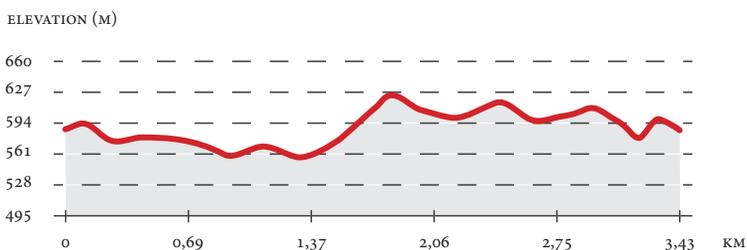


START ELEVATION	MAX ELEVATION	GAIN	CLIMBS
580M	683M	220M	1

## **RUN: 3×3,3km**

Leaving the transition area on to the run course and you will be immediately challenged by a short ascend over 30 steps to reach Hotel Bellevue. Then the trail slightly descends and joins a beautiful walking “Hunter’s” path. Here, you will cross 15 wooden bridges, and then steeply descent to the main promenade, a gravel walking path, running above the lake, which will lead you back to the event area Pod Skalco.

### ***A true spectacle for everyone!***



START ELEVATION	MAX ELEVATION	GAIN
575M	624M	60M

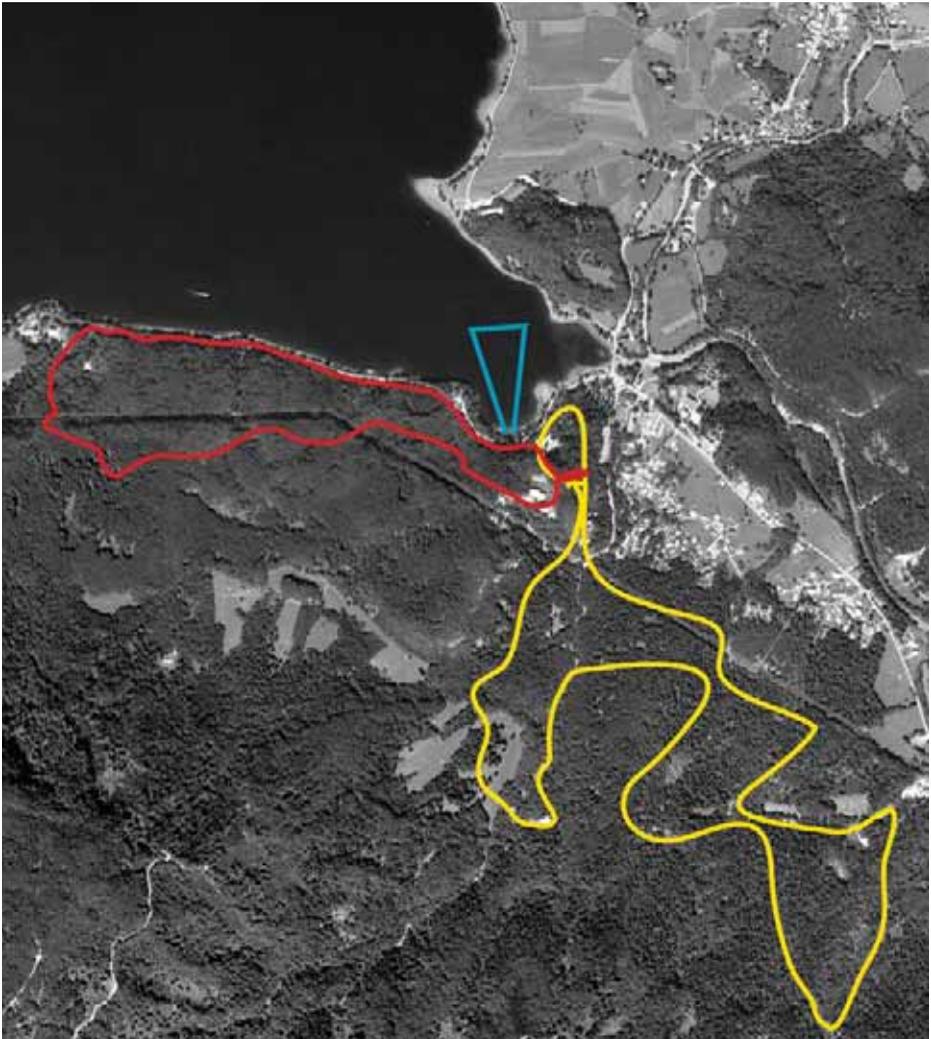
# OVERVIEW OF THE COURSE

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SWIM

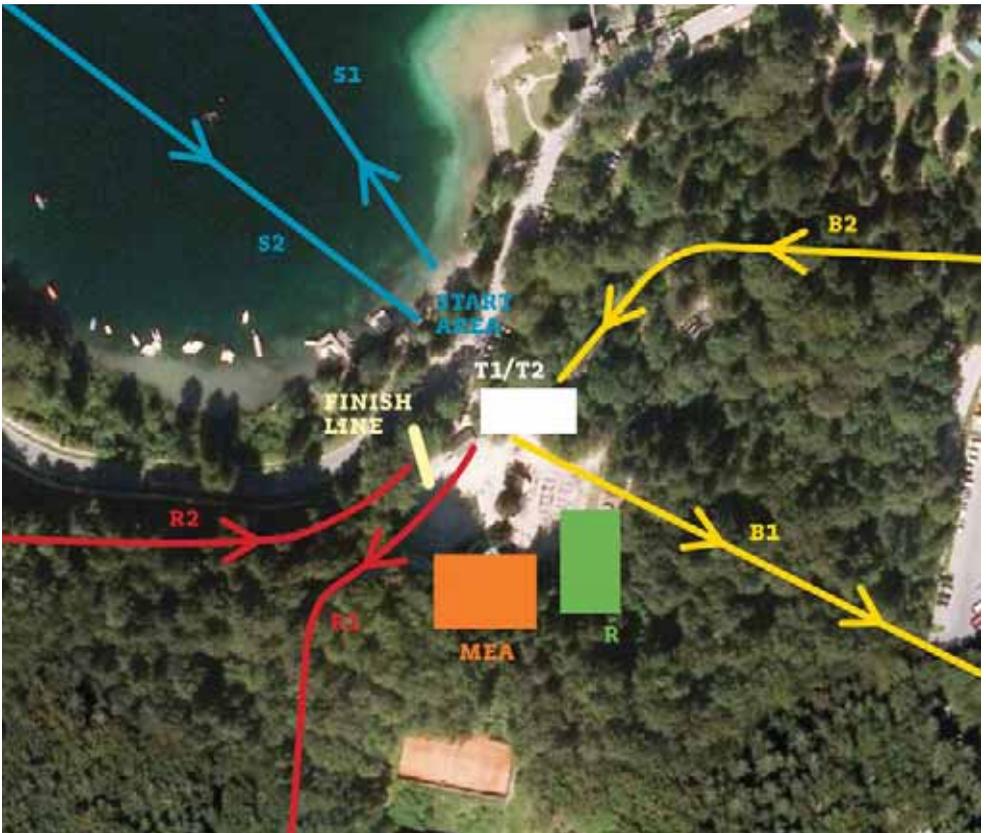
BIKE

RUN



# MAP OF THE VENUE

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## KEY:

T1/T2 = TRANSITION AREA

R = REGISTRATION AREA

MEA = MAIN EVENT AREA

S1 = SWIM START

S2 = SWIM EXIT

B1 = BIKE (OUTGOING)

B2 = BIKE (INCOMING)

R1 = RUN (OUTGOING)

R2 = RUN (INCOMING)

 SWIM

 BIKE

 RUN

## REGISTRATION

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Welcome to the registration page of TNatura Slovenia.

### REGISTRATION FEE:

UNTIL JUNE 15, 2015	€ 50.00
UNTIL AUGUST 15, 2015	€ 60.00
UNTIL SEPTEMBER 11, 2015	€ 70.00

**TEAM TRIATHLON: 140€ (FIXED FEE)**

### Registration closes 11 September 2015!

The fee includes:

- participation at the race
- a swim-cap
- an event T-shirt and gadget
- Entry to Finisher Pasta Party

### GENERAL RULES:

We remind you that to participate in the race you are required to be in compliance with your annual membership. A valid triathlon licence is necessary to compete in ETU TNatura Slovenia race. Purchase of daily licence for the race will be available at the registration and race pick up spot. Competition rules of Slovenian Triathlon Federation and European Triathlon Union apply.

### REGISTRATION FOR THE ELITE ATHLETES:

Registration for the elite athletes must be done through the »ITU Online Entry System« via your respective National Federation.

### REGISTRATION FOR THE AGR ATHLETES:

Registration for all AGR athletes can be done through an online registration system, that you can access via the web page of the organizer TK Pokljuka [www.tkpokljuka.si](http://www.tkpokljuka.si) or through TNatura website [www.tnaturaevents.com](http://www.tnaturaevents.com).

## GENERAL RULES

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Rules of TNatura Slovenia race are sanctioned by the Triatlonska zveza Slovenije as well as refer to ITU and ETU international standards.

**The athlete is required to know and comply with the technical standards and regulations of Triatlonska zveza Slovenije, together with the competition rules set out in the TNatura Slovenia Race Handbook.**

In case if it is necessary to introduce changes and modifications of technical or logistical support to foster a better and proper conduct of the event, the ETU technical delegate and the Managing Director of the race will communicate those changes during the briefing to be held the day before the race.

### PRIZE MONEY TNatura Slovenia (in €)

POSITION	MEN	WOMEN
1ST	600	600
2ND	450	450
3RD	350	350
4TH	250	250
5TH	100	100
TOTAL	1,750	1,750

The top 5 athletes of the overall rankings (men and women) will receive a prize money that will be distributed as indicated in the table and as reported in the competition regulations.

The amounts corresponding to the prize will be paid in compliance with regulations in force.



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# TURIZEM BOHINJ

For any information about  
accomodation please contact  
BOHINJ LOCAL TOURIST ORGANIZATION

TRIGLAVSKA CESTA 30  
4264 BOHINJSKA BISTRICA  
tel. 00386 4 574 75 90  
info@bohinj.si

Or send an enquiry through  
TNATURA WEBSITE  
[www.tnaturaevents.com](http://www.tnaturaevents.com)

Thank you.

We wish you a pleasant stay in Bohinj.





## TRIGLAV NATIONAL PARK



First as an idea and then as a protected area, the Triglav National Park (TNP) entered the history of the Eastern Julian Alps at the beginning of the 20th century. It is among the earliest parks to have been established in the Alps and one of the greatest natural treasures of Slovenia.

The highest point of the park is the summit of Triglav (2,864 m), whilst the lowest point lies in the famous gorge of the Tolminka river (180 m).

TNP's most prominent landscape features include glacier-shaped valleys, mountain plateaus and high-altitude mountains above the tree line. The park prides itself on pure waters, deep-cut gorges, natural forests, richness of biodiversity, and an eldorado of mountain flowers. Typical park animals are the chamois, ibex, red deer, brown bear, lynx, eagle, numerous bird and reptile species, and the endemic Marble Trout. In short, TNP is home to over 5,500 plant and animal species.

In this area nature conservation and rural sustainable development walk hand in hand, preserving the habitat for plant and animal species and natural resources needed for the survival of man.

Triglav National Park also has its own information centres. Triglavska roža in Bled, Dom Trenta in Trenta, Bohinjka in Stara Fužina and, in summer, the Pocar Homestead in Zgoranja Radovna provide information of various kinds and offer many opportunities for new discoveries. With a variety of content including art exhibitions, museum collections and social events taking place throughout the year, and a friendly welcome for all, the information centres have something for every visitor.



We would like to address a dangerous problem caused by the spread of the invasive mussel, **the Zebra Mussel**. The boom in global trade that we have seen in recent decades has caused their wide spread and settlements that can cause serious environmental and economic damage.

The zebra mussel can be easily identified by its characteristic **triangular shell with a dark striped pattern** of varying distinctness – from which the mussel gets its name. The zebra mussel is now considered one of the most invasive alien species in the World. In a new environment, the mussels can multiply rapidly thanks to their extraordinary ability to adapt to a variety of ecosystems and their method of reproduction via planktonic larvae or veligers. Zebra mussels affect the food chain, altering it completely, and have an adverse impact on native species.

In Slovenia, the zebra mussel was first found in the Drava river basin more than a decade ago. In 2010, underwater divers noticed the mussel in Lake Bled, a popular destination for summer recreational activities. Unless measures are undertaken to prevent the spread of the zebra mussel, there is considerable risk that it will also invade the nearby Lake Bohinj. The only way to prevent the mussel from spreading into other bodies of water is by **careful examination of all equipment that comes in contact with the water**.

## RECOMMENDATIONS FOR BATHERS

1. Swimming suits and any other equipment that has been in contact with the water (air mats, towels, masks, toys, etc.) should be **rinsed with hot water (45 °C or more)** or soaked in hot water for at least 10 minutes. If the equipment is not resistant to hot water, it should be air-dried – at least 7 days in sunny weather or at least 14 days in cloudy weather.
2. If your dogs also swam in the water, **give them a bath and brush them** thoroughly..
3. These instructions are particularly important if you are planning to visit other inland waters (the nearby Lake Bohinj) within the next 7 days.

**THANK YOU FOR HELPING US KEEPING A CLEAN LAKE.**



## BOHINJ

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The first settlements date back to the time of Iron Age (7th century) due to rich deposits of iron ore. Even the first climb to Mount Triglav was sponsored hoping to find new ore deposits. Some of the initial mining and charcoal colonies present today's alpine meadows. Alpine Dairy Farming (and cheese-making) represent the foundation of Bohinj agriculture in 13th century. The construction of the Bohinj Railway in 1906 opened wide doors for the development of Bohinj tourism.

Peaceful lakes and booming waterfalls, deep gorges and silent pools, timid animals and luxurious alpine flowers, impressive creations of nature and majestic natural phenomena ... Bohinj is an oasis on the sunny side of the Alps. Explore by yourself or, even better, with an experienced guide. But always retain a healthy respect for the fragile natural balance.

You can always find something to do in Bohinj. We invite you to attend International Wild Flowers Festival in Spring (May and June), experience bustling life in Summer with music festivals and different events, presenting old Bohinj traditions. In Autumn life from alpine pastures renders back into the valley, but months are ideal for hiking. Hiking and Fly Fishing Festival welcome you in September in October. Moreover, smaller ski resorts, mountain ski resort Vogel and cross-country trails, spread around the valley, classify Bohinj also a popular winter destination.

Welcome anytime!



## SLOVENIA

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Slovenia lies in the heart of Europe, where the Alps meet the Mediterranean and the Pannonian Plain meets the Karst. This small green country measures 20,273 km<sup>2</sup> in area.

The collision of four major European geographical units has created a very invigorating landscape, much of it thickly forested. More than a third of the country's area is protected.

The most mountainous region is the north, where the Alps begin. The Julian Alps and the Kamnik-Savinja Alps have many stunning sharp peaks. The peaks of the Karavanke, the mountains bordering Austria, are more gentle.

Much of the east of the country between two biggest cities, Ljubljana and Maribor is uplands. There are gentler hills in the south-east and east, where the vine flourishes, while plains and basins populate the areas between the hills. The capital city Ljubljana and its region lies in the largest basin.

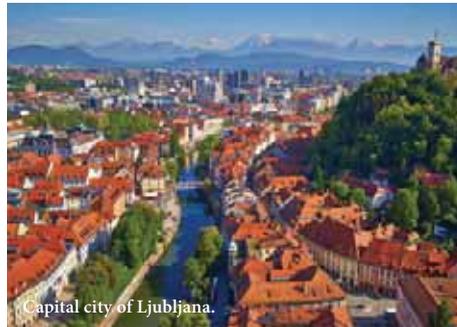
Slovenia also has a large plains area, as the east of the country is part of the Pannonian Plain. Not only is the land surface very invigorating, there are also wonders underground: some of the country's 9,000 karstic caves are among the most beautiful in the world, Postojna and Škocjan Caves on south-east are the most popular.

Slovenia is home to 2 million sincere, hospitable people of great diligence. Slovenians constantly want to prove themselves, that is why Slovenia has an exceptional number of top athletes, and a wealth of cultural creativity.

Slovenia is a member of European Union since 1st May 2004 and has accepted European currency Euro as national currency on 1st January 2007.



Triglav, 2,864 m.



Capital city of Ljubljana.



Piran.



Postojna Cave.

WE THANK FOR SUPPORT:

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Organized by:



Official sponsors:



Main sponsors:



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Triatlon klub Pokljuka  
Goreljek 104  
4247 Zgornje Gorje  
Slovenia  
[www.tkpokljuka.si](http://www.tkpokljuka.si)  
[info@tkpokljuka.si](mailto:info@tkpokljuka.si)  
+386 (0)40 99 44 33

WELCOME TO BOHINJ!