ITU WORLD CHAMPIONSHIPS

POWERMAN ZOFINGEN

LONG DISTANCE DUATHLON

ITU

I. P. A.

ATHLETES GUIDE

Version 02.08.2018

Haupt-Sponsoren / Main Sponsors

vanoli Baukunst zum Verlieben

SWISSLOS Sportfonds Aargau

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1 WELCOME

1.1 WELCOME MESSAGE POWERMAN AMBASSADOR

In the 30 years of my active sports career I was able to travel around the whole world and to celebrate a few wonderful successes. My victories in Hawaii created some fantastic opportunities and opened a lot of doors to me. For that I'm very grateful. Where the foundation stone of my sports career was laid I'll never forget in my life. My very first race was at the Powerman Zofingen in 1989. This race fascinated and motivated me at the same time. This then led to three victories over the long distance in Zofingen whereupon I was invited to the Ironman Hawaii. Zofingen the most famous duathlon in the whole world sort of opened the door to the Ironman Hawaii to me.

A lot of times I was asked how you can compare Zofingen with Hawaii. I just can say that you should have performed at both locations. Only by then you can get an impression how absolutely demanding and unique these two races are.

30 years ago my career and the history of the Powerman Zofingen have started at the same time and at the same place. Therefore i'm very happy to come back at this venue as an ambassador. In this function in the next few years I want to help the Powerman Zofingen to reach the level of popularity he deserves. I would like to inspire as many athletes around the whole world as possible to come to Zofingen and support them when they're here. I'm looking forward with a lot of pleasure to meet again many well-known and beloved faces as well as a lot of new faces and to have personal contact to them.

I hope to see you soon

Natascha Badmann

Amabassador Powerman Zofingen
6 times Ironman Hawaii World Champion
3 times Powerman Zofingen winner
2 times ITU Duathlon World Champion

1.2 WELCOME MESSAGE LOC

INNOVATIONS FOR THE 30TH BIRTHDAY

Dear athletes

1989 in Zofingen, for the first time a duathlon is held over the long distance. 2018 in Zofingen, the 12th World Championship of the ITU and the 30th Powerman Duathlon will take place.

Thank you for your participation in a year with a few important innovations. The new race routes should be highlighted. The character of the race remains unchanged. Long, hard and unique in landscape. The cycling track, 50 kilometers per lap with almost exactly the same difference in altitude of 650 m per lap as before, a total of 10 km running, 150 km cycling and 30 km running.

The relocation to the Kanton of Aargau just in time for the 30-year celebration offers the event many new opportunities. Important local communities are now part of the route. In addition to the Wigger valley, the Ürke- and Suhre valleys are now also being crossed. With Mühlethal and Reitnau-Wiliberg, two of the most beautiful crossings in the western part of the canton will be passed, thus also creating opportunities for new centres of atmosphere. Bodenberg was the past, Wiliberg is the future. The LOC is doing everything in its power to ensure optimal track safety so that the athletes are given an accident-free race and the residents as few restrictions as possible, and at the same time thanks all the communities that are now being part for the first time and also the previous ones for their understanding and support.

Due to the new bike course, the second running course can now also be guided through the old town of Zofingen as planned for some time. With the new routes, a new capital in the history of Powerman Zofingen begins. The LOC is looking forward to offering all 1,400 participants from around 40 nations a very demanding and yet fast course on 1 and 2 September, thus maintaining and even improving the chances of winning the World Championship status in the future.

Zofingen is and remains the number 1 in duathlon. I would like to thank the participants, helpers and LOC members, sponsors, authorities and the media who make this event possible.

Stefan Ruf
President Powerman Zofingen

2 EVENT SCHEDULE

Friday August 31, 2018		
TIME	**ACTIVITY**	**LOCATION**
16:00 - 19:00	Race Office: Issuing of starting numbers, late registrations and licence controlling	town hall
18:00	Pasta-Party	town hall
19:00	Opening Ceremony, handover numbers to top athletes	town hall

Saturday September 1, 2018		
TIME	**ACTIVITY**	**LOCATION**
09:30 - 17:00	Info Point open	Expo
12:00	«Gun Shot», Start 24h-Attraction of Star Artist Freddy Nock	Expo
11:00 - 17:00	Race Office: Issuing of numbers, late registrations and licence controlling	town hall
11:30	ITU Elite race briefing in English	town hall
12:00 - 13:30	Issuing start numbers PowerKids and late registrations	Arena
12:15 - 15:30	Family Contest	
13:00	Race briefing in German	town hall
13:45	Race briefing in English	town hall
14:30	Race briefing en français	town hall
13:00	Start Youth Rennen	Arena
13:02	Start Beginners	Arena
14:00	Medal ceremony Youth & Beginners	Arena
14:30	Warm up PowerKids	Arena
14:40 - 15:50	PowerKids (6 Races)	Arena
14:40	Start Panters	Arena
14:55	Start Tigers	Arena
15:10	Start Pfüderis	Arena
15:20	Start Lions	Arena
15:35	Start Bears	Arena
15:50	Start PowerFamily	Arena
16:00	Start Charity-Run	Arena
16:30	Medal ceremony PowerKids, PowerFamily Lottery drawing Family Contest	Arena
17:30	Open ceremony and prize ceremony Charity Run	Arena

THE POWERMAN EXPO VILLAGE WILL BE NEXT TO THE ARENA. THERE YOU CAN FIND SHOPS, FOOD & BEVERAGES.

Sunday September 2, 2018

TIME	ACTIVITY	LOCATION
06:00 - 10:00	Race Office: Issuing of starting numbers, late registrations and licence controlling	town hall
06:00 - 18:00	Info Point open	Expo
06:30 - 07:30	Bike check-in women, Long Distance	Powerman Arena
06:30 - 08:10	Bike check-in men and relays, Long Distance	Powerman Arena
06:30 - 09:10	Bike check-in Short Distance	Powerman Arena
08:00	Start women ITU and Open Long Distance	Start area
08:02	Start women ITU Age Group Long Distance	Start area
08:04	Start women Open Race Long Distance	Start area
08:06	Start ITU PARA Long Distance	Start area
08:08	Start men ITU M65 and older Start men Open Race Long Distance M65 and older	Start area
09:00	Start men ITU Long Distance	Start area
09:02	Start men ITU Age Group Long Distance	Start area
09:04	Start men Open Race Long Distance	Start area
09:35	Start teams Long Distance	Start area
09:45	Start women Short Distance	Start area
09:50	Start men & relays Short Distance	Start area
10:45	Start Powerman CHARITY 5km run	Start area
11:00	Finish Powerman CHARITY 5km run	Powerman Arena
12:00	First finishers Short Distance	Powerman Arena
14:15	Award ceremony Short Distance	Expo
15:15	First Finishers "2018 Zofingen ITU Powerman Long Distance Duathlon World Championships"	Powerman Arena
15:45	Flower Ceremony "2018 Zofingen ITU Powerman Long Distance Duathlon World Championships"	Powerman Arena
19:00	Post Race Party	town hall
20:00	Awards Ceremony "2018 Zofingen ITU Powerman Long Distance Duathlon World Championships"	town hall
22:00	latest option for early registration 2019	town hall

THE POWERMAN EXPO VILLAGE WILL BE NEXT TO THE ARENA. THERE YOU CAN FIND SHOPS, FOOD & BEVERAGES.

3 GENERAL INFORMATION

3.1 CONTACT INFORMATION

LOC / EVENT ORGANIZER

POWERMAN ZOFINGEN
C/O STADTBÜRO ZOFINGEN
KIRCHPLATZ 26
4800 ZOFINGEN
info@powerman.ch

LOC ON SITE OFFICE / RACE OFFICE

STADTSAAL (TOWN HALL)
WEIHERSTRASSE 2
4800 ZOFINGEN

OPENING HOURS:	FRIDAY 16:00-19 :00
	SATURDAY 11:00-17:00
	SUNDAY 06 :00- 10 :00

INFO POINT IN THE EXPO

OPENING HOURS	SATURDAY 09:30-17:00
	SUNDAY 06:00-18:00

KEY CONTACTS

ITU Multisport World Championships Project Leader: **Alpar Nagy (HUN)** alpar.nagy@triathlon.org
ITU Team Leader: **Duncan Hough (GBR)** duncan@kweenb.co.uk
ITU Technical Delegate**: Dirk Bogaert (BEL)** dirk.bogaert58@gmail.com
ITU Assistant Technical Delegate: **Stephan Kretschmer (SUI)** stephan.kretschmer@swisstriathlon.ch
ITU Medical Delegate: **Dr. Bo Berglund (SWE)** bo.berglund@ki.se

LOC

Athletes Services:	**Sonja Peter** Sonja.peter@zofingen.ch
	Priska Zinniker Priska.zinniker@powerman.ch
President:	**Stefan Ruf** stefan.ruf@powerman.ch
Secretary General:	**Oliver Imfeld** oliver.imfeld@powerman.ch
Head Media:	**Raphael Galliker media@powerman.ch**
Head Security & Medical:	**Stefano Cipolletta scipolletta@vanoli.ch**

3.2 ACCOMODATION

DORMITORY

DUE TO FEW BOOKINGS FOR THE DORMITORY DURING THE LAST YEARS, WE DO NOT OFFER THIS OPTION ANY LONGER. HOWEVER, WE DO HAVE A PROVISIONAL BOOKING AT THE YOUTH HOSTEL IN ZOFINGEN:

FRIDAY, 31ST OF AUGUST 2018 UNTIL MONDAY, 3RD OF SEPTEMBER 2018
2 BEDS IN A 6-BED-ROOM
PRICE AS A YOUTH HOSTEL MEMBER: CHF 35.30 PER NIGHT, BREAKFAST INCLUDED
PRICE WITHOUT MEMBERSHIP: ADDITIONALLY CHF 7.- PER DAY
YOUTH HOSTEL ZOFINGEN, LINK

HOTELS

OUR RECOMMENDED PARTNER HOTELS

- HOTEL ZOFINGEN http://www.hotelzofingen.ch/
- HOTEL ARTE, OLTEN https://www.konferenzhotel.ch/de
- HOTEL IBIS, ROTHRIST https://www.accorhotels.com/de/hotel-1057-ibis-rothrist-olten/index.shtml#origin=ibis

BED & BREAKFAST, HOSTELS

THERE ARE SEVERAL B&B

https://www.zofingen.ch/public/upload/assets/1336/Bed%20and%20Breakfast.pdf

3.3 VISAS

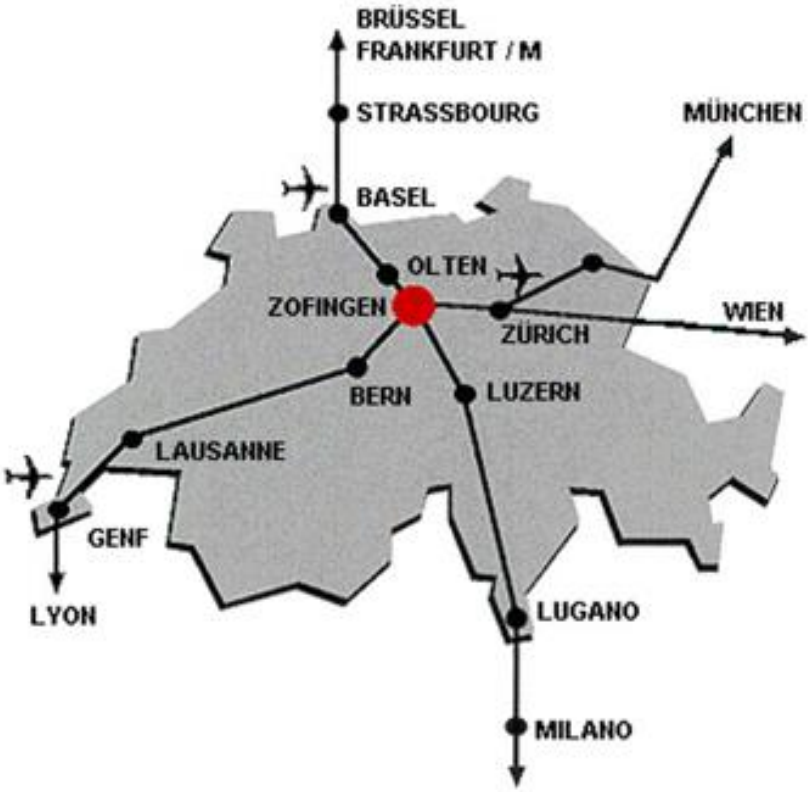
IF YOU ARE A CITIZEN OF THE EUROPEAN UNION (EU) OR THE EUROPEAN FREE TRADE ASSOCIATION (EFTA) AND IN POSSESSION OF A VALID RECOGNIZED IDENDITY DOCUMENT YOU MAY ENTER SWISS TERRITORY WITHOUT A VISA.

IF YOU ARE NOT A CITIZEN OF SWITZERLAND OR OF A COUNTRY IN THE EU OR EFTA, THE CONDITIONS FOR ENTRY TO SWITZERLAND WILL VARY IN RELATION TO YOUR NATIONALITY, THE REASONS FOR YOUR PROPOSED STAY AND THE LENGTH OF YOUR STAY. ALL THE INFORMATION IS DETAILED ON THE WEBSITE OF THE SWISS CONFEDERATION.

THE WEBSITE OF THE STATE SECRETARIAT FOR MIGRATION (SEM) WILL INFORM YOU WHETER OR NOT YOU REQUIRE A VISA TO ENTER SWITZERLAND AND ON THE TRAVEL DOCUMENTS THAT ARE RECOGNIZED. MORE INFORMATION ABOUT ID AND VISA PROVISIONS ACCORDING TO NATIONALITY CAN BE DOWNLOADED ON THE WEBSITE OF SWISS CONFEDERATION.

https://www.sem.admin.ch/sem/en/home/publiservice/weisungen-kreisschreiben/visa/liste1_staatsangehoerigkeit.html

3.4 ACCESS TO ZOFINGEN



BY PLANE

THE INTERNATIONAL AIRPORT **ZURICH-KLOTEN** (ZRH) IS ONLY 60KM FROM ZOFINGEN. THERE ARE SEVERAL INTERCONTINENTAL CONNECTIONS. THE TRAIN FROM ZURICH-KLOTEN TO ZOFINGEN TAKES 1 HOUR.

THE INTERNATIONAL AIRPORT **BASEL-MULHOUSE** (BSL) IS ONLY 60KM FROM ZOFINGEN. THERE ARE CONNECTIONS TO AND FROM DESTINATIONS IN EUROPE. THE BUS FROM BASEL-MULHOUSE TO BASEL STATION TAKES 15 MIN AND THE TRAIN FROM BASEL STATION TO ZOFINGEN TAKES 40 MINUTES.

BY TRAIN

SWITZERLAND HAS ONE OF THE WORLDS BEST TRAIN SYSTEM. TRAINS ARE VERY RELIABLE AND ON TIME. YOU CAN TRAVEL TO ZURICH STATION FROM ALL BIG CITIES IN EUROPE. FROM ZURICH STATION TO ZOFINGEN, IT TAKES YOU 40 MINUTES, WITH CHANGE IN OLTEN.

BY CAR

IN THE CITY OF ZOFINGEN YOU'LL FIND A LOT OF PARKINGS BUT YOU NEED TO PAY FOR ALL OF THEM.

FOR FREE PARKING YOU HAVE TO CONTACT YOUR HOTEL / HOSTEL / HOME STAY

3.5 CITY OF ZOFINGEN

HERE YOU FIND THE ONLINE-VERSON OF THE CITY GUIDE:
https://www.cityguidezofingen.ch/

CURRENCY

THE CURRENCY OF SWITZERLAND IS THE SWISS FRANC.

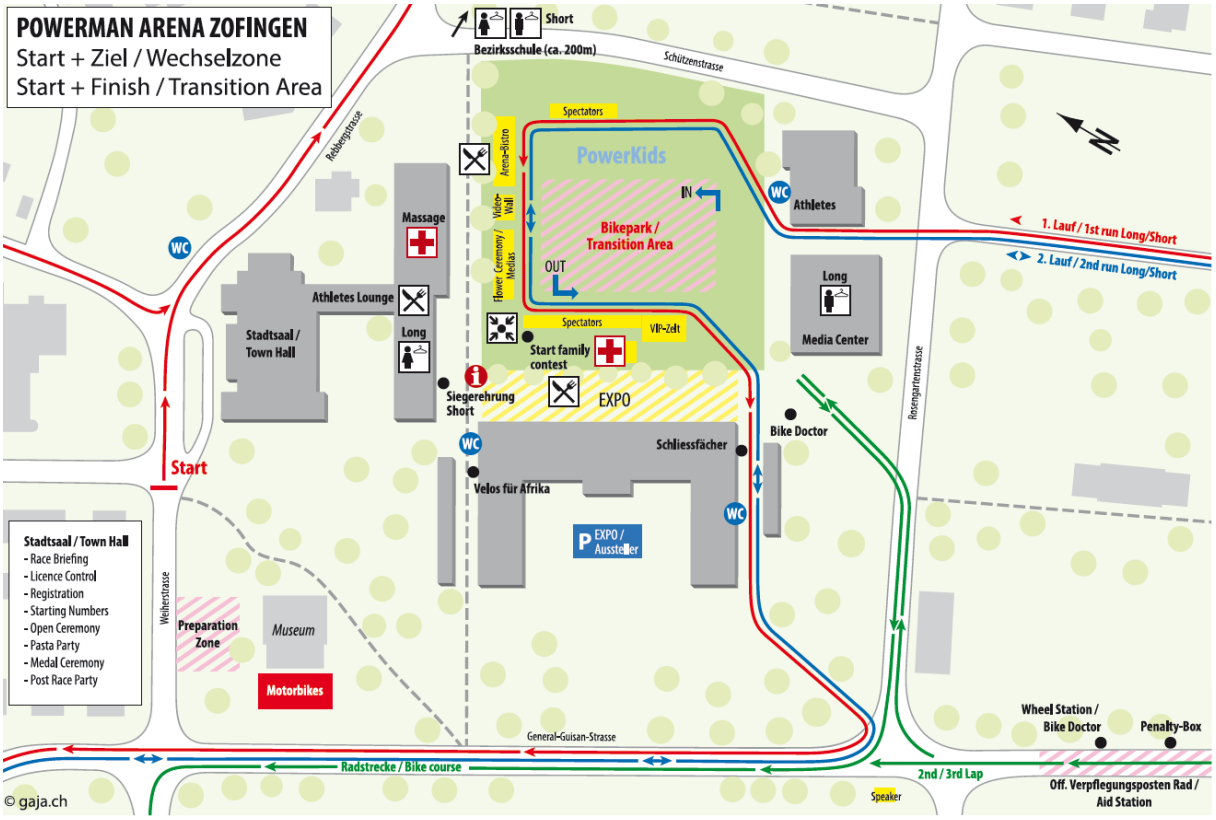
CHF 1.00 = EUR 0.86
CHF 1.00 = USD 1.00
CHF 1.00 = GPB 0.75

TIME ZONE

CENTRAL EUROPEAN SUMMER TIME (CEST) IS 1 HOUR AHEAD OF COORDINATED UNIVERSAL TIME (UTC). THIS TIME ZONE IS IN USE DURING STANDARD TIME IN EUROPA AND AFRICA.

4 VENUE

4.1 VENUE MAP



4.2 COURSE FAMILIARIZATION

RUN

THE RUN COURSE WILL BE MARKED ON THURSDAY, 30. AUGUST 2018.

BIKE

THE BIKE COURSE WILL BE MARKED ON SUNDAY, 26. AUGUST 2018.

4.3 VIRTUAL COURSE MAP

THERE'S A VIRTUAL COURSE MAP (GOOGLE EARTH) ON OUR WEBSITE

5 ATHLETES SERVICES

5.1 BIKE MECHANICAL SERVICES

Official Bike Doctor
Weishaupt Cycles
Röbi Weishaupt
Brittnauerstrasse 16
4800 Zofingen

Tel: +41 62 752 54 54
Fax: +41 62 752 54 55

e-mail: weishaupt@bluewin.ch
www.weishaupt-cycles.ch/

Opening hours:
Tu - Fr: 09:00 - 12:00 / 13:30 - 19:00
Sa: 09:00 - 16:00

5.2 MEDICAL ASSISTANCE & MASSAGE

Medical Partner
spitalzofingen ag
Mühlethalstrasse 27
4800 Zofingen

Tel. +41 62 746 5151
Fax +41 62 746 5555

MASSAGE

ATHLETES CAN GET A MASSAGE AFTER THEIR RACE NEXT TO THE ARENA (SEE VENUE MAP).

5.3 DOPING CONTROL

THERE WILL BE DOPING CONTROLS BY ANTIDOPING SCHWEIZ. THE CHOOSEN ATHLETES WILL BE BROUGHT TO THE FACILITIES IMMEDIATELY AFTER FINISHING THE RACE.

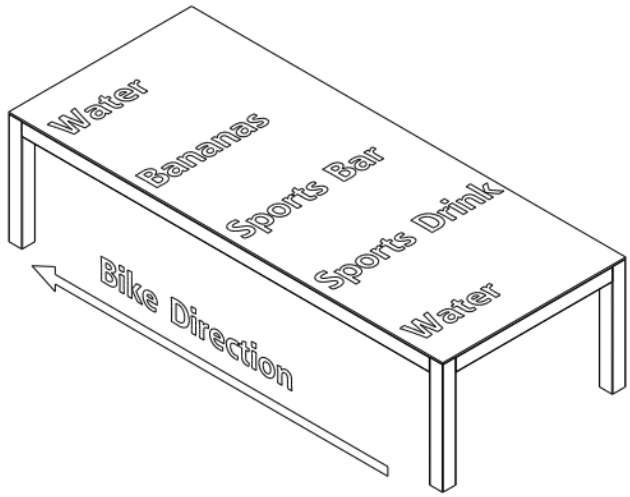
5.4 RACE NUTRITION BY SPONSER SPORT FOOD

RUN 1

WATER, BANANAS

BIKE

PRODUCT SEQUENCE AT THE FOOD SUPPLY POINT

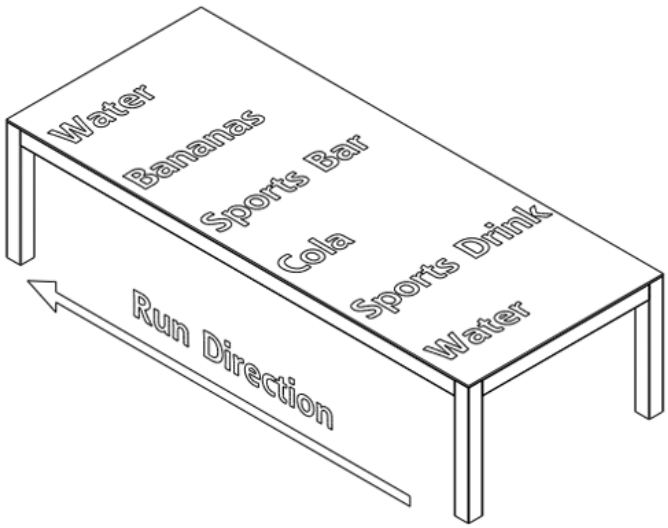


ELITE : SELF FOOD SUPPLY ON THE BIKE COURSE – ONLY AT AID STATION NEAR THE ARENA - HAS TO TAKE PLACE IN THE SPECIAL MARKED COACHING ZONE.

AGE GROUP : INDIVIDUAL FOOD & BOTTLES CAN BE DISPOSED TO THE ATHLETE AFTER THE AID STATION AND BEFORE THE END OF THE LITTERING AREA.

RUN 2

PRODUCT SEQUENCE AT THE FOOD SUPPLY POINT



5.5 POST RACE PARTY

SUNDAY, 02.09.2018, 19H00

TOWN HALL ZOFINGEN

FREE ENTRANCE FOR ALL ATHLETES
ADDITIONAL TICKETS CHF 30.00

DINNER

RACE PICTURES

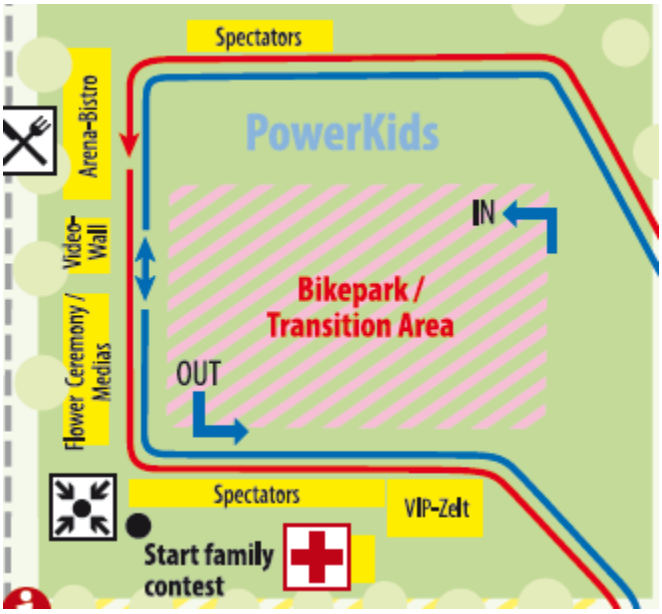
MEDAL CEREMONY AGE GROUP

>>>MEDAL CEREMONY ELITE IMMEDIATELY AFTER FINISH OF 3RD ATHLETE

6 COURSE MAP

6.1 TRANSITION

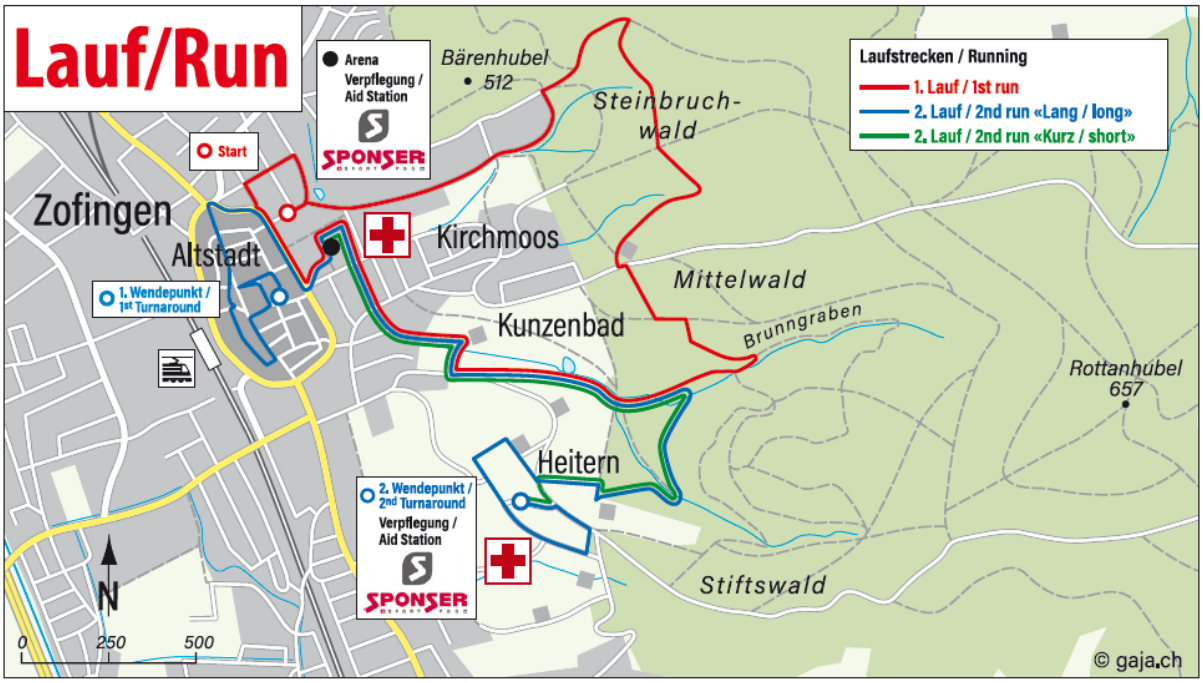
YOU ENTER THE TRANSITION ZONE 2X AT THE SAME SPOT (IN) AND LEAVE IT 2X AT THE SAME SPOT (OUT). BOTH RUN COURSES 1 & 2 ARE LEADING AROUND THE TRANSITION ZONE.

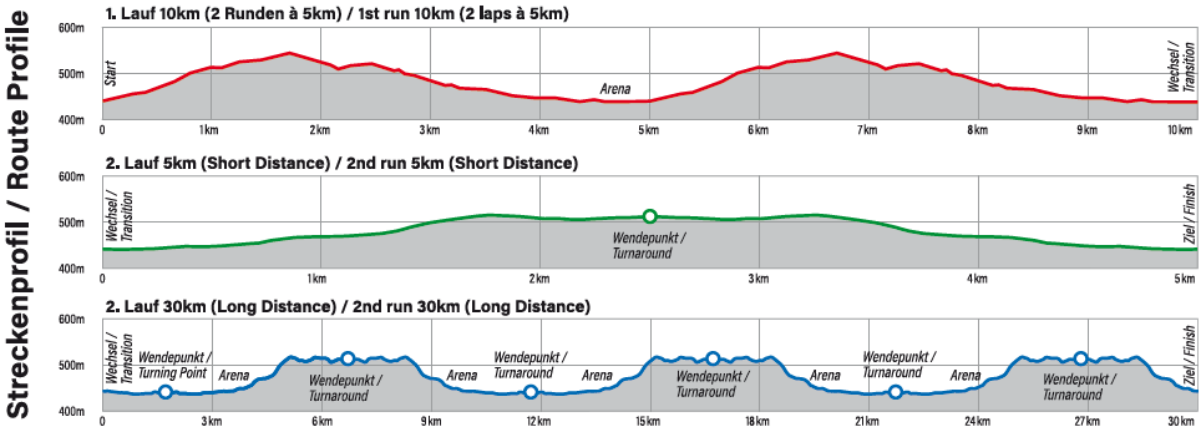


6.2 **RUN 1 & 2**

RUN 1: 2 LAPS OF 5KM

RUN 2: 3 LAPS OF 10KM

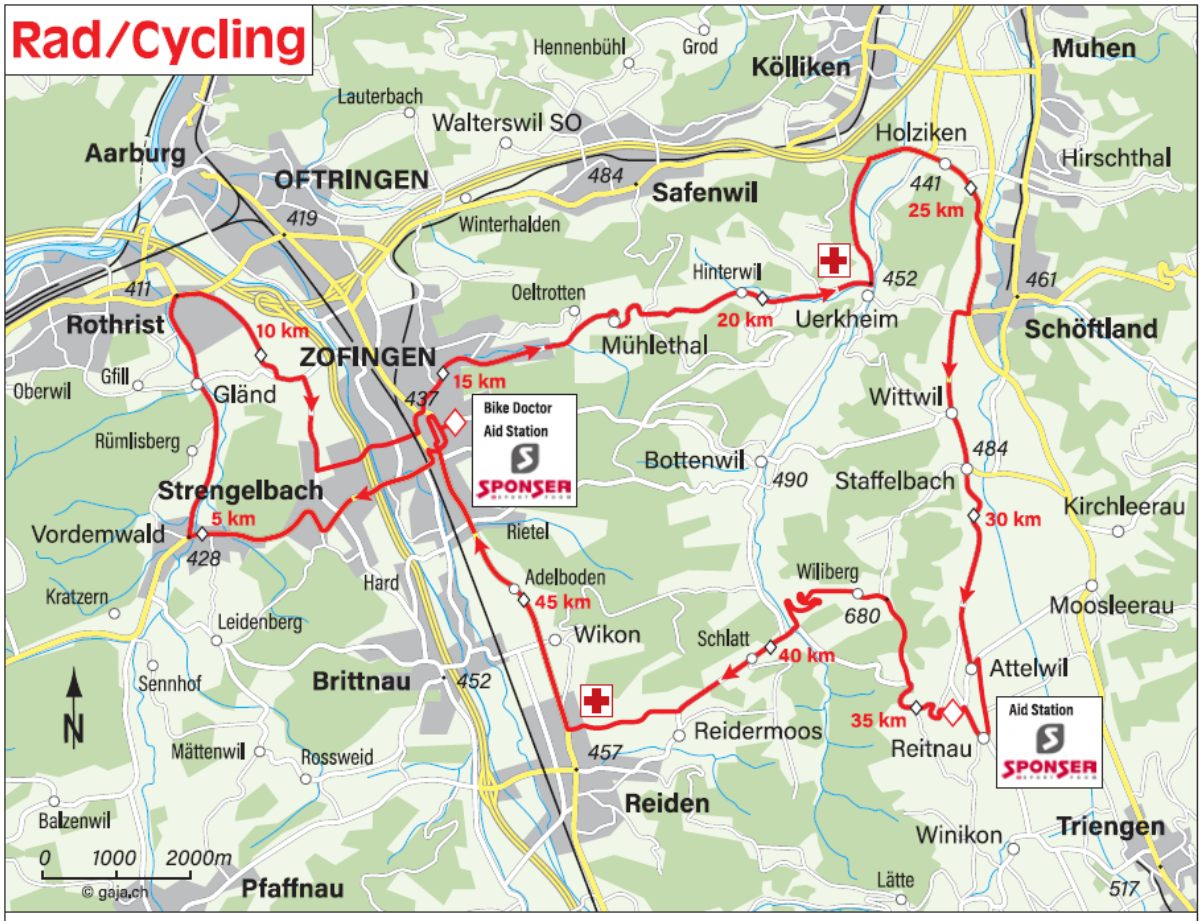


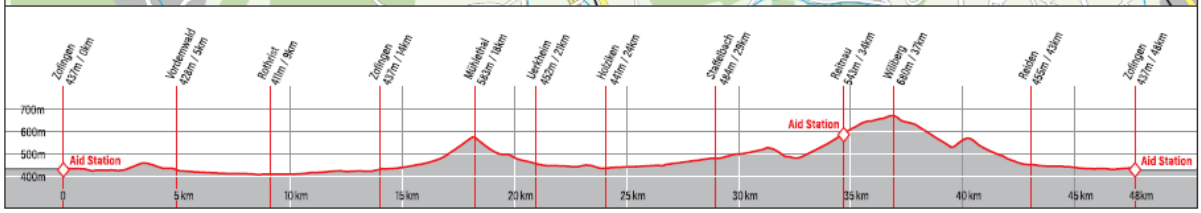


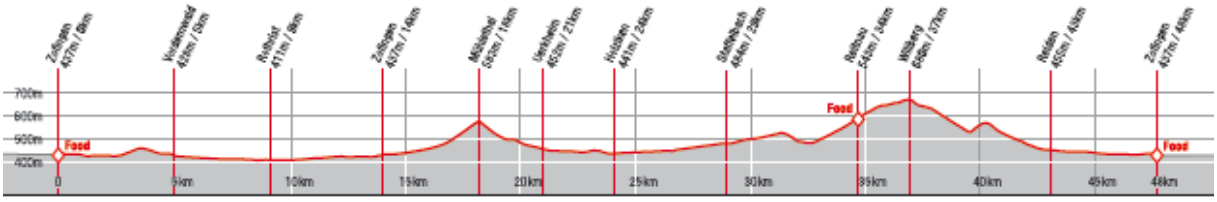
6.3 BIKE

3 LAPS OF 48KM AND 630M CLIMBING

REMEMBER: THE BIKE COURSE IS NEVER 100% FREE OF CARS! SO DO RISK ENOUGH TO WIN THE RACE BUT DO NOT RISK AS MUCH AS TO LOOSE YOUR LIFE !!







7 RACE INFOS

7.1 START LIST / CHRONOMETRY

FOR MANY YEARS OUR TIMING PARTNER IS DATASPORT.
REMEMBER: NO CHIP – NO TIME !

START LIST : https://services.datasport.com/2018/tri/zofingen/

7.2 UNIFORM CHECK

UNIFORMS MUST COMPLY WITH ITU UNIFORM RULES
HTTPS://WWW.TRIATHLON.ORG/ABOUT/DOWNLOADS/CATEGORY/UNIFORM_RULES

ELITES

ELITE ATHLETES NEED TO BRING THEIR UNIFORM TO THE BRIEFING AND OPENING CEREMONY ON FRIDAY.

AGE GROUP

AGE GROUP ATHLETES NEED TO BRING THEIR UNIFORM TO THE RACE PACKAGE PICK UP (FRIDAY OR SATURDAY).

7.3 CHECK-IN SUNDAY 6.30-8.30 AM

ON SUNDAY MORNING THERE WLL BE 3 LANES FOR CHECKING IN THE BIKE:

LANE 1	ELITE, ITU AGE GROUP WOMEN
LANE 2	ITU AGE GROUP MEN
LANE 3	OPEN LONG DISTANCE

7.4 AID STATION

POSITION OF AID STATION SEE ON COURSE MAP. THERE WILL BE SIGNS ON THE COURSE:

7.5 LITTERING AREA

THE LITTERING AREA BEGINS 20 METER BEFORE THE AID STATIONS AND ENDS 80 METER AFTER AID STATIONS.

7.6 WHEEL STATION / BIKE KITS

THERE'S ONE WHEEL STATION WHERE COACHES CAN DEPOSIT WHEELS OF ELITE ATHLETES. A REFEREE WILL BE IN THE WHEEL STATION, WATCHING FOR THE WHEELS AND HANDLE THEM OUT AFTERWARDS. THERE'S A PUMP FROM LOC.

AT EACH AID STATION ON THE BIKE COURSE, THERE WILL BE A BIKE KITE PROVIDED BY OUR BIKE DOCTOR WEISHAUPT CYCLES. THE KIT OFFERS TOOLS, TUBES & TIRES

7.7 PENALTY BOX

THERE'S ONE PENALTY-BOX AT THE END OF EACH LAP ON THE BIKE COURSE AND ONE AT THE END OF EACH LAP ON THE RUN COURSE:

7.8 COMPETITION RULES

https://www.triathlon.org/uploads/docs/itusport_competition-rules_2018.pdf