

Athlete Guide



**2016 Tg.Mures -
Marosvasarhely**

1 | GENERAL INFORMATION

1.1 KEY DATES

FRIDAY 22 APRIL		
Activity Times Location	Times	Location
Age Group athletes' bike course familiarization escorted / full course	12:00	Platou Cornesti
Age Group athletes' run course familiarization escorted / full course	13:00	Platou Cornesti
Elite, U23 and Junior athletes' bike course familiarization escorted / full course	14:00	Platou Cornesti
Elite, U23 and Junior athletes' run course familiarization escorted / full course	15:00	Platou Cornesti
Registration/Package Pick-up	16:00 - 19:00	Palace of Culture
Athlete Briefing: Elite, U-23, Junior & Para	18:00 - 19:00	Palace of Culture
Athlete Briefing: Age Group	19:00 – 20:00	Palace of Culture
SATURDAY 23 APRIL		
Activity Times Location	Times	Location
Registration/Package Pick-up	07:00 – 09:00	Platou Cornesti
Transition Open – AG Check-in	08:00	Platou Cornesti
Start Cross Duathlon European Championships Age Groups	09:30	Platou Cornesti
Athlete Lounge open for Elite & U23 (Women)	11:00	Platou Cornesti
Transition open for Elite & U23 (Women)	12:15	Platou Cornesti
Start Elite & U23 (Women)	13:00	Platou Cornesti
Pasta Party – garlic provided but no stakes ;-)	15:00	Platou Cornesti
Award Ceremony – Age Groups	16:00	Platou Cornesti
Registration Dracula Midnight Run Race	20:00	Platou Cornesti
Start Dracula Midnight “Run for your life Race” - 6.5 km Trail	21:00	Platou Cornesti

SUNDAY 24 APRIL		
Activity Times Location	Times	Location
Athlete Lounge open for Junior & Para-Athletes (Women & Men)	07:15	Platou Cornesti
Transition Area Open for Junior & Para-Athletes	07:45	Platou Cornesti
Start Cross Duathlon European Championships Junior Men	09:00	
Start Cross Duathlon European Championships Junior Women	09:05	Platou Cornesti
Start Cross Duathlon European Championships Para – (Men & Women)	09:10	Platou Cornesti
Registration/Package Pick Up Memorial “Szasz Albert” Cross Country Running Race 12 Km, 2.5 km and Kids’ Race	09:00 – 09:45	Platou Cornesti
Start Memorial "Szasz Albert" Cross Country Running Race	10:00	Platou Cornesti
Start Memorial "Szasz Albert" Cross Country Running Race - Kids	10:05	Platou Cornesti
Athlete Lounge open for Elite & U23 (Men)	11:00	Platou Cornesti
Transition open for Elite & U23 (Men)	12:15	Platou Cornesti
Start Elite & U23 (Men)	13:00	Platou Cornesti
Award Ceremony – All Elite, U-23, Juniors & Para	16:00	Platou Cornesti
Award Ceremony Dracula Midnight Run and Szasz Albert memorial	16:30	Platou Cornesti
After Party	20:00	

The briefings will be held at the Arena Hotel, Tamas Erno Street, No. 1, Târgu Mureş 540037

1.2 KEY CONTACTS

Function	Name	Contact Number
LOC Sport Manager	<u>Klosz</u> Peter	+40 743 416 873
LOC Service Manager	<u>Amza</u> Margarit	+40 720 540 347
LOC Technical Operations Manager	<u>Zoldi</u> Zoltan	+ 40 744 828 687
ITU TD (Triathlon)	<u>Groves</u> Paul	
Medical Delegate	Dr. Mathe Lehel	

1.3 EVENT WEBSITE

Here is the link to the Transylvania Cross Duathlon European Championship website: <http://www.crossduathlon.ro/>

1.4 EVENT ORGANISER

Clubul Sportiv Master Ski&Bike Tg.Mures, Lapusna str 6 C, Tg.Mures, Mures Region

Website: <http://masterskibikeclub.ro/>

1.5 HOST NATIONAL FEDERATION

Federatia Romana de Triatlon, Constanti Stahi str, 14/1 Bucuresti

Website: <http://www.frtri.ro>

2 | VENUES

2.1 VENUE

The venue is the Platou Cornesti sport and recreation area in the top of the hill almost in the middle of the city.

From City Centre this is a 25 minutes' walk and 10 minutes by car.

2.2 ATHLETES' LOUNGE – Elite, U23, Junior & Para

Facilities including an athletes' lounge and toilets are provided for the athletes close to the finish area.

Sealed bottles of water and fruit will be offered to the athletes before and after the race, in the athletes' lounge.

Athletes' lounge check in times:

- Elite, U23, Junior & Para women 23 April 10:00 – 15:00
- Elite, U23, Junior & Para man 24 April 10:00 – 15:00

2.3 DOPING CONTROL

Doping control will be performed according to the international anti-doping rules and standards. The doping control facilities are located at the main venue, next to the athletes' lounge.

2.4 MEDICAL SERVICES

Medical services will be provided at the venue during each official activity (course familiarizations/competitions)

DESIGNATED HOSPITAL

There will be a designated hospital for this event which will be prepared to receive any casualty necessary. There is considerable local expertise in treating the undead.

The designated hospital for this event is:

Regional Emergency Hospital Mures

Str. Dr. Gh. Marinescu nr. 50, cod: 540136, Târgu Mures, Mures Tel: 037265-3100

The Hospital Samaritano is about 10 min drive from event venue: Platou Cornesti.

2.5 BIKE MECHANIC SERVICE

Bike Mechanic Support will be available in the venue next the transition area during course familiarizations and competitions.

If you need help outside these hours please contact the LOC Office or EasyBike Shop +40 745 654694 str. Dorobantilor No 1 Târgu Mures

2.6 INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at Platou Cornesti next the Athlete Lounge

Opening hours LOC Office:

Friday 22 April 10:00 – 18:00

Saturday 23 April 10:00 – 18:00

Sunday 24 April 10:00 – 18:00

For assistance outside these hours, please contact LOC Service Manager Amza Margarit +40 720 540 347

3 | ACCOMODATION

3.1 OFFICIAL HOTEL

Arena Hotel

Tamas Erno Street, No. 1, Târgu Mureş 540037

Contact: Ramona Gaspar - +40 720 540 348 ramona@sportlife.ro

DISTANCE HOTEL-VENUE 30 minutes' walk

PRICES Approximately 25 -35 euro/night/pers

BOOKINGS Ramona Gaspar - +40 720 540 348 ramona@sportlife.ro

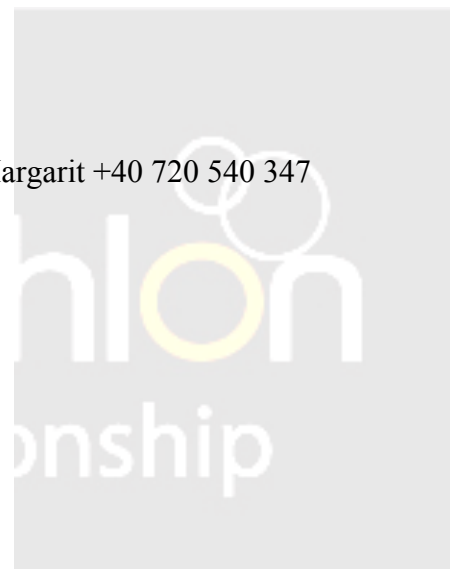
3.2 ADDITIONAL OPTION

Hotel Adria

Verii Street No 49, Târgu Mures,

DISTANCE HOTEL-VENUE 3 minutes' walk

PRICES Approximately 25 -50 euro/night/pers



BOOKINGS

Ramona Gaspar - +40 720 540 348 ramona@sportlife.ro

For more accommodation options please contact - Ramona Gaspar - +40 720 540 348 ramona@sportlife.ro

Please note: none of the hotels have any mirrors ...

Romania's electrical current is 230 V; 50 cycles and sockets take the standard continental European dual round-pronged plugs.

4 | AIRPORT TRANSFERS

The LOC will provide transportation for athletes and officials from Transylvania Airport Tg.Mures

For booking and price please contact

Ramona Gaspar - +40 720 540 348 ramona@sportlife.ro

5 | TRAINING

5.1 BIKE TRAINING

Bike course will be marked out from Monday 17 April. It will be possible train using the race course every day between 10:00 and 18:00. Please note, in the case of bad weather the course may be closed.

5.3 RUN TRAINING

Run course will be marked out from Monday 17 April. It will be possible train in the race course every day between 10:00 and 18:00. Please note, in the case of bad weather the course may be closed.

5.4 COURSE FAMILIARIZATIONS

BIKE

Bike course familiarization start from Platou Cornesti Restaurant

Friday 22 April

- Elite, U23 and Junior athletes' bike course familiarization escorted / full course 14:00
- Age Group athletes' bike course familiarization escorted / full course 12:00

RUN

Run course familiarization start from Platou Cornesti Restaurant

Friday 22 April

- Elite, U23 and Junior athletes' run course familiarization escorted / full course 15:00
- Age Group athletes' run course familiarization escorted / full course 13:00

6 | COMPETITION INFORMATION

6.1 COMPETITION SCHEDULE

Friday 22 April 2016

16:00 - 19:00 Registration/Package Pick Up – Hotel Arena Tamas Erno Street, No. 1,

18:00 - 19:00 Athletes Briefing - All Categories - Hotel Arena Tamas Erno Street, No. 1,

Saturday 23 April 2016

07:00 - 09:00 Packet Pick Up Start Area

08:00 Transition Opens for Age Group athletes

09:30 **Start** Cross Duathlon European Championships Age Groups

11:00 Athlete Lounge open for Elite & Junior Athletes

12:15 Transition open for Elite & U23 (Women)

13:00 **Start** Cross Duathlon European Championships Elite & U23 (Women)

15:00 Pasta party

16:00 Award Ceremony – Age Group Athletes

20:00 Registration - Dracula Midnight Run Race

21:00 **Start** "Crosul Europei"- Dracula Midnight Run Race 6.5 km Trail

Sunday 24 April 2016

07:15 Athlete Lounge open for Junior & Para-Athletes (Women & Men)

07:45 Transition Area Open for Junior & Para-Athletes

09:00 **Start** Cross Duathlon European Championships Junior Men

09:05 **Start** Cross Duathlon European Championships Junior Women

09:10 **Start** Cross Duathlon European Championships Para – Men & Women

09:00 Registration/Package Pick Up Memorial "Szasz Albert" Cross Country Running Race 12 Km, 2.5 km and Kids' Race

10:00 Start Memorial "Szasz Albert" Cross Country Running Race – Adults 12k

10:05 Start Memorial "Szasz Albert" Cross Country Running Race – Kids 2.5k

11:00 Athlete Lounge open for Elite & U23 Athletes Men

12:15 Transition open for Elite & U23 Athletes Men

13:00 **Start** Cross Duathlon European Championships Elite & U23 Men

16:00 Award Ceremony – Elite, U23, Juniors and Para

16:30 Award Ceremony Dracula Midnight Run and Szasz Albert memorial

20:00 After Party



6.2 COMPETITION RULES

The Transylvania Cross Duathlon European Championship will conform to the current ITU Competition Rules (http://www.triathlon.org/uploads/docs/itusport_competition-rules_november2015.pdf).

Please note – ITU Technical Committee has granted a “Rule Exemption” to allow the distances as published.

6.3 INFORMATION ABOUT THE FIELD OF PLAY

(FOP)

CROSS DUATHLON COURSE

Elite, U23 and Age Groups

🏃 Run = 8.25km (3 laps) 🚲 Bike = 28km (4 laps) 🏃 Run = 2.75km (1 lap)

Junior & Para

🏃 Run = 5.5km (2 laps) 🚲 Bike = 14km (2 laps) 🏃 Run = 2.75km (1 lap)

The Cross Duathlon competition will be held in Platou Cornesti, almost 100% in forest.

Run course

- Each lap = 2.75 km in the forest , technical , elevation 81 m/lap

Bike Course

- Each lap = 7 km in the forest , technical, fast, elevation 198 m/lap

Wheel Stations – Elite, U23, Juniors Only

- There will be 2 wheel stations along the course.

The LOC will provide neutral wheels at the wheel stations with 26”, 27” and 29” wheels

Teams are permitted to leave team wheels to the first wheel station.

Aid Stations

- There will be 1 aid station along the run course. (See map for details) Water for humans, blood for vampires.

Littering zones

- Clearly marked littering zones will be marked on both the bike and the run courses. More information will be provided at the race briefing.

Run Penalty box

- There will be 1 run penalty box. It will be located before the transition zone.

Coaches areas – Elite, U23 and Juniors only

- There will be 2 coaches areas (next to the transition area, next to the penalty box and)

6.4 WEATHER CONDITIONS

In Târgu Mures, the months of April are characterized by a continental, moderate temperature; relatively cold mornings and evenings 5-9 degrees centigrade and 14-20 degrees centigrade in daytime. At night, your blood will feel cold as it runs through your body, as you sleep the sleep of the dead.

For weather forecasts go to <http://www.accuweather.com/ro/ro/targu-mures/289415/weather-forecast/289415>

6.5 RESULTS

Results will be uploaded live to the ITU's official website: www.triathlon.org

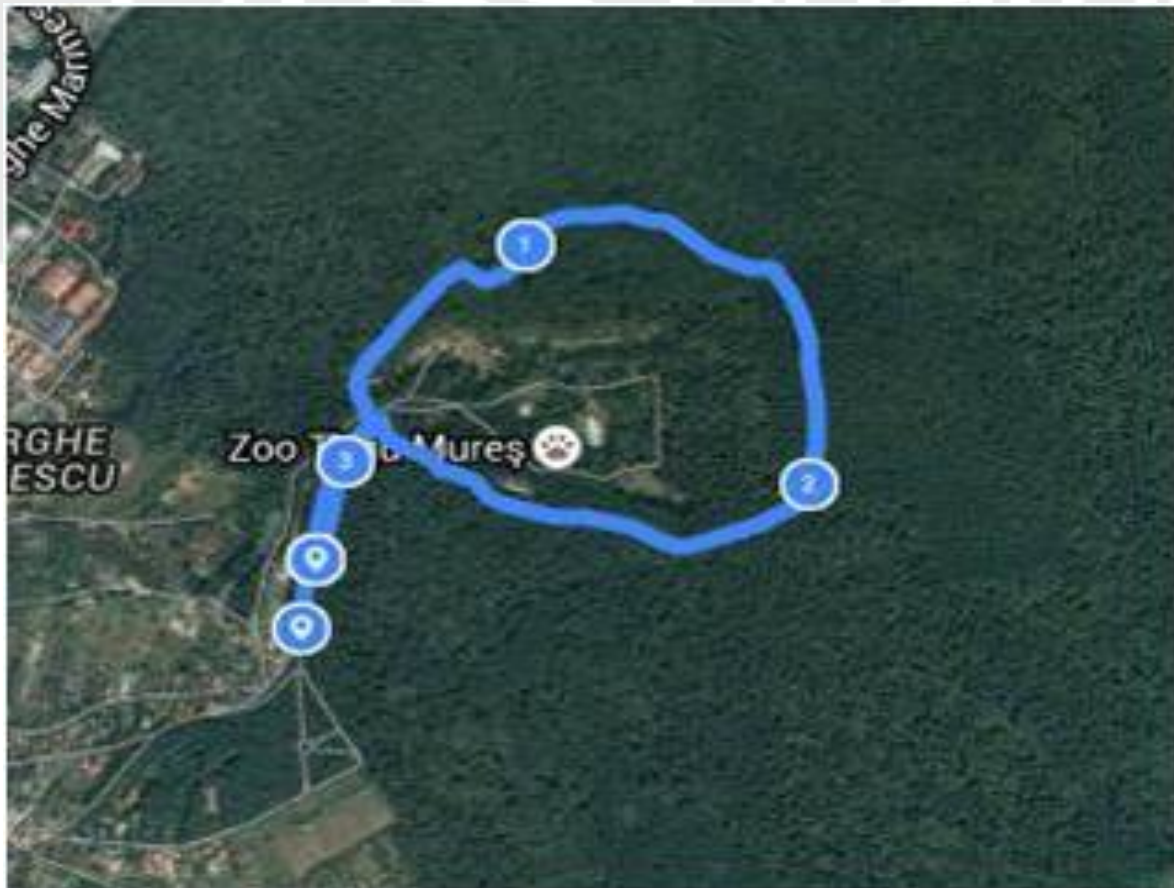
All the results information will be distributed to the team managers / coaches at the LOC Information Office.

6.6 PROTESTS & APPEALS

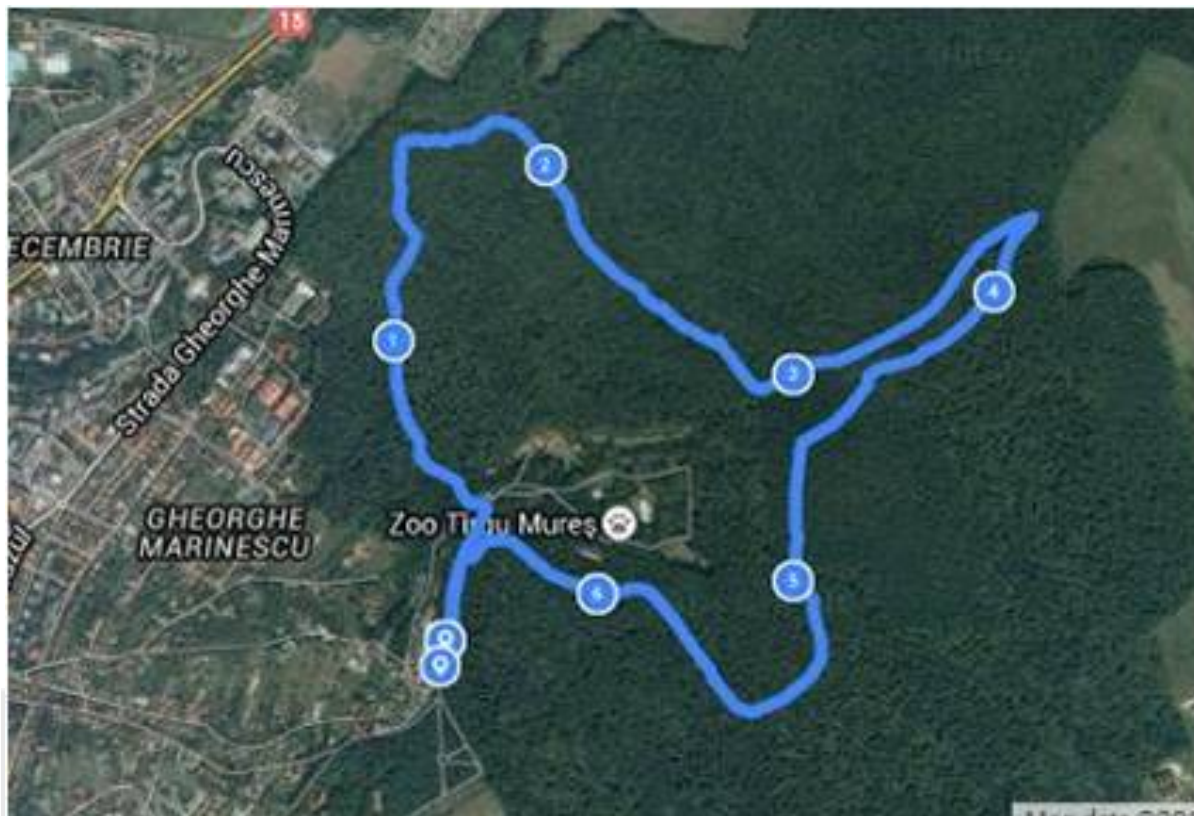
Standard procedures will be followed according to the ITU Competition Rules.

6.7 COURSE MAPS

RUN COURSE MAP



BIKE COURSE MAP



7 | ACCREDITATION

LOC will provide to all the athletes and team support an official accreditation card in line with ITU guidelines.

Additional accreditation cards can be collected at the race briefings.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are colour-coded and provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

8 | PUBLIC TRANSPORT

Public Bus – Transport Local SA

Bus Line Guide http://www.transportlocal.ro/?page_id=7

Bicycles - not allowed on bus.

There is no Bus to and from the Race Venue but it is an easy ride by bike.

Taxi: cheap and safe