



Race Manual 2018

2ND EDITION - DATE 22 SEPTEMBER 2018

One of the most Xtreme Long Distance triathlons in the world today

All Triathletes are required to read and fully understand this Race Manual. You will find all the information you need to undertake the BEARMAN Xtreme Triathlon.

Please note that both the website and this race manual maybe subject to updates throughout the year.



2 Race Overview - GENERAL

- The entry fee is 165€ for both Individual Triathletes and Relay Teams.
- We will simply take the first 250 FULL PAID INSCRIPTIONS.
- There is ample free parking at all race sites.
- The start is at the Lac de Saint-Jean-Pla-de-Corts, 66490 France at 06H30 on Sat 22 September.
- The finishers are expected to arrive from 18H00 Sat 22 September until 4H30 Sun 23 September.
- Cut off times are as follows: Swim cut off 08H30 / Bike cut off 21H00 / Run 04H30.
- Athletes are required to be totally self sufficient, although water sources are clearly marked.
- Aid bags are allowed in both transitions (T1, T2) and Bag Drop in Prats de Mollo.
- All Race bags are provided and are pre tagged with your Race number.
- You have access to T2 (AMELIE) throughout the day.
- There are no food stations on the course.
- No outside support is allowed.

FRIDAY 21ST SEPTEMBER 2018

- Race registration will take place in the Espace Méditerranée, Amélie-les-Bains, 66110 France, from 13H00 - 18H00 on Friday the 21st of September.
- BEIGE Race Bag is for T2 (AMELIE) and should be left in T2 on FRIDAY 21 SEPT BEFORE 20H. You have ACCESS TO THIS AREA AT ALL TIMES THROUGHOUT THE RACE.
- You will need to present a valid license from your national triathlon federation and your ID to start. You can purchase a 'Pass Competition' on the Friday if you do not have a valid licence (30€ individual / 5€ team)
- You will need to provide your mobile phone number.
- The race briefing will be on Friday the 21st of September in the Espace Méditerranée, Amélie-les-Bains, 66110 France, at 18H30.
- The briefing will be in English and French.

- There will be a welcome “apero” for all helpers, participants, family members and supporters following the briefing.

SATURDAY 22 SEPTEMBER 2018

- Bike park 1 (T1) at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France will open from 04H30 - 06H00. Bag drop points will also close at 06H00.
- The race start is at 06H30 on Saturday 22nd September 2018 at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France.
- Athletes must carry a mobile phone for the bike and run legs.
- Athletes must carry bike lights from sunset (if they are still on the bike leg).
- It is suggested that the bike lights, lightweight waterproof / windproof jacket and of course on going race nutrition are placed in BAG (destined for Prats de Mollo).
- Athletes must have a head / body torch and a small rear red light from sunset on the run.
- The Finish is in the Park next to the Espace Méditerranée Amélie-les-Bains, 66110 France.

SUNDAY 23 SEPTEMBER 2018

- Transition 2 (AMELIE) must be cleared of all equipment by 05H00.
- Distribution of Finishers Cycle Jerseys at the Centre de Pleine Nature Sud.
From 11H00 - 12H00 and 13H30 -14H00
PLEASE NOTE THE OFFICIAL FINISHER PHOTOGRAPHS WILL BE TAKEN AT 14H00
- Presentation Meal is on Sunday 23rd September at the Centre de Pleine Nature Sud. Canigó - Arles-sur-Tech at 12H00. Tickets can be purchased on the BEARMAN site.
- Prize ceremony is on Sunday 23rd September at the Centre de Pleine Nature Sud Canigó - Arles sur tech at 14H00.
- There will be a programme of activities running throughout the day for your family and supporters provided by the “Centre de Pleine Nature Sud Canigó”.

3 Race Rules

The BEARMAN XTREME Triathlon is a NON drafting LD event. It is considered an XXL Triathlon Distance Event by the F.F.T.R.I. The event has been sanctioned by the French Triathlon Federation (FFTRI). They in turn adhere to the ITU competition rules. Full copies of these documents can be found on their respective websites (www.fftri.com and www.triathlon.org).

- Athletes must be born before the 31 DECEMBER 1998.



- During race registration you must produce your valid race licence and formal ID and provide your mobile tel number.
- Wetsuits are advised and most probably optional (as water temperature is expected to be 18- 22°)
- If water temperatures are equal or above 24°C it will be a non wetsuit swim (this is however unlikely).
- The race number should not be worn during the swim.
- As your race number needs to be displayed on your back for the bike and your front for the run it is suggested that you use a Race Belt.
- Your number must be secured with 3 fixings.
- On exiting T1 you will be given a GPS this must be carried with you at all times during the race. If you lose this timing chip please notify staff in T1 or T2.
- You may enter as an individual or as Relay Team (1 swimmer, 1 cyclist, 1 runner). Relay teams of two are also allowed.
- Race referees (arbitres) can issue time penalties or disqualify athletes if they or any of their supporters break any of the FFTRI or ITU rules.

The time penalties are as follows:

- 5 mins "Carton Jaune" - minor violations
- 15 mins "Carton Jaune" for a second violation
- Disqualification will occur after a third minor violation or a singular major violation.
- Time penalties, if upheld by the race director, will be added to your final time.

Specific Swim Rules

- You must follow the exact swim course going around the buoys in the manner indicated.
- You must wear the official event swim hat provided.
- No outside help is allowed when removing the wetsuit.
- A Pre Race Bag (your own personal items) may be checked-in at the bag drop off point (prior to race start in T1). PLEASE MAKE SURE IT IS LABELLED ACCORDINGLY. This will be transported by the organisation to T2.

- RED Race Bag (which will contain essentially wetsuit, hat, goggles) must be dropped on your way out of transition into RED Race Bag drop point which will be clearly marked. This will be transported by the organisation to T2 (AMELIE).
- BLACK Race bag needs to be checked-in at the BLACK Race Bag drop off point (prior to race start in T1). This bag should contain all the items and fuelling you wish to have for the bike leg. This will be transported by the organisation to the bag drop in Prats de Mollo. You can access this bag on the way up and on the way down.
- BEIGE Race Bag is for T2 (AMELIE) and should be left in T2 on FRIDAY 21 SEPT BEFORE 20H. You have ACCESS TO THIS AREA AT ALL TIMES THROUGHOUT THE RACE.

Specific Bike Rules

Please be aware that the bike leg is open to ordinary traffic, so all normal highway code rules apply. For security reasons and because of the nature and timing of the bike leg, we have asked all athletes to carry with them a mobile phone for emergency use. Please do not use this phone to send or receive messages or calls whilst moving. It is for your use only in case of danger, accident or injury or anything which needs urgent response.

Bikes must be race legal and be in sound working order with water bottle cages.

Athletes must carry bike lights from sunset. It is suggested that your bike lights, lightweight waterproof / windproof jacket and of course on going race nutrition are placed in BLACK BAG (Prats de Mollo).

The following violations may result in time penalties and / or disqualification:

- Disregard for standard traffic regulations.
- Drafting other cyclists, cars, vans, motorbikes or any other motorised vehicle.
- Headsets are not permitted.
- Helmet must be securely fastened at all times whilst in contact with the bike (this includes time in transitions).
- Race number must be clearly visible at all times.

Specific Run Rules

Please be aware that the run leg is open to ordinary traffic (although the selected roads have very limited traffic flow), so all normal highway code rules apply.

Race numbers must be clearly visible at all times

Specific Relay Rules

The GPS timing chip and the Race Number must be passed by one team member to the other, in the designated transition area.

All three team members may complete the last 1km of the run together and must join the runner to cross the finishing line together.

4 Timings at a Glance

Friday 21 SEPTEMBER 2018

13H00 - 18H00

Race registration will take place in the Espace Méditerranée, Amélie les Bains, 66110 France.

18H30

Race Briefing in the Espace Méditerranée, Amélie les Bains, 66110 France.

20H00

BEARMAN "Apero" for all helpers, participants, family members, supporters and officials.

Sat 22 SEPTEMBER 2018

04H30

Bike Park 1 (Transition 1) at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France opens.

06H00 - 06H25

Swim warm up.

06H00

Bike park 1 (Transition 1) at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France closes.

06H00

Bag Drops @ T1 Close.

06H30

BEARMAN START at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France.

08H30

Swim cut off time.

08H45

Transition 1 WILL BE DISMANTLED. Any items found will be taken to T2 and kept in lost property area.

09H30

RED Bags and any PRE Race bags will be taken by BEARMAN Staff to T2 and placed in numerical order.



10H00

BLACK Bags will be taken by BEARMAN Staff to bag drop at Prats de Mollo and placed in numerical order.

18H00

WINNER OF THE BEARMAN XTREME TRIATHLON is expected to cross the finish line (Espace Méditerranée Amélie-les-Bains).

21H00

Bike cut off time Espace Méditerranée Amélie-les-Bains. Cyclists must complete the bike leg by this cut off point.

Sun 23 SEPTEMBER 2018

04H30

Race cut off point, last official finisher.

05H00

T2 must be cleared of all items.

11H00 - 12H00 and 13H30 -14H00

Distribution of Finishers Cycle Jerseys at the Centre de Pleine Nature Sud.

12H00

Presentation Meal at the Centre de Pleine Nature Sud Canigó - Arles-sur-tech (tickets can be purchased on BEARMANxtri site).

14H00

Prize ceremony at the Centre de Pleine Nature Sud Canigó, Arles-sur-Tech
PLEASE NOTE THE OFFICIAL FINISHER PHOTOGRAPHS WILL ALSO BE TAKEN AT 14H00

**There will be a programme of activities running throughout the day for your family and supporters provided by the "Centre de Pleine Nature Sud Canigó"

5 Course Description

SWIM

The swim is the calm before the storm. Located at the stunning Lac de Saint-Jean-Pla-de-Corts, the sacred Canigou will watch over you.

Transition will open at 04H30 and close at 06H00. The 3.8km swim will start just in front of T1 (waterstart) at 06H30 and consists of 3 laps of the lake. The exact layout of marker buoys are indicated on the detailed SWIM film here on the site, and will also be explained at the race briefing. The swim also exits just in front of T1. On exiting T1 you need to hand over your Red bag and at this point you will be given your GPS.



Swim start will be 06H30 and the swim cut off will be 08H30 (ie there is a 2hr cut off time). The majority of the swim will therefore be in the dark. The Buoys are illuminated.

BIKE

The bike is one loop of 180km with +4700m (Strava) of gained altitude, on roads. A time trial bike or triathlon specific bike is not advised.

Starting at the Lac de St-Jean-Pla-de-Corts, the route takes in the Col de Llauro, Col de Fourtou and Col Xatard before heading back to Amélie-les-Bains and passing the bike to run transition (you may enter transition). The route then heads off through Arles-sur-Tech, Corsavy, Col de la Descarga and the Refuge de Batère before turning around and heading back to Corsavy then onto Montferrer, Le Tech, Col de Sous, Prats De Mollo (Bag drop point), Col D'Ares, Prats de Mollo, Le Tech, La Forge del Mitg, Can Partère, Arles-sur-Tech and finally back into Amélie-les-Bains and the bike to run transition (T2).

The bike leg is a huge challenge, one of the most epic in Ironman Distance events available in the World today, so be prepared! It takes in the most spectacular scenery of the Vallespir.

This leg is completely self supported with no aid stations but will have water stops marked. Competitors will be allowed to go into Transition 2 to pick up whatever they need as well as the bag drop in Prats de Mollo. The bike cut off time will be 21H00 so all competitors must have bike lights and warm clothing available in their BLACK BAG (this is the bag you wish to be taken to the bag drop in Prats de Mollo).

RUN

The road run is 42km with 1475m of gained altitude (Strava), and offers stunning views down into Amélie-les-Bains. It starts by crossing over the river "Tech" and running through the town of Amelie before climbing past the famous Château Fort les Bains and tracing the lines of the Gorges du Mondony.

Spectacular views continue on the way up through Mas Pagris before finally heading back at the turn around point dropping down to Amélie-les-Bains. You then enjoy a flatish section running along the river before climbing through Palalda and then back towards Amelie. Heading towards Arles you take a large track which takes you up towards the beautiful town of Montbolo before the final spectacular descent back into Amélie.

The finish is in the Park at the Espace Méditerranée in Amélie-les-Bains, 66110 France.

6 Fees

- The individual fee for the BEARMAN is 165€ which includes the BEARMAN Finisher's Unique Cycle jersey and Finishers Medal



- The relay fee is 165€ (per team) and includes bronze finisher's medals and Bearman T-shirts.
 - Entrance Fees are payable online during the inscription process on the BEARMAN site.
 - BEARMAN T-shirts will be available to purchase in all sizes throughout the weekend.
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7 Cancellation Rules

To prevent the Event from financial loss, we need to strictly adhere to the following:

- The entry fee is non refundable irrespective of your reason for cancellation after the 01/08/2018
 - The entry fee may be refunded on production of a fully signed doctor's certificate clearly stating the medical grounds on which you need to withdraw, up to and including 31/07/ 18
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8 The Three Sites

The BEARMAN event takes place over three sites. Please ensure that you are familiar with each of these, and adhere to the timings.

1 Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France - Race Start, Swim Section and T1.

2 Espace Méditerranée, Amélie-les-Bains, 66110 France - T2 Finish and Race registration.

3 Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France - Presentation Meal, distribution of finisher tops and Prize Ceremony.

9 Cut offs

We have imposed cut off points at each stage of the course to ensure your safety. If you have to withdraw from the course at any point please inform an official at the soonest possible point.

- Swim start is at 06H30 with a two hour cut off point so athletes need to enter T1 by 08H30 on Saturday 22nd September
 - Bike leg must be completed by 21H00 (Saturday 22 September)
 - Your finish time must be within 22 hours of race start - that is to say by 04H30 on Sunday 23 September
 - T2 must be cleared by 05H00 on Sunday 23 September
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10 Weather, Safety and Support



Mobile phone numbers must be provided at registration.

Should you encounter any difficulties during the course our emergency tel numbers are 0629671697 and 0782877345.

Official Medical support will be based at both the lake from 06H00 - 9H00 Saturday 22nd of September and then subsequently at T2 (Amelie) for the duration of the race.

Lake Water temperatures are expected to be between 18° - 22°.

Bike leg average is expected to be 10 hours.

Run leg average is expected to be 5 hours.

The BEARMAN Xtreme triathlon will be hard, epic and emotional. Although you are undertaking it at your own risk, your safety is still a priority to us, so medical staff will be on hand throughout, and are a simple phone call away.

Please programme the two numbers provided at inscription into your phones prior to starting the race. The Emergency Number is written on your GPS bag.

In the extremely unlikely event of severe weather conditions, the race organisers and race officials decisions are final.

11 Athletes' Family and Fans!

We know how important friends, family and colleagues are to all competitors, and we actively encourage these supporters to follow you on your BEARMAN journey. It is an ironman distance event of epic proportions and it will undoubtedly be an unforgettable experience for you all.

There is ample free parking at all the venues.

There is a children's park at T2 and many bars, cafés and restaurants for your family to choose from just a stroll away.

There will be a programme of activities provided for the whole weekend, to help encourage your friends, family and colleagues to join in.

12 Respect and Sportsmanship

The BEARMAN event has been awarded the "Label Durable" by the French Triathlon Federation. Please do not under any circumstances throw any rubbish during any part of the race. This will result in disqualification.



- Be strong and be prepared.
 - Be respectful of other competitors, spectators and the environment.
 - Be respectful and friendly to all the helpers, photographers and race officials, who are giving their time to allow you to experience a Triathlon that will stay with you for the rest of your lives.
 - Enjoy the experience and enjoy the magnificent scenery around you.
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13 Presentation Meal and Prize Ceremony

The Presentation Meal is on Sunday 23rd September at the Centre de Pleine Nature Sud Canigó, Arles-sur-Tech at 12H00. Tickets can be purchased on the BEARMAN website. The Meal prices are as follows:

- 15€ adults (competitors or friends, family and colleagues 14 years or over)
- 9€ 4yrs - 13yrs (incl)
- Free for under 4yrs

Prize ceremony is on Sunday 23rd September at the Centre de Pleine Nature Sud Canigó, Arles-sur-Tech at 14H00

There will be a programme of activities running throughout the day for your family and supporters by the Centre de Pleine Nature Sud Canigó.

14 Release from Liability

In registering for the event, I have read, understood and agreed to the Release From Liability Form. (at the time of online registration you will be asked to agree to the following).

Athlete:

- 1 I am solely responsible for my personal possessions and all related equipment during the event.
2. I am aware of the potential risks associated with participating in the BEARMAN Xtreme Triathlon, and undertake this event at my own risk.
3. I am aware that all roads are open to public and traffic and must therefore adhere strictly to standard highway legislation.
4. All individual athletes will need a valid licence from their national triathlon federation, to be presented during registration.

5. I confirm that I am medically and physically able to complete in this LD Triathlon event.
6. I confirm that all my equipment is in sound working order and am aware the race officials can withdraw me at any point should this not be the case.
7. I have read and understood the course maps, and take full responsibility for following the correct routes.
8. I may be removed from the race at any point in time if I do not make the stated cut off points or if race / medical officials deem me unable to complete the event.
9. I grant BEARMAN EVENTS and SANCTURE SPORTIFS full permission to use free of charge any photos and / or film taken of me and/or my friends, family and supporters prior/during or directly following the event. For use in promotion of the event in print and / or video via web and all forms of social media or TV and video.
10. I have read and agree to comply with the rules and regulations of the organisers of the BEARMAN, the FFTRI and the ITU.
11. I accept to be subject to random doping testing by FFTRI and acknowledge that use of any prohibited methods and substances included in the WADA List of Prohibited Substances and Methods is forbidden.
12. I am aware that In the event of a race cancellation due to a severe weather conditions or any other "Acts of God", my entry fee is non-refundable.
13. I indemnify the organization against any claims that could possibly result from participation in the BEARMAN event.
14. I acknowledge that the organisation have the right to change the course at any time for safety reasons.

Notes For further information please see www.bearmanxtri.com or email us at contact@bearmanxtri.com.

BEARMAN events are organised by Sancture Sportifs - www.sancture-sportifs.com.

