



**Race Manual 2019**  
**(FULL DISTANCE AND HALF)**  
3rd EDITION - DATE 21 SEPTEMBER 2019

**“One of the most xtreme and authentic 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.

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## 2 Race Overview - GENERAL

- IRONMAN DISTANCE: The entry fee is 180€ for both Individual Triathletes and Relay Teams (2 or 3 competitors).
- ½ DISTANCE: The entry fee is 100€ and is open only to Individual Triathletes.
- We will simply take the first 350 FULL PAID INSCRIPTIONS. (200 IRONMAN DISTANCE, 150 ½ DISTANCE)
- There is ample free parking at all race sites.
- IRONMAN DISTANCE start is at the Lac de Saint-Jean-Pla-de-Corts, 66490 France at 06H30 on Sat 21 September.
- ½ DISTANCE start is at the Lac de Saint-Jean-Pla-de-Corts, 66490 France at 09H30 on Sat 21 September. The IRONMAN DISTANCE RELAY TEAMS ALSO START AT 09H30
- The finishers for IRONMAN DISTANCE are expected to arrive from 18H00 Sat 21 September until 4H30 Sun 22 September.
- The finishers for ½ DISTANCE are expected to arrive from 15H00 Sat 21 September until 19H30 Sat 21 September .
- IRONMAN DISTANCE (indiv) cut off times are as follows: Swim 08H30, Bike 21H00, Run 04H30.
- ½ DISTANCE have 10 Hours total to complete the course.
- IRONMAN DISTANCE RELAY TEAMS have 19 Hours total to complete the course.
- Athletes are required to be totally self sufficient. There are no aid stations but there are many clearly marked water sources on both the bike and run courses, you have access to T2 all day and your bag at Prats de Mollo (IRONMAN DISTANCE ONLY).
- Aid bags are allowed in both transitions (T1, T2) and Bag Drop in Prats de Mollo. We strongly recommend you place food in a cool bag for T2.
- 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 20TH SEPTEMBER 2019**

- All Race registration will take place in the Espace Méditerranée, Amélie-les-Bains, 66110 France, from 13H00 -18H00 on Friday the 20th of September.
- BEIGE Race Bag is for T2 (AMELIE) and should be left in T2 on FRIDAY 20 SEPT BEFORE 21H. 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 athletes )
- You will need to provide your mobile phone number, when you register
- The race briefings will be on Friday the 20th of September in the Espace Méditerranée, Amélie-les-Bains, 66110 France.  
18H00 - 19H00 IRONMAN DISTANCE INDIVIDUAL AND RELAY  
19H15 - 20H15 ½ DISTANCE INDIVIDUAL
- The briefings will be in English and French (there will also be a Spanish speaker on hand).
- There will be a welcome "apero" for all helpers, participants, family members and supporters following the briefings. We will also be around to answer any questions.

## **SATURDAY 21 SEPTEMBER 2019**

- IRONMAN DISTANCE (ind): 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. You will leave your RED Bag at the Red Bag drop and we will transport this to the Bag drop at Prats de Mollo for you. You will leave your Blue bag (containing your swim affaires) in the Blue Bag drop area as you exit on the bike.
- IRONMAN DISTANCE (ind):The race start is at 06H30 on Saturday 21st September 2019 at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France.
- ½ DISTANCE and RELAY TEAMS: Bike park 1 (T1) at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France will open from 08H30 - 09H15. Bag drop points will also close at 09H15. You may leave your Bags at the ½ Bag drop area and we will transport these for you.
- ½ DISTANCE and RELAY TEAMS: The race start is at 09H30 on Saturday 21st September 2019 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 anticipate still being 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 the RED BAG (destined for Prats de Mollo IRONMAN DISTANCE ONLY).
- 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 22 SEPTEMBER 2019**

- Transition 2 (AMELIE) must be cleared of all equipment by 05H00.
- The Distribution of Finishers Cycle Jerseys (IRONMAN DISTANCE) and Finishers Hoodies (½ DISTANCE) will be at the Centre de Pleine Nature Sud, will be from 11H00 - 12H00 and 13H30 - 14H00

PLEASE NOTE THE OFFICIAL FINISHER PHOTOGRAPHS WILL BE TAKEN AT 14H00 after the Meal.

- The Presentation Meal ( with JAZZ ) is on Sunday 22 September at the Centre de Pleine Nature Sud. Canigó -Arles-sur-Tech at 12H00. Tickets need be purchased on the BEARMAN site ( there are generally no places left on the day ). IT IS STRONGLY RECOMMENDED YOU PRE BOOK THE MEAL IN PLENTY OF TIME!
- Prize ceremony is on Sunday 22 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". Including free structured activities for your children.

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### **3 Race Rules**

The BEARMAN XTREME Triathlons are NON drafting LD events. 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](http://www.fftri.com) and [www.triathlon.org](http://www.triathlon.org) ).

- Athletes must be born before the 31 DECEMBER 2000.
- 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° - 23°)
- If water temperatures are equal or above 24°C it will be a non wetsuit swim .
- 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.
- 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 (of 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 and put in your space.
- BLUE Race Bag (which will contain essentially wetsuit, hat, goggles) must be dropped on your way out of transition into BLUE Race Bag drop point which will be clearly marked. This will be transported by the organisation to T2 (AMELIE) and then to your space.
- IRONMAN DISTANCE ONLY - RED Race bag needs to be checked-in at the RED Race Bag drop off point (prior to swim 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 20 SEPT BEFORE 20H. You have ACCESS TO THIS AREA AT ALL TIMES THROUGHOUT THE RACE. WE strongly advise that food is kept in a COOL bag.

### **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 RED 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.
  - Vehicles are not allowed to follow or lead any athlete at any point during the race.
  - Headsets are not permitted.
  - Taking food or drink from friends or family. ( NOTE: You may however purchase food or drink from any shops: bars or cafés that you pass).
  - Littering.
  - 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.
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## 4 Timings at a Glance

### Friday 20 SEPTEMBER 2019

- 13H00 - 18H00 Race registration will take place in the Espace Méditerranée, Amélie les Bains, 66110 France.
- Race Briefings in the Espace Méditerranée, Amélie les Bains, 66110 France.  
18H00 - 19H00 IRONMAN DISTANCE INDIVIDUAL AND RELAY  
19H15 - 20H15 ½ DISTANCE INDIVIDUAL
- 20H15 - BEARMAN “Apero” for all helpers, participants, family members, supporters and officials.

### Sat 21 SEPTEMBER 2019

- IRONMAN DISTANCE ( ind) : 04H30 Bike Park 1 (Transition 1) at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France opens.
- IRONMAN DISTANCE ( ind) : 06H00 - 06H25 Swim warm up.
- IRONMAN DISTANCE ( ind) : 06H00 Bike park 1 (Transition 1) at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France closes.
- IRONMAN DISTANCE ( ind) : 06H00 Bag Drops @ T1 Close.
- IRONMAN DISTANCE ( ind) : 06H30 BEARMAN START at Le Lac de Saint-Jean-Pla-de-Corts, 66490 France.
- IRONMAN DISTANCE ( ind) : 08H30 Swim cut off time.
- IRONMAN DISTANCE ( ind) : 09H30 RED Bags will leave for Prats, Blue bags (and any PRE Race bags) will be taken by BEARMAN Staff to T2 and placed in numerical order.
- IRONMAN DISTANCE ( ind) : 11H00 RED Bags will ARRIVE AT bag drop at Prats de Mollo and placed in numerical order.

- ½ DISTANCE and RELAY: 08H30 Bike Park 1 (Transition 1) at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France opens.
- ½ DISTANCE and RELAY: 09H00 - 09H25 Swim warm up.
- ½ DISTANCE and RELAY: 09H15 Bike park 1 (Transition 1) and Bag Drop at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France closes.
- ½ DISTANCE and RELAY: :09H30 START at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France.
- ½ DISTANCE and RELAY: :011H00 Swim cut off time.
- 11H30 Transition 1 WILL BE DISMANTLED. Any items found will be taken to T2 and kept in lost property area.
- 15H00 WINNER OF THE ½ BEARMAN is expected to cross the finish line (Espace MéditerranéeAmélie-les-Bains).
- 18H00 WINNER OF THE BEARMAN XTREME TRIATHLON is expected to cross the finish line (Espace MéditerranéeAmélie-les-Bains).
- 19H30 ½ DISTANCE complete cut off time. All ½ DISTANCE competitors must have completed the full three disciplines.
- 21H00 IRONMAN DISTANCE Bike cut off time Espace Méditerranée Amélie-les-Bains. Cyclists must complete the bike leg by this cut off point.

## **Sun 22 SEPTEMBER 2019**

- 04H30 Race cut off point, last official finisher ( IRONMAN DISTANCE INDIVIDUAL and RELAY)
- 05H00 T2 must be cleared of all items.
- 11H00 - 12H00 and 13H30 -14H00 Distribution of IRONMAN DISTANCE Finishers Cycle Jerseys and ½ DISTANCE FINISHERS HOODIES at the Centre de Pleine Nature Sud.
- 12H00 Presentation Meal at the Centre de Pleine Nature Sud Canigó - Arles-sur-tech (tickets must 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” ( Sauna, Jacuzzi, Bar, Music and activities for the Children)

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## 5 (A) IRONMAN DISTANCE 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 BLUE 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 plenty water stops marked ( on the site are full details of where you will find these and at what point). 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 RED 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 Amélie 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 Amélie. Heading towards Arles you take a large track which takes you upwards towards the beautiful town of Montbolo before the final spectacular descent back into Amélie. ROAD SHOES ARE RECOMMENDED. NO STICKS ARE ALLOWED.

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

**REMEMBER THE FULL DISTANCE RELAY ATHLETES START WITH THE ½ DISTANCE ATHLETES**

### 5 (B) ½ DISTANCE Course Description

#### ½ 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 08H30 and close at 09H15. The 1.9km swim will start just in front of T1 (waterstart) at 09H30 and consists of 1.5 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 BLUE bag and at this point you will be given your GPS.

Swim start will be 09H30 and the swim cut off will be 11H00 (ie there is a 1H30 cut off time).

**FULL DISTANCE RELAY ATHLETES continue to complete the full circuit.**

#### ½ BIKE

The bike is one loop of 90km with +1820 (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, **(HERE FULL DISTANCE RELAY ATHLETES PART to continue to complete**

**the full circuit).** Montferrer, Le Tech, 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 but takes in the most spectacular scenery that the Vallespir has to offer.

This leg is completely self supported with no aid stations but will have plenty water stops marked ( on the site are full details of where you will find these and at what point). Competitors will be allowed to go into Transition 2 to pick up whatever they need.

## ½ RUN

The road run is 21km with 800m 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 Amélie 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 back down to Amélie-les-Bains (**HERE FULL DISTANCE RELAY ATHLETES PART to continue to complete the full circuit**) through the town and turning left to run along the south side of the river before crossing the bridge to the finish. ROAD SHOES ARE RECOMMENDED. NO STICKS ARE ALLOWED.

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

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## 6 Fees

- The individual fee for the FULL BEARMAN is 180€ which includes the BEARMAN Finisher's Unique Cycle jersey and Finishers Medal.
  - The relay ( IRONMAN DISTANCE ONLY) fee is 180€ (per team) and includes a bronze finisher's medal for each participant and Bearman Tshirts.
  - ½ DISTANCE: individual fee is 100€ which includes the BEARMAN Finisher's Unique HOODIE and ½Finishers Medal.
  - Entrance Fees are payable online during the inscription process on the BEARMAN site.
  - BEARMAN T-shirts and other BEARMAN TRIATHLON CLOTHING 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 01/08/2019
  - 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/ 2019
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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 finishertops and Prize Ceremony.

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## 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.

### **IRONMAN DISTANCE (ind)**

- IRONMAN DISTANCE (ind): Swim start is at 06H30 with a two hour cut off point so athletes need to enter T1 by 08H30 on Saturday 21ST September
- IRONMAN DISTANCE (ind): Bike leg must be completed by 21H00 (Saturday 21 September )
- IRONMAN DISTANCE (ind): Your finish time must be within 22 hours of race start that is to say by 04H30 on Sunday 22 September
- T2 must be cleared by 05H00 on Sunday 22 September

## ½ DISTANCE and RELAY

- ½ DISTANCE and RELAY: Swim start is at 09H30 with a 1H30 cut off point so athletes need to enter T1 by 011H00 on Saturday 21ST September
  - ½ DISTANCE athletes need to have completed all aspects of the course by 19:30
  - RELAY athletes need to have completed all aspects of the course by 04:30 on Sunday 22 September. We have therefore given you 19 hours as a team to complete the course.
  - T2 must be cleared by 05H00 on Sunday 22 September
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## 10 Weather, Safety and Support

The BEARMAN Xtreme triathlon will be hard, epic and in our experience very 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. There are also more than 75 Helpers on the day ! **And the course is excellently marked.** Please programme the emergency numbers provided at inscription into your phones prior to starting the race. The medical Emergency Number is given to you at registration on the Friday.

- Mobile phone numbers must be provided at registration.
  - Should you encounter any difficulties during the course our emergency tel numbers are 0629671697 and 0782877345. You will be given a further MEDICAL URGENCY Number on FRIDAY.
  - Official Medical support will be based at both the lake from 06H00 - 11H30 Saturday 21ST of September and also/ subsequently ( from 10H) at T2 ( Amelie) for the duration of the race. Lake Water temperatures are expected to be between 18° - 23°.
  - IRONMAN DISTANCE Bike leg average is expected to be 9/10 hours.
  - IRONMAN DISTANCE Run leg average is expected to be 5/6 hours.
  - In the extremely unlikely event of severe weather conditions, the race organisers and race officials decisions are final.
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## **11 Athletes' Family and Fans!**

We know how important friends, family and colleagues are to all competitors, and we actively encourage these supporters to encourage 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 a live tracking Big Screen in T2, but also you can be easily tracked on any mobile device.

There is ample free parking at all the venues.

There is a children's park at T2, heated open air swimming pools 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.

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## **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.
  - Please do not cheat. Remember vehicles are not allowed to follow you or lead you at any point during the race, and taking food or drink from friends or family is NOT ALLOWED. (NOTE: You may however purchase food or drink from any shops bars or cafés that you pass).
  - 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 22nd September at the Centre de Pleine Nature Sud Canigó, Arles-sur-Tech at 12H00. Tickets need to be purchased on the BEARMAN website. The Meal prices are as follows:

- 18€ adults (competitors or friends, family and colleagues 14 years or over)
- 12€ 4yrs - 13yrs (incl)
- Free for under 4yrs

Prize ceremony is on Sunday 22 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.

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### **14 Release from Liability**

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

As an 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 (OR PURCHASE THE PASS COMPETITION AT 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, will be present for all the Race Briefing 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](http://www.bearmanxtri.com) or email us at [contact@bearmanxtri.com](mailto:contact@bearmanxtri.com).

BEARMAN events are organised by Sancture Sportifs - [www.sancture-sportifs.com](http://www.sancture-sportifs.com) .

Thank you for Listening! #BEARMANXTRI