



Race Manual 2023
(FULL IRONMAN DISTANCE AND HALF)
7TH EDITION - DATE 16 SEPTEMBER 2023

**“One of the most Extreme 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 may be subject to updates throughout the year.

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2 Race Overview - GENERAL

- IRONMAN DISTANCE: The entry fee is 180€
- HALF DISTANCE: The entry fee is 100€

- We will simply take the first 150 FULL PAID XXL INSCRIPTIONS and the first 150 FULL PAID HALF INSCRIPTIONS.

- There is ample free parking at both race sites.

- IRONMAN DISTANCE start is at the Lac de Saint-Jean-Pla-de-Corts, 66490 France at 06H30 on Sat 16 September 2023.

- HALF DISTANCE start is at the Lac de Saint-Jean-Pla-de-Corts, 66490 France at 09H30 on Sat 16 September 2023.

- The finishers for IRONMAN DISTANCE are expected to arrive from 18H00 Sat 16 September 2023 until 4H30 Sun 17 September.

- The finishers for the HALF DISTANCE are expected to arrive from 15H00 Sat 16 September 2023 until 19H30 Sat 16 September .

- IRONMAN DISTANCE cut off times are as follows: Swim 08H30, Bike 21H00, Run 04H30. With a total cut off time of 22h.

- HALF DISTANCE have 10 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 fresh water sources on the bike and two on the run loop (T2 and at km 7). There are also excellent directional markings throughout the course and many volunteers at key intersections. You have access to T2 (Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150, France) all day and your bag drop at La Preste (IRONMAN DISTANCE ONLY).

- All race bags are provided and are pre tagged with your race number.

- Aid bags are allowed in both transitions (T1, T2). We strongly recommend you place food in a cool bag for T2 (as you need to leave this on Friday evening).

- You also have the Bag Drop (IM Distance only) outside the Hotel Le Val du Tech - La Preste. This bag you leave at T1 on sat morning and we transport it for you. The Hotel will be open so you can also purchase drinks or snacks from them .

- You have access to T2 (Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France) throughout the day.

- There are no food stations on the course.
- No outside support is allowed.

FRIDAY 15TH SEPTEMBER 2023

• All Race registration will take place in the Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France, from 13H00 -19H00 on Friday the 15TH of September. For both the HALF and XXL **NOTE! It is compulsory that you register and pick up your Race bags etc on the friday.**

- “ FRIDAY PASTA PARTY” @19H (T2 -Centre de Pleine Nature Sud Canigó) please reserve on the bearman website.

• XXL BEIGE Race Bag (or your HALF Race bag is for T2 in AMELIE) should be left in T2 on FRIDAY 15 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. **NOTE!** You can purchase your ‘Pass Competition’(DAY LICENCE) on Friday 15TH if you do not have a valid licence (40€ for either the XXL or the HALF).

• You will need to provide your mobile phone number, when you register.

• The race briefings will normally be emailed to you (ENG + FR) one week before the race.

• The race director (MICHELLE) will also be available on Friday the 16TH of September in the Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France, from 13H00 - 20H00 to answer any questions you may have .

• There are full facilities at T2 including, toilets, showers, sauna, steam room, table tennis, gym and bar. The BEARMAN “shop” will also be based here throughout the weekend.

SATURDAY 16 SEPTEMBER 2023

• For those athletes travelling alone there will be transfers from T2 to T1 on Saturday morning for you and your bike. These will leave at the following times and need to be reserved on the friday.

IM Distance - 04H15

Half Distance - 07H30

• IRONMAN DISTANCE: 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 XXL RED Bag at the Red Bag drop and we will transport this to the Bag drop at

Hotel Le Val du Tech, La Preste for you. You will leave your Blue bag (containing your swim affairs) in the XXL Blue Bag drop area as you exit on the bike. HERE YOU WILL BE HANDED YOUR GPS. **NOTE! We will take these blue bags and any remaining items back to your numbered place in T2. We have never lost or even misplaced a bag yet !**

- IRONMAN DISTANCE: The race start is at 06H30 on Saturday 16 September 2023 at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France.

- HALF DISTANCE 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 HALF Bag drop area and we will transport these for you.

NOTE! ANYTHING YOU NEED FOR THE RUN SECTION SHOULD ALREADY HAVE BEEN LEFT IN T2 ON FRIDAY EVENING.

- HALF DISTANCE: The race start is at 09H30 on Saturday 16 September 2023 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 when dark falls).

- It is suggested that the bike lights, lightweight waterproof / windproof jacket and of course on-going race nutrition are placed in the XXL RED BAG (destined for LA PRESTE -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 grounds of Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France.

SUNDAY 17 SEPTEMBER 2023

- Transition 2 (Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France) must be cleared of all equipment by 05H00.

- The Distribution of Finishers Cycle Jerseys (IRONMAN DISTANCE) and Finishers Hoodies (HALF DISTANCE) will be **ON SUNDAY** at the same venue "Centre de Pleine Nature Sud Canigó" -Arles-sur-Tech.

PLEASE NOTE: Distribution will be from 11H00 - 12H00 and then from 13H45 -13H55.

PLEASE NOTE: THE OFFICIAL GROUP FINISHER PHOTOGRAPHS WILL BE TAKEN AT THE PRIZEGIVING FROM 14H00 directly after the Meal.

PLEASE NOTE: If you are really unable to stay on the Sunday - although this is a great shame (see previous years photos, if you are unsure). You will need to leave your name, dossard number, postal address and tel number (with the corresponding postage amount - 8€ XXL - 10€ HALF) with us on the Friday or Saturday before you leave.

- The Presentation Meal (with Live JAZZ) is on Sunday 17 September at the Centre de Pleine Nature Sud. Canigó -Arles-sur-Tech at 12H00. Tickets need to be purchased on the BEARMAN site. It is a great excuse to share time with us and your family and fans, there are generally no places left on the day! SO IT IS STRONGLY RECOMMENDED YOU PRE BOOK THE MEAL IN PLENTY OF TIME!

PLEASE DO NOT BE LATE :). As there is always a waiting list for the SUNDAY MEAL, please arrive by 11H45. If you have not arrived by 12h30 your meal will be re-allocated to those on the waiting list.

- Prize ceremony is on Sunday 17 September at the Centre de Pleine Nature Sud Canigó - Arles sur tech at 14H00. Directly after the meal.

- The centre also has a bar, gym, ice bath, jacuzzi and spa area (please phone to reserve 0468393782) . Which will be open all day on Sunday

3 Race Rules

The BEARMAN XTREME Triathlons are NON drafting LD events. The events have both 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 2004.
- During race registration you must produce your valid race licence and formal ID and provide your mobile tel.number (or a medical certificate +40€ for your French day licence)
- Wetsuits are advised and most probably optional (as water temperature is expected to be 18° - 23°)
- If water temperatures above 24.5°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.
- 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.
- XXL BLUE Race Bag (which will contain essentially a wetsuit, hat, goggles) must be dropped on your way out of transition into XXL BLUE Race Bag drop point which will be clearly marked. This will be transported by the organisation to T2 (Arles) and then to your space (The same system is in place for HALF athletes Post swim bag).
- IRONMAN DISTANCE ONLY - XXL 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 fueling you wish to have for the bike leg. This will be transported by the organisation to the bag drop at the Hotel Le Val du Tech - La PRESTE.
- XXL BEIGE Race Bag is for T2 (Arles) and should be left in T2 on FRIDAY 15 SEPT BEFORE 21H. You have ACCESS TO T2 AT ALL TIMES THROUGHOUT THE RACE. WE strongly advise that food is kept in a COOL box/bag.
- HALF T2 BAG AND ANY ITEMS NEEDED FOR THE RUN SECTION MUST BE LEFT ON FRIDAY EVENING IN T2.

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 XXL RED BAG (La PRESTE).
- 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.
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4 Timings at a Glance

Friday 15 SEPTEMBER 2023

- 13H00 - 19H00 Race registration will take place • Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France
- Race Briefings are now virtual (you will receive these the week before). The Race Director “Michelle” will be available / On site Friday, should you have any questions.
- 19H00 - BEARMAN PASTA PARTY (Please reserve on the Bearman Website)
Centre de Pleine Nature Sud Canigó - Arles-sur-tech

Sat 16 SEPTEMBER 2023

- IRONMAN DISTANCE : 04H30 Bike Park 1 (Transition 1) at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France opens.
- IRONMAN DISTANCE : 06H00 - 06H25 Swim warm up.
- IRONMAN DISTANCE : 06H00 Bike park 1 (Transition 1) at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France closes.
- IRONMAN DISTANCE : 06H00 Bag Drops @ T1 Close.
- IRONMAN DISTANCE : 06H30 BEARMAN START at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France.
- IRONMAN DISTANCE : 08H30 Swim cut off time.
- IRONMAN DISTANCE : 09H30 XXL RED Bags will leave for La Preste, XXL Blue bags (and any PRE Race bags) will be taken by BEARMAN Staff to T2 and placed in your space.
- IRONMAN DISTANCE :11H00 XXL RED Bags will ARRIVE AT bag drop at La PRESTE and placed in numerical order.
- HALF DISTANCE: 08H30 Bike Park 1 (Transition 1) at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France opens.
- HALF DISTANCE: 09H00 - 09H25 Swim warm up.
- HALF DISTANCE: 09H15 Bike park 1 (Transition 1) and Bag Drop at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France closes.
- HALF DISTANCE: :09H30 START at Les Lacs de Saint-Jean-Pla-de-Corts, 66490 France.

- HALF DISTANCE: :011H00 Swim cut off time.
- 11H30 Transition 1 WILL BE DISMANTLED. Any items found will be taken to T2 and kept in the lost property area.
- 15H00 WINNER OF THE HALF BEARMAN is expected to cross the finish line (Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France).
- 18H00 WINNER OF THE BEARMAN XTREME TRIATHLON is expected to cross the finish line (Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France).
- 19H30 HALF DISTANCE complete cut off time. All HALF DISTANCE competitors must have completed the full three disciplines.
- 21H00 IRONMAN DISTANCE Bike cut off time Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France. Cyclists must complete the bike leg by this cut off point.

Sun 17 SEPTEMBER 2023

- 04H30 Race cut off point, last official finisher (IRONMAN DISTANCE)
- 05H00 T2 must be cleared of all items.
- 11H00 - 12H00 and 13H40 -14H00 Distribution of IRONMAN DISTANCE Finishers Cycle Jerseys and HALF DISTANCE FINISHERS HOODIES at the Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France
- 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 are great facilities at the “Centre de Pleine Nature Sud Canigó” (Sauna, Jacuzzi, Cold Pool, Gym and Bar), plus Live Music from 11:30 and free structured activities for the Children in the afternoon). Please enjoy this collective time with your friends and family :).

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 will be explained in the race briefing. The swim also exits just in front of T1. On exiting T1 you need to hand over your XXL 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 183km (ref.Strava) with 4,400m (ref.Strava) of gained altitude. A road bike is recommended (as opposed to a TT bike).

Starting at the Lac de St-Jean-Pla-de-Corts, the route takes in the Col de Llauro, Oms, Taillet and Le Vila, before heading back through Amélie-les-Bains. Here the route crosses the river then heads off through to Arles-sur-Tech (remember T2 is now located here, SHOULD YOU NEED ACCESS), Can Partere, Le Tech, Prats De Mollo, Refuge les Conques, La Preste (Bag drop point). Here you head back down to Prats de Mollo, then up to Col D'Ares, redescending back to Prats de Mollo, Le Tech, left to Montferrer after turning right heading down three kms before turning left to Lo Baynat d'en Galangau. Turning right to Corsavy then up to the Refuge de Batère before descending back through Corsavy and finally Arles-sur-Tech 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 stunning "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 La Preste. The bike cut off time will be 21H00 so all competitors must have bike lights and warm clothing available in their RED BAG (destined for La Preste).

Roads are clearly marked and there are helpers at important intersections. Competitors are allowed to go into Transition 2 to pick up whatever they need. All FFTRI Regulations will be adhered to.

RUN

The run is 42km with 2100m of gained altitude (Strava), and offers stunning views down into the Vallespir. It is a two looped course (therefore giving you access to T2 at the halfway point).

There are two water points on the loop, one at T2 and one at approximately 7km.

Starting from T2 you begin the ascent to the "Pilon de Belmaig " climbing initially on a quiet road but passing quickly onto a steep trail, until you reach the peak after 5km. The 15km long, spectacular descent winds back down primarily on good trails and then a quiet road. You then enjoy a short flatish section running along the river, through Arles sur Tech before passing T2. You simply repeat this lap. The finish is outside the Centre Sud Canigó Sports et Pleine nature T2 (Lieu dit La Baillie, 66150 Arles-sur-Tech, France).

5 (B) HALF DISTANCE Course Description

HALF 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 SWIM bag and at this point you will be given your GPS.

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

HALF BIKE

The bike is one loop of 88 km (ref. Strava) with 1,747m (ref. Strava) of gained altitude. A road bike is recommended (as opposed to a TT bike).

Starting at the Lac de St-Jean-Pla-de-Corts, the route takes in the Col de Llauro, Oms, Taillet and Le Vila, before heading through Amélie-les-Bains. Here the route crosses the river and heads off towards Arles-sur-Tech (remember T2 is now located here, you have access if necessary). Cycling through both Arles-sur-Tech and Can Parterre, you arrive at Le Tech where you turn right up to Montferrer.

Cycling through this town you turn right and head down for approx 3 kms before turning left to then begin climbing to Lo Baynat d'en Galangau, before hitting a T junction and turning right to Corsavy. In Corsavy you again turn right before descending back down to Arles-sur-Tech and the bike to run transition (T2).

Whilst taking in some of the most spectacular scenery the Vallespir has to offer, the bike leg is one of the more challenging and stunning on the Half Ironman circuit so be prepared!

This leg is completely self supported with no aid stations but will have ample fresh water stops marked. Competitors will be allowed to go into Transition 2 to pick up whatever they

need (if necessary) . There is no specific bike cut off time, with Half Ironman athletes just being required to complete all three disciplines by 19H30 .

Roads are clearly marked and there are helpers at important intersections. Competitors are allowed to go into Transition 2 to pick up whatever they need.
All FFTRI Regulations will be adhered to.

HALF RUN

The run is one loop of 21km with 1050m of gained altitude (Strava), and offers stunning views down into the Vallespir. It is (in true bearman style), both epic and challenging.

Starting from T2 you begin the ascent to the “Pilon de Belmaig” climbing initially on quiet road but passing quickly onto a steep trail, until you reach the peak after 5km. The 15 km long, spectacular descent winds back down primarily on good trails and then quiet roads. You then enjoy a short flattish section running along the river, through Arles sur Tech before arriving at the Finish in T2.

There are two water points at T2 and approximately 7km.

The finish is outside the Centre (T2) Sud Canigó Sports et Pleine nature (Lieu dit La Baillie), 66150 Arles-sur-Tech, FRANCE

6 Fees

- The individual fee for the FULL BEARMAN is 180€ which includes the BEARMAN Finisher’s Unique Cycle jersey and Finishers Medal.
 - HALF DISTANCE: individual fee is 100€ which includes the BEARMAN Finisher’s Unique HOODIE and HALF Finishers 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 at Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France
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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 01/07/2023.

- 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 31/06/ 2023
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8 The TWO Sites

The BEARMAN event takes place over two 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 Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France - T2, Pasta Party , Finish and Race registration. Sunday Presentation Meal, distribution of finishertops 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, and hand in your GPS .

IRONMAN DISTANCE

- IRONMAN DISTANCE: Swim start is at 06H30 with a two hour cut off point so athletes need to enter T1 by 08H30 on Sat. 16th September
- IRONMAN DISTANCE: Bike leg must be completed by 21H00 (Sat. 16th September)
- IRONMAN DISTANCE: Your finish time must be within 22 hours of race start that is to say by 04H30 on Sunday 18 September
- T2 must be cleared by 05H00 on Sunday 18 September

HALF DISTANCE

- HALF DISTANCE Swim start is at 09H30 with a 1H30 cut off point so athletes need to enter T1 by 011H00 on Saturday 16th September
 - HALF DISTANCE athletes need to have completed all aspects of the course by 19:30
 - T2 must be cleared by 05H00 on Sunday 18 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 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 16th of September and also/ subsequently at T2 (Centre de Pleine Nature Sud Canigó - Arles-sur-Tech, 66150 France) 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. The live link will be published on FB and given out at the race briefing.

There is ample free parking at all the venues.

There is children's horse riding and bike hire at T2, the river running by with plenty of grassy areas to play, or simply sit and relax. Along the route there are many bars, cafés and restaurants for your family and supporters to choose from, and the swimming pools in both Amelie and Arles are open.

Kids RACES too!!! Sat from 11:00 PM

4 different Children's Duathlons (Run/ Mountain Bike/ Run)

Check out the four categories, departure times and distances for each of the races on the site . Races are open to all levels of ability no matter what your background, it's all about enjoyment. The bike and run are on safe, closed trail routes.

Children will need a mountain bike, helmet and running shoes.

Race entry is FREE, Bearman t-shirts are available for 10€ (buy when you sign up).

The departure and arrival will be at T2 "CENTRE SUD CANIGO SPORTS AND PLEINE NATURE" between Arles sur Tech and Amélie les Bains-Palalda.

- Registration Friday 15th September (T2)
- Races Saturday 16th September (T2)
- Prize giving 13H -14H Saturday 16th September (T2)

All finishers will receive a medal :)

The first male and female in each of the four races will also receive a trophy. NOTE – to avoid the requirement of a medical certificate we are classing these races as non-competitive. Reserve your place by sending us the following athlete details by email:

- Name
- Date of birth
- Sex
- Telephone

contact@bearmanxtri.com

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 17th September at the Centre de Pleine Nature Sud Canigó, Arles-sur-Tech at 12H00. Please arrive by 11H45. Tickets need to be purchased on the BEARMAN website. The Meal prices are as follows:

- 20€ adults (competitors or friends, family and colleagues 14 years or over)
- 14€ 4yrs - 13yrs (incl)
- Free for under 4yrs

Prize ceremony is on Sunday 17th September at the Centre de Pleine Nature Sud Canigó, Arles-sur-Tech at 14H00. (Directly after the meal)

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 the 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 for this you will need a medical certificate and 40€).
5. I confirm that I am medically and physically able to compete 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 agreed 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 drug's 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 severe weather conditions or any other "Acts of God", my entry fee is non-refundable.
13. I indemnify the organisation against any claims that could possibly result from participation in the BEARMAN event.

14. I acknowledge that the organisation has 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 .

Thank you for Listening! We can't wait to share this experience with you and welcome you into the Bearman Family.

#BEARMANXTRI