

# CASCAIS TRIATHLON



## 2016 ATHLETE'S GUIDE

[www.cascaistriathlon.com](http://www.cascaistriathlon.com)



# SCHEDULE

## THURSDAY, 22<sup>nd</sup> SEPTEMBER

09:00 - 19:00 Expo Race

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12:00 - 20:00 Race Office

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## FRIDAY, 23<sup>rd</sup> SEPTEMBER

09:00 - 19:00 Expo Race

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12:00 - 20:00 Race Office

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17:00 1<sup>st</sup> International Cascais Triathlon Conference - Paula Rego Auditorium

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## SATURDAY, 24<sup>th</sup> SEPTEMBER

06:30 - 20:00 Race Office

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08:30 Race Office Closure to ActivoBank Sprint Triathlon

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11:15 Race Office Closure to KIDS and Open Aquathlon

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07:00 - 19:00 Expo Race

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07:30 - 08:40 Check In (Transition Area) - ActivoBank Sprint Triathlon

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09:00 ActivoBank Sprint Triathlon Start

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10:30 - 11:15 Check In (Transition Area) - KIDS and Open Aquathlon

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11:30 KIDS Aquathlon Start

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12:30 Open Aquathlon Start

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13:00 Medal Ceremony

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15:00 Briefing Half Distance and Olympic Plus - English and Spanish

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16:00 Briefing Half Distance and Olympic Plus - Portuguese

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17:00 - 21:00 Check In (Transition Area) - Half and Olympic Races

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# SCHEDULE

SUNDAY, 25<sup>th</sup> SEPTEMBER

07:00 - 17:00	Expo Race
05:00 - 07:10	Transition Area Opens for helmet placement and last adjustments
07:00 - 07:20	Swim warm-up
07:30	Athlete Line Up
07:40	Olympic Plus Race Start
07:42	EVERIS Corporate Division Race Start
08:00	<b>HALF DISTANCE TRIATHLON Race Start</b>
09:00	CUT-OFF TIME for Swim Course
11:30	CUT-OFF TIME for the start of the last Bike lap
13:00	Presentation Ceremony for podium finishers
15:30	CUT-OFF TIME to finish the race
16:00	Awards Ceremony and Music Concert to close the Event



# RACES



**SWIM**



**BIKE**



**RUN**

HALF DISTANCE	1.9 Km	90 Km	21.1 Km
OLYMPIC PLUS	1.1 Km	50Km	10.5 Km
ActivoBank TRIATHLON	750 m	20 Km	5 Km
OPEN AQUATHLON	300 m	-	2 Km



## EVERIS CORPORATE DIVISION

Relay Race for Company teams, held over the same swim, cycle and run distances as the Olympic Plus category.

### RELAY RACES

Available for the Half Distance Race and the Olympic Plus Race, for groups of two or three individuals who wish to split the disciplines between themselves and finish as a team.

### KIDS AQUATHLON

Four Age Groups, each competing over set distances.



# COURSES



## SWIM COURSE

**Half Distance**

1 Lap - 1.9 km

**Olympic Plus**

1 Lap - 1.1 km

Time Limit: 9:00



## BIKE COURSE

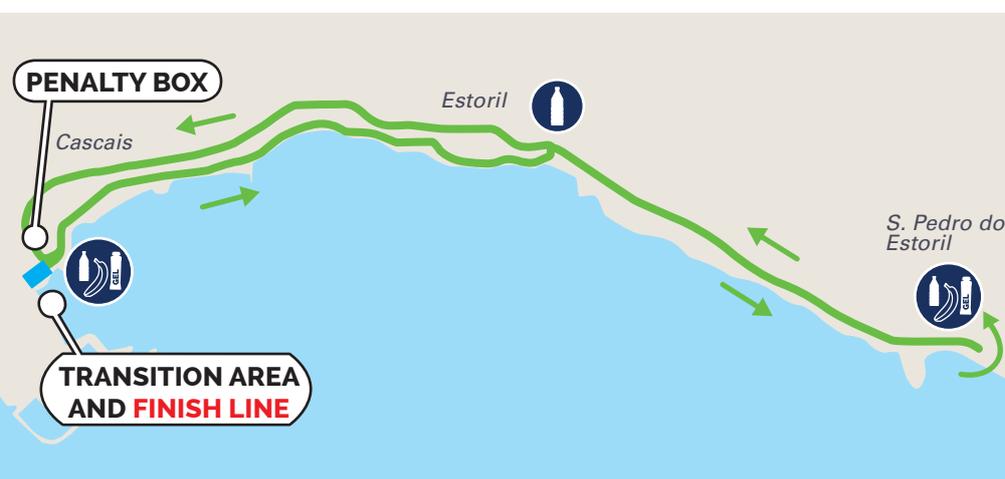
**Half Distance**

3 Laps - 90 km

**Olympic Plus**

2 Lap - 50 km

Time Limit: 11:30 (to enter into the final lap)



## RUN COURSE

**Half Distance**

2 Laps - 21 km

**Olympic Plus**

1 Lap - 10.5 km

Finish Time Limit: 15:30

# COURSES



## SWIM COURSE

**ActivoBank Triathlon**  
750m

**KIDS and Open Aquathlon**

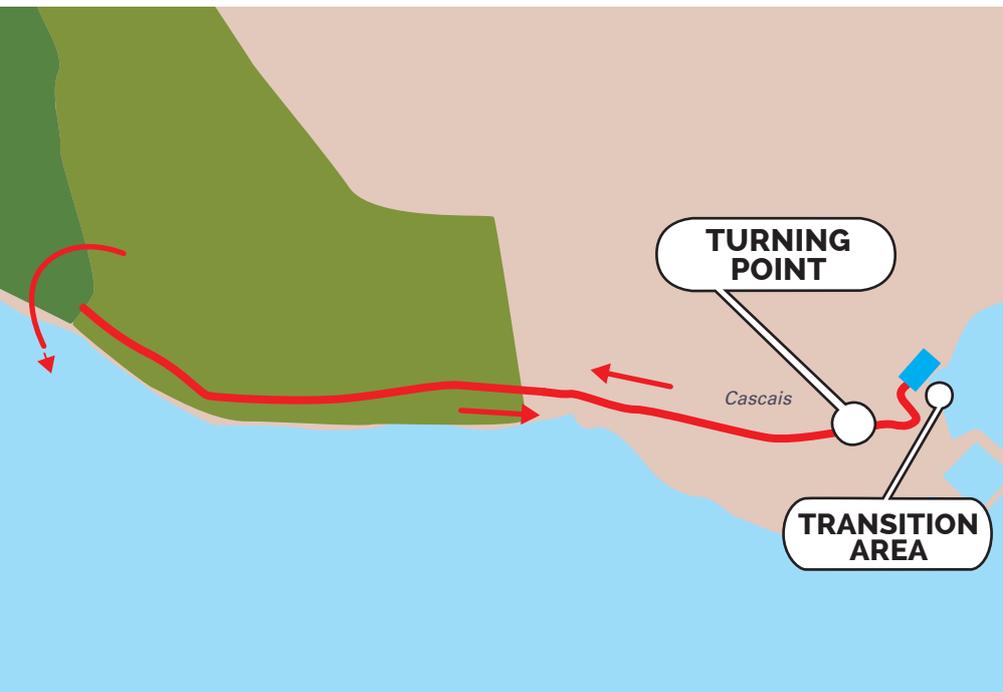
7-9 years: 50m

10-11 years: 100m

12-13 years: 200m

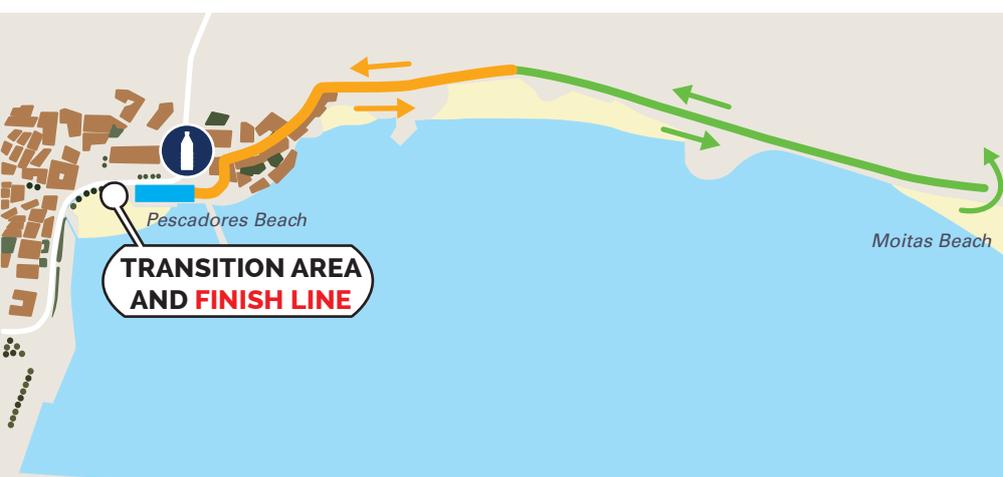
14-15 years: 300m

Open Aquathlon: 300m



## BIKE COURSE

**ActivoBank Triathlon**  
2 Laps - 20 km



## RUN COURSE

**ActivoBank Triathlon**  
2 Laps - 5 km

**KIDS and Open Aquathlon**

7-9 years: 400m

10-11 years: 800m

12-13 years: 1000m

14-15 years: 2000m

Open Aquathlon: 2000m

# RACE VENUE



- 1 Race Office
- 2 Race Expo
- 3 Transition
- 4 Finish Line
- 5 Recovery

# CASCAIS

## ONE PLACE, A THOUSAND SENSATIONS

Cascais is located in one of the most beautiful areas of Portugal, between the sea and the Sintra hills. It was a fishing village and one of the residences of choice of the Portuguese monarchy for most of the 650 plus years of its existence.

Cascais' proximity to the sea and its sheltered bay provides a marvellous opportunity for the safe practice of multiple watersports.

Situated as it is in the midst of palaces and fortresses that are full of history; beaches, museums and fine restaurants; a competition of this nature is a strong reason to take a family holiday.

## WHAT TO DO

Vistors to Cascais have myriad activities available to them. Please check our web-site for details of what to do, within "Visiting Cascais" menu.

Walk Hike Portugal (WHP) is amongst the event partners that we have procured in order to prove unique moments for our athletes.

WHP Programme:

The Route of Romanticism -  
*19th and 26th September*

Where The Land ends and The Sea  
Begins - *20th and 27th September*

The Unexpected Gardens -  
*23rd September*

[info@portugalwalkhike.com](mailto:info@portugalwalkhike.com)

+351 919 241 094



## HOW TO GET HERE

Cascais is very easy to access from Lisbon, either via the A5 motorway (approx. 27km) or via the coastal EN6 (the so-called Avenida Marginal).

If you prefer, you can take a train from Cais do Sodré station in Lisbon to Cascais. The train runs right next to the sea and the trip duration is about 35 minutes. The race location is about 300m from the train station in Cascais.



# BEFORE THE RACE

## REGISTRATION

All competitors must present themselves to the Race Office prior to the competition, for accreditation and receipt of both race and Cascais related equipment and information.



*The address:  
Hotel Baía  
Av. Marginal,  
2754-509 Cascais*

## BRIEFING

We advise all Half Distance and Olympic Plus athletes to attend the Race Briefing. Two versions of the race briefing will take place on Saturday:

15:00 – In English and in Spanish

16:00 – In Portuguese

This is where you will be able to clear up any doubts that you might have about the courses, the rules, the time limits or any other race related information. Representatives from the race organisation and Technical officials shall be present.

*The address:  
Auditorium Paula Rego  
Avenida da República, 300  
2750-475 Cascais*



## CHECK IN

**All athletes have to place their bikes in the Transition Area on Saturday.** On Check-In, the race referees will check your bib, swim cap and your bike.

You will be allowed to enter the Transition Area on Sunday for the purposes of leaving your remaining equipment (e.g. your running and cycling shoes plus your helmet) and other last minute adjustments to your race preparation.

## BIKE MECHANIC SERVICE

BikeFix is the official Cascais Triathlon mechanic, and it will provide a service point for all athletes, from Thursday to Sunday, at the race Venue.



# RACE EQUIPMENT

At the Race Office you will receive your Race Equipment. We advise you to carry the organiser email that confirms your registration.

## BIBS

For use on the bike course at the back of your torso, and to use on the front of your torso during the run course.



Optional during the swim course

Bib Belt - Elastic not included. You can purchase it at Aqualoja, in Race Expo.

## STICKERS

The A4 sheet that you shall be supplied with shall contain several identification (ID) stickers:

- Bike ID: To use under your saddle
- Helmet ID: Three stickers (one each for the front and each side of your helmet)
- Bag ID: To identify those of your bags that you choose to leave at Bag Drop Station

## SWIM CAP

You have to use the official race swim cap during the Swim Course.



## BRACELET

Your Accreditation Bracelet will grant you access to all of the Athlete Areas, as well as special discounts at our partner restaurants and services (as displayed on the website of the Cascais Triathlon)

## BAGS

You should use this bag to drop the items you wish for us to keep for you at the Bag Drop Station. Don't forget to put an ID tag on it.

All bags will be transferred to the Race Office as this will function as a BAG ROOM during the race

## RACE SHIRT

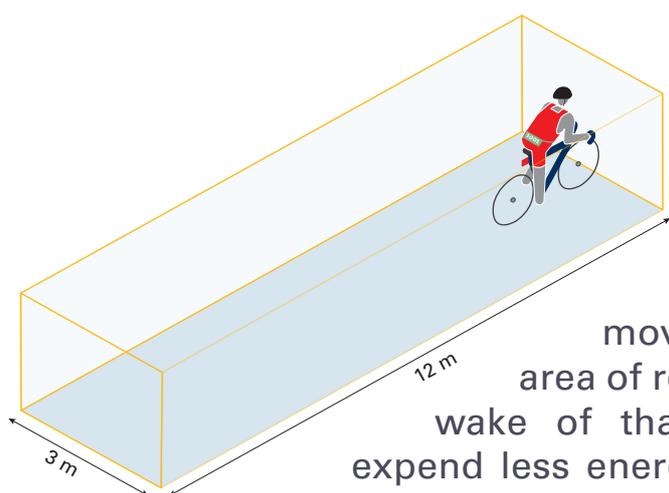
Technical T-shirt for Half Distance, Olympic Plus and Everis Corporate Division competitors.



# DRAFTING

## The most important Rule!

The Half Distance and Olympic Plus are NON DRAFTING events. This means that Drafting is forbidden, unethical and strongly penalized.



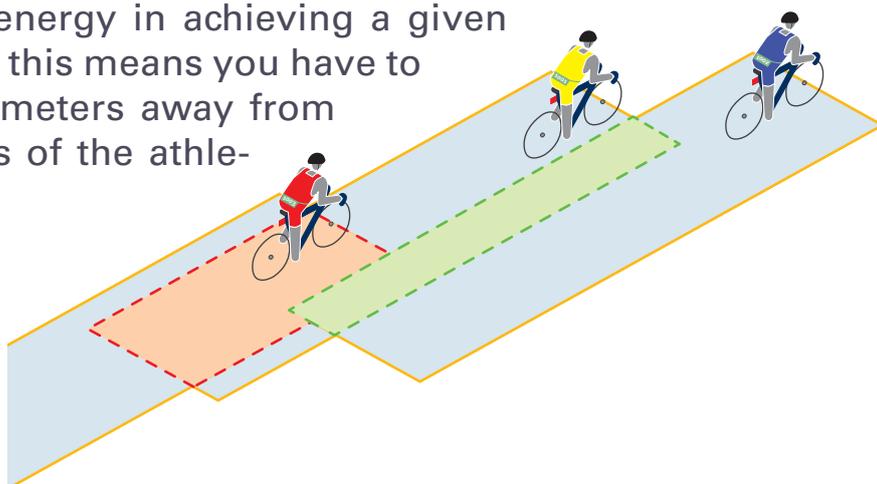
What is Drafting? Drafting is the act of moving behind another athlete(s) in an area of reduced air pressure created in the wake of that/those athletes- so as to expend less energy in achieving a given speed. In Triathlon this means you have to

keep a distance of 12 meters away from and 1,5 meters to the sides of the athlete(s) in front of you.

E.g.

Here the Yellow athlete is **Ok**, and overtaking the blue athlete without entering his zone.

The Red athlete is **DRAFTING** the yellow athlete.



## PENALTIES

If you Draft, the race referee will penalize you.

You will receive a 5 minute penalty for each draft related foul. On the third such foul, you will be disqualified.

## LEGAL DRAFTING

An athlete can enter another athlete zone:

1. When overtaking, having 30 seconds from entry to exit said zone;
2. 100m from and after an aid station
3. For safety reasons (e.g. dangerous curves and steep hills)

# AID STATION

ZIPVIT is the official supplier of Cascais Triathlon Aid Stations. Find here what you will have on each course:



GARRAFA ÁGUA  
\WATER



ISOTÓNICO  
\ISO DRINK



GEL ENERGÉTICO  
\GEL



BARRA ENERGÉTICA  
\ENERGY BAR



GARRAFA ÁGUA  
\WATER



GEL ENERGÉTICO  
\GEL



FRUTA  
\FRUIT

**zipvite**  
sport.com

**FAZLETRA**  
COMUNICAÇÃO E DESIGN

## LITTERING ZONE

To protect the beautiful environment in which our event is situated, we kindly ask all competitors to respect the Littering Zone.

The Littering Zone is a well- defined area before and after the Aid Station Area where athletes may throw away their rubbish (e.g. energy-bar wrappers, gel tubes, banana peels and used bottles).

Any athlete caught throwing away rubbish during any other section of the bike course will be disqualified.

Help us preserve our National Park.



# RELAY TEAMS

If you wish to share your race with friends or colleagues, you can participate as part of a Relay Team in the Half Distance and the Olympic Plus races.

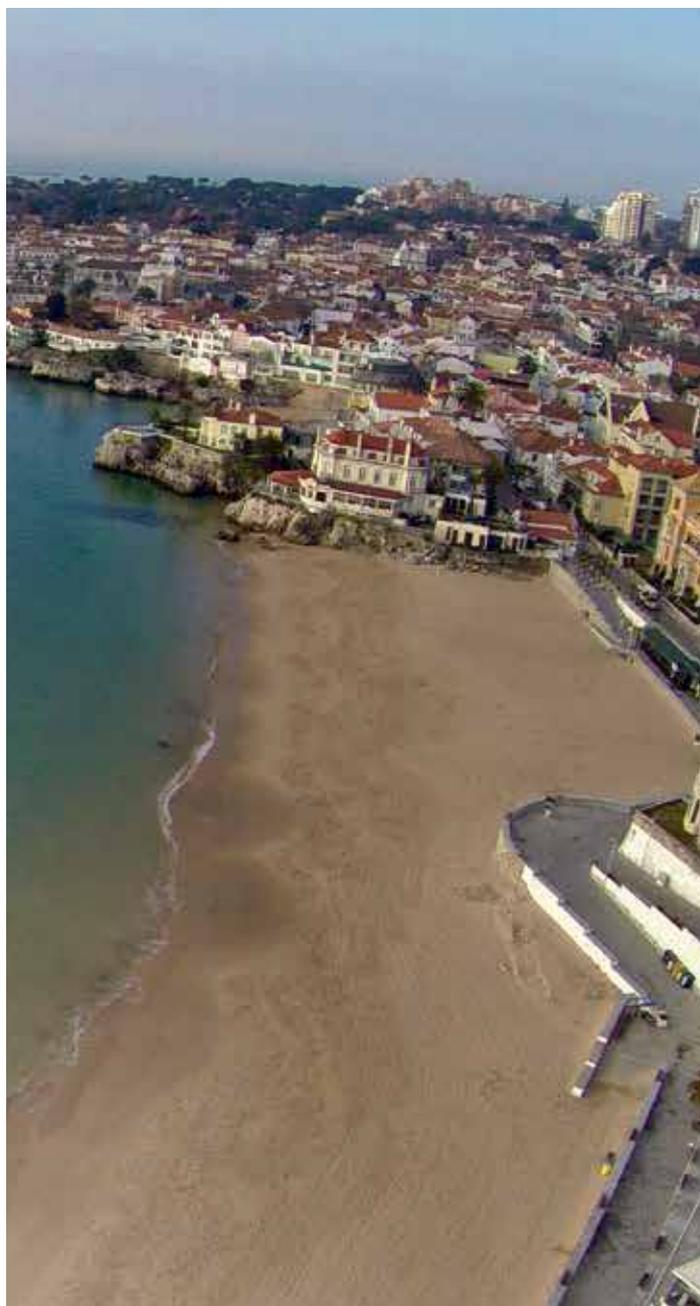
A relay team comprises two or three athletes, regardless of gender. Each athlete will do their discipline(s) of choice (i.e. one or two of the swim, bike or run course).

The total race completion time shall be counted from the start of the first team member to the arrival of the last team member at the race finish. Relay timing is continuous and is not interrupted for team member exchange.

## RELAY EXCHANGE

The relay exchange from one team member to another will take place inside the exchange zone, at the Transition Area. There will be two exchange zones: one for the swim-bike transition at the entrance of Transition Area, and another at the exit, for the bike-run transition.

To do this exchange, you have to deliver the timing chip to your teammate.



# SAFETY

## EMERGENCY CONTACTS

**112**

### EUROPEAN EMERGENCY NUMBER

At the race day, you can also contact

Femédica - +351 968 882 301

PSP (Police Force) - +351 214 814 060

Nearby Hospitals:

ALCABIDECHE +351 214 653 000

CUF +351 211 141 400

Cascais Triathlon will have an Medical Tent near the finish line and several mobile aid stations to assist athletes in any emergency.

IF YOU HAVE ANY EMERGENCY DURING THE RACE, PLEASE CALL FOR A VOLUNTEER They will be wearing a yellow t-shirts like this



# AFTER THE RACE

## RECOVERY AREA

Presented by



After the finish line you can enjoy some Pizzas as well as the usual recovery drinks, fruit and massages.

## CHECK OUT

You can only take your bike and equipment from the Transition Area when the race technical officials allow you to do so. This will happen just after the last participant starts the run course.

The Check Out will be open until 15 minutes after the last athlete finishes the competition. After this time, the race organisation will no longer be responsible for the equipment that is left in Transition Area.

Don't forget to pick up your personal Bags at the ATHLETES CLOSET!

## FLOWER AND AWARDS CEREMONY

There will be a podium ceremony, for each sex, just after the first athlete finishes each race.

The Awards Ceremony for all the age group winners will take place at the start of the Race Finishing Party. Said party will be located near the race Finish Line, at Cascais Bay

## FINAL PARTY

Between the arrival of the last race finisher and the Medal Ceremony, we'll have the Portuguese Rock Band "Capitão Capitão" giving us a great show! Don't leave the venue - come rock with us.



# SPECIAL THANKS

To the Cascais Port Authority, and to the police (PSP and GNR) for the great role that they have played in this event.

To the Fishermen of Cascais.

To all the restaurants and Hotels that are situated along the Paredão, Guincho and Malveira roads.

To the residents of Cascais.

What great volunteers and Staff... One of a kind!

And of course, to all our race Partners for their help in making the dream come true.

