

Triathlon Regulation for Ledroman 2015 – Valle di Ledro

Triathlon information:

Edition 2015, 2° Triathlon LEDROMAN.

The 2° edition of Ledroman takes place on Sunday **12 July 2015** in Pieve di Ledro (Tn). It starts at 2 p.m from the sport field close to Lake Ledro and finishes in the same place.

The competition is a triathlon sprint: 750 m swim, 20 Km bike, 5 Km run. During the cycling leg, the road is closed to the traffic. Beside the individual race, also relay teams of 2 or 3 athletes can participate.

Organization:

ASD TRILEDROENERGY Piazza Europa n. 5 , 38067 Ledro (Tn)

For information: info@triledroenergy.com

Participation:

Athletes of both sexes from the category YOUTH B, members of their national triathlon federation, can participate. All the athletes must have the membership card of their Federation.

The minimum age to participate is 18 years old.

Registrations close as soon as the we reach the maximum number of 500 athletes.

The results will be divided as follow:

- athletes;
- daily athletes (only Italian athletes);
- relays;

Registrations:

You can register on the website www.triledroenergy.com . Follow the instructions and fill in with these data:

- personal data;
- federation membership card number and federation permission;
- € 35,00 registration fee for each athlete (until the maximum capacity is reached)
- € 30,00 registration fee for each athlete of relays

-€ 8,00 Youth B

-€ 15,00 Junior

Race Packet:

The race packet, containing race number, bicycle number, swim cap and time recording chip, can be picked up:

- Saturday 11 July from 5:30 p.m. to 8 p.m.;

- Sunday 12 July from 8 a.m. to 13 a.m.;

in the race office located on the first floor of the building between Hotel Lido and Hotel Da Franco e Adriana along the lake side, 100 m from the transition area. Race packet can be picked up once registration has been confirmed.

Only when time recording chip is given back, the athlete can pick up his/her bicycle.

In the race packet is included a gadget and a meal ticket for a pizza/first course, drink and espresso, which can be used in a nearby restaurant.

Relatives and friends can enjoy a meal voucher in the same restaurant. Please, ask for it in the race office.

Course and rules of the single distances:

Swim

750 m swim is triangle course starting from the lakeside in Pieve at 2 p.m. and arriving at the same point. From the lake to the transition area the athlete must cover about 100 m following the dedicated carpet.

The use of wetsuit is allowed only if the water temperature, measured by the jury at 11:30 a.m., is below 22°.

The cut off time is 40 minutes.

Bike

It is compulsory to use a hard-shell helmet, otherwise the athlete will be disqualified.

In the transition area the bike may be only pushed. Therefore, the athlete is allowed to ride the bike only after leaving the transition area, where the carpet finishes and starts the asphalt.

At the end of the bike course the athletes can get off the bike, where the carpet leading to the transition area starts.

It is mandatory to wear the helmet at all times on the bike course. The chin strap must be closed, immediately after picking up the bike in the transition area and until the bike is dropped back in the transition area, after the bike split.

The course is a lap of 10 Km, which must be biked twice. The bike course is CLOSED TO THE TRAFFIC; road crosses are guarded, but we advise the athletes to pay attention and to be prudent, especially on the way down.

For organization matter, the cut off time for the swim and bike courses is 2 hours.

Athletes must wear the race number on the back during the bike split, otherwise the athlete will be disqualified.

Considering the course, drafting is allowed.

Bullhorn handlebars are not allowed. Athletes can use only traditional or normal road bike handlebars.

Run

The running split is a course of 5 Km. For any reason, athletes can be helped or supported, be preceded or followed by car, motorbike, bike or on foot, otherwise the athlete will be disqualified.

Refreshment area

There is a refreshment area at the arrival, close to the transition area.

Transition area

The transition area is inside the sport field in Pieve. It will be closed at 12:30 p.m. of the triathlon day.

Prizes

There are prize money, technical equipment and local products.

The first 6 men and the first 6 women will divide the prize money of € 2500,00.

Prizes in local products and technical equipment for the first 3 athletes of each category and the first 3 relays. Prizes for the man (1.03:38) and woman (1.12:32) if the record of the first edition is broken.

Price givin ceremony is at 4 p.m.