



STEIRAMAN

RACEBOOK

2023



ENGLISH

STYRIAN X-TREME TRIATHLON

Steiraman - Styrian X-treme Triathlon

Racebook 2023

Version 1, 01.11.2022 Racebook

We, the company EvenDZ, are highly motivated and passionate to organize unique sporting events such as the Steiraman - Styrian X-treme Triathlon.

Triathlon is much more than swimming, cycling and running or even the pure hunt for new best times! Triathlon is the perfect mix of emotion, passion and adventure. That's the Steiraman!

This racebook gives a preliminary information about the Steiraman - Styrian X-treme Triathlon. We therefore ask you to read the Racebook carefully. In addition to the Racebook, the sports regulations of the ÖTRV apply. If you have any questions, please contact us at office@evendz.at.

Content changes reserved.

Organizer

EvenDZ Sporteventagentur
Teuffenbachstraße 41
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Austria
+43 (0) 664 / 63 26 430
office@evendz.at
www.evendz.at

Date

Sunday, 13.08.2023

Registration

<http://www.pentek-timing.at>

Registration opens on 11/11/2022 at 8:00 a.m.

Online registration takes place via www.pentek-payment.at – in a service provided by PENTEK timing GmbH. The billing is made in the name and on account of the organizer. The contract shall be concluded directly between the participant and the organiser. PENTEK timing acts here only as an intermediary and technical service provider.

Timetable (changes are possible)

Saturday, 12.08.2023 (EventArea Schmelz Hütte)

| | | |
|-----------------|---|---------|
| 14:00-17:00 Uhr | Starting number and Interchangeable bag release | Schmelz |
| 14:00-17:00 Uhr | Set up transition zone bike/run | Schmelz |

Sunday, 13.08.2022

| | | |
|------------------|---|--------------|
| 07:00-08:00 a.m. | Starting number and Interchangeable bag release | Grüne Lagune |
| 07:00-08:30 a.m. | Set up transition zone swim/bike | Grüne Lagune |
| 09:00 a.m. | Start Steiraman 2023 | |
| 11:30 a.m. | First Finisher | Schmelz |
| 12:30 p.m. | Target circuit bike | |
| 03:30 p.m. | Target circuit run | |
| 03:30 p.m. | Award ceremony | |
| 04:00 p.m. | Last Check out transition zone bike/run | Schmelz |

Starting place contingent

175 starting places

The starting places are allocated according to the principle "First Come - First Serve"! When the participant quota is reached, the registration is automatically closed. There is no waiting list.

Any starting places still available after 06.08.2023 will be allocated at the discretion of the organiser. In addition, the organizer has the right to refuse participants. It is not possible to transfer the starting place to another athlete.

Conditions of participation and reglement

In addition to the racebook, the sports regulations of the ÖTRV and (if necessary at this time) the Covid-19 prevention concept applies.

Participation in the Steiraman 2023 is possible from the age of 18.

The Steiraman presents an extreme challenge to body and mind. Each participant is responsible for starting only in optimal health and appropriate training condition. The organiser recommends that you undergo an appropriate sports medical examination before starting.

With the Steiraman there are no fixed-positioned referees along the route. The control of the participant field is carried out on the mobile.

The organizer appeals to its participants to have a fair, responsible and reasonable attitude towards the other athletes. In the event of an emergency, each participant is obliged to help the athlete concerned.

In case of occurrence of force majeure, the organizer has the right to change the route or, if necessary, to cancel the event.

No liability is assumed by the organiser for accident, damage or theft.

If there are any discrepancies between the different language versions of the racebooks, the version in the language German has the decisive validity.

Each participant must sign a disclaimer during the collection of the race number.

The participant agrees that the photos, film recordings and interviews taken in connection with his participation in the event may be distributed and published without restriction in terms of time, space, material and content.

Entry fee

The nominal fee for the **Steiraman Styrian X-treme Triathlon 2023** is divided into four stages:

| | Speed | Single | Relay |
|------------------------------|--------------|---------------|--------------|
| 11.11.2022 until 31.12.2022 | € 119,00 | € 139,00 | € 179,00 |
| 01.01.2023 until 30.04.2023 | € 129,00 | € 149,00 | € 189,00 |
| 01.05.2023 until 16.07.2023 | € 139,00 | € 159,00 | € 199,00 |
| 17.07.2023 until 06.08.2023* | € 139,00 | € 159,00 | € 199,00 |

*without finisher present

The ÖTRV collects a daily license iHv € 10,00 for individual starters in the course of the start number collection. (License level change possible)

If a valid Austrian annual license is presented, the daily license is no longer applicable.

A refund of a nominal fee already paid is not possible. It is recommended to take out the nominal money insurance in the course of the registration via Pentek-Timing.

If the event is cancelled in 2023 due to official measures within the framework of the Covid-19 Prevention, all athletes registered for STEIRAMAN 2023 have two options – either transfer the starting place to 2024 or nominal money minus € 49,- processing fee.

Services of organizer

- Competition organisation
- Route marking and protection
- Starting documents (start number, clothes bag, adhesive set for helmet, wheel and clothes bag, athlete's bracelet)
- Swimming cap
- Startstickerl with goodies from our sponsors

- Professional timekeeping
- Photo service incl. free download of a branded memory photo
- Original Steiraman Finisher Present
- Steiraman Finisher Medal
- Competition catering (labe stations in change zone 2 and in the finish)

Competition meeting

All participants will be provided with all information of the competition meeting by e-mail on raceweek. Within the scope of this e-mail (if necessary at this time) a separate Covid-19 info sheet will also be sent.

Furthermore, the corresponding e-mail transmits the declaration of consent with regard to Covid-19 guidelines of the ÖTRV (if necessary at this time) as well as a form concerning the knowledge of all the contents submitted in the "online" competition meeting and corresponding disclaimer.

The routs

Swim (1 km)

Swimming is in the Green Lagoon in the municipality of St. Margarethen near Knittelfeld. The water quality is classification 1.

The start of the swim takes place as a **mass start**.

Cut-off time at the swimming competition is after 30min. after the respective start. All those who have not finished the swimming competition by this time must be withdrawn from the race without exception for organisational reasons.

If the race is not finished by the participant, the next track post must be informed immediately (or by telephone at **+43 664 63 26 430**).

During the swimming competition, the swimming caps issued by the organiser must be worn. The use of fins, paddles and swimming aids of all kinds is prohibited.

The wearing of wetsuits is allowed.

For participants who fall off the prescribed route, no adjustments to the results will be made, regardless of the reason.

Bike (38 km)

The cycling competition leads from the Green Lagoon via Apfelberg, Großlobming and Weißkirchen towards Judenburg.

From Judenburg we finally head towards Tüpl Seetaler Alpe. On "the enamel" is the second change zone.

If the participant is on the bike, the helmet must be securely on his head at all times with the chin strap closed, i.e. from the time the participant lifts his/her bike from the bike stand at the start of the race until the participant places his/her bike back in the bike rack at the end of the bike competition.

The bike path is not closed! On the entire cycle route, the Austrian Road Traffic Code - <https://www.bmvit.gv.at/verkehr/strasse/recht/stvo/index.html> !

Dangers will be on public roads. Each participant is responsible for compliance with the legislation. The organiser expressly points out that there is road damage along the route. Please be careful and suitably adapted driving style.

Attention to home entrances and exits. If it is required by traffic lights or traffic signs, participants in the cycling competition must come to a complete standstill.

Items such as water bottles, gel and bar packaging, defective bicycle parts and clothing may only be disposed of in the disposable zones provided for this purpose. Throwing away items outside the disposable zones is prohibited.

Cut-off time at the cycling competition is at 12:30 p.m. - all those who have not finished the cycling competition by then must be taken out of the race without exception for organizational reasons.

If the race is not finished by the participant, the next track post must be informed immediately (or by telephone at +43 664 63 26 430).

All electric drives or supports on competition wheels are prohibited and lead to disqualification immediately. Windshade driving is prohibited.

Trail run CLASSIC Competition (12,9 km)

The Bike/Run transition area is located on the "Schmelz".

From there it goes via the "Sterngassl" to the Winterleiten hut. It continues over the large Winterleiten lake up to the "Schreibersteig" (caution - there are several dangerous passages that require the runners to be particularly careful)! The route then leads via the radar station to the Kreiskogel and from there back via the Winterleiten Hütte to the finish in the EventArea at the Schmelz Hütte.

The finish line closes at 3:30 p.m. All those who do not reach the finish line by this time must be taken out of the race for organizational reasons. If the participant gives up the race, the next marshal must be informed immediately (or by telephone on +43 664 63 26 430). The use of sticks is permitted. During the entire competition, the instructions of the race management, the marshals and the stewards must be followed.

Headphones and headsets are not allowed to be worn throughout the race. The organizer recommends carrying a hydration pack and warm clothing. The running route leads through alpine terrain.

Items such as water bottles, gel and bar packs, and clothing items may only be disposed of in designated disposal zones. Throwing away items outside of the throw away zones is prohibited and will result in immediate disqualification.

Trail run SPEED Competition (10,9 km)

The Bike/Run transition area is located on the "Schmelz".

From there, the running route leads up to the summit cross on the "Hohen Ranach". The route is 10.4 km long and has an altitude difference of 670 m. The running route is technically not very demanding uphill and downhill. The finish is in the EventArea at the Schmelz Hütte.

The finish line closes at 3:30 p.m. All those who do not reach the finish line by this time must be taken out of the race for organizational reasons. If the participant gives up the race, the next marshal must be informed immediately (or by telephone on +43 664 63 26 430). The use of sticks is permitted. During the entire competition, the instructions of the race management, the marshals and the stewards must be followed.

Headphones and headsets are not allowed to be worn throughout the race. The organizer recommends carrying a hydration pack and warm clothing. The running route leads through alpine terrain.

Items such as water bottles, gel and bar packs, and clothing items may only be disposed of in designated disposal zones. Throwing away items outside of the throw away zones is prohibited and will result in immediate disqualification.

Support

Along the bike route, the support of the athletes is limited.

It is strictly forbidden to drive by car or other motorized means of transport directly in front of or behind an athlete or athlete. Any traffic obstruction or obstruction of other athletes must be omitted.

Along the route there are ample parking and stopping facilities. The Austrian Highway Code applies along the entire route.

Support is allowed on the running track, but the accompanying of the athletes is not allowed.

Medical care

The Medical Care Team is authorized at any time to exclude an athlete from continuing the race for medical reasons. Continuation of the race at the athlete's own responsibility is prohibited.

Rules of conduct in the transition zones

The equipment of each participant must be positioned in the interchangeable bags at the appropriately marked position. Setting up the bike/run change zone is done for the athlete. In the case of the start number issue, exchange bags with the start number are issued, which are placed accordingly on the day of the competition by employees of the organizer. As a result, there is no contact between the athletes when setting up this bike/run change zone within the framework of Covid-19 prevention (if necessary at this time). The swim/bike change zone can be set up on the day of the competition from 07:00 to 08:30. Athletes are asked to leave the change zone as soon as possible after setting up (maximum stay 10 minutes). Warming up in the change zone is not allowed.

Other participants may not be hindered in any way in the change zones.

The entry and exit of the change zone is clearly indicated by visible markings. Climbing the wheels in front of the visible marking is prohibited. Descent after the visible marking is prohibited.

In the change zone, the recommended minimum distance in the context of Covid-19 prevention (if necessary at this time) must always be taken into account.

The organizer assumes no liability for items that are delivered in the change zone.

Rules of conduct in the target area

Each participant should enjoy the finish at the STEIRAMAN to the fullest. The necessary specifications and any necessary restrictions will be transmitted during the online participant meeting.

Presentation ceremony and After Race

The organisation of the award ceremony and any after-race activities depends on the current situation at the time of the event. The organiser will decide in a timely manner, taking into account all the conditions in force at that time, the form in which the award ceremony and any after-race activities will be held.

Rating classes

The Steiraman 2023 has the following rating classes.

Steiraman AK1 years 1994 to 2005 male/female

Steiraman AK2 years 1984 to 1993 male/female

Steiraman AK3 years 1974 to 1983 male/female

Steiraman AK4 years 1964 to 1973 male/female

Steiraman AK5 years 1963 and older male/female

Steiraman Relay male/female/mixed

Prize money

No prize money will be paid out

Steiraman Staffel Race

A squadron consists of two or three people.

Each relay participant needs his own timekeeping chip, the change takes place in a marked area in the area of the transition zone.

Arrival and accommodation

Accommodation, meals, arrivalands must be organised and financially supported by each participant.

For more information, see www.steiraman.at.

Clean Sport

By participating, the athlete undertakes to comply with the anti-doping regulations of the Anti-Doping Federal Act 2007 as well as the relevant regulations of the competent national and international sports federation (in s. statutes, sports regulations, competition regulations).

Athletes are persons who are members or licensees of a sports organization or its affiliated organizations or who were at the time of a potential violation of anti-doping regulations, or who participate in competitions organised by or sponsored by a sports organization or an organization associated with it or who are funded by federal sports funding.

The organisers and organisers strongly oppose doping. As a participant, you represent that you have not taken or will not take any prohibited substances or methods for doping purposes. Information about whether a drug or a treatment method is prohibited can be found here:

<https://www.nada.at/de/medizin/medikamentenabfrage>

This service of the National Anti-Doping Agency (NADA Austria) is also available as "MedApp" for Android and IOS.

If the participating athlete has taken prohibited substances or used prohibited methods after medical or dental diagnosis, it is strongly recommended to keep all medical certificates as well as findings for any retroactive medical exemption. More

detailed information can be found here:
<https://www.nada.at/de/medizin/krankheit-oder-verletzung>

emotion - passion - adventure



An event of EvenDZ Sporteventagentur

