

COMPETITOR'S GUIDE



CZECH REPUBLIC

powered by

Jeep

XTERRA CZECH 2019 – MISTROVSTVÍ EVROPY V TRIATLONU

VÝZVA V SRDCI ŠUMAVY 2. - 4. 8. 2019 - PRACHATICE, JIŽNÍ ČECHY

500 nejlepších světových triatlonistů

•
Největší světové hvězdy XTERRA

•
Tisíce fanoušků podél tratí

•
Desítky atrakcí pro děti i dospělé

•
Hudební festival v centru renesančního města

•
Přímý přenos České televize

•
Průběh závodu živě na velkoplošné obrazovce na náměstí

Orientační program:

Pátek 2.8.

16:30 - Dětský duatlon v centru Prachatic

18:00 - Herbi's Trail Run - benefiční 5km běh

18:30 - The Atavists - živá hudba

20:15 - Lucky Brew - živá hudba

Sobota 3.8.

09:00 - Zahájení programu (Velké náměstí Prachatic)

10:00 - Start XTERRA SPRINT-HOBBY triatlonu

(Křišťanovice)

12:00 - Start XTERRA CZECH 2019 (Křišťanovice)

13:45 - První závodník v depu (Prachatic)

14:30 - Doběh prvních do cíle (Prachatic)

19:00 - vyhlášení vítězů

20:00 - Emma Smetana Live

Neděle 4.8.

10:00 - XTERRA VIP SHORTTRACK - exhibiční závod

(Křišťanovice)

12:00 - XTERRA SHORTTRACK PRO WOMEN (Křišťanovice)

14:00 - XTERRA SHORTTRACK PRO MEN (Křišťanovice)

15:00 - Živá hudba, afterparty

Jeep

ČESKÁ OOO

Jižní Čechy

PIVOVAR PRACHATICE

HOCH

INTRO

SCOTT

PRAMEN

Česká zdravotní univerzita

DAKINE

SQUAT

KÚTASERVIS

KÚTATOGISTIE

ZXU

ENDORPHIN REPUBLIC

kalar

CSOB Půjčovna

INCOO

NEBE SKY

ČITEL

ŠUMAVSKO

MATCH

Poděkování: Technické služby Prachatic, KIS Prachatic, Sportovní zařízení města Prachatic, Městská policie Prachatic, HZS Prachatic, Město Volary, Obec Záblatí, Obec Zbytiny, Obec Lažiště, Bouda U Josefa a Adélky, SDH Zbytiny, SDH Záblatí, Armáda České republiky.

Více informací a detailní program najdete na WWW.XTERRA.CZ

DEAR ATHLETES

WE ARE VERY HAPPY THAT YOU HAVE CHOSEN OUR RACE AND THAT YOU HAVE COME TO THE CZECH REPUBLIC FOR THIS YEAR'S XTERRA EUROPEAN CHAMPIONSHIP. SINCE 2002 WE HAVE BEEN DOING OUR BEST TO MAKE OUR RACES BETTER AND BETTER AND TO BRING YOU NEW EXPERIENCES.

THIS YEAR'S RACE IS THE 17TH RACE WE HAVE MADE AND WILL BE EXCEPTIONAL IN MANY THINGS. THERE WILL BE MORE THAN 500 COMPETITORS IN THE MAIN RACE, THERE WILL BE A LIVE STREAM PRODUCED BY THE CZECH NATIONAL TV AND THERE WILL BE AN EXTRAORDINARY COMPETITION AMONG THE ELITE CATHEGORY.

THIS DOCUMENT DOES NOT CONTAIN GENERAL RULES OR INSTRUCTIONS. WE ONLY FELT THAT CERTAIN INFORMATION SHOULD BE EMPHASIZED SO HERE YOU ARE 😊

WE ARE LOOKING FORWARD TO SEEING ALL OF YOU
MICHAL JR. AND MICHAL SR.



GETTING TO PRACHATICE

BY CAR

PRACHATICE IS A SMALL TOWN IN THE SOUTH OF THE CZECH REPUBLIC. WE SUGGEST TAKE THE ROUTE FROM PRAGUE TO VODŇANY AND BAVOROV. ANOTHER ROUTE IS FROM PRAGUE TO ČESKÉ BUDĚJOVICE. FOR ATHLETES COMING FROM GERMANY OR AUSTRIA THE BEST BORDER CROSSINGS ARE STRÁŽNÝ AND DOLNÍ DVOŘIŠTĚ.

BY TRAIN

THERE IS A LOCAL TRAIN STATION IN PRACHATICE HOWEVER TRAINS ARE NOT THE BEST OPTION HERE SINCE YOU WOULD HAVE TO CHANGE THE TRAIN A LOT.

BY PLANE

THE BEST AIRPORT TO CHOOSE FROM IS IN PRAGUE. OTHER NEARBY AIRPORTS ARE IN MUNICH, LINZ, VIENNA.

PARKING

THE OFFICIAL PARKING IN PRACHATICE IS LOCATED 500 METERS FROM THE RACE CENTER, THE PARKING WILL BE CLEARLY MARKED. THE CAPACITY IS ALMOST UNLIMITED SO THERE IS NO NEED TO PARK ANYWHERE ELSE. THERE IS ALSO POSSIBILITY TO PARK YOUR CAMPER VAN.

IN THE SWIM LOCATION WE HAVE PREPARED LARGE PARKING SPACE. LOOK FOR SIGNS AND FOLLOW OUR ORGANISERS.

THE EXACT LOCATION OF THE PARKING IS ON OUR WEBSITE.

<https://www.xterra.cz/cs/way/>

THE RACE OFFICE

ADRESS: VELKÉ NÁMĚSTÍ 3, STARÁ RADNICE, PRACHATICE, 38301

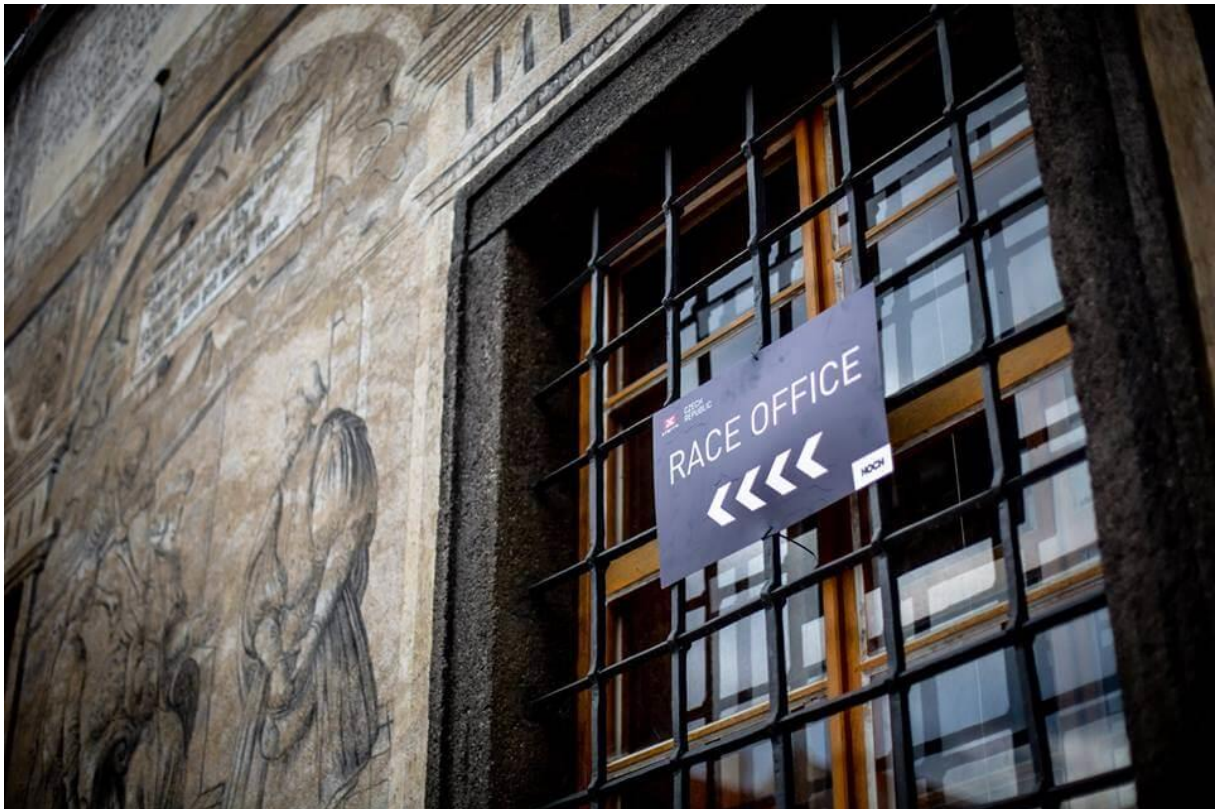
THERE WILL BE XTERRA CREW IN THE RACE OFFICE EVERYDAY FROM MONDAY 29.7. TILL THE RACE

BUSINESS HOURS: 9.00- 16.00

WE WILL BE HAPPY TO ANSWER YOUR QUESTIONS, SHOW YOU MAPS OF THE COURSE, REFILL YOUR BOTTLES OR JUST CHAT 😊

IN THIS TIME THERE ARE ALSO MEDIA ACCREDITATION .

THE PRESENTATION ONLY TAKES PLACE IN GIVEN TIMES ON FRIDAY!!



TRAINING ON THE COURSE

THE RACE COURSE GOES ON PRIVATE PROPERTIES ALSO SO THE OFFICIAL TRAINING IS ALLOWED FROM MONDAY 29.7. THE COURSE WILL BE PROPERLY MARKED ON WEDNESDAY 31.7.

COURSE MARKING

BIKE MAIN RACE- 35K- BLUE ARROW

BIKE SPRINT RACE- 12K- PINK ARROW

RUN MAIN/SPRINT/HERBI'S RUN- 5K- RED ARROW

THERE ARE NO LIMITS FOR TRAINING IN THE LAKE, YOU CAN ALSO SWIM IN THE OUTDOOR SWIMMING POOL HULAK IN PRACHATICE- THERE WILL BE A LANE RESERVED FOR XTERRA ATHLETES!

BE VERY CAREFUL DURING YOUR TRAININGS, THE ROADS ARE CLOSED FOR VEHICLES ONLY FOR THE RACE.



GETTING TO THE SWIM LOCATION

THE MAIN CENTRE OF THE RACE IS IN PRACHATICE BIG SQUARE. THERE IF THE RACE OFFICE AND ALL IMPORTANT EVENTS ARE GOING TO HAPPEN HERE. FOR INSTANCE SECOND TRANSITION AREA AND FINISH LINE ARE THERE. ALSO, THERE IS A MUSIC FESTIVAL, DINNER FOR COMPETITORS, FINAL CEREMONY, KIDS RACES AND HERBI'S TRAIL RUN.

THE SWIM TAKES PLACE IN KŘIŠŤANOVICE. IT IS 8K FAR FROM PRACHATICE. YOU CAN EASILY GET THERE BY CAR TAKING THE ROUTE 141. ALWAYS USE OFFICIAL PARKING!

YOU CAN ALSO USE YOUR BIKE. GOING ALONG YELLOW TOURIST MARKS TO LIBÍNSKÉ SEDLO, THAN YOU HAVE TO GO ON THE ROUTE 141.

IN THE DAY OF THE RACE YOU CAN TAKE OUR SHUTTLE. THE SHUTTLES ARE LEAVING EVERY HOUR AT 8.00, 9.00, 10.00 FROM MALÉ NÁMĚSTÍ. THE PLACE WILL BE ALSO MARKED. EVERY BUS TAKES ONLY 35 PEOPLE WITH BIKES. PLEASE REMEMBER THAT THE SHUTTLE IS ONLY FOR COMPETITORS WITHOUT CAR.

FOR THE SPRINT COMPETITORS IT IS IMPORTANT TO TAKE THE FIRST SHUTTLE, OTHERWISE YOU WOULDN'T MAKE IT IN TIME!

THE TRANSITION AREA AND GEAR BAGS

THERE IS A NEW SYSTEM OF TRANSITION AREAS AND GEAR BAGS THAT YOU'LL FIND IN YOUR COMPETITOR BAG.

BLACK BAG- WARM UP BAG

THIS BAG IS FOR YOUR STUFF THAT YOU'LL HAVE BEFORE THE RACE. YOU WILL HAND YOUR BLACK BAG IN THE TENT BEFORE THE RACE. THE PLACE WILL BE CLEARLY MARKED. YOU WILL FIND THE BLACK BAG AFTER THE RACE IN THE SECOND TRANSITION AREA ON YOUR BIKE.

BLUE BAG- BIKE GEAR BAG

YOU WILL PLACE THIS BAG IN THE FIRST TRANSITION AREA NEXT TO YOUR BIKE. YOU HAVE TO PUT ALL YOUR BIKE GEAR IN (EXCEPT FOR THINGS FIRMLY ATTACHED TO YOUR BIKE- SHOES, HELMET, GLOVES). AFTER THE SWIM YOU HAVE TO PUT ALL YOUR SWIM STUFF INSIDE THE BAG (WETSUIT, GOOGLES, SWIM CAP, ETC). YOU WILL FIND THE BLUE BAG ON YOUR BIKE IN THE SECOND TRANSITION AREA.

RED BAG- RUN GEAR BAG

YOU HAVE TO PREPARE YOUR RUN GEAR BAG AND PUT IT IN THE FIRST TRANSITION AREA BEFORE YOU LEAVE TO THE SWIM AREA. YOU NEED TO PUT ALL YOUR RUN GEAR INSIDE THE BAG (RUNNING SHOES, RUN RACE NUMBER, HAT, SOCKS, GLASSES, ETC) AND HANG YOUR BAG ON THE HANGER MARKED WITH YOUR RACE NUMBER. WHEN YOU FINISH THE BIKE SECTION OUR STAFF WILL TAKE YOUR BIKE AND YOU WILL TAKE YOUR RUN GEAR BAG. THERE WILL BE A TENT FOR CHANGING WHERE YOU'LL CHANGE YOUR BIKE GEAR TO RUN GEAR AND PUT YOUR BIKE GEAR INSIDE THE RED BAG. YOU WILL HAND THE RED BAG TO OUR STAFF AT THE END OF THE TRANSITION AREA. YOUR RED BAG WILL BE ON YOUR BIKE AS WELL.

FIRST TRANSITION AREA- KŘIŠŤANOVICE

THE TRANSITION AREA IS LOCATED IN THE MEADOW ABOVE THE LAKE. YOUR SPOT WILL BE MARKED WITH YOUR RACE NUMBER. BEFORE THE RACE YOU HAVE TO PUT YOUR BIKE AND BLUE BAG ON YOUR SPOT. AFTER YOU GET OUT OF THE WATER YOU WILL RUN ON THE TARMAC AND CLIMB THE STAIRS- BE VERY CAREFUL HERE! BEFORE YOU CAN EVEN TOUCH YOUR BIKE, YOUR HELMET MUST BE BUCKLED ON YOUR HEAD. YOU CAN MOUNT YOUR BIKE

AFTER YOU LEAVE THE TRANSITION AREA. THERE WILL BE REFEREES AND OUR XTERRA STAFF SUPERVISING ORDER IN THE TRANSITION AREA.

SECOND TRANSITION AREA

SECOND TRANSITION AREA IS LOCATED IN KŘIŠŤANOVA STREET APPROXIMATELY 50M FROM THE BIG SQUARE. DO NOT FORGET TO PLACE YOUR RED BAG IN THE TRANSITION AREA BEFORE YOU LEAVE TO THE SWIM START! THERE WILL BE HANGERS MARKED WITH YOUR RACE NUMBERS. AFTER YOU FINISH THE BIKE SECTION YOU WILL HAND IN YOUR BIKE TO OUR STAFF AND YOU WILL CONTINUE TO GET YOUR RED BAG. IN THE TENT YOU WILL CHANGE YOUR SHOES, ETC AND GIVE THE RED BAG TO OUR STAFF. FOR THE RUN SECTION YOU NEED TO ATTACH YOUR RACE NUMBER IN FRONT. THE TRANSITION AREA IS ONE DIRECTION ONLY, YOU WILL CONTINUE IN THE SAME DIRECTION TO GET OUTSIDE.

GETTING YOUR GEAR AFTER THE RACE

ALL THREE GEAR BAGS AND YOUR BIKE WILL BE IN THE SECOND TRANSITION AREA. AFTER THE LAST COMPETITOR FINISHES THE RACE THE STAFF WILL GIVE YOU YOUR GEAR AND BIKE. YOU NEED TO IDENTIFY YOURSELF WITH YOUR RUN RACE NUMBER.

PRESENTATION - GETTING YOUR RACE BAG

THE PRESENTATION WILL TAKE PLACE IN THE RACE OFFICE, IN THE GREAT SQUARE

DO NOT FORGET TO TAKE AT LEAST ONE ID TO IDENTIFY YOURSELF. NO TRIATHLON LICENCE IS NEEDED.

RACE BAG PICK-UP HOURS:

XTERRA ORIGINAL, SPRINT AND RELAYS:

FRIDAY 2.8. 10AM- 3PM

SATURDAY 3.8. 6:30AM- 7:30AM

XTERRA KIDS:

FRIDAY 2.8. 3:15PM- 4:15PM

XTERRA HERBI'S RUN:

FRIDAY 2.8. 3:15PM- 5:30PM

RACE BAG CONTENT

XTERRA ORIGINAL

TIME CHIP – **THE CHIP MUST NOT BE COVERED WITH WETSUIT**, BIKE RACE NUMBER, RUN RACE NUMBER, JEEP SHOE BAG, GEAR BAGS- BLACK, RED, BLUE, SWIM CAP, XTERRA CZECH BANDANNA, SQUIRT CHAIN LUBE, PAUL MITCHELL SHAMPOO, SALAD BAR VOUCHER, ETC.

XTERRA SPRINT

TIME CHIP, BIKE RACE NUMBER, RUN RACE NUMBER, JEEP SHOE BAG, GEAR BAGS- BLACK, RED, BLUE, SWIM CAP, PAUL MITCHELL SHAMPOO, ETC.

XTERRA KIDS

TIME CHIP, RUN RACE NUMBER, ETC.

XTERRA HERBI'S TRAIL RUN

TIME CHIP, RUN RACE NUMBER, ETC.

AFTER YOU GET YOUR RACE BAG DO NOT FORGET TO READ AND SIGN OUR FORM. IN THE FORM THERE IS STATED THAT YOU RACE ON YOUR OWN RISK, YOU AGREE WITH PUBLISHING YOUR NAME AND PHOTOS IN ACCORDANCE WITH GDPR AND YOU AGREE TO RACE FAIR PLAY.

FOREIGN COMPETITORS WILL ALSO HAVE TO PAY FOR MANDATORY 3 EUROS ACCIDENT INSURANCE ARRANGED BY ČSOB INSURANCE COMPANY.

THE INSURANCE FEE HAVE TO BE PAID IN CASH (EURO / CZK) DURING THE REGISTRATION!!!

IN CASE OF PAYING START FEES WE ONLY ACCEPT CZECH CROWNS OR EUROS.

BRIEFING - FRIDAY 2.8.

BRIEFING TAKES PLACE IN THE GREAT SQUARE ON THE PODIUM AND IS MANDATORY FOR ALL XTERRA ORIGINAL COMPETITORS. THE BRIEFING STARTS AT 3:30 PM

YOU WILL HEAR ALL IMPORTANT DETAILS, NEWS AND INFORMATION HERE.

NOT KNOWING RULES AND INFORMATION IS NOT ACCEPTED AS AN EXCUSE, SO MAKE SURE YOU ARE PRESENT.

RULES OF THE RACE

DOWNLOAD AND READ HERE:

<https://www.xterraplanet.com/race/tour/europe>

MAPS OF THE RACE

You can check all the maps by Google My Maps application:

Main race:

<https://drive.google.com/open?id=1BQZ8DYj6ivU2hM1glDoijpjZJyQzfcEf&usp=sharing>

Sprint-Hobby:

[https://drive.google.com/open?id=15RT6NP9wkkPh3FluxgnFqgFPoHd9yrW_ &usp=sharing](https://drive.google.com/open?id=15RT6NP9wkkPh3FluxgnFqgFPoHd9yrW_&usp=sharing)

Kids:

<https://drive.google.com/open?id=1XBKI-Y9fCb7RcGW7M0H8gwg0gAP2PR84&usp=sharing>

RACE PLAN DESCRIPTION

IN THE MORNING PRIOR TO THE RACE MAKE SURE YOU'VE PACKED EVERYTHING! :)

ESSENTIALS: TIME CHIP, RACE NUMBERS, SWIM CAP, RACE JERSEY, BIKE AND RUN SHOES, SWIM GOOGLES, HELMET, GEAR BAGS.

FIRST PUT YOUR GEAR IN SECOND TRANSITION AREA.

HANG YOUR RED GEAR BAG ON HANGER MARKED WITH YOUR NUMBER AND TRY TO REMEMBER WHERE EXACTLY IT IS 😊

SET OFF FOR THE SWIM START. IT IS 8KM, SO YOU CAN EITHER GO BY CAR, BIKE OR TAKE OUR SHUTTLE (LEAVING FROM 8:00, 9:00, 10:00AM)

PUT YOUR BLUE BAG AND BIKE INTO THE FIRST TRANSITION AREA.

YOU CAN STRETCH A BIT, AOU CAN TAKE ANYTHING YOU LIKE WITH YOU- DON'T FORGET TO PLACE ALL YOU BELONGINGS INTO THE BLACK WARM UP BAG.

SWIM-OFF ENDS 10 MINUTES BEFORE THE START. PRIOR TO THE RACE THERE WILL BE A QUICK BRIEFING.

EACH SWIM WAVE HAS A SPECIFIC SWIM CAP COLOR.

SWIM STARTS SCHEDULE

10:00- XTERRA SPRINT- WHITE CAPS

12:00- XTERRA ORIGINAL- PROS MEN AND WOMEN- RED CAPS

12:04- XTERRA ORIGINAL- AGE GROUP MEN- BLACK CAPS

12:06- XTERRA ORIGINAL- AGE GROUP WOMEN- PURPLE CAPS

12:30- XTERRA RELAYS- GREEN CAPS

BEFORE THE RACE TAKE A LOOK AT THE SWIMMING PLAN. THERE ARE YELLOW BUOYS- MARKING START LINE AND EXIT, RED BUOYS ARE TURNING- THE BUOYS WILL BE ALWAYS ON YOUR LEFT HAND SIDE AND YOU SWIM COUNTERCLOCKWISE.

GIVEN SWIM CAPS ARE MANDATORY! YOU WON'T BE ALLOWED TO START WITHOUT THEM!

THERE WILL BE MORE THAN 10 LIFEBOATS. IF YOU DO NOT FEEL RIGHT RAISE YOUR HAND AND WAVE- THE RESCUERS WILL GET YOU OUT OF THE WATER.

THERE ARE TWO LAPS FOR THE XTERRA ORIGINAL, ONE LAP FOR THE SPRINT.

AFTER THE FIRST LAP YOU WILL RUN OUT OF THE WATER THEN JUMP IN THE WATER FROM THE PIER.

AFTER YOU FINISH THE SWIM SECTION YOU WILL RUN TO THE BEACH, THEN ON THE TARMAK ROAD COVERED WITH A CARPET (APPROX. 300M) IN THE FIRST TRANSITION AREA. YOU HAVE TO CLIMB STAIRS HERE, BE VERY CAREFULL!

THE TRANSITION AREA IS LINED UP WITH RACE NUMBERS. RUN DIRECTLY TO YOUR BIKE, TAKE OUT YOUR BIKE GEAR FROM THE BLUE BAG, THEN PUT YOUR SWIM GEAR BACK AGAIN. NOTHING CAN BE LEFT OUTSIDE THE BAG!

FIRST BUCKLE YOUR HELMET UP, ONLY THEN YOU CAN TAKE YOUR BIKE. PUSH THE BIKE OUTSIDE THE TRANSITION AREA AND THEN MOUNT THE BIKE AND GO.

THE BIKE COURSE IS MARKED WITH ARROWS WITH XTERRA LOGO.

XTERRA ORIGINAL AND RELAYS- 35K BLUE ARROWS

XTERRA SPRINT- 12K PINK ARROWS

THE COURSE IS ALSO MARKED WITH XTERRA LOGO TAPES, ARROWS ON THE ROAD AND THERE WILL BE VOLUNTEERS IN SOME PLACES.

THE ROAD IS FULLY CLOSED FOR TRAFFIC, HOWEVER BE CAREFULL, FIRE ENGINE OR AMBULANCE CAN PASS BY.

THERE ARE TECHNICAL SECTIONS ON THE COURSE MARKED WITH "DANGER" SIGNS- SLOW DOWN HERE.

ON THE FIFTH KILOMETER THERE IS THE MOST TECHNICAL AND DANGEROUS DOWNHILL. THERE IS MORE THAN JUST ONE WAY HOW TO GO DOWN. IF YOU DON'T FEEL SECURE STEP OFF YOUR BIKE.

THERE ARE THREE AID STATIONS FOR THE XTERRA ORIGINAL RACE, ONE FOR THE SPRINT RACE.

THE LAST PART OF THE BIKE SECTION GOES OF TARMAK ROAD IN THE TOWN. THE ROAD IS DIVIDED INTO TWO CORRIDORS. ONE FOR BIKERS, ONE FOR RUNNERS. KEEP IN YOUR CORRIDOR ON THE LEFT!

BEFORE GOING TO THE TRANSITION AREA THERE IS A SHORT PUMPTRACK, DO NOT PUT OFF YOUR SHOES. MAKE SURE TO GET FAMILIAR WITH THIS PART BEFORE THE RACE.

TRANSITION AREA BOARDER LINE WILL BE CLEARLY MARKED ON THE GROUND. WHEN YOU ENTER THE TRANSITION AREA YOUR BIKE WILL BE TAKEN AWAY FROM YOU AND STORED ON THE RACK. CONTINUE TO GET YOUR GEAR BAG AND CHANGE. PUT ALL YOUR BIKE GEAR IN THE BAG AND HAND IT TO OUR STAFF!

RUN SECTION IS THE SAME FOR EVERYBODY. IT IS MARKED WITH RED ARROWS. XTERRA ORIGINAL AND RELAYS COMPETITORS DO TWO LAPS, XTERRA SPRINT COMPETITORS DO ONE.

THERE ARE THREE AID STATIONS ON THE LAP.

AFTER YOU FINISH THE FIRST LAP TURN LEFT TO THE SECOND LAP. FOR SPRINT AND FOR THOSE WHO MADE TWO LAPS TURN RIGHT TO THE FINISH LINE.

AFTER YOU´VE MADE IT TO THE FINISH LINE MOVE FURTHER, SO OTHER CAN HAVE A COOL PICTURE AS WELL 😊

YOU WILL GET A FINISHER MEDAL AND YOU WILL HAND THE STAFF YOUR TIME CHIP.

THEN YOU WILL MOVE TO THE CORRIDOR AND TO THE INKOSPOR RELAX ZONE.

THERE WILL BE A COOLING POOL, RECOVERY DRINKS, FRUIT, ISO DRINKS AND SWEET PASTRIES FOR YOU.

AFTER THE LAST COMPETITOR FINISHES THE RACE YOU CAN COLLECT YOUR STUFF FROM THE SECOND TRANSITION AREA. DO NOT FORGET TO IDENTIFY YOURSELF WITH YOUR RUN RACE NUMBER.

YOU CAN ALSO USE OTHER AFTER-THE-RACE ZONES- LOCATED AT THE SWIMMING POOL, APPROX. 500M FROM THE SECOND TRANSITION AREA.

SQIRT LUBES BIKE WASH WILL BE EQUIPPED WITH RACKS, HOSES AND FREE PROFESIONAL BIKE KOSMETICS SQUIRT LUBES.

IT IS POSSIBLE TO DEPOSIT YOUR BIKE HERE AND WALK COUPLE METERS TO THE SWIMMING POOL WHERE WE´VE PREPARED OUR PAUL MITCHELL SHOWER ZONE FOR YOU. YOU CAN TRY PAUL MITCHELL HAIR PRODUCTS HERE FOR FREE!

FROM 5PM TO 7PM THERE WILL BE A SALAT BAR DINNER FOR COMPETITORS IN THE GREAT SQUARE IN A TENT.

AFTER THE CEREMONY DON´T RUN ANYWHERE, THERE WILL BE A CONCERT OF EMMA SMETANA WITH HER BAND.

ON SUNDAY WE´VE PREPARED AN ABSOLUTE NOVELTY. THE XTERRA SHORTTRACK RACE- ALL PROFFESIONAL RACES IN KŘIŠŤANOVICKÝ LAKE FROM 10AM. WE WOULD LOVE TO SEE YOU ALL THERE!

SEE MORE:

WWW.XTERRA.CZ

AID STATIONS

BEFORE THE RACE STATION

WATER, ISO DRINKS

MTB- THREE STATIONS

FIRST STATION-HLÁSNÁ LHOTA (11.K)

WATER, BOTTLED ISO DRINKS

SECOND STATION- PERLOVICE (20.K)

WATER, BOTTLED ISO DRINKS, INKOSPOR GELS)

THIRD STATION- VOLOVICE (27.K)

WATER, BOTTLED ISO DRINKS, INKOSPOR GELS)

RUN- THREE AID STATIONS ON ONE LAP

FIRST STATION- THE GREAT SQUARE (0.5.K)

WATER, ISO DRINKS, RED BULL, COCA COLA, BANANAS, INKOSPOR GELS

SECOND STATION- BOARDING SCHOOL (1.5.- 3.5.- 6.5.-8.5.K)

WATER, WATER SPONGES

THIRD STATION- OLD TANK ROAD (2.5.- 7.5.K)

WATER, ISO DRINKS, INKOSPOR GELS)

FINISH AREA AID STATION

WATER, INKOSPOR ISO DRINKS, INKOSPOR AFTER-RACE DRINKS, RED BULL, COCA COLA, BANANAS, WATERMELONS, SWEET PASTRIES, BARS, GELS AND MORE...

SQUIRT & K-SPORT BIKE WASH

IN THE WEEK BEFORE THE RACE WE HAVE PREPARED A BIKE WASH FOR YOU. IN COOPERATION WITH BIKE KOSMETICS SQUIRT LUBES AND A LOCAL BIKE SHOP K-SPORT. YOU CAN TRY SQUIRT BIKE CLEANER AND CHAIN LUBE SQUIRT BIKE WAX FOR FREE!

THE BIKE WASH WILL BE LOCATED AT THE BIKE SHOP K-SPORT AT THE SWIMMING POOL. THE WAY FROM THE SQUARE TO THE WASH WILL BE MARKED.

AFTER THE RACE THERE WILL BE POSSIBILITY TO DEPOSIT YOUR BIKE HERE AND HAVE A SHOWER AT THE NEARBY SWIMMING POOL.

BUSINESS HOURS:

WEDNESDAY 31.7.- FRIDAY 2.8. 9AM- 5PM

SATURDAY 3.8. 9AM- 6PM



PAUL MITCHELL SHOWERS

IN COOPERATION WITH HAIR COSMETICS PAUL MITCHELL AND PRACHATICE SPORTS DEPARTMENT WE HAVE PREPARED AFTER RACE RELAX ZONE IN PRACHATICE INDOOR SWIMMING POOL.

IN THE BRAND-NEW SHOWERS, YOU CAN TRY PAUL MITCHELL PRODUCTS, HAVE A REST AND HAVE YOUR BIKE SAFELY STORED AT THE BIKE WASH.



SCHEDULE

MONDAY AND TUESDAY 29.,30.7.2019

9AM- 1AM- A SWIM TRACK BOOKED FOR XTERRA ATHLETES IN OUTDOOR SWIMMING POOL HULAK

WEDNESDAY 31.7.2019

9AM-4PM- RACE OFFICE OPEN FOR YOUR QUESTIONS

9AM-10AM- A SWIM TRACK BOOKED FOR XTERRA ATHLETES IN OUTDOOR SWIMMING POOL HULAK

9AM- BIKE RIDE WITH KAREL ZADAK (START AT THE LAKE)

6PM- EVENING YOGA (PARKÁN PARK, PRACHATICE)

THURSDAY 1.8.2019

7AM- MORNING YOGA AT THE LAKE

9AM-4PM- RACE OFFICE OPEN FOR YOUR QUESTIONS

9AM-10AM- A SWIM TRACK BOOKED FOR XTERRA ATHLETES IN OUTDOOR SWIMMING POOL HULAK

11AM- PRESS CONFERENCE WITH PROFESSIONAL ATHLETES (STARA RADNICE- NEAR THE RACE OFFICE)

2PM- BIKE COURSE RECOGNITION (START- THE GREAT SQUARE)

5PM- RUN COURSE RECOGNITION (START- THE GREAT SQUARE)

6PM- EVENING YOGA (PARKÁN PARK, PRACHATICE)

FRIDAY 2.8.2019

7AM- MORNING YOGA AT THE LAKE

9AM- 10AM- A SWIM TRACK BOOKED FOR XTERRA ATHLETES IN OUTDOOR SWIMMING POOL HULAK

10AM- 3PM- MANDATORY PRESENTATION FOR ALL COMPETITORS (RACE OFFICE)

3:30PM- MANDATORY BRIEFING (PODIUM, THE GREAT SQUARE)

3:15PM- 4:15PM- XTERRA KIDS REGISTRATION (RACE OFFICE)

3:15PM- 5:30PM- XTERRA HERBI'S TRAIL RUN REGISTRATION

4:30PM- 5:30PM- XTERRA KIDS DUATHLON

6PM- XTERRA HERBI'S TRAIL RUN START

6:05PM- XTERRA KIDS MEDAL CEREMONY

6:30PM- 7:30PM- LIFE MUSIC- THE ATAVISTS (SURF ROCK)

7:30PM- OFFICIAL XTERRA EUROPEAN CHAMPIONSHIP 2019 OPENING CEREMONY

8:15PM- 9:30PM- LIFE MUSIC LUCKY BREW (HARD ROCK)

SATURDAY 3.8.2019- RACE DAY

6:30AM- 7:30AM- PRESENTATION FOR LATECOMERS (RACE OFFICE)

7:30AM- 10AM- SECOND TRANSITION AREA OPENED

8, 9, 10AM DEPARTURES OF SHUTTLE TO SWIM START

9AM- START OF THE PROGRAM IN THE GREAT SQUARE

8AM-9:30AM- FIRST TRANSITION AREA OPENED FOR THE MAIN RACE AND SPRINT RACE

9:15AM- 9:45AM- SPRINT RACE WARM-UP BAGS HANDOVER (TENT ON THE BEACH)

9:45AM- QUICK BRIEFING FOR THE XTERRA SPRINT RACE (START AREA)

10AM- XTERRA SPRINT RACE START

10:30AM- 11:30AM- FIRST TRANSITION AREA OPENED FOR THE MAIN RACE

11AM- XTERRA PRINT RACE WINNER IN THE FINISH

11AM- 11:45AM- WARM-UP BAGS HANDOVER (TENT ON THE BEACH)

11:45AM- LIVE STREAM START (THE GREAT SQUARE)

11:45AM- QUICK BRIEFING (START AREA)

11:55AM- CZECH NATIONAL ANTHEM (START AREA)

12AM – XTERRA CZECH PRO men & women START

12:04PM – XTERRA CZECH Age-Group men START

12:06PM – XTERRA CZECH Age-Group women START

12:30PM – XTERRA CZECH RELAYS START

12:40PM- FIRST COMPETITOR, ZABLATI HOTSPOT

1PM- FIRST COMPETITOR, PERLOVICE HOTSPOT

1:50PM- FIRST MAN, SECOND TRANSITION AREA

2:10PM- FIRST WOMAN, SECOND TRANSITION AREA

2:35PM- FIRST MAN IN FINISH

2:55PM- FIRST WOMAN IN FINISH

3:10PM- FLOWER CEREMONY

3PM-7PM- SQUIRT LUBES BIKE WASH, PAUL MITCHELL SHOWERS (SWIMMING POOL)

5PM- TIME LIMIT FOR THE SECOND TRANSITION AREA

5PM- 7PM- BIKES AND GEAR BAGS HANDING OUT

7PM- 8PM- FINAL CEREMONY

8PM- 9PM- LIVE MUSIC EMMA SMETANA

9:30PM- 10:30PM- AFTERPARTY

SUNDAY 4.8.2019 SHORTTRACK, KRISTANOVICE LAKE

8AM- START OF THE PROGRAM

8AM- 1PM- PRO & VIP SHORTTRACK RACE NUMBERS HANDING OUT

9AM- 9:45AM- VIP SHORTTRACK- PUTTING GEAR INTO THE TRANSITION AREA

10AM- VIP SHORTTRACK START

10:45AM- VIP SHORTTRACK MEDAL CEREMONY

10:45AM- 11:15AM- GETTING THE GEAR OUT OF THE TRANSITION AREA

11:15AM- 11:45AM- PRO WOMEN SHORTTRACK- PUTTING GEAR INTO THE TRANSITION AREA

12AM- PRO WOMEN SHORTTRACK START

1AM- 1:15AM- GETTING THE GEAR OUT OF THE TRANSITION AREA, PRO WOMEN

1:15AM- 1:45AM- PRO MEN SHORTTRACK- PUTTING GEAR INTO THE TRANSITION AREA

2PM- PRO MEN SHORTTRACK START

3PM- PRO MEN & WOMEN MEDAL CEREMONY

3:30-???- AFTERPARTY

ALL EVENTS ARE FREE FOR EVERYBODY!

MAUI SLOTS DISTRIBUTION

EACH AGE GROUP CONTAINS AT LEAST ONE SLOT, SOME AGE GROUPS HAVE MORE. THE SLOTS ARE DISTRIBUTED ACCORDING TO THE CHART BELOW. THE COMPETITORS HAVE TWO WEEKS TO DECIDE. IF THE COMPETITOR DECIDES TO NOT USE THE SLOT, IT PASSES TO THE NEXT IN LINE.

MUŽI – 29	ŽENY – 22
15-19, 1	15-19, 1
20-24, 2	20-24, 2
25-29, 2	25-29, 2
30-34, 3	30-34, 2
35-39, 3	35-39, 2
40-44, 3	40-44, 2
45-49, 3	45-49, 2
50-54, 3	50-54, 2
55-59, 2	55-59, 2
60-64, 2	60-64, 2
65-69, 2	65-69, 2
70-74, 1	70+, 1
75-79, 1	

RECOMENDED GEAR

SWIMMING

THE WATER IN THE LAKE IS BETWEEN 19-24C. TEMPERATURE LIMIT FOR USING WETSUITS IS 22C FOR AGE GROUPS, 22C FOR PROFESSIONALS. FINAL DECISION WILL BE MADE IN THE MORNING ON THE RACE DAY, SO HAVE YOUR WETSUIT WITH YOU, RIGHT NOW THE TEMPERATURE IS AROUND 22C.

BIKE

FOR AN AVERAGE COMPETITOR WE RECOMMEND LIGHTER GEARS (WITH EAGLE 12 COG CASSETTE WE WILL PREFER 30-34 CHAINRING), DRY OR MEDIUM-DRY TIRES (LIKE MAXXIS IKON, SCHWALBE RACING RALPH).

RUN

PART OF THE RUN COURSE IS IN THE DIRECT SUN. MAKE SURE YOU HAVE A HAT OR VISOR. WE RECOMMEND TRAIL RUNNING SHOES.

AND WHAT ABOUT THE KIDS?

APART FROM KIDS RACES, THE CHILDREN CAN LOOK FORWARD TO TWO PLAYING ZONES. IN THE GREAT SQUARE THERE WILL BE A CZECH ARMY BIATHLON SHOOTING RANGE, JUMPING CASTLE AND MORE.

THERE WILL BE AN EXCLUSIVE NEW PROJECT – BIKE SIMULATOR CONNECTED WITH ROUVY SOFTWARE CREATING VIRTUAL XTERRA CZECH COURSE BIKE RIDE! CHILDREN AND ADULTS CAN TRY TO RIDE THIS YEARS BIKE COURSE AND COMPETE WITH EACH OTHER. INTERESTING PRIZES ARE AT STAKE!

KRISTANOVICKÝ LAKE IS ALSO A GREAT LOCATION FOR KIDS. ON SATURDAY AND SUNDAY THERE WILL BE VARIOUS GAMES, JUMPING CASTLE AND YOU CAN BORROW PADDLE BOAT OR PADDLE BOARD.

THERE WILL BE LOTS OF FOOD AND DRINKS IN BOTH ZONES.

XTERRA EXPO

THIS YEAR'S EXPO WILL CONTAIN VARIOUS OFFERS OF STANDS.

XTERRA MERCH SHOP – LIFESTYLE AND PERFORMANCE CLOTHING

PIVOVAR PRACHATICE-- BEER AND SNACKS

ROUVY—VIRTUAL RACE ON REAL XTERRA COURSE TRACKS

SCOTT BIKES/ ENDORPHIN REPUBLIC—BIKES, SHOES AND OTHER SPORTS GEAR

2XU—WETSUITS, COMPRESSION CLOTHES AND ACCESSORIES

INKOSPOR-- NUTRITION FOR ALL SPORTSMEN

JEEP—ICONIC CARS PRESENTATION

SQUIRT LUBES—THE BEST CHAIN LUBE EVER

BAR 111—VARIETY OF ALCOHOLIC AND NON-ALCOHOLIC DRINKS

MOUNTAINTIME OPAVA-- LITTLE SOMETHINGS FOR THE RACE DAY

SHAKE IT/ FRESH PASTA-- FRESH HOMEMADE PASTA AND MILKSHAKES

ŠUMAVSKO—DESTINATION MANAGEMENT, THEY WILL BE HAPPY TO RECOMMEND YOU NICE PLACES TO STAY, EAT OR HAVE FUN

SPECIAL PROMOCODE FROM OUR NUTRITION PARTNER INKOSPOR

ALL XTERRA COMPETITORS CAN USE A SPECIAL PROMOCODE XTERRA2019 IN E-SHOP WWW.INKOSPOR.CZ. SPEND OVER 1000CZK AND GET 200CZK DISCOUNT.



**PHARMA
QUALITY
SPORTS
NUTRITION**

■ MADE
■ IN
■ GERMANY