JANOSIK
SLOVAK XTREME TRIATHLON

EFFG
Energy for future generations
Dear athletes,

fans of sport,

mountains and adventure,

There are people always seeking ways to stand out of everyday routine. Slovak national hero Juraj Jánošík was one of them, he became a legend. We are bringing now the opportunity to become legends to those of you who love xtreme triathlons. You can become Jánošík by completing a difficult and technical course of 226 km with elevation of more than 5600 m.

Jánošík Slovak Xtreme Triathlon is brought to you by the organizers of the Oravaman Extreme Tour (Goralman, Volkswagen Slovakia Oravaman, JÁNOŠÍK – Slovak Xtreme Triathlon).

The race is a part of the Xtri World Tour – unique family of xtreme triathalons, together with the legendary NORSEMAN, SWISSMAN, CELTMAN and the new members ALASKAMAN and CANADAMAN. Our race follows the philosophy and values of the xtreme triathlons and it is a unforgettable experience.

Please read this race manual properly and prepare well for this unique adventure. JÁNOŠÍK is a very hard race, where concentration, determination, humility, friendship and mutual help is a must.

Peter Paľa, race director
Content

Jánošík in brief ........................................................................................................6
Race rules ................................................................................................................8

Friday 1-st September 2017
13:00 – 14:00 Registration + hand-out of the baggage for the finish................11
14:00 – 15:00 Official opening and course presentation ........................... 11
15:00 – 22:00 Individual transport to the Start - Námestovo ..................... 12

Saturday 2-nd September 2017
Transition 1 ............................................................................................................ 14
Transition 2 ........................................................................................................... 16
Run: Terchová – Chleb – Vrátna........................................................................ 17

Sunday 3-rd September 2017
Finisher and Supporter T-shirts ceremony .................................................. 19
Technical informations ...................................................................................... 19
Important links ................................................................................................. 20
Emergency contacts .......................................................................................... 20

Do not forget

26.5.2018
13.-15.7.2018
1.9.2018

Volkswagen Slovakia

13-15.7.2018

ASBIS®
Distribution For Your Success
Jánošík in brief

Jánošík Slovak Xtreme Triathlon is a weekend-long event with family atmosphere, professional organization and high-quality services.

It is unique due to:

- The nature and the surroundings of the regions of Orava and Kysuce, taking place partially in a natural reserve of Malá Fatra,
- It is not an individual competition, its completion would not be possible without a cooperation of the athlete and his supporter,
- Start of the swimming is at midnight, half of the bike is done at night.

Along with Goralman and Volkswagen Slovakia Oravaman it is a part of Oravaman Extreme Tour, trilogy of unique triathlons in mountains of north of Slovakia.

JÁNOŠÍK is part of the Xtri World Tour.

In case of Jánošík the winners are all those who complete the course successfully within the set limit.

Jánošík Slovak Xtreme Triathlon in 7 points

1. Race designed for a small group of experienced and dedicated athletes - adventurers.
2. Event with challenging courses in the beautiful countryside in order to present the beauty and uniqueness of this country.
3. Event respecting ecology, prepared in close harmony with nature and with a minimum of interference into it.
4. Race organized on non-commercial basis.
5. Race possible to complete just with the support of a team that cares for the athlete, moreover during the running course an escort of a fellow runner and a specific equipment is mandatory.
6. Race where most athletes reach the finish after dark.
7. Event, where as a reward you will get special gifts including finisher and supporter T-shirts.
WINFORCE

www.winforce.com
Race rules

Athletes and supporting teams compete fairly, with respect to other competitors and with humility towards the nature. If necessary, the athlete helps other athlete who asks for help. Any contamination of nature by the athlete or his supporting team during the race is strictly prohibited. A real athlete knows how to behave in nature and in a national park.

The competition is individual without drafting during the bike course. Assistance to the athlete is allowed just from its supporting team. Every athlete is allowed to have one accompanying vehicle, which must be labeled JÁNOŠÍK 2017 (in top right corner of the windshield).

Supporter is obliged to:

- Be reachable by phone during the whole race.
- Follow this manual and instructions of the organizer.
- Be marked throughout the day (for cycling course with a T-shirt, a name tag, a bracelet and on the running course by the bracelet).
- Stay with the athlete, take care about the athlete and help him, mostly during the run.

The supporter is allowed to enter the transitions areas, to handle the athletes’s gear and clothing. The supporter will be granted a free ride by cable car from the finish to Vrátna valley and a subsequent transport to the Hotel Boboty along with the athlete. After the cycling part, the athlete will be joined by his supporter and they complete the running course together.
Friday 1.9.2017

13:00 – 14:00 Registration in Hotel Boboty in Terchová

Hotel Boboty, GPS: 49.236720, 19.050914

The registration is taking place on Friday 1-nth September 2017 from 13:00-14:00 at Hotel Boboty in Terchov - www.hotelboboty.sk
Friday 1.9.2017

**13:00 – 14:00 registration in Hotel Boboty in Terchová**

Registration of the athlete and the supporter in person is obligatory.

**EVERY ATHLETE WILL RECEIVE A STARTING PACKAGE WITH:**
- Starting number
- Number for the cycling course
- Swimming cap
- Sticker for the supporting vehicle
- 2 bracelets (1 for athlete and 1 for supporter)
- Name tag for the supporter (which allows him to enter the transition area)
- Ticket for the supporter for a meal on the 100th km of cycling at the hotel Diery
- Meal for athlete and supporter at the finish
- Tickets for the cable car from the finish to Vrátna valley and for the transport to the Hotel Boboty for both the athlete and the supporter

**THE ENTRY FEE MOREOVER INCLUDES**
- „Finisher“ T-shirt for the athlete that finishes the race
- „Supporter“ T-shirt for the supporter
- Accommodation with half-board for the athlete and his supporter in the hotel Boboty from Saturday to Sunday www.hotelboboty.sk

**13:00-14:00 Hand-out of the baggage for the finish**

The baggage has to be marked by a sticker “Cieľ/Finish” you will receive at the registration desk. The finish is located at an altitude of 1490 m asl and competitors come to the finish between 13:00 to 20:00. The weather in the mountains in autumn can change rapidly, so please don´t underestimate it.

**14:00-15:00 Official opening and course presentation**

The attendance to the course presentation is obligatory for both the athlete and the supporter as well. Supporter stays with athlete all day. We recomend to have another person as driver.

![Vrátna Logo](image-url)
15:00 – 23:00 – Individual transport to the Start at the Port of Orava Dam (Terchová – Dolný Kubín – Oravský Podzámok – Námostovo 70 km / 90 minutes)

23:00 – 23:50 – Transition 1 open

T1 open for the bike installation. Bike installation is possible with/by the supporter. The bike should be labeled with a sticker with the starting number. By entering the T1 you will be borrowed a swimming buoy with 2 lights.
23:50 closure of T1 23:50 closure of T1

23:55 Entry to the water with attached buoys
Saturday 2.9.2017

00:00 - Start (midnight)

It is compulsory for all the athletes to swim with the emergency buoy attached. Each buoy is equipped with 2 lights, red light inside the buoy will be on during the whole swimming course. Another light in form a lightning stick shall be used just in case of emergency. By breaking the stick and waving yellow light will be activated and the athlete will be approached by the rescue team.

Swimming suit is compulsory for the swimming course, expected water temperature is between 16-19 °C. We suggest the use of neoprene cap and socks.

00:00-02:00 - Transition 1 (last chance to leave the T1 at 01:59)

The supporter can assist the athlete during the transition which is taking place in a tent. After the leave of the T1 there shall be no equipment nor waste left, all the staff is carried by the supporting team individually.

The stop time for the T1 is 2:00, after this time no athlete will be allowed to continue in the race.

04:30-07:30 - Refreshment point at 100 km – parking of Hotel Diery in Terchová

This refreshment point is open also for the supporting crew of the athlete. Hot drinks and snacks are served.

10:15 – Stop time for cycling course (last chance to leave T2 by 10:15)

The cycling course is relatively easy and fast, compared to other „Xtreme“ races. There are total of 12 climbs, which are from 500 m to 4 km the longest one. The maximum climb is of 10-12%, in one climb there is a very short part with 17%. Trained and well prepared athletes can do the bike under 7 hours.
CYCLING: NÁMESTOVO – TERCHOVÁ

Cycling course compulsory equipment:
- Bike (road or time trial, we recommend compact 50/34 crancks and cassette 12-28)
- Helmet
- Strong white light in the front and an intermittent red light on the back
- Reflective west or jacket worn during the night until 6:30
- Reflective strap above the left ankle

The mayor part of the cycling course is taking place during night.
Expected sunrise: 6:00 a.m.

Important turns and junctions will be marked with reflective arrows. On the main points there will be light signalization and also a person in orange reflective vest navigating the athletes. However the athlete and the supporting car is responsible for the proper orientation.
Supporter vehicle can drive 10 m behind the athlete and lighten the course for him until 6:00 a.m. After the sunrise, the supporting car must leave the athlete and can stop only at the marked meeting point.

Support is possible just at designated and authorized meeting points where food and clothing can be provide. Stopping and parking vehicles outside these areas leads to disqualification of the athlete.
On the 100 km before entering the village Terchová there will be a refreshment for the supporters and athletes at the parking of Hotel Diery (www.hoteldiery.sk)
Transition 2

T2 is located in Terchová village under the statue of Jánošík. After coming to Terchová for the second time, athletes will turn on the left, direction Vrátna valley. 200 m after the turn there is a big parking with the transition. The last athlete will be allowed to leave the T2 area at 10:15 at latest.
Due to the safety of athletes and supportes there are two important stop-times:
STOP - TIME: Hotel Diery (25 km): 14:30
STOP - TIME: Medziholie (after Veľkým Rozsutcom) (34 km): 18:45

Running course of Jánošík is a pure trail marathon with spectacular views and demanding climbs, it will take you through valleys with ladders and chains to the peaks of Malá Fatra mountains. The course follows paths for tourists that is why it is necessary to keep utmost care to avoid collisions with tourists.

There are total 10 km flat during the run, the rest is uphill and downhill with total elevation closely to 3000 m. The terrain is gravel, clay, grass and stone also some mud is possible, 7 km is on asphalt road. Estimated time of the running course to be completed is between 7 to 10 h.

Running track will be marked, but it is necessary to study the track in advance and follow the instructions of the organizers.

Permanent presence of the supporter with the athlete during the whole running course is obligatory. Athletes are allowed to run with more people, friends. (In case the supporter is not able to complete the whole course with the athlete it is possible to register a second supporter at the briefing on Friday, the second supporter will take over the first one at the Hotel Diery refreshment point).
Refreshment on the bike:

in front of the hotel Diery on the 100 km and it will be open from 04:30 to 7:30 a.m. We invite supporters and athletes for a small snack, hot tea or coffee.

The following equipment is obligatory for the athlete and the supporter and must be checked at T2 before the run (supporter can carry the athletes' equipment in his backpack):

- 2 backpacks containing each:
  - 1 l. of liquids
  - 2 energy bars
  - windproof jacket
  - long sleeved shirt
  - long pants
  - cap or scarf (buff)
  - gloves
  - headlamp + spare batteries
  - isothermal foil

Use of poles is prohibited

Finish

At the finish at the upper station of the cable-lift there will be a hot meal and refreshment for the athlete and the supporter. After the finish and refreshment the finisher and the supporter will be brought by cable-lift from the finish down to Vrátne Valley (the bracelet of the supporter will serve as a ticket for the cable-lift from the finish) and they will be transferred by the organizers either to the hotel Boboty, or to the statue of Jánošík (T2 area). At the hotel Boboty a buffet dinner will be served to the athlete and the supporter.
Sunday 3.9.2017

10.00 – Final ceremony, awarding of Finisher and Supporter T-shirts, family photo (Hotel Boboty)

All the athletes successful on Saturday will be awarded a finisher T-shirt of Jánošík Slovak Xtreme Triathlon and so will receive also their supporters. After the ceremony a family photo will be taken. Thanks to our partner FOTOLAB, every athlete and supporter will receive a Finisher photo and Supporter photo.

Technical information

The supporter is obliged to take care of the athlete during the whole day, he or she is reachable by phone and accompanies the athlete at the running course (alternation with another running supporter is allowed upon prior registration). We recommend to have another person as a driver.

The swimming of 3,8 km is taking place in Orava Dam, athletes will start from the shore. The swimming course will be marked with strong lights and all details will be explained at the briefing. Athletes must swim on the right side of the buoys. The start is at midnight. Entering the T1, every athlete will be receive a personal JÁNOŠÍK buoy with red light inside and emergency yellow light in the side of the bouy. Kayaks and rescue boats will be securing the whole course.

The cycling course of 180 km with an elevation of 2600 m will take place during night. Every athlete is responsible for the orientation, important turns and junctions will be marked. Every athlete is allowed to have one supporting car driving with a minimum distance of 10 m behind the athlete and assisting the athlete exclusively at areas determined for this purpose. Supporting car can drive 10 m behind the athlete just during the dark, until 06.30 am. Athlete must wear a yellow reflective vest / jacket, blinking red light on the back of the bike and strong white light in front of the bike. Athlete must wear a reflective strap on his left leg, above the ankle.

The running course, marathon with elevation gain of nearly 3000 m, is taking place in a natural park reserve with the highest level of protection. Please be prepared, that the marathon can last from 7 to 10 hours. It is 90 % trail run with many technical ascents and descents, including steep stairs, ladders, chains and ropes.

The estimated winning time at JÁNOŠÍK is about 13 hours, for others it can take up to about 20 hours.
Important links

Bike course: https://connect.garmin.com/modern/activity/1356865179

Running course:
- part 1: 25,12 km (from T2 to Hotel Diery), 3:34,19
  https://connect.garmin.com/modern/activity/1189370776
- part 2: 16,87 km from hotel Diery to finish, 3:46,59
  https://connect.garmin.com/modern/activity/1267033216

Registration, opening ceremony, accommodation after the race at Hotel Boboty, Terchová
(reserved, no need to contact in advance): www.hotelboboty.sk, the location of the hotel:
https://goo.gl/maps/8ea9txZHWHE2

Start of the race, Transition 1:

Transition 2:
- https://goo.gl/maps/Sk9YppQivhE2

Emergency contacts

Emergency call: 112 (ambulance, firemen, police)
Organizers: +421 910 828 300
Mountain rescue service: 18 300
Accomodation at Terhová - Hotel Boboty: www.hotelboboty.sk

In case you decide to quit your race you are obliged to contact the organizers by phone
+421 910 828 300.