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JÁNOŠÍK RACE MANUAL 9.9.2023


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 5600 m. JÁNOŠÍK Slovak Xtreme Triathlon is

brought to you by experienced organizers of Oravaman XTRE Solo Point Five. The race is a proud member of the Xtri World Tour – unique family of xtreme triathlons around the world. Our race follows the philosophy and values of the xtreme triathlons, created by the one and only, Norseman Xtreme Triathlon. JÁNOŠÍK is an unforgettable experience.

Peter Paľa, race director



**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 close cooperation of the athlete and his supporter.

Start of the swimming is at midnight, half of the bike is done at night, run includes very technical ascents and descents.

In case of JÁNOŠÍK the winners are all those who complete the course successfully – they become finishers.

JÁNOŠÍK SLOVAK XTREME TRIATHLON IN 6 POINTS

1

Race designed for experienced and dedicated athletes that come physically and mentally well prepared.

2

Event respecting ecology, prepared in close harmony with nature and with a minimum of interference into it, following the philosophy of the Xtri World Tour.

3

Race organized on non-commercial basis.

4

Race possible to complete just with the help of supporter that cares for the athlete, moreover support during the last 17km of marathon and a specific equipment is mandatory.

5

Race where most athletes reach the finish after dark.

6

Event, where as a reward you will get unique finisher (blue or white) and supporter T-shirts.

RACE RULES

Athletes and supporters compete fairly, with respect to other competitors and with humility towards the nature. Any contamination of nature by the athlete or his supporter 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 his supporter. Every athlete is allowed to have one accompanying vehicle, which must be labelled with 2 stickers JÁNOŠÍK 2023 (in top right corner of the windscreen and on the back side of the car).

Supporter is obliged to:

- Accompany the athlete from start to finish, joining him from the 25th km of the run
- Be reachable by phone during the whole race.
- Follow this manual and instructions of the organizer.
- Be marked throughout the day with white SUPPORTER vest.
- Stay with the athlete, take care about the athlete and help him, from start to finish.

The supporter in white vest is allowed to enter the transitions areas, to handle the athlete's gear and clothing. The athlete will be joined by his supporter from the 25th km of the run and they finish the running course together.

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.

FRIDAY, 8.9.2023

Friday, 10:00 a.m. 11:00 a.m.

Registration - Resort Drevenice Terchová

The registration is taking place on Friday, September 8th, 2023 from 10:00 a.m. - 11:00 a.m. at Drevenice Terchová - <https://www.dreveniceterchova.sk/> (**T2**)



Registration of the athlete and the supporter in person is obligatory

EVERY ATHLETE WILL RECEIVE A STARTING PACKAGE WITH:

- Starting number.
- Sticker with race number for the bike course (to place under the saddle).
- Swimming cap.
- Safety buoy with emergency light for swim (borrowed for swim)
- 2 stickers for 1 supporting vehicle.
- Reflective white SUPPORTER vest
- Refreshment on the km 100 of cycling at the hotel Diery for athlete and supporter.
- Refreshment in T2, on the run and in finish.

THE ENTRY FEE MOREOVER INCLUDES:

- *Finisher T-shirt* for the athlete that finishes the race.
- *Supporter T-shirt* for the supporter.
- Snacks and coffee break on Friday during the registration.
- Dinner for athlete and support at Drevenice Terchová on Saturday from 5:00 p.m..
- Snack and coffee break on Sunday during the final ceremony

Friday, 10:00 a.m. 11:00 a.m.

Hand-out of the baggage for the finish

The baggage has to be marked by a sticker "Ciel/Finish" that you received at the registration. Prepare the backpack or baggage with finish sticker for clothes you want to find at the finish area.

Friday, 11:00 a.m. 12:00 a.m.

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 recommend to have another person as driver.

Friday, 12:00 a.m. 10:00 p.m.

Individual transport to the Start at Slanica (T1)

GPS **T1** - [49.400150, 19.514020](https://www.gps-t1.sk/)

(Terchová – Dolný Kubín - Oravský Podzámok - Slanica 70 km / 90 minutes)



Friday, 10:30 p.m. 11:15 p.m.

Transition 1 open

Bike installation is possible with/by the supporter /white reflective vest/. The bike must be labeled with a sticker with the starting number under the saddle. By entering the T1 you will be borrowed a swimming buoy with light. Athlete will receive the GPS tracker at the entrance to T1.

Friday, 11:20 p.m. – 11:30 – boat boarding

Friday, 11:35 p.m. – boat leaves the port

Friday, 11:50 p.m.

jump to the water with attached buoys and alignment for the start.

SATURDAY 9.9.2023

Saturday, 00:00 (midnight) - Start

It is compulsory for all the athletes to swim with the emergency buoy attached. Each buoy is equipped with emergency light on. 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, **googles with clear glass**.

Saturday, 02:00 a.m.

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

The supporter can assist the athlete during the transition. After leaving of the T1 there shall be no equipment nor waste left, all the staff is carried by the supporter. The stop time for the T1 is

2:00, after this time no athlete will be allowed to continue in the race. Athlete must take the GPS tracker and carry it during the whole bike.

Saturday, 04:30 a.m. 07:30 a.m.

Refreshment point at 100 km parking of Hotel Diery in Terchová

This refreshment point is open for athletes and supporters. Hot drinks and snacks are served.

- **Last climb to T2 from the main road is up to 20 % steep!**
- Supporters please come in advance and park on the lower parking under the resort, next to main road.

Saturday, 11:30 a.m.

Stop time for cycling course (last chance to leave T2 by 11:30 a.m.)

The bike course is relatively easy and fast. There are total of 12 climbs, which are from 500 m to 4 km the longest one. The maximum slope is of 12%, in one climb there is a very short part with 17%. Trained and well prepared athletes can do the bike under 7 hours. Most of the bike takes part at dark. Bike part is 182 km long.

The last climb on bike to T2 alongside the amphitheater is very steep. We recommend to check it on Friday.

SUNDAY 10.9.2023

Sunday, 10.00 a.m.

Final ceremony, awarding of Finisher T-shirts, finisher photo

Final ceremony will be held outside, at the shelter with coffee break. Finisher picture will be taken at statue of Jánošík (2 min walk).

All the athletes successful on Saturday will be awarded a finisher T-shirt of JÁNOŠÍK Slovak Xtreme Triathlon (blue & white).

Thanks to our partner FOTOLAB, every athlete and supporter will receive a Finisher photo and Supporter photo.

On Sunday, during the finisher ceremony 1 athlete will be chosen randomly from successful finishers and will be given a slot for Norseman Xtreme Triathlon 2024, which is the official Xtri World Championship. If someone refuses his opportunity, the ballot will choose new finisher.

First two men and first to women of JÁNOŠÍK Slovak Xtreme Triathlon directly win a slot for Xtri World Championship during the Norseman Xtreme Triathlon 2024. They will race at the elite category. The elite slot can't be transferred to another athlete.



SWIMMING COURSE



CYCLING: NÁMESTOVO – TERCHOVÁ

Bike course mandatory equipment:

- TT bike or road bike (we recommend compact 50/34 cranks and cassette 12-28, good wheels with durable tires)
- We don't recommend full disc wheel.
- Due to safety reasons during the night and on dark descents – athletes must ride carefully at night, mostly in descent between Oravská Lesná and Zázrivá (few big holes on the road)
- Helmet with white / clear glass (for good visibility at night)
- Strong white light in the front and an intermittent red light on the back.
- Reflective vest or jacket worn during the night until 6:30 a.m. is mandatory.

Important turns and junctions will be marked with reflective arrows. On the main points there will be light signalization and also fireworkers navigating the athletes. However the athlete and the supporting car is responsible for the proper orientation – we recommend to study well the race map. Due to safety of the road traffic and also of other athletes, supporting car can meet athlete only on safe places with good visibility. Supporting car can't drive

behind or in front of the athlete on climbs or downhill. Until 6:00 a.m., at night, the supporting car can drive 10 m behind the athlete on flat parts. On climbs the car must wait at the top of the mountain and then at the bottom of the climb. 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, which is also 25th km of the run (www.hoteldiery.sk).

TRANSITION 2

T2 is located at the Drevnice Terchová resort. Athletes will use the steep road which goes alongside the amphitheater. Cars can't enter this road. After coming to Terchová for the second time, athletes will turn on the left to the resort between restaurant Gavurky and Penzion Montana. The last athlete will be allowed to leave the T2 area at 11:30 a.m. at latest.



CYCLING COURSE



RUN: 42,2 KM / 3000 M

Run: Terchová • Malé Nodľahy • Hotel Diery • Veľký Rozsutec • Štefanová
• Vrch Podžiar • Boboty • Tiesňavy • Jánošík statue in Terchová

Mandatory support from 25th km

- from hotel Diery with 2 mandatory backpacks
- last chance to leave Hotel Diery and finish the race: 4:30 p.m.

WHITE COURSE CUT OFF

2:00 p.m. – crossroads Podžiar (middle of Jánošík george)

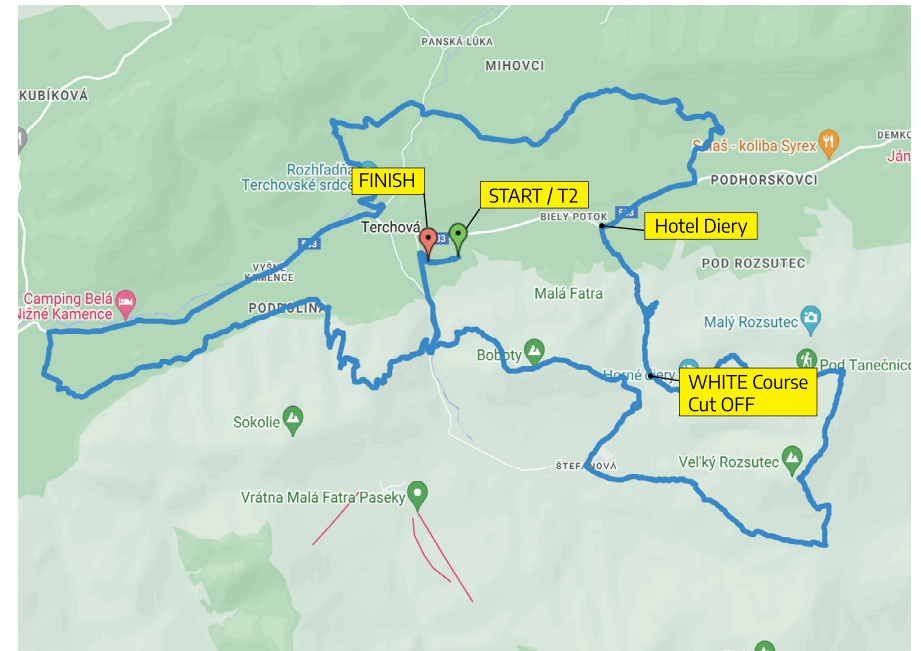
Athletes who miss this cut off will skip climb to Veľký Rozsutec and will continue to Vrchpodžiar and will follow the green path through Boboty ridge and will get to finish line at Jánošík statue.

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 and to the peaks of Malá Fatra mountains. As the course follows paths for tourists it is necessary to be patient and avoid collisions with tourists. 10 km of the run can be considered as flat, the rest is uphill and downhill with total elevation of 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 is between 6 to 10,5 h. Running course will be marked, but it is necessary to study the track in advance and follow the instructions of the organizers. White tape with logo JÁNOŠÍK will mark the course.

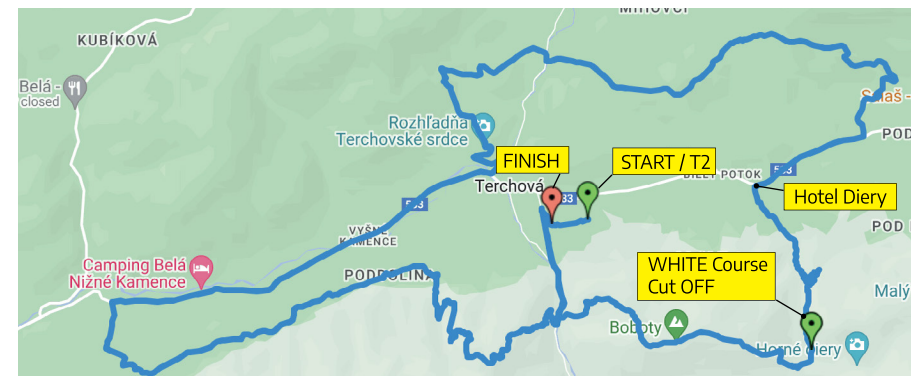
Supporter must join the athlete from Hotel Diery – 25th km of the run. 2 mandatory backpacks are must be checked at this check-point. As you will need both hand many times to catch the rock or chain and the paths are very technical, **poles are forbidden on the run course.**



RUN COURSE



RUN - WHITE COURSE



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):

- GPS tracker (must be attached on athlete's backpack after the bike)
- 2 backpacks containing each:
 - 1 l. of liquids / person
 - 2 energy bars / person
 - Wind-proof jacket / person (not vest)
- Long sleeved shirt / person
- Long pants / person
- Cap or scarf (buff) / person
- Gloves / person
- Headlamp + spare batteries / person

Mobile phone is mandatory for athlete and supporter.

Run course can be changed due to bad weather conditions, or if the safety of athletes and organizers requires it.

Mentioned mandatory clothing must be in the back pack, it is required and independent from the clothes athlete or supporter will wear while leaving the T2. Use of poles is prohibited.

FINISH

Finish is situated under the statue of Jánošík (2 min walk from the resort), including final climb to the statue. There will be a refreshment for athlete and supporter.

At the hotel resort Drevenice Terchová a buffet dinner will be served to the athlete and the supporter from 5:00 p.m. If you would like to buy more tickets for Saturday's dinner, you can do so on Friday during at the reception.



TECHNICAL INFORMATION

The supporter is obliged to take care of the athlete during the whole day. He's reachable by phone and accompanies the athlete from the start of the race. Supporter accompanies the athlete from start to finish (in T1, in support car on bike course, supporter

runs last 17 km of the marathon). We recommend to have another person as a driver. There is only one official supporter and he can't be changed during the race.

WHITE COURSE – White Finisher T-Shirt As it is common for XTRI World Tour Races, all athletes are encouraged to finish the race safely. Due to the safety of athletes, supporters and organizers there are three important CUT-OFF times.

- 11:30 a.m. after the bike in T2
- 2:00 p.m. at crossroads Podžiar, middle of Jánošík George – dividing blue and white course
- 4:30 p.m. Hotel Diery – last chance to continue and finish the race

Important links

Drevenice Terchová Resort
<https://www.dreveniceterchova.sk/>

- registration,
- opening ceremony,
- T2 area
- dinner for athlete and supporter on Saturday
- final ceremony on Sunday
- recommended accommodation

Emergency contacts

Peter Paľa (race director)
+421 903 624 133
Michal Polgár (deputy race)
+421 917 215 611
Emergency call:
112 (ambulance, firemen, police)
Mountain rescue service:
18 300
Accommodation at Terchová:
<https://www.dreveniceterchova.sk/>

In case you decide to quit your race you are obliged to contact the organizers by phone (call or sms to number, that will be shown at briefing).

