PIRENE
XTREME-TRIATHLON
TERRADETS PORT DEL COMTE

RACE MANUAL
20th MAY 2023

EXTREME TRIATHLON SERIES

www.pirenextri.com

AN EXTREME PHILOSOPHY OF LIFE

You are lucky to be able to think about achieving goals, overcoming challenges, reaching your dreams.

You are lucky to feel the air on your face when you run, to taste the water that surrounds you when you swim, to see the landscapes you run through.

You are lucky to share these moments with the people who push you to continue, who encourage you to do your best, who love you as you are. Mad about life. Crazy for the extreme.

Because the clock is ticking. And you?

FASTER

JUSTLOADING

PORTDELCOMTE

LA BÒFIA
CENTRE D'ESQUÍ - PORT DEL COMTE

Pallars Jussà

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Because we think, from personal experience, that overcoming your limits is the essence that makes you live day by day with greater intensity, we have organized this Triathlon that will make you feel the greatness of your spirit of overcoming.

A circuit that integrates emotion, strength and intelligence, three characteristics that every triathlete has in his body and that, on this occasion, will make you feel that you are really part of this world.

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SUMMARY

3.8km SWIM

The start will take place at the Terradets Reservoir (Cellers), through which the waters of the Aran Valley flow, specifically the Noguera Pallaresa River.

T1 in the car park of Hotel Terradets (Cellers)

180km BIKE +4360m

From the small village of Cellers and from km 20 onwards, you will have mountain passes ahead of you, such as Coll de Comiols, Coll de Bòixols, Coll de Boix and Coll de Jou, which will take you up from 376m to 1695m altitude.

T2 in the car park of the municipal swimming pool in the village of la Coma i la Pedra.

39km TRAIL +2165m

You will cross the village of Coma i la Pedra, St. LLorenç de Moruny... which will lead you to the last 18km of heart-racing, up to the ski slopes of Port del Comte at 2100 m altitude.

The athlete who carries support equipment can be accompanied by one person from his team throughout the TRAIL circuit.

T3 at the esplanade of Coll de Jou.

At km 25, located at the esplanade of Coll de Jou, you may be joined by one person from your support team (not compulsory).

If you want to accompany the athlete, it will be necessary for another person to take care of the team vehicle.

Arrival at the finish line in the ski resort of Port de Comte.

It is a self-sufficiency race that requires your experience and a high level of physical fitness.

One person from the support team must wear a T-shirt provided by the organization throughout the race.

REGISTRATION

INDIVIDUAL + SUPPORT TEAM

REGISTRATION FEE

Registration fee:

390€ + administration fees

The registration fee includes :

- The participation of one athlete in the race.
- Accident insurance for the athlete.
- T-shirt Finisher Pirene Xtreme Triathlon 2023
- **Finisher XTRI SERIES medal**
- Support team T-shirt.
- Nutrition pack.
- Swimming cap
- GPS for tracking the athlete during the race
- Material for signaling the bike and the car
- Liquid refreshments in T2
- Liquid refreshment at T3
- Refreshments at the finish line

PARTICIPANTS

50 slots

CANCELLATION

Athletes who wish to do so may take out a cancellation insurance policy indicated on the registration form.

The cancellation insurance allows the right to a 100% refund of the registration fee if you do not participate, either due to your own circumstances.

The refund insurance can only be taken out at the time of registration.

The deadline for using the insurance is 23 April 2023. After this date, if you do not have insurance, no refunds will be made, neither partial nor total, whether or not there is a justified cause, or due to injury, accident or any other circumstance.

If the insurance is not taken out, only 50% of the registration fee will be refunded for health reasons, until 31 December 2022 with written proof, accompanied by a medical report.

Participation is non-transferable and cannot be transferred to another person.

REGISTRATION

INDIVIDUAL WITHOUT SUPPORT

REGISTRATION FEE

Registration fee:

450€ + administration fees

The registration fee includes :

- Participation of one athlete in the event.
- Accident insurance for the athlete.
- Finisher Pirene 2023 T-shirt
- **Finisher XTRI SERIES medal**
- Nutrition pack.
- Swimming cap
- **TRANSITION BAGS**
- GPS for tracking the athlete during the race
- Material for signaling the bike
- BIKE / TRAIL refreshment station
- T2 - T3 - META refreshment stations
- **Bus service from the finish line to Hotel Terradets (Sunday 21/05/22**)

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50 slots

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PROGRAM

DAY	HOURS	ACTIVITY
FRIDAY 19 MAY 2023	15:00 – 19:00	ATHLETES REGISTRATION at HOTEL Terradets
	19:00 – 20:00	BRIEFING Spanish / English in HOTEL Terradets
SATURDAY 20 MAY 2023	04:15 – 05:00	BIKE (CHECK-IN) in PK Hotel Terradets
	05:15	SWIM START CEREMONY
	05:30	START PIRENE XTREME TRIATHLON
	07:45	FINISH SWIM T1
	18:00	FINISH BIKE T2 / Swimming pool La coma i la pedra
	23:00	CUT OFF TIME TRAIL T3 / COLL DE JOU Km 25
	01:00	FINISH-LINE on ski slopes PORT DEL COMTE
SUNDAY 21 MAYO 2023	09:00 – 10:00	BAGS / BIKE collection at HOTEL PORT 1730
	10:00	Ceremony at Hotel L'Avet (Port del Comte)
	10:30	FINISHER 2023 T-shirt handover at Hotel L'Avet
	11:00	PHOTO FINISHERS
	11:30	Transport service to Hotel Terradets

SUBJECT TO CHANGE
The full programmer will be updated on:
https://pirenextri.com/en/terradets-program/

RACE DESCRIPTION - SWIM

BRIEFING

The presentation of the athlete is compulsory (with photo ID).

If you bring support equipment, one person from the team must be present, and both of you must bring a signed Civil Liability Release document. This document can be printed from this race manual or on the day of the collection of material.

Athlete and Support are obliged to be present during the Briefing.
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SWIM

3.8km swim in the Terradets Reservoir (Cellers), where the average water temperature is between 15° and 18°, but bearing in mind that the water rises in the Pyrenees mountains, depending on snowfall, this may vary.

A wetsuit and buoy are compulsory.

The use of gloves and socks is optional. Goggles with clear lenses are recommended to facilitate visibility.
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The race will start in the water at 05:30 hours, in front of the Hotel Terradets car park.

In the event of extreme weather conditions, the organisers reserve the right to shorten or eliminate the swimming segment, converting the race into a Duathlon.

In the water area, you will find kayaks to guide you and illuminated buoys anchored at strategic points.

The kayak guiding the athlete in first position will have lights on the back. You will also find kayaks that will mark the start and finish area of the swim.

In case you feel unwell and consider that you cannot continue with the race, use your arms to signal with your arms. The kayak closest to you will signal the rescue boat.

We recommend that in T1, the support team has hot drinks to give to the athlete once out of the water.

RACE DESCRIPTION - BIKE

BIKE

180 km of route that will take you to the T2 located in the municipal swimming pool of the village of La Coma i la Pedra, comprising six mountain passes, in an up and down that requires a high level of physical fitness.

The first provisioning by the support team for the athlete can be given from Km 16 of the route, after finishing the **AREA of NO SUPPORT.** Afterwards, the organization has marked points on the maps that are ideal for mileage and location, but NOT COMPULSORY.

Drafting is not allowed.

The support team can not be attached to the athlete as it would cause serious risk to traffic.

It is compulsory to follow the route marked by the organization, to respect the signaling rules and not to obstruct traffic and to avoid creating dangerous situations.

The following vehicles are forbidden: caravans, cars with trailers and motorbikes.

It is forbidden for the athlete to sit in the support team vehicle during the refreshment.

It is compulsory to carry front and rear lights on the bike.

Refueling is not allowed while the vehicle is in motion. You may not park your vehicle on one side of the road and cross to the other side on foot to refresh yourself. This is dangerous and will result in disqualification.

The athlete is obliged to wear a helmet securely fastened and suitable shoes at all times during the entire route. He must also carry a tool kit to fix any problems with his bike in case the support team is unable to help him.

It is forbidden to change bikes or wheels during the ride, unless it is impossible to continue for this reason. In this case, the organization will be informed.

It is compulsory to carry a mobile device, but it may not be used while riding, nor may audio devices or headphones be used.

Littering is prohibited and is grounds for disqualification. Your support team can bring a bag in which to accumulate the rubbish and then dispose of it in a suitable place.

In case you decide to abandon, you will communicate via phone call or text message to the organization.

At T2, your bike must be picked up by the support team and transported in their vehicle.

RACE DESCRIPTION - TRAIL

TRAIL

It consists of 39 km of pure trail, which will take you to the ski slopes of Port del Comte, from where you will be able to observe the majesty of the Pyrenees.

The Pirene trail route is a route with both trail and narrow trail areas where your physical and technical strength is very important, but above all your mental strength.

There are few asphalt sections, so we recommend the use of trail shoes.

The Pyrenees are an area characterized by its fauna, so it is possible that you will find other companions, apart from your support, who want to keep an eye on your adventure: deer, squirrels, cows, horses... Respect what surrounds you and enjoy what you are experiencing.

In part of the route you will find marks of the organization. Even so, it is compulsory that you and your support vehicle have the track of the route on your mobile phone.

The support vehicle will follow the route marked by the organization, and will stop at the marked points, where it will coincide with the athlete, to follow him, help him and replenish supplies.
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At km 25 of the trail race, T3 will be located, a refreshment point provided by the organization and an area where a person from the support team can join the athlete and accompany him/her to the finish line. The final stretch is considered the hardest due to the positive slope, so the support team will also have to be in good physical condition as they must cross the finish line together.

There is also the possibility that one person from the support team can run the whole trail course with the athlete.

In case of needing help or taking the decision to abandon, the athlete will have to reach the points marked by the organization for rescue.

Please note that this is an extreme race on trails that are inaccessible at other times of the year due to snow, rain and temperatures.

BAGS / REFRESHMENTS
ATHLETE WITHOUT SUPPORT

For athletes who participate WITHOUT support equipment, here you have the description of all the points where you will find support bags **(provided by the race for you to put your own material)** and the refreshment provided by Pirene.

All the BAGS will have to be handed in at the CHECK-IN (between 04:15 and 05:00 at Hotel Terradets on Saturday 20th May).

BAG RED TRANSITION 1 / HOTEL TERRADETS:
In this bag you will put everything you need to start the BIKE segment and you will leave it next to your bike during the CHECK-IN. It is important that you keep in it everything you have used during the swim. The organizers will collect your bag when you leave T1 and take it to the finish line. Everything must be inside the red bag.

We will not collect anything that is not in the bag.

REFRESHMENTS BIKE 42 km - COLL DE COMIOLS:
Here you will find liquid refreshments (water, coke, isotonic).

BAG GREEN BIKE 88 Km - COLL DE BOIXOLS:
In this bag you can put water bottles, food and clothes that you think necessary (jacket, windbreaker, mackintosh...).
Here you will find liquid refreshments (water, coke, salty snacks).

REFRESHMENTS BIKE 134 Km - Tour de France Monument:
Here you will find liquid refreshments (water, coke, isotonic).

REFRESHMENTS BIKE 163 Km - COLL DE JOU:
Here you will find liquid refreshments (water, coke, isotonic).

BAG BLUE TRANSITION 2 - La Coma i la Pedra Municipal Swimming Pool.
In this bag you have to put everything you need to start the TRAIL. Remember that to start the TRAIL sector it is compulsory to have **THE EQUIPMENT DESCRIBED IN THE REGULATIONS.** In it you must keep everything you have used in the BIKE and leave it next to your bike. The organizers will collect your bike and the blue bag and take it to the finish line.
Here you will find liquid refreshments (water, coke, salty snacks).

BAGS / REFRESHMENTS
ATHLETE WITHOUT SUPPORT

REFRESHMENTS TRAIL 12 Km - Piscina Municipal la Coma i la Pedra:
Here you will find liquid refreshments (water, coke, salty snacks).

REFRESHMENTS TRAIL 19 Km - Sant Llorenç de Moruny:
Here you will find liquid refreshments (water, coca.cola, isotonic)

BAG BLACK TRAIL 25 Km TRANSITION 3 - COLL DE JOU:
In this bag you can leave clothes for the last part of the TRAIL and the nutrition you think you need to finish the race.
Here you will find liquid refreshments (water, coke, salty snacks).
Remember that this is the last refreshment point of the organization.

FINISH LINE BAG - PORT DEL COMTE:
This is your personal bag, for which we will give you a sticker with your athlete number. In it you have to put everything you need when you have finished the race: spare clothes, shoes, etc. We will give it to you when you have crossed the finish line.

Remember that you must get to the Hotel Terradets (starting point of the race) by your own means.

ALL BAGS / BIKE will be delivered on Sunday 21 May at the HOTEL PORT 1730 from 09:00 to 10:00 in Port del Comte.

On Sunday 21 May at 11:30 am, a shuttle service will depart from the Hotel L'Avet, where the awards ceremony will be held, which will take you back to the Hotel Terradets, only for athletes who come without a support person.

CUTS OFF TIME

They are necessary to guarantee your safety at all times.

The organization reserves the right to shorten the TRAIL section of the race depending on the weather.

In case of withdrawal of the athlete, the race support will have to quickly notify the organization on the mobile phone number that will be provided during the Briefing.

We ask you to be aware of your possibilities and in case of exhaustion or discomfort, to take the decision to abandon the race.

For us, you come first. Pirene Xtreme Triathlon will always be here for you to conquer it.

TIME	ACTIVITY
05:30	START PIRENE XTREME TRIATHLON
07:45	EXIT T1 (SWIM / 2h 15min MAX.) TERRADETS
18:00	EXIT T2 (BIKE / 12h 30min MAX.) La Coma i la pedra
23:00	EXIT T3 (KM 25 TRAIL / 17h 30min MAX.) COLL DE JOU
01:00	FINISH LINE IN SKI RESORT PORT DEL COMTE

RULES SWIM / BIKE

Pirene is governed by the regulations of the Spanish Triathlon Federation, with points that differentiate it and make it an extreme event.

It is compulsory for all participants to meet the following requirements:

20 years old

SWIM

The use of neoprene, the athlete's safety buoy and the cap provided by the organization will be compulsory.

The use of gloves and neoprene socks are optional.

IMPORTANT:

If during the swimming event you decide to abandon or need help, you must gesture with your arms to the nearest kayak.

BIKE

It is compulsory to carry the GPS provided by the organization from T1 to the finish line (For your safety).

It is also compulsory to have a mobile phone and only use it in case of emergency.

The athlete will wear stickers on the bike, helmet and race bib.

The athlete will not be allowed to get into the support car to do part of the route or to stock up on supplies.

Respect the traffic rules, paying special attention to the points marked as dangerous by the organization.

It is compulsory to wear a helmet approved by the E.C. during the whole route and suitable shoes.

It is compulsory to carry a front and rear light on the bike.

It is not permitted to change bikes or wheels during the route, unless it is impossible to continue and the organization must be informed.

In case of stopping due to mechanical failure, you must inform the organization.

At T2, your support team will take charge of the bike and must transport it in the vehicle they use.

The route runs on a road open to traffic.

It is forbidden not to follow the traffic rules.

RULES TRAIL

TRAIL

It is a road open to traffic.

It is forbidden to use music or mobile devices while running.

At T2, a person from the organization will check your survival equipment. It will take two minutes, don't worry. Please remember that we are doing this for your safety.

No littering

To start the Trail Race it is compulsory to carry:

- Headlamp with batteries, whistle.
- Windbreaker or waterproof jacket
- Survival blanket (220x140)
- Water bottle or hydration system (Camelback) of at least 0.5L.
- Charged mobile phone and external battery. It will be checked that you have the race track downloaded.
- Map provided by the organization on a mobile device.
- GPS provided by the organization.
- Trekking poles (optional but recommended).
- The support runner must carry the same material.

RESPONSIBILITY

The athlete and the person of the support team that will accompany him/her in the TRAIL, will have to sign a Release of Liability document before receiving their bib number.

You can find it in this manual

INFRACTIONS

Any breach of the regulations described here will be penalized at the discretion of the organizers or may result in elimination from the race.

SUPPORT RULES

At least one of the members of the support team must be able to communicate with the organization in Spanish or English, as well as always being available on the mobile phone.

It is compulsory that the person of the team that will accompany the athlete in part of the TRAIL is present at the collection of material and at the Briefing.

It is forbidden not to respect the rules of the road and cause a risk of danger to other users.

The vehicle will always carry on its rear window a sticker provided by the organization with the number of the athlete they are supporting.

One of the members of the support team must wear, at all times, a T-shirt provided by the organization.

There will only be one support vehicle per athlete. It is advisable to refuel whenever possible.

All the provisioning and support to your athlete will be given from outside the vehicle while they are parked. Refueling from the car window is forbidden.

It is forbidden to park your vehicle on one side of the road and cross to the other side on foot to refuel.

All rubbish generated by the athlete must be kept in a bag and disposed of in an appropriate place.

It is not allowed to follow the athlete while following him/her. You will have access to the TRACK of the race and you will be able to follow your athlete at all times.

It is advisable to establish a team strategy prior to the day of the race, where the athlete and team will know at all times the stops to be made and the necessary supplies.

From km 25 of the TRAIL there is no other place where you can refresh your athlete.

They can reach the finishing area in Port del Comte in their vehicle.

RELEASE FROM LIABILITY

As an athlete and supporter of the Pirene Xtreme Triathlon I agree to comply with the regulations set out in the Pirene Xtreme Triathlon race manual as well as with the requirements requested by the organization.

ATHLETE

1. I'm aware of the risks and dangers associated with participation in Pirene Xtreme Triathlon.

2. I'm solely responsible for my personal belongings and those used during the event.

3. I'm aware of the toughness of the event and that I must be in good health and good physical condition. I swear that I am fit for the event.

4. I'm aware that this is a Self-Sufficiency event and that I depend at all times on my support team, and that they are the ones who will be responsible for my sports equipment and its transport.

5. I know and accept the RULES, CUTS AND REGULATIONS established by Pirene Xtreme Triathlon.

6. I'm aware that the cycling circuit takes place on a road open to traffic and that I am obliged to respect the traffic rules.

7. I have been informed and accept the fact that the organization, due to weather conditions, may cancel the race. In this case the registration fee is not refundable.

8. I have been informed that the organization may change part of the marked course at any time for safety reasons.

9. I'm aware that participation in Pirene Xtreme Triathlon involves a risk of serious injury or even fatal accidents.

10. I undertake not to ask the Pirene Xtreme Triathlon organization or its volunteers for any compensation or claim for what may happen to me during the event, including all direct and indirect damages that I, my heirs or other legitimate successors as well as third parties who have suffered damages during the event due to my participation in Pirene Xtreme Triathlon, may claim for injury or death.

11. I give my consent to the organization of Pirene Xtreme Triathlon that, in case of any signs of fatigue on my part, I will be examined by a doctor and a decision will be made as to whether or not I can continue with the race.

12. I grant Pirene Xtreme Triathlon the permission to use my image free of charge, both in photographs and promotional videos, both online, print or TV.

13. In case of dispute, the applicable law will be exclusively that established in Spanish law and the place of jurisdiction in Barcelona (Spain).

RELEASE FROM LIABILITY

SUPPORT

1. Ride responsibly, in accordance with the rules of the road. Never ride directly behind or in front of a cyclist.

2. To support and supply the athlete at all times, taking charge of his personal and sporting equipment, transporting the bicycle in the vehicle, from T2.

3. To support my athlete by parking the vehicle always outside the road and in places that do not cause serious risk to other road users.

4. All support will be provided from outside the car, never through the car window.

5. The athlete may not sit inside the vehicle during the course of the race, even if the car is parked.

6. I will follow the instructions given by the Pirene Xtreme Triathlon organization during the race.

7. By signing this document I acknowledge that I have read, understand and accept the terms and conditions, as well as that I waive to claim from Pirene Xtreme Triathlon and its volunteers, any kind of liability caused by reasons occurring during the course of the race.

LOCATION

DATE

ATHLETE

SUPPORT

ATHLETE SIGNATURE

SUPPORT SIGNATURE

ACCOMODATION

Pirene Xtreme Triathlon is a race where you will run 223 km from Cellers to the finish line located on the ski slopes of Port del Comte, where the closing ceremony will also be held the following day.

When planning your trip we advise you to take into account accommodation that facilitates the organization of the race, transfer to the starting point, what to do once the race is over...

In Cellers the Hotel Terradets, at the foot of the swimming area, and in Port del Comte the Hotel Port 1730 and Hotel L'Avet, a few meters from the finish line. All registered runners will benefit from special prices.

https://www.hotelterradets.com/en
https://hotelportdelcomte1730.com/
https://www.hotelavet.com/en/

If you have to travel by plane to participate in our triathlon, please note that Cellers is about 186 km from Barcelona Airport and 235 km from Girona Airport.

For any other questions or further information, please contact us.

THE RACE

We reserve the right to suspend the race or any of its sections due to weather conditions. In no case will the registration fee be refunded.

Although this is a race that takes place at a very favorable time of the year in our country and that stands out for the good weather, you must not forget that we will be in a high mountain area and that it is likely to rain, lower temperatures, etc...

The people of the organization and volunteers are here to make your experience and that of your team unique. If you need help, ask for it.

We only ask for respect and good treatment from you.

Our purpose is to teach you THE WAY yours CROSS THE GOAL!

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