



# Welcome to Davos!

We are looking forward to your start at the Challenge Davos Festival 2019 from 13th to 15th September!

Here, you will find the most important information about your race,  
so you can prepare yourself perfectly for the Challenge Davos.

We wish you a great triathlon experience and are excited to hear about the stories from before, during  
and after the race, which you can share with **#challengedavos** und **#swisstricircuit**.

Your OK Challenge Davos Festival





## Athlete Registration

Registration is open on Friday evening and Saturday morning in the IceHockey stadium of Davos.

## Briefing

The briefing on Friday in the IceHockey stadium ist compulsory for the Middle Distance athletes and recommended for all other athletes.

## Pre-race Schedule for Saturday

1. Parking at the congress center
2. Check-In T2 in the stadium
3. Transfer to T1( at the lake) either by bike or personal car. Parking at the lake is available during the race.
4. Check-In T1 at the lake
5. Short Pre-race briefing directly before the start

## Friday, 13th September 2019

17:00 – 20:00	Athlete Registration & Expo
18:30 – 19:00	Race Briefing in English
19:00 – 19:30	Race Briefing in German
19:45	Start NightRun
21:00	Awards Ceremony NightRun

## Saturday, 14th September 2019

07:30 – 09:30	Athlete Registration
08:30 – 10:00	Check-In Transition 2 (Run)
09:00 – 11:00	Check-In Transition 1 (Bike)
10:45	Start Challenge MD Pro Men
10:47	Start Challenge MD Pro Women
11:05	Start Challenge MD AG & Teams
12:00	Start Experience
12:10	Start Olympic Distance incl. Teams
ab 12:10	Start Swim & Run
12:50	Awards Ceremony Swim & Run
14:00 – 19:00	Check-Out T2
16:15	Awards Ceremony Experience & Olympic
19:00	Awards Ceremony Middle Distance

## Sunday, 15. September 2019

10:00 – 12:30	Registration directly at the startline
13:00	Ride the Alps Flüela



## Nichts für Warmduscher: Die 615 Bündner Seen

Ob Geheimtipp oder bekannter Badesees: Der Kanton Graubünden zählt 615 Seen inmitten des eindrucksvollen Bergpanoramas. Tagesausflügler und Feriengäste geniessen an den Ufern ihr Sonnenbad oder ein feines Picknick. Wer Abkühlung sucht, wagt den Sprung ins erfrischende Nass oder unternimmt eine abenteuerliche Bootsfahrt im türkisblauen Wasser. Entdecken Sie jetzt unsere Bergsee-Geheimtipps: [www.graubuenden.ch](http://www.graubuenden.ch)



At the Challenge Davos, all three triathlon races will use transition bags in their transition zones. This has the advantage that your clothes stay protected and dry. Every bag will have to be marked with the individual start number sticker. Either on, or next to the name tag.

Transition takes place in both zones on the benches right in front of the bag racks. In case you want to completely change, you can use the white tents in the the transition zone and deposit your bag afterwards at the tent exit.

No items are allowed to be deposited at the bike rack.



### Run-Bag

Where: In T2 in the stadium of the sports center

When: Entry to T2 on Saturday, 08:30 – 10:00 a.m.

What Before transition: running shoes, gear for the run  
After transition: bike equipment, helmet. Bike shoes can stay clipped onto the bike

The Run-Bag stays in T2.



### Bike-Bag

Where: In T1 at the lake

When: Entry to T1 on Saturday, 09:00 – 11.00 a.m.

What Before transition: Bike gear incl. helmet. The bike shoes can stay clipped onto the bike. Towel recommended.  
After transition: wetsuit, goggles, swim cap etc.

The Bike-Bag will be transported to T2 during the race.



### After-Race-Bag

Where: Waiting zone before the swim-entry

When: Saturday, 09:00 – 12:00 a.m.

What: After-race clothing, shower utensils

The After-Race-Bag will be transported to the finisher zone (next to the Info-Point).



## Check-In:

The Challenge Davos has two transition zones. Transition 2 (T2) for the bike to run change is in the stadium of the sports centre. This is the first Check-In.

- Orientation: Where will I have to rack my bike? The racks are pre-assigned with the start-numbers. No additional markings are allowed.
- Placing of the blue «Run-Bag» at the bag rack according to the start number.
- Remember the best way for you through T2 and kindly note that the two transition zones are not set-up identically.

## During the race:

### Transition from Bike to Run

- Unsupported racking of the bike on the designated spot (shoes are allowed to stay clipped onto the bike)
- Take Run-Bag from bag rack
- Switch into running gear either on the bench or in the transition tent.
- Start the run

### Laps and Finishline

The athletes of the Experience category run one lap (5km), the athletes of the Olympic Distance run two laps (10km) and the Middle-Distance-Athletes run four laps (20km). Enjoy your Finish!

## Wechselzone 2 und Zielaelände Transition 2 and finish area







## Check-In:

Transition 1 (T1) for the swim to bike change is at the shores of Lake Davos. This is right next to the swim start.

- A) Racking the bike according to the designated number. No additional markings are allowed.
- B) Placing of the red «Bike-Bag» at the bag rack according to the start number.
- A) Remember the best way for you through T1 from the swim exit to the mount line. And kindly note that the two transition zones are not set-up identically.

## Before the start:

1. Transition for the Middle Distance closes at 11:00 a.m.
2. All athletes have to cross the timing mat before the start.
3. *Have a great race!*

## Transition from swim to bike:

1. Collect your numbered Bike-Bag, change and put on the helmet (close straps!), use tent if necessary
2. Find your bike and push it until the Mount-Line
3. *Enjoy the Flüela!*

## Transition 1 and start area





DAVOS<sup>®</sup>  
KLOSTERS  
**INSIDE**  
KOSTENLOSE  
WINTER-  
ERLEBNISSE

# Lust auf Skifahren bei Sonnenaufgang?

Ziehen Sie als Erster Ihre Spuren auf die frisch präparierten Pisten.  
Geniessen Sie dabei die morgendliche Ruhe im Skigebiet.

Inside – das kostenlose Winter-Gästeprogramm.

[davos.ch/inside](https://davos.ch/inside)  
[klosters.ch/inside](https://klosters.ch/inside)

 **DAVOS<sup>®</sup>  
KLOSTERS**



The swim takes place in Lake Davos. According to the season, the water temperature is expected to be around 16 degrees celsius. The referees will decide the latest one hour before the swim start, if the wetsuit is obligatory and or if the swim will take place at all, and at which distance.

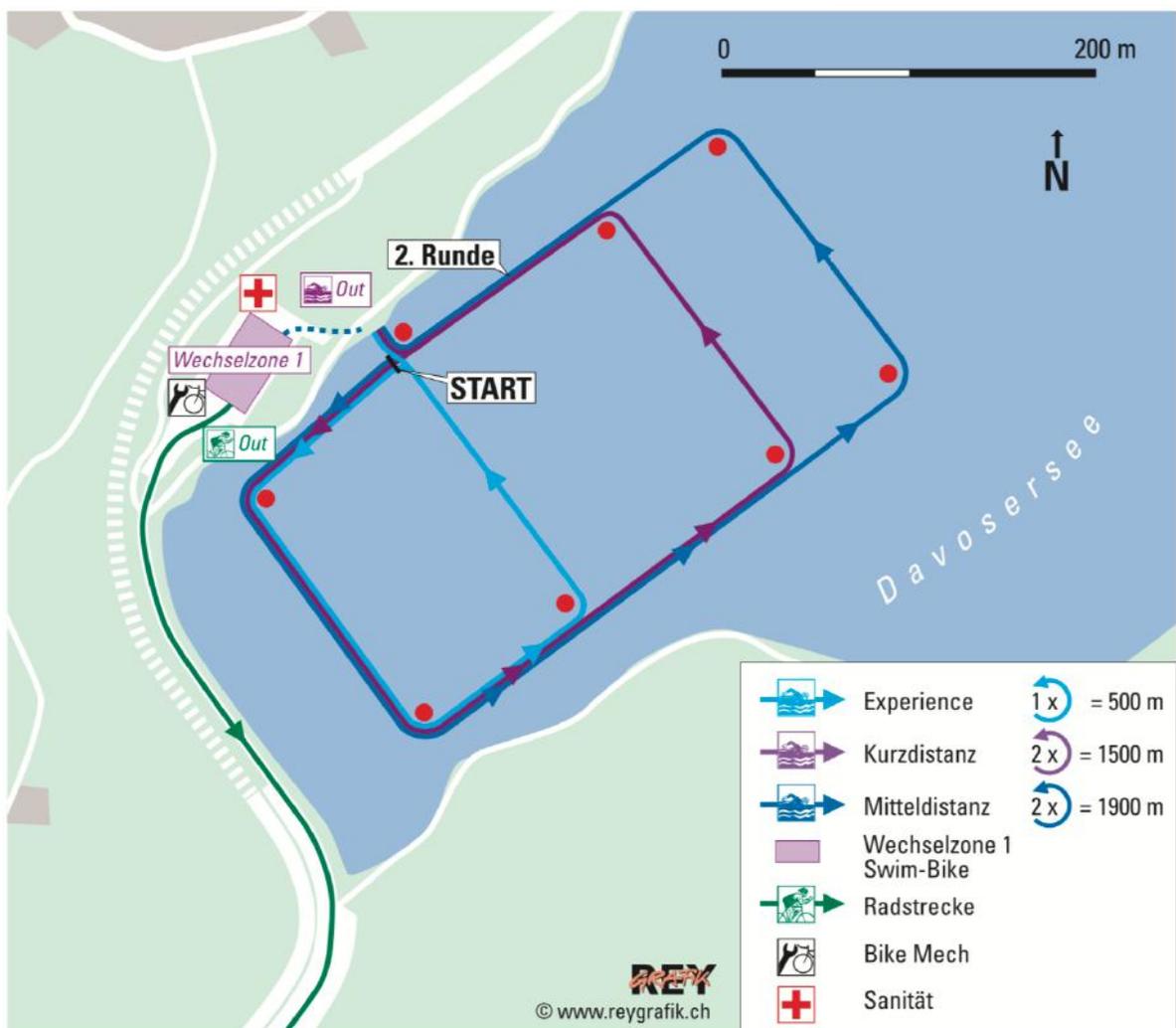
Depending on the combination of water- and air temperature, the swim course might have to be shortened. This decision is based on the regulations of Swiss Triathlon. In case the swim has to be cancelled, a duathlon will take place. The Olympic and Middle Distance athletes will run once around the lake (4 km), the experience athletes will turn before (2 km).

**Attention: Please bring extra running shoes to the lake in case we have to replace the swim with an additional run.**

If you want to warm up in the lake before, there will be a marked zone at the end of the lake. A direct swim from the warm-up area to the start is not allowed. All athletes will have to start the swim by passing over the timing mat at the dock.

The cut-off time for the Middle Distance Race is 7:30 hours.  
 The cut-off swimming is 1:05 hours and swimming&cyling is 5:00 hours.

## Swim





The bike course leads the athletes over the Flüelapass, which is closed-off for general traffic. While the athletes of the Olympic Distance will turn around at the summit (Hospiz), the Middle Distance athletes will descend on the other side towards Susch, where they turn around and cross the Flüela for the second time. Despite fewer kilometers, the split-times for the bike course are expected to be similar to a 90 km flat-course.

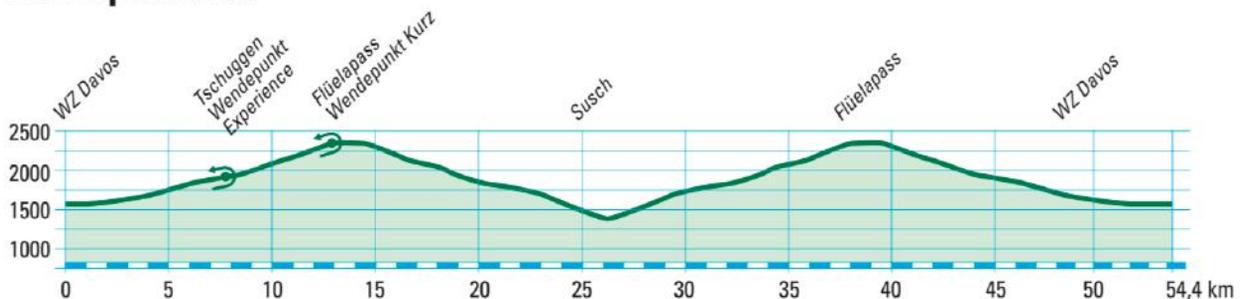
Please take notice:

- Always adhere to the Swiss traffic laws. Keep on the right at all times, as there will be oncoming traffic by other athletes that have started at different times.
- Only the main route along the Flüela is closed-off for traffic. The part in Davos Dorf and Platz is not closed-off for traffic. Despite being well secured, there still might be unexpected traffic. Please be cautious and obey any instructions given by the course marshals.
- The referees decide that all athletes have to be sufficiently dressed according to the weather. This includes fully covered arms. Please bring appropriate clothing with you to the start.
- Drafting is prohibited at any times, including on the ascents to the Flüelapass.

## Bike Course



## Höhenprofil Rad





Riding the Flüela is an authentic alpine experience. The athletes can enjoy the changing landscape from idyllic chalets, meadows and forests into a rough and jagged high-alpine mountain range.

The incline coming from Davos is on average 6.7 percent, which is fairly easy for an Alpine pass. Yet, in the higher end, after Tschuggen, the incline increases slightly. Coming from the other side of Susch, which only the Middle-Distance athletes will experience, the average incline is about 7.2 %. This side is more demanding, but also offers more flat parts, which aid the recovery.

We recommend using a roadbike for this course, as they are lighter than triathlon bikes and easier to manoeuvre on the descents. The use of triathlon bikes is permitted.

As a preferred gear transmission, we recommend 39-28 (or 34-26 with Compact). A small gear will be highly appreciated with most Middle-Distance athletes on their way back from Susch. Classic, light alloy wheels might be the best option when it comes to weight and braking comfort. Disk brakes are allowed.

Clothing will have to be adapted to the expected temperatures and weather conditions. Please expect the temperatures on top of the Flüela to be rather low. Therefore packing long-sleeved shirts, arm-sleeves, a rain coat or a wind-stopper vest, gloves with grip, long cycling pants or leg sleeves as well as shoe covers is advised, as it might be obligatory.

You can find further information about the pass at [www.challenge-davos.ch](http://www.challenge-davos.ch) under News.



**ENGADIN**  
**Radmarathon**  
[www.rad-marathon.ch](http://www.rad-marathon.ch)

**Zerner**  
Das Tor zum Nationalpark.  
Zürcher Nationalpark.

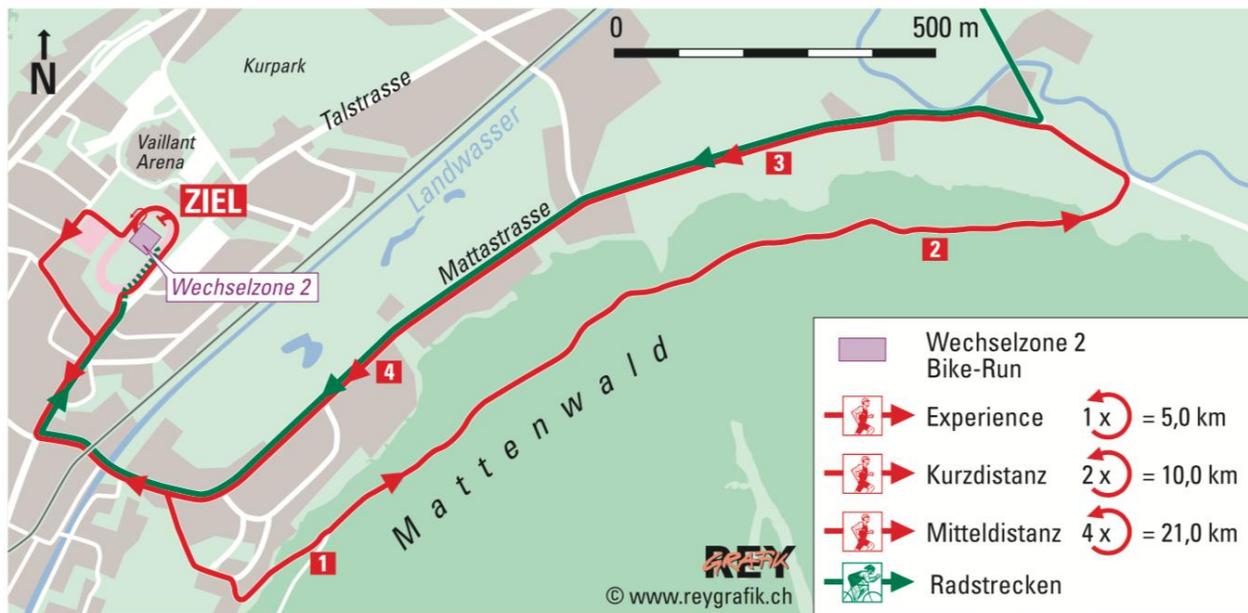
Sonntag, 5. Juli 2020

**SWISS CYCLING**  
TOP TOUR

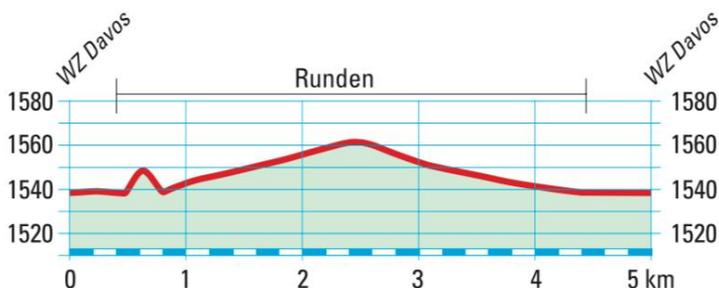
The poster features a scenic mountain landscape with cyclists on a road. The design includes large, colorful geometric shapes in blue, yellow, and red framing the central image.



## Run Course



## Course profile



The run course leads from the stadium (T2) via the Talstrasse and Mattastrasse towards the Mattawald. After a small, steep incline the course runs through hilly forest tracks until the end of the golf course, where you will find the aid station. From there, you turn onto the Mattastrasse back towards the stadium.

The laps will be counted electronically, but it is your responsibility to run the correct amount of laps.

The aid stations are located as follows:

Km 0.0 Start of the run course  
 Km 2.5 Turning point run course

Aid stations on the bike and run course are served by our partner Sponsor:





## THE CHAMPIONSHIP

The Challenge Davos Festival is an official qualification race for THE CHAMPIONSHIP in Samorin on the 31st May 2020. The Top6- classified athletes of each age group of the Middle Distance race qualify automatically for the race at the XBionic Sphere Complex in Slovakia. At the professional race, the TOP5 men and women qualify.

During the previous years, the field of athletes grew tremendously, not only among the age groupers, but also in the professional field. Samorin attracted athletes like Sebastian Kienle, who, after two attempts, was able to win this year, the two-time champion Lionel Sanders and Pieter Heemeryck, second this year and podium candidate at the Challenge Davos. On the womens' side, Lucy Chales – Barclay was able to win all three events so far. Her fierce competition were Anj Ippach, Radka Kahlefeldt and Daniela Blyemehl.

Even if you are not able to qualify, you can start at the Open category or at the shorter distances in Samorin. There is also a kids race and many attractive side events. Visiting Samorin is definitely a very impressive triathlon experience.

More information about THE CHAMPIONSHIP can be found on: [www.thechampionship.de](http://www.thechampionship.de).



**Wir Bündner waren in Sachen Sport schon immer etwas weitsichtiger.**

Dank einem gezielten kantonalen Förderungsprogramm bringen wir den Bündner Sport hoch hinaus und kümmern uns auch langfristig um dessen Erfolge. [www.graubündensport.ch](http://www.graubündensport.ch)

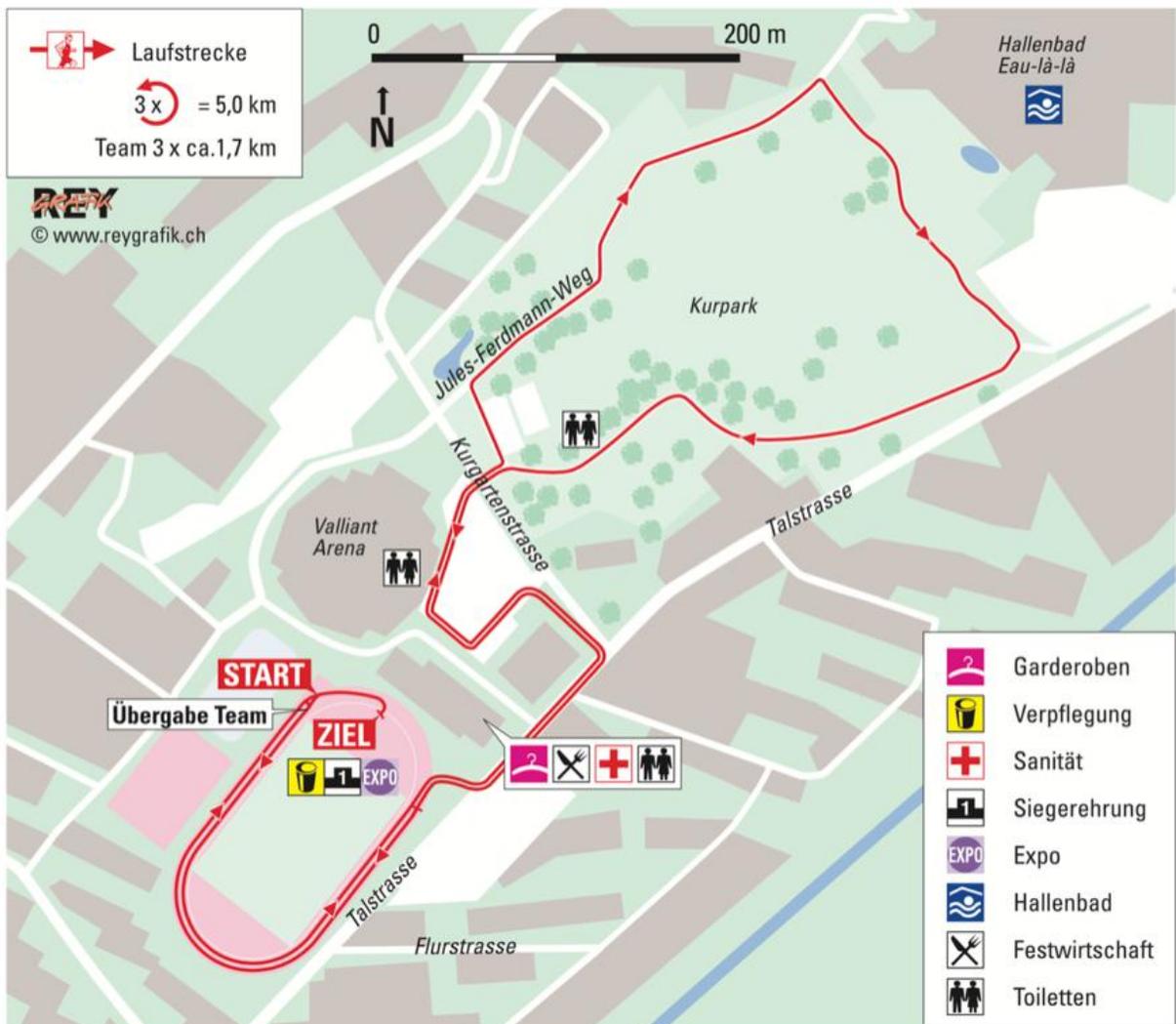


Start at the Challenge NightRun and run 5,4km through the Davos Kurpark and around the IceHockey stadium. The course can be tackled as single-starter or as a team of three. Start will be at dusk at 07:45 p.m. The NightRun is the perfect warm-up for a triathlon or as a special event experience, no matter which level.

Start and finish is in the stadium. The run course is completely traffic-free and leads you through the stadium and on concrete paths through the Kurpark.

There is also the special Chäs-Sprint Challenge, which is part of the NightRun: the runner who is the fastest during the 3 laps of the marked 150m will win a fine cheese from the Molkerei Davos.

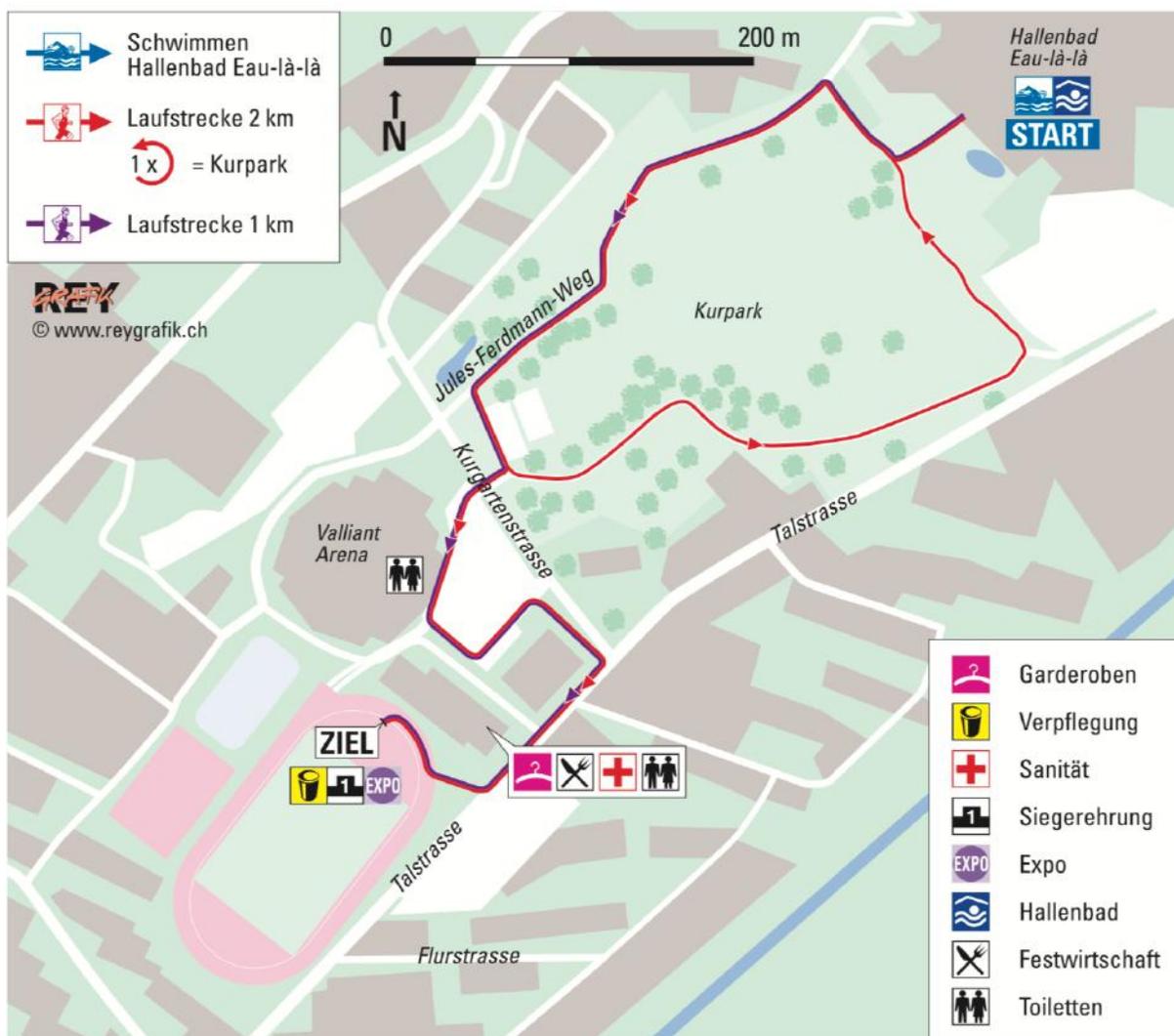
## Night Run





Even the smallest athletes can experience a special triathlon feeling at the Kids Swim&Run. Following the swim in the indoor pool (50m or 200m) the kids and teens will run (1km or 2km) through the Kurpark towards the finish line in the stadium. All participants will receive a memorable Challenge Davos Hoddie and a medal.

## Swim&Run



# Kantonale Sportförderung

[www.graubündensport.ch](http://www.graubündensport.ch)

# FÜR DIE OPTIMALE REGENERATION

20%  
RABATT

Die Ostschweizer Wellness-Oase mit ihrer einzigartigen Thermalwasserwelt und dem grosszügigen Saunadorf bietet Entspannung und Erholung der besonderen Art. Ob nach der Challenge Davos oder während der Trainingsvorbereitung – Regeneration ist elementar für jeden Sportler.

Planen Sie Ihre Hin- oder Rückreise nach/von Davos mit einem Zwischenstopp in Bad Ragaz – Körper, Geist und Seele werden Ihnen danken.

Dieser Rabatt ist ausschliesslich gültig auf den Badeintritt und **einlösbar bis am 31. Oktober 2019** gegen Abgabe dieses Gutscheins am Empfang der Therme. Der Gutschein ist nicht mit anderen Rabatten und Angeboten kumulierbar und gilt nicht für den Morgen- und Abendbadetarif.

---

## SKINFIT SHOP BAD RAGAZ

Fehlt Ihnen noch das passende Outfit für Ihre nächste sportliche Herausforderung? Die Funktionskleidung der Marke Skinfit wird den Anforderungen verschiedenster Sportarten wie Wandern, Joggen, Biken, Klettern usw. gerecht und ist gleichzeitig universell einsetzbar.

Der Shop befindet sich im Eingangsbereich der Tamina Therme und ist täglich von 10.00 – 19.00 Uhr für Sie geöffnet.



*Villa Sant'Anna*

TOSCANA



Toscana-Trainingswoche mit Ronny Dux  
und Philipp Amhof in der Villa Sant'Anna

19.04.2020 – 26.04.2020, oder  
26.04.2020 – 03.05.2020

Anmeldung bis 30. September 2019

**1 Woche Halbpension für 899.-**



**B2RS**  
birrer 2-rad sport



Was ist mit dabei?

- Halbpension
- Zwei Nachtessen in einem lokalen Restaurant
- Sportgetränke von NutriAtletic
- Velotrikot
- Schwimmgelegenheit im See

Anmeldung unter

[info@b2rs.ch](mailto:info@b2rs.ch) oder [r.dux@duxsports.ch](mailto:r.dux@duxsports.ch)



# RIDE THE ALPS



PRESENTED BY

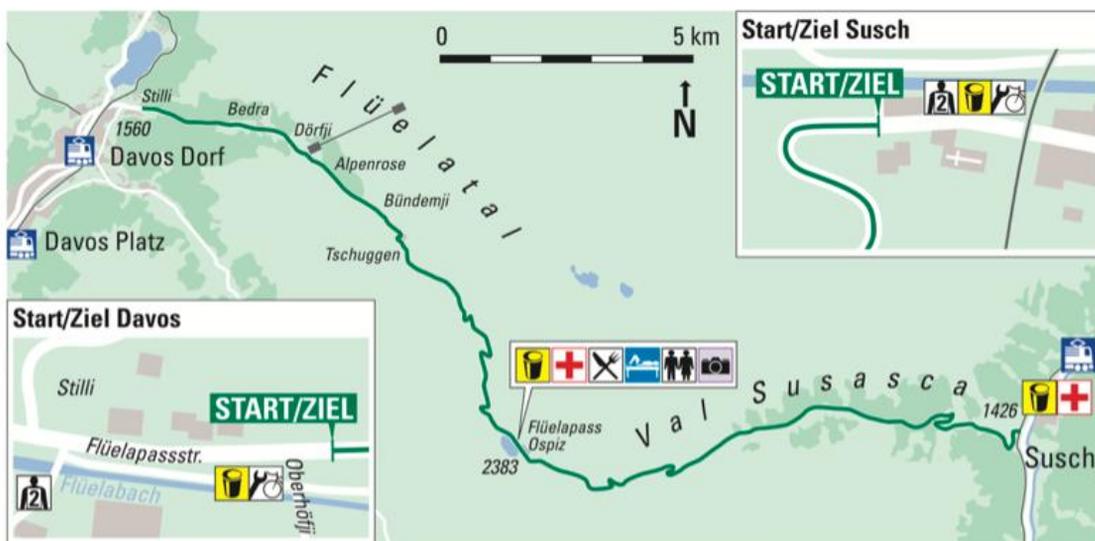
**OCHSNER**  
**SPORT**

The Challenge Davos Festival is official partner of the event series „Ride the Alps“ from SchweizTourismus.

On 15th September the Flüelapass will be closed-off for traffic for three hours, starting at 1 p.m. It will be solely available to Cyclists, Roller-Skiers and Inline-Skaters. The pass can be tackled from the side of Davos or Susch. There will be no time-keeping, so athletes can enjoy the beauty of the Swiss Alps without any pressure. At the summit, the athletes will be served with drinks and soup, and they can relax at the Sport Village. Afterwards, participants can ride individually down either to Davos or Susch. There will be a bus available for Roller-Skiers and Inline-Skaters. The pass will be open for traffic again at 4 p.m.

The registration is on both sides of the Flüela directly at the start. It is open from 10:00 a.m. to 12:30 p.m.

## Ride the Alps



## Höhenprofil Ride the Alps



- Startnummern
- Verpflegung
- Sanität
- Flüela Suppe & Restaurant
- Relax Zone
- Toiletten
- Bike Mech
- Photo Booth



## Arrival and Parking

Davos can be easily reached by train or by car. Arriving by public transport is highly recommended. Final station is «Davos Platz» on Saturday and «Davos Dorf» on Sunday. On Saturday, the parking at the congress center is reserved for athletes.

## Pass-closure / spectators transport

The Flüelapass is closed for traffic on Saturday from 10:40 a.m. to 03:10 p.m. and on Sunday between 01:00 p.m. and 04:00 p.m. Spectators who want to cheer on along the Flüela route, will have to arrive before those times and can only leave afterwards.

## Liability waiver

All participants have to sign the liability waiver agreement before registration and hand it in when collecting the bib-number. The waivers are sent by Email, available online and during registration.

## Briefing

The obligatory athletes briefing for Middle-Distance athletes is taking place on Friday, 13th September. It is also recommended for Olympic Distance and Experience athletes to attend the briefing:

06:30 - 07:00 p.m. in English

07:00 - 07:30 p.m. in German

Location: Restaurant Eisstadion Davos (Eisbahn str. 2, 7270 Davos)

## Valuables Deposit

The valuables deposit is located next to the

volunteers point and opening hours are as follows:

Friday (13.09.) from 07:00 p.m. to 09:00 p.m.

Saturday (14.09.) from 08:30 a.m. to 07:00 p.m.

## Changing rooms/showers after the finish

Showers and changing rooms are located in the sports center. The way is marked.

## Bike-Doctor

In the start area on Saturday at the lake and in the Stilli (Sunday) the Bike Academy is available for all small repairs, and during the event week also in both their shops in Davos. On the bike course, there will be a mobile bike service.

## Expo

The expo is located near the finish area:

Friday, 13.9 from 17:00 to 21:00 o'clock

Samstag 14.9 from 12:00 to 18:30 o'clock

## Weather Forecast

We will be informing about the expected weather on our website and on facebook during the event week. Possible consequences and outcomes of the forecasted weather will be explained in detail at the briefing on Friday evening.



**CHALLENGE**  
**DAVOS FESTIVAL**  
wearetriathlon!

**3 für 2 Aktion!**

**Hol dir deine Incylence Socken  
bei Dux Sports!**

[www.incylence.de](http://www.incylence.de)

The advertisement features three circular images of different styles of socks: a blue and white striped sock, a blue and grey sock, and a white sock with a blue and yellow stripe. The text is in blue and black, with the '3 für 2 Aktion!' text underlined.



## TRIATHLONCAMP FUERTEVENTURA 16.02.-01.03.2020

The oldest island of the canaries the the perfect location for training, as the steady warm weather allows for first training kilometers already in winter.

### Advantages:

- Ideal weather conditions
- Excellent infrastructure and short ways
- Spacious and modern rooms in the famous Hotel „Las Playitas“

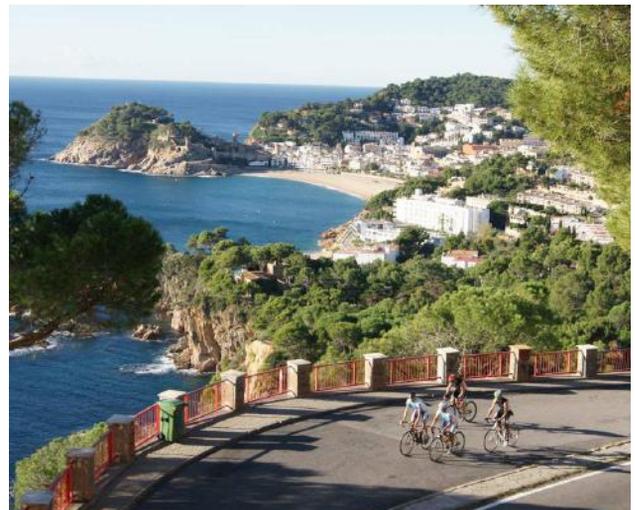


## TRIATHLONCAMP TOSSA DE MAR 18.04.-02.05.2020

Known as the pearl at the Costa Brava, the region offers low-traffic roads in a diverse terrain, allowing for flat, hilly or mountainous tours.

### Advantages:

- Six days of guided training, incl. athletics and stability courses
- Five different bike groups, allowing for every level of fitness
- Entry-level focus in week 2



Are you interested?

For further information and reservations please go to [Eitzinger Sports](#).



# RACE CALENDAR 2019/2020



All races are  
qualification races  
for The Championship

EVENT	RACE DISTANCE	COUNTRY	<input checked="" type="checkbox"/>	MONTH	DATE	YEAR
CHALLENGE TURKU	MIDDLE	FINLAND	<input type="checkbox"/>	AUGUST	11	2019
CHALLENGE ALMERE AMSTERDAM	MIDDLE/LONG	NETHERLANDS	<input checked="" type="checkbox"/>	SEPTEMBER	14	2019
CHALLENGE DAVOS	MIDDLE	SWITZERLAND	<input checked="" type="checkbox"/>	SEPTEMBER	14	2019
CHALLENGE MADRID	MIDDLE/LONG	SPAIN	<input checked="" type="checkbox"/>	SEPTEMBER	22	2019
CHALLENGE PEGUERA MALLORCA	MIDDLE	SPAIN	<input type="checkbox"/>	OCTOBER	19	2019
CHALLENGE ANHUI	MIDDLE/LONG	CHINA	<input checked="" type="checkbox"/>	OCTOBER	20	2019
CHALLENGE SALVADOR	MIDDLE	BRAZIL	<input type="checkbox"/>	OCTOBER	27	2019
CHALLENGE CAPE TOWN	MIDDLE	SOUTH AFRICA	<input checked="" type="checkbox"/>	NOVEMBER	10	2019
CHALLENGE ISKANDAR PUTERI	MIDDLE	MALAYSIA	<input type="checkbox"/>	NOVEMBER	24	2019
CHALLENGE DAYTONA	MIDDLE	USA	<input checked="" type="checkbox"/>	DECEMBER	15	2019
CHALLENGE WANAKA	MIDDLE	NEW ZEALAND	<input type="checkbox"/>	FEBRUARY	15	2020
CHALLENGE SALOU	MIDDLE	SPAIN	<input checked="" type="checkbox"/>	MARCH	29	2020
CHALLENGE TAIWAN	MIDDLE/LONG	TAIWAN	<input checked="" type="checkbox"/>	APRIL	26	2020
CHALLENGE MOGAN GRAN CANARIA	MIDDLE	SPAIN	<input checked="" type="checkbox"/>	APRIL	25	2020
CHALLENGE CANCUN	MIDDLE	MEXICO	<input type="checkbox"/>	APRIL	26	2020
CHALLENGE RICCIONE	MIDDLE	ITALY	<input type="checkbox"/>	MAY	10	2020
CHALLENGE LISBOA	MIDDLE	PORTUGAL	<input type="checkbox"/>	MAY	TBC	2020
CHALLENGE BLED - SLOVENIA	MIDDLE	SLOVENIA	<input checked="" type="checkbox"/>	MAY	17	2020
CHALLENGE ST. PÖLTEN	MIDDLE	AUSTRIA	<input type="checkbox"/>	MAY	24	2020
THE CHAMPIONSHIP	MIDDLE	SLOVAKIA	<input checked="" type="checkbox"/>	MAY	31	2020
CHALLENGE GERAARDSBERGEN	MIDDLE	BELGIUM	<input checked="" type="checkbox"/>	JUNE	7	2020
CHALLENGE HERNING	MIDDLE	DENMARK	<input checked="" type="checkbox"/>	JUNE	13	2020
CHALLENGE HEILBRONN	MIDDLE	GERMANY	<input type="checkbox"/>	JUNE	21	2020
CHALLENGE KAISERWINKL-WALCHSEE	MIDDLE	AUSTRIA	<input checked="" type="checkbox"/>	JUNE	28	2020
CHALLENGE GUNSAN - SAEMANGEUM	MIDDLE	KOREA	<input type="checkbox"/>	JUNE	TBC	2020
CHALLENGE ROTH	LONG	GERMANY	<input checked="" type="checkbox"/>	JULY	5	2020
CHALLENGE SAN GIL	MIDDLE	MEXICO	<input type="checkbox"/>	JULY	TBC	2020
CHALLENGE VIETNAM	MIDDLE	VIETNAM	<input checked="" type="checkbox"/>	JULY	TBC	2020
CHALLENGE PRAGUE	MIDDLE	CZECH REPUBLIC	<input checked="" type="checkbox"/>	JULY	TBC	2020



Thank you to our partners

HOST



EVENT SPONSOR



EVENT SUPPLIER



... and our volunteers!

