



Welcome to Davos!

How crazy was Challenge Davos last year? Despite the Corona crisis, we made the race possible and welcomed athletes to the 4th Challenge Davos. Unfortunately, after only 28 minutes we had to cancel the race due to a thunderstorm. It was just not meant to be. Therefore, there is still #unfinishedbuisness in Davos. We want to finish what we started last year. The journey begins in the crystal-clear waters of Lake Davos, leads you over the mountain panorama of the Flüela Pass and through the forests around Davos to the glorious finishline in the stadium. Let the adventure begin! Together we will have an unforgettable experience in the Swiss Alps!

This guide includes the most important information to help you prepare for race day.

*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 us using **#challengedavos** and **#bucketlisttrace**.*

Your Challenge Davos Team



The COVID-19 situation in Switzerland is currently stable. **No COVID certificate** is required for events with up to 1,000 participants. Nevertheless, we had to make slight adjustments that will affect your race day. These adjustments are necessary in order to be able to hold a sports event during these times. The focus is on the health of the athletes, volunteers and population.

All participants commit themselves to act in solidarity, take responsibility, and follow the rules.

We trust in your discipline and support!

- You are only allowed to participate if you are **completely healthy**. If you had an illnesses or disease/Covid-19 symptoms previously or if you have been in contact with sick persons, please refrain from participation
- The **minimum distance (1.50m)** must be maintained. If the minimum distance cannot be maintained, a mask must be worn.
- **Masks** are **mandatory indoors**, especially while picking up your race bib.
- As an additional precaution, you must wear a **mask** in **transition area 1** till the start. Before entering the water, you can throw your mask into container.
- Only a **limited number of spectators** are allowed to enter the event area. First come first serve applies.
- The **briefing** will be **online** for all athletes.
- All **award ceremonies** will take place outside in the finish area.
- We will not have a **penalty tent**. Time penalties will be added to you race time.





Athlete Registration

Registration is open on Friday evening and Saturday morning at Davos Stadium

You must wear a face mask while picking up your race bib.

Briefing

The briefing will be recorded and can be viewed online at any time. There will also be a Q&A on Facebook Live on Tuesday evening

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) by bike. Parking at the lake is **not available**
4. Check-In T1 at the lake

Tuesday, 25th August 2021

7.00 – 7.30 p.m. Q&A in German

7.30 – 7.30 p.m. Q&A auf Englisch

Friday 27th August 2021

4.30 – 8.00 p.m. Registration

4.30 – 9.00 p.m. EXPO (finish area)

from 6.00 p.m. Start Swim & Run Kids

7.15 p.m. Award ceremony Kids

7.45 p.m. Start NightRun

9.00 p.m. Award ceremony NightRun

Saturday, 29th August 2021

7.30 – 09.30 Registration

07.30 – 18.30 EXPO (finish area)

08.30 – 10.00 Check-In transition area 2 (Run)

09.00 – 11.00 Check-In transition area 1 (Bike)

10.45 a.m.

Start Challenge MD Pro Men

10.47 a.m.

Start Challenge MD Pro Women

11.05 a.m.

Start Challenge MD AG, AquaBike & Teams

12.00 p.m.

Start Experience Triathlon

12.10 p.m.

Start Olympic Distance incl. Teams

12.30 – 1.30 p.m.

Registration RollSki (Chalet Velo)

from 2.00 a.m.

Start RollSki Elite/ Plausch

3.00 – 7.00 p.m.

Check-Out

3.30 p.m.

Award ceremony RollSki on Flüela Pass

4.15 p.m.

Award ceremony Olympic Distance &

Experience at the finish area

6.30 p.m.

Cut-off Middle Distance Triathlon

7.00 p.m.

Award ceremony Middle Distance



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TRIATHLETES



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At the Challenge Davos, all triathlon races will use transition bags. This has the advantage that your clothes stay protected and dry. Every bag will have to be marked with the individual start number sticker.

T1: The bike bag in T1 is placed in the designated area after the swim exit. After leaving the water, the bag must be picked up, changing of clothes takes place at the benches. For all those who want to change completely, tents are available in transition zone 1. The transition bag must be dropped off on the way to the bike. **Important:** No objects may be deposited near the bike or at the racks.

T2: The spaces in transition zone 2 are not numbered, the bike is parked at the next free space within the area of your category. You can get changed on benches directly in front of the racks where you can pick up your run bag. The closed run bag must be hung up again on the hook with your starting number.

Please note: All equipment must be stowed in the bag. Only drinking bottles and shoes that are clicked into the pedals are allowed on the bike. The helmet must be in the bike bag.

A face mask is mandatory in transition area 1! Check-in is not possible without a mask!



Run-Bag

Where: In **transition zone 2** at the stadium.

When: Place it on the hook, Saturday between 8:00 a.m. - 10:00 a.m.

Inside: 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: **Transition zone 1** at the swimming exit

When: Deposit in transition on Saturday, 9 a.m. - 11 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.

Transition Zone 1 closes at 11.00 am for all categories!



Finisher-Bag

Where: Entry to transition area

When: Saturday, 09:00 - 12:00 a.m.

What: After-race clothing, shower utensils

The Finisher Bag will be transported to the finish area.



The swim takes place in Lake Davos. According to the season, the water temperature is expected to be around 16 to 18 degrees Celsius. The referees will decide **one hour before the swim start**, if the wetsuit is mandatory and or if the swim will take place at all, and over which distance.



Depending on the combination of water- and air temperature, the swim course might 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 around the lake (4 km), the Experience athletes will turn around earlier for a total run of 2 km.

Important: Please take extra running shoes with you to the lake in case we have to replace the swim with a run.

All athletes have to wear a face mask until they enter the water. Please throw your mask in the container provided at the swim entrance.

The **cut-off time** for the Middle Distance Race is **7:30 hours**. The cut-off swimming is 1:05 hours and swimming & cycling is 4:40 hour.

If the water temperature is cold, we recommend wearing a neo hood.



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Daniela Bleymehl - Three-time Ironman winner
and winner of Challenge Roth 2018

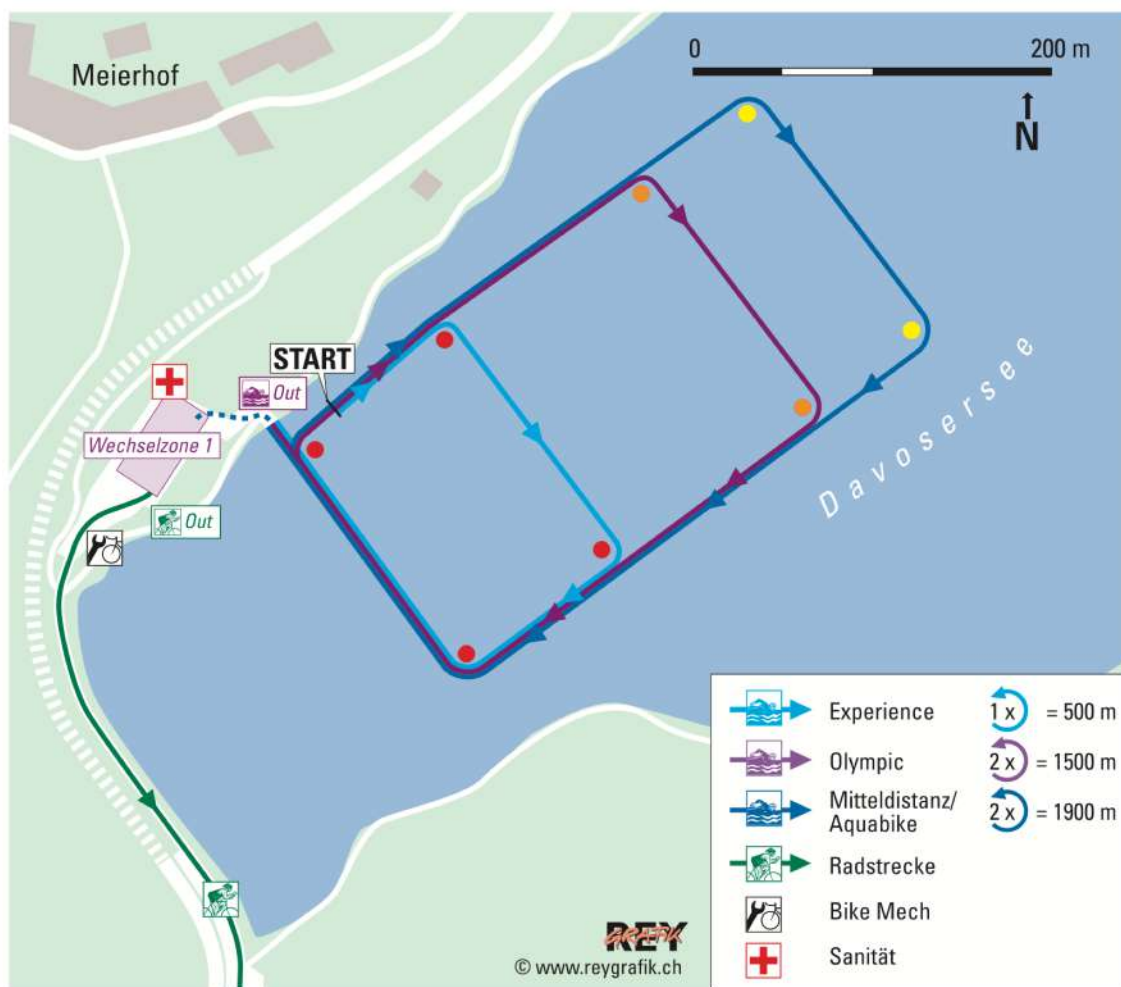


Please consider the following points before your start:

- **The parking lot at the lake is closed** to athletes and spectators.
- You should not leave the event area after checking in T1.
- There are toilets in the start area
- A **face mask** must be worn when **checking in into T1** and in the **pre-start area**
- Shortly before entering the water, the face mask must be thrown into the container provided
- The **timing mat** must be crossed.
- The start will be a mass start in the water for each category
- Access to the lake via the ramp.

Note: It is possible that fast swimmers overtake slower swimmers. We ask you all to behave fairly when overtaking and being overtaken.

Swim course





Check-In

YOU HAVE TO WEAR A FACE MASK DURING CHECK IN UNTIL YOU ENTER THE WATER

Transition 1 (T1) for swim to bike is located at the Lake Davos right next to the swim start. Please wear your helmet and race bib for the bike check-in.

- Rack your bike at your place marked with your race number. Please note: No additional markings are allowed.
- Put your red «Bike-Bag» at the bag rack according to your race number.
- Remember the best way for you through T1 from the swim exit to the mount line. And please remember that the two transition areas are not set-up identically.

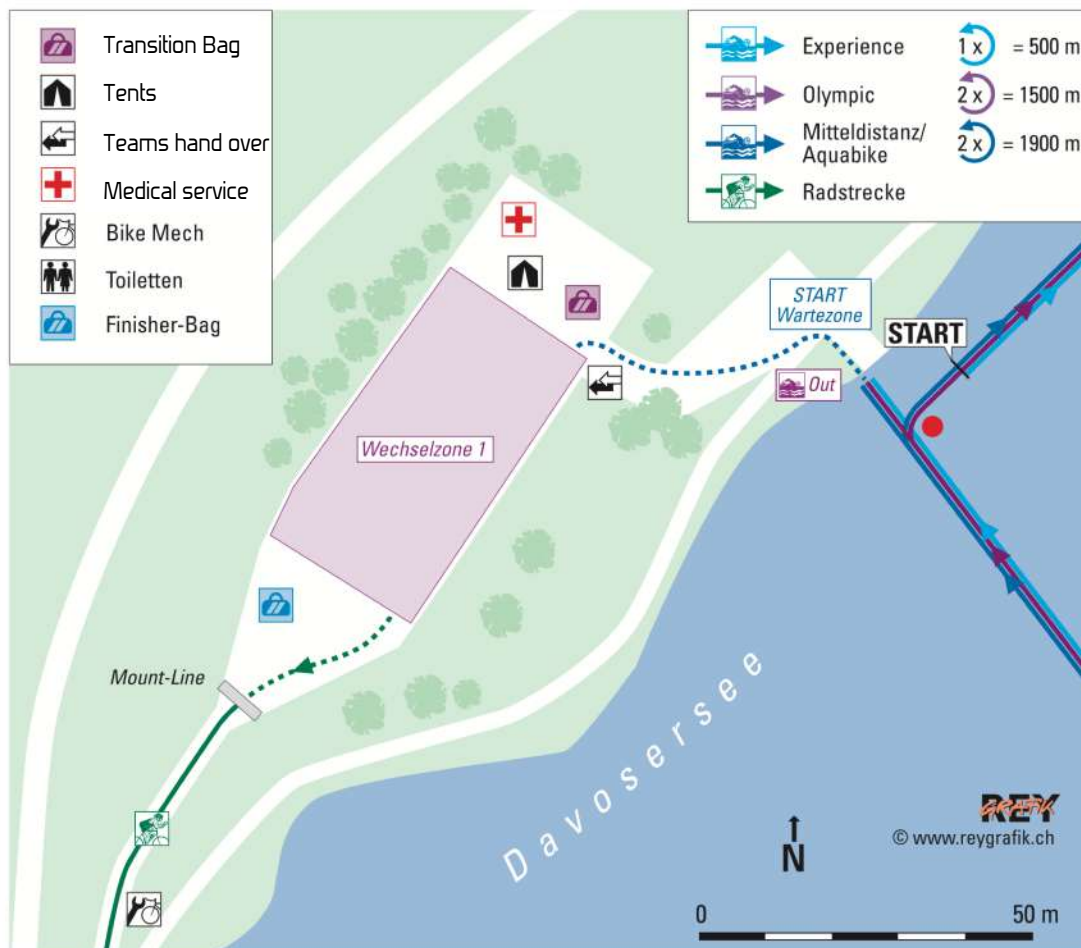
Before the start

- Transition area for all categories will close at 11.00 a.m. If you check in too late you risk a time penalty!**
- You have to wear a face mask till you enter the water
- All athletes have to cross the timing mat before the start
- Mass start in the water in several starting waves

Transition from swim to bike:

- Pick up your Bike-Bag, get changed and put on the helmet (close straps!), use tent if necessary
- Get your bike and push it to the mount-line, mount and start your ride.

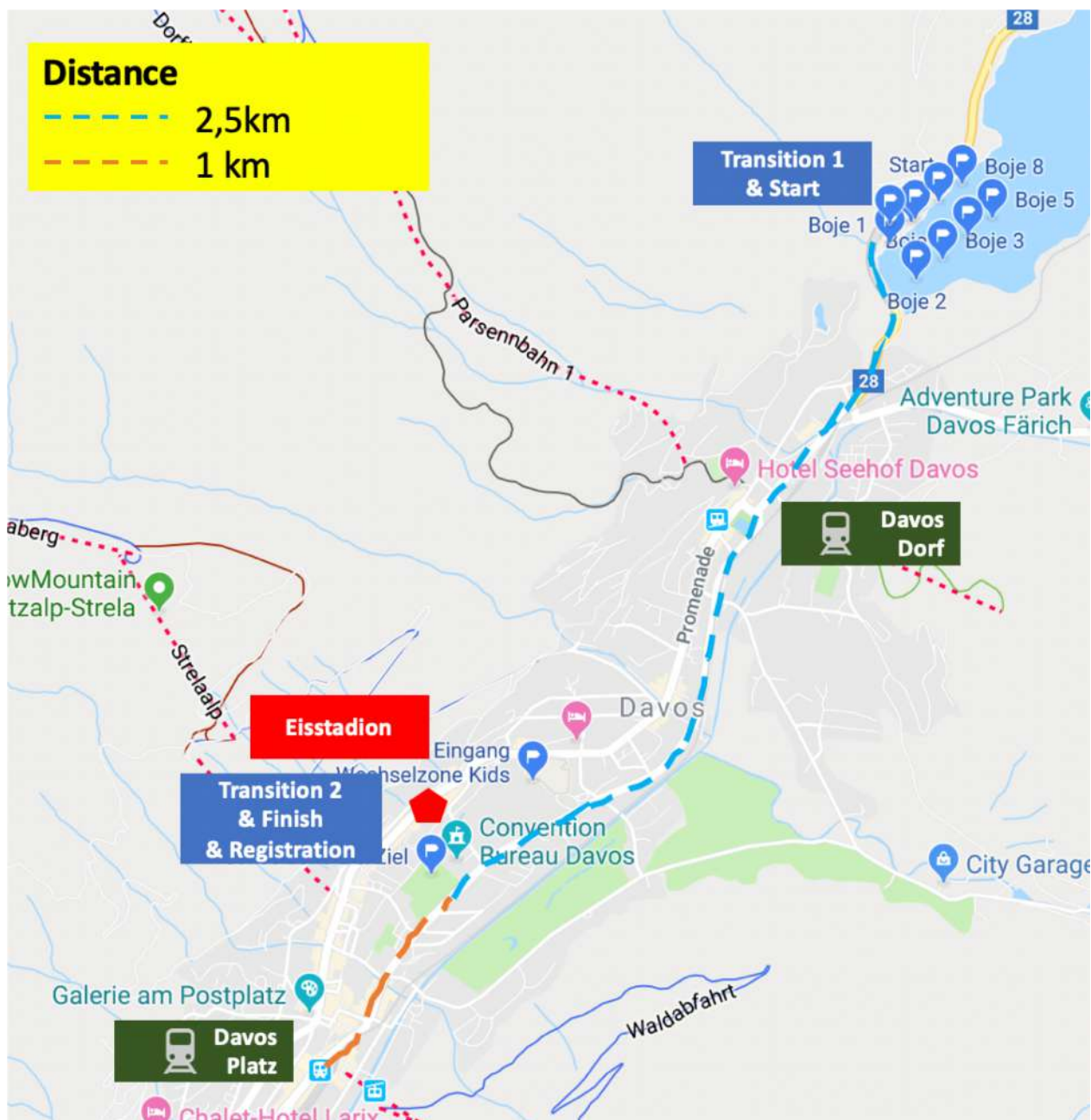
Transition 1 and start area





The two transition zones are 2.8 kilometers apart. After checking in in T2 you can ride your bike to T1 or drive and park at the Bünda parking spot. There is no parking at the lake.

The route from Transition 2 to Transition 1 will be marked. From the stadium you follow the „Talstrasse“ and then turn into „Bahnhofstrasse“ (pass by the train station „Davos Dorf“) and continue straight to the lake.



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The bike course leads the athletes **over the Flüelapass**, which is closed-off to traffic. The athletes of the Experience distance turn around at Gasthof Tschuggen, Olympic Distance athlete will turn around at the summit (Hospiz) and the Middle Distance athletes will descend on the other side towards Susch, where they turn around and conquer the Flüelapass 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.

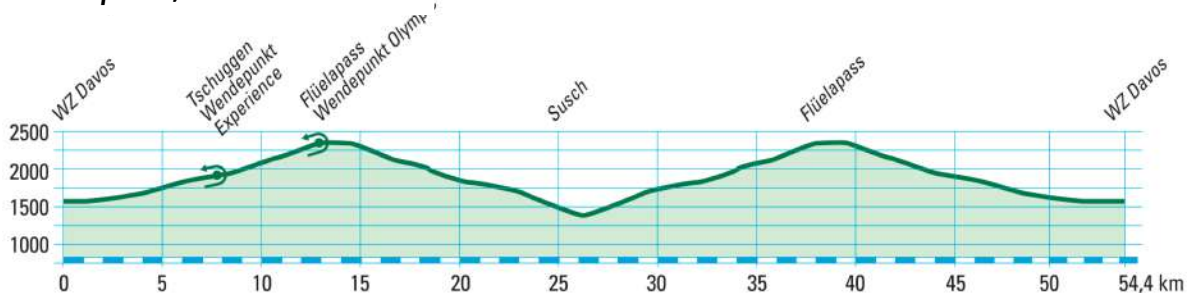
Please take notice:

- 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 to traffic. The part in Davos Dorf and Platz is **not closed** to traffic. Please be prepared for traffic on that part of the bike course. Please be cautious and follow any instructions given by the volunteers and the police.
- The referees could require additional clothing depending on the weather, e.g., **fully covered arms**. Please take arm-sleeves and a bike jacket with you to the start.
- It is **forbidden to overtake** while passing through the **construction side**. If you overtake at the construction side, you will be **disqualified**.
- **Drafting is prohibited** at any times, including on the ascents to the Flüelapass.
- We recommend a road bike.

Bike Course



Course profile, 1770 meters altitude





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 comparatively 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 flat parts, which aid recovery.

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

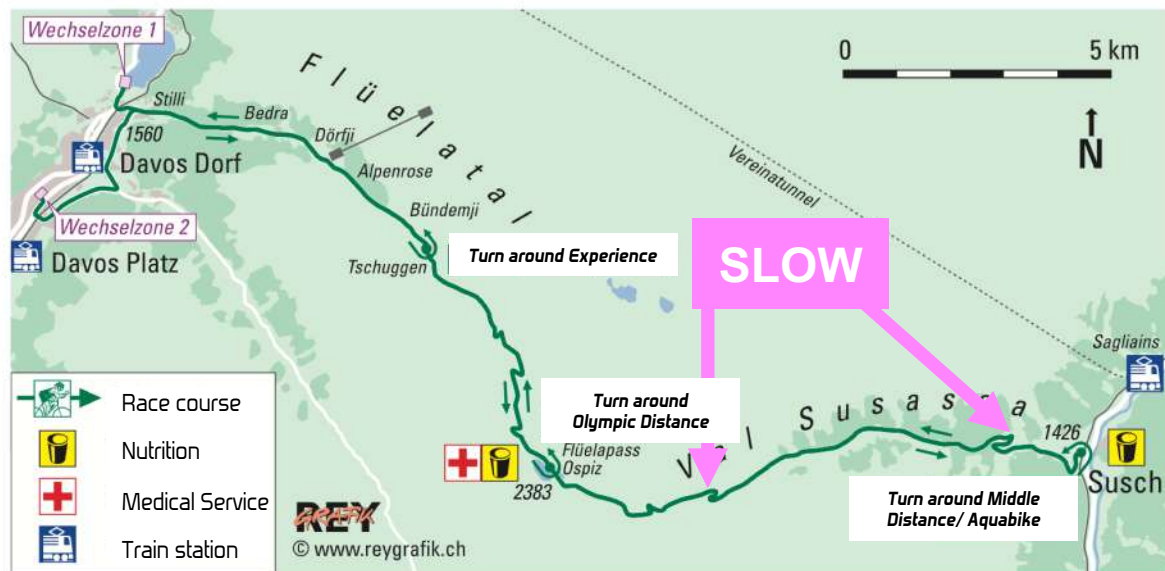
As a preferred gear transmission, we recommend 39-28 (or 34-26 with Compact). A small gear will be highly appreciated with most Middle-Distance athletes on their way back from Susch. Classic, light alloy wheels might be the best option when it comes to weight and braking comfort. Disk brakes are allowed.

Clothing will have to be adapted to the expected temperatures and weather conditions. Please expect the temperatures on top of the Flüela to be lower. Therefore, packing long-sleeved shirts, arm-sleeves, a raincoat 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 mandatory.





Bike Course



There **are two road constructions** on the Flüelapassstrasse this year. The first construction site is at km 17 near Chant Sura. The second construction site is at kilometer 24.5 on the exit in front of the bridge in front of Susch. Only one lane can be used on at both construction sites. Both places are adequately signposted with SLOW signs and the lanes are divided in the middle by pylons. **Overtaking is not allowed** on both narrow lanes. If you overtake in these areas, you will be disqualified.



Chant Sura



Bridge before Susch





Check-in

Challenge Davos has **two transition zones**. Transition 2 (T2) for the bike to run change is in the stadium of the sports center. This is the first check-in in the morning.

1. **Orientation:** Where will you enter transition? The bikes are placed on the next free place. Volunteers will be there to assist you.
2. Placing of the **blue «Run-Bag»** at the bag rack according to the start number.
3. Remember the best way for you through T2 and note that the transition zones are not set-up identically.

During the race

IMPORTANT: Please rack your bike at the next free spot. You will not have a specific spot in T2.

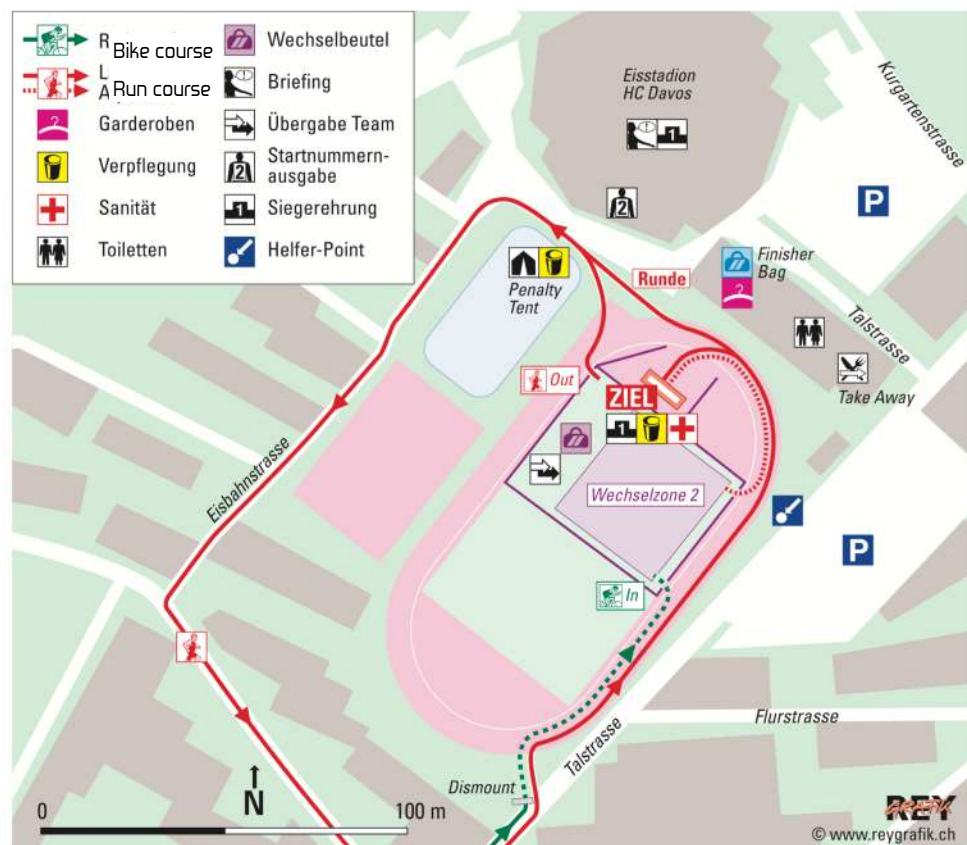
Transition from Bike to Run

1. Unsupported racking of the bike on the next free spot (shoes are allowed to stay clicked onto the bike)
2. Grab your Run-Bag from the bag rack
3. Get changed on the benches or in the transition tents
4. Hang your bag back on the bag rack
5. Start the run.

AQUABIKE

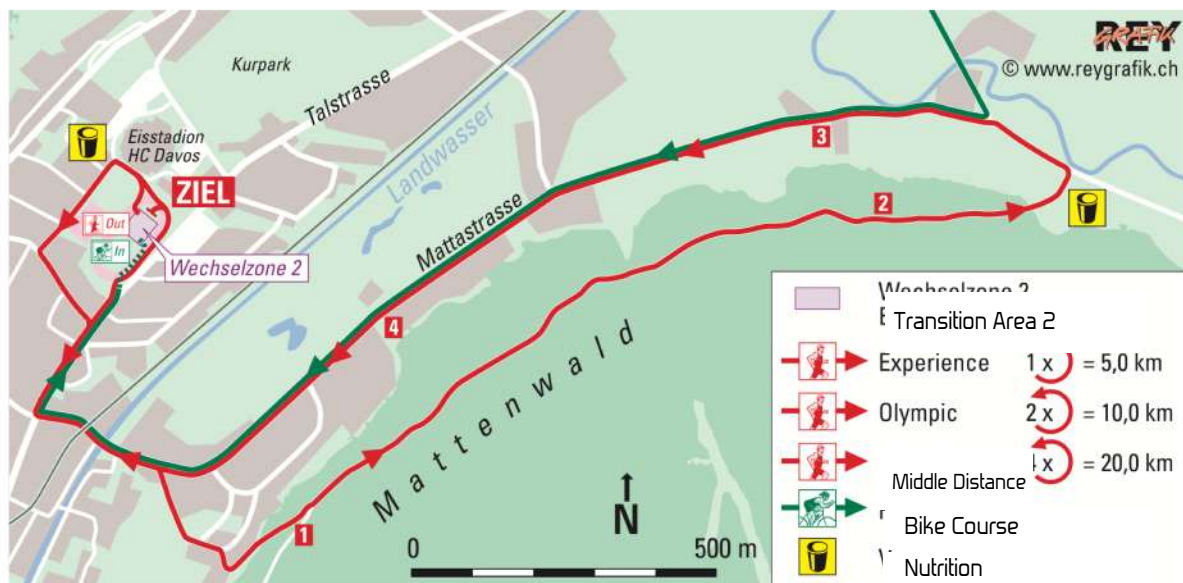
Athletes of the Aquabike category have to rack their bikes in the transition area and run from there directly to the finish.

Transition 2 and finish area

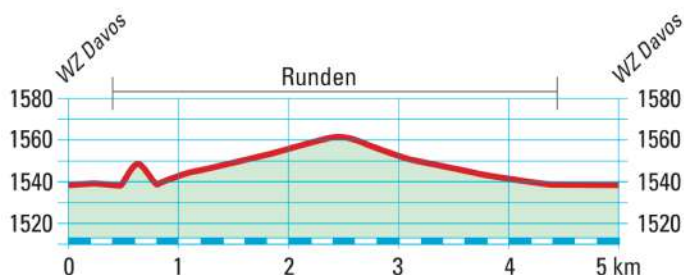




Run Course



Course profile, 102 meters altitude



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 to 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

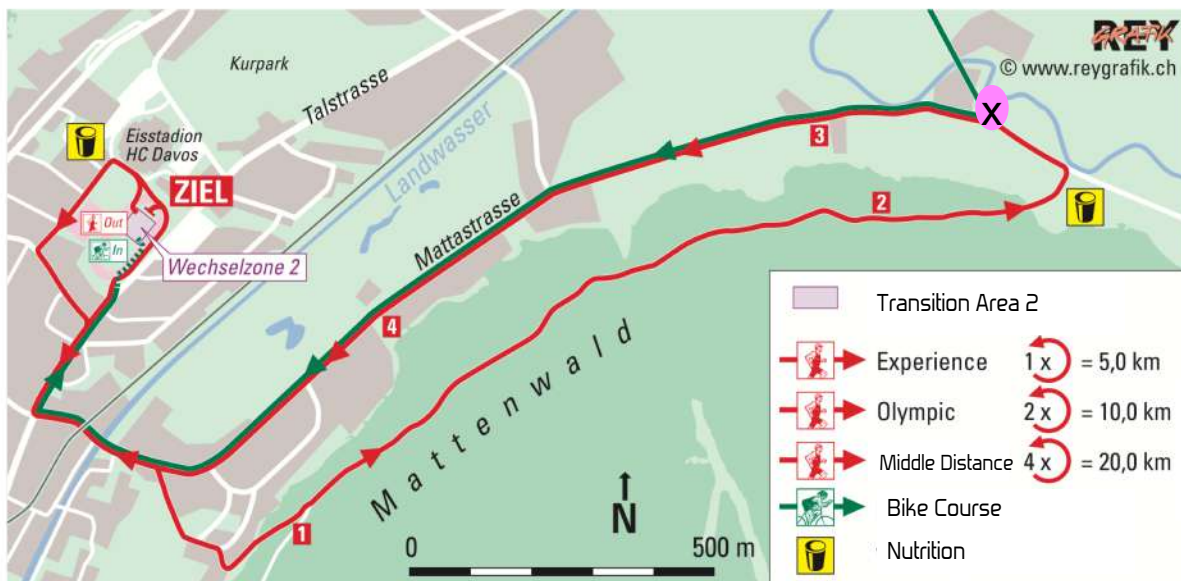


You have to pick up the nutrition by yourself at the aid station.

Aid stations on the bike and run course are served by our partner **Sponser**.



Run Course



The run course crosses the bike course at the intersection Mattastrasse / Dischmastrasse. At this point we will build a bridge so that the runners can cross the bike course safely.

The location of the bridge is marked in pink on the map above.





- 1) You have to **follow the race course** in the water and on land. If you leave the course for any reason you have to continue the race at the same point where you left the race otherwise you will be disqualified.
- 2) You are **not allowed** to take **any help** from spectators or people that are not involved in the race. If you do so you will be disqualified.
- 3) **Safety first for everyone** is our and your highest priority.
- 4) The **helmet** has to be **closed** before moving the bike and can be removed only once the bike is racked. The helmet must remain closed if you push your bike.
- 5) Challenge Davos takes place in a beautiful, but also sensitive, natural zone. **Littering is not permitted** on the course and will lead to disqualification. You can throw your trash away only in the marked areas around the aid stations.

Swiss Triathlon regulations apply. You can find all information on: www.swisstriathlon.ch

SWISS
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THE CHAMPIONSHIP

Challenge Davos is an official qualification race for **THE CHAMPIONSHIP** in **Samorin 2022**. 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 last year, the two-time champion Lionel Sanders and Pieter Heemeryck, winner of Challenge Davos 2019. On the womens' side, Lucy Chales - Barclay was able to win all three events so far. Her fierce competition were Anja Ippach, Radka Kahlefeldt and Daniela Bleymehl. In addition, the event was expanded to include the Collins Cup and will be a world-class triathlon spectacle.

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 an amazing triathlon experience.

More information about THE CHAMPIONSHIP can be found on: www.thechampionship.de.



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Start at the **Challenge Davos NightRun** and run 5km 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 the triathlon as well as a unique event experience.

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.

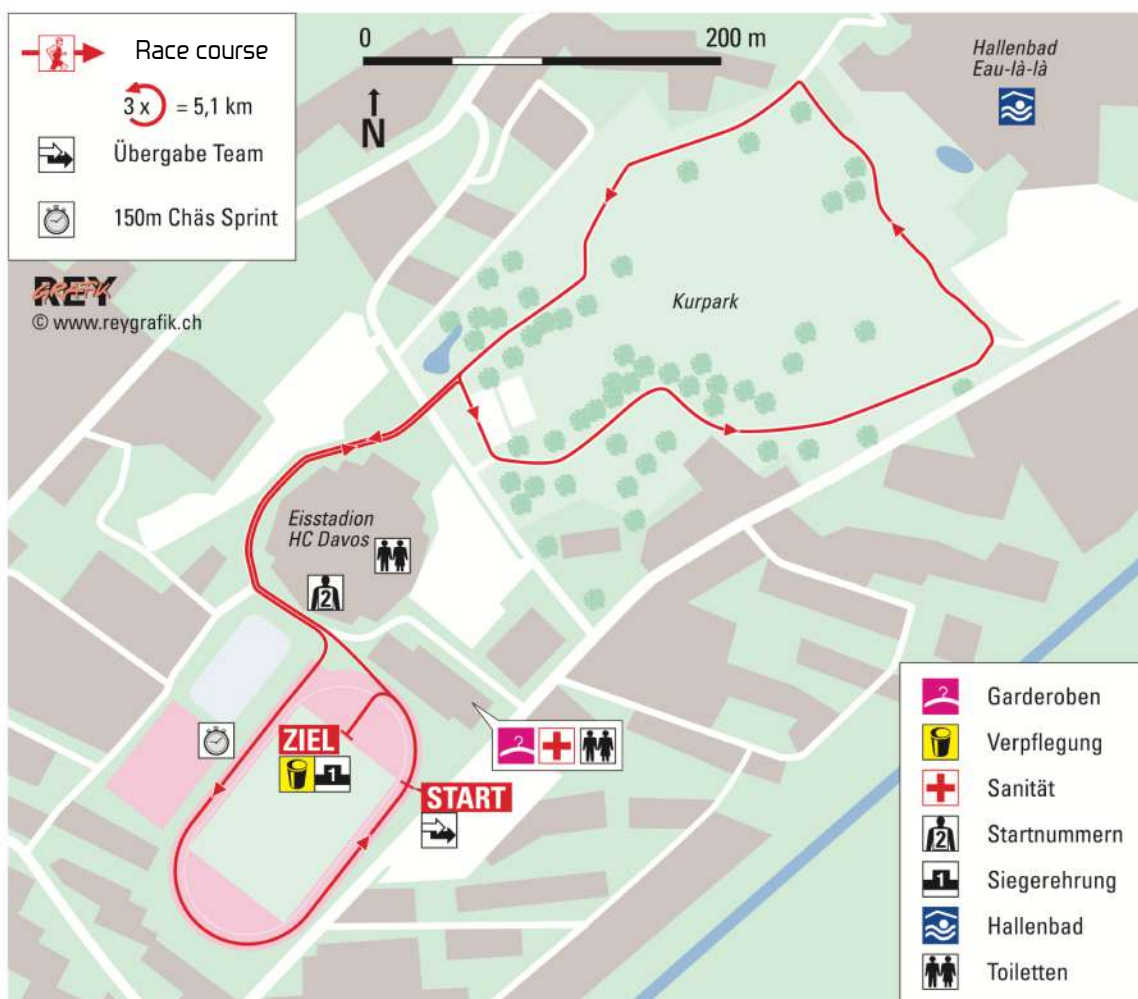
There is also the special Chäs-Sprint Challenge, which is part of the NightRun: the runner who is the fastest during the three laps of the marked 150m will win a delicious cheese from Molkerei Davos.

Start: Friday 27/08 at 7.45 pm

Registration: from 4.30 pm



Night Run





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

Registration: Friday 27/08 from 4.30 pm

Start: from 6.00 pm

Information for parents: Parents are allowed to enter the start and transition area to help their kids to check-in and prepare for the race. During the race only kids in the category 2010-2015 are allowed to be supported.

The award ceremony will take place in the finish area at 7.15 p.m.

Categories und Distance

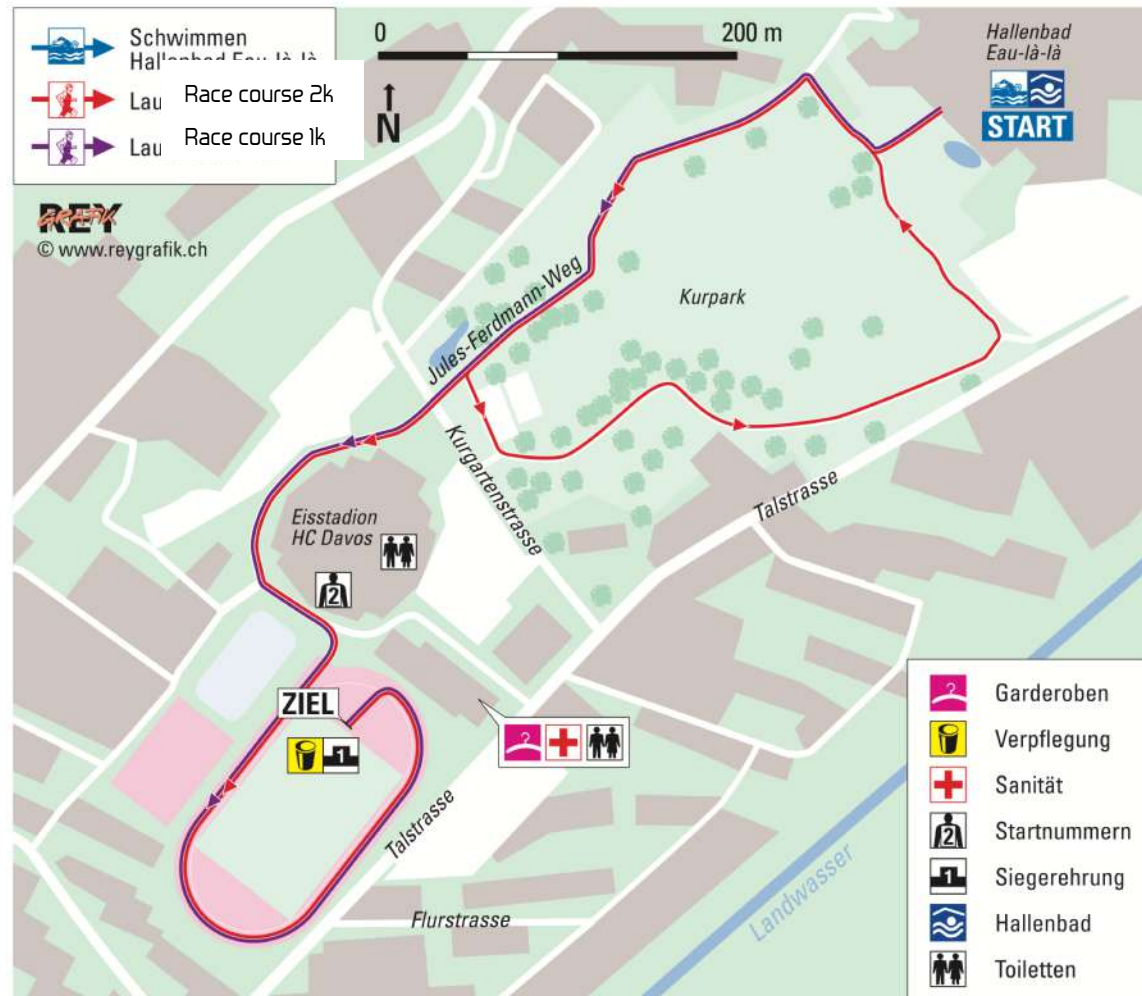
Category 2013-2015: 25m Swim / 1k Run

Category 2010-2012: 50m Swim / 1k Run

Category 2007-2009: 100m Swim / 2k Run

Category 2004-2006: 200m Swim / 2k Run

Swim&Run





FIS Flüela Roller Ski Challenge



As part of Challenge Davos, an official FIS roller ski race will take place again this year.

After the athletes of the triathlon races have passed the top of the pass, the roller skiers start on the legendary alpine pass road, where roller skiers are normally not allowed, towards the Flüela Hospiz. Directly after the start, the route begins to climb steadily and variedly. After 12 kilometers and 800 meters of altitude difference the finish on Flüela Pass offers a fantastic scenery with breathtaking views.

GENERAL INFORMATION

- Registration: Saturday 12:30 – 1:30 pm at the start (Färich/ Chalet Velo)
- **Start Elite/U20 Men:** **2.00 pm (Classic technique, C-2 Wheels)**
- **Start Elite/U20 Women:** **2.02 pm (Classic technique, C-2 Wheels)**
- **Start Fun:** **2.05 pm (free technique)**
- Cut-off Gasthaus zum Tschuggen: 14:45 (Athletes who pass this point later must finish the race here. A return transport is guaranteed)
- Cut-off Flüela pass summit: 3.45 pm
- Distance: 12k, 810hm
- Return transport: 3.50 pm from Flüela Hospiz, 4.10 pm from Gasthaus zum Tschuggen
- It is not possible to drive to the starting area by car, Flüela Strasse is completely closed from the avalanche center; It is recommended that you travel by public transport. If you are arriving by car, you can park in the congress car park (free of charge) or in the Bünda car park (subject to a charge).
- Transport of clothes from the start to the pass is guaranteed. Clothes drop at the Stili bus stop.
- Award ceremony 3:30 p.m. on top of the pass

WICHTIG

- Category Elite and U20 have to use C2 wheels!
- Category Fun free choice of rolls
- Helmets and glasses are mandatory for the race and warm-up
- Warm up is possible on the streets in the direction of Dischmatal
- Race bib has to be worn on the chest
- Crossing the center line leads to immediate disqualification
- Littering leads to immediate disqualification
- Elite and U20 competitions (men and women) are official FIS roller ski competitions - the international competition rules (ICR) apply



FIS Flüela Roller Ski Challenge



Roller Ski 12.8 k, 810 meters altitude





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».. The parking at the congress center is reserved for athletes.

Pass-closure / spectators transport

The Flüelapass is closed for traffic on Saturday from 10.30 a.m. to 03.45 p.m. Spectators who want to cheer 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 athletes briefing for Middle-Distance athletes will be available online. We will host a Q&A on Facebook Live on Tuesday, August 24th.

It is recommended for all participants including Middle Distance, Olympic distance and the Experience category to watch the briefing and participate in the Q&A.

Q&A on Facebook

- 7.00 – 7.30 p.m. in German
- 7.30 – 8.00 p.m. in English

Changing rooms/showers after the finish

Changing rooms and showers are available in the sports center.

EXPO

The expo is located in the stadium (finish area). The opening hours are :

Friday: 4:30 p.m. to 9:00 p.m.

Saturday: 7:30 a.m. to 6:30 p.m.

Bike-Doctor

In the start area on Saturday at the lake 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.

Weather Forecast

We will inform you about the expected weather on our website and on Facebook during the event week. Possible consequences and changes of the race will be explained in detail in the race briefing.





TRIATHLONCAMP FUERTEVENTURA **February/ March 2022**

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