



Welcome to Davos!

We are looking forward to welcoming you to the 6th Challenge Davos on 25th and 26th August 2023!
In this guide you will find the most important information about the competition.

We wish you a great triathlon experience and are looking forward to the stories before, during and after the race, which you can share with us under **#challengedavos** and **#bucketlistrace**.

Your Challenge Davos Team



Dear Athletes

Welcome to Challenge Davos, and we are thrilled to be back in the Swiss Alps for this incredible festival of sport and Europe's highest triathlon!

Thank you for your passion and commitment to race here in Davos and for your trust in Challenge Family. I also express my thanks to Sven Riederer and his team who have worked so hard all year to bring Challenge Davos to you. And special thanks must go to the countless volunteers, local stakeholders, sponsors as well as the local community for their support.

Challenge Family is all about the athlete and I know you will experience this for yourself with the friendly, welcoming and inclusive atmosphere that prevails at all our races around the globe and especially so here in Switzerland. The community's warm hospitality, the challenging but beautiful course surrounded by the region's stunning alpine scenery, and let's not forget the Flüela Pass (!), all combine to create an unforgettable race experience.

I wish you all the very best for your race and see you at the finish line!

Jort Vlam

CEO - CHALLENGEFAMILY





Athlete Registration

Registration in the ice stadium is open on Friday evening from 4.30 p.m. to 8.00 p.m. and on Saturday morning from 8.30 a.m. to 11.30 a.m.

Briefing

The online briefing is mandatory for middle distance athletes and recommended for all other distances.

Pre-race Schedule for Saturday

1. Parking at the Sports center or the Metz parking space.
2. Check-In T2 next to the stadium
3. Transfer to T1 (at the lake) by bike or by car. Parking at the lake is available.
4. Check-In T1 at the lake
5. Short pre-race briefing directly before the start

Thursday, 24th August 2023

- 6.00 - 6.30 p.m. Race Briefing in German
- 7.00 - 7.30 p.m. Race Briefing in English

Friday, 25th August 2023

- 4.30 - 8.00 p.m. Registration (in the ice stadium)
- 8.00 p.m. Start NightRun 5k
- 9.00 p.m. Award ceremony Night Run
- 6.00 - 10.00 p.m. Pasta-Plausch at the Chalet (at the finish)

Saturday, 26th August 2023

- 8.30 - 11.30 a.m. Registration (in the ice stadium)
- 9.00 - 11.00 a.m. Check-In T1 & T2
- 10.43 a.m. **Start Pro Middle Distance Triathlon**
- 10.45 a.m. **Rolling Start Middle Distance Triathlon** (incl. Team and AquaBike)
- 12.00 p.m. **Rolling Start Short Triathlon**
- 12.10 p.m. **Rolling Start Olympic Distance Triathlon** (incl. Team)
- 12.30 p.m. **Start Kids Swim & Run** (in the indoor swimming pool)
- 12.30 - 1.30 p.m. Registration Rollski at the Start in Färich
- 2.00 p.m. **Start Rollski Flüela Challenge**
- 1.00 - 6.30 p.m. Check-out
- 2.00 p.m. Award ceremony Short Triathlon & Kids Swim&Run (next to the finish area)
- approx. 2.45 p.m. Flower Ceremony PRO Men
- approx. 3.30 p.m. Flower Ceremony PRO Women
- 4.15 p.m. Award ceremony Olympic & RollSki Challenge (next to the finish area)
- 6.00 p.m. Cut-off Triathlon
- from 6.30 p.m. Raclette Plausch at the Chalet (next to the finish area)
- 9.30 p.m. Award ceremony Middle Distance & AquaBike (next to the finish area)
- from 10.00 p.m. **After Race Party at the Chalet** (next to the finish area)





At Challenge Davos, finisher & bike bags will be used in the transition zones at all three triathlon races. This has the advantage that the clothes remain protected and dry. Each bag must be marked with the individual start number sticker. Either on or next to the name tag.

Both bags can be picked up after the race at the registration point in the ice stadium.



Bike Bag

Where: In transition zone 1 at the lake

When: After swimming

What: wetsuit, goggles, swim cap etc. .

The bike bag will be transported to T2 during the race.



Finisher Bag

Where: At the entrance to transition zone 1 at the lake

When: Before the start

What: Clothes for after the race, shower utensils, etc.

The bike bag will be transported to T2 during the race.





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.

The **cut-off time** for the Middle Distance Race is **7:15 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.

Please note that there will be no possibility to buy neo bonnets or race belts on site.





Check-In:

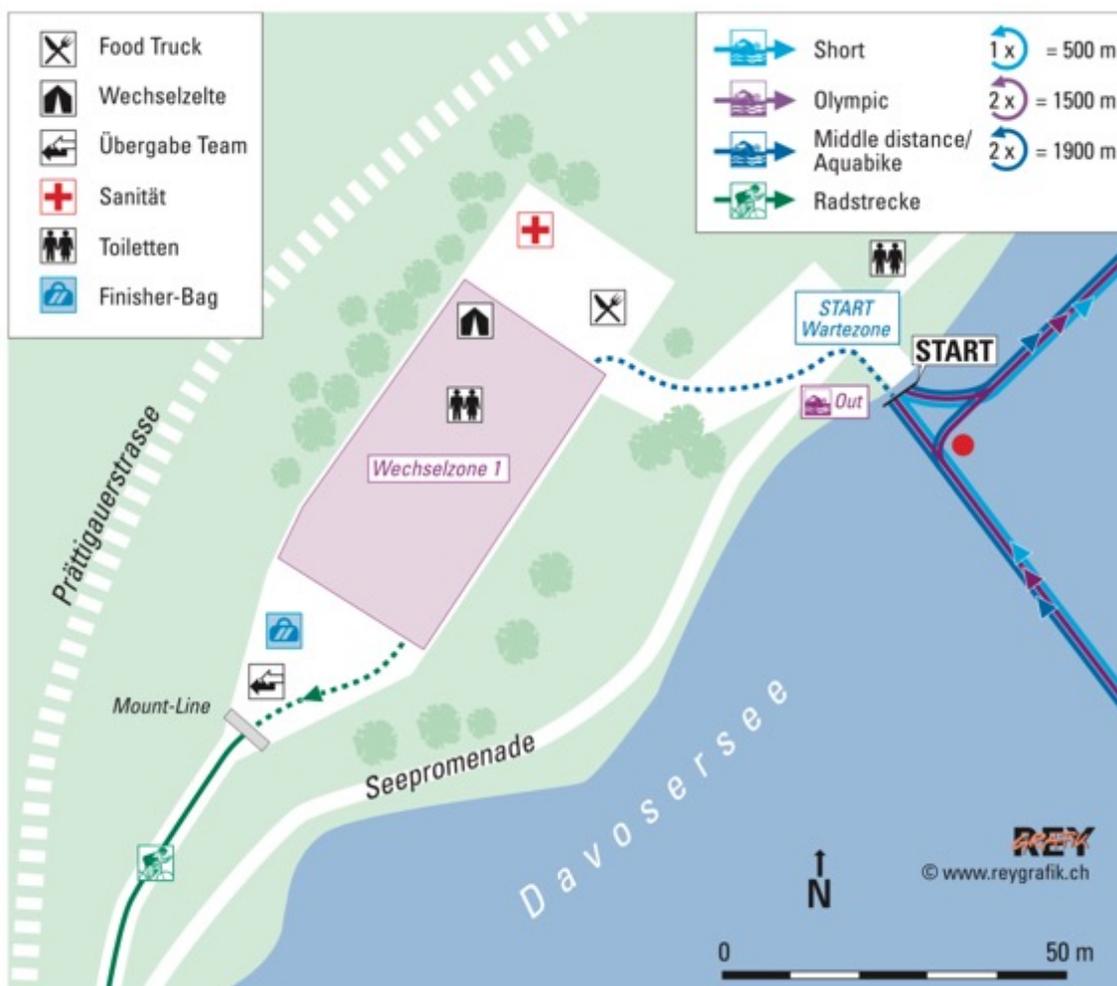
Transition 1 (T1) for swim to bike is located at the Lake Davos right next to the swim start. **Please wear your helmet and race bib for the bike check-in.**

- A) Rack your bike at your place marked with your race number. Please note: No additional markings are allowed.

Before the start:

1. Transition area for all categories will close at 11.00 a.m. If you check in too late you risk a time penalty!
2. After the swim, go to the waiting area at the swim start.
3. **There you have the opportunity for warm up**
4. All athletes have to cross the timing mat before the start.

Transition 1 and start area

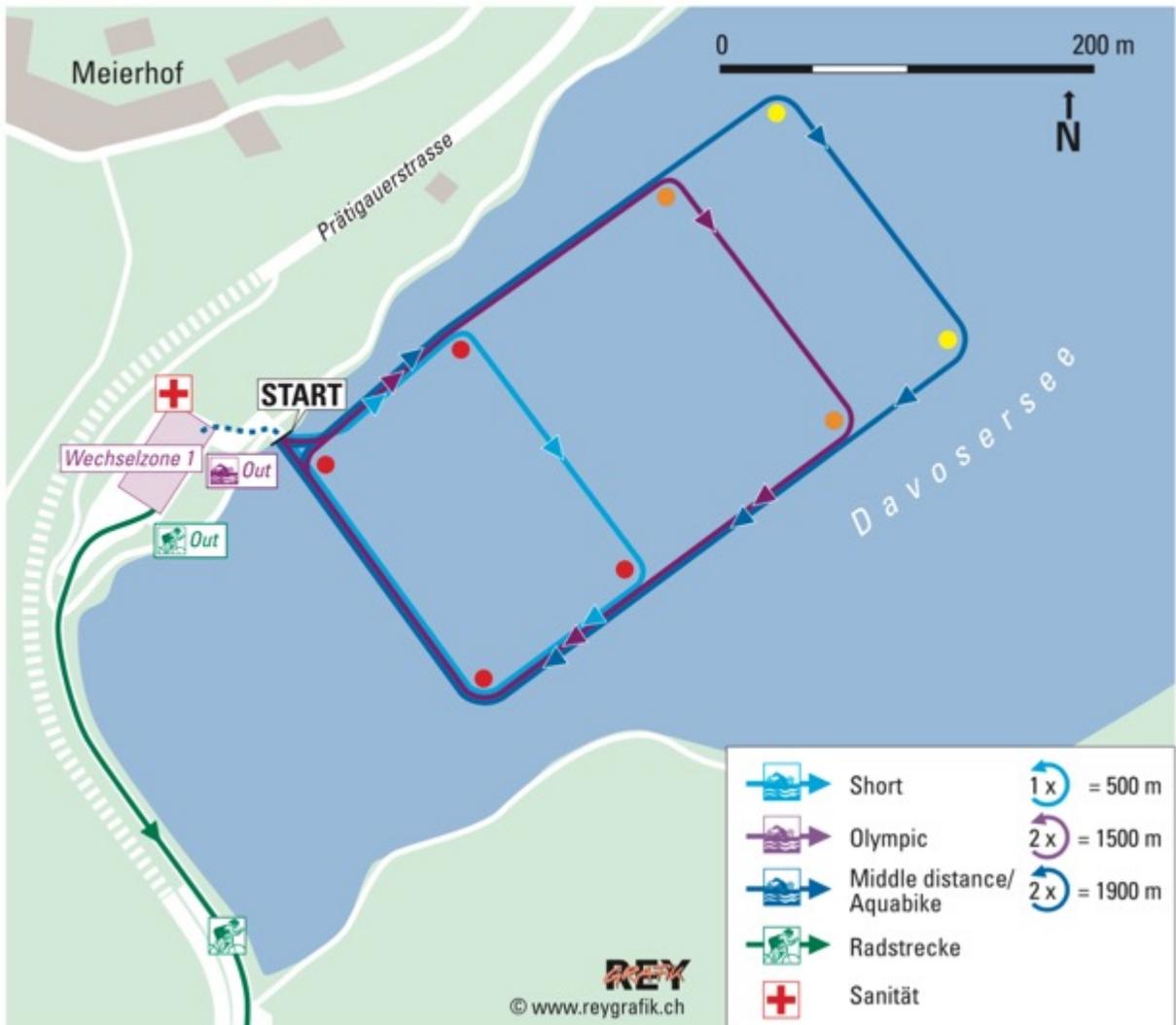




The starting procedure for the Middle Distance, Olympic and Short categories has been adapted for this year!

The start will no longer be a mass start in the water. Instead, there is a rolling start. The participants start at regular intervals and one after the other directly from land. They cross the timing mat shortly before entering the water, which starts the time.

Swim course



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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.

Transition 2 and finish area

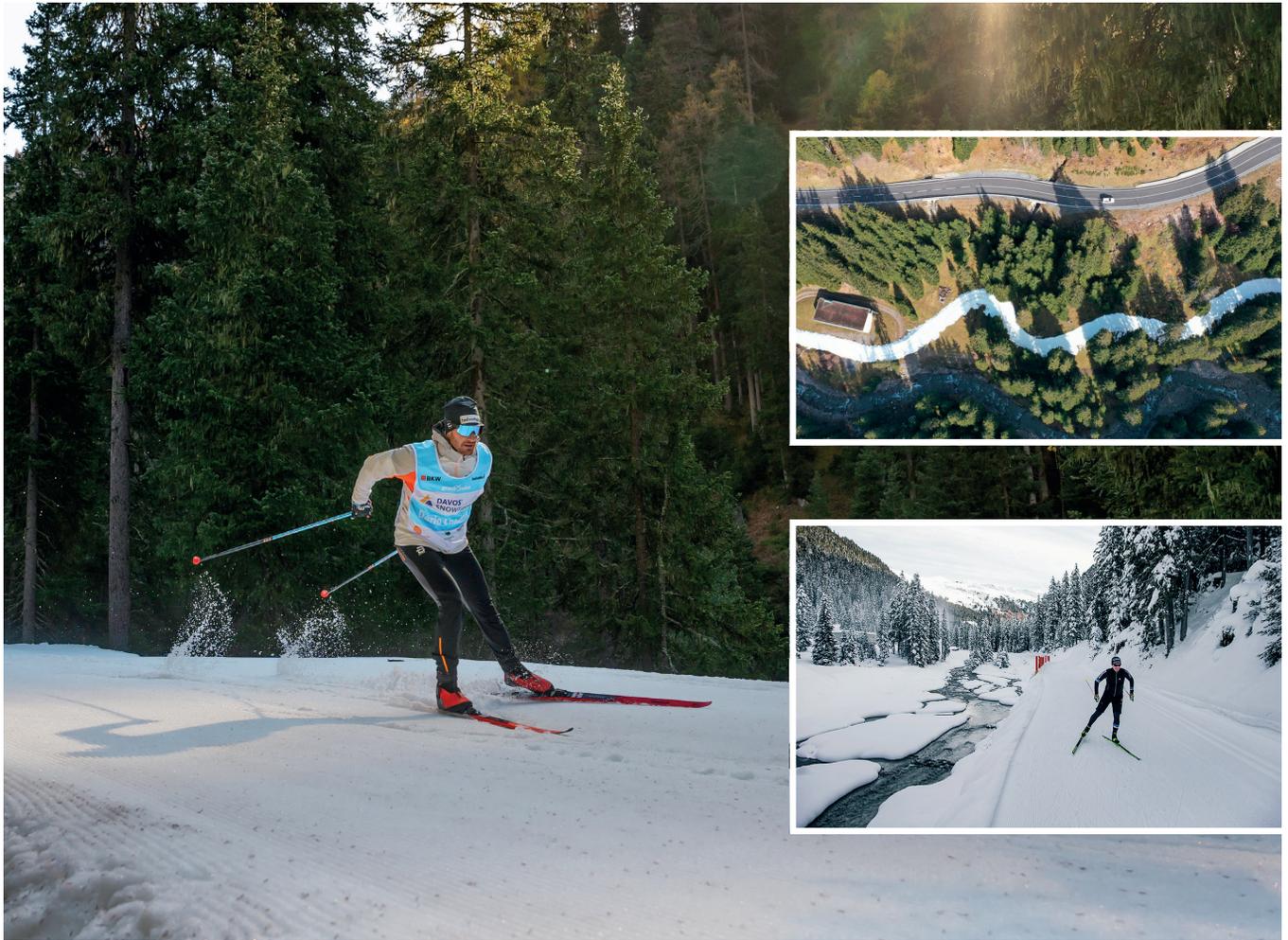




The two transition zones are 2.5 kilometers apart. After checking in at T2, you can ride your bike to T1 or have your supporters drive you. Parking is available at the lake during the race.

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.





SNOWFARMING DAVOS

« *Langlaufen in Davos* »
bereits ab Oktober möglich! »

Trainiere mit den Profis auf der rund 4 Kilometer langen Langlaufloipe aus übersommertem Schnee vom letzten Jahr.

- Saisonkarte CHF 50.-
- Tageskarte CHF 7.- (Werktag) / CHF 10.- (Wochenende)
- Tageskarte Kinder CHF 5.-

davos.ch/snowfarming

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SNOWFARMING



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 site**. If you overtake at the construction side, you will be **disqualified**. More information on the section with the construction site can be found on the next page.
- **Drafting is prohibited** at any times, including on the ascents to the Flüelapass.
- We recommend a road bike.

Bike course



Höhenprofil Rad 1770 Hm





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.

For more information on the pass, visit www.challenge-davos.ch under News.





Construction site on the bike course

Affects only the athletes on the Middle Distance!

There **is a construction site** on the Flüelapassstrasse this year. This will be passed on the descent from Flüelapass Hospiz to Susch (approx. at KM 17) as well as on the ascent on the way back (approx. KM 37).

Only one lane can be used on at the approximately 250m long section of the construction site. The place is 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.

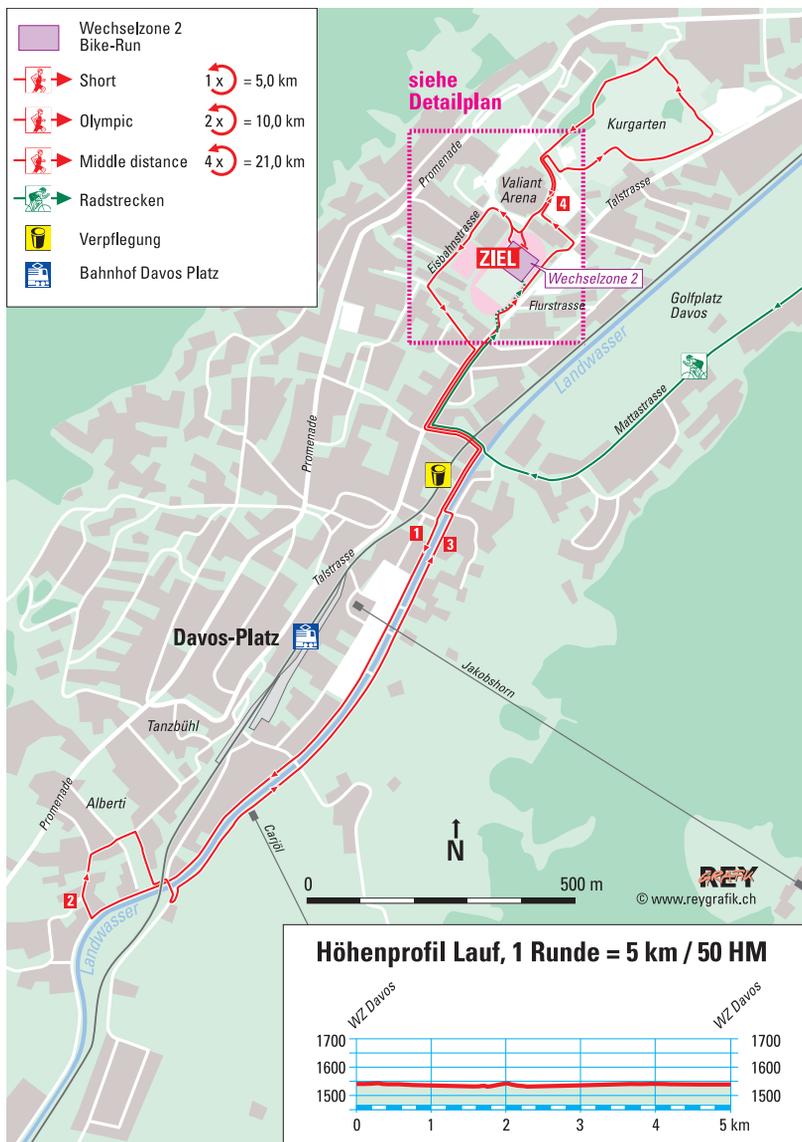


RACE CALENDAR 2023/2024

	CHALLENGE LONDON ENGLAND, 6 AUG 2023	MIDDLE		BCI CHALLENGE PUERTO VARAS CHILE, 17 MAR 2024	MIDDLE
	CHALLENGE DAVOS SWITZERLAND, 26 AUG 2023	MIDDLE		ANFI CHALLENGE MOGÁN GRAN CANARIA SPAIN, 20 APRIL 2024	MIDDLE
	CHALLENGE COQUIMBO-LA SERENA CHILE, 3 SEP 2023	MIDDLE		CHALLENGE CERRADO BRAZIL, 21 APRIL 2024	MIDDLE
	CHALLENGE ISTANBUL TÜRKIYE, 3 SEP 2023	OLYMPIC		CHALLENGE TAIWAN TAIWAN, 27 APRIL 2024	Ⓢ LONG MIDDLE
	CHALLENGE ALMERE-AMSTERDAM NETHERLANDS, 9 SEP 2023	Ⓢ LONG MIDDLE		CHALLENGE RICCIONE ITALY, TBC MAY 2024	MIDDLE
	CHALLENGE SAMARKAND UZBEKISTAN, 17 SEP 2023	MIDDLE		EKOÏ CHALLENGE FRÉJUS FRANCE, MAY 2024	MIDDLE
	CHALLENGE SANREMO ITALY, 24 SEP 2023	MIDDLE		THE CHAMPIONSHIP SLOVAKIA, 19 MAY 2024	Ⓢ MIDDLE
	CHALLENGE SANTA MARTA COLOMBIA, 8 OCT 2023	MIDDLE		CHALLENGE ST PÖLTEN AUSTRIA, 26 MAY 2024	MIDDLE
	CHALLENGE BARCELONA TRIATHLON SPAIN, 8 OCT 2023	OLYMPIC		CHALLENGE GUNSAN-SAEMANGEUM KOREA, TBC JUN 2024	Ⓢ LONG MIDDLE
	CHALLENGE PEGUERA MALLORCA SPAIN, 14 OCT 2023	MIDDLE		OTSO CHALLENGE SALOU SPAIN, 2 JUN 2024	MIDDLE
	CHALLENGE VIEUX BOUCAU FRANCE, 21 OCT 2023	MIDDLE		CHALLENGE WALES WALES, 9 JUN 2024	MIDDLE
	CHALLENGE EGNAZIA TRI ITALY, 21 OCT 2023	MIDDLE		SKODA CHALLENGE GERAARDSBERGEN BELGIUM, TBC JUN 2024	MIDDLE
	CHALLENGE FLORIANÓPOLIS BRAZIL, 19 NOV 2023	MIDDLE		LOTTO CHALLENGE GDAŃSK POLAND, 16 JUN 2024	MIDDLE
	CHALLENGE CANBERRA AUSTRALIA, 26 NOV 2023	MIDDLE		CHALLENGE KAISERWINKL-WALCHSEE AUSTRIA, 23 JUN 2024	MIDDLE
	CHALLENGE SALINAS ECUADOR, 10 DEC 2023	MIDDLE		CHALLENGE VANSBRO SWEDEN, 29 JUN 2024	MIDDLE
2024				CHALLENGE CAGNES-SUR-MER FRANCE, 30 JUN 2024	MIDDLE
	INTEGRITY HOMES CHALLENGE WANAKA NEW ZEALAND, 17 FEB 2024	MIDDLE		DATEV CHALLENGE ROTH GERMANY, 7 JUL 2024	Ⓢ LONG
	CHALLENGE MALAYSIA MALAYSIA, 3 MAR 2024	MIDDLE		CHALLENGE TURKU FINLAND, TBC 2024	MIDDLE



Course



The course leads from the stadium (T2) via Eisbahn-, Tobelmühle-, Tal-, Matta and finally Dammstrasse, where the aid station is located. The route continues for a very long time along the Landwasser to below the hospital, where a loop is completed. From there it goes along the Landwasser back to the stadium and from there on a possible 2nd or 3rd lap (depending on the category). The laps will be counted electronically, but it is your own responsibility to run the correct number of laps.

The aid station is located in the middle of the 5km lap on Dammstrasse and will be run twice per lap. Water and Iso in cups as well as gels will be offered at the aid stations.

Products from our partner Sponser will be available at the aid stations on the bike and run course.



- 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) Der 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





THE CHAMPIONSHIP

Challenge Davos is an official qualifying race for **THE CHAMPIONSHIP** in **Samorin** (Slovakia) in May 2024. The Top6 finishers in each age group of the middle distance race will receive a written invitation to register after the race in Davos. If an athlete does not wish to take advantage of the invitation, the Challenge Family will roll down to a maximum of 12th place in the age group. For the professional athletes, the top 5 of the women's and men's race will each qualify.

For more information about THE CHAMPIONSHIP, please visit: www.thechampionship.de.



QUALIFY NOW!
19 May 2024
www.thechampionship.de





Take part in the Challenge NightRun and run 5km through the Davos Kurpark and past the ice hockey arena. The course can be tackled as an individual starter or as a team consisting of 3 runners. The starting signal is given at dusk at 8.00 p.m. Whether beginner, ambitious hobby athlete or professional - the Challenge NightRun Davos offers a great experience for all participants!

Start and finish are in the stadium at the sports centre. The running course is completely traffic-free and leads over the tartan track and on asphalt paths through the spa gardens.

The NightRun also includes the special cheese sprint classification: the runner who is fastest on the 3 laps of the marked 100m wins a delicious cheese from Molkerei Davos.

Start: Friday, August 25th at 8.00 p.m.

Registration: From 4.30 p.m.



Course





Even the youngest athletes can experience a special triathlon feeling at the Kids Swim&Run. After swimming in the indoor pool (50m or 200m), the kids and teens run (1km or 2km) through the spa park to the finish in the stadium. All participants will receive an unforgettable Challenge Davos beanie and a medal.

- **Registration:** Friday, August 25th from 4.30 p.m. until 8.00 p.m. and Saturday, August 26th from 8.30 until 11.30 a.m.
- **Start:** 12.30 p.m. in the indoor swimming pool “Eau là là”
- **Award ceremony:** 2.00 p.m. in the Sportzentrum Davos (next to the finish area)

Information for parents: Parents are allowed to enter the marked start and transition area before the start and help their children set up. During the race, parents are not allowed to assist in any way along the course.

Please ensure that children and young people wear clothing suitable for the weather on the run course. It is not primarily about the fastest transition time and winning, but about all children having fun and crossing the finish line healthy and safe. Of course you are welcome to cheer loudly for your and all the other children! Every child who dares to participate in the Swim&Run is a winner and receives a medal (cowbell) at the finish line.

Categories and distance

Category 2015-2017: 25m Swim / 1km Run
 Category 2012-2014: 50m Swim / 1km Run
 Category 2009-2011: 100m Swim / 2km Run
 Category 2006-2008: 200m Swim / 2km Run

Course





Rollski Flüela Challenge

In 2023, the Rollski Flüela Challenge will once again be part of Challenge Davos.

After the participants of the triathlon races have passed the top of the pass, the roller skiers start on the legendary alpine pass road, which roller skiers are normally not allowed to use, in classic and free technique towards the Flüela Hospice.

Immediately after the start in Färich, the varied route begins to climb steadily. 12 km and about 800 meters of altitude difference have to be overcome in a dreamlike landscape with breathtaking views until the finish on the Flüela Pass.

General Information

- **Registration** Friday 4.30 until 8.00 p.m. in the ice stadium
Saturday 12.30 until 1.30 p.m. at the start (Bus station Davos Dorf Stilli)
- **Start Elite/U20:** 2.00 p.m. (classic technique, Swix C-2 Wheels)
- **Start Fun:** 2:02 p.m. (free technique)
- **Cut-off Gasthaus zum Tschuggen** 2:45 p.m. (Athletes who pass this point later must finish the race here. A return transport is guaranteed)
- **Cut-off Flüela Passhöhe** 4.45 p.m.
- **Distance** 12k, 810hm
- **Return transport** 3.30 p.m. from Flüela Hospiz
- **Award ceremony** 4.15 p.m. in the Sportzentrum Davos

IMPORTANT

- Helmet and goggles compulsory during the race and warm-up.
- Start number must be placed at chest height
- Crossing the centre line will result in immediate disqualification.
- Littering will lead to immediate disqualification.
- Independent departure from the Flüela Pass is only permitted after 15:30.



Rollski Flüela Challenge

Course





Arrival and parking

Davos is easy to reach both by train and by car. Travelling by public transport is highly recommended. The terminus is Davos Platz. The car park Sportzentrum and Metz is reserved for athletes.

Pass-closure / spectators transport

The Flüelapass is closed for traffic on Saturday from 10.30 a.m. to 3.30 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 mandatory athlete briefing for the middle distance athletes will be broadcast live on Facebook on Thursday, August 24th. Olympic distance and experience athletes are also advised to watch the briefing:

- 6.00 p.m. in German
- 7.00 p.m. in English

Valuables depot

The valuables depot is located next to the volunteers point in the sports centre and is open as follows:

- Friday 7.00 until 9.00 p.m.
- Saturday 9.00 a.m. until 6.30 p.m.

Changing rooms/showers after the race

These are located in the Davos ice stadium and thus in the immediate vicinity of the finish area.

Bike-Doctor

Bike Academy Davos offers a free on-site bike service for minor technical problems with the bike. Please allow sufficient time.

The location is at Bahnhofstrasse 8, 7260 Davos (near the lake/starting area).

Expo

Powerlab at the finishline.

Weather Forecast

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



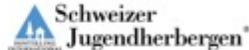


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...and our volunteers!

