

TRIATHLON EVIAN

2ND EDITION



14-15 SEPTEMBER 2024

SHORT | OLYMPIC | LÉ-MAN HALF | LÉ-MAN FULL

TRIATHLETE GUIDE



triathlonevian.com



WORDS FROM THE
ORGANISERS

Dear triathletes,

After a highly successful first edition, we are proud to welcome you to the second edition of the Evian Triathlon. On 14 and 15 September, the town of Evian-les-Bains will once again be vibrating to the rhythm of our shared sporting values.

Following a strong demand from participants in 2023, the Lé-Man Half Distance format is making its debut this year and will complete the programme of races for this weekend of festivities

Once again, the shores of Lake Geneva will be the scene of spectacular performances.

The enthusiastic applause of the public will resound throughout the course, carrying all the participants to the finish line in the Parc Dollfus.

On behalf of the entire organising team, I wish you all a great race!

Benjamin Chandelier

General director of OC Sport Outdoor

WORDS FROM THE
PARTNERS

Dear triathletes,

The town of Evian and the Evian region are proud to be hosting the second Evian Triathlon. This event is a must for our town, with the ambition of positioning it among the great sporting towns of the region.

The first edition was a resounding success. For this year's event, four race formats will be on offer, including a brand new one: the Lé-Man Half, which opens up a whole new range of opportunities. Every triathlete will be able to find a race to suit his or her level, with the option of taking part as an individual or in a relay. The fact that the event is open to everyone is a real invitation to enjoy the unique experience of triathlon in an exceptional natural setting.

I'm also delighted that our triathlon is newly affiliated to the French Triathlon Federation. This affiliation also brings increased visibility, attracting participants from all walks of life. This triathlon is not just a sporting competition, it's also a fantastic opportunity to discover our town from another angle. The routes, which take in sublime landscapes, will offer athletes and spectators a total immersion in the beauty of our environment.

Join us on 14 and 15 September for a weekend of sport, challenge and fun!

Josiane Lei

Maire of Evian



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Follow the event

ORGANISE YOUR TRIP



TRAIN

The Evian-les-Bains train station is served by the main lines from Geneva (1h06). It is located 5 minutes away from the Village Triathlon.



PUBLIC TRANSPORTS

The Evian-les-Bains train station is accessible via the surroundings bus lines, from the following towns: Thonon-les-Bains, Maxilly, Lugrain, Publier, and Saint-Gingolph.

The town of Thonon-les-Bains is located just a few kilometers away and is served by all regional buses.

Evian-les-Bains is reachable from Lausanne via the CGN's N1 boat line.



CAR

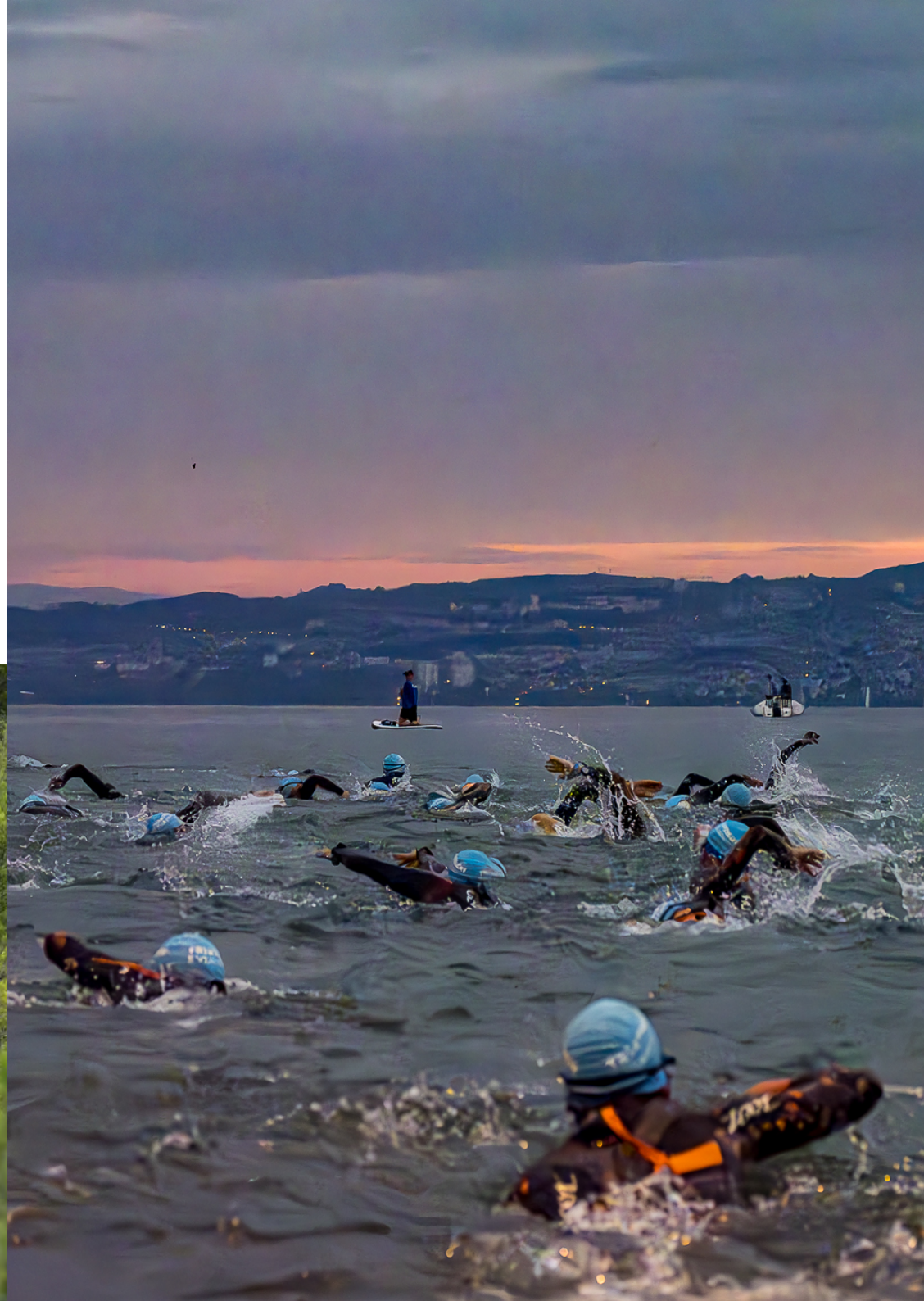
Aviron car park – free and reserved to participants (50 spots).

Stadium Camille Fournier car park - free, 1.5km from the village (150 spots).

Train station car park - payable car park 500m from the village (100 spots).

PUSH YOUR LIMITS, RESPECT YOUR VALUES

#TAKETHELOOP





- | | | | | | |
|---|-----------------------------|---|---|---|---|
|  | VILLAGE, FINISH LINE |  | AVIRON CAR PARK
Free and reserved for the participants (60 spots) |  | EVIAN LES BAINS TRAIN STATION
Access to SNCF lines and Léman Express |
|  | SWIMMING START LINE |  | STADIUM CAMILLE FOURNIER CAR PARK
Free (150 spots) - 1,5km from the village |  | FERRY TERMINAL
Line N1 : Lausanne <-> Evian-les-Bains |
|  | TRANSITION ZONE |  | TRAIN STATION CAR PARK
Payable (100 spots) - 500m from the village |  | CLOSED ROAD: ONE WAY ONLY
Road closed on the Thonon-les-Bains direction, take the Jean Jaurès Boulevard |

PRACTICAL INFORMATION

RACES SCHEDULE

You have to be at the swim start 15 minutes before the start of your race. The swim start is at the Centre Nautique, accessible from the transition zone by the footpath near the lake. Allow a 10-minute walk to get there.

Saturday September 14th



7.00 am	Lé-Man Full Distance (alone or in relay)	3.8 km	180 km	42.195 km
11.00 am	Lé-Man Half Distance (alone or in relay)	1.9 km	90 km	21.1 km

Sunday September 15th

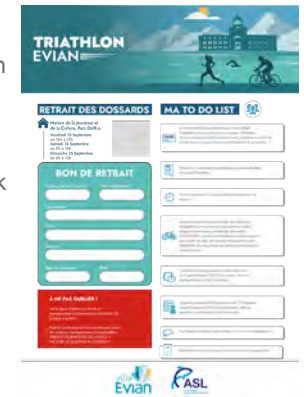


7.30 am	Olympic (alone or in relay)	1.5 km	40 km	10 km
2.00 pm	Sprint (alone or in relay)	750 m	20 km	5 km

BIB COLLECTION

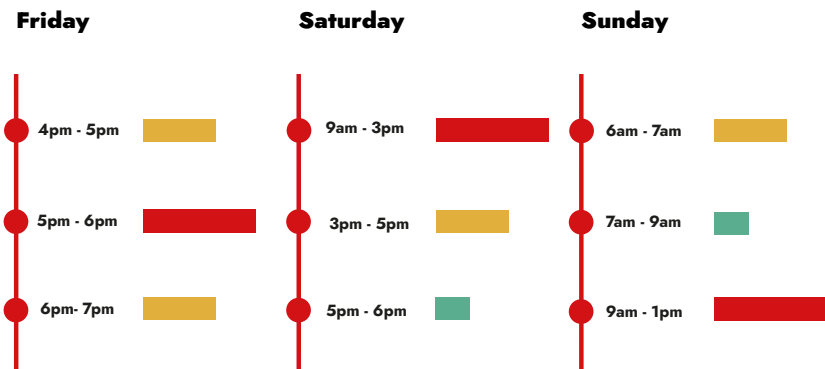
0001

Parc Dollfus Gymanisum, first floor (entry from the Anna de Noailles school,
 Friday September 13th from 4.00 pm to 7.00 pm
 Saturday September 14th from 9.00 am to 4.00 pm
 Sunday September 15th from 6.00 am to 1.00 pm



With your bib coupon (received by email one week before the event) and your ID.

PEAK HOURS



Lost and found

Any person with items lost and found please visit the "Info Point" in the Triathlon Village, in the Parc Dollfus.
 After the event, the items not claimed will be given to the "lost and found service" at the municipality.



- 1 Col de Saxel**
km 43 - Parking and refreshment points
- 2 Col de Terramont**
km 65 - Parking
- 3 Col de la Ramaz**
KM 105 - Parking and refreshment points
- 4 Col de l'Encrenaz**
KM 117,5 - Parking
- 5 Col du Corbier**
KM 138 - Parking and refreshment points
- 6 Panorama de Champeillant**
KM 156 - Lé-man Full Distance
KM 64 - Lé-man Half Distance
KM 13 - Olympic
- 7 Col du feu**
KM 31 - Lé-man Half Distance

- 1 Village**
Start : Centre Nautique
Finish : Parc Dollfus

-  Lé-man Full Distance
-  Lé-man Half Distance
-  Olympic

RUNNING 

All running courses follow the quays, you can see your runners at multiple points and cheer them on!



VILLAGE INFORMATION

Triathlon Village

In the Triathlon Village, you will find the bib collection, as well as the exhibitor stands, the catering area and the information point.

Two bike parks will be available, with signs indicating which one is for your race.

Watch out for the flow! The running course crosses the outdoor area of the village. For your own safety and that of the runners, listen carefully to the instructions given by the volunteers present and make sure you cross the course only where indicated.

Animation



Extend your experience at the Evian Triathlon at the Triathlon Village with your friends and family.

You will be able to:

- Attend prizes ceremonies
- Write a message for volunteers on a dedicated wall at the bib collection
- Collect your order or come and discover the special Evian Triathlon x Triloop collection
- Collect your runner's gift at the Triloop stand.
- Make your last minute purchases at our exhibitors' stands
- Take advantage of foodtrucks present in the village



Start



Finish



Swimming exit



Swimming transition



Cycling course



Running course



Village access, starting area



Volunteer area



Bib collection



Bike park formats :
Half, Olympic individual and Sprint individual



Bike park formats :
Full, Olympic relay and Sprint relay



Village



Aviron carpark



SAS call room



Warm-up zone



Changing rooms and toilets

MY FIRST TRIATHLON



EQUIPMENT - Check List

It is important to have the proper equipment to participate in a triathlon in the best conditions.

SWIM



Swimsuit/tri suit



Swimming goggles



Towel



Wetsuit
(mandatory if the water is < 16°C
and forbidden if the water
is > 24.5°C)

Wetsuit rental



Anti-chafing cream and sunscreen

BIKE



Bike



Helmet
(mandatory)



Shoes



Sunglasses



Water bottle



Equipment in case of flat tyre

RUN



Running shoes



Cap & sunscreen

FOCUS ON HYDRATION AND NUTRITION

The day before: don't affect the quality of your sleep. Reduce fats, your evening meal should be high in calories and carbs.

Race day: it's important to stay properly hydrated, especially just before the start of the swim. Bring water bottles for the bike and food if you need it.

The transition from cycling to running causes a rise in body temperature, which needs to be kept as stable as possible to avoid dehydration.

RACE DAY

The big day has arrived! Here are some of the steps to prepare for your first triathlon.

1

I collect my bib with my bib coupon and my ID during the specified opening times.

TRIATHLON PACK



Stickers
for your bike and your
helmet and tattoo
(for your left leg
or your left arm)



Bib



Swimming cap
(if requested)



Timing chip

2

I prepare my bike for the equipment check at the entrance of the transition zone. I stick the bike sticker (the long one) under the seat and the rectangular sticker on my bike helmet. The bike helmet must be attached to enter the transition zone.

3

I stick the tattoo on my arm or my left leg with a wet sponge.

4

I attach the transponder (timing chip) to my left ankle, preferably (at the opposite of the chain set). Please, note that any chip not returned will be charged 10€.

5

I prepare my bib. For the bike part, the bib must be on my back and for the running part, it must be visible on the front.

6

I leave my bike and belongings in the transition zone, in the spot corresponding to the last 4 digits of my bib number and head for the starting line to listen to the race briefing.



THE RACES



GENERAL INFORMATION

CALL ROOM AND BRIEFING

You need to arrive 15 minutes before your race at the swimming call room to attend the briefing, which will explain the key points of the courses.

The call room and swimming start are at the Centre Nautique, accessible from the bike park via the footpath near the lake. Allow a 10-minute walk to get there.

START

Rolling starts are used for all formats. The starts are made from a platform. You can dive or jump to start your race.

The colors of the caps are the same for the different formats.

- **Preferential wave : red**
- **Individuals : blue**
- **Relay : grey**

Signs will be set up so you can position yourself with other swimmers of the same level as you.

WETSUIT

The wetsuit is mandatory if the water temperature is below 16°C

and is forbidden if the water temperature is above 24.5°C. The water temperature can change quickly, therefore, we recommend you to check the water temperature before your race. You don't have one? No worries, you can rent one with the Zoggs service. Find the contact [here](#).

BIKE SAFETY

All the courses take place on open roads. You have the right of way, but you must follow the rules of the road (stop at red lights and stop signs, for example). As the routes are demanding, bicycles with extenders are not prohibited but not recommended.

DRAFTING FORBIDDEN

Drafting, the practice of a cyclist riding behind another cyclist to benefit from aerodynamic phenomenon of suction, is forbidden.

Referees will be present throughout the course.

- Penalty 1:** verbal warning
- Penalty 2:** yellow card and 5-minute time penalty
- Penalty 3:** red card and disqualification.

INSTRUCTIONS AND ADVICE

EQUIPMENT CHECK

Before entering the bike park, you must:

- attach your bib number sticker to the seatpost of your bike
- attach your bib
- wear your helmet and hold your bike in your hand
- have your tattoo on your left leg or on your left arm
- show your wetsuit if the water temperature is below 16°C

If the non-conformity of the clothing could affect the smooth running of the race, the athlete will not be allowed to start. It is also forbidden to ride or run bare-chested.

TRANSITION ZONE SPECIFICITIES

Your place in the transition park corresponds to the last four digits of your bib number.

Example of bib: **10 001**

Corresponding place in the transition zone: **0001**

TRANSITION 1 : Fasten your helmet before you pick up your bike and don't unfasten it until you drop your bike off.

Hold your bike by hand in the bike park. You can only get on your bike after leaving the bike park, and you must get off before re-entering the bike park. Signs will be put up to show you where to get on and off the bike.

TRANSITION 2 : When you return to the bike park, leave your equipment in your personal space before setting off again for the run. Put on your shoes before leaving the bike park.

The organisation declines all responsibility in the event of a loss.

STORAGE FOR YOUR BELONGINGS

As the bike park is closed during the races, you may finish your race before the bike park reopens. If you wish, you can leave your belongings at the swimming pool, where lockers will be available. Please note that the organisation declines all responsibility in the event of a loss.





SPECIFICATIONS FOR SATURDAY RACES

BIKE DROP-OFF

For participants in the Lé-Man Full Distance, it is compulsory to drop-off your bike on Friday evening before the compulsory briefing. The bike park will be accessible on Saturday morning to drop off extra equipment.

For participants in the Lé-Man Half Distance, we strongly recommend that you drop off your bikes on Friday to facilitate access to the bike park on Saturday before the race.

RUNNING

As the run course has several loops, volunteers will give you a wristband for each loop you complete. They will be there to help and guide you, but it's important that you keep the count and know how many wristbands you have already received. It's up to you to check and count your turns to stay on track.

ADDITIONAL STORAGE FOR YOUR BELONGINGS

Considering the duration of the races and the opening hours of the bike park, we suggest that you leave an extra backpack with the volunteers in the bike park. You will be able to pick up this bag after your race (outside the opening hours of the park), and you can slip in your essentials such as a jacket or a change of clothes.

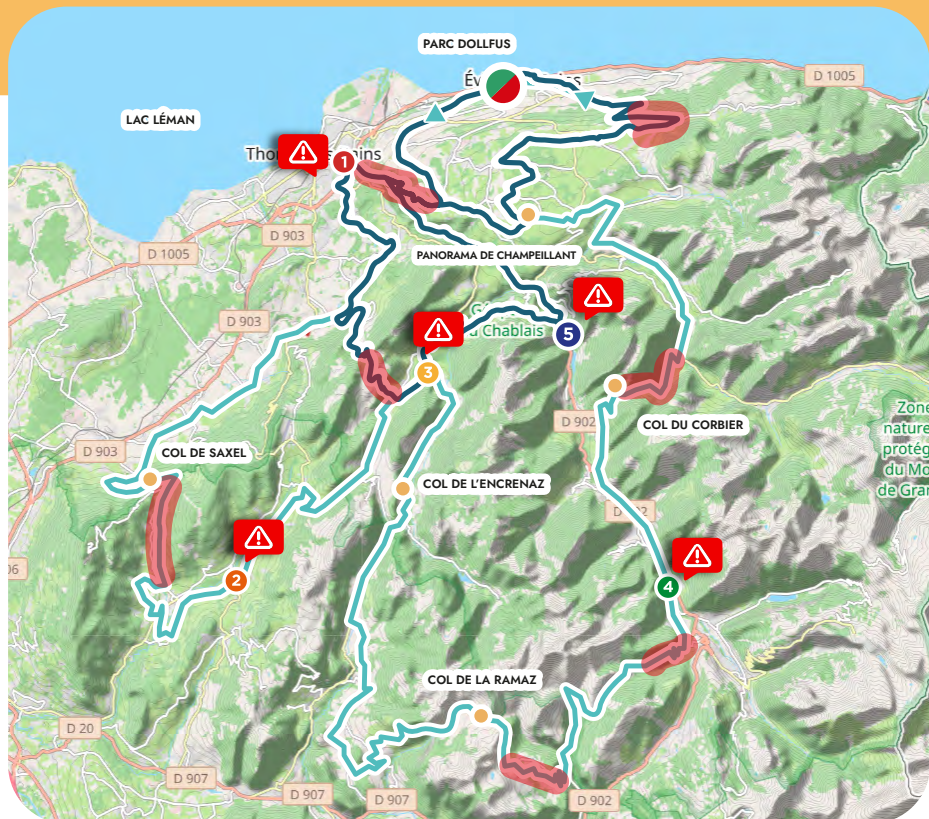
Please note that we will only accept small bags (40cm x 30cm).

BIKE PARK

If you wish to stay in the "Village" after your race, we advise you to leave your bike in the bike park and to pick it up when you leave (before the definitive closure of the bike park). There will be no bike park area nearby.

REFRESHMENT POINTS








Unauthorized refreshment points is forbidden and will be punished by the FFTRI referees present on the course. However, your friends and family can come to the refreshments points and provide you with your own refreshments



 **Village**
Start : Centre nautique
Finish: Parc Dollfus

 Lé-man Full Distance
 Lé-Man Half Distance

OPEN ROADS
All race formats take place on open roads.
Ride on the right side of the road and be vigilant. Please respect the rules of the road.

-  **Dangerous intersections**
-  **1 Plan Fayet et Thonon**
-  **2 Boège**
-  **3 Route des Grandes Alpes**
-  **4 Lullin D26**
-  **5 Route des Grandes Alpes**
-  **Dangerous descents**



LÉ-MAN FULL DISTANCE

Saturday September 14th - 7.00 am

TIME BARRIERS:

Time limit : **16h30**
 End of transition 1 before 9.05 am
 End of transition 2 before 7.15 pm
 Finish before 11.30 pm

CYCLING BARRIERS:

Col de Saxel before 11.30 am
 Col de la Ramaz before 1.45 pm
 Col du Corbier before 4.15 pm

RUNNING BARRIERS:

14km: (2 loops) 8.25 pm
 28km: (4 loops) 10.20 pm

Podium: **6.00 pm**

OPENING OF THE BIKE PARK

Mandatory drop-off on Friday September
 13th : **4.00 pm - 7.00 pm**
 Friday briefing : **7.00 pm**
 Saturday 14th access:

5.30 am - 6.30 am

Bike and belongings pick-up

7.00 pm - 11.45 pm

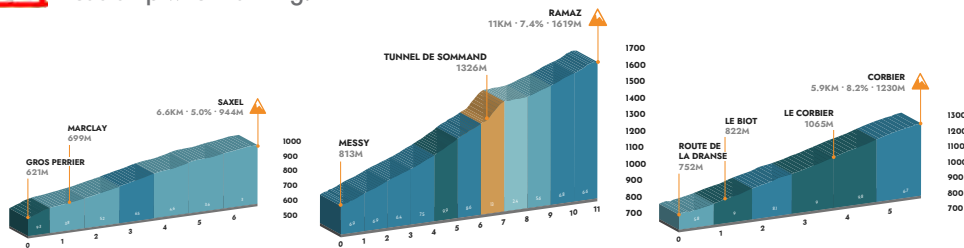
Outside of these opening hours, the access to the bike park will be denied, referees from the FFTRI will be present and won't let you in.

FIND THE LINKS TO THE DETAILED COURSE HERE:

[Swimming](#), [Cycling](#), [Running](#)



Each bike must be equipped with front and rear lights and participants must have a headlamp when running.



AVERAGE GRADIENT: 0-2.9% 3-5.9% 6-8.9% 9-11.9% 12%+



CAREFUL IMPORTANT GRADIENT

→ REFRESHMENT POINTS

Solid (isotonic products, fruits and salted foods) and liquid (water, isotonic drinks) refreshments will be available on the bike at km 43, 70, 104, 137 and 156. On the running course, a refreshment will also be available at km 1.5 of each loop, accessible on both sides of the course.

LÉ-MAN HALF DISTANCE

Saturday September 14th - 11.00 am

TIME BARRIERS

Time limit : **9h10**

End of transition 1 before 12.10 pm

End of the transition 2 before 5.10 pm

Finish before 8.10 pm

Podium: **6.30 pm**

OPENING OF THE BIKE PARK:

Recommended bike drop-off on Friday

September 13th: **4.00 pm - 7.00 pm**

Saturday September 14th:

9.00 am - 10.30 am

Bike and belongings pick up:

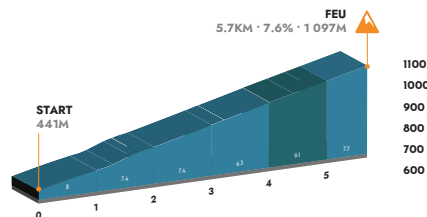
5.30 pm - 9.00 pm



Outside of these opening hours, the acces to the bike park will be denied, referees from the FFTRI will be present and won't let you in.

FIND THE LINKS TO THE DETAILED COURSE HERE:

[Swimming](#), [Cycling](#), [Running](#)



AVERAGE GRADIENT: 0-2.9% 3-5.9% 6-8.9% 9-11.9% 12%+



CARFUL IMPORTANT GRADIENT

→ REFRESHMENT POINTS

Solid (isotonic products, fruits and salted foods) and liquid (water, isotonic drinks) refreshments will be available on the bike course at km 35 and 64. On the running course, a refreshment will also be available at km 1.5 of each loop, accessible on both sides of the course.

OLYMPIC

Sunday September 15th - 7.30 am

TIME BARRIERS:

Time limit: **4h30**

End of transition 1 before 8.35 am

End of transition 2 before 10.50 am

Finish before 12.00 pm

Podium : **10.30 am**

BIKE PARK OPENING HOURS:

Opening time: **6.00 am - 7.15 am**

Reopening time: **10.45 am - 12.30 pm**

Outside of these opening hours, the acces to the bike park will be denied, referees from the FFTRI will be present and won't let you in.

FIND THE LINKS TO THE DETAILED COURSE HERE:

[Swimming](#), [Cycling](#), [Running](#)

SPRINT

Sunday September 15th - 2.00 pm

TIME BARRIERS:

Time limit : **2h40**

End of transition 1 before 2.45 pm

End of transition 2 before 4.00 pm

Finish before 4.40 pm

Podium : **4.00 pm**

BIKE PARK OPENING HOURS:

Opening time: **12.30 pm - 1.45 pm**

Reopening time: **3.50 pm - 5.00 pm**

Outside of these opening hours, the acces to the bike park will be denied, referees from the FFTRI will be present and won't let you in.

FIND THE LINKS TO THE DETAILED COURSE HERE:

[Swimming](#), [Cycling](#), [Running](#)



→ REFRESHMENT POINTS

Solid (isotonic products, fruits and salted foods) and liquid (water, isotonic drinks) refreshments will be available on the bike course at km 13. On the running course, a refreshment will also be available at km 1.5 of each loop, accessible on both sides of the course.

→ NO REFRESHMENT POINT ON THE BIKE

On the running course, a refreshment will also be available at km 1.5, accessible on both sides of the course.



RELAYS

BIKE PARK

All team members must be present for the equipment check.

START

The swimmer wears a grey swimming cap and the tattoo.

The start is also a rolling start, at the same time as the individual starts.

1ST TRANSITION : SWIMMING > CYCLING

The cyclist waits for the swimmer in the transition zone at their position.

The cyclist wears the bib on their back and the stickers on their helmet and bike.

The swimmer gives them the chip to attach around the left ankle.

2ND TRANSITION : CYCLING > RUNNING

The runner waits for the cyclist in the transition zone in their position.

The runner wears the bib facing forward.

The cyclist gives them the chip to attach around the left ankle.

FINISH

The relay team can all meet up near the finish line, near the Maison de la Jeunesse et de la Culture (MJC), a sign will indicate you the precise place, to run the final stretch together.

AFTER THE RACE

TRANSPONDER COLLECTION

You must return your transponder after crossing the finish line. In the event of loss or non-return, the transponder will be invoiced 10€.

REFRESHMENT

A liquid and solid refreshment will be available after the finish line.

RESULTS

The results can be consulted on the [website](#) shortly after the end of each race.

Once you have crossed the line, you can pick up a paper copy of your time in the form of a ticket.

PHOTOS AND RACE CERTIFICATE

Available after the race on the [website](#).

ENJOY THE TRIATHLON VILLAGE

The Triathlon Village will still be open after your race so you can have something to eat, celebrate your efforts with friends and family over a drink and take home a souvenir of your race thanks to the special Triloop collection and regional products.



Depuis 1980, l'ASL, association franco-suisse reconnue d'utilité publique et de référence scientifique, se mobilise pour conserver l'équilibre des écosystèmes aquatiques du Léman et de ses affluents afin que les générations futures jouissent encore d'une eau potable irréprochable et d'une qualité de vie reconnue et enviée.

La mission de l'ASL

Sauvegarder durablement la qualité des eaux et des écosystèmes aquatiques de tout le bassin versant du Léman.



Des actions concrètes sur le terrain

- Halte aux Renouées, un coup de pouce pour la biodiversité
- Net'Léman, le grand nettoyage du lac
- Lutte contre les microplastiques
- Projets de science participative



Sensibilisation et information

- Programme d'activités pour les jeunes et les écoles
- Revue trimestrielle "Lémaniques"
- Organisation de colloques, conférences et participation à des commissions extra-parlementaires
- Démarches auprès des politiques et des administrations



asleman.org

espace cé léman

06 juin
— 20 sept.
2024

Expo: Les forêts sous lacustres

PLUS D'INFOS SUR



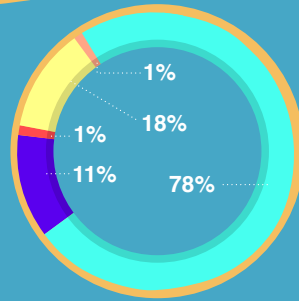
129 TEQ CO2

Or the equivalent of 13 French citizens for 1 year**

*CO2 teq: tonnes of CO2 equivalent. Introduced by the IPCC, the teq CO2 makes it possible to compare the impact of greenhouse gases (GHG) on the environment by simplifying the comparison, and also allows them to be cumulated thanks to a single index.

**Source : Federal Office for the Environment (FOEN)

- Personal transports
- Gifts
- Accommodation & food
- Refreshment points
- Waste



ZOOM ON TRANSPORTS AND PARTICIPANTS GIFTS



10% OF PARTICIPANTS CAME BY PLANE
= 8% (10.47 teq CO₂) of all participants' transport emissions



Participants gifts represent **1% OF TOTAL CARBON FOOTPRINT**, or 1.32 CO₂ teq.



14% OF THE PARTICIPANTS CAME BY BIKE



SOME GIFTS HAVE A NEGATIVE IMPACT because of the waste generated, rather than the CO₂ emitted

IMMEDIATE ACTIONS VS PLANNED ACTIONS



RECOMMEND LOW-CARBON MEANS OF TRANSPORT



LOCAL RECRUITMENT OF PARTICIPANTS OR IN TOWNS WITH EASY RAIL LINKS TO EVIAN-LES-BAINS



EMPLOY LOCAL PLAYERS



USE REUSABLE TABLEWARE IN THE VILLAGE AND ECOCUPS AT REFRESHMENT POINTS



OFFER USEFUL GIFTS WHICH RESPECT SOCIAL ISSUES



RAISING AWARENESS AMONG PARTICIPANTS
offer webinars on climate change and GHGs at our events



COLLABORATION WITH OUR PARTNERS
who present gifts to ensure the « sustainability» criteria are taken into account



DEVELOP PARTNERSHIPS
with rail transports operators

SUSTAINABILITY

Triathlete's 10 Commandments

- 1 | For long-distance journeys, I prefer to use the train as much as possible; if this is not possible, I opt for carpooling; I use the plane only as a last resort if there is no other alternative.
- 2 | For short-distances, I use public transport, bikes or I walk to access the village.
- 3 | I avoid printing my bib coupon to reduce my paper consumption and instead I download it directly on my phone.
- 4 | I choose vegetarian dishes over meat dishes, which will reduce my carbon impact by up to 14 times.
- 5 | I support the local business thanks to some supplies provided by businesses located in the surroundings.
- 6 | I reduce the amount of waste I generate; I don't take goodies I don't need.
- 7 | I strictly respect the waste sorting system set up by the organiser.
- 8 | I respect the natural sites and public spaces that I use during my race. I will receive a 5 minutes penalty if I do not collect my waste.
- 9 | I respect the other participants, the values of sport and tolerance.
- 10 | I fully enjoy my race and the event!

VOLUNTEERS

For its first edition, more than 200 volunteers took part in the organisation of this great event. With this second edition, the Evian Triathlon's large family of volunteers continues to grow, and we'd like to thank you for that!

That's why we'd like to thank all the people who will be present on 14 and 15 September behind the scenes of the event and who will be giving up their time to make this weekend an unforgettable experience for you.

Friends of runners, don't hesitate to ask your friends and family to come and give us a helping hand tomorrow!

By joining our great team of volunteers, they will discover the organisation of a triathlon from the inside and will ensure that everything runs smoothly so that you can achieve your best performance.

Give them our contact:

benevoles-evian@triathlonevian.com

Become a volunteer



EVENTS IN THE

SURROUNDINGS

Looking for a challenge to finish the season or you want to help and become a volunteer? You can find them here!





FOLLOW THE EVENT

WEBSITE

Follow the event live on the home page of the [website](#) on the weekend of the event, with information and photos posted regularly.

FOLLOW A PARTICIPANT

From the event [website](#), your friends and family can also find out your position and provisional ranking every time you cross a timing mat.

#EVIANTRIATHLON

Share your photos and impressions with us on Facebook and Instagram using **#EvianTriathlon** and **#YouCanTri**. Invite your family, friends and colleagues to support you on Facebook and Instagram adding **#eviantriathlon** to their messages.

CONTACT

For any additional question, contact us at infoevian@triathlonevian.com

#YOUCANTRI #EVIANTRIATHLON



@TRIATHLON_EVIAN



@TRIATHLONEVIAN

PARTNERS

INSTITUTIONAL PARTNER



CHARITY PARTNER



OFFICIAL SUPPLIERS

