



2023



TRANSFIER

RACE BOOK

YOU ARE YOUR OWN
WORST ENEMY,
YOU ARE YOUR OWN
BEST FRIEND,
YOU ARE YOUR
OWN LIMIT!

YOU ROCK.

There is one word

THAT TRULY DEFINES THE REAL YOU.

YOU ROCK!

PROVE IT ON SEPTEMBER 2ND 2023.

This place was calling all the triathlon lovers, to face the challenge fiercely and with passion. The lake is your friend. That is where you will start the journey to discover yourself. Then you will climb one of the most beautiful roads in the world, with your legs crying after each turn.

Finally, the run is the joy and the suffering of the 390 stairs, right to Prometheus statue.

TRANSFIER WILL REINVENT YOURSELF. YOU
WILL SHOUT YOUR LUNGS OUT

I ROCK!

YOLO EVENTS
TEAM WISHES YOU
A GREAT RACE!



DORNA



SCHEDULE

FRIDAY 01 SEPTEMBER

16:00 – 22:30 KIT PICK-UP, VALEA CU PEȘTI HOTEL

19:00 – 21:00 PASTA PARTY

19:30 – 20:30 TECHNICAL BRIEFING

SATURDAY 02 SEPTEMBER

07:00 ROAD CLOSURE AT VIDRARU DAM AND BÂLEA

07:45 TRANSITION AREA OPENING AND RACE EQUIPMENT CHECK

08:30 START KOT – KING OF TRANSFAGARASAN

08:45 TRANSITION AREA CLOSURE

09:00 START OF THE TRANSFIER 70.3 SWIMMING LEG

09:20 START OF THE TRANSFIER OLYMPIC SWIMMING LEG

18:00 TIME LIMIT FOR FINISHING THE TRANSFIER 70.3 COMPETITION (9H)

18:00 ROADS REOPEN

19:30 AWARD CEREMONY (VALEA CU PEȘTI HOTEL)

20:30 AFTER PARTY (VALEA CU PEȘTI HOTEL)



YOU ROCK!



BEFORE THE RACE

KIT PICK-UP

The kit distribution will take place at Valea cu Pesti Hotel between 16:00 and 22:30.

The kit can ONLY be picked up in person.

To collect the kit, you will need to present:

An ID with photo (ID card, driver's license, passport)

To have the signed online waiver, ideally presenting the QR code received via email.

SWIM CAP

For your safety, an official swim cap is provided which must be worn throughout the swimming duration.

CHIP BRACELET

The chip must be fastened to the left ankle before the start of the swimming and must be worn throughout the entire event.



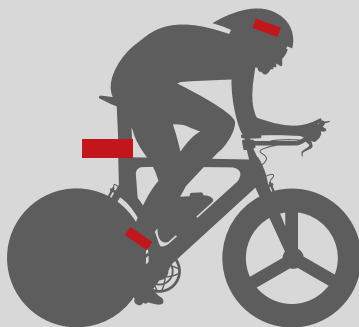
SWIM

HELMET STICKERS

1 sticker for the front
2 stickers for the left + right sides.

BIKE STICKER

It sticks to the stem.



BIKE

BIB NUMBER RUNNING

Worn on the front.



RUN

RACE KIT

THE RACE KIT WILL INCLUDE:

CHIP BRACELET

The chip must be fastened to the left ankle before the start of the swimming and must be worn throughout the entire event.

Please ensure that it is properly secured to avoid detaching during the race. The chip must be returned to the finish line volunteers at the end of the race.

Note: Your bike number and chip number may be different.

SAILFISH SWIM CAP

For your safety, an official swim cap is provided and it must be worn throughout the swimming leg.

YOU WON'T BE ALLOWED IN THE SWIMMING AREA WITHOUT IT.

If you wish to use your own swim cap, it must be worn **UNDER** the cap provided in the participation kit.

GOODIE BAG

In addition to the race kit, participants will also receive:

- SAILFISH BACKPACK (FOR HALF 70.3 INDIVIDUAL PARTICIPANTS)
- SAILFISH BAG (FOR RELAY AND OLYMPIC PARTICIPANTS)
- PRODUCTS FROM OUR PARTNERS

STICKERS FOR BIKE, HELMET, AND BAG

In the kit, you will find a set of stickers.

- 3 stickers for the helmet (front and sides)
- 1 sticker for the seatpost
- 1 sticker for the gear bag

BIB NUMBER RUN

The BIB number run must be worn at all times during the running course. It should not be used during the swimming leg and is optional for the cycling segment (it can be worn on the back).

Athletes are required to wear the race number in front. For safety and security, the number **MUST** be clearly visible throughout the running leg.

DO NOT CUT, FOLD, OR MODIFY THE RACE NUMBER AND STICKERS IN ANY WAY.

TECHNICAL BRIEFING

Friday 19:30 - 20:30

Valea cu Pești



EQUIPMENT DROP-OFF

Clothing for the descent during the cycling leg (only for Half 70.3) - especially if it's very cold at the top, OPTIONALLY, organizers offer the possibility of transporting a bag/backpack to Bâlea, at the end of the climb.

BRING THE ITEMS YOU WANT US TO TRANSPORT FOR YOU ON FRIDAY, DURING THE KIT DISTRIBUTION, UNTIL 8:30 PM, and don't forget to attach the sticker received in the race kit and/or write your name on the bag to identify it.

YOU ROCK.



RACE DAY CHECKLIST

GENERAL

TRANSITION BAG

A bag for carrying all the necessary stuff to check-in

RACE EQUIPMENT

The race items got from the organizers (swim cap, race number, chip, sticker, tattoo)

SUNSCREEN LOTION

TALCUM POWDER

For shoes

ANTI FRICTION LOTION

For wetsuit and more

RACE/NUTRITION BELT

INSULATING TAPE

Used for sticking gels, tire and other stuff to bike frame

NUTRITION

RACE NUTRITION (BEFORE/DURING/AFTER)

Regardless of what you find at the fuel/finish points, it's always good to have something with you, especially what you know you've used before and suits you (gels, jellies, bars, isotonic, etc.). Plus a protein bar can do wonders 😊

BEFORE THE RACE

CHANGE OF CLOTHES

Depending on the schedule, you may have to wait a bit, so it's a good idea to have a set of clothes with you before the race. If you have companions with you, it's good that you have someone to drop them off before the start.

SWIM

TRISUIT / WETSUIT

Check the regulations to see if the wetsuit is mandatory or not.

SWIM GOGGLES (X 2)

It is ideal to have two pairs in case you have problems with one of them.

SWIM CAP

Usually it is provided by the race organizers

EAR PLUGS/NOSE CLIPS

If case

CYCLING

BIKE+HELMET

Check if they are functional and comply with the regulation.

BIKE SHOES

If case

BIKE BOTTLES (X2)

Check if you have water with you

SUN-GLASSES FOR BIKE

BIKE COMPUTER

If case

SOCKS

If case

BIKE PUMP/REPAIR KIT

Before the race

TIRE/CO2 CARTRIDGE/PUNCTURE REPAIR KIT/BIKE TOOLS

During the race

SPARE WHEEL

If you have a support team:-)

RUN

RUNNING SHOES

Ideally with elastic laces

CAP OR VISOR

Good for sun and rain

SUN-GLASSES

If different than the bike glasses

SOCKS

If case

AFTER RACE

CHANGING CLOTHES

Regardless of the weather, recovery starts better in new clothes – 😊

COMFORTABLE SHOES

After a race you deserve something comfortable and soft 😊

COMPRESSION EQUIPMENT

If you're a fan, it's good to take them with you. There are many studies and people praising them for helping with recovery.

SMALL FIRST AID KIT

You never know if you don't need a band-aid, maybe Imodium, Nurofen, some anti-inflammatory creams.



BUCUREȘTI +
BRAȘOV +
CLUJ +

DIN OCTOMBRIE ȘI ÎN
TIMIȘOARA
, LA IULIUS MALL



-15%

TRIATLONIST LA TRANSFIER?
DISCOUNT LA SPORTGURU!

REDUCEREA DE 15% ESTE VALABILĂ EXCLUSIV ÎN MAGAZINUL SPORTGURU DIN TIMIȘOARA, LA ARTICOLELE ȘI ECHIPAMENTELE DE TRIATLON, PÂNĂ LA 1 DECEMBRIE 2023. REDUCEREA SE ACORDĂ O SINGURĂ DATĂ, PE UN SINGUR DOCUMENT FISCAL.

RACE DAY ACCESS

**CAR TRAFFIC SHALL BE COMPLETELY CLOSED
WITHIN THE INTERVAL 08:00 – 18:00.**

Please take into account this aspect and that, for athletes' safety reasons, we cannot make any exception to allow the access within this interval, for any participant or his/her family, no matter the situation.

Starting from 11:00, a special boat for participants and their families/friends will connect Valea cu Pești Hotel and Vidraru dam.

PARKING:

The distance between the Transition area (Valea cu Pești) and FINISH is 9 km.

Between 07:00 and 08:00 it will be possible to park BEFORE the transition area (starting from 200 m away). Parking will be done AS MUCH AS POSSIBLE on the right side of the road.

Between 09:15 and 10:15, AFTER THE SWIM START, THE SUPPORTERS WILL BE ABLE TO CARRY THE CARS close to the dam.

**DURING THE INTERVAL 10:15
– THE END OF THE CONTEST,
THE HANDLING OF CARS IS
PROHIBITED BETWEEN
VALEA CU PEȘTI AND
VIDRARU DAM.**



BIKE DROP-OFF AND PICK-UP

BIKE DROP-OFF

To ensure a smooth bike drop-off procedure, please come prepared with the following:

- Your bike is in working condition with both brakes functioning well and end caps on the handlebars
- Bike and helmet stickers are already attached.
- Your bike helmet must be worn on your head and be fastened.

INTERVAL

DESCRIPTION

07:30

Road closure at Vidraru dam and Bâlea

07:45

Transition area opening and race equipment check

08:45

Transition area closure

BIKE PICK-UP

We understand that many of you want to retrieve your equipment as quickly as possible, but we need to respect the fact that athletes are still competing, so you will have access to the transition area after 3:30 PM. Please be considerate and refrain from asking referees or volunteers for exceptions.

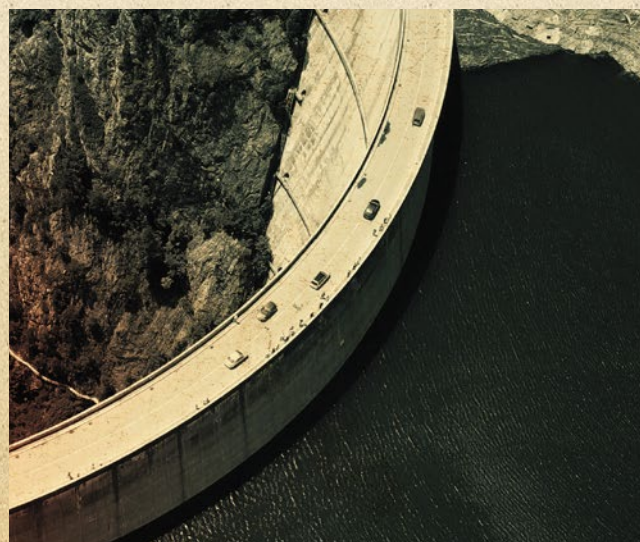
Bikes are allowed to leave the transition area only after all participants have moved onto the running course.

You must have your race number (the running number) to enter the transition area and retrieve your bike.

Equipment can be picked up until 7:00 PM at the latest.

REFRESHMENT & HYDRATION POINTS

At the refreshment points, you will find products offered by our partners.





BELLOTTO KNOWS.

www.bellotto.ro



**NO MATTER
HOW FAR**

PROFESSIONAL **CYCLING** GEAR

SERVICE

On the cycling route, liquids will be offered in regular 0.75-liter water bottles or cups.

On the running route, liquids will be offered in cups.

REFUELING STATIONS FOR HALF 70.3

	SWIM	BIKE				RUN							FINISH
	RAS-1	BAS-1	BAS-2	BAS-3	BAS-1	RAS-1	RAS-2	RAS-3	RAS-2	RAS-1	RAS-2	RAS-3	
	TRANSITION	CUMPANA	CAPRA	BALEA	CUMPANA	TRANSITION	70.3 TURN			TRANSITION		70.3 TURN	
DISTANCES													
Start	1.9 km	21.4 km	39.2 km	46.4 km	71.3 km	91.9 km	95.3 km	97.9 km	100.5 km	103.9 km	107.3 km	109.9 km	113.0 km
Leg		19.5 km	37.3 km	44.5 km	69.4 km	0.0 km	3.4 km	6.0 km	8.6 km	12.0 km	15.4 km	18.0 km	21.1 km
From previous	1.9 km	19.5 km	17.8 km	26.7 km	42.7 km	20.6 km	3.4 km	2.6 km	2.6 km	3.4 km	3.4 km	2.6 km	3.1 km
ELEVATION													
Ascent	--	+ 424 m	+ 756 m	+ 487 m	+ 75 m		+ 82 m	+ 72 m	+ 29 m	+ 62 m	+ 85 m	+ 72 m	+ 102 m
Descent	--	- 424 m	- 65 m	- 10 m	- 1,216 m		- 68 m	- 33 m	- 72 m	- 86 m	- 71 m	- 45 m	- 145 m
HIDRATION													
Apa Dorna	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Coca Cola	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Isotonic GoldNutrition	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Gatorade	--	--	--	--	--	✓	✓	✓	✓	✓	✓	✓	✓
SWEETS													
Ciocolate	✓	✓	--	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
FRUITS													
Bananas	✓	✓	--	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Oranges	✓	✓	--	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Apples	✓	✓	--	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lemons	✓	✓	--	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Watermelons													✓
SALTY													
Salty crackers	✓	--	--	--	--	✓	--	✓	--	✓	--	✓	✓
Tomatoes & salt	✓	--	--	--	--	✓	--	✓	--	✓	--	✓	✓

REFUELING STATIONS FOR OLYMPIC

	SWIM	BIKE	RUN			FINISH
	RAS-1	BAS-1	RAS-1	RAS-2	RAS-3	
	TRANSITION	CUMPANA	TRANSITION	70.3 TURN		
DISTANCES						
Start	1.5 km	20.8 km	40.1 km	43.5 km	46.1 km	49.4 km
Leg		19.3 km	0.0 km	3.4 km	6.0 km	9.3 km
From previous	1.5 km	19.3 km	19.3 km	3.4 km	2.6 km	3.3 km
ELEVATION						
Ascent	--	+ 424 m		+ 82 m	+ 72 m	+ 102 m
Descent	--	- 424 m		- 68 m	- 33 m	- 145 m
HIDRATION						
Apa Dorna	✓	✓	✓	✓	✓	✓
Coca Cola	✓	✓	✓	✓	✓	✓
Isotonic GoldNutrition	✓	✓	✓	✓	✓	✓
Gatorade	--	--	✓	✓	✓	✓
SWEETS						
Ciocolate	✓	✓	✓	✓	✓	✓
FRUITS						
Bananas	✓	✓	✓	✓	✓	✓
Oranges	✓	✓	✓	✓	✓	✓
Apples	✓	✓	✓	✓	✓	✓
Lemons	✓	✓	✓	✓	✓	✓
Watermelons						✓
SALTY						
Salty crackers	✓	--	✓	--	✓	✓
Tomatoes & salt	✓	--	✓	--	✓	✓

RESPECT THE NATURAL ENVIRONMENT

Participants **MUST** respect the natural environment, both during the race and in the transition areas. Trash disposal areas are clearly marked at refueling stations, where participants can dispose of their waste.

Any athlete caught littering outside of these designated areas will be disqualified if they don't pick up their trash when instructed to do so.

TIPS



Nutrition during the race is extremely important for a good performance. By consuming the appropriate fuel at the right time, not only can it help you have a pleasant run, but it can also make you feel better during and after your big race.

The tips below are with GoldNutrition products, but we recommend that regardless of what you use, test any product beforehand to see how your body reacts to it while in effort.

RACE MORNING

Before the race, it's good to focus on something calorie-dense, so along with a carbohydrate-rich breakfast, you can also try an energizing and protein-rich chocolate bar, GoldNutrition Extreme Bar. It's a bar that provides you with the necessary power to face the more challenging moments, being also an energizing protein bar with carbohydrates, proteins, and vitamins to increase energy levels before, during, and after training.

And if you want something to help you prepare a quick breakfast, we recommend a shake like Oats&Whey, a blend of whey protein and oat flakes with sweetener.

DURING THE RACE

Here things get a bit more complicated and vary greatly depending on your training and the distance you're participating in. Regardless of the distance, you will certainly find our isotonic drink at the refreshment stations for an energy boost and hydration.

At each station, we recommend hydrating yourself as it is extremely important not to reach the dehydration zone.

In addition to hydration, we recommend energizing jellies. These jellies, which contain fast-absorbing carbohydrates, are very practical and provide a tasty alternative to gels, with a pleasant texture to diversify your sugar intake. Consuming products that contain fast-absorbing carbohydrates is essential to maintain glycemic stability, reduce the rate of glycogen depletion, delay fatigue, and improve performance in long-distance races.

AFTER THE RACE

Once you've finished running, it's time to focus on post-race nutrition to aid the recovery, ensuring you get the right nutrients to help reduce the effects of training or race. It's important to consume both carbohydrates and proteins within 30 minutes after the effort's end.

And because it's often difficult to consume nutrient-rich foods so quickly after the race, we recommend GoldNutrition® Fast Recovery. It's a state-of-the-art beverage with a high content of biologically active proteins and a high absorption rate. It contains a complex of branched-chain amino acids (BCAAs), three forms of carbohydrates, antioxidants, vitamins (B-complex, vitamin A, vitamin E, vitamin C), and minerals (calcium, magnesium, zinc, chromium).



**stay hydrated!
stay ahead!**



#GOLDATHLETE ALEXANDRU CORNESCHI

RELAY

Each participant in the relay race is responsible for knowing the rules for the entire event.

The items in the race kit will be distributed among team members based on the leg they are completing (e.g., swim cap for the swimmer, stickers for the cyclist, etc.).

Only the cyclist is allowed in the transition area, both at check-in, during the race, and at checkout.

The chip bracelet represents the relay baton that must be handed over from one participant to another.

Relay team members cannot be replaced without notifying the organizers. Any changes without notification will result in disqualification.

START + SWIM

The swimming leg will take place in Lake Vidraru, starting from the water in front of Valea cu Pești hotel. There will be 2 separate starts, one for the 70.3 race and one for the Olympic race. The relay start is the same as the individual start.

INTERVAL

DESCRIPTION

09:00

START swim leg Transfier 70.3

09:20

START swim leg Transfier Olympic



ROUTE

The swimming route will be in the approximate shape of a rectangle. Olympic distance participants will cover 1500 m, while long-distance participants will cover 1900 m.

WEARING A WETSUIT IS MANDATORY.



SWIM CUT-OFF TIME

There is a time limit for Half 70.3 participants, and they must finish the swim and start the bike leg within 1 hour and 15 minutes. Participants who don't meet this time frame may be allowed to continue outside the race.

RULES & IMPORTANT INFORMATION

Don't forget the chip/bracelet in the transition.

The official swim cap received in the kit is mandatory.

If you encounter issues while swimming, raise your arm to attract the attention of the support team (lifeguards, boats, kayaks). If needed, you can hold onto a stationary watercraft without being disqualified.

TIPS



MASS START

The first moments of the swim can be chaotic if you position yourself too much upfront or in the center. If you're not a fast swimmer, it's better to start from the back and sides.

USE LUBRICANT

Applying a small amount of lubricant cream to your wetsuit can shave off a few seconds when taking it off. Apply the cream to your wrists, forearms, ankles, and calves. It's ideal to try this technique before the race.

PRACTICE SIGHTING

You can save valuable minutes by practicing sight navigation in the water. Incorporate exercises into your training that involve lifting your gaze to navigate. During the race, try to spot larger landmarks behind the buoy, a mountain peak, a taller tree, etc.



CYCLING

You'll feel every climb in your pedals, and you'll love the fact that after every turn, there's another one, and another... The road is all yours! Literally.

RULES & SAFETY

On the cycling route, road traffic is completely closed. This means that even supporters are not allowed to drive on the route.

!! CAUTION: even though the road is closed, there's a possibility that some cars might enter the route from the courtyards of guesthouses, hotels, restaurants, etc. in the area. To avoid accidents, you should ride on the right side of the road and follow all traffic rules.

DRAFT ILLEGAL

Drafting is prohibited for all races (including relays).

CUTTING THE ROUTE IS PROHIBITED

Dangerous behavior during the cycling leg can result in a time penalty or even disqualification. This includes but is not limited to: overtaking on the inside, crossing the centerline of the road.

ROUTE / COURSE

ROAD CONDITION

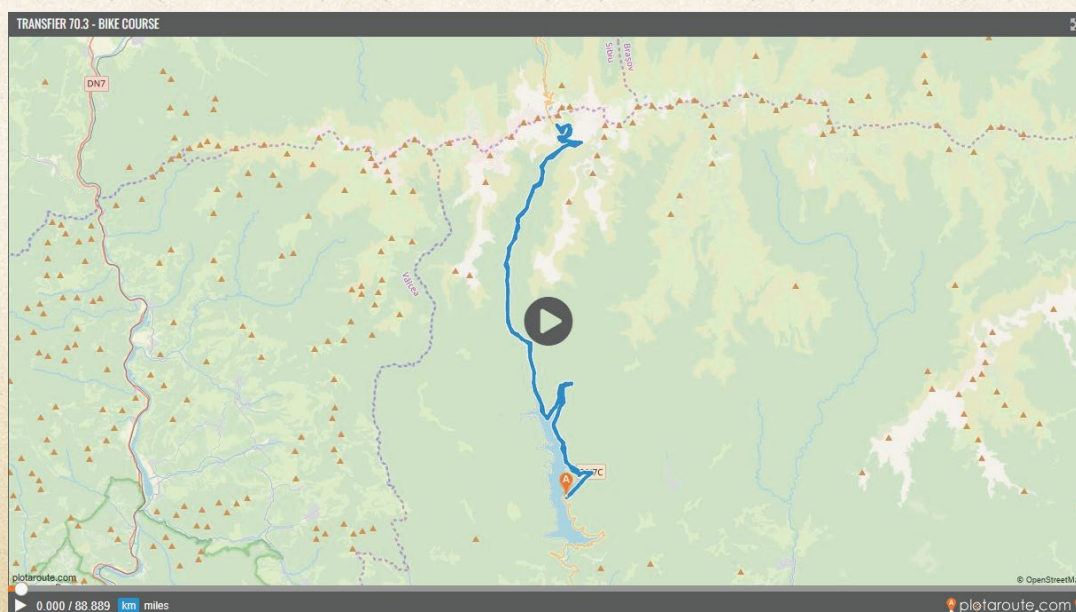
The cycling route has sections with various road defects (cracks, potholes) in the asphalt.

Although there were newly paved sections this year, there are still segments with several defects, mainly in the stretch between Valea cu Pești and Cumpăna.



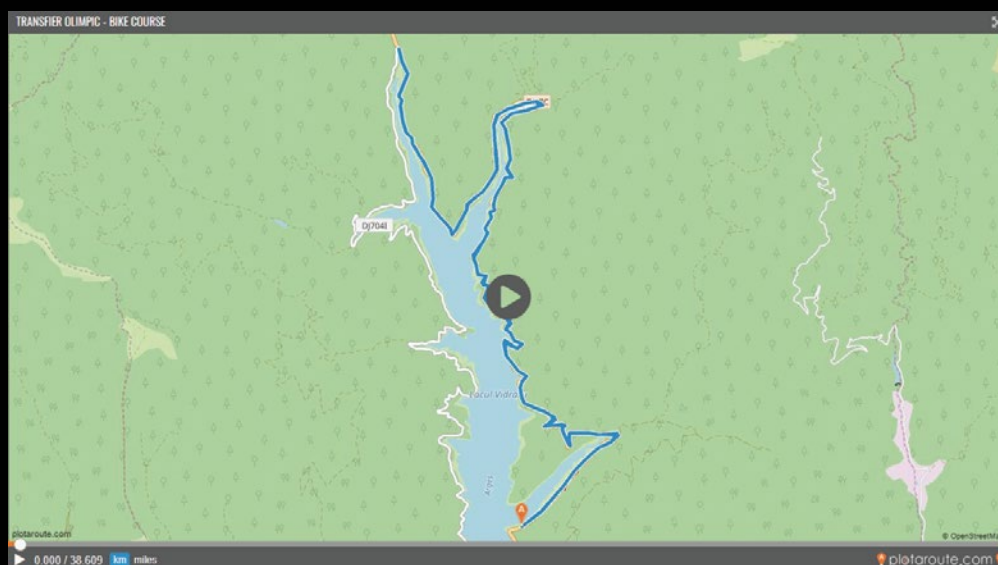
HALF 70.3 ROUTE

The route starts at kilometer marker 46 in front of Valea cu Pești hotel and continues on DN7C up to an elevation of 2200 at kilometer 1, just before entering the tunnel at Bâlea Lac. Here, competitors make a U-turn and proceed in the reverse direction on the route until they reach the transition area. The total distance covered is 90 km.



OLYMPIC ROUTE

The route starts at kilometer marker 46 in front of Valea cu Pești hotel and continues on DN7C up to kilometer marker 26 (check point and hydration), where competitors will make a U-turn and proceed in the reverse direction on the route until they reach the transition area. The total distance covered is 40 km.





BIKE TIME LIMIT

There is a time limit for Half 70.3 participants, and they must finish the bike leg and start the run within a maximum of 6 hours and 30 minutes from the start. Participants who don't meet this time frame will be stopped.

BIKE / EQUIPMENT RECOMMENDATION

Given the challenging route, we recommend a road bike. Triathlon bikes are allowed, but we advise using the aero bars rarely and with great caution. The route is highly technical, and you must be able to react quickly.

TIPS



CHECK YOUR BIKE

Make sure to perform a bike check in the race week. We will have an on-site service for minor adjustments, but for repairs and major checks, the SPORTGURU store services are ready to assist. For this technical route, having brakes and shifters in excellent condition is extremely important.

PACE YOURSELF

The cycling route is quite demanding. We recommend starting at an easier pace, especially if you're participating in the Half 70.3, where the real climbs begin after the first 20 km.

RUNNING

You've finished the bike leg. Take a deep breath, a beautiful and shaded route along the lake awaits you.

The race number is mandatory for this segment. Don't forget to pick it up in the transition area. The number must be worn in front!

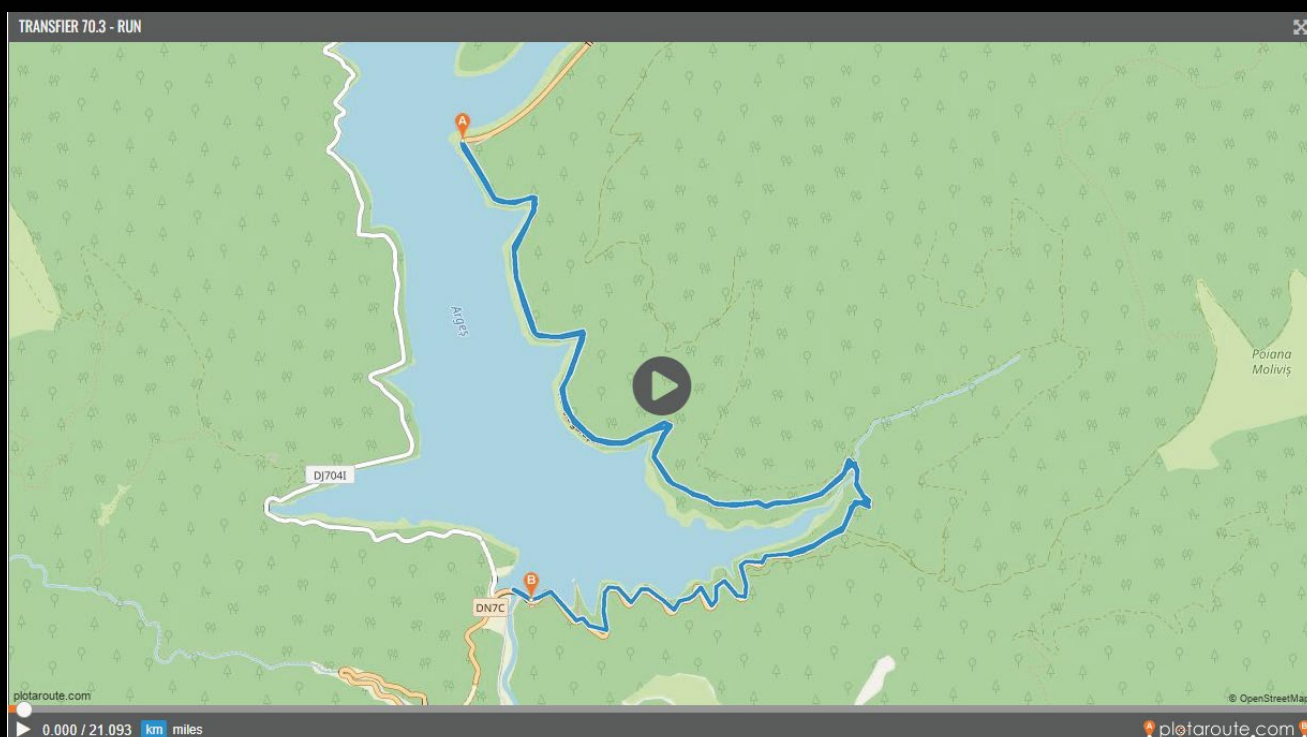
We recommend using a race belt for easier carrying of the number.

Running shirtless is prohibited.

ROUTE / COURSE

HALF 70.3 ROUTE

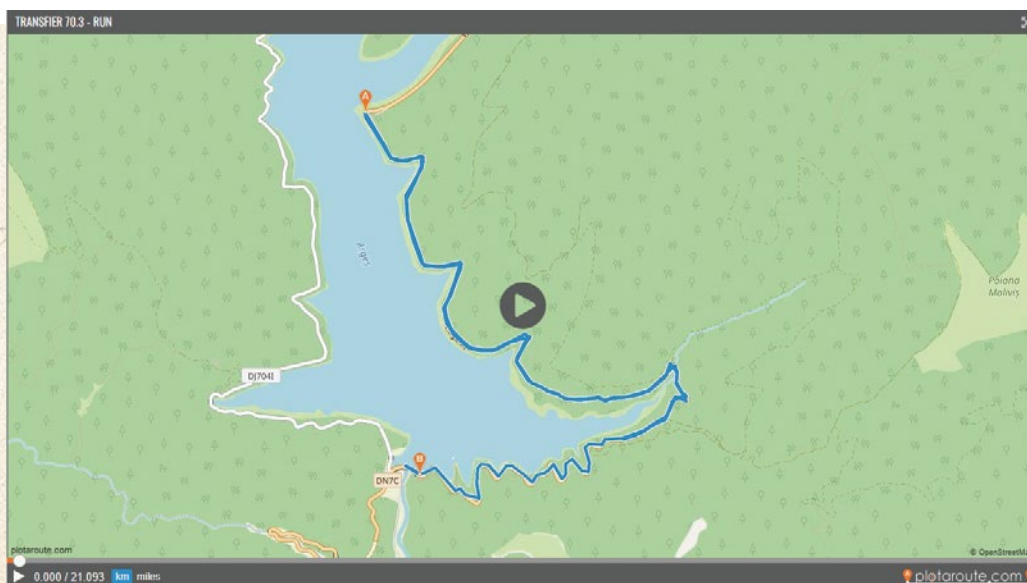
The route starts from the transition area. Competitors will run towards the Vidraru Dam for 6 km, reaching the Running Checkpoint, from where they will return to the transition area. Then, they will turn again and continue running until they reach the Vidraru Dam. When they reach the stairs (number 390) that provide access to the Prometheus statue, competitors will climb the stairs, and the finish line is right at the feet of the Iron Man statue. The total length is approximately 21 km.



ROUTE / COURSE

OLYMPIC ROUTE

The route starts from the transition area. Competitors will exit the transition and run towards the Vidraru Dam. When they reach the stairs (number 150) that provide access to the Prometheus statue, competitors will climb the stairs, and the finish line is on the platform above the dam, under the Iron Man statue. The total length is approximately 10 km.



RUNNING TIME LIMIT

The time limits for completing the running leg are as follows:

9 hours from the start for Half 70.3

4 hours and 30 minutes from the start for Olympic.

TIPS



DON'T START TOO FAST

After the bike leg and with a downhill start, you might be tempted to go out too fast. Pay attention to your pacing and don't push too hard too early.

WATCH OUT FOR ELEVATION CHANGES

The running course is quite hilly. Try to conserve your energy on the uphill and don't push too hard. If you have the energy, you can increase your pace more on the downhill. If possible, consider doing an easy exploration run.

DON'T FORGET ABOUT NUTRITION

Right after the transition, you'll encounter the first aid station. Try to consume something before you start the run. Anything you take in now can help prevent an energy crash during the course.

Vrei și calitate,
și acoperire,
și viteză?

VODAFONE

CEA MAI BUNĂ REȚEA, CERTIFICATĂ



REȚEA CERTIFICATĂ UMLAUT
AUDITOR GERMAN INDEPENDENT



Conform certificării umlaut (parte din Accenture) „Best in Test” din martie 2023 pentru rețeaua mobilă Vodafone. Certificarea poate fi consultată pe www.vodafone.ro, în secțiunea Certificări.



FINISH

After the 390 steps, you will see him right there, Prometheus - the symbol of power. You rock!

ROCK STAR WELCOMING

Medal & Finisher T-Shirt

You'll receive the T-shirt right at the finish line along with the medal ;)

Signature Wall

The brave participants of HALF 70.3 who finish right by the feet of Prometheus will have the opportunity to leave their autograph on the signature wall.

Refreshment Area

At the finish area, you can recharge yourself with products from our partners.

DON'T FORGET TO RETURN THE CHIP BRACELET TO THE VOLUNTEERS!

RESULTS

Results will be available in real-time on the event website.



ARBITRATION + PENALTIES

The competition will take place according to the regulations on the Romanian triathlon federation's website:

<http://frtri.ro/documents/FRTRI-Regulamentul-de-organizare-a-competitiilor-de-triatlon-si-duatlon.pdf>

Penalties will be notified as follows:

SCORECARD	DESCRIPTION	ISSUES
—	STOP & GO	MINOR VIOLATIONS
YELLOW	TIME PENALTY	OTHER VIOLATIONS
BLUE	TIME PENALTY	DRAFTING
RED	DISQUALIFICATION	SERIOUS VIOLATIONS

Time penalties are the following:

TYPE	OLYMPIC	HALF 70.3
DRAFTING	2 MINUTES	5 MINUTES
OTHER VIOLATIONS	15 SECONDS	30 SECONDS

See below the list of the most common penalty situations with time penalties and disqualifications. This list is supplemented with other situations from the World Triathlon and FRTRI regulations.

PENALTIES:

- Failure to follow the mount/dismount line for the bike
- Improper placement of the bike or equipment left outside the transition box
- Not securing the helmet at any time you are in contact with the bike, (e.g., placing equipment in the transition area, taking the bike in T1, and throughout the race until after putting the bike back on the rack in T2)

DISQUALIFICATION

The following actions lead to disqualification of athletes:

- Wearing devices with headphones (iPod, phones, etc.);
- Unsportsmanlike behavior / endangering another participant;
- Any crossing over the centerline of the road, except in cases where he/she crosses the centerline to avoid an accident or when the first lane is blocked (e.g., roadwork, etc.);
- Throwing garbage outside the designated areas, including waste and packaging used for feeding/hydration.

PENALTY BOX

The penalty zone will be located in the Vidraru Dam area.

In this area, the numbers of competitors who have received a time penalty, the duration of the penalty, and the reason for its issuance will be prominently displayed on a board. It is the participant's responsibility to check the board to determine whether a time penalty has been applied or not. If you see your number on the board, you will need to stop at the Penalty Box, where the referee will time you and inform you when you can resume the race.

AWARDS

The awards ceremony will take place at Valea cu Pești starting at 19:30.

The rankings will be determined in the following categories.

INDIVIDUAL TRIATHLON (HALF / OLYMPIC):

Male and Female by age categories: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+ years

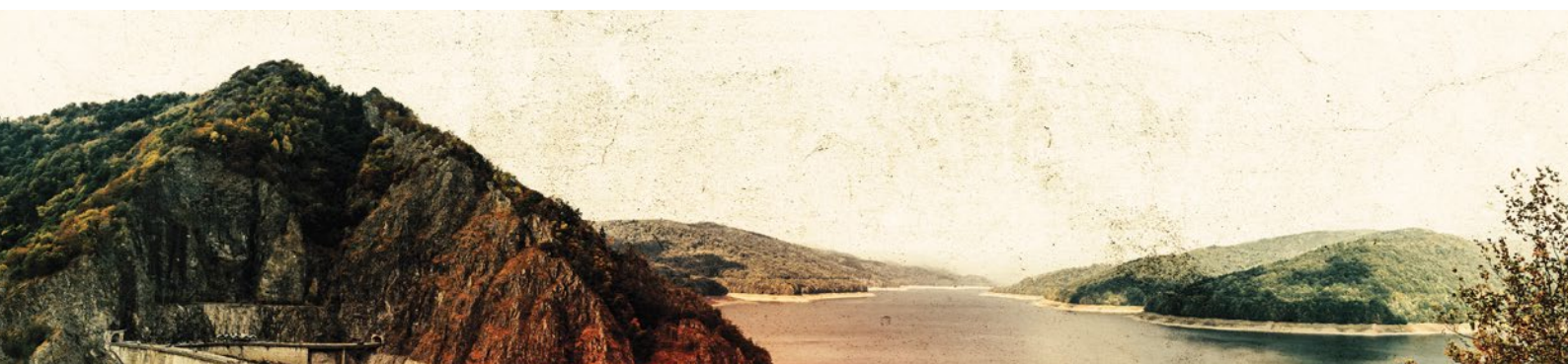
RELAY (HALF / OLYMPIC):

Male, Mixed, and Female

KOT - King of Transfagarasan:

Male Open and Female Open

In case a category does not have a sufficient number of participants (minimum 5 participants/teams), the Organizers reserve the right to merge that category with the next one (higher age) until the minimum number is reached.





TIPS FOR SPECTATORS / SUPPORTERS

GENERAL RULES

The race route is closed to car traffic, bicycles, or other means of transportation during the races.

Please do not enter the road at any time from the start to avoid interfering with the athletes on the course.

SWIMMING LEG

For this segment, there are small terraced areas along the lake where you can watch the competitors. Please position yourself where you prefer before the start and do not enter or cross the path of athletes while they are coming from the swim.

CYCLING LEG

Access to this point is more difficult, as there are no alternative routes to reach the cycling course. You can watch only the start and finish of this segment from the transition area.

RUNNING LEG

After the swimming segment, we recommend descending towards the Vidraru Dam where you can observe both the running part and the finish.

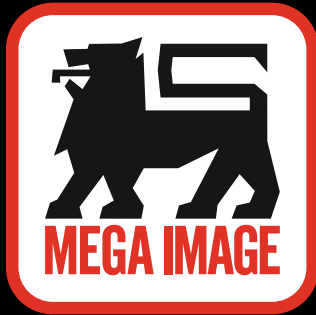
Between 09:15 and 10:15, you can drive down to the dam area.

After 10:15 until the end of the race, you will not be allowed to move your car.

ACCESS TO THE FINISH AREA

You will use the same stairs as the competitors, so please walk near the wall and use the handrail to avoid blocking the path for the athletes.

PLEASE FOLLOW THE INSTRUCTIONS OF THE VOLUNTEERS AND ASCEND OR DESCEND ONLY WHEN THEY ALLOW YOU TO DO SO, IN ORDER TO AVOID OVERCROWDING THE STAIRS.



Breakfast is extremely important for a mega race, so we want to offer you some suggestions for quick and nutritious options that don't require preparation or cooking and are beneficial for your athletic performance. We hope you like them and find them useful!

TOAST WITH PEANUT BUTTER AND BANANAS.

Toast is a simple and quick source of carbohydrates that will provide you with energy for your run. Peanut butter is a rich source of protein and healthy fats, which will aid in muscle recovery and prevent catabolism. Bananas are potassium-rich fruits that help regulate fluid and electrolyte balance and prevent muscle cramps. You can also add honey or cinnamon for more flavor and aroma.

MILK WITH CEREAL AND BERRIES.

Milk is a nutritious beverage that contains protein, calcium, and vitamin D, which are essential for bone and teeth health. Cereal is a source of complex carbohydrates that will provide you with long-lasting energy. Berries have a high content of antioxidants that will protect your cells from oxidative stress and improve blood circulation. You can choose from various types of milk, cereals, and berries according to your preferences.

MUESLI WITH PLANT-BASED MILK AND SEEDS.

Muesli is a mixture of whole grains, dried fruits, and nuts that will provide you with carbohydrates, protein, fiber, and healthy fats. Plant-based milk is an alternative to animal milk that can be easier to digest and more suitable for those with food intolerances or allergies. Seeds are a source of minerals, antioxidants, and Omega-3 fatty acids that will support your immune system and protect your heart.

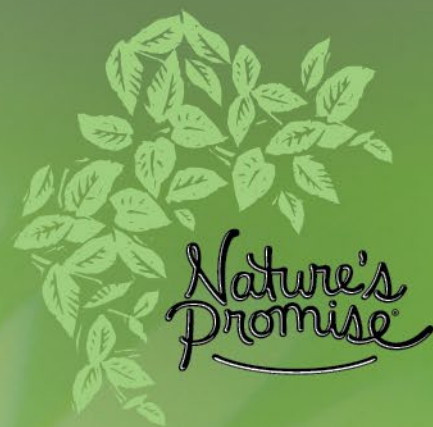
You can choose from various types of muesli, plant-based milk, and seeds, such as soy, rice, coconut, flax, pumpkin, or sunflower seeds.

GREEK YOGURT WITH GRANOLA AND FRESH FRUITS.

Greek yogurt is an excellent option for those who prefer a lighter and yet satisfying breakfast. It contains more protein than regular yogurt and has a creamy and pleasant texture. Granola is a crunchy mixture of whole grains, seeds, and dried fruits that will provide you with fiber and energy.

Fresh fruits will bring you vitamins, minerals, and antioxidants that will support your immune system and enhance your mood.

Descoperă Nature's Promise.



Așa cum sugerează și numele, produsele Nature's Promise sunt gustoase și apetisante în mod natural, fără să aibă nevoie de aditivi, coloranți sintetici sau arome artificiale. Aceasta se datorează calității ingredientelor folosite, provenite din agricultura organică.

Cu Nature's Promise e simplu să mănânci bine.

Dacă ești preocupat de un stil de viață echilibrat și atent la alegerile tale nutriționale, produsele Nature's Promise, pe care le găsești exclusiv la Mega Image, sunt gândite pentru tine. Cu cele trei game: **BIO**, **FREE FROM** și **HEALTHY LIFE**, Nature's Promise îți oferă o mulțime de alegeri pentru nevoile tale.



BUN
PENTRU
NOI TOȚI



TRANSFIER 