



## Welcome to Davos!

We are looking forward to welcoming you at Challenge Davos 2020 on 28<sup>th</sup>/29<sup>th</sup> August!  
This guide includes the most important information for your race as well as hygiene guidelines,  
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 [#bucketlistrace](#).

Your Challenge Davos Team





To be able to carry out the Challenge Davos on 28/29 August 2020, all those involved must adhere to certain rules. The rules & regulations in place are challenging, but we are confident that with your support we can have a great race weekend in Davos.

Your health and the health of the population is our highest priority. We have to make some adjustments which will influence the events at race day. All participants commit themselves to act in solidarity, take responsibility, and follow the rules. We trust in your discipline and support!

- Only If you are **completely healthy** are allowed to participate. If you had an illnesses or disease/covid-19 symptoms previously or if you have been in contact with sick persons, you are not allowed to take part
- The **minimum distance** (1.50m) has to be maintained. If the minimum distance cannot be maintained, you have to wear a mask.
- You **have to wear a mask** at all times when in the event area, especially at registration and check-in.
- **Contact Tracing:** All participants and spectators must provide their full contact details. We recommend to download the Swiss Covid App.
- A contact in the sense of Contact Tracing is defined as not keeping the minimum distance for more than 15 minutes, which makes it possible to start and overtake during the race. During the race you do not have to wear a mask.
- At the aid stations the athletes have **to pick-up the nutrition by themselves**
- The **award ceremony is cancelled**. Top ranked athletes will be honoured online after the race. They will receive their prizes digitally and/or by mail.
- This year we cannot offer a depository for valuables. If you are missing something after the event, you can send us an email to [gruezi@mooveme.ch](mailto:gruezi@mooveme.ch).
- Please grab a **snack package** in the finish area. We can **not offer a buffet** this year.
- You have to leave the finish area as fast as possible after your finish wearing a mask. **Masks will be provided.**
- All athletes ideally come to Davos unaccompanied. Spectators are not allowed to mix with the athletes on race day. We can only allow a very small number of spectators in the start and finish area in designated areas.
- The briefing will be broadcast online on Facebook Live on the Tuesday prior to the event.
- A **warm-up swim is not possible** this year!
- We **do not have a penalty tent**. Time penalties will be added to your race time.



## Athlete Registration

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

**IMPORTANT: You have to wear a face mask while picking up your race bib at registration.**

## Briefing

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

## Pre-race Schedule for Saturday

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

## Tuesday, 25th August 2020

6.30 – 7.00 pm Race Briefing in English  
7.15 – 7.45 pm Race Briefing in German

## Friday, 28th August 2020

4.30 – 8.00 pm Registration (Stadium)  
from 6.00 pm Start Swim & Run Kids  
7.45 pm Start NightRun

## Saturday, 29th August 2020

7.30 – 9.30 am Registration (Stadium)  
**8.00 – 10.00 Check-In Transition 2 (Run)**  
**9.00 – 11.00 Check-In Transition 1 (Bike)**  
10.45 **Start Challenge MD Pro Men**  
10.47 **Start Challenge MD Pro Women**  
10.49 Start Challenge MD AG Women  
11.05 Start Challenge MD AG Men, AquaBike & Teams  
12.00 Start Experience  
12.10 Start Olympic Distance incl. Teams  
12.30 – 1.30 Registration RollSki (Chalet Velo)  
2.00/2.02 Start RollSki Elite/ Plausch  
**2.00 – 7.00 Checkout Transition 2**  
6.30 Cut off finish





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

T1: The bike bag in T1 is placed in the area provided for it directly 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 closed transition bag must be dropped off on the way to the bike.

**Important:** No objects may be deposited near the bike at the racks.

T2: The spaces in transition zone 2 are not numbered, the bike is parked independently at the next free space. You can get change on benches directly in front of the stands where you can pick up your run bag. The closed run bag has to be hung up again on the hook with your start number.

**Please note: All your 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 mask must be worn during check-in and check-out! Check-in is not possible without a mask!**



### Run-Bag

Where: In T2 in the stadium of the sports center

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

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

The Run-Bag stays in T2.



### Bike-Bag

Where: In T1 at the lake

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

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

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

**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 finisher zone (next to the Info-Point).



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 before (2 km).

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

**All athletes have to wear a face mask till the moment they enter the water. Please throw your mask in the container placed 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.

Beacuse we won't have an EXPO we will offer a limited amount of neo hoods and race belts form **Z3R0D** at the registration.



# Kantonale Sportförderung

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



## Check-In:

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

Transition 1 (T1) for the swim to bike change is at the shores of Lake Davos. This is right next to the swim start. **Please wear your helmet for the bike check in.**

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

## Before the start:

1. Transition area for all categories closes at 11:00 a.m. If you check in too late you risk a time penalty!
2. **You have to walk from the transition area directly to the waiting area.**
3. **A warm-up swim is not possible this year!**
4. You have to wear a face mask till you enter the water.
5. All athletes have to cross the timing mat before the start.

## Transition from swim to bike:

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

## Transition 1 and start area



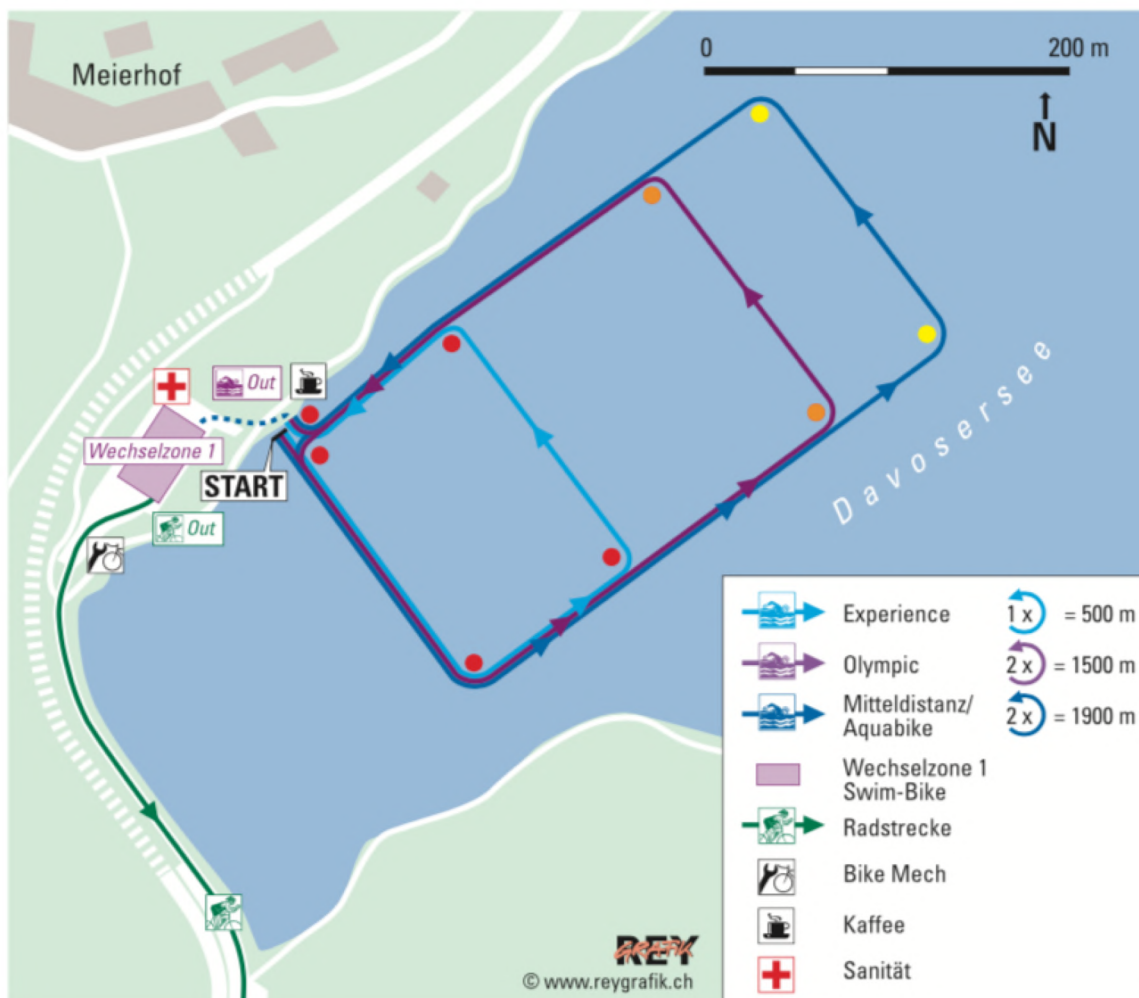


The procedure before the start will be special this year! Please be advised of the following points:

- After you checked in in T1 it will not be possible to leave the transition area or the waiting area because of the hygiene guidelines. There will be access to toilets in all waiting area.
- A warm-up swim is not possible this year!
- A face mask must be worn while checking in and in the waiting area.
- Step by step we will allow the different categories to enter the starting area.
- Shortly before entering the water, the face mask must be thrown into the provided container.
- You have to cross the timing mat before entering the water.
- You will start in the water.

**Note: It is possible that fast swimmers have to overtake slow swimmers of other categories. We ask you all to behave fairly when overtaking.**

## Swim





# INDIVIDUELLE TRIATHLON – UND RADBEKLEIDUNG

SWIM | BIKE | RUN | TRIATHLON

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## Check-In:

**You have to wear a face mask for check in.**

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

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

## During the race:

**IMPORTANT: Please rack your bike at the next free spot. You don't 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. Take Run-Bag from bag rack
3. Switch into running gear either on the bench or in the transition tent.
4. Start the run.

### AQUABIKE:

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

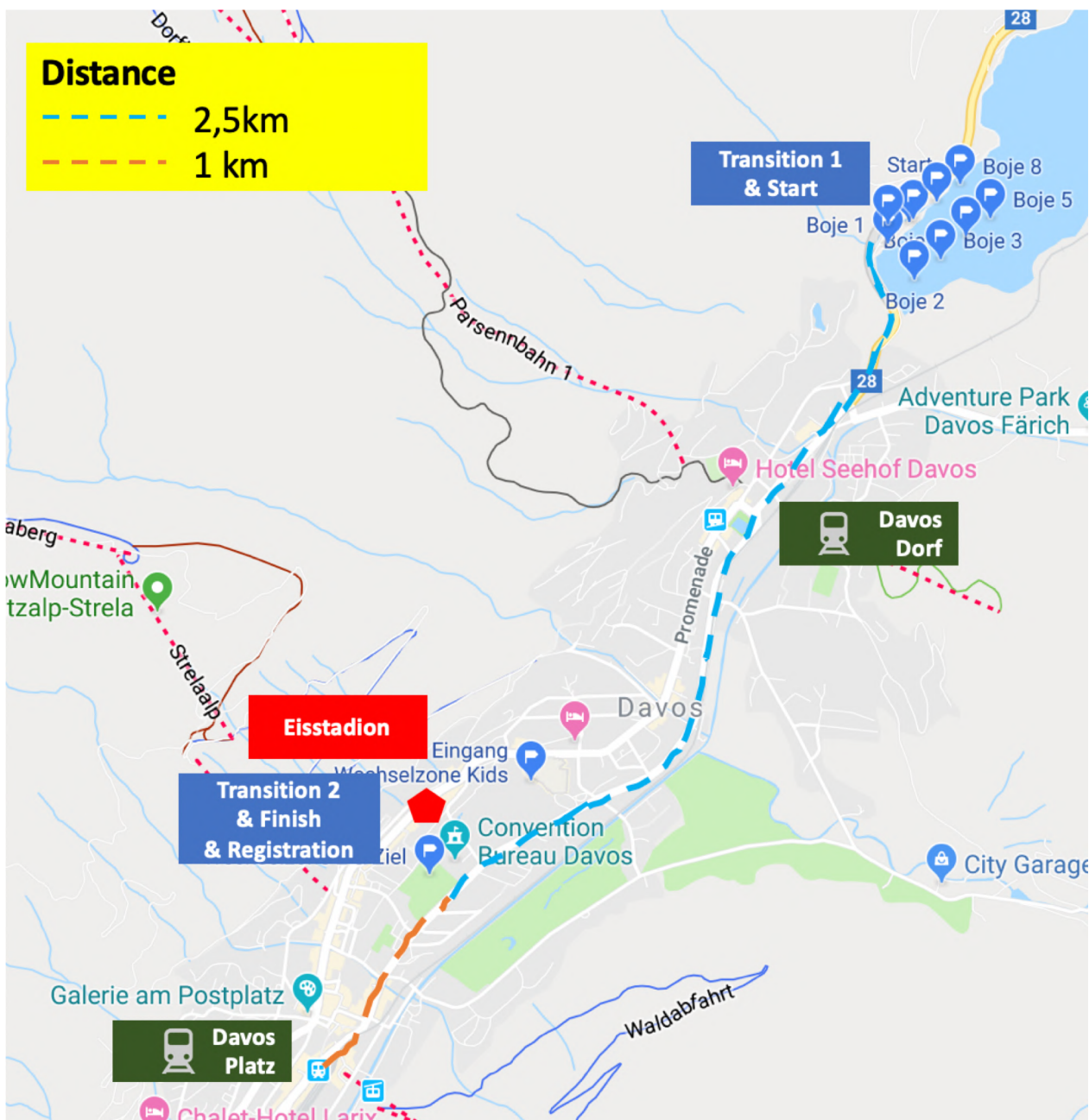
## Transition 2 and finish area





The two transition zones are 2,5 kilometers apart. After the Check-In in T2 you can ride your bike to T1 or have your supporters drive you by car. 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“). Continue straight to the lake, either to the Parking or by bike to the transition zone.





# Volksskilauf in der klassischen Technik

Das Langlauf-Abenteuer in der Landschaft Davos. Vom Langlaufzentrum Davos geht es zum Ziel ins wunderschöne Seitental Sertig. Distanzen: 21km oder 13 km.

Datum: Sonntag, 14. Februar 2021

[sertig-classic.ch](http://sertig-classic.ch)

**SERTIG** // **CLASSIC** DAVOS

**DAVOS**  
**KLOSTERS**

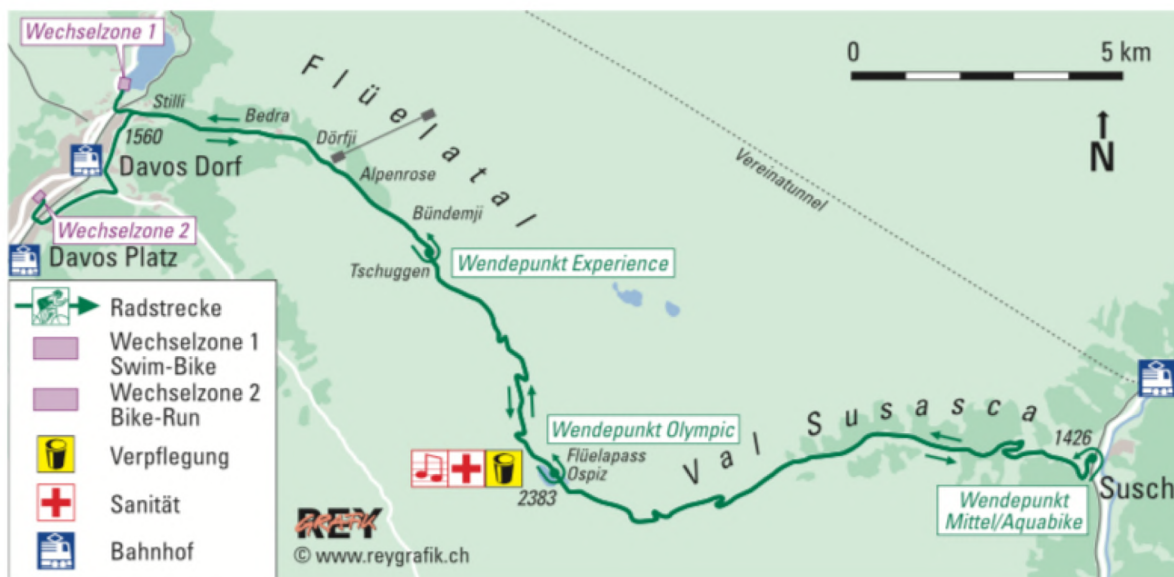


The bike course leads the athletes over the Flüelapass, which is closed-off for general traffic. While the athletes of the Olympic Distance will turn around at the summit (Hospiz), the Middle Distance athletes will descend on the other side towards Susch, where they turn around and cross the Flüela for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

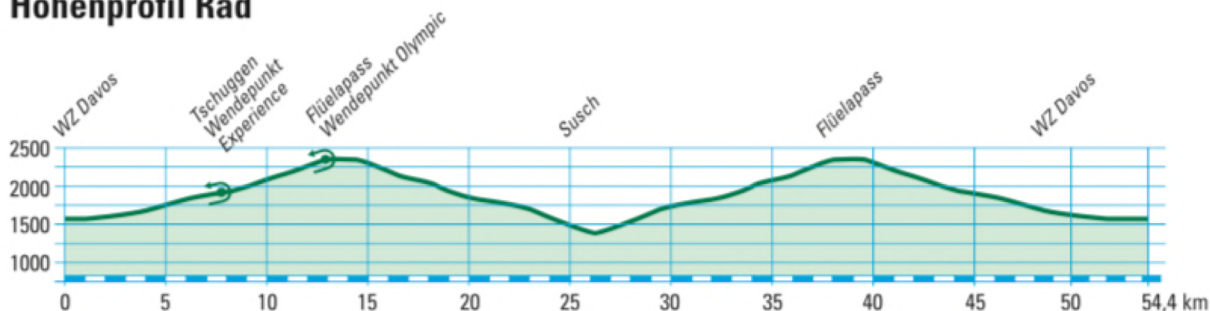
**Please take notice:**

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

## Bike Course



## Höhenprofil Rad





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

The incline coming from Davos is on average 6.7 percent, which is 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 more flat parts, which aid the 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.

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



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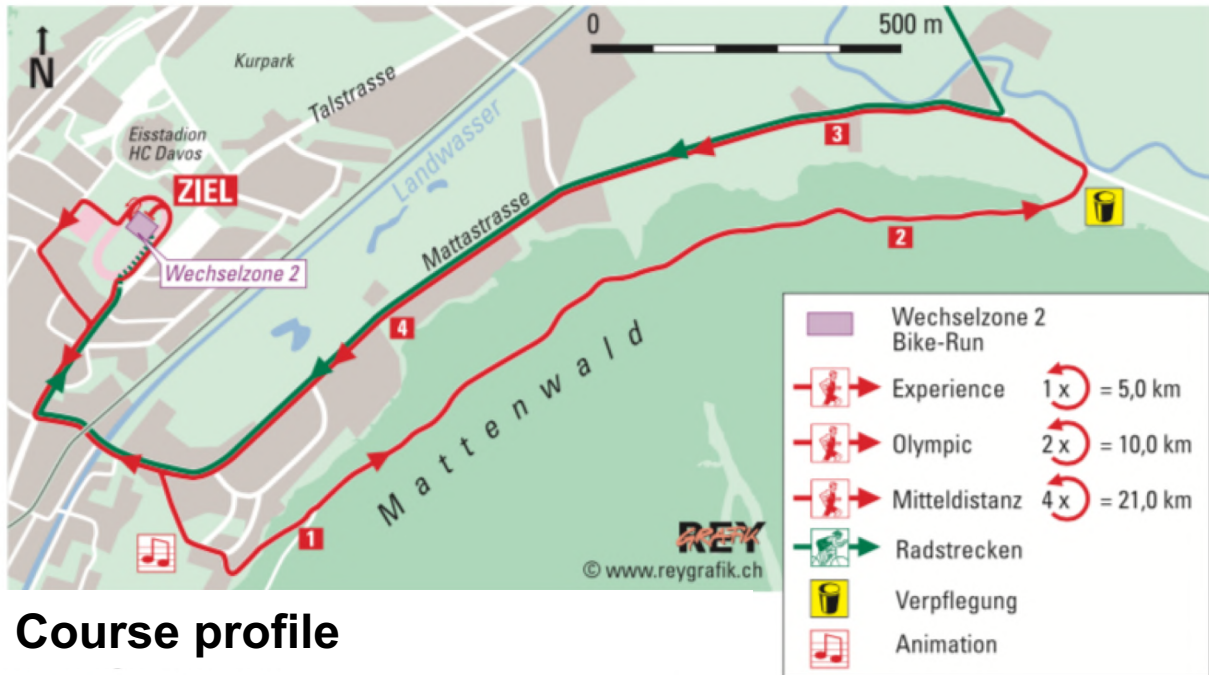
**3Bike**  
Bike & Triathlonshop

**RPG**  
RUNNING PLANET  
GENÈVE

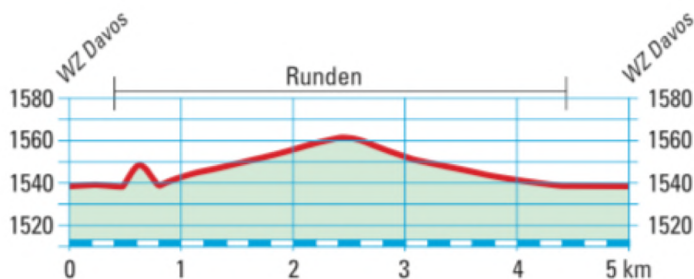
**TEMPO  
SPORT**



## Run Course



## Course profile



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

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

The aid stations are located as follows:

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



**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.



- 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 must be closed before moving the bike and can be removed once the bike is in the bike stand in t2. The helmet must remain closed if you push your bike to the bike stand.
- 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.

In principle, the Swiss Triathlon regulations apply. You can find all information on:

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







# THE CHAMPIONSHIP

The Challenge Davos Festival is an official qualification race for THE CHAMPIONSHIP in Samorin on the 22th/23th May 2021. 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 last year's edition of Challenge Davos. 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 Blyemehl.

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

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

**JOIN THE  
#OUTSIDERS**

Du weißt, was es bedeutet, an deine Grenzen zu gehen.  
Ob im Wasser, am Rad oder beim Laufen, du ziehst es durch.  
Das Ziel immer vor Augen. Lässt dich nicht unterkriegen.  
Gehst bis ans Ausserste. Alles, um letztendlich der völligen  
Euphorie beim Überqueren der  
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Start at the Challenge Davos NightRun and run 6km through the Davos Kurpark and around the IceHockey stadium. The course can be tackled as single-starter or as a team of three. Start will be at dusk at 07.45 p.m. The NightRun is the perfect warm-up for a triathlon or as a special event experience, no matter which level.

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

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

**Start: Friday 28/08 at 7.45 pm**  
**Registration: from 4.30 pm**



## Night Run





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

- **Registration: Friday 28/08 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 parents are not allowed to support the kids. Only kids in the category 2009-2014 can be supported.

Unfortunately, we cannot hold an award ceremony this year.

### Categories und Distance

Category 2012-2014: 25m Swim / 1k Run  
 Category 2009-2011: 50m Swim / 1k Run  
 Category 2006-2008: 100m Swim / 2k Run  
 Category 2003-2005: 200m Swim / 2k Run

## Swim&Run





# FIS Flüela Rollski Challenge



For the first time, an official FIS roller ski race will be part of Challenge Davos.

After the athletes of the triathlon races have passed the top of the pass, the roller skiers start on the legendary alpine pass road, which is Roller skiers otherwise not allowed, in the direction of Flüela Hospiz. Directly after the start in the ferry, the route begins to climb steadily and variedly. To the finish on the Flüela Pass is 12 kilometers and about 800 meters of altitude difference in 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 Rolls)**
- **Start Elite/U20 Women: 2.02 pm (Classic technique, C-2 Rolls)**
- **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
- Registration Friday from 5.00 – 7.00 pm and Saturday 7.30 to 9.30 in the stadium and Saturday from 12.00 – 1.30 at the start at Färich (parking lot Chalet Velo)
- Flower Ceremony on top of the pass

## IMPORTANT

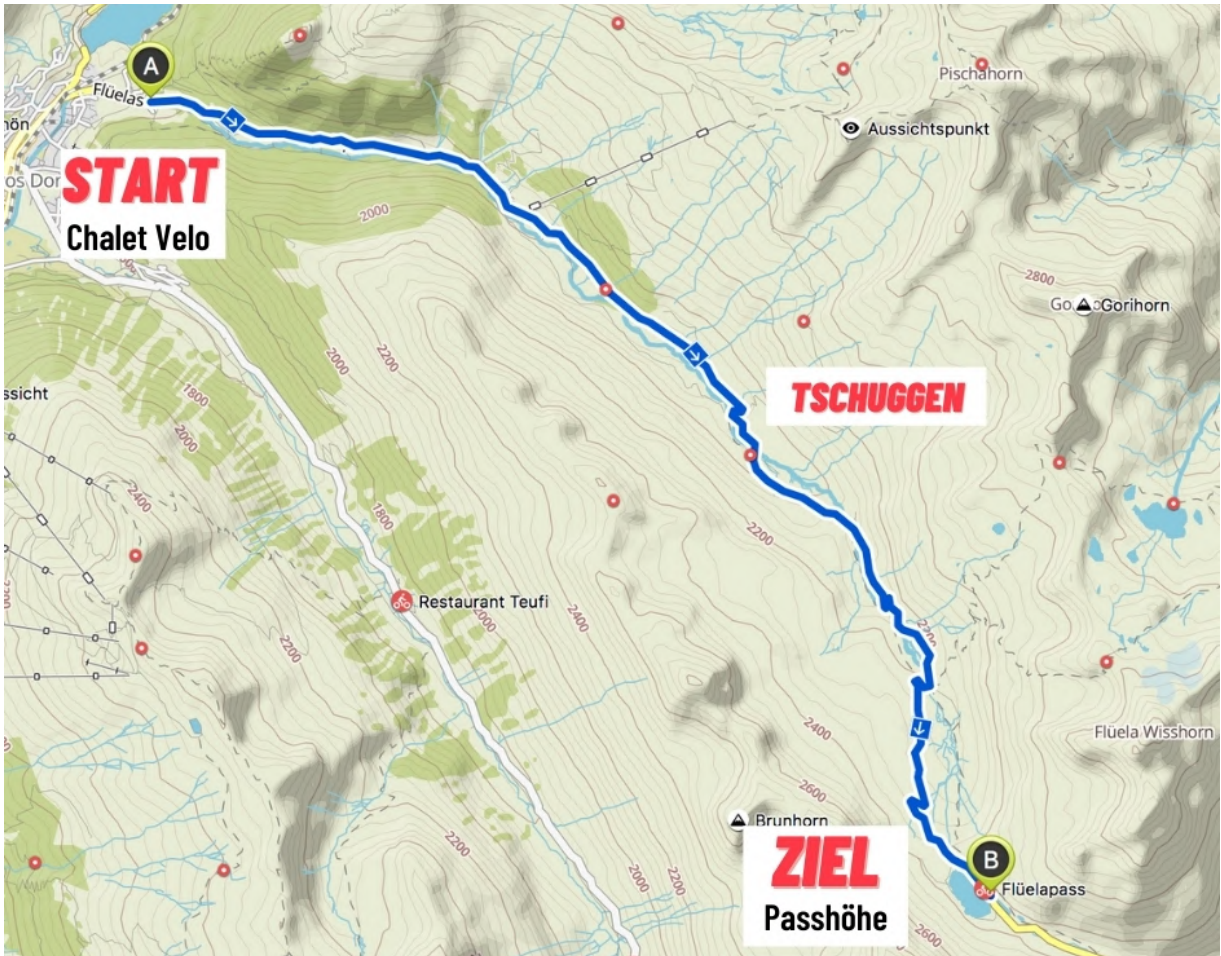
- The elite must use C2 roles!
- Helmets and glasses are mandatory for the race and warm-up
- Start number must be worn on the chest
- Transport your belongings only in the provided Finisher bag. Drop off at Färich.
- Masks are mandatory; the masks will be collected in the starting area before the start.
- Crossing the center line leads to immediate disqualification
- Littering leads to immediate disqualification
- Individual departure from Flüela Pass is not permitted and will result in immediate disqualification.



# FIS Flüela Rollski Challenge



## Run Course





## 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 on along the Flüela route, will have to arrive before those times and can only leave afterwards.

## Liability waiver

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

## Briefing

The obligatory athletes briefing for Middle-Distance athletes will be broadcasted Tuesday 25/08/20 on Facebook live. It is also recommended for Olympic Distance and Experience athletes to watch the briefing:

- 6:30 - 7:00 pm in English
- 7:15 - 7:45 pm in German

## Valuables Deposit

This year we cannot offer a depository for valuables. If something is lost, you can send us an email to [gruezi@mooveme.ch](mailto:gruezi@mooveme.ch) after the event.

## Changing rooms/showers after the finish

Unfortunately, the showers and changing rooms have to remain closed this year.

## 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.

## Expo

There will be no expo this year.

## Weather Forecast

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



Duxsports mit Incyence; Partner der Challenge Davos

[www.duxsports.ch](http://www.duxsports.ch)  
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## TRIATHLONCAMP FUERTEVENTURA 21/02-07/03/2021

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

### Advantages:

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



## TRIATHLONCAMP TOSSA DE MAR 24/04-07/05/2021

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

### Advantages:

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



Are you interested?

For further information and reservations please go to [Eitzinger Sports](https://www.eitzinger-sports.com).



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