

Zambelli 3-Länder Crosstriathlon

31. Juli 2010



XTERRA
AUSTRIA



Horni Plana (CZ) – Kollerschlag (A) – Wegscheid (D)

Ehrenschutz: Landeshauptmann Dr. Josef Pühringer, OÖ Bundestagsabg. Dr. Andreas Scheuer
Wirtschaftsminister Dr. Reinhold Mitterlehner
LAbg. Vbgm. Georg Ecker, Kollerschlag
OÖTRV-Präsident Helmut Kaufmann

ATTENTION: Deadline for the registration is 28.07.2010 on:

www.3L-crosstriathlon.com

Organizer's address: Marktgemeinde Kollerschlag, Markt 14, A-4154 Kollerschlag

E-Mail: info@3L-crosstriathlon.com // Tel.: +43 (0) 7287 8155-20

DATE

Saturday, 31.7.2010: Start of the 700m – swimming at 12.00 in Horni Plana, change from bike to run at circa 13.30 in Kollerschlag. finishing at the market day in Wegscheid at about 14.00 and up.

ORGANIZER

Organizer of the Zambelli 3-Länder Crosstriathlon are the municipalities of Horni Plana (CZE), Kollerschlag (AUT) and Wegscheid (GER) assisted by their local sport clubs. The three municipalities have a trilateral partnership since 1995. Every year, they organize sports events (soccer, tennis). In 2005, the year of Adalbert Stifter, they planned to organize a crosstriathlon along the “Adalbert-Stifter-hiking trail”.

Members of the organization team:

Horni Plana: Mayor Jiri Hulka, Ivo Grabmueller (European and Worldchampion Winter-Triathlon), -
Kollerschlag: Mayor Franz Saxinger, Reinhold Bäck, Ignaz Märzinger, Alois Resch, Josef Saxinger, Willi Falkner, Franz Lanzerstorfer., Manfred Thaller, Erich Schopper - **Wegscheid:** Mayor Josef Lamperstorfer, Christian Escherich, Gottfried Binder, Stefan Donaubauer, Sieglinde Stockinger

PROGRAMM

Saturday, 31st July 2010

- 08.00** departure of the Austrian bus with the bike trailer in Wegscheid at the “Haus des Gastes”
- 08.20** departure of the Austrian bus with the bike trailer in Kollerschlag at “Kaufhaus Wöß”
- 09.00** aperture of the race office in Horni Plana at the „Na Plazi“ hotel.
- 09.00 -10.30** CHECK IN: distribution of the competitor’s numbers and timing chips
- 09.00 - 11.15** handing in of your running utensils ate the western bank of the Moldau dam at the marked transporter (the ferry is seesawing all the time)
- 11.30** meeting with all competitors at the start
- 12.00** start swimming
- 11.30** aperture of the passing zone in Kollerschlag (parking space at „Kaufhaus Wöß”)
- 12.30** return journey of the 2 busses with the bike trailer (1 austrian at the western bank, 1 czech from the eastern bank) to Wegscheid and Kollerschlag
- ca. 14.00 - 16.00** finishing at the market day in Wegscheid
- 16.30** the czech bus drives from Wegscheid to Kollerschlag, collect the bikes and drive back to Wegscheid
- 17.00** presentation ceremony in Wegscheid
- 18.00** retourn journey of the czech bus with bike trailer to Horni Plana

After that there’s a big party in the Wegscheider “Marktstraße” called “ROCK IN TRACHT”, where people in traditional outfits celebrate to rock music.

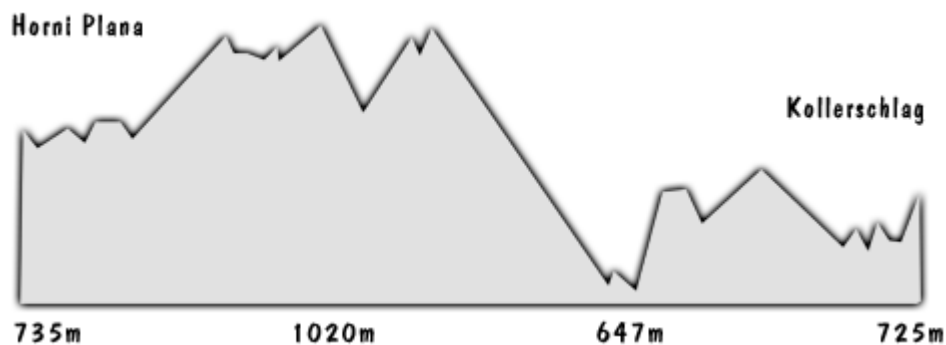
ROUTE

swimming

700 m across the artificial lake Vltava dam at Horni Plana. Starting time is 12.00 at the northeastern bank at the "Na Plazi" hotel near the ferry. The swimming finish and the passing zone for biking are on the western bank at Blizsi Lhota (Vorderstift). Water temperature ca. 20-22°C! If the water temperature is less than 15 °C, a neoprene swimsuit is mandatory!

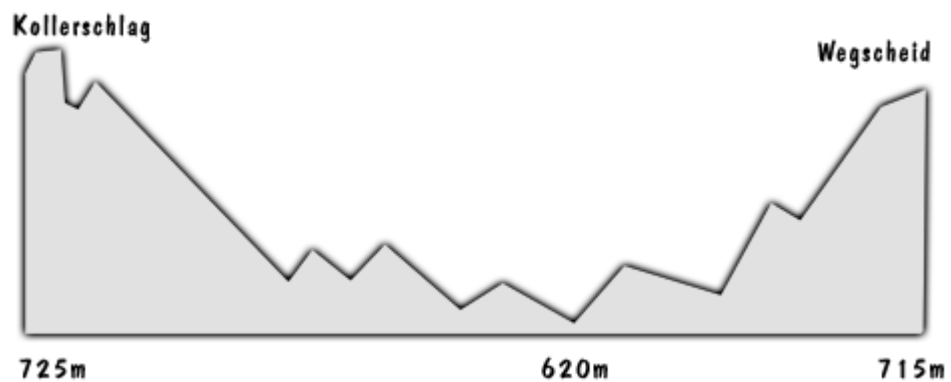
Crossbike (Helmpflicht!)

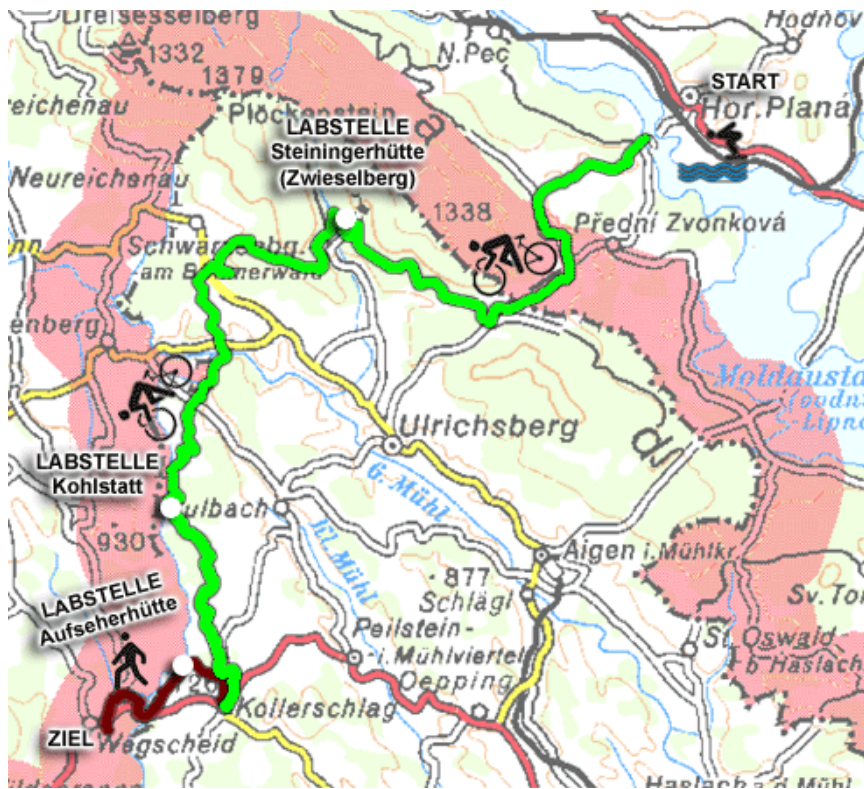
42 km (ca. 1100 m difference in altitude) from the western bank at the artificial lake Vltava dam to Kollerschlag. Asphalted side roads and forest paths are alternating.



Crossrun

7 km (190 m difference in altitude) from the market square in Kollerschlag (AUT) to Wegscheid (GER).





CLASSIFYING

age = 2010 minus year of birth

| INDIVIDUAL: | | | RELAY TEAM: Duo or trio | |
|-------------|-----|-------------|----------------------------|-----------------------------------|
| Youth | m+f | 16-19 years | youth female | up to 49 years age overall |
| Under 23 | m+f | 20-23 years | youth male | up to 49 years |
| | | | youth mixed | up to 49 years |
| Elite I | m+f | 24-29 years | women | up to 99 years |
| | | | men | up to 99 years |
| Elite II | m+f | 30-39 years | mixed | up to 99 years |
| Masters 40 | m+f | 40-49 years | women | up to 124 years |
| | | | men | up to 124 years |
| Masters 50 | m+f | 50-59 years | mixed | up to 124 years |
| Masters 60 | m+f | 60-69 years | women | 125 years and up |
| | | | men | 125 years and up |
| Masters 70 | m+f | 70+ years | mixed | 125 years and up |

The swimmer is allowed to compete at the individual and the relay race. If so, he has to register twice. The relay's starting number and timing chip have to be passed on to the next member of the relay team.

XTERRA AUSTRIA Cup-Wertung

The 3LC is member of all 3 XTERRA Country-Cup tours. More details:

www.xterra.at



www.xterra.cz



www.xterragermany.de



PRIZE MONEY

- individual: women 1. €150,- / 2. €100,- / 3. €50,-
- individual: men 1. €150,- / 2. €100,- / 3. €50,-
- relay team: 1. €300,- / 2. €210,- / 3. €120,-
additional material prizes and certificates

START MONEY

Please deposit the start money after the registration by the **28th of July 2010 at the latest**. Please show your confirmation of payment at the race office in Horni Plana!

| |
|---|
| AUSTRIA Raiffeisenbank Kollerschlag BLZ: 34231 Kt. Nr.: 80.000.010.017 IBAN: AT 7334 2318 0000 010 017 BIC: RZ OO AT 2L 231 |
|---|

YOU HAVE TO PAY:

| INDIVIDUAL | YOUTH RELAY TEAM | RELAY TEAM MEN, WOMEN, MIXED |
|---|---|---|
| <p>€50,-</p> <ul style="list-style-type: none"> • Incl. €3,- chip rent • Incl. €15,- chip deposit (you get them back by submitting the chip at the finish) • incl. €5,- triathlon license | <p>€50,-</p> <ul style="list-style-type: none"> • Incl. €3,- chip rent • Incl. €15,- chip deposit (you get them back by submitting the chip at the finish) • incl. €5,- triathlon license | <p>€80,-</p> <ul style="list-style-type: none"> • Incl. €3,- chip rent • Incl. €15,- chip deposit (you get them back by submitting the chip at the finish) • incl. €5,- triathlon license |

If you miss to deposit the start money until 28.07.2010 you have to pay the start money at the race office in Horni Plana incl. a cash on delivery fee of €10,-.

ARRIVAL / TRANSFERS



For those competitors, who haven't an own guardians, we offer: bus transfer to Horni Plana with bike trailer, aperture in Wagscheid at 8.00 at the "Haus des Gastes", in Kollerschlag at 8.20 at "Kaufhaus WöB". After starting the biking route we transfer your personal utensils back to Kollerschlag and Wagscheid.

BORDER FORMALITIES

Although the borders are open since 2008, you have to carry a identification document at racing day for check.

COMPETITOR'S BACKPACK

Every competitor receives at the CHECK IN a backpack with div. fitness products, just like power bars, drinks, cremes, etc. Inside there is also the starting number for biking and running route and a numbered plastic bag for the transport of your personal utensils (running shoes, jackets, ...).

SHOWERS

You can take a shower in **Wagscheid** in the indoor tennis center, in **Kollerschlag** in the elementary school gym.

SECURITY

Police and fire brigade is ensuring the routes, 4 ambulances of the Red Cross (Horni Plana, Ulrichsberg, Peilstein, Wagscheid), Horni Plana water guards. 4 motocross-riders escort the competitors all the time.

REGISTRATION

Liability (in german)

Wer teilnimmt, akzeptiert folgenden Haftungsausschluss des Veranstalters: Für alle TeilnehmerInnen gelten die Straßenverkehrsordnungen von Tschechien, Österreich und Deutschland. Den Anordnungen von Polizei, Feuerwehr und Ordnern ist Folge zu leisten. Die Teilnahme erfolgt auf eigene Gefahr und eigenes Risiko. Jeder/jede akzeptiert, dass der Veranstalter (incl. seiner Vertreter und Erfüllungsgehilfen, Grundstückseigentümer und Wegerhalter) für Personen-, Sach- und Vermögensschäden jeder Art keine Haftung übernimmt. Dies gilt auch für Unfälle, abhanden gekommene Ausrüstungsgegenstände sowie das fehlerfreie Funktionieren der Zeitnehmung. Mit dem Empfang der Startnummer erklärt der Teilnehmer/die Teilnehmerin verbindlich, dass am Veranstaltungstag keine gesundheitlichen Bedenken gegen die Teilnahme bestehen. Ein Rücktritt von der Anmeldung ist nicht möglich. Es besteht kein Anspruch auf Rückerstattung des Nenngeldes. Der Veranstalter ist berechtigt, aus welchen Gründen auch immer, die Veranstaltung abzuändern oder aus wichtigen Gründen abzusagen. In diesen Fällen besteht kein Anspruch auf Rückerstattung des Nenngeldes und keine Schadenersatzverpflichtung des Veranstalters gegenüber dem Teilnehmer/der Teilnehmerin. Bei einer Nachmeldung wird die Haftungserklärung am Start unterschrieben.

RELAY TEAM SEARCH

At www.3L-crosstriathlon.com you can search members for you relay team.

**INTERNET REGISTRATION AND DEPOSIT OF
THE STARTMONEY TILL 28.07.2010!!!**

(No registrations at the start office possible!)

www.3L-crosstriathlon.com

REGISTRATION FORM

fax nr. 0043 / (0) 7287 / 81 55 – 15; email: info@3L-Crosstriathlon.com

INDIVIDUAL

| | | |
|--------------------|----------------------|---|
| name | first name | date of birth |
| address | country and zip code | city |
| club | e-mail | telephone |
| sporting successes | | I accept the terms and agreements with my sign : |
| | | |

RELAY TEAM

Relay team name:

| swim | crossbike | run |
|---|---|---|
| name | name | name |
| first name | first name | first name |
| date of birth | date of birth | date of birth |
| address | address | address |
| country, zip code | country, zip code | country, zip code |
| city | city | city |
| club | club | club |
| e-mail | e-mail | e-mail |
| telephone | telephone | telephone |
| sporting successes | sporting successes | sporting successes |
| I accept the terms and agreements with my sign : | I accept the terms and agreements with my sign : | I accept the terms and agreements with my sign : |
| | | |