



**1<sup>ST</sup> SEPTEMBER 2017**

**ICON**

**LIVIGNO XTREME TRIATHLON**

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**RACE MANUAL**

July 2017



## Eco Race welcomes you to ICON

We have been organising triathlon events for years and this allowed us to understand many things about the world. First of all, when we see the potential in an exciting project, we work to ensure that you will also get the same emotions, if not bigger, when taking part to it.

ICON is a full distance extreme triathlon, a great sport performance, But It will be for all of you above all a special occasion to get emotional and feel part of an unique experience.

We haven't chosen the location by chance. Livigno and its Alps are a unique destination in the world thanks to its charm and magic. They are the perfect place for a great sport performance and to live a surprising experience.

The Alps have always been an icon. Epic climbs have written the history of world cycling, extraordinary backbone of Europe, shelter from the Northern winds and location of extraordinary achievements in the history of the world alpinism.

Here you will find alpine lakes, big passes, epic climbs that have written the history of world cycling, you will experience the massive glaciers of the Alps and the magic of the finish line under a night sky that only here is so dark and bright at the same time. You'll find yourself in such a fascinating world that you thought it could possible only in your best dreams. Once you cross the finish line, you will be amazed by the awesome beauty of this place and you will feel emotional feeling deeply part of this magic.

**We are waiting for you.**  
**Eco Race**





# The Race Director welcomes you

I drew the routes of ICON having clearly in mind the idea of building a race with no equal in the world for its beauty and epic locations. The 3.8 km swim will lead you to dive into the waters of Lago del Gallo, an alpine lake that in the early days of September records temperatures between 16° and 18°. During the 195 km of the bike leg, you will conquer the top of the most famous mountain passes: Forcola, Bernina, Fuorn, the legendary Stelvio pass with its 48 hairpin bends and 2,757 meters high and Foscagno pass.

The running course made of 42.2 km will take you to run in the lunar landscape of the great valley of Livigno. With the support of your team, you will run the last 15 km up to the finish line at the Costaccia shelter (2400 meters) going through Carosello 3000 (3000 meters)

It will not be an easy race considering its technical difficulties and you will need to prepare it with care and dedication, without underestimating any aspects.

If you are brave enough to take part to the race, you will live unique unforgettable emotions. The race will unveil your most venerable aspects, but you may find yourself amazed of your resilience and your capacity to overcome huge difficulties. I am waiting for you. Do not deny yourself this extraordinary opportunity.

Matteo Annovazzi  
*Race Director*

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# Program

## Tuesday 29th August 2017

10:00am-Bike recognition- Livigno Stelvio Long distance Triathlon  
2:00pm-Swim recognition\_ Livigno Lake

## Wednesday 30th August 2017

5:00am-Swim Recognition\_Lake Livigno  
10:00am- Bike recognition- Triathlon cross country Livigno  
2:00pm-5:00pm Opening of the race office at PLAZA PACHEDA (Via Saroch 1098, 23030-Livigno) and race pack collection  
5:30pm Meeting for Sunset Run  
6:00pm- Livigno Sunset Run (a non-competitive 5 km run, with free entry)

## Thursday 31st August 2017

10:00am- 5:00 pm Opening of the race Office at PLAZA PACHEDA (Via Saroch 1098, 23030-Livigno) and race pack collection  
11.00am- alle 11.30am Guided meditation for athletes and support teams  
12:00 am Optional site inspection of the Finish Line (for more info, go to the race office at Plaza Placheda)  
3:00pm Icon Italian Briefing  
4:00pm Icon English Briefing  
5:30pm Presentation of the Icon athletes

## Friday 1st September 2017

10:00am- 5:00pm Opening of the race Office at PLAZA PACHEDA (Via Saroch 1098, 23030-Livigno) and race pack collection  
4:00am Opening of transition zone  
5:00am Closing of transition zone  
**5:15am Start of ICON**  
6:30 Expected arrival of the first athlete  
1:00am Closure of the Icon race

## Saturday 2nd September 2017

7:00am-6:30pm Opening of the race Office at PLAZA PACHEDA (Via Saroch 1098, 23030-Livigno) and race pack collection  
**9:30am Start of LIVIGNO TRIATHLON CROSS COUNTRY**  
From 1:00pm- Lunch and ICON Award Ceremony + Carbo load Livigno-Stelvio Triathlon Long distance + Award Ceremony Livigno Triathlon Cross Country at PLAZA PACHEDA (Via Saroch 1098, 23030-Livigno)  
5:00pm- Livigno Stelvio Triathlon Long distance Briefing

## Sunday 3rd September 2017

7:00am-6:30pm Opening of the race Office at PLAZA PACHEDA (Via Saroch 1098, 23030-Livigno) and race pack collection  
**8:00am Start of LIVIGNO STELVIO LONG DISTANCE**  
**10:00am Start of LIVIGNO TRIATHLON SPRINT**  
11.00am Arrival of the first athlete- Triathlon Sprint  
12:00pm Pasta party for the Triathlon sprint athletes followed by the Triathlon Long distance pasta party at AQUAGRANDA LIVIGNO WELLNESS PARK (via Rasia, 23030-Livigno)  
12:30pm Award Ceremony for the Triathlon Sprint at AQUAGRANDA LIVIGNO WELLNESS PARK  
2:00pm Arrival of the first athlete- Long Distance  
6:30pm Award Ceremony- Livigno-Stelvio Triathlon Long Distance  
10.30 am Start of Triathlon Sprint  
from 12:00pm A typical local lunch from Valtellina (in Plaza Placheda) followed by the awards ceremony



## Registration fee

The fee for the race registration is 350 €.

### The registration fee includes:

- Race kits
- Icon Gadget
- 1 white bag where you can deposit the necessary for the cycling course and storage what used during the swimming
- 1 black bag where you can deposit the necessary for the run and storage what used during the cycling. It will have to be handled by your support volunteers
- 1 white FINISHER T-shirt for athlete who will finish the race at at the Costaccia shelter (2400 meters) going through Carosello 3000 (3000 meters)
- 1 black FINISHER T-shirt for who will finish the race at Livigno (1815 meters)
- 1 T-shirt for the support volunteer (more t-shirts can be provided upon payment if the team is composed of more than one person)
- 1 sticker to be placed on the rucksack that will be given at the start of the race and will be placed in T3 by the organisation. Athletes won't have to use the sticker if they decide to bring the rucksack with them from the start of the run or prefer that the support volunteers will bring the rucksack in T3 for them
- 1 sticker to be placed on the "eventual" rucksack where put clothes, shoes, etc in T3 after first 27 Km run leg
- a poster to be placed on the support car during the entire race
- Tattoo
- Bib number
- Swimming Cap
- Chip
- GPS
- Aid Stations: Passo dello Stelvio (on the bike course); 14, 21, 27 Km (on the Run course)
- Transport voucher with the funicular for one athlete and one support volunteer
- 2 meal vouchers (one for the athlete and one for the support volunteer) for a typical local lunch from Valtellina during the award ceremony. (It will be possible to buy extra meal vouchers)

## Participants' Number

Will be accept the first 200 athletes.



## Registration modality and criteria

- Athletes will proceed with the registration on the website in the dedicated section, with payment by credit card
- Registrations will close once sold out.

## License

- All participants must be affiliated with their respective Triathlon Federation. When collecting the race pack they will have to show the triathlon federation card and their ID card.

## Cancellation

- In order to protect the economic sustainability of the event, these are the rules regarding the cancellation practices: 50% of the fee is refundable for health reasons, up to the 31st May with a written request accompanied by a medical report.
- It is possible to pay an insurance fee of 50 € when registering which, in case of impossibility to attend the event, allows to:

1) Sell the registration to another athlete offering equal conditions (within 31st July)

2) Transfer the registration to the 2018 start list (within 31st July)



## Race Description

### Start

The start is from the south-west beach of Lago Gallo in Livigno next to the T1.

### Swim

3.8km in Gallo Lake in Livigno. In the last few years, at this time of the year, the water temperature ranged between 16° and 18°. Wetsuit and neoprene cap will be compulsory, neoprene socks and gloves (not webbed) are strongly recommended. During the briefing, modalities of the start will be defined in details.

### Bike

195 km with approximately 5000m of elevation gain, crossing into the neighbouring Switzerland. You will start in Livigno (1815m above sea level), climbing up to the Forcola pass (2315m). The course takes then athletes in Switzerland to climb the Bernina Pass (2323) cycling down to St. Moritz and Engadina, continuing until Zernez. You will climb then up to the Fuorn pass (2149m), descending to Val Mustair, and finally coming back to Italy. Once arrived in Prato at Stelvio, athletes will face another climb with 48 hairpin bends, until you get to the Stelvio Pass (second highest pass in Europe, 2757m). You will go down to Bormio and continue till Foscagno pass (2291m) arriving at Trepalle of Livigno where T2 is located (2100m)

### Run

It is made of 42.2 km with departure from Trepalle at Livigno and arrival at the Costaccia shelter (2400 meters) going through Carosello 3000 (3000 meters)

*A complete overview of the courses is available on the website.*



## Cut Off Times

Cut-offs are imposed to protect athletes completely. The arrival at a high altitude may present extreme weather conditions. For this reason, it might happen that some or all the athletes who will get at T3 on the 27th km, won't be allowed to arrive at the finish line at Costaccia shelter going through Carosello 3000, but they will be diverted to the finish line at the centre of Livigno (near the start of the cableway towards the Costaccia shelter, in Via Ostaria)

Exit from T1: 2 hours and 15 minutes (7:30 am)

Stelvio Pass: 11 hours and 30' (4:45 pm)

Exit from T2: 14 hours and 30'(07:45 pm)

Exit from T3: 16 hours (09:15 pm)

Exit from T3 towards the finish line in Livigno (1815m): 18 hours (11:15 pm)

All athletes who will pass in T3 after the cut-off time at 09:15pm will have the possibility to finish their own full distance race at the high of 1815 meters up to 1:00 am (they will have to be in T3 by 11:15 pm) in the center of Livigno

**In case of withdrawn, the support volunteers will have to promptly notify the organization at the phone number that will be provided during the briefing.**





## Weather and Safety

- Forecast temperature and water condition: Expect cold water, starting from 16° Air: at 1800 meters between 3° and 25°, at 2300 meters between -3° and 20°, at 2800 meters between -5° and 15°
- In case of cold water, fog or other dangerous weather conditions that could put in danger athletes' safety, the swimming may be shortened
- In case of snow or extreme situations at the Stelvio Pass, the course may be changed
- In case of fog or extreme situation at the top of Carosello 3000 and the Costaccia shelter, where the finish line is located, athletes will be redirect to the finish line set up in Livigno (1815m altitude)
- The use of the wetsuit and neoprene cap is mandatory (a check will be done during the registration).
- No cars will be allowed to start without bringing on board water, food and a change of cycling clothes
- No athlete or support volunteer will be allowed to start the running leg without the front light, water and food
- From km 27, no athlete will be allowed to reach the peak on his own. However, in case the support volunteer encounters any problem, the athletes can wait for the athlete behind him and can carry on with him and his support volunteer if they both agree so.
- From T3 will not be allowed to any athlete or support member to reach the peak without a backpack containing food, water and dry clothes (a check will be done during the registration)
- A suitable refreshment will be provided after the race



## Rules

- We follow the of 'International Triathlon Union (ITU) guidelines
  - Participant's Age: Athletes must already be 20 years old or have to be 20 by 2017
  - Identity card: All athletes must be aligned with the affiliation with their respective Triathlon Federation in their country of origin. At the collection of the race pack athletes will have to exhibit the license along with a photo ID
  - The judges could ratify penalties or ban for any violation athletes or their support team. Minor penalties will be ratified with a yellow card and an 8 minute stop. The third yellow card and serious violations of the rules will provide immediate disqualification (red card).
  - A penalty box in T2 will be set where athletes have to stop in case of any cycling violations
  - A penalty box will be set up in T3 where athletes have to stop in case of running violation
- The use of music devices and / or phone
  - Draft between athletes and vehicles
  - Use the aid of the support car while is in motion
- During the slope from Bernina, there is a railroad crossing in two sections of the famous Bernina "red" train (the timing of the train transits will be announced at a later stage); in case of transit of the train and if the mechanical barriers are lowered, athletes will be required to wait for the transit of the train; otherwise they will be immediately banned.

### Rules of the run

The following violations entail a penalty:

### Rules in the bike course

- Traffic is ordinary open and athletes must respect the traffic law.
  - The following violations entail a penalty:
    - Violation of the traffic law
- Use of musical devices or mobile phone. Support team are not allowed to Follow athletes with a bicycle or any other vehicles
  - The use of music devices and / or phone.
  - The support volunteers will be allowed to follow athletes during the whole run (walking or running)
  - Ais stations will be allocated at Km 14, Km 21, Km 27.



## Equipment

- The wetsuit and neoprene swim cap are mandatory; neoprene stockings and gloves (not webbed) are recommended
- The chip and the GPS must be worn during the entire race: In case of loss the organization has to be informed
- The race number (bib) can not be worn during the lap swim, not even under the wetsuit and have to be clearly visible in T1
- The number has to be clearly visible at rear during the bike course and in the front during the run course
- Bikes must be in good condition and work properly, especially the breaks
- Disk breaks are allowed
- The helmet must be approved with the CE mark
- The bike replacement is not permitted; athletes are allowed to switch the wheels in case of mechanical problems. In this case, the organization must be informed
- During the first part of the run (first 27 Km) athletes (and eventually their support volunteer) must have a front light, water and food (quantities are at the discretion of athletes, who should keep in mind that the first aid station will be at the 14 KM)
- From T 3 and during the climb towards Carosello 3000 and the arrival at the Costaccia shelter , athletes and their support volunteers will have to have a rucksack containing: front light(you can use the one used in the first part of the race) , heating effect t-shirt, waterproof jacket with hood, trousers waterproof, gloves, hat, water and food. All this equipment will be checked at the collection of the race pack and also in T3. Those who will not have all the above equipment will not be allowed to climb towards Carosello 3000 and at the arrival at the Costaccia shelter
- The medical team has the faculty to stop athletes at any time if they believe that they are no longer able to carry on the race
- Athletes may be subject to doping controls decided by the national bodies
- During the bike and the run course athletes can bring along a cell phone, to be used only in case of emergency while stopping at the side of the road



## Support Volunteers Team

The support volunteers have to provide support for good part of the race; the success of the performance will also be greatly depend on the effectiveness of the action of the support team.

### Rules for the support volunteers

- It should be made of at least one person (maximum 3) and he/she has to be able to communicate in Italian and / or English with the organization
- One member of the team must enter in the transition area(wearing the t-shirt) and give the white bag to the athlete in T1 and black bag in T2. He/she will also have to collect all the athlete's equipment, bicycle included and take it away from the transition area
- He/She will have to give his/her telephone number at the moment of the registration. He/she will have to have his/her mobile always with him/her during the whole duration of the race and has to be reachable from Saturday at 4:00 am till the end of the awards ceremony
- He /she will have to be able to reach his athlete and his/her own bicycle during the bike course
- He /she must have on board a complete change of bike clothes for the bike course
- The support volunteer will have to accompany his/her athlete from the 27 KM of the run course, where T3 is located, till Carosello 3000 and at the arrival at the Costaccia shelter and they will have to have a rucksack and mandatory equipment as stated above



## Support Car

- The support car has to be a regular car, better if a station wagon or a SUV; it must be in good mechanical condition and it should be able to go through several mountain passes of different lengths between Km 7 and Km 25.
- Campers or special vans can not follow athletes
- It will be mandatory to exhibit the material that will be provided by the organization which distinguishes each individual athlete

## Further assistance rules for the support team

- The support car must respect the traffic law and keep a safe distance from its athlete (at least 100m away both in front and at the rear)
- Any action of assistance provided to its athlete has to be done when the car is parked and with the four flashing arrows on; it will not be possible to give assistance when the car is moving (this might cause a direct ban)
- The car must provide support to its athlete from the beginning of the bike course till the end of the bike course, always trying to avoid dangerous situations or getting in the way
- Athletes will not ever be allowed to sit in the support car, even if the car is still (this might cause a direct ban)
- The support volunteers will have to wait for its athlete in T1 , T2 and at the T3 • He will have to hand his athlete the white bag after the swimming, the black one after the cycling and possibly the rucksack at the T3
- The support volunteers must be able to recover all the equipment from T1 and T2
- The support volunteer will have to wear the identification the t-shirt
- Violations of these rules may entail in penalty or ban of the athlete



## Accommodation

Accommodation will be managed by tourism promotion office of Livigno.

### **Azienda di Promozione e Sviluppo Turistico di Livigno Ufficio Booking**

Via Saroch 1098 c/o Plaza Placheda  
23030 Livigno (SO)

T +39 0342 977840

F +39 0342 977849

[booking@livigno.eu](mailto:booking@livigno.eu)

For all of the above described, please note that the information of this race book can be partially modified during the months before the event; the organization will provide the correct updated information in the dedicated sections of the website.



**LIVIGNO**   
feel the alps