



**30<sup>ST</sup> AUGUST 2019**

**ICON**

**LIVIGNO XTREME TRIATHLON**

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**RACE MANUAL**

August 2019



## 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 above all, it will be for all of you a special occasion to get emotional and feel part of an unique experience.

We didn't choose the location by chance. Livigno and its Alps are a unique destination in the world thanks to their 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; this extraordinary backbone of Europe is a shelter from the Northern winds and the stage for extraordinary achievements in the history of the world alpinism.

Here you will find alpine lakes, great 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 could exist 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 get emotional with the deep feeling of being 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 3.8Km 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 195Km 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 metre height, and the Foscagno pass.

The 42.2Km running course 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 10Km up to the finish line at the Carosello 3000 (3000 metres above sea level)

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

If you are brave enough to take part to the race, you will live unique and unforgettable emotions. The race will unveil your most vulnerable aspects, but you may find yourself amazed at your resilience and your capacity to overcome huge difficulties.

Last but not least, It's with great pride that I announce that ICON has been included in the prestigious **Xtri World Tour**.

Xtri World Tour, the circuit headed by NORSEMAN, the historical extreme triathlon competition which will host Xtreme World Championship on 2020, represents the highest standards in the xtreme world and admission to this circuit is only allowed for events that are considered to have reached the same level of excellence.

**Icon will award 4 slots, for the 1° and 2° male and female , for the Xtreme World Championship hosted during Norseman Xtreme Triathlon.**

**Icon will award 4 slots, among all the upper finishers, for the Norseman Xtreme Triathlon.**

I am waiting for you. Do not deny yourself this extraordinary opportunity.

Matteo Annovazzi  
*Race Director*



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# Program

## **Wednesday 28th August 2019**

At PLAZA PACHEDA (Via Saroch 1098, 23030-Livigno):

2:00pm-5:00pm Opening of ICON's race office and race pack collection

## **Thursday 29th August 2019**

At PLAZA PACHEDA (Via Saroch 1098, 23030-Livigno):

10:00am-5:00pm Opening of ICON's race Office and race pack collection

2:30 pm Icon Italian Briefing

3:30pm Icon English Briefing

5:00pm Presentation of the Icon athletes

## **Friday 30th August 2019**

At AQUAGRANDE LIVIGNO:

3:45am GPS and SAFETY BUOY Collection

At LIVIGNO LAKE:

4:00am Opening of transition area

5:00am; Closing of transition area;

5:15am Start of ICON

AT CAROSELLO 3000 SHELTER

6:30pm Expected arrival of the first athlete

1:00am Closure of the Icon race

## **Saturday 31st August 2019**

At PLAZA PACHEDA (Via Saroch 1098, 23030-Livigno):

10:00am-6:30pm Opening of the THE GIANT and SHORT DISTANCE TRIATHLON (500m swim + 12 Km Bike with climbing of Eira pass + 9 Km run) race Office and race pack collection.

At PLAZA PACHEDA (Via Saroch 1098, 23030-Livigno):

From 11:00am ICON Award Ceremony and Lunch+ Carbo load THE GIANT Livigno Stelvio Triathlon.

At PLAZA PACHEDA (Via Saroch 1098, 23030-Livigno):

4:30pm Livigno Stelvio Triathlon Long distance Italian Briefing.

5:15pm Livigno Stelvio Triathlon Long distance Italian Briefing.

## **Sunday 1st September 2019**

At PLAZA PACHEDA (Via Saroch 1098, 23030-Livigno):

7:00am-9:00am Opening of the THE GIANT and SHORT DISTANCE TRIATHLON (500m swim + 12 Km Bike with climbing of Eira pass + 9 Km run) race Office and race pack collection.

At Livigno Lake:

7:30am opening transition area;

8:30 am closing of transition area;

8:45 - Start "THE GIANT - Livigno Stelvio Triathlon" Long distance.

At Livigno Lake:

8:00am opening transition area;

9:00 am closing of transition area;

9:30am - Start "SHORT DISTANCE TRIATHLON" (500m swim + 12 Km Bike with climbing of Eira pass + 9 Km run);

5:00pm 5pm Pasta Party and awards ceremony of The Giant.



# Registration

## Registration fee

Cost of Registration fee is 390 €

### The registration fee includes:

- Race kits
- Icon Gadget
- 1 bag for depositing cycling course equipment and storing used swimming equipment
- 1 bag for depositing running equipment and storing used cycling equipment. It will have to be handled by your support volunteers
- 1 white FINISHER T-shirt for athletes who will finish the race at Carosello 3000 (3000 metres above sea level)
- 1 black FINISHER T-shirt for those who will finish the race at Livigno (1815 metres)
- 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 the aid station of PLAZA PLACHEDA (29,5Km) by the organization (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 to T3 for them)
- 1 sticker to be placed on the optional rucksack for storing clothes, shoes, etc. in the aid station of PLAZA PLACHEDA after first 29,5 Km run leg 1 poster to be placed on the support car during the entire race
- 1 flag to be placed on the support car
- Bib number
- Swimming Cap
- Chip
- GPS
- Aid Stations: Passo dello Stelvio (on the bike course); 13, 18, 23, 29,5 Km (on the Run course)
- Funicular transport voucher for one athlete and one support volunteer
- 2 meal vouchers (one for the athlete and one for the support volunteer) for a dinner after the race
- 2 meal vouchers (one for the athlete and one for the support volunteer) for a pasta party during the award ceremony. (It will be possible to buy extra meal vouchers)



## Icon's slot 2019

There will be **220 slots** to be assigned as per following instructions:

- **50 slots** for the first athletes who will register within **31st October 2018 (without lottery)**
- **150 slots** which will be raffled among all applicants of our "2 weeks lottery"
- **20 slots** race director's choice

## Enrollment process and criteria

**From 14th October to 31st October 2018** the first **50 athletes** will be able to register without lottery

**From 1st November to 15th November 2018** will open our "2 weeks lottery", the registration fee is **5€\***.

Race direction will announce by email within 17th November the 150 athletes who are awarded a slot from lottery ; The final registration will be effective with the transfer of the registration fee of 390€ within 22nd November 2018.

*\* registration fee of 5€ paid for the lottery application, will be devolve to "YOUABLE" which is a charity that help para athletes (<http://ecorace.net/approfondimenti/insuperabili/>)*

## Payment

Athletes who are allowed to take part at ICON 2019 must proceed with the registration on the website in the reserved section, with payment by credit card

## 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 Rules

Please note that starting slot is not transferable, and may not be sold or given to another person.

Refund policy: Icon does not offer refunds, transfers or entry deferrals sorry.

*Sorry we know that this words sounds a bit harsh but The reason why we have decided the above rules it's to protect the longevity of our race.*



## Race Description

### Start

The start is from the south-west beach of Lago Gallo in Livigno next to 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 14° and 18°. Wetsuits and neoprene caps will be compulsory, neoprene socks and gloves (not webbed) are strongly recommended. Before the start all the athletes must enter in the transition area for the electronic check.

### Bike

195Km 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 (2323m) cycling down to St. Moritz and Engadina, continuing until Zernez. You will then climb up to the Fuorn pass (2149m), descend to Val Mustair, and finally come back to Italy. Once arrived in Prato at Stelvio, you 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 until the Foscagno pass (2291m) arriving at Trepalle of Livigno where T2 is located (2100m asl)

### Run

42.2Km, departure from Trepalle at Livigno and arrival at Carosello 3000 (3000 metres asl)

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





## Cut-Off Times

Cut-offs are imposed to extensively protect the athletes. 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 32nd Km won't be allowed to arrive at the finish line at Carosello 3000, but they will be diverted to the finish line in Plaza Placheda, Via Sarroch 1098. 23030 - Livigno.

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

Stelvio Pass: 11 hours and 15' (4:30 pm)

Exit from T2: 14 hours and 15' (07:30 pm)

Exit from T3: 16 hours and 30' (09:45 pm)

Exit from T3 towards the finish line in Livigno (1815m):  
18 hours and 30 (11:45 pm)

All athletes who will pass in T3 after the cut-off time at 09:45 pm will have the possibility to finish their own full distance race at the high of 1815 metres up until 1:00 am (they will have to be in T3 by 11:45 pm) in Plaza Placheda, Via Sarroch 1098. 23030 - Livigno.

**In case of withdrawal, 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: Water: expect cold water, starting from 14° Air: between 3° and 25° at 1800 metres, between -3° and 20° at 2300 metres, between -5° and 15° at 2800 metres
- In case of cold water, fog or other hazardous weather conditions that could put the athletes' safety in danger, the swim 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 situations at the top of Carosello 3000, where the finish line is located, athletes will be redirected to the finish line set up in Livigno (1815m asl)
- The use of the wetsuits and neoprene caps is mandatory (a check will be done during the registration)
- No cars will be allowed to start without bringing water, food and a change of cycling clothes on board
- No athlete will be allowed to start the bike leg without the lights in front and behind on his bike
- No athlete or support volunteer will be allowed to start the running leg without the front light, water and food
- From Km 32, no athlete will be allowed to reach the peak on their own. However, in case the support volunteer should encounter any problem, the athlete can wait for the athlete behind them and can carry on with them and their support volunteer if they both agree so.
- From T3 it 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 International Triathlon Union (ITU) guidelines
- Participants' 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 5 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 violations

*For 2019 we are proud to introduce a special rule on littering: Leaving litter (gel and bar wrappers, banana skins etc.) is an INSTANT DISQUALIFICATION OFFENCE.*

## Rules in the cycling course

- Traffic is regularly open and athletes must respect the traffic law.
- The following violations entail a penalty:
  - Violation of the traffic law
  - Use of music devices and / or phone
  - Draft between athletes and vehicles
  - Using the support car as an aid while it 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 during the run

The following violations entail a penalty:

- Use of musical devices or mobile phone. Support teams are not allowed to follow athletes with a bicycle or any other vehicles
- Use of music devices and / or phone.
- The support volunteers will be allowed to follow athletes during the whole run (walking or running)
- Aid stations will be located at Km 13, Km 18 , Km 23, km 29,5.



## Equipment

- The wetsuit and neoprene swim cap are mandatory; neoprene stockings and gloves (not webbed) are recommended
- The chip must be worn during the entire race, the GPS must be worn during the bike and run legs: 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 has 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
- Bike must have a light in front and a light behind
- Disk breaks are allowed
- The helmet must be approved with the CE mark
- 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 32Km) athletes (and potentially their support volunteer) must have a front light, water and food (enough quantity, keeping in mind that the first aid station will be at the 13Km)

### Mandatory Equipment from T3

- From T3 and during the climb at Carosello 3000, 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 (see specifications listed below)\*
  - ankle-length windproof trousers
  - gloves and hat
  - suitable water and food supplies
  - mobile phone with number communicated to the organization (mobile phone of the support is ok)

\*waterproof jacket with hood

We consider suitable those technical jackets with integral hood made of membranes having certified breathability and water impermeability technology, as shown on the label (some examples: Event, Gore-Tex®, PaLite®, Gore-Tex®Pro, Gore-Tex® Active, Lowe Alpine Triplepoint®, Marmot MemBrain®, Mountain Hardwear Conduit). Given the unpredictability of the weather conditions in Alpine environments, we recommend using jackets with impermeability of 20,000 mm and breathability of RET < 6.



Athletes unable to certify the technology of their garment may show to the person responsible for checks that their jacket is made with technology that guarantees impermeability and breathability using the Internet support available to the steward on site, who we assure is a person with professional qualities connected to the world of sporting clothing. As testing of race garments is unfeasible, manufacturing data will be deemed acceptable. Should such data not be shown and the information demonstrated, the decision whether to accept the jacket or not will be at the sole discretion of the said person making the checks

**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**

- The medical team has the discretion 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 run courses, 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 a good part of the race; the success of the performance will also greatly depend on the effectiveness of the action of the support team.

## Rules for Support Volunteers

- Support volunteer teams should consist of at least one person (3 maximum), who must 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. They will also have to collect all the athlete's equipment, bicycle included, and remove it from the transition area
- They will have to communicate their telephone number at the moment of the registration. They will have to always carry their mobile phone with them during the entire duration of the race and have to be reachable from Saturday at 4:00 am until the end of the awards ceremony (possible course changes will be communicated by text message)
- They will have to be able to reach their athlete and their own bicycle during the bike course but they cannot obstruction of normal traffic (never attempt to drive slowly to keep the pace of the athlete)
- They must carry on their car a complete change of bike clothes for the bike course
- The support volunteers will have to accompany their athlete from the 32nd Km of the run course, where T3 is located, to Carosello 3000 (where finish line is located) and they will have to carry a rucksack and mandatory equipment as stated above



## Further assistance rules for the support team

- The support car must respect the traffic law, keep a safe distance from its athlete and as mentioned above, they cannot obstruction of normal traffic (never attempt to drive slowly to keep the pace of the athlete)
  - 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 allowed 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 until 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 their athlete in T1, T2 and T3
  - They will have to hand their athlete the bag after the swim, the bag after the cycling and possibly the rucksack at 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 t-shirt
- Violations of these rules may entail penalty or ban of the athlete

## Support Car

- The support car must be a regular car, preferably a station wagon or an SUV; it must be in good mechanical conditions and it should be able to go through several mountain passes of different lengths between 7Km and 25Km
- Organize advise against following athletes by Camper vans
- Camper vans or special vans cannot follow athletes
- It will be mandatory to exhibit the material that will be provided by the organization to distinguish each individual athlete



## Awards Ceremony

Competitors will receive and celebrate their finisher T-shirts

No prize money will be awarded

1° MAN AND 1° WOMEN WILL RECEIVE A PRIZE GIVEN BY OUR PARTNER

During the awards ceremony we be award 4 SLOTS (1°, 2° men and 1°, 2° women) for the **“EXTREME TRIATHLON WORLD CHAMPIONSHIP”** which will take place during **NORSEMAN**.

Furthermore, **4 SLOTS** will be draw, among all the athletes finisher, for the **NORSEMAN XTREME TRIATHLON**

Slots will be awarded only at the athletes who will attend at the awards ceremony; in case of an athlete refuse the slot, the slot will be awarded to the next athletes.

## Useful address

**Race office and Awards Ceremony:** Plaza Placheda ,Via Saroch 1098, 23030-Livigno.

**Athletes Introduction (Thursday 29th August 2019):** Via Plaza del Comun 93, 23030-Livigno

**GPS and safety buoy delivering (Friday 30th August 2019, before the start of the race):** “Aquagranda Active You” Via Rasia, 2 Livigno 200 mt. far from T1.

**Team support parking (Friday 30th August 2019, before the start of the race):** “Aquagranda Active You” Via Rasia, 2 Livigno 200 mt. far from T1

**Start and T1:** Lago di Livigno, Via Rasia, 23030-Livigno

**T2:** Via del Pont, 23030-Livigno (Loc. Trepalle)

**T3:** Via Plan 422A, 23030-Livigno (Adiacente all’Hotel Bivio)

**Upper Finish line:** Carosello 3000

**Lower Finish line:** Plaza Placheda ,Via Saroch 1098, 23030-Livigno.

**Recomended parking to reach the Finish line at Carosello 3000:** cableway Carosello 3000, Via Saroch 1242/G, 23030-Livigno





## Accommodation

Accommodation will be managed by Livigno's tourism promotion office.

### **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)

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