

ALMERE - BE YOUR BEST



# ATHLETE GUIDE

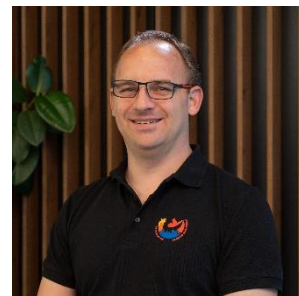
SEPT14

# Introduction

Dear athlete,

It's that time again: Challenge Almere-Amsterdam is just around the corner! We're counting down the days; the tension is rising, and it won't be long before you get started on what might be the race of your life. We are ready - you too?

In any case, you are part of the 43rd edition of Challenge Almere-Amsterdam, which makes us the oldest Long Distance race in Europe and the second oldest race in the world. In addition to the 2024 Europe Triathlon Championships Long Distance Almere-Amsterdam – or in short, the European Championships over the classic distance – there are of course the Middle Distance; the Rabo Business Relay; Family Relay; Senior & No-Limit Challenge; Junior Challenge and Kids Run on the program. A three-day triathlon spectacle for young and old, and for participants of all levels. This is what makes Challenge Almere-Amsterdam so unique!



What also makes Challenge Almere-Amsterdam so special is the fact that you compete together with thousands of other athletes in your triathlon adventure and there are tens of thousands of people on the sidelines to encourage you. Of course, the race will also be broadcast live on television and streaming. All triathlon media report extensively about our race, as will international, national, local and regional media. And all because of the great achievements that you, and thousands of other triathletes, will deliver.

As Race Director, I can say that I am particularly proud that you, as an athlete, will shine at the center of what will be a spectacular race weekend. Challenge Almere-Amsterdam is all about you. No more. No less.

For more than a year we have, together with a team of permanent employees and almost a thousand passionate volunteers, worked hard to create a great edition of Challenge Almere-Amsterdam. I am convinced that we will succeed in this. So, try to enjoy it from start to finish. It will be a day you will never forget!

I would ask you to read this Athlete's Guide carefully because you will find not only all the information you need during the 2024 Europe Triathlon Long Distance Championships Almere-Amsterdam but also in the days leading up to the event. If you have any questions, you know where to find us. For now, I just want to wish you the best of luck with the final preparations and have fun during Challenge Almere-Amsterdam.

We'll see you in September!

On behalf of all directors, other volunteers, sponsors and the municipality of Almere.

Richard Belderok,  
Race Director

**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**



ALMERE - AMSTERDAM  
2024



# Table of contents

## Contents

Team <b>CHALLENGE</b> ALMERE-AMSTERDAM .....	9
Contact information .....	11
Local Organization .....	11
Europe Triathlon .....	11
Europe Triathlon Team + Head Officials .....	11
Emergency Numbers .....	11
Hotels .....	11
Taxi .....	12
Airports .....	12
Introduction .....	13
Starter Guides .....	13
Information Desk .....	14
Lost and Found .....	14
Schedule .....	16
Thursday September 12th .....	16
Friday September 13th .....	16
Saturday September 14th .....	16
Sunday September 15th .....	17
Event Location .....	19
Arriving at the Event, Almere .....	19
Public Transport .....	19
Flying .....	20
By Car and Parking .....	20
Free Parking .....	20
Car Rental .....	20
Taxi .....	21
By Bike .....	21
Expo .....	22
Food and Drink .....	22
Bike Shop and Maintenance .....	23
Massage and Medical Information .....	23
Massage .....	23
Medical .....	23
During the Race .....	23

### **2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

Insurance .....	23
Hospital Information .....	23
Power supply .....	24
Powerbar .....	24
Rules and Penalties .....	26
Uniform Rules (Race Uniform) .....	26
Cards .....	26
Anti-Doping .....	26
Water Quality (Swim) .....	27
Training Options.....	29
Swim Course Familiarization.....	29
Bike Course Familiarization .....	30
Run Course Familiarization .....	30
Starter Guide .....	30
Registration/Race Pack Collection .....	31
Time Slot .....	31
Briefings .....	31
Timing .....	31
Race Pack .....	32
Transition Bags .....	32
Personal Needs Bags and Location .....	34
Bike and Equipment Check-in .....	34
Limits.....	35
Long Distance Triathlon .....	35
Cut-off times .....	35
Swim Course .....	37
Swim warm-up.....	37
Swim start procedure .....	37
Cut-off Times - Swim .....	37
Bike Course .....	40
Bike Penalty Boxes.....	41
Bike Aid Stations .....	41
Coach Area.....	41
Littering Zone.....	41
Cut-off Times - Bike .....	42
Bike to Run Transition .....	42
Run Course.....	43

**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**



Run Penalty Box (Only for ELITE & Para triathlon) .....	44
Run Aid Stations .....	44
Coach Area.....	44
Littering Zone.....	44
Cut-off Times - Run .....	44
Long Distance Aquabike.....	46
Long Distance Relay .....	46
Middle Distance Triathlon.....	47
Cut-off Times .....	48
RACE DAY TRANSITION AREA CHECK-IN .....	48
Swim Course .....	49
Swim Warm-up.....	49
Swim Start Procedure.....	49
Cut-off Time - Swim .....	49
Bike Course.....	51
Bike Penalty Boxes.....	52
Bike Aid Stations .....	52
Coach Area.....	52
Littering Zone.....	52
Cut-off Times - Bike .....	52
Bike to Run Transition .....	53
Run Course.....	53
Run Aid Stations .....	55
Coach Area.....	55
Littering Zone.....	55
Cut-off Times - Run .....	55
Middle Distance Aquabike.....	56
Middle Distance Relay .....	56
After-Race Care.....	57
Massage.....	57
Transition Zone Check Out .....	57
Return Timing Chip .....	57
Withdrawal .....	57
Finish Photos and Results .....	57
Lost and Found .....	57
Prize Money and World Bonus Points .....	58
Awards Ceremony.....	58

**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

Elite .....	58
Fastest Local Athletes .....	58
Age Group Prizes.....	58
Qualification for <b>THE CHAMPIONSHIP</b> .....	59
Anniversaries .....	59
Special Prizes .....	59
For Spectators .....	60
LIVE .....	60
LIVE results.....	60
Birthdays .....	60
Closing Words .....	60

**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**





The Race Management consists of Jort Vlam (41, Commercial Director), Richard Belderok (41, Race Director) and Jefry Visser (37, Event Director). All three grew up in Almere, coming into contact with the sport of triathlon at a young age and, themselves as triathletes, have all completed the Long Distance in Almere one or more times. In 2013, in collaboration with the Board of the Foundation, they supervised the transition from Holland Triathlon to **CHALLENGE ALMERE-AMSTERDAM**. They are also involved in the organization of **CHALLENGE FAMILY**, the TRI HARD Series and Start2Finish races in the Netherlands.



**Team 2024 Europe Triathlon Championships Long Distance Almere-Amsterdam wishes all participants the best of luck!**

*2024 Europe Triathlon Championship Long Distance Almere-Amsterdam*

Europe  
Triathlon  
Long Distance  
Championships

ALMERE - AMSTERDAM  
2024

CHALLENGE  
ALMERE-AMSTERDAM

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TRAININGSCENTRUM  
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Almere  
LIVE zaken

KUNST  
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ATHLETE SPORTS WORLD

VAN DER  
LINDE  
ALMERE FOR EVERYDAY RIDING

SPECIAL THANKS TO ALL OUR VOLUNTEERS!





## Team CHALLENGE ALMERE-AMSTERDAM

The organization of CHALLENGE ALMERE-AMSTERDAM is mainly run by volunteers with a three-person Board that manages a team of managers. These managers each manage a group of volunteers in a given area. Prior to the event, numerous volunteers are busy with the preparations throughout the year. As an example, managers meet every six to eight weeks to plan organizational matters and take two weeks of their own time-off to set up and tear down the event. The race management and office staff work weekly all-year-round in the **CHALLENGE ALMERE-AMSTERDAM** office. More than 800 volunteers will help during the event.

### The Board

Name	Function
Richard Belderok	Race Director
Jort Vlam	Commercial Director
Jefry Visser	Operations Director

### Our Managers

Name	Function
Arthur Lambregts	Manager Motor Brigade
Bart Bockhoudt	Manager Course / CP
Baldwin Vlam	Manager Water Brigade
Carina Graman - van der Koogh	Manager Green bags
Corry Aarts	Secretariat / Info desk
Debby van Dongen	Office manager / Manager Registration
Debby Angenent	Manager Volunteer Administration
Derek Haenen	Manager Run course
Fons Ketelaar	Manager Motor Brigade
Frank Veltman	Manager Start procedure
Gertjan Steltman	Manager Accommodation & VIP
Harm-Anton Kieft	Manager Bike course
Henri Jacobs	Traffic Control Manager
Jolanda Felix	Event manager Esplanade
Jorg van Eck	Manager Junior Challenge
Judith Ettema	Manager Athlete Care and CLP
Lianne van Dijk	Secretariat / Info desk
Marjan van Aken	Manager Junior Challenge
Marlous Droog	Manager Medical Service
Niels van Mourik	Manager Lumiere Park
Rik de Lange	Manager Water Brigade
Shanna Weterings	Manager Warehouse and Logistics
Sylvia de Vries	Manager Motor Brigade
Tim Moria	Manager PR & Media
Richard Treffers	Corporate ambassador / sponsor affairs
Rik de Lange	Manager Water Brigade
Roy Phillip	Manager Food court
Walter Hubers	Manager Security & Event Control

## Our Coordinators

Name	Function
Astrid Overeem	Aid station Run 2
Bass Kuhlmann	Aid station Run 1
Chantal Theuns	Aid station Run 3
Debby Angenent	Aid station Run 2
Dick Nieskens	Aid station Run 3
Edgar Donkervliet	Coordinator for cyclists
Inge Philip	Coordinator Volunteer Care
Jan de Veen	Aid station Run 1
Jeanette Hendriks	Coordinator Warehouse & Logistics + Aid station Bike 4
Joanette Peeters	Coordinator Outdoor Athlete Care
Juanan Fernandez	Coordinator Award Ceremony
Kim Kodde	Aid station Bike 2
Theo Hagman	Coordinator Doping Control
Marius van Gasteren	Coordinator Volunteer Care
Martin Reinders	Coordinator Run course
Menno Wijkhuizen	Coordinator Water Brigade Kayak / Canoeists
Niek Withagen	Coordinator Warehouse & Logistics + Aid station Bike 1
Petra Bus	Coordinator Indoor Athlete Care
Piet Koole	Aid station Run 4
Remko Evenboer	Aid station Run 5
Renske Sellwood	Coordinator Changing Tent
Rob Fokkens	Coordinator Water Brigade Divers/Snorkelers
Rob Major	Aid station Bike 3
Sandra Major	Aid station Bike 3
Sebastiaan de Reij	Aid station Run 2
Suzanne de Veen	Aid station Run 1
Willemijn Huizinga-Heijnen	Coordinator Waterpost Esplanade

## Other Functions

Name	Function
Martin van Straten	Pro Liaison
Tije Vlam	Stadium speaker

## Contact information

### Local Organization

Who	Contact
Race Director	Richard Belderok
Phone number information	+31(0)36 – 534 59 31
Information email	<a href="mailto:info@challenge-almere.com">info@challenge-almere.com</a>

### Europe Triathlon

Who	Contact
Europe Triathlon Office	
Phone number information	+32 478825456
Information email	<a href="mailto:etu_hq@etu.com">etu_hq@etu.com</a>

### Europe Triathlon Team + Head Officials

First name	Surname	Role	Contact
Pascal	Godel	Europe Triathlon Technical Delegate	<a href="mailto:pgodel@fftri.com">pgodel@fftri.com</a>
Svebor	Heruc	Europe Triathlon Assistant Technical Delegate	<a href="mailto:s_heruc@yahoo.com">s_heruc@yahoo.com</a>
		Europe Triathlon Head Referee	

### Emergency Numbers

Service	Phone number
General emergency number	112
Police (no emergency, but police)	+31(0)900 – 8844
General practice center	+31(0)900 – 203 0 203

### Hotels

Hotel	Phone number
Leonardo Hotel Almere City Center	+31(0)36 – 527 45 00
Leonardo Hotel Lelystad City Center	+31(0)320 – 242 444
Best Western Hotel Almere	+31(0)36 – 303 62 00
Van der Valk Hotel Almere*	+31(0)36 – 800 08 00
Holiday Inn Almere	+31(0)36 - 205 70 00
Ibis Hotel Almere	+31(0)36 – 200 22 44
Bastion Hotel Almere	+31(0)36 – 536 77 55
NH Hotel Bussum	+31(0)35 – 695 99 11
Center Parcs De Eemhof	+31(0)36 – 522 91 00
Camping Waterhout	+31(0)36 – 547 06 32

### Shuttle Service

\* On Saturday morning, September 14, 2024, there is a shuttle service from Hotel Van der Valk to the start/finish area. The first shuttle leaves at 5:30am, then every half hour, with the last shuttle at 8:30am. The cost is €7 per person.

You can register via email -> [info@challenge-almere.com](mailto:info@challenge-almere.com)

## Taxi

Company	Phone number
Flevotax	+31(0)36 – 545 09 09
Taxi Exclusive	+31(0)36 – 525 47 64

## Airports

Airport	Phone number
Schiphol	+31(0)900 – 0141
Rotterdam The Hague Airport	+31(0)10 – 446 34 44

For questions about your flight or onboard services, please contact your airline.

[Click here for more information about airlines .](#)



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**ALL IN ONE TRAVEL KIT.**

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Special offer only valid for (ex)triathlon participants of the Challenge Almere-Amsterdam.

- Promotion is valid from 1st of September until 1st of November 2024 with a minimum spending of €150,-.
- You receive the 15% discount when purchasing a CADEX product within the Benelux from an official CADEX-dealer or the official CADEX-website (NL/BE).
- For online purchase, please send your registration confirmation for the Triathlon Challenge Almere-Amsterdam (regardless of the year of participation) by mail to [consumenten@giant-europe.com](mailto:consumenten@giant-europe.com). Within 48 hours you receive a unique 15% discount code from us to use for purchasing on the official CADEX-webshop (NL/BE).
- For direct purchase at a CADEX-dealer you receive the 15% discount directly by showing your registration confirmation by mail or letter to the CADEX-dealer.

### 2024 Europe Triathlon Championship Long Distance Almere-Amsterdam

12

# General Information About Events

## Introduction

This athlete guide is important when preparing for your race. The most important parts of this guide are:

- Contact details
- General event information
- Pre-race information
- Race day information
- Information after the race

**It is strongly recommended that you watch the online briefing which will be available on YouTube on Friday 13<sup>th</sup> September. This briefing will provide the most up-to-date information about the course, the rules and guidelines.**

The information in this athlete guide applies to all participants of the 2024 Europe Triathlon Championship Long Distance Almere-Amsterdam and all side events during the same week.

The most important information is for the 2024 Europe Triathlon Championship Long Distance Almere-Amsterdam. Where information is only applicable to the **Open Series**, rather than the Europe Triathlon Long Distance Championship Series, this will be noted.

## Starter Guides

If you do not yet have much experience with Triathlon, we strongly recommend that you view the starter guides that we have developed together with triathlon website 3athlon.nl:

[Download the starter guide here](#)

## Information Desk

If you have any questions after reading this athletes' guide, please contact our information desk during the race weekend. This can be found in the Theater (Kunstlinie) during the 2024 Europe Triathlon Championship Long Distance, Open Series Long Distance and Middle Distance Almere-Amsterdam.

In the weeks leading up to the 2024 Europe Triathlon Championship Long Distance you can email [info@challenge-almere.com](mailto:info@challenge-almere.com) or call +31(0)36 534 59 31.

If you have any questions about the race regulations, please contact the technical delegates (contact details above).

## Lost and Found

If you find any item that appears to be lost, you can hand it in at the information desk in the Theater. If you have lost something, always report it to the information desk. All items are brought here.

## Ticket Desk

You can purchase the following tickets at the ticket desk in the Theater:

- Parking tickets: €6.50 for a day pass.
- Extra Carb-loading party tickets: €17.50 under 12 years / €25 for adults

## Medal Engraving

At the ticket desk, you can register for the engraving of the medals. The cost for this service is €17.50



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## Schedule

### Thursday September 12th

Time	Event	Place
12:30	Registration & Bike check-in open Junior Challenge	Theater & Transition Area
3:00 PM	Start Junior Challenge (Elite Junior)	Esplanade
3:02 PM	Start Junior Challenge (Rolling start)	Esplanade
3:30 PM - 4:00 PM	Course exploration ZONE3 swim course	Esplanade beach
3:00 PM	Registration & Bike check-in open Business & Family Relay	Theater & Transition Area
4:30 PM	Junior Challenge Award Ceremony	Stadium
5:00 PM	Start Family & Business Relay	Esplanade beach
7:30 PM	Award ceremony Family & Business Relay	Stadium

### Friday September 13th

Time	Event	Place
08:30 AM	Start Senior & No-Limit Challenge	Van Rheenen Sports
11:00 AM	Registration & Bike check-in Long Distance	Theater & Transition Area
1:30 PM	Registration & Bike check-in Middle Distance	Theater & Transition Area
3:30 PM	Registration & Uniform Check Elite European Championships	Theater
4:00 PM	Briefing Elite European Championships	Theater - Throwover
4:30 PM	Start Kidsrun 500 meters	Esplanade
4:40 PM	Start Kidsrun 1000 meters	Esplanade
5:00 PM	Start Kidsrun 2000 meters	Esplanade
5:30 PM	Start Carbo loading Party	Theater
8:00 PM	Closure registration Long & Middle Distance	Theater
8:00 PM	End of Carb-loading Party	Theater
8:30 PM	Closure Transition Area Long & Middle Distance	Transition Area

### Saturday September 14th

Time	Event	Place
06:00 AM	Transition Area open	Transition Area
06:30 AM	Last minute registration - only for Middle Distance Triathlon	Theater
07:00 AM	Closure of Transition Area for Long Distance Triathlon	Transition Area
07:10 AM	Start Long Distance Triathlon - Elite Women	Esplanade beach
07:25 AM	Start Long Distance Triathlon - Elite Men	Esplanade beach
07:27 AM	Start Long Distance Triathlon - Para Triathlon (AG + Open)	Esplanade beach
07:30 AM	Start Long Distance Triathlon - Age-groups EC Men 18-44 (Mass Start)	Esplanade strand
07:35 AM	Start Long Distance Triathlon - Age-groups EC Men 45+ (Mass Start)	Esplanade strand
07:40 AM	Start Long Distance Triathlon - Age-groups EC Women (Mass Start)	Esplanade strand
07:50 AM	Start Long Distance Triathlon - Open Series (Mass Start)	Esplanade strand
07:52 AM	Start Long Distance Triathlon - TriTogether & Long Distance Aquabike	Esplanade beach
08:30 AM	Closing Registration Middle Distance Triathlon	Theater
09:15 AM	Closure of Transition Area for Middle Distance Triathlon	Transition Area
09:45 AM	Start Middle Distance Triathlon - Para Triathlon	Esplanade beach

#### **2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**



09:50 AM	Start Middle Distance Triathlon - AG Men, AG Women , Relay & Middle Distance Aquabike (Rolling Start)	Esplanade beach
3:10 PM	First finish Elite Men Long Distance European Championship	Finish Stadium
4:00 PM	First finish Elite Women Long Distance European Championship	Finish Stadium
11:20 PM	Last finisher	Finish Stadium

## Sunday September 15th

Time	Event	Place
11:00 AM - Noon	Long Distance award ceremony	Finish Stadium
Noon - 1:00 PM	Middle Distance Award Ceremony	Finish Stadium

**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**



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2024 Europe Triathlon Championship Long Distance Almere-Amsterdam

18



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## Event Location

### Location Map



## Arriving at the Event, Almere

The Esplanade is the event location for the 2024 Europe Triathlon Long Distance Championships. All events take place on or around this site: Esplanade 10, 1315 TA Almere.

The Transition Area (both T1 and T2) is located in Lumière Park: 750 meters from the Esplanade. This can be reached on foot. Take this distance into account for the start of your race.

## Public Transport

Almere is a Green City. This means that we think about the environment. Almere is very easily accessible by public transport. From every station in the Netherlands there is a very fast and frequent connection to 'Almere Centrum'. If you are traveling within Europe, check out the travel options by train. From station Almere Centrum, it is only a 10-minute walk to the Esplanade.

Of course, the event location can also be reached by bus. The nearest bus stops are 'Passage' or 'Flevoziekenhuis'.

Check out <https://9292.nl/> for information about public transport to and from Almere Stad. **Day tickets are available for the bus.** More information about the day tickets can be found on the page: <https://www.allgobus.nl/nl-transportbewezen/kaarts-e-tickets>

### ***2024 Europe Triathlon Championship Long Distance Almere-Amsterdam***

## Flying

Almere is just a 25-minute drive from Amsterdam. The nearest airport is Schiphol. This international airport offers connecting flights to various destinations.

Almere is easily accessible from Schiphol by train, with several departures per hour.

## By Car and Parking

Of course, Almere is also easily accessible by car. **Please note:** paid parking applies in large parts of Almere. If you spend the night in one of the many hotels, holiday parks or elsewhere, ask about parking options at this location.

The event location is best reached by car via the A6, taking junction 5 towards Almere Stad. At the end of the slip-road, turn left onto Veluwedreef (S103), taking you under the motorway, and follow the signs for Almere Stad (Centrum). Continue to follow the signs to "Centrum", taking the 8th left onto Cinemadreef. Then turn left in front of the red building towards "Centrum-Zuid". You are now in the center of Almere Stad.

For navigation systems, use 'Stadhuisgarage' or 'Hennepveld' in Almere Stad. The advice is to follow the municipal parking instructions for the last 500 meters to P4 or P5. These parking garages are located approximately 300 meters from the Esplanade. Please do not use the Hospitaalgarage/Hospitaalterrein car park.

**PLEASE NOTE:** Paid parking in Almere Center will cost up to € 11.81 per day, however there is limited capacity in the various parking garages. Discount tickets for parking can be purchased for €6.50 at the Ticket desk in the Theater.

## Free Parking

If you want to park for free and be assured of a parking space, we recommend parking at the Fanny Blankers-Koen Sportpark (Marathonlaan 10, 1318 EE, Almere) or the Almere City football club (Competitieweg 20, 1318 EA, Almere).

Near to these car parks you will find the 'FBK Sportpark' bus stop. From here you can travel to the Esplanade in 10 minutes on bus line M2. **Day tickets are available for the bus.** More information about the day tickets can be found on the page: <https://www.allgobus.nl/nl-nl/transportbewezen/kaarts-e-tickets>

The itinerary for this bus stop can be found on the Keolis website :

[https://www.allgobus.nl/en-gb?\\_ga=2.215564244.257351288.1657701501-469071724.1657701501](https://www.allgobus.nl/en-gb?_ga=2.215564244.257351288.1657701501-469071724.1657701501)

## Car Rental

It is also possible to rent a car for one or more days. If you are traveling from Schiphol, there are several car rental companies at Schiphol Plaza.

If you would like to rent a car in Almere, you can contact one of the companies below:

Rental Company	Website	Phone number
Diks Car Rental	<a href="http://www.diks.net">www.diks.net</a>	+31 (0)36 – 763 06 60
Car radar	<a href="http://www.autoradam.nl">www.autoradam.nl</a>	+31 (0)88 – 035 12 12
Sixt	<a href="http://www.sixt.nl">www.sixt.nl</a>	+31 (0)36 – 545 26 16
Bo-rent	<a href="http://www.borent.nl">www.borent.nl</a>	+31 (0)36 – 534 50 40
Hertz	<a href="http://www.hertz.nl">www.hertz.nl</a>	+31 (0)36 – 549 77 88

## Taxi

Would you rather be picked up by a taxi? Download the Uber app. Ordering an Uber is easy:

- Open the app and indicate where you want to go
- The app uses your location, so drivers know where to pick you up
- You will see a photo of the driver; the details of the vehicle and you can see on the map where the driver will arrive.
- You can pay with credit card, Android Pay, PayPal and more.
- You will receive a payment receipt by email



[Download Uber from the App Store](#)



[Download Uber from the Google Play Store](#)

Besides Uber, other local taxi companies are available. If you want to be sure that a taxi is available, book in advance by email or calling.

Company	Phone number
Flevotax	+31(0)36 – 545 09 09
Taxi Exclusive	+31(0)36 – 525 47 64

## By Bike

When you arrive in Almere, enjoy yourself and grab your bike! The event location is very easy to reach by bike. In addition, Almere has many dedicated bike paths making interaction with regular road traffic very limited.

## Expo

During the 2024 European Triathlon Championships Long Distance there is also an exposition. Like previous years, this exposition will take place on the event site on the Esplanade. Various brands and suppliers will be present with a stand. You can meet all these brands and ask questions about the latest products which, in many cases, you can also test and/or purchase. Have fun!

Opening Hours:

Day	Date	Place	Start	End
Thursday	September 12	Esplanade	01:00 PM	07:30 PM
Friday	September 13	Esplanade	10:30 AM	08:30 PM
Saturday	September 14	Esplanade	07:00 AM	07:30 PM

## Food and Drink

This year, in addition to the Expo, there will also be a 'food & drink' court. In our food court you will find different types of food, from Italian dishes to grill and barbecue.

We use reusable cups for sustainability reasons. You pay a deposit for the cup the first time you get a drink. You can return this later and the deposit will of course be returned to you.



## Bike Shop and Maintenance

If any repairs or adjustments are needed to your bike before the race, we would like to refer you to bike shop **Van der Linde**: the local cycling partner. [www.vanderlindealmere.nl](http://www.vanderlindealmere.nl)  
A bike mechanic will be present at the bike check-in. Pumps are available in the Transition Area. There is no technical assistance on the course, so bring your own tools.



## Massage and Medical Information

### Massage

After the race, on September 14, athletes can have a massage. You must of course shower first! Showers are available in the Theater.

### Medical

#### During the Race

Write your medical details on the back of your bib number so that you can receive help quickly if it is needed. In addition to the information on the back of your bib number, you also have the option to create your Safe-ID profile. The QR code on the back of your bib number allows medical services to scan the code and quickly access basic medical details and information on allergies you have provided to get you the medical care you need, when you need it.



If you need medical assistance on the course, please report to an Official or a Volunteer. The medical service has the right to refer participants to the hospital.

**PLEASE NOTE: Athletes are responsible for having insurance for medical expenses.**

### Insurance

Participants in the event declare that they have their own liability, accident and health insurance with the necessary coverage for their participation in the event. The Europe Triathlon and the LOC disclaim all responsibility in the event of accident, fall, loss, theft, etc. **PLEASE NOTE: Athletes are required to have health insurance for medical expenses.**

### Hospital Information

When an athlete unexpectedly needs to go to hospital, he or she will go to the Flevo Hospital. The hospital is adjacent to the Esplanade event location.

**PLEASE NOTE: It is necessary that the person is insured for transport by ambulance.**

**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

## Power supply

### Powerbar

Powerbar: the official nutrition partner of the 2024 Europe Triathlon Championships Long Distance / **CHALLENGE ALMERE-AMSTERDAM**. Athletes in the Long Distance Triathlon and in the Middle Distance can use Powerbar gels and iso drinks on both the bike and run courses.



Powerbar has been at the forefront of providing high-quality sports nutrition within the triathlon world for thirty years. These are the products/flavors we offer during the race:

- Energize Advanced Raspberry
- Energize Advanced Hazelnut Choco
- Energize Original Banana Punch
- Energize Original Cookies & Cream
- PowerGel Original Lemon Lime
- PowerGel Original Black Currant
- PowerGel Original Strawberry-Banana
- PowerGel Hydro Mojito
- PowerGel Black line (met en zonder cafeïne)
- ISOACTIVE Lemon
- Black line iso Fuel Isotonic

**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**





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**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

## Rules and Penalties

The 2024 Europe Triathlon Championships Long Distance Almere-Amsterdam is sanctioned by the World Triathlon Competition Rules. It is the athlete's responsibility to be familiar with the rules of the competition.

Click [HERE](#) for the World Triathlon Competition Rules.

Click [HERE to](#) view the frequently asked questions about the World Triathlon competition rules.

Please contact the Technical Delegate for clarification on specific rules. Any questions can be submitted by email using the contact details previously listed in this Athlete Guide.

### Uniform Rules (Race Uniform)

At the 2024 Europe Triathlon Championship Long Distance Almere-Amsterdam, all athletes must conform to the approved National Federation Uniform colour/size. The Uniform must comply with the rules of the World Triathlon Uniform. Caps, helmets and number bands with logos are permitted. For more information, see Appendix F of the World Triathlon Competition Rules. Participants in the Open Series Long Distance or in the Middle Distance are not obliged to start in their National Federation Uniform.

### Cards

Cards	Europe Triathlon Championships Long Distance & Middle Distance
Yellow card	1 minute time penalty for Long Distance / 30 seconds for Middle Distance
Blue card	5 minutes time penalty *
Red card	Disqualification

(\*) 3 blue cards = Disqualification

### Anti-Doping

Anti-doping rules, like competition rules, are sporting rules that create the conditions under which sport is practiced. Athletes and other persons involved in the event accept these rules as a condition of participation. All athletes are subject to the Competition Testing by World Triathlon, the Athlete's National Federation, Anti-Doping Organizations or any other organization promoting events in triathlon.

**\*\* All athletes must ensure they have their official identification (Photo ID)\*\*  
Make sure you put this in your after-race bag (green bag).**

You can find more information about the anti-doping rules [HERE](#).

As an age group athlete competing in the 2024 Europe Triathlon Long Distance Championship, you are subject to doping control.

If you are selected for an opening check, someone will contact you to report this. You may be asked to go to the doping control before the race; for example after picking up your registration package or when checking your bike into the transition area. The doping control supervisor and/or official will explain the procedure to you.

An anti-doping Age-Group Q&A is available:

[https://www.triathlon.org/multimedia/video/age\\_group\\_anti\\_doping\\_qa1](https://www.triathlon.org/multimedia/video/age_group_anti_doping_qa1)

## Water Quality (Swim)

The lake in which the swim takes place is an inland freshwater lake with no open sewer outlets. The standard water quality checks show very good water quality (E.coli <500 or Enterococci <200), without potential visual pollution during sanitary control or predicted heavy rain.

In the run-up to the race, the organization also carries out its own water quality checks at the precise location where competition swimming takes place (this is done by [Aqualysis](#)).

View the latest measurements in the Weerwater here:

<https://www.zwemwater.nl/?id=2152>

View the bathing water profile of the Weerwater here:

[http://www2.zuiderzeeland.nl/data/gmaps/zwemwater/zwemwaterprofiel\\_Weerwater2014.pdf](http://www2.zuiderzeeland.nl/data/gmaps/zwemwater/zwemwaterprofiel_Weerwater2014.pdf)



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2024



# Pre-Race Information

## Training Options

### Swim Course Familiarization

There is one moment when the official swim course can be tested under supervision:

Date	Start time	End time	Place
September 12	between 3:30 PM & 3:45 PM	4:30 PM	Swimming start, Esplanade, Weerwater

We strongly recommend doing the course familiarization with a swim buoy for good visibility.

**Please note that, due to other competitions taking place, everyone must leave the water at 4:30 PM.** Outside the stated times of this swim familiarization, there is no supervision and swimming is at your own risk. There are boats sailing in the channel and swimming outside this time is not recommended.

**CHALLENGE**  
ALMERE-AMSTERDAM  
SWIM RECCY

**PIM VAN DIEMEN**

**OFFICIAL ZONE3 SWIM COURSE RECCY**

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GUIDED BY DUTCH PRO  
PIM VAN DIEMEN**

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**POWERED BY:**  
ATHLETE SPORTS WORLD

**3athlon.nl**

**FREE & OPEN FOR PUBLIC**  
SEE YOU ON 12TH SEPT  
15:15 AT ASW TENT

**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

## Bike Course Familiarization

Because much of the bike course takes place on roads closed to cyclists, not only is it dangerous to ride on the course outside of the event (cars will not expect you to be there!), it is also illegal, and you risk receiving a fine for cycling on these roads. Please respect the traffic rules!

It is possible to ride close to the route using nearby cycle paths. The route is: <https://Distancemeten.nl/index.php?id=3438912>

(this can be exported to a GPX or KML file by clicking on the export button on the left of the page)

On **Sunday 1<sup>st</sup> September**, there will be a bike route exploration. We will meet at Van der Linde bicycle shop in Almere Stad at 10am. After cycling the first 15 kilometers together, we will split into three groups/speeds: a fast group (35+ km per hour), a medium speed group (30 km per hour) and the rest. An aid station is available halfway.

Immediately after cycling, there is the opportunity to explore the run course under the guidance of the organization. It is possible to leave your belongings at Van der Linde during the exploration. Please note: the store closes at 3pm at the latest and you must have collected all your belongings.

On **Wednesday 11<sup>th</sup> September**, a route will be cycled together to explore the most technical passages of the bike course. The tempo will be low. The lap will be 35-45 kilometers. We will meet at 10am at the Van der Linde bike shop in Almere Stad.

It is also possible to experience the course digitally on Rouvy:

<https://www.rouvy.com>

- 35km: <https://my.rouvy.com/virtual-routes/detail/93995>
- 54km: <https://my.rouvy.com/virtual-routes/detail/82276>



## Run Course Familiarization

The run course is accessible all-year-round. The route can be found here:

<https://Distancemeten.nl/index.php?id=3344802>

(this can be exported to a gpx or kml file by clicking the export button on the left side of the page)

On **Thursday 12<sup>th</sup> September**, there is the opportunity to make a walking lap of the running course together. The walk is done at a leisurely pace, so that everyone has the opportunity to take a good look at the course. We will meet at Van der Linde bicycle shop in Almere Stad at 10am.

## Starter Guide

Is this your first triathlon, or are you simply looking for useful tips to become a better athlete? The leading triathlon website in the Benelux region, 3athlon.nl, in collaboration with Challenge Family, has created a number of starter guides for the sport of triathlon. You will find tips and tricks for each discipline. You can download them for free via the following link: [starter guide](#)

## Registration/Race Pack Collection

Only registered athletes may collect their package at the designated time.

Bikes are **not** allowed in the Theater and can be parked, at your own risk but under supervision, in the temporary bike rack on the Esplanade. Leaving your bike(s) on or in your car is not recommended.

### Open Series

If you do not have a National Federation License, you would have paid for a day license when you registered. Show the Active.com confirmation email that will be resent / sent in the days before the event. One member of the TriTogether team may collect the packages for the team. If the team has indicated that it will participate under a triathlon license, then the license holder must in any case be present.

**PLEASE NOTE:** Keep your ID and any National Federation License to hand. Volunteers will look up your starting number by scanning your confirmation email and you will receive a wristband with your number on it. Your registration details will then be checked, and you will receive your race pack envelope and transition bags. Always check the contents of the envelope carefully before applying stickers.

### Time Slot

Registration takes place based on a time slot in the central hall of the Theater. The schedule for this is:

Date	By	To	Event	Place
September 12	12:00	2:00 PM	Registration Junior Challenge	Theater
	1:00 PM	3:00 PM	Registration Senior & No Limit Challenge	Theater
	3:00 PM	4:30 PM	Registration Business & Family Relay	Theater
September 13	11:00	8:00 PM	Registration Long Distance Agegroup & Open (Triathlon & Aquabike)	Theater
	13:30	8:00 PM	Registration Middle Distance (Triathlon & Aquabike)	Theater
	3:30 PM	4:00 PM	Registration Elite Long Distance (overthrow hall)	Theater
	4:00 PM	5:00 PM	Briefing Elite Athletes (Overgooi room)	Theater
September 14	06:30	08:30	Registration Middle Distance (Triathlon & Aquabike)	Theater

**There is no possibility for Long Distance athletes to collect the registration package on race day.**

### Briefings

The briefings will be made available online. These will be published on Friday (September 13<sup>th</sup>) on the Challenge Almere-Amsterdam YouTube channel (<https://www.youtube.com/@hollandtriathlon>)

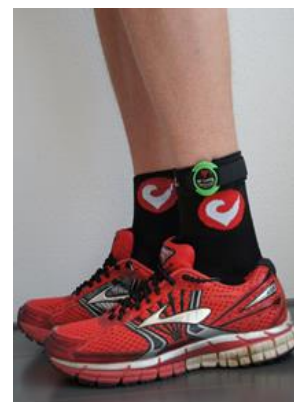
For Elite Athletes, there is a mandatory live briefing in the Overgooi room in the Theater.

### Timing

During the race, your split times are tracked with a MyLaps ProChip. This is attached to a soft strap and secured with Velcro. The chip must be worn on the left ankle during the entire race. When registering, the MyLaps ProChip is included in your race pack.

You will receive the chip in your envelope with your other race supplies.

**PLEASE NOTE:** You must hand in this chip when **checking out** the Transition Area. **Without a chip it is not possible to retrieve your belongings!** If the chip is returned to another location or if the chip is lost, you will be charged an amount of €25.



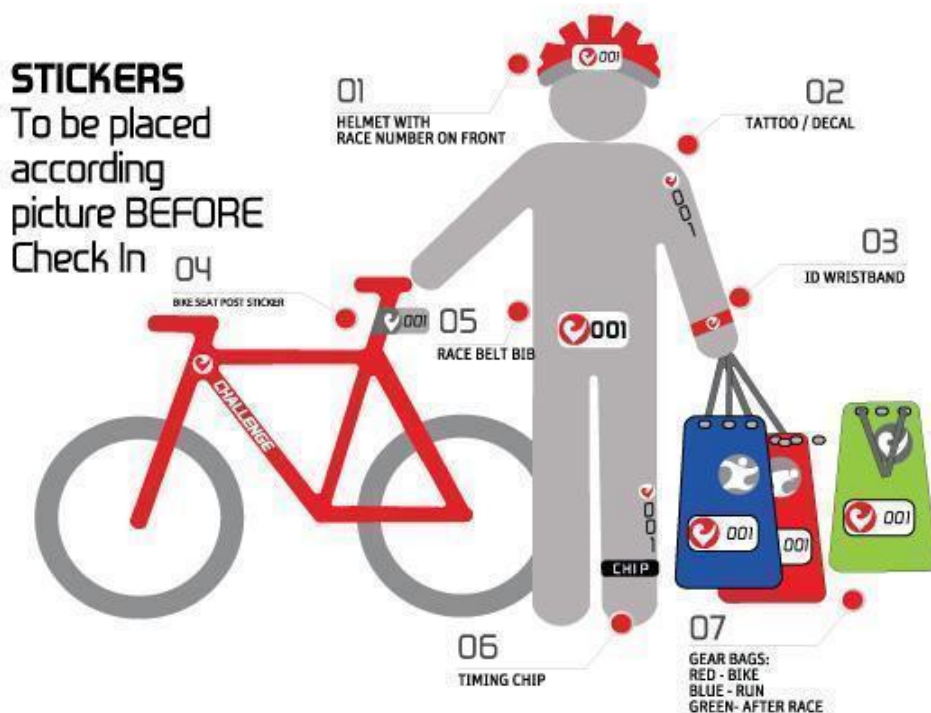
**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

## Race Pack

During the registration procedure, you will receive all the race items you will need during the race weekend:

Items	Elite	Para	Age Group Triathlon	Open (LD+MD)	Comments
<b>Starting Number</b>	1	1	1	1	Mandatory during Bike and Run segments
<b>Stickers</b> 3x Helmet 1x Bike 3x Bag	1 set	1 set	1 set	1 set	Helmet: front and sides Bike: seat post under the saddle
<b>Body Stickers</b>	2x	2x	2x	2x	1 arm, 1 leg
<b>Category Sticker</b>	-	-	1x	-	Apply to the back of the calf
<b>Swim cap</b>	1x	1x	1x	1x	Mandatory during the swim leg
<b>Change Bags</b>	1x Red 1x Blue 1x Green	1x Red 1x Blue 1x Green	1x Red 1x Blue 1x Green	1x Red 1x Blue 1x Green	Red - Bike Gear Blue - Run Gear Green – Gear for after the event
<b>Personal Needs Bags</b>	These bags are distributed upon request at the bike check-in tent. White = Bike Personal needs (Long Distance only) Orange = Run Personal needs (Long Distance only)				
<b>Accreditation</b>	Wristband	Wristband	Wristband	Wristband	No access to the location without it
<b>Safety pins</b>	Optional	Optional	Optional	Optional	

Check the table above to see whether these items are actually present in your race pack and report any discrepancies at the registration desk.



## Transition Bags

When you register, you will receive different coloured transition bags:

**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**



**Red Bag:** Contains all your loose bike accessories (all items that cannot be attached to the bike). No loose items may be left with your bike in the transition area. You are to hang this bag on the coat rack where your start number is displayed in the transition tent. The red bag is to be hung on the bottom hook. After the first transition (swim to bike), hang the bag back in the same place.

**Blue Bag:** Contains all the essentials for your run. It is not permitted to place this next to your bike. You hang this bag above the red bag in the transition tent. After the second transition (bike to run), hang it in the same place again.

**Green Bag:** This is where you put clean, dry clothes (streetwear) and other items you need after the finish. **You must hand in this bag just before the start at the bag drop-off tent, located just before the entrance to the swim starting areas.** It may NOT be hung on the coat rack in the transition tent. All loose green bags will be removed. Handing in a bike pump in the green bag is **PROHIBITED**; you can leave this separately at the green bag drop-off and collect it together with your green bag after the race. You leave it at your own risk. Tip: use your extra 'supporter' sticker to mark your bike pump. After the race, green bags will be available in the Theater. The red and blue bags can be collected afterwards in the transition tent. Don't forget you will need your chip to retrieve your belongings.

## Personal Needs Bags and Location

Personal needs bags are only available for those doing a Long Distance race.

**White Bag:** Personal needs for the bike discipline

**Orange Bag:** Personal needs for the run discipline

Upon request, Personal Needs bags are handed out at the bike check-in tent. Once you have placed the items you need in the bag(s) drop them off at the green bag drop-off at the race start. They will be transported to the Personal Needs Station (near coach post/aid station 1) for the Bike (before the Havenkom Almere Haven - kilometers 8 and 94) and the Personal Needs Station (near the coach post) for the run (at the end of the Esplanade after the aid station).

Personal needs are indicated with signs and organized by start number.

Please note that bags will not be returned after the event.

## Bike and Equipment Check-in

**Mandatory for ELITE, PARA, AGE-GROUP and OPEN Long Distance Series (including Aquabike) and highly recommended for Middle Distance at the stated time**

**Location:** Transition Area

**Date and time:** Friday 13th September, 2024 - 11:15-20:30 hours

**Bring with you:**

- Helmet with stickers on your head
- Bicycle with sticker
- National Federation Uniform/Trisuit
- Red bag – Bike gear
- Blue bag – Run gear

All of the above, except your National Federation Uniform/Trisuit, must remain in the transition area.

Timing chips are included in the race pack envelope, except for Elite athletes who will receive them with their swim cap on race day. Bike covers are allowed at night, unless wind conditions prohibit their use.

# Race day information

## Limits

### Cut-off Times

Race	Swimming	Misuse	To walk
Long Distance	After 2 hours and 15 minutes (from your official start)	2:05 pm round 1 5:50 pm round 2	22:05 (start of last round) 23:20 (finish)
Middle Distance	After 1 hour and 25 minutes (from the last start)	4:00 PM	7:00 PM (finish)

## Long Distance Triathlon

### Cut-off times

Race	Swimming	Misuse	To walk
Long Distance	After 2 hours and 15 minutes (from your official start)	2:05 pm round 1 5:50 pm round 2	22:05 (start of last round) 23:20 (finish)

### RACE DAY TRANSITION CHECK IN **(NO BIKE CHECK-IN)**

Bikes are NOT allowed to be checked in to the transition area on race morning.

You may not remove your Bike from the transition area until the start of the Bike leg of the race.

Bike mechanics and bike pumps will be available in the transition area on race morning.

On race day, a final check of the National Federation Uniform (trisuit), wetsuit and body decals takes place upon arrival in the transition area. For last-minute preparations, you have access to the transition area and the transition tent.

It is recommended that you bring any nutritional items you plan to use during the race with you on the morning of the race and add them to your transition bags, rather than leaving them overnight.

**Please note:** This year the Transition Area (T1 and T2) is again located in Lumière Park. This park is located on the Weerwater and is 750 meters from the swim start. Please ensure that you leave the Transition Area on time for the swim start.

**Location:** Transition Area

**Date and time:** Long Distance Triathlon - Saturday 14<sup>th</sup> September 2024 - 06:00 - 07:00

### Bring with you:

- Swim equipment
- Uniform and body decals check
- Timing chip
- Green bag – streetwear
- Personal needs bags
- All food/liquid you want to leave on the bike
- All food/liquid that you put in your Personal needs bag

**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**



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2024



Age-Group athletes must deposit their streetwear (green) bag at the drop area (near the swim start) before heading to the start area.

Athletes may not return to the transition area to collect their belongings until after 5:30pm.

Only registered athletes with ID wristbands or accreditation cards and chips are allowed to enter the transition area.

### Glasses

Glasses must be labeled with the athletes' starting number. There will be a table for glasses at the swim start and exit. If possible, we would like to encourage athletes to leave their glasses in their transition bags to prevent them from being lost or broken during transit. Alternatively, you can put a spare pair of glasses in your transition bags, in case something goes wrong when leaving your glasses behind at the swim start. Event organizers and volunteers are not responsible for the loss, theft or damage of glasses.



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CYCLING AND TRIATHLON  
APPAREL

### 2024 Europe Triathlon Championship Long Distance Almere-Amsterdam

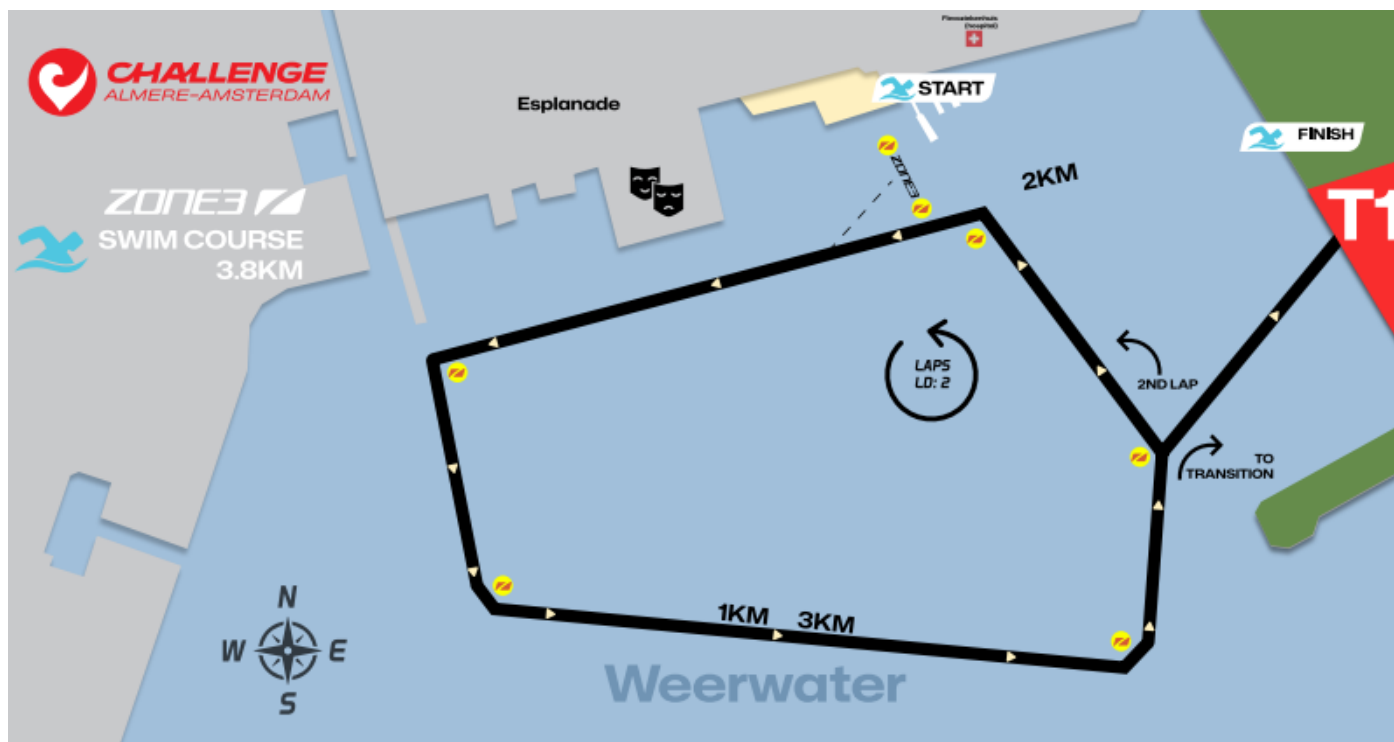
## The courses

Swim: 2 laps – 3.8 km

Bike: 2 laps – 18.0 km

Run: Approach (1800 meters) + 4 laps – 42.2 km

### Swim Course



Swim warm-up

There is no swim warm-up possible.

Swim start procedure

#### Elite Long Distance (water start)

- 1) All Elite athletes are called to enter the water in order of starting number.
- 2) Athletes are requested to remain in the area behind the starting line.
- 3) As soon as the start horn sounds, the bodyboards turn away and the start is free.
- 4) The start takes place in the direction of the Theater and the course is completed anti-clockwise.

#### Age-Group/Open wave (mass start)

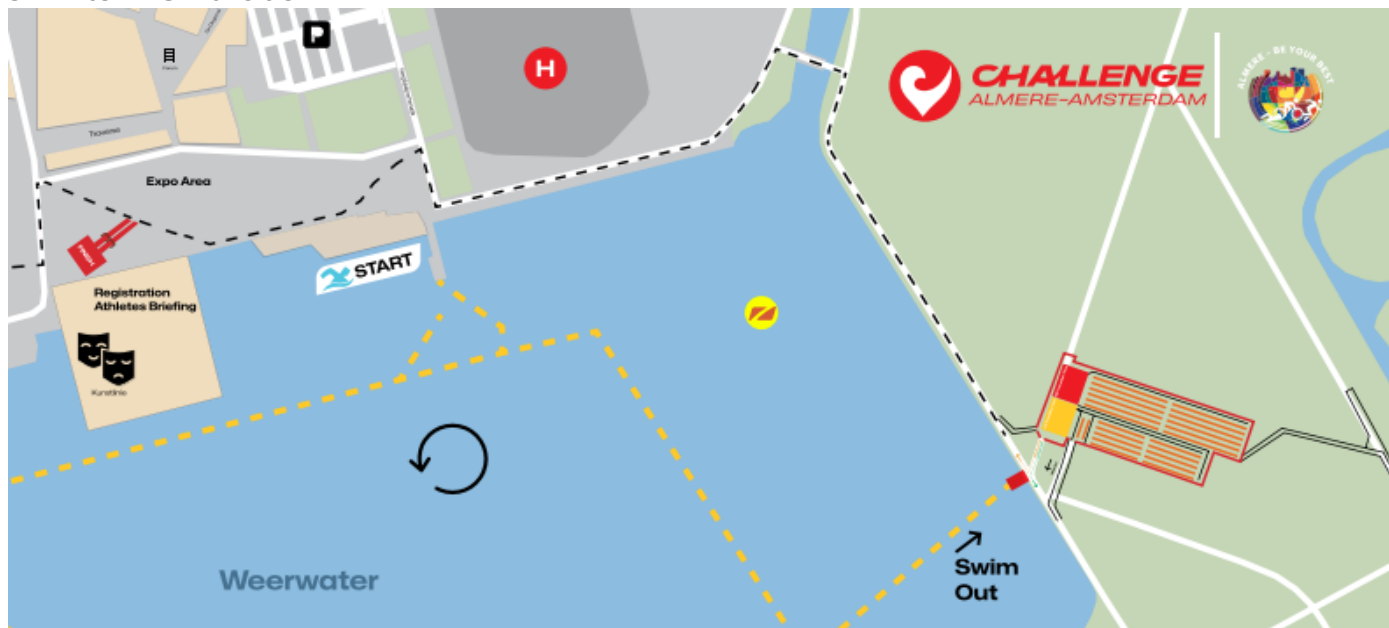
- 1) Access to the starting area is via Esplanade
- 2) Athletes must enter their specific corral/start area 10 minutes before their start.
- 3) Before entering the water, you will pass a MyLaps timing mat to register your presence.

Cut-off Times - Swim

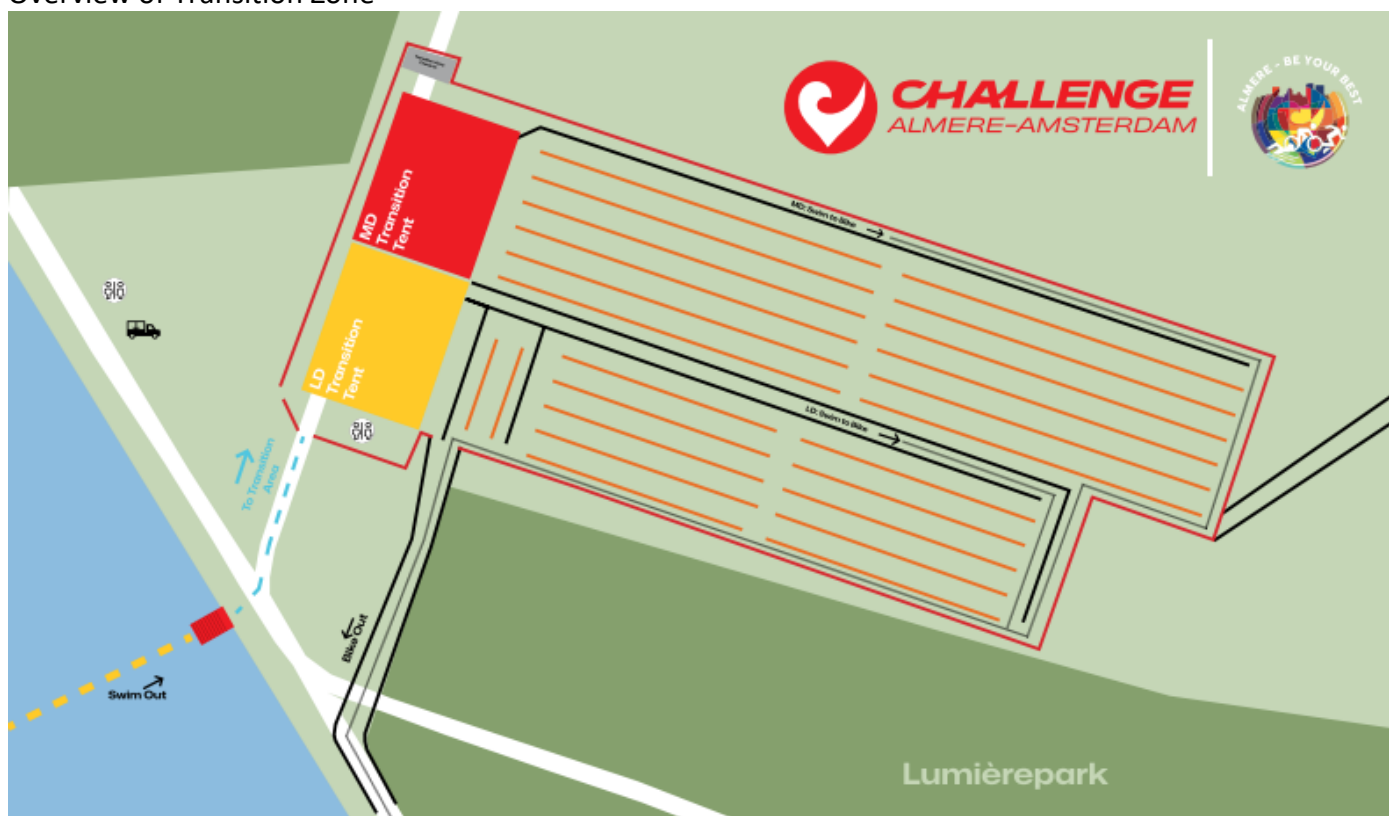
Race	Swimming
Long Distance	After 2 hours and 15 minutes (from your official start time)

**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

### Swim to Bike Transition

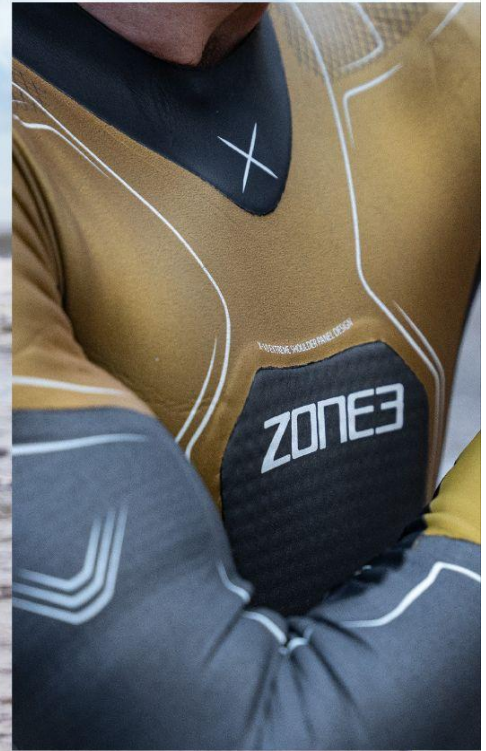


### Overview of Transition Zone



### 2024 Europe Triathlon Championship Long Distance Almere-Amsterdam

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— Where You  
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The world's most comfortable and technologically advanced wetsuit. Give yourself the edge in the water with the Vanquish X, featuring exclusive cutting-edge materials to take your performance to the next level.

YAMAMOTO BIO RUBBER is proven to increase blood flow, reducing lactic acid and fatigue build up in the legs for more power as soon as you exit the water.

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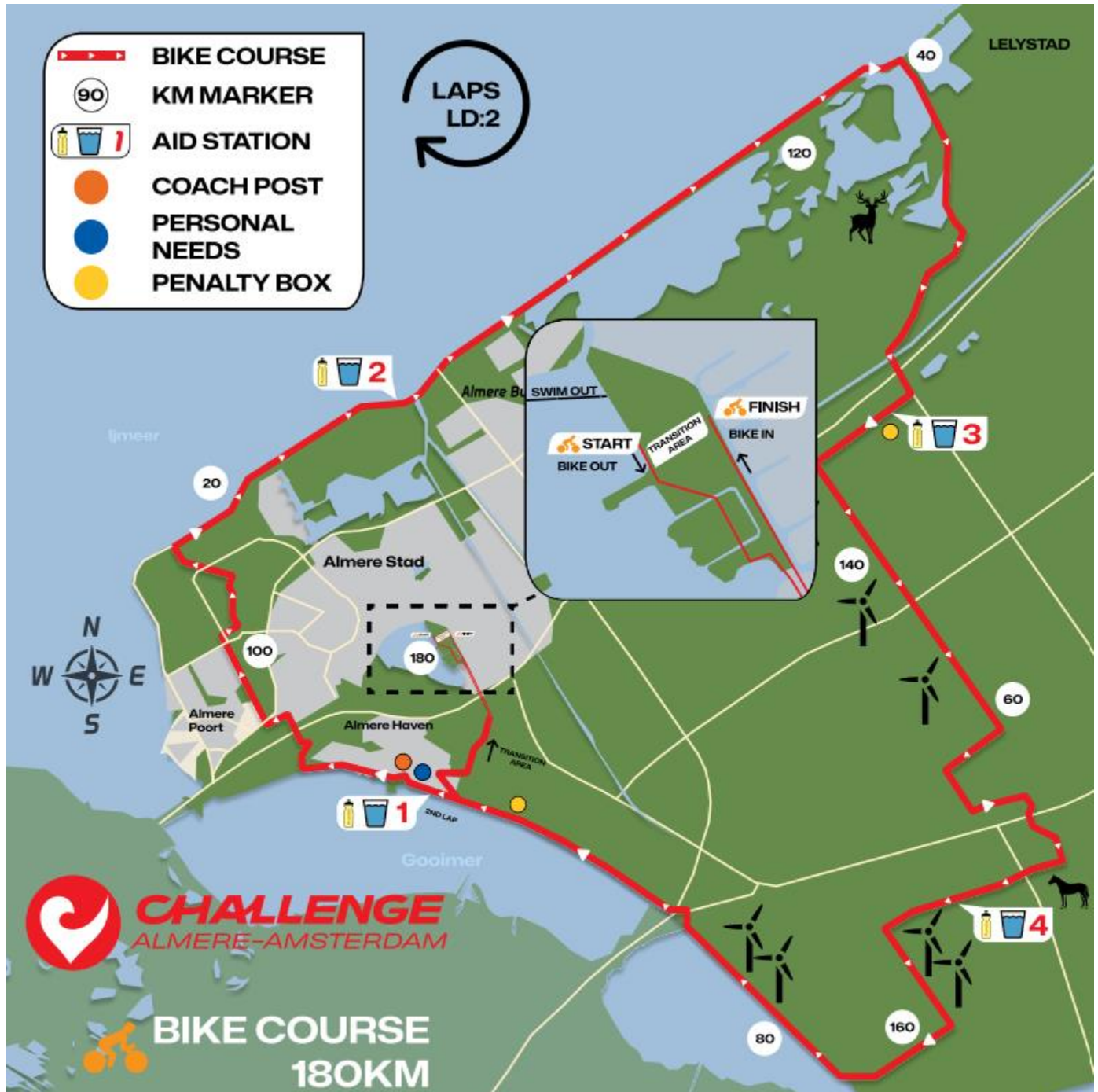
The official swim & wetsuit partner of Challenge Roth

**ZONE3** 

## Bike Course

The bike course consists of a lap of 90 kilometers that is ridden clockwise. Participants in the Long Distance and Aquabike complete this lap twice (180km). You will find a detailed map and GPX files for your GPS device via this link: [https:// Distancemeten.nl/index.php?id=3438912](https://Distancemeten.nl/index.php?id=3438912) (click on the Export button on the left to export the course to GPX or KML )

Please note that the route goes (partly) on roads that are normally not accessible to cyclists. Cycling on these roads is only allowed on race day! On other days, the cycle paths (near the roads) must be used.



**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**



## Bike Penalty Boxes

There are 2 Bike Penalty Boxes along the course: at 50km (at aid station 3) and at 90km.

It is important that if you receive a blue or yellow card while cycling, you must stop at the **next** penalty box.

## Bike Aid Stations

Each bike lap has four aid stations. On the picture of the bike course, you can see where the aid stations are located. They are about 22.5 kilometers apart.

The nutrition is supplied in the following order:

<b>FOOD:</b>	Half bananas, Powerbar Energize Bar
<b>GEL:</b>	Powerbar Energy Gel
<b>ISO:</b>	Sports drinks; Powerbar Isoactive Lemon - Water Bottle 750ml
<b>WATER:</b>	750ml Water Bottle

Volunteers at the aid stations wear vests with the product they provide.



Each aid station has a toilet.

## Coach Area

The coaching area - for Elite Athletes - on the bike course is located approximately 1 kilometer before the Havenkom in Almere Haven. The coaching area can be reached by public transport using the bus (bus line M1 towards Haven Centrum). The coaching area is indicated by signs. Only within this area are coaches allowed to supply the Elite's own nutrition. This is not allowed at other locations.

For Age Group athletes, there is a Personal Needs area nearby. Bags will be arranged in order of starting number and you must get them there yourself.

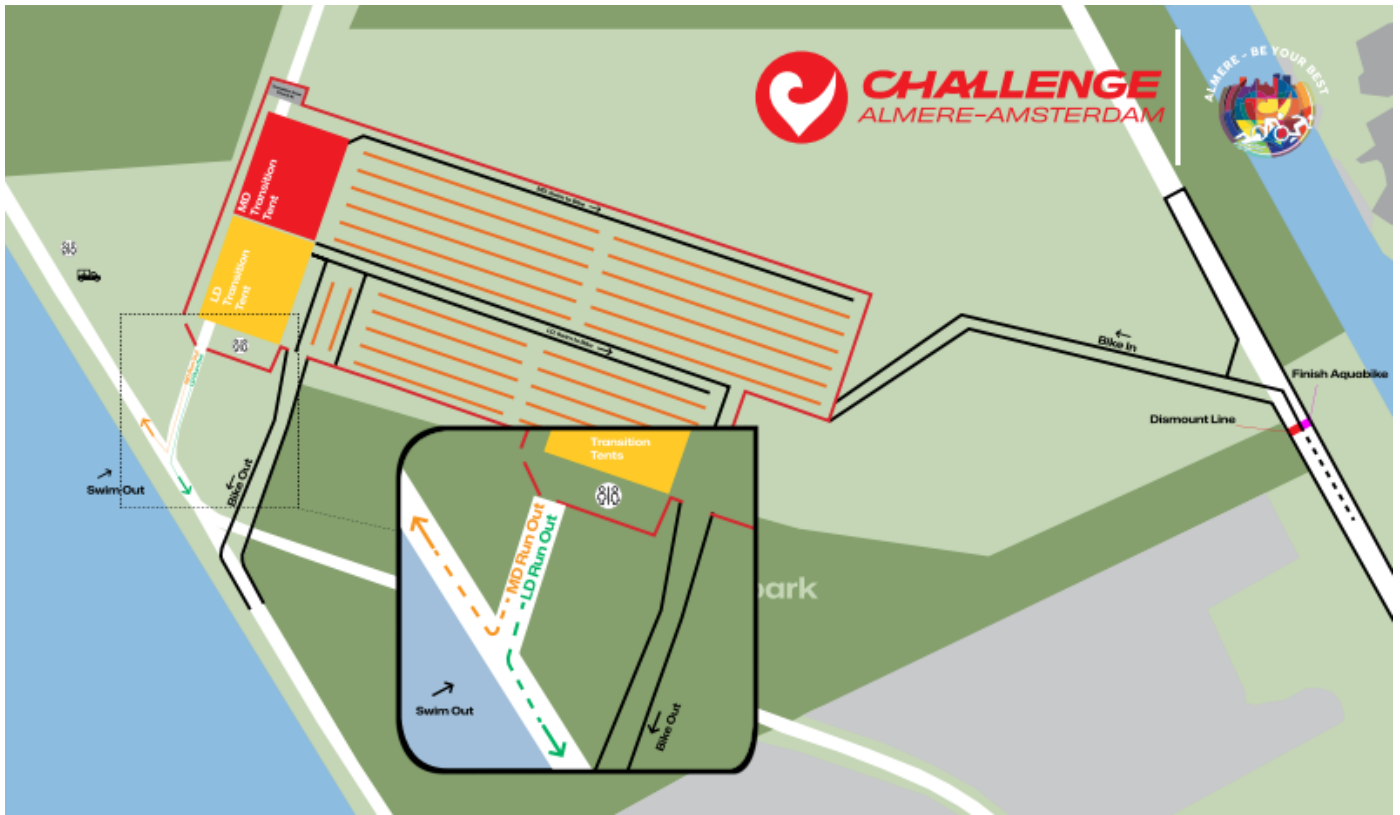
## Littering Zone

Please note that waste may only be thrown away 200 meters before and after an aid station. Do not litter the rest of the course with your waste. If you throw away materials such as cups, sponges, (water) bottles or empty containers, you risk **disqualification**. This rule applies to both the bike and run courses.

Cut-off Times - Bike

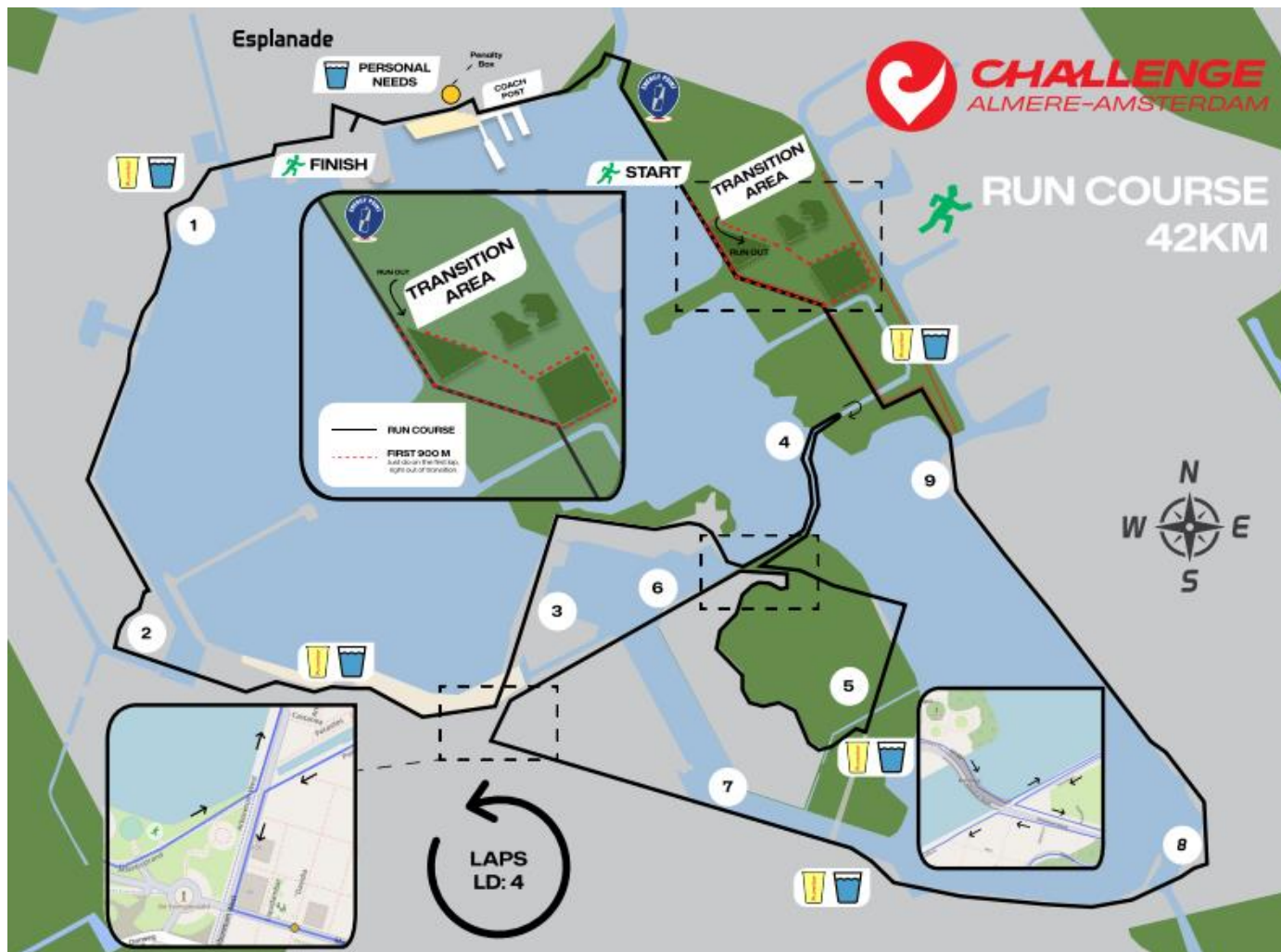
Element	Bike
Long Distance	2:05 pm round 1 5:50 pm round 2

Bike to Run Transition



**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

# Run Course



**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

### Run Penalty Box (Only for ELITE & Para triathlon)

The Run Penalty Box is located on the Meeresteinkade, at the end of the run lap, just before the Esplanade.

### Run Aid Stations

The run course has five aid stations, approximately 1.6km apart.

The nutrition is provided in the following order:

- GEL:** Powerbar Energy Gel
- FOOD:** currant buns, bananas, oranges, Powerbar Energize bar
- ISO:** Sports drink; Powerbar Isoactive Lemon – paper cup
- COLA:** Cola – paper cup
- WATER:** Water – paper cup

A sixth aid station is located on the Esplanade that only serves water.

Each aid station has a toilet.

Volunteers at the aid station wear vests with the product they provide.



### Coach Area

The coaching area - for the Elite Athletes - on the run course is located on the Koetsierbaan, next to the Leonardo hotel.

The coaching area is clearly marked with signs. Only within this area are coaches allowed to supply the Elite's own nutrition. This is not allowed at other locations.

For Age Group athletes, there is a Personal Needs area nearby. Bags will be arranged in order of starting number and you must get them there yourself.

### Littering Zone

Please note that waste may only be thrown away 200 meters before and after an aid station. Do not litter the rest of the course with your waste. If you throw away materials such as cups, sponges, (water) bottles or empty containers, you risk disqualification. This rule applies to both the bike and run courses.

### Cut-off Times - Run

Race	To walk
Long Distance Triathlon	22:05 (start of last round) 23:20 (finish)

### **2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

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## Long Distance Aquabike

For the Aquabike, the information and courses for swimming and cycling are the same as for the Long Distance Triathlon.

When cycling, there is a junction just before the transition zone, on the left side of the road where the triathlon participants get off before the exit line. **The finish** of the Aquabike is on the right side of the road; this is marked with beach flags. After the finish, you can leave your bike in the transition area and walk to the finish on the Esplanade. Here you can finish under the red arch (your time stops immediately after cycling!) and it is where you will receive your T-shirt and medal.

## Long Distance Relay

Participants in the Relay alternate in the transition tent. A special waiting area has been set up here where participants can wait until their swimmer/cyclist returns from their specific leg. When passing on to the next athlete, the chip must be handed over and attached on the ankle of the next athlete. Participants in the Relay have access to the transition tent throughout the day but are asked to pay close attention so as not to hinder other participants.

Teams can finish together: at the bridge opposite the theater and just in front of the stadium, the swimmer and cyclist can join the runner and cover the last hundred meters together.

# Your Race Photos Online



VIEW NOW



[marathonphotos.live](https://marathonphotos.live)

## Middle Distance Triathlon

### Cut-off Times

Race	Swim	Bike	Run
Middle Distance	After 1 hour and 25 minutes (from the last start)	4:00 PM	7:00 PM (finish)

### RACE DAY TRANSITION AREA CHECK-IN

Bike Mechanics and bike pumps will be available in the transition area on race morning.

For last-minute preparations you have access to the transition area and the transition tent.

**Please note:** This year the Transition Area (T1 and T2) is again located in the Lumière Park. This park is located on the Weerwater and is 750 meters from the swim start. Please ensure that you leave the Transition Area on time for the swim start.

**Place:** Transition zone

**Date and time:** Middle Distance Triathlon – Saturday 14<sup>th</sup> September 2024 - 6:30 am-9:15 am

### Bring

- Helmet with stickers on your head
- Bicycle with sticker
- Trisuit
- Red bag – cycling gear
- Blue bag – running gear
- Green bag – streetwear
- Swimming equipment
- Any food/liquid you want to leave on your bike

Age Group athletes must deposit their streetwear bag (green) at the drop off area before proceeding to the start area.

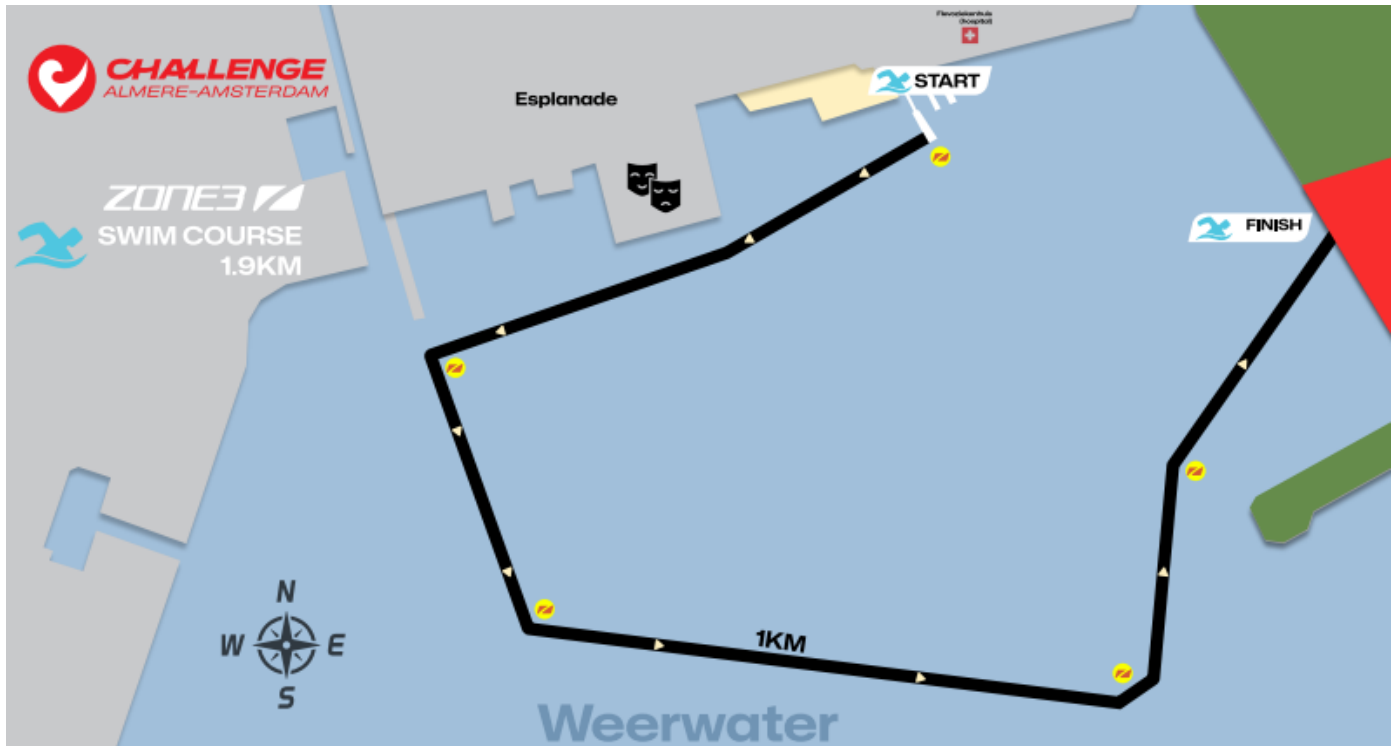
Middle Distance Athletes are not allowed to return to the transition area to collect their bikes until 4:00 PM. Only registered athletes with wristbands are allowed to enter the transition area. Only registered athletes with wristbands and chips are allowed to exit the transition area with bags and bikes.



## The courses

Swim: 1 lap – 1.9 km  
 Bike: 1 lap – 9.4 km  
 Run: Approach 900 meters + 2 laps and – 21.1 km

### Swim Course



### Swim Warm-up

A swimming warm-up is not possible before the start.

### Swim Start Procedure

#### Age-Group/Open series (rolling start)

- 1) Access to the starting area via Esplanade
- 2) Athletes decide for themselves which start box/corral they will stand in based on their expected swimming time
- 3) Before entering the water, you pass a MyLaps timing mat and your time starts.

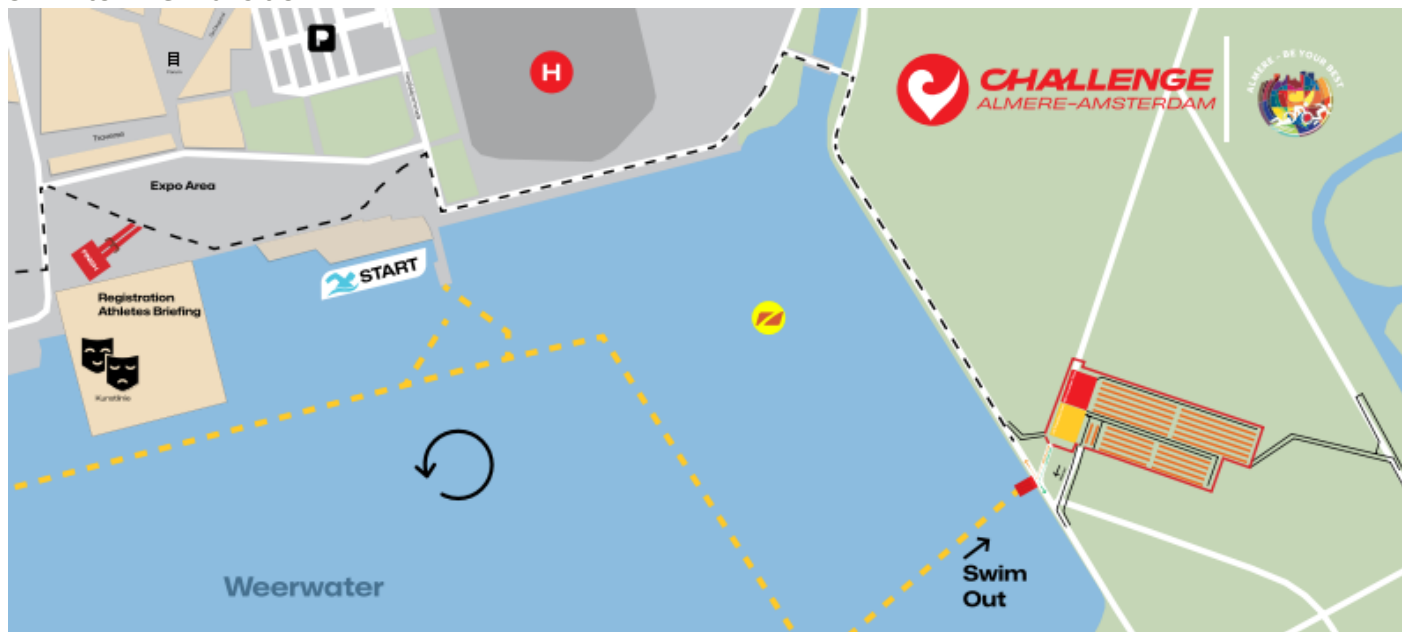
Start Time	Block#	Format	Expected Swim Time
9:45		Paratriathlon	
9:50	1	MD Triathlon & Aquabike	Under 30 min
9:57	2	MD Triathlon & Aquabike	30-34 mins
10:05	3	MD Triathlon & Aquabike	35-40 mins
10:13	4	MD Triathlon & Aquabike	More than 40 min

### Cut-off Time - Swim

Race	Swim
Middle Distance	After 1 hour and 15 minutes (from the last start)

### 2024 Europe Triathlon Championship Long Distance Almere-Amsterdam

Swim to Bike Transition



Overview of Transition Zone



**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

## Bike Course

The bike course consists of a lap of 95 kilometers that is ridden clockwise. Participants in the Middle Distance ride this lap once (95km).

A detailed map and GPX files for your GPS device can be found at this link:

[https:// Distancemeten.nl/index.php?id=3438914](https://Distancemeten.nl/index.php?id=3438914)

(click the Export button on the left to export the course to GPX or KML )

Please note that the route goes (partly) on roads that are normally not accessible to cyclists. Cycling on these roads is only allowed on race day! On other days, the cycle paths (near the roads) must be used.

## Bike Course



***2024 Europe Triathlon Championship Long Distance Almere-Amsterdam***

### Bike Penalty Boxes

There are 2 Bike Penalty Boxes along the course: at 50km (at aid station 3) and at 90km.

It is important that if you receive a blue or yellow card while cycling, you must stop at the **next** penalty box.

### Bike Aid Stations

Each bike lap has four aid stations. On the picture of the bike course, you can see where the aid stations are located. They are about 22.5 kilometers apart.

The nutrition is supplied in the following order:

- FOOD:** Half bananas, Powerbar Energize Bar
- GEL:** Powerbar Energy Gel
- ISO:** Sports drinks; Powerbar Isoactive Lemon - Water Bottle 750ml
- WATER:** 750ml Water Bottle

Volunteers at the aid stations wear vests with the product they provide.



Each aid station has a toilet.

### Coach Area

The coaching area on the cycle course is located approximately one kilometer before the Havenkom in Almere Haven. The coaching area can be reached by public transport bus (bus line M1 towards Haven Centrum). The coaching area is indicated by signs. Only within this area may coaches offer athletes their own food.

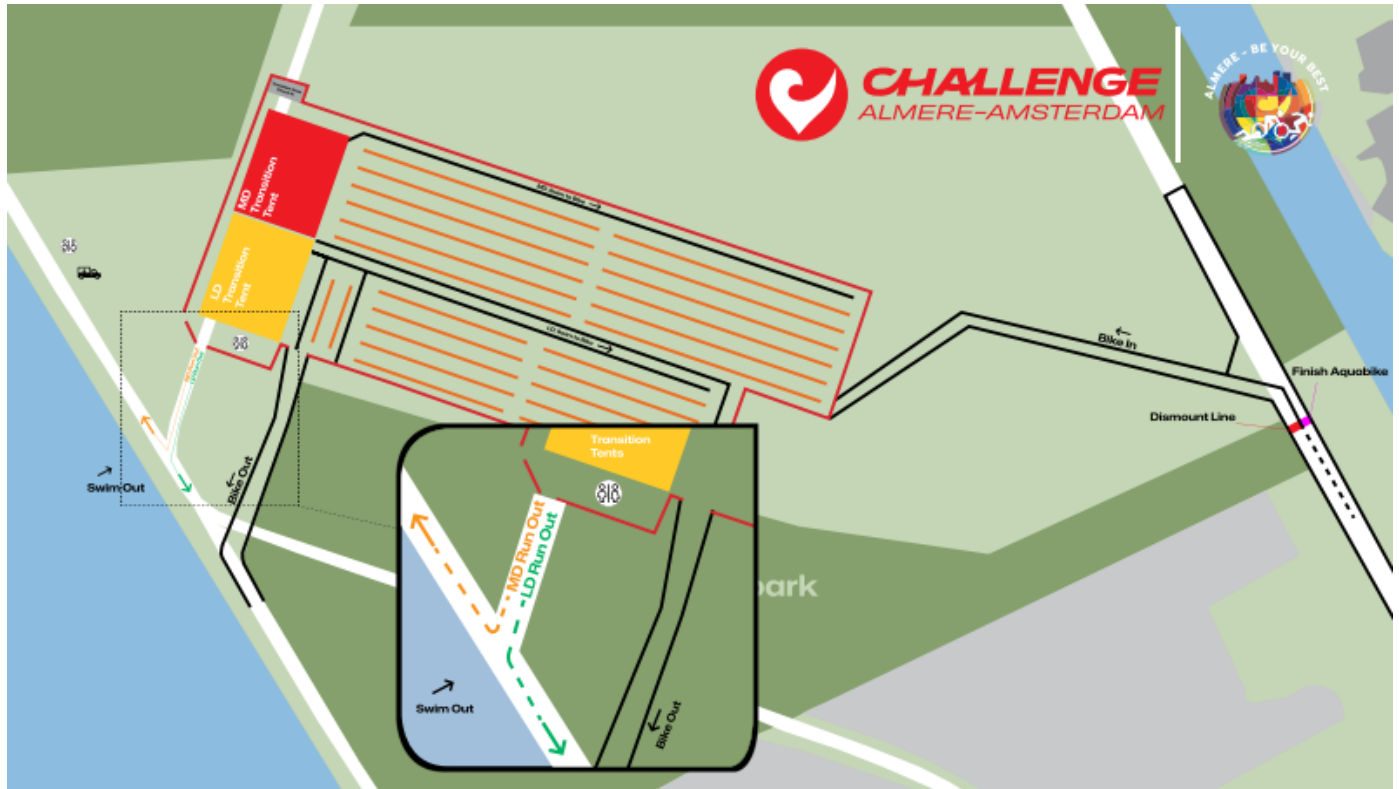
### Littering Zone

Please note that waste may only be thrown away 200 meters before and after an aid station. Do not litter the rest of the trail with your waste. If you throw away materials such as cups, sponges, (water) bottles or empty gels, you risk disqualification. This rule applies to both the bike and run courses.

### Cut-off Times - Bike

Race	Bike
Middle Distance	4:00 PM

## Bike to Run Transition

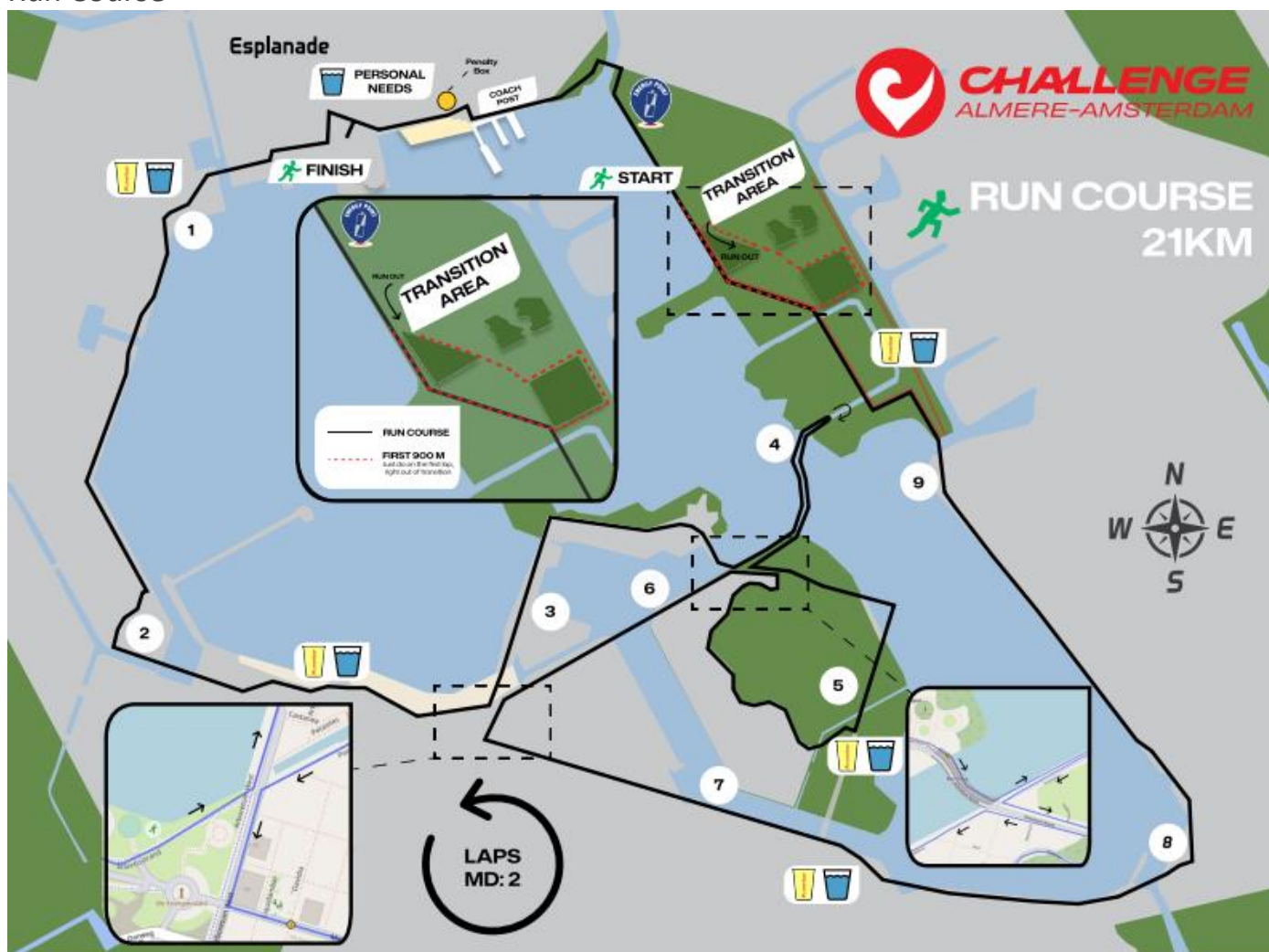


## Run Course

The running course consists of a running section to the Esplanade (900 meters) followed by two laps of 10.1 kilometers around the Weerwater in Almere. Laps go anticlockwise and take you through the modern center of the city and over the former Floriade site. Counting the laps is the responsibility of the athletes themselves. The entire lap is paved.

A detailed map and GPX files for your GPS device can be found via this link: <https://Distancemeten.nl/index.php?id=3344802>  
(click the Export button on the left to export the course to GPX or KML ).

# Run Course



***2024 Europe Triathlon Championship Long Distance Almere-Amsterdam***

## Run Aid Stations

The run course has five aid stations, approximately 1.6km apart.

The nutrition is provided in the following order:

- GEL:** Powerbar Energy Gel
- FOOD:** currant buns, bananas, oranges, Powerbar Energize bar
- ISO:** Sports drink; Powerbar Isoactive Lemon – paper cup
- COLA:** Cola – paper cup
- WATER:** Water – paper cup

A sixth aid station is located on the Esplanade which only serves water.

Each aid station has a toilet.

Volunteers at the aid station wear vests with the product they provide.



## Coach Area

The coaching area for the run course is located on the Koetsierbaan, next to the Leonardo hotel.

The coaching area is clearly marked with signs. Only within this area may coaches provide athletes' own nutrition.

This is not allowed at other locations.

## Littering Zone

Please note that waste may only be thrown away 200 meters before and after an aid station. Do not litter the rest of the course with your waste. If you throw away materials such as cups, sponges, (water) bottles or empty gels, you risk disqualification. This rule applies to both the cycling and running courses.

## Cut-off Times - Run

Race	Run
Middle Distance Triathlon	7:00 PM

## **2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

## Middle Distance Aquabike

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When cycling, there is a junction just before the transition zone, on the left side of the road where the triathlon participants get off before the exit line. **The finish** of the Aquabike is on the right side of the road; this is marked with beach flags. After the finish, you can leave your bike in the transition area and walk to the finish on the Esplanade. Here you can finish under the red arch (your time stops immediately after cycling!) and it is where you will receive your T-shirt and medal.

## Middle Distance Relay

Participants in the Relay alternate in the transition tent. A special waiting area has been set up here where participants can wait until their swimmer/cyclist returns from their specific leg. When passing on to the next athlete, the chip must be handed over and attached to the ankle of the next athlete. Participants in the Relay have access to the transition tent throughout the day but are asked to pay close attention so as not to hinder other participants.

Teams can finish together: at the bridge opposite the theater and just in front of the stadium, the swimmer and cyclist can join the runner and cover the last hundred meters together.



# Post-Race Information

## After-Race Care

After the finish, many volunteers are ready to guide you if necessary. First, you will receive your finisher's medal, you can have a drink, and you get your finisher's shirt. Should you need medical support at this point, volunteers are ready to guide you to the medical aid station in the Theater.

Inside the Theater, there is a buffet for the athletes with various types of food and drinks. The green streetwear bag that you dropped off before the race can be picked up at the Theater. Make sure that you have placed the sticker with your starting number on the green streetwear bag in advance. After the race, hand in the timing chip when picking up your bike and transition bags at the bike checkout.

## Massage

After the race on September 14<sup>th</sup> there is the option for a massage. Naturally, athletes must have showered first. This can be done in the changing rooms in the Theater.

## Transition Zone Check Out

The bike check-out is in Lumière Park. After the race you will be asked to pick up your bike from the Transition Area (TA). The TA is only accessible to athletes with a participant wristband. You can only check out your bike and transition bags if you have your start number and your time registration chip with you. Check-out takes place on Saturday from 4:00 PM for the Middle Distance (this is only possible earlier if all cyclists are already inside) and from 5:50 PM for the Long Distance.

## Return Timing Chip

You will receive a Pro chip for timekeeping. At the Transition Area check-out, you must hand in this chip again. Without a chip it is not possible to take your belongings with you! If the chip is returned to another location, or if the chip is lost, an amount of € 25 will be charged. Athletes are requested to collect their helmet and red and blue transition bags at the same time as their bike.

## Withdrawal

If, for whatever reason, you withdraw from the race, inform someone from the Organization or a Technical Official (TO) as soon as possible. Even if you withdraw during the race, you are not allowed to pick up your bike before Saturday 4:00 PM for Middle Distance or 5:50 PM for Long Distance Triathlon.

## Finish Photos and Results

Photos are taken by Marathonphotos. You can view and order these immediately after the race.

The results of the race can be found on our website: <https://challenge-almere.com/>

## Lost and Found

If you find any item that appears to be lost, you can hand it in at the information desk in the Theater. If you have lost something, always report it to the information desk. All items are brought here

## Prize Money and World Bonus Points

2024 - European Championship Long Distance prize money and points.

Rank	LD Triathlon	<i>CHALLENGE FAMILY</i> WORLD BONUS POINTS
1	€5,000	500
2	€4,000	450
3	€3,000	350
4	€2,000	250
5	€1,600	200
6	€1,400	150
7	€1,200	120
8	€800	90
9	€600	60
10	€400	30

In addition to the prize money from the event, there will be a [World Bonus](#) at the end of the season paid out based on the ranking for both men and women. The ranking is determined by means of a points system based on placements achieved.

## Awards Ceremony

The awards ceremony will take place on the Esplanade on Sunday 15<sup>th</sup> September at 11:00am. If you are unable to attend the awards ceremony, your team manager or one of your teammates can collect your medal at the end of the ceremony.

### Elite

The Top 3 men and women in the European Championship and the Top 3 men and women in the Dutch Championship will be briefly honored as soon as possible after the finish of the third athlete in the finishing stadium on Saturday 14<sup>th</sup> September.

### Fastest Local Athletes

The fastest male and female athletes from Almere on the Long Distance receive the annual [Ruud Graman and Joop Visscher awards respectively](#).

These athletes will be honored as soon as they enter the finish stadium on Saturday 14<sup>th</sup> September.

### Age Group Prizes

In the Long Distance European Championship series, prizes can be won in the following categories: 20-24, 25-29, 30-34 and further per 5 year category.

Dutch participants in the European Championship are also eligible for the Age Group titles for the Dutch Championship.

In the Open Age Group, prizes can be won in the following Long and Middle Distance categories: <24, 25-29, 30-34 and further per 5 year category.

For the Middle and Long Distance Aquabike, there are prizes in the following categories: <29, 30-39 and further per 10 year category

**2024 Europe Triathlon Championship Long Distance Almere-Amsterdam**

## Qualification for **THE CHAMPIONSHIP**

Challenge Almere-Amsterdam is one of the qualifying races for **CHALLENGE FAMILY THE CHAMPIONSHIP**. A total of 72 slots for the 2025 edition of **THE CHAMPIONSHIP** can be earned in Almere. For each Age-Group, a prize awaits the top 6 finishers in these categories.

### Challenge Family Age Group Athlete slots:

- One slot for the six fastest Age Group athletes in all Age Group categories of the Challenge Family Long Distance and Middle Distance races
- Slots roll-down up to twelfth place in all categories.
- Qualified athletes have four weeks to claim their starting ticket
- Qualified athletes will receive their starting certificate by email after the race

### Challenge Family Professional Athlete slots:

- One slot for all male athletes who finish top six in the Challenge Family Long Distance race
- One slot for all female athletes who finish top six in the Challenge Family Long Distance race
- Slots do not roll-down.

Discover more about **THE CHAMPIONSHIP**: <https://thechampionship.de/>

## Anniversaries

Athletes in the Long Distance in Almere competing for the 10th, 15th, 20th, 25th, 30th or 35th time this year will be recognized during the award ceremony. The list of jubilees can be found here: <https://challenge-almere.com/history/jubilees/>

## Special Prizes

Special prizes are offered by some of our partners.

### **ABUS**

Fastest cycling time by age groupers on the Long or Middle Distance (man and woman) deserve an ABUS Gamechanger bicycle helmet.

### **MUUVR**

The participants (both Long Distance and Middle Distance, male and female) who have earned the most EXP points by logging their activity in the MUUVR app will receive a Challenge Family X- Bionic cycling shirt.

This activity must be registered no later than Sunday 15<sup>th</sup> September, 7:00am.

### **X- Bionic**

Fastest Running Time by age groupers on the Long and Middle distance (man and woman) earn an X- Bionic Dragon Fly Trisuit.

## For Spectators

### LIVE

The race can be followed all day long on the Challenge Almere-Amsterdam YouTube channel with English commentary by Belinda Granger.

Omroep Flevoland provides the broadcast via their regional TV channel with Dutch commentary and can be viewed live on TV throughout the Netherlands.

3athlon.nl will also broadcast the race live on its website all day long.

### LIVE results

LIVE split times can be followed on the website: <https://www.challenge-family.live>

## Birthdays

During the race weekend (12<sup>th</sup> to 15<sup>th</sup> September) we celebrate the birthdays of the following participants:

<b>September 12</b> Charlotte the Goose Christel Muis Jasper Borsje Mandy Jung- Kämmler Nacho Fernandez Pascal van der Stelt Richard Holstege Sven Wille	<b>September 13</b> Andrew Wynn Benjamin Kindelsberger Gerrit Knein Jelle Bossaert Luca Petter Mia Veltman Michael Gro ß Roelof Heyser
<b>September 14</b> Eddie Butt Fabienne den Heijer Frank Veltman Kirill Serogodskii Liesel Dankert Mia Sabotke Paul Lee	<b>September 15</b> Babtist Anquetil Dieuwertje Bleijenberg Ethan Gemin Lucas Cwikowski Moshen Payamani Ole Spotter Tim Janss

## Closing Words

The organization, managers, officials and more than 800 volunteers of the 2024 Europe Triathlon Championships Long Distance Almere-Amsterdam wish everyone a fantastic race and many (personal) records.

See you at the finish!



# CHALLENGE FAMILY

## RACE CALENDAR 2024

	<b>CHALLENGE TURKU</b> FINLAND, 28 JUL 2024	MIDDLE		<b>ANFI CHALLENGE MOGÁN-GRAN CANARIA</b> SPAIN, 26 APRIL 2025	MIDDLE
	<b>CHALLENGE SANDEFJORD</b> NORWAY, 24 AUG 2024	MIDDLE		<b>CHALLENGE TAIWAN</b> TAIWAN, 26 APRIL 2025	LONG MIDDLE
	<b>CHALLENGE ISTANBUL</b> TÜRKIYE, 1 SEP 2024	OLYMPIC		<b>CHALLENGE CESENATICO</b> ITALY, 11 MAY 2025	MIDDLE
	<b>SAIL CHALLENGE ESPRIT MONTRÉAL</b> CANADA, 8 SEP 2024	MIDDLE OLYMPIC		<b>OTSO CHALLENGE SALOU</b> SPAIN, 11 MAY 2025	MIDDLE
	<b>CHALLENGE SAMARKAND</b> UZBEKISTAN, 8 SEP 2024	MIDDLE		<b>THE CHAMPIONSHIP</b> SLOVAKIA, 18 MAY 2025	MIDDLE
	<b>CHALLENGE BEIJING</b> CHINA, 8 SEP 2024	OLYMPIC		<b>CHALLENGE ST PÖLTEN</b> AUSTRIA, 25 MAY 2025	MIDDLE
	<b>CHALLENGE ALMERE-AMSTERDAM</b> NETHERLANDS, 14 SEP 2024	LONG MIDDLE		<b>CHALLENGE MALAYSIA</b> MALAYSIA, 31 AUG 2025	MIDDLE
	<b>CHALLENGE SANREMO</b> ITALY, 22 SEP 2024	MIDDLE		<b>CHALLENGE GERAARDSBERGEN</b> BELGIUM, TBC 2025	OLYMPIC
	<b>CHALLENGE VIEUX BOUCAU</b> FRANCE, 5 OCT 2024	MIDDLE OLYMPIC		<b>CHALLENGE GUNSAN-SAEMANGEUM</b> KOREA, TBC 2025	LONG
	<b>CHALLENGE PEGUERA MALLORCA</b> SPAIN, 19 OCT 2024	MIDDLE		<b>CHALLENGE GALLI POLI</b> TÜRKIYE, TBC 2025	MIDDLE
	<b>CHALLENGE BARCELONA TRIATHLON</b> SPAIN, 3 NOV 2024	OLYMPIC		<b>CHALLENGE CAGNES-SUR-MER</b> FRANCE, 8 JUN 2025	MIDDLE
	<b>CHALLENGE CANBERRA</b> AUSTRALIA, 17 NOV 2024	MIDDLE OLYMPIC		<b>LOTTO CHALLENGE GDAŃSK</b> POLAND, 22 JUN 2025	MIDDLE
	<b>CHALLENGE FLORIANÓPOLIS</b> BRAZIL, 24 NOV 2024	MIDDLE		<b>CHALLENGE KAISERWINKL-WALCHSEE</b> AUSTRIA, 29 JUN 2025	MIDDLE
	<b>CHALLENGE SALINAS</b> ECUADOR, TBC DEC 2024	MIDDLE		<b>DATEV CHALLENGE ROTH</b> GERMANY, 6 JUL 2025	LONG
	<b>CHALLENGE ISRAMAN</b> ISRAEL, 31 JAN 2025	LONG MIDDLE		<b>SAIL CHALLENGE CAP QUEBEC</b> CANADA, 20 JUL 2025	MIDDLE OLYMPIC
	<b>GALLAGHER INSURANCE CHALLENGE WANAKA</b> NEW ZEALAND, 15 FEB 2025	MIDDLE		<b>CHALLENGE NEW JERSEY STATE</b> USA, 20 JUL 2025	OLYMPIC
	<b>CHALLENGE CERRADO</b> BRAZIL, 6 APRIL 2025	MIDDLE			



ALL RACES ARE QUALIFICATION RACES FOR THE CHAMPIONSHIP

[www.challenge-family.com](http://www.challenge-family.com) #EveryAthleteEveryChallenge #AllAboutTheAthlete

2024 Europe Triathlon Championship Long Distance Almere-Amsterdam