



CHALLENGE
LISBOA
wearetriathlon!

Race Guide

Introduction

Dear athlete!

We welcome you to the city of Lisbon, where Challenge Lisboa will take place on May 7th, 2022!

Lisbon is one of the oldest capitals in Europe, and also one of the most beautiful.

Sea, sun, history, family entertainment, shopping, great food, and a vibrant nightlife are all on offer in Lisbon, so you and your family will surely have a great time.

After 11 successful years as Lisboa Triathlon, we joined Challenge Family in 2017, and delivered the first ever Challenge Family event in Portugal. 2022 will be the 4th edition of Challenge Lisboa.

Being a part of the Challenge Family means that you are between friends! Friends who motivate, assist and support you in your race against nature, time, and yourself!

To create the best possible race conditions, all staff and volunteers aim to provide you with the best support possible before, during and after the race.

We hope you enjoy our beautiful city and we wish you a wonderful race!

Getting to Lisbon

Location

The race venue is located at Parque Das Nações, the same place where the World Expo 98 took place.

By airplane

The closest airport is Lisbon airport, just 3 kms from the race venue. From the airport you can either catch a taxi or ride the subway from *Aeroporto* station to *Oriente* station (3 stops), which will leave you right next to the race venue and all the hotels in the area.

By train

Regular public transport by train can take you to Gare do Oriente train station, which is right at the heart of Parque Das Nações, where the race venue and all the hotels are.

By bus

There is regular bus service to Gare do Oriente station, which is right at the heart of Parque Das Nações, where the race venue and all the hotels are.

Accommodation

Tivoli Oriente is the Main Hotel and the Organization's Official Hotel.



The hotel is located just 250 meters from the event's main areas: Expo / Start and Finish / Transition Area / Race Office.

The Airport is just 3 kms away, and you can take the subway on your way to the venue. It will take you to Oriente station, just meters away from Tivoli Oriente Hotel, making it one of the easiest events to access from the airport in the entire world!

Besides these hotels, there are many other hotels for you to choose from.

To see a list of other hotels in Lisbon, and how distant they are from *Parque das Nações* (where the race venue will be), please go to <http://www.portaldasnacoes.pt/category/hoteis/>.

Car Parking

If you are driving to the race, we recommend parking either at the train station across the street from the Vasco da Gama Mall, on the avenue leading to the airport, or on the north side of the venue closer to the Vasco da Gama Tower, the Myriad Hotel.

If you park anywhere on the bike course your car will be towed.

Races

Now in its fourth year running, Challenge Lisboa is a memorable event for the whole family, with several races on offer.

Here's a full list of our races:

Parents and Kids Aquathlon:

200m swim + 1km run.

In teams of up to 4, parents and kids will swim and run together.

This is a participation focused event, a chance for families to experience the magic of multisport together.

This event will not be timed nor will there be a classification.

All team members will receive a beautiful finisher bracelet.

Olympic Relay:***1.5km swim + 45km bike + 10.5km run***

A relay team competition, in teams of 2 or 3 athletes.

Each athlete does one of the segments (in teams of 2, one athlete does two of the segment).

The course and distances are the same as the Olympic plus, and drafting is not allowed on the bike segment (12m rule).

Corporate Cup Relay:***1.9km swim + 90km bike + 21.1km run***

It is a race within the race, a team competition in a relay format. Each team is made up of 2 or 3 elements, with each one doing one of the segments (in teams of 2, one athlete does two of the segments).

The race is at the middle distance, comprising a 1.9 km swim, 90 km bike and 21.1 km run.

The course and number of laps is the same as in the Middle Distance race, and drafting is not allowed on the bike segment (12m rule).

Sprint Distance:***750m swim + 23km bike + 5.3km run***

Taking place for the second year, this distance will allow athletes to race on the same course as the Middle Distance, doing just one lap on the bike and one lap on the run.

Drafting is not allowed on the bike segment (12m rule).

Olympic plus***1.5km swim + 45km bike + 10.5km run***

Just a little bit over the traditional Olympic distance, this is perfect for those who feel the Middle Distance is a bit too much, and it's sure to inspire you to do the whole thing in 2023. The bike will be a 2 lap course (half of the Middle Distance race), and drafting is not allowed (12m rule).

The run will be a 2 lap course (half of the Middle Distance race).

Middle Distance:***Our main event, comprising a 1.9k swim + 90k bike + 21.1k run.***

The swim takes place at the beautiful Rossio dos Olivais, next to the famous Lisbon Oceanarium, on calm waters.

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The 4 lap bike course takes the athletes out of Parque das Nações and into the IC2 freeway, which will be completely closed to traffic. With ample space for everyone and the Tagus river as a backdrop, this is a mostly flat course, with just a 1km climb (6% incline) before the turn around point at the middle of each lap. Drafting is not allowed on the bike segment (12m rule).

The 4 lap run is completely flat and alongside the Tagus river, with both paved and off-road sections.

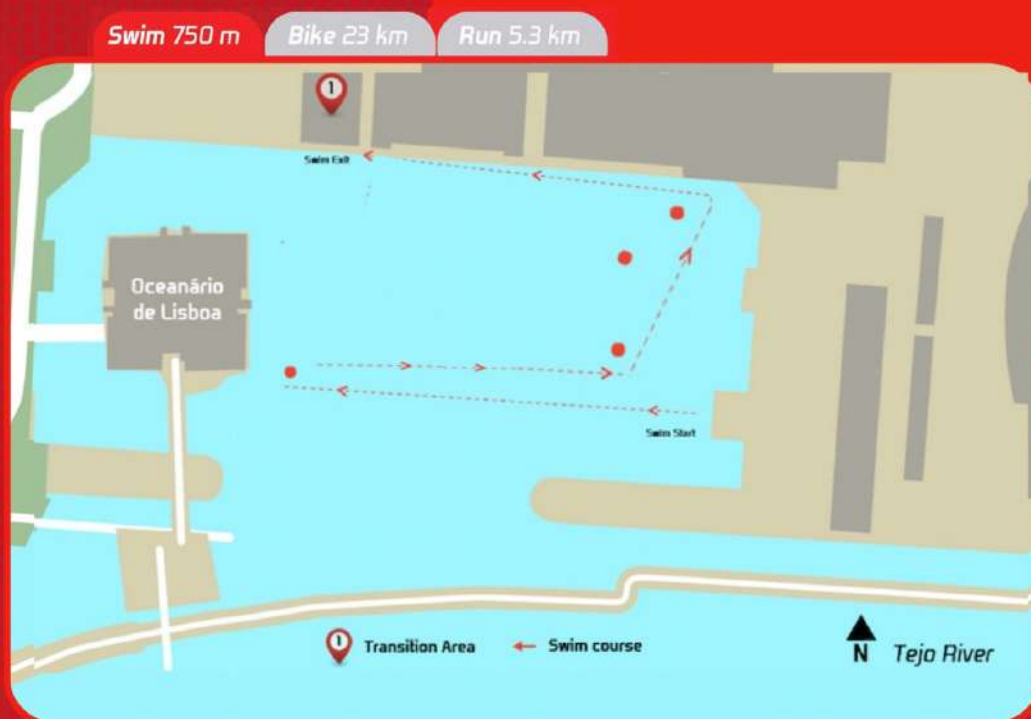
Course Maps

Family Relay:

SWIM MAP

FAMILY RELAY

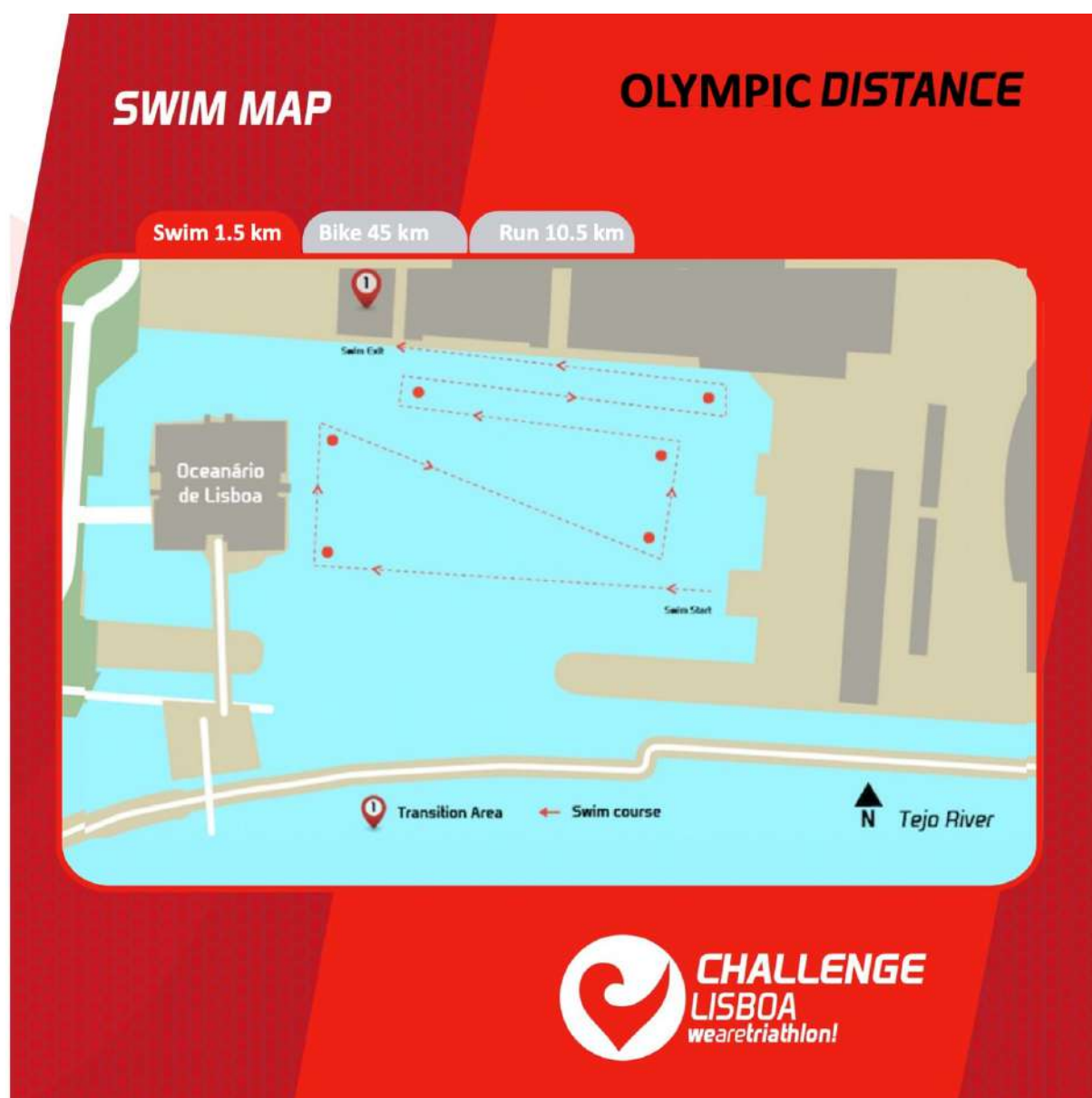


RUN MAP**FAMILY RELAY****Sprint Distance:****SWIM MAP****SPRINT**

The bike and run courses for the Sprint distance are the same as the Middle Distance, but only one lap on the bike and one lap on the run.

Please check the Middle Distance course maps for reference.

Olympic plus and Olympic Relay:



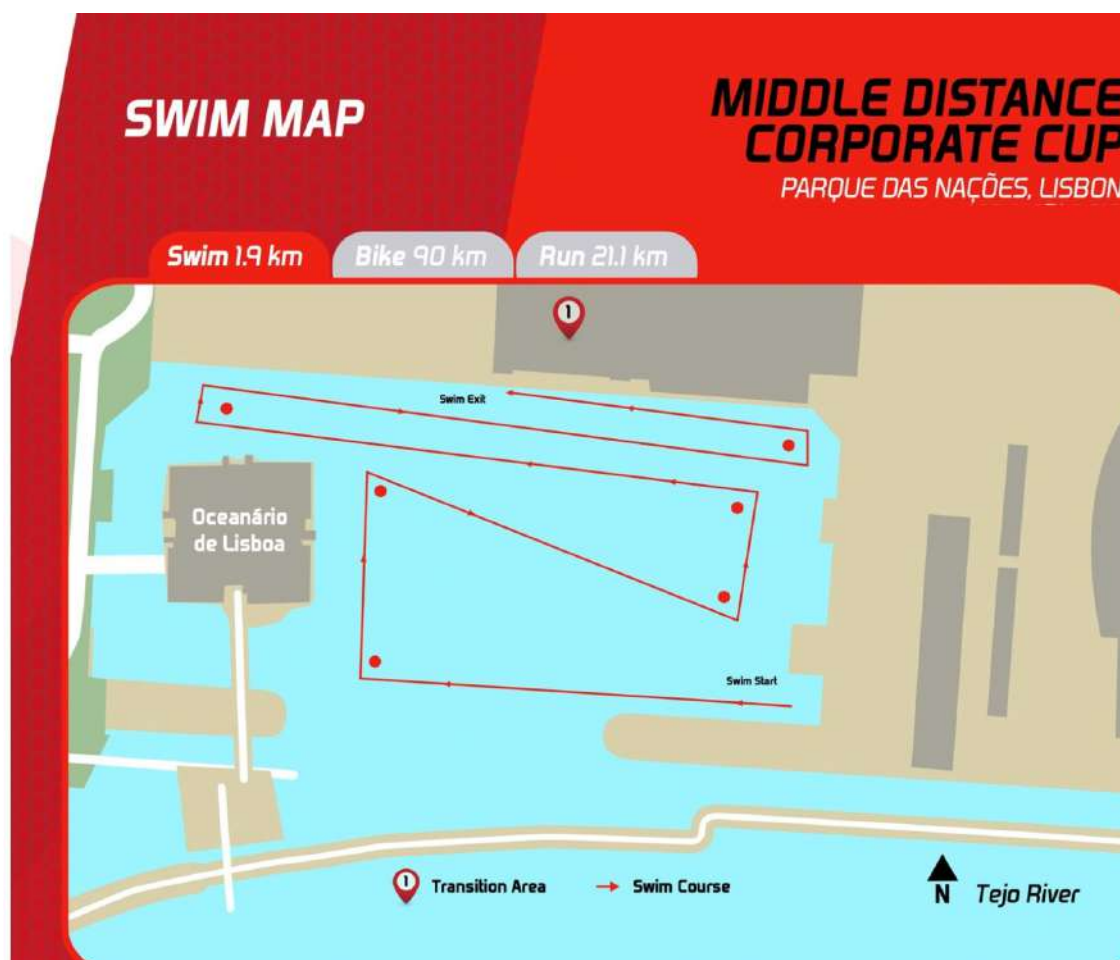
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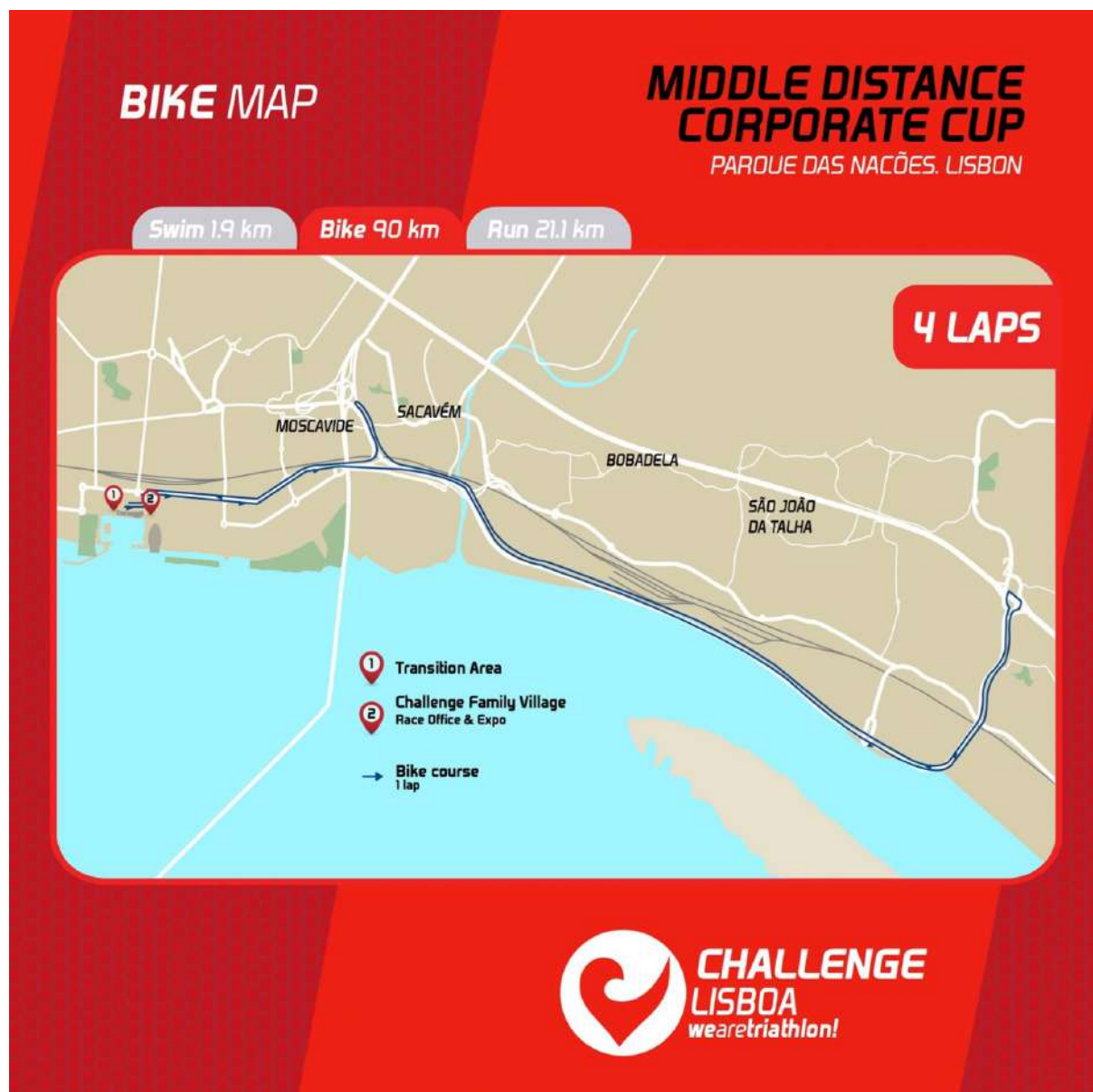
The bike and run courses for the Olympic plus distance are the same as the Middle Distance, just half the laps.

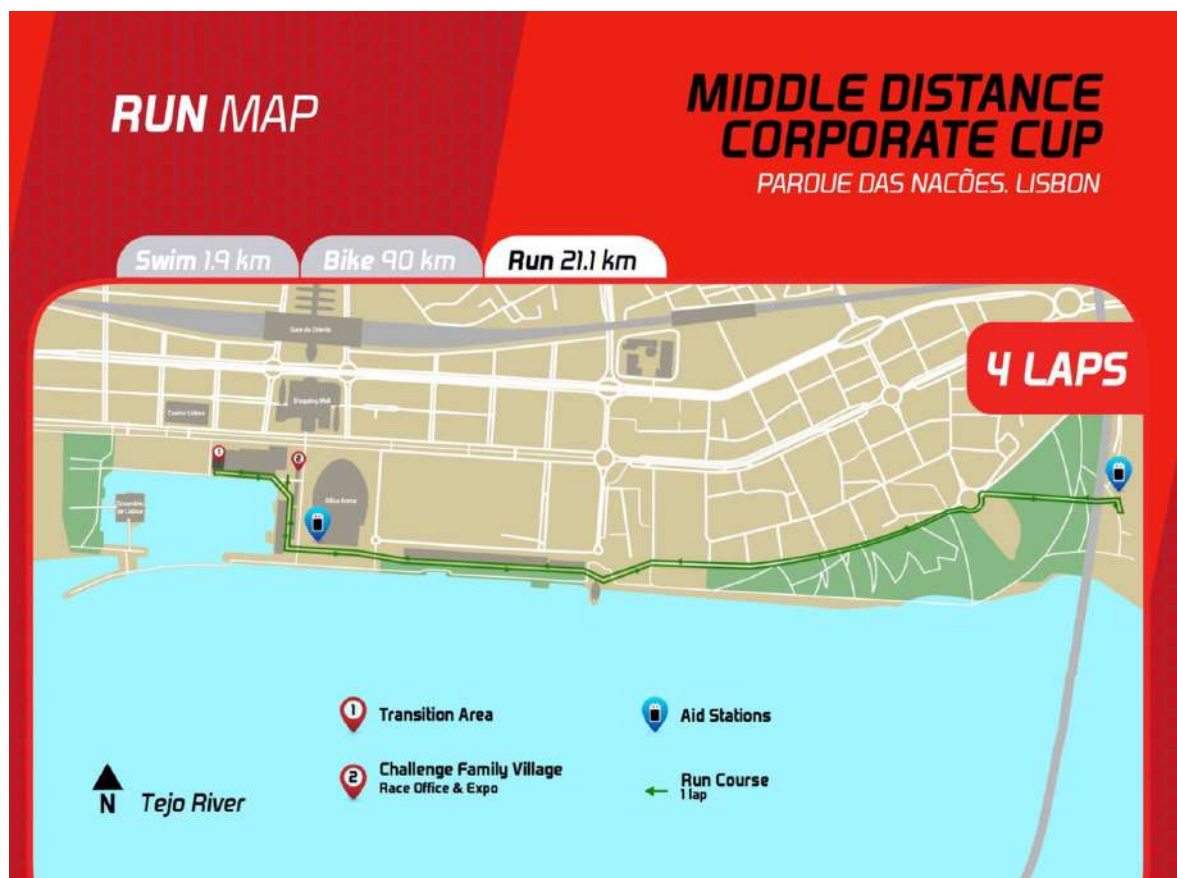
So 2 laps on the bike and 2 laps on the run.

Please check the Middle Distance course maps for reference.

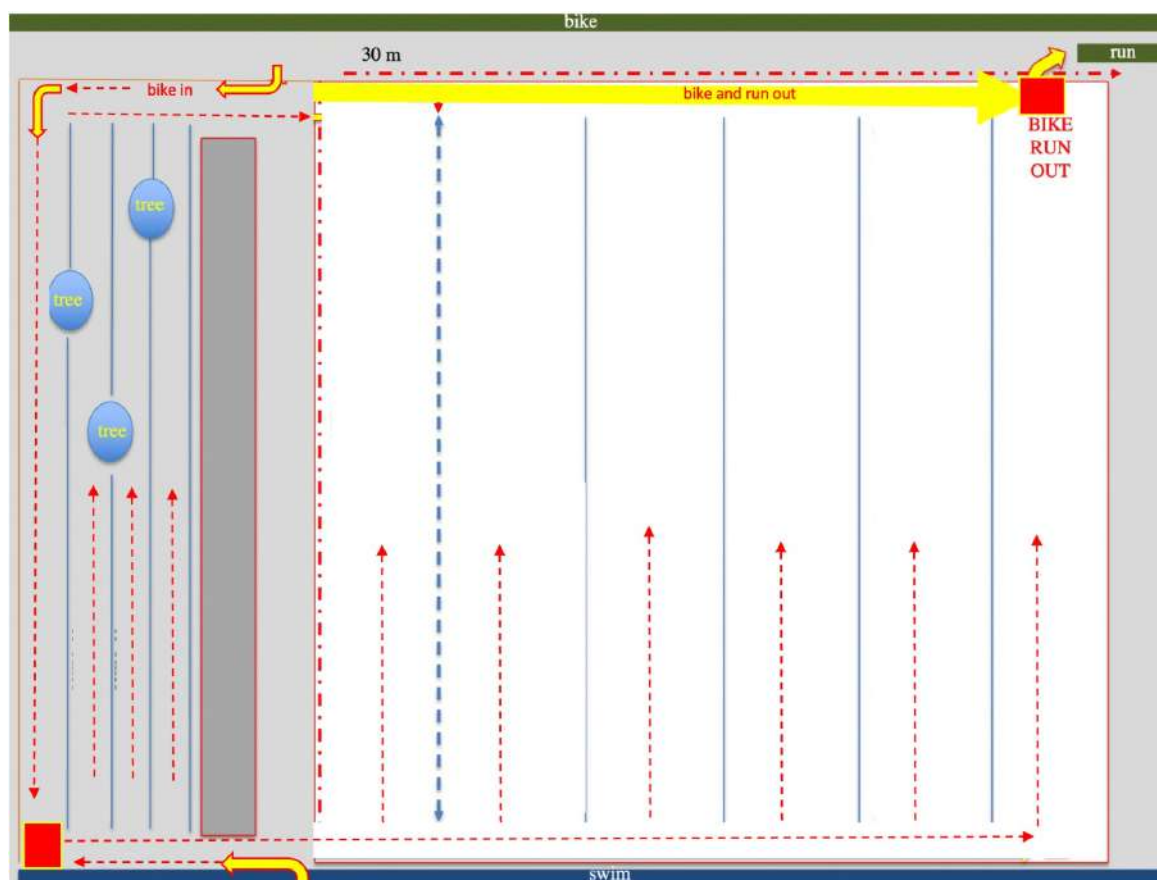
Middle Distance & Corporate Cup Relay:







Transition Area:



Bike Lap Elevation Profile (Middle, Olympic and Sprint Distances):

Categories and Prizes

Middle Distance:

We will have the following age-group categories (for both men and women):

18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

When determining the Age-Group for each athlete, it's the year of birth that's taken into account, meaning the relevant age is the age on the 31st of December, 2022.

There will be trophies for the top 3 in every age-group category, the top 3 men overall and the top 3 women overall.

Corporate World Cup:

In the Corporate World Cup the focus will be on the companies represented, and there will only be one general classification.

There will be trophies for the top 3 teams.

Olympic plus:

In this event there will be a general classification, a Men's division and a Women's division. There will not be an age-group division.

There will be trophies for the top 3 men overall and the top 3 women overall.

Olympic Relay:

In this event we will have one general classification only, regardless of the team's composition.

There will be trophies for the top 3 teams.

Sprint Distance:

In this event there will be a general classification, a Men's division and a Women's division. There will not be an age-group division.

There will be trophies for the top 3 men overall and the top 3 women overall.

Parents & Kids Aquathlon:

This event is a celebration of our sport, an opportunity for families to share the magic of multisport, and a chance to cross the magical Challenge Lisboa Finish Line together. Every team member will receive a beautiful finisher medal, and, being a participation focused event, it will not have a general classification.

The Championship

2022 will be the fifth year Challenge Family's **THECHAMPIONSHIP** takes place, an amazing event that's already a reference in the sport.

This year it will be once again held in Samorin, Slovakia, on May 22nd, so two weeks after Challenge Lisboa.

Entry into **THECHAMPIONSHIP** is by qualification only, and Challenge Lisboa will have the following slots for **THECHAMPIONSHIP** on offer:

- Top 6 Age-Groupers from every Female Age-Group and every Male Age-Group (Middle Distance);
- Top 10 Corporate Cup Relay teams will qualify for the Relay event at **THECHAMPIONSHIP** (only teams with 3 members qualify);

Qualifying slots won at Challenge Lisboa 2022 can be used for registration in either the 2022 or 2023 editions of **THECHAMPIONSHIP**.

Upon qualifying for **THECHAMPIONSHIP**, the qualifying athlete or team will receive a registration code (via email) from Challenge Family. This code will allow the athlete to complete the on-line registration form for **THECHAMPIONSHIP** at the event website. Qualification for **THECHAMPIONSHIP** is only finalized upon completion of the online registration form and full payment of the event registration fee.

The qualifying athlete or team will have seven (14) days to register for **THECHAMPIONSHIP** (and pay the event registration fee) after receiving the registration code. Failure to register within the 14-day period will waive the qualification, and there will be a roll down of up to the top 12 athletes.

Cut-Off Times

All Races:

Swim:	Until 9:30
Swim + Bike:	Until 13:00
Finish:	Until 16:00

Program

Thursday, May 5th

15h00 – 20h00 Race Office

15h00 – 20h00 Challenge Lisboa Expo

Friday, May 6th

10h00 – 21h00 Race Office

10h00 – 21h00 Challenge Lisboa Expo

15h00 – 21h00 Bike Check-in for all races

16h30 – 17h20 Swim practice on race course

17h30 – Parents & Kids Aquathlon

Saturday, May 7th

05h30 – 07h00 Race Office

05h30 – 07h00 Last minute Bike Check-in for Middle Distance, Corporate Cup Relay, Olympic plus and Olympic Relay. You must get a special bracelet at the Race Office, if you want to only check-in on Saturday. This bracelet has an additional cost of 10€.

Athletes who do the Bike Check-in on Friday will be able to enter the transition area on Saturday for last minute adjustments between 5h30 and 7h00.

06h45 – 07h10 Swim warm up.

07:30 – **RACES START**. Wave times:

07:30 – Middle Distance Wave 1 (M18-24, F18-24, M25-29, F25-29, M30-34 & M35-39)

07:35 – Middle Distance Wave 2 (F30-34, M40-44 & M45-49)

07:40 – Middle Distance Wave 3 (F35-39, F40-44, F45-49 & all age-groups above 49)

07:45 – Corporate World Cup

08:05 – Olympic plus

08:10 – Olympic Relay

08:30 – World Firefighters Games Triathlon

08:35 – Sprint Distance

09h00 – 18h00 Challenge Lisboa Expo

Award Ceremonies:

10:30 – Sprint Distance

12:15 – Olympic plus + Olympic Relay

14:00 – Middle Distance Age-Groups from 18-24 through 45-49 + Corporate Cup Relay

16:00 – Remaining Middle Distance Age-Groups

Race Kit Pick-Up

The Race Kit pick-up will take place at the Race Office, located inside the Challenge Lisboa Expo in Rossio dos Olivais, Lisbon.

The Race Office Opening Hours will be:

Thursday (5th of May) – from 15:00 until 20:00;

Friday (6th of May) – from 10:00 until 21:00;

Saturday (7th of May) – from 05:30 until 07:00;

When you come to the Race Office, you'll need a personal identification card and your Triathlon Federation License card.

Please be aware that if you do not have a Triathlon License from any Federation, you will need a one day license, which costs 15€.

If you did not get the one day license during your online registration, you will have to buy it at the Race Office when you pick up your Race Kit.

To pick-up your Race Kit, you'll need to know your bib number. You can do this by checking it on our website or on the startlists we'll have posted next to the Race Office.

There will be several queues available for race kit pick-up, divided by event and bib numbers. Please do not get on a queue without knowing your bib number.

You'll also need to sign a Waiver. Please pick one up next to the Race Office, so it's already signed when you get to the Race Office desk.

Please be aware that you must have your own ankle strap to use with your timing chip during the race. If you do not have one, you can purchase them at the Race Office (they cost 5€).

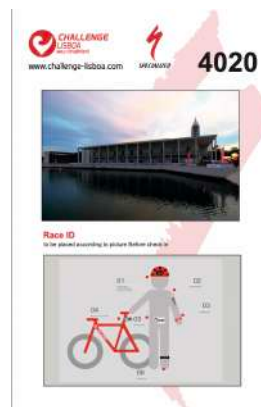
Race Kit Contents

When you go to the Race Office you will be given an envelope containing all the race gear needed for the race weekend, as well as instructions on how to use it.

You will also find a checklist inside with all the items that your Race Kit contains.

Please verify that you have all the items that are mentioned on the checklist, before leaving the Race Office.

The items present will be:



Middle Distance, Corporate Cup Relay, Olympic plus, Team relay and Sprint Distance:

- a. Bib, to be worn to the front during the run;



- b. Tattoo with your race number (on relays only the runner uses it);



- c. Several stickers with your race number;
- d. Swim cap, to be worn during the swim course. Colour depends on the distance and wave start;



- e. Participants access bracelet, to be worn around the wrist;

Parents & Kids Aquathlon

- a. Tattoo with your race number;
- b. Swim cap, to be worn during the swim course;



Bike check-in

Middle Distance, Corporate Cup Relay, Olympic plus, Team relay and Sprint Distance:

The bike check-in will take place on Friday, May 6th, between 15:00 and 21:00.

On Saturday, May 7th, there will be a last minute bike check-in, between 05:30 and 07:00.

This check-in has an additional cost of 10€. You must get a special bracelet at the race office, either Friday evening or Saturday morning, otherwise you will not be able to check-in on Saturday.

Athletes who check-in on Friday will be allowed to enter the transition area on Saturday morning for last minute adjustments, between 5:30 and 7:00.

At the bike check-in, you will be given your timing chip. You must have your own ankle strap to put it in. If you do not have one, you can purchase it at the Race Office (5€). Please take very good care of your timing chip, as you will need to give it back when you check-out. If you lose your timing chip, you will be charged 25€ at check-out.

Your bike will be checked for safety and adherence to the regulations, as set out by the Portuguese Triathlon Federation, which follows the general ITU regulations.

You will be given a basket, that you must place next to your bike, and everything you need for the race must be inside it. The only exception, apart from your bike, is your helmet, which you can leave on the handlebars, but NOT on the floor. During the race, everything you take off (Wetsuit, swim cap, goggles, etc...) must be placed inside this basket before leaving transition.

Please take your bib and helmet with you. Your bike and helmet must have all the stickers already correctly placed, for the judges to check.

You will be allowed to take your helmet back with you, but you must take it for verification when you check-in.

Rules and Regulations

Challenge Lisboa conforms to the rules and regulations of the *Federação de Triatlo de Portugal* (F.T.P) and the International Triathlon Union (I.T.U.).

The Middle Distance, Corporate Cup Relay, Olympic plus, Team Relay and Sprint Distance races are non drafting races.

For your safety and protection, we feel compelled to draw your attention to some important rules once more:

- Participation in the event is at the participant's own risk.
- The participant grants indemnity to the organization against all liability and claims possibly resulting from participation in the event.
- The officials have the right to disqualify participants for reasons of misbehaviour during or before the triathlon.
- Furthermore, the race directors have the right to remove participants from the event, for their own personal protection, if continuing would mean they endanger both themselves and other participants.
- You shall adhere to the directions, instructions and rules of the race officials under penalty of disqualification.

These include, but are not limited to:

Swim Segment:

- All athletes must wear the official event swim cap during the swim segment;
- If an athlete chooses to wear two caps, the official swim cap must be on the outside from the moment of the athletes' line-up procedure starts

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- Athletes may not alter the swim caps in any manner
- Failure to wear the official swim cap, or altering the official swim cap, may result in a penalty up to and including disqualification.
- Wetsuits cannot exceed 5 mm thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5 mm thickness limit
- Propulsion devices that create an advantage for the athlete, or a risk to others, are forbidden
- Athletes must not use or wear: • Artificial propulsion devices; • Flotation devices; • Gloves or socks; • Wetsuits or any part of the wetsuits when they are forbidden; • Non-certified swimsuits; • Snorkels
- Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears, except ear protection plugs
- Any jewelry deemed to be a hazard to themselves or other athletes. (Athletes may be requested to remove any such items.)

Bike Segment:

- An athlete is not permitted to: (i) Block other athletes; (ii) Cycle with a bare torso; (iii) Make forward progress without being in possession of the bike. (iv) Use a different bike during the competition than the one checked-in
- Athletes must obey the specific traffic regulations for the event, unless a Technical Official advises otherwise;
- Illegal equipment includes, but is not limited to: • Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears; • Glass containers;
- It is forbidden to draft off another athlete or motor vehicle. Athletes must reject attempts by others to draft;
- Overtaking: • An athlete is passed when another athlete's front wheel is ahead of theirs; • Once overtaken, an athlete must move out of the draft zone of the leading athlete immediately; • Athletes must keep to the side of the course and not create a blocking incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course.

Run Segment:

- The athletes will: (i) Run or walk; (ii) Wear the official race number (applicable always in the Age Group events. For other events, the Technical Delegate can make it mandatory and athletes will be informed in the race briefing); (iii) Not crawl; (iv) Not run with a bare torso; (v) Not run with a bike helmet on; (vi) Not use posts, trees or other fixed elements to assist manouvering curves; (vii) Not be accompanied by team members, team managers or other pacemakers on the course;
- The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to Technical Officials or Medical personel as presenting a danger to themselves or others, may be removed from the competition;
- Illegal Equipment: a.) Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears; b.) Glass containers;

Transition Area

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- All athletes must have their helmet securely fastened from the time they remove their bike from the rack before the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg
- Athletes must use only their designated bike rack
- Athletes must not impede the progress of other athletes in the transition area
- Athletes must not interfere with another athlete's equipment in the transition area
- Cycling is not permitted inside the transition area
- Athletes must mount their bicycles after the mount line by having one complete foot in contact with the ground after the mount line. Athletes must dismount their bicycles before the dismount line by having one complete foot in contact with the ground before the dismount line.
- While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the athlete's hands.
- Nudity or indecent exposure is forbidden;
- Athletes cannot stop in the flow zones of the transition area;

Participants of the event are covered by our insurance policy.

In accordance with portuguese law, this insurance policy is against reimbursement, which means that, in the unfortunate case of an accident, the insured must first pay losses out-of-pocket and then seek reimbursement.

The insurance deductible on this policy is 75€.

Swim Start Procedure

On Saturday morning, athletes will be allowed on the swim course for a pre-race warm-up between 06h45 and 07h10.

At 07h10 all athletes must leave the swim zone area.

At 7h25 the 1st and 2nd waves will be called.

The 1st wave will be allowed into the start line, and the 2nd wave will be allowed into the box that's just before the start line. All other athletes will remain outside the swim zone area.

When the 1st wave gets underway, the 2nd wave will be allowed into the start line, and the 3rd wave will be allowed into the box. All other athletes must remain outside the swim zone area.

And so on until all waves are underway.

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Access to the start line and box are based on your swim cap colour, making it easier to spot when your wave is moving.

The swim cap colours will be:

Middle Distance Wave 1: Red



Middle Distance Wave 2: Orange



Middle Distance Wave 3: Purple



Olympic+ Distance: Pink



Sprint Distance: Blue



Corporate Cup Relay: Green



Team Relay: Yellow



Aid Stations

Swim:

Right after the swim and before going into transition, we'll have a water station.

Bike:

There will be one aid station at the beginning of each lap.

The products available at this station are:

- 1) Energy Bars
- 2) Water Filled Bike Bottles
- 3) Bananas
- 4) Oranges

Run:

There will be two aid stations on each run lap. One at the far turnaround point, the other next to the curve that's close to the swim start.

The products available at these stations are:

- 1) Isotonic Drink
- 2) Water
- 3) Coke
- 4) Redbull
- 5) Bananas
- 6) Oranges
- 7) Gel

Refuelling

After you finish the race you'll be able to refuel on both liquids and solids. Due to the global situation, this year we have decided to do a walk through refuelling station, to avoid a major concentration of athletes.

Showers

You can use the facilities next to the swim start, at the Nautical Center, to shower and change, after the race on Saturday, between 14h00 and 16h00.

Swimming on Race Week

In the days prior to the race you won't be able to swim on the swim venue, except on Friday between 16:30 and 17:20.

There is a 25m pool close by, called Oriente pool, located about 1km from the Race Venue. The pool's address is Rua Câmara Reis, 2950 Lisboa, and you'll have to pay an admission fee to be allowed in.



RACE OF THE YEAR 2021

Welcome to Gdańsk!

Visit Poland

www.challenge-poland.com



More information about Challenge Gdansk



Register to Challenge Gdansk



Bike Check-Out

To do your bike check-out, you must give your timing chip back and show your bib. Please make sure the timing chip is securely fastened during the race, as lost chips will be charged 25€ upon check-out. This amount is what we are charged by the timing company for every missing chip.

The check-out times will be:

Middle, Olympic and Sprint Distance races:

As soon as the last athlete from all races finishes his/her bike segment, which should be around 13:00, or sooner if the Officials from the Portuguese Triathlon Federation see fit.

Spectators

WHERE TO WATCH THE RACE:

The swim takes place on an enclosed area, and you can walk alongside the athletes for the entire swim. Some parts you'll be right on top of the action, others you'll be a few meters away. If you're not the walking type, the best spots to watch the swim are close to the restaurants next to the swim start, and next to the transition area, where the athletes will come out of the water. But you'll have a great view of the swim pretty much anywhere around the swim venue.

On the bike spectators usually stay at the turn around point closest to the transition area, at the beginning of each lap, or some 200 meters up the road, at the start of and alongside Avenida D. João II.

On the run you can watch the athletes on the riverside, anywhere along the course.

The entire staff and the 150 volunteers of Challenge Lisboa 2022 would like to wish all the athletes a fantastic race with many personal records.

See you at the finish line!