RACE MANUAL GREEK
HERO XTRI SOLO POINT FIVE 2025

Take the challenge to race **GREEK HERO XTRI SOLO POINT FIVE**
Swim in the turquoise Ionian Sea, bike and run in the beautiful Greek Island of Corfu!

GREEK HERO XTRI SOLO POINT FIVE is for athletes who want to taste the flavour of Xtreme Triathlon.

At the time of the race in Corfu Island the weather can be a little unstable and even though it does not have high mountains the geography of the island makes the race extremely challenging.

Temperatures can range from 10 to 32 degrees Celsius.

Note: This manual is intended to be as comprehensive as possible, but the nature of the local weather, race course and the area it takes place in means that it is not possible to be 100% accurate on all matters. The important details are correct though. There will also be a compulsory race briefing where any last-minute changes will be brought to your attention. The organisers reserve the right to alter any element of the manual. This manual will provide you with the information you need to compete at the Greek Hero XTRI Solo Point FIVE. Competitors must read this document and follow all advice herein:

SUMMARY:

- **Athletes are self-supported throughout the race.**
- **There will be limited aid stations provided.**
- **Support cars are not permitted.**

- **You must bring mandatory safety equipment and expect this to be checked and verified before racing.**
- **This is not "just a half", XTRI SOLO POINT FIVE races are designed to be extreme, it will be a tough day out, please do not underestimate this fact.**
- **Finishers will receive a coveted GREEK HERO XTRI SOLO POINT FIVE Finishers T-Shirt.**
- **You will receive 75 X-Points for finishing - more details from www.xtriworldtour.com/x-points**

COURSE OVERVIEW:

SUNDAY, MAY 18th 2025. The race will start at 06:30 am

- **The Start -T1-T2-Finish line is at IPSOS BEACH**
  https://maps.app.goo.gl/8JomP6wffwk24EFVA

- **1,9 km swim in a loop** at Ipsos beach (T1)
- **92 km road bike** (roads are open to traffic) with a total altitude of **2200m** (T2 at Ipsos beach)
- **20 km trail run** on trails and dirt roads with **800m** altitude
- **Finish at Ipsos beach**

Athletes are largely self-supported throughout the race.

REGISTRATION:

Registrations are on-line at www.greekheroxtri.com.

At the ***race-number pick*** up you must provide:
1) Medical Certificate - if you haven't emailed it, or your TRIATHLON LICENCE,
2) Identification document (ID, passport),

At the race number pick up you will receive:
1) Swimming cap
2) GPS tracker (in the morning of the race before the START)
3) Race number and stickers with your entry number for the helmet and the bike.
4) Timing chip

Each participant, in addition to the material received upon his/her arrival at the registration, upon finishing the race he/she will also receive:
1) Finisher t-shirt for the athlete
2) Free photographic coverage at various points of the race

CANCELLATION POLICY
Greek Hero does not provide refunds or deferrals.
XTRI Refund Protect together with Protect Group Together with Protect Group XTRI World Tour offers all athlete to cover their registration fee to any XTRI event with Refund Protect. Refund Protect can be bought in registration to event. Terms and conditions for Refund Protect can be read on the registration form. By buying the refund protect you provide permission for Race.se to send your name and booking information to Refund Protect to protect your transaction.

PROGRAM

SATURDAY 17/05

Cultural Center I. Mitropoli , Corfu Town
https://maps.app.goo.gl/m2hEfdENQh4hqsp5A

16:00 - 19:00 Race number pick-up

17:00 - 18:00 Mandatory Technical Briefing

SUNDAY 18/10
05:30 - 06:10 T1 - Compulsory placement of bicycles in T1, final adjustments, placement of Transition Bags.
(IPSOS BEACH SMALL PORT)
https://maps.app.goo.gl/8JomP6wffwk24EFVA

06:30 RACE START

18:00 Finisher T-shirt Ceremony
(IPSOS BEACH SMALL PORT)
https://maps.app.goo.gl/8JomP6wffwk24EFVA

CUT OFF TIMES:
- Exit the water ***1 hours 10 minutes (T1)***
- Exit transition zone **T2** from bike to run ***6 hours and 30 minutes***

REGULATIONS

The race will take place according to the general rules of **World Triathlon**

* For what is not provided by the following and general regulations of the World Triathlon the Standing Committee decides immediately.

EQUIPMENT

- Full ***wetsuits*** are mandatory for the **swim**. Gloves and swim socks are permitted if non-webbed, these will be checked at registration

- ***Swimming caps*** provided by the race organisation are to be worn during the swim

- ***GPS Tracker*** is to be worn at all times from T1 onwards (note: not during the Swim) - this piece of equipment is vital for your safety as we can locate you at any point. The tracker will alert us of inactivity and we can send help. From experience we know this can be a life saving device – PLEASE USE IT!

- ***Start number*** is not to be worn during the swim, and must be stored visible in T1, until the athlete exits the water.

- ***Start number belt*** must be worn (and visible) on the **back** during **bike** segment and in **front** during the **run** at all times.

- Bikes must be in good working order and Greece road legal.

- ***Helmets*** are compulsory whilst riding your bike, and must be approved by a national accredited testing authority, or have the CE stamp.

- ***Sunglasses*** are highly recommended.

- No change of bike or wheels are allowed.

- There is ***mandatory equipment*** that must be carried by the athlete during the **run**. There will be a compulsory check at T2.

MANDATORY equipment for the run

- Aluminium foil
- Water container with 1l water
- Windproof Jacket
- Sufficient Food
- **Mobile Phone switched on with the emergency numbers.**

MEDICAL

Medical crew, Mountain Rescue and marshals appointed by the organisers may remove a competitor from the race should they suspect that there is a

health or injury risk to the competitor at any time during the race. The use of non-legal performance enhancement supplements/drugs is forbidden.

LIABILITY

Athletes and their support crews must sign a document of "Release from Liability" before they receive their start number. There may be an additional liability waiver required at the swim start, dependent on water temperature.

For the participation under the age of 18 at the day of the race, the parent/guardian must sign the relevant statement of responsibility.

PENALTIES

Athletes are responsible for knowing the routes, rounds, reversals, and any penalties that may be imposed during the race.
The Race Director, on the advice of Race Marshalls can issue time penalties for athletes or disqualify either athlete or support.

Time penalties

- Minor violations (yellow card) - 5 minutes
- Second violation (yellow card) - 15 minutes
- Third violation, major violations or dangerous behaviour (including being rude to race officials) (red card) – Disqualification.

Note the point above about Littering – this is a big 'no no'!

A penalty box for serving time penalties is placed in T1.

Failure to execute the penalties in the penalty box disqualifies the athlete.

Rules on the bike leg

- During the transitions we ride the bike out of the Transition Zone at the special **mount line** and get off the bike BEFORE the dismount line. In any case, we **do not ride within the transition area** for any reason neither before nor during the race or after we have completed our race.

- **GREEK HERO XTRI SOLO POINT FIVE** is a ***DRAFT FREE*** race. There should be a 12 meters distance between the front wheels of the two athletes (10 meters clear distance between the two bikes). You are not permitted to draft other competitors. We will have draft busters on the course.

- The **helmet** should be worn at all times while riding the bike.

- The bike course is **open to normal traffic**. Road **traffic regulations** must be strictly always observed.

- The following may lead to time penalties and/or disqualification:
    - Violating traffic regulations. (Crossing the double line in the middle of the road leads to disqualification).
    - Obstructing traffic by not holding to the right whenever possible.
    - Use of headphones, headsets or mobile phones while on the bike.
    - Pacing on the bike leg, either by car or bike.
    - Drafting off another athlete or motor vehicle.

- The upper body should be covered during the bike and run leg.

- The camera is allowed on the bike with the approval of the race referee.

Rules on the run leg

- The run course is open to normal traffic on road sections. Road traffic regulations must be strictly always observed.

- The following may lead to time penalties and/or disqualification:
    - Runners must keep to the left side of the road during the road sections.
    - Use of headphones, headsets or mobile phones on any tarmac sections.

Expected weather conditions

Water temperature in Ionian Sea is between ***15 C - 19 C*** degrees in May, be prepared for possible waves. The swim may be shortened or abandoned if the water temperature is unseasonably cold. The water temperature will be announced before the race for the use of a wet suit.

The swim course may be changed if the weather is bad, if the visibility is low due to fog or rain, high waves, strong tide or any other reason.

Air temperature on the bike and run leg can vary from ***10 to 32 C*** degrees.

Aid stations:

Athletes are essentially self-supported. The organisers will provide basic aid/ food stations (gels/bars/water, toast, nuts, Coke):

Bike leg: at **34km** Acharavi and at **70 km** Troumpeta

Run leg: at **10km** Sokraki

If you **withdraw** from the race at any point from after the pre-race meeting, it is mandatory to inform the race office immediately by calling **+30 6945100165 OR +306948088977**. If you cannot get through, please send a text to either of the above numbers. Mobile coverage can be patchy.
(Please instruct your supporters, friends and family that your tracker not moving is NOT a reason to call us on the emergency contact telephone numbers. This is not necessary, and potentially stretches our resources to be dealing with real race control incidents.) The national EMERGENCY numbers in the Greece are 112, please use either in case an ambulance or rescue is required.