

# RACE MANUAL 2023

Take the challenge to become a **GREEK X HERO** swimming in the turquoise Ionian Sea, bike and run in the beautiful Greek Island of Corfu!!! **Greek X Hero** is an extreme triathlon for experienced athletes who want to exceed their limits. At the time of the race in Corfu Island the weather is quite unstable and even though it does not have high mountains the geomorphology of the island makes the race quite challenging. Temperatures 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 X Hero Triathlon 2023. Competitors and their support crews must read this document and follow all advice herein:*

## **COURSE OVERVIEW:**

- 3,9 km swim A to B, from the Queen's jetty in Mon Repo along the coastline to the Old Fortress (T1)
- 176 km road bike (roads are open to traffic) with a total altitude of 2400m (T2 at Kastellanoi Mesis village)
- 40 km trail run on trails and dirt roads with 1500m altitude
  - 22 km until T2A (Giannades village)
  - last 18 km with supporter
- Finish in the top of Angel's Castle (Aggelokastro)

Athletes are largely self-supported throughout the race.

## **SUMMARY:**

- Start from Corfu Town (Mon Repo) on Saturday October 21st 2023. Race will start at 07:10 am
- Registrations are on-line on the website [www.greekheroxtri.com](http://www.greekheroxtri.com)
- Competitors must race with a **support team** accompanying them in a vehicle. Your support team must be able to communicate with the organisers in English (or Greek), and be always available through his/her mobile phone before and during the race. Only one support vehicle is allowed per athlete. One member of the support team must be fit enough to accompany the athlete in the latter stages of the run, consisting of off-road steep climbing over a mountain (distance 18 km, 700m ascend). If for any reason the

support person is not able to attend the athlete on the day of the race, the athlete can race alone except for the last 18 km on the run that he or she is obliged to find a companion or will run with the next athlete if he/she agrees who arrives at the station (if you wish you can contact the local organization and to find you a local support person and/or vehicle for a fee of 100 euros).

- Time measurement and live tracking will be via race chips and GPS that will be provided by the organisation at the registration.
- Race briefing attendance is compulsory for the athlete and supporters
- Support is allowed during almost all of the bike leg except for 3 parts of the route see below details.
- No support will be provided from the organisation during the bike leg.
- Runners must keep to the left side of the road (facing oncoming traffic) during any tarmac sections.
- Greek Road traffic regulations must be strictly observed at all times by athletes and supporters.
- Time penalties are as follows: Minor violations (yellow card) - *5 minutes*, second violation (yellow card) - *15 minutes*, third violation, major violations or dangerous behaviour (red card) – *disqualification*.
- We have a special rule on ***littering***: Leaving litter (gel and bar wrappers, banana skins etc.) is an *instant disqualification* offence. We rely on the goodwill of the landowners and local communities for this event to be possible. Litter is something they are all very sensitive about.
- ***Basic aid stations*** (gels/bars/water, toast, nuts, Coca Cola) will be provided by the organisers in the run section at 17 km (ERMONES) and at 23 km, T2A (GIANNADES). However, we strongly advise that you plan for travelling self-sufficiently on this section (i.e. carry your own food/water).
- You may have to finish in the dark, so make sure you do carry the mandatory ***head torch*** (and make sure it's a good, powerful one, not simply the lightest you can 'get away with'). Support crews and runners must carry the mandatory kit.

## **REGISTRATION:**

**Registrations are on-line on [www.greekheroxtri.com](http://www.greekheroxtri.com).**

At the ***race-number pick*** up you have to provide:

- 1) Medical Certificate - if you haven't emailed it, or your TRIATHLON LICENCE,
- 2) Identification document (ID, passport),
- 3) Data of the support person and vehicle (phone number)

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) Bib number
- 4) Signs of the race for supporting vehicles and stickers with your entry number for the helmet and the big sticker on your bike.

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 and his/her supporter
- 2) Free photographic coverage at various points of the race

### **CANCELLATION POLICY**

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 in order to protect your transaction.

### **PROGRAM**

#### **FRIDAY 20/10**

**15:00 - 19:30 Race number pick-up (*FALIRAKI, CORFU TOWN*)**  
<https://goo.gl/maps/bLERb7o2GYMioaBm6>

**15:00 - 19:30 Bike Service**

**17:00 - 18:00 Mandatory Technical Briefing in Greek/English**

#### **SATURDAY 21/10**

**05:30 - 06:30 T1 - Compulsory placement of bicycles in the T1, final adjustments, placement of Transition Bags. (*Old Fortress,***

<https://goo.gl/maps/2J5BHt2cJUqQquai9>

**06:20 Boarding of the transfer bus in front of the Old Fortress (ONLY ATHLETES)**

**06:30 Transfer of athletes from T1 to the Mon Repo to the SWIM START**

**07:10 START OF THE RACE**

**19:00 Estimated first athlete finish time**

## **SUNDAY 22/10**

**11:00 Finisher T-shirt Ceremony (FALIRAKI, CORFU TOWN**

<https://goo.gl/maps/bLERb7o2GYMioaBm6>

### **CUT OFF TIMES:**

- Exit the water **2 hours 20 minutes**
- Exit transition zone **T2** from bike to run at KASTELLANOI MESIS (T2) **12 hours**
- Exit cut off point at **T2A** check point at GIANNADES **18 hours**
- **Finish** time at Aggelokastro **20 hours**

After this time, those who remain on the route run at their own risk.

### **REGULATIONS**

The race will take place according to the general rules of the **I.T.U.**

\* For what is not provided by the following and general regulations of the sport I.T.U. 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. Neoprene hats and vests are strongly recommended.
- **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 except due to mechanical failure. In this case the Race Office must be informed.
- There is **mandatory equipment** that must be carried by the athlete during the **run**. There will be a compulsory check at T2 and T2A.

## **MANDATORY equipment for the run for ATHLETES AND SUPPORTERS:**

- Aluminium foil 1,4\*2m
- Whistle (for attracting attention)
- Water container with 1l water
- Waterproof Jacket 10000mm
- Head Torch
- Extra Batteries and
- Sufficient Food (min 500 kCal)
- **Mobile Phone switched on with the emergency numbers.**

## **RECOMMENDED:**

- Additional Thermal Clothing (e.g. microfleece top)
- Buff
- Sunscreen

If you have a support runner through the run section from T2 to T2A (this is not mandatory), they must also carry their own set of this equipment.

## ***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 behavior (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 T2 and at T2A.

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.
- GreekXHero 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, nor are you allowed to have bike or vehicle drafting/pacing from your support team. We will have draft busters on the course.
- **Overtaking another athlete** should have a maximum time of 20 seconds; while the athlete being overtaken should reduce his/her speed to let the overtaking athlete pass.
- The **helmet** should be worn all the time while riding the bike.
- The bike course is **open to normal traffic**. Road **traffic regulations** must be strictly observed at all times.
- 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 observed at all times.
- 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.

## Rules for the support team

The following may lead to time penalties and/or disqualification:

- The support team causing **dangerous traffic situations**.
- Failure to clearly mark support car with *GreekXHero* issued **stickers** and athlete number. (Only one support car per athlete is allowed.)
- **Support from a moving car** (All support must be given from outside of the car while parked.) This will be monitored by motorcycle marshals.
- **Parking** of a support car in the road or in passing places on single track roads (When parked the support car must be placed off the road.)
- **Obstruction** of normal traffic (Never attempt to drive slowly to keep the pace of the athlete.) There may be motorbike marshals roaming the course to enforce road safety.

## Expected weather conditions

**Water temperature** in Ionian Sea is between **17 C - 19 C** degrees in October, 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 by their teams. Therefore there are no organiser-provided aid stations on the bike leg. On the run leg the organisers will provide basic (gels/bars/water, toast, nuts, Coke) aid/ food stations at 16 km (Ermones) and at T2A (Giannades).

## Safety checkpoint in Giannades. (TA2)

There will be a special checkpoint at T2A to assure that:

- You and your support crew are **fit enough** to continue to the top.
- Both you and your support have the **necessary equipment** in a backpack, containing the equipment listed above as a minimum. You must carry your own equipment. This will be checked at T2A.
- You will not be allowed to continue the race alone. If your **support** does not follow you into the mountain, you will be held back and paired with the next competitor (if they agree to this). This applies to all competitors.

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.

#### **DETAILS FOR THE COMPETITOR:**

- On the day of the race the competitors and their supporters should get to the **T1 point**, in the Old Fortress at **5:30 am**, place their bikes and Transitions Bags to the signed area. **One support person** can accompany the competitor to the transition zone. Parking area outside of the Old Fortress for the support vehicles will be showed by the organisation.
- **6:20 am** the athletes should start boarding the transition bus in front of the Old Fortress
- At **6:30 am** the transition zone closes, and the **transfer bus starts with the athletes** to the swim start. The support team is not allowed to use the transfer, it is recommended for them to wait for their competitor in the T1 with some hot tea and towels.
- At **7:10 am the race begins** from the Queen's jetty in Mon Repo, next to the church where Prince Philip of Edinburgh was born - the husband of Queen Elisabeth II. of England. The water temperature at this time of the year is between 17 and 19 degrees Celsius. The swimming route is quiet challenging even though it follows the coastline. Reaching the Gulf of Garitsa and passing the outer part of the Old Fortress, the sea has *many streams*, and the constant *waving* makes the swim quite difficult and needs attention. Coming out of the water, the athletes enter and pass through arcades entering the Old Fortress where they find their bikes.
- In **T1** the competitor takes off the wetsuit etc., wears his helmet and race number, takes his mobile phone, GPS tracker and any



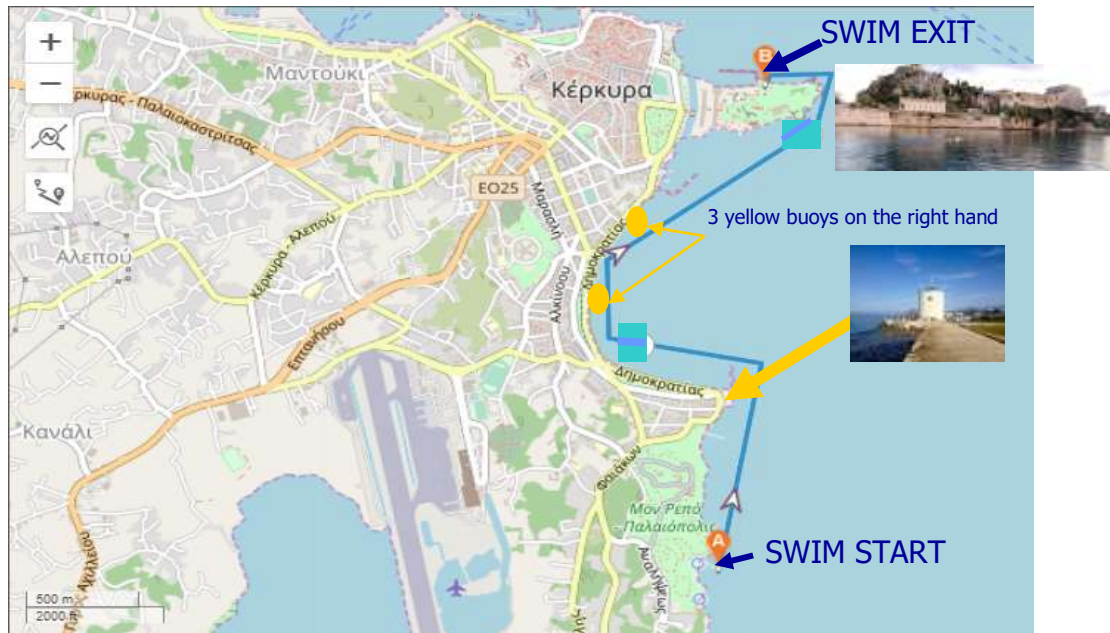
necessary equipment and takes his bike to the mount line. Everything left by the competitor is collected by his support, ***nothing should be left in the Transition Area!***

- On the ***bike leg*** the temperature ranges from 10 to 32 degrees Celsius. The route follows the island's almost entire coastline with amazing views, but it is also very technical since it enters traditional small villages on narrow streets and challenges the athletes with constant ups and downs. ***2400m at 176km.***
  - The 1st **10 kms** are on the highway that takes you out from Corfu town to the North of the Island. The bikers and the support cars follow the same route, BUT **SUPPORT IS NOT ALLOWED** on this segment until the route leaves the highway at 10 kms and turns to the right towards DASSIA.
  - From the 10 km turning point support is allowed and the route is common
  - At ***52km in Acharavi there is a Bike store*** (S-bikes) if any athlete needs some help
  - At ***59km SIDARI AT THE SUPERMARKET SYNKA*** the **athletes** turn to the **RIGHT** and after 20 m to the **LEFT** and follow the route,  
The **supporters** turn to the **LEFT** and take the main road towards Corfu Town until Giannades (92km) they drive separately from their athletes  
**SO: FROM 59KM TO 92 KM NO SUPPORT**
  - At 75km-84 km is the biggest ***ascent*** of the race (465m↑)
  - At ***86km (Lakones)*** there is a traffic light. It is not necessary to stop for the athletes, they can continue even with RED carefully!
  - **92 km Giannades MEETING POINT** for support from here they follow the same route again
  - 112 km THEY PASS **T2 KASTELLANOI MESIS BUT DON'T STOP**, continue on the same route with the supporter towards the South of the Island
  - 141km **PERIVOLI athletes turn to the LEFT** and leave the main road and continue towards KOLOKITHI  
**SUPPORTER TURN BACK** on the same main road and drive back to Messonghi where they will meet again  
SO: FROM 141km to 156 km NO SUPPORT
  - **156 km MEETING POINT IN MESSONGHI IN FRONT OF THE ENTERANCE OF THE MESSONGHI BEACH HOLIDAY RESORT**
  - Athletes and supporters continue together towards STROGGILH

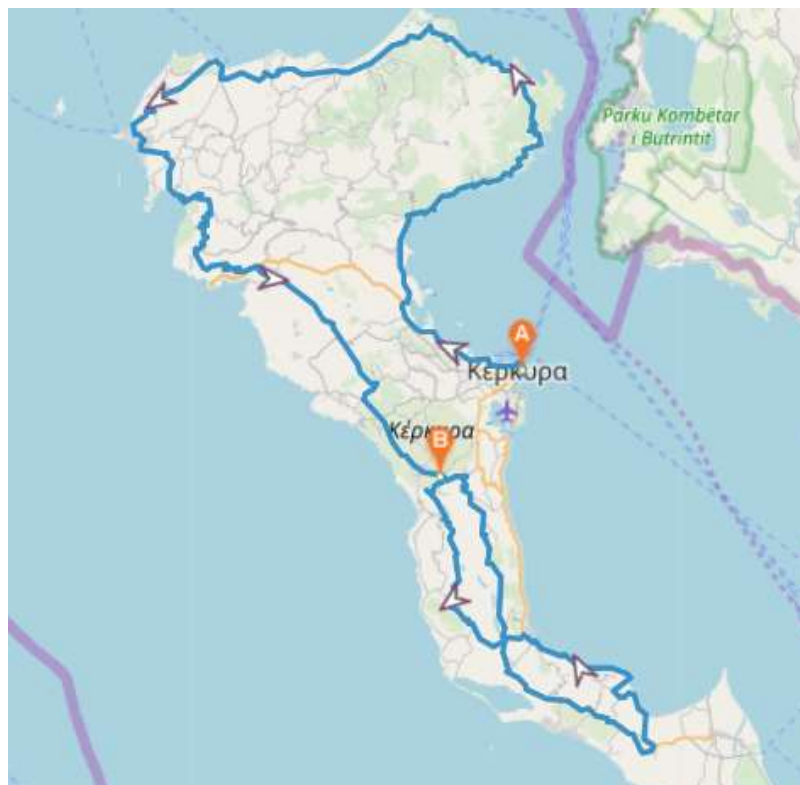
- **166 km STAVROS crossroad LAST SUPPORT OPPORTUNITY**, athletes and supporters continue on the same road towards AGIOS DEKA, but no support is allowed
  - **174 km KASTELLANOI MESIS T2**
- **T2** is located in the village of **KASTELLANI MESIS**, from where the **40km long run with 1500m** altitude begins. Parking for the vehicles will be shown by the organisation. The competitors leave their bikes and get ready for the run. The bike and everything left by the competitor should be collected by the support team! **Nothing should be left in the transition zone!**
  - Athletes will run through the beautiful beaches of Kontogialo, Glyfada and Ai Giorgi with their unique views, but the route has great difficulty due to the **peculiarity of the terrain**. The athletes have to run either on sandy beaches or jump from rock to rock, then climb steep hills of up to 15% and run downhill on slopes up to 32% until they reach the picturesque village of Giannades at 23 km through huge olive trees.
  - **MEETING POINTS:**
    - 8 KM SKAFONAS
    - 17 KM ERMONES ( BEACH OF VATOS VILLAGE , IN FRONT OF DIZZY BAR) - food station for the athletes water and snack
  - **T2A** is in **GIANNADES AT 23 KM** where an compulsory **check** will take place for the fitness of the competitor and his/her support and their equipment.
  - The **last 18 km** should be run together with one **supporter**, climbing up to the famous **Angelcastle (Angelokastro)**, and become a **Greek X Hero!!!!**

# MAPS

## SWIM ROUTE

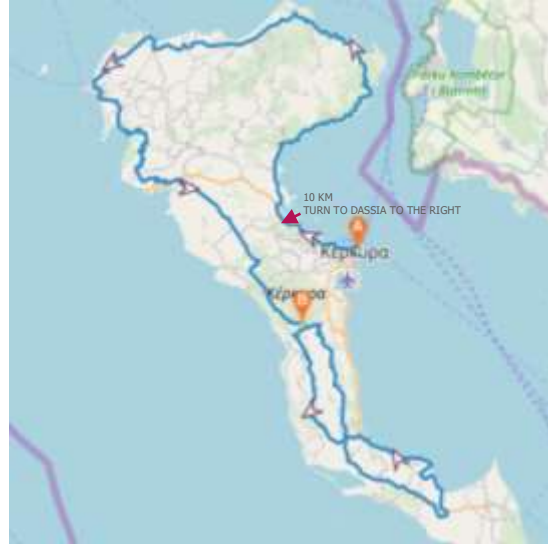


## BIKE ROUTE



# BIKE LEG SUPPORT 1

- ❑ The 1st **10 kms** are on the highway that takes you out from Corfu town to the North of the Island. The bikers and the support cars follow the same route, **BUT SUPPORT IS NOT ALLOWED** on this segment until the route leaves the highway at 10 kms and turns to the right towards DASSIA.
- ❑ From the 10 km turning point support is allowed and the route is common



# BIKE LEG SUPPORT 2

59 KM(SIDARI) - 92 KM (GIANNADES) SEPARATE ROAD FOR ATHLETES AND SUPPORTERS

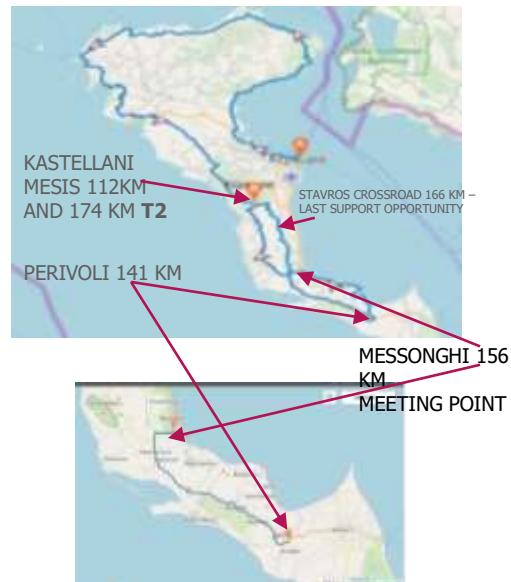
- At **52km in Acharavi** there is a **Bike store** (S-bikes) if any athlete needs some help
- At **59km SIDARI AT THE SUPERMARKET SYNKA** the **athletes** turn to the **RIGHT** and after 20 m to the **LEFT** and follow the route, The **supporters** turn to the **LEFT** and take the main road towards Corfu Town until Giannades (92km) they drive separately from their athletes **SO: FROM 59KM TO 92 KM NO SUPPORT** At 75km-84 km is the **biggest ascent of the race (465m↑)**
- At **86km (Lakones)** there is a **traffic light. It is not necessary to stop for the athletes, they can continue even with RED carefully!**
- **92 km Giannades MEETING POINT** for support from here they follow the same route again



# BIKE LEG SUPPORT 3

## 141 KM (PERIVOLI) - 156 KM (MESSONGHI) SEPARATE ROUTES FOR ATHLETES AND SUPPORT

- 112 km THEY PASS **T2 KASTELLANOI MESIS BUT DON'T STOP**, continue on the same route with the supporter towards the South of the Island
- 141km **PERIVOLI athletes turn to the LEFT** and leave the main road and continue towards KOLOKITHI **SUPPORTER TURN BACK** on the same main road and drive back to Messonghi where they will meet again SO: FROM 141km to 156 km NO SUPPORT
- **156 km MEETING POINT IN MESSONGHI IN FRONT OF THE ENTERANCE OF THE MESSONGHI BEACH HOLIDAY RESORT**
- Athletes and supporters continue together towards STROGGILH
- **166 km STAVROS crossroad LAST SUPPORT OPPORTUNITY**, athletes and supporters continue on the same road towards AGIOS DEKA, but no support is allowed
- **174 km KASTELLANOI MESIS T2**



## RUN LEG – MEETING POINTS

1. **SKAFONAS 8KM MEETING POINT**
2. AID STATION (gels/bars/water, toast, nuts, Coke) aid/ food stations at **16 km (ERMONES)**
3. **Safety checkpoint in GIANNADES 23 KM (TA2)** to assure that :
  - You and your support crew are **fit enough** to continue to the top.
  - Both you and your support have the **necessary equipment** in a backpack, containing the equipment listed above as a minimum. You must carry your own equipment. This will be checked at T2A.

