



Welcome to the MMA Triathlon ! Please listen carefully to the briefing, there are some important points about speed limits and neutralised zones and other useful information.
I will do the briefing in French and then in English!

We have more than 700 triathletes competing and over 150 volunteers, official and organisers. Our athletes and helpers come from a range of countries, so please respect the fact that our event is a truly international event. The volunteers and officials are here to assist you and the community and should be treated with respect at all times.

- The water temperature is currently 21.5 degrees so for Sunday it is probable that wetuits will be allowed but not obligatory. The temperature will be confirmed on the morning of the race
- You must wear the event swim cap provided
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- If you need help from the water safety team, please roll onto your back and put your hand in the air.
- Please ensure you have seen the maps for the swim course and understand the route.
- The swim cut off is 25 minutes

T1

- At the end of the swim place your swim gear in the bag provided
- Put your helmet on and fasten the strap before you touch your bike
- Put your bib on facing the back
- Do not mount your bike until after the mount line which will be clearly marked

Bike course

Please treat the bike course as an open road, obeying all traffic markers and respecting traffic and pedestrians. Marshalls are on the course to manage safety not to assist you with your race. If you do not follow road rules, cross over the centre line, overtake in an unsafe manner, block the road or speed in the neutral zone you will be penalised or DQ'd.

- Exit T1, through the car park and turn right onto the main road. A reminder the road is open to traffic, please keep to the right unless overtaking another athlete.
- Take care going through Lindarets village as there are lots of pedestrians and goats. Volunteers will be managing this section
- When climbing the Joux Verte remember to keep to the right of the road, there are blind corners and traffic may be on the course.
- Turn right to descent at the Col du Joux Verte, a marshal will be on the junction.
- This is a mountain technical descent so please ride carefully, respect the highway code, be sensible and if you cross the centre line it is an immediate disqualification.
- At the roundabout at the bottom of the descent there is a right turn, please slow down and take care at this junction
- You will go down the road, around a hairpin bend and then you turn left at the roundabout. You then go up a small hill and from the top of this hill, the next section is neutralised until T2. The speed limit for the

neutralised section is 30kph. Remember, you are not being timed for this section. Any speeding will result in an automatic disqualification. The lead motorbikes will drive at 30kph.

- Remember that because of these neutralised zones, your placing may not be as in reality depending on how fast you ride the neutralised zone compared to your competitors.
- The cut off for the bike is 15h20. If you do not enter T2 before this time, you will not be allowed to head out on the run.

T2:

- When you arrive at T2, you will rack your bike and get your run kit out of your bag.
- Your bib must now be facing forward

Run

- You will then head out on the run, you will go down the Rue du Bourg where you will see people still cycling up, keep to the centre lane.
- Follow the course markings and you will head up the Vallée de la Manche.
- The course will be marked with flags and arrows.
- Be careful when crossing the roads. Our volunteers will be there to assist.
- There is an aid station at 2.5km plus a water station at the T2 exit.
- The S turns up the piste at Nyon and the M runners will continue up the river trail.
- You will then run back down the trail and head up into the centre of Morzine to finish at the Tourist Office square.

After the race

- You can collect your bike and bags from 14h30-16h at T2.
- Come with no bags and with bib & athlete wristband, you will collect your bike first then bags (wetsuit & streetwear bags will be brought to T2)
- Podiums will be at 15h30 at Morzine Tourist Office
- There will be post event massages and a recovery area – range of hot and cold food

I will hand over to the head referee who will go over some of the rules of the event.

Have a great race !