



RACE MANUAL

JUNE 7, 2025



Warning:

This is the first of a race designed for triathletes looking for a long distance triathlon that is demanding, adventurous and wild.

Very good physical condition will be required to complete this event.

No selection is made at registration, however it is strongly recommended that participants have a good experience of managing endurance effort.

1 - THE RACE:

The «*Drac del Canigó Triathlon*» is a long distance triathlon event (XL format) taking place in the heart of the department of Pyrénées-Orientales.

The only distance proposed is the “XL” distance:

- 3,000m swimming;
- 130km of bike (2400 D+);
- 30km running-trail (2.050 D+)

It is the only triathlon to date that allows its participants to climb the sacred mountain of the Catalans, the Canigó.

Your registration pack will include:

- Swimming cap;
- Bike/Bib Plate;
- 1 bag for Trail stuff (*which you will have to drop off on the morning of the race and which will be transported by the organization to T2 Vernet*).
- Welcome packages;

Only one race mode: in SOLO (66 bib available).

2 - REGULATION

The competition «*Drac del Canigó Triathlon*» is not under the aegis of the FFTRI but the federal regulations will apply.

The competitors undertake to comply with it in any case.

The registration of a competitor and/or his participation in the competition (or part thereof) automatically and by right implies his full and complete acceptance. Competitors licensed at the FFTRI will be able to present their competition license FFTRI 2025 as medical proof.

Non-licensed competitors will be required to provide a medical certificate of no contraindication to the practice of triathlon in competition less than 6 months old.

Athletes must be of age.

- Swim :

The wetsuit is mandatory if water temperature is below 16°C. The organizer's provided bathing cap is mandatory.

The combination is recommended (water temperature will be between 17 and 22°)

The bib should not be worn while swimming.

The GPRS beacon will be given to you at the Bike departure.

- Bike :

Competitors are obliged to comply with the rules of the Highway Code; They are required to drive continuously on the right side of the road.

The wearing of the helmet (chainmail attached and adjusted) is mandatory as soon as the competitor takes his bike to his deposit.

Drafting: prohibited.

Competitors are required to wear the bib provided by the organizer, for the bike (behind) and running (front). The bib belt is highly recommended. If the competitor does not have a

bib, the bib must be worn on the front of the body. The bib may not be folded or masked.

Your bib must be fixed with 3 fasteners

Competitors are not to be followed by any vehicle whatsoever that is not part of the Organization.

Competitors are required to attend all meetings/briefings related to the competition. The briefings are held, in principle, before the start of each race, in the bike park. Competitors are obliged to comply with any instructions or directives given by the organizers.

Dressing/undressing/dress: participants must wear decent clothing. Running barefoot is not allowed. Nudity is not permitted in the bike park.

Any violation of this article may result in the automatic disqualification of the Competitor, or any other penalty.

Upon check-in, you must present:

- your identification document;
- your medical certificate or FFTRI Licence.

3 - TIMING

The start will be at 6:00 am on Saturday, June 7, 2025.

Athletes will be tracked via GPRS.

This tag must be worn by athletes during cycling and running/trail (the tag fits easily in the back pocket of your bike outfit or camel-bag)

The following time barriers will be applied:

- Swimming departure no later than 8:00 am;
- Arrival at T2 Pose Vélo (Espace Aquatique Vernet-les-Bains) no later than 4:00 pm;
- Arrival at the Refuge des Cortalets (on the climb) no later than 18:00;
- Final arrival at midnight (end of the timing).

The time barriers are wide to allow each athlete to complete the course.

The total effective duration of the event may not exceed 18 hours of running.

4 - INSURANCE

The event is covered by a liability insurance policy taken out by the organizer.

This liability insurance guarantees the financial consequences of the organizer and volunteers.

The licensees are covered by their licence insurance and it is the responsibility of the other riders to insure themselves.

In addition, participants are strongly advised to take out individual accident insurance covering their own risks. This type of insurance can be taken out, for example, from the FFTRI. In case of disqualification or abandonment (by the organizer or medical team), the responsibility of the organization is released.

5 - WEEKEND PROGRAM

Friday, June 6, 2025:

Time	Place	Action
3:00 pm to 7:00 pm	Château Royal Collioure (Le Glacis Parking Free access for participants)	- Check-in and bib pick-up - T2 trail/running bag deposit (your CAP bag will be pre-deposited at T2 by the organization)

Saturday, June 7, 2025:

Time	Place	Action
4:00am	Port d'Avall Beach - Tour d'Avall (Sanitary facilities nearby)	- Opening of the bike park - Bike Depot
5:30am	Port d'Avall Beach - Tour d'Avall (Sanitary facilities nearby)	Bike Park Closure - Briefing - Departure Ceremony
6 am	Collioure Beach	Departure from the <i>Drac del Canigó</i>
8h00am	Collioure Beach	Cut-off swimming
4:00 pm	Vernet-les-Bains Aquatic Space	Bike to T2 Cut-off
18h00	Refuge des Cortalets	Cut-off (at the climb)
0h00	Vernet-les-Bains Aquatic Space	Cut-off Arrival Final

* From 4 pm, entertainment and catering for participants and their companions on the arrival area in Vernet Les Bains -

Sunday, June 8, 2025:

Time	Place	Action
12h00-16h00	Vernet-les-Bains	Closing Meal Participants and Volunteers

6 - DESCRIPTION OF THE COURSES

Swimming course:

The course consists of 3 loops of 1.000m in the bay of Collioure (anse la Baleta), main beach. 3 buoys to take right hand.
Departure from the main beach (Avall beach)

Bike route:

The «point to point» *route* from Collioure to Vernet-les-Bains.

The route will take you through the main natural Catalan massifs (Albères, Aspres, Fenouillèdes and Conflent) and some of the department's passes.

The roads will be open to traffic, so athletes must respect the highway code and are committed to being vigilant on the roads, including by "keeping straight" constantly on the bike course.

Any failure to do so will be punished by immediate withdrawal from the race.

VIGILANCE! The roads are sometimes winding and narrow. Keep your right uphill and downhill. **Be extremely careful in the descents.**

Road surfaces are generally good. There may always be areas of gravel, the organization will inform you if necessary).

Signposts will be placed at certain intersections to facilitate and secure your passage, be extremely vigilant on roundabouts in small villages.

!!! Vigilance zone:

- Chemin de la Massane (Argelès sur mer), pavement in poor condition, gravel, potholes, very moderate pace recommended;
- Crossing Le Boulou (crossings Eurvélo 8), mandatory stop to cross foot on the ground
- Descent of the col du Fourtou (descent on narrow and winding road => keep your right);
- Traversée d'Ille Sur Tet (crossings);
- Descent Arboussols towards Eus (descent on narrow road sinueuse and fast=> keep your right)
- Crossing of Prades (crossings, "STOP" to be respected);

Running course:

The route climbs quickly, first crossing the village of Vernet-les-Bains on a paved section, then on a trail, you will quickly reach the col de Juell, then by a passage in forest you will catch the track of Balaig you leave quickly for a path that immerses you in the long ascent of the Col des Voltes.

Arrived (finally) at the pass you get back to the forest trail of Balaig which will lead you to the Refuge des Cortalets. From there you will finally see the Pic du Canigou. You have 3,5km and 600D+ to reach it via the Pic Joffre. The path becomes more mineral and rocky.

Arrived at the Pic, enjoy a moment of the panorama then return on your steps by the same route.

!!! Vigilance zone:

- When arriving at the Pic Joffre, the route may seem less obvious on a dozen meters with some unstable stones, be vigilant on the climb and take your time on the descent.

7 - RESPECT OF THE SITES

We ask all participants to develop with the greatest respect for all sites crossed.

Respect for the Canigó site:

As a reminder the Canigou massif is:

- a site classified as Grand Site de France since 2012;
- nine Natura 2000 sites;
- three nature reserves;

This space is our heritage to all, we thank you for strictly respecting it.

It is essential to:

- Do not throw away any waste;
- stay on marked trails;
- Minimize the overall impact of your passage on these spaces;

Keep your waste (packaging...) with you until your arrival in Vernet-les Bains.

Regarding the «natural needs», you must give preference to the spaces available at T2 or in the Refuge des Cortalets and in any case, do not relieve yourself in the immediate vicinity of the Refuge des Cortalets.

The Refuge is occupied by hikers, we ask you to respect them (minimum noise, front with minimal lighting around the shelter if you go at dusk)

8 – ROUTE INDICATION

Swimming: Several buoys placed on the course to take right hand only.

Cycling: The course will be marked on the ground with a coloured pop-up bomb. Some of the dangerous intersections will be completed by signage. We ask that you respect the guidelines of signallers who are there voluntarily to ensure your guidance and safety.

Trail: Temporary Deflection. For your safety, it is imperative to stay on the marked trail. If you get lost, you must immediately notify the security PC via the number that has been communicated to you and that you must save in your phone. If there is no telephone network, use your whistle and front-end to signal you and cover yourself.

9 - SUPPLIES

Bike:

Refuelling stations (solid and liquid):

- Fourtou Pass (km56)
- Priory of Marcevol (km 97)
-

Running:

Liquid refuelling stations :

- Refuge des Cortalets - Water point inside (km13 and 19) made available to you by the team of the Refuge.

You must plan to leave with a sufficient supply of solid supplies, but you will have the opportunity to refuel at the Refuge according to terms that will be communicated to you, if necessary until 22h.

10 - EQUIPMENT:

Swimming:

- swim cap;
- wetsuit;

Bike:

- Small repair equipment;
- sufficient food supply (one personal refuelling per km90);
- Minimum 600cl cans recommended;

Mandatory Material Running:

- *water reserve 1L minimum;*
- *Whistle;*
- *headlamp with battery backup;*
- *sufficient food supply;*
- *Waterproof windproof jacket;*
- *long pants/tights;*
- *cap;*
- *pair of gloves;*
- *survival cover;*
- *phone charged;*

=> Poles forbidden on the trail

Your mandatory equipment will be checked at T2. Each competitor must have the above equipment.

The Pic du Canigou culminates at 2.800m altitude, weather conditions can change very quickly. Difficult conditions may occur (rain, storm, mist, wind, hail) a mandatory equipment check will be performed at the start of the Running part at T2.

Any competitor who does not have the required equipment will be put out of competition for non-compliance with safety instructions.

In case of risk of bad weather, the organization reserves the possibility to modify the route.

11 - REGISTRATION FEE

The participation fee is 180 EUR.

When registering, you will have the opportunity to pre-order one of the 2 official cycling jersey models for the price of €65. This will be given to you at the collection of the bib badges on Friday, June 6, 2025.

12 - CANCELLATION RULES

In case of cancellation of the event:

In any event of cancellation or definitive interruption of the race for any reason beyond the control of the organizer, and in particular, any case of force majeure, all decisions by public authorities (in particular for reasons of public health, security or preservation of public order), any risk of bad weather or proven bad weather, the Organizer will not incur any liability whatsoever towards competitors, Registration fees cannot be refunded. The competitors already renounce any claim or request for reimbursement whatsoever due to these cases of cancellation or interruption.

13 - LITIGATION

Any dispute arising out of or in connection with these Rules shall be submitted to the arbitration of the Organizer according to its rules.

General Terms and Conditions:

Registration fees cover participation in the competition, excluding all meals, transport, accommodation or medical expenses (on-site care, repatriation...), which remain at the expense of the competitor.

For any cancellation of a registration, whatever the cause, no registration will be refunded.

Each competitor must provide, prior to the competition:

- 1/ either a photocopy of his competition license FFTri 2025, or equivalent with a foreign Triathlon Federation, a photocopy of his FFN license for the swimmer, FFC for the cyclist or FFA for the runner.
- 2/ or a medical certificate of fitness for the discipline concerned or any sports in competition less than one (1) year. Otherwise, participation in the competition is excluded and no refund will be made.

The registration of the competitor for the competition necessarily implies his or her adherence to the Rules of the Competition. The competitor undertakes to duly take note of all the provisions of the said regulation.

14 - PLACES

Collioure - 66190 (Collection of race numbers - Start)

Vernet-les-bains - 66820 (Finish race - Podium)

15 - TIME LIMITS

There are 4 forecast time barriers (cut-off):

- Swimming: 8:00
- Arrival T2 Bike: 16:00
- Refuge des Cortalets at the climb: 18:00 (*strict application*)
- Arrival T2 Cap: 0h00

16 - BAD WEATHER

The organization may modify or cancel all or part of the event, in order to preserve the participants' physical integrity in case of:

- deterioration of weather conditions,
- poor practice conditions related to the degradation of the terrain,
- Slow progress of some athletes,
- endangering physical integrity,

For example, in the case of weather-related risk, he may:

- On the swimming part: the swimming event may be canceled and the race transformed into duathlon in case of bad weather type excessive tramontane, excessive swell etc, endangering the physical integrity of the participants.
- On the Running part: the final part between the Cortalets refuge and the Pic du Canigou exposes participants to the risk of rapid weather changes, the necessary and obligatory equipment must be provided by each participant. In the event of a proven weather risk, the organization may cancel all or part of the initial route for another route in the valley.

17 - SECURITY,

Everything will be done to allow you to enjoy your race. A medical team will be present on the course and in the event of an emergency you can contact the organization via a number which will be communicated to you when collecting your bibs.

The security system is as follows:

Main device:

- 1 racing doctor;
- several nurses;
- rescue crew equipped with vehicles;
- Security PC in Vernet les Bains;
- approved water rescue association;

Secondary device:

- Signalers and volunteers;
- Walkie talkie network on the CAP part;
- Tracking of athletes by GPRS beacon;
- Motorcycles in the flow of the race on the cycling part;

18 – FAMILY SUPPORT

Parking:

There are free parking spaces at all race locations.

For safety reasons, accompanying vehicles are also prohibited from following their athletes on the cycling section.

19 – SPORTS RESPECT

It goes without saying that participants undertake to respect sporting and environmental ethics.

20 – AWARDS CEREMONY

The awards ceremony and podiums will be held on June 7 from 4 p.m. in Vernet-les Bains (T2), Espace Aquatique.

21 – RELEASE OF LIABILITY

By registering for the event, I have read, understood and accepted the form. (At the time of registration you must accept the following).

Athlete:

- 1 I am solely responsible for my personal property and all associated equipment during the event.
2. I am aware of the potential risks associated with participating in the DRAC DEL CANIGO Triathlon, and I engage in this event at my own risk.
3. I am aware that all roads will be open to the public and traffic and I must therefore strictly adhere to road legislation.
4. Any individual athlete will need a valid license from their national triathlon federation, (or med cert.) which will be presented upon registration.
5. I confirm that I am medically and physically fit to participate in this long distance Triathlon event.
6. I confirm that all my equipment is in good working order and I am aware that race officials may remove me at any time if this is not the case.
7. I have read and understood the maps and layouts of the course, and I assume full responsibility for following the courses.
8. I may be removed from the race at any time if I do not reach the cut-off times or if the medical team deems me incapable of completing the event.
9. I grant DRAC DEL CANIGO Events permission to use free of charge any photos and/or film taken of me and/or my friends, family and supporters during, before or directly after the event for use in promoting the event. event in the press and/or video via web and all forms of social media or television and video.
10. I have read and accept the rules and regulations of the organizers of DRAC DEL CANIGO, FFTRI and ITU.
11. I acknowledge that the use of any prohibited methods and substances listed on the AMA List is prohibited.
12. I am aware that in the event of cancellation of the race due to weather conditions, my registration payment is non-refundable.
13. I acknowledge that the organization has the right to change the route at any time for safety reasons.

22 – VISUAL PROPERTY

The Competitors expressly authorize the Organizer of the Competition as well as their beneficiaries such as partners, sponsors and media to use the still or animated (audiovisual) images on which the Competitors may appear, taken during their participation in the Competition. , on all existing media or invented in the future, including promotional and/or advertising and/or institutional media, throughout the world and for the longest period

provided for by the Law, regulations and Treaties in force, including possible extensions to this duration.

The Participant declares to recognize and accept that the Organizer will be entitled to record and/or capture/fix still and animated images of the Event, appearing on the various equipment. The Participant hereby declares to accept any exploitation by the Organizer or any authorized third party of the Films and Photos and/or all or part of their contents or extracts for the strict following needs, without limitation of duration: diffusion of the 'Event ; exploitation by any partner/sponsor/supplier of the Event for their operations/institutional communication campaign (excluding any use for an advertising campaign); promotion of future editions of the Event or any associated event/operation.

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