



2021
SWISSMAN
 VIRTUAL XTREME TRIATHLON

FROM THE PALM TREES TO THE ETERNAL ICE

VIRTUAL SWISSMAN-CHALLENGE
MANUAL



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VIRTUAL SWISSMAN-CHALLENGE 2021

Version 18/05/2021

Dear SWISSMAN family

Welcome to the first-ever virtual SWISSMAN challenge!

Usually around this time of the year, we are getting excited to meet everybody in Ascona. Unfortunately, this year is different once again. So instead of bringing together our family of Xtreme triathlon fans from all around the world in Switzerland, let us take the SWISSMAN to as many different places around the world as possible!

We thank all of you for your understanding that unfortunately we had to take this decision and hope we all have the chance to become part of a small community instead, sharing experiences of exciting, unique, and personal SWISSMAN adventures all around the world.

As the SWISSMAN virtual challenge is taking place instead of the originally planned SWISSMAN 2021, only athletes registered for the SWISSMAN 2021 are invited to participate. With the option of the virtual challenge, we would like to give you the opportunity to still feel some SWISSMAN spirit – even if not everybody is enjoying the SWISSMAN exactly at the same time and place – and give you the opportunity to become a part of the growing SWISSMAN family. Finally, the virtual challenge shall also be an opportunity to turn your training hours into action and reward yourself with an exciting and unforgettable SWISSMAN experience.

How does the SWISSMAN virtual challenge work?

The virtual SWISSMAN challenge includes a 3.8 km swim or 10 km run, a 180 km bike including 3770 m elevation gain and a 42 km run including 1980 m elevation gain according to the original SWISSMAN course. During a period of 3 weeks from June 25 to July 18, you have the possibility to tackle this Xtreme challenge.

As announced, you can choose between the **SWISSMAN pure** and the **SWISSMAN segments** challenge:

SWISSMAN Pure:

- all in one day
- Exceptions: For time or security reasons, the 3.8 km swim can be done on the day before the 180 km bike and 42 km run. Alternatively, if swimming is not possible, the swim can be replaced by a 10 km run in the early morning. If you choose to run instead of swim, the 10 km run must be on the same day as the bike and the marathon.
- the order of the disciplines must be according to the original SWISSMAN.
- all in one day includes all in one go. This means the run needs to be completed directly after the bike. If you choose to replace the swim the same applies for the bike which is completed directly after the 10 km run. The SWISSMAN pure challenge shall not be any easier than the real SWISSMAN. A 2-hour nap and a nice massage after the bike is not an option for your SWISSMAN day.
- everybody who is crazy enough to master the entire Xtreme challenge as described above, will receive the more than well-deserved original red SWISSMAN finisher-shirt.

SWISSMAN Segments:

- completion of the 3 segments on 3 different days during the period of 3 weeks.
- each segment needs to be completed in one go. It is for example not possible to bike 90 km on day 1 and 90 km on day 2 or take longer breaks within the segments.
- the order of the disciplines does not matter in this challenge
- completion of all segments will be rewarded with a specially designed white SWISSMAN finisher-shirt.

What are the rules?

- all disciplines can be done indoors or outdoors
- general WTC rules apply for the SWISSMAN. We kindly ask you to follow these rules during your virtual challenge.
- each athlete is responsible for the execution of his/her personal virtual challenge and does this at his/her own risk. SWISSMAN does not take over liability in any regard.
- drafting during the bike course is not allowed.
- traffic rules need to be strictly obeyed by athletes as well as supporters.
- during the virtual SWISSMAN it is not mandatory to have a supporter, however we welcome it if you have somebody supporting you during the virtual challenge.

How do I transfer missing altimeters into additional distance?

The following disciplines are to be completed in the SWISSMAN virtual challenges:

Swim:	3,8 km (open water or pool) or 10 km run	0 m elevation gain
Bike:	180 km	3770 m elevation gain
Run:	42 km	1980 m elevation gain

If altimeters can't be accomplished due to topographical reasons, the missing elevation gain can be compensated by additional distance as follows:

Bike:	per 100 altimeters	+1500 m distance
Run:	per 100 altimeters	+750 m distance

In the extreme case where no altimeters are possible, the bike course could for example be prolonged to 236.55 km. In general, only positive altimeters are considered. Negative meters are not relevant and will not be evaluated.

How do I register for the SWISSMAN virtual challenge?

You will receive your personal link to sign up for the SWISSMAN virtual challenge on [raceID.com](https://www.raceID.com) by email. The registration and participation in the SWISSMAN virtual challenge is optional and free of charge. When you sign up, you will be asked whether you are aiming for the pure or segments version of the virtual challenge. This information is collected only for our interest. Independent of what you tick, you can do the pure or segments challenge (both is not possible) or change your mind if the pure version should not work out as planned.

Deadline for your registration is Sunday, June 6.

Please note, you will also have a wildcard for the SWISSMAN 2022 if you participate in the virtual challenge.

With the registration for the virtual challenge, you give your permission that SWISSMAN is allowed to use any image or video material related to your virtual challenge.

How do I document and share my virtual challenge?

To allow us to monitor your SWISSMAN challenge you need to record your segments.

Outdoor: With a GPS watch or GPS bike computer.
Indoor: If you use equipment with respective sensors (e.g., Watts measurement) you can also complete the disciplines indoors. To use a software like Zwift or Rouvy is recommended as it will automatically record your activity.

The recording of each discipline (independent if pure or segments challenge) will be saved in your system. You will need to create a link for each discipline and share the links via your raceID.com profile.

The deadline to upload your links is Tuesday, July 20.

Will there be a finisher list?

All the links you provide us via your raceID profile will be evaluated by the SWISSMAN team and when you have completed the SWISSMAN pure or segments challenge you will be added to the finisher list on www.suixtri.com. Your finisher-shirt will be sent to you after the challenge has ended.

Can I do the SWISSMAN virtual challenge on the original SWISSMAN course?

The virtual challenge can be completed on the original course. You should however consider the following:

- due to security reasons, we recommend not to swim the original course
- most of the meeting points on the run are on private ground and cannot be used as parking areas
- the running course after Grindelwald should be completed on the officially marked hiking trail
- the Jungfraubahn will run according to regular timetable (check www.jungfrau.ch).

You said there will be a virtual briefing and finisher ceremony?

The online briefing for the SWISSMAN virtual challenge will take place on Thursday, June 24, 8 pm CET. Our primary aim is to bring the small group of virtual SWISSMAN participants together, get you into SWISSMAN mood and of course answer some remaining questions you may have.

The date for the finisher ceremony will be announced later.

Share your plans, experiences, and stories with us!

Help us to generate the SWISSMAN spirit around the world and share your plans, pictures, videos, and stories with us or on social media. Use the hashtag **#virtualSWISSMAN** to link your posts and tag us with **@suixtri**.

We are very excited to see how all of this works out and are very much looking forward to connecting with you on June 24!

Best regards and see you soon,

Your SWISSMAN team