



THE ULTIMATE TRIATHLON RACE



RACE MANUAL 2023

#HAVEYOUGOTWHATIT TAKES

Do you have what it takes to be an OlympusMan?!

OlympusMan O3 is a one of its kind in Cyprus triathlon and one of those events every hardcore triathlete must have in his/her “bucket list”!

The course runs point-to-point, from Paphos coast, through the beautiful Diarizos valley, the vine- yards region and thick coniferous forests to, finally, finish on the top of the island, the Olympus peak. OlympusMan is a long day’s challenge through some of Cyprus’s most spectacular scenery.

At the end of October/ early November, the climate of Cyprus offers excellent conditions for such an endeavor! The Mediterranean Sea water is at a perfect 21°C temperature and crystal clear. The air temperature most likely will be at around 22-25°C degrees on the lower sections with an expected 13-14°C on Olympus peak.

From Sea level to Olympus

The concept here is pretty simple - you start from sea level in Pafos and pass from the highest point on the island, the Olympus peak at 1952m asl before you finish at 1725m above sea level, in the Troodos Mountain! Epic, isn’t it?

The course is without doubt one of the most challenging Half Iron distances on the planet. An early morning 1.9k swim at Pafos Bania area, followed by an 84km bike section with over a staggering 2,400 meters of ascent. The last leg would be trail run half marathon with 440 meters of ascent gradually spiraling up to the summit of Olympus at 1952 meters before you descend towards the finish line in Troodos Square!

The highlight of the race are the running trails themselves - challenging terrain but always runnable and with views to die for. Each turn gives a perfect viewing platform, to look back seawards, from the green heart of the island.

During the test day, Sean McFarlane (Merrell's endurance ambassador) said for his fellow triathlete Chris Volley (British Triathlon): “Chris was like a kid in a sweet shop and fuelled by our staggering surroundings, he was hammering on like an over-excited gazelle.”

Before the light is gone you will be on the top of the mountain. Then you are an OlympusMan!

O3 in numbers

106,9km total distance

2900m of total ascent

3 sports

1 target, the summit!

RACE ENTRY

Race Fees

Individual participation **€150**

Team Participation **€175**

Cancelation Policy

Full refund or slot transfer for cancellation before/including the 15th of October 2023

50% refund or slot transfer for cancellation before/including the 22nd of October 2023

No refunds for cancellations after the 22nd of October 2023

The entry fee includes:

- Bib and Bike numbers
- Emergency blanket
- Whistle
- Energy bars/gels
- Sticker profile graph for the bike leg
- Support team commemorative neck warmer
- Route signage and safety
- Medical assistance during the race
- First aid and safety personnel at the run leg
- Feed stations at the bike and run legs
- Soup at the finish line
- Shower and change rooms after the finish
- Transportation by bus back down to the starting area from Troodos
- Finisher's T-shirt and Finisher's medal presented at the Finisher's Award Ceremony
- And your O3 OlympusMan goody bag with commemorative gifts

CATEGORIES

Individual Classification

- Men/Women 18-29 years old
- Men/Women 30-34 years old
- Men/Women 35-40 years old
- Men/Women 40-44 years old
- Men/Women 45-50 years old
- Men/Women 50+ years old

Team Classification

There will be also a relay team classification for Men, Women and Mixed Teams

All rules apply for relay members as they do for individual participants. All athletes must be over 18 years of age.

REGISTRATIONS PROGRAMME

Thursday 2.11

14:00-17:00 Race bag pick up at Activate Cyprus office in Tochni

Friday 3.11

14:00-17:00 Race bag pick up in Pafos at [Alykes Beach](#) (in front of Annabelle Hotel)

17:30 Race Briefing at [Anemi Hotel](#) (Anemi Gallery)

* There will be no race bag pick up on the day of the race

** We strongly recommend that all athletes and support staff attend the race briefing

*** A valid id must be presented at the registration so that package can be released. A DNS (did not start) or did not show up, does not qualify for a refund of registration fees.

**** At the **race number pick up**, you will find small plastic bags where you can put anything you may need to eat or drink during the race and that will be transported to the Feedzones by the organizers. Write your number on the plastic bags and place them in the designated box for us to transfer to any Feedzone or the Finish line.

RACE DAY PROGRAMME

Saturday 4.11

05:45 - 06:30 Bike placement in Transition Area

06:45 Race Start

17:30 Award Ceremony for Finishers and Podium Winners at Troodos Hotel

* The awards ceremony will begin when all athletes have finished the race.

RESULTS

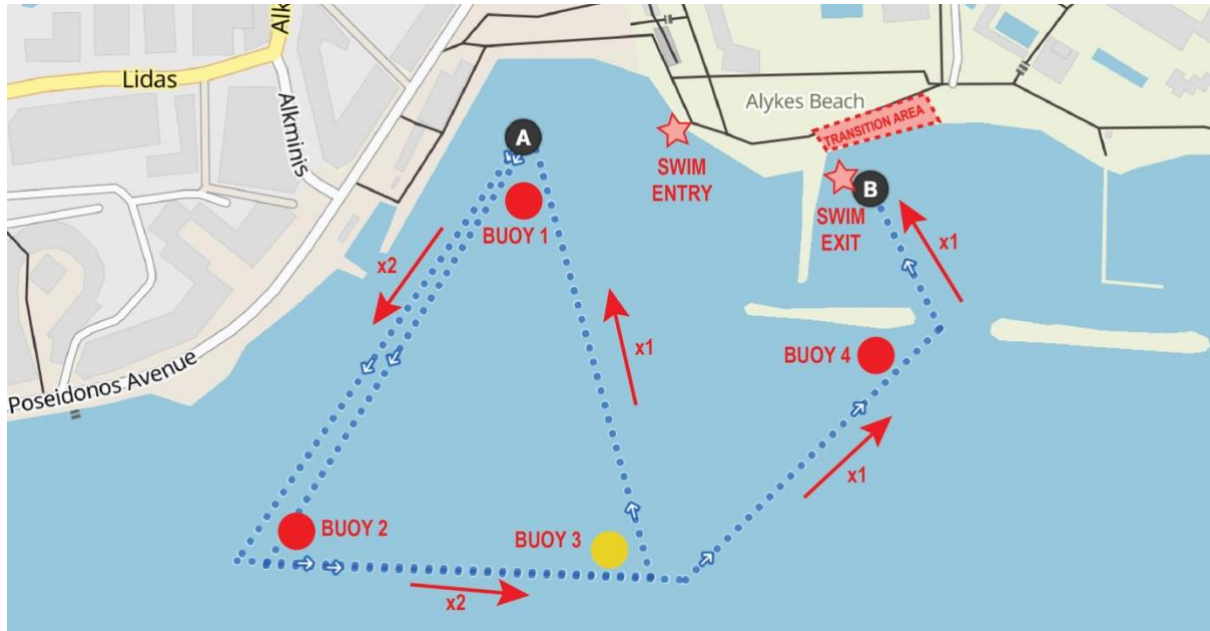
All official results will be posted on the website a day after the event. The marshals and volunteers will have a hard time running this event so respect their duties and responsibilities trying to deliver you with a safe and fun race course. Obey all rules and directions by them and have a great race.

In case of bad weather: In the rare case of bad weather conditions the organizers may propose a different running route. The announcement of the new route will be done before the first athlete is in transition 2. If the weather changes during the running part, the race organisers have the right to change the finish. In this case the finishing order for people will be given based on the athletes arrival at the new finishing point. Under certain circumstances the race organisers may be required to deviate from the race rules and guidelines set out in this manual to ensure a safe race or to award true sportsmanship.

COURSES

THE SWIM - 1.9km [2 laps and exit stretch]: Swim in the Pafos Municipal Baths to Alykes beach.

In recent years, the water temperature at the starting point in November has been between 21 and 23 degrees Celsius. The swim will begin with a deep water start.



Wetsuit rules:

The temperature of water will be measured at race morning, and announced 60 min pre-start. Please observe the following regulations regarding usage of wetsuit:

- Over 23 Celsius the use of wetsuits are forbidden
- Below 15 Celsius the use of wetsuits is obligatory

TRANSITION 1 (T1)

Transition Area 1 (T1) is located at the [Alykes Beach](#) in Pafos. **In T1 only athletes are allowed.**





Entering the transition area the triathletes can run or walk towards their respective bike and must wear their cycling helmets with fastened straps before they pick their bikes and must wear a top - (NO BARE TORSOS ALLOWED). No riding is allowed in the T areas and athletes must push their bike up to the clearly marked MOUNTING LINE.

A basket and a plastic bag will be assigned for each athlete, supplied by the organisers. **Before departing for the bike leg, athletes must put their personal belongings inside the basket and wetsuit inside the plastic bag.** The plastic bags and the basket will be transferred by the organisation to Transition Area 2 (T2) at Troodos square.

The T1 area will be guarded 30 mins after the last athlete gets out of the T1. After that the transition areas will be left unattended and there will be no guarding, therefore no safety for your belongings. Organizers will not be held liable for any losses or damages.

THE BIKE - 84km: Pafos (T1) to Troodos Square (T2)

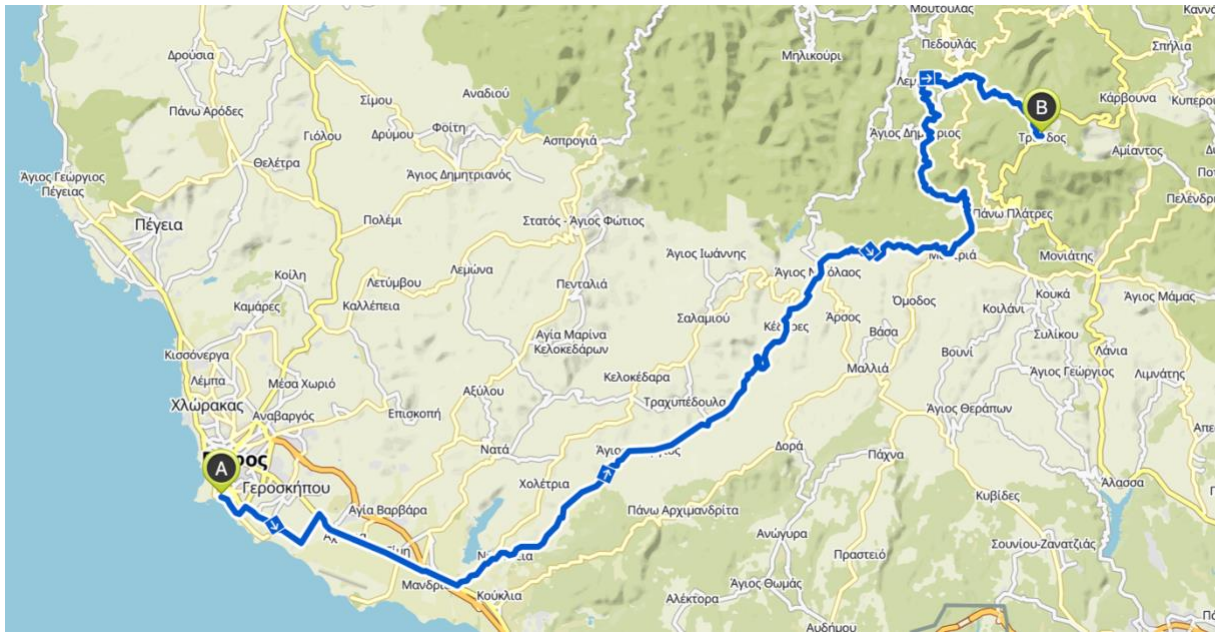
The Route: Pafos Municipal Baths - Achelia - Nikoklia - Agios Nikolaos – Kato Platres – Lemythou Prodomos - Troodos Square.

The entire route will be signed with specific O3 -OlympusMan Signs. It is the responsibility of each athlete to ride on the correct route. Athletes that exit the route at any point must return to the route from the same point. Shortcuts lead to disqualification of the athlete.

The organizers will provide aid stations with water, fruits, and carbohydrates along the bike course. These stations shall be at:

- 36km in Kidasi
- 57km in Platres
- 73km in Lemyhtou
- Water and fruit will also be available at Transition 2.

Competitors may also receive their own support **only at these points.** You can find a map of the feed zones [HERE](#)



[Click here for the GPX file](#)

Bike Rules:

In Cyprus traffic drives on the left. The entire bike course is open to ordinary traffic. **Road traffic regulations must be strictly observed at all times.**

Personal support may assist competitors:

- Feeding support is allowed only at the recognized aid stations as detailed above.
- Technical support is allowed on the entire bike leg, but bike change is NOT permitted

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

- Violating traffic regulations
- Obstructing traffic by not holding to the left whenever possible
- Use of headsets or mobile phones while on the bike
- Bike change

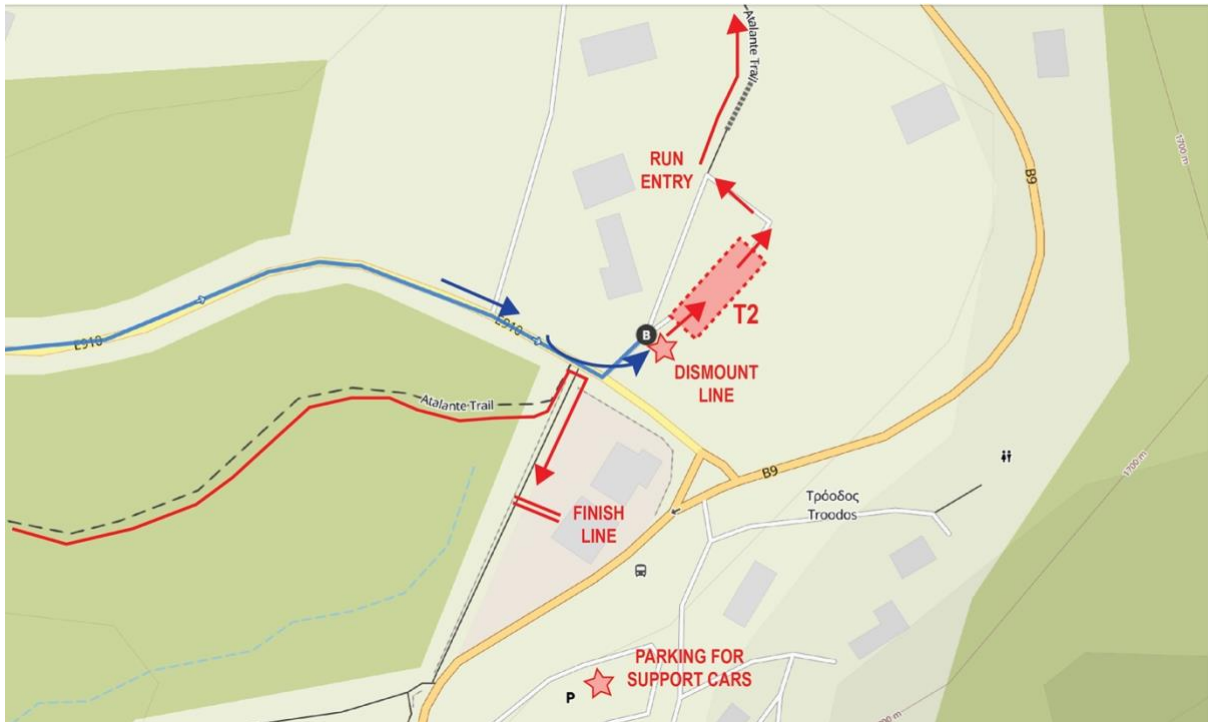
Drafting and Pacing rules

- If caught drafting/pacing off another athlete or motor vehicle by a Marshall you shall be given a 10min penalty on the bike leg.
- A second drafting/pacing violation by the same athlete means that this athlete automatically receives a DQ.

TRANSITION 2 (T2) : located at the [northeaster parking space of Troodos Square](#)

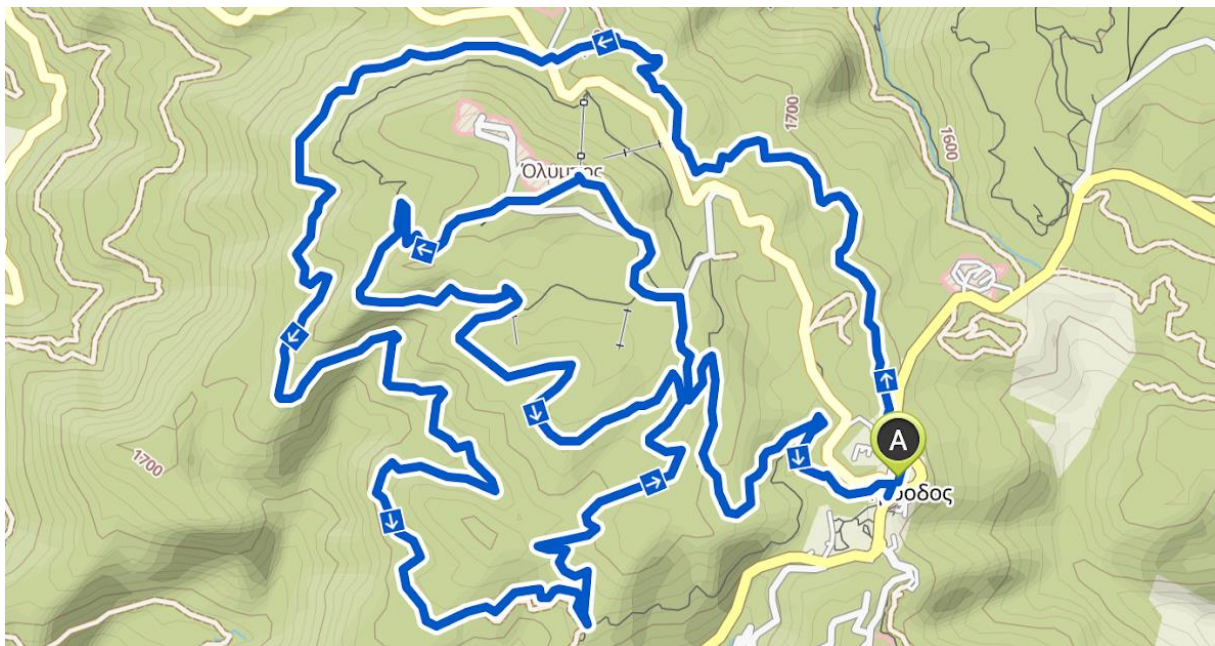
This area is directly on Troodos Square on its north part. It will be clearly indicated with special race signs. Marshals of the race will guide you to the T2 entrance. Only athletes and 1 supporter per athlete may enter the T2 area.

At the dismount line all triathletes must dismount and push their bikes to the bike racks, where they must ensure that the bike is safely secured on the rack. After that, athletes head towards the run course as directed by Marshals.



THE RUN - 21km: Troodos Square (T2) to Troodos Square (Finish Line)

The run course takes in two of the hardest and most scenic off road trails in Cyprus, the Atalanti and Artemis. The run section is different from all the previous editions of the event. All participants will be passing Olympus peak after 17km of run and head towards the finish line which for this year will be in Troodos Square.



[Click here for the GPX file](#)

There will be 5 water and feed zones consisting of water, fruits, cakes and ready mixed carbohydrates. These stations shall be at:

- 3.5km
- 8km
- 12.5km
- 14km
- 18.3km

Competitors may also receive their own support only at these points. You can find a map of the feed zones [HERE](#)

The weather in the mountains can change very quickly. You should note that it is likely to be considerably cooler than Pafos. It is very dangerous to go up the mountain if you are too exhausted! It is also unsafe to let athletes enter the mountain in the dark. All competitors who make it to T2 will be brought back down to the Starting area in Pafos in a bus.

Run Rules:

- The run course is open to other people like hikers or runners.
- You may have a support runner who can only accompany you on foot - strictly no supporters in bikes on the run course.
- Participants should have with them a SAFETY KIT containing:
 - Mobile phone
 - Emergency contact details list (supplied by the organisers)
 - Headlamp / Torch
 - Whistle
 - Emergency blanket

Depending on the weather conditions, carrying the Safety Kit during the run will be compulsory. **This will be announced the morning of the race.**

CUT-OFF TIMES

Bike section: There will be a cut-off time of 4h00m (1h swim and 18km/h bike) total race time at 57km in Kato Platres; and another one of 5h45m total race time at 73km (7km/h from Platres) in Lemythou.

Transition - T2: There will be a cut-off time at 7h00m

Run Section: There will be a cut-off time of 9h00m at the 12.5km mark. Those competitors who reach that point prior to this cut off time will be allowed to complete the remainder of the course and will receive a "The finisher's" t-shirt

Athletes who don't make the cutoff time on the Run Section at 12.5km will simply turn at the mark, and return to finish at the Transition area 2. **Priority of the organizers is the safety of the athletes.**

RACE SUPPORT

O3 OlympusMan cannot be compared to other iron distance triathlons. This journey through spectacular Cyprus landscapes is a unique and unforgettable experience, but it is not without risk to the athletes. Support during the run can be provided from the supporters or by the organizers.

Organiser's Support

The organizers will provide water, fruit and cakes and ready mixed carbohydrates for the athletes. There will be three (3) water and feed zones along the bike course at 36km in Kidasi in Platres at 57km and at Lemythou 73km and be five (5) water and feed zones along the run course at 3.5km, 8km, 12.5km, 14km and 18.3km of the run course. There will also be water at the Transition 2 area.

Rules for Support Teams

If you are a participant that has a personal support team, you are responsible for ensuring that your support team understands their role and our rules, which are there to ensure participants' safety. Please note that if your support team causes dangerous situations by behaving recklessly or violating these rules, you could be penalized or even disqualified.

- The support team must be able to communicate with the race organizers in English or Greek.
- Only one support car is allowed per athlete. Special instructions about the support cars and their location in the race will be announced in due time.
- The support vehicle must abide by traffic regulations and posted speed limits and never drive directly behind or in front of a cyclist, as this could cause dangerous situations.
- Support can only be provided at the recognized aid stations and from outside the car, with the car parked safely and with all four wheels outside the road line.
- The car must always be parked off of the road, with all four wheels off the white road demarcation line.
- Athletes may not sit in the car at any time during the race, even if the car is parked
- At least one person in the support team must be available on mobile phone throughout the race and until 17:00 on race day evening.

The support vehicle

- Should be an ordinary car. Sedans, station wagons and SUVs are recommended. Campers, RVs, and cars with any kind of trailers are discouraged and will be subject to restricted parking opportunities along the course.
- Support vehicles must have a SUPPORT CAR Sticker, which you can get at the race bag collection.
- At the end of the Bike Leg, at Troodos Square all support vehicles must park at the parking lot of Troodos square, located across the road from the T2 - **Not in the T2 area.**
- Violation of the rules listed above may lead to a time penalty for the athlete or to his/her disqualification.

Neutral Feedzone Support

There will be neutral feedzone support provided by the organizers and will include water, fruits and cakes. At the **race number pick up**, you will find small plastic bags where you can put anything you may need to eat or drink during the race. Write your number on the plastic bags and place them in the designated box for us to transfer to any Feedzone or the Finish line in Troodos Square. The bags that you want to find at the feedzones must be delivered to the organizers at the race briefing!

Any items left behind in your baskets at Transition 1 will be transferred directly to Transition 2 by the organisers.

When you finally reach the finish line, a nice bowl of hot soup will be waiting for you!

GENERAL RULES

The general rules of O3 OlympusMan Extreme Triathlon are based on the rules and regulations of the International Triathlon Union (ITU) and the Cyprus Triathlon Federation

Race Rules

- Full wetsuits according to water temperature on the day of the competition.
- Time will be taken manually.
- The race number should not be worn during the swim, and must be stored visibly in T1, until the athlete exits T1.
- The race number must be visible from the back at all times during the bike segment and from the front during the run.
- Bikes must be in good working order
- Helmets must be approved by a nationally accredited testing authority, or have the CE stamp. Helmet stickers should be placed in the front of the helmet.
- Change of bike is not permitted. Changing wheels due to mechanical failure is permitted, provided the Race organiser is informed.
- **SAFETY kit to be worn for whole run with mobile phone, emergency contact details supplied by the organizers, head lamp, emergency blanket and whistle. This will be announced the morning of the race.**
- Keep the O3 OlympusMan wristband, the card with the Race Office phone number and your mobile phone with you at all times during the race.
- Please be friendly and encourage all other racers and supporters!

Time Penalties

Race marshals can issue time penalties or disqualify athletes if either the athlete or their support team violates the rules.

Minor violations: Yellow card. Minor violations are:

- Violating traffic regulations
- Obstructing traffic by not holding to the left whenever possible
- Use of headsets or mobile phones while on the bike
- Drafting/Pacing off another athlete or motor vehicle.
- On the bike section, receiving support outside any of the recognized aid stations.

Second violation: Yellow card - 5 minutes.

Third violation: Red card - Disqualification for major violations or dangerous behavior

Race Withdrawal

If an athlete withdraws during the course of the race, the support crew is responsible for informing the Race Office.

Transportation

After the award ceremonies the "athlete bus" will be transferring athletes back to Transition Area 1 in Pafos.

Recovery area at Troodos square and Troodos Hotel

There will be a recovery area setup at the finish line where athletes can have some food and of course recovery drinks.

Medical/anti-doping

Medical crew and race marshals appointed by the organizers may at any time during the race remove an athlete from the race, in case of health issues or risk of injury to the athlete.

The use of prohibited methods and substances included in the WADA List of Prohibited Substances and Methods is forbidden. The World Anti-Doping Code in itself, or as implemented in the rules of the International Triathlon Union or the Cyprus Olympic and Paralympic Committee is binding for all participants in the O3 OlympusMan Extreme Triathlon. Athletes may be subject to random testing by Cyprus Anti-Doping Authority.

Release from Liability

Athletes and their support crews must sign the "Waiver of Liability" document before they receive their race number.

Photographers

Our photographers will travel along on the race. They will take photos and videos of you and other athletes, even when you are exhausted. You may not like it then, but trust us: the photos will be cool, and you'll love having them afterwards. You do not need to acknowledge the photographers; just let them do their job.

Locals, sponsors and partners

Please be friendly to the locals. They are totally amazed that you came, and they think you're completely nuts to be doing this. You are. And they will support you the best way they can in your effort to succeed.

Please be friendly to our sponsors and partners. They help us keep your entry fee as low as possible.

OlympusMan Crew and Race Officials

Please be friendly to the O3 OlympusMan crew. They are all volunteers, who have worked hard to give you the experience of a lifetime. The only pay they get - and the only reward they are looking for - is your enthusiasm.

Please be friendly to the race officials (race director, marshals and medics), who take care of your safety. You are most likely to encounter on them on your marathon ascent from Pafos to Olympus. If you are unable to eat and drink, they are required to take you out of the race. Yes, this is a race like no other, and yes, you are doing it at your own risk, but your safety is still our first priority, and we want to avoid any casualties.

Emergency Number	199/112
Cyprus Joint Coordination Center	1441
Limassol General Hospital	(+357) 25801100

Organising Committee

Michalis Hadjioannou (Director)	(+357) 99694900
Eleni Savvidou	(+357) 99743753