

# oravaman

Race manual for Oravaman 2022



# July 16th 2022

[www.oravaman.sk](http://www.oravaman.sk)

**Dear athletes,  
fans of sport,  
mountains  
and adventure,**

we are pleased to share with you this race manual of the upcoming 11th edition of Oravaman. Through the years we gained experience and learned a lot about the organization of events. We always wanted to keep improving and bring you a race like no other. In this strange and unpredictable times caused by the COVID-19 pandemic, we will do our best to bring a safe race with a familiar atmosphere as always to you.

This manual will provide you all important information about the race. Reading, understanding, and following the manual will help us both - athletes and organizers. Apart of the main race we will organize Championship of Ministry of Interior in Triathlon, dedicated to policemen, firemen and mountain rescuers and Oravaman SHORT for those, who are not prepared for the full Oravaman yet.

Please read this race manual carefully. Come well prepared. Don't forget to train hard on bike and run, focus on steep uphill and downhill trail running, it will be very useful for you. This unique race is very challenging, it requires lot of training, concentration, determination, and humility. We wish you good luck in your prepa-

ration and we see you in July in Zuberec.

**We kindly ask you to come on time on Friday – there can be traffic – jams on the road, so don't leave it to the last minute (try travel on Thursday or leave early on Friday morning).**

**Besides of the race rules and the general rules of triathlon, we kindly ask you to follow all the instructions and regulations related to the current pandemic situation, prevention of the spread of coronavirus and securing the public health.**

***"Bude ako nebolo".***

*Peter Paľa, race director*

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## Oravaman in brief

Since 2011, Oravaman is a weekend-long event with unique race spirit, familiar and friendly atmosphere, professional organization, and high-quality services. Our main goal is to keep improving and being fancied and unique.

Since the beginning, the race is situated at the picturesque Penzión Pribiskô in Zuberec, the centre and headquarters of the race.

Besides the main race, we organize an accompanying race – Championship of Ministry of Interior in triathlon. This race is dedicated to policemen, firemen and

mountain rescuers. It has its own shorter course, own schedule and instructions.

We also organize Oravaman SHORT for those, who are not ready to participate at the long race yet.

**Our goal is to organize a safe race for all that take part – athletes, organizers and our families. That's why we kindly ask you to understand our rules and restrictions for the 2022 edition.**

## Oravaman in 7 points:

1. Designed for of experienced and dedicated athletes – adventurers, who don't underestimate the proper preparation and the power of mountains.
2. Challenging courses in beautiful countryside in order to present the beauty and uniqueness of the nature of Slovakia.
3. Race respects ecology, prepared in close harmony with nature and with a minimum of interference into it.
4. Organized with minimum of advertising smog
5. Race with strict rules, with bike course closed for traffic.
6. Race where you can face all kind of weather and you must run with mandatory equipment.
7. Event, where no body goes home after the finish. You meet new friends, you eat, you dance, you enjoy the after-party.

# Race Rules

## Race Rules

To maintain the quality and originality of the race, it is important that athletes, their friends and families understand the race philosophy and the importance of the rules. The race logistics is very demanding, so it is essential to establish basic rules, regulations, and instructions. We kindly ask you to read next lines carefully. Reading, understanding, and following the RACE MANUAL is mandatory to all, who would like to take part at Oravaman.

### Race course

All athletes (individuals and relays) of Oravaman compete in half distance triathlon. This means 2 km of swimming, 90 km of road cycling and 21 km of trail-running. Time is measured with chip technology. **Mobile phone is mandatory on bike and run course.**

possessions not inserted into the sack,

- after the swim athlete must put on a race number (race belt)
- bags with clothes from the start, sacks with swimming equipment – everything will be transported to Penzion Pribiskô and (tennis court).

### Swim 2km

- athletes complete 2 laps of 1 km, with turning point on the shore,
- athletes must wear swimming cap given by organizer
- neoprene suits are allowed, neoprene socks and gloves are forbidden,
- race belt with the race number cannot be dressed under the neoprene suit.(sticker with picture of swimmer),
- organizers are not responsible for

**5:45 a.m. – 6:10 a.m. – bus boarding at Penzion Pribiskô (only athletes)**

**7:00 a.m. – arrival of the athletes by bus**

**7:50 a.m. – closing of T1**

**8:00 a.m. – START of Oravaman Triathlon (individuals + relays)**

**8:10 a.m. – START of Oravaman Short (+MINV)**

*From 7:50 to 8:00 the T1 must be empty. At 8:00 the T must be empty – athletes from Oravaman Short must stay outside.*

*After the start, cyclists from relays can enter the upper right corner of T1 and wait for their swimmers to come.*

## Transition 1

- after the swim, in Transition 1, athletes put everything (suit, cap, goggles) in a sack with a sticker with his/her race number and an icon of a swimmer,
- organizers are not responsible for possessions not inserted into the sack,
- to exit the T1 area athlete must put on a race number (race belt) and a helmet,
- bags with clothes from the start and sacks with swimming equipment will be transported to Penzion Pribiskô by the organizers and will be handed out to the athletes after the completion of the race at the tennis court.
- riding in groups or riding less than 10 m behind another cyclist is strictly prohibited - no drafting,
- any kind of pollution – throwing gel, bottle or fruit out of the refreshment point means immediate DSQ,
- the bike course is partially closed for traffic (only organizers and official buses can enter the course),
- athletes must ride carefully and obey instructions of the organizers and the police,
- athletes cannot cross the central white line of the road – riding in the middle of the road, crossing the line = DSQ,
- there are several climbs of 12% on the bike course, we recommend road / time-trial bike with 50/34 or triple crankset, or at least 28 back pinion,

## Bike 90 km, 1750 m elevation

- athletes must bring and handover their bikes to T1 (start) at Liptovská Mara on Friday from 1:00 p.m. to 5:00 p.m., bring your ID card with you
- **no bikes can be entered the T1 on Saturday 16th,**
- athletes are responsible of studying and understanding the course
- **when foggy and rainy, the road is very slippery and can cause falls, please be very careful on descents**
- total elevation of the bike course: 1750 m,
- athletes must have a sticker with race number on their saddles,
- there is no technical point on the bike course. Athletes cannot get help from outside.
- **Mobile phone is mandatory during the bike course.**

- race belt with race number must be placed visible on the back,
- There will be a small refreshment point at Koliba Holica (mountain pass Hut) in form of selfsupport. We recommend to carry your own refreshment with you.

## Run, 21 km, 1250 m elevation

Friday 4:00 p.m. – 4:50 p.m. – Handover of mandatory running equipment (tennis court) (athletes will handover running sack with sticker with running shoes, clothes or nutrition and mandatory equipment – wind-proof jacket, head band, running backpack, 1 gel or snack and 1,0 L of drink). The mandatory equipment will be controlled during the handover on Friday and in finish.

- mobile phone as well as above described equipment is mandatory for the whole running course,
- there will be only 2 refreshment stations during the run (11 km, 18 km).
- The first will be after the descent from Brestová to parking at ski resort.
- The second will be at Museum of

- Orava village (only water),
- as the run includes long and hard descent, we recommend reliable trail-shoes.
- There is steep climb from T2 to the summit of Brestová (1902 m. a. s. l.). Then follows challenging and technical 4 km descent to the parking of ski resort. There will be a short climb with 70 m of elevation from 12 to 13 km of the run. Then it is long descent to the finish at Penzion Pribiskô.
- The run is pure trail run which includes rocks, grass, soil, gravel and asphalt.
- Any polluting during the run leads to athlete's disqualification. Any gels, bars, papers or bottles please throw ONLY at the refreshment points, give the rubbish to the organizers.

## Instruction for bike handover Friday July 15th 2022 at the race start

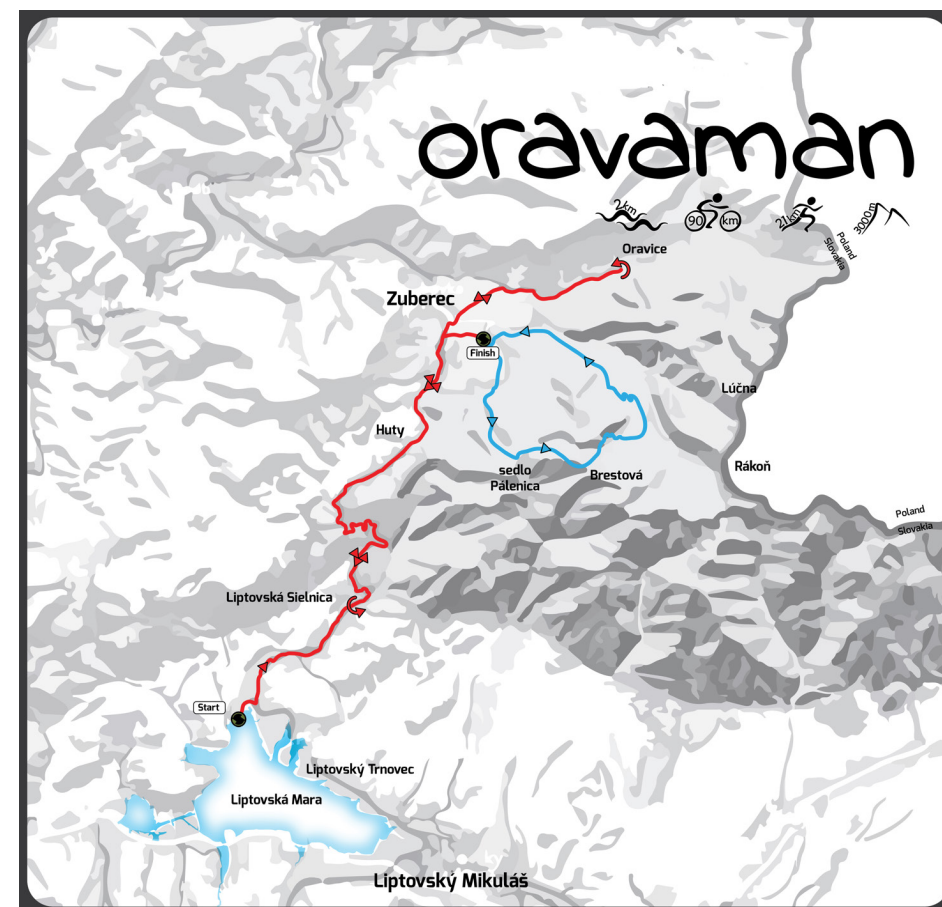
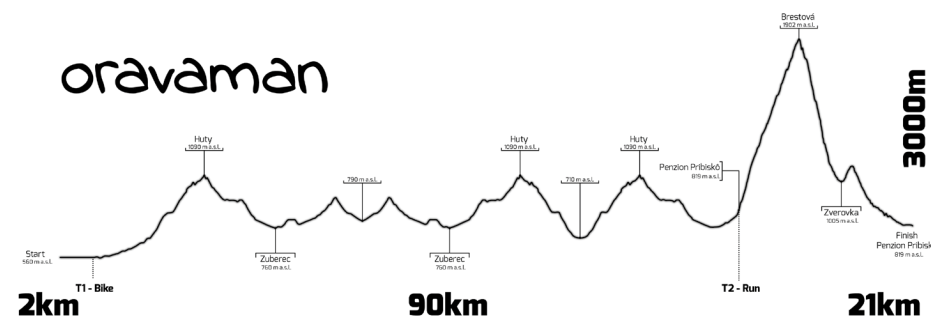
**You can first go to T1 and then go to the registration.**

Bike handover in T1 – Liptovská Mara  
(T1): 1:00 p.m. – 5:00 p.m., bring bike + ID card.

After showing your ID card at the T1, you will receive a sticker with race number, place it under the saddle. The T1 will be protected by mesh and security ser-

vice. All bikes will be covered with rain-coat. No bike can be brought to T1 on Saturday.

After the race, bikes and swimming equipment will be returned to athlete only upon showing the race number at the tennis court at Pribiskô from 2:00 p.m. to 5:30 p.m.



## Categories

Man	Woman	Relay
<b>18 – 39 years</b> (2004 – 1982)	<b>18 – 39 years</b> (2004 – 1982)	<b>mix</b> (men, men + women)
<b>40 – 49 years</b> (1982 – 1972)	<b>40 and more years</b> (1982 and older)	<b>woman</b>
<b>50 and more years</b> (1972 and older)		

## Awards

Three fastest athletes in each age category will be rewarded with crystal cup from our partner RONA, three fastest mix and women relays will be rewarded also. Prize money of 1600 € will be given to first 5 men and first 3 women in overall classification:

### Men

1st - 500 €  
2nd – 300 €  
3rd – 150 €  
4th – 75 €  
5th – 50 €

### Women

1st – 300 €  
2nd – 150 €  
3rd – 75 €

# Time schedule

## Race weekend

**Following the time schedule will be strictly required  
by organizers. No excuses will be accepted.**

### Friday, July 15th

You can go first to T1  
and then come to the registration.

**10:00 p.m. – 12:00 a.m.**

registration (bring printed and signed voucher from your personal account) at Penzión Pribiskô

**1:00 p.m. – 5:00 p.m.**

bike handover at the start (T1, Sielnická zátoka)  
(bring your bike and ID card)

**1:00 p.m. – 4:45 p.m.**

registration (bring printed and signed voucher from your personal account)  
at Penzión Pribiskô

**1:00 p.m. – 2:45 p.m.**

registration **Oravaman Kids race**  
(bike and run on terrain path – mtb bike required)

**3:00 p.m.**

start of Oravaman Kids race

**4:00 p.m. – 4:30 p.m.**

**Beer kilometer** (1 km run where athletes must drink 4 x 2 dcl of beer  
– 100 participants)

**4:00 p.m. – 4:50 p.m.**

Handover of running equipment  
(athletes will handover running sack with sticker with running shoes,  
clothes or nutrition and mandatory equipment – wind-proof jacket, head  
band, running backpack and 0,5 of drink)

**5:00 p.m.**

winner ceremony Oravaman Kids race

**5:30 p.m.**

race briefing (opening ceremony, race instructions)



## Saturday, July 16th

### 5:45 a.m. – 6:10 a.m.

bus boarding at Penzión Pribiskô (only athletes; in 2022 there will be no transport for spectators to the start)

### 7:00 a.m.

arrival of the athletes and spectators by bus

### 7:00 a.m.

T1 is open  
(without helmet, race number or chip athlete can't enter the transition nor compete at the race)

### 7:50 a.m.

closing of T1  
(from 7:50 to 8:00 the T1 must be empty, from 8:01 cyclist from relays can wait in upper right corner of T1)

### 8:00 a.m.

START of Oravaman individuals and relays

### 8:10 a.m.

START of Oravaman Short (+MINV)

### 12:45 a.m.

**STOP TIME at Penzión Pribiskô – T2**

### 2:15 p.m.

**STOP TIME at Sedlo Pálenica (5 km of the run)**

### 1:00 p.m. – 6:00 p.m.

meal for athletes

### 2:00 p.m. – 5:00 p.m.

pick up of bikes and swimming sacks from the T2  
(bike can be picked up from the tennis court only after showing the race number)

### 5:30 p.m.

statement of results, end of the race

**Time schedule is subject to change.**

**Athletes will be informed by email about any change.**

# Unfavourable weather conditions

**In case of an unfavourable or dangerous weather conditions, or unpredictable steps of local authorities or national park, organizers can shorten or modify any of the three disciplines (in advance or on-race day).**

In case sudden bad weather conditions (heavy rain or storm), organizers have the right to stop the race and athletes must respect this decision and follow the instructions of organizers. Race course can be modified, if the safety of athletes requires it.

## Technical informations

**Athletes are obliged to behave and race fairly and reasonably. We expect, that everyone who decides to take part at Oravaman is an experienced and well trained athlete with rational behaviour. Drafting, cheating and polluting during the race is strictly forbidden.**

### Please pay attention to the following technical information:

- Athletes will be transported to the start by bus.
- They must carry swimming equipment and cycling shoes and helmet. At the entrance of T1 athletes must demonstrate race number and helmet.
- If one or more of this mandatory gear is missing, athlete can't enter the T1 nor take part in the race.
- Set STOP-TIMEs will be strictly controlled after the bike and during the run.

### Start - Transition 1

- Start from the shore, 2 laps in shape of triangle with turning on the shore.
- After the swim athlete puts his swim suit, cap, goggles and other clothes in the sack and ties it with knot. Athlete must put on the race belt with race number placed on the back. Athlete must take his phone on the bike.
- Athlete puts on the helmet and race number placed on his back, he takes his bike and leaves the Transition 1 with bike in his hand.
- Athlete can get on his bike out of the T1 on the line, where referee stays.

### Transition 2

- When arriving to T2, athlete will get of the bike and give it to organizers, they will give him his running sack.

## Running

- **Athlete must take his mobile phone and put it in the running backpack.**
- The race number must be turned to the front.
- Whole run takes place in National park, so please don't pollute the nature.
- Mandatory equipment (running backpack, wind-proof jacket, head-band, 1,0 l of drink, 1 gel / snack) will be controlled on Friday, during the handover with the running sack.
- Most of the run course is on marked tourist paths. Important crossings will be marked with red flags. Be prepared for any kind of weather and don't underestimate the power of mountains. When rainy, the paths can be very slippery.

**Long course** is marked with **red color** (flags, red spray, white/red tape).

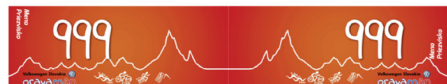
**Short course** is marked with **blue spray**.

**Please do not forget to bring your tickets for the lunch.**

# ORAVAMAN INSTRUCTIONS

## Friday 07/15 bicycle handover in T1 (the start), Liptovská Maradamm at 1 p.m. - 5 p.m. Bring in bicycle and ID card

- You will receive a sticker for your bike.



- Hand in only your bicycle at T1, you will bring helmet and shoes by bus next morning.
- You will pick it up after the race identifying yourself with your tag.

## Friday 07/15: presentation, Penzión Pribiskô, Zuberec 4 p.m. - 4:50 p.m.

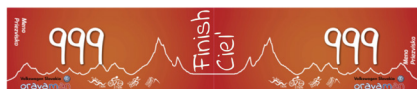
- Hand your sack** with your running equipment and mandatory equipment (wind-proof jacket, headband, running bag, 1l drink).



!!!  
Tie the sack to prevent anything falling out and make sure you will be able to open it at T2

- Hand in your thing for the finish.**

You can label the stuff you want to have waiting for you in finish with this sticker.



## The race day 07/16

- 5:45 - 6:10 a.m. bus boarding, transport to the start.**

Bikes will be stored in the T1 by numbers. After the swim, you wet-suit, cap and goggles must be put in your sack and tied with a knot. Not respecting this rule means 5 minutes penalty.



!!!  
The organizers aren't responsible for any stuff left out of the sacks.

- swimming**

**Individual: 2km (2 laps).**  
**Start at 8:00 a.m.**

**Relay: 2km (2 laps).**  
**Start at 8:00 a.m.**

- cycling**

Respect the traffic rules. From 0 to 90km of the course road is closed for traffic. It is mandatory to ride only on the right part of the road, never you are allowed to cross middle line. The race is NON DRAFTING.

- in T2**

In T2 you will receive your sack with your running and mandatory equipment. You put your helmet and cycling shoes into your sack and tie it.



- do not litter**

Is strictly forbidden to litter anywhere on the race course. Any waste must be given to the organizers at the refreshment points. Conscious pollution of nature = DSQ

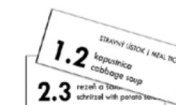


- refreshment**

run	11 km	Parking - Roháče Spálená
	18 km	museum of Orava village (only water)

- in the finish**

Meals will be served from 12:00 a.m. until 6:00 p.m.  
Please do not forget to bring your tickets.



**#idontcheat #idontpollute #idontdraft #iplayfair**  
**#iamtrueoravaman**

Notes:

If you require any further information,  
feel free to contact us at  
[oravaman@oravaman.sk](mailto:oravaman@oravaman.sk)

We wish you all the best, lot of good training  
and we see you in July in Zuberec.

# Bude ako nebolo

