



**FODAXMAN**  
EXTREME TRIATHLON

# ROADBOOK

## 2024









# SCHEDULE

## **December 06th, 2024 - Friday**

**10h00** - Official swim training. Wetsuit is not allowed during the training session - Location: São Bento Dam - Siderópolis.

**14h00 a 17h00** - Athlete's race kit pick up upon presentation of the following mandatory documents: 1) personal document with photo, 2) Statement of responsibility, 3) Medical Certificate. Mandatory to use the official forms available on the website. It's also mandatory to present the wetsuit and swim goggles that will be used on race day so that the compulsory disinfection can be carried out for the use in the dam. Location : Palazzo delle Acque, annexe to the Municipal Theater of Nova Veneza

**16h00** - Mandatory race briefing. Location: Municipal Theater of Nova Veneza. Address: R. Addo Caldas Faraco, 103 - Nova Veneza

## **December 07th, 2024 - Saturday**

**02h30 a 03h30** - Bike check-in at T1 (mandatory presentation of helmet)

**03h40** - All athletes must go to start line

**03h45** - Individual control of athletes to access the restricted start area

**03h55** - All athletes in the water

**04h00** - Start Fodaxman

**04h45** - Supporters must be ready to assist their athletes from swimming to T1

## **December 08th, 2024 - Sunday**

**10h00** - Finishers Ceremony. Location : to be informed during race briefing. Montes Restaurant (to be confirmed), address: Rua. Policarpo de Souza Costa, 01 - Urubici

# SWIM COURSE

offered by :



**S P O R T S   W E A R**



Location: São Bento dam  
Distance: 3,8km  
Number of laps: 2  
Direction: clockwise

Fun fact: The course will pass by the church tower of the village flooded by the dam.



Ambulance on site from 3:25am  
to 6:10am

Foto 01



T 1

Only vehicles displaying the "Supporter Car" sticker (1 vehicle per athlete) are permitted to access the Dam area (Casan). Vehicles must be parked in the area labeled as "Carros" in Photo 01.

To park, drivers should follow the yellow arrows indicated in Photo 02. Vehicles must be parked side by side, reversing into the designated spaces. When exiting, vehicles must follow the blue arrow directions shown in Photo 02.

Athletes have priority when leaving the Dam area and heading toward the road. All vehicles must respect this priority.

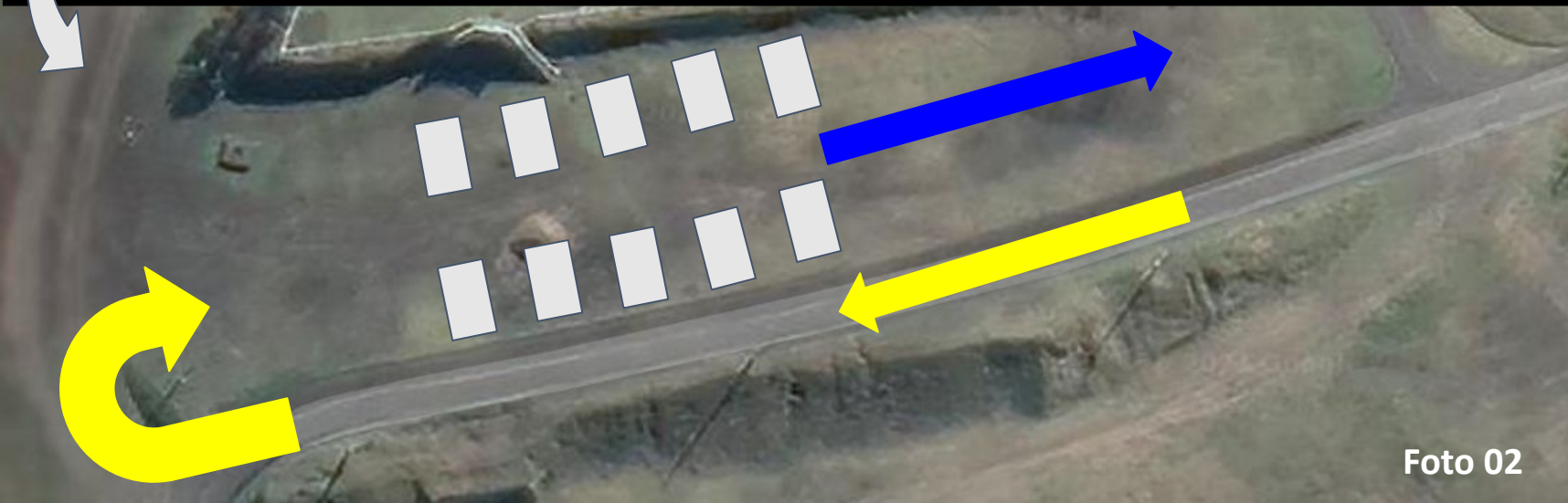
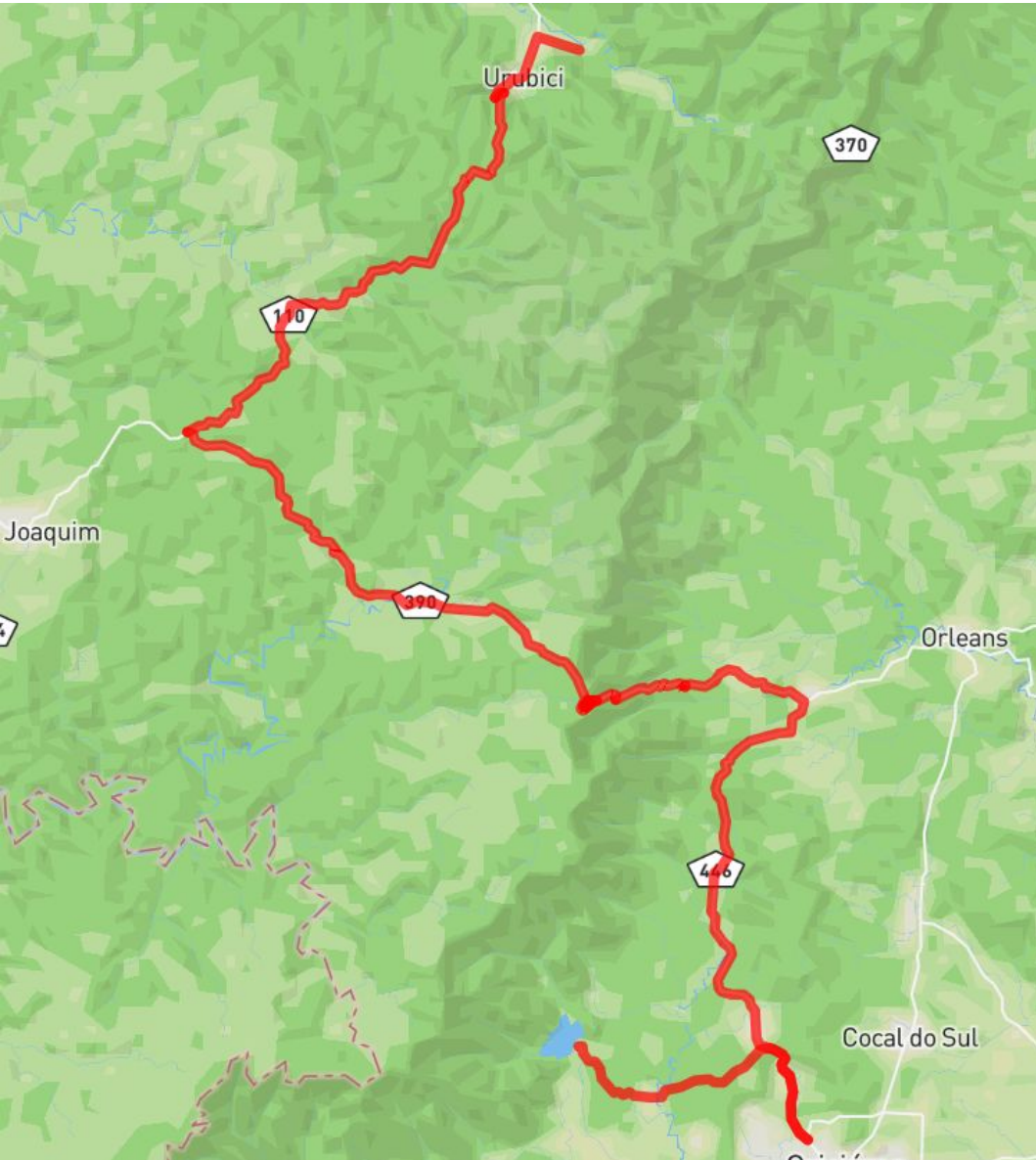


Foto 02



# BIKE COURSE OVERVIEW



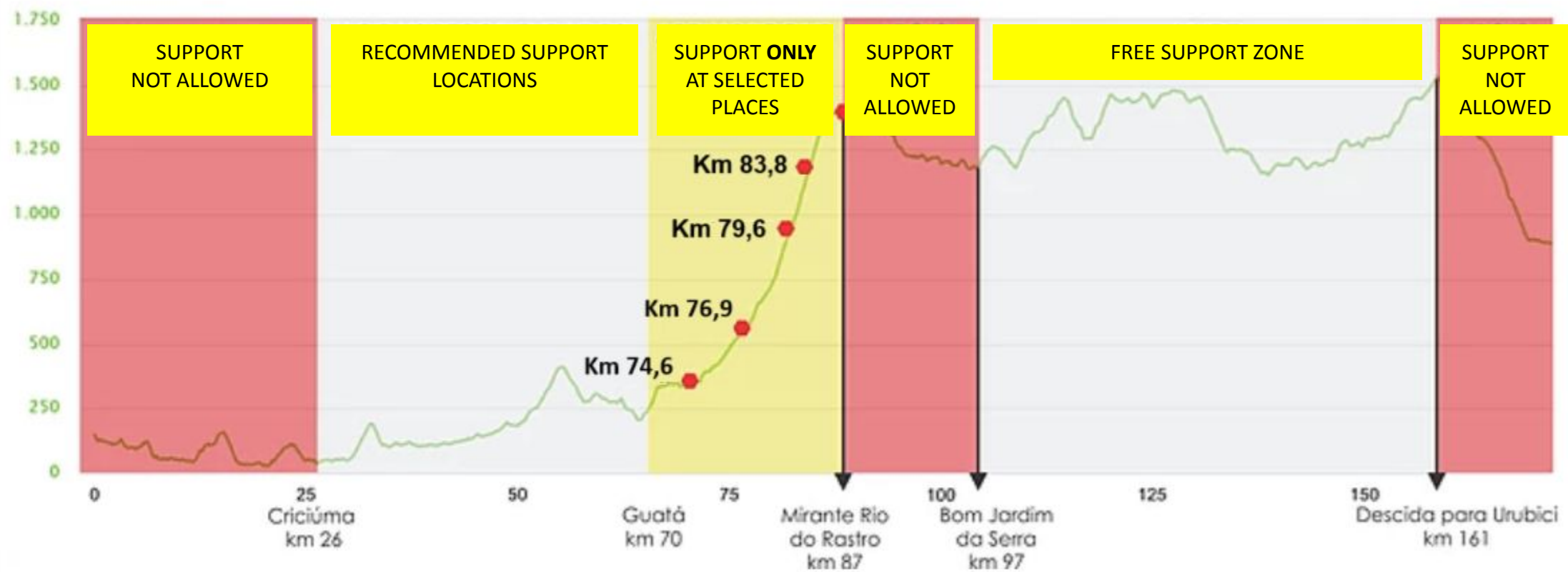
Cities along the bike course: Nova Veneza, Criciúma, Siderópolis, Treviso, Lauro Muller, Bom Jardim da Serra, Urubici.

GPX files of the course: available at [www.fodaxman.com.br](http://www.fodaxman.com.br)



# SUPPORT ZONES FOR ATHLETES' SUPPORTER CARS

## Bike Course - Clearly Marked with Signs



# SUPPORT AREAS FOR ATHLETES' SUPPORTER CARS

## Bike Course – Details for Each Area

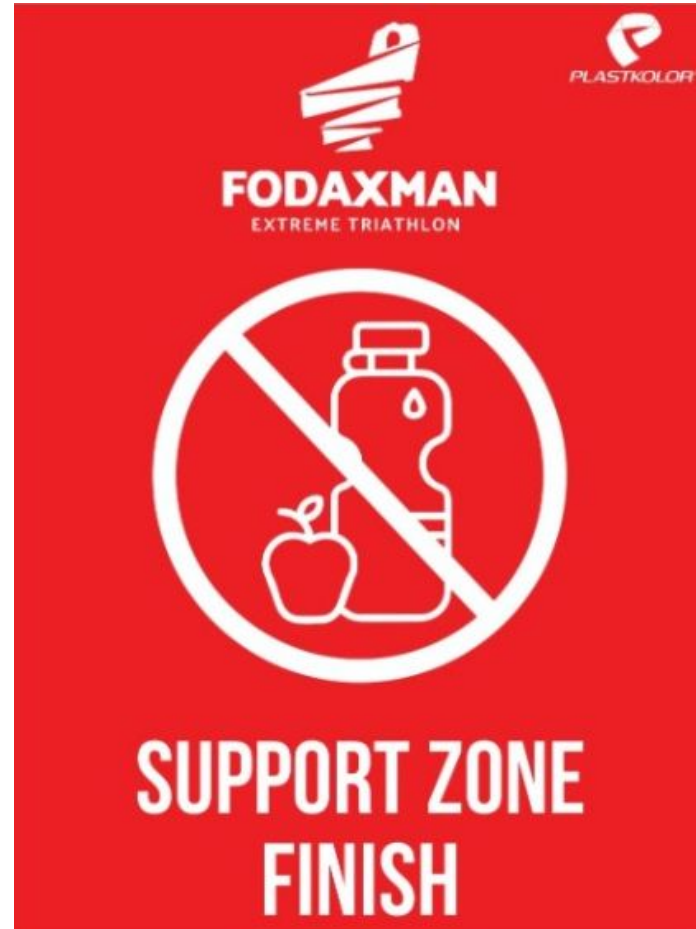
**SUPPORT NOT ALLOWED** = In this segment, supporter cars are not permitted to stop and provide support to athletes.

**PREFERRED SUPPORT LOCATIONS** = In this segment, supporter cars may stop to provide support at any location, provided they comply with traffic regulations. Preferred stopping points are indicated in this roadbook.

**SUPPORT ONLY AT DESIGNATED LOCATIONS** = In this segment (specifically on the Serra do Rio do Rastro climb), supporter cars may only stop at designated locations clearly marked by the organization. Stopping outside these areas will result in disqualification.

**FREE AREA** = In this segment, supporter cars are allowed to stop anywhere to provide support to athletes, as long as they comply with traffic regulations.

# KM 0,0



Start of the segment where athlete support is not allowed.

This area is marked with the following sign.





**KM 0,0**

Turn right upon exiting the Dam.

KM 4,5

Speed bump!

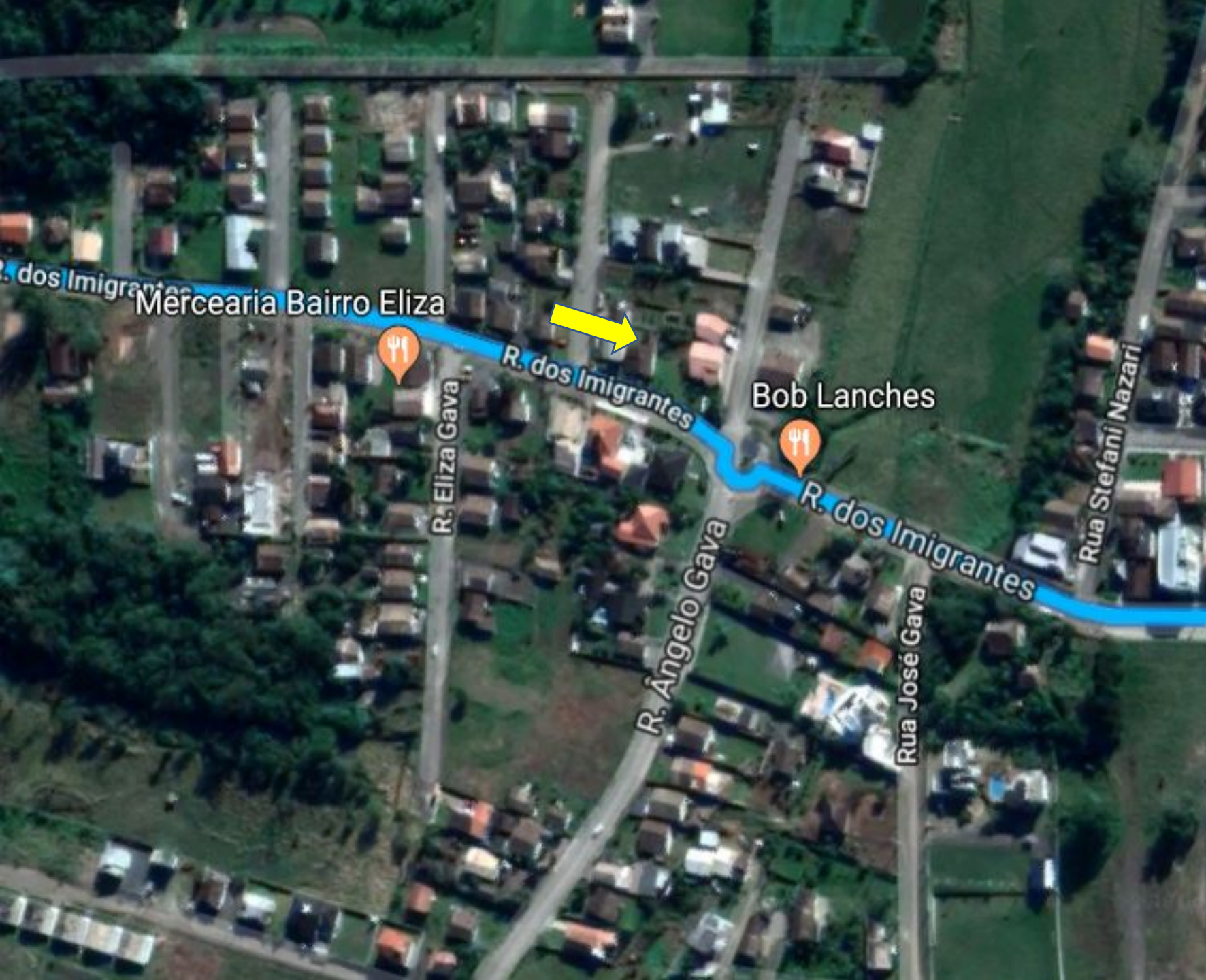




# KM 6,8

A 1,300m cobblestone segment awaits at the end of the descent.

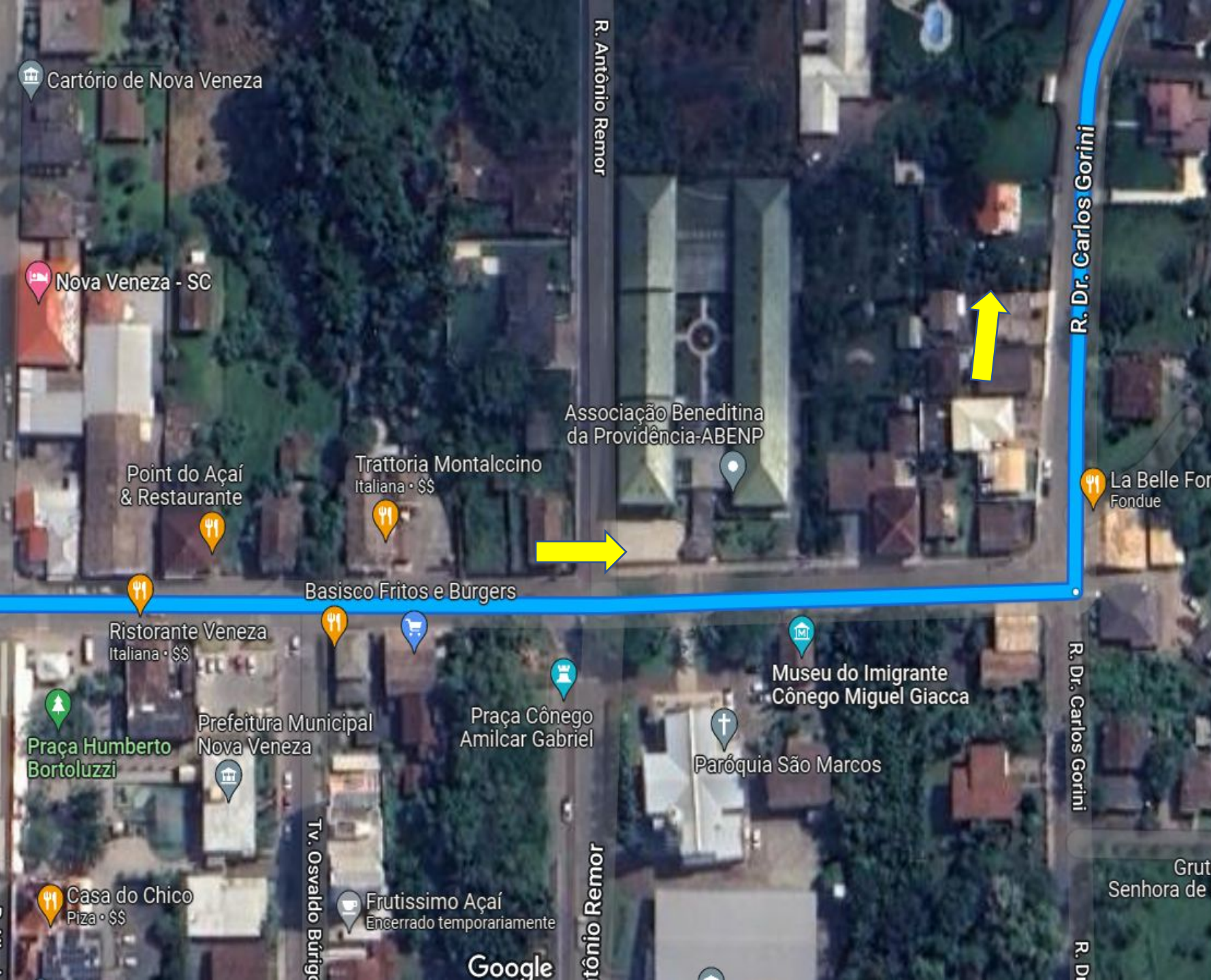
Proceed straight through the roundabout





# KM 8,1

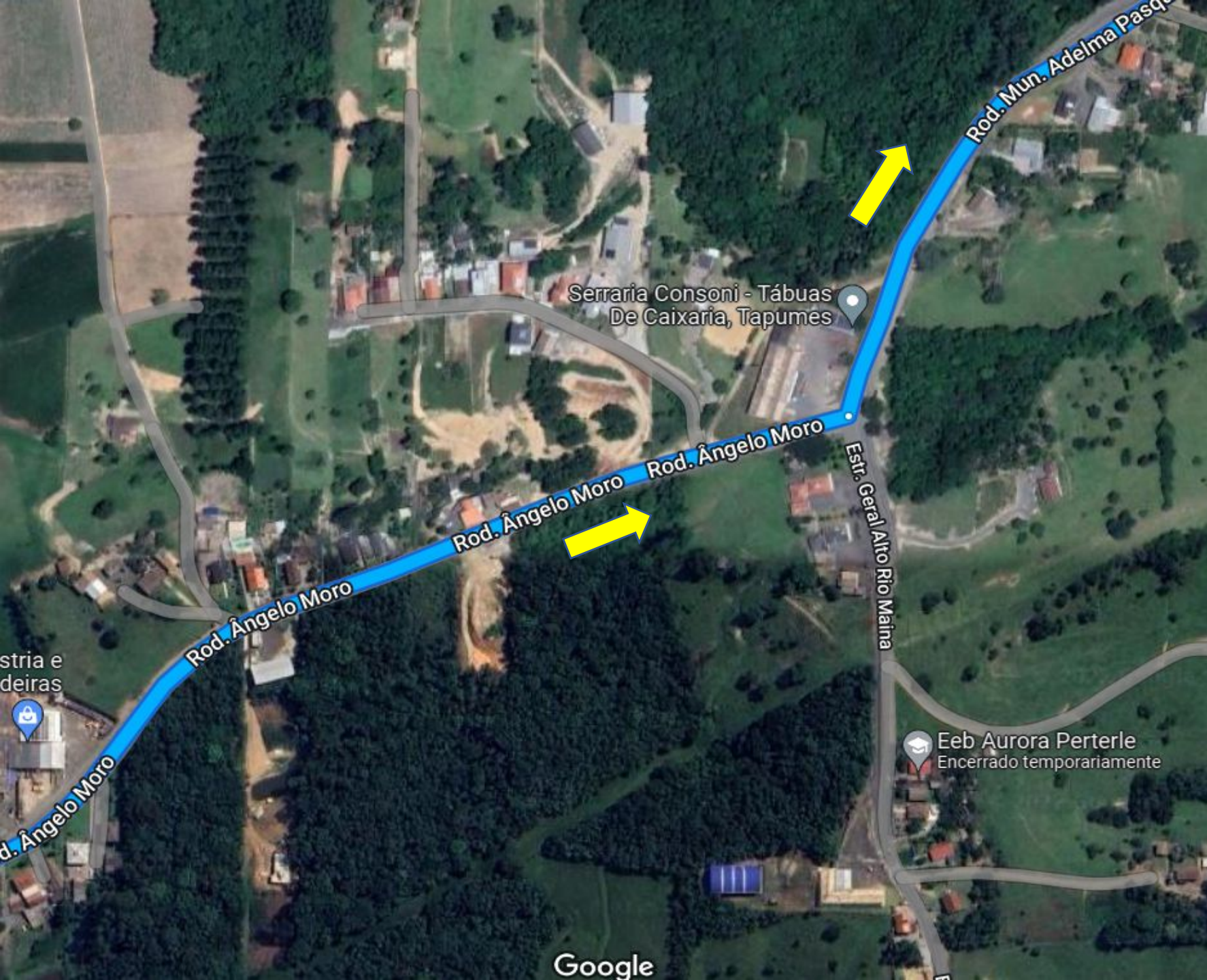
Go straight past the church, then turn left at the end of the street.





KM 14,8

Turn left.





**KM 16,8**

Go straight.





# KM 17,2

Turn right at the intersection with SC445.

**Warning:** The intersection is downhill, and priority is given to vehicles already on SC445 road







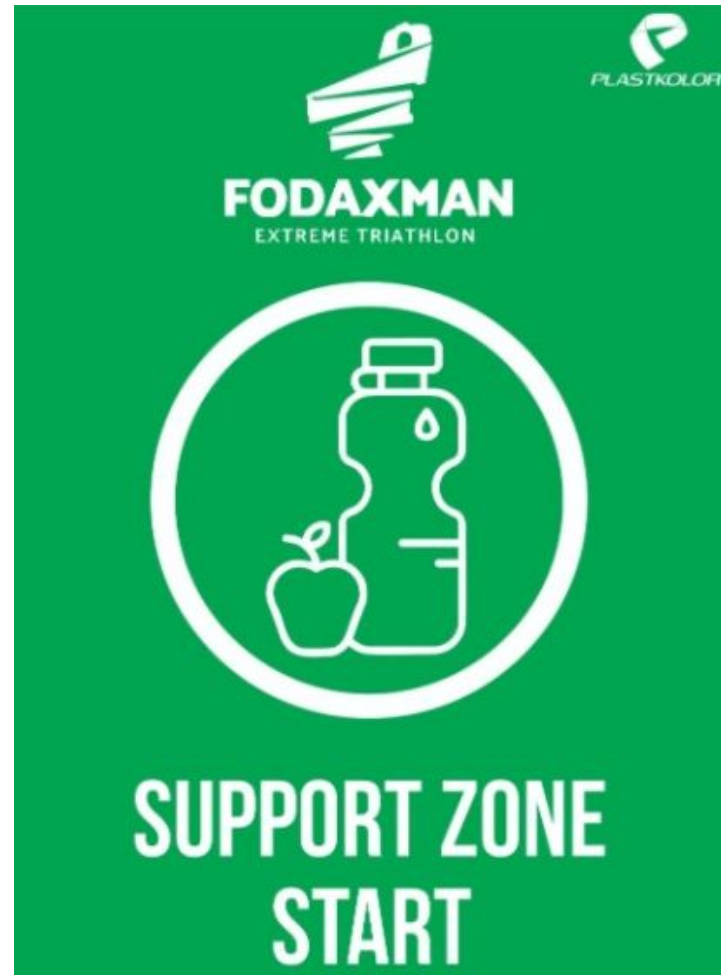
# KM 24,8

Make a 180-degree turn around the roundabout and continue on SC445.

**Warning:** Priority is given to vehicles already on the roundabout.



# KM 26,0



Start of the segment where support for athletes is allowed.

This area is marked with the following sign.



# KM 26,3

Preferred location to stop the car to support the athlete.





# KM 28,6

Preferred location to stop the car to support the athlete.





X

# KM 34,2

Preferred location to stop the car to support the athlete.

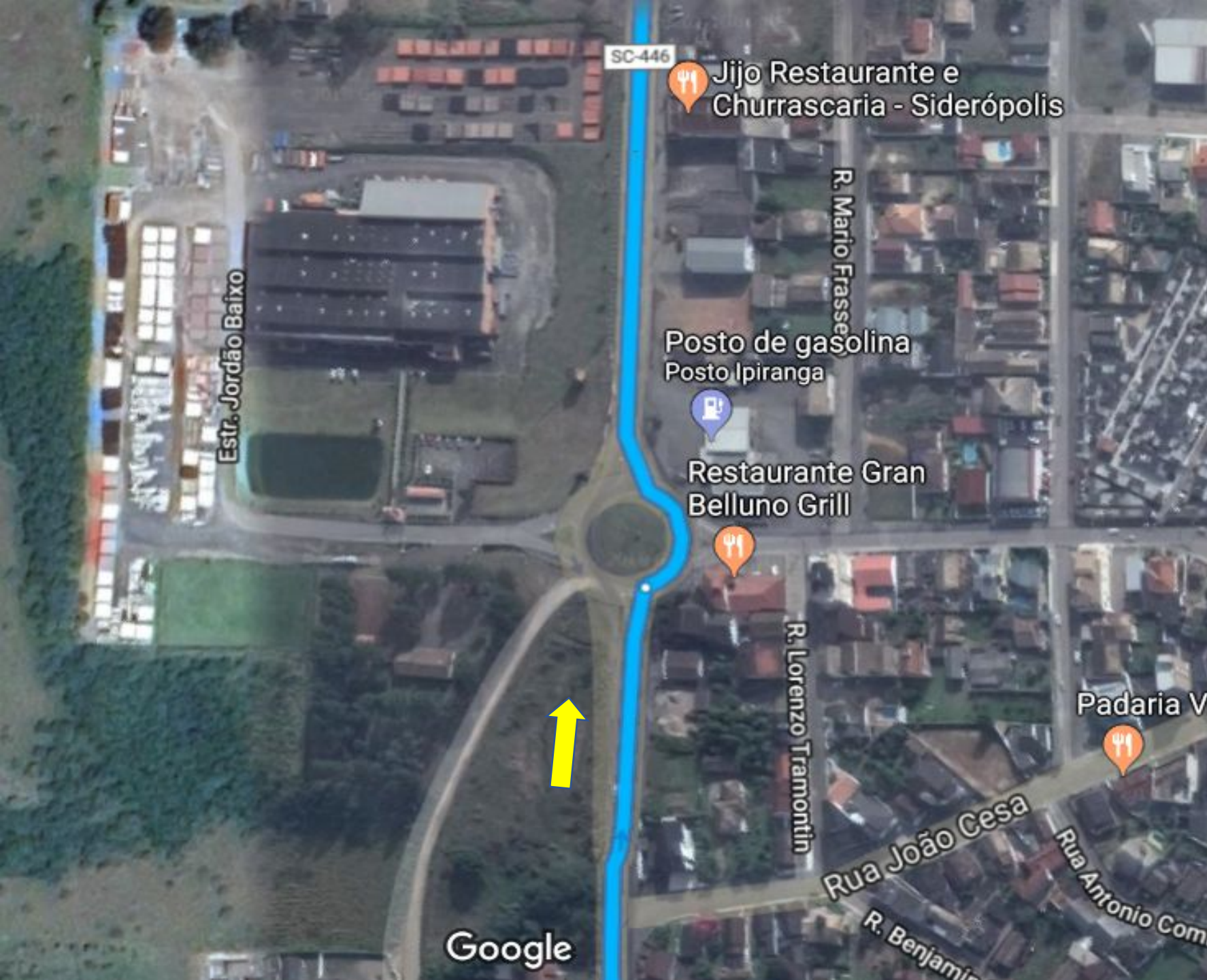


Ambulance on-site from 5:40 AM to 6:50 AM (or until the last athlete passes, if it happens before 6:50 AM).



# KM 34,2

Take the second exit (go straight) at the roundabout.







**KM 42,5**

Preferred location to stop the car to support the athlete.



# KM 42,7

Keep to the left heading towards  
Lauro Müller city.





**KM 57,9**

Take the second exit (go straight)  
at the roundabout.



STREET VIEW NOT AVAILABLE



# KM 60,8

Preferred location to stop the car to support the athlete.





# KM 64,2

Turn left towards Bom Jardim da Serra. Do not take the exit to Lauro Müller.





# KM 64,4

Preferred location to stop the car to support the athlete.



# KM 64,9

Take the second exit (left) at the roundabout, heading towards Serra do Rio do Rastro.



STREET VIEW NOT AVAILABLE



# KM 69,7

Preferred location to stop the car to support the athlete (in front of road patrol station)





## KM 70,0 a 87,7

Beginning of the segment (Serra do Rio do Rastro) where car parking to support athletes is allowed only at specific locations, marked with this sign.



# KM 74,6

Authorized location to stop the car to support the athlete.



Ambulance on-site from 7:40 AM to 9:40 AM

**KM 76,9**

Authorized location to stop the car to support the athlete.





# KM 79,6

Authorized location to stop the car to support the athlete.





# KM 83,8

Authorized location to stop the car to support the athlete.





# KM 87,6

Authorized location to stop the car to support the athlete.

Checkpoint - time cut-off at 12:10pm.



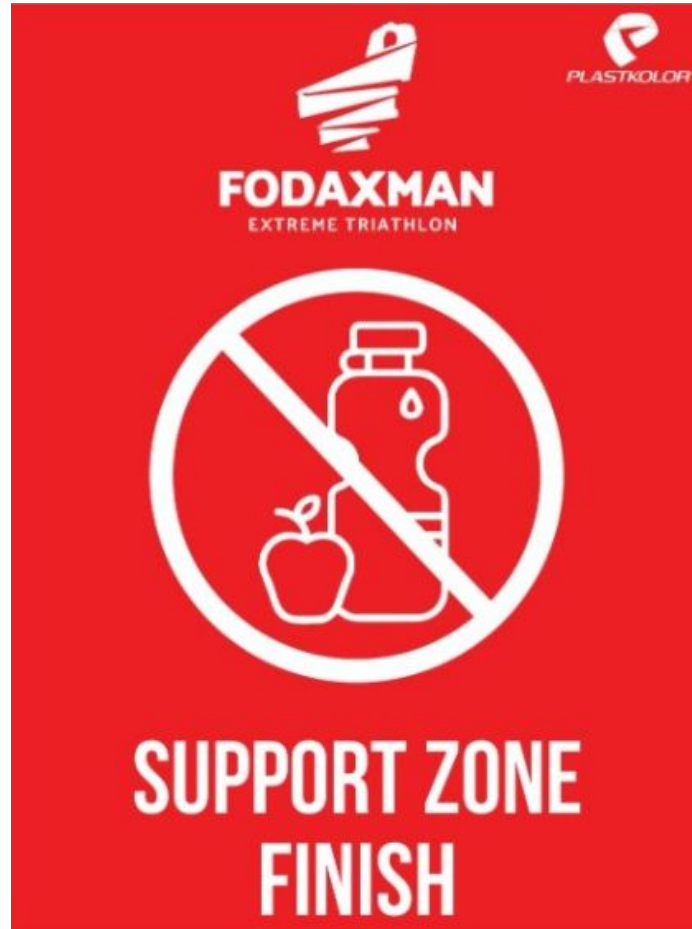
Ambulance on site from 8:40am to 12:10pm



Physiotherapist from 8:40am to 12:10pm



# KM 87,7

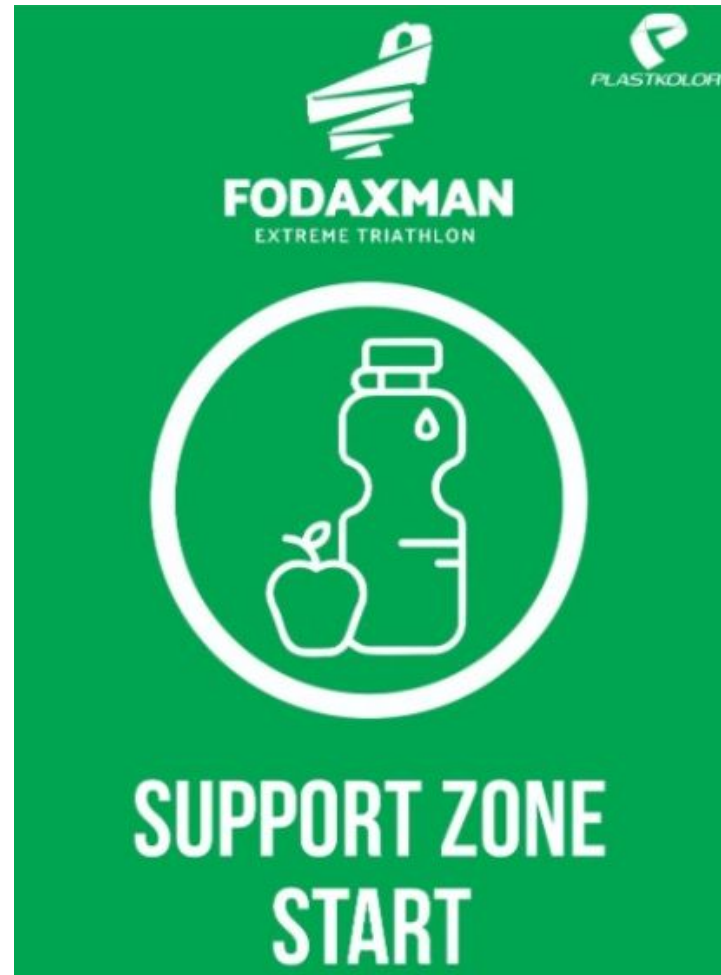


Beginning of the segment where support for athletes is prohibited.

This area is marked with this sign.



# KM 97,0



Beginning of the segment where support for athletes is allowed.

This area is marked with this sign.

# KM 97,8

Preferred location to stop the car to support the athlete.







## KM 106,0

Preferred location to stop the car to support the athlete.



**KM 118,0**

Preferred location to stop the car to support the athlete.









**KM 138,0**

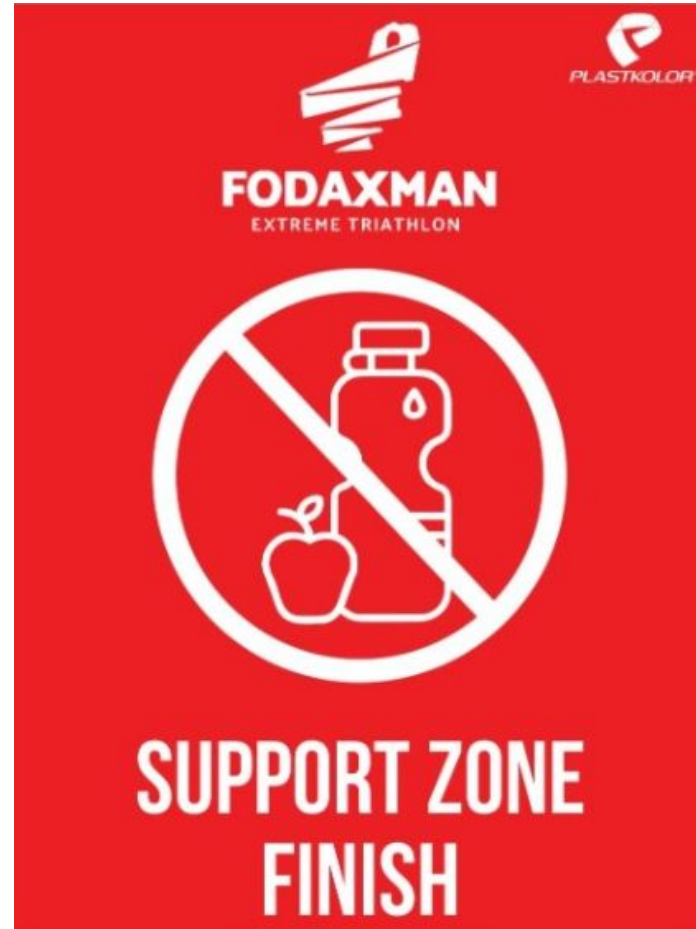
Preferred location to stop the car to support the athlete.



Ambulance on site from 11:10am to 1:40pm



# KM 161,0



Beginning of the segment where athlete support is prohibited.

This area is marked with this sign.

# WARNING !!!! FINAL SEGMENT OF THE BIKE COURSE

Km 161: Descending segment with curves.

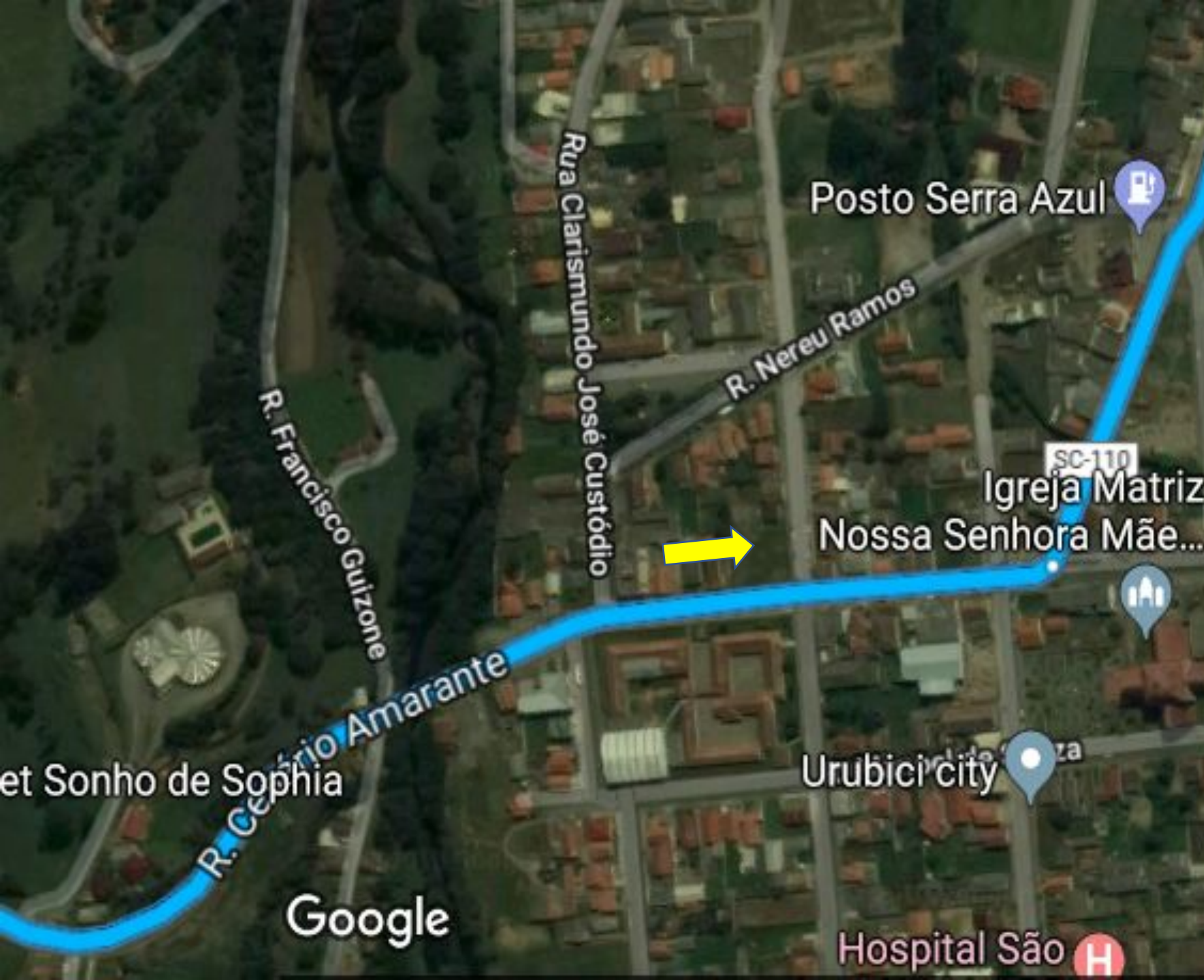
Km 166,6: Very sharp left curve downhill.

Km 167,3: Very sharp right curve downhill.



# KM 170

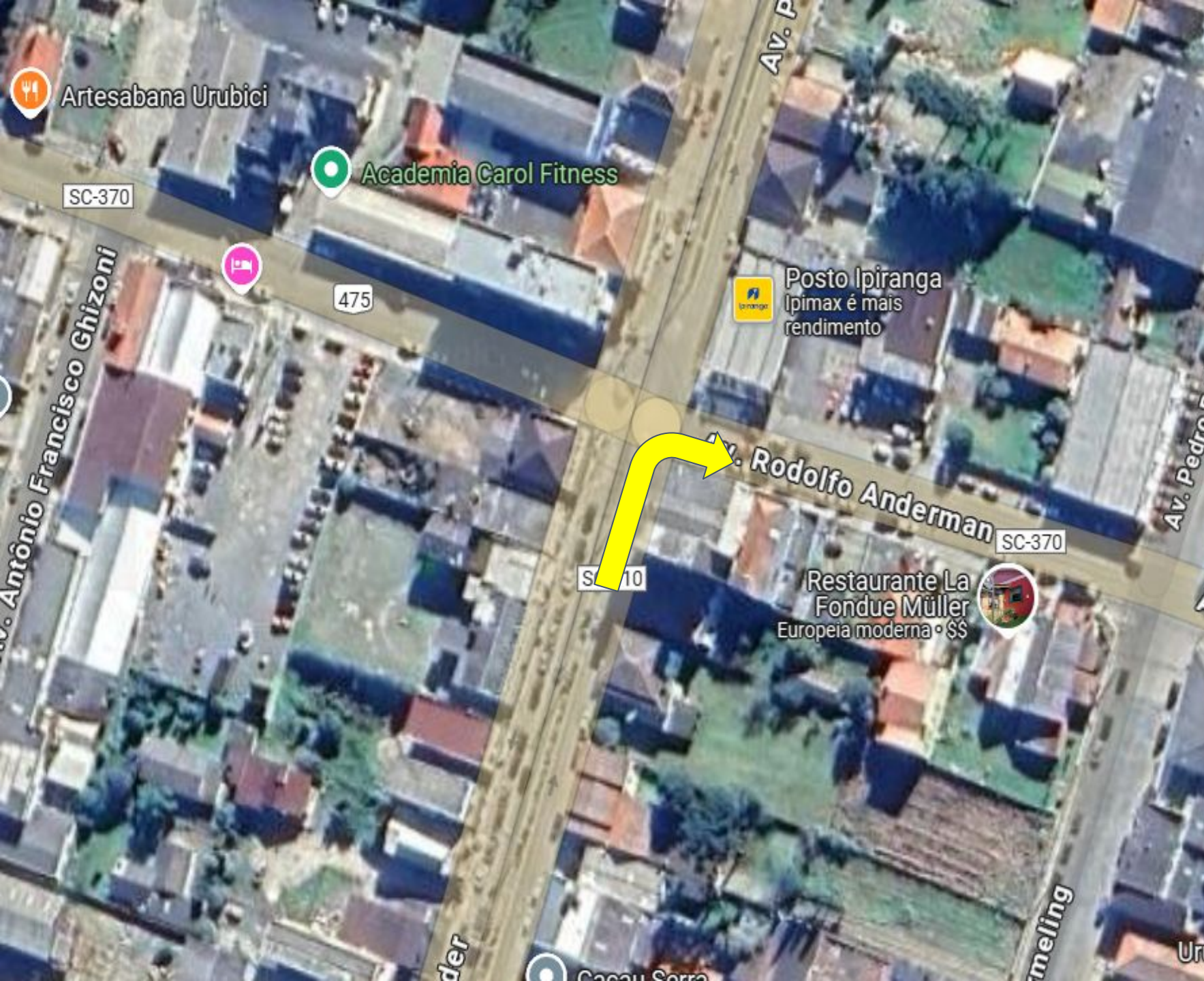
Arrival at Urubici. Turn left onto Adolfo Konder avenue.





# KM 173

Arrival at the center of Urubici.  
Turn right onto SC 370 (at the corner of Ipiranga Gas Station)





## KM 176 - T2

The T2 will be at the parking lot of the Rancho Urubici restaurant, located at the km 03 of SC 370 road.

The athlete must follow the dismount signage and place the bike on the rack. The bike should be taken off the rack by the athlete's official supporter, identified by the "Supporter" t-shirt, immediately after the athlete's arrival.



Ambulance on-site from 2:30pm to 4:40pm



Physiotherapy available on-site from 1:10pm to 4:40pm





# KM 176 - T2

The T2 will be at the parking lot of the Rancho Urubici restaurant, located at the km 03 of SC 370 road.

The athlete must follow the dismount signage and place the bike on the rack. The bike should be taken off the rack by the athlete's official supporter, identified by the "Supporter" t-shirt, immediately after the athlete's arrival.



Ambulance on-site from 2:30pm to 4:40pm

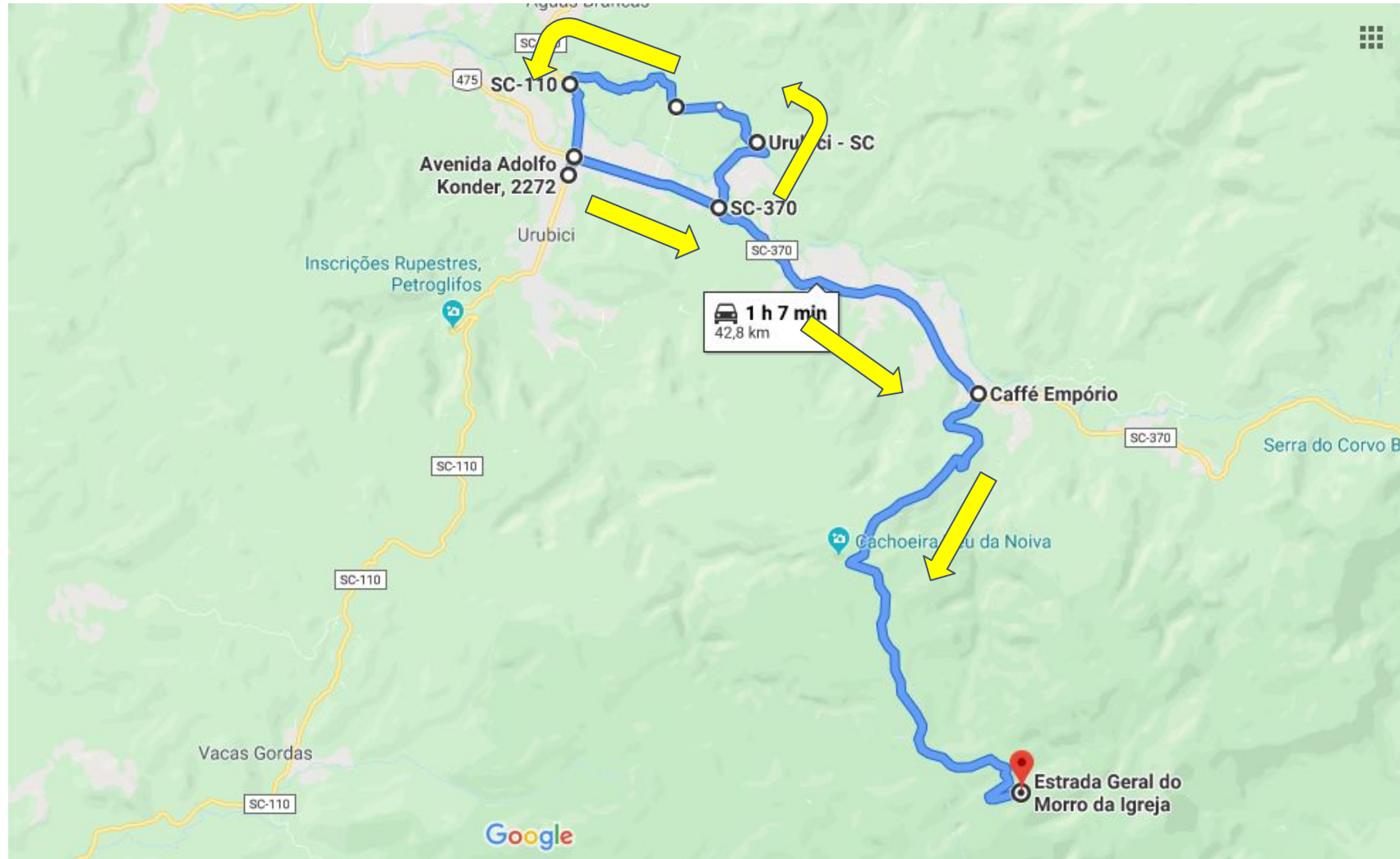


Physiotherapy available on-site from 1:10pm to 4:40pm





# RUN COURSE OVERVIEW - TOP FINISHER



Link of top finisher run course: available on the website

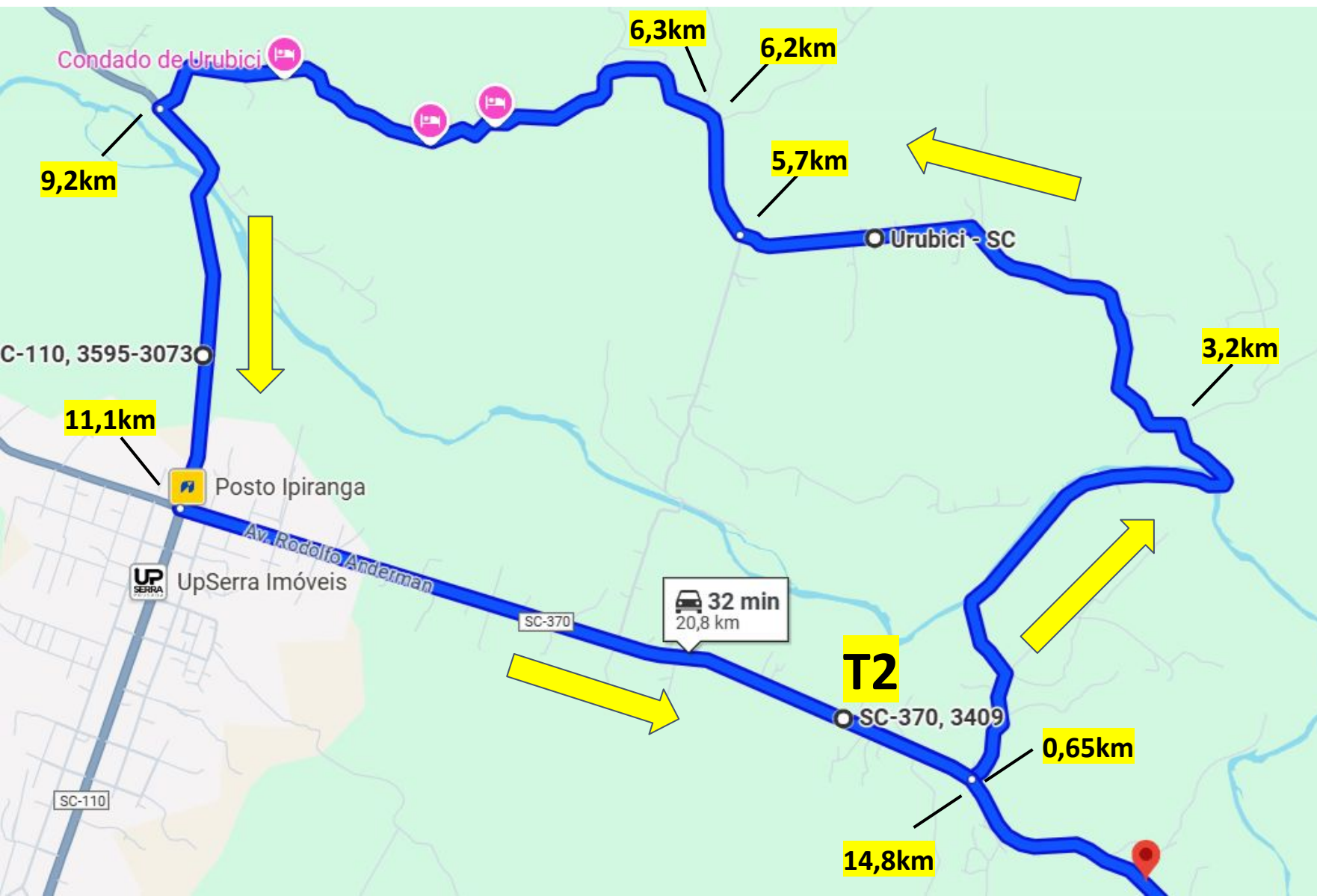
# RUN COURSE OVERVIEW - BASE FINISHER



Link of base finisher run course: available on the website



# FIRST PART OF THE RUN COURSE IN DETAIL



Km 0.65 - Turn left

Km 3.2 - Turn left

Km 5.7 - Turn right

Km 6.2 - Turn left

Km 6.3 - Turn left

Km 9.2 - Turn left

Km 11.1 - Turn left

Km 14.8 - Go straight

**KM 0,65**

Turn left.





KM 3,2

Turn left.





**KM 5,7**

Turn right.





**KM 6,2**

Turn left.





**KM 6,3**

Turn left.





**KM 9,2**

Turn left.







**KM 11,1**

Turn left.



**KM 14,8**

Go straight



# KM 23

Checkpoint - Cut-off time and headlamp check (mandatory).

Course split between Top Finisher and Base Finisher routes.

Cut-off time for the Morro da Igreja climb: 4:30pm



Ambulance on site from 4:50pm to 9:40pm



Physiotherapy available from 5:10pm to 9:40pm







# KM 23 CHECK POINT

Athletes who reach km 23 (checkpoint) by 4:30 PM will be allowed to climb Morro da Igreja to become a Top Finisher.

After this time, athletes must follow the alternative route. The finish line for the alternative route, completing 39 km, will be at the same location as the checkpoint (there is a turnaround point at km 31).

# MANDATORY STICKERS



Windshield of the athlete's supporter car  
(Place it on the passenger side, at the top)



Rear window of the athlete's supporter car  
(Place it on the top left)



Seatpost



Helmet



# EMERGENCY

- 2 ambulances on the course. The ambulances will be stationed at specific points along the course, with these locations changing as the race progresses. It is the athlete's supporter's responsibility to know the fixed points where the ambulances will be located, as informed by the Organization.
- 1 car with 1 doctor, 1 physiotherapist.
- 1 car with physiotherapists.
- The medical and physiotherapy teams will also be available before and after the race.
- Lifeguard team along the swimming course.
- Emergency WhatsApp group with all athlete supporters, medical team members, race officials, and Organization staff. Ensure your supporter is already included in the group. This group should only be used in case of EMERGENCY.

# EMERGENCY - AMBULANCE LOCATIONS

| Ambulance    | Location  | Estimated Arrival Time | Estimated Departure Time | Location Google Maps   |
|--------------|---|------------------------|--------------------------|--|
| USB 01 + EM1 | Start - T1<br>São Bento Dam                               | 3:30am                 | 6:10am                   | <a href="#">Barragem do Rio São Bento</a>                                |
| USB 01 + EM1 | Mirante 12 - Serra do Rio do Rastro - Km 74,6 BIKE COURSE | 7:40am                 | 09:40am                  | <a href="#">Mirante no início da serra do Rio do Rastro (mirante 12)</a> |
| USB 01 + EM1 | Café Pericó - Km 138 BIKE COURSE                          | 11:10am                | 1:00pm                   | <a href="#">Café Pericó - Lanchonete</a>                                 |
| USB 01 + EM1 | Morro da Igreja Top Finish Line                           | 2:00pm                 | 7:00pm                   | <a href="#">Mirante Morro da Igreja</a>                                  |
| USB 01 + EM1 | Checkpoint - Km 23 RUN COURSE                             | 7:40pm                 | 9:40pm                   | <a href="#">Acesso ao Morro da Igreja</a>                                |

*USB 01 - Basic Support Unit*

*EM1 - Medical Team 01*



# EMERGENCY - AMBULANCE LOCATIONS

| Ambulance | Locations  | Estimated Arrival Time | Estimated Departure Time                            | Location Google Maps                              |
|-----------|--|------------------------|---|---|
| USA       | Start - T1<br>São Bento Dam                            | 3:30am                 | 5:00am  | <a href="#">Barragem do Rio São Bento</a>         |
| USA       | Ipiranga Gas Station - Km 34,2 BIKE COURSE             | 5:40am                 | 6:50pm (or the last athlete, whichever comes first) | <a href="#">Posto Ipiranga</a>                    |
| USA       | Serra do Rio do Rastro Viewpoint - Km 87,6 BIKE COURSE | 8:40am                 | 12:10pm   | <a href="#">Mirante da Serra do Rio do Rastro</a> |
| USA       | Café Pericó - Km 138 BIKE COURSE                       | 1:00pm                 | 1:40pm  | <a href="#">Café Pericó - Lanchonete</a>          |
| USA       | T2 - Km 176 BIKE COURSE                                | 2:30pm                 | 4:40pm  | <a href="#">Rancho Urubici</a>                    |
| USA       | Checkpoint Km 23 RUN COURSE                            | 4:50pm                 | 9:40pm  | <a href="#">Acesso ao Morro da Igreja</a>         |

USA - Advanced Support Unit

# EMERGENCY PHONE NUMBERS

- SAMU - 192
- Highway Patrol - 198
- Hospital of Nova Veneza - +55 48 3436.1897
- Hospital of Siderópolis - +55 48 3435.3299
- Hospital of Lauro Muller - +55 48 3464.3222
- Hospital of Bom Jardim da Serra - +55 49 3232.0277
- Hospital of São Joaquim - +55 49 3233.0011
- Hospital of Urubici - +55 49 3278.4141





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