



FODAXMAN
EXTREME TRIATHLON

ROADBOOK

2023





SCHEDULE

December 08th, 2023 - 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

December 09th, 2023 - 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 10th, 2023 - Sunday

10h00 - Finishers Ceremony. Location : to be informed during race briefing

SWIM COURSE

offered by :



S P O R T S W E A R



Location: São Bento dam
Distance: 4,0km
Number of laps: 2
Direction: counter-clockwise

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



Ambulance on site from 3:45am to 6:30am

Foto 01



T 1

Only vehicles marked with the supporter car sticker (1 vehicle per athlete) will have access to the Dam area (Casan). Cars must be parked in the area marked in photo 01 as “Carros”..

To park the car, the driver must follow the yellow arrows in photo 02. The cars must be parked side by side, in reverse. The exit of vehicles must obey the signs with the blue arrow in photo 02.

The priority for leaving the dam area towards the road belongs to the athletes, and vehicles must obey this priority.

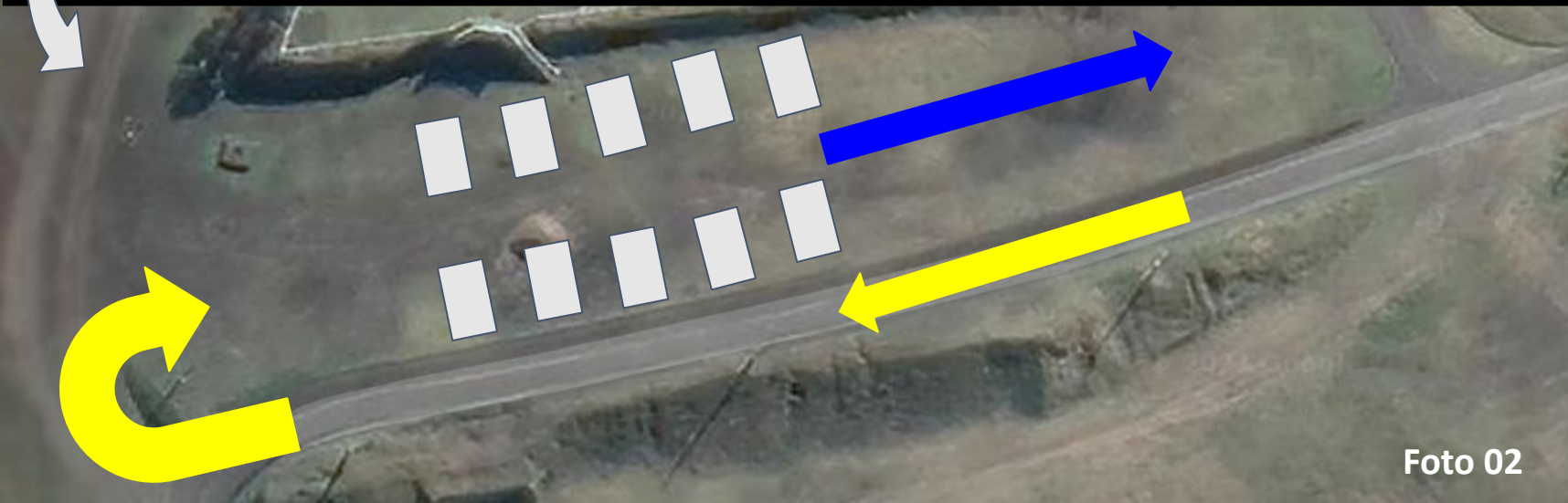


Foto 02

BIKE COURSE

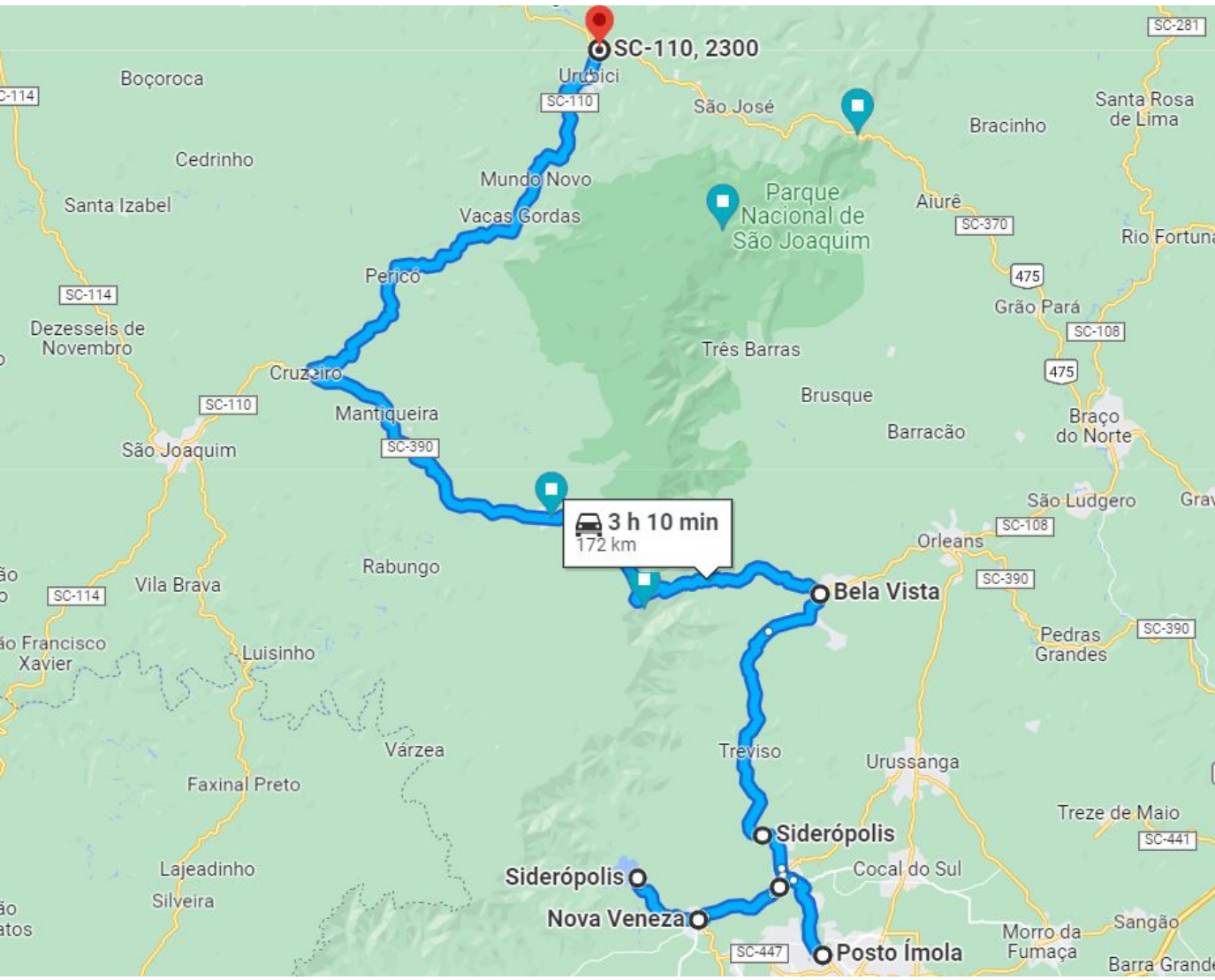
offered by :

ELLEVO

BIKE COURSE OVERVIEW

Offered by :

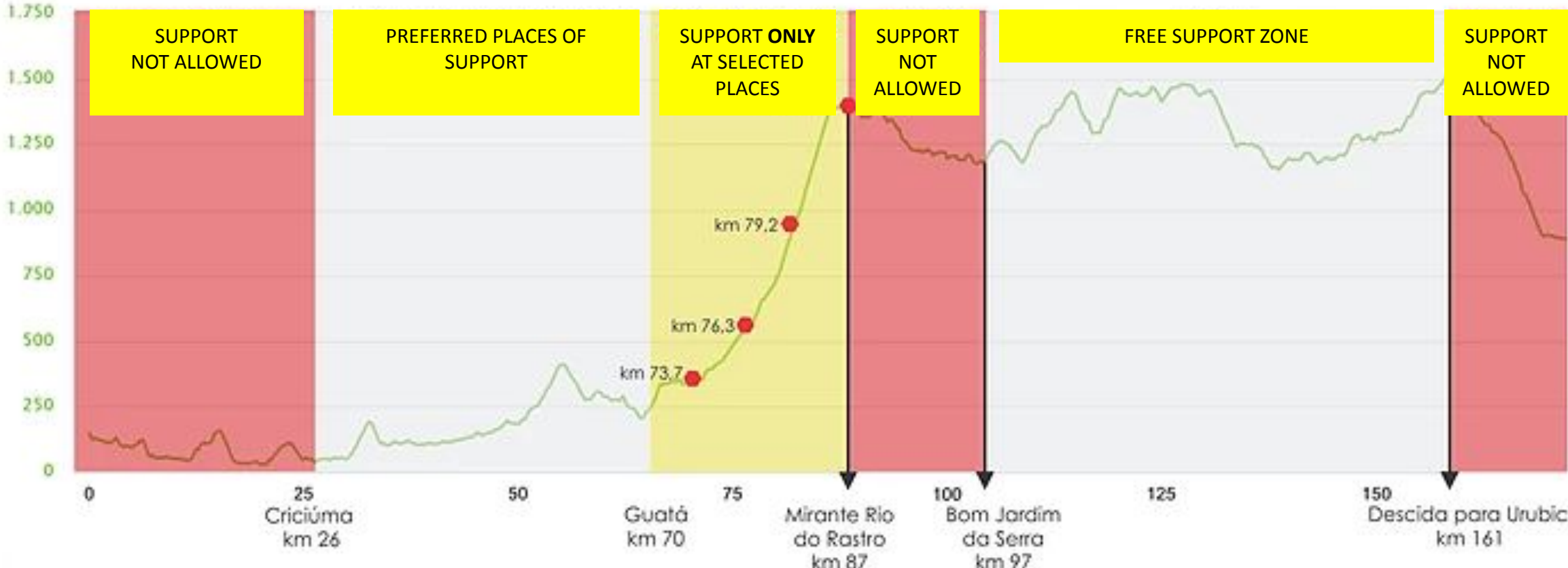
ELLEVO



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

ZONES OF SUPPORT BY ATHLETE'S SUPPORTER CAR BIKE COURSE - MARKED WITH SIGNS



ZONES OF SUPPORT BY ATHLETE'S SUPPORTER CAR BIKE COURSE - details of each zone

SUPPORT NOT ALLOWED = In this segment, the supporter's car cannot stop to provide support to athlete.

PREFERRED PLACES OF SUPPORT = In this segment, the supporter's car can stop to provide support at any location, complying with traffic legislation. In this roadbook you can find the preferred places to stop.

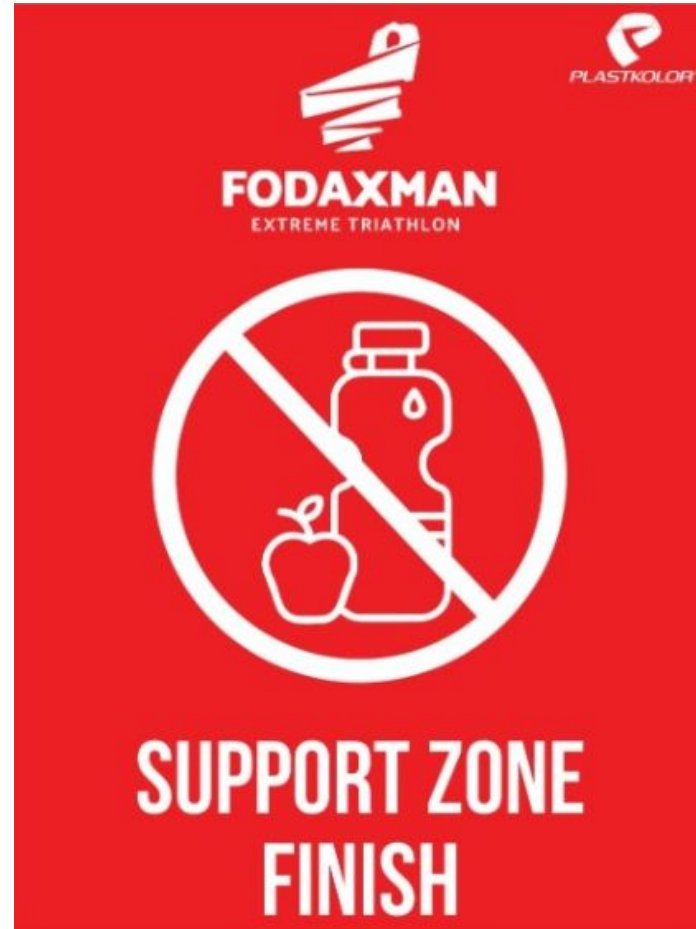
SUPPORT ONLY AT SELECTED PLACES = In this segment (only at Serra do Rio do Rastro climb) the supporter's car is allowed to stop only at selected places identified by organization with proper signs, under penalty of disqualification if car is parked outside of indicated place..

FREE ZONE = In this segment, the supporter's car is allowed to stop anywhere to provide support to athlete, complying with traffic legislation..

KM 0,0

Beginning of the segment where the support to athlete is not allowed.

It's identified with this sign.



KM 4,5

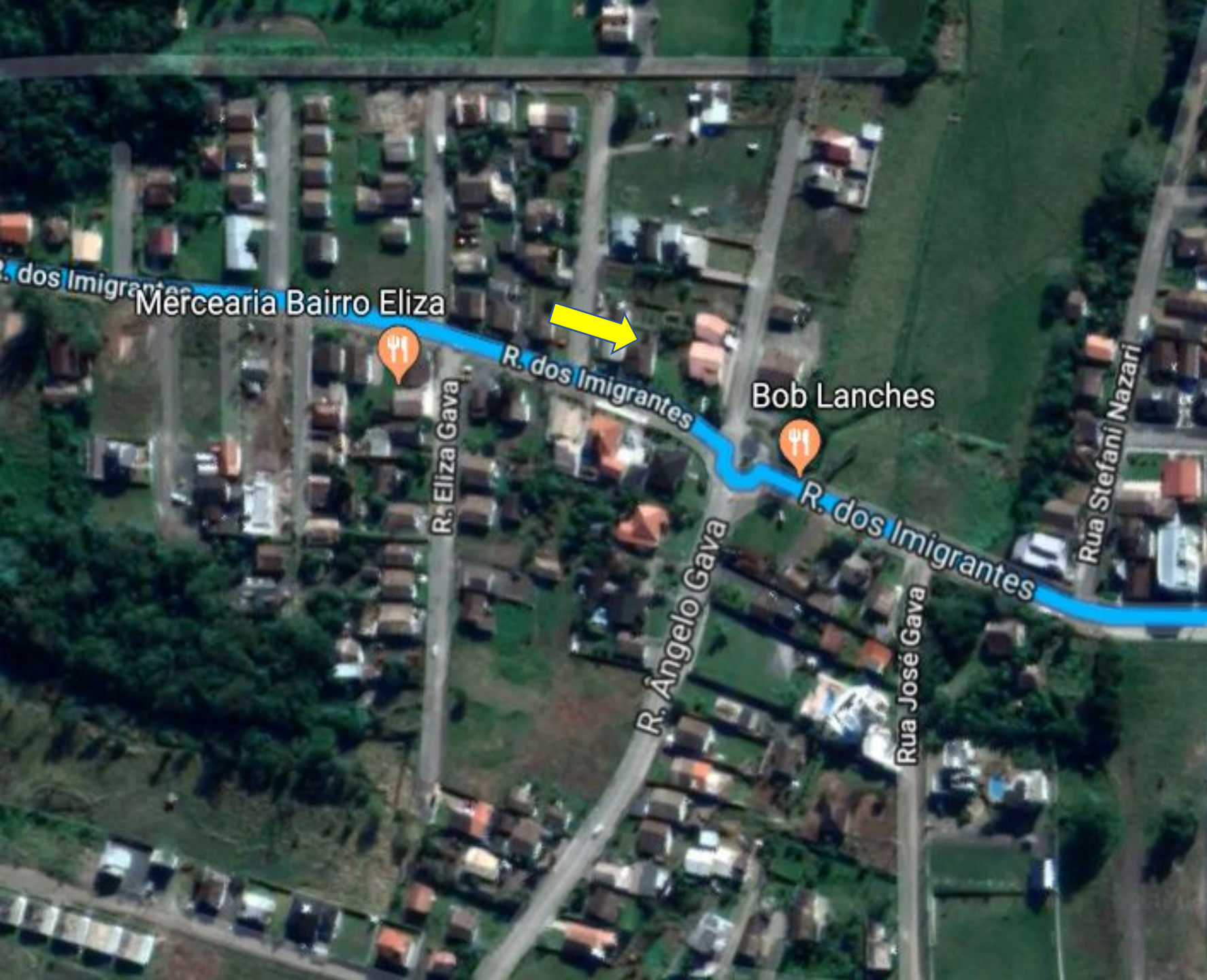
Speed bump!



KM 6,8

1.300m cobblestone segment at the end of the descent.

Go straight through the roundabout.



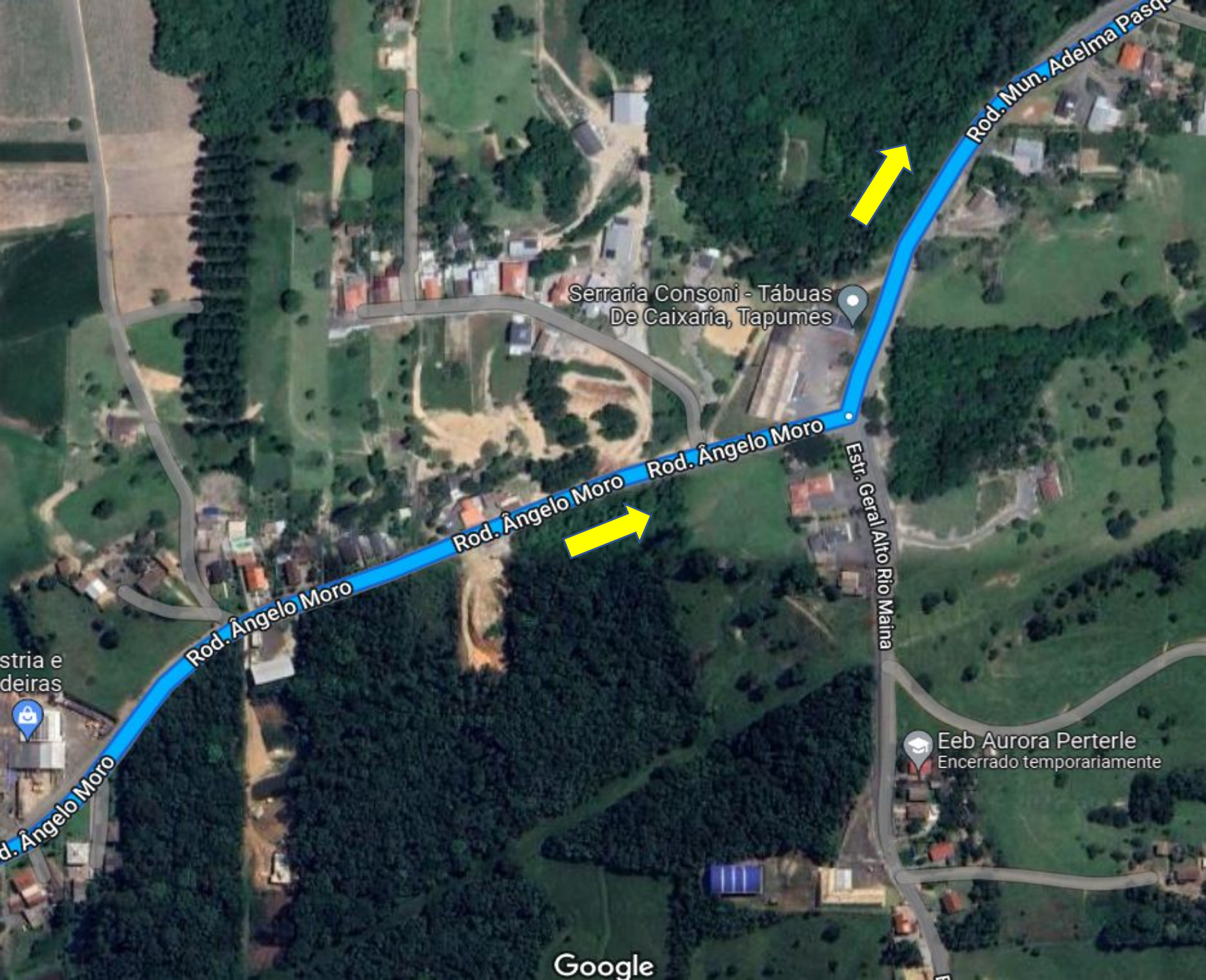
KM 8,1

Go straight in front of the church, and later turn left at the end of the street.



KM 14,8

Turn left.



KM 16,8

Go straight.

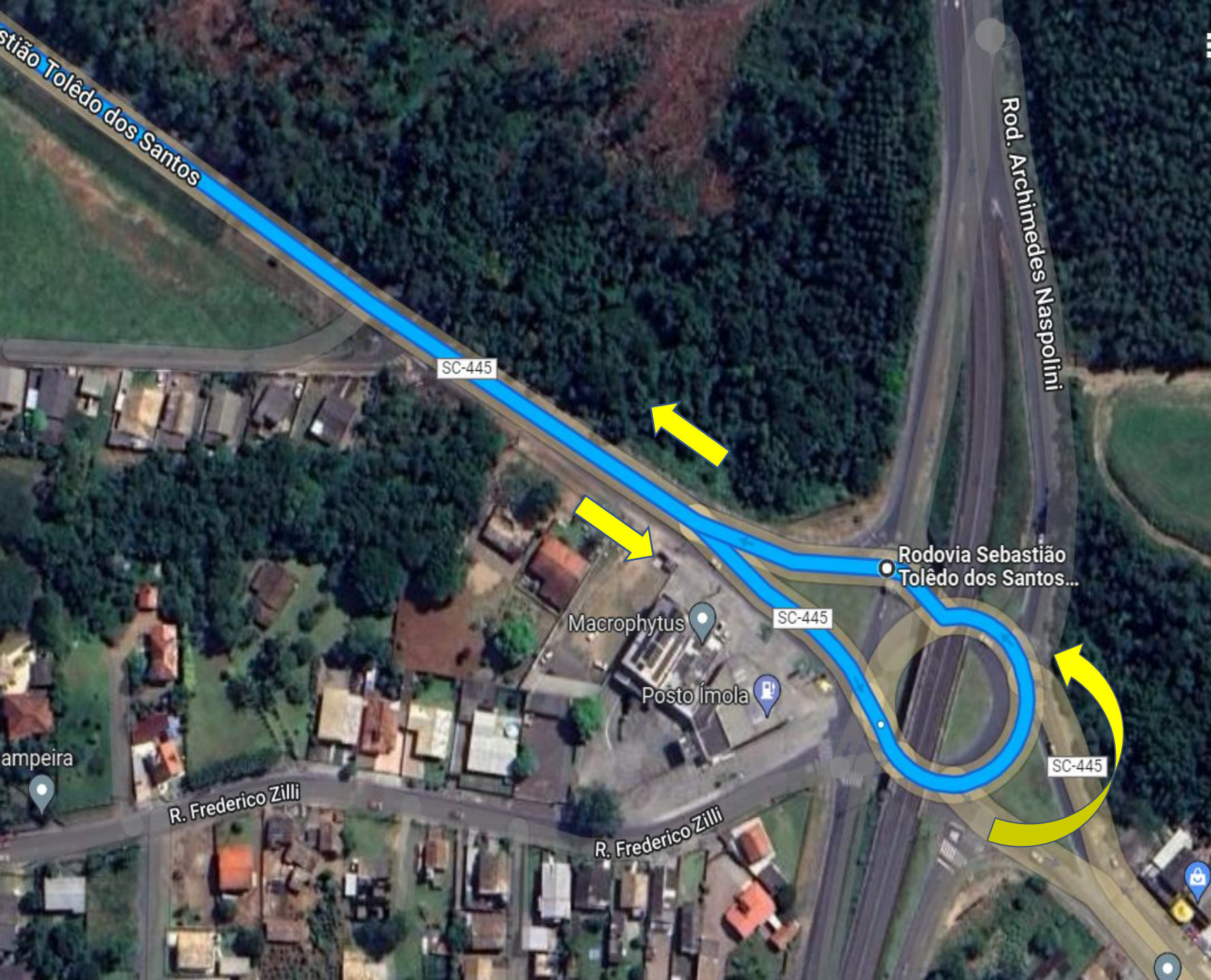


KM 17,2

Turn right at the crossway with road SC445.

Warning!!!! The crossway is downhill and the priority is for those who are already on road SC445.





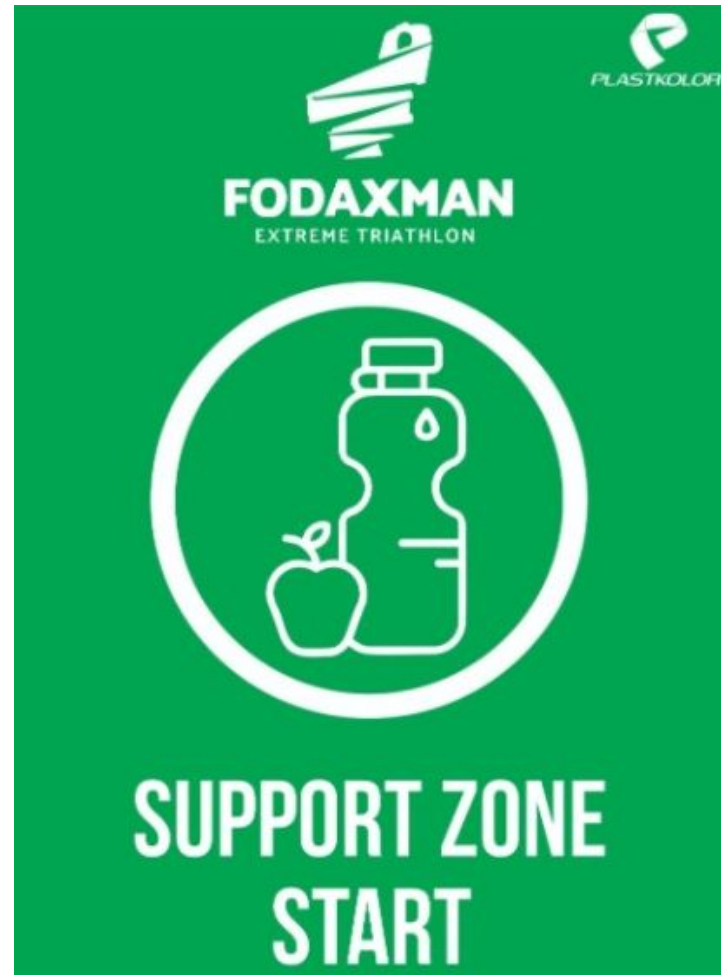
KM 24,8

Go around the roundabout 180 degrees and continue on the road SC445.

Warning: the priority is for those who are already on the roundabout.



KM 26,0



Beginning of the segment where the support to athletes is allowed.

It's identified with this sign.

KM 26,3

Preferred place to stop the car to support the athlete.



KM 28,6

Preferred place to stop the car to support the athlete.





X

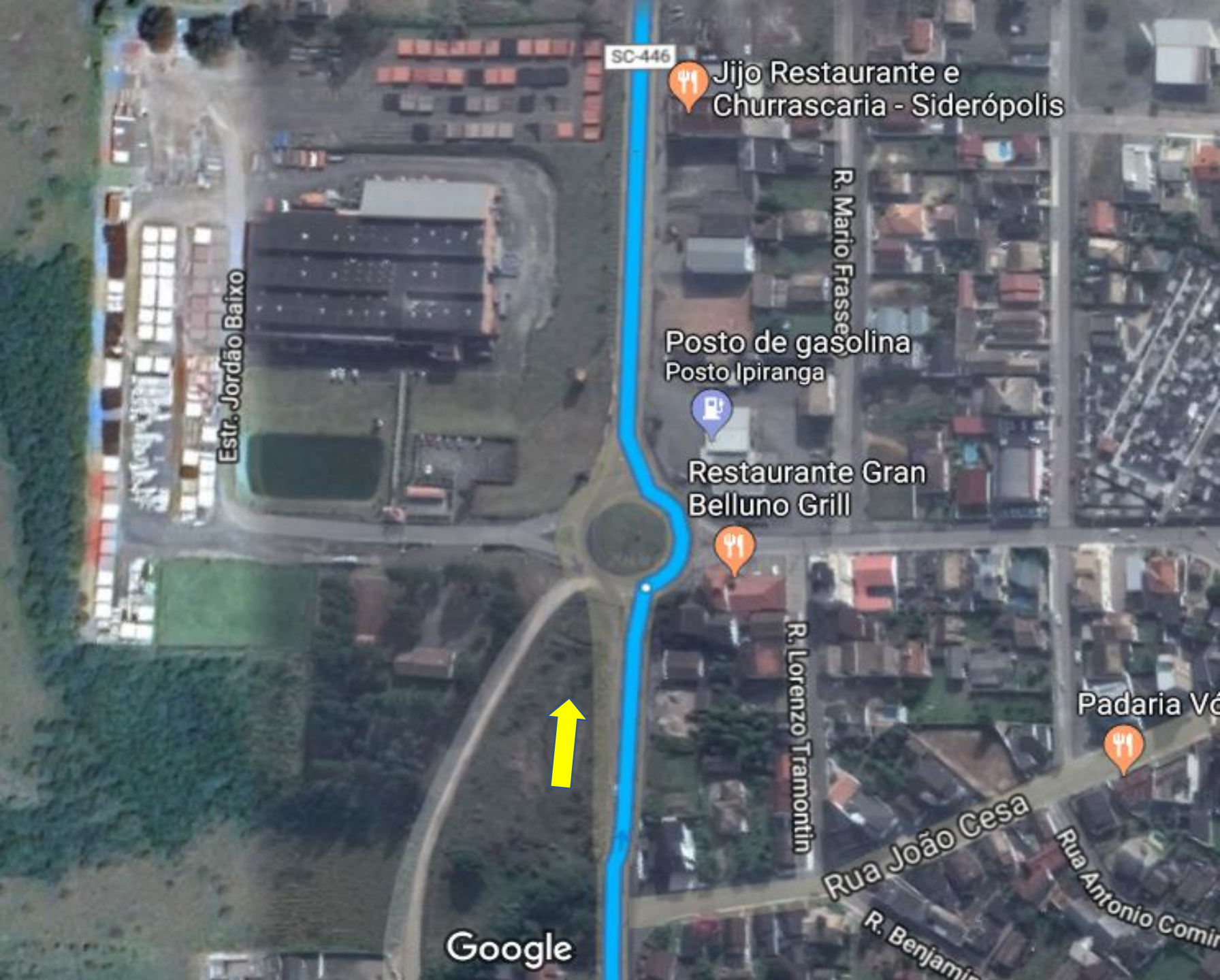
KM 34,0

Preferred place to stop the car to support the athlete.

Google

KM 34,0

Take 2nd exist (go straight) at the roundabout.





KM 42,3

Preferred place to stop the car to support the athlete.

KM 42,5

Keep at left heading to Lauro Muller.



KM 57,7

Take 2nd exit (go straight) at the roundabout.



Igreja Nossa Senhora
da Natividade Palermo

SC-446

SC-446

SC-446

Google

STREET VIEW NOT AVAILABLE

KM 60,3

Preferred place to stop the car to support the athlete.



KM 63,5

Turn left heading to Bom Jardim da Serra. Do not take exit to Lauro Muller.



KM 63,8

Preferred place to stop the car to support the athlete.



KM 64,8

Take 2nd exit (left) at the roundabout, heading to Serra do Rio do Rastro.



STREET VIEW NOT AVAILABLE

KM 69,7

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



Ambulance on site from 8am to 10:30am



KM 70,0 a 87,7

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

KM 74,6

Authorized place to stop the car
to support the athlete.



KM 76,9

Authorized place to stop the car
to support the athlete.



KM 79,6

Authorized place to stop the car to support the athlete.



Google

KM 83,8

Authorized place to stop the car to support the athlete.



KM 87,6

Authorized place to stop the car to support the athlete.

Checkpoint - time cut-off.



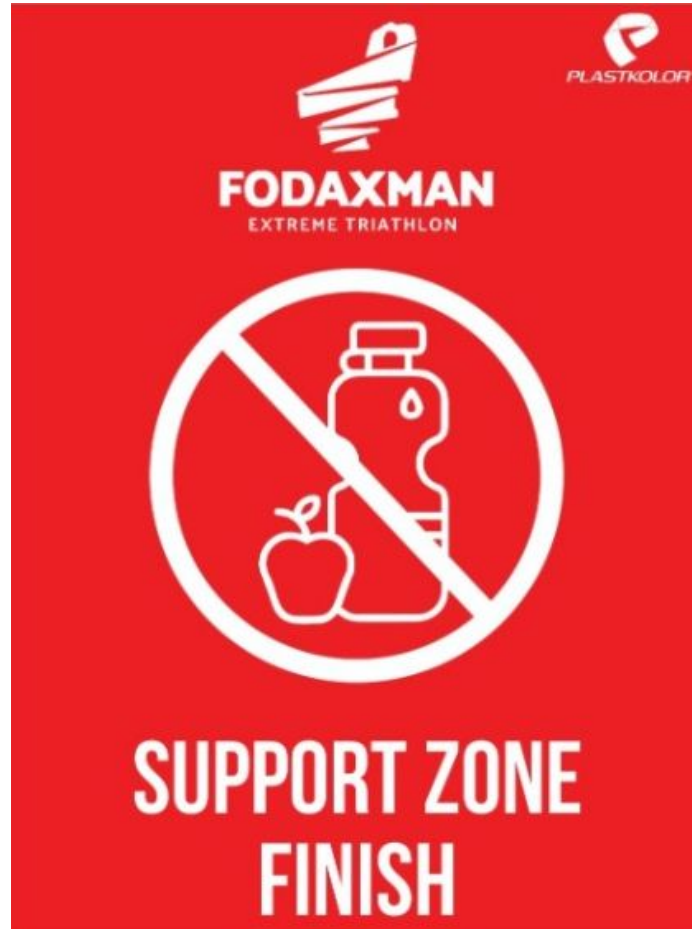
Ambulance on site from 9am to 12:30pm



Physiotherapist from 9am to 12:30pm



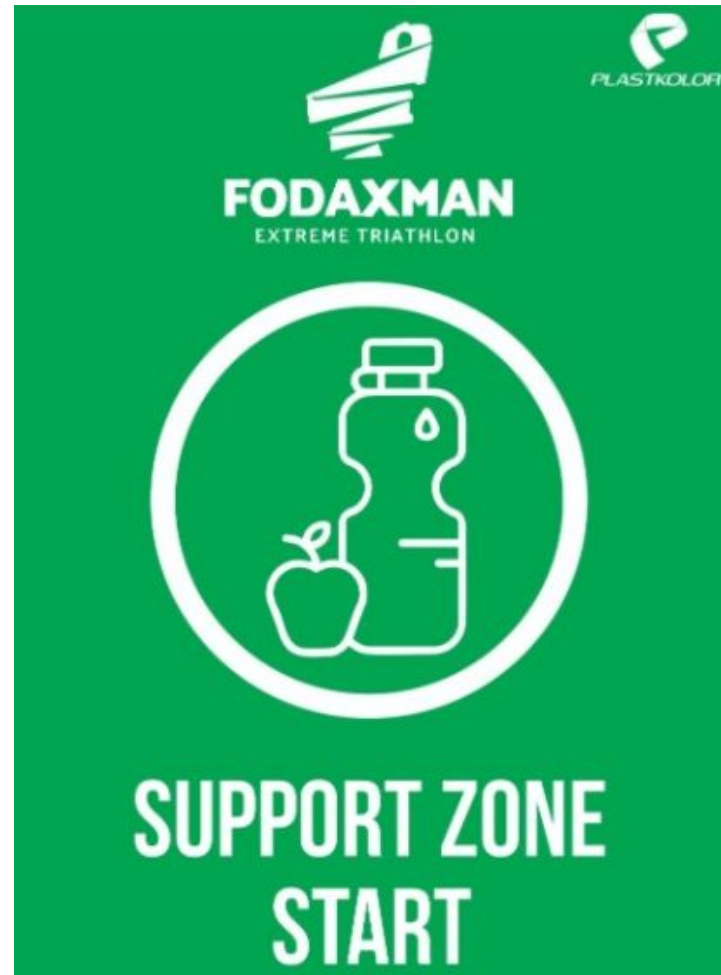
KM 87,7



Beginning of the segment where the support to athlete is prohibited.

It's identified with this sign.

KM 97,0



Beginning of the segment where the support to athlete is allowed.

It's identified with this sign..

KM 97,8

Preferred place to stop the car to support the athlete.





KM 106,0

Preferred place to stop the car to support the athlete.



KM 118,0

Preferred place to stop the car to support the athlete.



KM 125,5

Turn right heading to Urubici
(road SC 110).





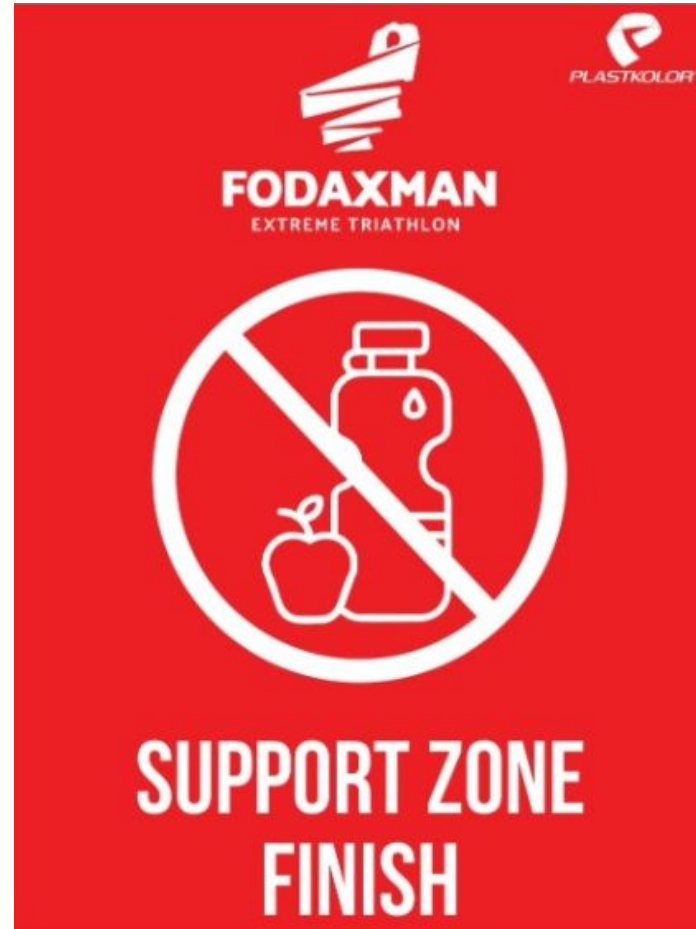
KM 138,0

Preferred place to stop the car to support the athlete.



Ambulance on site from 12:30pm to 3pm

KM 161,0



Beginning of the segment where the support to athlete is prohibited.

It's identified with this sign.

WARNING !!!! FINAL SEGMENT OF BIKE COURSE

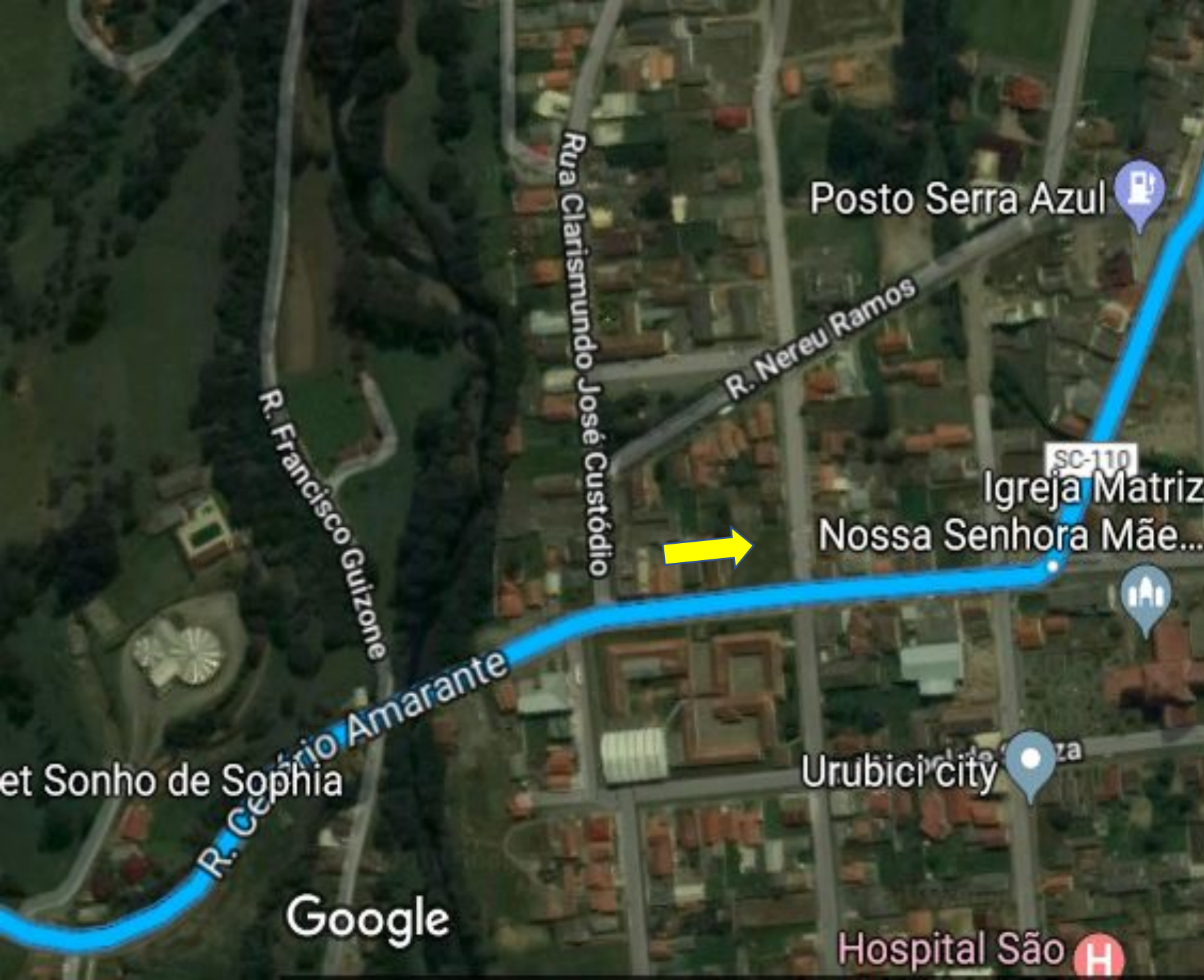
Km 161 : 5 sets of raised reflective markers. Downhill and twisty segment.

Km 166,6 : Sharp curve to left.

Km 167,3 : Sharp curve to right.

KM 170

Arrival at Urubici. Turn left to Adolfo Konder avenue.



KM 172,5 - T2

The transition area (T2) will be in front of Pousada das Flores bed&breakfast at Adolfo Konder avenue, in the opposite lane of the bike course. Marked in yellow on the map. The athlete must make a u-turn at Manoel Pinto de Souza street just after the Pousada das Flores bed&breakfast to enter the transition area.

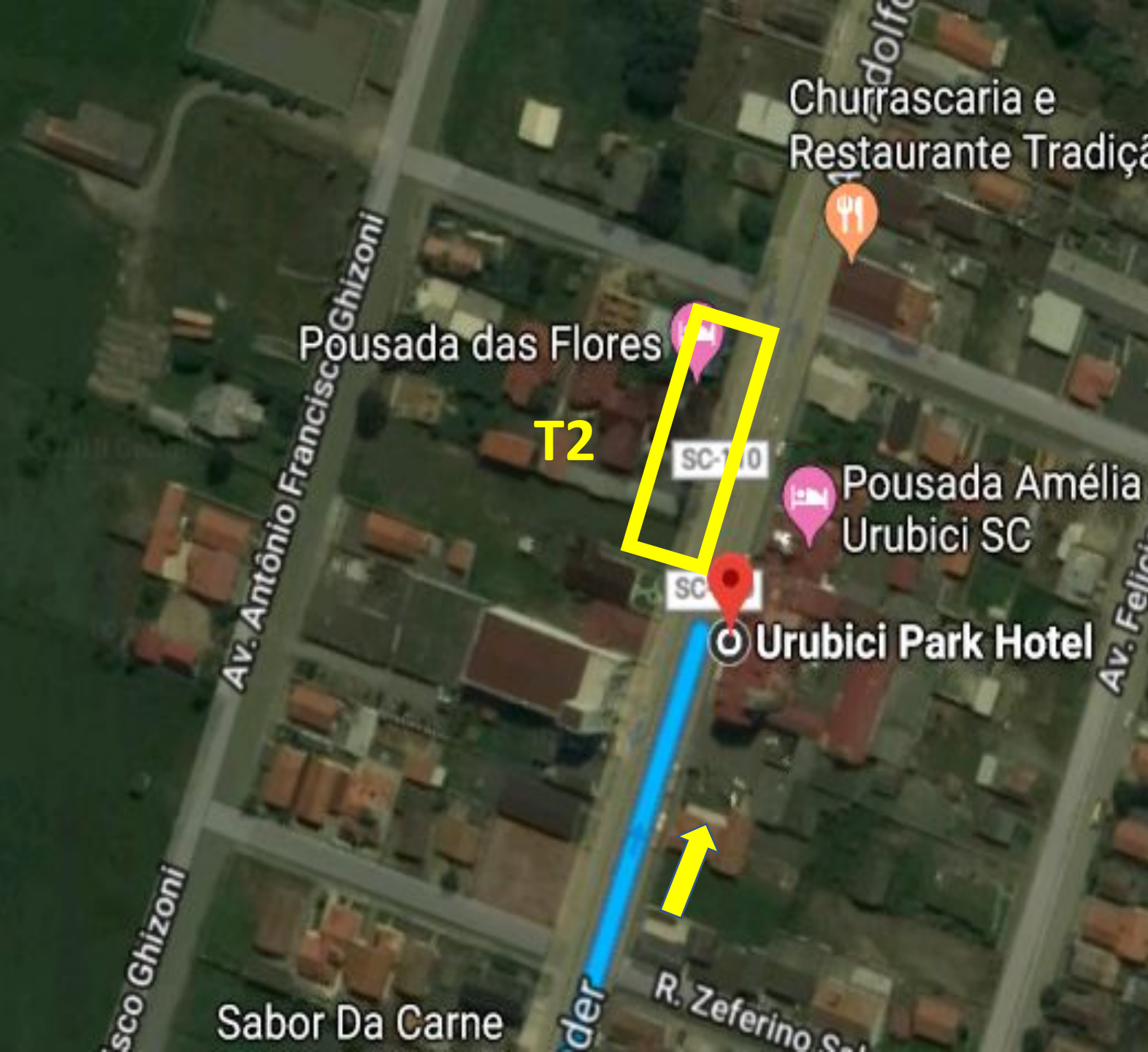
The athlete must obey the dismount mark and place the bike on the easel. The removal of the bike from the easel must be done only by the athlete's official supporter identified by the "supporter shirt", immediately after the athlete's arrival.



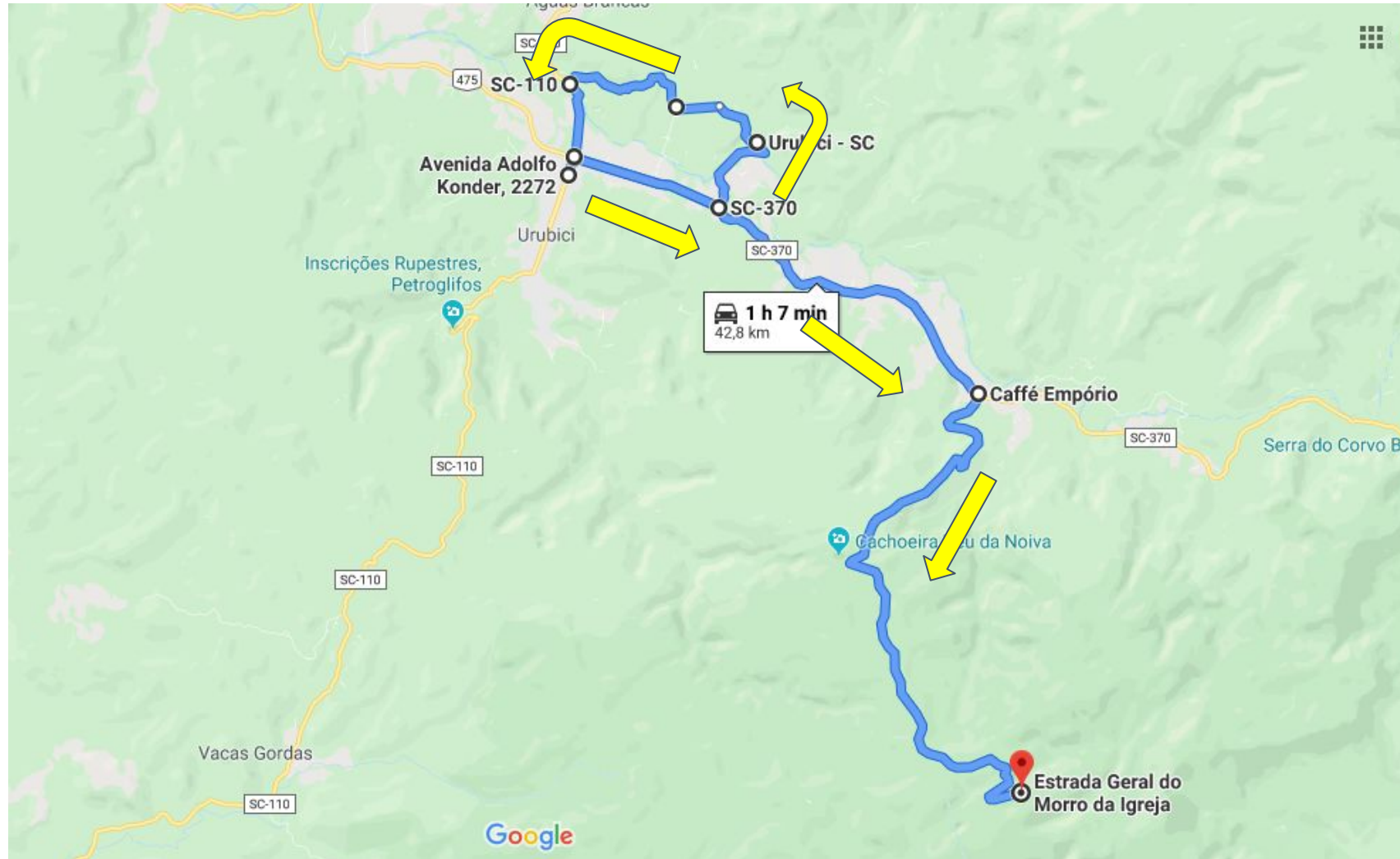
Ambulance on site from 4pm to 5pm



Physiotherapist on site from 1:30pm to 5pm

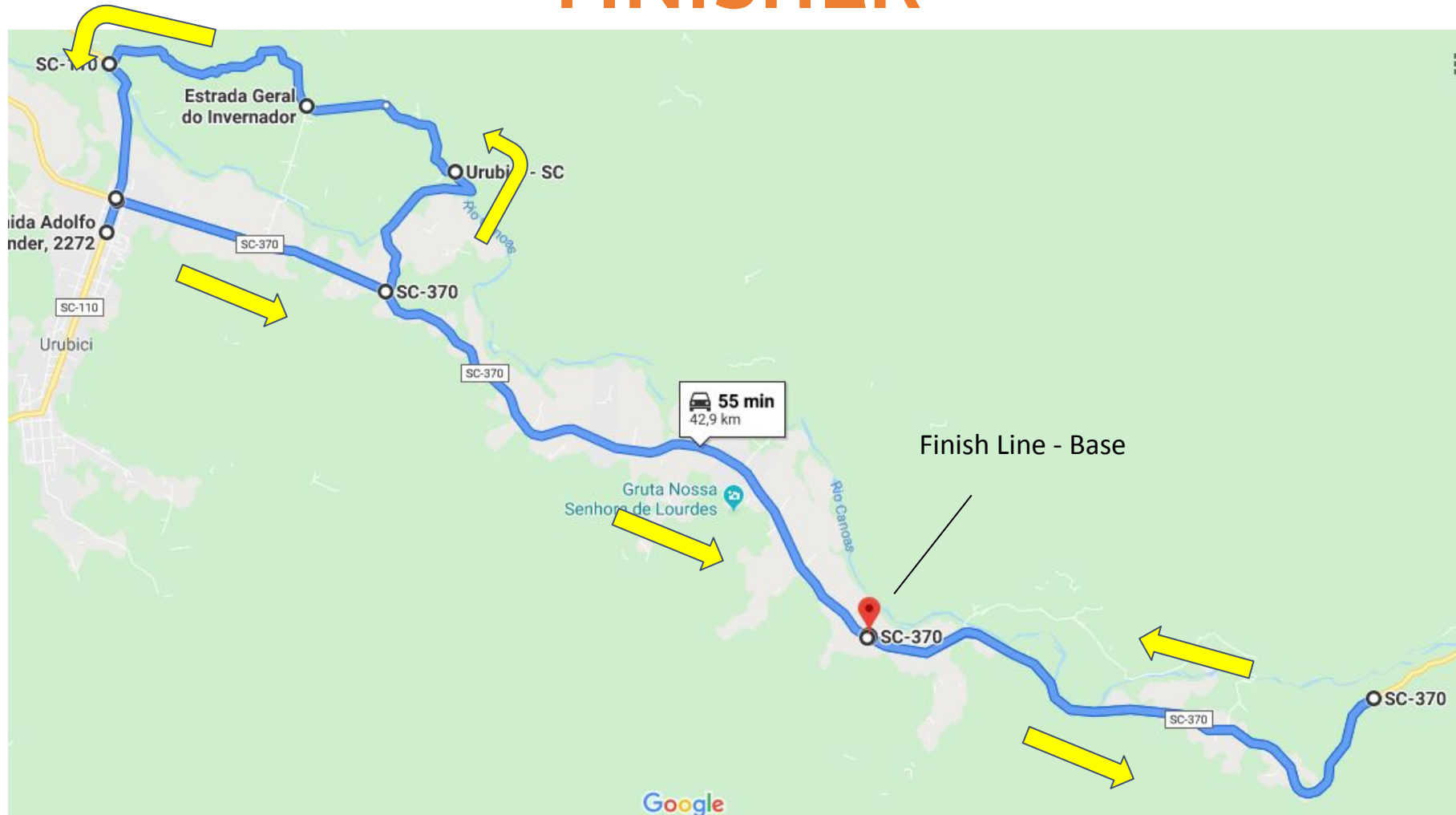


RUN COURSE OVERVIEW - TOP FINISHER



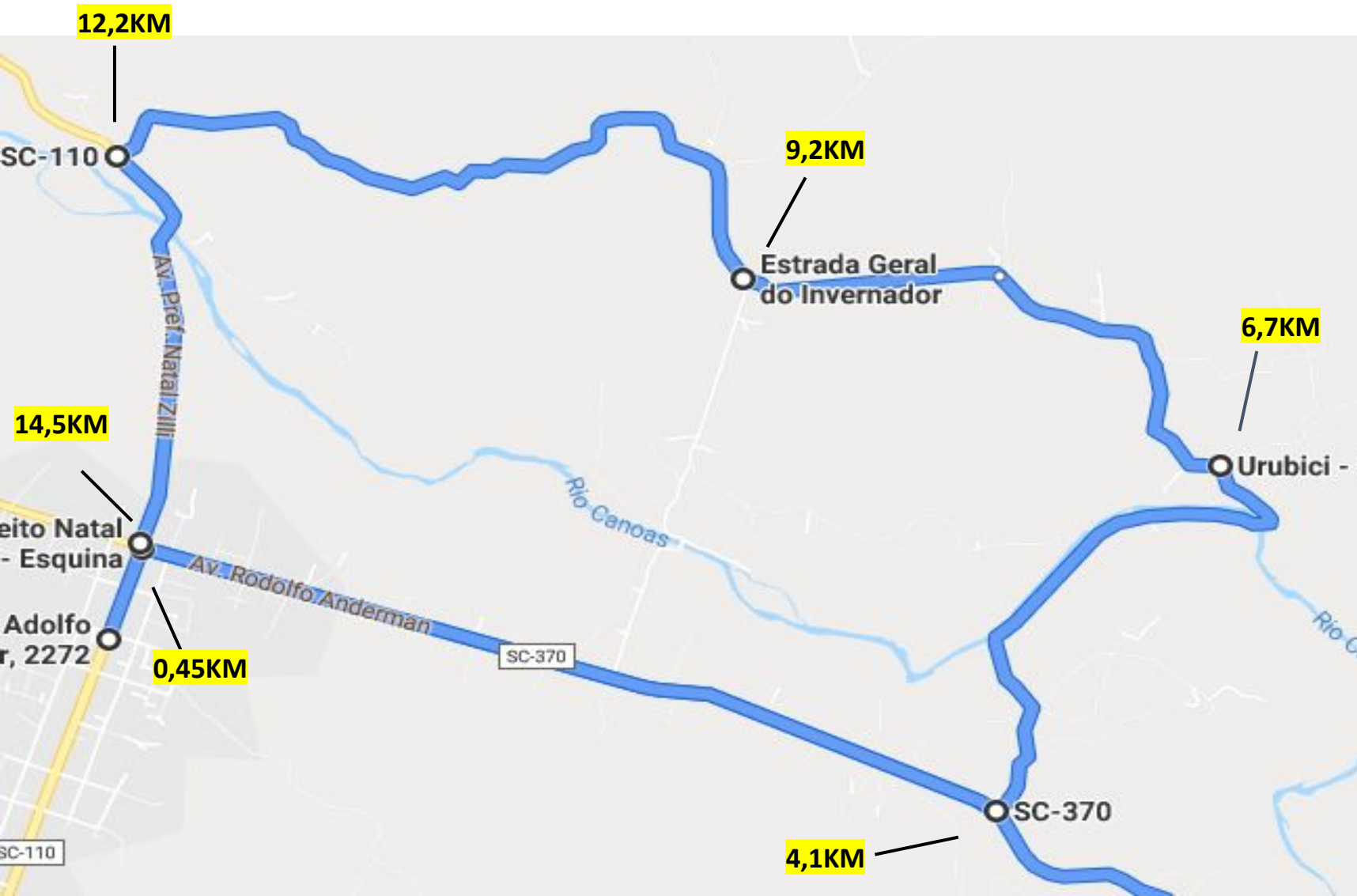
Link of top finisher run course: available on the website

VISÃO GERAL PERCURSO CORRIDA - BASE FINISHER



Link of base finisher run course: available on the website

FIRST PART OF THE RUN COURSE IN DETAILS



Km 0,45 - Turn right

Km 4,1 - Turn left

Km 6,7 - Turn left

Km 9,2 - Turn right

Km 9,7 - Turn left

Km 9,8 - Turn left

Km 12,2 - Turn left

Km 14,5 - Turn left

KM 0,45

Turn right at traffic light heading
to road SC 370



KM 4,1

Turn left.



KM 6,7

Turn left.



KM 9,2

Turn right.



KM 9,7

Turn left.



KM 9,8

Turn left.



KM 12,2

Turn left.





KM 14,5

Turn left.

KM 26

Checkpoint - time cut-off and headlamp (mandatory).

Fork on the road: right to top finisher run course, straight to base finisher run course.



Ambulance from 3pm to 10pm



Physiotherapist from 5:30pm to 10pm



**BASE
FINISHER**

**TOP
FINISHER**

CHECKPOINT



FROM KM 26 - CHECKPOINT

The athlete that reaches the checkpoint at km 26 up to 13 hours of race is allowed to run heading to Morro da Igreja to become a Top Finisher.

Athletes who reach the checkpoint after 13 hours of race are it's mandatory to take the base finisher run course. The finish line of the base finisher run course at km 42 is at the same place of the checkpoint (there's a u-turn at km 34).

MANDATORY STICKERS



Windshield of athlete's supporter car
(put on top on the passenger side)



Rear window of athlete's supporter car
(put on top left)



Seatpost



Helmet

MEDICAL EMERGENCY

- 2 ambulances along the course. Each ambulance with 1 doctor. The ambulances will be stopped in certain points along the course, the points will be changed according to the progress of the race. It's the athlete's supporter's responsibility to know the location of the ambulances as informed by the organization.
- 1 car with 1 doctor and medical students.
- 1 car with physiotherapists.
- 1 car with chiropractors.
- The medical, physiotherapy and chiroterapy team will be available also before and after the race.
- Life guards along the swim course.
- An EMERGENCY whatapp group will be created with all athlete's supporters, medical team, race marshals and organization team. Make sure your support has been added to the group. The group is strictly to EMERGENCY messages only.

EMERGENCY - LOCATION OF AMBULANCES

Ambulance	Location	Time of arrival	Time of departure
Basic	Start Line - T1 São Bento dam	3:45am	5:30am
Basic	Gas Station Ipiranga in Sideropolis - km 34,2 (aprox.) bike course	6:00am	7:00am (or last athlete if before 7:00am)
Basic	Serra do Rio do Rastro belvedere on the summit - km 87	9:00am	12:30pm
Basic	Pericó - km 138(aprox.) bike course	1:30am	3:00pm
Basic	T2 - Pousada das Flores - Urubici downtown	4:00pm	5:00pm
Basic	Finish Line - Morro da Igreja summit	6:00pm	7:30pm
Basic	Km 26 run course - checkpoint	8:00pm	10:00pm

EMERGENCY - LOCATION OF AMBULANCES

Ambulance	Location	Time of arrival	Time of departure
ICU	Start Line - T1 São Bento dam	3:45am	6:30am
ICU	Mirante 12 Belvedere & Café - km 74,6(aprox.) bike course	8:00am	10:30am (or last athlete if before 10:30am)
ICU	Pericó - km 138(aprox.) bike course	12:30pm	1:30pm
ICU	Km 26 run course - checkpoint	3:00pm	10:00pm

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



FODAXMAN
EXTREME TRIATHLON

PATROCINADORES

NISSAN
GLOBO

NR
SPORTS WEAR

ELLEVO