



RULES

7th Edition, Saturday 09/12/2023

Reviewed: Oct 28th, 2023

1. Fodaxman is a full distance triathlon (4km swim / 172.5km bike / 42km run) with altitude gain of 3,650m in the cycling portion and 1,250m in the run.
2. Registration process is described in the website, [Registration](#) Menu.
3. It is mandatory that all athletes have at least one supporter that should accompany their athlete by car for 100% of the course (two are recommended). The athlete's supporter will be responsible for all support, including but not limited to mechanical care, hydration delivery, and supplementation. Consider that the day will be long and tiring not only for athletes but also for their supporters.
4. It is prohibited for a single supporter to be responsible for more than one athlete. It is also prohibited for the supporter to accompany the athlete with any vehicle other than a car. In the event that an athlete has more than one supporter, one of the supporters can accompany him by bicycle exclusively in the course of the run, but this does not eliminate the obligation of the other supporter to be in the car.
5. The choice of the athlete's supporter is the athlete's sole responsibility.
6. The technical congress will take place in Nova Veneza - SC the day prior the start. Time and place will be available on the race website.

The presence of ALL athletes is MANDATORY.

7. The **race start will be at Barragem do Rio São Bento Dam**, located 7 km from Nova Veneza - SC at 04:00 AM on race day, the same place as T1. The T2 will be at the Pousada das Flores in the center of Urubici. The arrival of the main course of the race will be at the top of the Morro da Igreja in Urubici. The arrival of the alternative route will be next to the PC of the KM 26.
8. For the athletes arriving at the 26 km run check point after the time cut are consequently unable to finish the race at the top of the Morro da Igreja. A relatively flat alternate course from km 26 to km 42 will be available so these athletes can also finish the race.
9. For the safety and physical integrity of the participants there will be cut times as below:
 - Cut off swim: until 6:20:00 (2h20min race time)
 - Completion of the first stretch of cycling (Serra do Rio do Rastro lookout): 12:30:00 (8h30min after race start)
 - Conclusion of the Cycling in the T2: 17:00:00 (13h00 after race start)
 - Cut off run at km 26 (base of Morro da Igreja): 17:00 (limit to start the climb to the top of the Morro da Igreja, 13h00 after race start);
 - Arrival at the top of Morro da Igreja: 19:30 is the deadline for arrival at the top, after this time the athlete will be disqualified and will not be a finisher (15h30 after race start)
 - Arrival in the alternative route: until 22:00:00 (18 hours of race).
10. The Fodaxman course is extremely demanding and challenging. The course is also open to traffic and with no interference from the race organization. The supporter of the athlete and the athlete are responsible for the orientation on the course. **It is highly recommended to upload the tracking to your gps device, which will be available at the Fodaxman website and should be downloaded by all athletes and supporters.** The course will also be available on google maps for use by supporters. The organization will also make available a digital version roadbook with all the necessary information for the correct fulfillment of the course. We advise the supporter to color print it.
11. In the majority of the course there won't be cellular coverage and also very few support sites such as gas stations, snack bars and the like, so it is important the autonomy of the athlete / supporter.

12. Fodaxman is a challenging event that will demand a lot of your physical and emotional condition. Although it is an individual event, keep in mind that your supporter (s) will be essential for the completion of the event. In addition, we encourage camaraderie and sportsmanship not only among athletes but also among supporters.

Swim

13. The swimming course is 4000m long and will be held at Barragem do Rio São Bento Dam, 7 km from Nova Veneza, Santa Catarina.

14. The swimming start will occur at 4 am. Therefore it will be dark at the start of the swim.

15. There will be mandatory use of a swim buoy that will be provided by the organization, which must be returned to the staffs at T1. There will be a LED light that should be put inside the buoy.

16. No swimming equipment will be allowed during the course of swimming.

17. The athlete may use any swim technique to move along the swim course.

18. The use of a wetsuit will be allowed no matter what the water temperature is. If the water temperature is below 20°C it will be mandatory to wear a wetsuit during the swim. However, if the athlete starts wearing the wetsuit he is obliged to finish the swimming part with it, not being allowed to take it in any part of the swimming except at the end.

19. If there are no swimming conditions, the stage will be changed to a duathlon with 5km of running before the start of cycling.

20. It is mandatory to use the official swimming cap during the whole swim course.

21. The use of goggles or swimming masks is mandatory. It is recommended to wear goggles with a clear lens because of the start at night. The use of a dark lens may make it difficult to see the turning buoys and signs along the course.

Bike

22. The bike course has a total distance of 173km with 3,650m of altimetry. The start is at Barragem do Rio São Bento Dam, passing through the center of Nova Veneza, Caminhos da Fé, Cocal do Sul turnaround, Sidreópolis, Treviso, Lauro Muller, Serra do Rio Rastro, Bom Jardim da Serra, Trevo do Cruzeiro and arriving in Urubici. **When the road does not have a shoulder or is in poor condition, the rider should ride on the edge of the road with extra care and attention; always obeying the traffic laws.** There is also no cellular coverage on most of the route, so supporters should be aware of your athlete's location throughout the course.
23. It is recommended the use of compact chainrings on the bike due to a hard and long climb on the Serra do Rio do Rastro (20% incline for around 7km).
24. The bike course starts at T1 / Barragem do Rio São Bento Dam, going through Nova Veneza, Siderópolis through Caminhos da Fé Road, Cocal do Sul turnaround and then towards the city of Siderópolis again, Treviso and Lauro Muller. In this section there are already some short but very steep hills and also some traffic signs showing the directions to the Serra do Rio do Rastro (you will be able to see a big wall in the background. Arriving at Lauro Muller, turn left on SC 390 towards Guatá (road for the Federal Highway Police and a gas station - ideal place for hydration and food) and Bom Jardim da Serra. This next section from Guatá Police Station to the top of the climb (Mirante da Serra) is 17Km long with approximately 1400m of altimetry, with 1000m in the last 7km. After the Mirante, there is a winding road stretch to Bom Jardim da Serra. When passing through this city (always by the SC 390) the road is in perfect condition, without lots of traffic until the Cruzeiro clover. In the Cruzeiro clover you will have to turn right to not go to São Joaquim. After this turn there is nothing more along the way until Urubici. This section is about 45 km of perfect asphalt with rolling hill. After the highest point of the course, approximately at km 165, there will be a steep descent of 12 km that should be descended very carefully. **Extreme attention in this section!** The descent is really dangerous and due to the fatigue of the athletes at this time of the race makes it even more dangerous. Highly recommended not to use the aerobars and keep your hand on the brake trying to maintain a safe speed on the through the sharp turns and bad road conditions. This is only a general guideline of the course and does not eliminate the need to

analyse the Garmin and Google Maps tracking files available on the site.

25. The Serra do Rio do Rastro is the most challenging section of the bike course (1400m elevation gained in 17km and 1000m in the last 7km). **But the total gained elevation to Urubici is greater than Serra's gain** . After the top there are 45 km left with long descents that the athlete should be very cautious.
26. There will be no possibility of drafting along the course and it is strictly forbidden to draft from a car or another athlete. The use of a rear light on the bike is mandatory throughout the course and it is also strongly recommended to use a front headlight even in the daytime. The beginning of cycling will take place at dawn. The use of all safety equipment (helmet and bicycle brakes) is mandatory.
27. The athlete's supporter must supply the athlete throughout the entire course but only in the locations determined by the organization. It is forbidden any type of assistance from the supporter member and the vehicle during the course, which can cause disqualification. Examples: helping to push the athlete back to pedal on a climb after stopping on a climb, carry him in any way during the run, drag on to any segment of the race, push the athlete, etc.
28. The supporters' car must have proper identification provided by the organization of the race during THE WHOLE RIDE.
29. There will be a checkpoint at the top of the Serra do Rio do Rastro.
30. For safety reasons disk wheels or any closed wheels won't be allowed in the race.
31. It is recommended to use aluminum wheels instead of carbon wheels because braking is hampered by a carbon profile wheel and brakes will be required a lot during the entire course.
32. All physical characteristics of the bicycle must compete for the safety of the athlete, supporter and public.
33. It is forbidden to use two different bikes during cycling segments.
34. A set of items of the bikes will be checked at the bike check-in by the organization and referees of the race. These items include, but are not limited to, brakes, handlebars, clips, helmets, tires and wheels.

The use of any equipment that does not meet the minimum safety standards will not be allowed.

35. All athletes and support teams must comply with traffic laws and be responsible for any infractions.

36. It is not allowed to use any hearing impaired devices such as MP3 players or anything similar. The use will result in disqualification.

37. As a general rule: whenever there is a strong descent, especially if there is no complete visibility until the end, the athlete must descend "killing the speed" and hold the handlebars VERY WELL. This is especially true for bridgehead after long descents, where there is unevenness and uneven asphalt.

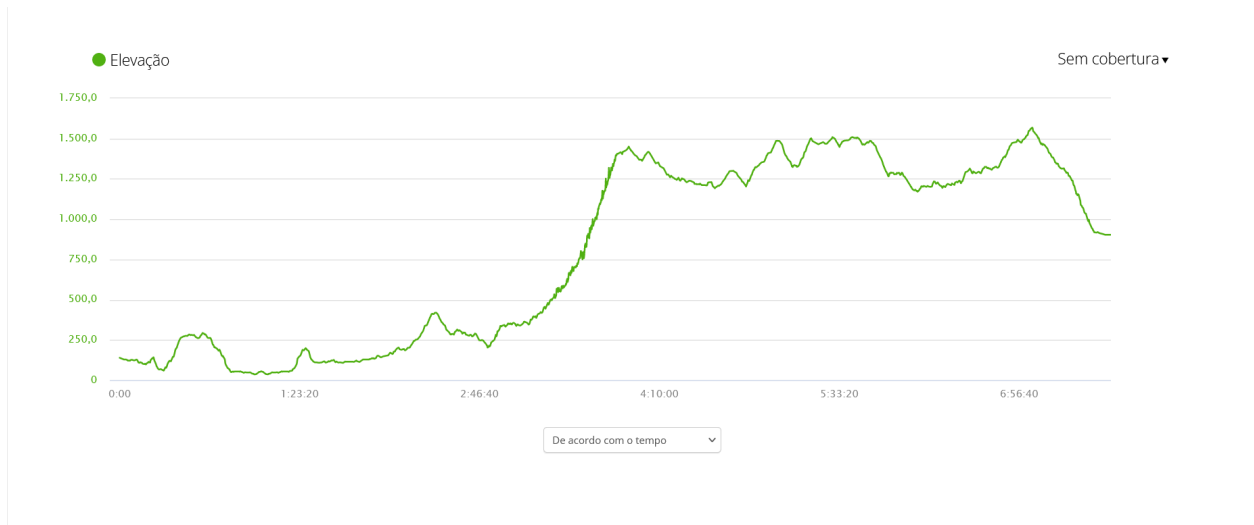
38. The last 12 km before arrival in Urubici deserve a lot of attention; there is unevenness on the track and the last two curves are EXTREMELY DANGEROUS.

39. As soon as the descent to Urubici starts there will be only 12k left for the arrival and there is a sequence rows of studs on the track; at this point the athlete must jump (we only recommend to do so if you have experience and feel safe) or greatly reduces the speed to pass safely or deviate down the lane. But you have to be aware because when the first row appears you will be at a high speed.

40. Be careful on arrival in Urubici due to the higher traffic of vehicles.

41. For clincher or carbon clincher wheels, make sure the inner tubes are new and without holes. The heating of the rim due to the brakes ends up dilating the patched holes and there is a higher chance of getting flat tires.

42. View of the bike course:



Run

43. The run starts at T2 located at Pousada das Flores on Avenida Adolfo Konder, downtown Urubici. From there, take Adolfo Konder Avenue to the junction with SC 370, at the "corner", where you turn right and continue along SC 370 south to the access road to the Rio dos Bugres. On this road, follow for 8 km until the exit at SC 110 in Águas Brancas, turning left. Continue to the junction with SC 370 at the "corner" and then turn left again, following the Morro da Igreja entrance at km 26, where you turn right onto the ascent, arriving at the Top of the Morro da Igreja for the main route, or continue straight for the alternative route.
44. The athlete is not allowed to be carried, dragged or thrown downhill by his supporter. The athlete can move in any way without outside help, whether running, walking, crawling or rolling sideways over his own body. The supporter can not have physical contact with the athlete during his / her displacement.
45. Trekking poles (walking sticks) are not allowed in the race stage. **Use will result in disqualification.**
46. The supporter can cross the finish line with the athlete.
47. The supporter will receive an official shirt to assist on his identification during the event. A supporter shirt will be provided per athlete. If the athlete needs more units, there will be for sale.
48. The athlete who finishes the race both in the main race course or the alternate course will receive a FINISHER medal and T-shirt.
49. There will be a control post in the beginning of the climb to Morro da Igreja at km 26.
50. Efforts will be made to indicate directions in the course of the race, but it is the responsibility of the athlete and his or her support team to stay on the course.
51. It is necessary that the support teams and the athletes take advance knowledge of the routes before the technical congress, so that the doubts regarding the course are solved in the congress.

52. It is the responsibility of the supporter and the athlete to use the correct tracking and maps, which will be made available on the website.

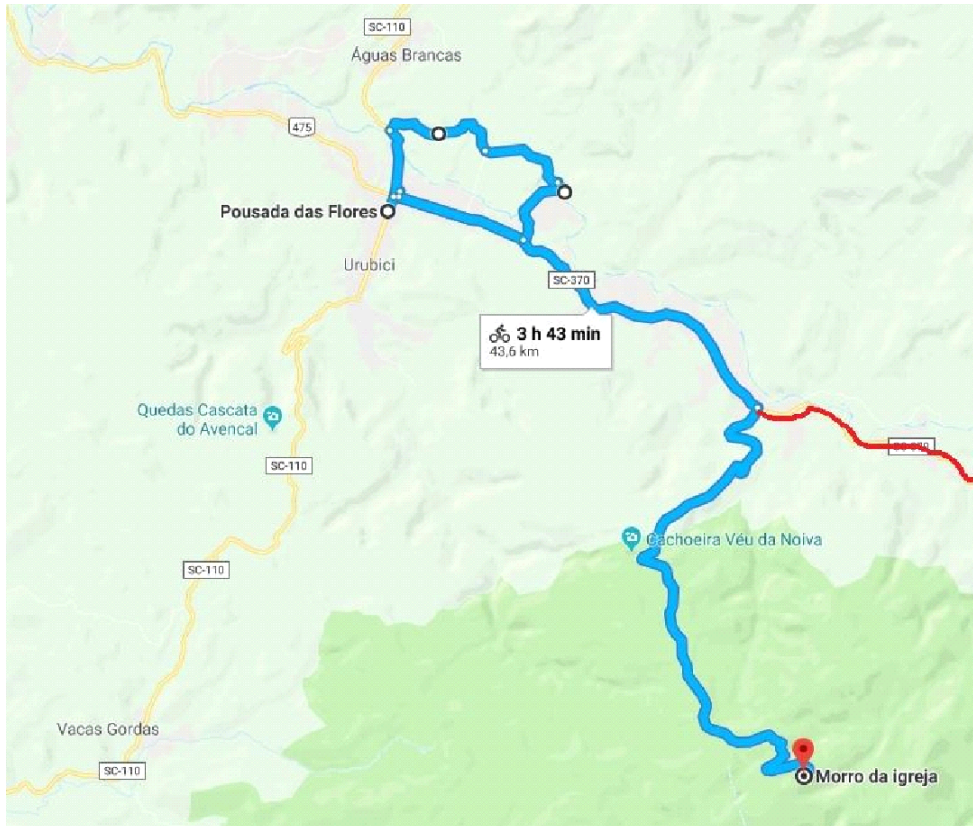
53. The proper guidance along the course is the responsibility of the athletes and their respective supporters. Failure to comply will result in the athlete being disqualified. The athlete will only be a finisher if he completes the course in full and in the correct sequence, regardless of the distance traveled being 42.2 km.

54. No athlete will receive any adjustments in their final time due to stops during the race. This includes stops for repairs, medical assistance, requests from probation officers or from municipal, state or federal authorities.

55. All streets and roads will be open to traffic during the course of Fodaxman. All traffic signs determined by the competent authorities, including traffic lights, shall be obeyed by athletes and supporters.

56. For the run, the athlete must be carrying a headlamp, whose conference will be obligatory for both the main course (Hill Climb) and the alternate course. The headlamp shall be presented by the athlete to the referee at the km 26 checkpoint, which shall carry the headlamp from this point forward and may be requested at any time from this point for a conference. The non-presentation of the headlamp prevents the athlete from continuing the course of the run, generating disqualification.

57. View of the main course (blue) and alternative (red):



General itens

58. The supporter is the athlete's guide. The supporter should value the athlete's integrity and take care of his guidance, food, hydration, clothing and psychological assistance. supporters may assess the athlete's level of dementia during the race to determine their general condition. The athlete does not command more in itself when entering the route, but obeys the supporter in all the situations. supporters should know and monitor their athletes closely.
59. supporter and athlete should align on how will be the supply of hydration and supplementation during the race. It is important to note that there aren't many places outside Urubici and Bom Jardim da Serra to buy groceries. You'd better take everything in the car. Due to the possible high temperatures of the Santa Catarina summer, the supporter must also monitor the climatic conditions and the heatstroke in the athlete.
60. No one ever comes to an event as challenging as Fodasxman wanting to quit, but there are extreme situations that run away from any control where this may be necessary. In cases of unconsciousness,

fainting or complete physical and mental exhaustion, eventually the athlete may be forced not to complete the race. In this case it is important that the supporter pick up the athlete, arrange it with the equipment inside the car in the best possible way, feed, hydrate and warn the rest of the participants through the emergency whatsapp of the race as fast as possible.

61. The medical team accompanying the race shall have the autonomy and authority to exclude any athlete from the race to preserve his or her physical integrity.
62. The race course is a place with mountainous terrain and unpredictable weather. Urubici is also known as the "*brasilian patagonia*" due to the beautiful landscape, thermal variation and strong winds. The temperature can vary abruptly, with cold at dawn and abrasive heat at noon if there is no wind. Fog and flood are common even during the day. It is essential that the athlete and support team are dressed in appropriate clothing to any weather. The race should end at night or at the end of the day, and it may be cold. Be ready for all weather conditions. In cases of adverse climatic conditions, whatever they may be, that prevent the performance or continuation of the race, or that even endanger the integrity of the athletes, the organization of the race will have the authority to decide whether to cancel or finish the race. If the event has already started, only athletes who have completed the race before their interruption (if any athlete has already completed) will be declared finishers.
63. As there are not many points of support on the course, it is important to have everything in the car. The athlete should calculate the amounts based on their experiences, but it is worth remembering that the supporter is also human and needs food and water too, we are sure there will not be much left over.
64. The supply of hydration and food in the bike course must be done with the car stopped and with the supporter outside the car. The athlete may be on the move. Failure to comply with this rule will result in immediate disqualification of the athlete.
65. The supply of supplementation and hydration in the run stage must be done with the car stopped and parked all the way in the Adolfo Konder avenue and SC-370, that is, in all parts of asphalt outside the ascent of the Morro da Igreja. Failure to comply with this rule will result in immediate disqualification of the athlete. Obs.: It is allowed to supply the athlete with a moving car on the dirt roads and on the

way up the Morro da Igreja.

66. At the end of the race there will be no tent or scatter area or massage. It is up to the athlete to provide food to replenish the calories expended during the race. Do not forget to bring winter clothes to warm up shortly after arrival as the temperature may be very low.
67. At any time, in extreme cases caused mainly by climatic variations or force majeure, the event may be canceled.
68. FODAXMAN SHALL NOT BE LIABLE FOR THE HEALTH, SAFETY, OR WELL-BEING OF ANY ATHLETE OR supporter AT ANY PART OR STAGE OF THE EVENT AS PROVIDED AT THE ATTORNEY TO BE SUBMITTED AND TERMS OF LIABILITY TO BE SIGNED BY ALL ATHLETES. IF AN EMERGENCY HAPPEN THAT REQUIRES MEDICAL ATTENTION, THE supporter SHOULD CONTACT FODAXMAN'S MEDICAL TEAM (THERE WILL BE A EMS ON THE ROUTE). ALTERNATIVELY USE THE PUBLIC EMERGENCY TELEPHONE (193) OR CARRY THE PERSON AFFECTED TO THE NEAREST HEALTH CARE.
69. Filming for COMMERCIAL USE, may only be carried out with the authorization of the FODAXMAN organization.
70. Any part of the course may suffer previous alteration by force majeure or to increase the safety of the athletes. If there is any change, it will be communicated as soon as possible and reinforced at the technical symposium.
71. As the coronavirus pandemic situation, changes and specific health and sanitary measurements will be implemented and will be informed through our official channels.

Penalties

72. The items below generate a penalty of 30 minutes after the total time of the race in the first occurrence and disqualification in the second:
 - a. Escort - behind, on the side or in front of the athlete in the bike course;
 - b. Dispose of any type of residue in the course;
 - c. Drafting in cycling.

* If the athlete's total time plus the 30 minutes exceed the course

cutoff time (base or top), athlete will be automatically disqualified.

73. The following items result in immediate disqualification of the athlete:

- a. Provide any supplementation or material to the athlete while the supporter is inside the car, with the car moving or not (bike course);
- b. Provide any supplementation or material for the athlete with the car in motion at the run course on the stretches of Avenida Adolfo Konder and SC-370 until km 26;
- c. Use any device with headphones in the bike and run stages;
- d. Use of poles trekking (walking sticks) in the race stage;
- e. Failure to complete the courses in their entirety and correct sequence;
- f. Extrapolate the time limits of any part of the course or modality;
- g. Pace the athlete with another bicycle during the bike course (pacer)
- h. Get a ride with the supporter's car at any moment during the race;
- i. If the athlete get any help to for the displacement during the race;
- j. Do not present a headlamp at the checkpoint (km 26 run course);
- k. Receive support from an unidentified car without official race stickers;

74. In case of divergence related to results, athletes can request changes to the organization after race day, until 08:00 AM.