

Follow Your Passion^Y[®]



PESCHIERA TRI

Triathlon Medio

 1,9 km

 85 km

 20,8 km

Triathlon Olimpico

 1,5 km

 43 km

 10,8 km

Triathlon Sprint

 0,750 km

 21,5 km

 5,0 km

October 5 - 6, 2024

RACEBOOK

Benvenuti

Dear Triathletes,

Welcome to Peschiera del Garda.

We are delighted to welcome you to **PeschieraTRI** 2024.

PeschieraTRI is the event you can't miss to kick off your autumn, a challenge that immerses you in the unique atmosphere of Lake Garda. It is one of the most exciting races on the *FollowYourPassion* event calendar, thanks to the course along the walls of Peschiera, a UNESCO World Heritage site.

Two days of great sports, from dawn to dusk. The weekend of competitions starts with the Medium triathlon, followed by the Olympic distance, with the start from Spiaggia Cappuccini and finishing in the heart of the city. Sunday will be the day for the Sprint triathlon.

At **PeschieraTRI**, you can compete in a Combined format in both distances, taking advantage of the combined registration for the two races: the Olympic or Medium distance on Saturday and the Sprint on Sunday.

We would like to thank the Municipality of Peschiera del Garda once again for its sponsorship of the event, for its hospitality and cooperation.

Thank you for your presence, and good luck to everyone!

The team

FollowYourPassion

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Event program

Saturday, 5 October

- **8.00-11.15 AM** Opening secretary's office at Expo Village, for race pack and bib pickup at Via Milano, near Porta Brescia.
- **10.00-11.15 AM** Check-in in transition area.
- **11.45 AM** Start of the **PeschieraTRI - MEDIO** from Spiaggia dei Cappuccini Lungolago Mazzini.
- **12.30 PM** Start of the **PeschieraTRI - OLIMPICO (NO DRAFT)** from Spiaggia dei Cappuccini Lungolago Mazzini.
- **17.30 PM** **PeschieraTRI - OLIMPICO** awards ceremony at the Expo Area in Via Milano, followed by the TRIATHLON SERIES team awards - ALE' PRIZE POOL.
- **18.30 PM** **PeschieraTRI - MEDIO** awards ceremony

Sunday, 6 October

- **9.30-12.00 AM** Opening secretary's office at Expo Village, for race pack and bib pickup at Via Milano, near Porta Brescia.
- **11.00-12.30 AM** Check-in in transition area.
- **13.00 PM** Start of the **PeschieraTRI - SPRINT** from Lungolago Mazzini.
- **15.30 PM** **PeschieraTRI - SPRINT** awards ceremony at the Expo Area in via Milano.

Bike check-out

SATURDAY, OCT 5

OLYMPIC and MEDIUM: after the return of the last cyclist, from around 5:00 PM to 7:00 PM.

SUNDAY, OCT 6

SPRINT: after the return of the last cyclist, from around 1:00 PM to 4:30 PM.

Course Map

MEDIO: Frazione Swim - 1.9 km

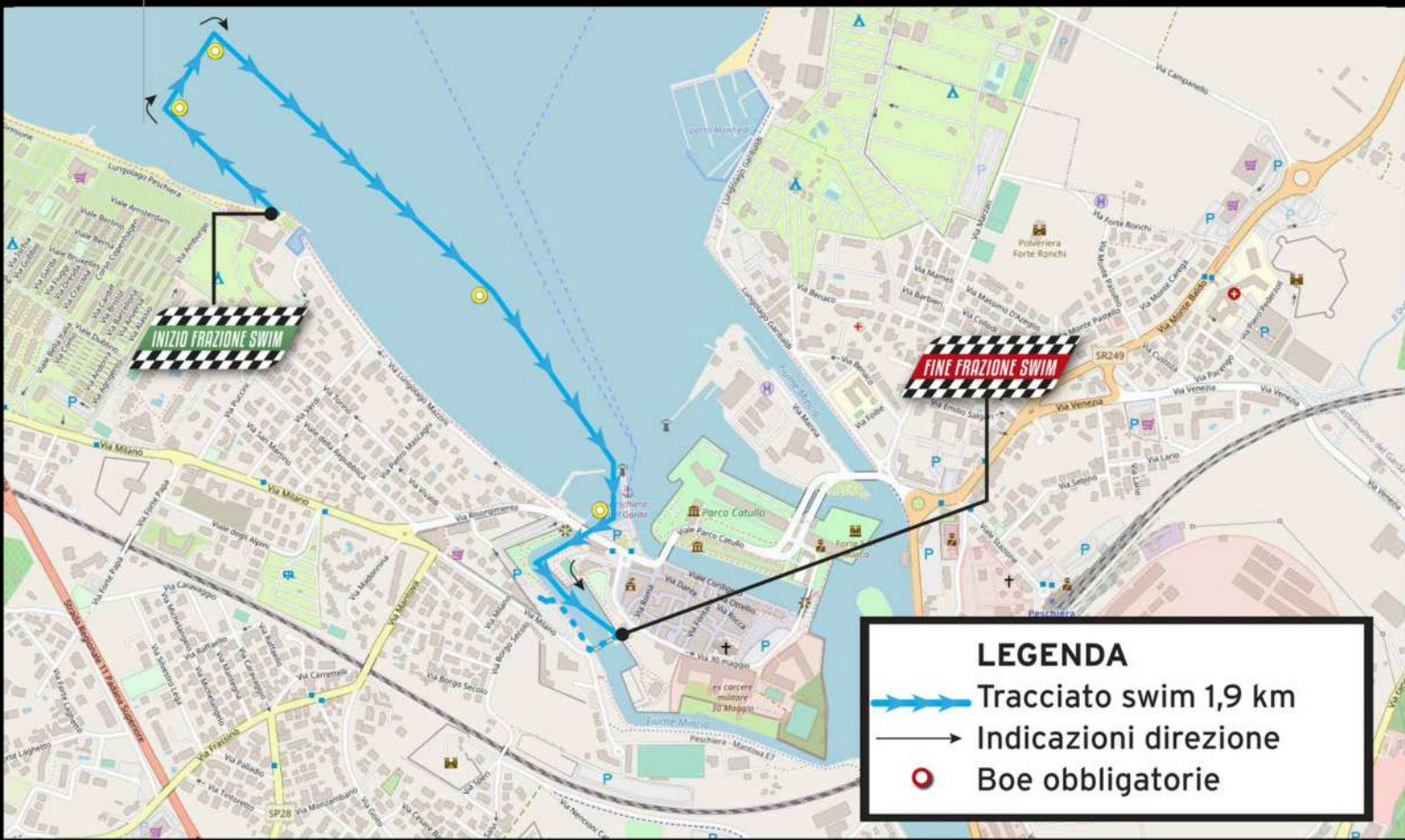
Departure from Spiaggia dei Cappuccini, Lungolago Mazzini; a single course around the marking buoys.



1,9
KM

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MEDIO: Frazione Bike - 85 km

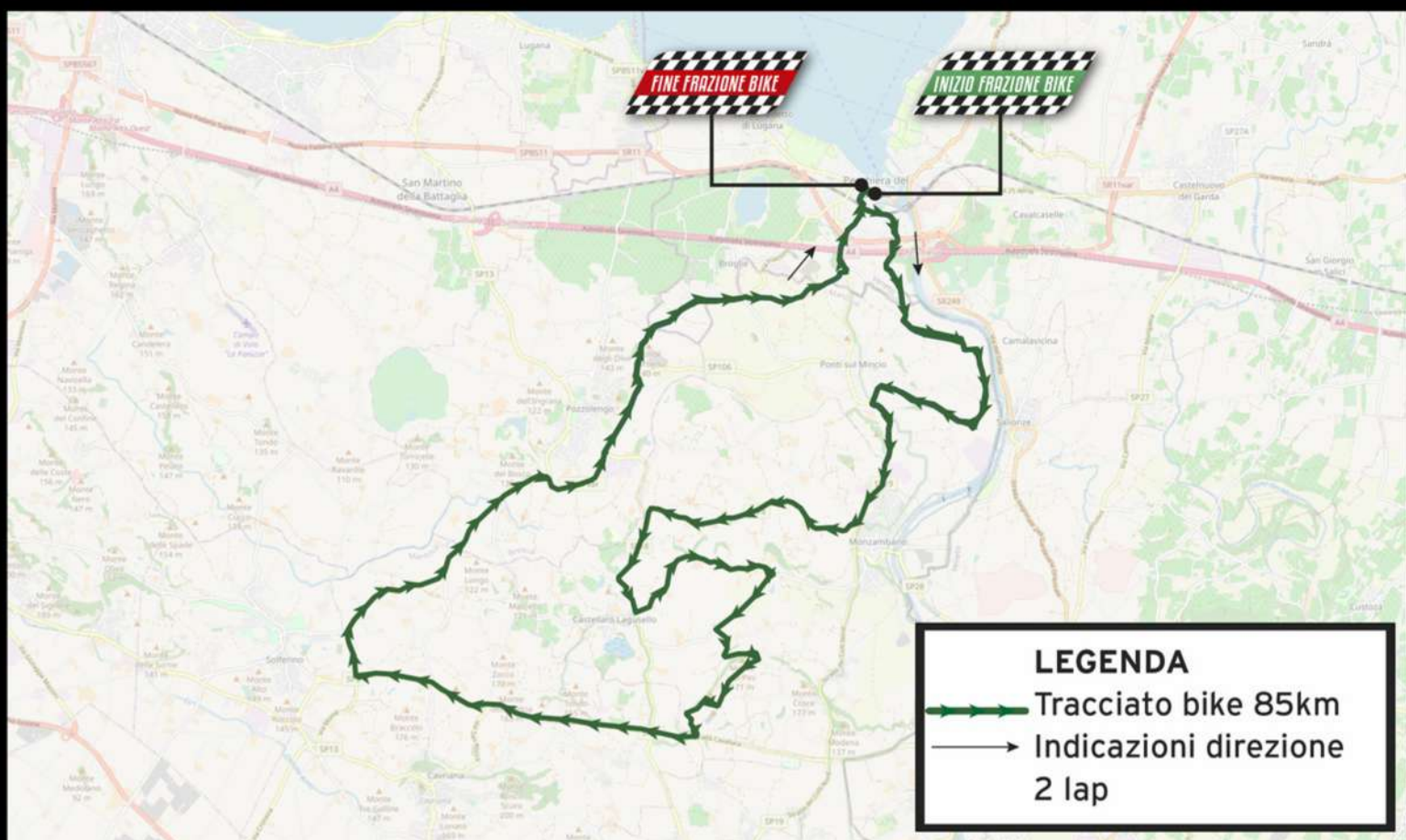
Course of 85 km total, with a 42.5 km route to be completed in two laps, featuring approximately 720 meters of elevation gain (D+).



85
KM

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MEDIO: Frazione Run - 20.8km

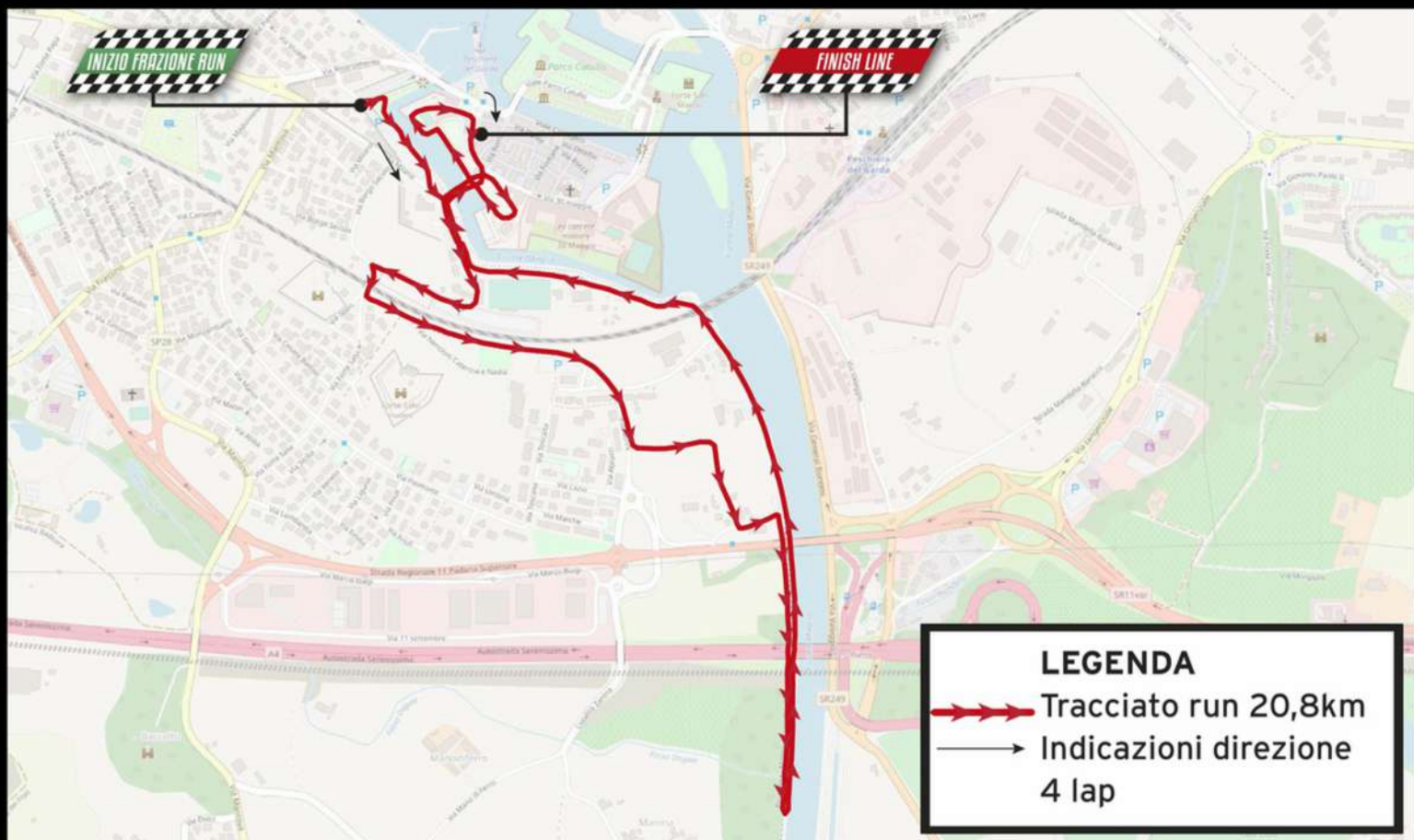
It takes place on a predominantly flat course that includes a 5 km multi-lap to be completed 4 times, with an 800 m connector and 120 meters of elevation gain (D+).



20,8
KM

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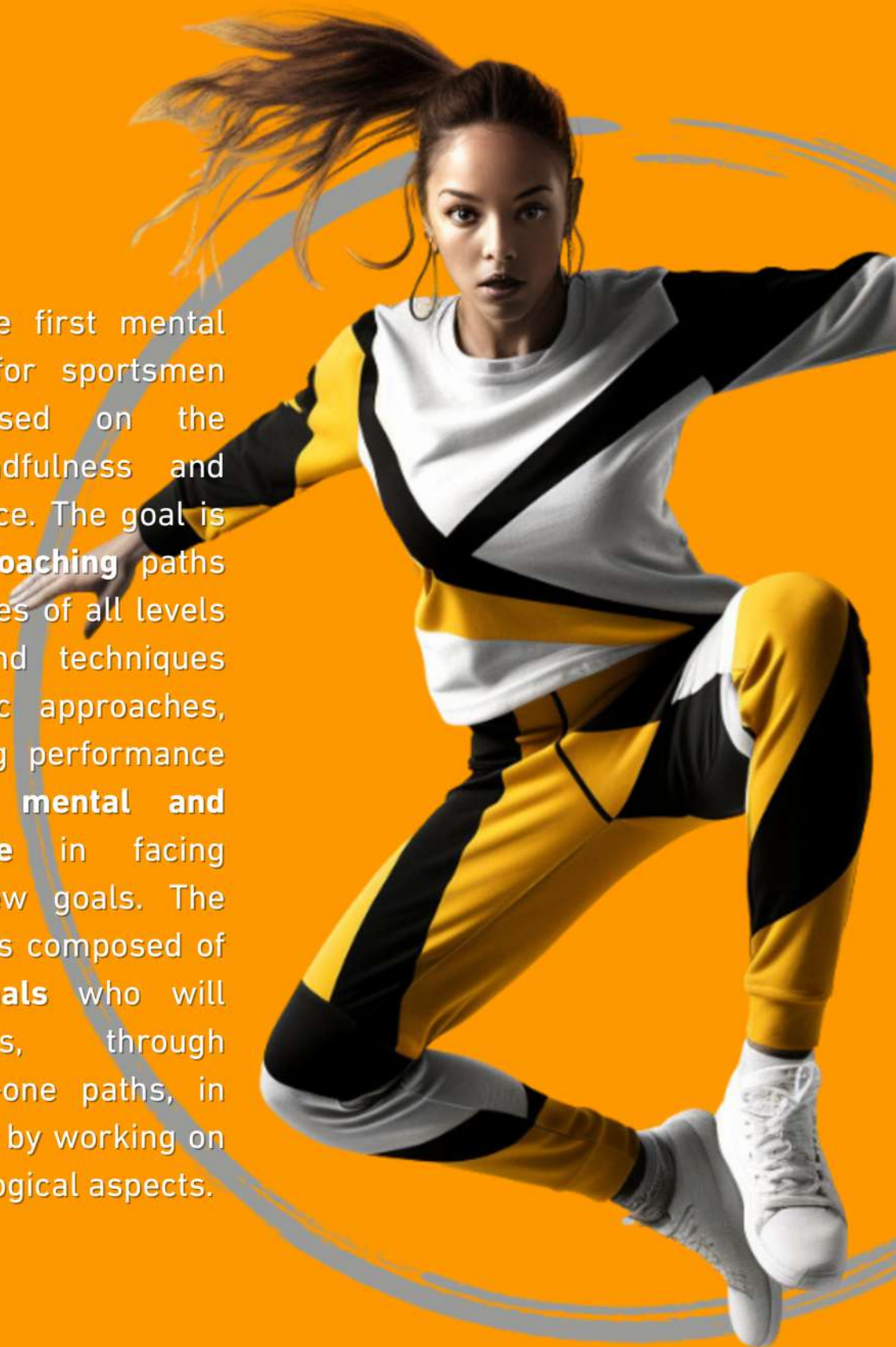
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SPORTFULNESS

Sportfulness is the first mental training platform for sportsmen and athletes based on the principles of mindfulness and modern neuroscience. The goal is to make **Mental Coaching** paths accessible to athletes of all levels with strategies and techniques based on scientific approaches, aimed at improving performance and, in general, **mental and emotional attitude** in facing challenges and new goals. The sportfulness team is composed of several **professionals** who will support athletes, through customized one-to-one paths, in athletic preparation by working on mental and psychological aspects.



**RUN WITH YOUR LEGS
WIN WITH YOUR HEAD**

OLIMPICO: Frazione Swim - 1.5 km

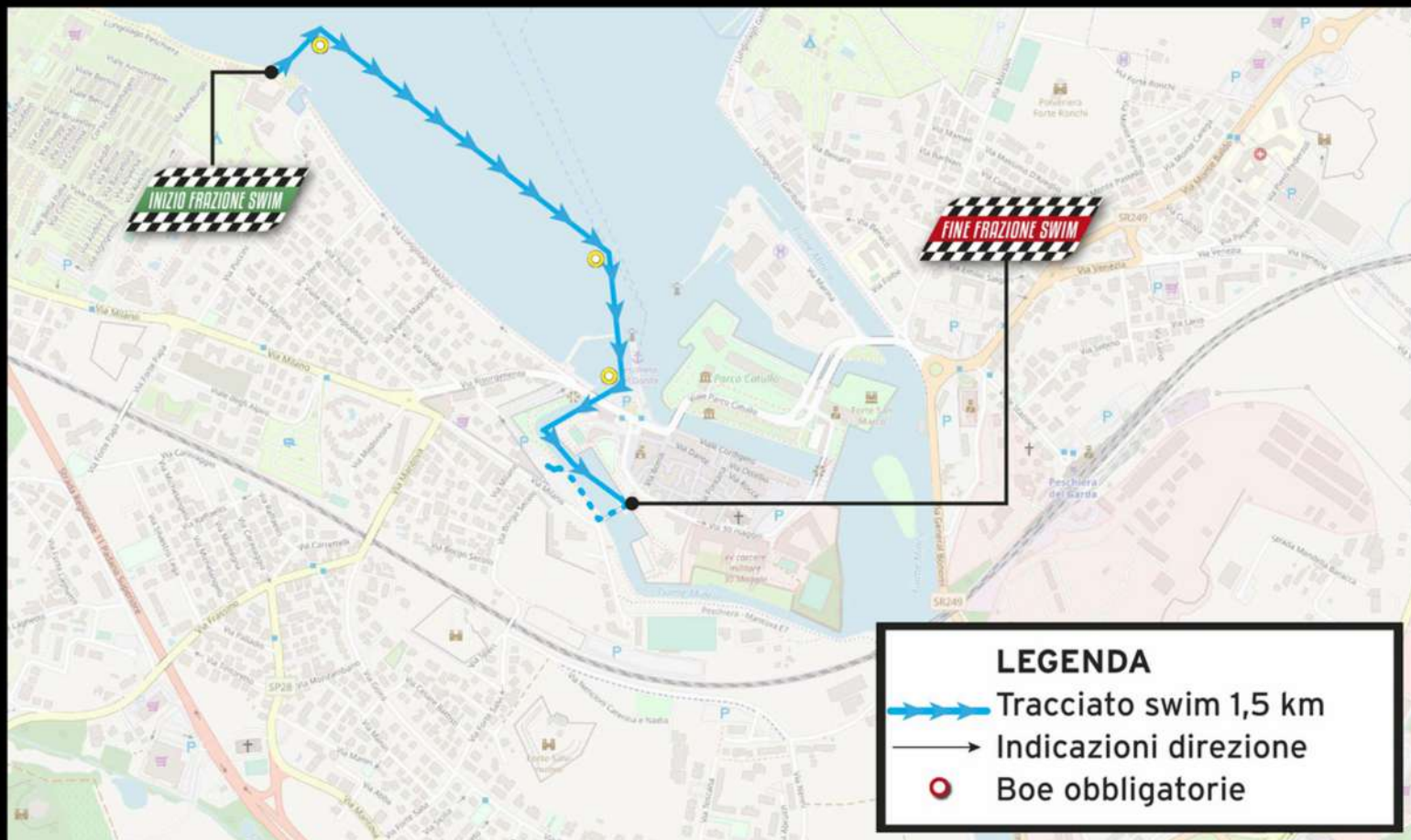
Departure from Spiaggia dei Cappuccini, Lungolago Mazzini; a single course around the marking buoys.



1,5
KM

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OLIMPICO: Frazione Bike - 43 km

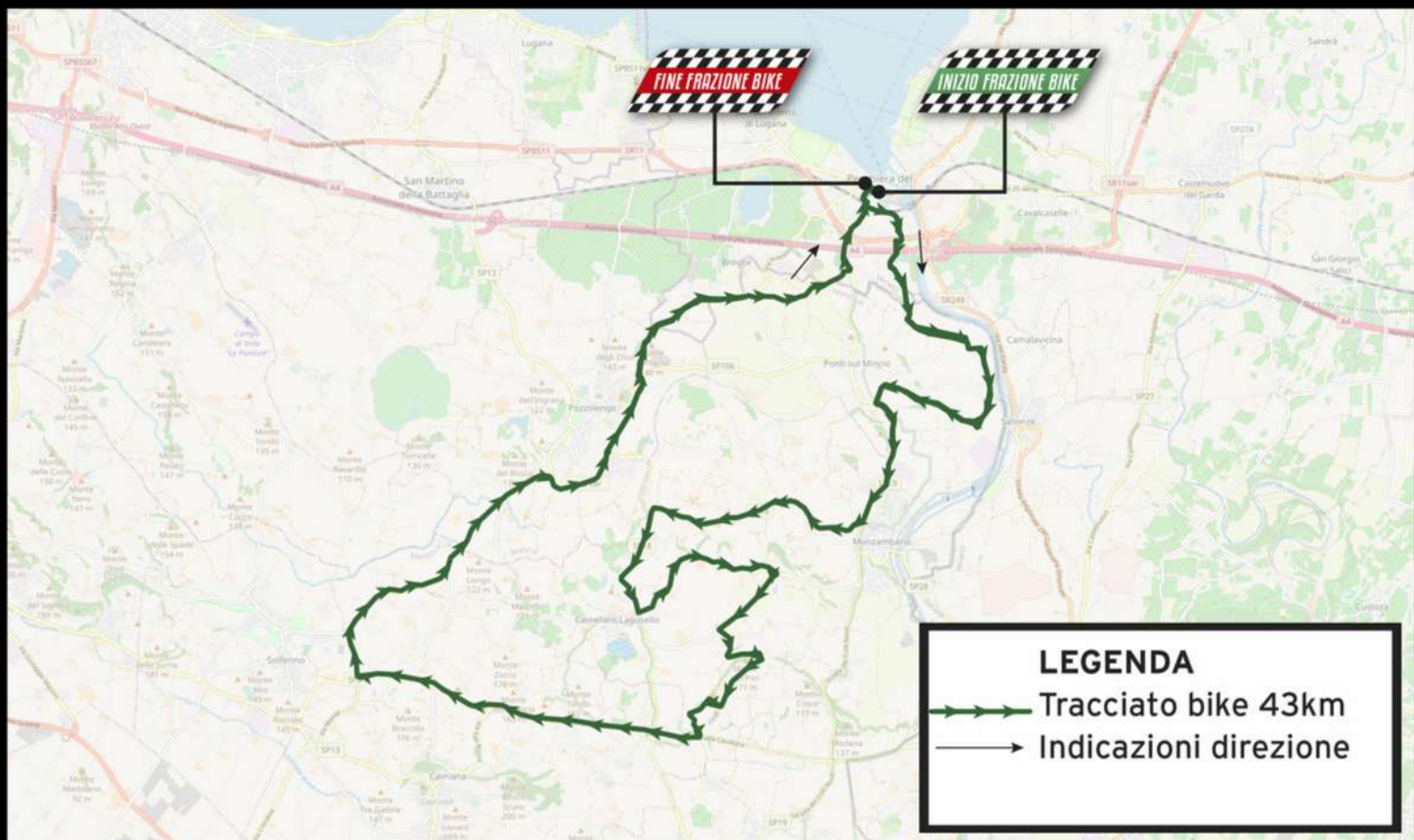
Single lap of 43 km, with approximately 350 meters of elevation gain (D+).



43
KM

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OLIMPICO: Frazione Run - 10.8 km

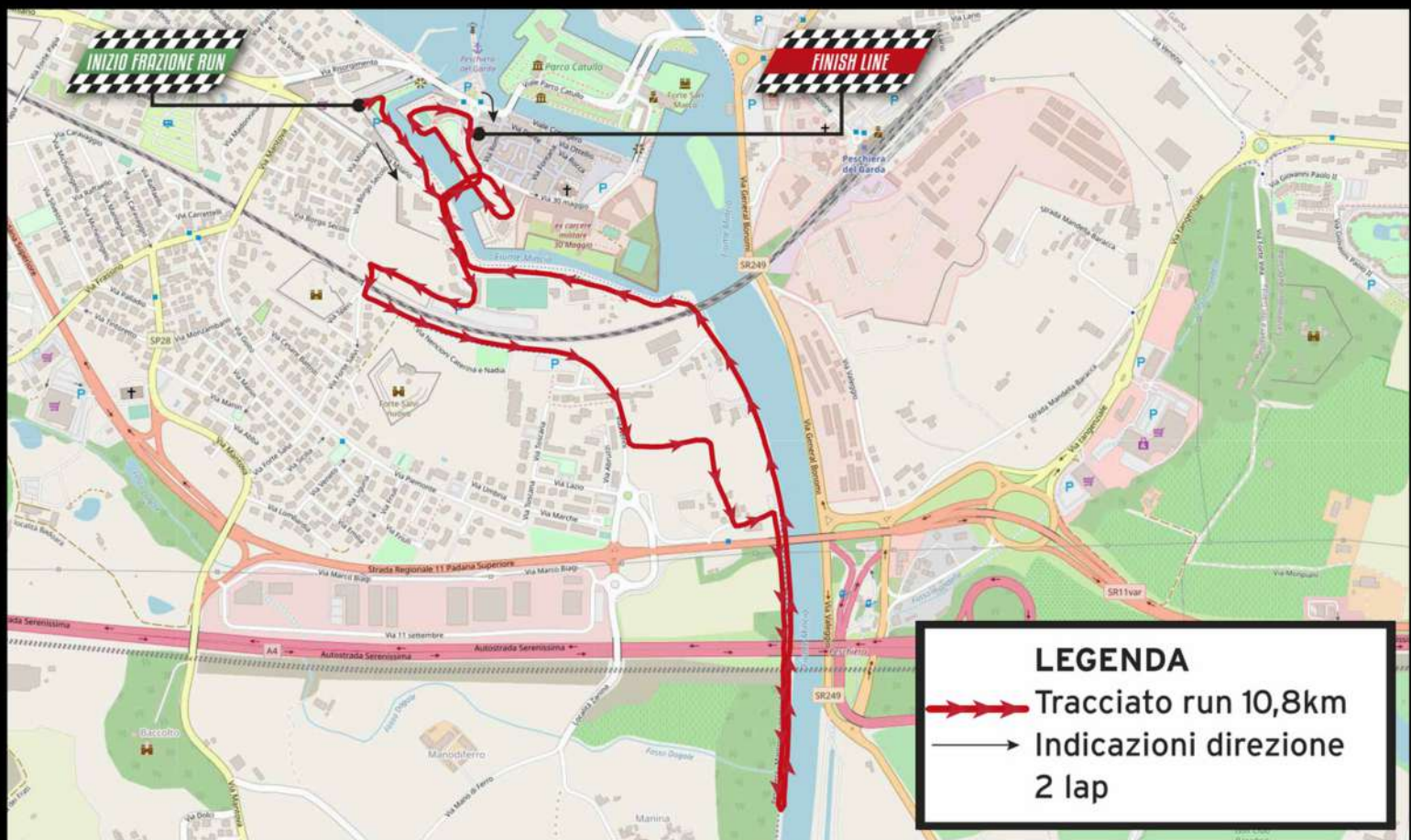
It takes place on a predominantly flat course that includes a 5 km multi-lap to be completed 2 times, with an 800 m connector for both the outbound and return routes, featuring 75 meters of elevation gain (D+).



10,8
KM

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Creativity has **no BORDERS**



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WITH OUR THREE-YEAR
COURSES IN COMMUNICATION
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OR PRODUCT DESIGN.**

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PROGRAMS IN BRANDING,
FASHION DESIGN AND
BUSINESS TO ELEVATE YOUR
SKILLS AND CAREER.**

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*(Limited spots available for the
2024/2025 academic year)*

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Design
Institute

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SPRINT: Frazione Swim - 0.75 km

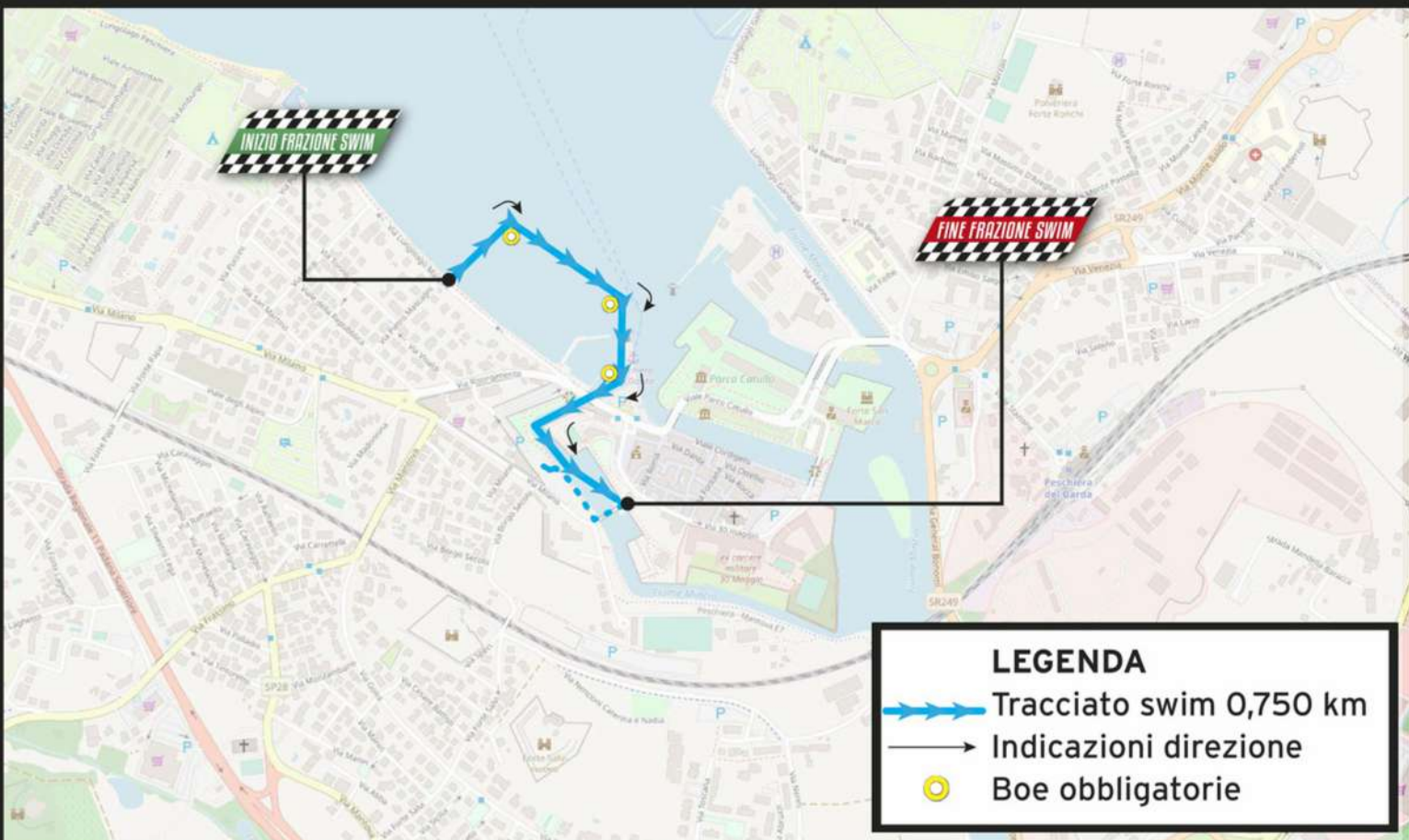
Departure from Spiaggia dei Cappuccini, Lungolago Mazzini; a single course around the marking buoys.



0,750
KM

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SPRINT: Frazione Bike - 21.5 km

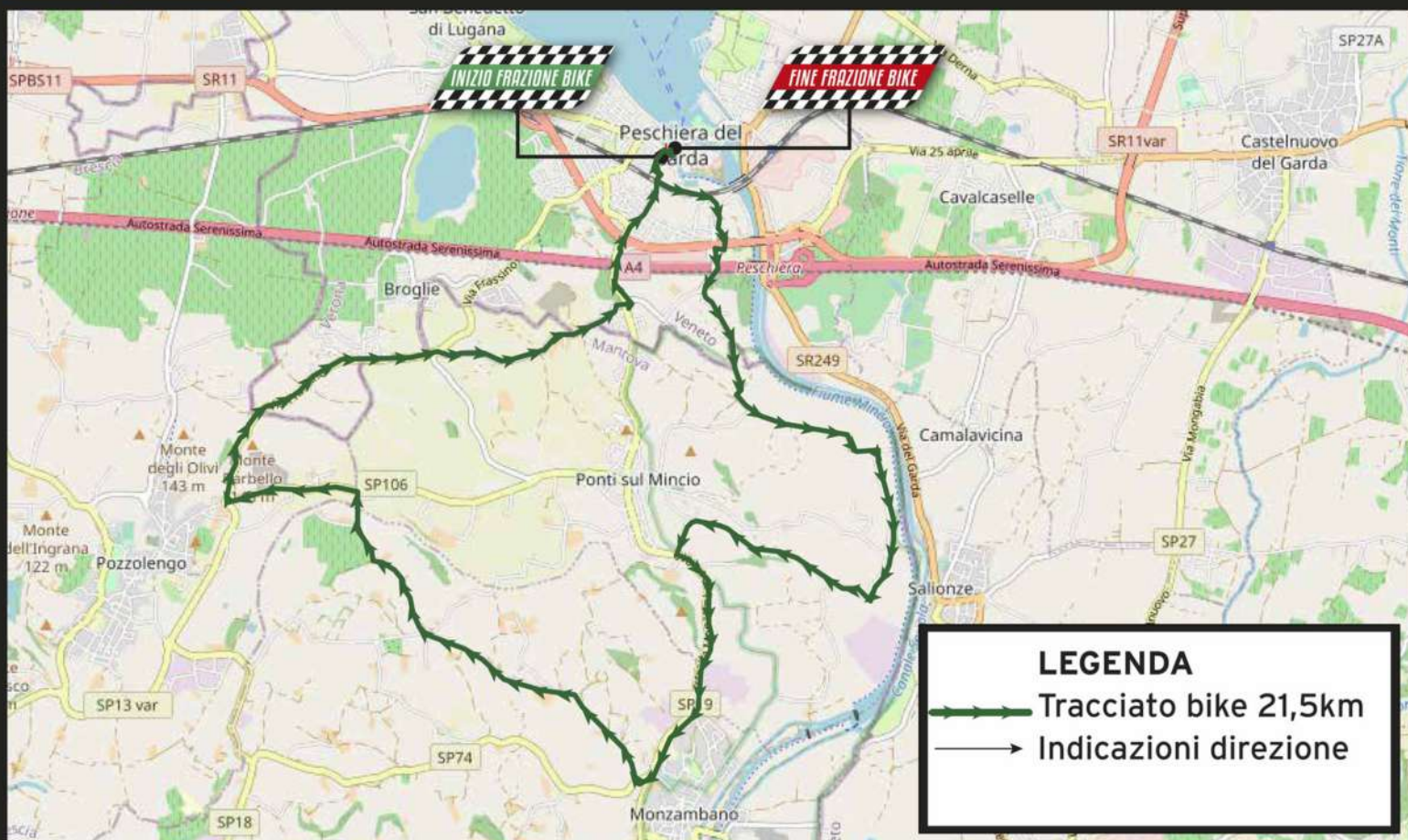
Single lap of 21.5 km, with 160 meters of elevation gain (D+).



21,5
KM

PESCHIERA TRI
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SPRINT: Frazione Run - 5 km

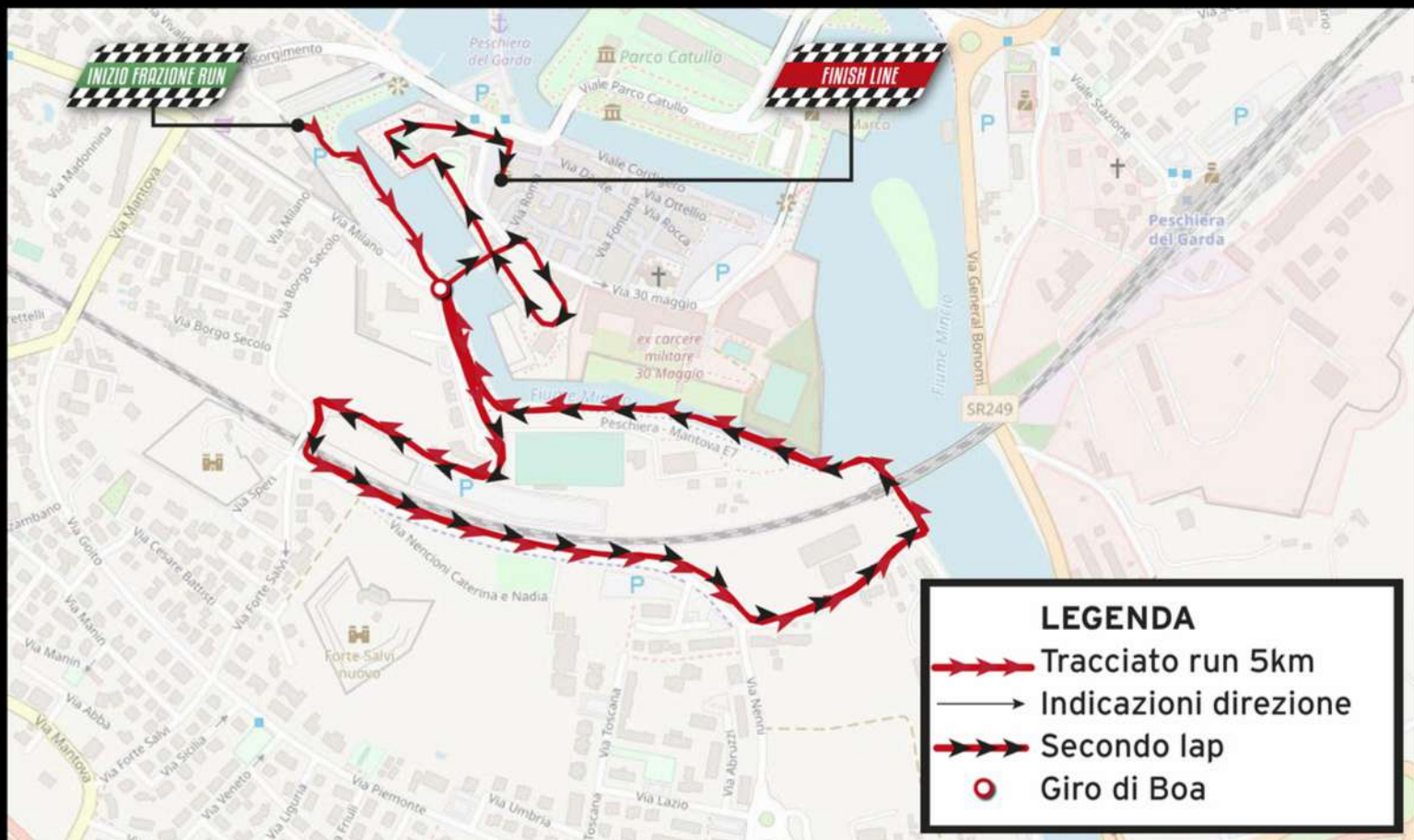
It takes place on a predominantly flat course that includes a 5 km route, with 2 laps according to the path indicated by the arrows below, to be completed 2 times, featuring approximately 50 meters of elevation gain (D+).



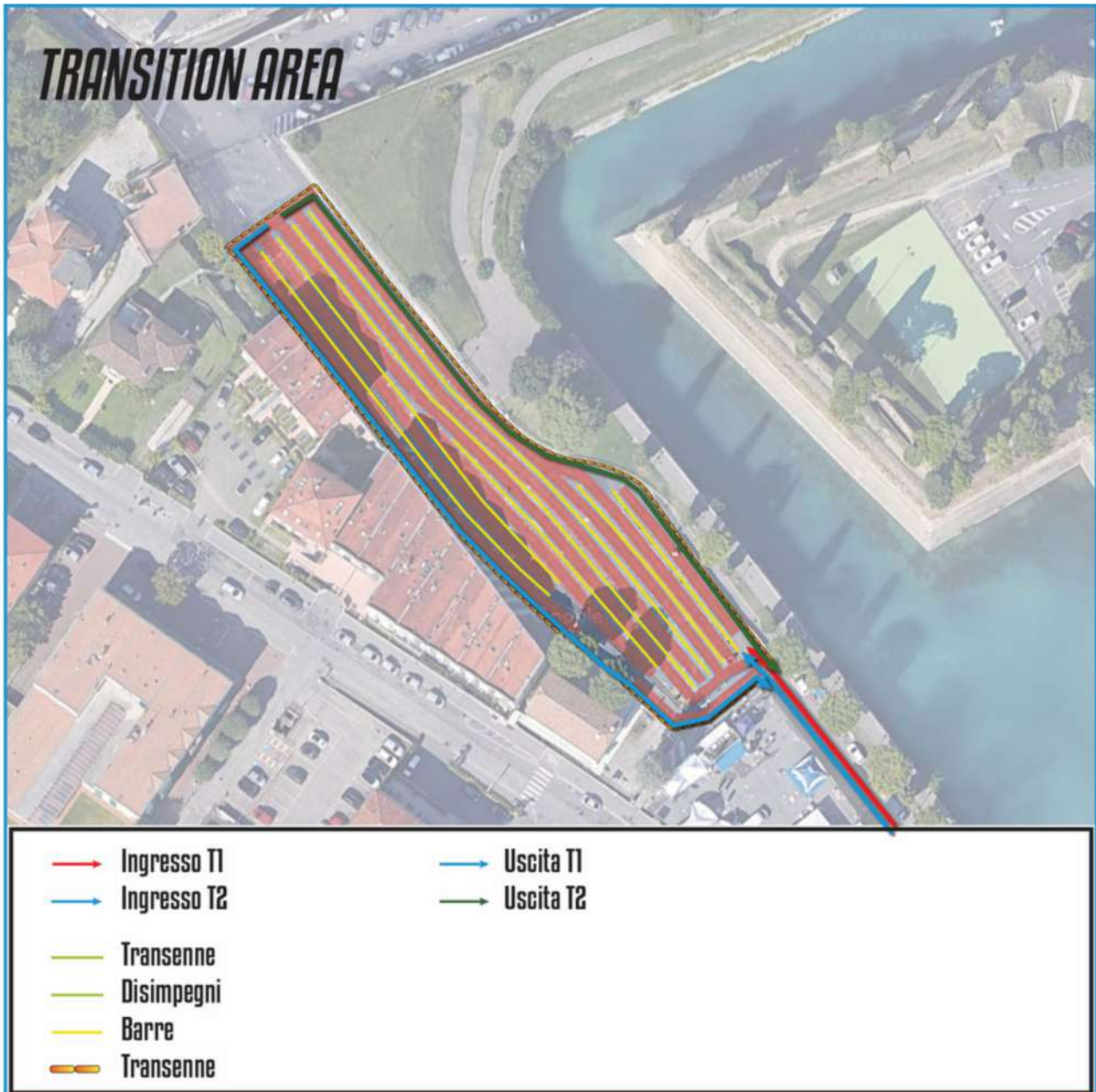
5
KM

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Transition Area



General Info

Race pack and bib pickup

The collection of the race numbers for the various fractions, chips and welcome pack can be made at the secretariat located on Via Milano in Peschiera del Garda

- **Saturday, October 5 from 8:00 AM to 11:15 AM (Olympic and Medium)**
- **Sunday, October 6 from 9:30 AM to 12:00 PM (Sprint)**

Race numbers and chips are personal and cannot be given away and/or exchanged. They must be worn according to the technical regulations in such a way that they are fully and always visible; they may not be folded and must remain intact. Bibs and race packs can be collected by written proxy by sending a confirmation email and an identity document of the delegating party.

Start time

START

MEDIO: 11.45 AM women's battery: bibs 1-45, swim cap **YELLOW**

11.55 AM men's battery: bibs 51-300, swim cap **BLUE**

11.55 AM Relay: bibs 46-50 swim cap **ORANGE**

OLIMPICO: 12.30 PM women's battery: bibs 301-430, swim cap **PINK**

12.40 PM men's first battery: bibs 451-700, swim cap **BLUE**

12.44 PM men's second battery: bibs 701-920, swim cap **GREEN**

12.48 PM men's third battery: bibs 921-1120, swim cap **RED**

SPRINT: 13.00 PM women's battery: bibs 1-190, swim cap **RED**

13.00 PM men's battery M5 and up: swim cap **BLUE**

13.10 PM first battery men: bibs 451-700, swim cap **GREEN**

13.14 PM second battery men: bibs 701-950, swim cap **ORANGE**

13.18 PM third battery men: bibs from 951, swim cap **BLUE**

Ristori e cancelli

REFRESHMENTS

The following refreshments will be available during the race:

Bike fraction: one refreshment point on the lap (two for the medium), with water, liquids and gel supplements.

Fraction Run: every 2.5 km with water, coke, salts, fresh fruit, gel.

Finish: water, salts, fresh fruit.

GATES

OLYMPIC

Closing of the **swimming + T1 gates: after 45'** from the start of the last heat.

Closing of the Transition Area gates after the **bike fraction + T2: 2h25'** after the start of the last battery.

Maximum time: **3h30'**.

HALF

Closing of the **swimming gates + T1: 60'** after the start of the last heat.

Closing of the Transition Area gates after the **bike fraction + T2: 5h** after the start of the last battery.

Maximum time: **6h45'**.

SPRINT

Closing of the **swimming gates + T1: 35'** after the start of the last heat.

Closing of the Transition Area gates after the **cycling fraction + T2: 1h45'** after the start of the last battery.

Maximum time: **2h40'**.

Use of the wetsuit

Whether the use of a wetsuit is obligatory will be determined by the judges before the start of the competition. Therefore, each participant must carry a wetsuit to be ready to use it if it is made obligatory.

Fraction run

In order to simplify the counting of laps during the run fraction, a table will be placed at the start of the course. Elastic bands will be provided on this table, which athletes can wear around their wrist at the end of each lap. In this way, they will be able to keep track of the number of laps completed without the risk of losing count.

Race behaviour

In order to guarantee the SAFE running of the competition, in the cycling and running sections to be covered in both directions, it is strictly forbidden to cross the centre line, under penalty of immediate disqualification. Race numbers and chips are personal and may not be transferred and/or exchanged. They must be worn as stipulated in the technical regulations in such a way that they are always fully visible; they cannot be folded and must remain intact.

medical and anti-doping assistance

The organising committee will provide an adequate medical service on the course and at the finishing point. The event's medical team will have the final say as to whether or not a competitor is fit to continue the competition. The use of doping substances, i.e. those capable of improving performance, and/or alleviating fatigue or for any other purpose, is prohibited. Anti-doping tests will be carried out unannounced and unexpectedly.

Cronometraggio & chip

The timing and processing of the rankings will be carried out using a system based on an active transponder (CHIP) which will be handed out when collecting the welcome pack. The device must be worn for the duration of the event on the ankle or in an otherwise close position to the ground. The partial times of each split and the transition intervals in the change zone will be recorded for each athlete.

The chip must be handed in to the staff at the entrance to the change area when collecting the bike. Athletes who have not started or have withdrawn must also return the chip in the same way. **Failure to return the chip will result in a charge of € 40,00.**

Awards

Athletes will be awarded prize money according to the number of participants and the percentages laid down in the Fitri Competition Circular 2024.

Prizes will be based on position in the overall ranking and will not be awarded until all doping test results have been confirmed.

Prizes will be awarded to the first three absolute relays, provided that the total number of relays is 3.

In addition, prizes will be awarded to the first three men and women in each Age Group category. The categories are divided as follows: YB(16-17) (solo distanza sprint), JU(18-19), S1(20-24), S2(25-29), S3(30-34), S4(35-39), M1(40-44), M2(45-49), M3(50-54), M4(55-59), M5(60-64), M6(65-69), M7(70-74), M8(75-79), M9(80+).

Integration Plan

Discover the supplementation plan proposed by our partner **EthicSport**: the best way to approach your race and manage your strength for the best performance.



Waste management

In the three fractions, special areas will be set up for the recovery of empties (glasses, flasks, various packaging); maximum cooperation is requested in the use of these areas, which will be appropriately marked and always positioned after the refreshment areas.

FollowYourPassion & Sustainability

We are committed to developing events with a focus on environmental sustainability by taking specific measures and actions necessary to mitigate and reduce the impact on the environment and our host locations. We are also confident in your cooperation and have developed a manual of good practices that we invite you to adopt. It can be downloaded from the page (<https://followyourpassion.it/en/peschieratri/>).

You can also help us to make our event more environmentally friendly.

In particular, for this event

- ** use the ecological waste islands
- ** all paper cups and bags are eco-compostable
- ** wooden medals

Accomodation

Below you will find the hotels affiliated with the event:

Camping Village San Benedetto – www.campingsanbenedetto.it

Albergo La Favorita – <https://www.facebook.com/La-Favorita-156653668023838/>

Aurora Aparthotel – www.aurorapeschiera.it

Dolci Colli – www.dolcicolli.com

Green Park Hotel – www.greenparkhotel.com

Hotel Buena Onda – www.hotelbuenaonda.com

Hotel Campanello – www.hotelcampanello.it

Hotel Garden – www.hotel-garden.it

Hotel Rivus – www.hotelrivus.com

Merchandising

Check out the new **PESCHIERATRI** t-shirt! which is included in the race pack for participants in the **OLIMPCO** and **SPRINT** triathlons and can be purchased by accompanying persons depending on availability.



PeschieraTRI sweatshirt

Discover the new **PESCHIERATRI** sweatshirt, which is in the race pack **ONLY** for participants in the HALF triathlon and can be purchased by supporters depending on availability.



Finisher's medal

For you who complete the **HALF** distance of **PESCHIERATRI**, an exclusive medal for finishers will be waiting for you at the finish line. Made from sustainably sourced recycled wood, renewable energy and zero-emission inks.



Services

Materials' rental

SWIMMING: Advance

info@advancedeuropa.com

Ms. Emidio tel: [348 7001654](tel:3487001654)

BIKE: Garda Gravel

gardagravel@gmail.com

tel. [351 8284462](tel:3518284462)

Changing room and showers

For all participants of **PESCHIERATRI** there will be showers and changing rooms at the Centro Civico Gandini, Via Suor Maria Laura Mainetti, 1, 37019 Peschiera del Garda VR, an area adjacent to the Zona Cambio. It is strictly forbidden to enter the changing rooms with one's own bicycle and with bicycle shoes on one's feet.

It will be possible to use it at the following times:

Saturday from 9.30 a.m. to the end of the event

Sunday from 9.30 a.m. to the end of the event

Pasta party

On Saturday 5 October there will be a Pasta Party, offered to all participants of the Medium and Olympic Triathlons, who will receive a food voucher when collecting their race package. Supporters, as well as all those present on Sunday, will be able to purchase food and drinks at the refreshment stands.

Logistic info

How to arrive

BYCAR

From the North: A22 Brennero - Modena motorway, Rovereto Sud exit (Lake Garda Nord) take the state road SS249 in the direction of Mori, Torbole, Malcesine (follow signs for Garda).

From the South: A22 Brenner Motorway - Modena, exit at the Affi tollbooth (Lake Garda Sud) take the direction for Bardolino, Lazise, Garda and Malcesine.

From West: Motorway A4 Milan - Venice, Peschiera del Garda exit, direction SS249 towards Peschiera, Bardolino, Lazise, Garda and Malcesine.

We would like to remind you that the A4 and A22 motorways are among the busiest in Italy: it is advisable to be 'wide' with the timing in order to arrive on time.

PARKING: Free parking is available in via Campo Sportivo (300m from the Secretary's Office, Expo and changing area); in Campo Sportivo (behind the football pitch) (400m away) and at Forte Papa, in via Forte Papa (800m away).

Please note that it will only be possible to leave the car parks in Via Campo Sportivo and at the Campo Sportivo after 18.30. The car park in Via Fortepapa will be available until 9 p.m.

BY TRAIN

The most convenient train station to reach Garda Veneto is Peschiera del Garda, on the Milan-Venice line.



*Via Milano - Porta Brescia,
Peschiera del Garda*



SAPEVI CHE A **PESCHIERATRI**
POTRAI AVERE IL TUO **CUSTOM REEL?**



COME FARE?

QUANDO VEDI UNA TELECAMERA,
SORRIDI COME SE FOSSE UNA PASSEGGIATA ;)



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Photo service

How to get your race photos with GetPica

During the race, smile for photographers along the route. Photos will be available on getpica.com or the [getpica](#) app. To get your the photos, you must register on getpica.com and enter the 9-digit code found next to the Qr code on your bib.

1. Make sure your bib number and QR code are clearly visible throughout your race.
2. Save your bib or take a photo to remember your GetPica code listed next to the QR code. You will need it to access your personal album.
3. Go to getpica.com or download the app, and create your account. All your race pictures will be stored in one place.
4. Post-race, log into your account, enter the 9-digit code printed next to the QR code, and access your gallery! We will also send you a reminder email.



Share your feelings on social media and be part of the community. Tag us on [Instagram](#) **@followyourpassion_it** and on [Facebook](#) **@Follow Your Passion**

Join the **FollowYourPassion** club on **Strava**! Take part in the community and share your activities, workouts and races in the club: **FollowYourPassion**

PeschieraTri

Discover locations

Discover Peschiera del Garda and its attractions on the official website
<https://www.comunepeschieradelgarda.com/>

Don't miss the fantastic villages around Peschiera, such as Monzambano and Castellaro Lagusello; see
<https://www.monzambanotourist.it/>



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GANTEN IS TITLE SPONSOR OF THE FOLLOWYOURPASSION RACE CIRCUIT.

Ganten Water, a group specializing in mineral water production in China, is the title sponsor of the FollowYourPassion circuit, with a three-year partnership. The naming of the 16-race circuit will feature the Ganten brand. Ganten Food & Beverage Co. Ltd., already a sponsor of Juventus, the International Basketball Federation, Volleyball and the Australian Open Tennis Championships, has always focused on production and distribution of water from quality. In the heart of the ancient glacial basin of the Lombard Prealps, cradled by the protected and unspoiled beauty of the Alto Garda Natural Park, pure Ganten gushes forth. The brand will be present at all FollowYourPassion events, expos, and race refreshment stations to support and refresh all participants.





CORRI DA BIGMAT: DA NOI TROVI TUTTO PER COSTRUIRE E RISTRUTTURARE

BigMat La Viscontea is always at the side of construction professionals and individuals to support them in their projects. In our stores you will find traditional and cutting-edge technical solutions, the **best building materials, ironing and power tools, interior finishes and coatings**. Thanks to our experience and technical expertise we always guarantee **professional answers and personalized services** for each of your projects.

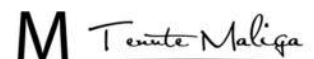
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LA VISCONTEA

• Via Treviglio, 42 - 24053 - BRIGNANO GERA D'ADDA (BG) - T. 0363 814379
• Via Milano, 86 - 20062 - CASSANO D'ADDA (MI) - T. 0363 323499
laviscontea@bigmat.it | laviscontea.bigmat.it



*We thank you for your cooperation in making this
race special:*



Thank you to all participants

See you in Monza

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