

VIC Runners Triathlon 2024

Sprint: 525m swim, 16km bike, 5km run

Double sprint: 1050m swim, 32km bike, 10km run



This is a sprint distance triathlon for the VIC runners club, friends and family. Competition for individual starters or relay teams of 2 or 3 people for fun. No fame, no world cup points, just fun.

Optional, you can do an (almost) Olympic distance by doubling the individual distances (2 laps swim, then 2 laps cycling and finally 2 laps running). Please let us know at registration if you want to go for this option.

Dates: Saturday, **29.06.2024** and a second race on Saturday, **03.08.2024**.

Start time: **08:00** (everything set up, warmed up, dressed for swimming)

Costs: Free (voluntary donation to the VIC runners club if you like).

Timing: VIC Runners timing machine with the red chips (Champion chips don't work).

If needed, chips can be borrowed (Please request one in advance!!).

Self-timing for backup.

Registration: Email or PM to Christian Schoch (c.schoch@iaea.org), +4369916524428

Rules:

- Wet suit possible if available and needed
- No drafting on bike, minimum distance of 10m
- Swim, Bike and Run routes are not closed – take care on others!
- Have fun!

Start, Finish and Transition zone:

Same area as the triathlons before – on Donauinsel next to the Sportinsel area and the U6 Neue Donau.

Start will be from the raft next to the transition zone.



Swim (525m per lap):

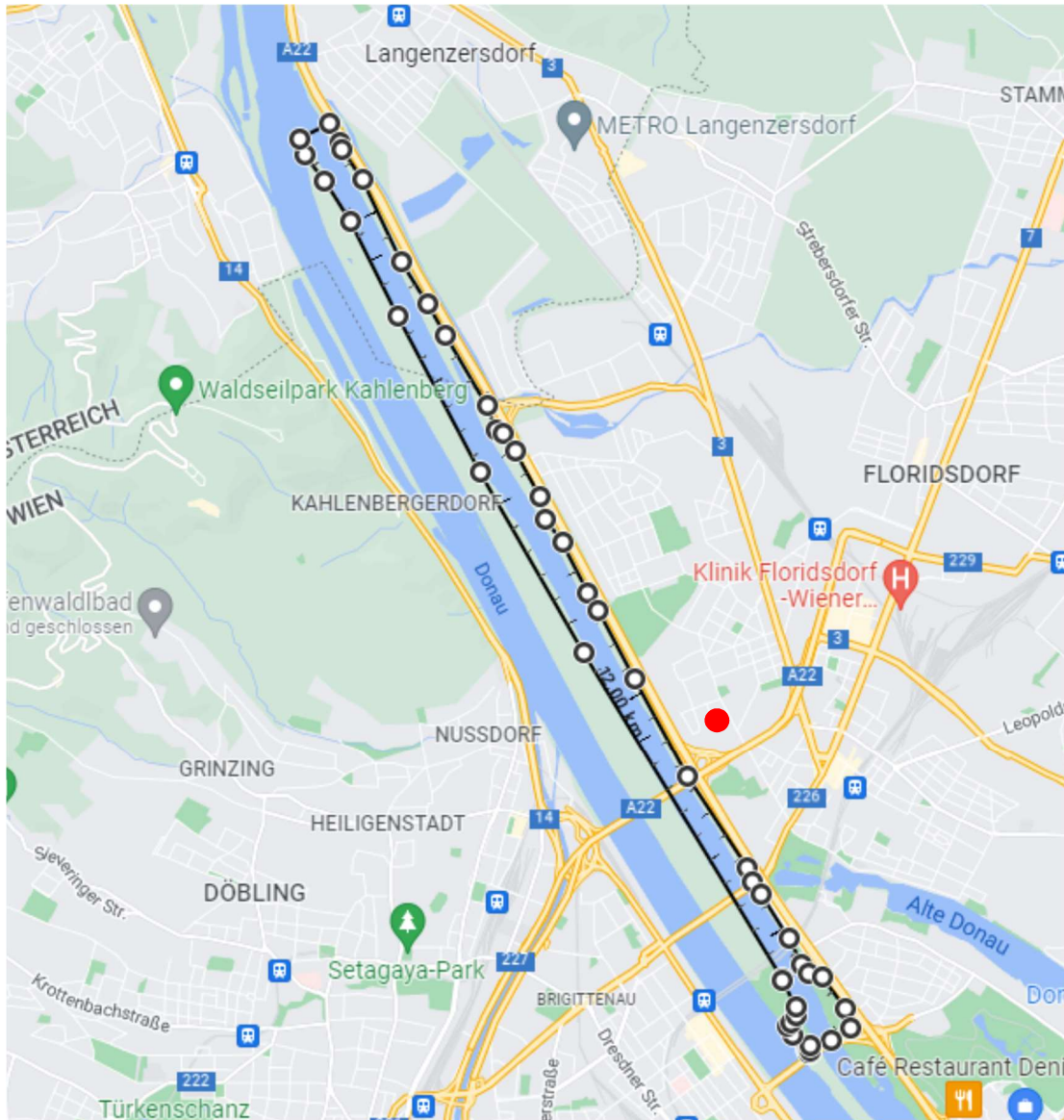
From the raft to the railway bridge, to the other side of the Neue Donau and after the second last pillar back to the raft.

For the double swim, please get out of the water and run through the transition area and get back to the raft by passing the start again!



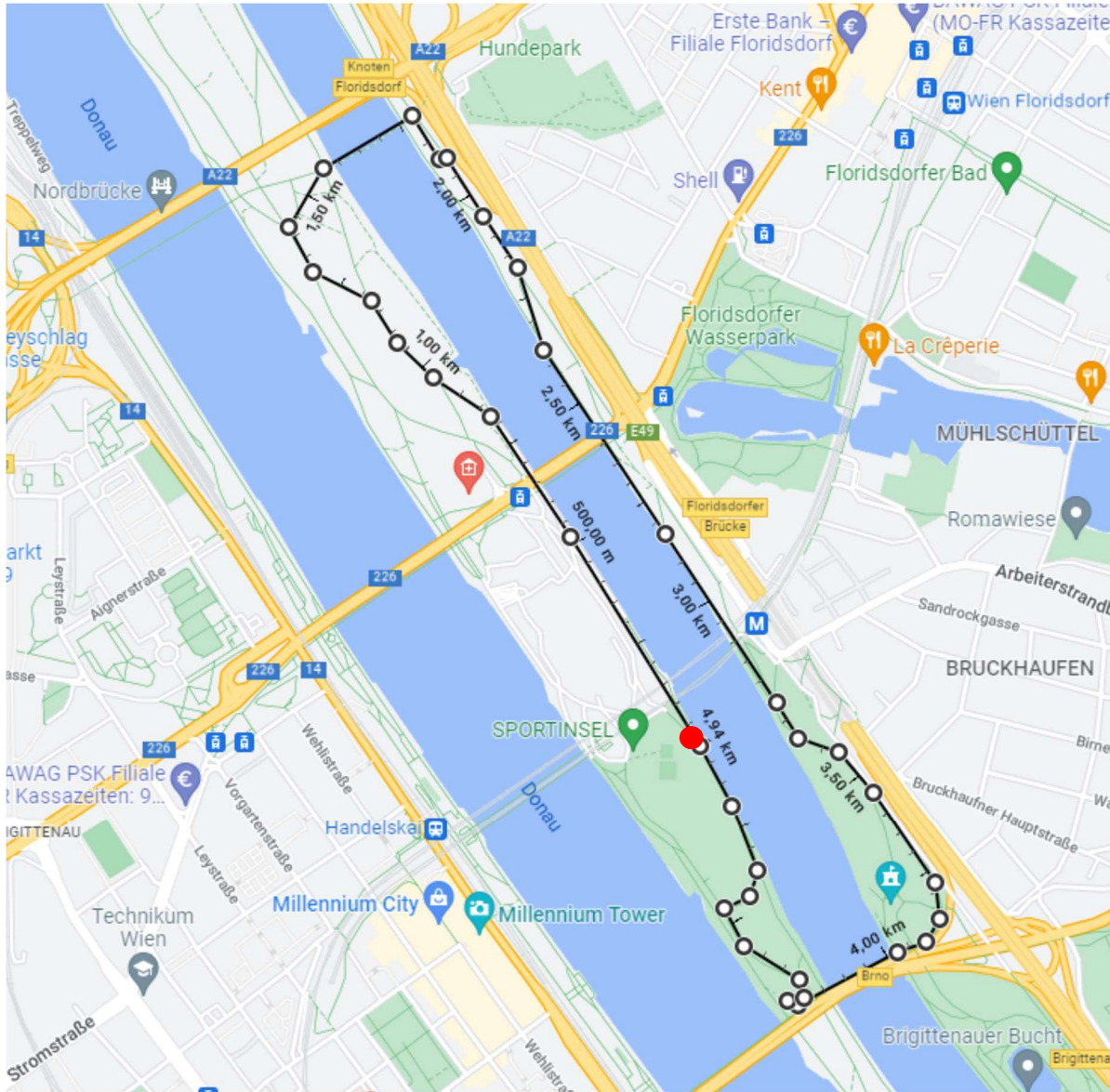
Bike (16km per lap):

From the transition zone along the water to the upper end of the Donauinsel, over the dam to the Brigittener bridge. Use the circle to get on the Donauinsel, turn left to the main road, take the first road to the right to get back to the transition zone. Two laps for double sprint.



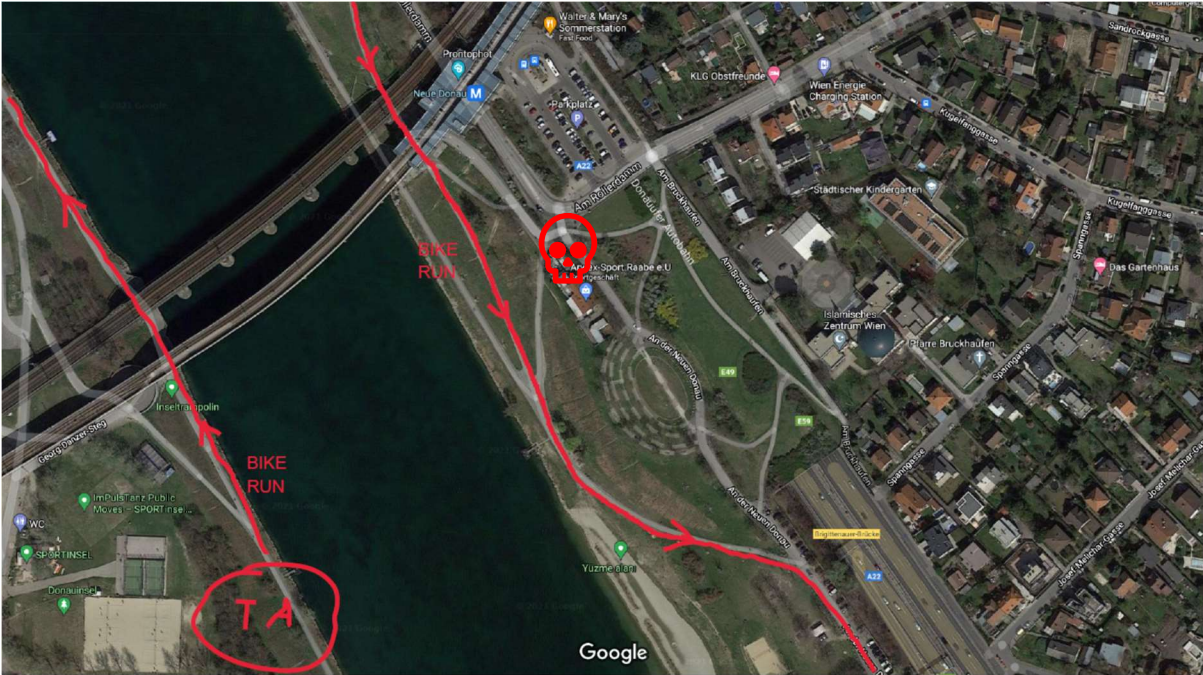
Run (5km per lap):

From transition zone along the water to the yellow bridge (Steinitzsteg). Turn right, cross the Neue Donau, back to the dam and along the dam to Brigittener bridge. Use the circle to get on the Donauinsel, turn left to the main road, take the first road to the right to get back to the transition zone. Two laps for double sprint.



Race details at the Neue Donau:

After the U6 bridge keep right and follow the path to get to the road – too many accidents happen at the corner of the restaurant.



Race details at the Brigittenauer bridge:

After you managed the U6 Alte Donau area and got back to the road again, take the second turn to the right to go to the Brigittenauer bridge. On the bridge, take the circle exit. Take care when turning left on the road, there might be some super-fast cyclists coming along the road. Take the first turn right back to the water. Follow the road to the transition area.

