



BUDAPEST MAN III

BUDA PEST MAN

TECHNICAL MEETING

27 AUGUST 2017

HAVE A GOOD RACE!

– EVOCHIP HUNGARY KFT, THE OFFICIAL TIMEKEEPER OF BUDAPESTMAN



Dóra Dencs-Kovács



Attila Dencs



Árpád Dencs



Andrea Juhász



Artúr Elefánti



Gábor Patkovics

HEAD REFEREE OF BUDAPESTMAN



JENŐ MOLNÁR

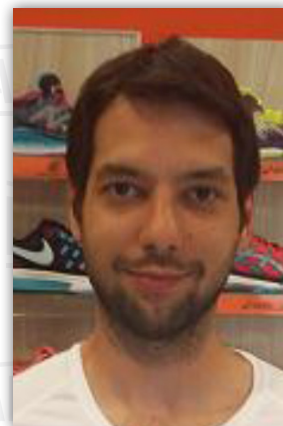
BUDAPESTMAN ORGINIZING COMMITTEE GREETS THE ATHLETES!



Ákos Storcz
RUNNING



Csaba Bajnógel
DIRECTOR OF THE RACE



Zoltán Griecs
CYCLING



Gyula Borza
SWIMMING



Tamás Kinál
TRANSITION



Éva Jakab
RACE CENTRE



Henriett Méder
DESTINATION AREA



Zsófia Simon
EXPO

ENTRY PACK CONTAINS

- Race number- back side: 2 telephone number
(first aid: +36-30-645-2775, bike service: +36-20-415-5111)
Please keep it until the end of race. You need racenumber for checking out from TZ, pick up your bike.
- Stickers (bike, helmet, swim-bag, run-bag)
- Chip/transponder (wear it over your ankle)
- 1 Budapestman flask
- 1 swim-bag (blue)
- 1 run-bag (white)
- 1 swimming cap (must wear it during swimming)

RACENUMBER RANGES

Pro: 11 - 99
V4N43C individual: 101 - 199

18-25: 1801 - 1870
25-29: 2501 - 2610
30-34: 3001 - 3150
35-39: 3501 - 3680
40-44: 4001 - 4180
45-49: 4501 - 4600
50-54: 5001 - 5040
55-59: 5501 - 5530
60-64: 6001 - 6015
65- 69: 6501 - 6515
70-75: 7001 - 7010
75+ 7501 - 7505

Relay: 900 - 949
V4N43C relay: 950 - 999

26 AUGUST 2017 - SATURDAY PROGRAMS

8:00 – 11:00:	Openwater training possibility at Lake Lupa, at swimming course
9:00 – 18:00:	Little heroes' playground at Heroes' Square
9:00 – 16:00:	Transition Zone I open at Lake Lupa
9:00 – 20:00:	Race center, Expo open and local registration at Heroes' Square
9:00 – 20:00:	Handing out of running shoes in Transition Zone II at Heroes' Square
From 10:00:	Entertainment for families and kids at Heroes' Square
10:00 – 10:30:	GILDA MAX kids fitness team show with Szilvia Mile at Heroes' Square
10:30 – 10:50:	Warming up for kids with Szilvia Mile and kids fitness team at Heroes' Square
11:00:	Budapestrun Junior running race starts
14:00 – 14:30:	Salsa Fitness with Osvaldo Zequeira at Heroes' Square
14:30 – 14:50:	Warming up for ladies with Andrea Szalka at Heroes' Square
15:00:	Budapestrun Ladies 6,6 km female running race starts
15:10 – 15:30:	Fit family minutes, exercises for kids and adults, babies and moms with Andrea Szalka at Heroes' Square
15:30 – 15:50:	Rippel Brothers Academy show at Heroes' Square
16:00:	Budapestrun Ladies awarding ceremony at Heroes' Square
16:30 – 17:30:	Puppet show at Heroes' Square: János Pályi – László Vitéz and the haunted mill
15:00 – 20:00:	Pasta party at race center at Heroes' Square
17:30:	Gábor Kindl's presentation about the appropriate refreshment with High5 at Heroes' Square
18:30:	Technical meeting in the race center
20:00:	Race center closing

27 AUGUST 2017 - SUNDAY PROGRAMS

5:00 – 7:00:	Center and Transition Zone are open at Heroes' Square, handing out of running shoes. No possibility to register for triathlon events yet!
6:00 – 8:30:	Transition Zone I opens at Lake Lupa
8:00 – 8:45:	Warming up possibility in water at Lake Lupa
9:00:	Pro male start
9:05:	Pro female start
9:10:	18-34 Junior, male Age Group start
9:20:	Female Age Group start
9:30:	35-75+ male Age Group start
9:40:	Triathlon relay start
From 10:15:	Pro athletes arrive at Heroes' Square
10:45 – 15:00:	Athlets Garden open
From 10:50:	Pro athletes finish
12:00:	Award ceremony for Pro athletes
10:00 – 12:00:	Budapestrun race office open in Olimpiai park, at Parlament Local registration and race number pick up for Budapestrun 10K Rádió 1 race
12:15:	Budapestrun 10K Rádió 1 race start
From 12:40:	Budapestrun 10K Rádió 1 race finish at Heroes' Square
13:00:	Pick up bikes from Transition Zone II at Heroes' Square
From 13:30:	Budapestrun 10K Rádió 1 race awarding ceremony
From 14:30:	Age Group award ceremony

RUNNING SHOES HANDING OUT AT HEROES' SQUARE

You should deposit your running shoes in your RUN bag before the race, on Saturday from 9:00 to 20:00 or on Sunday from 5:00 to 7:00 the latest in Transition Zone II at Heroes' Square.

When you have finished cycling, take this bag from the rack, bring it to the changing room, change for running, put your cycling dress into the bag and drop the bag into the box at exit of the transition zone!

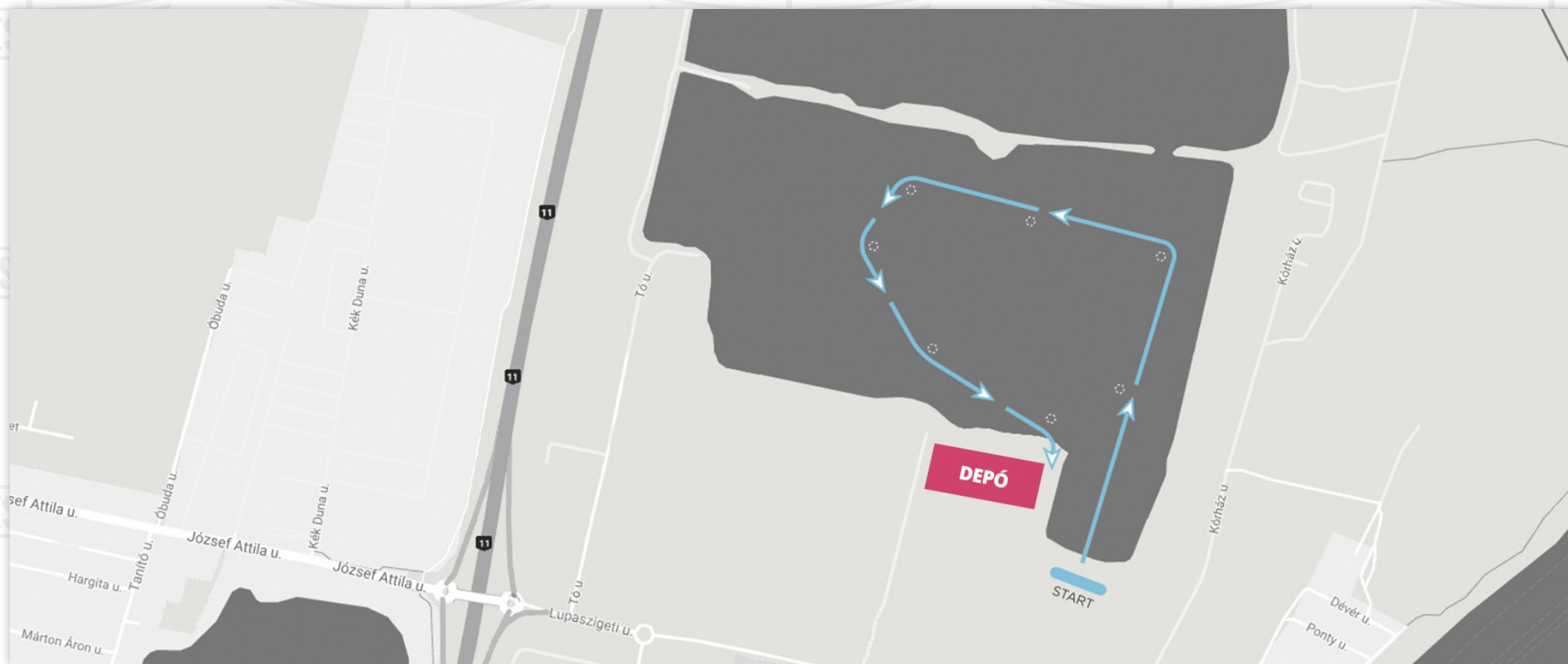
Please do not forget to stick your race number on your run bag!

RUN

YOUR
RACENUMBER

TRIATLON

SWIMMING COURSE - 1,5 KM (1 LAP)



AFTER SWIMMING

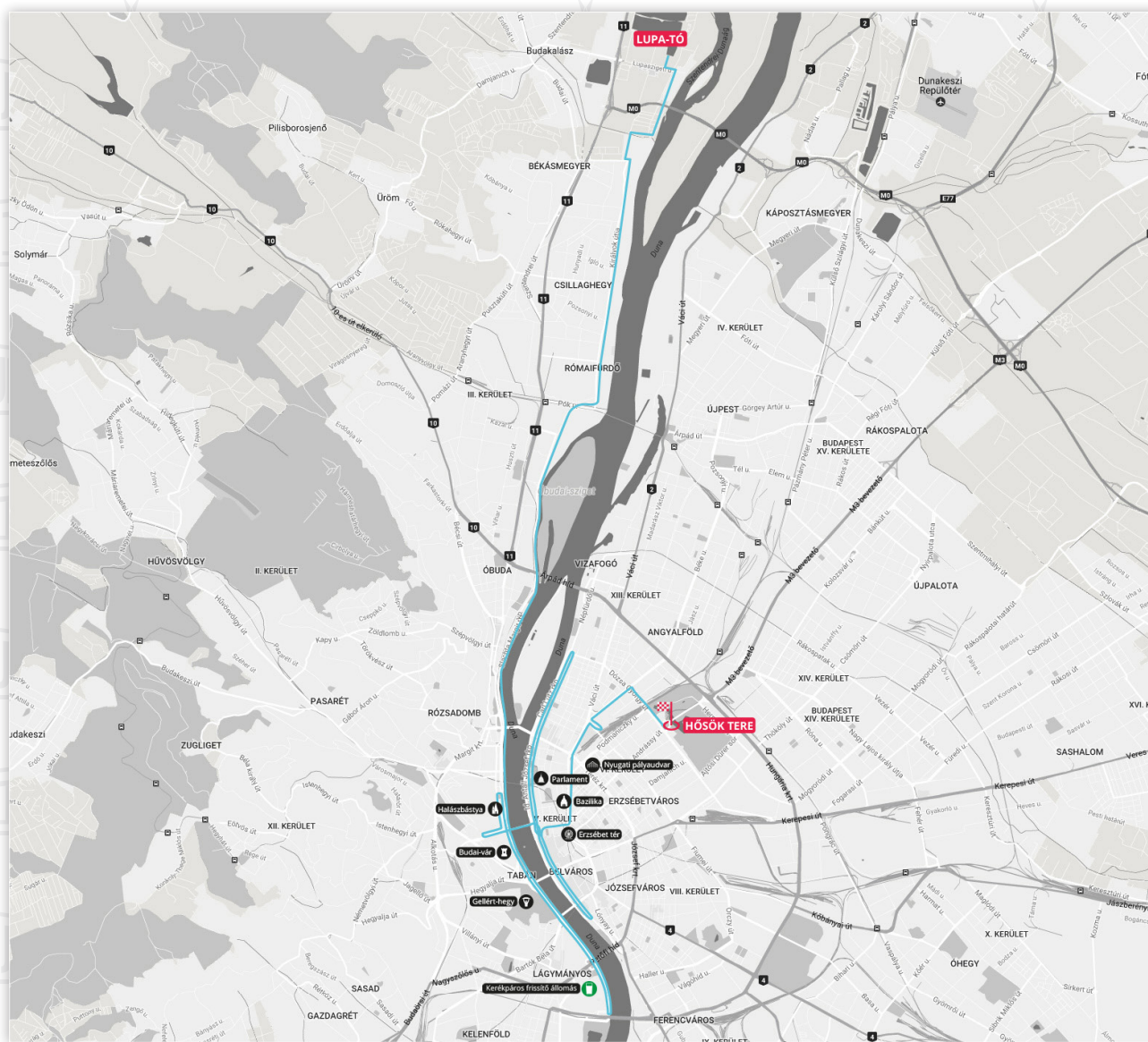
When you have finished swimming, put your swimming cap, glasses, swimming dress (wetsuit) and everything you would like to send to the finish zone at Heroes' Square in your SWIM bag. Please stick your race number on swim bag!

SWIM

YOUR
RACENUMBER

TRIATLON

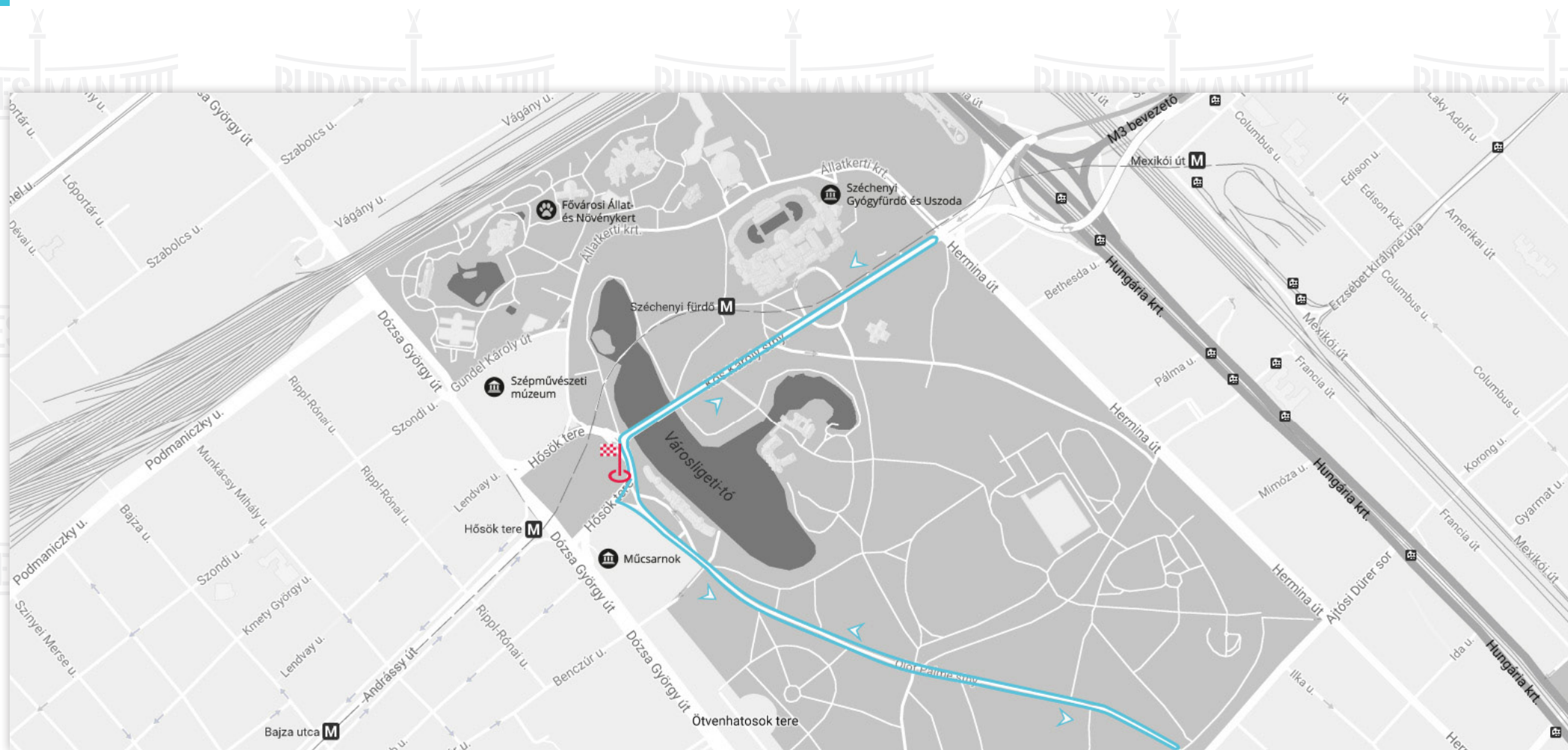
CYCLING - 40 KM (LAKE LUPA – HEROES' SQUARE)



CYCLING INFO

- **At Lake Lupa** from transition zone to asphalt road – 400m – there is a 2-meter-wide remopla (special rubber-plastic) road cover. Speed limit is 15 kmh in this 400m; overtaking is forbidden.
- **In the first km** of cycling there are some speedbumps and sharp corners. Be careful!
- The asphalt condition of **Királyok útja** (road) is not perfect, road holes are marked with paint.
- **In Budai alsó rakpart** (lower wharf) from Halász street to the southern turning point and back a KEEP LEFT rule have to keep.
- **Turning points:** end of Budai alsó rakpart (lower wharf) // Halász street // end of Tunnel (Alag-út) at Attila street // Pesti alsó rakpart (lower wharf) there are U-turns at both ends so speed limits are introduce before both turning points.
- **At the cross of Bajcsy-Zsilinszky and Andrássy street** there is a marked car cross where we ask your attention. Follow the policemen's instructions!
- **In Dózsa György street**, the asphalt condition is not perfect, road holes are marked with pain.

RUNNING - 10 KM (3 x 3,300 M + 100 M FINISH)



HIGH5 REFRESHMENT ON BUDAPESTMAN



REFRESHMENT POINTS

You can pick up refreshment at 3 points during the race.

CYCLING – At the end of Budai alsó rakpart (lower wharf), after the turning point at the end of both stations: flask: water and isodrink, at the middle of station – gel, bar or banana. Throw out your used flask and get a full one.

RUNNING - In the City park, there is a refreshment point at every 1,000 m. Plastic cup: water, isodrink, Red Bull. On the tables in the middle – gel, energy bar, banana, tomato with salt.

Both on the cycling and running courses, the beginning and the end of the littering zone will be marked. You can only litter in these zones. Out of the zones, littering is punished by race officials. On the running course, next to the relay zone, you can have your individual refreshment

RELAY ZONES

SWIMMING – CYCLING (LAKE LUPA AT TRANSITION ZONE)

CYCLING – RUNNING (HEROES' SQUARE AT TRANSITION ZONE II)

RUNNING – RUNNING (ON THE RUNNING COURSE AT THE MARKED RELAY ZONE AND IN EVERY LAP)

At relay, do not forget to give your chip transponder to your team mate! At the end of the running course at Heroes' Square, every relay team mate can join up and cross the finish line together.

FOR SUPPORTERS AND FAMILY MEMBERS

- The supporters can **enter free** on the day of the race **from 6:00 am to 10:30 am at the right side of Lake Lupa's beach**. If you would like to stay after swimming you can buy tickets.
- At Lake Lupa you can **pay with credit cards or chip** (you can buy it from the cashier) at the place of catering.
- **At Heroes' Square there will be supporters' zone**. We suggest that you come here to support your athlete, because there will be road closures between Lake Lupa and Heroes' Square on race days so the journey will take more than an hour.
- A limited number of parking places will be available in **Ötvenhatosok tere**, near. The racing center, where you can follow up the race on great led displays, is only a 5-minute walk.

CHECKING OUT FROM TRANSITION ZONE - TRANSFER BACK TO LAKE LUPA

CHECKING OUT FROM TRANSITION ZONE

At the end of the race, from 13:00 pm, you can pick up your bike in the order of arriving at Transition Zone II **at Heroes' Square**. You can only collect your bike with a race number. Please be patient if there is a queue!

TRANSFER BACK TO LAKE LUPA

After picking up your bike, we transfer you back to the parking area of Lake Lupa by bus upon request. You can get on the transfer bus at Műcsarnok (Museum) parking area. Transfers are planned approx. **at 13:45 pm** and **15:00 pm**. You can buy tickets for the bus on the spot for HUF 4.900.

BUDA PEST MAN

**THANK YOU
FOR YOUR
ATTENTION!**

