

## ZEITPLAN • SCHEDULE

### 4. September 2015

- 16.00–19.00 Startnummernausgabe, Lizenzkontrolle / Issuing of start numbers, licence check (Stadtsaal)
- 18.00 Pasta Party (Stadtsaal)
- 19.00 Eröffnungsfeier und Übergabe Startnummern an Topathleten / Opening Ceremony and handover start numbers to top athletes No. 1–10 (Stadtsaal)

### 5. September 2015

- 11.00–17.00 Startnummernausgabe, Lizenzkontrolle / Issuing of start numbers, licence check (Stadtsaal)
- 11.30 Race briefing Elite in english (Stadtsaal)
- 12.00–13.30 «POWERKIDS» Startnummernausgabe / Issuing of start numbers Nachmeldungen / late entries («Powerman-Arena»)
- 13.00 Wettkampfbesprechung in deutsch (Stadtsaal)
- 13.45 Race briefing in english (Stadtsaal)
- 14.30 Briefing en français (Stadtsaal)
- ab 13.30 Starts POWERKIDS-Duathlon / Starts of the POWERKIDS Duathlon («Powerman-Arena»)
- ab 15.30 Siegerehrung POWERKIDS-Duathlon / POWERKIDS Duathlon awards ceremony («Powerman-Arena»)

### 6. September 2015

- 06.00–09.00 Startnummernausgabe, Lizenzkontrolle / Issuing of start numbers, licence check (Stadtsaal)
- 06.00–10.00 CHARITY: Anmeldung und Startnummernausgabe / Entries and issuing of start numbers (Stadtsaal)
- 06.30–09:10 Radabgabe / Bike handover («Powerman-Arena»)
- 08.00 Start Frauen ITU und OPEN LONG DISTANCE / Start women ITU and OPEN LONG DISTANCE
- 08.00 Start Para-Kategorien / start Para categories
- 09.00 Start Männer ITU LONG DISTANCE / Start men ITU LONG DISTANCE
- 09.02 Start Männer OPEN LONG DISTANCE / Start men OPEN LONG DISTANCE
- 09.35 Start Teams LONG DISTANCE / Start teams LONG DISTANCE
- 09.45 Start SHORT Distance Frauen / Start SHORT Distance women
- 09.50 Start SHORT Distance Männer und Staffeln / Start SHORT Distance men and relays
- 10.45 Start / start Powerman CHARITY 5 Km Lauf / run («Powerman-Arena»)
- 11.00–11.15 Zieleinlauf / finish Powerman CHARITY 5 Km Lauf / run («Powerman-Arena»)
- ca. 12.00 Zieleinlauf SHORT Distance / First finishers complete SHORT Distance («Powerman-Arena»)
- 14.15 Siegerehrung SHORT Distance / Awards ceremony SHORT Distance (Expo-Gelände)
- ca. 15.15 «2015 Zofingen ITU POWERMAN LONG DISTANCE DUATHLON WORLD CHAMPIONSHIPS» Zieleinlauf / First finishers complete («Powerman-Arena»)
- ca. 15.45 Flower Ceremony «2015 Zofingen ITU POWERMAN LONG DISTANCE DUATHLON WORLD CHAMPIONSHIPS» («Powerman-Arena»)
- 19.00 Post Race Party (Stadtsaal)
- 20.00 «2015 Zofingen ITU POWERMAN LONG DISTANCE DUATHLON WORLD CHAMPIONSHIPS» Siegerehrung / Awards ceremony

## INFORMATION

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→ powerman.ch

4.–6. September 2015 | 2.–4. September 2016

ITU WORLD CHAMPIONSHIPS

**POWERMAN**  
**ZOFINGEN**

LONG DISTANCE DUATHLON

**Nº 1 IN DUATHLON**



→ Video Powerman



**2015 Zofingen ITU Powerman  
 Long Distance Duathlon  
 World Championships**



**10 km** **150 km** **30 km**

**Short Distance** • **POWERMAN CHARITY** • **PowerKids** • **Teams**  
 10–50–5 km • 5 km Run • Short & Long



# WILLKOMMEN!

Seit über 25 Jahren ist der Powerman Zofingen die weltweit unbestrittene Nummer 1 im Duathlon. Die legendären Rennen, die äusserst anspruchsvolle Strecke, die hervorragende Organisation und das familiäre Umfeld sind nur einige der Erfolgsfaktoren.

Der Powerman Zofingen ist das Mass der Dinge im Duathlon. Er ist Vorbild und Ansporn für die Veranstalter der auf über 20 Events auf 4 Kontinenten angewachsenen Powerman Duathlon Weltserie. In Zofingen kommt Qualität vor Quantität. Klasse vor Masse! Der persönliche Kontakt mit den Athleten ist uns wichtig! Dank des stilvollen Rahmenprogramms ist der Powerman Zofingen mehr als nur ein Wettkampf.

Für tausende Duathletinnen und Duathleten der Powerman-Family ist die Teilnahme am Powerman Zofingen mit seinen 10-150-30 ein MUST. Die ultimative Herausforderung. Nimm auch Du sie an und erhalte höchste Anerkennung für Deine sportliche Leistungen.

Wir sehen uns in Zofingen!

# WELCOME!

For more than 25 years Powerman Zofingen has been the undisputed number 1 in Duathlon worldwide. The legendary races, the extremely challenging course, the excellent organisation and the familiar surroundings are only a few of the many success factors.

Powerman Zofingen is the measure of things in Duathlon. It is example and inducement for organizers of more than 20 events on 4 continents in the Powerman Duathlon Worldseries. In Zofingen quality comes before quantity. Class before mass! The personal contact to the athletes is very important. Thanks to the attractive fringe program before and during the race, Powerman Zofingen is more than only a competition.

For thousands of Duathletes of the Powerman family the participation on Powerman Zofingen with its 10-150-30 is a MUST – the ultimate challenge!

So take this challenge and you will deserve highest recognition for your athletic performance.

We'll see you in Zofingen!

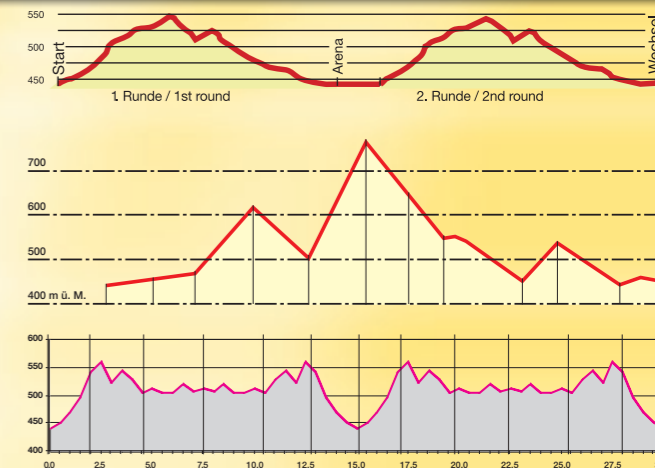


## STRECKENPROFIL • PROFILES

**1st run 10 km** • 2 laps of nearly 5 km, 45% paved, 55% on unpaved but solid underground. Total height difference 260 m. Crosses the transition/finish area after the 1st lap. Drinks and food after 5 and 10 km.

**Bike 150 km** • 3 laps of 50 km, total height difference 1600 m, steepest part 16% over 200 m. Recommended gears 39x23 for strong bikers or 39x25. Climblings are rather short, descendings long. Roads are only partially closed. 3 drink and 2 food stations on every lap.

**2nd run 30 km** • 2 laps on an out and back. Turning points at km 7.5, km 15 in the transition/finish area and km 22.5. Climbing at the beginning of each lap. 25% paved, 75% on unpaved but solid underground. 40% run is in the wood. Last 3 km are rolling downhill to the finish line. Drinks and food all 2.5 km.



## TRAVEL INFORMATION

**HOW TO GET TO ZOFINGEN?** Airport Zurich-Kloten (ZRH) offers many intercontinental direct flights from all continents with major airlines or regional connections to other hubs such as Frankfurt, Amsterdam, Paris or London. Zofingen is less than an hour from Zurich Airport by train, with just one change of trains in Olten. The trains run at least once an hour. Bike bags can be transported aboard the train. Zurich airport is 50 km from Zofingen, Basel 50 km. **ACCOMMODATION** • Book your hotel room as soon as possible. A Youth Hostel is located in the race area in Zofingen. Camping facilities are 5 km from the race site. The cheapest beds in 10-people dormitories without meal are available from CHF 10.–. **CURRENCY AND COSTS** • The national currency is the Swiss Franc (CHF). 1 CHF ~ 1 USD or ~ 0.9 EUR. Money exchange at all banks, railway stations and motorway service areas. Most credit cards and payments in EUR are accepted. Costs for meals range from USD 8 – 10, middle-class hotel rooms are available from USD 50 per person. **LANGUAGE** • German, but English and French are also widely spoken. **WEATHER AND TEMPERATURE** • Event is in the second part of the summer. The average temperature is 20–24°C. On colder days, it can drop to 15°C. Conditions are normally dry. **TOURISM** • Zofingen is in the north of the famous Swiss Alps and about 20 mins. from Lucerne. Combine Powerman Zofingen with a round trip to some world-famous spots such as Zurich, St. Moritz, Interlaken, Zermatt and the Matterhorn or Geneva and Lausanne at Lake Geneva. Switzerland is in the heart of Europe with excellent connections in all directions.



## ANMELDUNG • REGISTRATION

### Open category:

The registration for this category can be done online at [www.powerman.ch/en/registration](http://www.powerman.ch/en/registration) by credit card with the possibility to obtain a cancelation insurance. **Note: 300 slots for the Open category, first-in, first-served.**

### ITU/POWERMAN World Championships:

ITU Elite and Age Group athletes must be nominated by their National Federation. Athletes can register online in advance in the Open Category to profit from the entry fee discount and upon confirmation from the National Federation be registered into the ITU/POWERMAN WCH race category.

## STARTGELD • ENTRY FEE

CHF 265.– / € 220.– until 31<sup>st</sup> December

CHF 295.– / € 245.– until 31<sup>st</sup> March

CHF 320.– / € 295.– until 30<sup>th</sup> June

CHF 355.– / € 325.– until 31<sup>st</sup> July

CHF 395.– / € 360.– late registration

CHF 235.– / € 215.– Jubilee Club members

CHF 235.– / € 215.– for qualified\* athletes

\* athletes with a top 3 result (all age groups) in a Powerman Series event in the last 12 month prior to Powerman Zofingen World Championships 2015. Registration and payment must be proceeded within 10 days following the result.