



TÜRKİYE  
**TRIATLON**  
FEDERASYONU



**Oral-B**



**CHALLENGE**  
ISTANBUL



**Oral-B**



**CHALLENGE**  
ISTANBUL

**ATHLETE GUIDE**

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# Introduction

Dear Triathletes,

Welcome to Challenge Istanbul, one of the most special and newest organizations of the Challenge Family, bringing together the Asian and European continents.

We believe that Istanbul, with its history, nature and hospitable people, will be more than just a race for its participants.

In Challenge Istanbul, the world's first and only intercontinental triathlon race, you will swim in the cool waters of the Bosphorus, ride a bike on the Fatih Sultan Mehmet Bridge joining two continents and run in the historical streets of Anadolu Hisari.

We would like to thank all public institutions and organizations, especially the Ministry of Youth and Sports, title sponsor Oral B, and Challenge Family, one of the world's most important triathlon organization brands, for supporting the flawless execution of such an exceptional organization in Istanbul, one of the largest metropolises in Europe.

We wish you success and a competitive race for being part of this unique experience.

**Bayram Yalçinkaya**

President of Türkiye Triathlon Federation



I believe, competing in the Oral-B Challenge Istanbul is an exciting event for all athletes, as it takes place between Europe and Asia and uses this ancient city's beautiful nature as a background for one of the toughest sports events in the world.

It also excites us and makes us very proud as Procter&Gamble, because Oral-B, one of our most valuable brands, sponsors it.

With about 70 brands, P&G has an impact on daily lives of 5 billion people all over the world. We have been operating in Türkiye for 37 years, and I'm proud to point out to the fact that 9 out of 10 households use at least one of our brands. Becoming a good corporate citizen and supporting the development of society is an inseparable part of P&G's sustainable business model. So, we launch different social responsibility projects in the fields of health, hygiene, and sports. As we all know, sports support spiritual and mental development, as well as physical health. We think a society that allocates more time for sports in daily life will be healthier and happier.

Triathlon is among those sports branches we support globally. In Türkiye we have been supporting triathlon for many years now in close cooperation with the Triathlon Federation. We sponsor many competitions in different provinces of Türkiye, as well as in İstanbul. I believe we have made a strong contribution to this sports branch, helping it to be more popular and more advanced in Türkiye.

We find a strong alignment with the brand philosophy of Oral-B and that of triathlon. Combining swimming, cycling, and running in one race, triathlon is a tough competition, representing the true spirit of sports. It requires able bodied, healthy athletes who are willing to push, or may be, to search for the limits of their bodies' endurance. It takes strength and willpower to become a triathlete.

Oral-B is also a supporter of a healthy body. It is an innovative brand, focusing on providing the best oral health for consumers, ensuring a healthy, quality life for them. And oral health is one of the main pillars of a healthy body. As triathlon develops athletes to become stronger, faster, and tougher, Oral-B makes people healthier and stronger, giving them selfconfidence, which is the basis of success in life and in many branches of sports, including triathlon.

So, here we are, ready for another competition that will test your limits. Enjoy the 4th Oral-B Challenge Istanbul, enjoy our beautiful city, and enjoy the ability of putting your body's strength and endurance to test over two continents. I wish you all a good competition, in line with the spirit of triathlon and hope to see you all again at Oral-B Challenge Istanbul 2025

### **Tankut Turnaoglu**

CEO - Chairman of the Board - Turkiye, Caucasus & Central Asia at Procter & Gamble



Dear Athletes,

Challenge Istanbul is not only a showcase of top-level athletic performances but also a prestigious international event that highlights the importance of sports in promoting a healthy and active lifestyle for everyone.

As the Federation for Sports for All, our mission has always been to increase sports participation across all segments of society, encouraging everyone, regardless of age, gender, or ability, to engage in physical activity and reap its numerous benefits. This event, set against the captivating backdrop of Istanbul, serves as a powerful reminder of sport's ability to bring people together, inspire new achievements, and create lasting memories.

In collaboration with the local organizing committee and our esteemed partners, we have worked tirelessly to ensure that this event meets the highest standards of organization, safety, and hospitality. With its rich history and vibrant culture, Istanbul offers a perfect stage for such a grand event. I invite you all to explore this wonderful city, connect with fellow athletes and supporters, and embrace the unique opportunities this event offers.

We wish each of you success in this race and hope that your efforts will be rewarded with personal bests, new friendships, and cherished memories. Let's come together to make the 2024 Challenge Istanbul a symbol of excellence, camaraderie, and the unifying power of sports.

Welcome to the 2024 Challenge Istanbul Bosphorus Triathlon!

**Kerim Çomođlu**

President of Turkish Sports for All Federation



# Contact Information

## Local Organizing Committee

What	Contact
Race Director	Faruk Sarıbayır, Caner Algün
Information phone number	+90 533 470 91 52 , +90 534 678 80 13
Information e-mail	challengeistanbul@triatlon.org.tr

## Head Referee

What	Contact
Head Referee	Bayezid Bozacıoğlu
Information phone number	+90 533 396 69 91
Information e-mail	challengeistanbul@triatlon.org.tr

# Emergency numbers

What	Phone number
For all emergency situations number	112

# Taxi

What	Phone number
ISTANBUL Airport Taxi	+90 850 780 7734
SABIHA GOKCEN Airport Taxi	+90 216 588 12 35

Moreover, the UBER and Bitaksi mobile phone applications are readily available in both Google Play and Apple App Store, and they are probably the most used local cab-hailing apps in Türkiye.

# Airports

What	Phone number
Istanbul Airport	444 1 442
Sabiha Gokcen Airport	+90 216 588 88 88

For questions about your flight or onboard services, please contact your airline.

# General Information

## Introduction

This Athlete Guide is important for preparing for your race. The most important parts of this guide are:

- Contact information
- General event information
- Pre-Race information
- Race information
- After Race information
- Supporters

It is strongly recommended to you to watch the race briefing onsite. This is where the most up-to-date information about the course and about the rules and guidelines is provided.

## Schedule

### Saturday, August 31

Time	Event	Location
08.00 - 14.00	ETU Europe Cup Istanbul Race	
14.00 - 19.00	Registrations and kit distribution (Standard distance, standard distance team)	Küçüksu Çayırı
14.30 - 19.30	Transition area bike check-in (standard distance, standard distance team)	Küçüksu Çayırı
19.30 - 20.00	Briefing	Küçüksu Çayırı

### Sunday, September 1

Time	Event	Location
04.30 - 05.25	Transition Area Open	Küçüksu Çayırı
05.30	Transfer to Start Area	Küçüksu Çayırı
06.15	Race Start	Kanlıca İskelesi
07.30	Swim Cut off	
09.30	Bike Cut off	
10.30	Race Cut off	
11.30	Award Ceremony	Küçüksu Çayırı





## Venue Map

Location for Registration, race pack distribution, transition area is **Küçüksu Çayırı**.



## Expo

During the Oral-B Challenge Istanbul 2024 there will be an expo. This Expo is located at the event venue as seen on the venue map. Several brands and suppliers will be present with a booth. You can contact all these brands with your questions about their latest products, which in many cases you can also test and/or purchase. Have fun!

Opening hours:

Saturday: 08:00-19:00

Sunday: 05:00-13:00

## Food and Drinks

There are restaurants around the venue and a coffee brand will be present at the expo area.

## Bike Repair and Maintenance Service

Shimano is the official partner of the Türkiye Triathlon Federation. They will be present at the Expo area with a high-quality service. A bike mechanic will be present when you check-in your bike. Pumps will be available in the Transition Area. There will be no technical assistance on the course, so it is important that you bring your own tools.

# SHIMANO

# Massage and Medical Information

## Massage

Massage and recovery services will be provided by LET'S Physio Team. After the race, on 1st of September, there will also be an opportunity for you to get a massage at the recovery area.



## Medical

If you will need medical support on the course, please report to a Technical Official or a volunteer. The medical service has the right to refer the participants to the hospital.

## Insurance

Participants in the event certify that they have their own liability, accident and health insurance with the necessary coverage for their participation in the event. LOC declines all responsibility in case of accident, fall, loss, theft, etc.

**PLEASE NOTE:** Athletes are required to have health insurance for medical expenses.

## Hospital information

On race day, two hospitals will be ready for medical support at the nearest race area. Beykoz State Hospital is on the Anatolian side and Seyrantepe Hamidiye Etfal State Hospital is on the European side of İstanbul.

## Nutrition

WUP is the official nutrition partner of Türkiye Triathlon Federation. On the run course aid station there will be Wup Gel with caffeine for runners. For more information about the product, you can visit WUP.



# Rules and Regulations

1. Oral-B Challenge İstanbul is sanctioned by the World Triathlon Competition Rules. It is the athlete's responsibility to be familiar with the competition rules.
2. To check the World Triathlon Competition Rules, please click **HERE**.
3. To check World Triathlon Rules FAQ, please click **HERE**.

## Uniform Rules

1. Athletes must follow the following rules with respect to wearing uniforms:
  - a. Athletes must wear the uniform during the entire competition.
  - b. The uniform must cover the whole torso in the front. The back may be uncovered from the waist up,
2. A one-piece uniform is preferred. If a two-piece uniform is used, both pieces must overlap and no torso must be visible during the entire competition,
3. The uniform must be worn over both shoulders while the athlete is on the Field of Play,

## Cards

Cards	Oral-B Challenge İstanbul 2024
<b>Yellow card</b>	15 seconds time penalty
<b>Blue card</b>	2 minutes time penalty *
<b>Red card</b>	Disqualification

(\*) 3 blue cards = Disqualification

## Anti-doping

Anti-Doping Rules, like Competition rules, are sports rules governing the conditions under which sport is played. Athletes and other individuals involved in the event accept these rules as a precondition to compete. All athletes are subject to Competition Testing by the World Triathlon, the Athlete's National Federation, AntiDoping Organizations, or any other organization promoting Events in triathlon. Further info on Anti-Doping Rules can be found **HERE**.

## Water Quality

The swim will take place at Bosphorus. Exact details on the water quality will be available soon.

# Pre-race information

## Training Options

### Swim Familiarizations

Due to high ship traffic on the Bosphorus there won't be swim familiarization.

### Bike Familiarization

There won't be bike familiarization. As a large part of the bike course will take place on the roads that will be closed only to cyclists during the event. not only cycling on the course is dangerous due to cars but also illegal. Please respect the road rules!

### Run Familiarization

There won't be run course familiarizations, but the roads are open to public use. You can train on the course at your own risk.

## Registration & Package Pick-up

Only registered athletes are allowed to pick up their package at the designated time.

First show your ID card, license and the active.com confirmation email that will be resent/sent in the days before the event. Athletes who don't have a license given by Turkish Triathlon Federation have to get a day license before race kit pick-up. One member of the team can collect other team members' race kits by showing other members' licenses.

Please Note: Foreign athletes can obtain a daily sports license for a fee of 15€, while Turkish citizens can participate with a license from the Turkish Triathlon Federation (TTF). Foreign athletes with a temporary Republic of Türkiye identification number can obtain the TTF license for free from the Provincial Directorates of Youth and Sports

ATTENTION: Please keep your proof of identity and possibly a federation license at hand.

**There is no package pick up on race day!**

Date	From	Until	Event	Location
August 31, Saturday	14.00	19.00	Registration & Package Pick-up	Küçüksu Çayırı

## Briefings

Briefings will be given live in Küçüksu Çayırı. The schedule is as follows:

Date	From	Event	Location
August 31, Saturday	19.30	Briefing (English & Turkish)	Küçüksu Çayırı

If the weather is rainy, it will be broadcast live on YouTube.

## Timing

During the race, your split times are recorded with a MyLaps ProChip by the Turkish Triathlon Federation Timing Team. This is attached to a soft strap and fastened. The chip must be worn on the left ankle during all parts of the race. MyLaps ProChip is supplied as standard when registering. You will receive the chip in your race equipment envelope on Saturday, 2nd of September during the registration and race pack pick-up.



**NOTE:** You must hand in your chip at the finish line. If the chip is returned to another location or if the chip is lost, an amount of 50 euros will be charged.

## Race Pack

During the registration procedure you will receive all race items you need during the race day: Check out the diagram below whether these items are actually present and report any deviations to the registration desk.

Items		Comments	
Stickers 3x helmet 1x bicycle 1x bag 1x reserve	1 set	Helmet: front and sides Bicycle: seat post under the saddle	
Swimming cap	1x	Mandatory during swim segment. The swim cap placed in your race packet must be worn during the swim. Numbers must face the right and be clearly visible at all times.	
Drop off Bags			
Envelops	1x		
Body stickers	4x	2 arms / 2 legs	
Safety pins	Opt.		

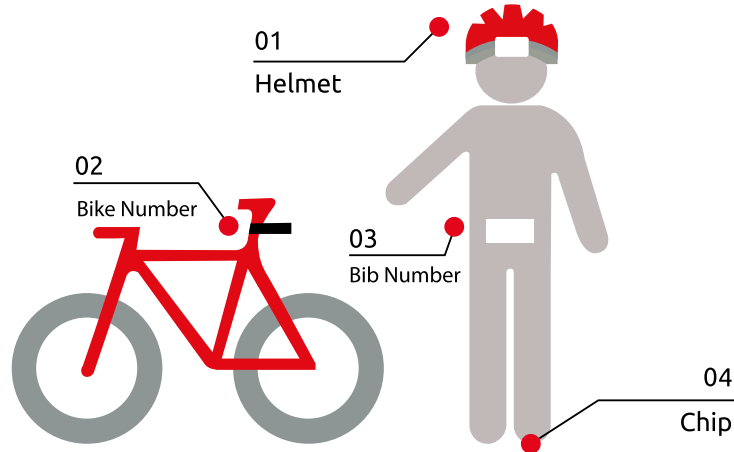
**Note:** The materials shown in the photo are only examples and can be different from actual race equipment.

## Drop off the bags

At registration you will receive a bag. This bag will only be used for your after-race needs. This is where you put clean, dry clothes and other things you need after the finish. You hand in this bag just before the start at the swim start area just before the entrance to the starting areas. Only bags distributed during check-in with a race number sticker on will be accepted. Loose bags are removed. Handing in a bicycle pump in the bag is **FORBIDDEN**. Leaving it behind is at your own risk. After the race, the bags are available in the recovery area.

## STICKERS

To be placed according to picture **BEFORE** Check in



## Bike and gear check-in

Location: Transition Area

Date and time: Saturday August 31, 2024- 14:30 - 19:30

Bring over:

- Helmet with sticker, on your head
- Bike with sticker – please note there is no bike check-in on race day
- Wetsuit and Trisuit (you can bring race day)

All of the above, except your uniform, wetsuit/trisuit, must remain in the transition area. Timing Chips are included in the Competition Essentials Envelope and will be distributed at registration & race kit distribution on Saturday at a given time on schedule. Bike covers are allowed at night unless the wind condition prohibits it.

## Race day information

Please note: The Transition Area is located in the Küçüksu Çayırı. This park is located in the Küçüksu Çayırı and is 4K from the swim start. The Organization will transport the athletes from the Transition area to the swim start. Please follow the instructions given by the officials and be on time in the bus. Last bus will leave to swim start at 5:45

## Cut-off times

Swim Cut Off	Bike Cut Off	Race Cut Off
07.30	09.30	10.30



## Race Day Transition Check-in (NO BIKE CHECK-IN)

Bicycles are NOT allowed in the transition area on race morning. You may not remove your bike from the transition area before the start of the bike portion of the race. Bicycle technicians and bicycle pumps will be available in the transition area on race morning.

On the race day, a final check of the uniform (trisuit) and wetsuit will take place upon arrival in the transition area. For last-minute preparations you have access to the transition area. It is recommended that you bring any food items you wish to bring with you on the morning of the race and add them to your transition bags rather than leaving them overnight

**Location:** Transition Area, Küçüksu Çayırı

**Date and time:** Saturday August 31, 2024- 14:30 - 19:30

- Swimming equipment
- Uniform and body decals check
- Timing chip
- Street wear bag
- All food/liquid that you want to leave on the bike

Age-Group athletes must deposit their streetwear bag at the drop area near the starting area. Only registered athletes with wristbands or accreditation cards are allowed to enter the transition area.

## The courses

Swim : 1 lap - 2,3km

Bike : 2 laps - 40 km

Run : 3 laps - 10 km

## Swim Course



Swim warm-up

There is no swim warm-up possible.

## Swim start procedure:

1. Rolling Start
2. Access to the starting area via bus service that will depart from the transition area.
3. Athletes must enter their designated calling room/start area 20 minutes prior to their start.
4. Swim Start area (line up) will be marked according to athletes expected swim pace as written below. Please respect others and line up according to your swim pace for safety of others and as well as yours.
  - a. 1:15 & under
  - b. 1:15-1:30
  - c. 1:30-1:45
  - d. 1:45-2:00
  - e. 2:00 & over
5. After the start horn athletes will be let to walk or jog to the start pontoon in a group of 4 people.
6. When athletes pass the timing mat, their race time will start individually.
7. When athletes arrive at the start line, they have to keep moving forward and jump into the water as they wish.
8. Please swim immediately forward.

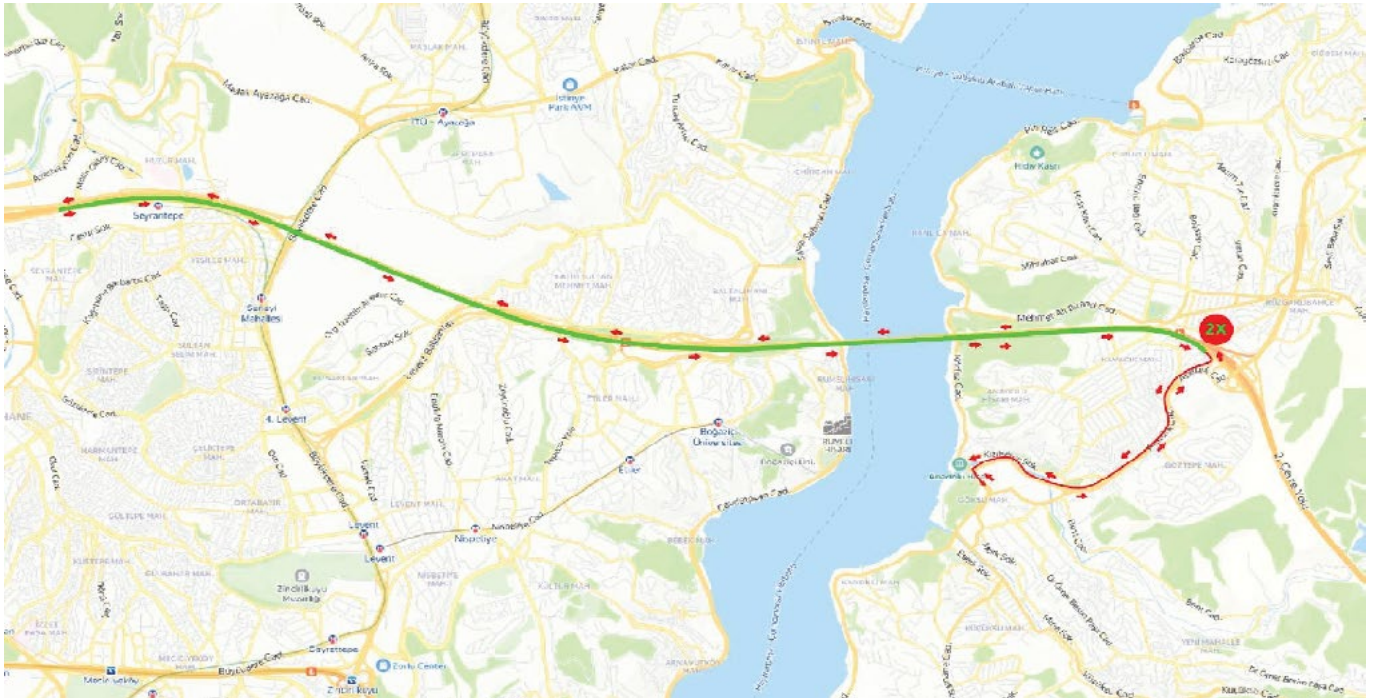
## Transition Swim to Bike



Relays: Relay teams can only change in the transition area at a designated point for them.



# Bike Course



## Course and Race Laps Information:

The Standard Distance Bike Course will start from Küçüksu Event Venue. The course is 40 kilometers and will be run on the TEM Highway in 2 laps. The entire track is high-quality asphalt.

## Route Information:

The athletes who pick-up their bikes from Küçüksu (Park), By using (arrival direction) over Kavacık they will enter the TEM Highway. Between Küçüksu - Kavacık - Harp Akademileri Kavşağı (Military Academies Junction). (TEM Highway South Lane)

## IMPORTANT NOTE

Please note that the route (partly) is over roads that are normally not accessible to cyclists. Cycling on these roads is only allowed on race day!

## Bike Penalty Box

There are 2 Bike Penalty Boxes along the course: at km 20 and at km 37. It is important that if you receive a blue or yellow card during the bike segment, you must stop at the NEXT penalty box.

## Littering Zone

Please note that rubbish may only be disposed of 200 meters before and after an aid station. Do not pollute the rest of the course with your waste. If you throw away materials such as cups, sponges, water bottles or empty containers, you risk disqualification. This rule applies to both the cycling and running courses.

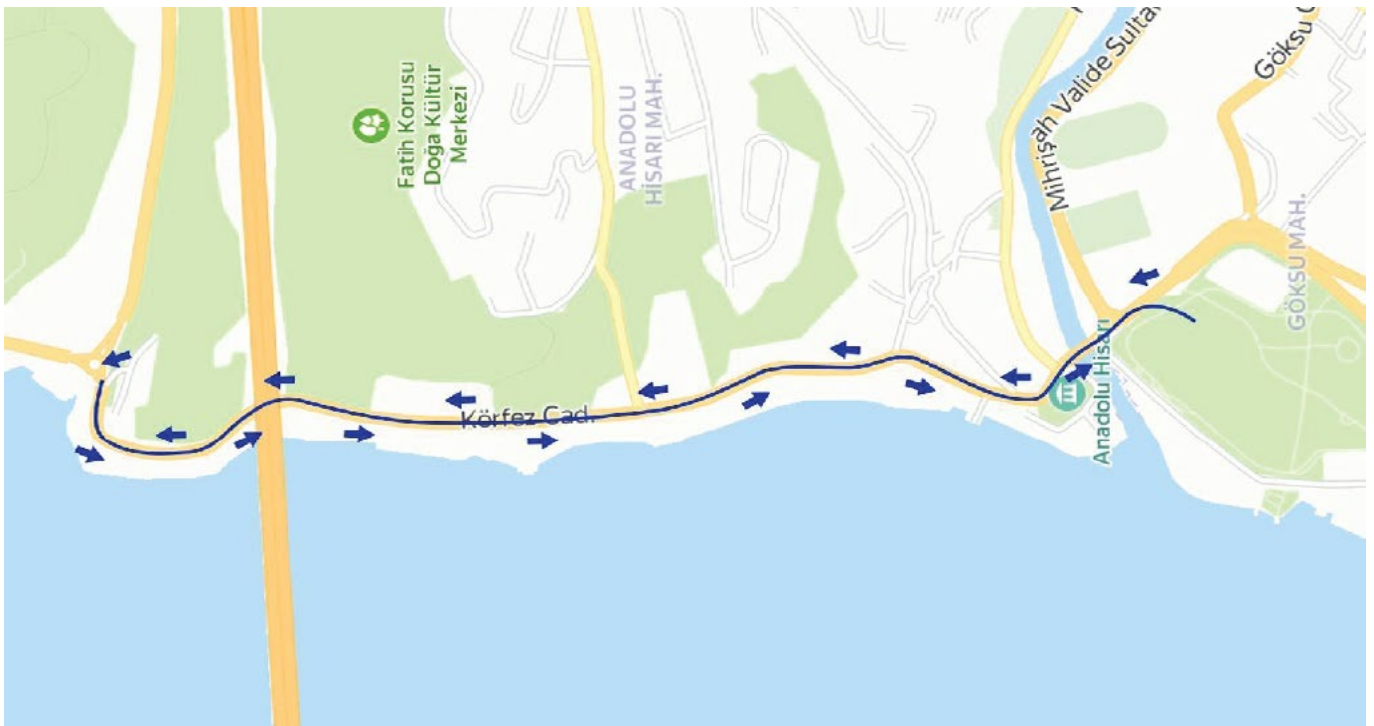
# Transition Bike to Run



Relays: Relay teams can only change in the transition area at a designated point for them.

## Running Course

The athletes, who leave their bikes at the transition area, will start to run towards Çubuklu Street. Completing 10 kilometers (3 laps), the athletes will reach the finish area in Küçüksu Çayırı. 3.3 kilometers x 3 laps will be run as 10 kilometers in total between Küçüksu and Çiftlik Street.





## Run Aid Stations

There will be two aid stations on the run course, first one is at the exit of the transition area. At the first aid station in addition to water, gels with caffeine will be provided. Second aid station will be present at the far endturn point.

## Littering Zone

Please note that rubbish may only be disposed of 200 meters before and after an aid station. Do not pollute the rest of the course with your waste. If you throw away materials such as cups, sponges, water bottles or empty containers, you risk disqualification. This rule applies to both the cycling and running courses.

## Finish



## Post race information

### Post-race care

After the finish, volunteers are ready to guide you, if necessary. You may receive your medal and your finisher shirt. If you need medical assistance at that time, volunteers will be on hand to escort you to the medical aid station at the recovery area. The streetwear bag you prepared before the race is available at the recovery area. Make sure you have put the sticker with your bib number on the streetwear bag beforehand. After the race you hand in the timing chip before you leave the recovery area.

Massage:

After the race on September 1, there is a possibility for a massage.

Transition Zone Check-Out:

You can check-out between **10:30-11:00**

Hand in timing chip:

You will receive a Pro chip for timekeeping. At the Recovery Area check-out, you must return this chip. It is not possible for you to leave the recovery area before handing in the timing chip! If the chip is returned to another location or if the chip is lost, an amount of 50 euros will be charged.

Withdrawal:

In the event that you have not been able to complete your race, you are obliged to notify someone from the organization or a technical official as soon as possible. Also, if you withdraw during the race, you may not pick up the bike before race day **10:30 am**.

## **Award Ceremony**

The award ceremony will take place at the Küçüksu Çayırı on Sunday 1 September at 11:30 am. There will be a medal ceremony for general classification, age categories, and women, men, and mix relay teams.

## **Finish pictures and results**

The results of the race can be found on our website: <https://www.challenge-istanbul.com/>

## **Closing words**

The organization, managers, officials, and the volunteers of the ORAL-B Challenge İstanbul 2024 wish everyone a fantastic experience.





2024  
HAREKETLİLİK  
YILI



T.C. İSTANBUL VALİLİĞİ



SPORTOTO  
TERTİPİLİ YAKAŞANLARI

SHIMANO



[challenge-istanbul.com](http://challenge-istanbul.com)