PROGRAM
Live out your passion

alpe d'huez
UNE MONTAGNE D'EMOTIONS

www.alpedhuez.com
To the Alpe d’Huez Triathlon Community,

FINALLY! After what felt like forever, we are back together, ready to kick off the 15th Alpe d’Huez Triathlon. After two years apart, you can count on one thing; this won’t be any old triathlon. We will relish and celebrate the opportunity to be together and share our collective love for triathlon in such a fantastic setting: a privilege that has been so fragile these past two years. From frustration, disappointment and exaustion to hope, passion and determination, our team has gone through it all during this challenging time - for which none of us where prepared. However, we never let our despair get the better of us, or allowed ourselves to take the easy way out - it’s not in a our nature as an organisation, and that’s not something we will compromise on.

We cannot compromise you, our triathletes. Since the begining of the crisis you’ve shown your capacity to adapt. You’ve often proven your patience and (nearly!) always accepted that we weren’t in a position to make big decisions with so much uncertainty. Many of you contacted directly to express your trust and confidence in us, which was a real source of motivation.

Our partners have also continued to support us, despite sometimes their own contraints and circumstances. We would like to recognise particularly the ever-growing support of Alpe d’Huez, a unique village and a dynamic resort. We would also like to welcome la Communauté de Communes de l’Oisans (The Oisans Group of Communities) and GUTAI, new partners who bring different things to the table but the same overarching goal : to improve the experience of our triathletes. We owe the stability of the event to our partners.

Finally, how can we forget the fantastic team of volunteers? The spirit of the triathlon pulses through their veins! Passionate and enthousiastic and from all walks of life, we depend on them, and have had many of the same volunteers by our side for the full 15 years. This year's event is characterised by the notion of solidarity, brought by the incredible sense of community around the Alpe d’Huez Triathlon, this year stronger than ever.

Thank you to everyone and long live the spirit of the Alpe d’Huez Triathlon!

Cyrille, Laurence, Nico, Martí, Maxime, Simon and Baptiste.
Alpe d’Huez Triathlon Team.

The Alpe d’Huez Triathlon and COVID-19

Please find details of all practical COVID-19-related information and the conditions of access to the event, as well as all our up to date COVID-19 prevention measures on the dedicated page.
LA COMMUNAUTÉ DE COMMUNES
DE L’OISANS S’ENGAGE
AUX CÔTÉS DES GRANDS
ÉVÉNEMENTS DE L’OISANS

Elle se positionne comme un territoire durable d’excellence du vélo sous toutes ses formes à travers son projet Cycling Lab Oisans, ses projets de voies vertes et le soutien à diverses initiatives autour du cycle.
**Program**

**Monday 26th, July 2021**

4pm - 7pm 15th edition and Village Expo opening
4pm - 7pm Bib numbers pick-up: Duathlon Bourg d'Oisans - Alpe d'Huez, Triathlon Kids (and registrations), Triathlons L and M
5pm Welcome drinks by La Chartreuse proposed by the organisation team

**Tuesday 27th, July 2021**

9.30am - 7pm Village Expo opening
9.30am - 7pm Bib numbers pick-up: Duathlon Bourg d'Oisans - Alpe d'Huez, Triathlon Kids (and registrations), Triathlons L and M
9.30am - 12pm Registrations and bib numbers pick-up for Triathlon Kids
10.30 - 11.30am GUTAÏ coaching session (Car podium - Village Expo)
11pm Bike park (T2) opening in l'Alpe d'Huez
1pm Bike park (T1) opening in Bourg d'Oisans
2.30pm Race Briefing
3pm START
4.15pm Estimated arrival time of the winner
6.30pm Awards ceremony

**Wednesday 28th, July 2021**

9.30 - 12.30pm Bib numbers pick-up: Triathlon Kids, Triathlons L and M
9.30am - 7pm Village Expo opening
10am Running course official recon (Meeting point at the event official store in the Village Expo)
11.45am Triathlon L Elite Athletes presentation (Car podium - Village Expo)
12.30pm Presentation of the winner of the INVERSE Teams Contest 2021 (Car podium - Village Expo)
2.30pm - 7pm Bib numbers pick-up Triathlon L and M
3pm - 6pm NEW bike park (T1) opening in Lac du Verney/Bike check-in for the Triathlon L
06pm - 07pm GUTAÏ coaching session (Car podium - Village Expo)

**Thursday 29th, July 2021**

2.30 - 7pm Bib numbers pick-up Triathlon M
11am - 9pm Village Expo opening

**Triathlon L**

07am Bike park (T1) opening in Lac du Verney
07am Bike park (T2) opening in l'Alpe d'Huez
09am Race short briefing (T1) in Lac du Verney (last technical informations)
9.30am Triathlon L LIVE on giant screen in the Village Expo and on alpetriathlon.com
9.30am START 1 / Women all categories / Pink Swimcaps
9.45am START 2 / Men all categories / Light blue swimcaps
3.15pm Estimated arrival time of the winner
7pm Awards ceremony
7.30pm PRIZE DRAW Triathlon L - For the finishers, a Renault Twingo and many other prizes to win!

**Friday 30th, July 2021**

9.30am - 12pm Bib numbers pick-up Triathlon M
9.30am - 7pm Village Expo opening
10.30 - 11.30am Briefing Triathlon M in the Village Expo (giant screen) french, english and spanish

**Triathlon M**

9am - 12pm Bike park (T2) opening in l'Alpe d'Huez
11.30am Bike park (T1) opening in Lac du Verney
1.30pm Race short briefing (T1) in Lac du Verney (last technical informations)
2pm START 1 / Women all categories / Pink swimcaps
2.15pm START 2 / Men 18-19 until 35-39 (included) + Elites Men / Light blue swimcaps
2.20pm START 3 / Men 40-44 until 70 and + / Green swimcaps
3.45pm Estimated arrival time of the winner
6.30pm Awards ceremony

**Alpe d'Huez Triathlon 2021**

Elle se positionne comme un territoire durable d'excellence du vélo sous toutes ses formes à travers son projet Cycling Lab Oisans, ses projets de voies vertes et le soutien à diverses initiatives autour du cycle.

La Communauté de Communes de l'Oisans s'engage aux côtés des grands événements de l'Oisans CC Oisans - Polartgraphic.fr - photo © Salino CYCLING LAB OISANS
The Village Expo gets a new look

Exciting news! The Village Expo has been given a makeover for 2021, and has moved to a new location! With the collaboration of the technical services of Alpe d'Huez, we are excited to bring you this new space to enjoy throughout the event, at the heart of the event just meters from the bike park (T2) and the finish line.

Our partners 2021

alpe*huez
Dare to be yourself.
At Inverse we push you to bring out your true self - to be true to yourself

www.inverseteams.com
ALL NEW
RENAULT CAPTUR
E-TECH HYBRIDE
motion recharge

also available in rechargeable hybrid, GPL and diesel engines

Renault Captur range: min/max fuel consumption (l/100 km) (WLTP procedure) (excluding LPG): 1.3/6.0. CO₂ emissions min/max (g/km) (WLTP procedure) (excluding LPG): 30/135.

Renault recommends Castrol

renault.fr
Our partners are waiting for you

**Alpe d’Huez** has once again asserted itself as THE summit of the Triathlon. Across the resort, the Alpe d’Huez community are as involved and invested in the race as ever, to give a warm welcome to all the race participants and their families across 5 wonderful days.

**EDF**, the longstanding partner of the Alpe d’Huez Triathlon, leads the economy and tourism of the Oisans valley with dynamism. To allow our Triathlete to experience the exceptional race route at its best, EDF pause their hydroelectric power station in the beautiful Lac du Verney.

**Renault Auto Dauphiné** supports the whole event from its fantastic range of vehicles. The electric Renault Zoe opens the race whilst the Twingo sits pride of place in our raffle for the Triathlon L. The Trafic escorts our team of volunteers on the group, and the Kadjar takes pride of place as our official vehicle. The brand ticks all the boxes, which is what makes it an excellent partner for the race. Find them in the Village Expo.

«**BE TRUE**» ! **Inverse** unveils its new brand identity with the promise to support you to enjoy your sport the way you want to. The brand from Barcelon, which has specialised in personalised sports clothing for more than 50 years, offers an incredible range of good quality, technical clothing (which our official boutique has made the most of!).

**Overstim.s** is our nutrition brand of choice, which can be found across all the fuel stops of the races - but not just there! You can find the full range of Overstim.s products, including their organic range, at the heart of the Expo.

**ZONE3**, wetsuit and swimming accessory specialists, have built their reputation on top-quality performance-wear without compromising on their main objective - the enjoyment and experience of the triathlete.

One of this year’s new partners, the **Oisans Group of Communities** facilitates the Triathlon L participants and their friends and family to reach the start of the race on the Thursday, creating a free shuttle service between Alpe d’Huez and Lac du Verney.

**GUTAI** is the online coaching and training platform which is adaptable to every want and need. GUTAI is also a team of professionals at your fingertips, available at the Village Expo, with two live coaching sessions during the week. Check it out in the programme!
The Alpe d’Huez-Bourg d’Oisans Duathlon keeps getting bigger and better! In 2021, nearly 600 participants are signed up to the challenge, which makes 30% more than 2019 - this is no coincidence! The diversity of the route and the backdrop, as well as the overall ambiance, make this a race open to up and coming triathletes and global elites like. With Bourg d’Oisans as the departure point and the lofty 21 bends the crowning glory, there is no better way to kick off a week of Triathlons that by the Duathlon!

Race tip:
With the race setting in the middle of the afternoon, make an extra effort to stay hydrated before, during and after the race. Be prepared! And above all, don't forget - two transitions = two pairs of shoes!

New for 2021:
The route of the second running section has been lengthened, from 2.5km to 5.5 km! Hopefully race participants won't be too distracted by the views of the beautiful Sarenne valley on the new route, a segment now shared with the Triathlon L and M. ENJOY!

**PROGRAM**

- **11 pm** Bike park (T2) opening in l’Alpe d’Huez
- **1 pm** Bike park (T1) opening in Bourg d’Oisans
- **2.30 pm** Race Briefing
- **3 pm** START
- **4.15 pm** Estimated arrival time of the winner
- **6.30 pm** Awards ceremony
Train smart!
Running - Cycling - Triathlon - Swimming

GUTAï

Download GUTAï Training

Download on the App Store  GET IT ON Google Play
What started off as a simple way to keep the kids entertained during the Triathlon week, the Kids Triathlon has become a race in its own right, the focal point of Wednesday's antics. That being said, the event has stuck to its roots in that its main object is to introduce a younger generation to the enjoyment that comes with race atmosphere, in a supportive, inclusive, safe and fun environment. In a word; unmissable for spectators and kids alike.

### PROGRAM

<table>
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<tr>
<th>Year of birth</th>
<th>MINIMES</th>
<th>BENJAMINS</th>
<th>PUPILLES</th>
<th>POUSSINS</th>
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</table>

<table>
<thead>
<tr>
<th>RUN</th>
<th>400m</th>
<th>400m</th>
<th>200m</th>
<th>200m</th>
</tr>
</thead>
</table>

### The tip (for parents):

Be kind and positive to the children! Their initiation should be a celebration, an unforgettable memory for the youngsters, without any competition pressure.

### New for 2021:

Our supplier Diverty Kids will be offering free candyfloss to the young champions throughout the afternoon at its entertainment area in the Expo Village.

There will be LIVE facebook coverage on the @alpetriathlon event page. The event will also be broadcasted on the giant screen situated in the centre of the Expo Village.
The main race of the week will have new flair for 2021. With the likely disruption of many athletes training leading up to the event, all bets are off! Bravo for their courage. This year, one thing is clear: the desire to take on the Legend and overcome adversity together will be much more important than the quest for peak performance...the achievement will be all the sweeter!

**Race tip:**
Look after yourself. Be sensible during the race: it’s a long day however fast you do the race! It’s never worth taking risks on the bike - always concentrate and be vigilant. Conserve your energy for as long as possible and don’t burn out too quickly. Don’t worry, you’ll rely on your last resources from the top of the last bend on the bike until the finish line.

**New for 2021:**
Thanks to EDF and the Communauté de Communes de l'Oisans, it will now be possible to register your bike at T1 (the first transition zone at Lac du Verney) the afternoon before (between 3 and 6pm). Race bib, helmet and a label will be required to check-in your bike.

**PROGRAM**

**Wednesday 28th**
15h - 18h Bike park (T1) opening in Lac du Verney/ Bike check-in

**Thursday 29th**
7am Bike park (T1) opening in Lac du Verney
7am Bike park (T2) opening in l’Alpe d’Huez
09am Race short briefing (T1) in Lac du Verney (last technical informations)

**9.30am START 1 / Women all categories / Pink Swimcaps**

**9.45am START 2 / Men all categories / Light blue swimcaps**

15h15 Estimated arrival time of the winner
19h Awards ceremony

**BRIEFING:**
WEDNESDAY 24TH JULY AT 18:00 AT THE EXPO VILLAGE

**LIVE**
The race will be live streamed at alpetriathlon.com
The Oisans Group of Communities have kindly put a shuttle bus on for race participants and their friends and family between Alpe d’Huez/Bourg d’Oisans and Lac du Verney, where the race begins.

The service is for triathletes who have booked their shuttle reservation during their online race registration and validated this when they collect their bib.

The access to the bus is strictly reserved to people with a wristband (which is given out when you collect your race pack)

No bikes will be allowed on board the bus (we recommend you drop your bike off at our secure T1 transition (Lac du Verney) the afternoon before (Wednesday) between 3pm and 6pm

The shuttles will also bring back registered friends and family at the end of the swimming section.

Departure times

**Between 6.30 and 7.00**

Parking ‘Les Bergers’

**Between 7.00 and 7.30**

Parking Casino supermarket
Bourg d’Oisans
Découvrez le meilleur de la nutrition sportive !

OVERSTIM.s, PARTENAIRE NUTRITION DE VOTRE ÉPREUVE

Retrouvez l’ensemble de la GAMME sur overstims.com
**Triathlon M**

Lac du Verney – Alpe d’Huez

**July 30th 2021**

1,2km / 28km / 6,7km

The Triathlon M is scheduled as the grande finale of the event. With the number of participants over 1500 for the first time, the ambiance on the finish line is set to be electric at the finish line of Friday afternoon. Families, participants, volunteers, partners... for the entire Alpe d’Huez Triathlon community, this moment will be the symbol of a well-deserved return to the top.

**Race tip:**

Take a moment to familiarise yourself with the new bike park (T2 Alpe d’Huez) as well as the new running route. This will mean you avoid any surprises on the day and can enjoy the race without worrying about the route. Above all, you will remember to adapt your effort to the 6.5km route, at 1800m altitude which could cause difficulties.

**New for 2021:**

The Triathlon M will see three waves of participants set off this year in order to guarantee the best swimming conditions for the triathletes. The staggered start time will also ensure the smooth running of the climb up the 21 bends.

**PROGRAM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>9am</td>
<td>Bike park (T2) opening in l’Alpe d’Huez</td>
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<tr>
<td>11.30am</td>
<td>Bike park (T1) opening in Lac du Verney</td>
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<tr>
<td>1.30pm</td>
<td>Race short briefing (T1) in Lac du Verney (last technical informations)</td>
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<tr>
<td>2pm</td>
<td><strong>START 1</strong> / Women all categories / Pink swimcaps</td>
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<tr>
<td>2.15pm</td>
<td><strong>START 2</strong> / Men 18-19 up to and including 35-39 + Elites Men / Light blue swimcaps</td>
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<td>2.20pm</td>
<td><strong>START 3</strong> / Men 40-44 to 70 and + / Green swimcaps</td>
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<tr>
<td>3.45pm</td>
<td>Estimated arrival time of the winner</td>
</tr>
<tr>
<td>6.30pm</td>
<td>Awards ceremony</td>
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</table>

**BRIEFING : 10.30 SUR LE VILLAGE EXPO**
**T1 - LAC DU VERNEY**

Ceci est un espace protégé. Merci de respecter la zone, pour la pérennité de l’événement.

This is a protected area. Please respect the area, for the sustainability of the event.

Il est absolument interdit de se baigner dans le Lac du Verney en dehors de la compétition.

It is absolutely forbidden to swim in the Verney Lake outside the competition.

**T2 - ALPE D’HUEZ**

**NEW**

Il est absolument interdit de se baigner dans le Lac du Verney en dehors de la compétition.

It is absolutely forbidden to swim in the Verney Lake outside the competition.
Management of your bags

**RUN BAG**
(All your run gear)

**OPTION 1**
To leave directly in T2
Alpe d'Huez
at the corresponding
opening hours

**OPTION 2**
Only for Triathlon L
To give to the staff in T1
Lac du Verney before the start

**OPTION 3 (ON REQUEST)**
Only for Triathlon M
To give to the staff in the bib
number pick-up room
Alpe d'Huez

**SWIM BAG**
(All your swimming gear)

To leave in your designated spot in the T1
Lac du Verney

**PERSONAL ITEMS BAG**

To give to the staff in T1
Lac du Verney before the start

Stickers location
GOOD LUCK
Raffle for Triathlon L

It’s become a yearly ritual! Thanks to Renault Auto Dauphine, the finishers of the Triathlon L will have the chance to win a Renault Twingo (modele Life SCE65) during the traditional awards ceremony on the Thursday evening at 7.30pm on the podium.

Auto Dauphine

How to follow the action live?

In 2021, the public will be able to follow the progress of the participants and track them on the race route of the Duathlon, the Triathlon L and Triathlon M in real time at www.alpetriathlon.com

Look for the page «LIVE» on our webset to access videos and live results of the 15th edition.
EDF SHARES THE ENERGY OF WATER WITH YOU FOR THE 15TH TIME!

As for the fourteen previous editions of the Alpe d’Huez Triathlon, EDF keeps the Grand’Maison hydroelectric power station switched off, in order to allow participants to swim in the Verney reservoir.

The Grand’Maison hydroelectric power station is the most powerful in France. It produces the equivalent of the annual consumption of 740,000 inhabitants. In just two minutes, the power station can provide up to 1,800 MW to the grid, the equivalent of two nuclear reactors, by using the water stored in the dam 900 meters above.

Hydroelectric energy is the primary source of renewable energy in France. With 20 GW of installed capacity and almost 10% of its electricity supplied by hydroelectricity, EDF is now the leader in hydroelectric energy in the European Union.

EDF, the 1st producer of renewable energies in Europe

www.edf.fr/isere-drome