

# POWER MAN<sup>®</sup>

## BRIEFING



**Welcome to Mafra!**  
**Welcome to Powerman!**



# Schedule

## Saturday, 8th May 2021:

- **10h00 to 18h00** – Race Office
- **14h00 to 16h30** – **Check in Powerman.** Bike check-in at Transition Area
- **17h00** – PT Briefing
- **17h45** – EN Briefing

## Sunday, 9th May 202a:

- **06h30 to 15h00** – Race Office
- **07h00 to 08h10** - **Check in Powerman** Race equipment check-in at Transition Area
- **08h15** – Transition Area closing time
- **08h30** –**Powerman Middle Distance Start**
- **09h00** – **Powerman Short Distance Start**

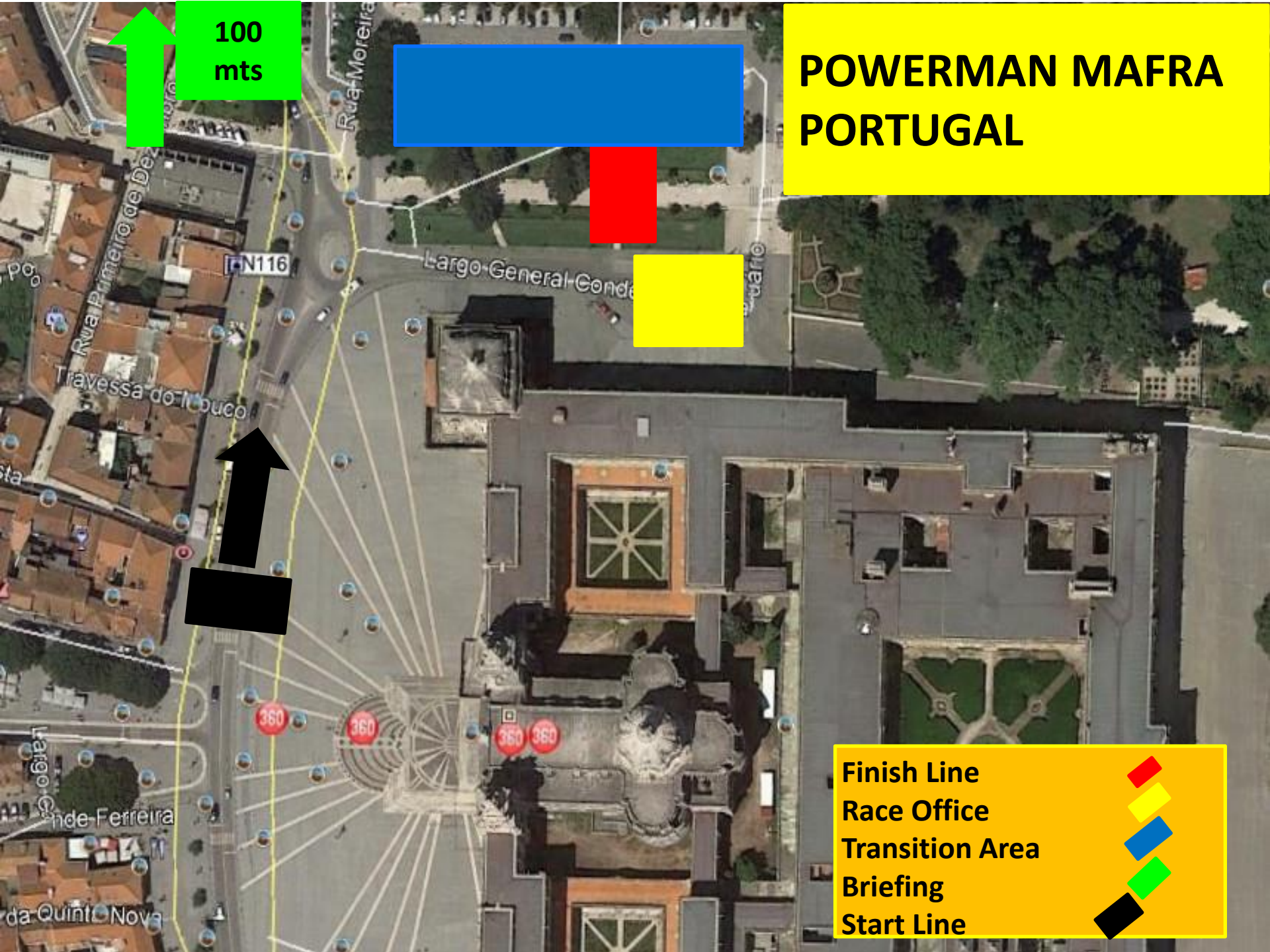
# Cut Offs

- **11h00** – 1<sup>st</sup> bike lap
- **12h30** – Bike
- **13h30** – Finish Line

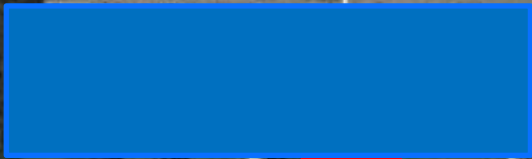
# Check Out

- **12h30** – Transition Area opens for checkout
- Transition Area closes 15 minutes after the last athlete finishes the race.

# POWERMAN MAFRA PORTUGAL



100  
mts



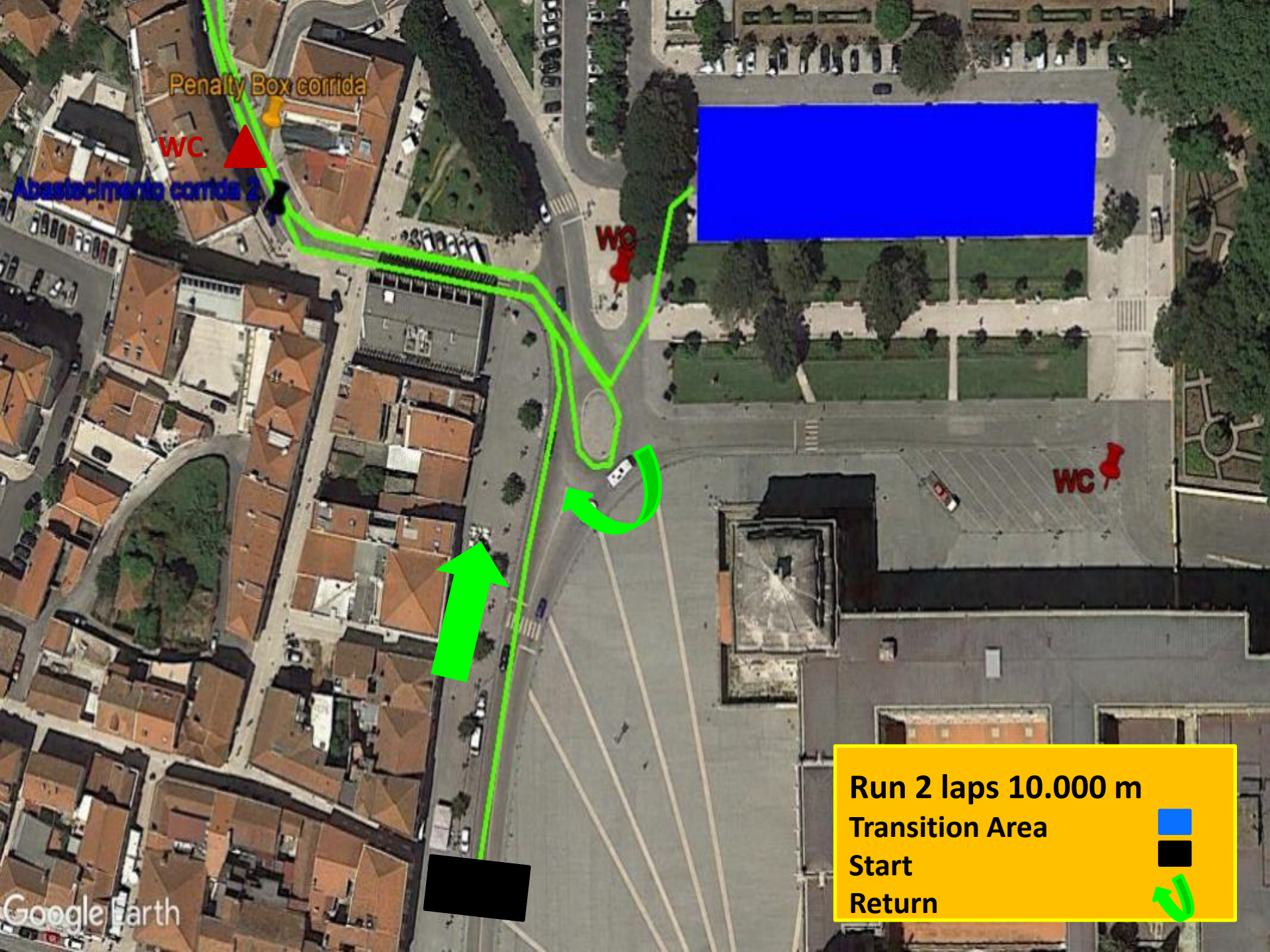
- Finish Line
- Race Office
- Transition Area
- Briefing
- Start Line



# 1<sup>st</sup> RUN

- **2 laps - 10.000 meters – Middle D.**
- **1 laps - 5.000 meters – Sprint D.**
- **Back and Forward circuit through your left side.**  
Middle Distance: Return next to the Transition Area
- **Mixed floor type** with pave, asphalt and a bit of dirt
- **No Traffic**, but possibility of people or cars
- **Aid Station** at the beggining and middle of each lap:
  - Water, Isotonic Drinks, Coke, Gel, Fruit
  - Possibility of having your own supplies at the station
  - WC's next to the Aid Stations
- **Penalty Box** at the end of each lap





Penalty Box corrida

WC

Abastecimento corrida 2

WC

WC

Run 2 laps 10.000 m

Transition Area

Start

Return

Google Earth





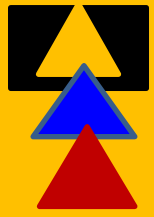
Abastecimento comida 1

Penalty Box corrida

Abastecimento comida 2

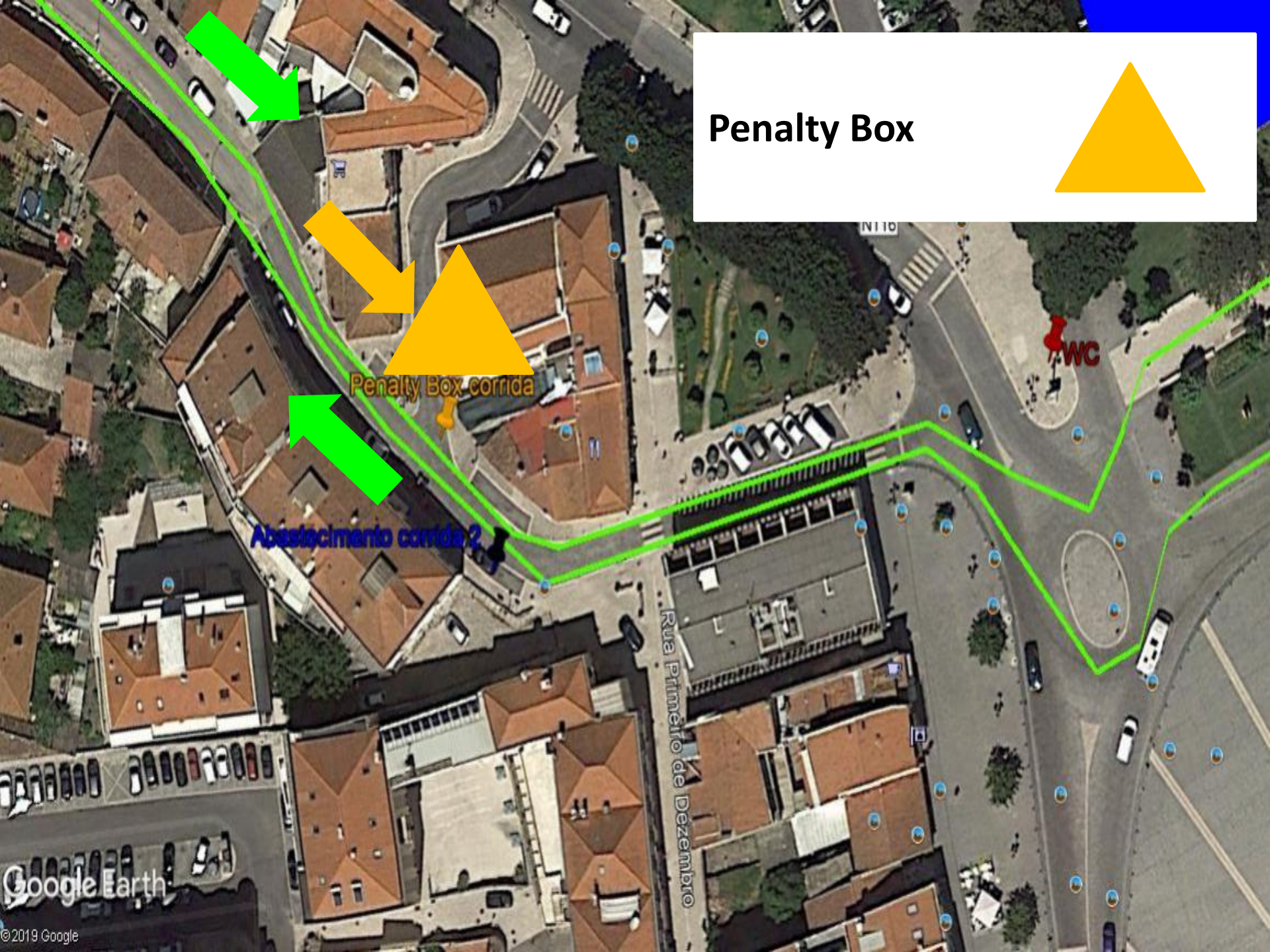
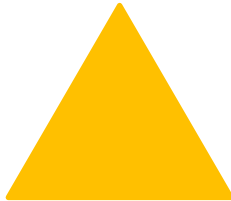
Run 2 laps 10.000 m

Penalty box  
Aid Station  
WCs





Penalty Box



Penalty Box corrida




Abastecimento corrida?

WC

Rua Primeiro de Dezembro



1<sup>st</sup> Transition

Flow   

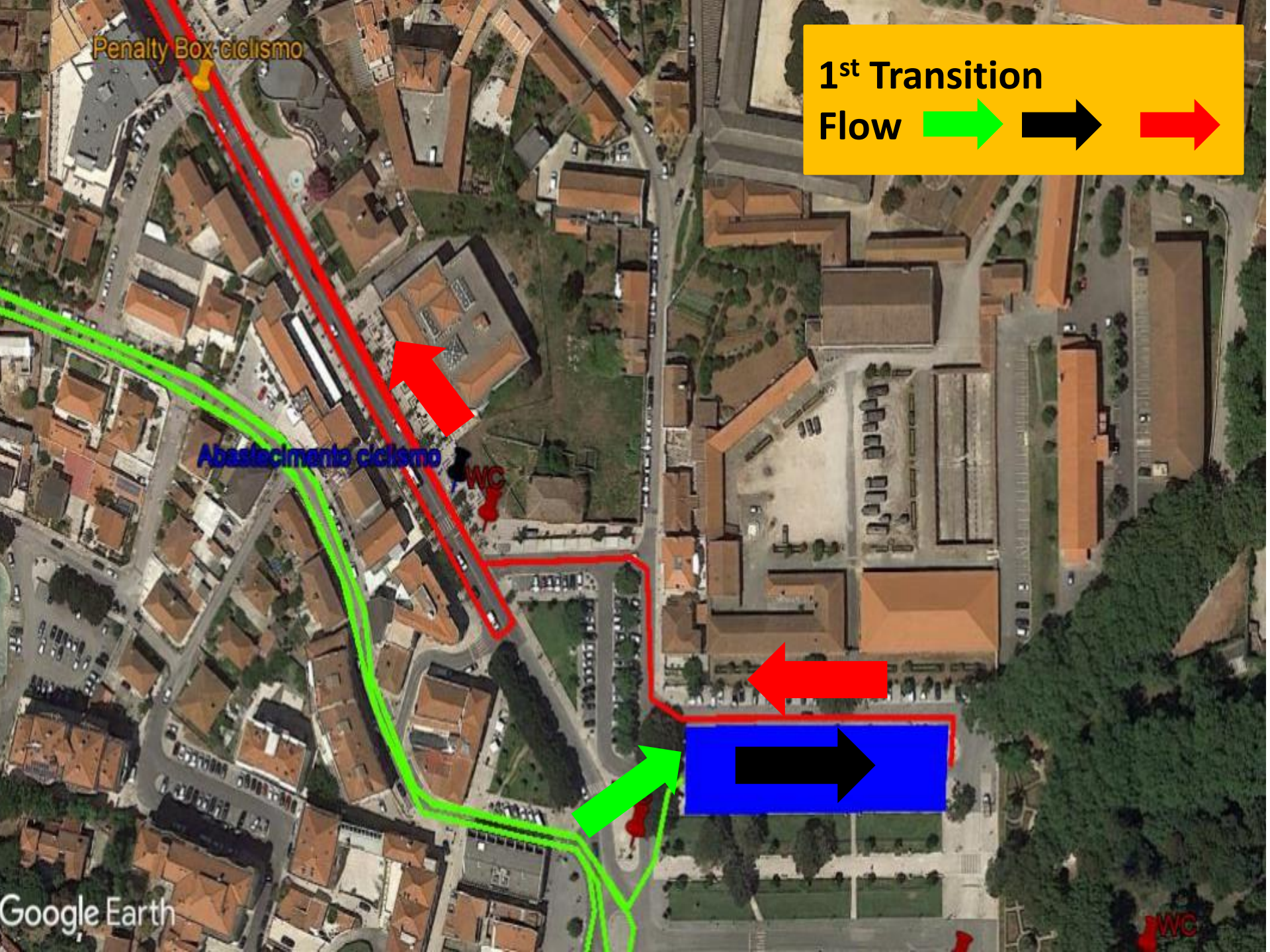
Penalty Box ciclismo

Abastecimiento ciclismo

WC

Google Earth

WC



# Bike

- **2 laps -28.2000m/lap, total of 56.600m – Middle D.**
- **1 lap - 28.400 metros – Sprint D.**
- **Winding course, always up and down.** Some dangerous spots going down are visibly marked and two narrow course pieces. Be careful and respect
- **Closed Traffic**
  - Ride carefully because there's the possibility of people or cars get in the road while you pass through villages.
  - On the uphill to Picanceira (Km 17 -20) some vehicles might appear on the course, but drivers are aware of the race and presence of athletes.



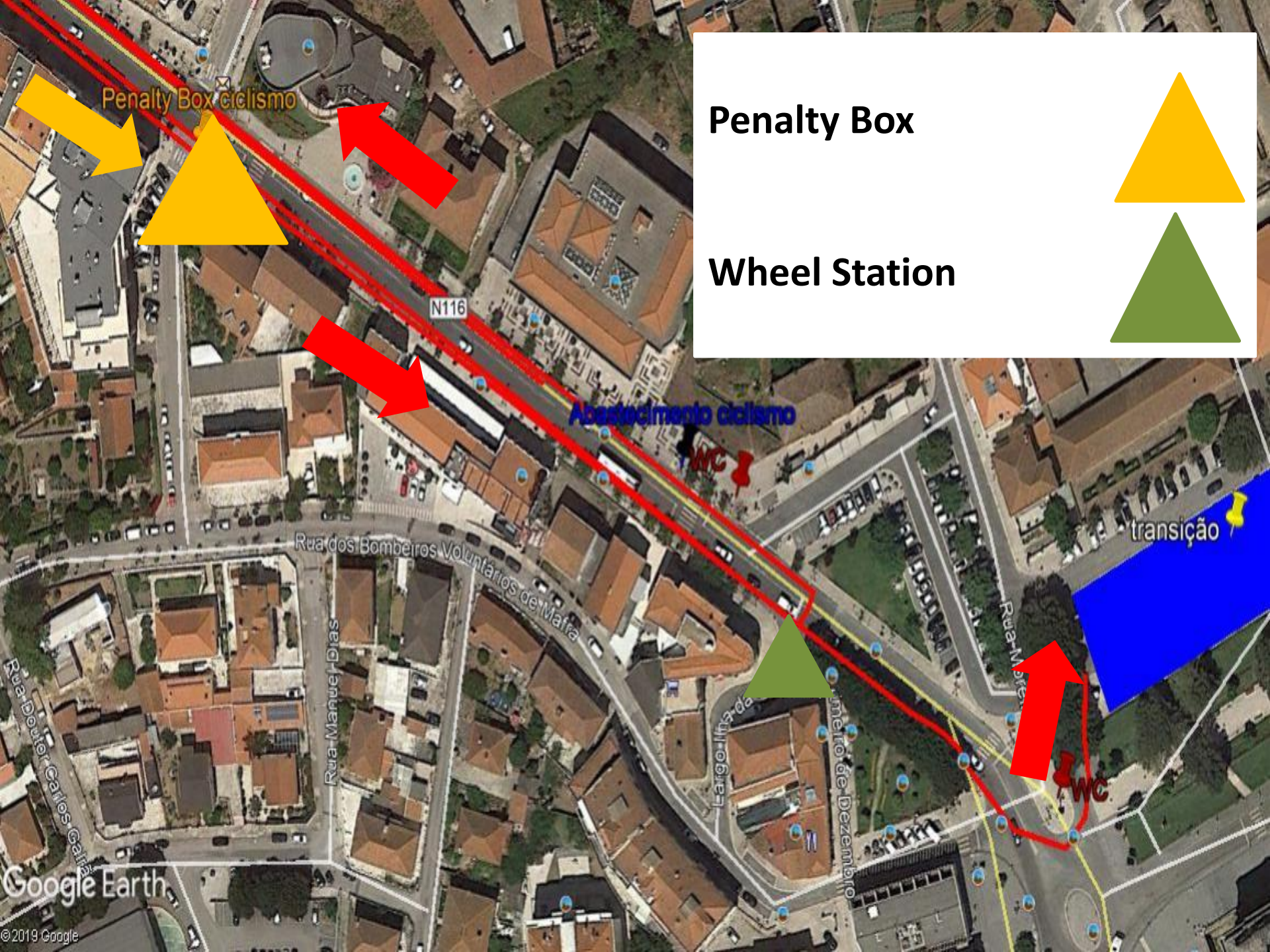
# Bike

- **Aid Station at return – only for Middle D.**
  - Bottles with water and isotonic drink, bars and fruit
  - Possibility of having your own supplies at the station
  - Garbage can only be disposed at the Aid Station Area, if you get caught by referees doing it outside the zone you will be DSQ.
- **Wheel Station at the return:**
  - You can leave your wheels
  - There is mechanical assistance

# BIKE

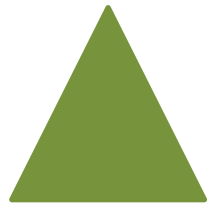
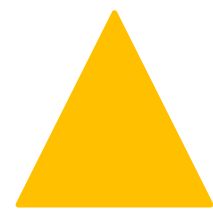
- **NO DRAFTING**

- The drafting area where an athlete cannot be behind another athlete is a 12m long rectangle. The athlete cannot ride next to another athlete and must ride on the right side of the road and.
- If you are overtaking another athlete you have 20 seconds to ride through the drafting zone.
- It is forbidden to draft on other organization/emergency vehicles. The drafting area is a 35 meters long rectangle from the rear of the vehicle.
- If you get caught by a referee drafting, the referee will show you a **blue card** and you will have to stop for 5 minutes at the penalty box, located on the bike course near the return.

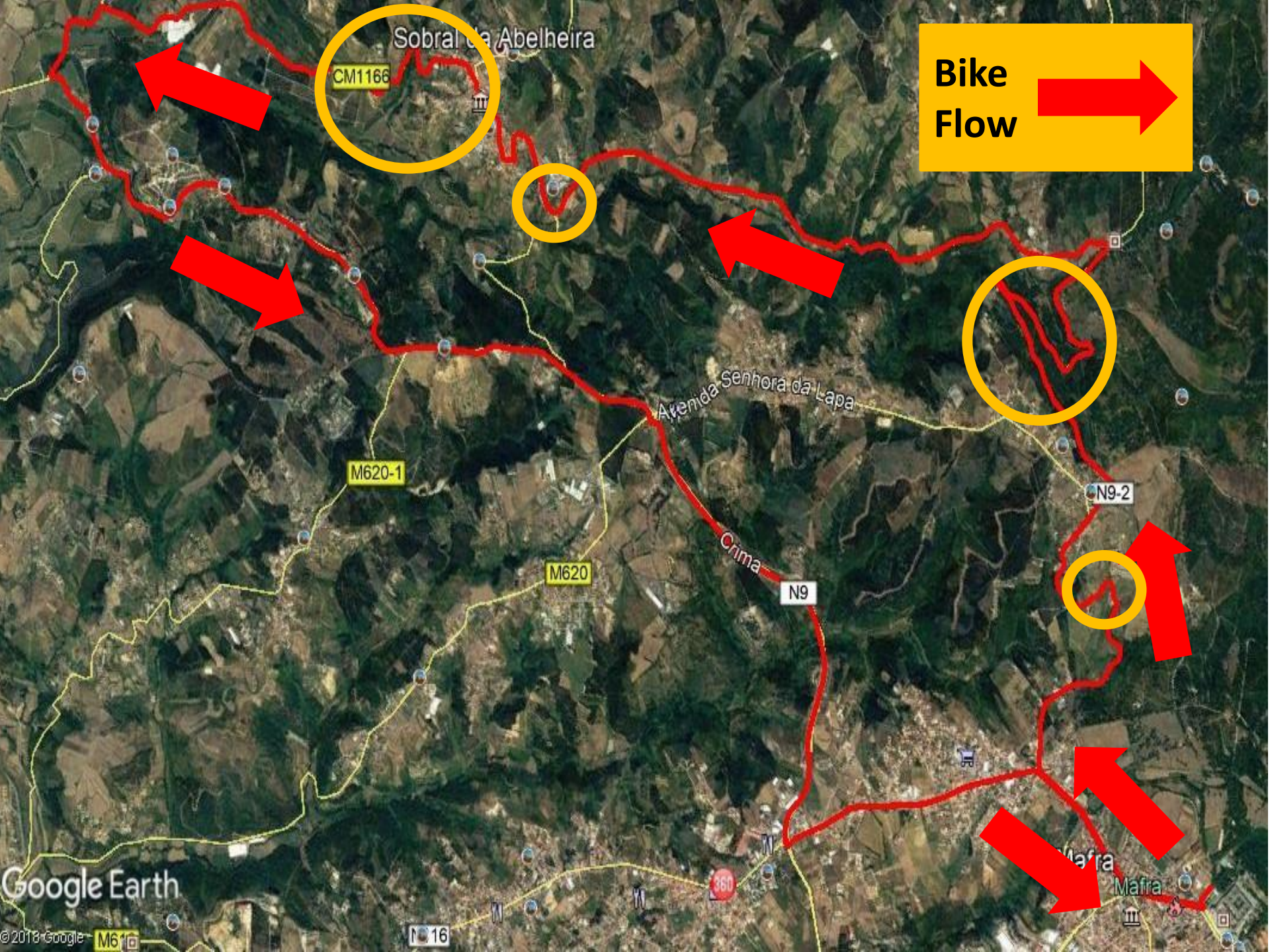


Penalty Box

Wheel Station



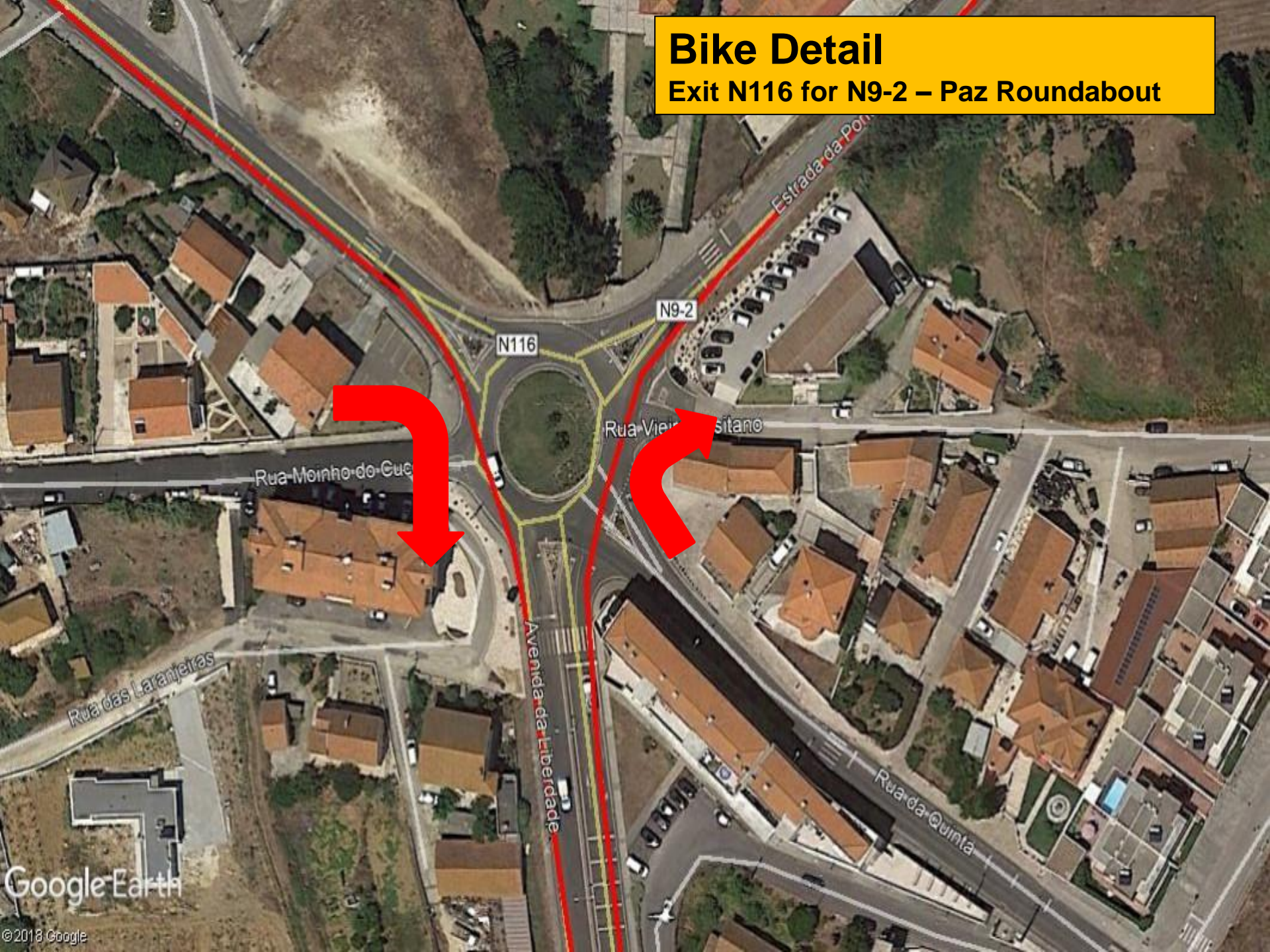






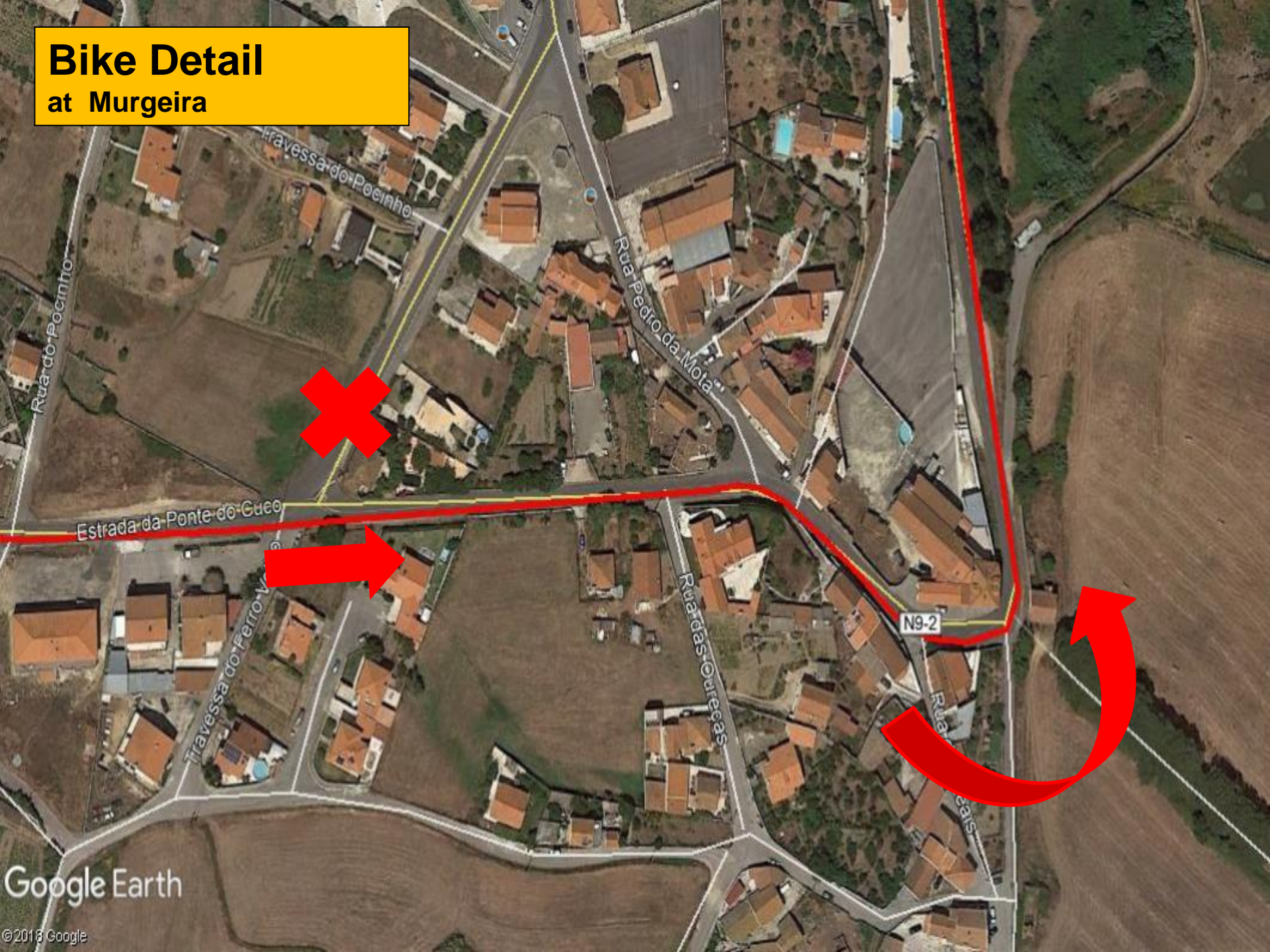
# Bike Detail

Exit N116 for N9-2 – Paz Roundabout





# Bike Detail at Murgeira





# Bike Detail

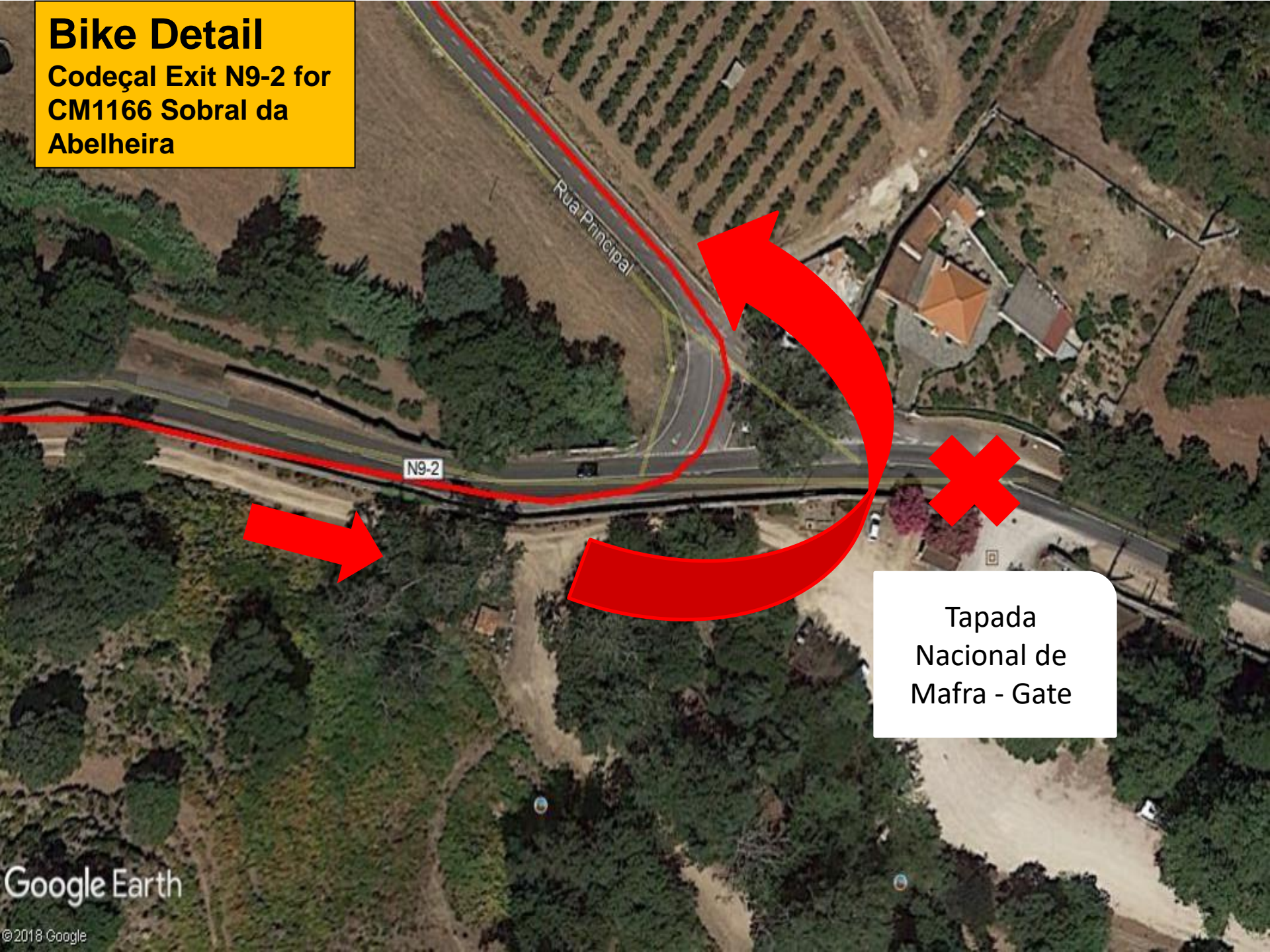
Dangerous descent at Murgeira





# Bike Detail

Codeçal Exit N9-2 for  
CM1166 Sobral da  
Abelheira



Tapada  
Nacional de  
Mafra - Gate





## Bike Detail

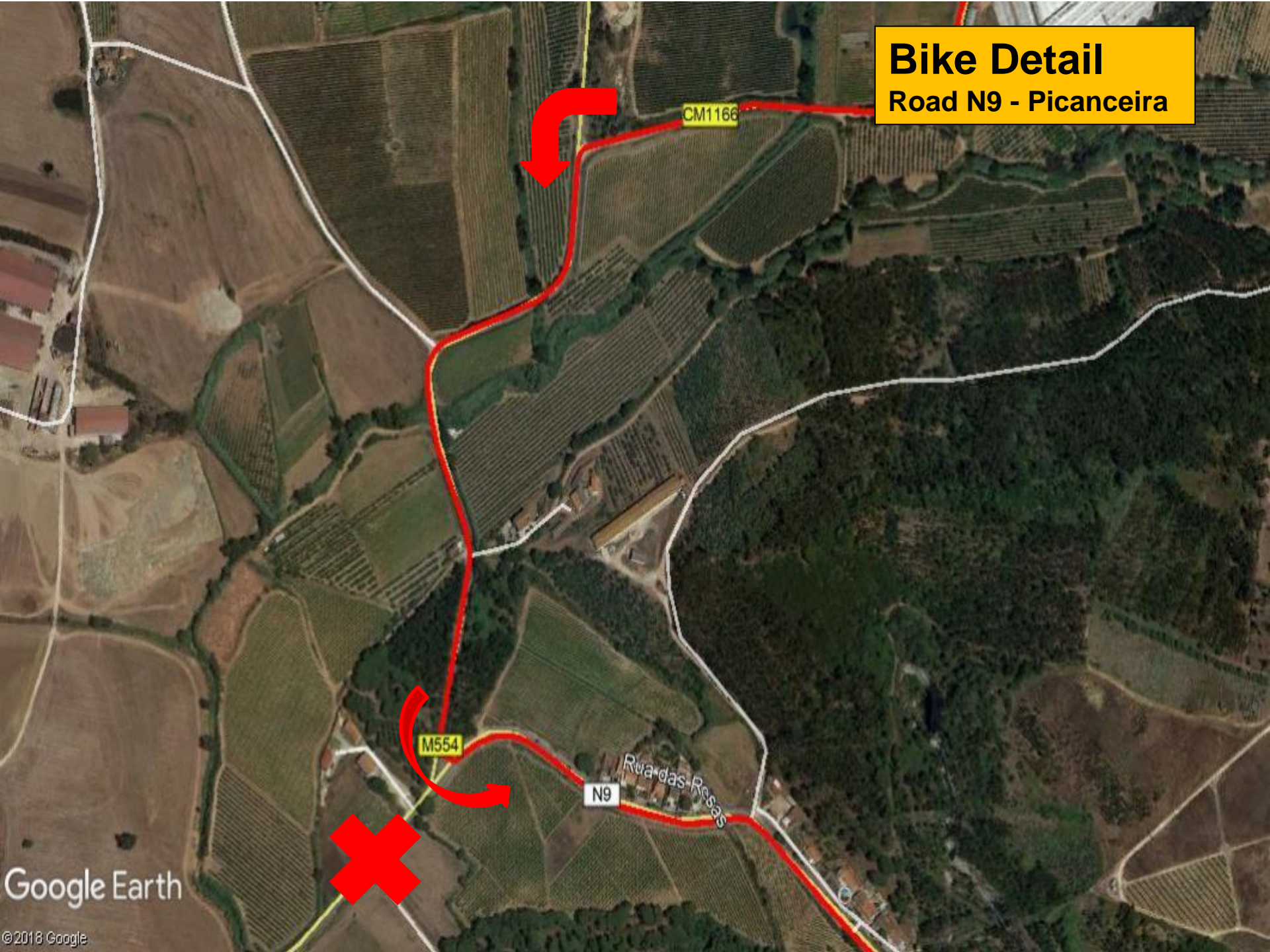
Sobral da Abelheira

**Attention!!!**  
CM1166 road is narrow  
and winding!





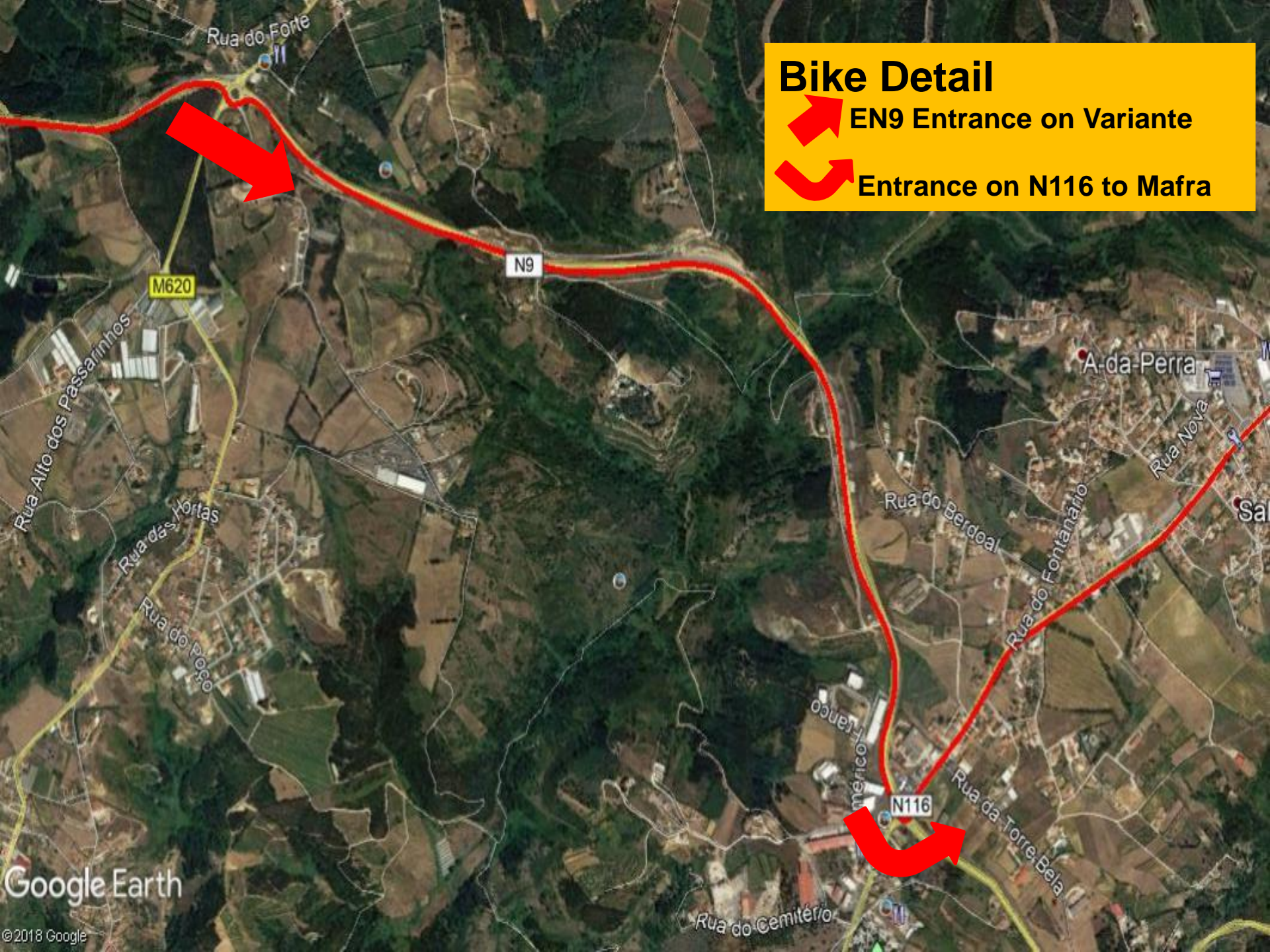
**Bike Detail**  
Road N9 - Picanceira





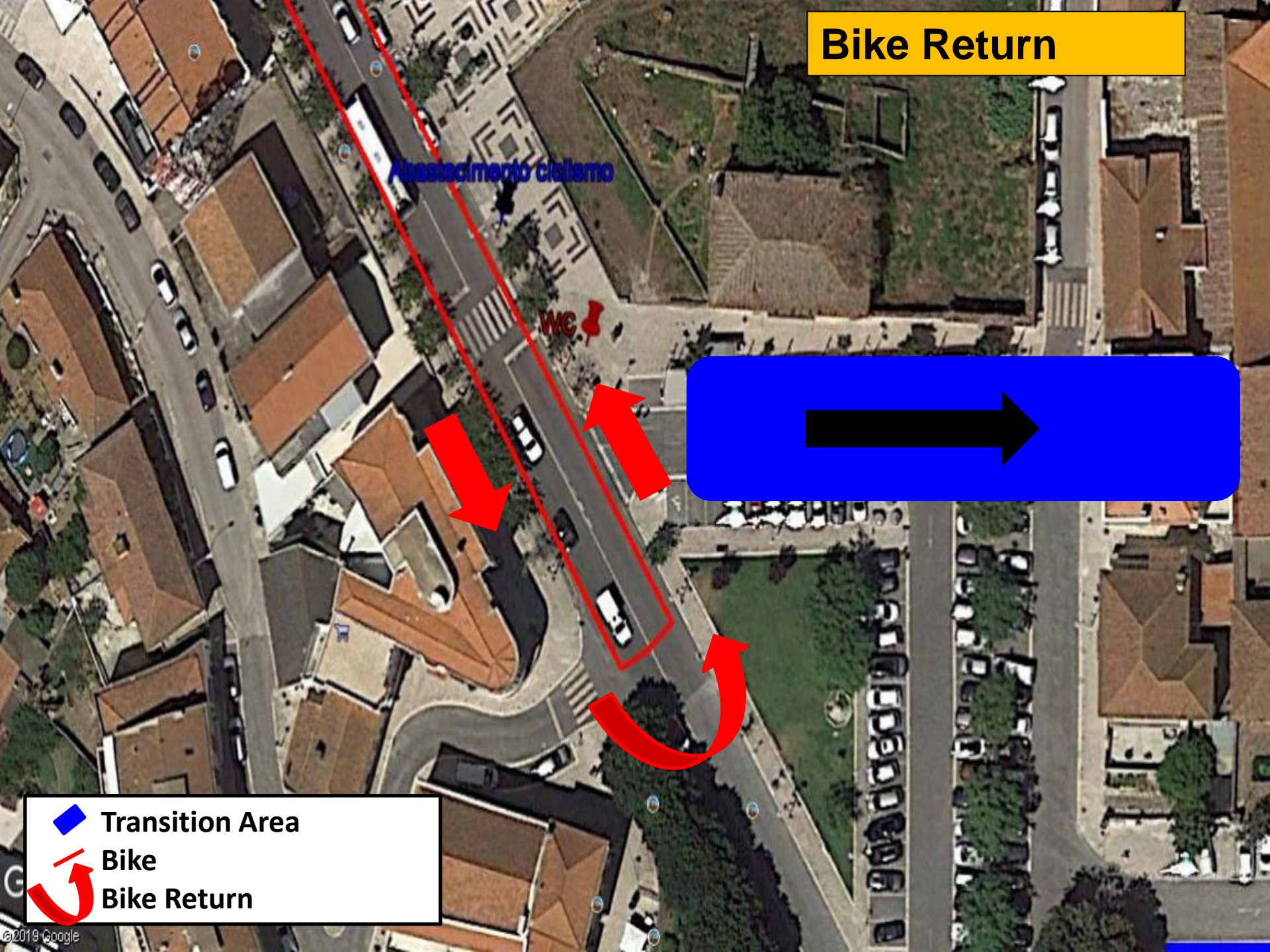
## Bike Detail

- ➔ EN9 Entrance on Variante
- ↪ Entrance on N116 to Mafra



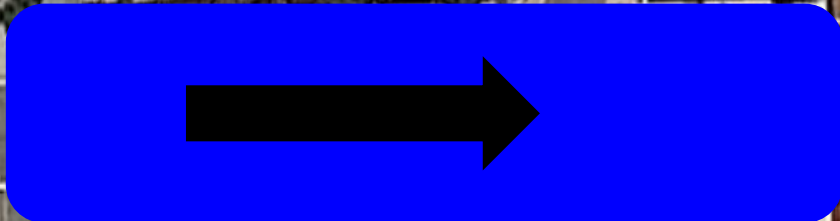


# Bike Return





Abastecimento ciclismo

WC



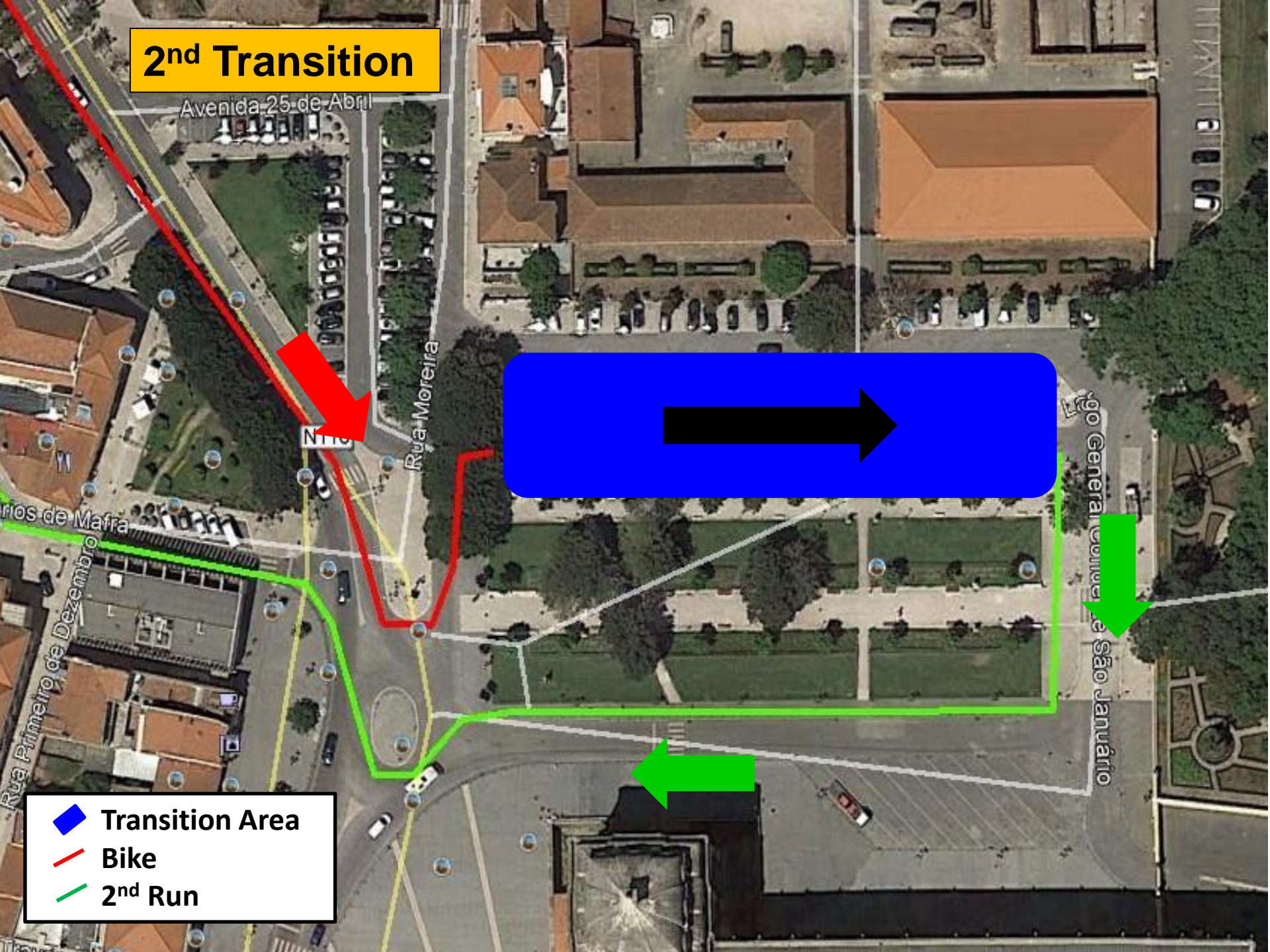
 Transition Area

 Bike

 Bike Return



## 2<sup>nd</sup> Transition

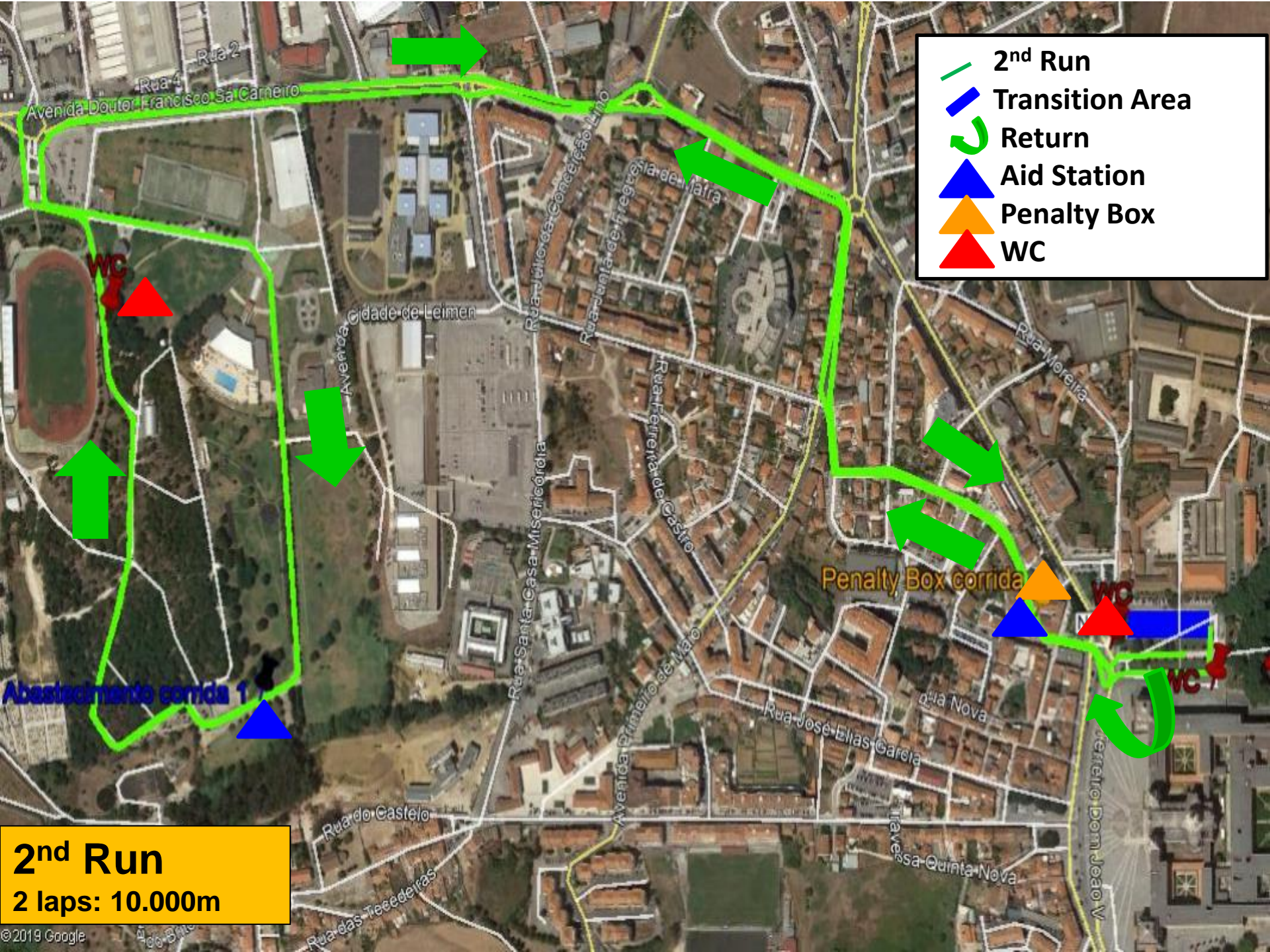


- Transition Area
- Bike
- 2<sup>nd</sup> Run

# 2<sup>nd</sup> Run

- **Same course as the 1<sup>st</sup> Run**
- **2 laps 10.000 meters – Middle D.**
- **1 lap 5.000 meters – Sprint D.**
- **Back and Forward circuit through your left side.**  
Middle Distance: Return next to the Transition Area
- **Mixed floor type** with pave, asphalt and a bit of dirt
- **No Traffic**, but possibility of people or cars
- **Aid Station** at the beggining and middle of each lap:
  - Water, Isotonic Drinks, Coke, Gel, Fruit
  - Possibility of having your own supplies at the station
  - WC's next to the Aid Stations
- **Penalty Box** at the end of each lap
- **Cut-off at 13h30 (1.30pm)**



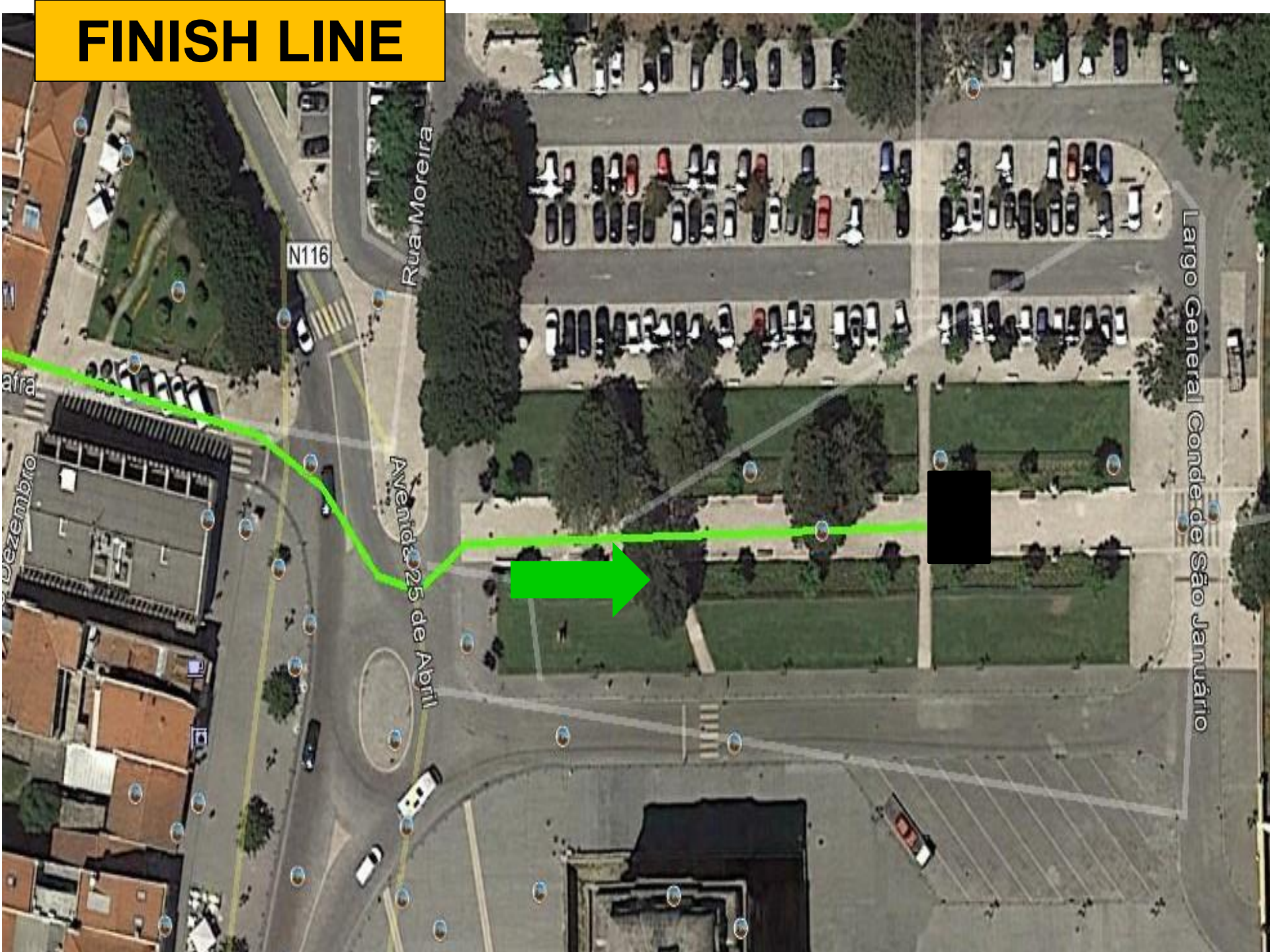


- 2<sup>nd</sup> Run
- Transition Area
- Return
- Aid Station
- Penalty Box
- WC

**2<sup>nd</sup> Run**  
2 laps: 10.000m



**FINISH LINE**





# **Weather**

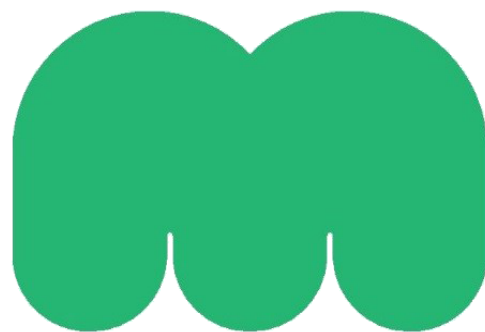
- **Air Temperature: 12°C to 17°C**
- **Wind: 15 to 20 km/h W and NW**
- **Cloudy and rainshowers**

# Other Info:

- There are no bathhouses or places to save your belongings
- Bike Mechanical support is available Saturday (from 2 pm) and Sunday (from 7 am).
- Don't forget:
  - ✓ 12h30 pm: Check-Out
  - ✓ 1h30 pm: Award Cerimony (only for absolute individual and team winners)

**! Help us keep and a clean race course and don't litter!**





Mafra

**Good luck!**  
**Enjoy your race!**

