

**TRI**  
Magazine

SOMABAY  
**ENDURANCE  
FESTIVAL**

APRIL 2021

First Edition



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# EVENT SCHEDULE

## THURSDAY 08 APR

ATHLETE REGISTRATION  
& BRIEFING

**6:00 PM - 9:00 PM**

## FRIDAY 09 APR

SPRINT RACE

**7:00 AM**

YOUTH RACE

**3:00 PM**

1K KIDS RACE

**4:15 PM**

ATHLETE REGISTRATION  
& BRIEFING

**7:00 PM - 9:00 PM**

## SATURDAY 10 APR

OLYMPIC RACE

**7:00 AM**

SUPERSPRINT RACE

**3:00 PM**



## WELCOME

### TO THE FIRST EDITION OF THE SOMABAY ENDURANCE FESTIVAL

Dear athletes,

It is my pleasure to welcome you to the First Edition of the Somabay Endurance Festival. The TriFactory is excited to be bringing its signature multi-sport event to Somabay, a destination renowned for its outstanding natural beauty and world-class facilities.

With a brand new destination comes a brand new race course for each race, which we are confident will bring out the best in every single athlete. The swim course consists of crystal clear waters, beginning and ending inside the Somabay Marina. The cycling course takes competitors on a fast and relatively flat route, and our fingers are crossed that the wind will always be at your back so you can achieve a personal best. The run course winds its way along the coast, with Somabay's hotels on one side and the beach on the other, and Sprint & Olympic participants will get the chance to run to the end of the jetty and back, a truly one-of-a-kind experience.

The Somabay Endurance Festival will feature our classic race offerings: the Youth Race, Supersprint, Sprint, and Olympic. The latter remains Egypt's only Olympic-distance race, something we are very proud of.

The schedule wouldn't be complete without the 1K Kids Race, an untimed and family-friendly affair that will take place at the Marina on Friday at 4:00 pm. I wouldn't miss it if I were you!

Of course, an event with more than a thousand athletes and hundreds of spectators couldn't happen without the backing of our sponsors. I would like to thank Somabay for their incredible support, our top sponsors BP & HSBC, and the host of other sponsors and partners who work alongside us to make this event a reality. I must also thank the Ministry of Youth & Sports the Egyptian Modern Pentathlon Federation for their continuous support throughout the years.

Finally, The TriFactory managers, organisers, and staff have worked tirelessly to execute the Somabay Endurance Festival, and we will be around the event at all times to ensure you have the best race experience possible. If you need anything, just make sure to ask.

Good luck, and see you at the Start Line!

**AYMAN HAKKY**  
FOUNDER & CEO

# THE TRIFACTORY

## THE TEAM BEHIND THE EVENT.

Since its official founding in 2015, The TriFactory has offered athletes of all ages and abilities the opportunity to compete in participation sports events. These events include everything multi-sport, as well as marathons, road & trail running races, obstacle course races, and recently yoga events.

We are committed to developing race concepts that are exciting for athletes of every age, ability, and experience level, as well as highlighting special locations around Egypt. We are proud to have organised events in eight different governorates, offering our fans and followers action-packed races and taking them to amazing destinations at the same time. As well as the Somabay Endurance Festival, these events include the Pyramids Half Marathon, Tough Mudder Egypt, El Gouna Half Marathon, Trailmaster off-road running races, and Yes Wellness Club Retreats & Events.

During the Somabay Endurance Festival you'll see The TriFactory team working to make sure you have the best race experience possible. This includes every detail, from the assembly and set-up of the race venue and race course, to managing the Briefing & Registration, operating each race itself, and cheering you on in transition and all the way to the Finish Line. Our managers and organisers are here to help you, whether you're an athlete or a spectator, so don't hesitate to approach them if you need anything and also don't forget to thank them for all their hard work.

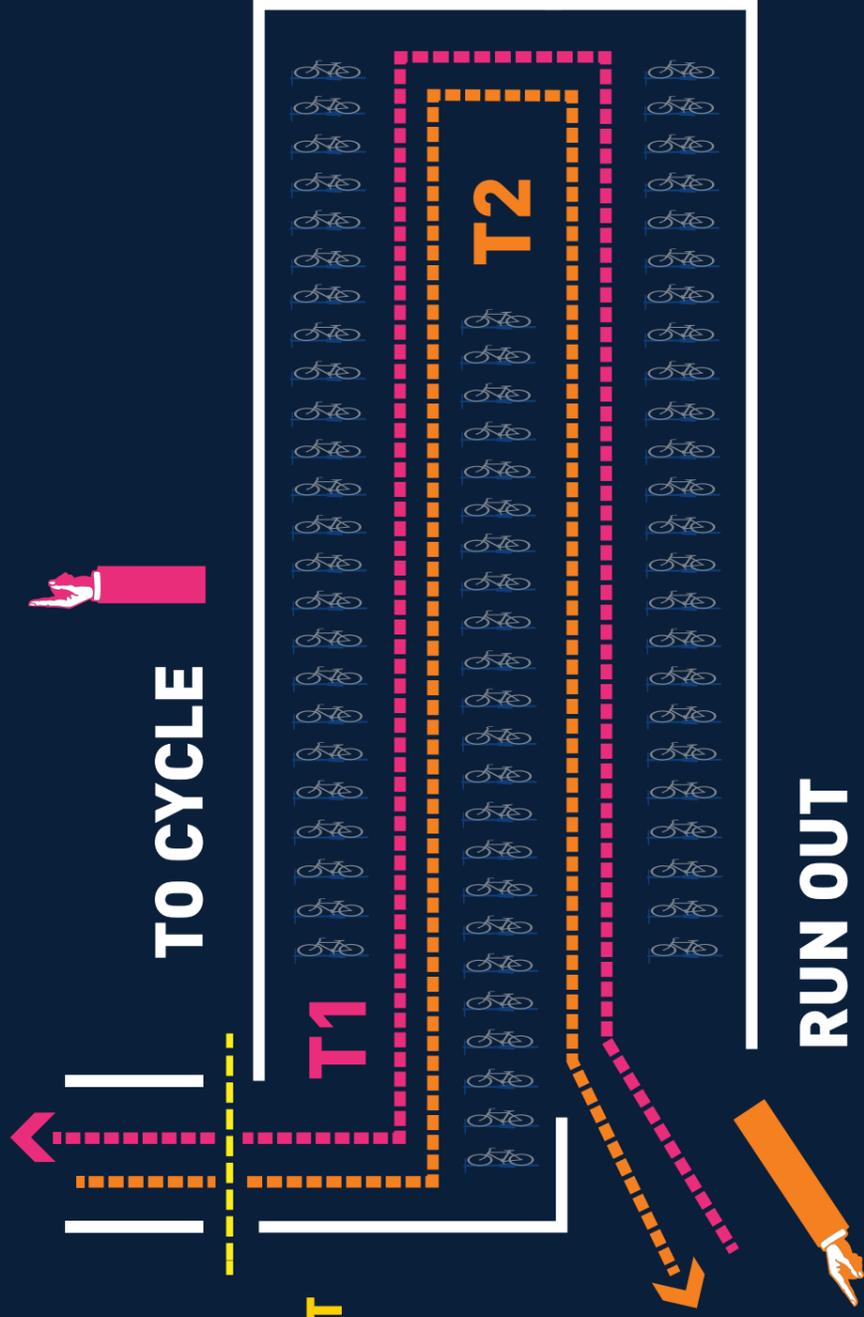
THE **TRI** FACTORY





SOMABAY  
ENDURANCE  
FESTIVAL

TRANSITION  
AREA



BIKE  
MOUNT/  
DISMOUNT  
LINE



TO SWIM START

RUN OUT

FOR MORE INFORMATION, VISIT:

[WWW.THETRIFACTORY.COM](http://WWW.THETRIFACTORY.COM)

THE **TRI** FACTORY

Whatever the strength of the individual,  
we will accomplish more together



Official partner



Ahmed Abdel Fattah  
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Ayman Abbas  
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is proud to have  
supported the Paralympic  
Movement for 10 years.

Whatever the strength of the individual,  
we will accomplish more together



## SOMABAY: OUTSTANDING BY NATURE

Experience luxury in every thoughtful detail where prestige hospitality is rediscovered with genuine warmth and passion. Somabay is where glorious coastlines meet modern-day opulence in the land of vibrant culture and mystical history.

Somabay's location is ideally situated on the eastern shores of Egypt on the Red Sea coast, the 10 million square meters peninsula, self-contained community is surrounded with three sides of the sea. The resort location boasts some of the most beautiful sandy beaches of the Red Sea and panoramic views of desert mountains.

### SOMABAY HOTELS

Situated where the vast sky meets the famous Red Sea, Somabay provides an array of accommodation and amenities, influenced by both modern and traditional architecture. Pick

from five-star resorts to lavish hotel lodges. Whether its relaxation by a luxurious poolside or immersing in a little kite surf adrenaline, your perfect beachfront retreat awaits. Book a hotel room now!

The Cascades Golf Resort, Spa and Thalasso Located at the heart of Somabay, The Cascades Resort hosts avid golfers globally and is home to a world-class spa and Thalasso facility. From near or far, arrive at a hearty reception and revel in bespoke hospitality that exceeds all your expectations throughout your stay. The Cascades endeavor to go above and beyond to make your stay extraordinary and unforgettable.

### SHERATON SOMABAY RESORT

Inspired by Luxor's Karnak Temple, the unique Sheraton Somabay Resort breathes life into Egypt's era of monumental history. Bringing

friends and family together, this 5-star resort is the perfect setting for building new traditions and cherished bonds that will last a lifetime.

### KEMPINSKI HOTEL SOMABAY

Designed in the likes of ancient Moorish fortresses, the unique 7,000 square meter hotel grounds showcase a paradise of beautiful, lush gardens, pools, lagoons and waterfalls, all designed to create an idyllic leisure retreat. Each accommodation hosts deluxe facilities and luxurious balconies that display picturesque sea or lagoon views.

### ROBINSON CLUB SOMA BAY

Immerse yourself in the full Arabian experience with Robinson Club's Arabesque architecture and lush landscaping. Boasting a 500-meter breathtaking coastline of glimmering sandy shores and clear turquoise waters, it is the ultimate beach lover's paradise.

### The Breakers Diving and Surfing Lodge

4-star host to sea lovers and water sports addicts, the hotel takes pride in having 75% of its rooms showcasing a magnificent unobstructed view of the sea. Enjoy the salty sea breeze while you savor life's finest moments of coastal living.

### Gary Player Championship Golf Course

Not only is it the first golf course open for play on the western Red Sea coast, but it is also the first Championship Course in the Middle East designed by Gary Player. Blessed with year-round dry weather and temperate climate, the beautiful 18-hole, par 72 course is a seamlessly designed golfing adventure and the ultimate course for a comprehensive golfing experience.

### 7BFT KITE HOUSE

Ranked one of the top three kite spots worldwide, the 7BFT Kite House offers year-round fantastic flat-water conditions, pristine

beaches, and perfect off-shore and side-shore winds ranging from 4 to 8 Bft. Enjoy 3 kite surfing sports with 300 days of wind under the guidance of a professional team of instructors, committed to making your kite experience fun, complete and safe.

### ORCA DIVE CENTER

Somabay offers an unparalleled opportunity for beginners and advanced divers alike to wonder at the beautiful sea life and fantastic sites at its renowned house reef that is accessible via a 420-meter-long jetty that stretches over a kilometer.

### REAL ESTATE

The sea speaks to the soul. Immerse yourself in year-round vacation living as you enjoy the sun, sand and sea. From stunning waterfront apartments to luxurious patio villas, embrace the calming sounds of waves and endless white sandy beaches right at your doorstep.

Expertly conceived to evoke a laid-back European feel, every aspect of the heavenly development is sympathetic to nature, painting colorful experiences around its lively marina and soul soothing jetty, so you can take recharge or decelerate. Home to 5 luxury resort hotels and a signature portfolio of residential properties, Somabay's one-of-a-kind settings with its full complement of premium amenities are the stage for incomparable experiences alongside friends and family. Become a part of Somabay's exclusive community with its unique citizenship program that grants privileged access to five-star amenities. Feel at home in the paradise of Somabay.



SOMABAY

# An Introduction to Modern Pentathlon



Pentathlon is one of the world's oldest sports and consists of five different events, making it a true-multi sport competition. Around in various forms since ancient times, the sport of Modern Pentathlon was established at the 1912 Olympics. Based on the same ideals of ancient pentathlon (the training of soldiers and a competition to measure their skills), modern pentathlon reflected modern warfare. Pentathletes were made to compete in five different events: fencing, pistol shooting, show jumping on horseback, cross-country running, and freestyle swimming. Modern pentathlon caught on and has been present at the Olympic Games ever since.

While pentathlon and triathlon are often confused due to their similar names, they are in fact completely separate sports with different scoring systems. However, there are variations that show the significant cross-over between the two sports. Modern biathle is derived from pentathlon and follows the same format as the aquathlon (swim + run). This format of endurance sports racing was organised by The TriFactory at the Azha Endurance Festival in September. Meanwhile, you can see all of the pentathlon action at the Somabay Endurance Festival Finish Line, where athletes will take on the laser shooting challenge.

THE TRI  
FACTORY  
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## THE CASCADES GOLF RESORT, SPA & THALASSO

Located at the heart of Somabay, The Cascades Resort hosts avid golfers globally and is home to a world-class spa and Thalasso facility.

From near or far, arrive at a hearty reception and revel in bespoke hospitality that exceeds all your expectations throughout your stay. The Cascades endeavor to go above and beyond to make your stay extraordinary and unforgettable.

Surrounded by charming coastal landscapes, The Cascades offers luxurious rooms and suites with a view of either the sea, pool, golf course, or a panoramic view of all. Complete with exclusive dining options to enrich your experience. With the understanding that everyone has different preferences and requirements, The Cascades curates hospitality that takes pride in exceptional service and warm attentiveness.

### CASCADES SPA & THALASSO: A FLAWLESS SPA GETAWAY

It is no secret that Somabay is an ideal getaway for those wanting to push the refresh button on their life. With that said, if this is you, you should definitely try the Cascades Spa & Thalasso Somabay experience. Not only is it considered the very best in Egypt but it is also recognized as one of the largest spas in the world. With a total of sixty five treatment rooms, this facility offers pretty much everything, from the latest hydrotherapy technology to traditional massages and a variety of beauty treatments.

While you enjoy the surrounding beauty that is the Red Sea, you will also find the elegant, exotic design of the spa very charming. Their certified international therapists are known for providing holistic treatments using the restorative

properties of seawater, combined with the health benefits of Egyptian spices and herbs. All this hype leads up to the unparalleled centerpiece, the Thalasso-Tonic Hydrotherapy Pool, which comprises seawater split into various zones with water jets, currents, showers and bubble baths. Each zone is designed to cater to a specific part of your body. After this experience, they recommend that you indulge in a hot sauna or steam room to relax your muscles before heading into a massage room.

More people these days are relying on thalassotherapy for calming, anti-aging treatments since it has proven to be effective in reducing cellulite and muscle toning.

The culprits behind cellulite are usually poor blood circulation and toxin buildup, both of which thalassotherapy carefully attends to. Among all the treatment options available, make sure you pick what is specific to your personal body needs.

The spa offers Balinese, Thai and Swedish traditional massages, so go for whatever suits your taste. There's also a stronger massage treatment, perfect for athletes or those who have just worked out or played sports, which focuses on muscle therapy. As for the spa's beauty services, you literally have access to anything that may come to mind, from various pedicure options and nail art to waxing and lash tinting.

### SOMABAY GOLF: NEW DRIVING RANGE READY TO PLAY

A new era of golf is dawning on Egypt's Red Sea coast! Somabay, the self-contained resort paradise close to Hurghada is refreshing its existing The Cascades 18-hole championship and 9-hole new generation golf experience. On top, it is currently developing a new 18-hole course to offer Egypt's most sustainable

multi-course golf experience for all generations and all levels of golfers.

Somabay – Outstanding by nature – is heavily invested in the development of the golf segment on its peninsula. Somabay Golf currently includes the world-famous signature 18-hole, Par 72 championship golf course The Cascades and the 9-hole, Par 3 academy and fun course, both designed by South African grand master Gary Player.

A second 18-hole course designed by the reknown golf course architects LOBB + PARTNERS is already under construction, turning Somabay into a 45-hole multi-course golf experience soon.

Players prepping for a challenging game are now facilitated by the new driving range with the most advanced smart irrigation system to reduce water consumption by 30%. For the first time, it uses Somabay sand and the latest seawater resilient grass that also delivers a better feel for the greens –Paspalum Platinum Pure Dynasty from the seashores of Miami where it was first identified.

Somabay's focus is on sustainability, efficiency, and innovative technologies to make golf completely 'green'. Soon, our water desalination plants will also be fully powered by solar energy. With this cutting-edge approach, Somabay is leading the way for golf not only in Egypt but on the whole African continent and in the Middle East.



**THE CASCADES**  
GOLF RESORT, SPA & THALASSO

# TOUGH MUDDER EGYPT - MARCH 2021



Tough Mudder Egypt took place on March 5th & 6th at O West in 6th of October, and featured almost a thousand participants taking on Egypt's finest obstacle course challenge. For the first time in Egypt, The TriFactory organised Tough Mudder Classic,

the 12 kilometre format filled with 25 amazing obstacles, including some brand new ones like Black Widow, Arctic Enema, Kiss of Mud, and others.

Tough Mudder Egypt will be back later this year - **STAY TUNED!**

# ENDURANCE LEAGUE

## RANKING SYSTEM.

The TriFactory is proud to announce its long-awaited ranking system, the Endurance League, which was officially rolled out in 2019.

The Endurance League is a way for every single participant at The TriFactory events (and other partnering events as well) to track their progress and achievements, amassing points from their different races throughout the year. Every participant at those events will automatically be registered as a member of the Endurance League. This means that points will be awarded at the end of each completed race, with a greater number of points awarded for difficulty based on increased distance, age group rankings, and of course winning the entire race. Athletes will collect points when competing both individually and as members of relay teams, and their total point tallies will also go towards the team they chose to represent when registering.

Endurance League points are awarded based on the highest number of points achieved in one race. This means that if an athlete wins the race overall and as such also their age-group, then they will only be awarded the points from the overall victory. The runner-up will be awarded the age-group points. Similarly, if an athlete wins their age-group, then they will be awarded the relevant number of points, but will not be awarded points for just participating. The reasoning behind this is to maintain a competitive and fair playing field that adheres to the principles of amateurism.

Leaderboards are updated automatically following each event, allowing athletes to calculate the point difference between them and their closest competitors before their next race.

At the end of the year, the overall Endurance League winners (overall and age group) will be celebrated at a special ceremony.

## IMPORTANT NOTICES

1. Athletes cannot transfer their points from one team to another. Points will remain with the team the athlete was registered with at the start time of his/her race.
2. Athletes who illegally race on behalf of another competitor will be banned from The TriFactory events.
3. The Endurance League is not an official sports league. It is tailored purely for amateur multi-sports participants. Points collected by athletes do not lead to qualifications for any official events, nor do they represent an official ranking system under the supervision of any organisation, federation, or other official body.

# ENDURANCE LEAGUE



SOMABAY  
ENDURANCE  
FESTIVAL

# ENDURANCE LEAGUE

EGYPT'S FIRST MULTISPORT ATHLETE RANKING SYSTEM



THE TRI FACTORY



# WELCOME TO THE **FIRST EDITION** OF THE SOMABAY ENDURANCE FESTIVAL

The Somabay Endurance Festival is the biggest multi-sport event on the Egyptian sports calendar, and it is our pleasure to have you here. We want to make sure that you have the best race possible and are 100% prepared for the distance you will be competing in, so make sure to take a look at the official race checklist below. You should also take a look at the Race Map and the Race Rules & Regulations. They include important information that you should know and follow. Remember, knowing the rules is your responsibility. **GOOD LUCK!**

## RACE DAY CHECKLIST

### SWIM

- Warm clothes for race morning
- Tri shorts and top, or tri suit
- Goggles
- Sunscreen
- Towel
- Talc Powder

### BIKE

- Helmet
- Shoes or cycling cleats
- Socks (if wearing)
- Sunglasses
- Water bottle(s)
- Seat bag tool kit: tube, CO2, levers, multi-tool

### RUN

- Running Shoes
- Hat /Visor
- Nutrition belt (if preferable)

### GENERAL NOTE

You are only allowed to use the space underneath your number in transition to deposit your items. As a result, you should try to bring only the things you need. It is also a good idea to have a bag with you, like the one you receive at Registration, to keep your belongings in and to pack them up after you complete your race.

## RACE MAP

SWIM	BIKE	RUN
<b>LAPS</b>	<b>LAPS</b>	<b>LAPS</b>
OLYMPIC	OLYMPIC	OLYMPIC
1 LARGE	4 LARGE	2 LARGE
1 SMALL	3 SMALL	1 LARGE
SPRINT	SPRINT	SPRINT
1 SMALL	1 LARGE	1 SMALL
SUPERSPRINT	SUPERSPRINT	SUPERSPRINT
1 SMALL	1 SMALL	1 SMALL
YOUTH	YOUTH	YOUTH

SWIM	BIKE	RUN	TURN
—	—	—	○

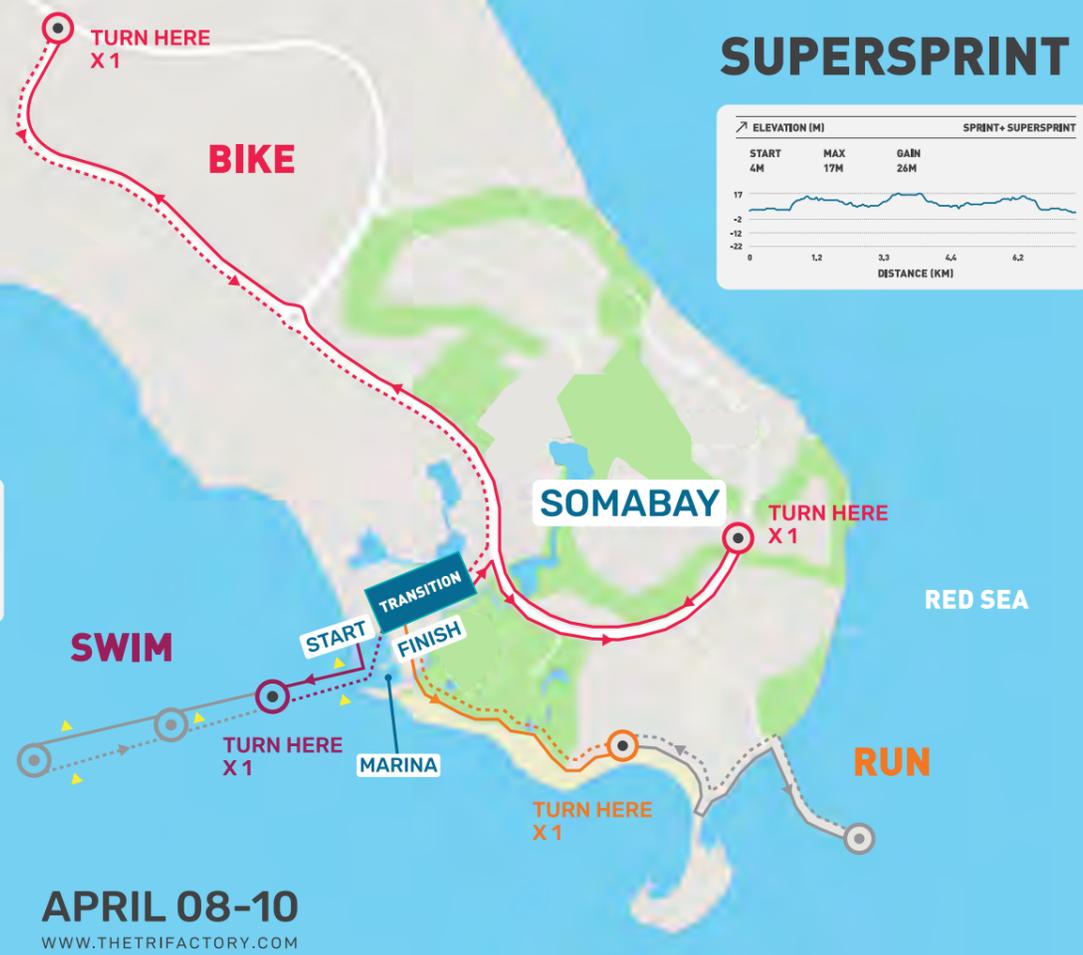


# SUPERSPRINT



- SWIM** LAPS  
SUPERSPRINT 1 SMALL
- BIKE** LAPS  
SUPERSPRINT 1 LARGE
- RUN** LAPS  
SUPERSPRINT 1 SMALL

- SWIM** 350M
- BIKE** 10KM
- RUN** 2.5KM
- TURN**



# OLYMPIC



- SWIM** LAPS  
OLYMPIC 1 LARGE
- BIKE** LAPS  
OLYMPIC 4 LARGE
- RUN** LAPS  
OLYMPIC 2 LARGE

- SWIM** 1500M
- BIKE** 40KM
- RUN** 10KM
- TURN**

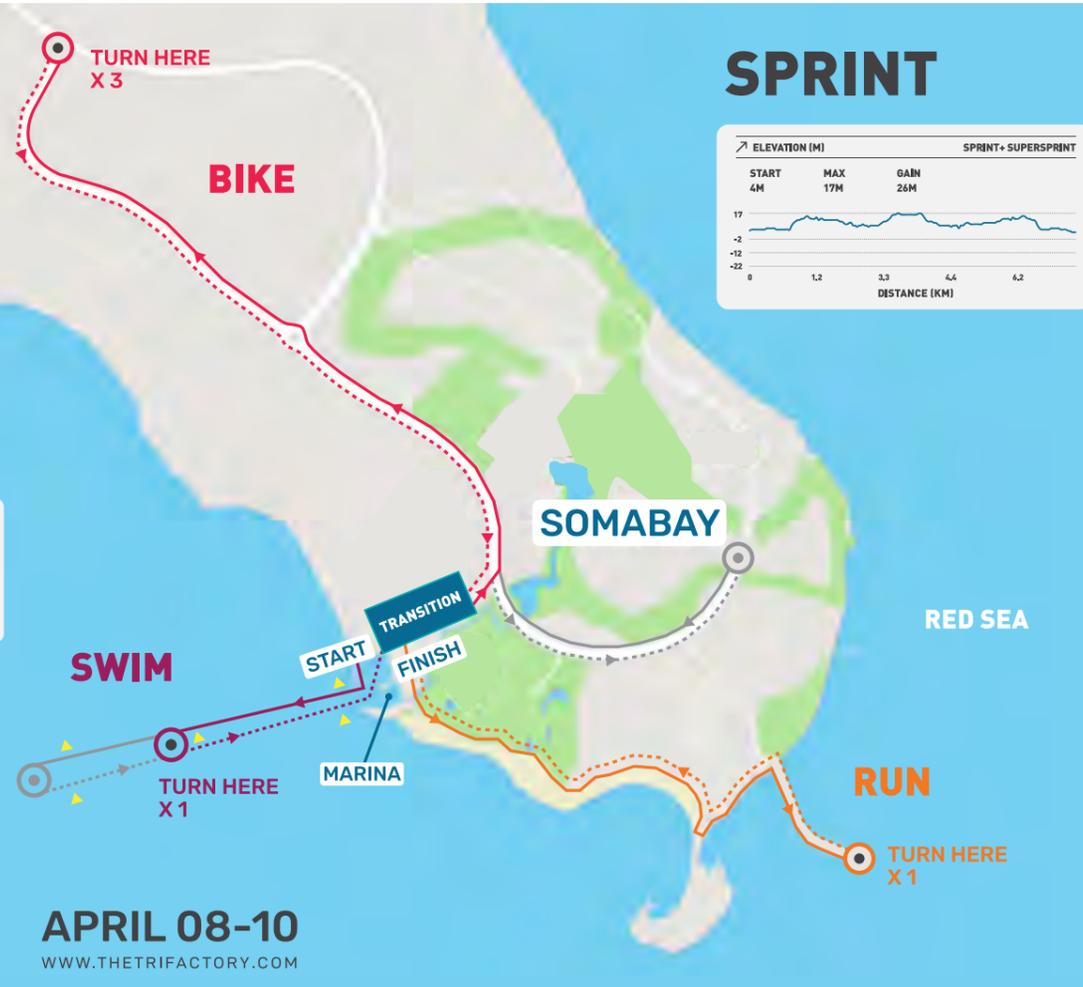


# SPRINT



- SWIM** LAPS  
SPRINT 1 SMALL
- BIKE** LAPS  
SPRINT 3 SMALL
- RUN** LAPS  
SPRINT 1 LARGE

- SWIM** 750M
- BIKE** 20KM
- RUN** 5KM
- TURN**

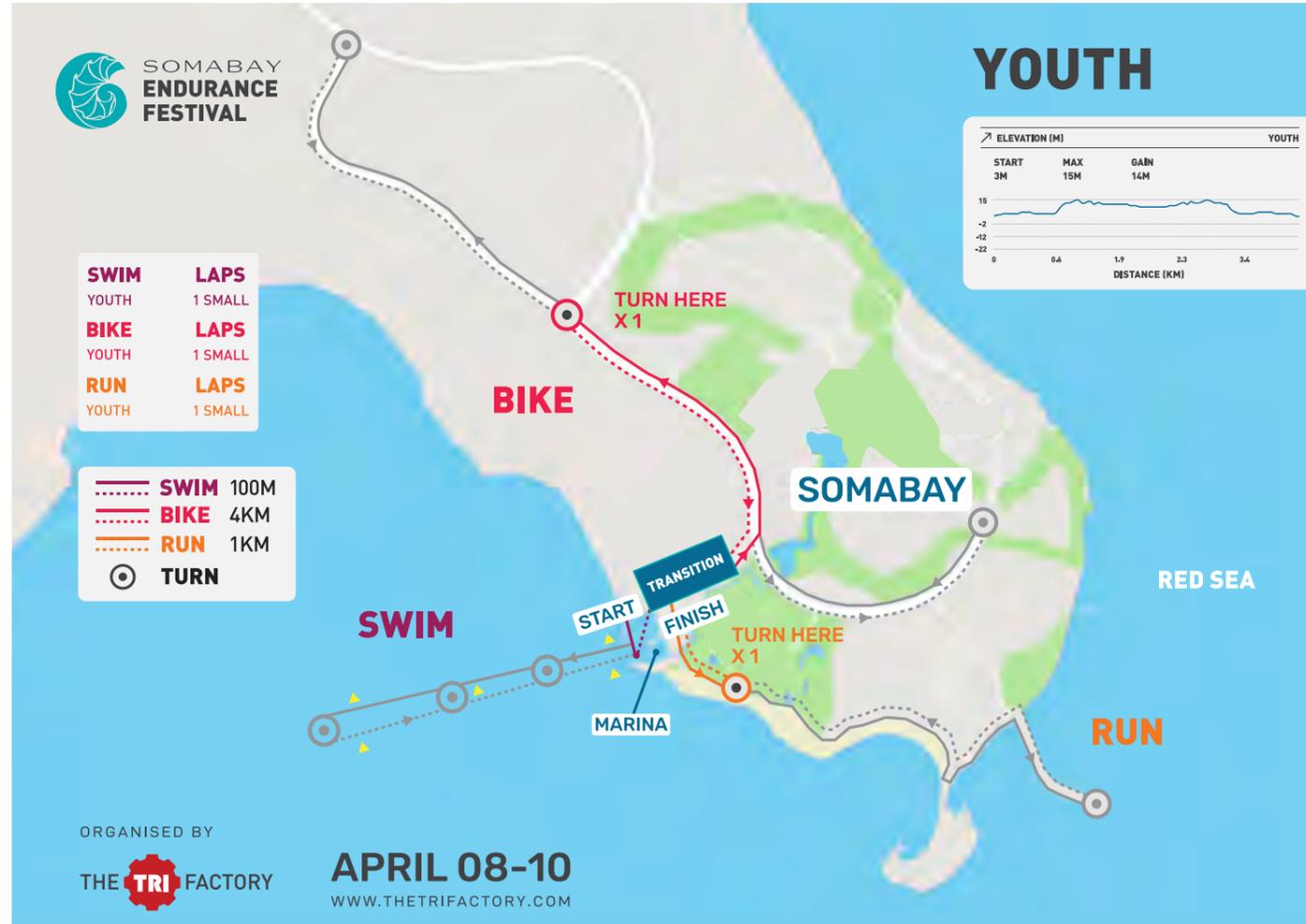


# YOUTH



- SWIM** LAPS  
YOUTH 1 SMALL
- BIKE** LAPS  
YOUTH 1 SMALL
- RUN** LAPS  
YOUTH 1 SMALL

- SWIM** 100M
- BIKE** 4KM
- RUN** 1KM
- TURN**



# RACE RULES & REGULATIONS

## GENERAL RACE RULES

### Course Knowledge & Completion:

It is the participant's responsibility to know the course. Participants must cover the prescribed course in its entirety. Athletes should attend the Race Briefing; not doing so puts them at risk of not understanding the course.

### Wave Starts:

All participants shall start in and with their correct wave or group. It is the athlete's responsibility to know which wave they fall into, and to be present at that time. Joining another wave is not permitted.

### Re-entry:

Upon leaving the course, (toilet stops/ bike maintenance/illness) a participant shall re-enter the course at the exact same point and continue from there.

### Race Numbers:

Participants shall plainly display their race numbers at all times. Race officials will clearly write race numbers on participants' arms and legs. Covering up or changing a race number is illegal.

### Unfair Advantage:

A participant shall not use his/her body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through other participants.

### Unsportsmanlike Conduct:

Participants shall refrain from unsportsmanlike conduct, including the improper use of language or behaviour directed toward an official or another athlete.

### Obstruction & Endangerment:

Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the progress of another participant. Participants shall also refrain from committing any act which may cause

endangerment to themselves, other athletes, or spectators. Obstructing or endangering another competitor will result in direct disqualification.

### Unauthorised Assistance:

Participants shall not accept from any person (other than a race official or from a nutrition station) physical assistance in any form, including food, drink, equipment, support, pacing, or otherwise, unless a specific exception has been made.

### Accessories:

Authorised electronic devices are heart rate monitors, sports watches, and bike computers. Mobile phones may be used during the cycling segment only if securely fastened to either the athlete or the bicycle. During the run section, mobile phones can be used to track the run. Participants shall not – at any time during the event – insert headphones into their ears, use or wear a headset, radio, personal audio device, music device, or other unauthorised electronic device. Listening to music is prohibited.

### Abandoned Equipment and Littering:

Participants shall not leave any equipment or personal gear on the race course. This includes empty water bottles and discarded items of clothing. All litter is to be disposed of in the designated areas.

### Glass Containers:

The use of glass containers is strictly forbidden. Broken glass can seriously harm athletes.

### Unregistered Participants:

Any person who participates in any portion of a sanctioned event without first properly registering and paying the required registration fee shall be disqualified and banned from future races

### Cut-off Times:

There are no cut-off times. However, in the event that the Head Referee deems

**MAKE SURE YOU READ THE REGULATIONS CAREFULLY IN ORDER TO HAVE A FUN, FAIR, AND SAFE RACE. FAILURE TO ADHERE TO THESE REGULATIONS WILL RESULT IN DISQUALIFICATION.**

an athlete unfit, unwell, or unable to complete the race safely, the athlete will be disqualified and will not be allowed to continue the race.

## SWIMMING CONDUCT

### Permissible Strokes:

Swimmers may use any stroke to propel themselves through the water and may tread water or float.

### Bottom Contact and Resting:

A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope, or floating object. A participant shall not use any object to gain forward progress. Participants can rest as long as they need, provided they do not obstruct fellow participants and do not move forward.

### Emergencies:

A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, and call or seek assistance. A swimmer who has received official assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race unless such assistance did not aid the swimmer in making forward progress. A swimmer shall not return to the race if the official rendering assistance decides that he/she is unwell and/or requires medical assistance.

### Official Equipment:

Swimmers shall wear the official race swim cap as provided by The TriFactory. Participants are allowed to wear any kind of swim-suits, t-shirts or long sleeves, or leggings. Wet-suits are permitted, pending water temperature tests on-the-day of the race.

### Goggles:

Swimmers may wear swim goggles, but are not required to.

### Illegal Equipment:

Artificial propulsion devices are not permitted, including but not limited to fins, gloves, paddles, or floatation devices of any kind. Breathing devices are also illegal, including snorkels, oxygen masks, or other breathing aids.

## CYCLING CONDUCT

### General Conduct:

Participants must use a bicycle to complete the cycling segment of the race. In the event of a bike failure, a participant should step out of the race course with the bike, and fix the bike. In the event of a permanent bike failure, the participant may continue on foot, with their bike in tow.

### No helmet, no ride:

Participants must securely fasten their helmet before getting on their bike, and the helmet must remain on for the entire bike course, with the athlete taking it off once safely off the bike and back in the transition area. Removal of the helmet will result in direct disqualification.

### Bicycle types:

Participants may use any bike to complete the cycling segment, provided it is entirely human-powered. TT bikes, mountain bikes, hybrid bikes, and road bikes are all permitted. Electric or motorised bikes are not permitted and will result in immediate disqualification.

### Equipment:

Headphones, headsets, radios, headphones, and personal audio devices are prohibited. Cycling computers or telephones can be used only if strapped to the participant or to the bike. Failure to adhere to this rule will be considered endangerment and will result in disqualification.

### Mount Line:

Cyclists can only ride their bicycle after leaving the transition area and crossing the mount line. After completion of the bike course, athletes must dismount their bicycle outside the transition area and before crossing the mount line. Riding the bicycle inside the transition area or into the transition area will result in disqualification.

### Riding Rules:

Cyclists must only pass other competitors

on the left-hand side. As such, cyclists should ride on the right-hand side of the road, and only move to the left-hand side to overtake an athlete. Overtaking a cyclist on the right-hand side is considered endangerment and will result in direct disqualification. In the event that an athlete stops due to mechanical failure, illness, or fatigue, his/her bike must be removed from the road and placed on the sidewalk.

### Drafting:

Drafting is illegal. Cyclists will maintain a 10 meter gap between other cyclists, except when overtaking.

## RUNNING CONDUCT

### General Conduct:

A participant must run or walk the entire run course distance. Gaining forward progression by any means other than walking or running is illegal.

## TRANSITION AREA

### Placement of Equipment:

All participants shall place their gear and equipment in their properly designated and individually assigned areas, and shall at all times keep their equipment confined to such properly designated areas.

### Personal Space:

It is illegal to handle the equipment of any other athlete, to obstruct another athlete from reaching their equipment, to cover or hide another athlete's equipment, or to make the transition area confusing or unclear for another athlete.

## TIMING CHIPS

The timing chip measures your race time and splits. You do not need to press anything to activate it – it will begin calculating automatically once the race begins.

All race participants must securely attach their timing chip to their left ankle. This is important so as not to get tangled with the gearshifts on the right hand side of the bike.

Once an athlete crosses the finish line, they must return their timing chip and collect their finishers t-shirt from the Finish Line Booth.

**Loss, damage, or destruction of the timing chip will result in DISQUALIFICATION and a FINANCIAL PENALTY.**

## FINISH LINE CONDUCT

The finish line must be unobstructed at all times. Access is only permitted to organisers and the athletes crossing the finish line. The electronic timing equipment is extremely sensitive, and any disturbance caused or crowding of the finish line can affect an athlete's time. Furthermore, every competitor deserves their moment of glory and is entitled to cross a clear and unobstructed finish line. Thank you for your understanding.

## SPECTATOR RULES

Spectators cannot provide assistance (electronic, nutritional, or otherwise) to athletes during the course of the race. Spectators are also prohibited from joining the athletes on the race course, running alongside an athlete, or pulling or pushing an athlete. Spectators may celebrate with their competing friends and family only after they have crossed the finish line. Crossing the finish line with them is prohibited. Other athletes who have completed their race already and are spectating are warned that obstructing another competitor will result in disqualification.

## SOCIAL DISTANCING

- 1. All staff and personnel will wear masks. Personnel who will be particularly close to participants will also wear plastic face shields.**
- 2. After installations, all touchpoints will be thoroughly disinfected using 70% alcohol, including the Transition Area.**
- 3. Participants will be encouraged to wear masks when entering the Transition Area. They will be able to throw their masks away in a responsible and sanitary manner at the Swim Start.**
- 4. The event start will be split into waves, consisting of smaller numbers of athletes.**
- 5. At the Finish Line, participants will be asked to once again respect social distance.**
- 6. 70% alcohol will be available after the Finish Line, and medals will be made available to race finishers in secure plastic packs.**

# NUTRITION TIPS

WE'VE GOT YOU COVERED.

TWO ESSENTIAL FACETS OF ENDURANCE SPORTS TRAINING THAT OFTEN GO OVERLOOKED, NUTRITION AND RECOVERY DESERVE YOUR FULL ATTENTION. WE KNOW YOU'VE HEARD IT ALL BEFORE: EAT CLEAN AND SLEEP 8 HOURS EVERY NIGHT TO BE AT YOUR BEST. IT'S NOT ROCKET SCIENCE, BUT IT'S EASIER SAID THAN DONE. TO MAKE IT A LITTLE LESS DIFFICULT, WE'VE GATHERED THE TOP PRO TRIATHLETE TIPS BELOW, IN THE HOPE THAT THEY'LL GIVE YOU THE EDGE YOU NEED TO SUCCEED.

## UTILISING NUTRITION STATIONS

**"I drink one bottle per hour and I refuel with whatever's on the course, but I generally just look for water on the course."**

- Jan Frodeno

At the Somabay Endurance Festival, we've got water stations in transition before the swim leg, and on the cycling and running courses, providing you with water every step of the way.

## A SHORT NAP GOES A LONG WAY

**"I try to avoid sweet desserts and large meals. Resting well is just as important as training hard, so 'siestas' are compulsory for me!"**

- Javier Gomez

Taking on two races at the Somabay Endurance Festival? You'll need even more rest than usual, and the power of good naps is scientifically proven. Even one of triathlon's biggest names swears by them!

## PREPARE TODAY, FOCUS TOMORROW

**"Before I go to bed I prepare my traditional breakfast so that I don't have to run around hectically in the morning – up to now that has always worked well."**

- Sebastian Kienle

Our Sahl Hasheesh Triathlon 2016 Guest of Honour always prepares everything from the night before, so all he has to do is get up and head down to the race. We suggest you do the same!

## THE SIMPLE STUFF IS EASY TO FIND

**"Being flexible is key when on the road, so any combination of cereal, yogurt, banana, etc. will get the job done"**

- Lindsey Jerdonek

If you're looking for the perfect healthy meal or snack at Somabay, remember, you can make it yourself. Just head to the nearest supermarket and find the simple stuff: yogurt, cereal, and fruits. It's a quick fix that pro triathletes use when on the road.

## HAVE SOME PIZZA!

**"On the night before a big race I tend to go for pizza because, wherever I am competing in the world - from Austria and Madrid to China and New Zealand - pizza is always the same. You know what you're getting, don't you? You're unlikely to get food poisoning and it's a decent mix of carbs and salt before a big event."**

- Johnny Brownlee

We don't necessarily recommend pizza as your carb-loading meal before the Somabay Triathlon, but now you can feel less guilty about indulging on your favourite Italian dish!

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Kayak



# MEET EGYPT'S PARALYMPIC CHAMPIONS. PROUDLY SUPPORTED BY BP

The TriFactory is proud to partner up with BP and to stand by their mission of supporting the Egyptian Paralympic Committee. It is our pleasure to welcome to the Somabay Endurance Festival three champion para-athletes: Ayatallah Abbas, Ahmed Abdel Fattah, and Mostafa Fathallah.

## **Ayatallah Abbas**

Aya Ayman Abbas is a 20-year-old Egyptian Paralympic swimming champion, who has won the Egypt Cup three times in her career thus far. She is studying Business at the American University in Cairo and is the first female Egyptian swimmer to compete at the Paralympics, participating at Rio 2016.

In 2017, she competed at the World Para Swimming World Series in Berlin, where she won the silver medal in the 50m freestyle, the bronze medal in the 100m freestyle, and the bronze medal in the 500m freestyle. She was able to win gold later that year at the World Para Swimming Championships in Mexico City.

## **Ahmed Abdel Fattah**

Ahmed Abdel Fattah is a 24-year-old who competed with the National Egyptian sitting volleyball team. He participated at the Rio 2016 Paralympics, where he received a bronze medal with his team.

In 2017, Ahmed won a gold medal at the African Championship in Rwanda, which granted the national team the African title and qualified Egypt for World Volleyball Championship in the Netherlands in September of the same year.

In 2018, Abdel Fattah participated at the international Brazilian camp at Sao Paulo in Brazil in preparation for the sitting volleyball World Cup.

This year, Ahmed will be competing at the Tokyo 2020 Paralympic Games.

## **Mostafa Fathallah**

Mostafa Fathalla is an accomplished Paralympic athlete with numerous championships under his belt. Mostafa began his athletics training in 2005 and later joined the national team in 2008. He has participated in numerous international tournaments, including the 2016 Rio Paralympics, where he received a silver medal in the 100m and finished fourth in the 400m.

In addition, Mostafa has received numerous medals, including a silver medal in Morocco in 2010, and his first gold medal at the New Zealand World Championship in 2011, silver in The Arab Games in Qatar in 2011, and gold at the African Games in Mozambique 2011. Mostafa also achieved the fastest time in the world in the 100m during the 2011-2012 season. Building on all the experience he has gained over the years, Mostafa is currently studying to obtain a Master's degree in Athletics.

Mostafa is qualified to compete in the 100m, 200m, and 400m races at the Tokyo Paralympics 2020.





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By the fountain

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**PORTO SPORTING CLUB  
BEACH RACE  
26 MARCH 2021**



The Porto Sporting Club 5K Beach Race took place on March 26th in Port Said, marking the beginning of a partnership between The TriFactory and Porto Sports. The event was organised in collaboration

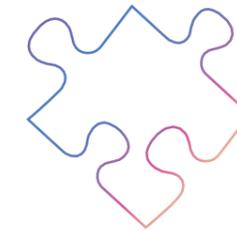
with Night Runners, and saw more than 400 runners take on a course that mixed fast running with exciting obstacles. Stay tuned for the next Beach Race, coming to a destination near you!



THE EGYPTIAN AUTISTIC SOCIETY  
الجمعية المصرية للأوتيزم



اتحاد مش توحّد  
IN THIS TOGETHER



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- Lose words around 18 months
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  - Hand flaps and spin wheels
  - Doesn't seem to understand you
  - Tiptoes

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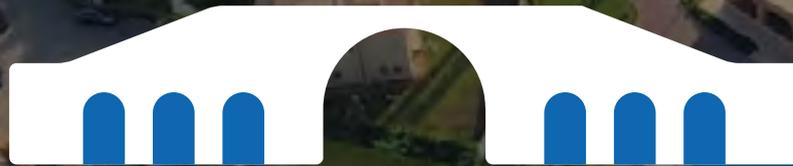


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