

31/MAYO/25

5ª EDITION



RACE MANUAL

*"What is hard to achieve is
sweet to remember"*

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SEGURA EXTREME TRIATHLON

Welcome to the 5th edition

First of all, thank you for the trust you have placed in our test. We hope that your experience will be remembered as an unforgettable one.

Segura Extreme Triathlon is more than just a sporting event; it is an "adventure", a long-distance extreme triathlon, carried out for athletes who wish to live a unique and different experience, without crowds, surrounded by their family and in a natural environment, with emblematic landscapes in the heart of the Sierra de Segura.

It is a privilege to have you at the starting line on May 31st.

"What is hard to achieve is sweet to remember"

Pepi Gomez & Cristobal Barberan



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SCHEDULES

FRIDAY 30 MAY

- **11:30 a.m. to 6:30 p.m.**
Delivery of race numbers at the Tranco Leisure and Tourism Centre
- **17.30H**
Briefing (Mandatory attendance)

SATURDAY 31 MAY

- **04,15 H**
Opening of transition area, bike and equipment control.
- **05,00 H**
Closing T1 and going down the walkway to the Embarcadero del Tranco
- **05,15 H**
Departure of the Solar Boat towards the Swimming Start.
- **05,45 H**
HOME SEGURA EXTREME TRIATHLON
- **07,15 H**
Closing of swimming sector
- **00:30 H** (Early Sunday morning, June 1)
SAFE FINISH OF EXTREME TRIATHLON IN CASTILLO DE SEGURA

FROM THE MOUNTAINS



SUNDAY, JUNE 1

- **11,30 H**
Presentation of awards and gifts to all participants in T1 Tranco Reservoir Leisure Centre

** Schedules are subject to change and will be communicated with sufficient notice.*

The Tranco Swamp

In 1929 it was a very notable engineering work: at the time it was the largest dam in Spain, the second in Europe and the third in the world.

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SWIMMING SECTOR

3,600km



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SWIMMING SECTOR *RULES*

The departure will be from the boat.

The route will be marked with rotating lights for perfect viewing in the dark.

It is mandatory:

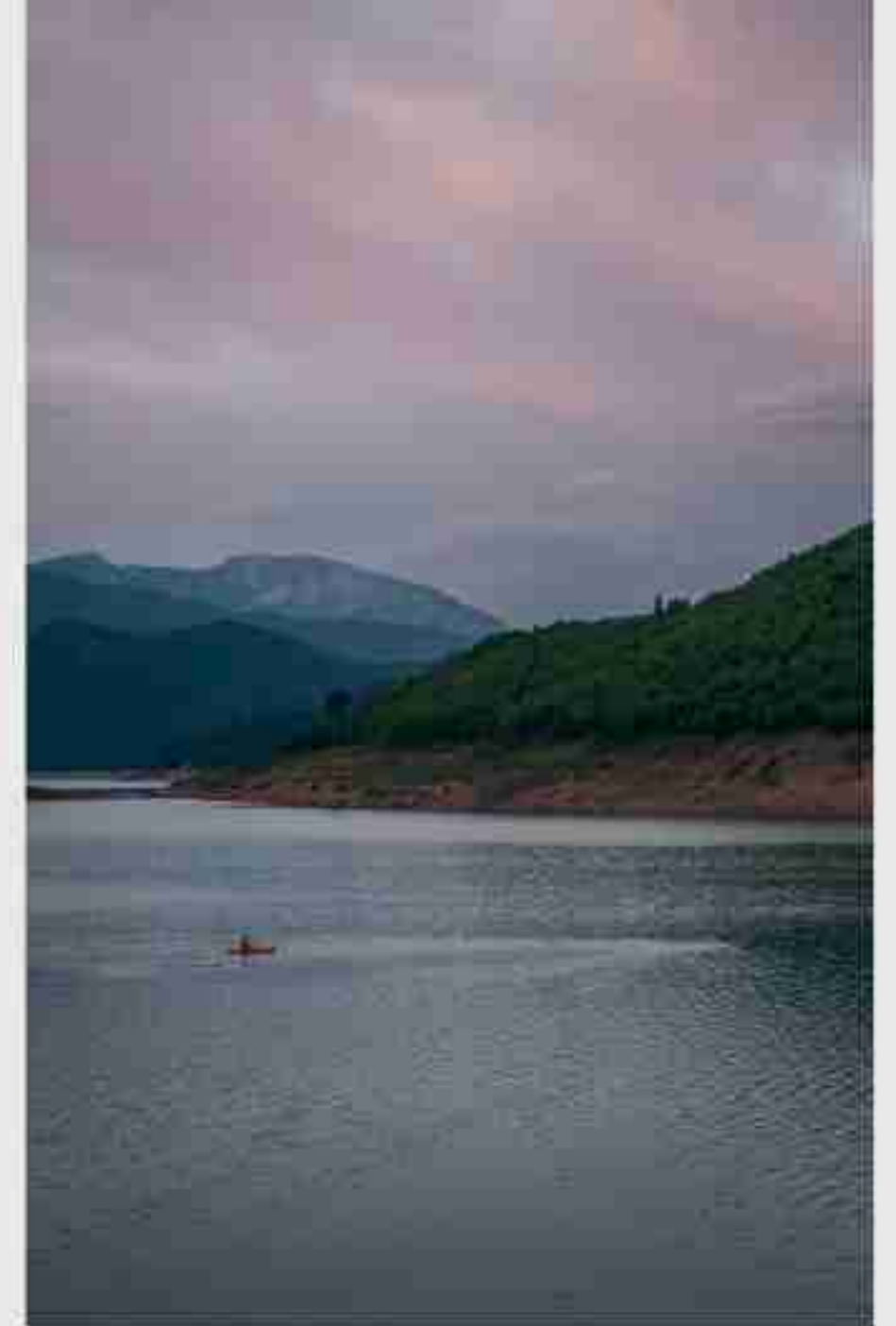
- Use of Neoprene FOR SAFETY, even though the water will be above 18°.
- The use of a personal safety buoy (the organization will provide chemical lights that are activated before the start, and which will be attached to the aforementioned buoy)

The following are not permitted for use:

- Neoprene gloves or booties
- Different cap from the organization's
- Headphones

It is recommended:

- Leave some sneakers or flip-flops at the start of the swim, as you then have to climb a 200-metre paved ramp to the boxes.



The helmet

It is said that on foggy nights, at the top of El Yelmo, the silhouette of a shepherd who died defending his flock appears. His spirit, they say, still watches over the mountain, protecting it from the unknown.

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CYCLING SECTOR

175 KM OF CYCLING WITH 4000 M+

Departure from the **El Tranco** Reservoir to ascend the demanding **El Yelmo** pass. After the descent through the **Navalperal** pass, you pass through **Orcera** and **El Ojuelo** to **Hornos de Segura**, where the climb to **La Cumbre** begins (20 km, long and constant). Once you reach the top of this pass, you descend towards **Rio Madera** to head to **La Toba** and begin the legendary ascent to **Despiernacaballos**, with challenging slopes and unique landscapes. From **Pontones**, a quick descent takes you back to **Hornos de Segura** and finally to **Tranco**, the arrival point.

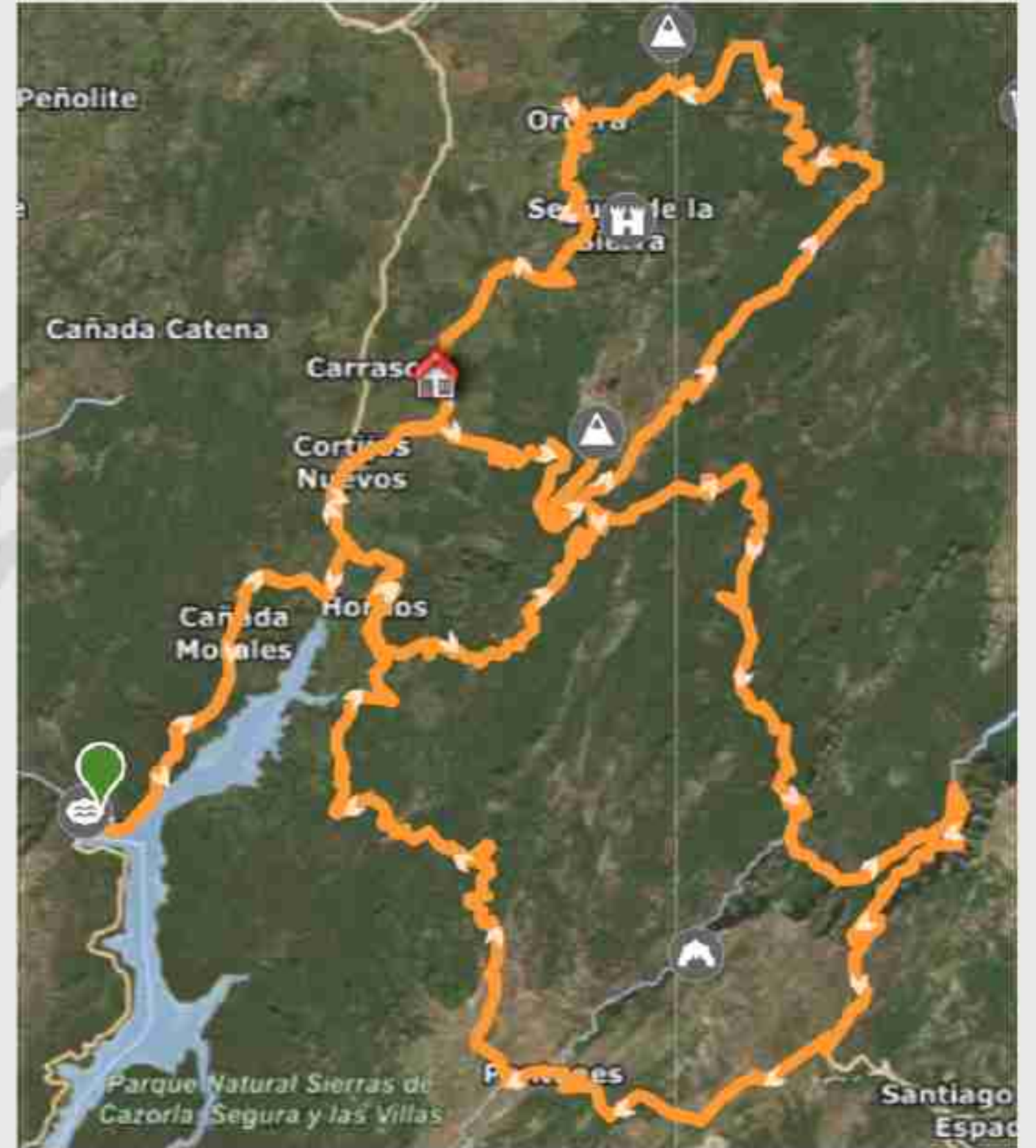


DATA *IMPORTANT*

- **Tranco Reservoir Leisure Centre**
- Total Length: 172 KM
- Positive gradient: 3,900 mts

All detours and crossings will be signposted and will be staffed by the organisation.

It is **MANDATORY** to bring the track downloaded. **Traffic will be open**, so **extreme caution**, must be taken, although traffic in the area is minimal.



BIKE RULES

- **The race number during this section must be visible from behind**, the bicycle must be identified on the seat post with the race number, as well as the identification sticker on the helmet.
- **It is mandatory to carry a flashing or fixed rear light**, as well as a fixed front light during the first 30km of the cycling sector, since visibility at those times is reduced (it will be dawn).
- Throughout the journey you must be **very careful** about the possibility of crossing paths with animals, we are in a natural park, where wildlife is very abundant.
- **Disc brakes are highly recommended**, as the descents are steep and in some cases may have gravel or vegetation remains.
- The average temperature in the area for these dates in recent years ranges between a **minimum of 17° and a maximum of 31°**.
- **It is strictly prohibited** to break traffic regulations or obstruct traffic by not driving on the right side of the road whenever possible.
- **Along the route** (apart from the refreshment area) there are plenty of natural water sources, we advise you to fill up whenever possible.



- **It is strictly forbidden** for any car or motor vehicle to go behind, in front of or parallel to the participant on the road.
- **The use of headphones** or mobile phones is prohibited.
- **It is permitted** to ride side by side with another participant on ascents to major mountain passes.
- Following another participant **is permitted** only on descents and for a maximum number of two participants.

CYCLING DESCRIPTION

EXIT



Departure from **the Tranco Leisure and Tourism Centre**, steep ascent ramp with a right turn, **be careful with traffic** at the exit.





IMPORTANT CROSSING

When you reach the first major intersection, turn left towards **Cortijos Nuevos**, as indicated in the illustration.



NEW FARMHOUSES

Once inside **Cortijos Nuevos**, at the main roundabout of the town take the exit for **"EL OJUELO"**



EL YELMO

Altitud:	1801 m
Distancia:	15,72 km
Desnivel:	1056 m
Pend. Media:	6,74%
Contorno:	25%



Leaving **Cortijos Nuevos**, the ascent to the first port of the day "**El Yelmo**" begins, passing through the districts of "**El Ojuelo**" and "**El Robledo**"



When we reach the crossroads, we turn towards the climb to "**Yelmo**". At the top you will make a 360 turn and you will go back down the same way you went up.





When we reach the same crossroads of the climb, we continue straight ahead and we will reach the forest refuge of **"El Campillo"**, we turn left at the intersection...



We will ride through a terrain of continuous ups and downs until we reach the **"La Era del Fustal"** junction, which we will take to the left as illustrated.



After a few km, we find the next junction, on the right, towards **"La Hueta"**, which will take us after a long descent with good road surface and hairpin bends, to the town of **Orcera**.

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Upon reaching the town of **Orcera** we will find two important crossroads within the town, the first one we will take to the right as indicated...



Without deviating from the main avenue, a few meters away we arrive at a crossroads where there will be a sign that turns LEFT
Be careful not to pass the next intersection!!

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A few metres away we must pay close attention to turn left at the road sign for "**Segura de la Sierra**", which will be clearly signposted.





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◀◀◀ Leaving the town of **Orcera**, we begin a short climb to the crossroads that indicates **"El Batán"**, **Hornos de Segura**, **Cortijos Nuevos**, we turn right

Once past the hamlet **"El Batán"**, we continue downhill until the **"Ojuelo"** >>> crossing, which we will take to the left





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Once past the hamlet "El Batán", we continue downhill until the "Ojuelo" junction, which we will take to the left. Once we reach "Ojuelo", the only point that may generate doubts is the one we indicate in the following illustration. Following this indication and going straight ahead, we leave the village, heading back to Cortijos Nuevos.

We return to Cortijos Nuevos, this time we leave the main roundabout on the left, heading in the direction of Hornos de Segura, as indicated in the illustration.





Once we have completed the first 5 km of the aforementioned port, we arrive at the town of **Hornos de Segura**, the main town of our test, which we will pass through twice by bicycle and once on the Trail.

In this first step, we will take the main intersection to the left towards "**La Capellanía**" as illustrated.





From here the climb to the top of the port becomes more gentle and "comfortable", enjoying a landscape of great beauty. Once you have reached the top of the port of **"La Cumbre"**, turn right as indicated.

At 200 meters from the main intersection indicated above we head towards **"Río Madera"** detour that we find on our left located





From this point to the next crossing, it is all downhill, be extremely careful.

Caution, the road is narrow with very sharp curves. When you reach **"Río Madera"** follow the signs to the right, direction **"The Toba"**



In the village of **"la Toba"** we will take the detour to the right and just after crossing the bridge, again to the right, towards **"Pontones"**, here begins the third and hardest port of the day, **"Despiernacaballos"**



When you reach the top of the aforementioned pass, at the crossroads, you have to be very careful, because there is a 180° turn to the right to join the main road that will take you to the town of **Pontones**.





Once outside the town of Pontones, we head back to **Hornos de Segura** along the "**Ballestera**". On this route there is only one crossing that can be confusing and which will be duly signposted, as shown below.



At the end of the 5 km descent from **Hornos de Segura**, we find the junction that takes us to T2, at **the Tranco Leisure and Tourism Centre**.



Castle of Segura de la Sierra

The story goes that a queen, seeking refuge, came to this region and took refuge in the fortress situated on the top of an extremely high and majestic hill, which seemed inaccessible to any enemy siege. With a sigh of relief, the queen exclaimed: "Here I am safe." It was from this moment that the town adopted the name of Segura.

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SECTOR TRAIL

INFORMATION AND RULES



Departure: **Tranco Leisure and Tourism Centre**

Arrival: **Segura de la Sierra Castle**

Total distance: 42.6 KM

Elevation difference: 1.960 mts.+

- **Safety on the route:** You must run on the left side of paths and roads, although the absence of vehicles cannot be guaranteed.
- **Recommended equipment:** Trail running shoes are recommended, as the route runs mostly along forest paths and tracks.
- **Mandatory backpack:** Must include a headlamp and flashlight, waterproof jacket with hood, thermal hat, neck tube, long-sleeved thermal shirt, thermal blanket, whistle, food, water and a charged mobile phone. It will be checked at the **Campillo** refuge.
- **Recommended point to carry the backpack:** From km 12 (**Hornos de Segura**).
- **Accompaniment:** One person is allowed on any stretch, with **Hornos de Segura** or the **Campillo** refuge being recommended. In the couples option, more companions can go. Those accompanying must carry the same mandatory backpack.





SIGNALING

These are the signs that we will find in SEGURA EXTREME TRIATHLON



We start from T2 located in **Tranco**, heading towards Hornos. After 1 km we find the access to the right of the path that runs along the reservoir, approximately 9 km long, which we will not leave until the intersection of the climb to **Hornos**.



We come across the GR247 signposting, we continue for 300 metres and turn left as indicated in the following illustration. Here begins a steep climb to the village of **Hornos**.





Once inside the town, we will follow the signs and the signage to join the track and path that takes us to **"La Capellanía"** is a very pretty and completely shaded trail area.

Upon reaching the small village of **Capellania**, follow the signs for the GR247 as you leave the village. You will climb up the track and path, always ascending, bordering the **"Yelmo Chico"** track.





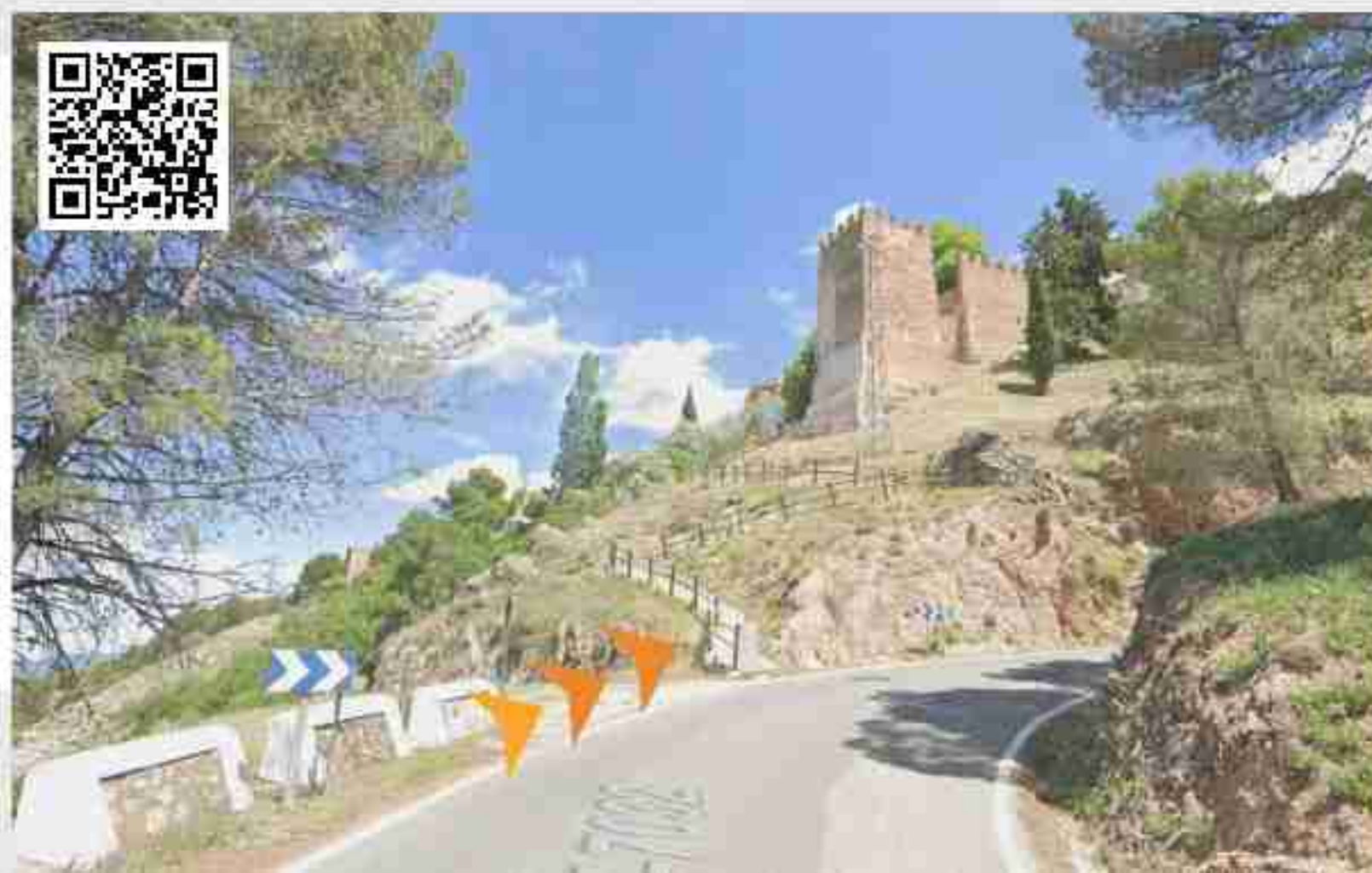
Until the junction of the climb to "Yelmo", in the middle of the route there is a fountain in case it is necessary to refill water, it is highly recommended.
We continue on asphalt and always ascending for 3 km until we find the sign on the right for a technical and downhill trail, where extreme caution must be taken.

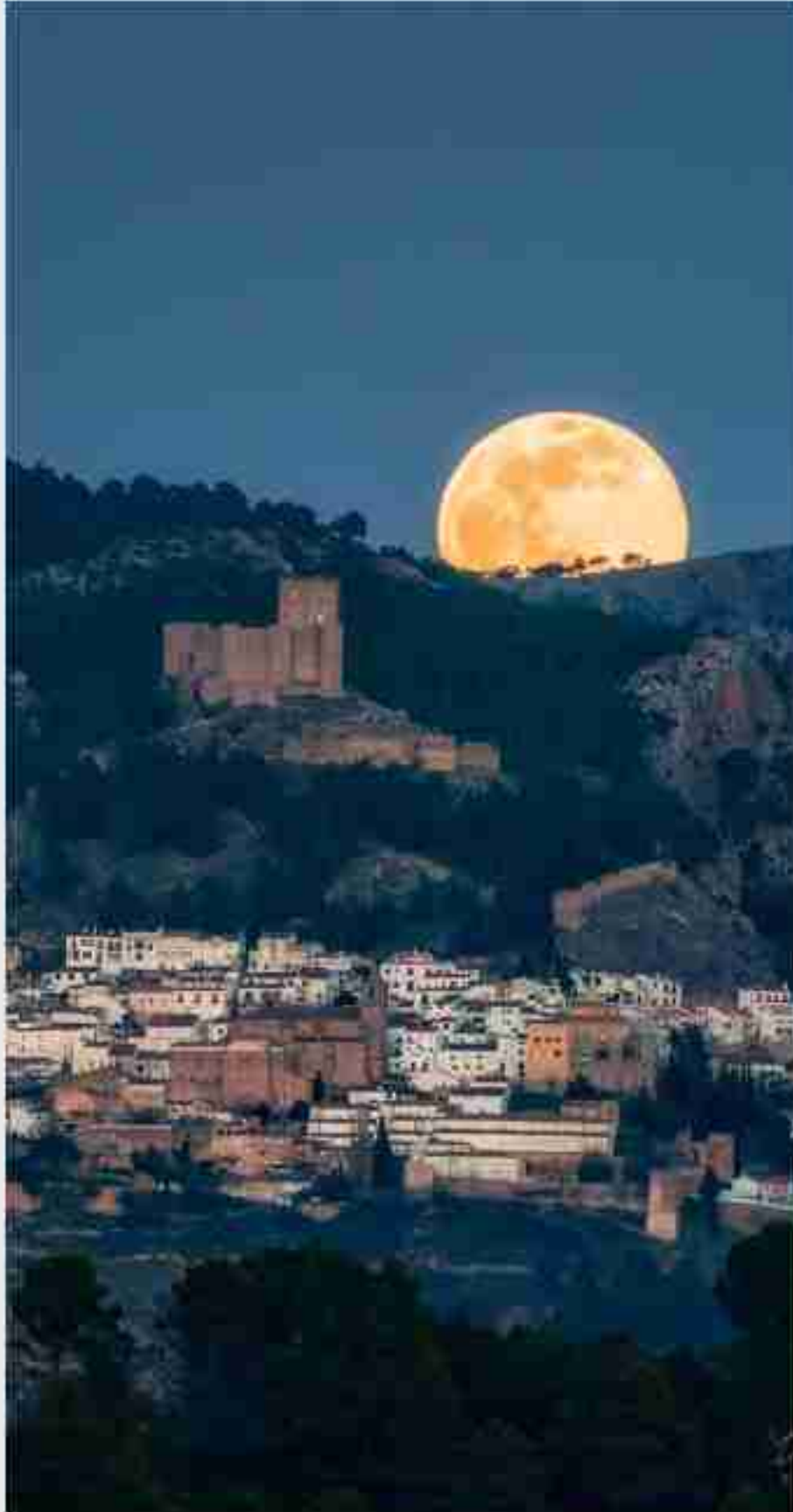


At the end of the descent is the "**CAMPILLO**" refuge, where there will be a refreshment stand and a check of equipment (backpack inspection). It will also be the time cut-off point, since the next area is steep and will be traversed at night.



Always following the GR signs and markings, we will descend through a technical area with loose stones and tree remains due to a fire, which makes it slippery. There will be reflective signs to improve visibility. The descent ends after crossing a stream, followed by a section of track before the last steep climb that leads to **Segura de la Sierra**, reaching its historic centre at the first asphalt bend.





META

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Upon exiting the town center (it will be indicated), we head towards the Castle, where we will find the long-awaited Goal after a steep slope.

CUTTING TIMES

- At Terminal 2 (**El Tranco**): 17:00 H
- At the finish line (**Segura De La Sierra**): 19:00 from the start

CHECKPOINTS

There will be 2 checkpoints during the cycling sector:

- **El Campillo** Shelter Km 30
- High port the Summit km 83





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