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All you need to know about...



EUROMAN 2026

UNITED BY HOPE

We support



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1

What is the EUROMAN 2026?

Overview

What is the idea?

To organize and implement **the first and world's largest triathlon relay across Europe**, consisting of running, road cycling and swimming.

How does it work?

Everyone can apply for the race with their individual route within the predetermined zone across the European continent and their triathlon-specific discipline. The raceteam thereby builds the final course from start to finish with each additional participation.

Where does the race take place?

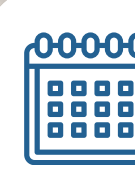
The EUROMAN 2026 starts in **Dalmally, Scotland** and crosses 10 countries on the European continent and finishes in **Medugorje, Bosnia & Herzegovina**. All without a single geographical gap along the course.

When does it take place?

The race starts on **April 1st 2026** and will approximately last 7 to 8 days.

Who can participate?

Everyone can apply for the race before joining the raceteam. Some celebrities and athletes are also nominated for the race.



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What is the EUROMAN 2026?

The Triathlon Challenge

A triathlon consists of three sports (swimming, running, cycling). Normally, the order of these three disciplines is fixed in a triathlon.

For EUROMAN 2026, however, **the only requirements are:**

- that each participating person, i.e., each member of the Raceteam/EUROMAN, uses exclusively one or, if applicable, several of these three modes of movement,
- and that along the entire route through Europe each discipline is represented at least once.

The sequence in which the disciplines are distributed **does not matter**; the **same discipline may occur multiple times** in a row, and the **frequency** of each discipline **does not have to be equal**.

For example:

PARTICIPANT 1: Running (A → B)
PARTICIPANT 2: Swimming (B → C)
PARTICIPANT 3: Road cycling (C → D)
PARTICIPANT 4: Road cycling (D → E)

...

Additionally, triathlon distances are usually predefined. At EUROMAN 2026, however, there are **no predefined distances**, meaning every person may apply to the Raceteam with any distance of their choice.

Important: Only the minimum distances specified in the rules must be respected and also the required qualification distances in case of joining a league.



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The Rules

3

Your Participation

The Leagues & how to become
Champion

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1

What is the EUROMAN 2026?

The relay principle

Imagine forming an unbroken chain from the starting point in Dalmally (Scotland) all the way to the finish in Medjugorje (Bosnia & Herzegovina)...

That is exactly the principle behind EUROMAN 2026.

We aim to create a **relay that incorporates all triathlon disciplines**, thereby becoming a triathlon relay.

Each Raceteam member is a puzzle piece within this chain/relay and contributes to the successful completion of the challenge with their individual route and discipline.

EUROMAN 2026 specifies only the start in Dalmally on 01 April 2026 and that the finish is in Medjugorje. Between these two points lies a **geographical zone** in which any person may apply with an individual segment by indicating their start and end location and the discipline they will use.

For example:

EUROMAN 2026 – Start: A, Finish: Z

PARTICIPANT 1: (A → B) & Running (10km)

PARTICIPANT 2: (B → C) & Swimming (4km)

PARTICIPANT 3: (C → D) & Running (42km)

...

PARTICIPANT 26: (Y → Z) & Road cycling (160km)

Important: The race will proceed **uninterrupted, both in terms of time and location**. Moreover, each raceteam member will **carry a relay baton** to highlight the symbolic significance of the relay..

So if PARTICIPANT 1 reaches Location B, PARTICIPANT 2 has to be there already to receive the baton and the race continues...



2

The Course



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3

Your Participation

How to participate in the Race

1

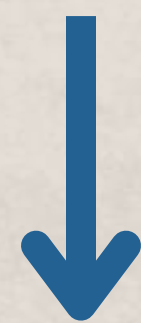
You click on the following link:

[EUROMAN 2026 – Raceteam Application](#)



2

Fill out and submit the application form.



3

You'll receive an email confirming your data.



4

As soon as your application has been evaluated, you'll receive an **email confirming your raceteam membership** and including your **individual route segment**. You'll also be **added to the WhatsApp Community**.

WELCOME TO THE RACETEAM!

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3

Your Participation

The Nomination

To expand the movement in support of our mission to make the world a better place, we want to take initiative ourselves in addition to accepting applications for the Raceteam and **publicly nominate certain individuals** who are well-suited for **EUROMAN**.

These include **athletes, celebrities, and professionals.**

Especially for the **English Channel**, we aim to recruit an experienced athlete, as this segment of the route is **too dangerous to be open for general applications.**

However, for these nominations to be successful, we need the **support of the community** on social media.

So make sure to follow **EUROMAN** on social platforms and help us spread the movement.

Become part of the Race Team today—this is your chance to compete alongside renowned personalities.

But above all, do it for a better world.



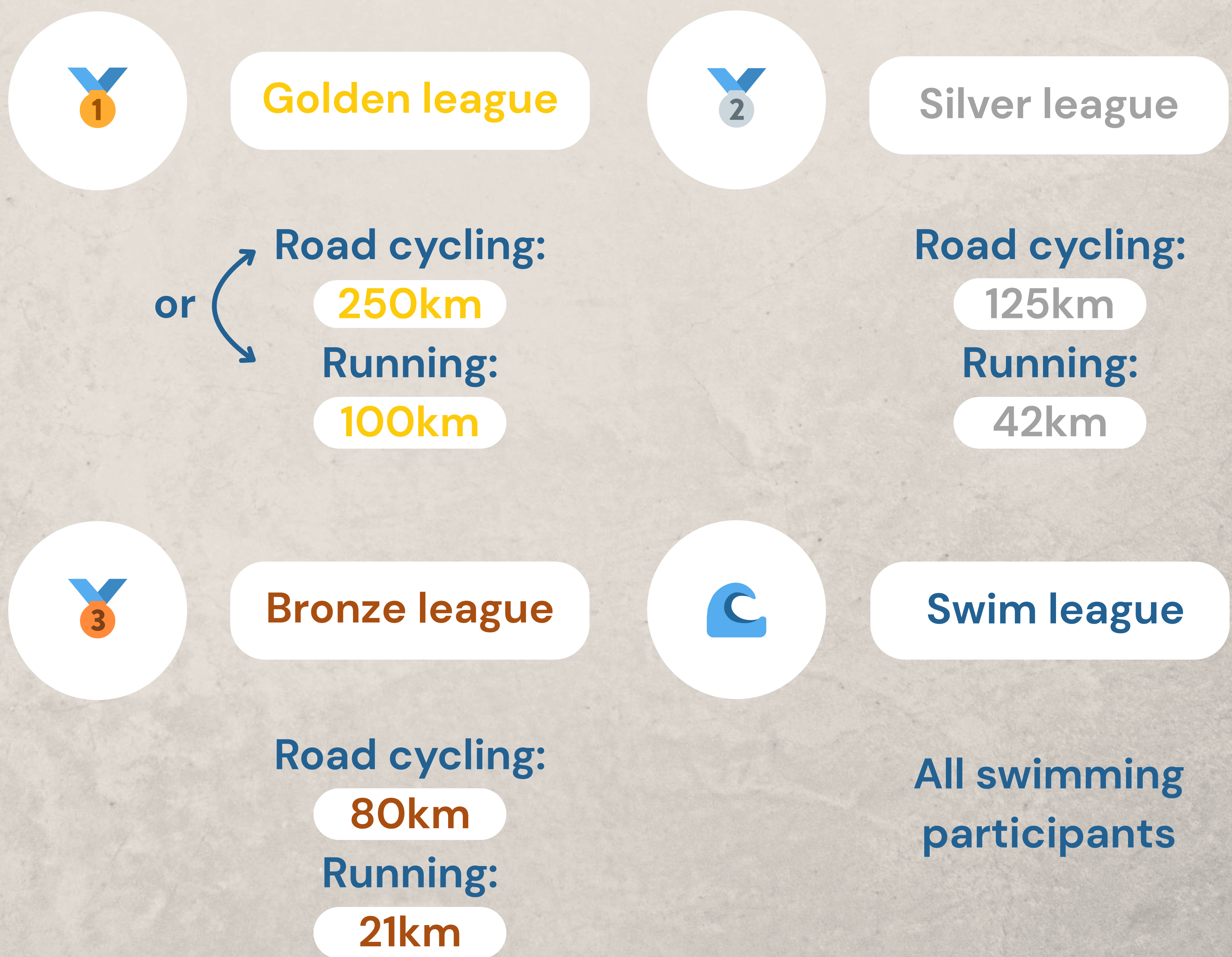
3

Your Participation

The Leagues & how to become Champion

To put some competition into the relay, you can join one of seven leagues based on your chosen discipline and distance.

The first places in each league will be the official champions.



As soon as you apply with one of the shown distances and the related discipline, you are instantly added to the league. The faster you finish your segment, the better your ranking will be.



4

The Rules

These Rules apply to the Raceteam and the Race of
EUROMAN 2026:



Min. 50km Road
Cycling
Min. 10km Running



No Geographical Gap
On The Course



Own Recordings
Welcome



Minimum Age
18 Years



In Case Of Emergency,
The Race Temporarily
Stops



Triathlon-Specific
Disciplines Only

Note:

Each raceteam member acts at their own risk.
Any violation of the rules will result in exclusion from
EUROMAN 2026 and revocation of membership.

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The Mission

EUROMAN is the organizer of the **world's largest triathlon relay** challenges, driven by a purpose beyond competition, following its own motto: 'Join • Grow • *Inspire*.'

We aim to **unite people**, to **make the world a better place** together, by encouraging each individual to surpass themselves and, in doing so, serve a cause greater than themselves.

Immense potential lies not only in Europe but within every single person. Each of us has the **power to inspire** others through our actions and to spark a movement. And every movement begins with a single step — our step is participation in the world's largest triathlon relay.

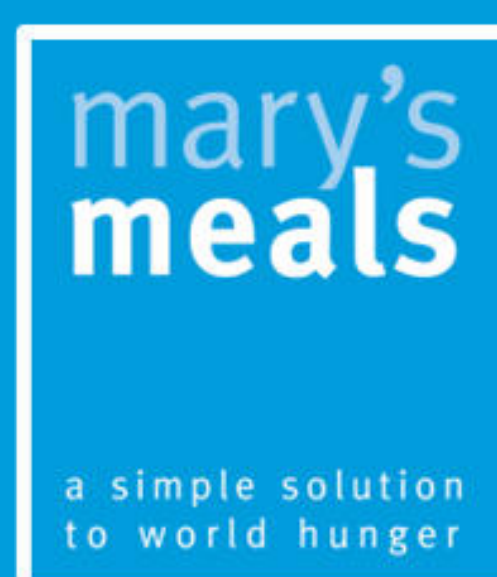
But that's not all. With **EUROMAN 2026**, we support a truly special charity: **Mary's Meals**.

As an International Youth Ambassador for Mary's Meals, **EUROMAN** founder Denis Holub has come to embrace this organization in his heart and is convinced that **every meal can change a life**.

We aim to do the same — with every step we run, every kilometer we cycle, and every breath we take in the water.

Let's take a stand together and save lives. Are you in?

We support



Join - Grow - *Inspire*





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Website

www.denisholub.com

Learn more about our mission!

www.marysmeals.org

**“Many small people, in many small places,
doing many small things, can alter the
face of the world.”**

African proverb