

## **CARPATHIAN MTB EPIC**

### **2018 Cheile Gradistei - Fundata Resort, Brasov, ROMANIA**

### **RIDE GUIDE | 4-DAY EPIC**

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## **Introduction**

Thank you for registering for Carpathian MTB Epic, the Premium SOLO multi-stage full-service mountain-bike race organized in the Carpathian Mountains in Romania, open to Elite (UCI) as well as aspiring and amateur riders.

The Event is scheduled between the 16<sup>th</sup> and 19<sup>th</sup> of August 2018. For the whole duration of the event, the Race Village is located at the Cheile Gradistei Fundata Resort in Moeciu, county of Brasov (GPS 45.453381, 25.300852). Find details about how to get there by clicking [here](#).

Get all your information on the official website, [www.carpathianmtb.ro](http://www.carpathianmtb.ro).

The race will have LIVE TV coverage. More information can be found [here](#).

## **General Specifications and Regulations**

### **Race Options**

There are 2 Race options available at entry: the full 4-day EPIC experience, or the 1-day Challenge.

The 4-day EPIC includes a Prologue and 3 daily stages. The Prologue (Thursday, 16<sup>th</sup> of August) is an XCT-type qualifying race with a distance of 10 km and 550 m of climbing whose results will be used to determine the competitors order at the Start line for Stage 1. The Prologue is mandatory and contributes to the General Classification. Each of the 3 stages is run on a distinct cycling route: Stage 1 on Friday (17<sup>th</sup> of August) – 60 km, with 2700 m of climbing; Stage 2 on Saturday (18<sup>th</sup> of August) – 60 km, with 3300 m of climbing; Stage 3 on Sunday (19<sup>th</sup> of August) – 60 km, with 2500 m of climbing. The courses are subject to marginal changes (below +/- 10%), under normal circumstances.

The 1-day Challenge will take place on Sunday (19<sup>th</sup> of August), on a distinct course of 40 km and 1500 m of climbing.

## Registration

All participants registered for the 4-Day EPIC event are expected to pick-up their Race Packs (including frame & back race numbers and the specialized GPS tracking & signalling device) on the 16th of August. Race Packs will be handed at the Registration Centre (the Reception of the Cheile Gradistei - Fundata Resort), between 10 A.M. and 3 P.M. If you are unable to reach the Registration Centre in due time, please contact us [here](#).

You will also receive your Carpathian MTB Epic ID bracelet at Registration and you must wear it for the entire duration of the event. This will give you access to the services of the race, such as the Day Bike Park.

## Accommodation

Riders who contracted accommodation will be checked-in starting with Thursday, 2 P.M. Earlier check-ins may be possible provided the rooms are ready. All accommodation options include breakfast. If you have opted for the standard period of accommodation, between the 16th and the 19th of August, please note that the checkout time is no later than 6 P.M., on Sunday.

## Meal Plan

All riders will be offered a consistent meal plan to help them keep up with the caloric consumption. Both meat-based and vegetarian options will be available. Feeding Points will be available on course.

Breakfast will be served every day starting on Friday morning in the Main Restaurant. Please check the [Event Schedule](#) and make sure you respect the specified intervals.

Recovery meals will be available in the Chill-Out Zone, immediately after the race.

Dinner will be served during the Themed Dinner Parties every day, at the Main Restaurant. On Thursday, dinner starts at 7 P.M. and ends at 8:15 P.M. On Friday and Saturday, dinner starts at 6:30 P.M. and ends at 8:00 P.M. The Farewell buffet will be served in the Chill-Out Zone, on Sunday, from 4:30 P.M. to 6:00 P.M.

In the event that weather conditions do not allow us to respect the above location for the Farewell buffet, alternative sheltered locations will be provided in the Main Restaurant.

All meals will be available only to riders and supporters wearing the Carpathian MTB Epic Bracelet or the Cheile Gradistei Supporters' Bracelet.

### Daily Stage Briefings & Team Managers / UCI riders meeting

The official Team Managers / UCI riders meeting will take place on Wednesday (15<sup>th</sup> of August), at 9:15 P.M., in the Main Restaurant. Please follow the Race Briefing signs once you reach the Restaurant.

Every day starting with Thursday (16<sup>th</sup> of August) there will be a short Technical Brief that all riders must attend. The final and latest information about the tracks will be available during these meetings, as well as tips and general specifications about the race. The Technical Briefs will take place at the end of each race day, starting from 8:15 P.M. on Thursday and 8:00 P.M. on Friday and Saturday, in the Main Restaurant.

### Equipment

Each rider must wear a helmet at all times while riding during the race. Appropriate riding attire, including a shirt, must be worn at all times.

The use of earphones and radios during the race is not allowed.

For each of the stages except the Prologue, all riders must carry a GPS device and have the tracks loaded on it. Sharing the tracks is not allowed given the status of some of the roads being traversed (protected areas, private domains, etc.). Final tracks will be sent by email in the week of the event. If you did not receive the tracks one day before the start of the event, please contact us or submit your request at the Race Office, in the Race Village.

All riders must carry a raincoat at all times. A safety blanket will be provided in the Race Pack and must be carried at all times during the race. You can replace a used safety blanket at the Race Office.

It is every rider's responsibility to ensure that his/her mountain bike is in good working order and race-ready at the start of each stage. "Race-ready" means the following:

- Race number is securely fitted and visible from the front;
- The bike is in safe working order, with all parts functioning;
- The bike is in full accordance with the Event's Rules and Regulations.

Each rider is responsible for the maintenance of his/her own bike for the duration of the Race. Riders may carry tools and spare parts provided that these do not involve any danger to the rider himself or the other competitors. All riders must be equipped with a pump and replacement inner tubes throughout the race.

## Stage Starts & Start Procedures

### Prologue

Carpathian MTB Epic kicks off with the Prologue race, held in the vicinity of the Race Village, Cheile Gradistei - Fundata Resort. The Prologue is an XCT type race where each rider will start based on a pre-allocated start time. It is the rider's responsibility to know his/her start time. Start times will be publically available on the official Event website and the Race Office, on the day of the race.

Riders must report at the entrance to the start chute at least 5 minutes before the allocated start time. Riders will be starting 20 seconds apart. Your finishing position in the Prologue determines your seeding for the first Stage of the race.

### Stages

For each of the main stages, riders will have to take their place in their allocated start boxes, based on seedings. Seedings / start box allocations are determined in the first stage based on the results of the Prologue. Seedings are adjusted for the following stages based on the overall classification. The applicable start chutes for the next morning will be made available alongside the official results of the day's racing, at the Race Office and in the Chill-Out Zone.

Start boxes are numbered and at the entrance of each box a panel indicates which riders should be in the box. The highest-ranked group of riders are in the box closest to the start line, the next highest group in the second box, and so on. The front of the start chute is reserved for the top 6 men riders and the top 6 women riders.

Riders will be called to the start line approximately 15 minutes before the start of the race but this may vary slightly. Riders are requested to be in the vicinity of the start line at least 25 minutes before the calling procedure begins.

Lines are marked on the ground parallel to the start line every two metres (approx. one bike length). These lines serve as a mark for riders to line up on. As the call-up begins, the riders go to the start line and may choose a position from the remaining available places in their start box.

Please make sure you are aware of your allocated start box.

The top 6 men riders and top 6 women riders will have a separate waiting area, right next to the start arch and will join the start line one by one, only when indicated by the Start Commissaire.

The official time used for rankings is "Gun Time".

Riders must enter the start zone with their bikes, and once entered must remain in the start zone with their bikes.

### Maximum Stage Times

The maximum stage times are determined according to the length of each stage and the terrain to be covered. Maximum stage times will be communicated to riders at the Stage Briefing on the night before the relevant stage or/and prior to the start.

In case a rider finishes a stage in a time greater than the maximum stage time set for the respective stage, he/she will be marked as DNF (did not finish).

The race organizers may designate intermediate cut-off points that must be reached within specific times on each stage. Any rider which fail, or will in the sole opinion of the Race organizers and Race Marshals be unable, to reach intermediate cut-off points will be prevented from continuing to ride, be swept from the course and be classified as DNF (did not finish) for that stage. This is done only to ensure the safety of all those involved in the race, riders and event crew alike.

The refusal to withdraw from the route when asked to do so by officials may endanger both the participant and the rescue teams and members of the organizing team. The refusal to withdraw from the route leads to the automatic disqualification of the participant, the organizer not being responsible any more for the participant's safety. If a participant refuses to stop despite the referees' indications and after this decision a rescue or intervention operation takes place to evacuate the participant from the route, the costs associated with this intervention will be borne by the participant and imputed to him. Also, in such a situation, the participant becomes directly responsible for any injury suffered by a member of the organizing team during the rescue and / or evacuation operations of the participant.

### Checkpoints

There will be checkpoints on each stage, which will be shown on the stage race map.

Race Marshals will be located in some of these checkpoints. Riders that are not detected when passing these checkpoints may be disqualified. The location of these checkpoints will not be made explicit, and hidden checkpoints are not excluded.

### Public Roads and Tourists' Tracks

Carpathian MTB Epic will offer you a wide range of great scenery and incredible levels of riding freedom. However, some of the tracks we might have to share with tourists, vehicles

and sometimes animals. Please offer them your full consideration and give priority when it's due.

Moreover, you will sometimes be intersecting or riding along public roads. Please be aware that restricting traffic is not always possible and that you should always respect traffic regulation. In Romania we drive on the right side of the road. Riding on the other side of the road is not allowed.

### Feeding and Hydration Stations

Please stay adequately hydrated and plan your water reserves accordingly. We recommend that you have the capacity to carry 2 liters of water.

As a general rule, there will be three Feeding and Hydration Points (noted as FT points on official maps) for each of the three main stages. A Hydration Point will be available close to the riders' Chill-Out Zone, after the race. All of the Feeding points will provide water, Gatorade sports drinks and a wide range of nutrients: a selection of fruits, glucose, dried fruit, assortment of nuts, crackers etc. GoldNutrition and CANAH energy products will also be made available at these points.

Please be aware that for your riding comfort we have placed Feeding and Hydration points in areas that are extremely difficult to supply. We kindly ask that you respect your fellow riders and make use of the available resources responsibly.

### On-route Technical Zones

Each Feeding and Hydration Station will be equipped with 2 self-service technical tools. Inner tubes will also be available at each of these points in limited supply. Nevertheless, we urge you to carry a pump and your own replacement inner tubes throughout the race. There will be no spare parts that are bike-specific so be sure to carry your own.

### Conduct

All riders are expected to display good sportsmanship at all times, and must not use offensive or abusive language during the Race, act in an unsporting manner, be disrespectful to the officials or ignore the Race regulations.

The following actions are specifically prohibited and may lead to disqualification from the race:

- Throwing away of water bottles, packaging or bike spares;
- Deviating from the route; and/or
- Smoking at any point on the route.

## Safety and Emergencies

Any type of emergency can be signalled directly to the officials via the emergency phone numbers. The emergency phone numbers will be printed on the race numbers.

Additionally, each rider will be equipped with a special GPS tracking and signalling device that they must carry at all times. By pressing the button on the device for 3 straight seconds you will transmit a distress signal that we can use to identify your location and intervene in a timely fashion. Please use this function **ONLY** in the case of an emergency.

Carrying the device during all stages of the event is **mandatory**. Riders not carrying the device will not be allowed to start in the race. A detailed, step by step user guide will be given at registration. Setup is straightforward and simple – nevertheless, if you have any questions regarding the proper activation of your device, we will gladly help you out at the Technical Briefing.

In case of wet conditions, the devices must be placed in small sealable plastic bags. You will find such a bag in your Race Pack.

Please turn off the tracking device after each stage finish and then turn the device back on approximately 15 minutes before the start of the next stage. The tracking device is fully charged at hand out and will last for the duration of the 4-day EPIC event if you follow these instructions.

Medical interventions will be available in the Race Village. The course will be supervised by teams of specialized Mountain Rescue Marshals.

## Live tracking

A tracking solution is also available for keeping up with the participants at all times. All that is required is to download the Tractalis Application for [Android](#) or [iOS](#). Select the event “Carpathian MTB Epic” from the list of tracked races.

## Rider support

No outside assistance is permitted under any circumstances including physical assistance by any person other than a fellow competitor or accredited checkpoint staff at official Feeding & Hydration Points on the route.

Drafting is allowed between riders and fellow competitors. No other form of drafting is permitted whatsoever, including but not limited to drafting behind private vehicles, motor cycles, trucks and official race vehicles.

## DNF / DNS riders

### *Did not finish*

Any rider who withdraws from a stage or who does not reach the designated cut-off point for abandoning the stage will be classified as 'Did Not Finish' or DNF. DNF riders will not be eligible for prize money or other prizes for the respective stage and the overall ranking and no longer appear in the General Classification results.

A rider classified as DNF in one stage or Prologue may start in subsequent stages. However, he/she will not appear in the daily Stage Classification results of such subsequent stage(s) and will not be eligible for prize money or prizes awarded for such stage(s).

### *Did not start*

In case a participant does not start in the Prologue, in one or more stages, he/she will be considered a DNS and will not receive a stage or Prologue result, and will be removed from the General Classification and will therefore not be eligible for prize money or prizes related to the overall ranking.

A rider classified as DNS in one stage or Prologue may start in subsequent stages. However, he/she will not appear in the daily Stage Classification results of such subsequent stage(s) and will not be eligible for prize money or prizes awarded for such stage(s).

## The Race Village

For the entire duration of the event, the host of the Race Village is going to be Cheile Gradistei - Fundata Resort, a unique mountain resort and sport base in Romania, matching Olympic standards. Many international ski and biathlon competitions were hosted by the Resort. The Resort is located on a plateau offering exceptional views of the Piatra Craiului and Bucegi mountains.

In the Race Village the participants will also have access to a wide variety of facilities, detailed below.

### Race Office

The Race Office is your go-to whenever you have any questions that you cannot answer using the information available on the official website or the Ride Guide. The personnel in the Race Office are equipped to answer your concerns and help with various issues. This is also the place where any additional services, that you may want to incur during the Race,

e.g. physiotherapy, will have to be contracted (reserved and paid). The Race Office is open each race day from 8:00 A.M. to 7:00 P.M.

If required, only card payments are accepted at the Race Office. All transactions will be done through the online service provided by PayU Romania.

### **Medical Assistance**

One fully-equipped ambulance will be available in the Race Village, in the immediate vicinity of the Finish line. Standard medical check-ups are available starting on Friday, from 8:00 A.M. until 7 P.M. If the injuries allow, please report to the medics after having taken a shower.

### **BOSCH Bike Wash Zone**

A team of specialists from BOSCH is ready to take care of your bike cleaning after the race. All you need to do is report to the BOSCH Bike Wash Zone and hand your bike to the personnel awaiting there. They will do the cleaning and deposit your bike in the Day Bike Park located in its immediate vicinity. The BOSCH Bike Wash Zone is open up to 7:00 P.M.

Please note that riders arriving after 6:00 P.M. will have to wait for their bikes to be washed and can no longer use the Day Bike Park.

### **Day Bike Park & Night Time Bike Park**

During the day we will be depositing your bike in a guarded area so you can enjoy the moments after the race and the company of fellow riders. The Day Bike Park opens at 8:00 A.M. and closes at 6:00 P.M. by which time all bikes should be checked out. While we do the depositing, the riders will be the ones checking their bikes out. Access in the Bike Park will be granted on the basis of the Carpathian MTB Epic Bracelet.

Riders that have bought the Night Time Bike Park service / storage facilities do not need to check out their bikes. They will be handled by our staff and safely deposited at the end of the day.

Please note that if you did not buy the Night Time Bike Park service and leave your bike in the Day Bike Park after it closes, at 6:00 P.M., it will be moved to the secure storage facilities and can only be recovered after you pay a fee of 50 EUR per day, at the Race Office.

### **BOSCH Mechanical Assistance Zone / Premium Mechanical Service**

A team of mechanics will be available throughout the race in the BOSCH Mechanical Assistance Zone. They tend to get really busy so be sure you report to the Mechanical Assistance Zone as soon as possible but only after your bike has been cleaned. If you have

purchased the Premium Mechanical Service please take your bike to the Mechanical Assistance Zone by 7 P.M. If required, you will discuss details regarding further reparations and costs for spare parts. You will be able to pick-up your bike the next day, from the Day Bike Park, starting at 8:00 A.M.

### **Physiotherapy / Massage**

A team of specialists will be there to perform the best techniques available to speed up the process of post-effort recovery, including myofascial massage, deep-tissue massage and somatic massage. This service is pre-paid. If you decide to contract it on-site, please report to the Race Office and make the arrangements. Please schedule your time with the physiotherapists in advance, directly at the Massage zone so you can reduce the waiting times. The physiotherapy service is available until 7:00 P.M., for each race day.

### **Chill-Out Zone & Recovery Meal**

A special relaxation zone will be available for riders and supporters alike in the heart of the Race Village. If you are looking to blow off some steam after the race or mingle with the other riders, this is the place you want to be visiting. During the day, the Chill-Out Zone provides riders with a sheltered space where they can rest after the days' race and serve their recovery meal.

**Please consult the location map below to identify all the relevant venues.**



## The Courses

The courses will be thoroughly cleaned and marked one day prior to the race. The Courses are subject to marginal changes in the interest of delivering the most intense and safest MTB experience while looking after the natural environment. Under normal circumstances, differences will not exceed +/- 10%.

Please be aware that distances published and/or communicated at the Technical Brief each night may vary from those measured by your own device. There are a variety of reasons for this due to the differences in technologies used and user settings.

Accessing the routes outside the event is strictly prohibited given the status of some of the roads being traversed (protected areas, private domains, etc.). **Do not share the tracks** on any open platform, such as Strava.

Courses can suffer major changes in case the safety of riders requires it.





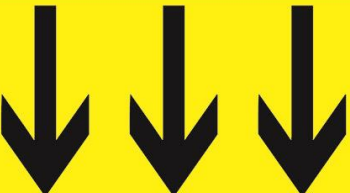






### Course Marking

On course you will be guided by the following markings:

- Bush markers: white-and-red signalling band;
- Signalling poles painted in reflective colours;
- Sprayed dots depending on the route;
- Signalling boards, as indicated below.

If you haven't seen any type of official markers for several kilometres, you are probably **not** riding the correct course. Please go back to the last identifiable marker.

## SYSTEM OF ARROWS AND SIGNS USED IN TRACK SIGNAGE

		
Straight Ahead	Right Turn	Left Turn
		
Straight Ahead Slow	Extreme Caution	Caution
		
Kilometers	Wrong Way	Water Crossing
		
	START ZONE	END ZONE

## The Prologue

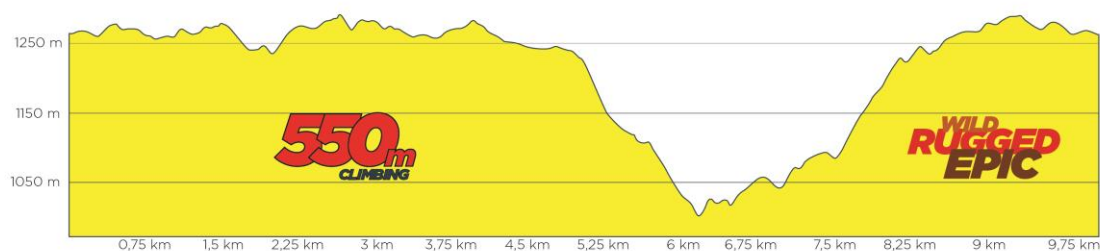
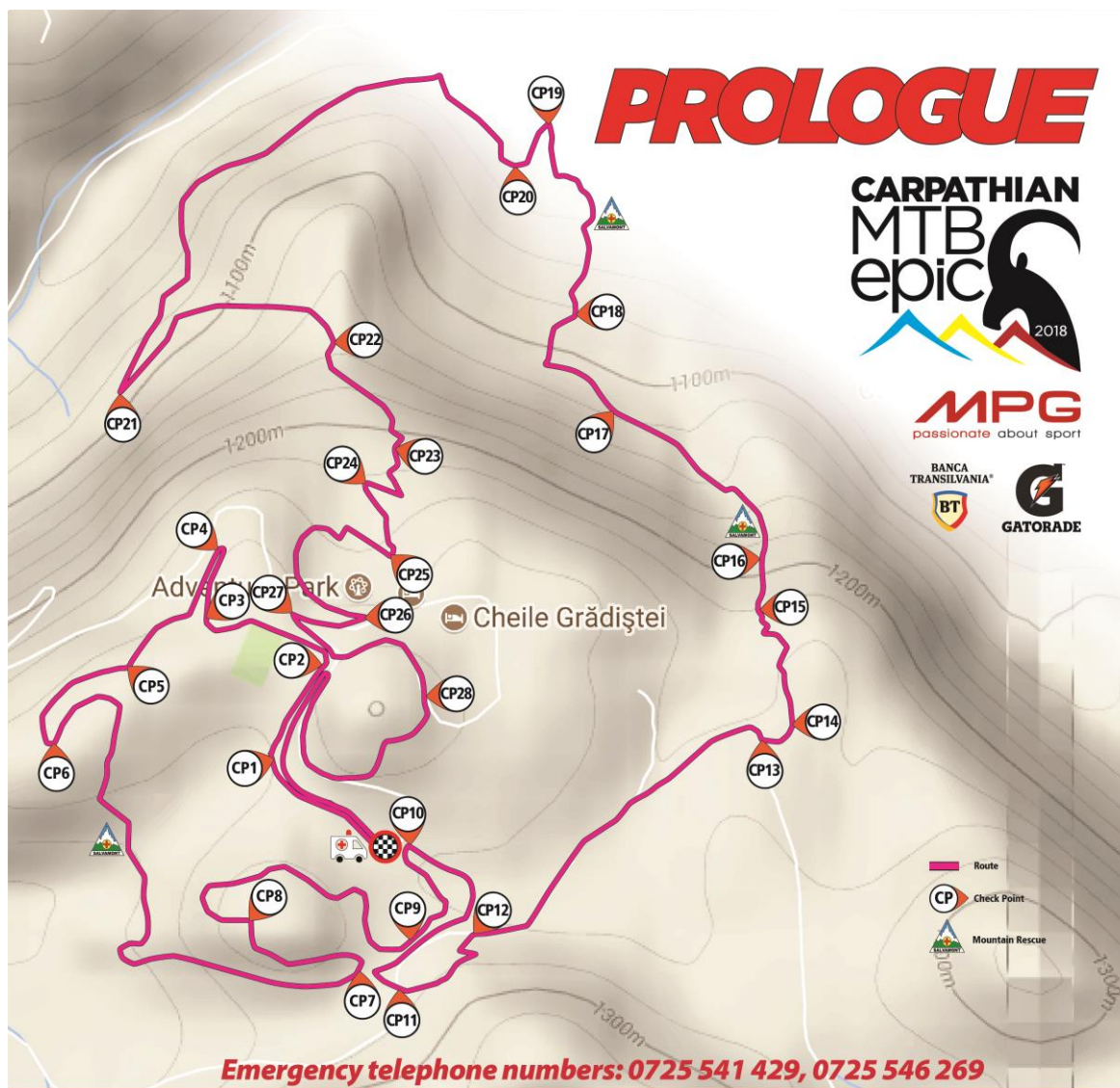
*Date: 16<sup>th</sup> of August*

The entire route will be constructed in the area of the Race Village, Cheile Gradistei - Fundata Resort.

Track length: 10 kilometres

Ascending: 550 meters

**Course map is available below.**



Official Suppliers & Partners



Authorities



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## Stage 1

*Date: 17<sup>th</sup> of August*

The route starts and ends in the Race Village, Cheile Gradistei - Fundata Resort.

Track length: 60 kilometres

Ascending: 2700 meters

### **Feeding, Hydration Stations & Technical Zones**

Point 1: km 12

Point 2: km 28

Point 3: km 49

**Course map is available below.**



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## Stage 2

*Date: 18<sup>th</sup> of August*

The route starts and ends in the Race Village, Cheile Gradistei - Fundata Resort.

Track length: 60 kilometres

Ascending: 3300 meters

### **Feeding, Hydration Stations & Technical Zones**

Point 1: km 12

Point 2: km 25

Point 3: km 41

**Course map is available below.**



### Stage 3

*Date: 19<sup>th</sup> of August*

The route starts and ends in the Race Village, Cheile Gradistei - Fundata Resort.

Track length: 60 kilometres

Ascending: 2500 meters

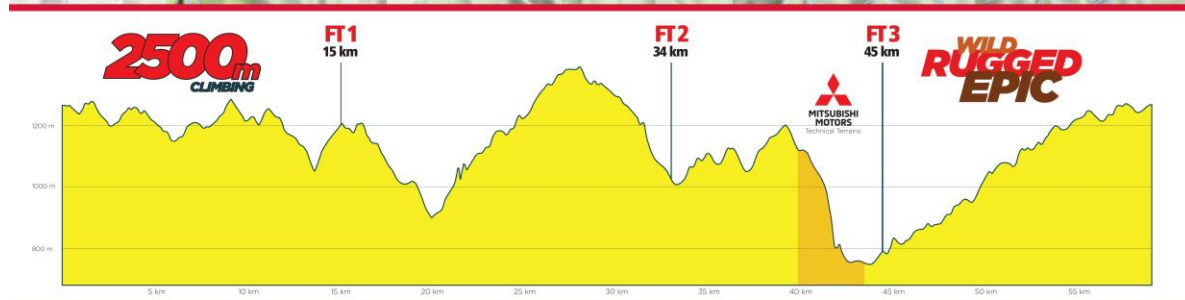
#### **Feeding, Hydration Stations & Technical Zones**

Point 1: km 15

Point 2: km 34

Point 3: km 45

**Course map is available below.**



## Contact

Carpathian MTB Epic is organized by A.C.S. MPG, in close cooperation with the Romanian Cycling Federation, Riders Club, MTB Academy, Media Production Group and Cheile Gradistei - Fundata Resort.

*For any questions please contact the Race Office on site, at the Race Village.*