

## **CARPATHIAN MTB EPIC**

### **2019 Cheile Gradistei - Fundata Resort, Brasov, ROMANIA**

### **RIDE GUIDE | 1-DAY Challenge**

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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 1st and 4th of August 2019. 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)

## **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, 1<sup>st</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 (2<sup>nd</sup> of August) – 43 km, with 2150 m of climbing; Stage 2 on Saturday (2<sup>nd</sup> of August) – 45 km, with 2250 m of climbing; Stage 3 on Sunday (4<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 (4<sup>th</sup> of August), on a distinct course of 43 km and 1800 m of climbing.

## Registration

All participants registered for the 1-Day Challenge event are expected to pick-up their Race Packs from the Race Office on Saturday, the 3<sup>rd</sup> of August, between 12 noon and 8 P.M. or Sunday, the 4<sup>th</sup> of August, between 8 A.M. and 9 A.M.

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.

## Meal Plan

Recovery meals will be available in the Chill-Out Zone, immediately after the race. We extend our gratitude towards Gold Nutrition, Barilla and Eisberg for supporting the meals with quality products.

On Sunday, we will celebrate 4 days of racing at the Final Party supported by Cristim as Official Partner and Torockoi, Ardealul, Inedit, Eisberg and Julius Meinl. The Final party / Farewell buffet will be served in the Chill-Out Zone, 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.

## 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.

All riders must carry a GPS device and have the track loaded on it. Sharing the track is not allowed given the status of some of the roads being traversed (protected areas, private domains, etc.). The final track will be sent by email in the week of the event. If you did not receive the track 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.

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

Riders will have to take their place in their allocated start boxes. The box allocated to 1-day Challenge participants is Box 5.

Riders will be called to the start line approximately 10 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.

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. 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

Checkpoints 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.

There will be 2 Feeding and Hydration Points (noted as FT points on official maps) for the 1-day Challenge race. 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. Gold Nutrition 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 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.

All participants registered for the 1-day Challenge race will receive a special tracking code that needs to be used with the Tractalis tracking app, available for download on iOS and Android devices. Further details will be offered at race registration. Link for the apps:

**Android:** <https://play.google.com/store/apps/details?id=com.tracking.tracking&hl=en>

**iOS:** <https://apps.apple.com/tr/app/mytractalis/id1185862771>

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.

## **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 from 8:30 A.M. until 7 P.M.

### **BOSCH Bike Wash Zone**

A special cleaning zone fitted with high pressure washers is available in the Race Village, up to 7:00 P.M. After the wash, you can deposit your bike in the Day Bike Park.

### Day 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. Access in the Bike Park will be granted on the basis of the Carpathian MTB Epic Bracelet.

### BOSCH Mechanical Assistance Zone / Premium Mechanical Service

A team of mechanics will be available throughout the race in the BOSCH Mechanical Assistance Zone. They can help you with the final preparations for the race, if time allows it.

### Physiotherapy / Massage

A team of specialists from "Terapie pentru miscare" will be there to perform the best techniques available to speed up the process of post-effort recovery. 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.

### Coffee Zone

Enjoy the atmosphere of the event, socialize, relax and savour a delicious Julius Meinl coffee in the specially designed area, in the center of the Race Village.

### Chill-Out Zone & Recovery Meal

A special relaxation zone by Banca Transilvania 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 should 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.

Next to the Chill-Out Zone you will have access to the sponsor activation areas: Gold Nutrition (product presentation and special offers), JEEP (latest models, with the possibility of scheduling a test drive experience at the event), Sprint-Bike.ro (product presentation).

### Hydration point

The hydration point at the start-finish area is open only to riders and will have nutritional and hydration products offered by Gold Nutrition, Gatorade, Orlandos and Romdist Packaging.



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





## The Course

The course will be thoroughly cleaned and marked one day prior to the race. The Course is 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.

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





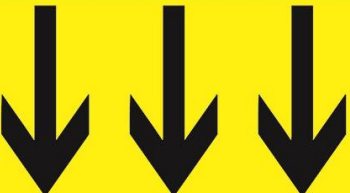






### Course Marking

On course you will be guided by the following markings:

- Bush markers: signalling band;
- Signalling poles painted in reflective colours;
- Sprayed dots;
- 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

### 1-day Challenge

*Date: 4<sup>th</sup> of August*

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

Track length: 43 kilometres

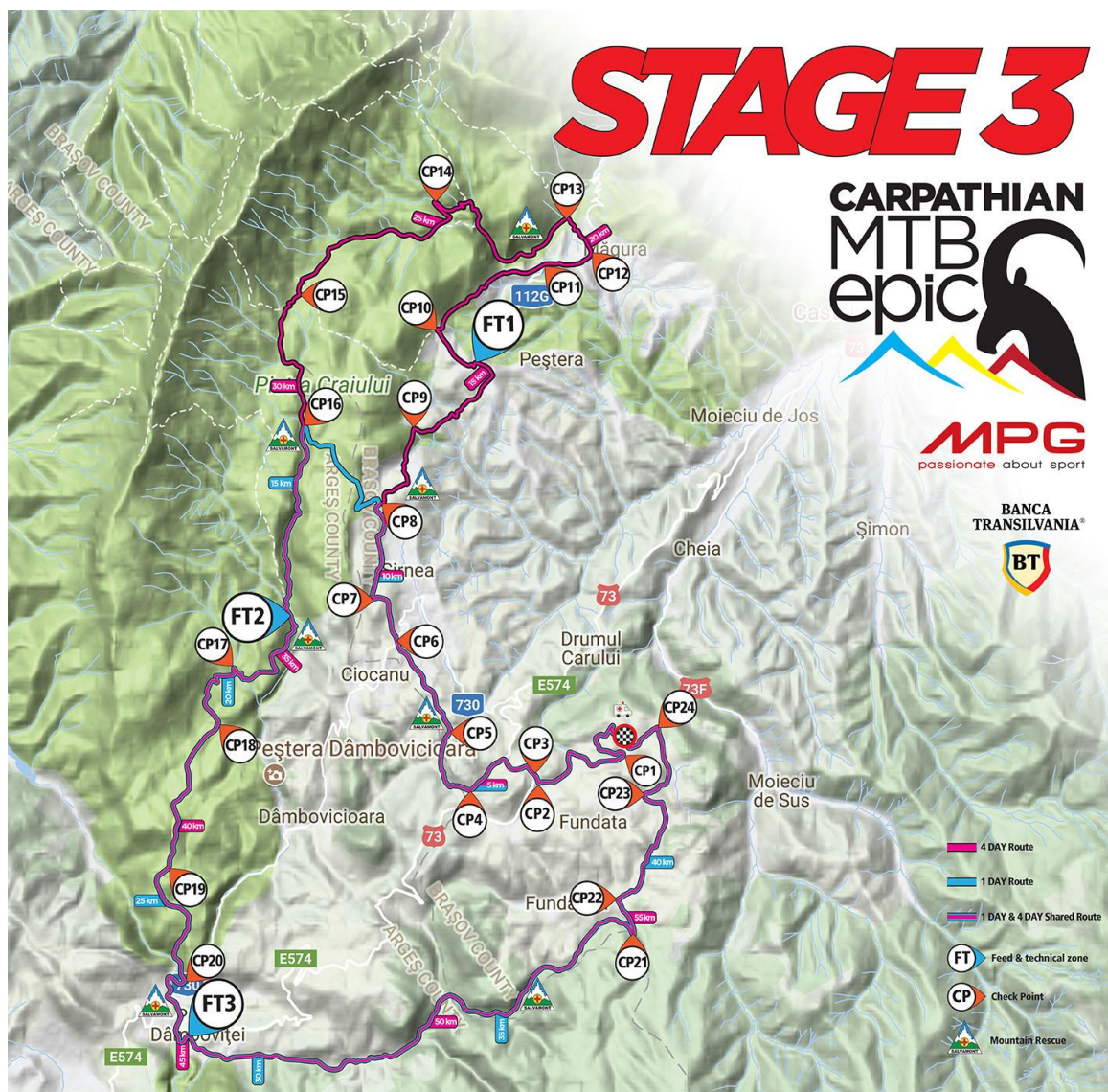
Ascending: 1800 meters

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

Point 1: km 18

Point 2: km 28

**Course map is available below.**



Official Suppliers & Partners



Authorities



Supporters



Media Partners





## 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.*