



RULEBOOK

Unsupported

2018

ENGLISH



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1. Introduction

The following rulebook contains all rules for the **UNSUPPORTED** category in the bicycle race “Race Around Denmark”. The purpose of these Race Guidelines is to ensure maximum safety and fairness in the race. All participants are expected to read these rules and guidelines prior to the race. Equally, all riders and crew members are expected to abide by these guidelines throughout the race.

Race Around Denmark has been created for both adventurous and competitive minded people. Common for all is that local traffic regulations as well as these Race Guidelines must be adhered to.

Race Around Denmark values safety above all. Any violation of laws and Race Guidelines will produce penalties; e.g. time penalty or disqualification from the race.

Race Around Denmark values fairness equally. Therefore, everyone must strive for utmost fairness in all aspects throughout the race. If a rider or a team engages in activities which would produce an unfair advantage or inconvenience to others, this rider or team will be subject to penalties; e.g. time penalty or disqualification from the race.

In each individual case, Race Management will estimate and rate the breach according to the rules and the nature of the breach. Each sanction will be issued to the rider, regardless of which team member has performed the breach.

It will be possible for participants to appeal the jury’s decisions, after which the jury will reach a final decision (see point 1.9).

If participants have any doubts, questions or queries in relation to these rules, please contact Race Management directly via email: info@racearounddenmark.org.

2. Responsibility

All participants in Race Around Denmark participate at their own risk. Race Management disclaims any responsibility concerning person and/or material injuries or damages. Any participant carries the responsibility for any accident, own health and belongings. Therefore, it is up to each individual participant to make sure that they are fit to participate in the race and that they, at the start of the race, have all the necessary insurances in place.

To participate in Race Around Denmark, the rider must sign these terms and conditions on behalf of him/herself and the crew. This must be in place no later than at the time of sign-in.



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3. Race Management

Race Management comprises the following: Race Director, Race Management/Jury, Race Officials.

The Race Director is responsible for the race, and makes the final decision concerning potential disqualification. In special circumstances, the Race Director can pass on authority to another member of the Race Management Team.

1. Race Management participates in the planning and execution of the race. Questions or queries or submission of a complaint (about the race or other participants) should be directed towards Race Management. Any important information to participants should come from Race Management to be valid. For a disqualification to be valid, at least two members of Race Management must participate in a discussion prior to the disqualification.
2. Race Officials carry part of the responsibility to ensure a safe and fair execution of the race. Race Officials are part of the race as observers and are, as such, not permitted to provide direct assistance to riders and their teams during the race. Of course, in case of emergency, this rule can be disregarded. However, Race Officials are permitted to pass on information to the teams.

Race Officials are fully authorized to:

- a. Monitor riders both via media and during the race.
- b. Issue penalties to rider and teams if the Race Guidelines are breached.
- c. Ask individual riders and teams to stop to point out potential lacks, issue potential penalties, explain the rules and regulations of the race, inspect bicycles, follow vehicles etc.
- d. Order riders to rest in those cases where the riders seem disoriented, tired or similar which could potentially pose a risk to the rider or others. This order cannot be disputed. If the rider chooses to ignore the order, this will lead to disqualification.
- e. Disqualify a rider and his/her team with immediate effect in particularly grave cases of breach of rules or the law.

In those cases where Race Officials stop a rider and his/her team, it will not be possible to be compensated for lost time.

4. Age

All riders taking part in Race Around Denmark must be at least 18 years old at the beginning of the race.



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5. Enforcement of rules

It is solely up to Race Management to assess and sanction rule breaches based on the present Rulebook. Race Management reserves the right to issue new rules during the race. Equally, in special circumstances it may be necessary to amend existing rules to ensure that Race Around Denmark remains a fair and safe race.

6. Penalties

Race Management will issue time penalties to riders who breach the Race Guidelines, local traffic regulation, including running a red light.

Penalties

First breach:	15-minute penalty
Second breach:	30-minute penalty (45 minutes in total)
Third breach:	45-minute penalty (90 minutes in total)
Fourth breach:	Disqualification

Race Management reserves the right to change the penalties depending on the nature of the breach. Therefore, in special grave circumstances the penalties may be extended (for example at a railway crossing where the gates are down) or lead directly to disqualification.

7. Violation of the law

All participants are obliged to abide by Danish traffic regulations. Particularly the following should be highlighted:

1. Running a red light or any other traffic regulations is forbidden.
2. In case a rider is asked by the police to interrupt the race, this should be reported to Race Management immediately. In these instances, it could be an option to compensate the rider for lost time, if the rider has not breached any Race Guidelines or the law.
3. It is forbidden for riders to direct the traffic during the race, for example by signalling cars to overtake etc.



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4. Equally, penalties will be issued if a rider throws packaging or other trash in the nature.

8. Disqualification

The following offences are considered grave enough to lead to immediate disqualification of the rider:

1. Repeat breaching of the rules about music being played from the follow vehicles (see point 3.3)
2. Riding without lights in the night time.
3. Riding without reflector vests in the night time.
4. Riding without a helmet.
5. Consumption of alcohol when riding the bike.
6. Use or possession of performance enhancing drugs according to the WADA regulations.
7. If a rider refuses to undergo test for doping.
8. If a rider covers part of the distance in a vehicle, where the rider should have otherwise been riding a bike. This is only permitted in special cases and only if the rider returns to resume the race from the exact same spot, where the rider interrupted the bicycle ride.
9. If a rider uses a bicycle which is battery-driven or otherwise not solely driven by the rider himself.
10. If a rider refuses to interrupt the bicycle ride after being required to do so by a race official.
11. Negligent driving which puts the rider, his/her crew or others in danger.
12. Harassment of other riders or road users.
13. Driving or other behaviour that sheds a bad light on the race.
14. When a fourth time penalty is issued.

If disqualified, you are no longer part of the race. Any further activity will therefore be completely on your own accord and will not have any association with Race Around Denmark.

9. Appeal of Race Management's decisions

Should a rider wish to appeal a penalty (a time penalty, a disqualification or similar) this must happen no later than four hours after the rider's crossing of the finishing line.

Any appeal must be handed in in writing to Race Management and contain a thorough description of the sequence of events in question which lead to the penalty along with a description of why the



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penalty should be dropped. Evidence such as witness statements, video or pictures etc. can be attached to the complaint.

Race Management consisting of at least two members as well as the Race Director, will hereafter, within six hours make a final decision, which cannot be appealed further.

10. Race Management must be contacted in the following instances:

1. A rider encounters unforeseen events
2. A rider withdraws from the race
3. A GPS unit is out of order

Phone number of the Race Management: Will be provided at the info meeting

11. The rules, in short.

1. Riders must complete the full course from start to finish.
2. Riders must be fully self-supported and not receive any private outside assistance.
3. Drafting is prohibited. Exception registered pairs/teams.
4. All forward travel must be by bike.
5. The only transport by train that is allowed is between Nyborg-Korsør and going back (EXTREME riders)
6. All riders are required to carry GPS tracker. This will be handed from the race official prior to the race.
7. All riders must follow the designated route.
8. All riders must follow local traffic law.
9. All riders are expected to ride fair and responsibly with respect to others in traffic.
10. All riders must use front and rear light and a reflective vest from dusk till dawn.
11. All riders are expected to have the necessary insurances. The race organization has no responsibility in connection with personal injury or material damage.
12. All riders must wear a cycling helmet when riding their bike.
13. The bike must have reflective stickers, so that they are visible from all angles.



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14. It is now allowed to use headphones in both ears. It must be possible to hear the ongoing traffic.
15. All riders must bring equipment to recharge the GPS tracker in case the tracker unexpectedly runs out of battery. The cable for this must be with a Micro USB plug.

12. Timing

To any rider or team, the timing will start when the race begins and will stop once the rider/the team crosses the finishing line. The riders and their teams will be dispatched in two-minute intervals.

Only in special circumstances can riders be compensated for lost time.

EXTREME participants must cross the Great Belt Bridge by train between Nyborg Station and Korsør Station. THE TIME IS NOT PAUSED WHILE THE RIDER IS TRANSPORTED ACROSS THE GREAT BELT BRIDGE!

13. Before the race

All riders and teams are obliged to sign in during the stated time for sign-in (see website for further information). Upon sign-in the following must happen:

1. All riders and team mates must sign a “declaration of responsibility” stating that participants participate on their own responsibility and that the organiser of the race carries no responsibility in relation to person injury or material damage (cf. point 1.2).
2. All riders must state at least two telephone numbers where the team can be reached during the race (see point 2.11).
3. All riders must sign, they have necessary insurances, and that all crewmembers, who will be driving vehicles, have a valid drivers license.
4. All riders will receive signs with numbers on them. These signs should be mounted on the rider’s bike, helmet(s) as well as on the cars used during the race (see point 3.2).
5. All riders/teams will receive GPS units (see point 2.15).
6. All riders will receive inspection papers that are to be filled in and brought along to bicycle and car inspection. These can also be filled out prior to the inspection.
7. All teams will receive a final time schedule for the event including starting times.



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Riders are required to participate in mandatory meetings and inspections prior to the race with at least two participants, including the info meeting, car and bicycle inspections. These will appear on the schedule which riders and teams will receive upon sign-in.

If a rider does not adhere to the above, they will not be allowed a place in the race.

14. Completion of the race

To successfully complete the Race Around Denmark, any participant/team must cross the finishing line within the time limits. You will find these in section 4.

If a participant does not cross the finishing line within the time limit, he/she will be allowed to complete the race, however, said rider/team will not be featured on the official result list as having completed the race officially.

15. Rules concerning start and completion of the race

The race begins in the race area. The time starts as shown on the start list. It is the responsibility of each individual rider to be ready to take off at the designated time. If a rider and his/her team are delayed, they will start last once all other riders have been dispatched, still with a two-minute interval from the previously dispatched participant. In a case like this, the delayed rider will not be compensated for lost time.

To complete the race, the solo rider or everybody on the team must cross the finish line. The timing stops once the finish line is crossed.

16. The route

Riders are not permitted to leave the official route as described in the Route Book. If a rider leaves the route, he/she must return to the route as soon as possible. If you leave the route, you must return to the exact same place where you left the route. The race can then be resumed.

In case a rider has not covered the entire distance riding a bike, this will lead to disqualification.

In case a rider encounters, e.g. road works where it is not possible to pass on a bike, it is legal to find an alternative route. Race Management should be contacted in this case.



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17. On the bike

All riders must ride on the right side of the road. All bicycles should be equipped with lights where the back lights should be on at all hours of the day.

When there is a bicycle path along the route, this should be used according to Danish legislation. Therefore, Race Management recommends the use of bicycle paths, but will not keep track or sanction in case riders don't comply.

Race Around Denmark is a non-draft race. This means that under no circumstances is it allowed to get any closer than 100 metres to the rider in front. Breach of this rule will entail a penalty. The only exception is when the rider overtakes the rider in front.

If one rider overtakes another, it is the responsibility of the rider being overtaken to fall back 100 metres (see point 3.5).

In case two riders meet, it is permitted to ride alongside one another, however only 15 minutes per day. This should happen in a manner so that none of the two riders can achieve a draft advantage.

Riders are allowed to use music players if the sound is sufficiently low to not disturb the rider or the surroundings. Furthermore, please be aware that according to Danish legislation:

- You must be mindful of others and be alert
- You must give way to ambulances and other emergency vehicles
- You must not use a handheld mobile phone when you ride in traffic

18. Mobile phones

It is required that all riders bring a mobile phone in case the Race Management need to to contact the rider(s). The numbers of these mobile phones must be handed over to Race Management upon sign-in for the race.

19. Bikes

1. All bicycles used in Race Around Denmark must solely be driven by the rider him/herself.
2. All bikes must adhere to the UCI guidelines and/or the ITU guidelines.
3. All bicycles must be equipped with four reflectors on each side of all tires used in the race. Furthermore, the pedal arms must also be equipped with reflectors (visible from the front, the side and the back 5 x 1,5 cm), on the seat stays (10 x 1,5 cm), on the fork (10 x 1,5 cm) and on the seat post (5 x 1,5).



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4. All bikes used in the race should be equipped with fixed lights when riding at night-time. The lights are required from sundown to sunset and in weather conditions with poor visibility. The lights must be visible up to 300 metres without blinding oncoming traffic.
5. Disc wheels and three/four/five-spoke wheels are permitted. The same goes for aerobars. Other modifications of the bicycle designed to achieve aerodynamic advantage are not permitted.
6. Each individual rider holds the responsibility to inform Race Officials of any potential deviations at the official inspections of the bicycles prior to the race.
7. Race Around Denmark reserves the right to, at any given time, check the bicycles. This applies both before, during and after the race.

20. Helmet

It is mandatory for all riders to always wear a helmet with a tightened strap so that the helmet is fastened securely on the head. Equally, riders on couples and four-person teams must wear a helmet if the warm up ahead of a switch.

The helmet must be fitted with the appropriate number stickers that were issued for the race. These must be placed both on the right and left sides of the helmet and be entirely visible (see point 3.2).

21. Clothing

All riders must always wear a reflector vest with clear reflector markings between 7 pm and 7 am.

We recommend that all riders bring clothes suitable for different kinds of weather conditions as the weather can change rapidly.

22. GPS units and tracking

To be able to monitor all the race participants throughout the race, all riders and teams must bring a GPS unit along. These GPS units will be issued upon sign-in and must be turned on throughout the entire duration of the race. It is the riders responsibility to check if units should unexpectedly run out of battery. Does this happen, the riders must recharge it with an external power source (via mini-USB)

When unsupported riders pass a timestation they do **not** have to report to race office.



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After the race it is the rider's responsibility to hand in the GPS tracker to the race organization. In case a GPS tracker is lost or not handed in the rider will be held responsible for the eventual costs. THEREFOR, remember to hand in the tracker after having crossed the finish line.

23. Stickers

Upon sign-in, riders and their teams will receive several stickers.

There must be placed as follows:

Placing of stickers

- Helmet: 2 race numbers per helmet. Place stickers on each side of the helmet.
- Bike: As an unsupported rider it may be hard to find a spot for the race number. Therefor, the only criteria is that the race number is placed a visible spot on the bike, bag or so.

24. Riding during the night

Race Around Denmark considers night time to be the hours between 7 pm and 7 am. The following rules also apply when visibility is poor, for example when foggy.

When riding during the night

- All bicycles used must be equipped with front and back lights which are visible from at least a 300-metre distance.
- All riders must use reflective vests.

25. Road toll

Riders og teams participating in the EXTREME edition must expect to pay bridge toll. The size of the bridge toll depends on the amount of the used vehicles as well as the type and size of these vehicles.



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26. Cut off

KATEGORI <u>"UNSUPPORTED"</u>	START DAY DATE TIME	CUTOFF DAY DATE TIME	MAX RIDE TIME HOURS	SPEED, AVG KM/H
RAD EXTREME SOLO	TUESDAY 28.05.19 W: 20.00 M: 20.00	SUNDAY 02.06.19 W: 20.00 M: 08.00	W: 120 HOURS M: 108 HOURS	W: 12,86 KM/H M: 14,29 KM/H
RAD EXTREME 2 PERSON TEAMS	TUESDAY 28.05.19 20.00	SATURDAY 01.06.19 14.00	90 HOURS	17,14 KM/H
RAD CHALLENGE SOLO	WEDNESDAY 29.05.19 W: 17.00 M: 17.00	FRIDAY 31.05.19 W: 17.00 M: 17.00	W: 52 HOURS M: 50 HOURS	W: 16,17 KM/H M: 16,82 KM/H
RAD CHALLENGE 2 PERSON TEAMS	WEDNESDAY 29.05.19 17.00	FRIDAY 31.05.19 9.00	40 HOURS	21,00 KM/H
RAD EXPERIENCE SOLO	WEDNESDAY 29.05.19 19.00	THURSDAY 30.05.19 19.00	24 HOURS	16,96 KM/H
RAD EXPERIENCE 2 PERSON TEAM	WEDNESDAY 29.05.19 19.00	THURSDAY 30.05.19 15.00	20 HOURS	20,35 KM/H