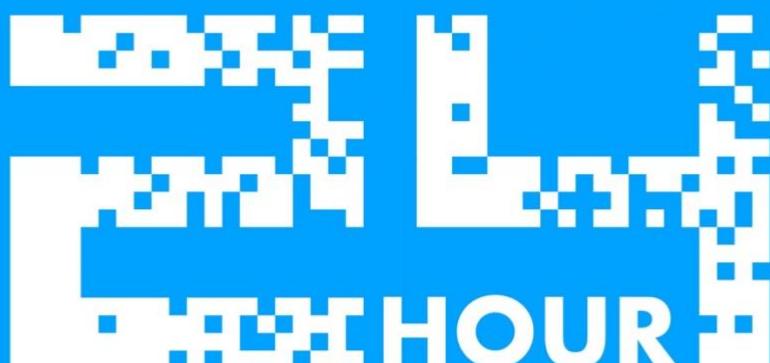




**RACE  
AROUND  
DENMARK**

**2021**

**HELNÆS**



**CHALLENGE  
RACE MANUAL**





# HELNÆS 24 – RACE MANUAL

## WELCOME TO RAD HELNÆS24 HOUR CHALLENGE 2021

The following Race Manual contains all relevant info you need to know about the event. For further information we advise you to look at our website [www.racearounddenmark.org](http://www.racearounddenmark.org).

### TIME AND PLACE

Ebberup Hallerne, Skolevej 7, 5631 Ebberup.

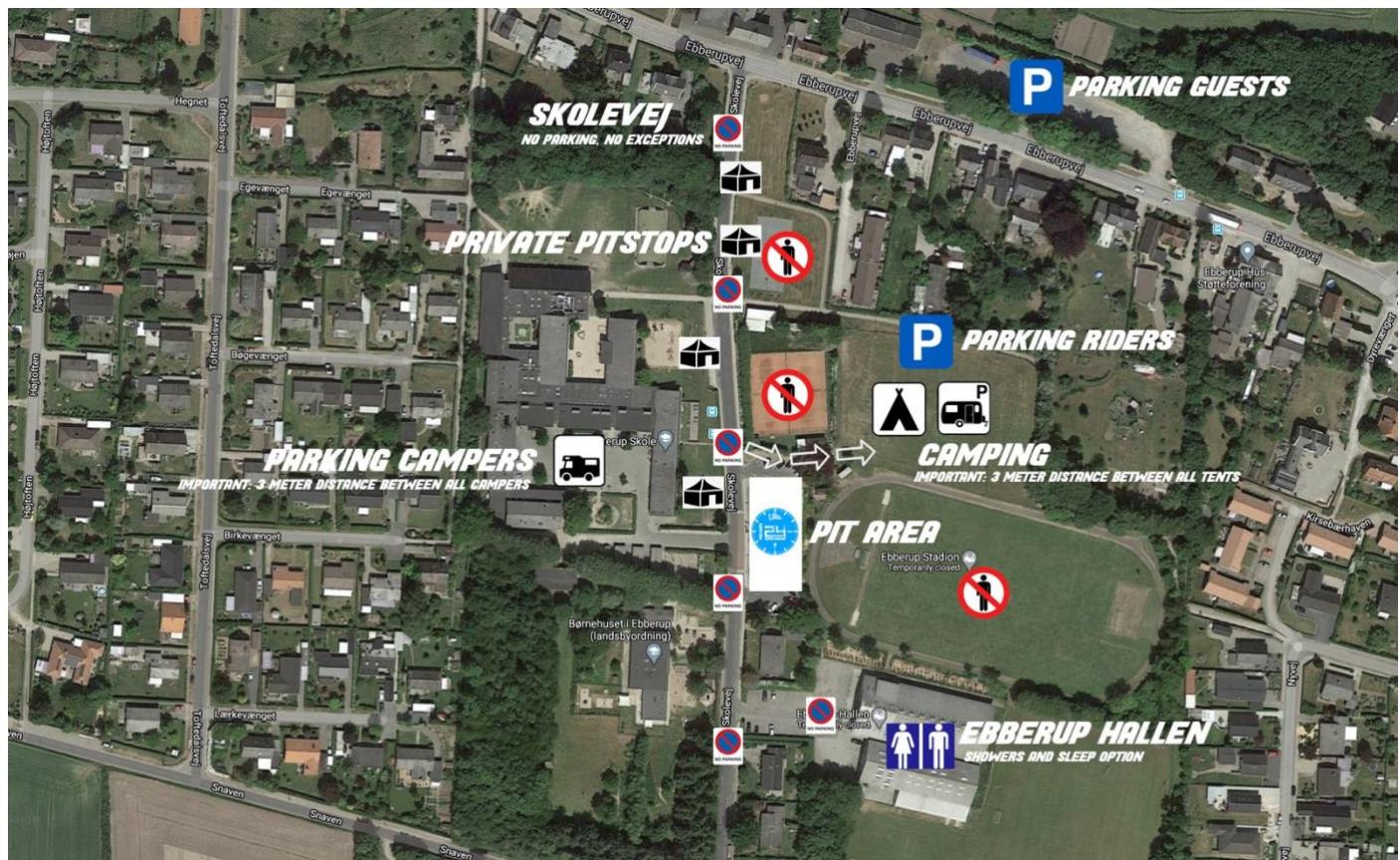
The race starts saturday August 15<sup>th</sup>. at kl. 10.00 – and finishes Sunday August 15<sup>th</sup>. at 10.00.

The race area opens Friday August 14<sup>th</sup>. at 16.00. At this time it will be possible to enter "Ebberup Hallen" with you sleeping bag and mattress, or in the designated areas for camping.

School grounds are open at 16.00 Friday afternoon. Not before. PLEASE stay away from ALL WINDOWS AND DOORS at the school. There is no power at the school, only at the pit area.

The race area will be open Sunday until 15.00 (maybe later) so you can recover before going back home.

### THE MAP





## THE ROUTES

### LONG PARKOUR

34KM go to beautiful Helnæs and back via Snavæ to Ebberup. With only 139 meters of elevation total the route is quite fast. Riders must use the long route for the first 4, 10 and 22 hours of the race. You are permitted to enter the long parkour until the very last minute of 4, 10 and 22 hours.

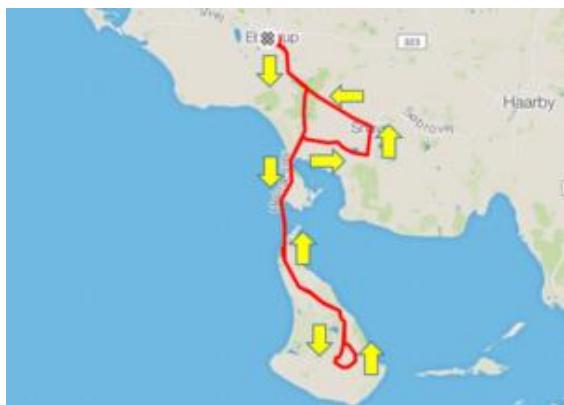
### SHORT PARKOUR

7,5KM close to the pit area. Mostly left hand bends, which are fairly fast, and 48 meters of elevation total. Riders must use this route for the last 2 hours of the race. When you cross the finish line after either 4, 10 or 22 hours, you MUST ride the short parkour.

Signs mark both routes, however we do recommend you use a GPS for the first laps if you can, as signs CAN BE altered by "funny people"...

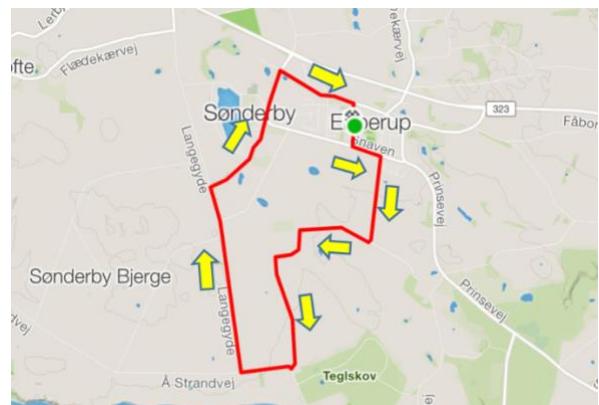
### LONG PARKOUR

<https://www.strava.com/routes/11501115>:



### SHORT PARKOUR

<https://www.strava.com/routes/11469634>:



**Be advised, please ride the small loop in Helnæs City (Long Parkour turning point) with great caution, and only ride one rider at a time. The race cannot be won here, but it can be lost.**

### RACE NUMBERS

You can pick up your numbers and chip for the bike:

**Friday August 13th. from 18-21**, at the race office. Since we are building the race zone at this time, have a little patience.

**Saturday August 14th. from 06:30-9:30**, please dont show up very last last minute, as this is quite stressfull for the race organisers and crew.

You get 3 race numbers, for your bike and you helmet, can a chip for you ankle. Helpers who paid for food get a "wristband".



# FACILITIES

Please keep all areas nice and tidy. If there is no trashcan, ask at the race office, we have extras to set up. Note this is a sporting event, people ride hard and long. Act respectfully and be the best version of you. If you have problems, ask us at the Race Office, we have a lot of candy. Sugar is great if you are upset and / or tired 😊

## EBBERUP HALLEN SLEEP OVER

It is possible to sleep at EBBERUP HALLEN. Its open Friday 16.00 to Sunday 15.00. You must bring your own gear. Respect this is a sleeping area. If you need to have a conversation with someone, the Pit Area is where you should go.

## TENT / CAMPER

You may also choose to rest in your tent or camper at the nearby football field. Look at the map above. Since we had a lot of water this year, parking might not be possible at the campsite, please read latest updates on this matter on our Facebook page Thursday. <https://www.facebook.com/racearounddenmark>. There is not power at the campsite. Charging must be done at the Pit Area.

Autocampers can park at the school, but may not block the “fire road”. Look for the signs! There is no power at the school either – do not try to open windows or doors! If the alarm is triggered, the school grounds will be closed for access by all participants (quite annoying for everyone).

**ALL TENTS, CAMPERS AND AUTOCAMPERS MUST BE AT LEAST 3 METERS APART.**

## PARKING

You may not park on the route, instead we recommend parking at the football field (with signs) or the parkingspot at Ebberupvej. All guests must park at Ebberupvej.

## SMOKING AND OPEN FIRES

Smoking is not allowed at the pit-area or at Ebberup Hallen or at the Campsite. No fires allowed.

# THE PIT AREA

## ENERGY

### PIT AREA

Helnæs24 is a race meant for going LONG and FAST. We offer a pit-stop table with “fast food” – bread, nuts, candy, cucumber, salt, fruit, chips, water and energy drink (mix yourself, for your preferred strength).

### FOOD AREA

For bigger meals we have a “FOOD AREA” with pasta salad, grilled meat (Sausage and Chicken Breast), bread, fruit, water, sodas and nescafé. Beers are available. Any rider who chooses to drink a beer, will be considered finished with their riding at his years Helnæs24, no exceptions. Visibly drunk people will respectfully be asked to leave the race area.

**SPECTATORS and RIDERS, PLEASE ENTER THE PIT AREA WITH CAUTION.**



# THE RACE

The route is quite fast, but, Helnæs is a small event, so it is not possible for us to close the roads, this means cars will be present. Traffic is pretty limited, but you will encounter cars. Act like you normally will when you meet a car on a training ride. Try to make room, and smile. You get a long way with a smile.

## SUPPORT

All riders may bring his or hers own support crew. Support must in no way interfere with the race of other participants. You may offer support on the whole Parkour, although not on the damm leading to and back from Helnæs peninsula.

If you plan to enter the parkour by car to get to your rider, you must inform Race Office about this before you go, failure to do so will lead to DSQ. You may not offer support riding a bike.

## SUPPORT CARS / FOLLOW VEHICLE

As of 2021 Support Cars / Follow Vehicles are no longer allowed at Helnæs24.

## EMERGENCYS

In case of emergency, like a crash or a rider in bad shape, it is mandatory to stop and ask if the rider is ok. Failure to assist riders in need may result in a penalty. If you have the least bit of doubt, please call Race Office, our number is on your Race Number.

## START, DRAFT AND PENALTIES.

We start all riders at the same time, 10.00 Saturday. Non Draft Riders will be placed in a start section at the startline, Draft Riders will start 50 meters behind the line. Non Draft riders have until the first climb on Helnæs Peninsula to separate and ride solo.

An inspector at 10km mark will make sure all ND riders ride at least 20 meters apart, failure to do this will be met by a penalty. (5 minute stop and go at the start area). We WILL enforce this rule, complaints or failure to comply when asked to perform a stop and go will lead to a DSQ.

## NEW NO DRAFT STICKER

At Helnæs24 ND riders can now ride with a No Draft sticker. Its bright yellow, you can't miss it. If you see this sticker, you are not allowed to draft this rider. We urge all Draft riders to kindly respect this sticker.

PLEASE DO NOT DRAFT IF YOU ARE IN THE NO DRAFT CLASS! ESPECIALLY ON THE FIRST COUPLE OF ROUNDS.



## TIMING

Only completed laps count in the final result.

Every lap counts as the following distance, regardless if your own GPS show a different number.

**LONG PARKOUR: 34,02 km**

**SHORT PARKOUR: 7,52 km.**

## REGISTRATION OF LAPS

We have several safety measures in place, to insure total laps counted. If you believe a mistake has been made, you may complain at the Race Office.

If you believe a mistake has happened, it is **IMPERATIVE** you contact Race Office right away, we will provide the steps to follow. Failure to do this may result us being unable to correct a mistake, if it has occurred.

## FOOD

Friday at 18.00, we will serve a slice of lasagne and Saturday morning we will serve classic Danish “morgenbrød / rundstykker”, for riders and crew with food bracelet only. If you wish to eat lasagna and morgenbrød, let me know, send an Email NOW: [uggikaldan@gmail.com](mailto:uggikaldan@gmail.com)

During the race we offer:

- Apples, Bannanas, Cucumbers (+ salt)
- Pastasalad and bread
- Peanuts and raisins
- Sausages, chicken, and bread (grilled).
- Muffins / Cake
- Soup (SATURDAY EVENING ONLY)
- Candy
- Breakfast (Cornflakes, Raisins, Oatmeal, Milk, Juice).
- Water, Sodas, Beer, Energypowder, Coffee

Food is included for riders, and for helpers who have purchased the food wristband.

Please note – eat what you like, but this is not an all you can eat buffet, this is a sports event, we have bought food enough for everyone, if everyone eats like they normally would (Riders excluded) and don't go beserk in sodas and candy.



## RAAM QUALIFIER

Helnæs24 is a RAAM Qualifier race. By covering a certain distance within 24Hours, you can qualify for the race in the US.

**TO QUALIFY FOR RAAM YOU MUST RIDE**

**MEN: 643,6 km**

**WOMEN: 595,3 km.**

## OTHER

### STEPPING OUT OF THE RACE

Inform Race Office when you step out of the race. If go to sleep or something else (temporary leave the race) you do not have to inform us.

### GROUPRIDE

Friday evening at 19:00(ish) I will ride the route with anyone who wants to go. We start at the Race Area, the pace will be around 28km/t – 30km/t.

### RACE OFFICE IS OPEN AT ALL TIMES DURING THE RACE

Put the number in your phonebook.

**RAD Race Office: +45 23 49 19 39**



# PROGRAM

## Friday August 13<sup>th</sup>.

16.00	RACE AREA OPENS
17.00-21.00	Race office open, pick up race numbers
18.00-19.00	Dinner (For riders + crew who paid – and sent Email).
19.00(ISH)	Groupride Long + Short Parkour.

## Saturday August 14<sup>th</sup>.

7.00	RACE OFFICE OPENS
7.00-9.00	Breakfast
10.00	Start ALL RIDERS (2 start boxes, ND & D).
14.00	6H Short Parkour
16.05	6H Finish
16.15	6H Podium
20.00	12H Short Parkour
22.05	12H Finish
22.15	12H Podium

## Sunday August 15<sup>th</sup>.

07.00	Breakfast
08.00	24H Short Parkour
10.00	24H Finish
10.30	24H Podium
15.00	RACE AREA CLOSES (ISH).



# RULES

## GENERAL RULES

1. Ebberup and the surrounding area is a quiet beautiful area, be a gentleman and woman at all times, respect the local population, and bring your trash to the start area (no littering).
2. Safety above all, participants are obliged to follow the Danish Traffic act at all times, ride according to given conditions, and in consideration of other guests on the route.
3. RAD has no responsibility for personal injury, or any material damage during the race. You participate at your own risk.
4. Everyone who are 18. years old a the day of the race, can participate in the race. Under 18 year old participants can apply for acceptance to the 6 hour format, if they are under constant supervision of at least one adult in the start area, who is not participating in the race.
5. All riders are obliged to be present to the Race Briefing prior to the race start, the briefing will take place 45 minutes before race start. If you bring a crew, at least one crew member must also attend the Race Briefing.
6. Any act of unsportsmanlike conduct, or dangerous riding, may lead to immediate disqualification.
7. All riders must wear the Helnæs24 startstickers visible at all times, there is one for your helmet(s) and one for your bike(s). Sticker must be placed on the left side of your helmet and bike.
8. All riders must read the rules, if you are reading this, you're doing great – carry on!

## START

1. We are only 100 participants, so we start all racers at the same time. However, RAAM racers are placed at their own start box in the front. With a 50 meter gap down to other participants.
2. After the start RAAM qualifiers are obliged to separate with at least 10 meters. (the 10 meter rule). When / If riders are closer than 10 meters, you must not be directly in each other's wheel, but move out of the slipstream of the rider in front. If you ride longer than 20 seconds in this position you must decide either to take over, or fall back to 10 meters apart. Failure to do this will result in a warning. 2 warnings will lead to DSQ.
3. The start is at 10.00, for all riders. The start box will be divided in the following order. RAAM, 6H riders, 12H riders and 24H riders, you must be at the start at least 10 minutes before the start time.

## THE RACE

1. HELNÆS24 has two routes; a 34km route (first 22 hours) and a 7,5km finale route (final 2 hours). Riders can enter the long route up until the last second of the first 22 hours.
2. RAAM riders are not allowed to draft. Other participants may draft RAAM riders. No Draft stickers must be respected. RAAM riders are also allowed to verbally request people not to draft, this request must be followed. Failure to comply may lead to a warning, and ultimately a DSQ from the race.



3. Final amount of laps are determined in at the race area, only full laps which are finished in the 24 hour time cut, will count.
4. Overtaking must always be on the left side of the rider in front. Do not take over if you have a car behind you, or coming towards you.
5. Stay in the right side of the road, as much as possible.
6. There is no minimum distance, you have to finish at least one long round to get an official result.
7. It is allowed to cover distance on the route, on foot, as long as you still have your bike with you.
8. Music and communication is allowed, in one ear.
9. All riders must carry a functional cellphone. Please provide your phone number when you sign in at the race.

## SUPPORT

1. Rider may bring helpers to support them during the race.
2. Helpers may assist their own rider, without influencing the race of other participants.
3. No riders are allowed use support cars during the race.
4. Support is allowed on all parts of the route, except the damm leading to Helnæs. Make sure you do this without interfering with the other participants of the race.
5. If a rider experience failure of their bike, it is allowed to ask race management for permission to go to the rider to assist the rider. A maximum of 2 assist cars are permitted on the route at the same time. It is not allowed to park an assist car directly on the route, and ALL STOPS on the damm leading to Helnæs Peninsula are not allowed. Failure to ask permission of Race Management before entering the route with a car will be met with a DSQ.
6. It is not allowed to go to assist riders by bike.
7. In case of emergency, like crash or a rider in immediate need of assistance, we expect other riders to help this rider, and call race office right away.

## RACE AREA

1. Be alert when you pass the race area, avoid riding full gas, looking down.
2. We have a pit area with a feed station, in the pit area you should not ride more than 15km/t.
3. Helpers are expected to pay the utmost attention in the Race Area.
4. We must all help each other to keep the race area clean and nice.

## SAFETY

1. Make sure you are insured and have had a medical check, if you have underlying conditions requiring this, before entering Helnæs24. You are not required to bring a medical certificate to participate in Helnæs24.
2. SAFETY ABOVE ALL. All riders must follow the Danish Traffic act, ride responsible and under consideration of other people on the route.
3. You participate at your own responsibility. Race Around Denmark waive any responsibility in regard of personal injury or damage to material.



4. All riders must wear a helmet while riding, no exceptions.
5. Riders in draft classes may not use Aerobars, Non Draft riders my use Aerobars.
6. All riders must equip lights on their bike from sun down to sun up (19.00 – 07.00)
7. All rides must wear a reflective vest between sun up and sun down. (19.00 – 07.00).
8. All riders must have reflectors mounted on their bike for added security. One white facing forward. One red facing backwards. One yellow on each side of each wheel. (Minimum).

## RAAM

1. Helnæs24 is a RAAM Qualifier race. By covering a certain distance (view our website), a ND RAAM rider can qualify for Race Across America.
2. Riders will receive direct invitation to RAAM from the organizers in USA, if they have qualified at Helnæs24.

## PERFORMANCE ENHANCING SUBSTANCES

Riders are not allowed to performance enhancing drugs or methods as described by WADA.

