





## WELCOME TO RAD X

The inaugural RAD X year 2019 saw 4 riders compete on the 900km route, this year more than 40 people ride our 400, 600 and 900 challenges. How cool is that!

The following Racebook is written, so that most (all) relevant information, is included.

In the Racebook you will find all the routes, the rules and the startlist.

All participants must go through the Racebook thoroughly. We do not print copies, you can print the pages you find relevant.

For all other information, visit our website: [www.racearounddenmark.org](http://www.racearounddenmark.org), for most recent updates look at our facebook event - <https://www.facebook.com/events/519633365254808>

## SCHEDULE

### Thursday July 30th

- 15:00: Sign in opens
- 17:00: Riders meet & Snacks
- 18:00: Race Briefing

#### Race Start//

- 18:15: Race start QUATTRO (ALL)
- 18:30: Race start SOLO (ALL)
- 18:45: Race start DUO (ALL)

### Friday – Saturday July 31<sup>st</sup> – August 1<sup>st</sup>

00 - 24 - Race Area Open at all times

### Sunday August 2<sup>nd</sup>

#### Race Finish // Time Cut-Off

- 10:30 - RAD X 400 | 63 hours - 6,6km/h avg.
- 14:30 - RAD X 600 | 69 hours – 8,6 km/ avg.
- 19:30 - RAD X 900 | 74 hours – 12,7 avg.

- 22:00 – Race Zone closes



## WAIVER

*Bring this at the enrollment of the race, **printed and signed.***

In consideration of the acceptance of my participation as a rider in Race Around Denmark RAD X, I hereby waive, release, and forever discharge any and all rights and claims for damages, for death, personal injury, or property damage which I may incur, or which may hereafter accrue to me as a result of my participation. This release is intended to discharge in advance the promoters, the sponsors, the officials, any involved municipalities or other public entities (and their respective agents and employees), the Board of Race Around Denmark, from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that it is possible for serious accidents to occur during bicycle racing to anyone connected or not connected with the event, and that a rider, support crew member, or anyone could conceivably be injured by a cyclist, person, or criminal action, other vehicle, or acts of nature like rain, heat, cold, or any other injury-producing situation, and sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of ultra-marathon bicycle racing, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. I have read, understood, and agree to abide by the rules of event as published by the officials in Race Around Denmark. It is further understood and agreed that if I violate any of the rules of the event, I, or the rider I am supporting, can be disqualified. I also understand and agree that any record of my participation in this event, be it photographic, electronic, or otherwise, can be used to promote the Race Around Denmark and/or appear on merchandise to be sold. I agree to cooperate with any testing for banned substances.

I further understand that in the process of cycling in this event on public highways in a competitive situation, it is possible that some traffic conditions can become very congested and dangerous for driving or cycling. I realize that I am ultimately responsible for my own safety and I will not hold the Race Around Denmark or any of the individuals or entities listed above responsible for anything that could happen to me or a member of my support crew.

Printed Name \_\_\_\_\_ Birthdate mm. \_\_\_\_\_ dd. \_\_\_\_\_ yy. \_\_\_\_\_

Address:

E-mail:

Phone:

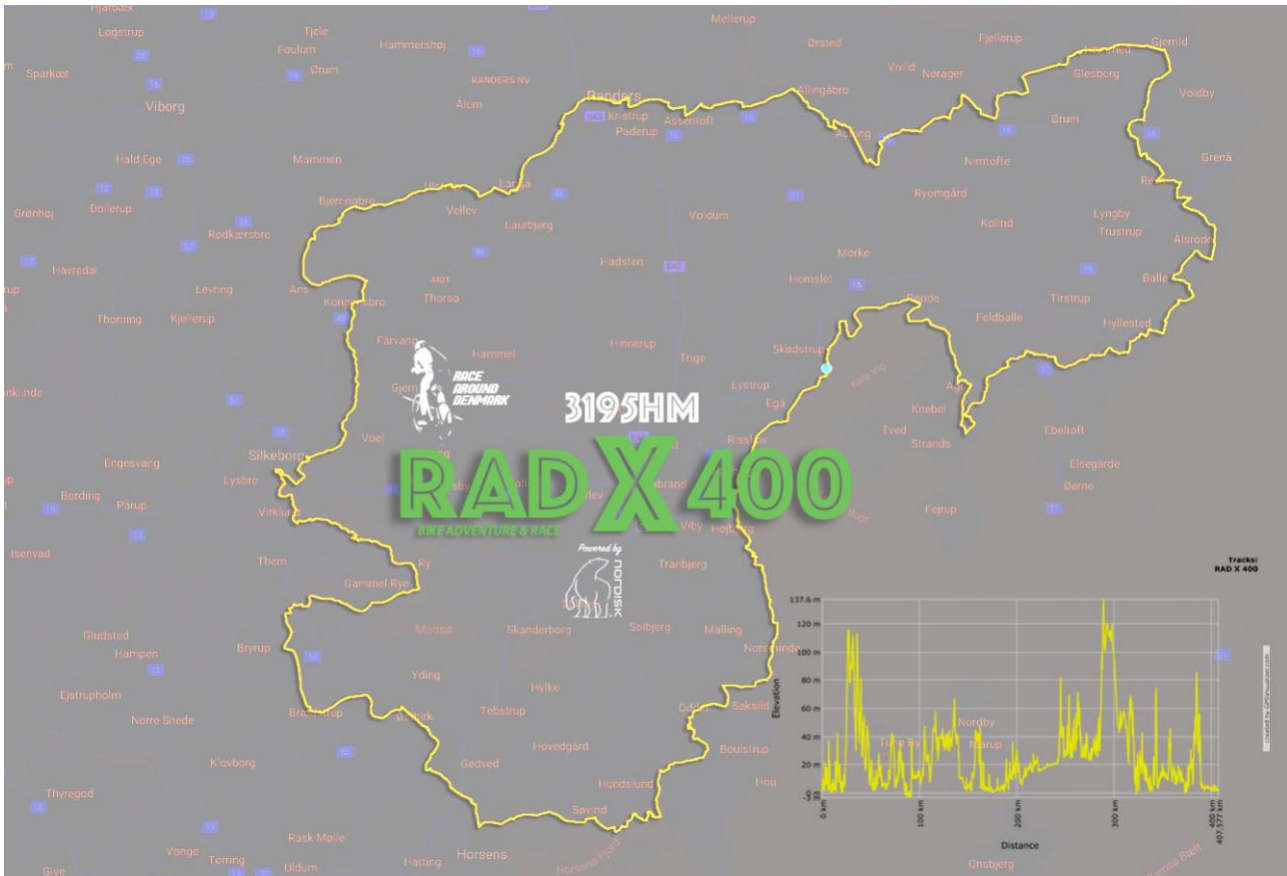
I sign that I have read and understood the terms of RAD X.

Signature \_\_\_\_\_



## ROUTES

### RAD X 400KM



### RAD X 400 PARCOUR

<https://www.strava.com/routes/2714864477425910652>

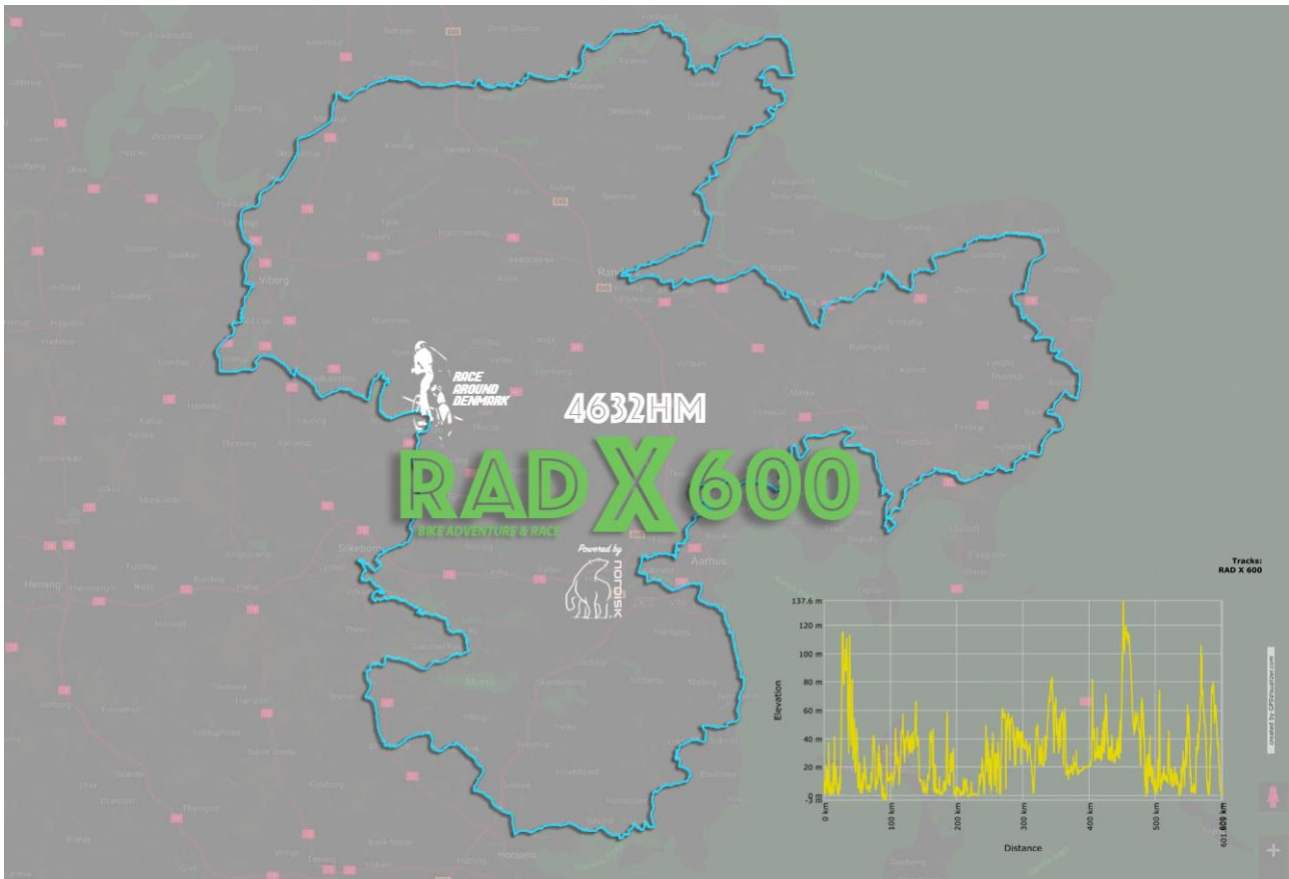
#### Notes:

54 KM – please beware of chains across the roads, there are two chains in a row.

197km – DROP BOX, Dannebrogsplassen, Ulstrup



## RAD X 600KM



## RAD X 600 PARCOUR

<https://www.strava.com/routes/2720580389552395372>

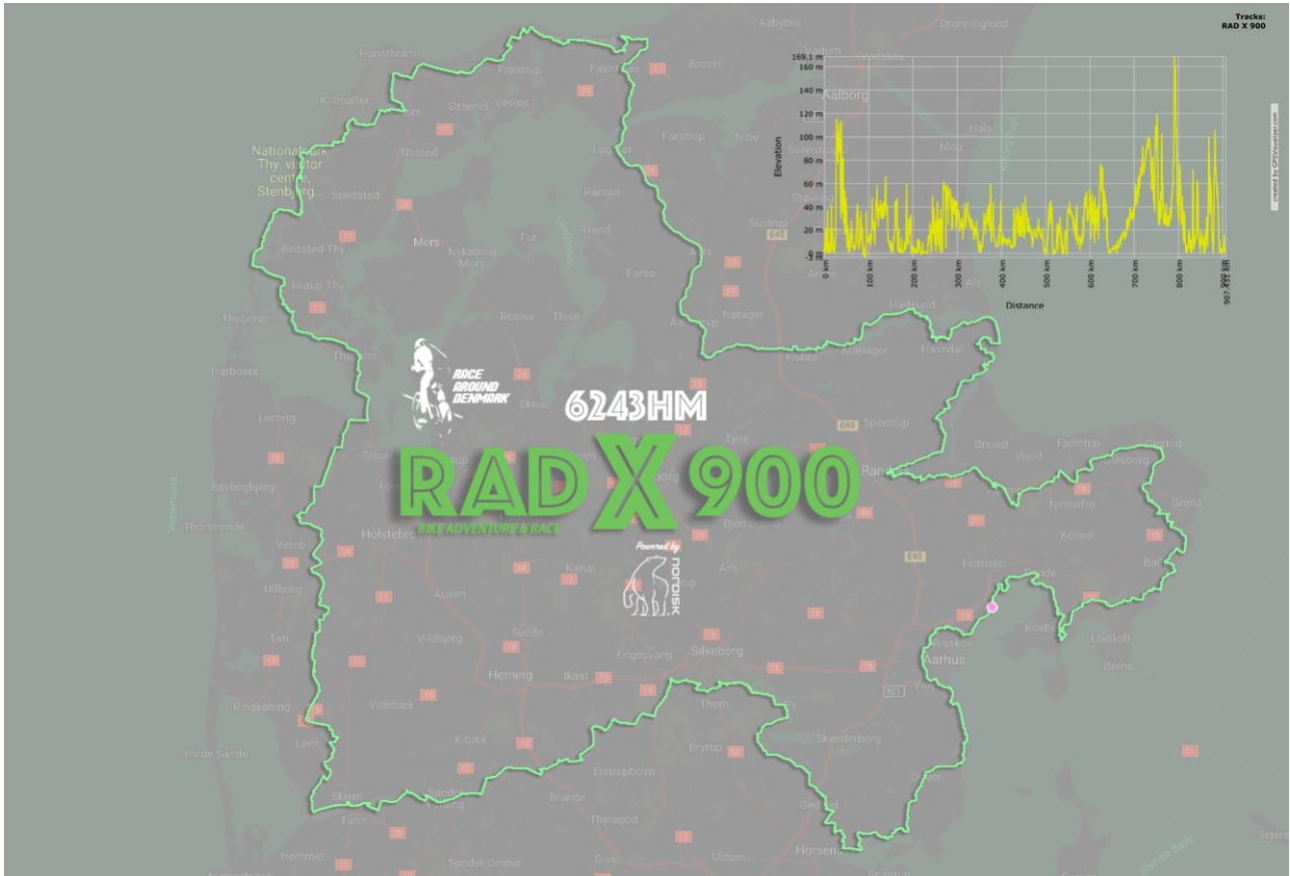
### Notes:

54 KM – please beware of chains across the roads, there are two chains in a row.

298km – DROP BOX, Hovedvejen 21, Møldrup



## RAD X 900KM



### RAD X 900 PARCOUR

<https://www.strava.com/routes/2720302048868581330>

#### Notes:

54 KM – please beware of chains across the roads, there are two chains in a row.

448km – DROP BOX, Nors Sø Parkering, Thy National Park



## DROP BOX

Your drop box strategy can save you weight on the bike, and therefore hours in the saddle. Use it wisely.

You are allowed a maximum of 20 liters, this can be in a box or a bag. Box or bag **MUST BE** clearly marked with your name and race number.

There are **NO RULES** as to what you can put in your drop box – but we do not take responsibility in case of theft from the boxes. Pack accordingly.

You can re-pack your drop box at the drop-point with things you want returned to the finish.

At each drop-point water will be available, one coke, and nothing else.

Drop cases are returned to the start once the last rider has passed the drop-point, the fastest riders can experience a short wait (2 – 3 hours) at the finish, before their boxes arrive. This is for 600 and 900 only – it is not likely it will happen, but... it is possible.

## RULES

Unsupported means unsupported. You, and you alone, are responsible for food, drinks and sleep. You must also follow the route – navigation is part of the challenge. Earn respect - respect the spirit of unsupported.

Ride safely, this is a fun race, and there are no big prizes, the biggest prize is that you come home safe, with a great achievement under your belt. **RIDE FAIR, RIDE SAFE.**



1. Riders must follow the Danish road traffic act, no exceptions.
2. Riders must ride with lights on the bike from sundown, to sunup, and wear reflectors on their bike and on their clothes at nighttime.
3. Riders must wear a helmet, when on the bike, at all times.
4. Riders must ride the whole route. Navigation is part of the challenge. The best riders always manage to follow the whole route, so you can also do it. Stay focused.
5. Riders must ride their bikes, or walk, the entire route.
6. Riders must be self-supported and cannot receive help from friends or family. It is NOT allowed to sleep inside a house, unless you can present at receipt for rent. Do not receive help on the route, which is planned in advance, it's super uncool.
7. You are allowed to call the race office and ask if you have ridden the whole route. Race office is allowed to tell you yes, or no.
8. Drafting is not allowed, not even random riders you meet. Teams may draft other team members.
9. Littering is prohibited, bring your trash, to the trash, or bring it home.
10. Riders must be insured. Race Around Denmark takes no responsibility for injury or damage. You must bring a signed waiver to compete in RAD X.
11. Your tracker must have power at all times. It is your responsibility to charge it, if it runs low. You cannot complete RAD X, if your tracker is offline during the event.
12. We could probably write many more rules, but honestly, we think you get the point.

#### IN SHORT:

Be the best version of you – Don't plan / receive help – Ride the whole route – Ride safe.





## COMMUNICATION & LIVE TRACKING

Please carry a working phone, which is turned on at all times. To reduce battery consumption, consider switching off Internet, Wifi and Bluetooth while riding.

Live tracking GPS unit must be carried in either your back pocket, or top of a bag.

Your progress can be followed live directly on [www.racearounddenmark.org/radx-live](http://www.racearounddenmark.org/radx-live), share the link with friends and family.

Friends and family are more than welcome to come out on the route. Please note our server can be up to 15 minutes delayed, so you will most often be a fair bit ahead of your “dot”. Do not accept ANY assistance. Ride Fair 😊

It is your responsibility to make sure your tracker has power. We will call you if power is low. Please see race briefing video, to see how to make sure your tracker has power and is charging. (Video is published on Facebook July 28<sup>th</sup>).

## SANCTIONS

You can receive warnings and even be DSQed for failure to follow the rules of the race. The rules are enforced by race director Uggi Kaldan. In case of complaints, a race jury will be asked to rule on the matter. Please note final results CAN take up to 2 weeks to be ready, if there are complaints over penalties. If everyone rides cool, and focused, this will be avoided! LETS ALL DO OUR BEST TO AVOID PENALTIES.



- 1<sup>st</sup> Warning – 4 hour time penalty.
- 2<sup>nd</sup> Warning – 4 hour time penalty (8 hours total).
- 3<sup>rd</sup> Warning – DSQ

- Small navigation errors, up to 500 meters total, leads to one warning.  
We expect top 5 riders to ride without mistakes, show us you're the best.

NOTE: At all times you are allowed to leave the route to get food, water or find shelter, as long as you return, and start again at the place where you left the route.

- To be 100% sure not to receive a penalty or DSQ, return to point of error and ride the correct route. Be sure your GPS is set to warn you if you stray, and be sure to turn off "off-course recalculation" if you use Garmin.

- Navigation errors larger than 500 meters total, will be met with a demand to return to the point of error, in order to ride the whole route. Even if you are 50 kilometers away from your mistake, and its only a 600 meter mistake, you have to return. SO – Stay Focused.

- If you are in the top 5, competing for the podium, we do not accept any mistakes, you MUST return at all times to correct ALL navigation errors.

- Not following the Danish Traffic act, and our safety rules leads to 1 warning, or DSQ if you do something really stupid, like running a red light.

- Receiving help on the route of any kind from friends, or family, leads to DSQ.

- Littering leads to DSQ.

- GPS tracker running out of power, or being turned off, leads to DSQ. In case you run out of power, you must return to the place where you lost signal, in order to complete the race. Race office will call you if you run low, or loose signal

It is not a complete list

Be the best version of you – Don't plan / receive help – Ride the whole route – Ride safe.

HAVE A GREAT RIDE!!