

RACE BOOK



RACE AROUND DENMARK

DENMARK'S TOUGHEST CYCLING CHALLENGE

2022

WELCOME TO RACE AROUND DENMARK

First of all, thank you to Everyone who joined the 2022 edition of **Race Around Denmark**. We are not a lot of starters this year, a lot of ultra riders are still suffering from aftereffects of Covid, either directly, OR – finding it hard to muster a team, or ride the miles needed to participate. So to everyone who start this year – well done – to all of you I talked to who could not make it – see you next year!

The following **Race Book** contains relevant race information for 2022. The RAD rules, are included. in the **Rule Book** which can be found on our website. It is mandatory for all participants to read the rules of the race.

We do not hand out a copy of the **Route Book**, you must print a copy if you need it. If participants wish route directions in writing, we recommend them to go to **STRAVA** and extract them from this site.

When possible, this years route is placed on bike paths, this is required by law and for your safety. Some Stages have notes added, aimed at supported riders, urging them to stay on a bike path, while their follow car have to cover a short distance, with the rider out of sight, and then meet again.

Supported riders will NOT be penalized for staying with their follow-car instead of using the bike path, in the sections mentioned in the stage notes, but we HIGHLY recommend they do.

There are a few places mentioned where caution is advised. It is by no means a fulfilling list of the places which can be hazardous. **We urge that all participants, ride with caution and focus, at all times.**

For all other information, we recommend our website: www.racearounddenmark.org

RAD PROGRAM

Tuesday, May 24th.

- 14.00 Race area opens
- 14.00 Bike inspection open
- 15.30 RACE BRIEFING
- 16.00 **Start RAD EXTREME 1600** (Unsupported)

Wednesday, May 25th.

- 14.00 Race Area Opens
- 14.00 Bike and car Inspection open
- 15.30 RACE BRIEFING
- 16.00 **Start RAD EXTREME 1600** (Supported)

Thursday, May 26th.

- 14.00 Race Area Opens
- 14.00 Bike and car Inspection open
- 15.30 RACE BRIEFING
- 16.00 **Start RAD CHALLENGE 800** (Supported & Unsupported)

Friday, May 27th.

- 12.00 Race Area Opens
- 14.00 Bike inspection UNSUPPORTED RIDERS: Done when you enroll at race office
- 15.30 RACE BRIEFING
- 16.00 **Start RAD 400 EXPERIENCE** (Supported & Unsupported)

Saturday, May 28th.

- 00.00 Race Area Open
- 24.00 Race Area Open

Sunday, May 29th.

- 00.00 Race Area Open
- 24.00 Race Area CLOSES

Please find cut-off times at the website, www.racearounddenmark.org.

FOR LIVE TRACKING PLEASE VISIT: <http://racearounddenmark.org/rad-live>

START LIST

Tuesday, May 24th

(UNSUPPORTED EXTREME 1600)

BIB NR	STARTTIME	NAME
1	16:00	Jesper Jauert
2	16:02	Alexandru Mihai
3	16:04	Anna Friborg
4	16:06	Henrik Holmer
5	16:08	Marek Polacek
6	16:10	Martin Rosén-Lidholm
7	16:12	Per Andersson
8	16:14	Søren Borup Andersen
9	16:16	DUO Fredrik Millertson & Günter Andreason

Wednesday, May 25th

(SUPPORTED EXTREME 1600)

BIB NR	STARTTIME	NAME
20	16:00	Ditte Friis
21	16:04	Jacob Themsén
22	16:08	Marcel Gafner
23	16:12	Martin Bergmeister
25	16:20	Paride Miglio
26	16:24	Stig Nicolaysen
27	16:28	Thomas Strøbæk

Thursday, May 26th

(SUPPORTED & UNSUPPORTED CHALLENGE 800)

BIB NR	STARTTIME	NAME
30	16:00	Casper Jørgensen
31	16:02	Esben Marcussen
32	16:04	Felix Bexkens
33	16:06	Jens Berthol Hansen
34	16:08	Karsten Lybke
35	16:10	Kristian Madsen
36	16:12	Ole Jensen
37	16:14	DUO Kasper Anneberg Mikkelsen & Patrick Born
40	16:18	Marie Rydne
41	16:22	Karsten Falk Lantau
42	16:26	Carsten lindkvist Madsen
24	16:30	Morten Stjernholt Nielsen
43	16:34	DUO Alberto Alamia & Andreas Ludvig

Friday, May 27th

(SUPPORTED & UNSUPPORTED EXPERIENCE 400)

BIB NR	STARTTIME	NAME
50	16:00	Casper Andreis
51	16:02	Mathias Uhrenholt
52	16:06	Jonas Lohmann Mikkelsen
53	16:10	Karsten Nielsen
54	16:14	Mark Bundgaard
55	16:18	DUO Mikael Møller & Tue Iversen

INSPECTION LIST

Please bring this form SIGNED to the enrollment / inspection or send it by e-mail.

Name(s) of Rider(s) _____

BIKE INSPECTION (USE SEPARATE SHEET FOR MULTIPLE BIKES)

Bike #1 Brand _____ Bike #2 Brand _____

Race numbers: Yes No _____

On helmet(s) and seattube? Yes No

Head and taillight? Yes No

Reflectors or tape? Yes No

(Reflectors in all five directions). Please bring additional wheels to the inspection.

SUPPORTED RIDERS ONLY:

Names of Crew

_____	7. _____
_____	8. _____
_____	9. _____
_____	10. _____
_____	11. _____
_____	12. _____

Vehicle Inspection - Highly recommended: take photos of the signage and lighting setup of the vehicle(s).

Vehicle (use separate sheet for multiple vehicles)

Model _____ License # _____

(Circle Yes or No for each choice below.)

Documents? Yes No

Working Lights? Yes No

(Headlights, Taillights, Turn Signals, Emergency Flashers)

Signs? Yes / No

Slow Moving Vehicle Triangle, Caution, Bikes Ahead, Race Around Denmark, Race numbers (all four directions)

Rooftop amber flashers? Yes / No

Reflective vests for crew and rider? Yes / No

AGREEMENT TO TERMS AND CONDITIONS

Bring send this form, **printed and signed**. Before the race starts to info@racearounddenmark.org

Each person involved in Race Around Denmark as rider, crew, or official must complete one form.

In consideration of the acceptance of my participation as a rider, support crew member, film crew, media person, or official in Race Around Denmark, 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 understand that all motorized vehicles used in the event must have the minimum legal requirements of property damage and bodily injury liability automobile insurance. 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 _____
City _____
Postal Code _____
Country _____
Phone _____ E-mail _____

Your role in Race Around Denmark (circle one): Rider / Crew / Media

Name of rider you are supporting _____ Team: _____

In case you'll be driving a car, you sign that you have a valid drivers license: Yes / No

I sign that I have all necessary insurances: Yes / No

Signature _____ Date _____

STAGES & FILES

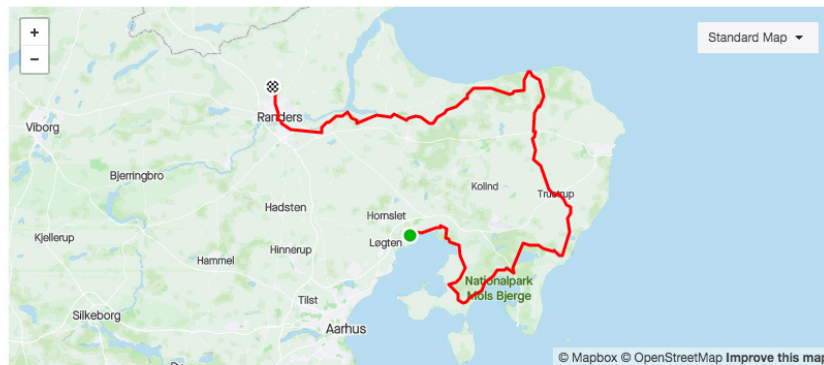
(Please note, Stage names are optimized for ease of use in GPS units).

STAGE 1 RAD 2021: Kaløvig – Bjergby. (143km - 1.111hm)

STRAVA: www.strava.com/routes/2824643063419111048

★ 1 RAD 2021

Print Export GPX Export TCX Edit Duplicate



143.31km Distance
1,111m Elevation Gain
Road Ride Type
5:08:47 Est. Moving Time
Public Route Visibility

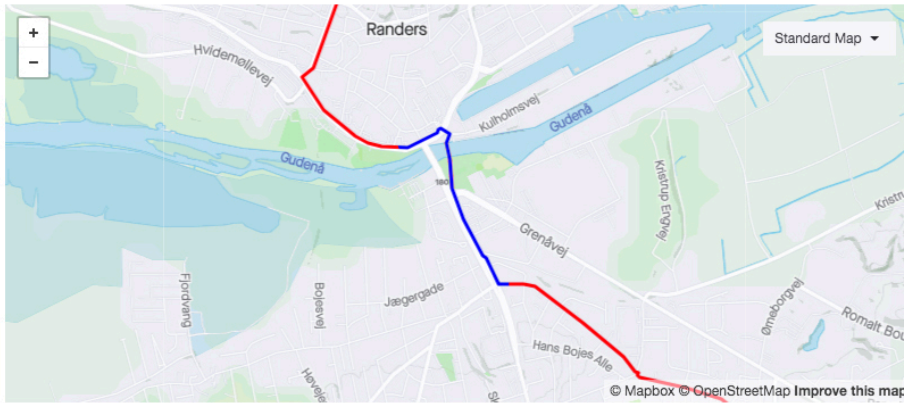


Notes:

1 / 2: At KM 84, Be careful of water – drain crossing the road the steep ascent.



2/ 2: At KM 136 - 137 in Randers, supported riders are advised to take the bike path as shown.

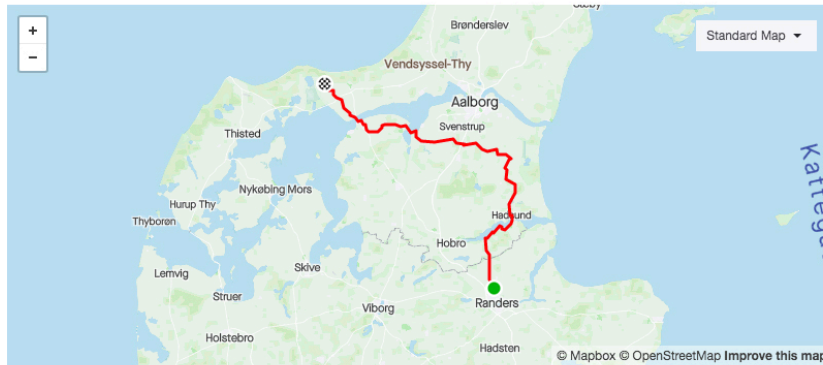


STAGE 2 RAD 2021: Bjergby – Vester Thorup (138km - 1.013hm)

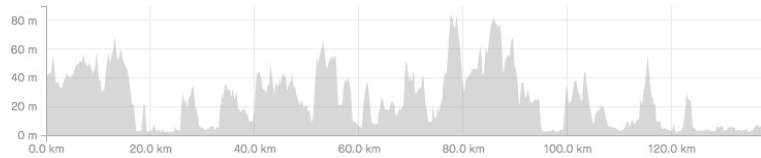
STRAVA: www.strava.com/routes/2824651776222369480

★ 2 RAD 2021

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138.53km Distance
1,013m Elevation Gain
Road Ride Type
4:58:28 Est. Moving Time
Public Route Visibility



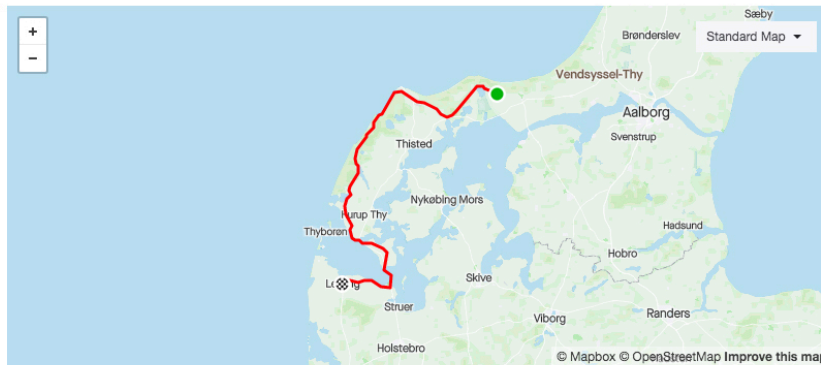
Notes:

STAGE 3 RAD 2021: Vester Thorup - Lemvig (141km - 560hm)

STRAVA: www.strava.com/routes/2824652779273348808

★ 3 RAD 2021

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141.29km 560m Road
Distance Elevation Gain Ride Type
5:04:26 Public
Est. Moving Time Route Visibility

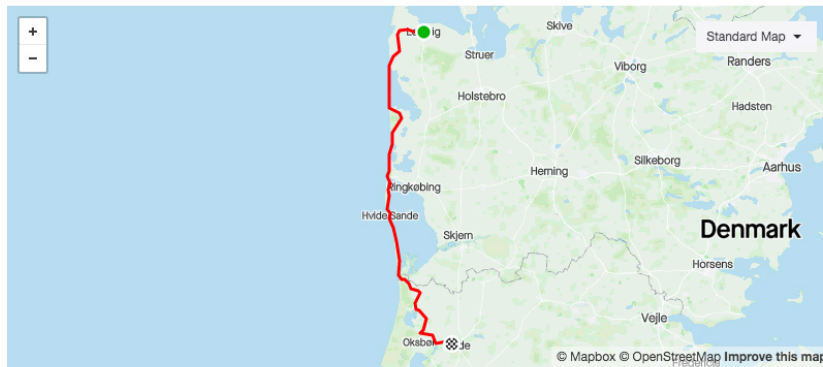


Notes:

STAGE 4 RAD 2021: Lemvig - Varde (135km - 237hm)
STRAVA: www.strava.com/routes/2824658576299170504

★ **4 RAD 2021**

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135.69km Distance
 237m Elevation Gain
 Road Ride Type
 4:52:21 Est. Moving Time
 Private Route Visibility



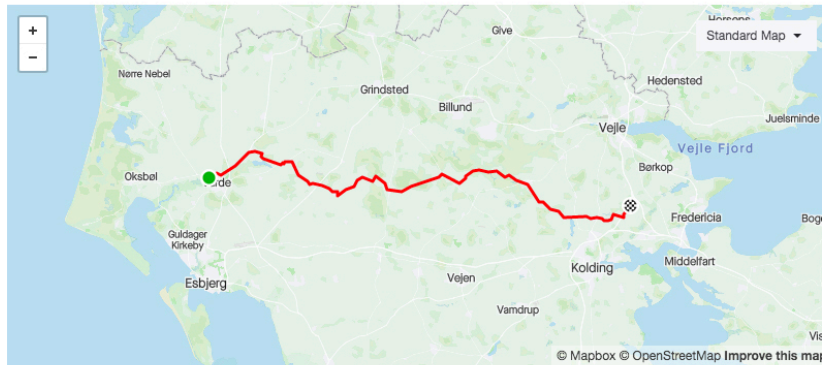
Notes:

STAGE 5 RAD 2021: Varde – Herslev (89km - 453hm)

STRAVA: www.strava.com/routes/2824661457221549344

★ 5 RAD 2021

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89.49km
 Distance

453m
 Elevation Gain

Road
 Ride Type

3:12:49
 Est. Moving Time

Private
 Route Visibility



Notes:

CHALLENGE 800 RIDERS CONTINUE TO STAGE 11

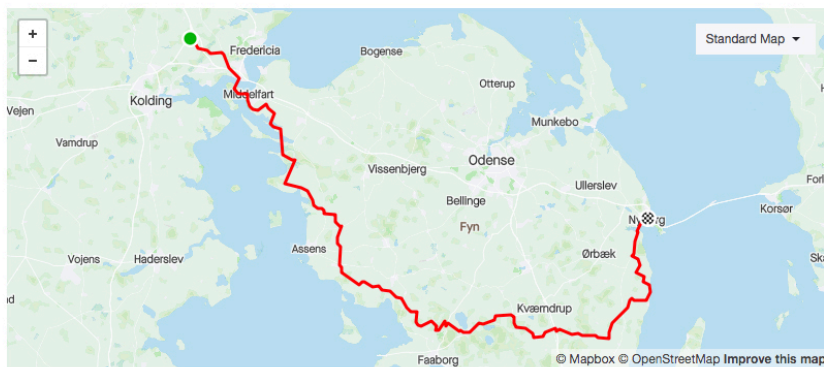
EXTREME RIDERS CONTINUE TO STAGE 6

STAGE 6 RAD 2021: Herslev - Nyborg (154km - 1069hm)

STRAVA: www.strava.com/routes/2824670029345361608

★ 6 RAD 2021

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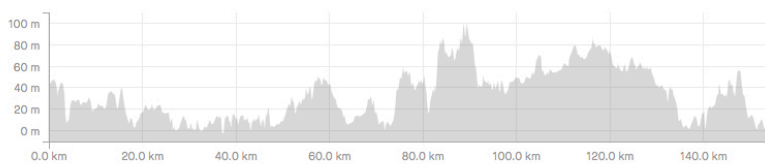
154.47km
Distance

1,069m
Elevation Gain

Road
Ride Type

5:32:49
Est. Moving Time

Public
Route Visibility



Notes:

1st. GREAT BELT (Storebælt) BRIDGE CROSSING

SUPPORTED RIDERS: CAR RIDE, NYBORG STATION – KORSØR STATION

UNSUPPORTED RIDERS: TRAIN RIDE, NYBORG STATION – KORSØR STATION

SUPPORTED RIDERS

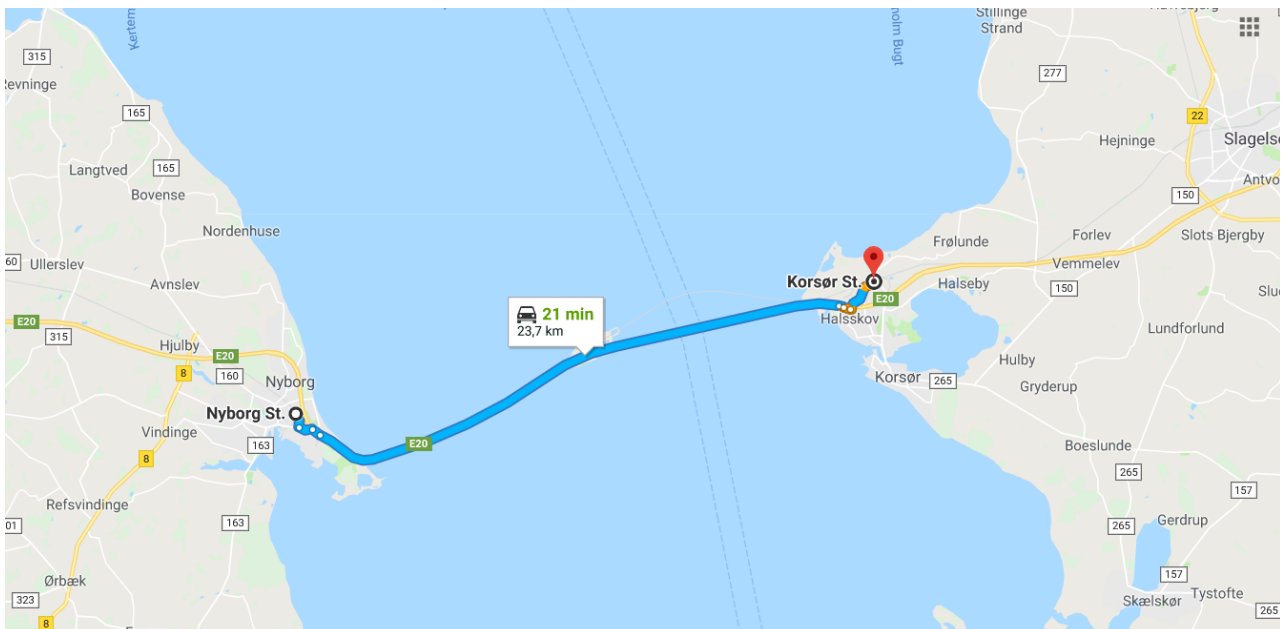
The rider is picked up at Nyborg Station and transported to Korsør Station

Nyborg Station: Banegårdsalleen 100, 5800 Nyborg

Korsør Station: Storebæltvej 2, 4220 Korsør

Distance: 23,7 kilometers. Travel time: 21 minutes.

Time is not stopped while being transported across.



UNSUPPORTED RIDERS

Unsupported riders must take the train from **Nyborg Station** to **Korsør station**.

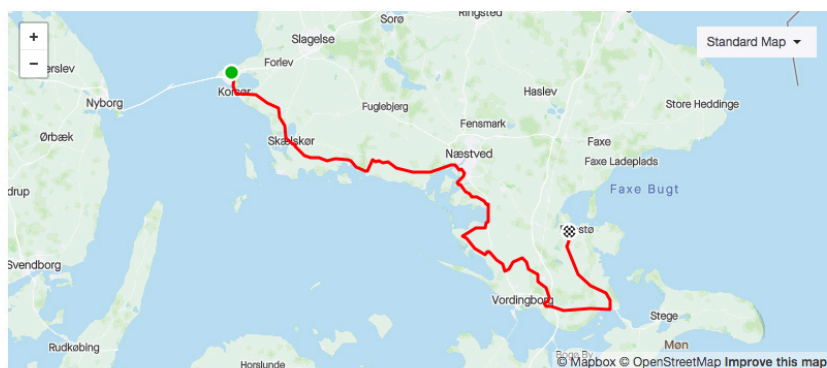
Time is not stopped while you wait for the train. It is advised to look at the time-table in advance. You have to book the ticket yourself + bike. In order to ride a train in Denmark at this time, you must wear a face mask, be sure to bring one.

STAGE 7 RAD 2021: Korsør – Præstø (126km - 656hm)

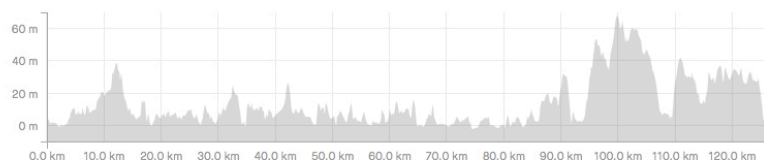
STRAVA: www.strava.com/routes/2824671453388961480

★ 7 RAD 2021

Print Export GPX Export TCX Edit Duplicate

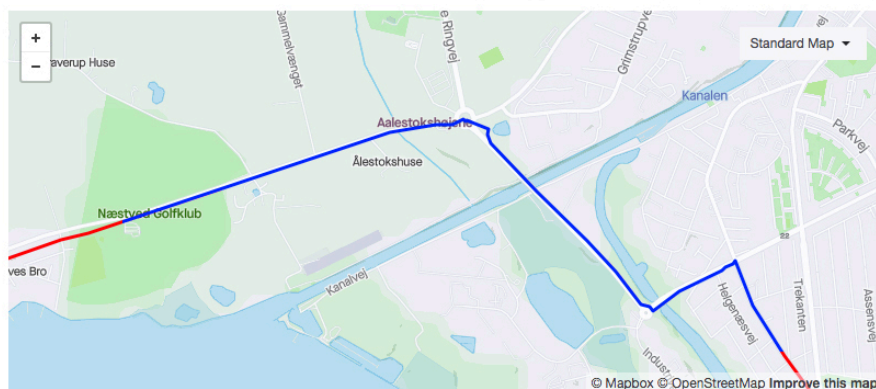


126.47km Distance
656m Elevation Gain
Road Ride Type
4:32:30 Est. Moving Time
Public Route Visibility



Notes:

1 / 1: At KM 50 – 53 in Næstved, supported riders are advised to take the bike path as shown.

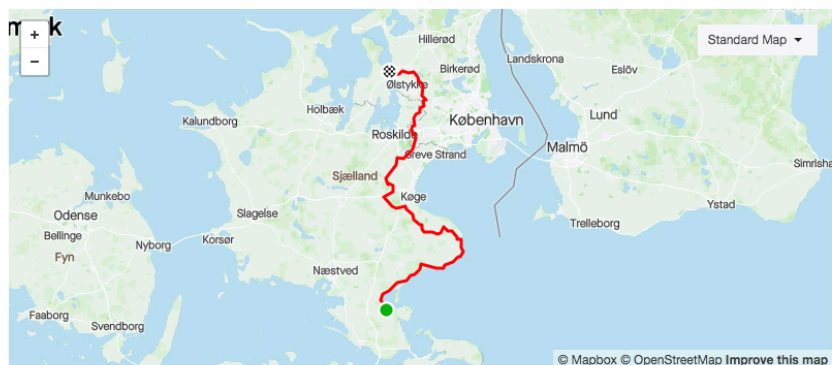


STAGE 8 RAD 2021: Præstø – Frederikssund (156km - 804hm)

STRAVA: www.strava.com/routes/2824673413625929352

★ 8 RAD 2021

Print Export GPX Export TCX Edit Duplicate



156.35km Distance
804m Elevation Gain
Road Ride Type
5:36:52 Est. Moving Time
Public Route Visibility



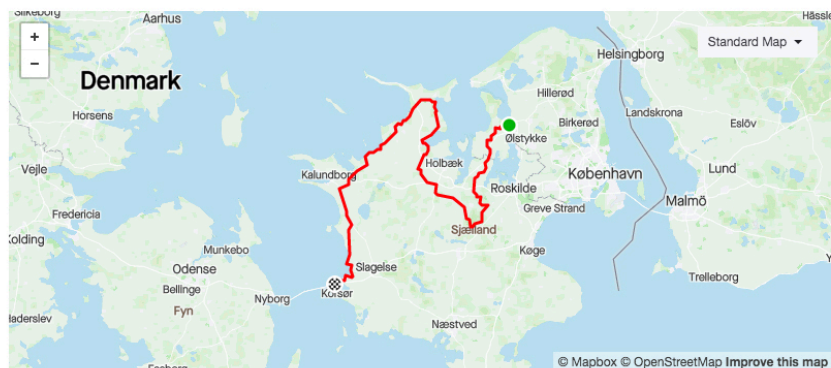
Notes:

STAGE 9 RAD 2021: Frederikssund - Korsør (210km - 1205hm)

STRAVA: www.strava.com/routes/2824674509742870216

★ 9 RAD 2021

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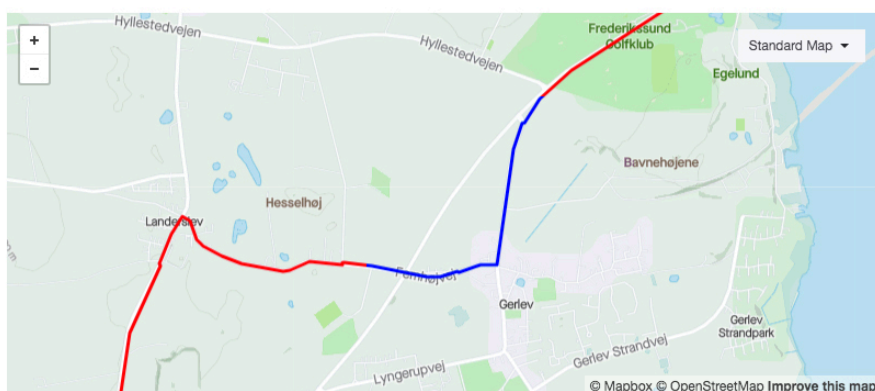


210.13km Distance
 1,205m Elevation Gain
 Road Ride Type
 7:32:45 Est. Moving Time
 Public Route Visibility

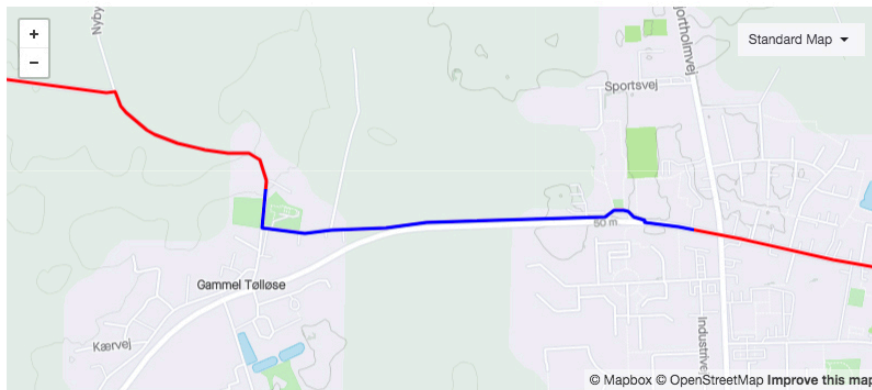


Notes:

1 / 2: At KM 4 – 5,5 after Frederikssund, supported riders are advised to take the bike path as shown.



2 / 2 : At KM 67,5 – 68,5 in Tølløse, supported riders are advised to take the bike path as shown.



2nd GREAT BELT (Storebælt) BRIDGE CROSSING

SUPPORTED RIDERS: CAR RIDE, KORSØR STATION – NYBORG STATION

UNSUPPORTED RIDERS: TRAIN RIDE, KORSØR STATION – NYBORG STATION

SUPPORTED RIDERS

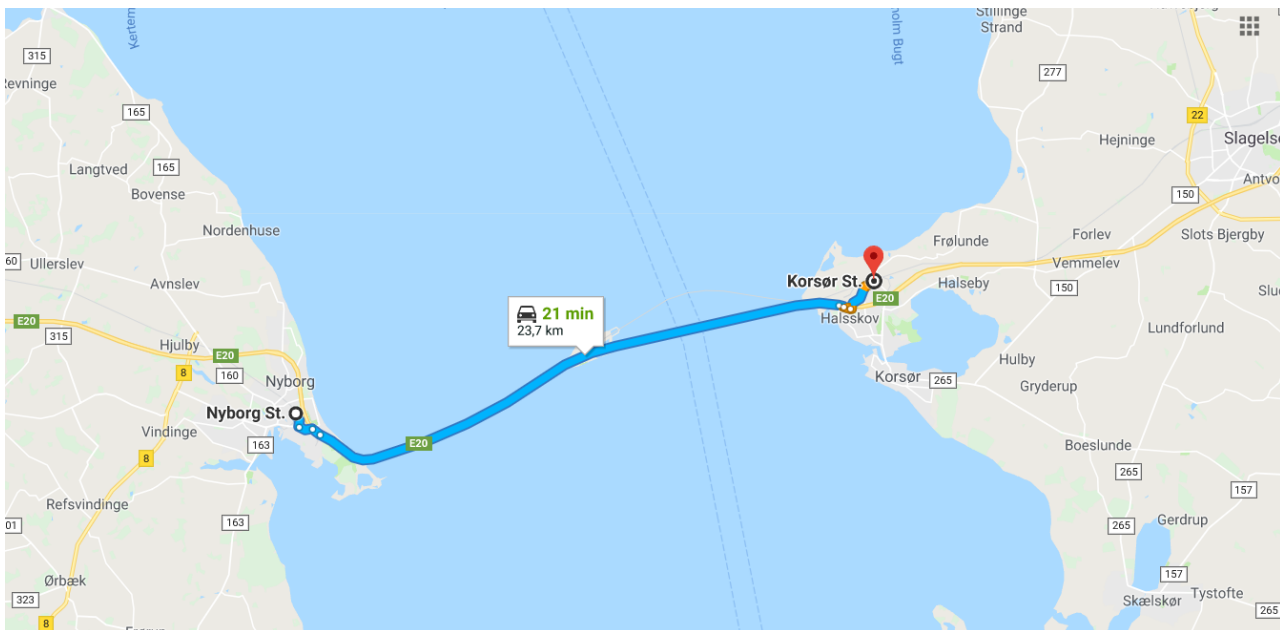
The rider is picked up at Korsør Station and transported to Nyborg Station

Nyborg Station: Banegårdsalleen 100, 5800 Nyborg

Korsør Station: Storebæltssvej 2, 4220 Korsør

Distance: 23,7 kilometers. Travel time: 21 minutes.

Time is not stopped while being transported across.



UNSUPPORTED RIDERS

Unsupported riders must take the train from **Korsør Station** to **Nyborg station**.

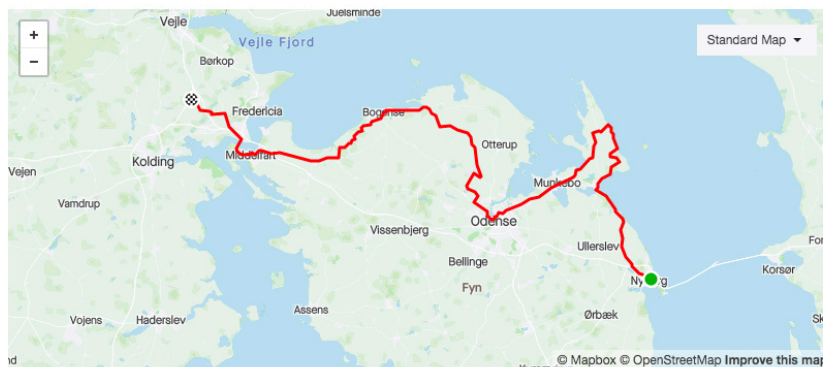
Time is not stopped while you wait for the train. It is advised to look at the time-table in advance. You have to book the ticket yourself + bike. In order to ride a train in Denmark at this time, you must wear a face mask, be sure to bring one.

STAGE 10 RAD 2021: Nyborg - Herslev (148km - 726hm)

STRAVA: www.strava.com/routes/2824675463794333984

★ 10 RAD 2021

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148.77km Distance
726m Elevation Gain
Road Ride Type
5:20:32 Est. Moving Time
Public Route Visibility



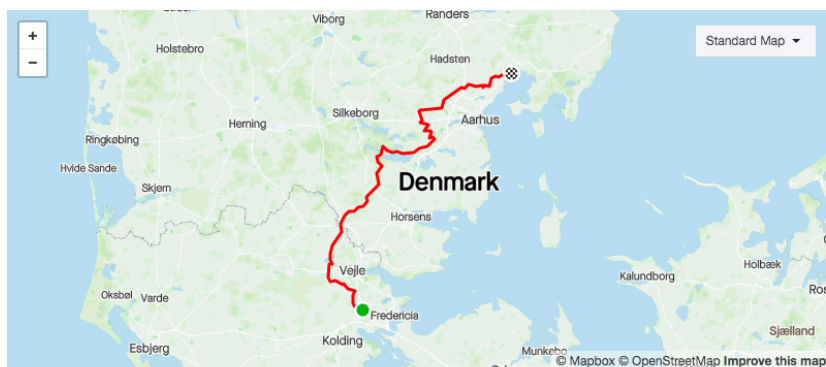
Notes:

STAGE 11 RAD 2021: Herslev - Kaløvig (158km - 1343hm)

STRAVA: www.strava.com/routes/2824663634642276640

★ 11 RAD 2021

Print Export GPX Export TCX Edit Duplicate

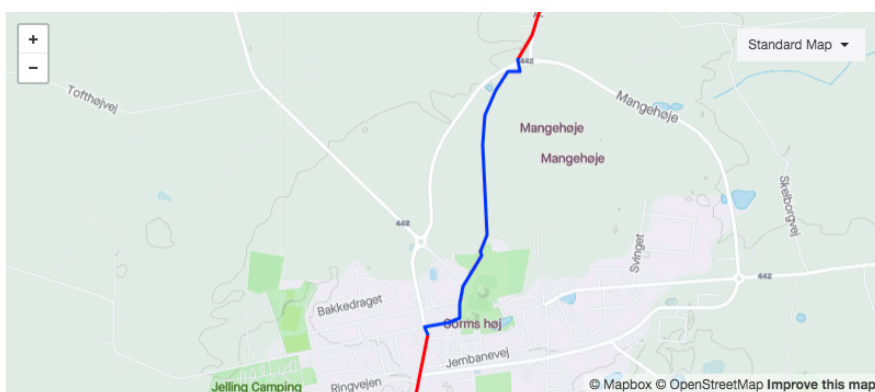


158.50km Distance
1,343m Elevation Gain
Road Ride Type
5:41:30 Est. Moving Time
Public Route Visibility



Notes:

At KM 31,7 – 33,1 supported riders **MUST** ride the bike path, support cars go around on the road “442”

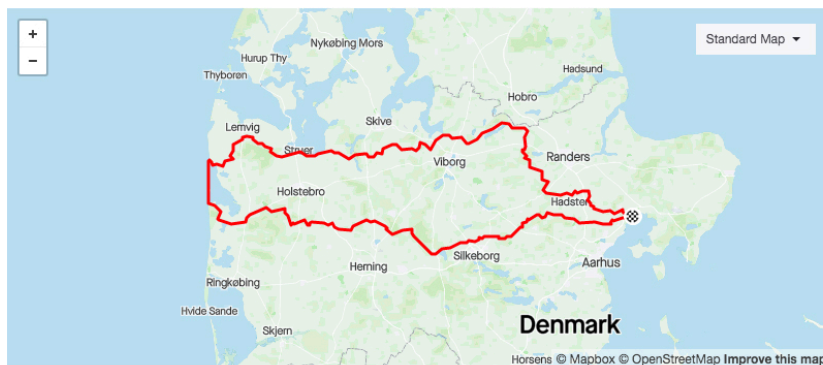


RAD EXPERIENCE 400: Kaløvig - Kaløvig (400km - 2492hm)

STRAVA www.strava.com/routes/2788367916169753428

★ 2021 RAD ULTRA 400

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Subscriber
By Uggi Kaldan
 Created on January 24, 2021

400.11km Distance 2,492m Elevation Gain Road Ride Type
 14:22:04 Est. Moving Time Public Route Visibility

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Notes:

1 / 1: At KM 2 – 3 supported riders **MUST** ride the bike path, support cars go around.

