

RACE RULES ARRÁBIDA MTB RACE 2019

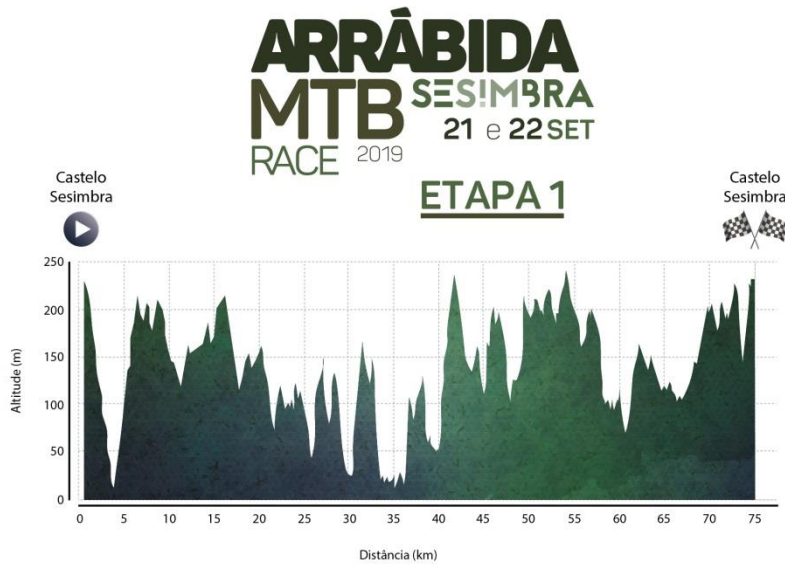
- 1.** The Arrábida MTB Race is a MTB event made in doubles or individually, by GPS. This is a two-day race, under the program “Cycling for all”, registrations are open to federated and non-federated participants.
- 2.** The participation is limited to MTB Bikes, with an extra category for MTB E-Bikes, without the Overall Classification.
- 3.** It will be timed, by electronic means, the time each racer will take to complete the course.
- 4.** It’s an open event to all cyclists federated or not, from both genders, with more than 18 years.

Date and Distance

5. The first stage of the Arrábida MTB Race will start on Saturday, 21st of September 2019, at Sesimbra Castle, in the Village of Sesimbra, finishing at the exact same place. The boxes open at 9a.m; finishing control will close at 2:30p.m.

The second stage of the Arrábida MTB Race will start at 9:30 a.m. on the 22nd of September 2019 at Sesimbra Castle, in the Village of Sesimbra, finishing at the exact same place. The boxes open at 9a.m; finishing control will close at 1:30p.m.

6. The first stage of the Arrábida MTB Race will have a total distance of 75Km with +2000m of total ascending, with the following graphic:



- The second stage of the Arrábida MTB Race will have a total distance of 47km with +1100m total ascending, with the following graphic:



Participation

7. Athletes that are in probation of their federation, for doping, are forbidden to participate in the event.

8. It is mandatory to wear a helmet approved. The non-fulfillment of this rule implies the immediate exclusion of the event.

9. The organization features the insurance of personal accidents and civil responsibility according to the law in force. However, the organization does not take the responsibility for any accident resultant of the non-fulfillment of the regulation.

10. The athletes are responsible for their own registration and participation on the Arrábida MTB Race, conscious that this is an exigent event on the physical point, requiring an adequate preparation and a good physical form, assuming the total risks inherent to their participation.

11. The event will have a limit of 100 riders, must have done the registration through the website of Arrábida MTB Race (<http://www.arrabidamtbrace.com>).

12. The payment is done by ATM, where it is created a reference and a time limit to pay the registration. The registration will be validated after the payment. The registrations will close when the limit of the 100 registrations is accomplished.

13. The registration is considered personal and can only be passed to someone else when communicated to the organization until the 18th September 2019. After that date it will not be possible to change the data provided. Other exceptional cases will be evaluated by the organization.

14. After the payment is done, the registration is considered definitive, whereby there will be no refunding, in case of the non-possibility of the participation of the event.

15. The price of the Granfondo registration will be:

1st Registration:

- Basic Registration = 75€ for rider (150€ for doubles)
- Basic + Registration = 85€ for rider (170 for doubles)
- Premium Registration = 150€ for rider (300€ for double)

2nd Registration:

- Basic Registration = 85€ for rider (170€ for doubles)
- Basic + Registration = 95€ for rider (190 for doubles)
- Premium Registration = 160€ for rider (350€ for double)

Basic Registration

Race the event for two days;

Basic + Registration

Race the event for two days with sleeping in a campsite (tent not included);

Premium Registration

Participation on the two-day race with sleeping in 4 stars hotel, double room, and dinner included. The Official Hotel is the Hotel do Mar located in the Sesimbra Village. www.hoteldomar.pt

The registration includes:

- a) The right to participate in the two-day race Arrábida MTB Race 2019;
- b) Feeding at the points previously defined by the organization and announced at the website of the event;
 - 1st Stage – 2 liquid and solid feeding zones;
 - 2nd Stage – 1 liquid and solid feeding zone;
- c) Race Number of mandatory use;
- d) Official Jersey Event;
- e) Finishers gift
- g) First Aid and Medical assistance;
- h) Insurance for personal accidents and civil responsibility according to the Portuguese law with excess at participants responsibility.
- i) Access to showers for a bath at the end of the event, in Palmela, location to be defined;
- j) Buffet lunch at the end;
- l) Electronic timing of the event ;

All registrations non-validated will be eliminated. For a new registration it must be done a new registry on the <http://www.arrabidamtbrace.com> which will create a new MB reference.

16. For the pick-up of the Race Numbers at the Secretariat it is mandatory the presentation of an Identification Document.

17. The pick-up of the Race Number can be done by another person, as long as it is the carrier of the original or copies of the documents of the absent athlete.

Starting order

18. The start will be at the same time for all the categories with the participants being distributed in grids, previously defined. This distribution will be exclusively by order of registration. Which grid will have 50 places, being important to clarify that will be a special area reserved for the guests in front of that grid.

Timing

19. Every participant will have his own time timed through an electronic chip system not transferable and for obligatory use at the front, under the penalty of declassification. All the participants must pass through the starting portico, under the penalty of the chip not being activated and his time not being timed.

20. All the participants must place the race number in the right position, in the front, on the handlebar, so it can be perfectly viewed in its entire surface. Every athlete that doesn't comply with this rule will be excluded from the event, not being framed by the organization. It is strictly forbidden to change the graphic contents in the race number in the front of the bike, or add any kind of message or image, whether it is from advertisement nature or not.

Medical Assistance

21. The Arrábida MTB Race will have a medical accompaniment available by the organization that will always be available for any participant requires it, nearby an element of the organization staff.

Mechanical Assistance

22. The event will have a mechanical assistance at the starting line and over the course, done by vehicles and elements of the organization in the feeding zones. The organization will provide information's about the locations advised for the accompanying to watch the passage and support the athletes.

23. We advise the participants to transport material and basic tools with them, like spare inner tubes, to face problems like tire puncture. Although the participants may count with the help from organization members, these may be further from the local of the mechanical problem, which will delay the athlete more than strictly necessary. In case of a mechanical problem, the organization will give a man power mechanical assistance, but, in case of a procedure of a replacement piece this will be charged to the participant.

Legal Disposition

24. To all the participants it is required the respect for the laws of the Road Code, since the Arrábida MTB Race will course to open roads to traffic. Who does not obey to the law can be expelled from this and future editions of the event.

25. The organization will not take the responsibility by any accident caused by the participant or being the victim of it. Nor eventual debts contracted by the participants before, after or in the course of the event caused by the failure of this regulation. By submitting your registration, the participant implicitly exempt the organization of the responsibility for any lose or deterioration of personal objects under any circumstance.

26. The organization reserves the right to proceed to any modifications which are considered opportune, in the course or another else, whenever these are justified. In equal way the organization reserves the right of admission in Arrábida MTB Race.

Image Rights

27. The acceptance of this regulation means the participants allows the organization of the Arrábida MTB Race to record, totally or partially, his participation on the race; also authorizes the utilization of his image in the promotion and divulgation of the Arrábida MTB Race under any way (TV, radio, press, photos, DVD, internet, posters, flyers, etc.). Also gives all the rights relative to the commercial and advertisement exploration without reclaim or any economic counterpart. The organization guarantees to the participants the total respect for the Laws of the data protection.

28. The simple act of registration on the event supposes the total acceptance of this regulation and at the same time resigns to all and any legal action against the organization, in which it may deliver the failure of this regulation during the participation in the Arrábida MTB Race.

29 – Prizes and Categories

DOUBLES

The category of the teams is defined by the average between the ages of both categories, made with mathematical rounds.
Age of first rider + Age of the second rider divided by two =
Category

(Ex1: first rider = 25 years + second rider = 40 years;

Average: 32,5 – Category 18-35

Ex2: first rider = 44 years + second rider = 37 years;
Average: 40,5 – Category 41-50)

Age Groups

MAN, WOMAN and MIXED DOUBLES

18 – 34

35 – 40

41 – 50

> 50

PARACYCLING

Overall (no Age Groups or Categories)

E-Bikes

Extra (no classification, alphabetically listed the first elements with finish times).

PRIZES

Overall Classification

Overall Doubles – MAN

– 1st Place – Medal

– 2nd Place – Medal

– 3rd Place – Medal

Overall Doubles – WOMAN

– 1st Place – Medal

– 2nd Place – Medal

– 3rd Place – Medal

Overall Doubles – PARACYCLING

- 1st Place – Medal
- 2nd Place – Medal
- 3rd Place – Medal

Overall Doubles – MIXED

- 1st Place – Medal
- 2nd Place – Medal
- 3rd Place – Medal

CLASSIFICATION BY AGE GROUP

MAN

- 1st Place – Medal
- 2nd Place – Medal
- 3rd Place – Medal

WOMAN

- 1st Place – Medal
- 2nd Place – Medal
- 3rd Place – Medal

SINGLE

The Age Group is defined by the Age of the racers.

Age Groups

MAN, WOMAN

18 – 34

35 – 40

41 – 50

> 50

PARACYCLING

Overall (no Age Groups)

E-Bikes

Extra (no classification, alphabetically listed the first elements with finishing times).

PRIZES

OVERALL CLASSIFICATION

MAN

- 1st Place – Medal
- 2nd Place – Medal
- 3rd Place – Medal

WOMAN

- 1st Place – Medal
- 2nd Place – Medal
- 3rd Place – Medal

PARACYCLING

- 1st Place – Medal
- 2nd Place – Medal
- 3rd Place – Medal

CLASSIFICATION BY AGE

MAN

- 1st Place – Medal
- 2nd Place – Medal
- 3rd Place – Medal

WOMAN

- 1st Place – Medal
- 2nd Place – Medal
- 3rd Place – Medal

Eco responsibility

30. The participants will be obligated to have a responsible conduct when it concerns the cleaning and preservation of the environment in all areas throughout the event, from the course until the exit and finish line.

Since the event takes place at the Parque Natural da Arrábida it forces all to have a double caution with their conduct. It is strictly forbidden to throw residues to the floor, before, after and during the race. It is up to the participants to have the care of keeping with them the residues of the packages of food and beverages used in their reposition during the event. At the end or in the feeding zones, the organization will provide containers do deposit the garbage transported by the athletes. The disrespect of this regulation implies the immediate exclusion of the athlete.

GREEN ZONE – WE ASK ALL THE PARTICIPANTS TO THROW THEIR GARBAGE NEAR THE FEEDING ZONE. THE ORGANIZATION TAKES RESPONSIBILITY FOR THE CLEANING OF THE SURROUNDING AREA, 100M FORWARD AND BACKWARD.

Penalties

31. It will be penalized, under the ultimate case with declassification, all that:

- a) Disrespect the Road Code, willingly that the roads are open to traffic.
- b) Don't respect the indications given by the elements of the organization or law enforcements.
- c) Do not pass by the Control Zero at the starting line and in other points of obligatory passage during the course.
- d) Do not respect the environment, polluting and degrading it throughout the course, whether is by the throwing of wastes or other things.
- e) Having an own support vehicle that, by default of the organization, may in some way harm the course of the event.
- f) Behave in a disrespectful way to this regulation and/or to the event

32. Applied penalties

- Expulsion from the event, losing their classification
- Inclusion in the sanctioned list of athletes, published after the race
- Sanctions imposed by the policy authorities that frame the event, in case of the offences are noticed by the authorities

Agenda

33.

Localization: Sesimbra's Castle, Sesimbra Village

21st of September

- Race Office – from 7 a.m. to 9 a.m.
- Opening of the boxes – 9 a.m.
- Briefing – 9:20a.m.
- Starting – 9:30a.m.
- Protocol Ceremonies – 2:30p.m.

22nd of September

- Opening of the boxes – 9 a.m.
- Briefing – 9:20 a.m.
- Starting – 9:30 a.m.
- Protocol Ceremonies – 1p.m.
- After Race Party– 2p.m.

Final dispositions

34. The organization vividly recommends to all the participants to do a check-up before the event. In the same way that draws the attention of the necessity of an adequate alimentation/hydration. Nevertheless the organization offers a liquid and solid reinforcement, in the feeding zones during the course.

35. In order to guarantee the integrity and security of the athletes, there are controlling points, where it will be stipulated time limits of passage. The athletes that reach these time control points after the stipulated time (for each control) will be forced to abandon the race. Control locations and time limits – soon available.

The participants that choose to follow by their own means will be forced to deliver, at the time control point, to an element of the organization their frontal number, leaving the race assuming by their own risk his destination from that moment on.

36. The athletes that give up the race, during it, must head for an element of the organization, personally or by phone, announcing their abandonment. In the absence of an athlete the rescue and help means can and will be triggered. The disrespect of this regulation will accuse the athlete that didn't make the communication, of the costs of the rescue.

37. The athletes must scrupulously respect the schedule, specially the time of the start and finishing control time. If not, they are out of contest from the event, participating on their own risk.

38. The organization does not take responsibility by any loss or malfunction that may affect the bikes or other equipment's from the participants. The participant exculpates the organization from any loss or deterioration of personal objects, under any circumstance.

39. Higher means may force the organization to suspend the event. In this situation it cannot be demanded any kind of responsibilities to the organization, not having this the obligation of economically offset the participants, any other person or entity for this fact.

40. The organization will constitute a Judge of the Event, composed by five elements that will decide about the sanctions to apply in all the matters related to the event that weren't object of regulation or about any misunderstood of the present regulation.