



Dear rider,

We want to give you relevant information regarding the **first edition** of **GAES Catalunya Bike Race** presented by Shimano.

Please read this document carefully and assure to have everything planned.

More information at the Race Office or info@catalunyabikerace.com.

LICENSE / INSURANCE FOR NONLICENSE HOLDERS

All riders without a license or a valid annual license for racing (sportive or from other sports are not accepted), must issue a temporary license for the race, which price is 30 euros and can be issued at the race's site before collecting the start number.

If you're not sure of your license's validity, you must check it with your regional or national (if it's a foreign license) federation.

ACCIDENTS & EMERGENCIES

There's an emergency phone number on several places (numbers, route signs, etc.) and available 24 hours during the race.

WARNING! Only call in case of an emergency or accident.

It's not a customer service phone number.

In case of visiting a hospital, riders holding a license must contact the insurance company arranged by your federation.

Riders not holding a license (insured only for the occasion) will follow a protocol given while issuing their license for the race.

RIDER'S BRACELET

All riders receive two numbered bracelet according to their bicycle's number plate and back number. One bracelet must be worn always to be able to identify you and your equipment. The additional bracelets are necessary when leaving backpacks or belongings in the cloakroom, etc.

MOBILE APP

Available for Android or iOS cell phones. It can be downloaded for free on Google Play or Apple Store.



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Some of its most useful functions are to access all the race's information (maps, profiles, program, roadbooks, etc.), receiving newsletters and notifications and the possibility of guiding you to the race's points of interest (feed stations, start, finish, etc.), from the place you are at.

TRACKING

The stages' roadbook, profile, map and GPS coordinates and live timing system are available on the official website (www.catalunyabikerace.com).

Stage 1: <https://sportmaniacs.com/es/races/gaes-catalunya-bike-race-presented-by-shimano-2017/59b10ed3-af34-49dc-8ce0-4c5cac1f139a/live>

Stage 2: <https://sportmaniacs.com/es/races/gaes-catalunya-bike-race-presented-by-shimano-2017/59b10ee9-da7c-4e0d-a88d-4c5cac1f139a/live>

Stage 3: <https://sportmaniacs.com/es/races/gaes-catalunya-bike-race-presented-by-shimano-2017/59b10eff-4938-4a0c-b57c-4c61ac1f139a/live>

Standings: <https://sportmaniacs.com/es/races/gaes-catalunya-bike-race-presented-by-shimano-2017/59b115c2-4f88-46b8-8e3a-5346ac1f139a/live>

PROGRAM

THURSDAY 28TH SEPTEMBER 2017- Bellver de Cerdanya

- 18:00h - Paddock aperture.
- 18:00h - Bicycle parking aperture.
- 18:00h - **Registration begins.**
- 20:30h -Bicycle parking closure.
- 20:30h - **Registration ends.**
- 20:30h - Paddock closure.

FRIDAY 29TH SEPTEMBER 2017 - Bellver de Cerdanya

- 10:00h - Paddock aperture.
- 10:00h - Bicycle parking aperture.
- 10:00h - **Registration begins.**
- 12:00h - Teams meeting.
- 13:00h - **Registration ends.**
- 13:00h - Race Office aperture.
- 14:00h - **STAGE # 1 start.**
- 18:15h - Welcome Party (welcome meal).
- 18:30h - Award ceremony begins.
- 18:45h - Welcome speech and Concert.
- 19:00h - Race Office closure.
- 19:00h - Paddock closure.
- 20:00h -Bicycle parking closure.



SATURDAY 30TH SEPTEMBER 2017 - Bellver de Cerdanya

- 09:00h - Paddock aperture.
- 09:00h - Race Office aperture.
- 09:00h - Bicycle parking aperture.
- 09:40h - Start grids aperture.
- 10:00h - STAGE # 2 start.**
- 12:50h - Expected stage winner's time.
- 12:30h - Award ceremony begins.
- 19:00h - Bicycle parking closure.
- 19:00h - Race Office closure.
- 19:00h - Paddock closure.

SUNDAY 1ST OCTOBER 2017- La Molina

- 07:00h - Paddock set-up.
- 08:00h - Bicycle parking aperture (Bellver de Cerdanya).
- 08:30h - Race Office aperture.
- 09:40h - Start grids aperture.
- 10:00h - STAGE # 3 start.**
- 10:00h - Bicycle parking closure (Bellver de Cerdanya).
- 11:30h - Expected stage winner's time.
- 12:30h - Award ceremony begins.
- 16:00h - Bicycle parking closure.
- 16:00h - Race Office closure.
- 16:00h - Paddock closure.

WARNING! Starting time of stage 1 (Friday) is at 14:00h.
Start and finish of Stage 3 is at La Molina.

NUMBERS & CATEGORIES

Categories are grouped by number and colour. The numbers also show the rider's surname and nationality, and a phone number that can be called in case of emergency.

Elite men (white): 1 - 199.

Elite women (pink): 201 - 249.

Master women (pink): 251 - 299.

Master 30 (yellow): 301 - 699.

Master 40 (green): 701 - 999.

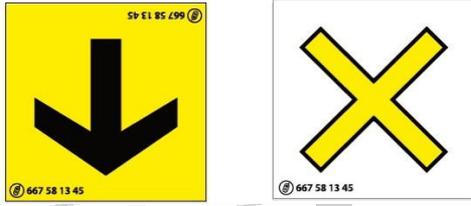
Master 50 (blue): 1001 - 1099.





MARKING

The route is marked with red arrows (stage 1 & 3) and blue (stage 2). White signs with a cross of the stage's colour, indicates wrong direction.



Each ten kilometres and the final five to the finish line are indicated.

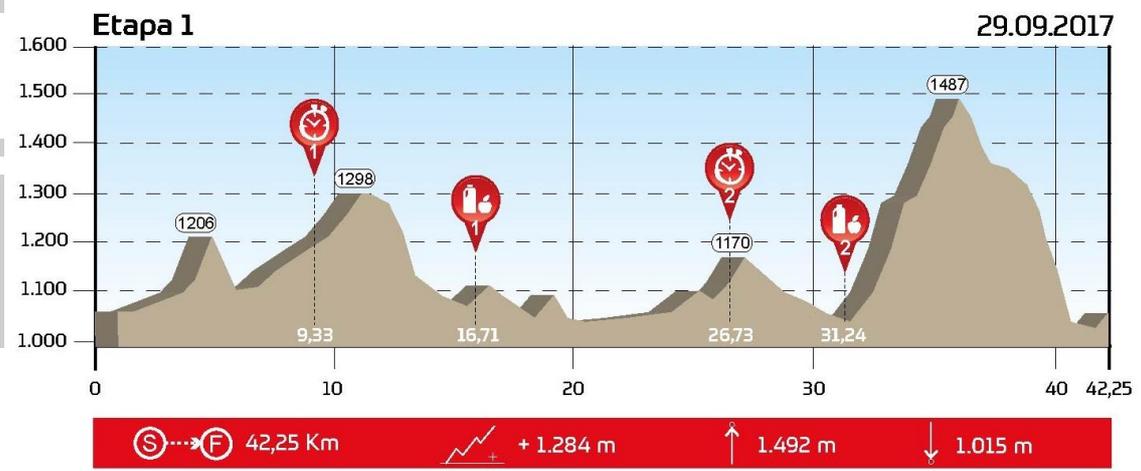


WARNING! GPS tracks are not available. It's not necessary to use any electronic device to follow the route.

STAGES

STAGE 1 (red): 42,2 km y 1.284 m+

WARNING! For safety reasons, there will be a place (Km 36 aprox.) where it will be mandatory to get off the bicycle and walk. Anyone who doesn't obey this rule will be expelled from the race.



Feed station 1 - 16,7 km



First rider: 15:00h

Lastrider: 17:30h

GPS coordinates: 42.363843, 1.810034

Feed station 2 - 31,2 km

First rider: 15:45h

Lastrider: 18:00h

GPS coordinates: 42.374859, 1.789300

STAGE 2 (blue): 62,4 km y 2.644 m+



Feed station 1 - 23,5 km

First rider: 11:00h

Lastrider: 12:50h

GPS coordinates: 42.345469, 1.826300

Feed station 2 - 39,2 km

First rider: 11:50h

Lastrider: 14:30h

GPS coordinates: 42.315875, 1.782628



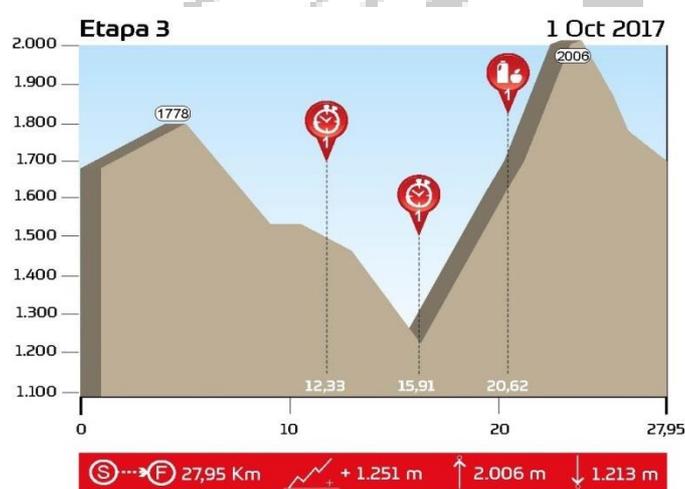
Feed station 3 - 54,2 km

First rider: 12:30h

Lastrider: 16:00h

GPS coordinates: 42.346537, 1.755351

STAGE 3 (red): 27,9 km y 1.251 m+



Feed station 1 - 20,6 km

First rider: 11:00h

Lastrider: 12:50h

GPS coordinates: 42.347532, 1.917204

STARTING GRIDS

STAGE 1

Elite categories, both men and women, will start in pairs every thirty seconds and inverse order to their UCI ranking.

All riders of the Master categories, men and women, will start in groups of five mountain bikers, also every half minute.



The start will begin at 14:00h in the following order: Master Women, Elite Women, Master 50, Master 40, Master 30 and Elite men.

Check your starting time here:

http://www.catalunyabikerace.com/media/uploaded_files/Salida_ETAPA_1.pdf

STAGES 2 & 3

The start will begin at 10:00h and will be carried out in waves. Every five minutes two start grids will take the start. Starting grids will be arranged according to the overall standings (no category distinction), having a exclusive box for women.

PADDOCK

BELLVER DE CERDANYA MUNICIPAL SPORTS CENTER

Sports 5 street, 25720 Bellver de Cerdanya, Lleida

Location: <https://goo.gl/maps/nARggbuynHS2>

GPS coordinates: 42.367039, 1.777323

LA MOLINA BIKE PARK

Muntanya Sagrada street, 17537 Alp, Girona

Location: <https://goo.gl/maps/SGQPQjRSASn>

GPS coordinates: 42.20061, 1.56043

The paddock is a space reserved for sponsors or teams that have previously booked it, and open to riders, companions and spectators, where the Race Office and the different race's services are located.

If you wish to have a paddock space, get in contact with mireia.sola@octagon.com.

SERVICIOS

WARNING! If you haven't hired any service during the registration process, you can do it at the paddock, as long as it remains available. Go directly to the company that offers the service.

OFFICIAL SHIMANO SERVICE (FREE)

Shimano offers assistance to all riders. Its truck is always located at the paddock and its Blue Cars cover some strategic points of each stage. Its assistance is free, by order of arrival and capacity. Spare parts are not included.



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FULL MECHANICAL ASSISTANCE (100,00 €)

Maintenance service valid for all stages. 25% discount on spare parts. Includes bicycle washing, servicing and checking. It requires to complete a form with the bicycle's technical specifications to guarantee the stock of spare parts. Service offered by +QUEBICI.

EMERGENCY MECHANICAL ASSISTANCE (40,00 €/h)

Mechanical assistance available without hiring it previously but with no guarantee of being able to receive the service neither having spare parts. Spare parts with no discount. Service is charged according to the servicing time. Service offered by +QUEBICI.

OFFICIAL COMPEX SERVICE (GRATUITO)

CompeX offers a free Active Recovery service after each stage. An effective recovery method using electrostimulators available for all riders who book it.

PHYSIOTHERAPY (90,00 €)

Four preventive treatments (Thursday, Friday, Saturday and Sunday) of 45 minutes, made by a team of professionals specialized in MTB testing in stages. Includes all the material needed to solve physical problems and any additional therapy (creams, bandages, etc.). Requires appointment each day. Service offered by +QUEBICI.

FEED STATIONS (FREE)

Solid and liquid feed stations along the route and at the finish line. They have fruit, nuts, water, sports drinks, etc. The drinks will be served in jars and plastic cups, and the food chopped and peeled.

BICYCLE WASHING AREA (FREE)

Reserved space with numerous hoses and stands for riders and teams to wash their bicycles each day.

BICYCLE PARKING (FREE)

Reserved, roofed and guarded space to leave the bicycle. Access restricted only to riders, whose bracelet must match with the bicycle's number in order to take it out from this enclosure.

CLOAKROOM (FREE)

Guarded place where the riders can leave their warm-up clothes. These must be handed in a closed bag or bagback and tagged with one of the rider's bracelets. Unidentified bags/backpacks won't be accepted



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MEDICAL SERVICE (FREE)

The race has strong safety measures along the route as well as a field hospital at the paddock. There's also a telephone number on various items, which can be called in case of an emergency.

TOILETS, SHOWERS&CHANGING ROOMS (GRATUITO)

The sport facilities have toilets and showers available during all the race days.

LUNCH

Thanks to Casa Mas, the organisation will offer a dish of pasta and gazpacho to all riders after the first stage. After the second stage, local cold meat, bread and tomato will be served courtesy of Bellver de Cerdanya's council. On the last stage, you'll enjoy some Cadí cheese. In order to enjoy this service, you'll only have to show the numbered bracelet.

PARKING

PRIVATE CARS

Next to Bellver de Cerdanya's municipal sport facilities there's space to park the private vehicles of riders, companions and/or spectators.

WARNING! Only authorised vehicles will be allowed into the paddock.

MOTOR HOMES

According to the enclosure's regulations where the race is located, the access and parking of motor homes and/or similar vehicles is restricted. There's space around this enclosure for these vehicles, aside from the race's organisation and following the legal regulations of the town.

PHOTOGRAPHY

Sportograf company will take photographs of all riders. They will be available on its website (www.sportograf.com) once the race is over.

RESULTS

You can check the results on the following links:

Stage 1: <https://sportmaniacs.com/es/races/gaes-catalunya-bike-race-presented-by-shimano-2017/59b10ed3-af34-49dc-8ce0-4c5cac1f139a/results/official>

Stage 2: <https://sportmaniacs.com/es/races/gaes-catalunya-bike-race-presented-by-shimano-2017/59b10ee9-da7c-4e0d-a88d-4c5cac1f139a/results/official>



Stage 3: <https://sportmaniacs.com/es/races/gaes-catalunya-bike-race-presented-by-shimano-2017/59b10eff-4938-4a0c-b57c-4c61ac1f139a/results/official>

Standings: <https://sportmaniacs.com/es/races/gaes-catalunya-bike-race-presented-by-shimano-2017/59b115c2-4f88-46b8-8e3a-5346ac1f139a/results/official>

TEAMS RESULTS

There's a team result list in which the best woman and two best men are taken into account. The team must be made up by a minimum of three people (a woman and two men), and a maximum of five (two women and three men). Each team member competes individually in its corresponding category. i.e. the team is not forced to remain together.

WARNING! The members of a team must inform the timing company after collecting its start numbers or previously through info@catalunybikerace.com

PRIZES & AWARDS

All riders will receive a Welcome Pack which includes:

- Official Pearl Izumi jersey (reserved to the first 100 entries).
- Set of PRO brushes.
- 125 ml Shimano degreaser.
- 100 ml PTFE Shimano PTFE dry lube.
- Intersport gym sack.
- Engel & Volkers bottle.
- PowerBar bottle.
- PowerBar products (PowerGel & Powershots).
- Tetra Brik of Aneto soup.
- OXD cream samples.
- Epaplus products.

Those who finish in the 460th overall position on stages 2 and 3, will get a Polar M460 device.

FINISHER TROPHIES

All riders who manage to complete all stages obeying the regulations will be awarded a finisher medal which is given after crossing the last day's finish line.

AWARD CEREMONY

STAGES

The three best riders of each category are awarded and must attend the podium after the stage dressed with their racing kit.



The category leader is given a jersey which s/he has to wear during the stage.

The best ranked team in each stage is awarded and its members must attend the podium after the stage dressed with their racing kit.

FINAL STANDINGS

The five best riders of each category are awarded and must attend the podium after the stage dressed with their racing kit.

The three best ranked teams are awarded and its members must attend the podium after the stage dressed with their racing kit.

PRIZE MONEY

If due to your result in the elite men or women category, you have prize money, go to the Race Office for information. The documents that must be given to the organisations are:

- ID or passport.
- Bank account number (IBAN).
- SWIFT code of the bank account.
- Tax or home address.

WARNING! Without this information the prize payment cannot be processed.

UCI Elite men

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------------|-------|-------|-------|-------|-------|-------|-------|-------|------|------|
| ETAPA 1 | 200 € | 150 € | 100 € | 75 € | 50 € | 45 € | 40 € | 35 € | 30 € | 25 € |
| ETAPA 2 | 200 € | 150 € | 100 € | 75 € | 50 € | 45 € | 40 € | 35 € | 30 € | 25 € |
| ETAPA 3 | 200 € | 150 € | 100 € | 75 € | 50 € | 45 € | 40 € | 35 € | 30 € | 25 € |
| GENERAL | 375 € | 300 € | 225 € | 190 € | 150 € | 135 € | 120 € | 105 € | 90 € | 75 € |



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UCI Elite women

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------------|-------|-------|-------|-------|-------|-------|-------|-------|------|------|
| ETAPA 1 | 200 € | 150 € | 100 € | 75 € | 50 € | | | | | |
| ETAPA 2 | 200 € | 150 € | 100 € | 75 € | 50 € | | | | | |
| ETAPA 3 | 200 € | 150 € | 100 € | 75 € | 50 € | | | | | |
| GENERAL | 375 € | 300 € | 225 € | 190 € | 150 € | 135 € | 120 € | 105 € | 90 € | 75 € |

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