

Bike 4Mountains – 2018

These rules apply to M4 – 4 stages, teams.

Main characteristics of CarpathianMan® events:

CarpathianMan® series are outdoor events with mountain character. The routes are unprotected and unimproved; they can be public roads and forest trails marked and unmarked, high inclination slopes and rough areas, etc.

Different segments of the routes pass through populated areas, meadows, wooded areas and cuts, alpine (ridges, steep slopes, valleys, debris, alpine meadows, juniper trees, etc.). All these require that the participant should have experience and special skills such as:

- All participants must have at least one general experience regarding mountains.
- All participants should be able to cover, in safety conditions, a route in an alpine area.
- All participants should be experienced enough to cover a difficult alpine route (eg. single track, passage with fixed ropes).
- All participants should have a good sense of orientation in mountainous terrain, even in bad weather conditions and poor visibility. This means that each participant should be able to use a map and the information about the routes in order to reach a place in safety.
- All participants should have basic knowledge about how to react in case of dangerous situations, which might appear in the mountains.
- All participants should show fair play and friendship and to act accordingly when the situation requires it.
- All participants should know and have an attitude that takes into account the fact that although the organizers take all the safety measures, they are not and will not be able to cover all the risks that result from the nature of competitions, environment and conditions in which these evolve.
- **All participants should know and take into account the fact that no award is more important than their own health and life and the one of other participants and they should act accordingly when they feel or observe a danger.**

2. „Bike 4Mountains - 2018“:

2.1. **It is an event from the CarpathianMan® series.**

2.2. This year edition is composed from:

- **M4**: marathon MTB in 4 stages, team composed from 2 persons, 05-08.07.2018

3. Route and stages M4:

3.1.

- Stage 1: 50-85km, 1500-2700m. Start: Loresti / Campulung, AG
- Stage 2: 50-70km, 1500-2000m.
- Stage 3: 55-70km, 1750-2450m.
- Stage 4: 35-50km, 1300-1700m.
- Arrival stage 1 and start for stage 2: Stoenesti, AG
- Start for stages 3,4 / arrival for stages 2,3,4: Cheile Gradistei Fundata, BV

3.2. The participants who will complete the all stages within the time limits will enter the final rankings, they will be considered as „ finisher“.

3.3. Each participant is obliged to follow the official route, to respect the volunteer’s instructions, to not use shortcuts or other similar benefits.

3.4. The participants who leave the official route, for any reason, must re-enter in the exact point where they left the route.

3.5. The published route can be modified for various reasons, including weather conditions, safety, travel restrictions, conditions of access to private properties, etc.

4. Participants / Categories / Team:

- 4.1. Minimum age to participate in the **M4** race is 18 years old on race day. Exceptions are some very well trained young athletes.
- 4.2. **Age categories: women, mixed, men, master men** (the sum of the ages of the team members must be over 80 on the start day).
- 4.3. The team must make the whole route. The maximum distance between the members of a team is 2 minutes. This maximum distance can be measured at start, during the race or at arrival.
- 4.4. Use of traction equipment between teammates, in the form of cables, ropes is not allowed, because of the very high risk of injury.
- 4.4. Assistance between participants of two teams is allowed during the race. The assistance means supporting with water, food, accessories, bike parts, tools, accessories, bicycle repair or help in difficult cases.

5. Equipment:

- 5.1. **Compulsory individual equipment:** MTB bike (electrical bikes are not accepted); helmet; number; long sleeves t-shirt (t-shirt short sleeves + hand warmers); waterproof jacket; a spare bicycle tube and a spare pair of brake pads; bottle 0,5l full with liquid at start; food (at least two bars or gels at start). Depending on weather conditions the required equipment may be supplemented with: backpack, rain pants, long pants, another layer on top (Polartec), gloves.
- 5.2. **Compulsory team equipment:** functional mobile phone, air pump, medical kit, map and repair kit.
- 5.3. **We recommend:** energy food and drinks.
- 5.4. Each participant is obliged to wear a helmet during the all stages.
- 5.5. Each participant is responsible for maintenance of its own bicycle during the event. Time spent for maintenance and / or repair the bike will not extend the time limit.
- 5.6. It is recommended the team members should wear identical t-shirts during the event.
- 5.7. Changing the bike is not permitted; the participant must cross the finish line with the same frame and the same number on the handlebars.
- 5.8. Participants may replace any parts except the frame.

6. Number and accreditation:

- 6.1. The number and the accreditation will be received when validating the registration. This will happen the day before the event, after the participant has completed and signed the application form, statement of responsibility and they paid the registration fee.
- 6.2. The number should be fixed on the handlebars and should be clearly visible throughout the event. Logos placed on the number must be visible.
- 6.3. The number must not be cut, bent or altered in any way. Failure to do so or lack of it will entail disqualification.
- 6.4. The accreditation is granting each holder certain rights, including attending the each day pasta party.

7. Medical / Accident insurance:

- 7.1. Each participant will be in possession of a medical certificate, valid on the event date, stating that she/he is fit for endurance effort.
- 7.2. It is recommended for each participant to have an accident insurance which should cover the participation in such an event.

8. Validation / Briefing / Technical Control:

- 8.1. Validation of the entries will take place the day before the first stage between 05.00PM and 08.00PM and on the next morning between 06.00AM and 07.00AM
- 8.2. Technical meeting will take place the evening before the each stage, starting at 08.00PM. A briefing, which will send any updates or changes, will take place 5 minutes before start.
- 8.3. Equipment will be checked at the entrance in the start area. The bike must be functional. Also we will check brakes, tires, wheels and that the B4M number is attached to the handlebars and is clearly visible.

9. Timing :

- 9.1. The timing is done at seconds.
- 9.2. The time of a team is given by the time of the second team rider who pass the finish line.
- 9.3. Total time is given by the total time of each stage + any penalties.

10. Start :

- 10.1. Stage 1: Thursday **05 July, 09.00 AM, Campulung / Leresti, Arges**
- 10.2. Stage 2: Friday **06 July, 09.00 AM, Stoenesti village center, Arges**
- 10.3. Stage 3: Saturday **07 July, 09.00 AM, Cheile Gradistei Fundata, Brasov**
- 10.4. Stage 4: Sunday **08 July, 09.00 AM, Cheile Gradistei Fundata, Brasov**
- 10.5. The starting area opens 20 minutes before and closes 10 minutes before the start time.
- 10.6. For stage 1 the teams can choose their starting position except those arriving after the starting area has closed which will leave the last ones.
- 10.7. For the all other stages, the starting area will be divided as follows:
 - **Sector A** - the first 3 teams will be called and arranged on 3 rows based on their previous place in provisional categories ranking.
 - **Sector B** - 4-10 position on all the 4 categories.
 - **Sector C** – all the other teams after position 10.
- 10.8. **The 2 team members will enter the starting area together through the access gates.** Once entered, the team must remain in the starting area.
- 10.9. When entering the start area the equipment will be checked and each team will sign the start sheet. The teams who did not sign the start sheet will be considered absent from the start and will not enter the stage rankings.
- 10.10. The start will remain open for 5 minutes after the official start time. Those who lost the start and will begin their ride within these 5 minutes must notify the officials at the start area and the clock timings will be according to the official starting hour. The participants who will start their ride after these 5 minutes will not be ranked.

11. Neutralized start:

A possible neutralized start will be announced at the briefing. In the case of such a start, the participants must not pass each other and especially to pass in front of the leading vehicle. Defying this rule will mean disqualification.

12. Checkpoints:

On the route there are mandatory checkpoints. The participants who do not pass through a checkpoint (for whatever reason) will be disqualified. At each checkpoint, the race number of each participant can be noted in the arrival order.

13. Arrival :

- 13.1. Arrival for first stage is at Stoenesti, AG; the other three stages will end at Cheile Gradistei Fundata, BV, altitude 1250m.
- 13.2. The finish line can be passed on bicycle or on foot. Those passing the finish line on foot must have their bike with them (whole or pieces).
- 13.3. A team will enter the stage ranks after they have completed the whole route within the time limit.

14. Stop / Withdrawal from the race / Forming a new team:

- 14.1. Organizer reserves the right to stop a participant in the following cases:
 - was injured after the start and his condition no longer allowed to continue the ride.
 - in exceptional cases.

- 14.2. Any participant who doesn't want or can't continue the ride for any reason must inform the organizer immediately to one of the following places: at start, at checkpoints, on arrival or by calling the emergency number is written on B4M number and will be announced at briefing.
- 14.3. Not announcing the withdrawal from the ride can cause a search and rescue (rescue teams, mountain rescue and helicopter) at the expense of the participant involved.
- 14.4. Withdrawal can be confirmed by signature.
- 14.5. Any participant who retires will be helped in finding the best option to withdraw, but it is responsible for his/her own transportation, the route that he will use and subsequent actions after withdrawing. An exception will make those cases which are serious and do not allow any movement by its own means.
- 14.6. If one of the team members can't finish the event from any reason, the other member can form another team. These new teams can be formed and announced before the starting of a new stage.
- 14.7. The newly formed teams must obey the event rules, must start the stage from the back of sector C, will not be included in the final ranking, but they will become „ finishers.”
- 14.8. Any individual rider who cannot form a team may continue the event alone, but in the same conditions as 14.7.

15. Rankings / Awards:

- 15.1. Separate rankings will be prepared for the 4 categories.
- 15.2. Will be awarded the first three teams in each category. All who complete the whole event will receive the finisher t-shirt and diploma.
- 15.3. Special prizes may be awarded.

15. Nature conservation:

CarpathianMan® events are held in some of the most beautiful mountain regions of Romania. Leaving bottles, packaging, spare parts, equipment or rubbish along the routes and /or deliberate destruction of the environment will entail disqualification of the team and the riders will not be accepted anymore to register in CarpathianMan events.

17. Supporters / Help:

- 17.1. Supporters can encourage any rider, respecting the traffic rules, instructions of authority and/or officials and not impede the event.
- 17.2. **On the route any help from outside it is not allowed (supporter , spectator, etc..)**, except for assisting in refuelling at the check points, where riders in addition to beverages, fruits and food provided by the organizer may receive other foods, liquids, etc. Other exceptions are special cases. Any help offered with / from any moving vehicles is prohibited.
- 17.3. The rider whose supporters don't comply with these rules can be penalized.

18. Other rules:

- 18.1. **Bike 4Mountains** use as a riding route, following and not limited to: public roads, forest roads, marked and unmarked trails, through villages, meadows, forests, alpine, debris, steep valleys, ridges, rivers, canyons.
- 18.2. The routes are not closed to other users (cars, vehicles, pedestrians, tourists, animals and others). This entails that the participants must observe and obey the traffic rules imposed by law. Any accident caused and / or was involved participants in Bike 4Mountains, occurred during the progress of event in violation of the event and traffic rules of conduct imposed by law shall be the responsibility of those involved in the accident.
- 18.3. Organizer reserves the right to test any rider for doping and/or use of any illegal substances or procedures. Positive results will lead to penalties according to art. 19.
- 18.4. Any rider must give proof of fair play and allow another rider to move quickly into his face without obstructing; to assist a rider in difficulty and that request it this.
- 18.5. Any rider can turn the way to the nearest technical assistance area in such a way to not disturb other riders.

- 18.6. The routes are unprotected, so there is a risk of injury and/or death threats common to outdoor events. These include and not limited to: collision with vehicles, other vehicles, stones, rocks, trees, people and other objects, falls, landslides, cold injuries and/or heat, hypothermia, heat stroke, dehydration, frostbite, burns, altitude sickness, falling stones, hail, snow avalanches, rock and/or soil, floods, storms, lightning, animals, reptiles, insects, fire, drowning.

19. Penalties:

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| - shortening the route | = disqualification |
| - doping | = disqualification |
| - exceeding the leader vehicle in case of neutralized start | = disqualification |
| - defying the environment rules | = disqualification |
| - use of electric propulsion or other than physical one | = disqualification |
| - using traction equipment (cables, ropes) | = disqualification |
| - changing the race number | = disqualification |
| - receiving assistance from outside the designated areas | = 60 minutes |
| - defying the competition rules | = disqualification |
| - lack of fair play to the other participants, officials, public, etc. | = disqualification |
| - lack of an article from the required equipment, other than helmet or bike | = 5 minutes / item |
| - lack of the helmet or bike, changing the bike | = disqualification |
| - exceeding the time limit | = disqualification |
| - more than 2 minutes between a team riders, first offense | = verbal warning |
| - more than 2 minutes between team riders, second offense | = 60 minutes |

In granting the penalties will be considered officials statements, photo and video evidence from the route and checkpoints. Eyewitness testimony can also be taken into account. A penalty may also be granted retrospectively, if it was discovered later. The penalized rider/team will have to return any awards or benefits. The participation fee will not be refunded if disqualified.

20. Jury:

- 20.1 The jury will consist of jury president (chief of judges), technical director and representative of the athletes (elected at the first technical meeting)
- 20.2 The jury will consider any sports issue, ethics and possible appeals and will take a decision following these rules.

21. Appeals:

- 21.1. Any participant can make a complaint against another participant who failed to comply with the present rules or against the decisions of the officials.
- 21.2. The written appeal, along with a fee of 250 lei, will be submitted to the office within 15 minutes after posting the provisional rankings. The appeal will be solved in the next 30 minutes.
- 21.3. The fee will be returned to the applicant, if the appeal will be accepted.

By signing up, paying and participating to the event, each participant confirms having read, understood and accepted the terms of participation, assumes the risks of taking part at the Bike 4Mountains and she/he is responsible for her/his actions which should take into account relevant circumstances such as changing weather, traffic, weather and area conditions and equipment she/he use.

The final version of the present rules will be presented before the first stage, at the technical meeting.