



# Race around the Netherlands

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## About

The Race around the Netherlands (RatN) is an unsupported bicycle event. It follows a few long-distance bicycle paths through the Netherlands.

One hundred percent of the route is paved.

Limited participants field of 100 participants. First come, first served registration. You can register here: [www.adventurebikeracing.com/ratn.html](http://www.adventurebikeracing.com/ratn.html)

Start and Finish of the Event will be the:

De Proloog  
Allemanswaard 27  
3958 KA Amerongen

The event starts on May 1st, 2018 at 08:00 local time.

The event has two categories: solo and pair

The RatN is a do-it-yourself challenge. You are your own ride organizer.

Nobody helps a participant when something goes wrong for him. Participants have to fend for themselves.

Understand that this is a personal challenge against the clock and not against others.

Tracking participants is nothing more than showing where the participant is on the route. It is nothing more than a web-based framework to show participants progress through the tracking device.

Participants are urged to take planning seriously. Participants must study the route and the services available along the route.



## Registration, the Fee and what you get for it

### How much is it?

Fee to register to the Event is 100,-Euro.

For the pair category both riders have to register and pay.

Please let us know the name of your riding partner.

### Fee for the Tracker:

If you do not have your own tracker we have to rent one for you.

We will charge 50,- Euro for that.

Pairs just need to have one Tracker for both riders.

If you have your own tracker we have to add it to our event map and need the following information before April 10th, 2018.

Shared Page: \_\_\_\_\_

ESN Number: \_\_\_\_\_

### Note that we can just add the Spot Gen 3.

We can not add any other tracker on our event map!

### What we provide for the fee?

- GPX file of the Route

- Provided tracking site

*(linked here: <http://adventurebikeracing.com/ratn.html>)*

- Digital pictures we made during the event *(we cannot guarantee we have yours but we will try)*

- Publishing individual times on our website

<http://adventurebikeracing.com/ratn.html>

**Registration closes April 7th, 2018!**

**Payment possible until April 10th, 2018!**

The fee is not refundable!



## The Route

You will receive the route from us. You must complete the entire route. Your challenge is to only navigate the route and complete the entire route on your own.

It is your responsibility to put the route on your navigation device. Please understand that we cannot and will not help you one day before the event with uploading the route on your navigation device.

We will send the final route via e-mail to all participants on 30 March 2018.

Facts about the Route:

Distance: around 1600km

Elevation: around 2000hm

Highest point: 167m (above sea level)





## Start and Finish

Start, Finish and Sign up location will be:



**DE PROLOOG**

Allemanswaard 27  
3958 KA Amerongen  
<https://deproloog.cc/>

**Sign up and bike check: 17:00 - 19.00 local time - April 30th, 2018**

You get: Tracker

We get: Signed Rider Agreement, Signed Release Paper,  
Signed Next of Kin Info and Proof of insurance

We do: Bike check (light, helmet, brakes)

**Briefing: 07:30 local time - May 1st, 2018**

**Start: 08:00 local time - May 1st, 2018**

**Finish closes: 18:00 local time - May 8th, 2018**

Hostel location here:

DE BOSRAND

Majoorsweg 15, 3958 GW Amerongen, Netherlands

<http://www.bosrandamerongen.nl/>

**check in: before 18:00 local time - April 30th, 2018.**



## Rules

### 1. Riders must complete the full course under their own power.

Riders may ride any type of human-powered bike. Except recumbent bicycles and any kind of E-bikes. It is fine to go off course to resupply or for emergency reasons (mechanical or medical). Riders must return to the exact point of departure from the route to recommence their ride and any meter of the race route.

### 2. Riders must be fully self-supported.

Accept no help that others couldn't also receive along the way.

Using any form of social media to broadcast requests for help is forbidden.

Riders are responsible for finding food, water, accommodation, laundry, bike store services and anything else they may need along the way. Any service utilized must be available to all riders. Friends and family are welcome to visit riders during the event to offer encouragement or take pictures, but they must not offer any material support or food of any kind.

#### **Pair category:**

Riders in the pair act as a unit and may share food, equipment, information and resources between themselves and help each other but no support is to come from outside the pair and resources cannot be shared outside the pair. To all intents and purposes the pair shall act as a solo rider and interact with others outside of the pair as such.

### 3. No Drafting at any time.

#### **(Pair riders are allowed to draft each other)**

Inevitably a rider may travel at the same pace as another rider. When riding together riders should ride side-by-side.

Riding in a group, even when not drafting, is significantly easier than riding solo. Riders will be asked to declare the extent of group riding after the event and this data may accompany the final individual result.

### 4. Riders must follow the Dutch laws at any time.

The rider has to inform himself and make research about the cycling laws in the Netherlands for the time the event takes place.

This website links give you an overview over some rules. Be aware that this is just a guideline and may not be complete or correct at the time the event takes place:

<http://www.holland-cycling.com/tips-and-info/safety/traffic-rules-and-regulations-forcyclists>

<http://www.holland-cycling.com/tips-and-info/safety/road-signs-for-cyclists>

## 6



## 5. All bikes have to pass a check up before the start.

Two white front lights and two red tail lights must be available for use.

A rear red reflector must be permanently fixed to the bicycle. Note that the rear reflector may be part of a rear light.

A reflective ankle strap on each ankle must be worn at all times.

Reflective tape must be applied to crank arms, seat stays and helmet on both sides:

Further Recommendations:

It is strongly recommended that riders wear a reflective vest during the night.

It is strongly recommended that riders wear bright coloured jerseys during the day. It is strongly recommended that riders add reflective tape or stickers to their bikes and attach reflective straps to their bags to assist with visibility from behind.

## 6. Riders are required to use a provided GPS

Tracking is simply showing rider locations on a map. It is nothing more than a web-based framework to present rider progress based on correct use of a tracking device. Unless a rider organizes it, no one will be tracking rider locations - riders alone are responsible for their own safety on course and for the logistics of their own ride.

The race will be tracked through an online tracking service, using rider supplied GPS tracking devices . Final positions will be based on GPS tracking data and racers will not be included in final results if a tracker is not used. Riders are responsible for ensuring the correct use of their tracking devices. Riders with devices that are switched off or not active for long periods may be excluded from the final results.

## 7. Results and classification

A fair race is only possible with fair riders. We cannot enforce the rules without your entire support. The rules apply to all riders. Time penalties may be imposed and riders may not appear in the race results due to rule violations. Penalties for violations will be decided after a rider has completed the course, or quit the race. Riders should self-police the rules. It is honourable to declare any rule violations and self-disqualify or suggest a fair time penalty.



## Insurance

Adventure Bike Racing does not provide any kind of insurance. You have to make sure you are well covered (valid travelling insurance) and have a complimentary rescue insurance. You will be asked to give us copy of your valid insurance on registration day.

Adventure bike racing can not be held responsible and is not reliable for a adverse event that may occur to you.

## Timeline

Online Registration Closes	20.00	07	April	2018
Final payment Closes	20.00	10	April	2018
Event Sign up and Bike check Opens	17.00	30	April	2018
Event Sign up Bike check Closes	19.00	30	April	2018
Briefing(mandatory presence)	07.30	01	May	2018
Start Event	08.00	01	May	2018
Finish closes	18.00	08	May	2018

## Race Cancellation

The RatN will only be cancelled by Adventure Bike Racing and it's officials after the race starts if instructed to do so by local authorities.

If the RatN is cancelled, no results will be published. In a formal sense, each rider is their own rider organizer. Riders may choose to finish the route in their own time if the RatN is cancelled.





## Tracker

At the start we will turn the tracker on for you! It's battery will last at least 9 days.

Please test your tracker as soon as you can after registration!

Website link to follow the event will be published here: <http://adventurebikeracing.com/ratn.html>

Do not turn off the tracker at any time during the event!

If the rider decides to scratch from the race or arrives at the finish after 18.00 local time on May 8th, 2018 he needs to ship the device to us.

You have to contact us as soon as possible via mail to manage the shipping details!

## Contact Adventure Bike Racing

Register here: <http://adventurebikeracing.com/ratn.html>

### Main contact:

mail: [info@adventurebikeracing.com](mailto:info@adventurebikeracing.com)

Fun contacts:

Facebook: [www.facebook.com/adventurebikeracing/](http://www.facebook.com/adventurebikeracing/)

Instagram: [www.instagram.com/adventurebikeracing/](http://www.instagram.com/adventurebikeracing/)

Sincerely,

A handwritten signature in blue ink, appearing to read 'M. Wacker', written over a light blue horizontal line.

Michael Wacker

Team Adventure Bike Racing