



Three Peaks Bike Race // #TPBR

manual issue: 10 September 2018

Author:

Michael Wacker

Adventure Bike Racing

Geschwister-Scholl-Strasse 26

48493 Wettringen

Germany

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About

The "Three Peaks Bike Race" is a self-supported ultra cycling event across the Dolomites, the Alps and this year also the Pyrenees.

The TPBR is a do-it-yourself challenge. You are your own "ride organizer". No assistance means that you are on your own. No one will help a rider if things go wrong for him in any ways. You can only count on yourself. Understand that this is a personal challenge against the clock. Not against others.

GPS tracking is mandatory and provided but is simply showing the rider's location on the map and to make sure no one is bending the rule. It is nothing more than a web-based framework to present rider progress based on correct use of a tracking device.

This Event is designed for riders who want to get a taste for self-supported bike riding or for experienced riders who want to test themselves in particular training conditions before their main season goal(s).

The routing concept is that you have to plan your own route to get from A to B via the different mandatory checkpoints. We are aware of the fact that newcomers maybe need advise in route planning. If so, please get in touch!

The reason for this route format is safety. Riders are urged to take planning seriously. Riders must study the route and the services available. We reserve ourselves the right to prohibit some sections for safety reasons. You will be notified in time.

The event starts in Vienna from the Schönbrunn Palace on July 20th at 4pm!
Finish for 2019 is Barcelona, Arc de Triomf - Spain!
Official finish closes July 30th at 6pm!

Distance of the event is around 2000km which makes it possible to finish it in around a week.

Also important was the concept of a compact route layout and locations which are easy to go to and easy to leave from.

The Event has two categories - solo and pair



Registration, Fee and what you get for it

Limited rider field of 90 riders. First come - first serve registration.

Early Bird Registration!

Early Bird Registration opens December, 1st 2018 and closes December, 30th 2018

Fee for Early Bird Registration Solo category is 150 Euro.

Fee for Early Bird Registration Pair category is 135 Euro.

For the pair category both riders have to register and pay. Please tell us your riding partner.

Late Registration if not sold out!

Late Registration opens March, 9th 2019 and closes March 24th 2019

Fee for Late Registration Solo category is 175 Euro.

Fee for Late Registration Pair category is 160 Euro.

For the pair category both riders have to register and pay. Please tell us your riding partner.

What we provide for the fee?

- Event car riding along and through the checkpoints
- Provided tracking site
(linked here: <http://adventurebikeracing.com/threepeaksbikerace.html>)
- Pictures we made during the event (*we cannot guarantee we have yours but we will try*)
- Welcome at the finish in Barcelona (Finish beer and Finish picture)
- Publishing individual times on our website
<http://adventurebikeracing.com/threepeaksbikerace.html>

Refund policy:

65,-Euro refund until May, 15th 2019

After May 15th 2019 no refund!



Own Tracker:

In case you want to use your own spot tracker we will refund 35,- Euros.
(Refunds will be given on sign up day!)

If you have your own tracker we have to add it to our event map and need the following information before July 1st, 2019.

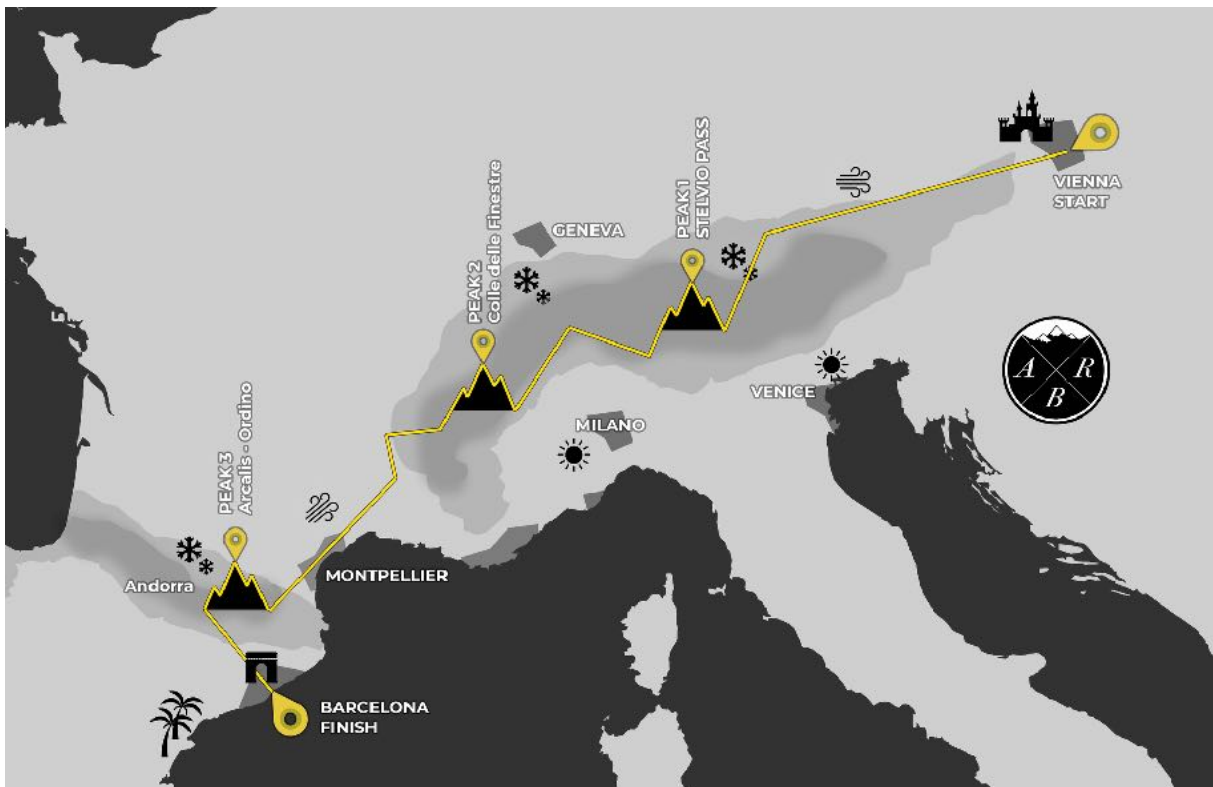
Shared Page:

ESN Number:

Note that we can just add the Spot Gen 3.

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

The Route



TPBR takes you across the most beautiful landscape in Europe - The Alps, the Dolomites and in 2019 the Pyrenees.

It is also one of the most challenging terrain for cycling you will find on our beautiful planet.

You have to ride on a self-planned cycling route along three high Mountain Peaks all the way to the finish using only the power produced by your muscles.

Ride to the next Peak of the event over another big mountain or take the longer flat way around. It`s all up to you, but the peaks have to be ridden in the order displayed on the map below.



Start

Sign up location will be here:

Cafe Velobis

Johnstraße 1-3, 1140 Wien, Österreich

Coordinates: 48.192829, 16.316216

Sign up opens: 1000 local time - July 20th, 2019

Sign up closes: 1400 local time - July 20th, 2019

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)

Start and pre briefing location will be here:

Schönbrunner Schloßstraße 47, 1130 Vienna, Austria

Coordinates: 48.186427, 16.313013

Schönbrunn Palace will be the start point of the event. It is one of the most important architectural, cultural, and historical monuments in the country.

Start: 1600 local time - July 20th, 2019

Beware! How the start works: For safety reasons we will start together in a group with all riders. The event will be neutralized for a few kilometres. As soon as we are out of Vienna (after around 15kilometers) everybody will continue on its own route. A GPX file will be published on our website!





Peak 1

PASSO DI STELVIO - ITALY

Coordinates: 46.528642, 10.453085



The Stelvio Pass is a mountain pass in northern Italy, at an elevation of 2,757 m (9,045 ft) above sea level. It is the highest paved mountain pass in the Eastern Alps, and the second highest in the Alps.

The pass is located in the Ortler Alps in Italy between Stelvio in South Tyrol and Bormio in the province of Sondrio. It is about 75 km (47 mi) from Bolzano and a mere 200 m from the Swiss border. The Umbrail Pass runs northwards from the Stelvio's western ramp, and the "Three Languages Peak" above the pass is so named because this is where the Italian, German, and Romansh languages meet.



Peak 2

COLLE DELLE FINESTRE - ITALY

Coordinates: 45.061195, 7.051210

At the top please check and clean your tires for little gravel stones you may have collected on the ascent!



Colle delle Finestre (el. 2178 m.) is a mountain pass in the Cottian Alps, in the Italian region of Piemonte, Italy, linking the Susa Valley and Val Chisone. The road was built around 1700 to gain access to the fortresses in the area, mainly the Forte di Fenestrelle.

The road is very popular for both cyclists and motorbikes with magnificent views of the surrounding mountain ranges. It serves as a tourist attraction. Eight kilometers of road leading to the summit from the Susa end have not been asphalted. From Susa the mountain pass is 18.6 kilometres long at an average of 9.1% (height gain: 1694 m), the maximum gradient being 14%.



Peak 3

ARCALIS ORDINO - ANDORRA

Coordinates: 42.631716, 1.482316 (End of Paved road!)



Arcalis is probably Andorra's best known cycling climb, having featured numerous times in the Tour de France, Vuelta a España and Volta a Catalunya. Jan Ullrich holds the record on Arcalis, while Bradley Wiggins has also named it as one of his favourite high mountain climbs. This gives an idea of the kind of climb that it is, suiting riders who can grind out a consistently high tempo, rather than those who prefer changes in pace and steep gradients.

Peak Picture

As a proof of successful ride to and through the Checkpoints, you will be asked to take a picture of your smiling face indicating the summit of the pass. Please send it to info@adventurebikeracing.com or post it in our facebook group and/or keep it until the end of the event. We will ask for it.



Finish Parcour

For this year we added a finisher parcour to make it safer to enter Barcelona and you not miss out on 2 Highlights of the region!

1. Montserrat



2. Tibidabo



A final gpx file of the finisher parcour will be published on our website!



Finish

Finish location will be here:

ARC DE TRIOMF - BARCELONA

Coordinates: 41.391041, 2.180656



The Arc de Triomf or Arco de Triunfo in Spanish, is a triumphal arch in the city of Barcelona in Catalonia, Spain. It was built, by architect Josep Vilaseca i Casanovas, as the main access gate for the 1888 Barcelona World Fair.

Official Finish closes: 1800 local time - July 30th, 2019

Riders who finish later still get ranked in the general classification with their individual time!



Rules

1. Riders must complete the full course from start to finish on a self-planned route passing over 3 mandatory mountain Peaks.

Riders may ride any type of human-powered bike. Except recumbent bicycles and any kind of Electronic-bikes.

2. Riders must be fully self-supported.

Accept no help that others could not receive along the way.

i.e : Should your route take you through your hometown, you would not be ok sleeping in your bed, neither in your garden.

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 change the final results. We will monitor riders closely using the GPS

tracking devices and mapping.

4. Riders must follow the local laws at any time.

The rider has to inform himself prior to the race and enquire about the cycling laws in the countries he intends to cross for the time the event takes place.

i.e: in France, high visibility reflective vests are mandatory to ride at night and headsets prohibited.



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. We strongly advise you to have two different power sources.

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

Reflective tape must be applied to crank arms, seat stays, wheels 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 use an extra helmet light in addition to their normal lights at night.

It is strongly recommended that riders wear bright colored 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 event will be tracked through an online tracking service, using rider supplied tracking devices. Final positions will be based on tracking data and riders 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 event 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 final results due to rule violations. Penalties for violations will be decided after a rider has completed the course, or quit the event. 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 in Vienna.

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

Timeline

Sign up and Bike check Opens	10.00	20	July	2019
Sign up Bike check Closes	14.00	20	July	2019
Briefing(mandatory presence)	15.30	20	July	2019
Start Event	16.00	20	July	2019
Finish closes	18.00	30	July	2019

Event Cancellation

The TPBR will be cancelled by Adventure Bike Racing and their officials if instructed to do so by local authorities. The event will also be cancelled in case of force majeure or in any other case when Adventure Bike Racing believes that it is irresponsible to let it go forward. This decision is entirely up to Adventure Bike Racing and is final.

If the TPBR is cancelled, no results will be published. In a formal sense, each participant is their own ride organizer.

Liability / Applicable law

Adventure Bike Racing of any other party involved at the event will never be liable towards the participants, their heirs and other people, for what material damage and/or personal injury of whatever nature and size whatsoever, that the participant and other parties can experience.

The participant takes part at his own risk and is responsible for any damage he might suffer. Adventure Bike Racing advises the participant to make sure they have a legal liability insurance.

In case there will be a liability for Adventure Bike Racing, the liability is only for the direct damage and is maximised to the amount that the insurance company will pay.

German Law is applicable to the event and to the agreement.



Tracker

At the start we will turn the tracker on for you! It`s battery will last around 5 days.
You will be given a cable to charge it ones after the 4th day in the event.
Please test your tracker as soon as you can after registration!
Website link to follow the event will be published here:
<http://adventurebikeracing.com/threepeaksbikerace.html>

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

If the rider decides to scratch from the event or arrives at the finish after 18.00 local time on July 30th, 2019 he needs to ship the device to us to own coasts.
You have to contact us as soon as possible via mail to manage the shipping details!

Next of kin

All riders are required to give details of their next of kin, so that they can be contacted if the event organization becomes aware of any incident involving the participant.

Participant: _____

Participant Phone number: _____

Next of kin: _____

Relation to rider: _____

Email: _____

Phone number _____



Participant agreement

I vow to act as an ambassador for the event and the route. I understand the self-supported ethos is mostly based on a code of mutual respect and self-enforcement. I have read the rules, both on the website and in the event manual. Furthermore, I have read the entire event manual and understand what it implies.

I understand I must pay the registration fee to join the event.

I understand that the way to contact the organization is to email info@adventurebikeracing.com. Social media is not the way to contact the organization of the event about any issues.

I agree to unlimited usage of my images or videos from the event for event media.

I understand the entry fee guarantees just a place in the event and the official cycling cap.

I understand that ABR is never liable for anything, since they online provide a route, one night stay and a cap. In the unlikely case that ABR will be held liable, the liability is maximized to the amount to which the insurance policy gives coverage.

I agree to abide by the safety requirements listed in the event manual.

I agree to show up for the safety and equipment check on July 20th 2019.

I agree to sign a hard copy of the agreements in person at the safety and equipment check.

I understand that if I do not show up for the safety and equipment check that I will not be eligible to the event.

I will seek the event organization's expressed authorization before attempting to use the logo in any goods for sale (in any fashion including), but not limited exclusively to fundraising.

I will remain solely liable for payment of all and any taxes, surcharges, levies, imposts, fines, penalties or similar charges incurred by myself in the connection with the participation of myself in the event

I will not make or permit to be made any public announcement(s) in relation to this agreement without prior consent of Adventure Bike Racing nor (save as required by law) disclose to any third-party information concerning the terms or subject matter of this agreement from the date here of.

I understand that I have been warned repeatedly to buy third-party travel insurance to ensure coverage for evacuation services or repatriation of remains.



I understand something catastrophic may cause the event to be unable to function and that I will be guaranteed nothing in case of an event of force majeure, natural disaster, political situation, etc.

I understand that Adventure Bike Racing retains all rights over intellectual property, this includes, but is not limited to name, logos, photos and films.

I understand that it's just a bike riding event and if I make problems for myself, that's on me.

I agree to all decisions by Adventure Bike Racing in the management and execution of the event.

I understand that I can be ejected from the event if I am found to be in breach of the terms outlined in the event manual and the agreements. Decisions made by the event organization will be final.

I understand that German law is applicable to the event and that German law regulates the agreement between me and Adventure Bike Racing.

I understand that if I decide to scratch from the event, I must report this as soon as possible by emailing info@adventurebikeracing.com.

Name: _____

Signature: _____

Date: _____



Participant Release and Waiver

ThreePeaks Bike Race: In consideration of being allowed to participate in any way in the Adventure Bike Racing events, trainings and activities, I acknowledge, appreciate and agree that:

The risk of injury from many activities is significant, including the potential for permanent paralysis and death, while particular skills, rules equipment and personal discipline may reduce this risk, the risk of serious injury does exist. I understand the risks and I am prepared to bear the consequences.

I knowingly and freely assume all such risks, both known and unknown, even if arising from negligence of releases or others and assume full responsibility for my participation.

I understand that I am responsible for my actions. I will examine and inspect the activity in which I participate. If I observe any condition, which I consider to be unacceptably hazardous or dangerous, I will refuse to take part in the event until the condition has changed to my satisfaction, through my own actions or otherwise.

I understand that participation in the event may be extremely demanding both mentally and physically. I am qualified, in good health, and in proper physical and mental condition to participate in the event.

I fully understand that the event is unsupported, which means that I will be responsible for organizing, planning and executing my own ride during the event.

I fully understand there will be no on-the-ground organization by the releases during the event.

I fully understand I will be participating in the event alone and that the releases named below may not assist me in any scenario and may not even be contactable during the event.

I fully understand I will be responsible for sourcing my own assistance if I deem it necessary.

I fully understand any participant GPS location tracking service offered as part of the event will be provided as nothing more than a web-based framework to present participants progress based on correct use of the tracking device.

I fully understand, unless I organize it, no one will track my location during the event.



I willingly agree to comply with the stated and customary terms and conditions for participating. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless Adventure Bike Racing, officials, directors, coordinators, agents and/or employee's, other participants, sponsoring agencies, sponsors, advertisers and any other party involved("releases"), with respect to all injury, disability, death or loss or damage to person or property, whether arising from the negligence of releases or otherwise, to the fullest extent permitted by law.

I agree to having my information shared if needed. I consent to the release by any third-party to the release and their insurance carriers of my name and medical information that may relate solely to an injury I may suffer arising from the activity.

I understand that ABR and people of ABR that are involved in this event, are never liable towards the participants, their heirs and other people, for what material damage and/or personal injury of whatever nature and size whatsoever, that the participant and other parties can experience.

I have read this release and liability and assumption of risk agreement, fully understand its terms, understand that I have given up substitution rights by signing it, and sign it freely and voluntarily without inducement.

Name: _____

Signature: _____

Date: _____



Riding in high altitude

Regardless of your route you are going to be crossing many passes, being in the dolomites or the alps, the highest ones above 2500m.

So there is a few things you need to be prepared for:

Weather can be changing very quickly and temperatures dropping down to single digit in a couple of hours. Exhaustion can amplify the cold factor, especially when riding at night. Pack additional clothing as appropriate (warm gear, muff, leggings, gloves, wind-stopper gilet, waterproof windbreaker...)

Sun at those altitudes can be scorching hot. Make sure to pack a cap and sun cream.

Above 2000m it is not unusual to feel more fatigued due to relative hypoxia and muscle exhaustion. Always listen to your body.

Behind every pass and climb there is a descent. Riding fast downhill in the wilderness might bring extra danger, such as fallen rocks, animals.

Always be prepared for the unexpected and remember to also enjoy the landscape you will be 'cruising' through.

Contact Adventure Bike Racing

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

Main contact:

mail: info@adventurebikeracing.com

Fun contacts:

Facebook: www.facebook.com/adventurebikeracing/

Facebook Group: <https://www.facebook.com/groups/1759815427648662/>

Instagram: www.instagram.com/adventurebikeracing/

Sincerely,

Michael Wacker
Founder Adventure Bike Racing