



# **ALLIANZ GRAVEL RIDE & RACE**

Berne, Switzerland

16th OCTOBER 2021

# **REGULATIONS**

## 1. Material

- E-Bikes are not allowed.
- Riders without licence: Cross-, Gravel-, MTB- or Citybikes are permitted.
- Riders with licence: Cross- and Gravelbikes are permitted, no MTB
- Each participant must wear a helmet during the whole race.
- Each participant must carry a functioning and charged mobile phone with him/her during the entire duration of the race.
- The wearing of headphones (music, telephone, etc.) is prohibited for safety reasons.

## 2. Traffic Rules & Rules of Conduct

- Gravel Ride & Race Bern takes place on public roads and paths. Participants must respect the road traffic regulations.
- It is important to ride on the roads and paths on the right hand side.
- Gravel Ride & Race Bern takes place on public roads, paths and trails as well as on private property. Courtesy and consideration for other participants, as well as for pedestrians and all other road users is a matter of course.

## 3. Waste

- It is not allowed to throw away any rubbish - except for the drinking cups directly in the official feed zone. Disregarding this rule will result in disqualification.

## 4. Medical care & first aid in case of accident

- The official medical posts are located at: 6 km, 14 km, 20 km, 24 km, 36 km 45 km
- In case of an accident of another participant, each participant commits himself to provide first aid. Disregarding of this rule leads to disqualification.
- It is mandatory to have the app Echo112 on your mobile phone:  
<https://echo112.com/de/>  
The app Echo112 can be used in an emergency to call the ambulance directly and be located.
- In a case of minor injuries, the nearest marshals should be informed.

## 5. Course

- Ride: 20 km, 300 altitude difference
- Race: 50 km, 800 altitude difference
- The whole route is signed.
- In agreement with the various authorities, the route will not be announced in detail in advance.
- Leaving the official track and taking a shortcut lead to disqualification

- Directly after the start a simplified opening lap through the official cyclocross track will be done (approx. 2.5 km).
- After 17 kilometres, the 20 km (Ride) and 50 km (Race) tracks separate.
- There is a total distance indication every 5 km. The last three kilometres are displayed in reverse order: 3 km, 2 km, 1 km.

## **6. Timekeeping**

- The Ride (20 km) and the Race (50 km) have a timing system.
- The timing chip must be worn on the ankle.
- The timing chip must be returned in at the finishline. In the event of an early abandonment, the chip must be returned at the start number distribution. Otherwise it will be charged to the participant.
- At the Ride, a finisher list is kept, sorted by start number.
- In the Race there are rankings, ordered by gender, age groups and licensed riders.

## **7. Time limits**

- Finish for Ride and Race is at 15:45.
- The maximum Ride duration is 3h 15min.
- The maximum Race duration is 3h 30min.  
In the Race there is a time cut after 17 km. After 65 min, at 13:20, no more riders are directed to the Race track. If the riders miss the time limit after 17 km they can finish the Ride and will be classified in the finisher list of the Ride.

## **8. Isostar-Refreshment and Ski+Velo-Center-Mechanics**

- The official mechanic posts are located at:  
6 km, 14 km, 20 km, 25 km, 35 km, 44 km
- Material purchased at the official repair stations will be invoiced after the race.
- The official feed zones are located at:  
14 km, 25 km, 35 km

## **9. Prizes**

- At 16:00 the award ceremonies and a big raffle will take place in the marquee at the Expo.

## **Participants Disclaimer**

By registering, the participant or his/her legal guardian accepts the following provisions:

The wearing of helmets is compulsory on the infrastructures. With the start of the race, the participant accepts the race infrastructure that he uses. Participation is at the participant's own risk. The organizer assumes no responsibility or liability for accidents in connection with training and races. The participant accepts this exclusion of liability and confirms that he/she has an internationally valid liability and accident insurance. Furthermore he confirms that his equipment is in perfect condition. The organizer assumes no responsibility and liability for damage and theft in connection with the participant's equipment. The participant confirms that he/she is competing in perfect health condition. All picture and film rights belong to the organizer. Picture and film material may be used for advertising purposes of own events.

## **Organisation**

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## **Route Manager**

Peter Basler

## **Race Doctor**

Dr. Christoph Kellerhals  
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## **Medical Service**

Samaritan Association Bern & Medical Police Bern