

# gravel

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ride & race bern

Berne, Switzerland  
OCTOBER 19<sup>th</sup>, 2024

## 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: start & finish area, 6.5 km, 14.5 km, 21 km, 25 km, 35 km, 44 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 EchoSOS on your mobile phone: <https://echosos.com/en/>  
The app EchoSOS 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: 24 km, 360 altitude difference
- Race: 50 km, 1010 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.
- After 19 kilometres, the 24 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 (24 km) and the Race (50 km) have a timing system.
- 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 15:45h.
- The maximum Ride duration is 3h 30min.
- The maximum Race duration is 3h 45min.  
In the Race there is a time cut after 19 km. After 70 min, at 13:10h, no more riders are directed to the Race track. If the riders miss the time limit after 19 km they can finish the Ride and will be classified in the finisher list of the Ride.

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

- The official mechanic posts are located at:  
6.5 km, 14.5 km, 21 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:  
6.5 km, 14.5 km, 25 km, 35 km

## 9. Prizes

- At 15:15 the award ceremonies and a big raffle will take place in the marquee at the Expo.

## 10. 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.

## 11. Refund of entry fees

- If you are unable to start, you are not entitled to a refund of the entry fee.
- Until one week before the event (Saturday, October 12, 2024) the starting place can be transferred to another person. The handling fee is CHF 20.00.
- In case of a transfer from Race to Ride the difference of the entry fee will not be refunded.

## **12. Cancellation of the event**

If the event is cancelled, participants have the following options:

1. Transfer of the participation fee to the year 2025
2. Refund of the participation fee, minus 20 CHF administration costs
3. Donation of the participation fee in favor of the event

### **Organisation**

crossroads Event und Kommunikation GmbH

Christian Rocha

Ehrendingerstrasse 70

5408 Ennetbaden

[info@ridegravel.ch](mailto:info@ridegravel.ch)

### **Route Manager**

Peter Basler

### **Race Doctor**

Dr. Christoph Kellerhals

+41 76 319 97 97

### **Medical Service**

Samaritan Association Bern & Medical Police Bern