



McGREGOR
WINES

Race2Nowhere

McGregor, Western Cape

EVENT RULES 2017

1. Riders

- a. The McGregor Wines Race2Nowhere is sanctioned by Cycling South Africa (CSA) and all participants in the race will be required to produce a valid CSA license at online3 registration/race registration, or will be charged the applicable daily license fee levied by CSA.
- b. The minimum age of participants is 19 years on 31 December of the year in which the race takes place.
- c. Riders will compete in the following categories namely: Epic Challenge – Open Men & Ladies; Mini Epic- Open Men & Ladies category

2. Bicycles

- a. Only bicycles in sound mechanical condition will be allowed to start the race.
- b. Riders must finish the race with the same bike he/she started with – bikes can only be swapped if it is approved by a race commissaries and if this is conducted within the official technical area.
- c. The race number board must be secured and always visible.
- d. The use of tri-bars and drop-down bars are prohibited, but handlebar ends are allowed.
- e. Each rider is responsible for the maintenance of his/her own bicycle and that it is in a safe working order before the race start.
- f. There will be an outside tech zone which will be at Water point 2 and Water Point 3 (both points are located next to the main road of Robertson/McGregor, directions can will be available at number collection)

3. Helmets & Clothing

- a. It is compulsory to wear a helmet always during the race, failing to do so will result in immediate disqualification.
- b. All helmets must comply with “SNELL & “ANSI” international standards.
- c. A cycle jersey/shirt and short must be we worn at all times.

4. Equipment (Recommended)

- a. Carry a mobile phone, fully charged, and programmed with all the emergency numbers supplied at race registration.
- b. We also recommend a first aid kit consisting of the following:
 - 1 x Stretch bandage
 - 2 x Dressings
 - Adhesive

- Sun block with a minimum SPF factor of 20.
- c. Each rider is responsible for his own personal medication as prescribed by his physician.
- d. We cover areas populated by honey bees, if you are in any way allergic to bee stings it is of paramount importance that you at all times carry your prescribed medication on your person. If you are not sure about your allergy status, please consult your personal physician pre-race.
- e. Bike repair tools
 - Spare tubes
 - Multi tool
 - Replacement derailleur hanger
 - Inflation device (Pump etc.)
- f. A minimum of 1.5 liter of fluid to be carried by each rider

5. Hydration & Nutrition

- a. Riders are responsible for their own hydration & nutrition.
- b. Water, Coke and snacks (such as bananas, baby potatoes, fruit, wine gums) will be supplied at the water stations.
- c. There will be 4 x water points on route for the Epic Challenge and 2 x water points for the Mini Epic.
- d. HEED Hammer Nutrition & Gels will only be available at water point 2.
- e. There will be an outside assistance feed zone which will be at Water point 2 and Water Point 3 (both points are located next to the main road of Robertson/McGregor, directions can will be available at race registration)

6. Official Rules – CSA

- a. **As a sanctioned CSA event, all Cycling SA MTB rules apply.**
- b. The race number board must be displayed clearly and fixed according to specifications.
- c. Race number boards may not be altered with, or any of the sponsors' logos obscured in any way.

7. Medical

- a. It is the rider's responsibility to ensure that he/she is well prepared to take on a race of this nature.
- b. The race medics – EMO – reserves the right to prevent any rider from continuing the race if deemed necessary. Their decision is final.
- c. Any medical expenses incurred will be for the competitors account.

8. Start

- a. Riders will not be seeded for the start - arrive early and allow fast riders to start at the front.
- b. There will be a short race briefing at 06:45am

9. Timekeeping

- a. The Epic Challenge starts at 7am
- b. Mini Epic starts at 7:10am
- c. If any start time has to be changed, notice hereof will be conveyed via email/social media.
- d. Riders will not be allowed to start late

10. Results & Prize Money

- a. The top 3 riders in the Epic Challenge category for the Open Men and Ladies will receive prize money (1st Place: R2500; 2nd Place: R1500; 3rd Place: R1000 for each category)
- b. Podium position/recognition will be allocated to the Top 3 in each race distance and category (open men and ladies).
- c. Results will also be published per age category, for the rider's information only, no prizes will be awarded.

11. Cut off times and withdrawals

- a. Cut off times are very generous allowing even the back markers to easily finish – see cut off times for 2017 below:
 - Race cut off is 10 hours at the finish
 - Cut off at Water point 3 (78km) is 7 hours (i.e. 14h00 on race day (start is at 07h00) - you will then be short coursed back to the finish venue.
 - The route director with assistance of the race commissaire reserves the right to amend the cut-off times during the race at his/her discretion.
- b. Any withdrawals must be communicated to the race office immediately
- c. A rider that withdraws during the race must please convey his/her intentions to the nearest marshal.
- d. A sweep vehicle will be available to transport withdrawals and their bicycles to the finish venue if need be.

12. No race

- a. The organizers reserve the right to completely abandon the race if necessary. This will only be applicable in extreme conditions and where rider safety might be compromised.
- b. The race will then be declared a non-event and no prize money or any prizes will be handed over.

13. Traffic rules

- a. General traffic rules apply on public roads.
- b. The McGregor Wines Race2Nowhere does not have any road closure, so please adhere to above rules.

14. Water points

- a. Epic Challenge water points will be on: 25,5km; 52km; 75km and 93.5km
- b. Mini Epic water points will be on: 25,5km and 52km
Also available on the website at www.ride2nowhere.co.za/race2nowhere - route maps

15. Support

- a. Medical assistance will be supplied on-route.
- b. Outside assistance is only allowed at the designated technical/feeding zones areas. Riders will not be allowed to receive any assistance from anyone outside of the race, that being in the form of medical, nutritional or technical assistance outside of these areas.
- c. No other seconding vehicles other than that of McGregor Wines Race2Nowhere are allowed on the route. If any non-official seconding vehicle can be linked to a specific rider or team, it will result in a time penalty, with a second offence resulting in immediate disqualification.

16. Rider etiquette

- a. The integrity of each rider is relied upon with regards to staying on the course and competing within the rules.
- b. If a rider leaves the course, for whatever reason, he must enter the course at the exact same spot he exited it.
- c. Basic rider etiquette applies at all times, not bringing the sport in disrepute.
- d. We travel through ecologically sensitive areas and persistent littering will result in disqualification. Any form of littering will result in fines imposed.
- e. Keep all your rubble for the water points where race officials will erect disposable rubbish bins.
- f. No rider is allowed to ride backwards on the course

17. Protests

- a. The race is run in accordance with CSA rules and any protest must be submitted in writing to the Chief Race Commissaire within 15 minutes of the rider crossing the finish line or the posting of provisional results

18. Doping offences

- a. McGregor Wines Race2Nowhere reserves the right to take doping tests on all riders
- b. Positive results will lead to disqualifications from McGregor Wines Race2Nowhere, and those results will be forwarded to the national cycling federations.

19. Refund & Cancellation Policy

- a. No Refunds or cancellations will be allowed after payment has been received
- b. Riders can substitute their entries to other riders by informing the race organizers up until 3 Dec. 2017