

La Rioja BIKE RACE

by octagon
esedos

LOGROÑO
9-12 May 2019



MTB CON
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DE ORIGEN

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UCI
XCS 2

REAL FEDERACIÓN DE ESPAÑA
CICLISMO

Federación Riojana
de Ciclismo

www.lariojabikerace.com



RiojaBikeRace



@lariojabikerace



RACE GUIDE

EVERYTHING READY?

SIGN-UP

Check that you are correctly registered through www.lariojabikerace.com

REGISTRATION

Day: thursday, 9th may 2019

Time: from 11h to 15h

Place: Palacio de los Deportes de La Rioja | Av. del Moncalvillo, 2, 26008 Logroño, La Rioja

Map: see map [here](#).

REMEMBER

- Race numbers will not be given at other times.
- You must bring the original ID card and the UCI license in case of having one.
- A companion can pick up your race number if s/he brings a photocopy of your documentation and an authorization.
- Check the schedule of the event [here](#).

TEAMS CLASSIFICATION

There's a team classification in which the best woman and two best men are taken into account. The team must be made up by a minimum of three people (a woman and two men), and a maximum of five (two women and three men). Each team member competes individually in its corresponding category. i.e. the team is not forced to remain together.

Register your team:

info@lariojabikerace.com

LICENSES

I HOLD A LICENSE:

You must have a **competitive cycling** license, issued by a national cycling federation approved by the UCI. Touring and other sports licenses are not accepted.

I DON'T HOLD A LICENSE:

You must pay for a temporary license for the event, which price is **60 €** and can be issued when collecting the race number.

BRACELETS

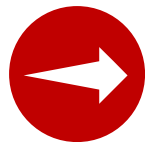
All riders receive **two numbered bracelets** according to their bicycle's number plate and back number:

1. **RIDER** (plastic): must be always worn on the wrist. It's to identify you, collect your bike from the bicycle parking and enjoy different services and offers.
2. **BAG** (paper): must be put on a visible place of the backpack or bag left in the cloakroom.



BEFORE YOU BEGIN, REMEMBER...

MARKING



The route is marked with fuchsia (Flash Stage), red (Stages 2), orange (BUFF® Super Stage), blue (Finisher Stage) arrows. White signs with a cross of the stage's colour, indicate wrong way. Each ten kilometres and the final five to the finish line are indicated.



RACE NUMBERS & CATEGORIES

- **ELITE MEN:** White: 1 – 199
- **ELITE WOMEN:** Pink: 201 – 249
- **MASTER WOMEN:** Pink: 251 – 299
- **MASTER 30:** Yellow: 301 – 599
- **MASTER 40:** Green: 601 – 99
- **MASTER 50:** Blue: 1001 – 1099



IN CASE OF AN ACCIDENT



- **LICENSE HOLDERS:** contact the insurance company of your federation.
- **NON LICENSE HOLDERS:** go to the Race Office.

S.O.S. telephone: **+34 667.581.345** (only in case of an emergency or crash)

MOTORHOMES

According to the enclosure's regulations where the race is located, the access and parking of motor homes and/or similar vehicles is **restricted**.

There's space around this enclosure for these vehicles, aside from the race's organisation and following the legal regulations of the town.



Paddock



The paddock is a space reserved for sponsors or teams that have previously booked it, and open to riders, companions and spectators, where the Race Office and the different services are located.

To hire a paddock space, contact: mireia.sola@octagon.com

FREE SERVICES



SHIMANO OFFICIAL SERVICE



BICYCLE WASHING AREA



BICYCLE PARKING



FEED STATIONS



W.C. & SHOWERS



CLOAKROOM



MEDICAL SERVICE



VEHICLE PARKING



LUNCHES



EXPO AREA & PADDOCK

YOU CAN ALSO HIRE

MASQUEBICI OFFICIAL SERVICES

- Mechanical Service | 125 €
- Massage Service (40' x 4) | 130 €

More info [here](#).



info@masquebici.com

+34 654 178 571

<http://www.masquebici.com/>

WARNINGS

NON-SPANISH LICENSE HOLDERS

According to the regulations of the Royal Spanish Cycling Federation (RFEC), riders with a cycling license not issued by the RFEC, must have a written authorisation from their national cycling federation that certifies that its insurance is valid in Spain. This document must be shown to the Commissaires in order to collect the race number.

ONBOARD CAMERAS

Onboard cameras are not permitted except authorised by the UCI Commissaires.

COMPRESSION GARMENTS

Stocking are not permitted and socks must not exceed the calves.

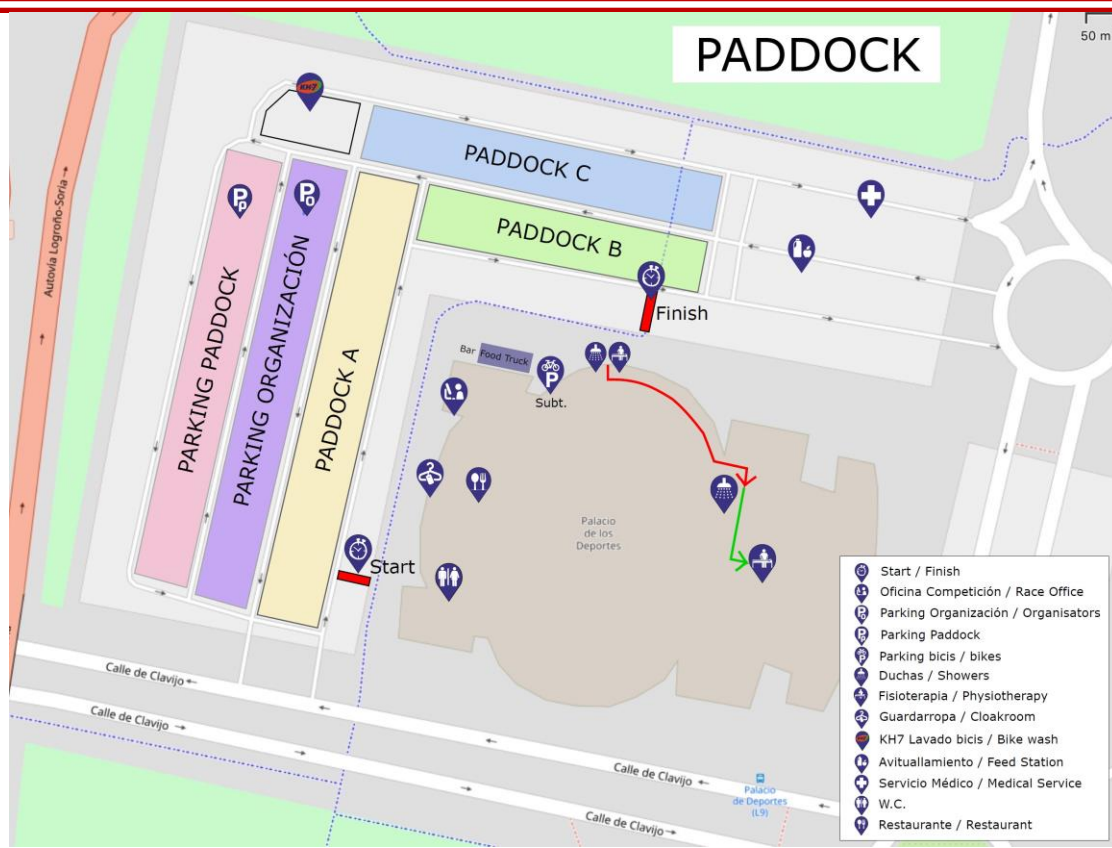
SLEEVELESS JERSEY

Sleeveless jersey are not permitted.

TEAM MANAGERS

All **Team Managers** and staff **must be authorised** to access the Feed Stations and start/finish area. The accreditations will be delivered only and exclusively at the Teams Meeting on Thursday 9th at 13:30h. It can also be previously requested through info@lariojabikerace.com.

LOGROÑO SPORTS CENTER



FLASH STAGE (XCT)

LIVE
TIMING



STAGE 1

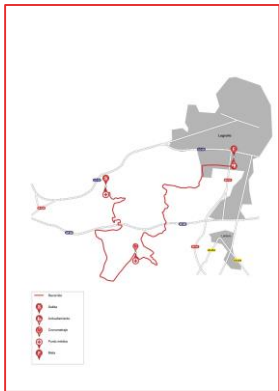


Purple Arrows



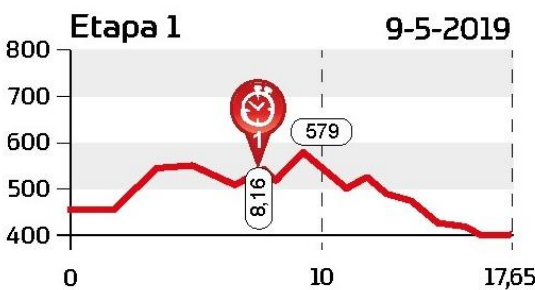
SEE LOCATION

SEE ROUTE



THURSDAY MAY 9

- 10:00 - Paddock opens
- 11:00 - Registration begins**
- 13:00 - Bicycle parking opening
- 13:00 - Teams meeting
- 15:00 - Registration ends**
- 15:00 - Services begin
- 15:45 - Start grids call-up (every 10' by category)
- 16:00 - FLASH STAGE start (every 10' by category)**
- 16:00 - Race Office opens
- 16:30 - Complex service begins
- 17:30 - Award ceremony
- 18:30 - Complex service ends
- 21:00 - Paddock, Race Office & bicycle parking close, and services end



17,65 Km + 284 m 579 m 393 m

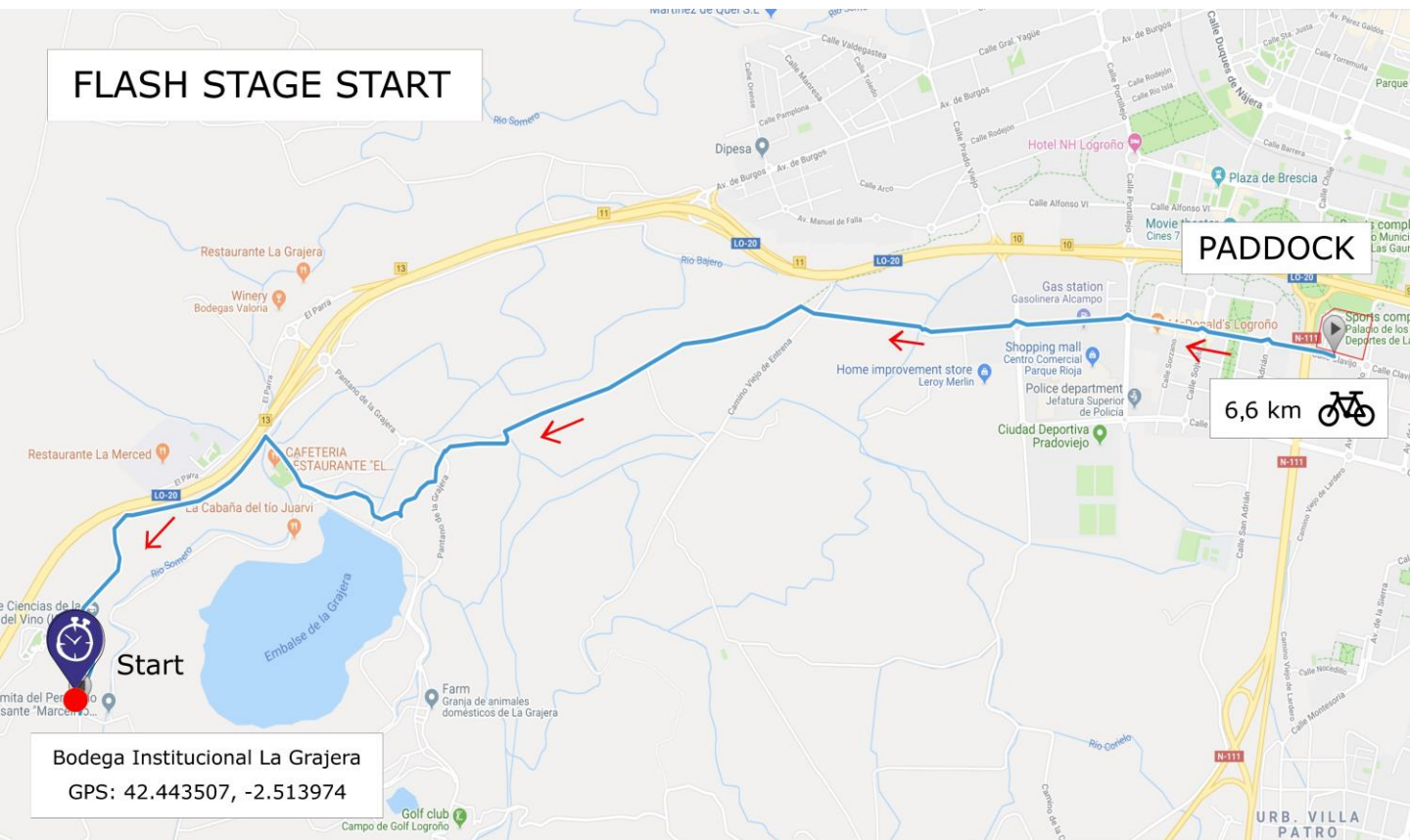
SERVICE	LOCATION	KM	COORDINATES	FIRST	LAST
	Bodega Institucional de La Grajera	0 km	42.443507, -2.513974	16:00	16:45
	Palacio de los Deportes de La Rioja	18 km	42.453289, -2.456613	16:35	18:00

REMEMBER

FOLLOW BLUE ARROWS TO THE START. THE START OF THE FLASH STAGE IS IN THE INSTITUTIONAL WINE CELLAR OF LA GRAJERA, A 6,6 KM AWAY FROM THE PADDOCK. ON THE NEXT SLIDE, YOU WILL FIND THE MAP.

HOW TO ARRIVE TO STAGE 1?

STARTING POINT OF "FLASH STAGE"



- Follow blue arrows to the start.
- The start of the Flash Stage is at the Bodega Institucional La Grajera, 6,6 km away from the Palacio de los Deportes de La Rioja where the stage finishes
- Park your vehicles next to the Palacio de los Deportes de La Rioja (Paddock) and ride your bicycle to the start of the stage along the marked route following the blue arrows.
- You must ride obeying the current traffic regulations.

Start grids call-up:

- 15:45 Elite men
- 15:50 Elite women
- 16:00 Master 30
- 16:10 Master 40
- 16:20 Master 50
- 16:30 Master women

FLASH STAGE start:

- 16:00 Elite men
- 16:05 Elite women
- 16:15 Master 30
- 16:25 Master 40
- 16:35 Master 50
- 16:45 Master women

STAGE 2 (XCM)

LIVE
TIMING

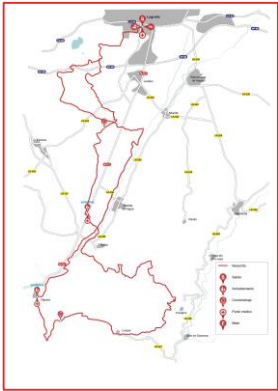
 STAGE 2

 Red Arrows



SEE LOCATION

SEE ROUTE



FRIDAY MAY 10

08:45 - Paddock, Race Office & bicycle parking open, and services begin

09:45 - Start grids call-up

10:00 - **STAGE 2 start**

13:30 - Compex service begins

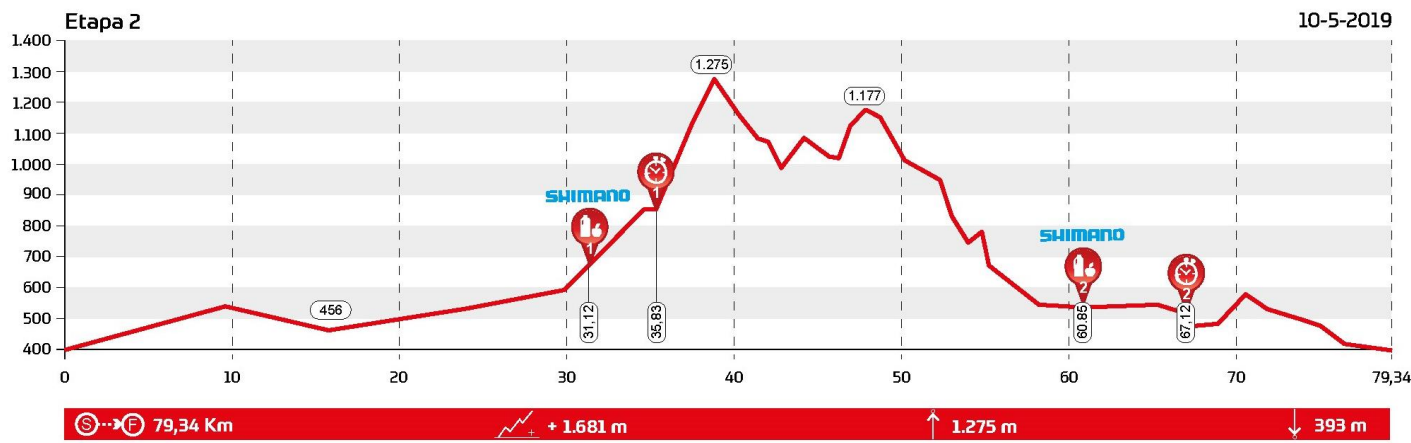
14:00 - Award ceremony

18:30 - Compex service ends

19:00 - Services end

19:00 - Paddock & Race Office close, and services end

21:00 - Bicycle parking closes



SERVICE	LOCATION	KM	COORDINATES	FIRST	LAST
	Palacio de los Deportes de La Rioja	0 km	42.453289, -2.456613	10:00	10:05
 1	Viguera	31 km	42.308060, -2.533781	11:20	13:20
 2	N-111	60 km	42.352522, -2.496411	12:40	16:25
	Palacio de los Deportes de La Rioja	79 km	42.453289, -2.456613	13:25	18:05

REMEMBER

BUFF® SUPER STAGE (XCM)

LIVE
TIMING



STAGE 3

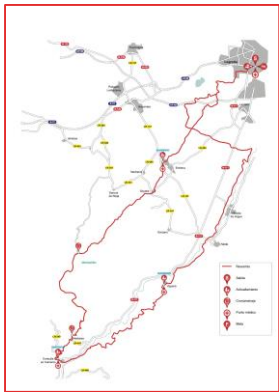


Orange Arrows



SEE LOCATION

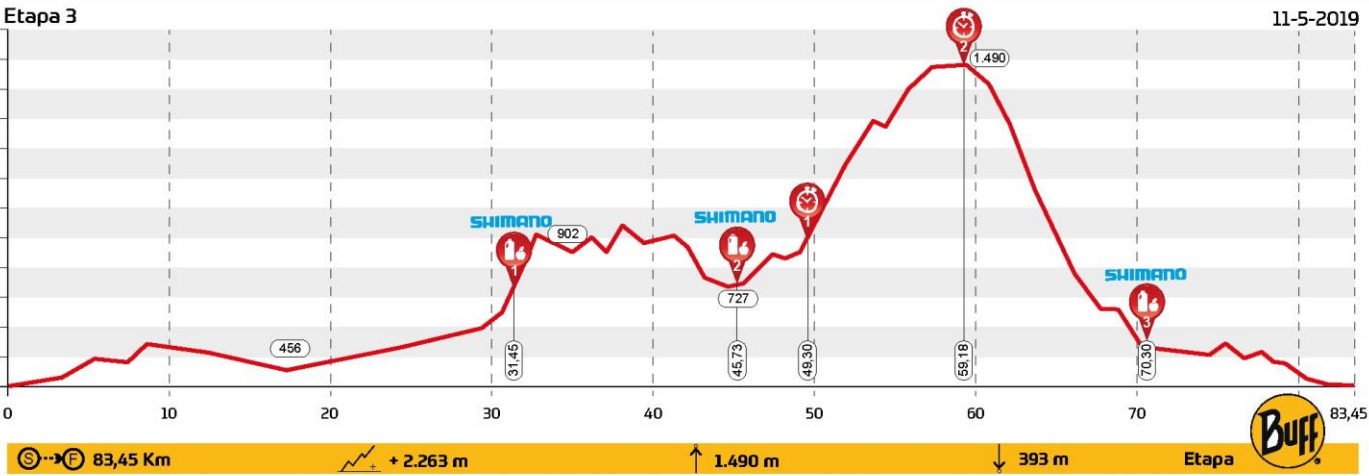
SEE ROUTE



SATURDAY MAY 11

08:45 - Paddock, Race Office & bicycle parking open, and services begin
09:45 - Start grids call-up
10:00 - BUFF® SUPER STAGE start
14:00 - Award ceremony
16:30 - Compex service begins
18:30 - Compex service ends
19:00 - Paddock & Race Office close, and services end
21:00 - Bicycle parking closesç

Etapas 3



SERVICE	LOCATION	KM	COORDINATES	FIRST	LAST
	Palacio de los Deportes de La Rioja	0 km	42.453289, -2.456613	10:00	10:05
1	Viguera	31 km	42.305135, -2.538478	11:20	13:30
2	Torrecilla en Cameros	45 km	42.256423, -2.632313	11:55	15:00
3	Entrena	70 km	42.386375, -2.536093	13:00	17:35
	Palacio de los Deportes de La Rioja	83 km	42.453289, -2.456613	13:30	18:45

REMEMBER

FINISHER STAGE (XCM)

LIVE
TIMING



STAGE 4

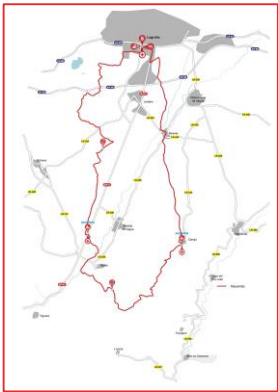


Blue Arrows



SEE LOCATION

SEE ROUTE



SUNDAY MAY 12

- 08:45 - Paddock, Race Office & bicycle parking open, and services begin
- 09:45 - Start grids call-up
- 10:00 - FINISHER STAGE start**
- 13:30 - Award ceremony
- 15:00 - Bicycle parking closes
- 16:00 - Paddock & Race Office close, and services end



SERVICE	LOCATION	KM	COORDINATES	FIRST	LAST
	Palacio de los Deportes de La Rioja	0 km	42.453289, -2.456613	10:00	10:05
1	Clavijo	14 km	42.346556, -2.427474	10:40	12:35
2	N-111	29 km	42.352519, -2.496404	11:15	14:05
	Palacio de los Deportes de La Rioja	48 km	42.453289, -2.456613	12:00	15:35

REMEMBER

DO NOT FORGET TO COLLECT YOUR FINISHER MEDAL IF YOU HAVE FINISHED ALL 4 STAGES!

HAVE YOU FINISHED #LRBR2019?

FINISHER MEDAL

If you have finished the six stages obeying the regulations, you will be awarded a **Finisher medal** which is given after crossing the finish line of the last day.

PHOTOGRAPHY

Sportograf will take photographs of all the riders. They will be available on its website (www.sportograf.com) once the race is over.

DIPLOMA

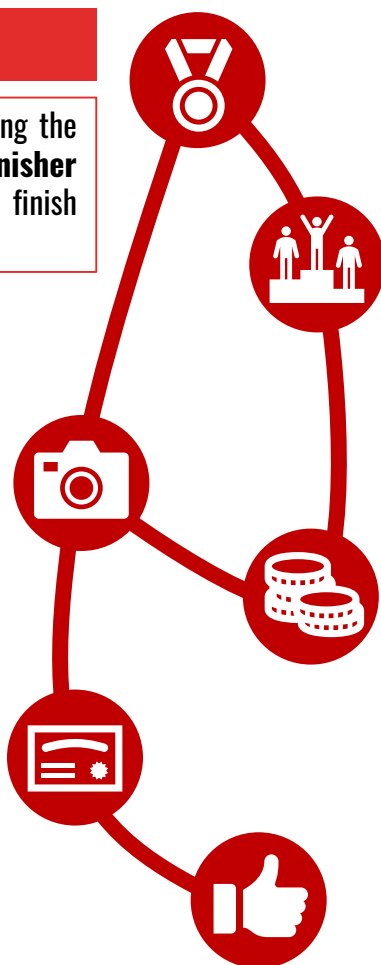
A few days after finishing the event, you will receive an email with a link to download your diploma.

AWARD CEREMONY

The top five riders of each category and the three best teams must go to the podium **dressed in their racing kit**.

PRIZE MONEY

The UCI Elite riders who carry prize money must complete and submit all the documentation requested by the organisation via e-mail.



ENCUESTA DE SATISFACCIÓN

Your opinion is very important. We will send you a short survey so that you value the event. Doing so, you will enter the draw of entries for upcoming BIKE RACE by Octagon Esedos.

ALL THE INFORMATION AVAILABLE ON...



Race Office



info@lariojabikerace.com



https://t.me/LRBR_2019/

#LRBR2019

¡HAPPY TRAILS!



SPONSORS



Gobierno
de La Rioja

LA RIOJA
TURISMO



Ayuntamiento
de Logroño

Logroño  deporte



SHIMANO



COMPEX 

