



MMR
Asturias
BIKE RACE
by octagon
esedos

POLA DE SIERO
6-8 Jul 2018

RACE GUIDE



octagon

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THURSDAY 5TH JULY 2018

15:30 - Paddock & bicycle parking aperture.

15:30 - Services begin.

15:30 - Registration begins.

20:00 - Teams meeting

20:30 - Registration ends.

20:30 - Services end.

20:30 - Paddock & bicycle parking closure.

FRIDAY 6TH JULY 2018

09:00 - Paddock, Race Office & bicycle parking aperture.

09:00 - Services begin.

09:40 - Start grids formation.

10:00 - STAGE # 1 start. Followed by award ceremony.

12:10 - End of stage.

19:00 - Services end.

19:00 - Paddock, Race Office & bicycle parking closure.

SATURDAY 7TH JULY 2018

09:00 - Paddock, Race Office & bicycle parking aperture.

09:00 - Services begin.

09:40 - Start grids formation.

10:00 - STAGE # 2 start. Followed by award ceremony.

13:05 - End of stage.

19:00 - Services end.

19:00 - Paddock, Race Office & bicycle parking closure.

SUNDAY 8TH JULY 2018

09:00 - Paddock, Race Office & bicycle parking aperture.

09:00 - Services begin.

09:40 - Start grids formation.

10:00 - STAGE # 3 start. Followed by award ceremony.

12:00 - End of stage.

16:00 - Services end.

16:00 - Paddock, Race Office & bicycle parking closure.

ATTENTION! Teams Meeting **mandatory** for all Team Managers



LICENSE HOLDERS

Riders must hold a competitive cycling license, issued by a national federation approved by the UCI (International Cycling Union). Touring, mountaineering and triathlon licenses are not accepted.

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

NON LICENSE HOLDERS

Those riders who do not have an annual competitive cycling license, must issue a temporary license, valid only for the race and approved by the Royal Spanish Cycling Federation (RFEC). It is possible to purchase such a temporary license for **45€** on July 5th, during registration.

Accidents

There's an emergency phone number on several items (numbers, route signs, etc.) and available 24 hours during the race.

+34 667.581.345

In case of visiting a hospital:

- Riders holding a license must contact the insurance company arranged by their federation.
- Riders not holding a license (insured only for the event) must contact the Race Office.

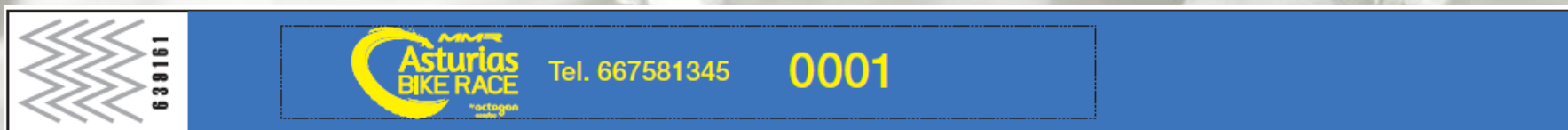


ATTENTION! Only call in case of an emergency or accident.
It's not a customer service phone number.

Rider's Bracelet

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

1. One bracelet must be always worn on the wrist, to be able to identify you, your equipment or take your bicycle out of the bicycle parking.
2. The other bracelet must be placed on the backpack left in the cloakroom.



Categories



- **ELITE MEN:** White: 1 - 75
- **ELITE WOMEN:** Pink: 101 - 120
- **MASTER WOMEN:** Pink: 151- 165
- **MASTER 30:** Yellow: 201 - 330
- **MASTER 40:** Green: 401 - 499
- **MASTER 50:** Blue: 501 - 535
- **EXPERIENCE:** Black: 1.001 - 1.050

ATTENTION! It is **MANDATORY** to wear the back number

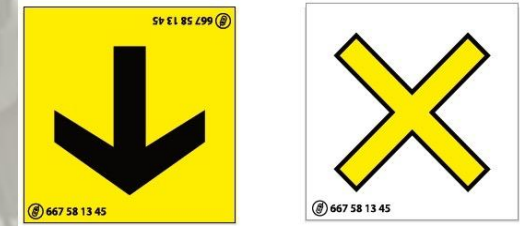
Teams Classification

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.

ATTENTION! The members of a team must inform the timing company after collecting its start numbers or previously through info@asturiasbikerace.com.

Marking

The route is marked with red, blue or yellow arrows. White signs with a cross of the stage's colour, indicate wrong direction.



Each ten kilometers and the final five to the finish line are indicated.



ATTENTION! GPS tracks are not available.

It's not necessary to use any electronic device to follow the route.

It is **compulsory** to ride on the right on tracks, roads, urban areas, etc.

Official Services

PHYSIOTHERAPY (90,00 €)

Four (4) 45 minutes treatments (Thursday to Sunday), carried out by professional staff specialised in MTB stage races. It includes all the necessary equipment to heal any physical problems and any additional therapy (creams, bandages, etc.). Requires daily appointment. Service offered by MASQUEBICI.

PHYSIOTHERAPY (40,00 €/session)

No pre-booking required. 45 minutes treatment carried out by professional staff specialised in MTB stage races. It includes all the necessary equipment to heal any physical problems and any additional therapy (creams, bandages, etc.). Service offered by MASQUEBICI.

FULL MECHANICAL SERVICE (100,00 €)

Multi-brand maintenance service for all stages (3). 25% discount on spare parts. Includes bike wash, fine tuning and checking. Service offered by MASQUEBICI.

MECHANICAL SERVICE (40,00 €/hour)

No pre-booking required. No guarantee of having spare parts (without discount). The bicycle must be delivered clean! Service offered by MASQUEBICI.



Hiring and more information:
info@masquebici.com | +34 654 178 571
<http://www.masquebici.com/>

BICYCLE WASHING AREA

Reserved space with numerous hoses and stands to wash the bicycle.

BICYCLE WAREHOUSE

Reserved, roofed and guarded space to leave the bicycle. Access restricted only to riders whose bracelet much match with the bicycle's number in order to be removed.

FEED STATIONS

Solid and liquid feed stations along the route and at the finish line. They have fruit, nuts, water, sports drinks, etc. The drinks will be served in jars and plastic cups, and the food chopped and peeled.

TOILETS AND SHOWERS & CHANGING ROOMS

The sports facilities have changing rooms with showers and toilets available during every day of the event.

CLOAKROOM

Guarded place where the riders can leave their warm-up clothes (as long as it is placed in a tagged bag), and collect it after the stage at the finish line.

MEDICAL SERVICE

The race has strong safety measures along the route as well as a field hospital at the paddock. There's also a telephone number on various items, which can be called in case of an emergency.

VEHICLE PARKING

Nearby the paddock there is space to park vehicles of riders, companions and visitors.

Photography



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

Parking



There's space to park the private vehicles of riders, companions and/or spectators nearby the Paddock area.

ATTENTION! Only authorised vehicles will be allowed into the paddock.

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.



Telegram is a free mobile messaging application focused on speed and security.

With the aim of keeping all riders, teams, companions, followers and cycling enthusiasts informed and updated, we have created a **FREE PUBLIC CHANNEL**.

YOU WILL GET INFORMATION OF:

- *Program*
- *Results*
- *Starting grids*
- *Weather forecast*
- *Award Ceremony*
- *Paddock location*
- *Sponsors & suppliers actions*



Google Play



To join the **Telegram channel**, download the App through Google Play or iTunes and search for **“MMR ASTURIAS BIKE RACE 2018”** or **@ASBR2018**.

<https://t.me/ASBR2018>

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 race's services are located.



MERCADO DE SIERO

Plaza de Abastos, s/n. Alcalde Parrondo St.

Location:

<https://goo.gl/maps/QnEXR9ezfWQ2>

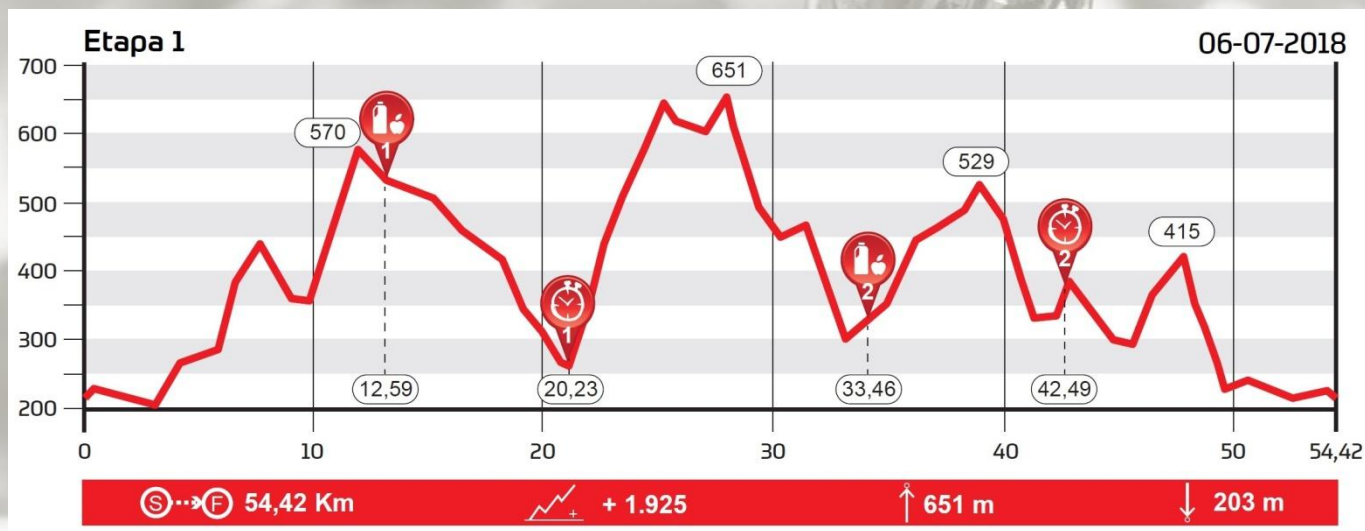
Coordinates: 43.391316, -5.661814

To book a space at the Paddock, contact to: mireia.sola@octagon.com

1st Stage

LIVE
TIMING

ROUTE
MAP



SERVICE	LOCATION	KM	COORDINATES	FIRST	LAST
Start	Plaza Cubierta de Pola de Siero	Km 0	43.391681, -5.661806	10:00	10:05
Feed Station 1	La Cruz (Bimenes)	Km 12,59	43.351836,-5.592185	10:34	11:28
Feed Station 2	Santuyano / San Julian (Bimenes)	Km 33,46	43.338042,-5.564512	11:23	13:25
Arrival	Plaza Cubierta de Pola de Siero	Km 54,42	43.391681,-5.661806	12:14	15:26

S1

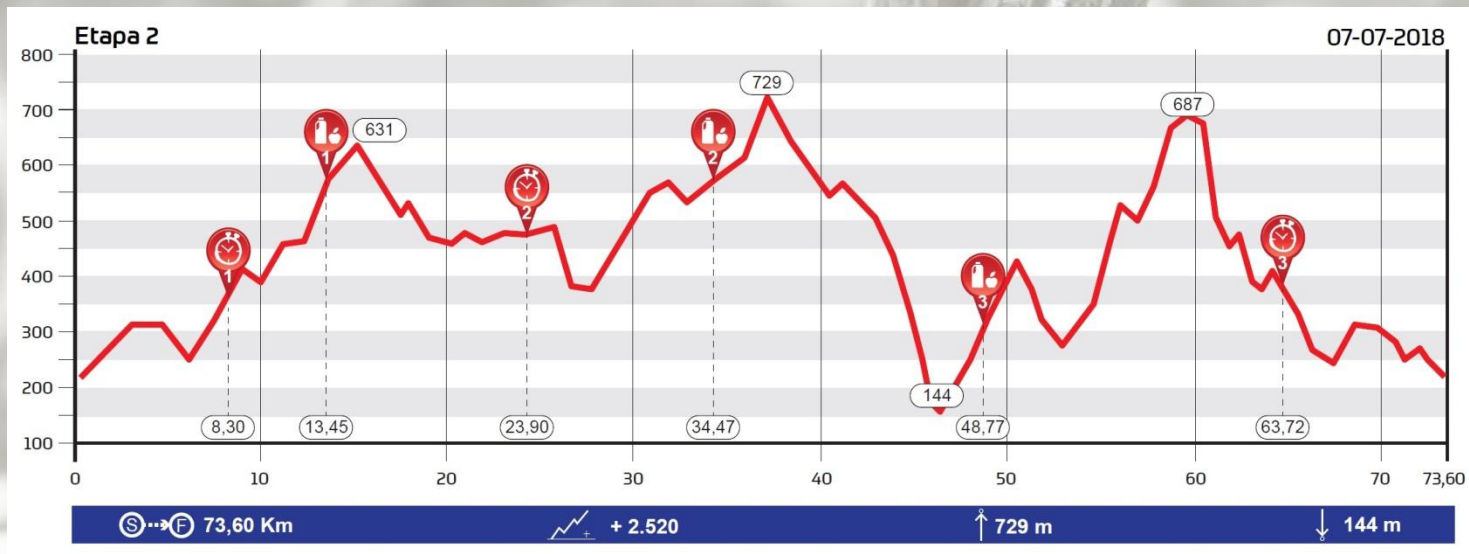
S2

S3

2nd Stage

LIVE
TIMING

ROUTE
MAP



SERVICE	LOCATION	KM	COORDINATES	FIRST	LAST
Start	Plaza Cubierta de Pola de Siero	Km 0	43.391658,-5.662016	10:00	10:05
Feed Station 1	Salida de la AS-331 (Sariego)	Km 13,45	43.426908,-5.575934	10:38	11:42
Feed Station 2	Entrada en AS-331 (Sariego)	Km 34,47	43.426908,-5.575934	11:30	13:45
Feed Station 3	Alto de Olla (Gijón)	Km 48,77	43.494950,-5.580596	12:04	15:08
Arrival	Plaza Cubierta de Pola de Siero	Km 73,60	43.391658,-5.662016	13:09	17:48

S1

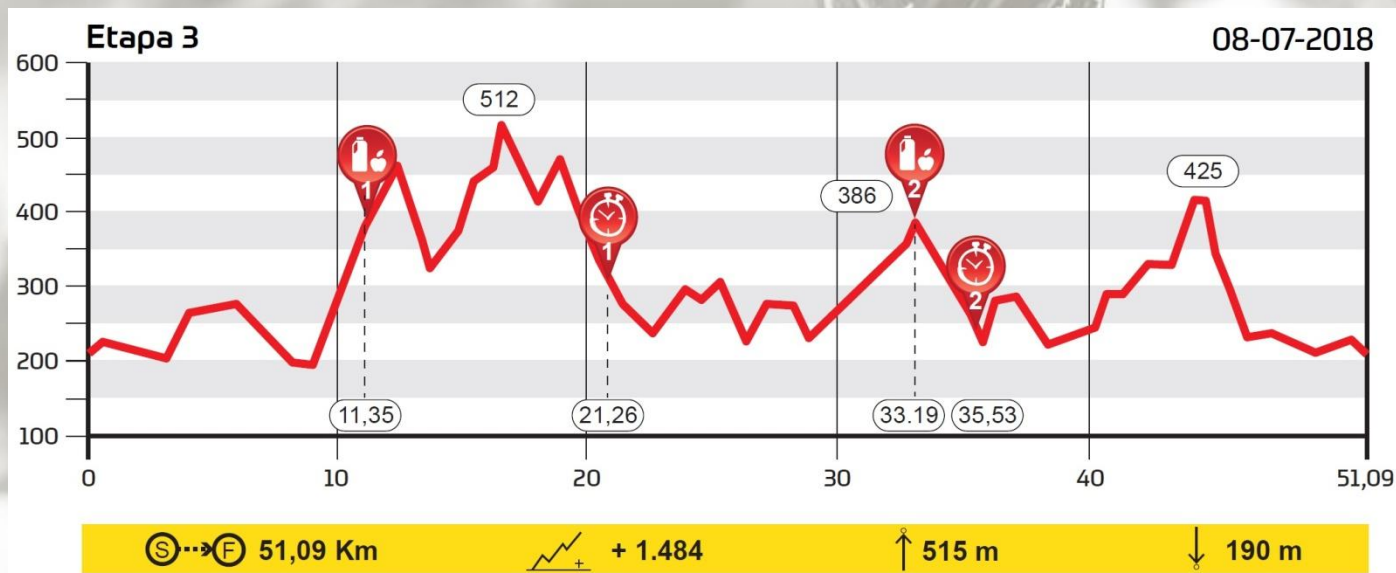
S2

S3

3rd Stage

LIVE
TIMING

ROUTE
MAP



SERVICE	LOCATION	KM	COORDINATES	FIRST	LAST
Start	Plaza Cubierta de Pola de Siero	Km 0	43.391681, -5.661806	10:00	10:05
Feed Station 1	Siero	Km 11,35	43.352417,-5.699662	10:29	11:28
Feed Station 2	Siero	Km 33,19	43.352417,-5.699662	11:24	13:24
Arrival	Plaza Cubierta de Pola de Siero	Km 51,09	43.391681, -5.661806	12:06	15:07

S1

S2

S3

Finishers Medals

All riders who manage to complete all stages obeying the regulations will be awarded a **finisher medal** which is given after crossing the last day's finish line.



Award Ceremony



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ETAPA 1 | POLA DE SIERO
6-8 Jul 2018
54,4 | 1.925 m+
1. ELITE

- The three best riders of each category are awarded and must attend the podium after the stage **dressed with their racing kit.**
- The category leader is given a jersey which s/he has to wear during the stage.
- The best ranked team in each stage is awarded and its members must attend the podium after the stage **dressed with their racing kit.**
- Overall standings: the five best riders of each category and the three best teams, must attend the podium **dressed in their racing kit.**

Prize Money

If due to your result in the Elite category you have prize money, stop by the Race Office for information. The documents that must be handed to the organisation are:

- Passport photocopy.
- Tax or home address.
- bank account IBAN number.
- bank account SWIFT code.

	1	2	3	4	5
Stage 1	200€	150€	100€	75€	50€
Stage 2	200€	150€	100€	75€	50€
Stage 3	200€	150€	100€	75€	50€
Overall	300€	250€	200€	175€	150€

ATTENTION! Without this information the prize cannot be paid.



HAPPY TRAILS!



#ASBR2018

www.asturiasbikerace.com

