

GLACIER CRADLE TRAVERSE

RACE RULES

1. Riders

1.1. A rider has to be 18 years or older on the day the race starts.

1.1.1. Allowing any rider younger than the prescribed age as per (1.1) lies solely within the discretion of the race organizers.

1.2. Riders will compete in 5 categories namely:

Open Mens team

Open Ladies Team

Mixed Team

Solo Men

Solo Ladies

2. Bicycles

2.1. Only bicycles in sound mechanical condition will be allowed to start the race.

2.2. The race number board must be secured by the 3 cable ties provided

2.3. The use of Tri-bars is prohibited.

2.4. Each rider is responsible for the maintenance of his/her own bicycle and that it is in a safe working order.

2.5. The race organizers will supply a technical area, at each of the overnight venues, where bicycles can be serviced and repaired.

3. Helmets & Clothing

3.1. It is compulsory to wear a helmet at all times during the race, failing to do so will result in immediate disqualification.

3.2. All helmets must comply with "SNELL & "ANSI" international standards.

3.3. A cycle shirt and short must be worn at all times.

4. Equipment(Recommended)

4.1. A mobile phone, fully charged and programmed with all the emergency numbers, supplied at race registration. Please ensure that both riders carry a phone.

4.2. First aid kit consisting of the following:

- 1 x Stretch bandage
- 2 x Dressings
- Adhesive plasters
- Foil survival blanket
- Sun block with a minimum SPF factor of 20.

4.3. Each rider is responsible for his own personal medication as prescribed by his physician.
Please consult the Race Commissaire or Dryland Event Management if in doubt about the legality thereof.

4.4. Bike repair tools

- Spare tubes
- Multi tool
- Replacement derailleur hanger
- Inflation device (Pump etc)

4.5. A minimum of 2.5l of fluid to be carried by each rider

5. Hydration & Nutrition

5.1. Riders are responsible for their own hydration & nutrition.

5.2. Water & energy drinks will be supplied at the water stations.

6. Official rules – UCI

6.1. The race will be run in accordance and under the auspices of the UCI.

6.2. Riders wanting to compete for prize money have to be in possession of a valid UCI/CSA racing license.

7. Doping offences

7.1. Any amateur or professional athlete under sanction from their federation or national anti-doping authority after 1 January 2016 will be banned for life from competing in the Glacier Cradle Traverse

7.2. The organizers also reserve the right to refuse any athlete (professional or amateur), which was under sanction from their federation or national anti-doping authority before 1 January 2016, to compete.

8. Identification

8.1. The race number boards of both riders must be displayed clearly and fixed according to specifications.

8.2. Race number boards may not be altered with, or any of the sponsors' logos obscured in any way.

9. Medical

9.1. It is the rider's responsibility to ensure that he/she is well prepared to take on a race of this nature.

9.2. The race doctor and his medical team reserves the right to prevent any rider from continuing the race if it deems necessary. Their decision is final.

10. Daily start

- 10.1. All CSA fully licensed riders will start in the first start chute on each stage.
- 10.2. The start chute closes 5 minutes prior to the start of race and riders not arriving on time will start at the back.

11. Timekeeping

- 11.1. The race starts each day with the sound of the starter's pistol.
- 11.2. The time of the 2nd rider of the team that crosses the finish line will be the teams' official finishing time.
- 11.3. No late starts are allowed.

12. Cut off times and withdrawals

- 12.1. Cut off times are very generous allowing even the back markers to easily finish
- 12.2. The finish line will close at 14h00 every day except where an earlier cut off time is advertised.
- 12.3. Any withdrawals have to be communicated to the race office immediately
- 12.4. A rider that withdraws during the race must please convey his/her intentions to the nearest marshal.
- 12.5. A sweep vehicle will transport all withdrawals and their bicycles to the stage finish venue.

13. Stages

- 13.1. The organizers reserve the right to change a stage or completely abandon a stage if necessary.
- 13.2. Such a stage (as in 12.1) will be declared a non event and have no bearing on the overall results.

14. Traffic rules

- 13.1 General traffic rules apply on public roads.
- 14.1. The Glacier Cradle Traverse does not have any road closure, so please adhere to above (13.1) rules.

15. Rider separation

- 15.1. Riders of the same team have to ride together at all times.
- 15.2. Riders who are separated from their riding partner for more than 3 minutes during any time of a stage will be penalized by 30 minutes.
- 15.3. The checking of rider separation will be checked en-route or at the finish line.

- 15.4.** This rule is solely there to ensure rider safety and team members need to look out for each other.

16. Water points

- 16.1.** The exact location of the water points will be advertised in advance.

17. Support

- 17.1.** Medical assistance will be supplied en route in the form of medical officers and at water points.
- 17.2.** We do not allow assistance to any rider from anyone outside of the race that being in the form of medical, nutritional or technical assistance.
- 17.3.** Only assistance from fellow riders is allowed.
- 17.4.** No other seconding vehicles other than that of the Glacier Cradle Traverse 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.

18. Formation of new teams

- 18.1.** In the case of a withdrawal of a rider, a new team can be formed, or the rider can compete as an individual, but will not be able to compete for a position or prize money in his/her chosen category.
- 18.2.** It remains the responsibility of the rider to form new team
- 18.3.** A new team can only be formed after the stage finish and after consultation with the race office.
- 18.4.** All rules applicable to the race apply to new teams as well.
- 18.5.** New race number plates will be issued for new teams.
- 18.6.** New teams will qualify for finisher's medal and T shirts, but not prize money.

19. Rider etiquette

- 19.1.** The integrity of each rider is relied upon regards to staying on the course and competing within the rules.
- 19.2.** If a rider leaves the course, for whatever reason, he has to enter course at the exact same spot he exited it.
- 19.3.** Basic rider etiquette applies at all times, not bringing the sport in disrepute.
- 19.4.** We travel through ecologically sensitive areas and persistent littering will result in disqualification. Any form of littering will result in fines imposed.
- 19.5.** Keep all your rubble for the water points where race officials will erect disposable bag stands.

20. Protests

- 20.1.** As already mentions, the race is run in accordance with UCI rules and any protest must be submitted in writing to the chief race Commissaire, accompanied by a R 250 deposit.
- 20.2.** If the protest is upheld the deposit will be refunded. If the protest is not upheld the rider will forfeit the deposit. All monies received in this manner, will be donated to the local community to fund a worthy cause.
- 20.3.** Protest must be submitted within 30 minutes of crossing the finish line.
- 20.4.** The chief race Commissaire still has the final say in the interpretation and execution of all the rules.