

Race Around Poland - edition 2021

Starting announcement no. 1 (2021-07-08)

1. most of the information provided here is on the <https://www.facebook.com/groups/1460197034183677> group for race participants, but we know that there are people who do not use FB or occasionally, so we will provide start announcements by email and publish them on the race website.
2. **Checkpoints.** At a checkpoint a competitor is not required to stop but must pass directly under the hotel building which is the seat of the checkpoint. The course is marked in such a way that following the trail ensures the above mentioned condition. 3.
3. At a CP the competitor may use the following **facilities**:
 - a. 220v socket to charge the monitoring device and other devices (phone, derailleurs, counter, lights, etc.)
 - b. a bicycle stand for self-repair of your bicycle
 - c. chain lubricant and cloth available
 - d. stationary pump
 - e. Ampoule/imbush spanner set 2, 3, 4, 5, 6, 8
 - f. Cassette spanner
 - g. Spanner 15 for pedals
 - h. Plastic straps
 - i. Insulating tape
 - j. Red bull 😊
 - k. Possibility to stay overnight (for a fee) after booking directly with the hotel or to take accommodation on the spot, on the spot. Of course within the currently available places. Each CP has its own peculiarities and sometimes offers something more. Descriptions of the CP offer are included in the start message.
 - l. The possibility to eat a meal (for a fee) during the working hours of the hotel restaurant. Sometimes it is possible to eat at night. See - descriptions of the PK offer.
 - m. Possibility to buy a 60mm presta valve inner tube (PLN 23, cashless, online transfer)

- n. Possibility to buy tyre GP 5000 rolled 25C - quantity limited to 1 tyre per CP (295 PLN, cashless, online transfer)
4. Information about the CP
5. At each CP a competitor may pick up and leave his/her repack provided that it is kept in a closed bag (the property of the competitor) marked with stickers with the starting number and CP number (stickers are provided by the organiser). More on repacks in the next point. 6.
6. **Stationary support points**, random or organized are admitted and do not have to be reported. The only and most important restriction is that in case of UNSUPPORTED SOLO it must be a stationary point, i.e. there can't be a car or other cyclist that/who will move around and help the rider during the ride or appear with support at several points along the route.
7. **GPS location**. Here is a change from the information on the group. We previously stated that the rider was not required to charge the device and that it would be replaceable. However, after consultation with BBtracker, it became apparent that swapping devices would present many problems and could mess up the monitoring of the riders. We want to avoid this. It is important to us that the race results are transparent both during and after the race. That is why the CP operators will inform in advance about the GPS battery status of a given competitor so that he/she can plan recharging e.g. while sleeping.
8. **Repacks**. Each competitor can give up to 13 repacks (for each CP, for the technical vehicle and for the finish line). The maximum size of the repack is length + width + height = 100cm. The repacks must be marked with stickers provided by the organiser in the starting pack (starting number, repack number). Each quail can take something out of the CP and put something into it.
9. The packs **addressed to the CP** can be sent to the Competition Office until 2021.07.24 7:00.
10. Repacks **addressed to the technical car** will be driven in this car according to the race limit (300 km per day), behind the last rider within the limit. The car will be marked REM on BBTracker monitoring.
11. repacks **left at the start** will be available from 29.07.2021 19:00 to 05.08.2021 20:00
12. **Can anyone drop something off at the repack or other checkpoint during the race?** No - only you can take your repack or leave it at a CP, however, someone can give you something on the route to your own hands - but (if you are in UNSUPPORTED category) only once to a given person, otherwise it will be treated as a prohibited mobile aid, i.e. someone rides behind you and you get support from him/her
13. **GPS track**. The final version will be available a week before the start and will be divided into 12 sections (from CP to CP) plus the access track from the honorary

start to the sharp start and vice versa (from the sharp finish to the honorary finish). After the race the competitor may receive a track recorded by a GPS device.

14. **Time limit 300km/day. How to treat this?** Example: If you start on 24.07 at 11:00 (sharp start from Obórki), you have to be at CP1 in Hrubieszów (318km) no later than 25.07 at 11:00, at CP2 in Kalnica (611km) no later than 26.07 at 11:00, at CP3 in Czorsztyn (930km) no later than 27. 07 at 11:00 a.m, at the finish in Obórki (3625km) no later than 5.08 at 11:00 a.m. So, to make a long story short - it doesn't matter how many days you drove, but it is important that after the first day you have completed CP1, after the second CP2, after the third CP3. So you can make up for it, and it is even advisable on flat terrain.
15. **Leaving the route. Using the service.** According to point V (a) in case of solo unsupported, organised or accidental stationary assistance is allowed, mobile assistance is forbidden. That is, you can descend to the service and return to the route at the same point where the route was abandoned. If a rider already has this planned, they can email race@racearoundpoland.pl. If this comes up during the race - phone or text to 501 584 669 indicating the point where the route is abandoned. Mobile assistance, i.e. moving a vehicle in order to help a competitor several times, is prohibited.
16. **Overnight on the route between CP.** If a competitor does not leave the route, but stops, even for a few hours, it is a normal situation for the organizer. We will not wake him up. Only leaving the route or withdrawal from the race should be reported.
17. **Parking your car during the race.** There is a possibility to park your car in the designated parking space for RAP participants at the Ursynów Town Hall (place of the honorary start).
18. **Discount for Namedsport supplements.** Before the race, that is until 23.07.2021 (of course better earlier) you can order on <https://weron.pl/NAMEDSPORT> supplements with a discount of -25%. Use the special discount code. We have made the code available in a closed group on FB. If you do not have it and need it, please contact the organiser. The number of uses of this code is limited to the number of RAP participants, so please order only once and do not share this code with other people. In order for you to be able to use the supplements throughout the race and not have to buy them on CP, we have made a decision related to the repacks. You can send a repack to every CP, auto3 and finish line. Of course, you do not have to do it on every one, but you can. This way you can place your iso, bars, gels etc... on the entire route. Note: we do not give you bags for the repack, only your ID (start number, CP number).
19. **Is it allowed to have a car with a trailer in semi-support category?** No. In the regulations it is stated that in the case of semi-support 1 support vehicle is allowed and additionally in point X.15 "Directly behind the supported participant may drive only a pace car with maximum dimensions: 500cm long, 230cm wide, 200cm high. Larger support vehicles may assist the rider by performing the so-called leapfrog". This means that in semi-support you can have a car of any size, including a trailer, but if it exceeds the size mentioned above together with the

trailer, it cannot follow the rider but can only do leapfrog, i.e. overtake the rider, wait in the permitted place, be overtaken by the rider and overtake him again etc... The same comment applies to TEAM categories supported by more vehicles. That is, a car of the legal size may ride directly behind the rider, but a camper cannot. The reason for this rule is to avoid creating a traffic jam with a large car.

20. **Telephone assistance.** Telephone support from family or friends is allowed without any restrictions. Supporters may in particular book accommodation on behalf of the rider. Moreover, we will set up a riders' group on Whatsup so that we as organisers and you as riders can pass on important information from the route or simply exchange a few words at a stopover or send photos.

21. **Reflectors.** According to the regulations, reflective stickers mounted on bicycles are compulsory. PLACES OF MOUNTING REFLECTIVE STICKERS:

- a) forks (4 reflectors) - min. size 7cm x 1.5cm
- b) rims (min. 4 reflectors) - min. size 7cm x 1,5cm
- c) cranks (2 reflectors) - min. size 7cm x 1.5cm
- d) back of pedal, shoe or protector (2 reflectors)
- e) We will provide stickers, but if someone prefers their own or already has their bike covered, it is of course OK.



22. Plan for Friday 23.07 and Saturday 24.07

- a) 23.07 12:00-20:00 - registration, starting packets receipt, overpacking in the Competition Office (Warsaw, al. KEN 61)
 - b) 23.07 15:00-16:00 - technical briefing for cars (not for unsupported category) (Warsaw, al. KEN 61)
 - c) 23.07 16:00-17:30 - mandatory competitors briefing (Warsaw, al. KEN 61)
 - d) 23.07 17:30-20:30 - professional photo session of competitors and teams (Warsaw, al. KEN 61)
 - e) 24.07 7:00-8:00 a.m. - Acceptance of packets at CP
 - f) 24.07 7:00-13:00 - taking over the repacks for the finish line and auto3
 - g) 24.07 10:00 honorary start of SOLO UNSUPPORTED category competitors starting numbers ≤ 15
 - h) 24.07 11:00 honorary start for competitors in the category SOLO UNSUPPORTED starting numbers ≥ 16
 - i) 24.07 12:00 honorary start for competitors in the category SOLO SEMI-SUPPORTED
 - j) 24.07 13:00 honorary start for competitors in category 4-PERSON TEAM
23. Technical review of the bikes and handing over the GPS. At least half an hour before the honorary start you should report to the technical briefing (marked tent)
24. Hours of the sharp start (Obórki) according to start numbers
- 2 - 11:00
 - 3 - 11:02
 - 4 - 11:04
 - 6 - 11:06
 - 7 - 11:08
 - 8 - 11:10
 - 9 - 11:12

12 - 11:14

14 - 11:16

15 - 11:18

16 - 12:00

17 - 12:02

18 - 12:04

19 - 12:06

21 - 12:08

47 - 12:10

833 - 12:12

1526 - 12:14

1973 - 12:16

5 - 13:00

10 - 13:02

20 - 13:04

4-PERSON TEAM - 14:00