

Race Around Poland - 2022 edition

Commencement message no. 1 (2022-07-13)

1. **The race route** is available at <https://racearoundpoland.pl/route>

Under the big button there is a link to the whole trace with CP's. In addition, there is a link to a zip archive with the trace divided into parts smaller than 10000 points.

2. Checkpoints. At a checkpoint the rider is not obliged to stop, but must pass directly under the hotel building which is the location of the CP. The course is marked out in such a way that following the trail ensures the above condition.

3. At a CP the rider may use the following facilities:

a. 220v socket to charge the monitoring device and other equipment (phone, derailleurs, counter, lights, etc.)

b. a bicycle stand to repair the bicycle yourself

c. chain lubricant and cloth available

d. stationary pump

e. A set of ampoule/imbus spanners 2, 3, 4, 5, 6, 8

f. Pedal spanner 15

g. Tritics

h. Insulating tape

i. Red bull 😊

j. In some cases possibility to stay overnight (for a fee) after booking directly with the hotel in advance or to take accommodation on site, on the spur of the moment. Of course within the currently available places. Each CP has its own characteristics and sometimes offers something more. Descriptions of what is on offer at the CPs can be found in the CP Communication (separate file).

k. The possibility to have a meal (for a fee) during the opening hours of the hotel restaurant. Sometimes there will also be the possibility to eat at night. See descriptions of the CP offer.

l. Possibility to buy a presta 60mm valve inner tube (25zł, online transfer after the race)

m. Possibility to buy a GP 5000 rolling 25C tyre - quantity limited to 1 tyre per CP (300zł, online transfer after the race)

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 provided by the organiser). More on repacks in the next section.

5. Stationary support points, whether random or organised, are perfectly legal and do not need to be reported. The only and most important restriction is that in the case of SOLO UNSUPPORTED it must be a stationary point, i.e. there cannot be a car or other rider that/who

will move around and help the rider during the ride or appear with support at several points along the route.

6. GPS location. Here is a change from the information on the group. Previously we 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 cause a lot of 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. For this reason, the CP volunteers will inform the GPS battery status of a particular rider in good time so that the rider can plan to recharge while he or she is sleeping, for example. . If, however, this is not possible because the competitor does not intend to stop for a longer time despite a low battery, in such a case he/she will be able to borrow a powerbank (1 powerbank per CP) with a micro USB cable and charge the device during the ride and then return it at the next CP. This is subject to availability.

7. Repacks. Each competitor is allowed up to 13 repacks (for each CP, for the technical vehicle and for the finish). The maximum size of the repack is length + width + height = 100cm. The repacks must be marked with stickers provided by the organiser in the start pack (start number, repack number). Something can be taken out of each repack on the CP and something can be put into it.

8. the repacks addressed to the CP can be handed in at the Event Office until 2022.07.23 7:00. they will be distributed by car1, KARO, going before the first competitor.

9. the repacks addressed to the technical car will be driven in this car according to the race limit (300km per day), behind the last competitor within the limit. The car will be marked REM on BBTracker monitoring.

10. the repacks left at the start will be available from 31.07.2022 7:00 until 05.08.2022 17:00

11. can anyone drop something off at a repack or other checkpoint during the race? no - only you can take your repack or leave it at a CP, whereas someone can give you something on the route to hand - but (if you are UNSUPPORTED) only once to that person, otherwise it will be treated as unauthorised mobile assistance, i.e. that someone is riding behind you and you get support from them

12 GPS track. The final version will be available at <https://racearoundpoland.pl/route> one week before the start and will be divided into 12 sections (from CP to CP) plus a track to get from the honorary start to the sharp start and vice versa (from the sharp finish to the honorary finish). There may be more stages if there are more than 10,000 points between one CP and the next. After the race the competitor may be given a track recorded by a GPS device.

13 Time limit 300km/day. How to treat this. Example: If you start on 23.07 at 11:00 a.m. (sharp start from Obórki), you have to be at CP1 in Kryłów (334km) at 11:00 a.m. on 24.07 at the latest, at CP2 in Kalnica (624km) at 11:00 a.m. on 25.07 at the latest, at CP3 in Czorsztyn (946km) at the latest on 26. 07 at 11:00 a.m....., and at the finish line in Obórki (3598km) no later than 4.08 at 11:00 a.m. So, to cut a long story short, it doesn't matter how many kilometres you have covered in each day, but it is important that after day 1 you have completed CP1, after day 2 CP2, after day 3 CP3. So you can make up, and it is even advisable to do so on flat terrain.

14 Leaving the route. Using the service. According to point V (a) of the Regulation for solo unsupported, organised or casual stationary assistance is allowed and mobile assistance is forbidden. That is, it is possible to descend to a 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 it goes out during the race - a phone call or text message to 501 584 669 indicating the point where the route is abandoned. Mobile assistance, i.e. moving a vehicle to assist a competitor several times, is not permitted.

15 Overnight stay on the route between CPs. If a competitor does not leave the route but stops, even for a few hours, this is normal for the organiser. We will not wake him/her up. Only dismounting or withdrawal from the race must be reported.

16. Parking your car for the duration of the race. It is possible at the designated places for RAP participants in the Ursynów Town Hall (place of the honorary start).

17. Discount on Namedsport supplements. Before the race, i.e. until 23.07.2022 (better earlier, of course) you can order NAMEDSPORT> supplements at <https://weron.pl/> with a discount of -20%. Use the special discount code (discount code in the email). 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. Namely, there will be as many as 13 of them. You can send a repack for every CP, auto3 and finish. Of course, you don't have to for every one, but you can. This way you can place your iso, bars, gels etc.... all along the route. Please note that we do not give you a bag for the repacks, only an identification tag (start number, CP number).

18. is it possible to have a car with a trailer in the semi-support category? In the regulations it is stated that in the case of semi-support 1 support car is allowed and additionally in point X.15 "Directly behind the supported participant may drive only a so-called 'pace car' with maximum dimensions of: L 600cm, W 230cm, H 200cm. Larger support vehicles may assist the rider by performing a so-called leapfrog". This means that in semi-support you can have a car of any size, even with a trailer, but if it exceeds the dimensions mentioned above, including the trailer, it cannot follow the rider directly but can only do a leapfrog, i.e. overtake the rider, wait in a 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 to say, directly behind the cyclist a wagon of the prescribed size can follow, but a campervan can no longer. The reason for the regulation is to avoid creating a traffic jam with a large car.

19 Group whatsapp. A "KARO" technical car will ride in front of the riders. If it encounters a problem on the route, a diversion - it will inform you what to do on a special whatsapp group "RAP RACERS". On this group you can also upload other notifications, which are directed to all riders. Also photos, reports, etc. We will use them and e.g. post them on social media.

20 Communication with the organiser. If you want to give information to the organiser only, e.g. a question, a request to visit the CP - write or call 501-584-669 or 603-054-090

21. hashtag #raceap22 - if you post something on social media about the race (FB, TT, IG, etc.) use the hashtag #raceap22 to make it easier to find information.

22. semi-supported technical vehicles. From Obórki to Gassy they take a circular route - not along the embankment (there is a narrow road and cyclists ride there)

23. race cars. There will be 2 organiser cars on the race route.

- a. **KARO** - in front of the first cyclist, it will carry your repacks to the CP (visible on rap2022.bbtracker.pl)
- b. **REM** - according to the time limit, reaching the riders who did not reach the next CP on time. (visible at rap2022.bbtracker.pl)
- c. **Unmarked cars** driven by observers who monitor the correct course of the race and note any behaviour contrary to the regulations, which may result in a time penalty or DSQ as specified in Appendix B of the regulations.

24 Out of the limit. You are taking part in a sporting event with a time requirement. This is a race, not a marathon. We take a categorical approach to the limits.

The mere preparation and standing on the start line is a feat in view of the sacrifices made and the resources and time invested. To complete even a few CPs within the time limit is all the more difficult, and to complete 3600km in 12 days solo is a masterstroke!

Thus, in RAP as a sporting challenge, we want to emphasise these 3 levels of 'initiation' and at the same time we want to clearly separate them. Therefore, with mathematical precision, we will stick to the limits on each CP and the official results will reflect them.

In practice, this means only that if a rider/team is outside the time limit, his/her official result will stop at the last CP where he/she was within the limit and he/she will become 'CP finisher nn'. He/she will then be moved to the 'Withdrawn' group on the rap2022.bbtracker.co.uk monitoring, where it will show what his/her last CP is.

At this point, the rider's/team's official result will already be determined whether he continues or not. He/she can take the help of the technical car "REM" driving at the speed limit (car visible on the monitoring). There he will be able to benefit from a repack (if he has broadcast it on this car, REM sticker), a meal/drink, a lift along the route e.g. to the train. There are a limited number of seats for the riders in the 'REM' car and a limited amount of luggage space so of course - all as far as possible.

The rider can also continue to ride, out of the race. He can keep the tracker and will be visible on the monitoring. In this case, he will have to return the tracker to its owner, MapService.com.

25 - Why are Mc Donalds restaurants marked on the route? As last year, courtesy of the Ronald McDonald Foundation, you will be given McDonalds Bonifikarts entitling you to buy at big discounts. More in a separate announcement.

26 - Reflectors. According to the regulations, reflective stickers mounted on the bicycle are mandatory. PLACES TO MOUNT 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. Stickers will be supplied, but if someone prefers their own or already has their bike wrapped then of course OK.



27. schedule for Friday 22.07 and Saturday 23.07

- a. 22.07 12:00 - 20:00 - registration, starting packet collection, acceptance of surpluses in the Competition Office - Ursynów Town Hall, ground floor (Warsaw, al. KEN 61)
- b. 22.07 15:00-16:00 - technical briefing of cars (does not apply to unsupported category) car park of Ursynów Town Hall (Warsaw, al. KEN 61)
- c. 22.07 17:00-18:00 - mandatory competitors briefing (Warsaw, al. KEN 61)
- d. 22.07 18:00-19:00 - competitors briefing in English (Warsaw, al. KEN 61)
- e. 23.07 7:00 - 9:00 a.m. - Acceptance of repacks at CP
- f. 23.07 7:00 am - 1:00 pm - Acceptance of repacks for the finish line and REM car.
- g. 23.07 9:00, 9:30, 10:30 - half an hour before the honorary start report to the technical briefing tent with taped bikes to collect the GPS device
- h. Honorary starts are at equal times from 9:30 a.m. to 11:10 a.m. The entire ceremony lasts up to 15 minutes, during which the riders are called out one by one by the announcer. After the presentation of all the riders from a particular group - the group proceeds together to the start in Obórki.
- i. 23.07 9:30 a.m. - honorary start of the competitors from the category 900 SOLO UNSUPPORTED
- j. 23.07 10:00 honorary start for competitors in category 3600 SOLO UNSUPPORTED
- k. 23.07 11:00 honorary start for SOLO SEMI-SUPPORTED competitors

28. Technical briefing of the bikes and handing over the GPS. Half an hour before the honorary start report to the technical briefing (marked tent)

29. time of sharp start (Obórki) according to start numbers

Information given on the start list <https://racearoundpoland.pl/start-list>

E.g. "Salamon Dawid 10:00 -> 11:00" means that Dawid has the honorary start at 10:00 and the sharp start at 11:00

30. Honorary finish. Note: the timing stops at the finish line in Obórki. To finish the race you must get from Obórki to the Town Hall (13km) within one hour of reaching Obórki.