

RAP Challenge 300 - 23.07.2022

Launch Announcement 1 (2022-07-14)

1. **the route** is available at <https://racearoundpoland.pl/route> (at the bottom of the page)
2. **halfway** is at the Market Square in Czemierniki, where we make a round around the market and turn around
3. **the Czemierniki Commune Buffet** is located in Bełcząc by the Manor House, 4 kilometres from the market in Czemierniki. **We use it on the way back.**
4. **GPS track.** Competitors will receive GPS recorders. They will be visible during the ride in the monitoring service. The race is operated by the BBTracker company. Link to monitoring: www.rap2022.bbtracker.pl After the race the competitor can receive the track recorded by the GPS device.
5. **Time limit of 24 hours.** How to treat it. The limit counts on the distance from the sharp start in Obórki, i.e. from 9:00 a.m. One hour earlier, i.e. at 8:00 a.m. is the honorary start at Ursynów Town Hall. This means that at 9:00 a.m. on 25.07 at the latest, the competitor/athlete should turn up again at the sharp start in Obórki and then ride - without racing - to the finish line of honour at the Town Hall. This is where the race ends.
6. **Leaving the course.** Use of service. According to point V (a) of the Regulation in the case of solo unsupported, organised or random 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 forbidden.
7. **parking your car during the race.** It is possible in the designated places for participants of the RAP in the area of the Ursynów Town Hall (place of the honorary start).
8. **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 (code in the email).
9. **Telephone support.** Telephone support from family or friends is allowed without any restrictions. Supporters can in particular book accommodation on behalf of the athlete. Furthermore, 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. On this group you can also upload other notifications that are directed to all riders. Also photos, reports, etc. We will use them and e.g. post them on social media.
10. **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
11. **hashtag #raceap22** - if you will be posting something on social media about the race (FB, TT, IG...) use the hashtag #raceap22 then it will be easier to find information
12. **Technical wagons.** From Obórki to Gassy they will take a circular route - not along the embankment (there is a narrow road and cyclists are riding there).
13. there will be **unmarked cars on the route** of the race in which there will be observers to supervise the correct course of the race and note down any behaviour contrary to the regulations which may result in a time penalty or DSQ as specified in Appendix B of the regulations.
14. **On course food.** One buffet provided at the halfway point.

In the table below you have following information:

Distance in km's, way – points, and their description, where applicable hours of opening, and also average speed and estimated arrival time to the way-points

RAP CHALLENGE 300					śr. prędkość i est. Czasy			
km	dystans	gdzie	co	czynne	35km/h	24km/h	21km/h	13km/h
-13	-	Ratusz Ursynów	start honorowy		8:00	8:00	8:00	8:00
0	13	Obórki	start ostry		9:00	9:00	9:00	9:00
21	21	Góra Kalwaria	Góra Kawiarnia	8-21	9:36	9:52	10:00	10:36
61	40	Parysów	Topaz Express, Piekarnia	5-21	10:44	11:32	11:54	13:41
97	36	Huta-Dąbrowa	stacja bezynnowa "Nasza"	24/7	11:46	13:02	13:37	16:27
151	54	Czemierniki	Rynek		13:18	15:17	16:11	20:36
155	4	Bełcząc - Dworek	bufet gminy Czemierniki	24/7	13:25	15:27	16:22	20:55
205	50	Huta-Dąbrowa	stacja bezynnowa "Nasza"	24/7	14:51	17:32	18:45	0:46
241	36	Parysów	Topaz Express, Piekarnia	5-21	15:53	19:02	20:28	3:32
281	40	Góra Kalwaria	Góra Kawiarnia	8-21	17:01	20:42	22:22	6:36
302	21	Obórki	ostry finisz		17:37	21:35	23:22	8:13
315	13	Ratusz Ursynów	honorowy finisz		18:00	22:07	0:00	9:13

15. **Reflectors.** Bicycle-mounted reflective stickers are compulsory under the regulations. PLACES OF MOUNTING REFLECTIVE STICKERS:

- forks (4 reflectors) - min. size 7cm x 1.5cm
- rims (min. 4 reflectors) - min. size 7cm x 1.5cm
- cranks (2 reflectors) - min. size 7cm x 1.5cm
- back of pedal, shoe or protector (2 reflectors)
- Stickers will be supplied, but if someone prefers their own or already has their bike wrapped then of course OK.



16. plan for Friday 22.07 and Saturday 23.07

- 22.07 12:00 - 20:00 - registration, receipt of start packets in the Competition Office (Warsaw, al. KEN 61)
- 22.07 17:00-18:00 - RAP and RAP Challenge competitors briefing in Polish (Warsaw, al. KEN 61)
- 22.07 18:00-19:00 - RAP and RAP Challenge competitors briefing in English (Warsaw, al. KEN 61)
- 23.07 7:30 - 8:00 a.m. Half an hour before the honorary start it is necessary to report to the technical briefing tent with the taped bikes in order to collect the GPS device.
- 23.07 8:00 - 8:30 honorary start. The whole 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 of the group - the group goes together to the start in Obórki. 17.

17. **technical briefing of cars, bikes and handover of GPS.** Half an hour before the honorary start, report to the technical briefing (marked tent). 18.

18. **hours of the honorary (Town Hall) and sharp start (Obórki) are given on**
<https://racearoundpoland.pl/pl/lista-startowa>.

The notation "Olszewski Mariusz 8:00 -> 9:00" means that Mariusz starts at 8:00 from the Town Hall and at 9:00 from Obórki

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