

Race Around Poland - 2023 edition

Starting announcement no. 1 (2023-07-06)

1. **The race office** is located in the Wilanów Town Hall (building of Sala Ślubów), 2 Klimczaka Street: <https://goo.gl/maps/1JRjKPb9Lis4PXUR7> and will be open on Friday 14.07.2023 12:00-20:00 and on Saturday 15.07.2023 7:00-15:00. In the race office you should collect your participation package.
2. **The compulsory pre-start briefing** will take place in the Audiovisual Hall of the Wilanów Town Hall, location as above.
3. **The compulsory honorary start** will take place in the immediate vicinity of the Wilanów Town Hall, i.e. on the square in front of the Royal Wilanów shopping centre, 1 Klimczaka St.: <https://goo.gl/maps/qcscvciFHGhenPVV8> and will take place on 15.07.2023 from 7:00 a.m. to 3:00 p.m.
4. **The compulsory sharp start** will take place on the bridge in Obórki on 15.07.2023 (11:00-16:00). Each competitor will start at a different time. Location: <https://goo.gl/maps/vvyyyCbAjN4ka4CL9>
5. **The race route** is available at <https://racearoundpoland.pl/pl/trasa>. Under the big button there is a link to the entire trail with CP's. In addition, until 9.07.2023 in the same place there will be a link to a zip archive with the trail divided into parts smaller than 10000 points.
6. **Checkpoints.** At a checkpoint the rider is not obliged to stop. It is sufficient that he/she follows the track. Sometimes the location of the building where the CP is will be a few hundred metres from the road with the trail. This is the case at CP3 (Czorsztyn), CP8 (Sianożęty), CP10 (Kętrzyn). A competitor may go off the road to these CPs, but does not have to. If he/she passes such a CP without deviating from the road - he/she will be counted.
7. At a CP the competitor may use the following facilities:
 - a. 220v socket to charge the monitoring device and other equipment (phone, derailleurs, counter, lights, etc.).
 - b. chain lubricant and cloth available
 - c. stationary pump
 - d. ampoule/imbalance spanner set 2, 3, 4, 5, 6, 8
 - e. 15 spanner for pedals
 - f. Tritics
 - g. Insulating tape

- h. Possibility to stay overnight (for a fee) after booking directly with the hotel in advance or to take accommodation on site, ad hoc. 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 CPs announcement (separate file).
 - i. It is possible to have a meal (for a fee) during the opening hours of the hotel restaurant. Sometimes it will also be possible to eat at night. See PK offer descriptions.
 - j. Possibility to buy a presta 60mm valve inner tube (PLN 25, payment online after the race).
 - k. Possibility to buy a GP 5000 tyre with 25C rolling - quantity limited to 1 tyre per CP (300PLN, online payment after the race)
8. **At each Control Point (CP)** a competitor may pick up and leave his/her repack, provided that it is placed in a special bag made available in the race office, marked with stickers with the starting number and CP number (stickers are made available by the organiser). More on repacks in the section 12.
9. **Stationary support points**, whether random or organised, are as legal as possible 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 who/who will move around and assist the rider during the ride or appear with support at several points along the route.
10. **GPS location.** The rider will be equipped with a GPS tracker. Care should be taken to keep the tracker charged. The CP handlers will inform the rider's GPS battery status well in advance so that the rider can plan to charge it, e.g. while sleeping. . However, if this is not possible because the rider does not intend to stop for a longer time despite a low battery, in this case he/she will be able to borrow a powerbank (2 powerbanks per CP) with a micro USB cable and charge the device during the ride and then return it at the next CP.
11. **The tracker** is no bigger than 2 matchboxes. Weight 106g
12. **Repacks.** Each competitor may return up to 13 repacks (for each CP, for the technical cart and for the finish). The repacks must be returned to the race office in 26 litre bags provided by the organiser (available in the start pack in the race office). 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.
13. **Packs addressed to the CP** can be sent to the Event Office until 2023.07.15 9:30 a.m. They will be distributed by the **FRONT car**, going before the first competitor.

14. **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 REAR** on BBTracker monitoring.
15. Repacks left at the start will be available from 23.07.2023 7:00 until 28.07.2023 17:00
16. **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 the 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 an unauthorised mobile aid, i.e. that someone rides behind you and you get support from them.
17. **GPS track.** The final version will be available at <https://racearoundpoland.pl/pl/trasa> one week before the start and will be divided into 12 sections (from CP to CP) plus the arrival track 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.
18. **Time limit 300km/day.** How to treat it. 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.
19. **Leaving the route.** Using the service. According to point V (a) 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 prohibited.
20. **Overnight stay on the route between CPs.** If a competitor does not leave the route but stops, even for a few hours, this is a normal situation for the organiser. We will not wake him/her up. Only dismounting from the route or withdrawal from the race should be reported.
21. **Car parking (up to 1.9m high)** in the area of the race office and the honorary start. During race office hours competitors may use the underground car park of the Wilanów Town Hall free of charge. The entrance to the car park is located next to the Coffee Break café: <https://goo.gl/maps/FYgjpFJ2W9C7qrJf9> In order to be allowed into the car park and released free of charge by the RAP volunteers,

a white card clearly marked (with a marker) "RAP" must be placed behind the driver's side window.

22. **Parking of vehicles taller than 1.9m near the start.** Due to limited parking facilities we advise against arriving in large cars (e.g. camper vans) on Friday 14.07 at the race office or at the pre-start briefing. On the other hand, competitors in the supported category can park their campervans before the start on 15.07 in the designated spaces near the Milanovo restaurant: <https://goo.gl/maps/1w2uXz8Z6cbmVNht9>.
23. **Group whatsapp.** There will be a "FRONT" technical car in front of the riders. If it encounters a problem on the route, a diversion - it will inform what to do on the special whatsapp group "**RAP RACERS**". In order not to clutter communication in this group only the organiser will be able to post.
24. **Communication with the organiser.** If you want to communicate information only to the organiser, e.g. a question, a request to visit the CP - write or call 501-584-669 or 603-054-090.
25. **hashtag #raceap23 #polandwucc2023** - if you post something on social media about the race (FB, TT, IG...) use the above hashtags, then it will be easier to find information
26. **Technical vehicles of supported riders.** From Obórki to Gassy they take a circular road - not along the embankment (there is a narrow road and cyclists ride there)
27. **Race cars.** There will be 3 organiser's cars on the race route.
 - l. FRONT - in front of the first rider, it will carry you to the CP (visible on the tracking - we will give you the address of the tracking at the pre-start briefing)
 - m. REAR - according to the time limit, reaching the riders who did not reach the next CP on time. (visible on the tracking)
 - n. PHOTO - media car (visible on the tracking)
 - o. 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.
28. **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.

Simply preparing 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 challenging, 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 the "finisher of CP nn". He/she will then be moved to the "Withdrawn" group on the 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 "REAR" 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, REAR sticker), a meal/refreshment, a lift along the route e.g. to the train. In the "REAR" car, there are a limited number of seats for riders and a limited amount of luggage space so of course - everything 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 send the tracker back to its owner, MapSerwis.com

29. **Reflectors.** According to the regulations, reflective stickers mounted on the bike are mandatory. PLACES TO MOUNT REFLECTIVE STICKERS:

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



30. Technical cars of competitors from the supported category must undergo a technical briefing before the start. The starter package includes stickers for cars, which should be placed at least on the car following directly behind the competitor (pace car). In particular, the sticker "Caution cyclist in front of the car" should be placed on the back of the car. Stickers with starting numbers should also be placed.

31. Plan for Friday 14.07 and Saturday 15.07

- u. 14.07 12:00 - 20:00 - registration, starting packet pick-up, drop-off at Event Office - Wilanów Town Hall, Sala Ślubów (Warsaw, 2 Klimczaka Street)
- v. 14.07 17:00-18:00 - compulsory briefing of competitors in Polish (Warsaw, ul. Klimczaka 2)
- w. 14.07 18:00-19:00 - competitors briefing in English (Warsaw, 2 Klimczaka St.)
- x. 15.07 7:00-9:30 a.m. - Acceptance of repacks
- y. 15.07 7:00-13:00 - Pick-up of rush packs at the finish line and REAR car
- z. 15.07 7:30 a.m. - 1 p.m. - half an hour before the honorary start report to the technical check-in tent (located near the stage at Royal Wilanów, ul. Klimczaka 1) with stickers on your bikes to collect your GPS device

- aa. 15.07 13:00-14:00 technical briefing for cars (pacecars) and bicycles in the underground car park of the Wilanów Town Hall.
 - bb. Honorary starts take place at equal half-hourly intervals from 8:00 a.m. to 3:00 p.m. The entire ceremony lasts up to 15 minutes, during which the competitors are called out one by one by the announcer. After the presentation of all the riders from a given group - the group goes together to the start in Obórki:
 - cc. 15.07 from 10:00 a.m. - honorary start of the competitors from the category 900 SOLO UNSUPPORTED
 - dd. 15.07 from 11:00 a.m. - Honorary start for competitors in the 1800 SOLO UNSUPPORTED category
 - ee. 23.07 from 11:30 a.m. honorary start for competitors in category 3600 SOLO UNSUPPORTED
 - ff. 23.07 from 14:00 honorary start for competitors in category 3600 SOLO SUPPORTED
32. **Bike technical briefing and handover of GPS.** Please report half an hour before the honorary start for the technical briefing:
- gg. Unsupported categories - marked tent near the stage
 - hh. Supported categories - underground car park at Wilanów Town Hall, ul. Klimczaka 2
33. **Sharp start times (Obórki) according to start numbers**
- Information given on the start list <https://racearoundpoland.pl/pl/lista-startowa>
- E.g. "Salamon Dawid 11:00 -> 12:00" means that Dawid has the honorary start (Royal Wilanów) at 11:00 and the sharp start (Obórki bridge) at 12:00.
34. **Honorary finish.** Please note: the timing stops at the finish line in Obórki. In order to finish the race, you need to get from Obórki to Wilanów Town Hall (10km) within one hour of reaching Obórki.
35. **The link to the tracking** will be attached to the main page of the race: <https://racearoundpoland.pl/> and published at the latest during the start briefing.
36. **PLEASE NOTE: riders in the solo supported category (Ultra-Cycling World Championships)** must also follow the supplement below: <https://racearoundpoland.pl/files/2022-11/supplement-wuca-rules-for-inclusion-to-current-event-rules-for-2023-race-around-poland.pdf>.