

Rider Manual ASA Epic



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About the race

The Amersfoort-Sauerland-Amersfoort Epic (ASA Epic) is a self-supported ultra cycling event across the Netherlands, the Sauerland and the Teutenburgerwald. This is a self-supported challenge, which means that you are your own “ride organizer”. No one will help a rider if things go wrong in any way. You can only count on yourself. Understand that this is a personal challenge against the clock, not against others. GPS tracking is mandatory and provided during race but it simply shows the rider’s location on the map and makes everybody is following the route and the rules.

The ASA Epic is an ultra endurance challenge designed for riders who want to try such an event at an entry level or for experienced riders who want to test themselves in particular training conditions before their main season goal(s).

The route is provided and has to be followed by all participants. It is up to the riders to study the route and the services (sleeping, eating, drinking and bike repair) provided along it. The route starts at the WV Eemland cycling club in Amersfoort on the 10th of May at 06:00 and will finish 132 hours later on the 15th of may at 18:00. The finish and starting location are the same.

The route is designed for you to get a feeling of what the Netherlands and Western Germany have to offer you in terms of nature and culture. Along the way you will find a continuously changing landscape of heath, rivers, forest, hills and flatlands. Besides this you will find small towns, cities, medieval castles, industrial heritage and roman remains along the route, showcasing the cultural diversity of the region. Enjoy! :)

Planning

9th of May

Registration day + pasta party

Activity	Time
Registrations	13:00 – 17:30
Briefing	18:00 – 18:15
Pasta party	18:30 – 20:00

Location: WV Eemland cycling club in Amersfoort (www.wveemland.nl. address: Sportpark Zielhorst 2, 3822 ZT, Amersfoort).

During the registration you will receive your cap and tracker + an explanation on how the tracker works. Before handing out the cap and tracker I will ask you for/have received the following:

- 1) A deposit for the tracker;
- 2) A signed waiver form;
- 3) Your next of kin information;
- 4) Show me that you have brought the following:
 - a. Reflective vest;

- b. Emergency blanket;
- c. Proper front and rear light.

During the briefing I will elaborate on some elements of the route that will require additional attention and some safety remarks.

The pasta party is the final activity of the day.

During this day and the following days a photographer will be around to take pictures.

10th of May

Start at 06:00

Location: WV Eemland cycling club in Amersfoort (www.wveemland.nl. address: Sportpark Zielhorst 2, 3822 ZT, Amersfoort).

The cycling club has its own race course (a closed section of road). Because the start of the race will be through a part of the city of Amersfoort, the route will start with one lap on the racing course before setting onto the road. This way the group can disperse a bit more before hitting the first traffic lights. The race starts 200 meters after leaving the parking lot, so there's no need to race on the parking lot itself.

15th of May

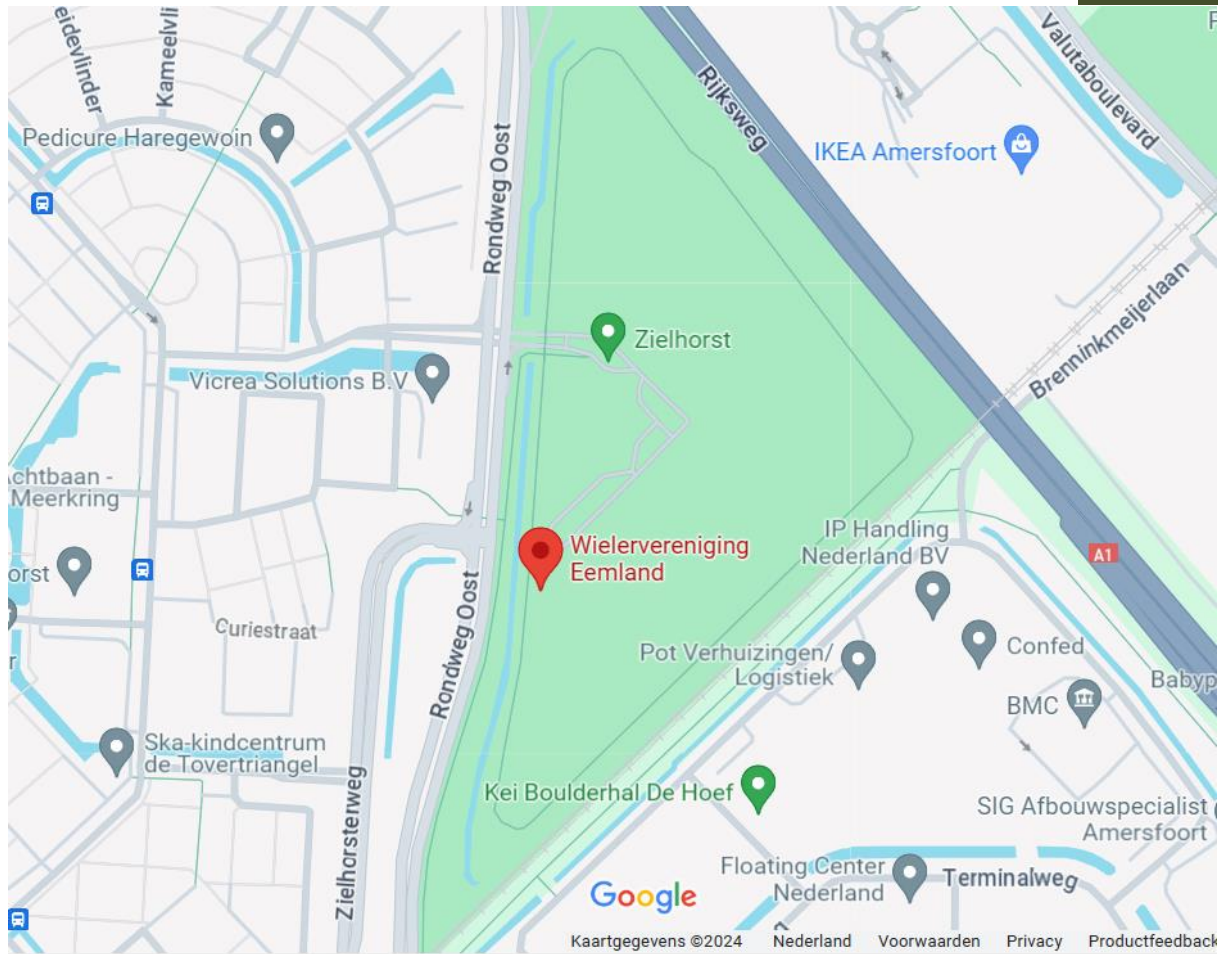
Finish deadline at 18:00

Location: WV Eemland cycling club in Amersfoort (www.wveemland.nl. address: Sportpark Zielhorst 2, 3822 ZT, Amersfoort).

The starting location

The accommodation has a general area where the registrations and pasta party will take place, toilets, showers and enough space to place your bike. During the event the organization will have a key, but the building will be open on the 9th and 10th of May.

The cycling club informed me that they're fine with participants pitching their tents on the grass around the accommodation. Officially this is not allowed though, so you do this on your own risk (although I do not expect any issues with it to be honest).



The best way to get to a bikepacking event is by bike!

I'm trying to organize this event as sustainable as possible and I'd like to encourage you to consider not to fly nor take a car to get to Amersfoort. Amersfoort can easily be reached by train. It has a large train station due to its location in the center of the Netherlands. From the train station it's only a 15 minute bike ride to the starting location.

The route

The route runs counter clockwise, is about 1.000km and contains about 9.000 meters in altitude. Note that you ride on a public roads right away and you share it with other bikers and hikers. So please be respectful! Local traffic laws are leading. It is impossible to regulate traffic on a 1.000km route, so stay focused and vigilant.

Following the route is mandatory and short cuts will be met with time penalties.

If there's anything you would like to share about the route, beforehand or during the race, feel free to do so. If there's an opportunity to improve it for next editions I'm always interested.

All participants will receive a GPX file of the route 2 weeks before the start the latest.



The spirit and rules

The ASA Epic is a single stage race in which the clock never stops. The riders plan and research the route and choose when and where to rest, eat or sleep. The ASA Epic is an individual challenge. You are your own ride organizer. No third party help is allowed, nor should you want it. It is within this spirit that the riders participate. Remember that the others are fending for themselves as well.

Rule 1 Leave no trace

Please remember you will be riding across some fragile ecosystems and protected areas, leave nature as unchanged by your presence as possible.

Rule 2 Ride safely, ride responsibly

- 2.1 As the event uses open roads you must always know, observe and comply with local laws.
- 2.2 Helmet and front+rear lights (plus backup lights) are mandatory.
- 2.3 The bike must be in good, technically perfect condition.
- 2.4 It is also a legal requirement to wear a reflective vest when riding at night or in bad weather conditions.
- 2.5 The organization strongly recommends to wear bright clothing during the event.

Rule 3. Ride under your own power

- 3.1 Just you and your bike, that's all.
- 3.2 In case of a medical or mechanical emergency use any kind of transport you need and return to the exact point to continue the ride.

3.3 Drafting is not allowed. This means you can't explicitly follow any rider or vehicle which could give you an aerodynamic advantage (this rule does not apply for pairs category riders).

3.4 If for any reason you ride at the same pace as another rider, you must do it side-by-side. But remember this is an individual ride and cycling in groups is not allowed.

Rule 4. Be self-sufficient

4.1 The ASA Epic is a self-supported event: Food, drink and belongings must be carried by you or acquired unplanned en-route.

4.2 Booking accommodation or any logistical support before the start is not allowed.

4.3 Support crews or virtual base-camps are prohibited. However unexpected and unrequested help en-route is allowed.

4.4 You are responsible for your own safety and logistics.

4.5 The pairs are considered as a rider itself. They can share all resources between themselves but external assistance is not allowed. A pair must ride together the full route. If one of the riders scratches the pair will be considered DNF, but the other rider can continue and will be considered Finisher (out of category) if he/she makes it to the finish line in time.

Rule 5. Follow the official route

5.1 You must follow and complete the full official route.

5.2 You can temporarily leave the route (to find food, rest, etc), but you must return to the same point you left off to continue the ride.

5.3 The organization will send you the track files some weeks before the start. You must thoroughly prepare and study it.

Rule 6. Control your tracker

6.1 Satellite tracking is just a service to follow the event online and to determine the final classification: During the event you are fully responsible for ensuring the correct use of it.

6.2 Turning off the tracker for long periods of inactivity without reporting this to the organization will imply exclusion from the event.

6.3 A refundable deposit of 100€ will be required for each tracker.

Rule 7. Take your time, be on time

7.1 After the official time limit (May, 15th 2024 - 18:00) you can't expect any official service or support, but although the event ends your ride can go on...so just relax and enjoy your ride.

Rule 8. Take out your own insurance for the event

8.1 The organization won't provide any kind of insurance for the ride.

8.2 You must have liability, death, accident and health insurance valid during the event,

covering emergency extraction and repatriation insurance. It's your full responsibility to ensure its valid.

8.3 Be aware that all liability rests on you. The organization will not be held liable for any damage whatsoever that may occur directly and/or indirectly to you or other parties.

The tracker

At the start I will turn the tracker on for you! It's battery will last around 4 days. You will not be given a cable to charge it (USB-C). Please test your tracker and cable as soon as you can after registration.

Website link to follow the event: www.dutchbikepackingrace.com

Do not turn off the tracker at any time during the event! If you decide to scratch from the event you need to ship the device to me on your own costs. Shipping address:

Wessel Kremer
Fonteinkruid 4
3824 NN
Amersfoort

In case the tracker gets lost or damaged during the event I will need to charge 180,- Euro.

What to do if you decide to scratch?

First, take a deep breath and slow things down. Don't make any decisions by night (rule one of these races)! Have a break, have a proper meal, have a decent sleep and wait until the sun is up. Often things look much better (or much less worse) during the day. If you finally decide to scratch from the race please inform me as soon as possible via a call, (+31 6 37480769). And yes, I will first try to motivate you to continue ;).

Insurance

The ASA Epic organization does not provide any kind of insurance. You have to make sure you are well covered (valid traveling insurance for example). The organization cannot be held responsible and is not reliable for an adverse event that may occur to you. Contact your insurance partner and explain them the event you signed up for. Only they know for which events you are covered.

Event cancellation

The ASA Epic will be cancelled if instructed to do so by local authorities. The event will also be cancelled in case of force majeure or in any other case when the organization believes that it is irresponsible to let it go forward. This decision is entirely up to the organization of the ASA Epic and is final.

Liability

The organization of the ASA Epic or any other party involved at the event will never be liable towards the participants, their heirs and other people, for what material damage and/or personal injury of whatever nature and size whatsoever, that the participant and other parties can experience. The participant takes part at his own risk and is responsible for any damage he might suffer. The organization advises the participant to make sure they have a legal liability insurance.