



Ultra gravel Latvia
4-6 of 2024 May

REGULATION

1. GENERAL EXPLANATION

- 1.1. Ultra gravel Latvia (hereinafter - UltraLV) is organized by the team of SIA "Velomens", which led by Krišjānis Ratiniks.
- 1.2. UltraLV is an ultra-long cycling race along a certain route between the extremes of Latvia east and west points.
- 1.3. The total length of the distance is about 583 kilometers and 2250 meters of altitude.
- 1.4. The route consists of approximately 10% asphalt, 80% gravel and 10% forest roads.
- 1.5. UltraLV is a competition, all adult cyclists can participate in it.

2. TIME AND PLACE

- 2.1. 4-6 of 2024 May. UltraLV start at 10.00 in Zilupe. Joint start participants will be organized at 10:00.
- 2.2. Participants arrive at the starting point themselves and organize their own way from the finish line to the finish line for your place of residence.
- 2.3. UltraLV closes on May 6 at 22.00, Bernati

3. PARTICIPANTS, REGISTRATION, MEMBERSHIP FEE

- 3.1. Participants

3.1.1. Membership in UltraLV is available to all interested persons from the age of 18.

3.1.2. Participants may compete with any type of bicycle, however the organizers recommend choose Gravel or MTB bike.

3.1.3. UltraLV competitions have a limit of 100 participants.

3.2. Registration

3.2.1. Participants must pre-register for the competition by logging into the website www.velomens.lv until 23.04.2024. A participant is considered registered when he is paid membership fee. When registering, the participant must indicate everything correctly necessary information.

3.3. Membership fees

3.3.1. Participation fee per person – 129.00 EUR (when applying and paying for participation until November 18).

3.3.2. Participation fee per person – 139.00 EUR (applying after November 18).

3.3.3. In case of non-attendance of the competition, the organizers do not return the paid participation fee, as well as does not transfer the participation fee to another organized by SIA "Velomens" the event.

3.3.4. It is possible to transfer the participation fee to another participant until 16.04.2024 without additional fees by sending an e-mail to the organizer with the new member's contacts. After this date, transfer is not possible

4. UltraLV SECURITY RULES

4.1. UltraLV members confirm with their signature in the member registration documents that undertakes to comply with this regulation. The registration document remains with SIA "Velomens" For UltraLV managers.

4.2. Cooperation between SIA "Velomens" and members of UltraLV starts after when members have paid the fee for the service and signed the registrations documents.

4.3. SIA "Velomens" can refuse to provide services if the participant does not comply the requirements specified in the regulations.

4.4. Participants must follow traffic rules.

- 4.5. Participants must use the front and rear during the dark hours of the day bicycle lighting.
- 4.6. The participant moves with a helmet on and fastened.
- 4.7. It is strictly forbidden to use alcohol or other intoxicating substances during UltraLV.
- 4.8. If the UltraLV member uses intoxicating substances while using the service, violates these regulations or acts in a way that makes SIA "Velomens" justified suspicion of the participant's ability to use the service, causing damage to SIA "Velomens" or for the life, health or property of third parties, SIA "Velomens" representatives have the right to immediately terminate the service without refund a fee for the service to the participant.
- 4.9. SIA "Velomens" is not responsible for lost or damaged belongings of the participants belongings.
- 4.10. SIA "Velomens" does not exclude the risk of injuries and accidents during UltraLV.
- 4.11. SIA "Velomens" is released from liability related to the participant's gains injuries, traumas, as well as other damage to the participant's life, health and property, including in the event of the participant's death.
- 4.12. In case of danger to life or health, the participant agrees immediately contact UltraLV managers.
- 4.13. Each participant takes full responsibility for his health condition. Participant self-evaluates his abilities to continue participating in UltraLV and is responsible for his personal safety and health status.
- 4.14. The member has the right to terminate his membership in UltraLV at any time for reasons. The participant must provide their own transportation from the withdrawal point.
- 4.15. Before the start of the competition, a Whatsapp group of participants will be created for the competition complications and changes in the route could be reported more promptly

5. UltraLV PROGRAM, ACCOMMODATION

5.1. Program

5.1.1. Registration of participants will be done at the starting point in Zilupe on the morning of May 4. participants, by presenting your identity document, you will be able to receive a GPS transmitter, number.

5.1.2. For receiving the GPS transmitter, the participant signs that it is timely in case of non-return, the full fee of 120 EUR is covered by the transmitter.

5.1.3. Each participant may be checked before the start and at checkpoints mandatory equipment.

5.1.4. Each participant will receive a participant number to be attached to the bike or bags in plain sight.

5.1.5. Upon registration, it is the responsibility of each participant to familiarize themselves with and sign the UltraLV regulations, certifying with a signature that it will be observed.

5.1.6. No later than 14 days before the competition, participants will receive GPX files with

route and description of each of the 2024 stages (GPX files will be for routes between all checkpoints).

5.1.7. During the UltraLV, participants follow the designated route without deviating from it beyond

30 meters. Deviation from the route is allowed to visit shops or

overnight, but after that, the participant must return back to the place of the route, where from it was driven.

5.1.8. Participants may ride together with other participants, no riding in a group prohibited.

5.1.9. Members may terminate their participation in UltraLV at any time, but for the following it is the decision participant's responsibility to warn the organizers of UltraLV.

5.1.10. Participants are forbidden to use third-party help (leave their own equipment for other persons, use the support of accompanying transport, move

with any vehicle other than your own bicycle). This point

in case of non-compliance, the participant loses the opportunity to finish UltraLV.

5.1.11. If the participant has relatives or friends living on the route, they may be used help as much as necessary to be able to rest or spend the night.

5.1.12. Participants are encouraged to observe the principle of fair play, which means not to try to do things that can put the participants in a much more advantageous position in the relationship against other participants.

5.1.13. There are no traffic closures or restrictions during UltraLV, participants must comply rules of the road.

5.2. Overnight stay during UltraLV

5.2.1. Participants plan and organize their own accommodation in time, if necessary. It is allowed to spend the night in tents, hotels, arranged lodgings, and others in places that do not conflict with the rules of public order.

5.2.2. It is the responsibility of each participant to carefully assess the potential risk and prepare physically, as well as prepare the necessary equipment for spending the night in the open air would not pose any threat to the participant's health or life

5.3. Checkpoints

5.3.1. During the UltraLV, participants by bike have the opportunity to visit 3 checkpoints, which are located in Preilji, Valle and Auce.

5.3.2. The following will be available at the checkpoint: cola, drinking water, bananas, cookies.

5.3.3. The exact locations of the checkpoints will be sent with the GPX files before the competition.

5.3.4. During UltraLV, participants will have the opportunity to visit the following checkpoints:

5.3.4.1.KP1 – Preils. Working hours until May 4, 18:00. Approximate distance from Start –127 km.

5.3.4.2.KP2 – Valle. Working hours until May 5, 14:00. Approximate distance from KP1 – 160km.

5.3.4.3.KP3 – Auce. Working hours until May 6, 12:00 p.m. Approximate distance from KP2 – 145km.

5.3.4.4. Finish in Bernātos, Friendship recreation base. Approximate distance from KP3 – 151km. Until May 6, 22.00.

5.3.5. Participants have a free choice about stopping at the checkpoint. No need to sign up judges. Working hours are indicative so that participants can fit in at the finish control time.

6. EQUIPMENT OF PARTICIPANTS

6.1. The UltraLV route can only be done by bicycle, any other the use of a means of transportation is prohibited.

6.2. The use of accompanying transport is prohibited during UltraLV.

6.3. During UltraLV, it will not be possible to move members' belongings between checkpoints, thus all the necessary equipment during UltraLV participants have to move themselves or buy from the shops along the way.

6.4. UltraLV members will be offered the opportunity to deliver their personal belongings by car from from the start in Zilupe to the finish in Bernati.

6.5. Mandatory equipment for participants:

Bike Recommended MTB or Gravel

Front and back light.

The lights must work during the dark hours of the day

Helmet The helmet is on the cyclist when moving heads and is buckled

Spare chambers, pump and tool kit depending on the bike's configuration

A device that can track a route Smartphone, bike computer (Garmin, Wahoo...)

GPS transmitter GPS transmitter issued by the organizers.

In case of loss or damage 120 EUR fine

Mobile phone to be possible with the participant during UltraLV
get in touch

Passport or ID card During registration and while in the border area

6.6. Recommended equipment:

6.6.1. tubes, patch kit;

6.6.2. 2 bottles of water;

6.6.3. spare clothing;

6.6.4. rain jacket;

6.6.5. headlamp.

7. RESULTS, FINISHERS

7.1. Results

7.1.1. Each participant, like all other interested parties, can follow their own online for the result and location on the map:

<http://event.trackcourse.com/view/ultra-gravel-latvija-2024/en> (site will be available during the competition).

7.1.2. Movement of the participants along the route will be controlled by several judges online. About rerouting may be subject to a penalty. This is decided by the main competition the judge.

7.1.3. The organizers undertake to publish all the participants within 2 days after the closing of the finish line the results.

7.2. Finishers, awarding

7.2.1. The entire UltraLV distance is considered completed if the participant has completed the entire race distance along the specific route and has reached the finish by May 6 at 22.00

7.2.2. Each finisher who has met the above conditions receives a finisher's badge cycling jersey.

7.2.3. First place winners in the women's and men's competition receive 500 gift cards EUR worth from SIA Velomens.

7.2.4. There will be a sponsored Strava segment on the route, where the fastest finishers will win prizes provided by sponsors

8. UltraLV ORGANIZER

SIA "Velomens", www.velomens.lv, velomens@gmail.com

Krišjānis Ratiniks – the author of the idea and the main organizer.

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