

SIA „VELOMENS”

Baltic Ultra Road Cycling Championship

2024. gada 15. – 17. June

REGULATION

1 GENERAL EXPLANATION

- 1.1 The Baltic Ultra Road Cycling Championship (hereinafter - Baltic Ultra) is organized by the Velomens SIA team, led by Krišjānis Ratiniks.
- 1.2 The purpose of Baltic Ultra is to develop the culture of ultra-long races in Latvia and to identify the fastest and most durable cyclists in the Baltics.
- 1.3 Baltic Ultra is an ultra-long road cycling race along a certain route.
- 1.4 Baltic Ultra is a competition, for adult cyclists.
- 1.5 Baltic Ultra participants must ride along a certain route.
- 1.6 Baltic Ultra has 2 distances available - 305 km and 800 km

2 TIME AND PLACE

- 2.1 June 15, 2024. Baltic Ultra starts at 08:00 in Kuldīga, on the territory of the Kuldīga sports school.
- 2.2 Baltic Ultra ends on June 17 at 08:00 in Kuldīga.
- 2.3 The control time for a distance of 305 km is 24 hours, and for a distance of 800 km it is 48 hours.

PARTICIPANTS, REGISTRATION, PARTICIPATION FEE

3.1 Participants

- 3.1.1. Participation in Baltic Ultra is available to all interested persons from the age of 18.

- 3.1.2. Riders from Latvia, Lithuania and Estonia can compete for the title of the Baltic ultra champion.
- 3.1.3. Any participant, even outside the Baltic States, can participate and receive prizes for the place on the podium.
- 3.1.4. Participants can compete with any type of bicycle, however the organizers recommend choosing a road bicycle.
- 3.1.5. Up to 100 participants can participate in Baltic Ultra.

3.2 Registration

- 3.2.1 Participants must register for the competition in advance by logging in on the website www.velomens.lv until 10.06.2024. The participant is considered registered when the participation fee has been paid. When registering, the participant must provide all necessary information correctly.
- 3.2.2 **Participation fee**
- 3.2.3 Participation fee for one person for a distance of 305 km – 115.00 EUR (by applying and paying for the participation by May 15).
- 3.2.4 Participation fee for one person in the 800 km distance – 125.00 EUR (by applying and paying for the participation by May 15).
- 3.2.5 When applying from May 15, the participation fee for both distances is increased to 160 EUR
- 3.2.6 The participation fee is paid by bank transfer or bank card.
- 3.2.7 In case of non-attendance of the competition, the organizers do not return the paid participation fee, nor transfer the participation fee to any other event organized by SIA "Velomens".
- 3.2.8 It is possible to transfer the participation fee to another participant without additional fee until 01.06.2024. After this date, transfer is not possible.

4 BALTIC ULTRA SAFETY RULES

- 4.1 Baltic Ultra participants indicate on the participant registration pages that they undertake to comply with these regulations, confirming it by signing the

registration documents, which remain with SIA "Velomens" Baltic Ultra managers.

4.2 Cooperation between SIA "Velomens" and members of Baltic Ultra begins after the members have paid the fee for the service and signed the registration documents.

4.3 SIA "Velomens" can refuse to provide services if the participant does not fulfill the requirements set out in the regulations.

4.4 Participants must follow road traffic rules.

4.5 Front and rear lighting, as well as a light-reflecting vest/bands must be used at sunset and night time.

4.6 The participant rides with a helmet on and fastened.

4.7 4.7 It is strictly forbidden to use alcohol or other intoxicating substances during Baltic Ultra.

4.8 If a member of Baltic Ultra uses intoxicating substances during the use of the service, violates these regulations or acts in a way that gives SIA "Velomens" justified suspicions about the participant's ability to use the service without causing harm to the life, health or property of SIA "Velomens" or third parties, SIA " "Velomens" representatives have the right to immediately terminate the provision of the service without refunding the fee for the service to the participant.

4.9 SIA "Velomens" is not responsible for the lost or damaged belongings of the participants.

4.10 "Velomens" SIA does not exclude the risk of injuries and accidents during the Baltic Ultra.

4.11 SIA "Velomens" is exempted from liability related to injuries, traumas and other damage to the participant's life, health and property, including in the event of the participant's death.

4.12 Each participant assumes full responsibility for his health condition. The participant himself evaluates his abilities to continue participating in Baltic Ultra and is responsible for personal safety and health.

- 4.13 The participant has the right to terminate his participation in Baltic Ultra at any time for any reason. The participant must provide their own transportation from the withdrawal point.

5 BALTIC ULTRA PROGRAM

5.1 Program

- 5.1.1 Participants' registration will be done at the starting point in Kuldīga on June 14, 18:00 - 21:00 and on June 15, 07:00 - 08:00. Participants will be able to receive a GPS transmitter and number upon presentation of their ID.
- 5.1.2 For receiving the GPS transmitter, the participant signs that if it is not returned on time, he will cover the full cost of the transmitter - 120 EUR.
- 5.1.3 Mandatory equipment may be checked for each participant before the start and at checkpoints.
- 5.1.4 Each participant will receive an adhesive member number, which must be attached to the bicycle in a visible place.
- 5.1.5 When registering, it is the duty of each participant to familiarize themselves with and sign the Baltic Ultra regulations, certifying with their signature that they will be respected.
- 5.1.6 During the Baltic Ultra, participants follow the designated route without deviating from it by more than 50 meters. Departing from the route is allowed to visit shops or stay overnight, but after that, the participant must return to the route, at the point where it was departed.
- 5.1.7 Participants may ride together with other participants, riding in a group is not prohibited.
- 5.1.8 Participants are forbidden to use the help of a third party (leave their equipment in storage for other persons, use the support of accompanying transport, move with any other vehicle, except their own bicycle). In case of non-observance of this point, the participant loses the opportunity to finish the Baltic Ultra.

- 5.1.9 If the participant has relatives or friends living on the route, he may use their help as much as necessary to rest or spend the night.
- 5.1.10 Participants are encouraged to observe the principle of fair play, which means not to try to do things that may place the participant in a significantly more advantageous position in relation to other participants.
- 5.1.11 Traffic is not closed or restricted during Baltic Ultra, participants must follow road traffic regulations.

5.3 Route and checkpoints

- 5.3.1 Baltic Ultra start for the 800km distance is scheduled for 08:00, while for the 305km distance - 08:30
- 5.3.2 Participants will be sent additional information about the route and GPX 10 days before the start.
- 5.3.3 The route leads only on asphalted roads of Latvia and Lithuania, as far as possible on low-intensity highways.

6 EQUIPMENT FOR PARTICIPANTS

- 6.1 The Baltic Ultra route can only be done by bicycle, the use of any other means of transportation is prohibited.
- 6.2 The use of accompanying transport is prohibited during the Baltic Ultra.
- 6.3 Participants must move the necessary equipment during the Baltic Ultra by themselves or buy it in the shops along the way. *(self supported)*

6.4 Mandatory equipment for participants

Bicycle	Road bike is recommended
Front and rear light	The lights must work during the dark hours of the day
Helmet	When moving, the helmet is on the cyclist's head and is fastened
Reflective tapes/vest	A reflective vest or tapes must be worn in the dark hours of the day
Spare inner tubes, 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 provided by the organizers. 120 EUR penalty in case of loss or damage.
Mobile phone	To be able to communicate with the participant during the Baltic Ultra
Passport or ID card	During registration and competition

RESULTS, FINISHERS

7.1 Results

- 7.1.1 Each participant, like all other interested parties, can follow their result and location on the map online. <http://event.trackcourse.com/>
- 7.1.2 Movement of participants along the route will be controlled by several judges online. A penalty may be applied for rerouting. This is decided by the main judge of the competition.

7.2 The organizers undertake to publish the results of all participants at www.velomens.lv within 2 days after the finish line is closed.

7.3 Finishers, awarding

- 7.3.1 The entire Baltic Ultra distance is considered completed if the participant has covered the entire race distance along the specific route and finished by the end of the control time.
- 7.3.2 Each finisher who has fulfilled the above conditions receives a Baltic Ultra finisher's souvenir.
- 7.3.3 The total prize pool of Baltic Ultra is above **7000 EUR**.
- 7.3.4 In the 305 km distance, the winners of the women's and men's groups are awarded with **1000 EUR worth coupon, De Rosa 838 for the purchase of a bicycle during 2024.**
- 7.3.5 In the 800 km distance, the winners of the women's and men's groups are awarded with **2500 EUR worth coupon, De Rosa Merak for the purchase of a bicycle during 2024.**
- 7.3.6 The 2nd and 3rd place winners of each distance in the ladies' and gentlemen's group are awarded with sponsor prizes.

7.3.7 Awarding takes place within 1 hour after the participant's finish.

7 BALTIC ULTRA ORGANIZER

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

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