



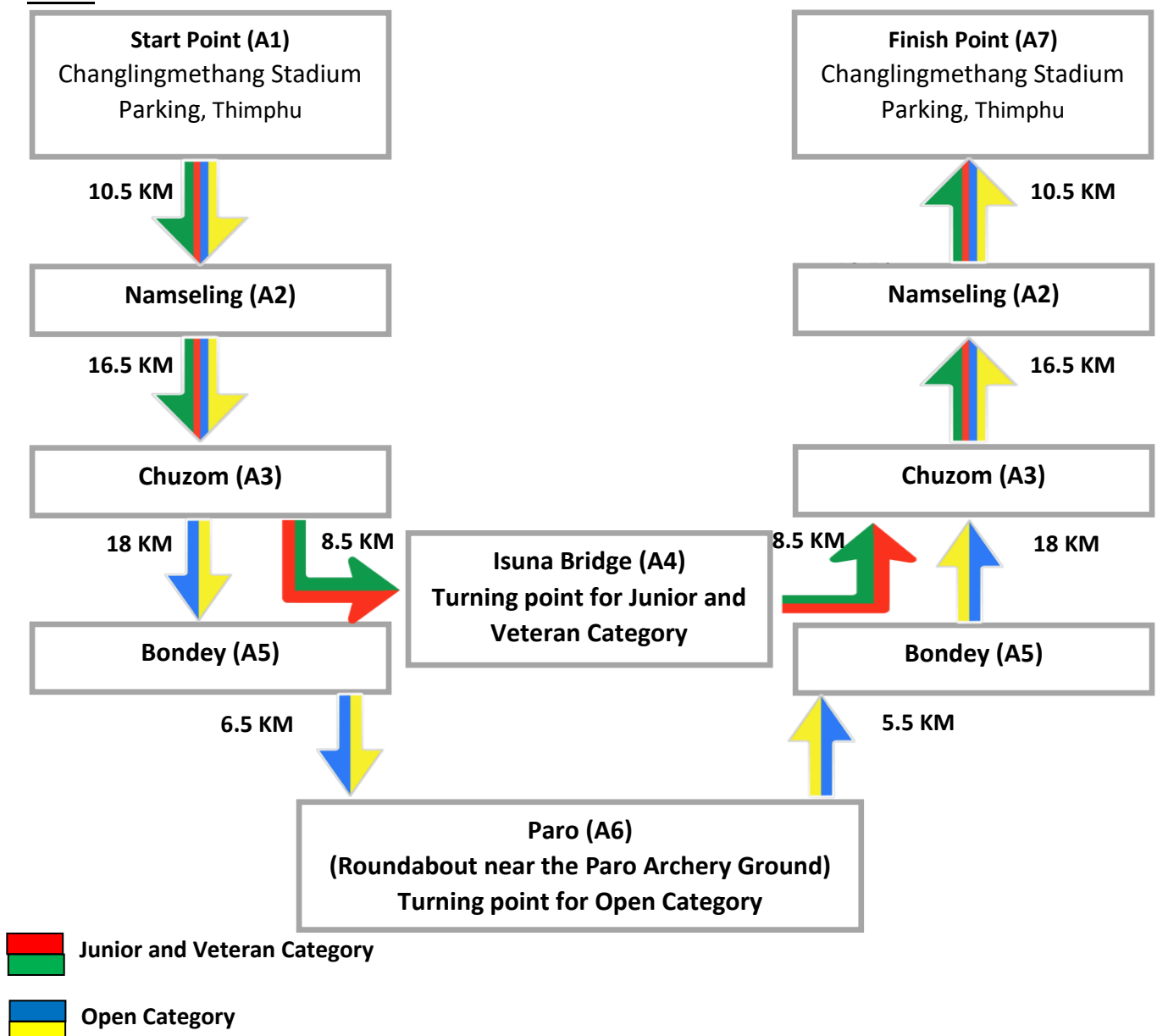
ENDURING FRIENDSHIP MOUNTAIN BIKE CHALLENGE 2019

RACE INFORMATION

1. **Race Title.** The Dantak Mountain Bike Race, renamed as Enduring Friendship Challenge in 2018 to commemorate 50 years of formal Indo-Bhutan Diplomatic ties, is conducted annually since 2011 to promote the spirit of friendship and love for sports among the people of Bhutan.

2. **Date and Time.** The race will be conducted on **Sunday, 21st April 2019** and will be flagged off at **7.00 AM from Changlingmethang Stadium Parking, Thimphu.**

3. **Route.**



4. **Categories.** The race will have three categories as under:-
- (a) **Junior Category.** Above 10 years and below 16 years old as on 21st April, 2019 (both boys and girls).
 - (b) **Open Category.** 16 years and above as on 21st April, 2019 (both male and female).
 - (c) **Veteran Category.** Riders of age 50 years and above as on 21st April, 2019 (both male and female)

Note: - Participants of age 16 years and below are allowed to participate with the legal consent from their parents/guardian

5. **Prizes.** Separate prizes for winners will be awarded to men/boys, women/girls in respective category. Each participant who successfully completes the race would also be given a 'Certificate of Participation' and a Souvenir.

6. **Registration.** The registration fee for Open and Veteran Category will be Nu 250 and for Juniors Category Nu 100 will be charged. All cyclists participating in the race must fill in all the details in the registration form which will be available at the offices of BOC and HQ Project Dantak as well as leading stores at Thimphu. The last date for registration is **18 April 2019**. Riders briefing and documentation will be conducted jointly by the Dantak & BOC officials on **Saturday, 20 April 2019 at Changlingmethang Stadium Parking (Race Start Point) from 2:00 PM onwards.**

Note:

- 1. For National Riders:** Please attach a copy of ID or school ID card.
- 2. For Expats:** Please attach a copy of the work permit card.
- 3. For International Riders:** Please attach a copy of passport.

7. **Cycling Equipment.**

- (a) **Mountain Bike.** Only Mountain Bikes (26", 27.5" & 29" wheel dimension and tire size not less than 1.9") will be allowed for the race.
- (b) **Helmet.** All participants must have a helmet with proper chin strap. Wearing a rigid safety helmet shall be mandatory during competition.
- (c) **Back-up kit.** All participants are advised to carry a back-up/repair kit and an inflation pump.

8. **Conduct of the Riders.** Riders are expected to follow the guidelines attached.

9. **Transportation.** *Personal vehicles are* not allowed to assist during the course of the race. If found, then the concerned participant (he/she) shall be disqualified on the spot.

10. **Support on Route.**

- (a) Water stations and Course Marshals will be available at all check points and Turning points as given at Paragraph 3 above.

- (b) Mobile Ambulance and emergency medical back-up would be available during the duration of the race enroute.
- (c) Traffic police & RSTA will monitor & control traffic.
- (d) It is recommended that all the participants carry their own water for convenience

11. **Support off Route.** Refreshments at the start (Changlingmethang Stadium Parking, Thimphu) and finish point (Clock Tower Square, Thimphu) will be catered for by Project Dantak.

12. **Race Start Time.** Riders shall report at the Start Point by 5:30 AM. Race will be flagged off in a staggered manner with time interval of five minutes as per timings given below

- (a) Open Category at 7:00 AM.
- (b) Junior Category at 7:05 AM.
- (c) Veteran Category at 7:10 AM

13. **Cut Off Time.** **The Cut Off time for eligibility of prizes will be 5 hours and 30 minutes from the 'FLAGGING OFF TIME'** and riders who are en route after the cut off time will be picked up by the sweeping team following behind. However any rider who wishes to ride after this time may do so under his/her own arrangement. The organizers shall not be responsible for any inconveniences caused after the cut off time.

14. **Prize Distribution.** Prize Distribution Ceremony will be organized at the finish Point i.e. **Changlingmethang Stadium from 12.30 PM** onwards on same day i.e. 21st Apr 2019. All riders are requested to be seated in the earmarked enclosure till completion of the prize distribution ceremony.

15. **Race Coordinators Contacts.** Following persons may be contacted for obtaining more information/clarifications:-

- (a) Protocol Officer/ OC Signals, HQ Project Dantak - (Office Tele) 02-351082/86/88.
- (b) Jigme Thinley, BOC- 17374116.



ENDURING FRIENDSHIP MOUNTAIN BIKE CHALLENGE 2019

RACE GUIDELINES

1. **General Guidelines.** Enduring Friendship Mountain Bike Challenge 2019 covering a distance of 100 km for Open Category and for – Km for Veteran and Junior category being organized under the aegis of BOC and Project Dantak shall be conducted on route Thimphu-Paro-Thimphu.

(a) Briefing and allotment of chest numbers will be conducted by BOC officials from 2:00 PM hrs to 5:00 PM on 20 April 2019 at Changlingmethang Stadium Parking, Thimphu.

(b) All participants will have to report at the Start Point (Changlingmethang Stadium Parking area) by 05:30 AM on 21st April 2019 for final verification and bike check.

(c) Participants are requested to produce the ID in original for final verification.

(d) No rider may be on course during the race if he/she has not registered for the race, unless approved by the organizing committee. No other person, without any official responsibility or without the approval of organizing committee may be on the course.

(e) Flag Off of the race will be at 7:00 AM for Open Category followed by Junior category and then the Veteran Category with a stagger of five minutes.

(f) Starting position will be determined by the registration number.

(g) Refreshments will be provided at the start point, finish point and at earmarked aid stations/turning points.

(h) Participants are liable to be tested for doping/ banned substances, and must compulsorily provide urine samples, when asked, at either or both the start or finish points. A participant whose test result is positive would be required to return any prizes won in the event.

(i) Participants are advised to bring basic repair kits and extra tubes. The organizer shall not be responsible for any loss of time due to technical problems.

(j) **All riders must use mountain bikes.** However, mountain bikes fitted with “sleek tires” that ensure a large contact area on the road, will be entertained. Not with standing above, the approved wheel & tire dimensions for the race are as follows:

(i) Wheel Size: 26", 27" & 29"

(ii) Tire dimensions: not less than 1.9".

(k) Participants will use their own bicycle and all other equipment that the participants feel necessary and organizers will not be responsible in any manner whatsoever for such provisions. Organizers will not be held responsible should such equipment and provisions hinder their participation and efficiency in the race.

(l) Participants must finish the race using only one bike. Changing of bikes is not allowed.

(m) All the competitors must cross the check point's enroute and collect a stamp or a token as a proof of having crossed the Turning Point and must retain it till the end of race and submit the same to the Time Keepers.

(n) Medical back-up/assistance will be available at the Check Points/Aid stations and at the Finish Point as also will follow the participants for any emergency.

(o) Participants shall cross Chuzom Check post by 11:30 AM (on the way back), if not they will be picked up by the sweeping team. If the participant wishes to continue, it is at his/her own risk.

(p) All participants, after completion of the race are expected to be seated in the enclosure earmarked till the end of the Prize Distribution Ceremony.

2. **Conduct of Riders.** Any misconduct on part of any rider, in breach of any of the guidelines given below, will result in disqualification of the individual from the race as may be decided by the Organizing Committee. The decision of the Organizing Committee will be final and binding.

(a) All riders must wear their helmets during the race while they are riding their bicycles. The chin strip must be fastened before the participant first mounts the bicycle, at all times when the participant is on the bicycle, and must not be unfastened until the participant has dismounted.

(b) All riders must at all times respect the existing road traffic rules and regulations.

(c) All riders shall demonstrate proper sporting spirit and shall, in whatsoever capacity, participate in the race in a fair and sporting manner.

(d) No rider shall be disrespectful toward the organizers, officials, other riders or spectators. No rider shall use foul or abusive language or conduct during the race event.

(e) Carrying and using glass containers are forbidden during the race.

(f) All riders must allow any faster rider to overtake without obstructing such a rider.

(g) Participants are requested to not throw their disposal enroute the race.

- (h) All riders must respect the environment and must make sure that they do not pollute the course venue.
- (i) All riders may render each other such minor services as lending or exchanging food, drink, spanners or accessories. The lending or exchanging of bicycles are not acceptable.
- (j) All Riders shall ride with utmost caution. They shall be held responsible for any accidents that they may cause.
- (k) No rider including, but not limited to, race officials and marshals shall consume alcoholic beverages or any other intoxicants while the race is in progress and any such person who appears to be under the influence of alcohol or other intoxicant shall be promptly relieved of responsibilities/disqualified.

3. **Punishable Offences.** The following offenses shall be punishable by disqualification in the current race and suspension from participation in future events being organized by BOC or as decided by the organizing committee. The decision of the Organizing Committee will be final and binding:

- (a) The pushing of one rider by another or any sort of physical aggression toward another rider.
- (b) Intentionally making abrupt motion so as to interfere with the forward progress of another rider. All riders must permit any following or faster rider to overtake without obstructing such a rider.
- (c) No acts of unsportsmanlike conduct in conjunction with the event will be allowed.
- (d) Entering the competition under an assumed name or falsifying documentation at the time of registration.
- (e) Assaulting or committing a violent injury on other rider or official.
- (f) Pushing or pulling other riders. No rider may hold back or pull an opponent by any part of his/her clothing, equipment or body.
- (g) Behavior dangerous to the rider or other competitors.
- (h) Holding on to a motor vehicle.
- (i) Failing to ride the entire course, by taking a short cut, riding in a motor vehicle, or by other means.
- (j) Pulling or pushing another rider or another rider's equipment during a sprint.

(k) Fraud or attempted fraud during the race.

4. **Results.** The results will only be announced after crosschecking of the timings, ensuring that the winners have adhered to the rules and regulations and have successfully completed the race. Order of reporting at the Finish Point, will not automatically make the Participant eligible for the prize hence it would be mandatory for the Participant to produce the color coded token collected at the respective Turning Point, after completion of the race