

ADVENTURE MANUAL #0.2



**GRAVEL
BIRDS**



ULTRACYCLING

AUGUST 2022

Welcome to 'GRAVEL BIRDS ULTRACYCLING'! We wish this is the beginning of an incredible journey.

The 'ADVENTURE MANUAL – ISSUE #0' of the inaugural edition of 'GRAVEL BIRDS ULTRACYCLING' includes key information concerning the application and registration process, in particular the event's rules. This document is crucial to fill the application form. Please, read the text slowly to pay close attention to all details. If you have further questions you should contact us via email - ultracycling@gravelbirds.cc - and you should avoid informal contacts, including personal channels (such as phone, messages, personal social media, etc.) with the Gravel Birds' team, as well as using our social media pages. If the answer to your question is clearly present in this document, we won't answer you.

'GRAVEL BIRDS ULTRACYCLING' is the first self-supported ultracycling and adventure-cycling gravel event in the Portuguese territory. Community is the key word for us. This is from adventurers to adventurers.

THE TEAM

David Cruz | Rui Pedro Tremoceiro | Rui Ribeiro

INTRODUCTION

JUNE 15TH 2022 | APPLICATION OPENS

The application for the inaugural edition of 'GRAVEL BIRDS ULTRACYCLING' opens on June 15th 2022 (9PM local time). The goal of the application form is to evaluate if you are prepared to this kind of challenge (doesn't mean that you have to be experienced in long-distance cycling), if you are with us concerning the event's values and principles, if you are aware of the danger and rules concerning self-supported ultracycling and to evaluate your commitment level with the event and organization. The application form will be available on Gravel Birds' website: www.gravelbirds.cc .

AUGUST 2022 | APPLICATION CLOSES (2nd Phase)

The second phase of the applications for the inaugural edition of 'GRAVEL BIRDS ULTRACYCLING' will close during the first days of August. We have limited slots available. We will follow the "first come, first served" approach. You can fill the form in English or Portuguese, but we will check if you answered clearly and directly to the questions. In other words, you need to understand simple English – this is the official language of the event – but you don't need to be a fluent speaker and writer. We will confirm you via email (within a 48 hours time window) if we received your registration form.

KEY DATES

AUGUST 2022 and As Soon As Possible | COMMUNICATION OF THE RESULTS

We will inform you via email if we have a spot for you. In case of a positive answer, we will ask you for further personal information (such as the next of kin contacts) and to proceed to the payment of the participation fee. In case of a non-positive answer we will invite you to join us with a different role.

AUGUST 12TH 2022 | DEADLINE FOR THE FINAL CONFIRMATION/FEE PAYMENT

In case of a positive answer we will inquire you for the payment of the participants' fee: 150€ (plus 50€ for the tracker deposit in the briefing). We will face the absence of the payment – until the deadline (August 12th 23:59 local time) - as a renunciation of participation and we will offer the spot to another candidate.

SEPTEMBER 10-11TH 2022 | ACCREDITATION AND BRIEFING IN CASTRO VERDE

The accreditation for the event will be opened during the 10-11th September weekend. Both – accreditation and briefing - are mandatory for the participants. The briefing will take place on September 11th afternoon.

SEPTEMBER 12TH 2022 | EVENT DEPARTURE AT SUNRISE (TIME LIMIT: SEPT. 17TH SUNSET)

KEY DATES

1 | RESPECT THE LOCAL TRAFFIC RULES, THE COMMUNITIES AND THE ENVIRONMENT: We are a community who wants to build a positive and inspiring legacy. The way you behave will shape - positive or negatively – how society and institutions will look to ultracycling and long-distance cyclists.

2 | RIDE THE SET ROUTE: If you go off the route, then return in the same exact point. The GPS live tracking will show us if you are on the route and your tracker should always be on.

3 | NO THIRD-PARTY SUPPORT: You aren't allowed to receive help from family, friends and other participants with food, accommodation or mechanical support (riders in the duo category can help each other). Sum up, you should use the commercial services available for all riders. If you have a mechanical problem you should solve it by your own. If you can't solve it, you can use the commercial mechanical services available.

4 | NO DRAFTING: You can't follow other participants, cyclists or vehicles for aerodynamical advantages;

5 | USE YOUR OWN ENERGY: e-bikes aren't allowed or any kind of 'artificial' help.

RULES

YOU CAN PARTICIPATE IN 'GRAVEL BIRDS ULTRACYCLING' AS AN INDIVIDUAL/SOLO RIDER OR IN THE DUO/PAIR CATEGORY. KEY INFORMATION FOR WHO IS PLANNING TO RIDE IN THE PAIR CATEGORY:

- Each rider should fill the application form and register individually. If your answers are 'copy and paste' of your teammate, we will not accept your application (both riders).
- After the application and registration process you will not be able to change your participation from solo to duo, or from duo to solo. Exceptions: if your teammate have an injury or cancel the participation.
- During the application form we will ask if you are available to participate in the solo category in case of rejection of the registration of your teammate. If you mention that your aren't available, we will automatically cancel your application if we won't accept the registration of your fellow member.
- The participation fee for the duo category is exactly the same of the solo category riders. In other words, the participation fee for a pair is 300€ (150€ + 150€).

DUO CATEGORY

'GRAVEL BIRDS ULTRACYCLING' is an adventure-cycling and self-supported ultracycling challenge across Alentejo region – in particularly 'Baixo Alentejo' sub-region - in one-stage. Along the 70% off-road (set) route with approximately 750 kilometers and 7.500 meters of climbing, long-distance cyclists will face the Alentejo hills from the inland areas of the Guadiana Valley to the Atlantic coast. The highest point of the route is close to 'Pico do Mú' – with 563 meters above the sea level.

Castro Verde is the departure and arrival point of the journey. The village is three hours away from Lisbon: less than two hours by train plus a 30km easy bike ride. The closest train station is 'Funcheira'.

In general the 'gravel' surfaces are smooth, allowing a fast and an enjoyable pace. However there are some rocky sections, especially in the South part of the route. We recommend tyres with, at least, 40mm. Anyway, the choice of the tires doesn't depends only of the surface, but also of the rider's preferences and technical skills, as well as of the 'race' strategy.

There is a certain degree of unpredictability concerning the weather in September. However the most likely scenario is intense heat and cool temperatures at night. The route has some remote areas.

'Baixo Alentejo' is the home of some protected areas of birds species. The wildlife enhances a special sensory experience through hills and plains.

SAFETY AND RISK AWARENESS

There isn't evidence proving self-supported ultracycling as a dangerous sport comparing to traditional bicycle-based activities. However, a significant number of riders experience during events and races some extreme symptoms such as micro sleep (not directly linked to the fastest riders), emotional tiredness, physical pain and fatigue. Nevertheless – and comparing again with 'traditional' cycling - the pace of the riders is much slower, no pelotons or finish line sprints. So the risk of falls is certainly lower. Anyway, concerning the special characteristics of our sport, residual number of participants and unfamiliarity by society, institutions and even cyclists, it is and will be much easier to point the finger to us.

In order to improve safety conditions and to reduce the risk of fatalities and accidents with dramatic consequences, it's mandatory in 'GRAVEL BIRDS ULTRACYCLING':

- Personal insurance covering personal protection and civil liability. Riders who aren't living in Portugal must have personal insurance also covering repatriation in case of severe physical injuries or death. We will ask for a proof of insurance and anyone will be able to participate without a valid insurance.
- Helmet, front and rear lights (including backup lights), a reflective vest (and clothes making you visible as possible) and an emergency insulated blanket.

WHAT KIND OF ORGANIZATION CAN I EXPECT?

Self-supported ultracycling is a special sport and with significant differences compared to traditional cycling. The main focus is on the riders' experience and safety. No room for prize money, podium celebrations with fireworks, lipstick kisses or champagne (eventually beer), etc. Sum up, don't expect a 'Granfondo' type event. Following the sport tradition, we will provide:

- 'Adventure Manual' updates and the Road Book (including the GPX file of the route);
- Official Event 'Race CAP' with your 'race' number;
- GPS Live Tracking and Map by Follow My Challenge – for geographical position control, entertainment and safety purposes;
- Validation of your finish and some nice pictures;
- Our smile, respect, gratitude and admiration.

ORGANIZATION



www.gravelbirds.cc

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