

« 444 hpv RACE » : File for the racer.

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*Collectif
Auguste et les Autres*

soutien et accompagnement des personnes
atteintes de troubles neurocognitifs
précoces

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The race concept

- Participate in a 6-hour endurance race either solo or in teams of 2, 3, or 4, with each teammate riding their own bike. Further details can be found in the "registration form".
- The race welcomes international participants, with support available in French, English, Dutch, and German. Join the "444 hpv race" Facebook group to connect with fellow racers and form teams.
- Open to both amateur and experienced competitors, the race fosters a friendly atmosphere for all participants.
- Proceeds from the event will benefit the 'Auguste et les autres' collective, an association dedicated to supporting individuals with early-onset neurocognitive disorders like Alzheimer's.
- Recumbents are welcome to participate in the following categories:
 - o VC: Two-wheeler recumbent, with or without fairing, including tandem bikes.
 - o VK: Trike.
 - o VM: Velomobile.
 - o HB: Hand bike.
- The race will feature a timing system utilizing one chip per bike.
- Each team and participant will be assigned a unique number, indicating the team, team member, and the category of their recumbent bike. For example:
 - o Team 10 consists of 4 teammates: 11VK, 12VC, 13HB, and 14HB.
 - o Team 20 consists of 2 teammates: 21VM and 22VK.
 - o A solo velomobile racer would be assigned the number 30VM.
 - o Team 40 includes 3 teammates: 41VK, 42VK, and 43VC.

Track location

- The track is located in the Northern Business Park of Nivelles, Belgium.
- Accessible via Motorway E19, take exit N°18 labeled "Nivelles Nord".
- To easily locate the track, you can use Google Maps and search for "Nivelles Nord - Les portes de l'Europe" or "Hotel IBIS style Nivelles".

Welcoming the Racers

- Upon arrival, all vehicles should enter the site through gate "A", located with the IBIS hotel on your left.
- A volunteer will guide you to the appropriate parking area:

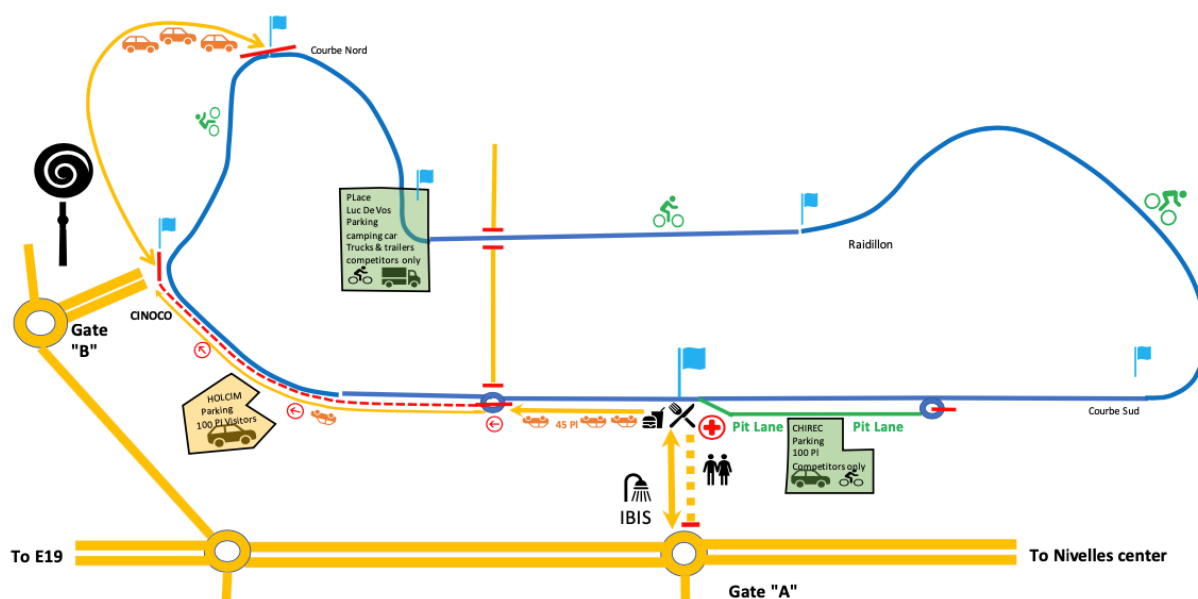
- o Vehicles exceeding 2m70 in height (such as camper vans or large vans) will be directed to an adapted car park.
- o Vehicles under 2m70 will be directed to the CHIREC covered car park, situated next to the pit lane. Please park in reverse.



Gate « A », CHIREC's parking 54 cars – Max Height 2m70

- Facilities on-site include toilet cubicles, including one designed for people with reduced mobility.
- Each racer will receive a card entitling them to:
 - o Half a portion of "Tarte Al Djote", a local specialty.
 - o Three soft drinks (1 beer = 2 soft drinks).

- Access to one shower at the IBIS hotel (two rooms will be available, but towels are not provided).
- Within the paddock area, you'll find:
 - An harbour serving as the reception area, race direction, and technical management center.
 - A marquee featuring:
 - A bar offering light snacks.
 - Tables and chairs for relaxation.
 - Power sockets available for charging mobile phones.
 - Entertainment provided by a local radio station.
 - Displays for the timing system.
 - Various stands offering services and merchandise.
- For those planning to stay on-site:
 - The IBIS Style Nivelles hotel offers a secure garage for guests' bicycles.
- Space is available for campervans (without hook-ups) and tents. Bicycles can be stored in a secure building. Take contact with the organizer for more details.
- Nearby amenities include:
 - Within 100 meters: Bar "MANIAK".
 - Within 100 meters: IBIS Style Hotel.
 - 4.1 kilometers away: Nivelles city center.



Programme of the day

Racers welcome from	10h00
Track opening	10h30
Racer's briefing (mandatory)	11h30
Lunch break	12h00
Preparation of the start line	12h50
Start of the 6-hour endurance race	13h00
End of the race	19h00
Prize-giving ceremony	19h45

Technical rules

- a. Required :
 - Propulsion must be purely muscular; no electrical assistance is permitted.
 - Racers must wear an approved helmet with a closed chinstrap while racing.
- b. Recommended :
 - Automatic pedals
 - Gloves should be worn on non-faired recumbent bicycles
 - Wearing of glasses
 - Use of a rear-view mirror
 - Loud horn (a bell is not loud enough)

Rules of the race

- a. Overtaking is not allowed:
 - Overtaking during the flying start is only permitted upon the signal from the race car. Racers must maintain a distance of 15 meters from the race car.
 - At the pit lane exit, drivers on the track must keep to the right side of the track in front of the pit lane exit.
 - Overtaking is not allowed in the presence of a yellow flag, indicating a close incident in progress.
 - Similarly, overtaking is prohibited when a "red cross" flag is displayed, indicating the presence of a vehicle on the track.
 - Overtaking on the inside of a curve is forbidden if there is insufficient space or if it would disrupt the normal trajectory of the tracked bike.
- b. In the pit lane :
 - The speed limit is 10 km/h due to the presence of pedestrians.
 - Driver changes are permitted exclusively within the pit lane.
 - Upon arrival in the pit lane, the incoming driver must pull over to the right side; the outgoing driver may only commence once the incoming driver has come to a complete stop.
 - Exiting drivers from the pit lane must remain on the left side of the track.
 - Drivers departing from their pits do not have priority; they must yield to drivers within the pit lane.
- c. Other obligations :
 - Racers must adhere to the technical rules.
 - Maintain a smooth and predictable trajectory while on the track.
 - When overtaking, use lights (flashing) or horns to signal intentions.
 - Keep to the right side of the track in front of the pit lane exit.
 - Slower or uphill cyclists are encouraged to stay on the right side of the track.
 - Driving in the clockwise direction is mandatory; driving against the clock on the track is prohibited.
 - In case of difficulty, exit the track and utilize the pavements.
 - Dispose of rubbish responsibly; it is permitted only within or in front of the pit lane.
- d. There is no priority but there are privileges. The privileges are in favour of bicycles:
 - Those with less maneuverability.
 - Cyclists positioned on the inside of a curve.
 - The slowest cyclists.
 - Those entering or exiting the pit lane.

- Overtaken vehicles (the faster bike must maneuver to avoid the overtaken bike).
- e. Racers must be mindful that each category of bike exhibits its own specific behavior on the track:
 - Two-wheelers are inherently unstable and struggle with sharp turns.
 - Two-wheelers lean when cornering.
 - Trikes and handbikes have protruding wheels.
 - The cranks on two-wheelers and trikes are exposed and unprotected.
 - Velomobiles (VMs) and handbikes (HBs) have a significantly large turning radius, making short turns impossible.
 - VMs have difficulty moving backward, if at all.
 - VMs have less effective brakes (drum) compared to VKs or VCs (disc brakes).
 - VMs and VKs are prone to rolling over at high speeds on curves and inclines.
 - Handbikes tend to be slower on hills.
- f. Change of driver
 - When swapping bikes or riders, the outgoing rider must come to a stop next to the incoming rider without anticipation.
 - Race time management between teammates is flexible and agreed upon within each team: driver/bike changes can occur at any time, but must always take place within the pit lane.

Procedure for starting the race

- a. Only one team member from each team starts.
- b. Each team is free to choose the starting driver. However, the team must provide the name of the starting driver by 12.15 p.m. at the latest.
- c. For safety reasons, teams have the option to start from the back of the grid.
- d. The grid positions will be announced at 12.45pm.
- e. A maximum of 2 or 3 bicycles abreast will be allowed on the starting grid. This arrangement is necessary to navigate the initial roundabout and ascend the narrowed section (4m wide).
- f. Depending on the number of riders, the grid will consist of 2 or 3 blocks separated by a few meters to spread out the peloton and facilitate maneuvering through the initial bends.
- g. Volunteers or teammates may assist in holding VCs upright at the start to prevent them from falling. VCs should be positioned at the left and right edges of the starting grid to allow the helper to retreat easily.
- h. The start will occur behind the driver's car, and overtaking is prohibited until the signal is given (via trumpet and flag). Riders will be released on Avenue Joseph Luns, where the track widens.

Flag management

The track is equipped with "track posts" to promptly signal any incidents to riders and the race director. A designated volunteer oversees the riders and communicates information using the following flags:

The track is lined with "track posts" (Called "Poste Piste" in French) to signal any incident to the riders and the race director. A volunteer is in charge of watching the riders and providing them with information using the following flags:

- a. Yellow flag: "incident further on, slow down, do not overtake".
- b. Blue flag: "a faster bike is behind you and could overtake you".

- c. Red cross" flag: "General slowing down is compulsory and overtaking is forbidden, keep the track clear, a vehicle or the emergency service is on the track".
- d. Black flag: "general recall - back to pit lane for all".
- e. White flag: "individual recall": the rider must return to the pit lane (rear light malfunction, penalties, urgent message, etc.).
- f. Green flag: "All is well, you can resume the race as normal".

Registration form

Registrations will be open online **from 12 April**.

- a. The proceeds from this event will be donated to "Auguste et les autres," an association supporting individuals with early-onset neurocognitive disorders, including Alzheimer's and Parkinson's.
- b. The registration fee per person is 22 euros and includes:
 - o Third-party insurance.
 - o Access to a shower at the IBIS hotel.
 - o Half a tart Al Djote (a Nivelles specialty).
 - o Three soft drinks (1 beer = 2 soft drinks).
- c. A minimum of 45 participants must be registered by 26 August 2024, to activate sponsor contracts and arrangements with contractors. The race may be canceled if fewer than 45 entries are received by 26 August 2024.
- d. Entries will be fully refunded if the race is canceled.
- e. The race will proceed once the 45th entry is received. To accommodate as many participants as possible, registrations will remain open until 13 September if the conditions outlined in point "c" are met.
- f. Racers under 18 years of age on the day of the race must provide parental authorization by email along with their registration.
- g. A FACEBOOK group "444 hpv race" will allow you to find and chat with other racers without teammates, before or after registration. A private FACEBOOK group will be reserved for racers who have not found a teammate via the public FACEBOOK group (this private group will be more restricted). You can also contact the organizer for help or to be included in a team accordingly your preferences.
- h. The online registration form will require you to provide:
 - o Your contact details
 - o Category of bike entered (VC, VM, VK, HB)
 - o A nickname (if you prefer) for displaying and distributing results
 - o Desired format: individual (6h race), team of 2 (3h), team of 3 (2h), team of 4 (1.5h)
 - o Race experience: (regular or occasional competitor, first experience, etc.)
 - o Road experience: (regular randonneur, occasional randonneur, daily cyclist, leisure cyclist)
 - o Multilingual ability (FR, NL, ENG, GER)
 - o Riders who already have team-mates are asked to inform the organizer.
 - o A racer without a team member may:
 - a. Request the organizer to find them a team (a text field is provided to express your wishes or preferences).
 - b. Contact team members via the FACEBOOK group "444 hpv race".
 - o Accommodation plans: staying at the IBIS hotel before and/or after the race, or staying on-site in a tent or camper van.
 - o Vehicle details: under 2m70, over 2m70, camper van, with trailer.

Ranking

In the initial phase, the following rankings will be presented:

- Team ranking (1)
- Team classification for the red flame (1)
- Individual and category classification based on the 10 fastest laps (4)
- Lap record per category: individual classification (4)
- Distance covered record per category: individual classification (4)

Please note that the organizer retains the right to adjust this preliminary classification

Rider's commitment

- a. The rider agrees to attend the riders' briefing to receive the latest race and safety instructions.
- b. The competitor acknowledges that they have read the contents of this document.
- c. The participant in the 444 HPV RACE hereby declares that they are participating under their sole responsibility, waiving any recourse against the organizers, site owners or operators, fellow participants, volunteers, or mentioned entities.
- d. The rider commits to obeying the directives of marshals, volunteers, organizers, or site operators at all times.
- e. The rider acknowledges sole responsibility for their vehicle and his bike.
- f. The rider declares responsibility for any damage caused by their vehicle (car or bicycle) to site infrastructure (track, barriers, car park, trees), and agrees to reimburse the incurred costs based on estimates by the organizer or the INBW.
- g. Consents to the use of their personal data (at least under their pseudonym) within the confidentiality limits available on various media.
- h. The rider will be required to sign this agreement upon arrival at the site.

Organiser contact details

- Courtois Christophe (FR-NL-EN)
- legs.do.it.hpv@gmail.com
- <http://www.legs-do-it-hpv.be>

Layout of the paddock and the pit lane

