



Race information and advice

Arrival and picking up your race pack

The event starts on Monday, July 3rd. You can arrive on the Monday but our advice is for you to get here earlier. A welcome and information desk will be set up on the Sunday evening from 5-7 pm in Montgenèvre so we can welcome you to the Hautes-Alpes. You can leave your bike in the secure bike park at this moment.

You will be able to pick up your race packs on Sunday, July 2nd between 5pm and 7pm and on Monday, July 3rd, in the morning between 8am and 11am in Montgenèvre (follow the sign in Montgenèvre).

When you pick up your race pack you will be asked to leave your bike in the secure bike park. Your bike will remain here until the start of the prologue in the afternoon. **In addition, your obligatory kit will be checked at the same time (specified in the race rules). Please therefore make sure you have it all with you when you come to collect your race pack.**

Once you have collected your race pack and signed in, you can go to your respective lodgings. **For racers who come by car, after the check in, you will have to go to drop your car at the finish line at Embrun** (only the driver). A shuttle will wait you there to come back to Montgenèvre. This shuttle will start at 11:30am. **No shuttle at the end of the race the 8th or the 9th July.**

We will be waiting for you again from midday for the opening ceremony with a buffet and a pre-race briefing which will follow at 2pm. **Everything you need to know for the week ahead will be explained at this time so your presence from midday is obligatory. You will also receive these important information on your phone. It's important that the phone number you give to us is ok.**

The prologue will take place afterwards with the first rider off at 4pm.

Shuttle before and after the race (blue and black packages)

We propose to you a shuttle for your arrive in Hautes-Alpes.

- For racers who come by plane and who are in black pack, a shuttle will wait you at Turin airport Sunday 2nd July (According to the number of people and the arrival time of the aircraft).
- For racers who come by train (blue or black pack), a shuttle will wait you Sunday 2nd July or Monday 3rd July at Oulx or Briançon (According to the number of people and the arrival time of the train).
- For racers who come by car, you must come to Montgenèvre. Like is write in the previous paragraph, you must drop your car at Embrun the morning 3rd July.



Luggage for the week, day packs and extra kit (blue and black packages)

When you collect your welcome pack, you will receive 2 Alps Epic bags. The larger one is 90L. This is the bag which will follow you all week. You must put all your day-to-day kit in this bag. **We ask that you transfer all your kit into this bag on the first day, when you collect your race pack.** This bag will be collected every morning from your room (black pack) or from the reception (blue pack) at the stage start so that it can be brought directly to your accommodation at the end of the stage. **Only kit in this specific bag will be transported.**

You will receive a second 12L bag when you sign up. This bag will be collected from you on the start line and given back to you straightaway at the finish line. This bag will enable you to carry small items of extra kit, e.g.: a light jacket, to the start line which you can then get back at the finish so you don't get cold.

Finally, concerning extra kit which you may have on top of all this, e.g.: bike bag, we ask you to leave them at the stand we will set up for this purpose when you sign in. **Please clearly mark your full name on this bag. You will be able to collect it all on the final day at Embrun.**

For the day bag (the small one), race only racers can drop it the morning at the start line. It will be transported from the start line to the finish line.

Daily procedure at the start and finish lines

You will receive every day on your phone the briefing and the important information. These informations are the briefing and will be say eventually before the start. Don't forget to check your phone every night.

Every day we will follow the same protocol at the start. Except for the prologue, the start will take place at 9am (unless the last stage and unless you are otherwise informed of a last minute change by the organisers). Please arrive at least 30 minutes before the start. When you arrive at the start line you will leave your day-sack in the area indicated. You should then collect your GPS tracker from the specific container.

The same goes for the finish line, the same protocol should be followed on every stage. When you cross the finish line, you should leave your GPS tracker in the specific container (so we can charge them for the following day). You can then collect your day sack and go back to your accommodation. When the accommodation is not close to the finish line there will be a shuttle service.

Obligatory kit reminder

This will be strictly checked. As stipulated in the race rules, the following equipment must be carried at all times or there may be sanctions.

INDIVIDUAL:

- Helmet
- Survival blanket
- Mobile phone
- Wind stopper or light weight jacket



- Minimum 2L of water and cereal bars
- Simple repair kit, in particular spare mech hanger.

TEAM:

First aid kit with:

- 1 absorbent dressing/ambulance dressing,
- 1 self adhesive bandage,
- 5 gauze pads,
- 1 antiseptic,
- eye drops,
- surgical tape,
- 1 antihistamine,
- 1 pain killer (left at the discretion of the racer and/or their GP).

Chain splitting tool and GPS

This equipment can be checked at any time during the event. It will be clearly indicated at each briefing if anything isn't needed. Every competitor must also carry the equipment provided by the organisation: race number, bracelets, means of timing/live tracking

Licenses or medical certificate and signature of race rules

Reminder of the race rules that you will have to sign at the check in. The event is open to all entrants, with or without licenses, according to the rules laid out below. Racers with a mountain bike racing license delivered by a registered cycling federation (UCI, FFC, UFOLEP, FSGT, FFTRI, FNRM) should supply a copy of their license, valid for the dates of the event, during online race registration if possible

Non-licensed racers (and those licensed to federations not mentioned above) must supply a copy of a medical certificate certifying aptness for cycle racing dated less than 1 year prior to the race date + 3 days.

Take with you for the check in one of this document (or send it by mail at racer@alpsepic.com before the race). Without the presentation of this document and the signature of the race rule, you won't go to the start ! So read the race rule before to come if you didn't read.

After race services (blue and black packages)

After the day's stage you have access to different services in the Alps Epic village. Amongst them you will find:

- A bike wash
- A bike workshop (any parts needed are payable by you)
- Secure bike storage (with strict security checks at the entrance and exit of the bike park).
- Massage (blue and black pack)
- Shuttle buses (to take you to your accommodation or to the meals)



Accommodation (blue and black packages)

Accommodation will send to you by email before the beginning of the event and will remind you on your luggage. Sheets will be provided for everyone, we just ask you to bring with you your own toiletries.

Mealtimes (blue and black packages)

Accommodation know that you need specific food for the effort. The meals will be at set times every day. Breakfast will be served from 6.30-7 (6 for the last stage). The post-race meal (including the race-only package) will be served directly after the race depending on your arrival time (from midday – until the finish of the last racers). As for the evening meal, it will be served from 7.30pm depending on where you are staying or where you will be eating.

Regarding food and water stops (including the race only package), there will be 3 each day depending on the difficulty of the stage. You will find drinks and snacks for an energy boost to keep you going. These stops will sometimes also be used as checkpoints so we can check up on the progress of the different teams.

Laundry Service (blue and black packages)

During the week you will have the chance to wash your bike kit so that you don't have to bring kit for every day of the race. For optimal comfort we suggest you bring 3 sets of kit. The laundry service will be offered twice in the week and will operate in the following way:

03/07 - prologue : your kit no. 1

04/07 – stage 1 : your kit no. 2

05/07 – stage 2 : laundry day – wash kit 1 and 2 , you wear your kit no. 3

06/07 – stage 3 : your kit no. 1

07/07 – stage 4 : Laundry day – wash kit 1 and 3, you wear your kit no. 2

08/07 – stage 5 : your kit no. 1 or no. 3

In order to be able to run this service we ask you to put your dirty laundry in a personal net wash bag which we will give you and to leave this in your accommodation before the start on days 3 and 5 (stage 2 and stage 4). This bag will be collected by us, washed in the day and returned to you in your accommodation that night.

Race Marking

The route of the race will be marked with markers that will be shown to you during the pre-race briefing on the first day (Monday, July 3rd). The course will be marked a few days before each stage and checked each day by a team of openers who will add more markers if necessary. **Markers will be light and you must to have a GPS.** The GPS route will be given to you. It is obligatory to download it on to your GPS. Its obligatory to download this GPS route on your GPS. In case of difference between the markers and GPS, you must to follow the GPS. **Only**



one GPS is obligatory by team but 2 per team is better. Finally, there will be race marshals posted at certain strategic points in order to direct you and to check on your safety. **On some portion, you must to walk because it's dangerous. We will tell you where in the briefing and a race marshal will be there. You will also cross grazing area with sheep and dog. When you see the dog, walk (specific information will be given to you at the ccheck in). Be careful - you will cross portions of road and must adhere to the Highway Code** The race tracking will also be used as a form of control for eventual penalties for those **not taking the correct route.**

There will be time barriers for your safety. However, these will not result in disqualification, but in a time penalty (see table in the race rules).

End of the event

When you finish the final stage, the protocol on the finish line will be the same as the other days. However, on this day you can also collect any extra kit you had left with us at the start of the week.

The final evening you are invited to the closing meal at Embrun followed by a concert. You will spend the last night in your respective lodgings. The official end of the event is Sunday, July 9th after breakfast. After this you are free to go home or to continue your holiday in the Hautes-Alpes by your own means.