



IN HAUTES
ALPES / FRANCE

Race informations and advices

ALPS EPIC MOBILE APP

All information you will find in this document will be in the Alps Epic web app. You will find also program, place of different service, information about accommodation. **This web app will be your guide.** There is the link for the app : <https://www.app-alpsepic.com/>
We update the app, you will find all informations soon.

ARRIVAL AND PICKING UP YOUR RACE PACK

The start of the event is Saturday June 22, 2024. However, the reception will take place from Friday June 21.

- **For participants in the Alps Epic for the week**, the reception and the withdrawal of the runners' packs will take place on Friday June 21 between 10 am in the morning and 4.30 pm in the afternoon (compulsory)
- **For participants in the Alps Epic weekend and one day**, you can also collect your runner's pack on Friday or Saturday morning between 6:30 am and 7:30 am.

The reception and collection of the riders' packs will take place at [Puy-Saint-Vincent 1400](#)

When you pick up your registration pack, you will be asked to drop off your mountain bike in the secure bike park provided for this purpose. **The deposit of the bike is compulsory for people who have booked a registration with accommodation. No bicycles will be accepted in the accommodation reserved by the organization.** For the other participants (without accommodation), you are free to do as you see fit. However, we still advise you to leave your bike at the bike park when you do not need it.

Once the registered pack has been recovered, you can join your respective accommodations for people who have booked a registration with accommodation. For people who have booked the optional night from June 20 to 21, go directly to your accommodation on June 20 when you arrive.

For people arriving by car and participants in the Alps Epic for the week, you will be invited to drop off your vehicle in Embrun plan d'eau on Friday June 21st afternoon (only the driver) once you have unloaded it in Puy-Saint-Vincent 1400. A shuttle will be waiting for you there (next to the lake in Embrun, GPS point to be found in the web application). **The shuttle will leave at 3:00 p.m. to return to Puy-Saint-Vincent. Please take into account the time it will take to reach Embrun from Puy-Saint-Vincent (about 1h).** This will avoid a shuttle on the last day to return to pick up the vehicles in Serre-Chevalier. **No shuttle will be made at the end of the race. The departure of this shuttle is for everyone at a fixed time, not several rotations.**

For runners registered on the weekend packs, the shuttle will be on Friday June 21 in the afternoon or Saturday June 22 early in the morning, for people who reserved it at the time of registration.



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We will then be waiting for you again from 5:00 p.m. on the Alps Epic village in Puy-Saint-Vincent for the opening ceremony and the pre-race briefing that will follow. **All the necessary instructions for the course of the week will be given at that time. It is therefore mandatory to be present from 5 p.m. You will also receive the most important information by telephone. It is therefore important that the number you gave us is valid.**

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 60L. 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 accommodation 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 10L 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. **Please write your name on this bag.**

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. Please arrive at least 30 minutes before the start (time of start in the web app). When you arrive at the start line you will leave your day-bag in the area indicated. Your position on the start line is your general classification.

The same goes for the finish line, the same protocol should be followed on every stage. You can then collect your day bag and go back to your accommodation. When the accommodation is not close to the finish line there will be a shuttle service.



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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** 2 bottle of water and/or hydrapack with 1,5 liter
- We recommended food
- 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

- For Alps Epic 5-day, 2-day or 1-day participants: Competitors with a license issued by a federation authorizing the practice of cycling and/or mountain biking in competition (UCI, FFC, UFOLEP, FSGT, FFTRI, FNRM) must present a copy of their license valid for the season corresponding to the year in which the race takes place. For other competitors (licensees of a national federation not mentioned above including foreign participants) provide a medical certificate of no contraindication to the practice of cycling in competition dating from less than one year on the day of the race + 3 days.
- Participation in the French Championship

If you have not yet done so, we invite you to read the Alps Epic regulations with the paragraph dedicated to the French Championship (paragraph 11) on our website.

However, here is a summary of the conditions for participating in the French Championship:



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- French XCM Elite Championship: 19 years and over, of French nationality and holder of a license from a federation affiliated with the UCI, Men or Women, Open 3 minimum
- French XCM Master Championship: 35 years and over, holders of a year-round license taken out with the FFC or the UCI, authorizing the practice of mountain biking in competition (Access 3 minimum)

As a reminder, participants in the Alps Epic 5 days and 2 days will be able to participate and be classified in the French Championship if they meet the conditions described above. Those who do not meet these conditions will be classified in the Alps Epic ranking.

For solo participants, nothing changes. For duo participants, the 2 teammates can be classified in the French Championships and are not obliged to ride together on this stage. For the general classification of the Alps Epic, it is the time of the 2nd which will be retained. If you are participating in the Alps Epic 5 days or 2 days, and you answered "Yes" to participate in the French championship in the form completed after registration, then you must appear in the list of French Championship participants.

Bring one of these documents with you (or send it by email to racers@alpsepic.com before the race). Without presenting one of these documents and signing the regulations you will not be able to start! We therefore invite you to read the regulations before your arrival if you have not already done so.

AFTER RACE SERVICES

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 (bike check include black package, any parts needed are payable by you)
- Secure bike storage (with strict security checks at the entrance and exit of the bike park).
- Massage (include for black pack, in extra for others)
- Shuttle (to take you to your accommodation or to the meals)
- After race meal

ACCOMMODATION (BLUE AND BLACK PACKAGES)

Accommodation will send to you by email before the beginning of the event and will reminder to 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. The post-race meal (including the



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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 1, 2 or 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.

RACE MARKING

The route of the race will be marked with markers (pictures). 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. It's 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 ckeck in). Be careful - you will cross portions of road and must adhere to the Highway Code. You don't have the priority.**

You will cross amazing landscape with a lot of biodiversity. Stay on the trails and don't leave garbage in nature.

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). You must go on the finish line by the shortcut for “The Ride” or shorter road.

ASSISTANCE

External assistance (meccanic or food or drink) is allowed only on the location defines by organisation. This location are in the mobile app and on the map we will send you next week. If you don't respect this rules, you won't be on the classification.



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END OF THE EVENT

When you finish the final stage, the protocol on the finish line will be the same as the other days.

For weekend only, on Sunday your travel bag will be collected from your accommodation and dropped off at the finish line or accommodation for those who sleep on Sunday evening.

For week riders, the final evening you are invited to the closing meal. This moment will be convivial in order to meet everyone to spend a last moment together around a good barbecue with music. We are counting on your presence!

The official end of the event is Wednesday 26th June after closing party. After this you are free to go home or to continue your holiday in the Hautes-Alpes by your own means.