

## Gravel Grinder Estonia 2019

### Instructions

- **GOAL AND TARGET GROUP** – The main goal of the race is to offer a new kind of entertaining biking event for biking enthusiasts as well as professionals. Since the competition consists of 4 separate speed tests it gives a chance for a serious biker to aim for the highest position and also gives an opportunity to bikers who just wish to have fun during the race in their own pace. Therefore after the first mass start, the next three speed tests have individual starts at the bikers selected time.
- **TIME AND LOCATION** – August 10-11, 2019 at Jõulumäe Tervisespordikeskus. The race starts on Sunday, Aug 11 at 10:30. An early start gives a chance to keep the finish open later.
- **ORGANIZER:** The main organizer is Sindi Kalju Sports Club, represented by Aigar Raja. Kontakt: [info@gravelgrinder.ee](mailto:info@gravelgrinder.ee), phone nr: +3725104090.  
The racing track is built and marked by SA Jõulumäe Tervisespordikeskus, represented by Eido Tasalain.
- **REGISTRATION AND FEES** – Registration for the competition takes place on the website [www.sportos.ee](http://www.sportos.ee) and on spot before the competition. Please see [www.gravelgrinder.ee](http://www.gravelgrinder.ee) for exact fees and links to registration.
- **FEES INCLUDE:** marked track, start number, timing chip, timing, camping spot, breakfast for campers (with special wristband), food and drinks at the stops in between the speed tests and at the finish, prizes for the winners, diplomas for all contestants, opportunity to wash the bike, medical help if needed. The fees will not be returned.

#### FEES:

I registration phase	II registration phase	III registration phase
01.04.2019 - 31.05.2019	01.06.2019 - 31.07.2019	01.08.2019 - 11.08.2019
		Registration on spot ends 30 minutes before the start.
35€	45€	60€

\*Please announce if breakfast is needed until Aug 5, 2019. Otherwise the organizer will not provide breakfast.

- **STARTING MATERIALS** are handed out on the morning at 8:30 of the competition day. Timing is provided only with the electronic timing chip. The chip is installed on the back of the starting number. It is not allowed to remove or damage (fold) the chip. The chip is disposable and there is no need to return it to the organizer.
- **AGE GROUPS AND BIKE CLASS** – The prizes are only given out to the three fastest women and men. There is no separate awarding or timing for different age groups. The bike class is free, but the organizers recommend to race with cyclocross, gravel-type or mountain bikes. The track is suitable for bikes with at least 28mm tyres. Bikes not in accordance to UCI CR points 1.3.007-1.3.009 and 1.3.024. can only start with special agreement from the main referee without endangering fellow bikers. Bikers with this special agreement will be entered separately from the general protocol.

- **FORMAT OF THE RACE** – The first speed test will have a mass start from Jõulumäe Tervisespordikeskus stadium. There are altogether 4 speed tests and one SSS (Super Special Stage). Tests are short, varied and intense. SSS is not timed and will not be taken into account in the general results, it is just a short technical and exciting challenge with a special prize for the best biker. SSS is obligatory for all contestants. Non of the speed tests should take more than 15 minutes for the fastest biker. The winner of the race should finish 4 speed tests in 1 hour. All speed tests except for the first one have an individual starting time that the contestant can choose for himself. In between the speed tests there are beaks without timing when contestant ride to the next speed test. The times of the four tests will be summarized and based on the results the winners will be announced. The distance altogether with the speed tests, SSS and crossings is about 80km. All contestants must ride their bikes through all the speed tests, SSS and crossings without using extra help. When a part of the race is missed, the results will not be taken into account. During the crossings all contestants must follow the traffic rules. Crossings are not timed but the control times must be considered.
- **CONTROL TIMES**

Start Jõulumäe	KM 0	10:30
1. test finish Uulus	8km	11:10
2. test finish Tammuru crossing	32km	13:00
SSS finish Lähkma	50km	14:00
3. test finish Soometsa mnt	68km	15:00
4. test finish Jõulumäe	80km	16:00

- **CLEAN TRACK AND TRASH** – It is important for GGE to keep our nature and beach areas clean. There are two areas for disposing trash. First one is in the end on 2<sup>nd</sup> speed test and the other one at the main food stop near the Lähkma village center. Please keep your gel and food packages until the trash area. It is strongly asked not to dispose trash into the nature.
- **TECHNICAL HELP** – Technical help is provided by Veloteek bike shop at the start area. Spare parts and tyres are not provided, please bring your own.
- **PERSONAL RESPONSIBILITY:** Participation of GGE is at the contestants own risk. It is recommended to have a health or accident insurance. Organizer will organize immediate medical help in the race center and on track if needed.
- **SAFETY** – All contestants must wear helmets. All contestants without helmets will be disqualified.
- **CONTESTANT AGREEMENT:** With registration all contestants allow to publish their name, result and photos taken during the contest on the competition website, public announcements and other portals connected to the competition.
- **AWARD CEREMONY** – Prizes will be given out to three fastest men and women. In addition there is a special award for SSS winner. Award ceremony will be held after the race at Jõulumäe Tervisespordikeskus at about 16:00.

INFORMATION AND RESULTS – [www.gravelgrinder.ee](http://www.gravelgrinder.ee)