

TECHNICAL GUIDE



April 12 - April 14
2019

UCI Nations Cup



WWW.HEALTHYAGEINGTOUR.NL

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HEALTHY AGEING TOUR 2019 APRIL 12 - APRIL 14



Date	Stage		Distance	Start	Finish
April 12	1	Musselkanaal	81.8 km	10.00	12.05
April 13	2	Heerenveen	68.4 km	12.00	13.50
April 14	3	Midwolda	77.5 km	10.00	12.03

REGISTRATION AND MEETINGS

Thursday April 11
Het Pagedal, Hoveniersweg 1, 9502 BW Stadskanaal

Registration / confirmation teams : 19.00 - 20.15 h
Team managers' meeting : 20.30 h
Dinner : 18.00 - 19.30 h

The information desk in the permanence will be open every day from 8.00 - 10.00 hrs and from 17.00 - 19.00 hrs.

CLASSIFICATIONS

Classifications	Jersey	Sponsor
General	Yellow	Rabobank and Healthy Ageing Network Northern Netherlands (HANNN)
Points	Green	BCL Actief
Sprint	Orange	Dolmans Landscaping Group
Best young rider	White	Emergo

TEAMS

1. National Team Denmark
2. National Team France
3. National Team Lithuania
4. National Team Norway
5. National Team Great Britain
6. National Team USA
7. National Team Sweden
8. National Team Germany
9. National Team Belarus
10. National Team Belgium
11. National Team Slovakia
12. National Team Uzbekistan
13. National Team Poland
14. Regional Track Team France
15. British Cycling Junior Team
16. Van Assche - Van den Hauwe Cycling Team
17. Doltcini - NM Transport Development Team
18. LIV - Awol Cyclingteam
19. CAF Turnkey Engineering
20. Team Mangertseder
21. Avia - Multum Accountants Ladies Cycling Team
22. Racescene Female Development Academy
23. Cyclingteam Glabbeek
24. Team Thüringen
25. Woop Girls Onder Ons Parike
26. Storey Racing Team
27. Cannibal Team Lithuania
28. WV Schijndel
29. Wielerzone Nederland / Willibrord Wil Vooruit Mix
30. Restore Cycling
31. ABP junior women devolpment team
32. Team Drenthe
33. SWABO
34. Team Noord Holland
35. District Zuid West Nederland
36. District Oost Team RdE
37. Westland Wil Vooruit

Accommodation

Thursday April 11 - Sunday April 14: Het Pagedal Hoveniersweg 1 9502 BW, Stadskanaal 0031-5996110000	Arrival at Thursday April 11: - Check in from 14.00 h - Dinner: 18.00 - 19.30 h
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Stage 1 - April 12

Musselkanaal

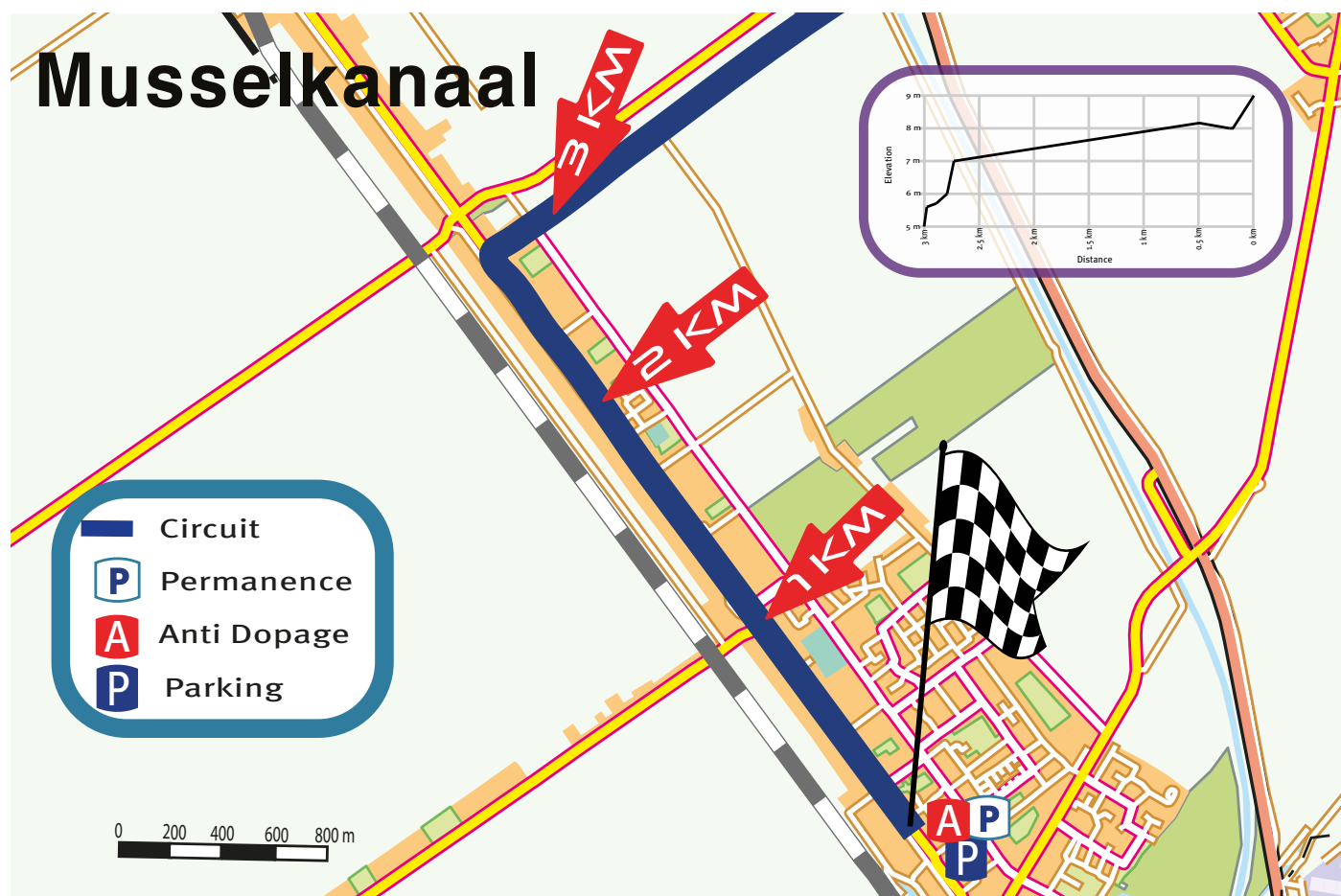
Start	10.00 h
Distance	81.8 km
Signing	9.00 - 9.45 h
Honouring	12.20 h

Permanence information

Permanence	MFA Het Lint, W. Diemerstraat 7, Musselkanaal
Permanence open at	7.30 h
Meeting of the commissaires' panel	8.30 h
Results	12.20 h
Anti doping	MFA Het Lint, W. Diemerstraat 7, Musselkanaal
Hospital	Rafaja ziekenhuis, Boerhaavestraat 1, Stadskanaal, 0031 599654654
Dressing rooms	Het Pagedal, Hoveniersweg 1, Stadskanaal
Parking	Diemerplein, Musselkanaal

Day information

Breakfast	6.30 - 8.00 h
Lunch	13.00 - 14.00 h
Dinner	17.30 - 18.30 h
Distance from Pagedal to Musselkanaal	11 min - 10 km



Stage 1 - April 12

Musselkanaal

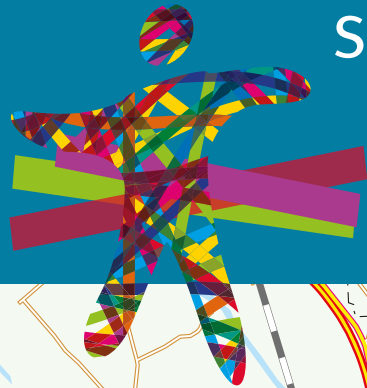
Total distance	Time at average of 40 km/h				Residence / street	Direction
	Lap 1	Lap 2	Lap 3	Lap 4		
0,0	10:00				MUSSELKANAAL, W Diemerplein, neutralized	Departure
0,0	10:00				W. Diemerplein - W Diemerstraat	left
0,1	10:00				W. Diemerstraat - Markstraat	left
0,5	10:00	10:31	11:03	11:34	Marktstraat - A Kade - Kruisstraat	left
1,4	10:02	10:33	11:04	11:36	End of built-up area Musselkanaal, CAUTION MIDDLE	
2,1	10:03	10:34	11:05	11:37	Musselweg - exit N366	straight on
2,2	10:03	10:34	11:05	11:37	Musselweg viaduct N366	
2,3	10:03	10:34	11:06	11:37	Musselweg - exit N366	straight on
2,5	10:03				Musselweg, end of neutralization	
0,0	10:03				Musselweg	START
1,3	10:04	10:36	11:08	11:39	MUSSEL	
2,1	10:06	10:37	11:09	11:41	End of built-up area Mussel	
6,9	10:13	10:45	11:16	11:48	Musselweg - Ontsluitingsweg	left
10,5	10:18	10:50	11:22	11:53	Ged. Vleddermond - Noorder Kanaalweg	straight on
10,7	10:19	10:50	11:22	11:54	Ged. Vleddermond viaduct N366	
11,1	10:19	10:51	11:22	11:54	Ged. Vleddermond - Dwarsweg - Zuider Kanaalweg	left
14,0	10:24	10:55	11:27	11:58	Zuiderkanaalweg viaduct Exloërweg	
14,1	10:24	10:55	11:27	11:59	Zuiderkanaalweg - Verbindingsweg	right
15,3	10:25	10:57	11:29	12:00	MUSSELKANAAL	
15,9	10:26	10:58	11:30	12:01	Verbindingsweg - Sluisstraat (end of road)	left
18,1	10:30	11:01	11:33	12:05	Marktstraat - Kerkstraat	straight on
18,3				12:05	Marktstraat - Technicumstraat, DEVIATION TEAM CARS	straight on
18,5	10:30	11:02	11:34	12:05	Markstraat at house number 72a, sprint, finish	

Stage 2 - April 13

Heerenveen

Start	12.00 h
Distance	68.4 km
Signing	11.00 - 11.45 h
Honouring	14.05 h
Permanence information	
Permanence	Sportstad, Abe Lenstraboulevard 25, Heerenveen
Permanence open at	8.30 h
Meeting of the commissaires' panel	10.30 h
Results	14.30
Anti doping	Sportstad, Abe Lenstraboulevard 25, Heerenveen
Hospital	MCL, Henri Dunantweg 2, Leeuwarden, 0031 582866666
	Nij Smellinghe, Compagnonsplein 1, Drachten, 0031 512588888
Dressing rooms	Sportstad, Abe Lenstraboulevard 25, Heerenveen
Parking	Abe Lenstraboulevard 25, Heerenveen
Day information	
Breakfast	8.00 - 10.00 h
Dinner	18.00 - 19.00 h
Distance from Pagedal to Heerenveen	68 min - 104 km





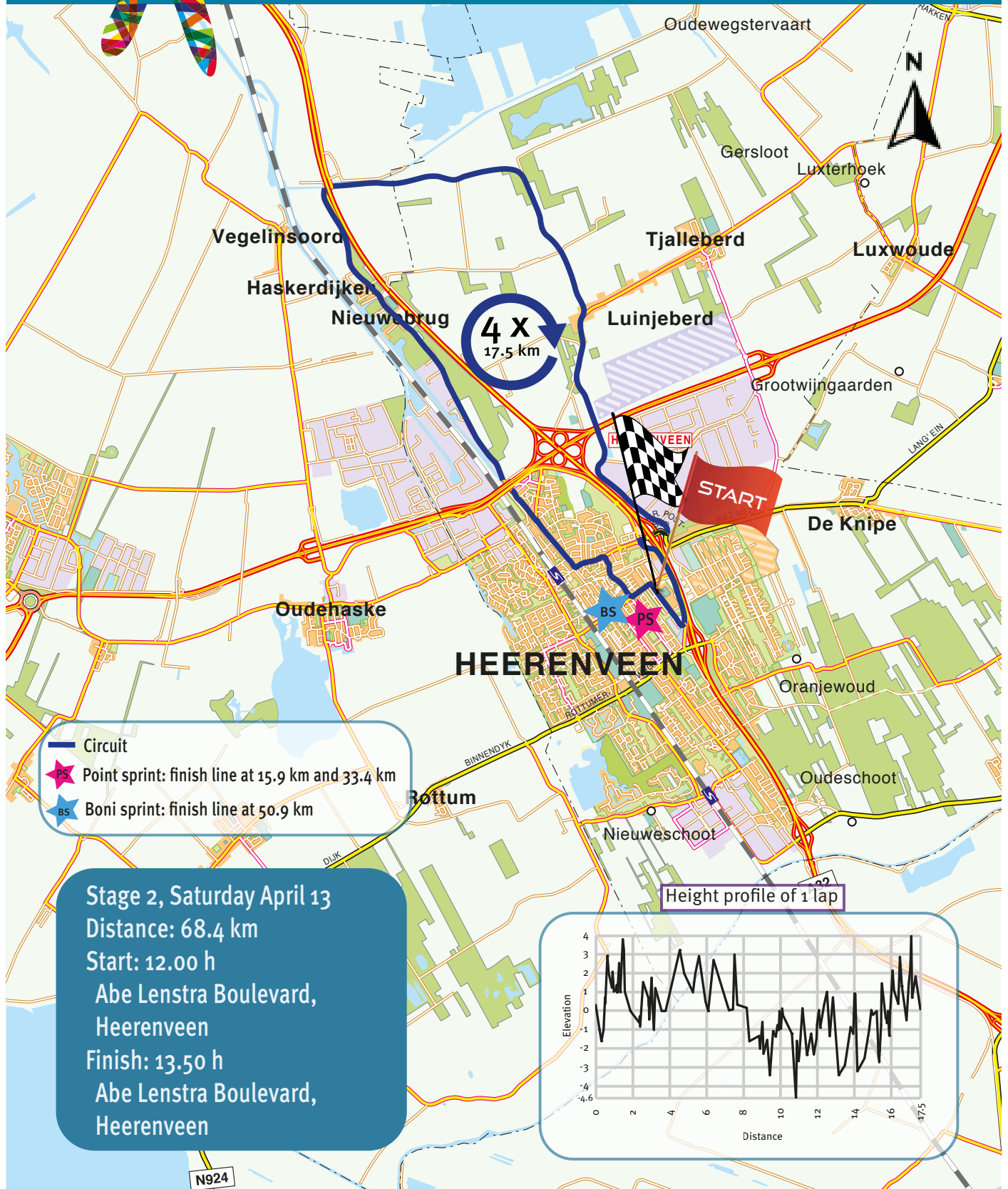
Stage 2 - Saturday April 13

Heerenveen

Healthy Ageing TOUR

2019

Junior



Stage 2, Saturday April 13
Distance: 68.4 km
Start: 12.00 h
Abe Lenstra Boulevard,
Heerenveen
Finish: 13.50 h
Abe Lenstra Boulevard,
Heerenveen

Stage 2 - April 13

Heerenveen

Total distance	Time at average of 38 km/h				Residence / street	Direction
	lap 1	lap 2	lap 3	lap 4		
0,0	12:00	12:27	12:54	13:22	Abe Lenstraboulevard Neutralized	Departure
0,2	12:00	12:27	12:55	13:22	Abe Lenstraboulevard - Atalantstraat	left
0,5	12:00	12:27	12:55	13:23	Rotonde Atalantstraat - Europalaan - Burg Kuperusplein	right
0,6	12:00	12:28	12:55	13:23	Van Kleffenslaan - PJ Troelstralaan	straight on
0,8	12:01	12:28	12:56	13:23	Nieuwstraat - Heideburen - Lindegracht	straight on
1,1	12:01	12:28	12:56	13:24	Rotonde KR Poststraat - Nieuwstraat	left
1,4	12:02	12:29	12:56	13:24	KR Poststraat - Van Maasdijkstraat - Crackstraat (CAUTION MIDDLE)	straight on
1,5	12:02	12:29	12:57	13:24	KR Poststraat - Fok (before bridge/water)	right
1,6	12:02				Fok - Fok End of neutralization	straight on
0,0	12:02	12:29	12:57	13:24	Fok - Fok	START
0,7	12:03	12:30	12:58	13:26	Fok - Schans	left
0,7	12:03	12:30	12:58	13:26	Schans - Dubbele Regel - Schans	right
0,8	12:03	12:30	12:58	13:26	Leeuwarderstraatweg	
1,2	12:03	12:31	12:59	13:26	Leeuwarderstraatweg - Viaductweg (end of road)	left
1,2	12:03	12:31	12:59	13:26	Leeuwarderstraatweg - viaduct Weinmakker	
1,3	12:04	12:31	12:59	13:26	Leeuwarderstraatweg - viaduct A7	
3,6	12:07	12:35	13:02	13:30	NIEUWEBRUG	
4,2	12:08	12:36	13:03	13:31	HASKERDIJKEN, Rijksstraatweg	
5,8	12:11	12:38	13:06	13:34	Rijksstraatweg - viaduct A32	
7,5	12:13	12:41	13:09	13:36	Bornego	
10,2	12:18	12:45	13:13	13:41	LUINJEBERT	
10,3	12:18	12:45	13:13	13:41	Bornego - Aengwilderweg (end of road)	right
10,7	12:18	12:46	13:14	13:41	End of built-up area Luinjebert	
11,2	12:19	12:47	13:14	13:42	Aenwilderweg - Aenwilderweg - Mercurus	keep left
11,8	12:20	12:48	13:15	13:43	Mercurus viaduct A7	
12,1	12:21	12:48	13:16	13:44	HEERENVEEN	
13,7	12:23	12:51	13:18	13:46	traffic lights Mercurus - KR Poststraat	right
13,9	12:23	12:51	13:19	13:46	traffic lights crossroad Poststraat - exit and entrance A32 (CAUTION MIDDLE)	straight on
14,0	12:24	12:51	13:19	13:47	crossroad Poststraat viaduct A32	
14,0	12:24	12:51	13:19	13:47	traffic lights crossroad Poststraat - exit and entrance A32 (CAUTION MIDDLE)	straight on
14,1	12:24	12:51	13:19	13:47	traffic lights crossroad Postsraat - Weinmakker - Stadionweg (CAUTION MIDDLE)	left
15,3	12:26	12:53	13:21	13:49	Stadionweg - Abe Lenstraboulevard	right
15,6				13:49	Abe Lenstraboulevard - parking, DEVIATION TEAM CARS	straight on
15,9	12:27	12:54	13:22	13:50	Abe Lenstraboulevard sprint, finish	

Stage 3 - April 14

Midwolda

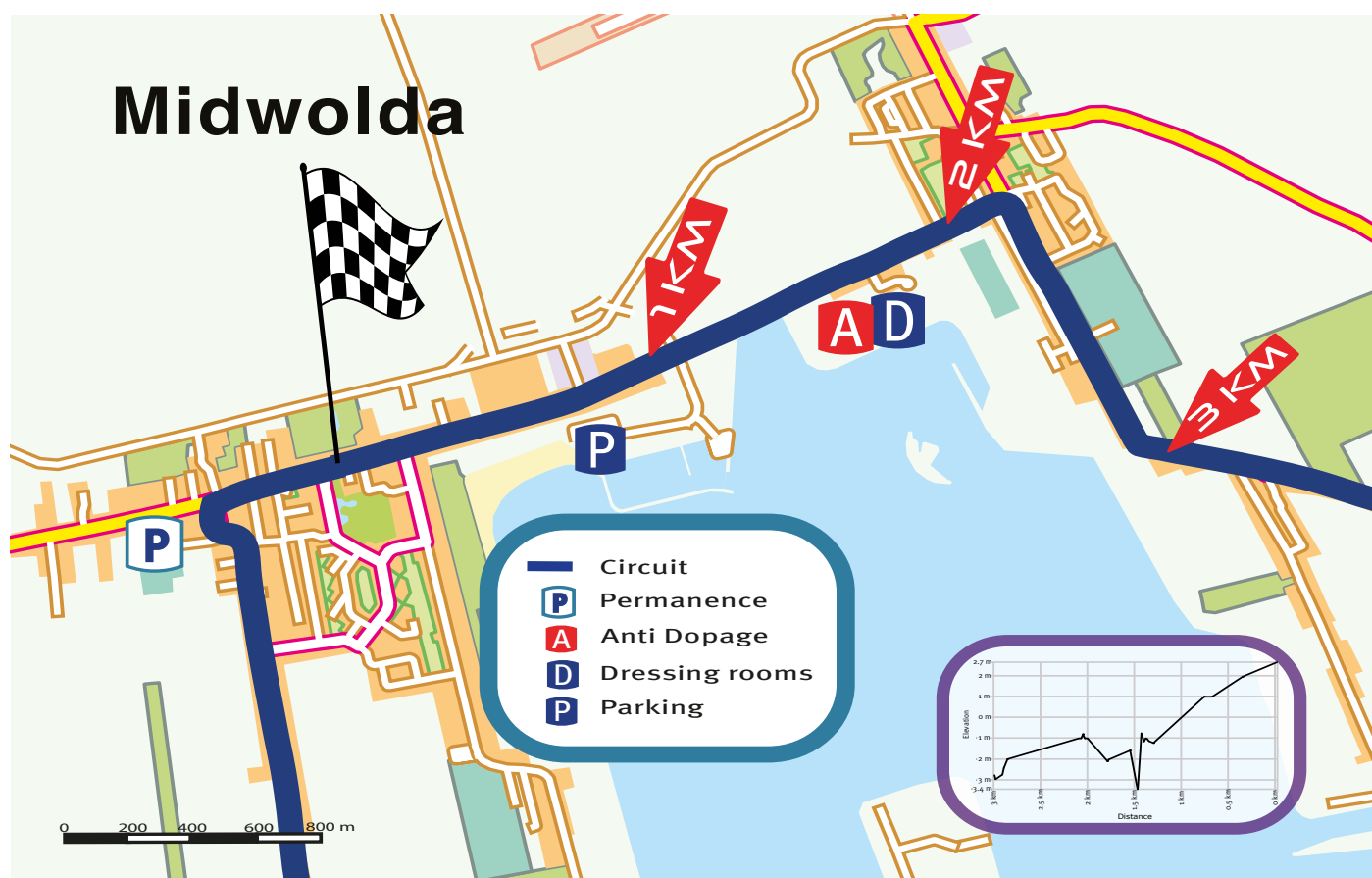
Start	10.00 h
Distance	77.5 km
Signing	9.00 - 9.45 h
Honouring	12.20 h

Permanence information

Permanence	Gasterij Smits, Hoofdweg 170, Midwolda
Permanence open at	7.30 h
Meeting of the commissaires' panel	8.30 h
Results	12.20 h
Anti doping	Sporthal Binnenlanden 52, Oostwold
Hospital	Ommelander Ziekenhuis Groningen, locatie Scheemda, Pastorieweg 1, Scheemda, 0031 880661000
	Refaja Ziekenhuis, Boerhaavestraat 1, Stadskanaal, 0031-599654654
Dressing rooms	Sporthal Binnenlanden 52, Oostwold
Parking	Strandweg, Midwolda

Day information

Breakfast	6.30 - 8.00 h
Distance from Pagedal to Midwolda	29 min - 36 km





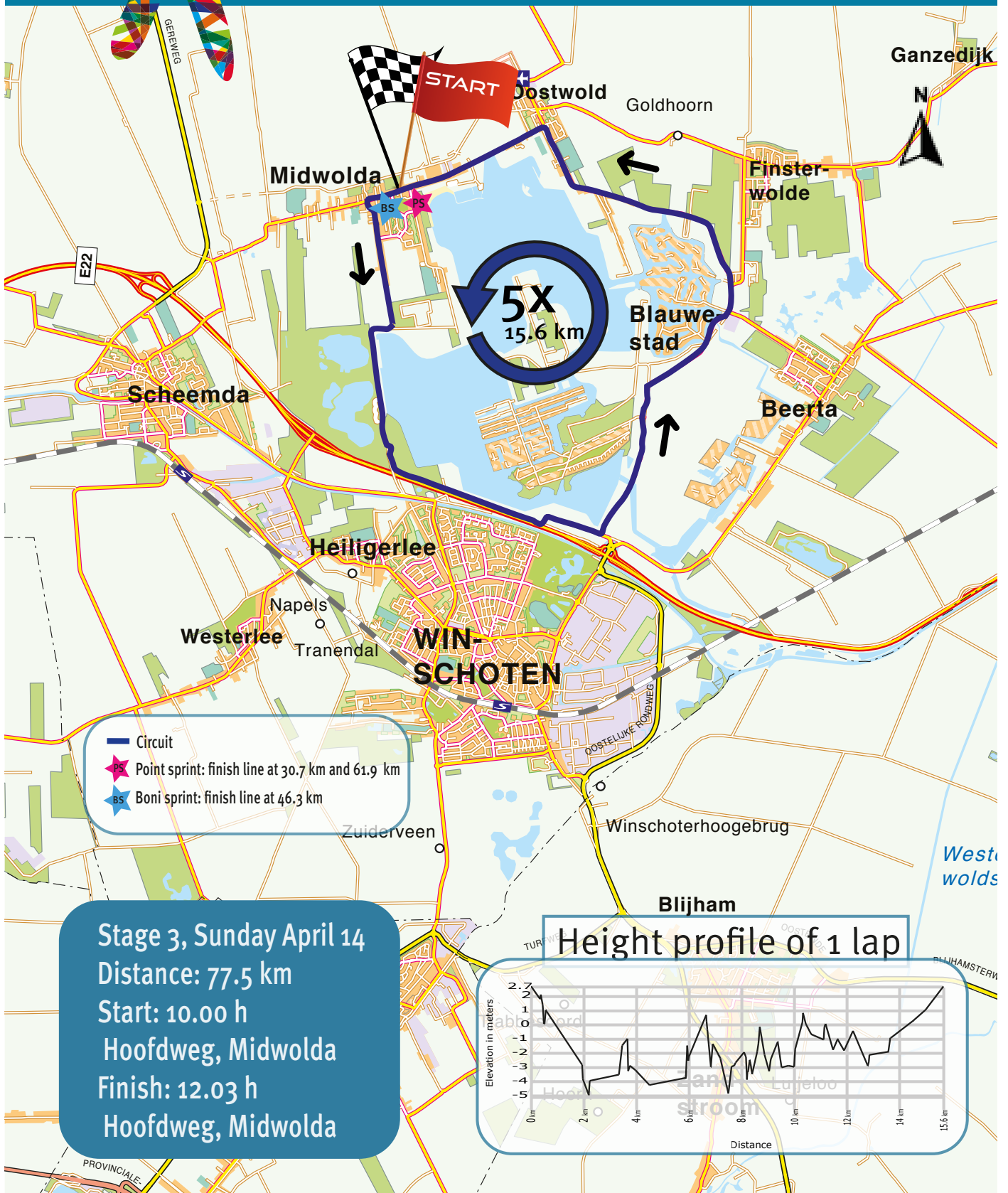
Stage 3 - Sunday April 14

Midwolda

Healthy Ageing TOUR

2019

Junior



Stage 3 - April 14 Midwolda

Total Distance	Time at average of 38 km/h					Residence / street	Direction
	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5		
0,0	10:00	10:24	10:49	11:14	11:38	MIDWOLDA, Hoofdstraat at house number 187, neutralized	Departure
0,3	10:00	10:25	10:49	11:14	11:39	Hoofdstraat - Hoethslaan	left
0,4	10:00	10:25	10:50	11:14	11:39	Hoethslaan - 't Holt	left
0,5	10:00	10:25	10:50	11:14	11:39	Hoethslaan - Ds Hoekstrastraat, end of neutralization	straight on
0,0	10:00					Hoethslaan WEDSTRIJD	START
1,4	10:03	10:27	10:52	11:17	11:41	Hoethslaan - Rijslaan (end of road)	right
1,7	10:03	10:28	10:52	11:17	11:42	Rijslaan - H Siccamaweg	left
2,2	10:04	10:29	10:53	11:18	11:43	Verl.Kloosterlaan	
3,1	10:05	10:30	10:55	11:19	11:44	Verl.Kloosterlaan - Verl.Kloosterlaan/Noordereinde	left
5,3	10:09	10:34	10:58	11:23	11:47	Noordereinde before dead end, Oostereinde	left
6,1	10:10	10:35	10:59	11:24	11:49	Oostereinde - Oostwolderweg N967 (end of road)	left
7,7	10:13	10:37	11:02	11:27	11:51	Rotonde Oostwolderweg - Hoofdstraat, CAUTION MIDDLE	straight on
9,0	10:15	10:39	11:04	11:29	11:53	FINSTERWOLDE	
9,5	10:16	10:40	11:05	11:29	11:54	Rotonde Ekamperweg - Veenweg - Molenstreek N967	straight on
9,8	10:16	10:41	11:05	11:30	11:55	Molenstreek - Kromme Elleboog	left
11,3	10:18	10:43	11:08	11:32	11:57	OOSTWOLD	
12,0	10:19	10:44	11:09	11:33	11:58	Oosterweg	
12,3	10:20	10:45	11:09	11:34	11:58	Klinkerstraat	
13,1	10:21	10:46	11:10	11:35	12:00	Klinkerstraat - Hoofdstraat - Huningaweg	left
14,0	10:23	10:47	11:12	11:37	12:01	MIDWOLDA	
14,9	10:24	10:49	11:13	11:38	12:03	Hoofdweg - Niesoordlaan, DEVIATION TEAM CARS	straight on
15,1	10:24	10:49	11:14	11:38	12:03	Hoofdweg at house number 187, sprint, finish	

SUMMARY OF SPRINTS

During Healthy Ageing Tour 2019 the following sprints are planned:

Stage 1 Musselkanaal	<u>Bonification:</u> 39.6 km (at finish line)	<u>Points:</u> 18.5 km (at finish line) 60.7 km (at finish line)
Stage 2 Heerenveen	<u>Bonification:</u> 50.9 km (at finish line)	<u>Points:</u> 15.9 km (at finish line) 33.4 km (at finish line)
Stage 3 Midwolda	<u>Bonification:</u> 46.3 km (at finish line)	<u>Points:</u> 30.7 km (at finish line) 61.9 km (at finish line)

HOSPITALS

Stage 1 - Musselkanaal

Refaja Ziekenhuis, Boerhaavestraat 1, 9501 HE Stadskanaal, 0031 59965 4654

Stage 2 - Heerenveen

Ziekenhuis Nij Smellinghe, Compagnonsplein 1, 9202 NN Drachten, 0031 51258 8888

Medisch Centrum Leeuwarden, Henri Dunantweg 2, 8934 AD Leeuwarden, 0031 58286 6666

Stage 3 - Midwolda

Ommelander Ziekenhuis Groningen, locatie Scheemda, Pastorieweg 1, 9679 BJ Scheemda, 0031 88066 1000

Refaja Ziekenhuis, Boerhaavestraat 1, 9501 HE Stadskanaal, 0031 59965 4654

REGULATIONS

Article 1: Organization

The Junior Women Healthy Ageing Tour 2019 is organized by 'Courage Events', residing in Aduard, under the Regulations of the International Cycling Union (UCI) and the National Federation KNWU. The Junior Women Healthy Ageing Tour will be held from April 12, 2019 to April 14, 2019.

Article 2: Type of event

The Junior Women Healthy Ageing Tour 2019 is open to athletes of the Junior Women category. The Healthy Ageing Tour is listed on the UCI Calendar as a 2.Ncup event, and is part of the UCI Women Junior Nations' Cup, and will be held under the UCI regulations.

In conformity with the regulations (2.14.053, 2.14.054), points for the UCI Women Junior Nations' Cup ranking are awarded as follows. Only nations will be ranked in the UCI Women Junior Nations' Cup ranking. There is no individual ranking. Only the first rider from each nation scores points based on her place in the event.

Final Classification			Stage Result
Position			
	1	30 points	6 points
	2	25 points	5 points
	3	20 points	4 points
	4	17 points	3 points
	5	16 points	2 points
	6	15 points	1 point
	7	14 points	
	8	13 points	
	9	12 points	
	10	11 points	
	11	10 points	
	12	9 points	
	13	8 points	
	14	7 points	
	15	6 points	
	16	5 points	
	17	4 points	
	18	3 points	
	19	2 points	
	20	1 point	

Article 3: Participation

The Junior Women Healthy Ageing Tour is open to the following teams: National Women Teams, Mixed Teams, Regional Women Teams, and Club Women Teams.

Contrary to UCI rule 2.14.052 teams must be formed of maximum 4 riders. No team may start with fewer than 4 riders.

Article 4: Race Headquarters

The race headquarters will be open starting Thursday, April 11, 2019 at 19:00 hrs. till 21:00 hrs. and are located at: Het Pagedal, Hoveniersweg 1, 9502 BW Stadskanaal, telephone: 0031 599-611000.

The registration of the participants, the verification of the licenses, and the distribution of race numbers, frame numbers, transponders, and other materials and documents will take place at the race headquarters on Thursday, April 11, from 19:00 hrs. to 20:15 hrs.

The information desk in the permanence will be open every day from 8.00-10.00 hrs and 17.00-19.00 hrs.

The Team managers' meeting, organized in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaires' Panel, is scheduled for Thursday, April 11 2019, 20:30 hrs. at the race headquarters.

The meeting of the Members of the Commissaires' Panel, is scheduled for Friday April 12 2019, 08:45 hrs. at the race headquarters.

An overview of the addresses of the other race headquarters for the other

Stages is mentioned in our Tour Guide.

Article 5: Radio-Tour

Race information will be broadcast on the following frequency: 155.9375

Article 6: Neutral Technical Support

The technical support service is handled by Mavic. The neutral support is taken care of by means of 3 Cars.

Article 7: Finishing Time Limits

Taking into account the characteristics of each Stage, the finishing time limits have been set as follows: for each Stage 15%. The time limit may, in exceptional circumstances, be increased by the Commissaires' Panel in agreement with the organizer, according to the article 2.6.032 of the UCI regulations. In the case of a duly noted incident of a stage, article 2.6.027 from the UCI regulations will apply.

Article 8: Classifications – Time compensations

The following classifications will be applied:

a. Individual Classification by time (Yellow Jersey)

The classification is established by determining the total time of all the stages for each rider. The achieved bonuses in time are subtracted, any penalties in time are added. A bonus in time is awarded to the first three placed riders in all stages. The bonus amounts to 10, 6 and 4 seconds respectively. The seconds in the sprints are included as well. In all stages there is one bonus sprint with 3, 2 and 1 second time bonus conform article 2.6.019 of the UCI regulations.

Where two or more riders make the same time in the general individual time classification the placings obtained in each stage shall be added and, as a last resort, the place obtained in the last stage ridden shall be taken into consideration.

b. Points Classification (Green Jersey)

In all individual stages the first 15 riders will obtain points according this scale: 25, 20, 16, 14, 12, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. The classification is established by adding the number of scored points. If there still no difference then the ranking in the General Individual Classification will decide the ranking. (Art. 2.6.017 UCI Regulations).

c. Sprint Classification (Orange Jersey)

In all stages two sprints will be held according to the instructions in the technical guide. The first three qualified riders in a sprint are rewarded with 3, 2 and 1 points. The daily sprint classification is obtained by adding the rewarded points for each rider. The Overall Sprint Classification is established by totalling the points, awarded in the competed stages. In case of an equal number of points, the results of the last sprint will be decisive

d. Young riders Classification (White Jersey)

The Overall Youth Classification can be compared with the Overall Individual Classification, provided that only riders are classified who are not yet 18 years of age on December 31, 2019.

e. Team Classification

The daily Team Classification is obtained by adding the times of the first three finishing riders of a team after each stage. Time bonuses are not taken into account, but penalties, will be added to the total. If the same time is recorded for more teams, than the order of ranking is established according to the sum of the rankings of the first three finishing riders of a team in that Stage. The team with the lowest total of points will be ranked first, etc. The Overall Team Classification is established by adding the times of each team, acquired in the past Stages. In case of equal times the number of 1st places in the Daily Team Classification is decisive. If there is still no difference the number of second places is decisive etc. (Art. 2.6.016 UCI Regulations). In order to obtain an entry in the Team Classification, a team must count at least three riders.

All Overall Classifications are preceded by the classifications of the day, which are indicated as such. The leaders are obliged to wear the jerseys of the classifications concerned. The order of ranking of the jerseys is as mentioned above. If a rider is leading several classifications, then the jersey of the highest order of ranking should be worn.

The jerseys of the other classification(s) go to the next rider in the classification concerned. That rider is qualified also for the prize money that goes with the jersey. If a rider has to wear the World Champion Jersey or the National Champion Jersey, the leader in the classification and the rider that wears the Jersey each get half of the prize money that belongs to that Jersey. This rule does not apply to the final ranking in the classifications, when the awards are presented according to ranking.

Article 9: Prizes

	Stages	General Individual Classification
1st	€ 175	€ 105
2nd	€ 100	€ 60
3rd	€ 75	€ 45
4th	€ 60	€ 36
5th – 10th	€ 50	€ 30
11th – 20th	€ 20	€ 12
total	€ 910	€ 546

Prize Money Final Classifications			
Green jersey	1. € 50	2. € 35	3. € 25
Orange Jersey	1. € 50	2. € 35	3. € 25
White jersey	1. € 50	2. € 35	3. € 25
Team Classification	1. € 50	2. € 35	3. € 25

€ 3716 Prize Money will be paid.

Article 10: Antidoping

The UCI antidoping regulations are entirely applicable to the Junior Women Healthy Ageing Tour. Moreover, and in conformity with the Dutch law, the Dutch antidoping legislation is applicable in addition to the UCI antidoping regulations.

Article 11: Forbidden ways of cycling

It is forbidden to ride on footpaths and cycle paths, which are not included explicitly – and are mentioned as such – in the outline of the stage. Crossing closed railway crossings or other similar traffic intersections is forbidden also. Riders are obliged to follow the directions of the race officials and the accompanying police squad. Do not throw away any rubbish.

Article 12: Awards Ceremony

The riders, qualified for honouring, are obliged to go to the victory platform within 10 minutes after crossing the finish line, in order to take part in the Awards Ceremony. For the Awards Ceremony qualify the stage winner, the rider with the best fighting spirit and the leaders of all the classifications. Moreover, at the honouring of the final individual classification after the last stage, also the numbers 2 and 3 of the classification and the winner of the overall Team Classification will be honoured, and the leading nation in the UCI Women Junior Nations' Cup ranking.

Article 13: Competing in other cycling events

A rider dropping out of the Junior Women Healthy Ageing Tour may not compete in any other cycling event for the duration of the Junior Women Healthy Ageing Tour 2019. (Art. 2.6.026 UCI Regulations).

Article 14: Penalties

Violation of the Regulations is penalized according to the rules decreed by the U.C.I. for this purpose.

Article 15: Housing

The organizer has made housing reservations for every team from April 11 until April 14, 2019. For every team accommodation will be arranged for 6 persons. Housing includes breakfast and dinner. All expenses are for the account of the team.

Article 16 : Attendance list

The riders must be present 1 hrs till 15 minutes before the official start (neutralized start in a stage in line) in order to sign the attendance list preceding the start.

Article 17: Starting procedure

Before the start of every stage the riders must line up inside the designated starting area. The riders wearing the different classifications jerseys, the national cham-

pions jerseys, continental champion and the world champion should take place on the first row.

Article 18: Transponders

During the Healthy Ageing Tour transponders will be provided for the electronic identification of the riders. Those transponders will be distributed to the team manager at the conformation of the teams. The Dutch riders must use their own transponders. For missing or broken transponders the team will be charged for € 100,--.

Article 19: Dangerous points

On places, that could be dangerous, the Organizer will station officials to warn the participants by (red)flag and flute. The participants need to be very attentive and careful at these points.

Article 20: Environment

A clean environment is important and essential for the organization of the Healthy Ageing Tour. As such, we make an urgent call to the riders, team managers, service personnel and all other attendance in the race, not to dispose garbage or materials on public roads, verges and ditches.

Article 21: Conduct of riders

Riders may not, without due care, jettison food, bonk-bags, feeding bottles, clothes, etc. in any place whatsoever. Riders may not jettison anything on the roadway itself but shall draw to the side of the road and safely deposit the object there. If waste zones are established by the organizer, the rider must safely and exclusively deposit their waste on the sides of the road in this area. It is forbidden to carry and/or use glass objects.

Article 22: Unforeseen

In all circumstances, concerning technical issues, not covered by these Regulations, the Commissaires panel decides in all matters according to the U.C.I.-regulations, in all other situations the organizer decides.

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