

TECHNICAL GUIDE

"Enjoy life – there will be no second chance!"

BARENTS SUMMER GAMES and TERVA-AJOT (TAR RACES)

PIKKU-SYÖTE, PUDASJÄRVI, FINLAND, 8-9th August, 2015

1. RULES AND ORDERS

The licence-holder members of the cycling clubs in the Barents region compete for the championships of the Barents region following the stage race rules (**Barents Summer Games**). All the Finnish licence-holder cyclists compete for the master cup points of the Cycling Union of Finland (SPU) following the stage race rules (**Terva-ajot**).

The race rules and orders of UCI (International Cycling Union) and SPU are followed in the competitions. The racers must also follow the road traffic act and the road traffic ordinances.

The competitors race on their own responsibility and are obliged themselves to take out their insurance policies. They are responsible for all the damages they may cause and the organizer of the competitions is not responsible for any damages and injuries that the competitors themselves may suffer.

All the participants of the competitions, including the racers, the supporters and the team leaders, must familiarize themselves with this guide to learn the rules of the competitions and the special guidelines given by the organizer.

2. ORGANIZATION OF THE RACES

ORGANIZER

Terva-ajot ry (Tar Races registered association)

Registration mark: 211.424

Business identity code: 2622021-2

Registration date: 12th November, 2013

Contact person: Pekka Hartikka

Address: Kolehmaisentie 2 A 3, 90240 Oulu, Finland

Tel: +358 40 3530101

E-mail: info(at)terva-ajot.fi

RACE OFFICIALS

Director of the races: Pekka Hartikka

Assistant director: Timo Karvonen

Secretary: Minna Ylilehto

Chief judge: Esko Aro

Judge: Petri Pesonen

Course master and first aid: Riku Pyykkönen

Timing: The Blue Bus, Heikki Kivinen

Result service: Kari Mäkinen

Announcer: Veijo Kämäräinen

3. RACE CENTRE AND OFFICE

Hotel Pikku-Syöte

Address: Syötekeskuksentie 126, 93280 Syöte, Finland

Tel +358 8 815 4000

Sales service: myyntipalvelu@pikkusyote.fi

There are toilets, dressing rooms and showers in the race centre. The premises are unguarded and the organizer is not responsible for gear left in them.

4. CAR PARKING

The parking place of Hotel Pikku-Syöte

5. SCHEDULE, RACE CLASSES

Interval and mass starts include the classes of the Barents Summer Games and the classes of SPU master cup (Terva-ajot) according to the registrations. The organizer is allowed to combine some starts if appropriate.

Saturday, August 8th, interval starts (1-minute interval)

– **At 9**, tempo for juniors M/L 10, 12, 14; 7 km. The start takes place in front of the shop anticlockwise and the finish is at the ski lift station of the ski slope.

Break....the start and finish places move!

– **At 10**, hill prologue M/L 16, 18, 40, 50, 60, Elite; 1,6 km, asc. 94 m. The start takes place at the

lift station of the ski slope anticlockwise and the finish is at the parking place of Hotel Pikku-Syöte.

– **At 16**, tempo M/L 16, 18, 40, 50, 60, Elite; 10,5 km, asc. 226 m. The start takes place at the lift station of the ski slope clockwise and the finish is at the parking place of Hotel Pikku-Syöte.

In the interval starts it is forbidden to use time-trial bike, additional handlebars, disk wheel and tempo helmet, but it is allowed to use tempo tights.

Sunday, August 9th, mass starts

Start and finish at the lift station of the ski slope:

– **At 9**, M/L 10-14; 1x10,2 km, asc. 150m (back row);
L16, L30, L40, L50; 2x10,2 km, asc. 300 m (front row)

Break... the finish place moves!

Start at the lift station of the ski slope and finish at the parking place of Hotel Pikku-Syöte:

– **At 10.30**, Elite, M18; 10x10,2 km (102,3 km/asc. 1576 m)

– **At 10.35**, M16, M40, M50, M60, L Elite, L18; 7x10,2 km (71,7 km/asc. 1506m)

The 10 km round is raced along the inner curve clockwise. The start of each etape is located at the lift station of the ski slope (Restaurant Central Cafe) and the finish either at the start place or at the parking place of Hotel Pikku-Syöte. Note, a racer who has been lapped may not pace the racers passing him/her!

6. RACERS

REGISTRATION

Barents Summer Games (for cycling club members in the Barents region):

The 24 racers of the Finnish team will be selected according to the results of the season's competitions. Kalotturheilury. pays the accommodation and meals of all the teams. Racers pay their own registration fees.

Registration fee is 20 euros for two etapes for juniors and 60 euros for three etapes for other racers starting from the classes M/L16. The fee is to be paid by August 3rd, 2015, on the account of Terva-ajot ry. FI9318403000016424. Please use reference number 10029.

Start lists will be written according to the registrations and the organizer is allowed to combine starts if appropriate.

Terva-ajot (master cup classes):

Registration fee is 20 euros for two etapes for juniors and 60 euros for three etapes for other racers starting from the classes M/L16. The fee is to be paid by August 3rd, 2015, on the account of Terva-ajot ry. FI9318403000016424. Please use reference number 10029.

Start lists will be written according to the registrations and the organizer is allowed to combine

starts if appropriate.

CLOTHING AND NUMBERS

- Racers must wear clothing and use equipment that are approved by the rules.
- The gearing of the bicycles of all the junior classes will be checked and the bicycles in the other classes will also be checked. It is not allowed to wear compression socks.
- A representative of each cycling club collects all their race numbers in the race centre. A racer is responsible for attaching his/her number and for accessories needed for the attachment. The numbers must be placed so that they are easily seen in the racing position: in the interval starts on Saturday in the middle of the lumbar region of the back and in the mass start on Sunday on the right shoulder and side. The numbers must be returned to the race office after the race; for any unreturned numbers the club of the racer in question will be charged 20 euros per number.

DROPPING OUT THE RACE

- If a racer drops out the race, he/she must inform about it as soon as possible to the race officials or judges. The racer must remove or cover his/her race number on dropping out and return it to the race office. The racer who has dropped out is not allowed to cross the finish line.

PROTESTS

- Only the race officials and the racers are allowed to make a protest. It must be made immediately to the chief judge and confirmed in writing 30 min after the race at latest. The announcement of the results of a race is regarded as the closing moment of the race.

DOPING TESTS

- Premises needed for doping tests have been reserved in the race centre.

7. SERVICES FOR RACERS

SERVICE VEHICLES

- All the vehicles that have a permission to drive on the race course must be marked appropriately. The drivers of these vehicles must follow the common traffic rules and the rules of SPU, the traffic guides and the judges, as well as the general race regulations.

ENERGY SUPPLY

- A permanent service area is located both in the start and the finish area of the race. The areas are marked with signs SERVICE AREA BEGINS - SERVICE AREA ENDS. Energy supply is forbidden during the last 20 km of the race. Energy supply from a service car is given on the left-hand side of the car in the direction of the race behind the judge car. The racer must always ask permission for the service with a hand sign.

EQUIPMENT SERVICE

- Equipment service is allowed during all the races from a service car or in the permanent service

areas. The maximum height of the service car is 160 cm. If a driver of a service car does not observe the road traffic act and follow the rules and orders of the race, he can be given notice to quit the race service. A service car may not pass the judge car without a judge's permission. An equipment service from a service car must always be done on the right-hand side of the road in the direction of the race and the service is done by the supporter while the racer stands still. The driver of the service car may not come out of the car during the service.

8. FIRST AID

– Common emergency number **112**

– Health care centre of Pudasjärvi

Address: Juhontie 8, 93100 Pudasjärvi

Tel. 08 5875 6621

9. PRIZE-GIVING CEREMONY

– The prize-giving ceremony takes place in the race centre. The three best racers in each class will be awarded a prize.

10. INSURANCES

– Insurance protection of the organizer

The sports insurance contract called Tuplaturvakuutus between SPU and the Insurance Company Pohjola is valid all year 2015. It covers the liability insurance of the action of the member clubs of SPU and the accident insurances of volunteer workers. Terva-ajot ry is a member club of SPU.

– Insurance protection of a racer

A licence-holder member of SPU takes care of his/her insurance protection himself/herself and is alone responsible for any accidents he/she may cause and for the consequences of them.

11. RESTAURANTS

– There is a restaurant in Hotel Pikku-Syöte. Another restaurant, Ravintola Central Cafe, is located in the start area of the races.