



# Race around the Netherlands 2019

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## About

The Race around the Netherlands (RatN) is an unsupported bicycle round. It follows a few long-distance bicycle paths through the Netherlands.

One hundred percent of the route is paved.

Limited participants field of 90 participants. First come, first served registration. You can register here: [www.adventurebikeracing.com/ratn.html](http://www.adventurebikeracing.com/ratn.html)

Start and Finish of the Event will be the:

De Proloog  
Allemanswaard 27  
3958 KA Amerongen

The event starts on May 1st, 2019. You can start your trip from at 08:00 local time. Finish officially closes May 8th, 2019 at 18:00 local time.

The event has two categories: solo and pair

The RatN is a do-it-yourself challenge. You are your own ride organizer.

Nobody helps a rider when something goes wrong for him. Riders have to fend for themselves.

Understand that this is a personal challenge against the clock and not against others.

Tracking participants is nothing more than showing where the participant is on the route. It is nothing more than a web-based framework to show participants progress through the tracking device.

Participants are urged to take planning seriously. Participants must study the route and the services available along the route.



## Registration, the Fee and what you get for it

### When and How much is the Registration?

#### Early Bird Registration!

Early Bird Registration opens  
September, 1st 2018 and closes September 16th 2018

Fee for Early Bird Registration Solo category is 165 Euro.

Fee for Early Bird Registration Pair category is 145 Euro.

For the pair category both riders have to register and pay. Please tell us your riding partner.

Payment until September, 17th 2018

#### Late Registration if not sold out!

Late Registration opens  
March, 9th 2019 and closes March 24th 2019

Fee for Late Registration Solo category is 185 Euro.

Fee for Late Registration Pair category is 165 Euro.

For the pair category both riders have to register and pay. Please tell us your riding partner.

Payment until March, 25th 2019

#### Refund policy:

65,-Euro refund until April, 15th 2019  
After April 15th 2019 no refund! .

#### Limited rider field of 90! First come - first served!



### **What you get for the fee:**

The Route in form of a gpx file

Provided tracking site

(linked here: <http://adventurebikeracing.com/ratn.html>)

Tracking device for the duration of the event

Official race cap

Place to sleep at the start:

**DE BOSRAND**

**Majoorsweg 15, 3958 GW Amerongen, Netherlands**

<http://www.bosrandamerongen.nl/>

Pasta dinner after sign up on April 30th the day before the event starts!

Welcome at the finishline in de Proloog cafe:

Shower, the option to sleep it off if you finish at night time

Digital pictures we make during the event

(can't guarantee we have yours but we will try)

Publishing individual times on our website.

### **Refund policy:**

65,-Euro refund until April, 15th 2019

After April 15th 2019 no refund! .

## **Own Tracker:**

If you have your own tracker we will refund 40,- Euros.

If you have your own tracker we need the following information before April 10th, 2019.

Shared Page: \_\_\_\_\_

ESN Number: \_\_\_\_\_

**Note that we only can add the Spot Gen 3.**



## The Route

You will receive the route from us. You must follow and complete the entire route anti clock-wise. Your challenge is to only navigate the route and complete the entire route on your own.

It is your responsibility to put the route on your navigation device. Please understand that we cannot and will not help you one day before the event with uploading the route on your navigation device.

We will send the final route via e-mail to all participants on April 10th, 2019. Also you can download the route on our website but please note that some minor changes will be made until April 10th 2019.

Facts about the Route:

Distance: around 1680km

Elevation: around 5000hm

Highest point: 167m (above sea level)





## Hoge Veluwe

At around kilometer 126 you will enter the National Park Hoge Veluwe from the North.

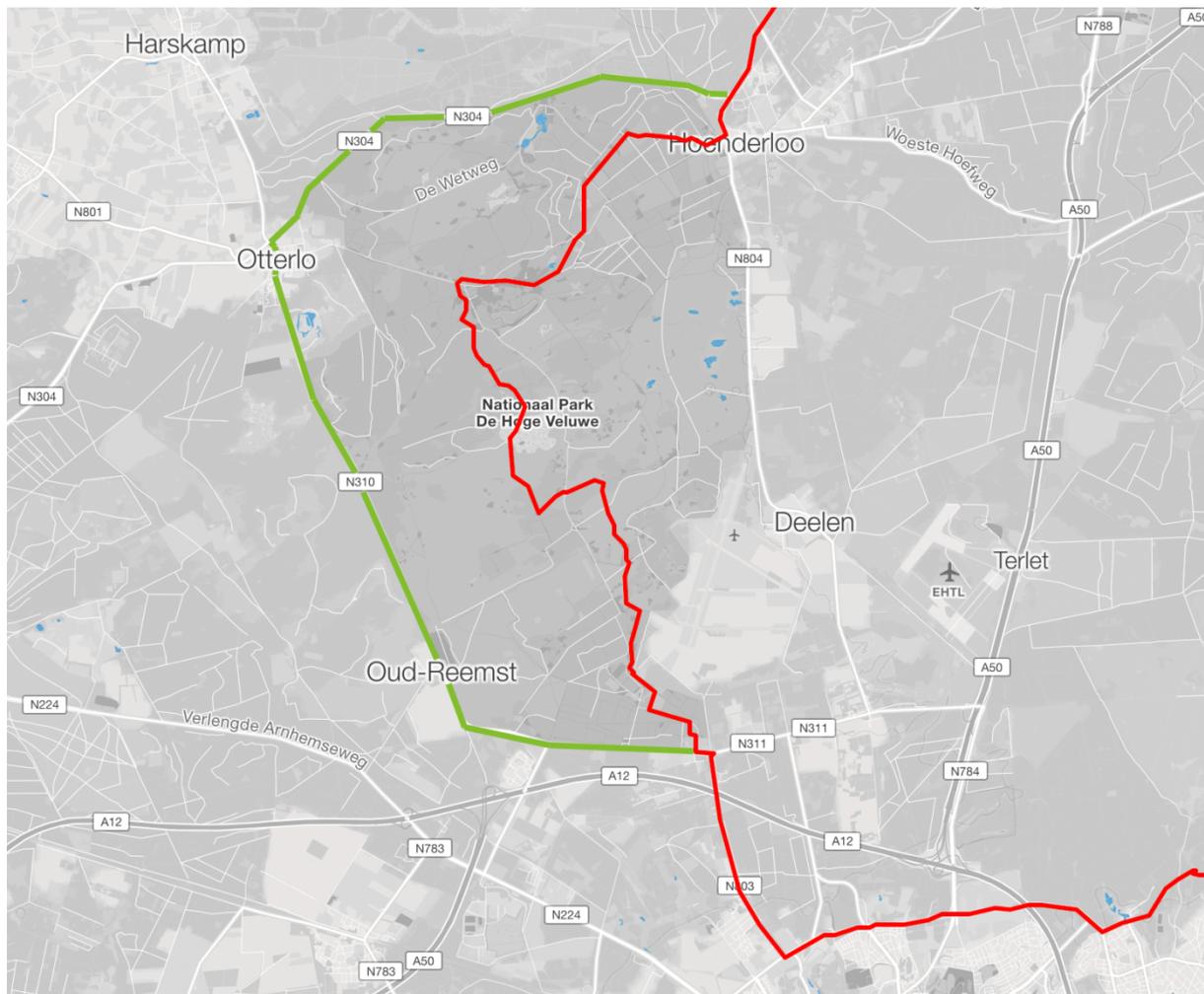
You can **Enter the Park until 20.00 local time. Entry fee is 10,- Euro!**

More info about the Park here: <https://www.hogeveluwe.nl/en>

**Please be extra respectful with the wildlife in this area and other visitors of the Park!**

In case the Park is closed we advice you to take the detour you see in the small map below.

There will be **no gpx file** from the detour!







## Keukenhof

For some riders it is not just about finishing as fast as possible.

Maybe these riders don't want to miss out entering the Keukenhof for a few hours.

At around kilometer 867 you will ride next to the fields full of Tulps close to the Keukenhof.

We hope we have the right timing to enjoy the bloom!

You find Information about the fee and opening times here:

<https://keukenhof.nl/en/>





## Baarle-Hertog

Baarle-Hertog is not an obvious attraction that's why we want to share this!  
At around kilometer 1241 you will ride across Baarle-Hertog.  
It's famous for dozens of borders between Belgium and the Netherlands!





## Start and Finish

Start, Finish and Sign up location will be:

Allemanswaard 27

3958 KA Amerongen

<https://deproloog.cc/>



## Sign up and bike check:

16:00 - 20.00 local time - April 30th, 2019

You get: Tracker and Cap

We get: Signed Participant Agreement,

Signed Participant Release and Waiver,

Signed Next of Kin Info and Proof of insurance

We do: Bike check (light, helmet, brakes)

You can: Leave your bikebox at the cafe proloog for the duration of the event.

(Note: You will leave your box on your own risk. Adventure Bike Racing or the Cafe Proloog are not responsible if something gets lost or forgotten.)

## Briefing before the Start:

07:30 local time - May 1st, 2019

Start: From 08:00 local time - May 1st, 2019

The end will be at the latest: 18:00 local time - May 8th, 2019

## Hostel location here:

DE BOSRAND

Majoorsweg 15, 3958 GW Amerongen,

Netherlands <http://www.bosrandamerongen.nl/>

Please check in at the organisation before 18:00 local time on 30 April.

You'll need your own sleeping bag and pillowcase!



## Rules

### 1. Riders must complete the full course under their own power.

Riders may ride any type of human-powered bike. Except fully covered recumbent bicycles and any kind of E-bikes.

It is fine to go off course to resupply or for emergency reasons (mechanical or medical).

Riders must return to the exact point of departure from the route to recommence their ride and any meter of the race route.

### 2. Riders must be fully self-supported.

Accept no help that others couldn't also receive along the way.

Using any form of social media to broadcast requests for help is forbidden.

Riders are responsible for finding food, water, accommodation, laundry, bike store services and anything else they may need along the way. Any service utilized must be available to all riders.

Friends and family are welcome to visit riders during the event to offer encouragement or take pictures, but they must not offer any material support or food of any kind.

Booking accommodation before the event is not allowed.

You are allowed to book accommodation when the event starts.

#### Pair category:

Riders in the pair act as a unit and may share food, equipment, information and resources between themselves and help each other but no support is to come from outside the pair and resources cannot be shared outside the pair. To all intents and purposes the pair shall act as a solo rider and interact with others outside of the pair as such.

### 3. No Drafting at any time.

#### (Pair riders are allowed to draft each other)

Inevitably a rider may travel at the same pace as another rider. When riding together riders should ride side-by-side.

Riding in a group, even when not drafting, is significantly easier than riding solo. Riders will be asked to declare the extent of group riding after the event and this data may accompany the final individual result.

### 4. Riders must wear a helmet!

### 5. Riders must follow the Dutch law at any time.

The rider has to inform himself and make research about the cycling law in the Netherlands for the time the event takes place.

This website links give you an overview over some rules. Be aware that this is just a guideline and may not be complete or correct at the time the event takes place:

<http://www.holland-cycling.com/tips-and-info/safety/traffic-rules-and-regulations-forcyclists>.



**The participant is aware that all liability rests on himself and that ABR can never be held liable for any damage whatsoever.**

## **6. All bikes have to pass a check up before the start.**

Two white front lights and two red tail lights must be available for use.

A rear red reflector must be permanently fixed to the bicycle.

Note that the rear reflector may be part of a rear light.

A reflective ankle strap on each ankle must be worn at all times.

Reflective tape must be applied to crank arms, seat stays and helmet on both sides.

### **Further Recommendations:**

It is strongly recommended that riders wear a reflective vest during the night.

It is strongly recommended that riders wear bright coloured jerseys during the day.

It is strongly recommended that riders add reflective tape or stickers to their bikes and attach reflective straps to their bags to assist with visibility from behind.

## **7. Riders are required to use a provided GPS**

Tracking is simply showing rider locations on a map. It is nothing more than a web-based framework to present rider progress based on correct use of a tracking device. Unless a rider organizes it, no one will be tracking rider locations - riders alone are responsible for their own safety on course and for the logistics of their own ride.

The race will be tracked through an online tracking service, using rider supplied GPS tracking devices . Final positions will be based on GPS tracking data and racers will not be included in final results if a tracker is not used. Riders are responsible for ensuring the correct use of their tracking devices. Riders with devices that are switched off or not active for long periods may be excluded from the final results.

## **8. Individual times**

A fair event is only possible with fair riders. We cannot enforce the rules without your entire support. The rules apply to all riders. Time penalties may be imposed and individual times may change due to rule violations. Penalties for violations will be decided after a rider has completed the course, or quit the event. Riders should self-police the rules. It is honourable to declare any rule violations and suggest a fair time penalty.



## Insurance

Adventure Bike Racing does not provide any kind of insurance. You have to make sure you are well covered (valid travelling insurance) and have a complimentary rescue insurance. You will be asked to give us a copy of your valid insurance on registration day.

Adventure bike Racing can not be held responsible and is not reliable for an adverse event that may occur to you.

## Timeline

Event Sign up and Bike check Opens	16.00	30	April	2019
Event Sign up Bike check Closes	20.00	30	April	2019
Briefing(mandatory presence)	07.30	01	May	2019
Start from	08.00	01	May	2019
End the latest	18.00	08	May	2019

## Event Cancellation

The Race around the Netherlands will be cancelled by Adventure Bike Racing and their officials if instructed to do so by local authorities. The event will also be cancelled in case of force majeure or in any other case when Adventure Bike Racing believes that it is irresponsible to let it go forward. This decision is entirely up to Adventure Bike Racing and is final.

If the Race around the Netherlands is cancelled, no results will be published. In a formal sense, each participant is their own ride organizer.



## Liability / Applicable law

Adventure Bike Racing of any other party involved at the event will never be liable towards the participants, their heirs and other people, for what material damage and/or personal injury of whatever nature and size whatsoever, that the participant and other parties can experience.

The participant takes part at his own risk and is responsible for any damage he might suffer. Adventure Bike Racing advises the participant to make sure they have a legal liability insurance.

In case there will be a liability for Adventure Bike Racing, the liability is only for the direct damage and is maximised to the amount that the insurance company will pay.

Dutch Law is applicable to the event and to the agreement.

## Tracker

At the start we will turn the tracker on for you!

Please test your tracker as soon as you can after registration!

Website link to follow the event will be published here:

<http://adventurebikeracing.com/ratn.html>

**Do not turn off the tracker at any time during the event!**

If the rider decides to scratch from the race or arrives at the finish after 18.00 local time on May 8th, 2019 he needs to ship the device to us.

You have to contact us as soon as possible via mail to manage the shipping details!



## Participant agreement

I vow to act as an ambassador for the event and the route. I understand the self-supported ethos is mostly based on a code of mutual respect and self-enforcement. I have read the rules, both on the website and in the event manual. Furthermore, I have read the entire event manual and understand what it implies.

I understand I must pay the registration fee to join the event.

I understand that the way to contact the organization is to email [info@adventurebikeracing.com](mailto:info@adventurebikeracing.com). Social media is not the way to contact the organization of the event about any issues.

I agree to unlimited usage of my images or videos from the event for event media.

I understand the entry fee guarantees just the route in GPX form, a one night stay at the sleeping accommodation and the official cycling cap.

I understand that ABR is never liable for anything, since they online provide a route, one night stay and a cap. In the unlikely case that ABR will be held liable, the liability is maximized to the amount to which the insurance policy gives coverage.

I agree to abide by the safety requirements listed in the event manual.

I agree to show up for the safety and equipment check on April 30st 2019.

I agree to sign a hard copy of the agreements in person at the safety and equipment check.

I understand that if I do not show up for the safety and equipment check that I will not be eligible to the event.

I will seek the event organization's expressed authorization before attempting to use the logo in any goods for sale (in any fashion including), but not limited exclusively to fundraising.

I will remain solely liable for payment of all and any taxes, surcharges, levies, imposts, fines, penalties or similar charges incurred by myself in the connection with the participation of myself in the event



I will not make or permit to be made any public announcement(s) in relation to this agreement without prior consent of Adventure Bike Racing nor (save as required by law) disclose to any third-party information concerning the terms or subject matter of this agreement from the date here of.

I understand that I have been warned repeatedly to buy third-party travel insurance to ensure coverage for evacuation services or repatriation of remains.

I understand something catastrophic may cause the event to be unable to function and that I will be guaranteed nothing in case of an event of force majeure, natural disaster, political situation, etc.

I understand that Adventure Bike Racing retains all rights over intellectual property, this includes, but is not limited to name, logos, photos and films.

I understand that it's just a bike riding event and if I make problems for myself, that's on me.

I agree to all decisions by Adventure Bike Racing in the management and execution of the event.

I understand that I can be ejected from the event if I am found to be in breach of the terms outlined in the event manual and the agreements. Decisions made by the event organization will be final.

I understand that Dutch law is applicable to the event and that Dutch law regulates the agreement between me and Adventure Bike Racing.

I understand that if I decide to scratch from the event, I must report this as soon as possible by emailing [info@adventurebikeracing.com](mailto:info@adventurebikeracing.com).

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## Participant Release and Waiver

Race around the Netherlands 2019: In consideration of being allowed to participate in any way in the Adventure Bike Racing events, trainings and activities, I acknowledge, appreciate and agree that:

The risk of injury from many activities is significant, including the potential for permanent paralysis and death, while particular skills, rules equipment and personal discipline may reduce this risk, the risk of serious injury does exist. I understand the risks and I am prepared to bear the consequences.

I knowingly and freely assume all such risks, both known and unknown, even if arising from negligence of releases or others and assume full responsibility for my participation.

I understand that I am responsible for my actions. I will examine and inspect the activity in which I participate. If I observe any condition, which I consider to be unacceptably hazardous or dangerous, I will refuse to take part in the event until the condition has changed to my satisfaction, through my own actions or otherwise.

I understand that participation in the event may be extremely demanding both mentally and physically. I am qualified, in good health, and in proper physical and mental condition to participate in the event.

I fully understand that the event is unsupported, which means that I will be responsible for organizing, planning and executing my own ride during the event.

I fully understand there will be no on-the-ground organization by the releases during the event.

I fully understand I will be participating in the event alone and that the releases named below may not assist me in any scenario and may not even be contactable during the event.

I fully understand I will be responsible for sourcing my own assistance if I deem it necessary.

I fully understand any participant GPS location tracking service offered as part of the event will be provided as nothing more than a web-based framework to present participants progress based on correct use of the tracking device.

I fully understand, unless I organize it, no one will track my location during the event.



I willingly agree to comply with the stated and customary terms and conditions for participating. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless Adventure Bike Racing, officials, directors, coordinators, agents and/or employee's, other participants, sponsoring agencies, sponsors, advertisers and any other party involved("releases"), with respect to all injury, disability, death or loss or damage to person or property, whether arising from the negligence of releases or otherwise, to the fullest extent permitted by law.

I agree to having my information shared if needed. I consent to the release by any third-party to the release and their insurance carriers of my name and medical information that may relate solely to an injury I may suffer arising from the activity.

I understand that ABR and people of ABR that are involved in this event, are never liable towards the participants, their heirs and other people, for what material damage and/or personal injury of whatever nature and size whatsoever, that the participant and other parties can experience. I have read this release and liability and assumption of risk agreement, fully understand its terms, understand that I have given up substation rights by signing it, and sign it freely and voluntarily without inducement.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## Next of kin

All riders are required to give details of their next of kin, so that they can be contacted if the event organization becomes aware of any incident involving the participant.

Participant:

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Participant phone number:

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Next of kin:

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Relation to rider:

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Email:

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Next of kin phone number

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## Contact Adventure Bike Racing

Register here: <http://adventurebikeracing.com/ratn.html>

**Main contact:**

mail: [info@adventurebikeracing.com](mailto:info@adventurebikeracing.com)

Fun contacts:

Facebook: [www.facebook.com/adventurebikeracing/](http://www.facebook.com/adventurebikeracing/)

Instagram: [www.instagram.com/adventurebikeracing/](http://www.instagram.com/adventurebikeracing/)

Sincerely,

A handwritten signature in blue ink, appearing to read 'Michael Wacker', is written over a light blue horizontal line.

Michael Wacker

Team Adventure Bike Racing