



# Race around the Netherlands GX 2021

**Please read the manual completely!**

Manual Edition: **19 May 2021**

Author: *Michael Wacker, Adventure Bike Racing*

*Geschwister-Scholl-Strasse 26, 48493 Wettringen - Germany*

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## ABOUT

The Race around the Netherlands GX(RATNGX) is an unsupported bicycle round. It follows a few long-distance bicycle paths and gravel roads through the Netherlands.

The RatNGX is a do-it-yourself challenge. You are your own ride organiser. It is a personal challenge against the clock and not against others.

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

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

The event has two categories: solo and pair

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.

## 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 with uploading the route on your navigation device.

We will send the final route via e-mail to all participants on August 1st, 2021 then latest.

You can also download the route on our website but please note that some minor changes will be made until August 1st, 2021.



## LOCATIONS

### Start, Finish and Sign up location will be:

De Proloog  
Allemanswaard 27  
3958 KA Amerongen  
<https://deproloog.cc/>

### Sign up and bike check

You get: Tracker and Cap

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

You can: Leave your bike box or small bag pack at the cafe de proloog for the duration of the event.

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

### Hostel

DE BOSRAND  
Majoorsweg 15, 3958 GW Amerongen,  
Netherlands <http://www.bosrandamerongen.nl/>

You'll need your own sleeping bag and pillowcase!

## TIMELINE

Event Sign up and Bike check Opens	13.00	03	September	2021
Event Sign up Bike check Closes	17.00	03	September	2021
Start from	08.00	04	September	2021
End the latest	18.00	12	September	2021



## REGISTRATION, FEE AND WHAT YOU GET

First come, first served registration.

Fee for Registration Solo and Pair category is 170 Euro.

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

Fee for a one night stay the night in the hostel prior to the event  
is an extra 30,-

### **Refund policy:**

No refund!

You can register only here: [www.adventurebikeracing.com/ratngx](http://www.adventurebikeracing.com/ratngx)

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

The Route in form of a gpx file

Tracking device for the duration of the event  
Provided tracking site  
(linked here: <https://adventurebikeracing.com/ratngx>)

Official race cap

Welcome at the finish line in de Proloog cafe:  
Shower, the option to sleep if you finish after midnight!

Digital pictures we make during the event  
(can't guarantee we have yours but we will try)

Publishing individual times on our website.



## RULES

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

Riders may ride any type of human-powered bike. Except 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.

Note: As long its accessible for anyone accommodation like the following is ok with us!

Warmshowers (<https://www.warmshowers.org>)

Vrienden op de Fiets (<http://www.vriendenopdefiets.nl/>)

#### **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.

Please see the detailed checklist attached to this manual.

## 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 organises 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.



# Bike Check

We want you do do these checks previous to the event and provide us some pictures as evidence!  
Note that this is the minimum we want you to do. Any extra effort to make your bike/ride safer is more then welcome!

Name:

## Bike Check

Handlebar (check for play)

Brake check

Wheels (check for play)

Reflective tape - crank both sides (3cmx12cm minimum length)

Reflective tape - seat stays (2cmx20cm minimum both sides) direction to the back and side

Reflective tape - fork (3cmx20cm minimum both sides)

Reflective tape - wheels (2x 2cm x 7cm minimum)

*Reflective tape has to be attached on both wheels and each sides!*

*Reflective tires would be a good addition!*

*Alternative: Spoke reflector (2x2 cat eyes)*

*Alternative: Reflective spoke clips (minimum 9 each wheel in 3x120° steps!)*

2x Front lights

*Both must be fully functional lights.*

*One has to be mounted. The second can be in your bag!*

*Day riding lights will not be excepted as a spare light*

3x tail lights

*Two have to be mounted. The third can be in your bag!*

## Clothing Check

2x Anklestraps

*Note: Ankle straps must be worn at night time.*

*Alternative: Reflective tape on shoes plus reflective tape on crank arm wrapped around min. 12cm*

*Note that in the event when shoe covers are worn you need to put reflective ankle straps*

*over the shoe cover or you need to put equivalent amount of reflective tape on the shoe covers!*

*Reflective socks would just be an addition...no alternative!*

Helmet (Reflective Tape left, right and back!)

(Reflective tape 2cmx7cm minimum)

Reflective Vest:

## Recommendations!

Additional Helmet light:

\_\_\_\_\_  
Signature.

\_\_\_\_\_  
Date



## INSURANCE

Adventure Bike Racing does not provide any kind of insurance. You have to make sure you are well covered (valid traveling insurance) and have a complimentary rescue insurance. You will be asked to give us a copy of your valid insurance during the registration or sign up.

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

## 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 organiser.

## LIABILITY / APPLICABLE LAW

Adventure Bike Racing or 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/ratngx>

If the rider decides to scratch from the race or arrives at the finish after 18.00 local time on September 12th, 2021 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 organisation is to email [info@adventurebikeracing.com](mailto:info@adventurebikeracing.com). Social media is not the way to contact the organisation 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 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 September 3rd 2021.

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 organisation's expressed authorisation 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 organisation 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 via e-mailing [info@adventurebikeracing.com](mailto:info@adventurebikeracing.com).

I understand that in case I lose the Tracking device I will be charged 180,- Euros!

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

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

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



## **PARTICIPANT RELEASE AND WAIVER**

Race around the Netherlands GX 2021: 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 organising, planning and executing my own ride during the event.

I fully understand there will be no on-the-ground organisation 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 organise 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 organisation 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: <https://adventurebikeracing.com/ratngx>

**Main contact:**

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

Fun contacts:

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

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

Sincerely,

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

Michael Wacker

Founder Adventure Bike Racing