



# Three Peaks Bike Race // #TPBR2024

**Please read the manual completely and safe it. It contains all the info!**

**Only way to contact us is via mail please.**

**Make sure you receive our mails. Check your spam folder to not miss any infos.**

**Our only email address is [info@adventurebikeracing.com](mailto:info@adventurebikeracing.com)**

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## About

The "Three Peaks Bike Race" is a self-supported ultra cycling event across the Dolomites, the Alps and the Pyrenees.

The TPBR is a do-it-yourself challenge. You are your own "ride organizer". No assistance means that you are on your own. No one will help a rider if things go wrong for him in any ways. You can only count on yourself. Understand that this is a personal challenge against the clock. Not against others.

GPS tracking is mandatory and provided but is simply showing the rider's location on the map and to make sure no one is bending the rule. It is nothing more than a web-based framework to present rider progress based on correct use of a tracking device.

This Event is designed for riders who want to get a taste for self-supported bike riding or for experienced riders who want to test themselves in particular training conditions before their main season goal(s).

The routing concept is that you have to plan your own route to get from A to B via the different mandatory checkpoints. Parcours listed in the manual (Route section) must be ridden!

Riders are urged to take planning seriously. Riders must study the route and the services available. We reserve ourselves the right to prohibit some sections for safety reasons. You will be notified in time.

**Start is in Vienna from the Schönbrunn Palace on July 06th from 10.00!**  
**Finish in 2024 is Nice - France! Official finish closes July 16th at 18.00!**

The Event has two categories - solo and pair



## Registration, Fee and what you get for it

First come - first serve registration.

### Early Bird Registration!

Early Bird Registration closes December 30th, 2023

Fee for Early Bird Registration Solo and Pair category is 245 Euro.

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

### Late Registration if not sold out!

Late Registration opens January 1st, 2024 and closes March 15th, 2024

Fee for Late Registration Solo and Pair category is 275 Euro.

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

### What we provide for the fee?

- Event car riding along and through the checkpoints
- Provided tracking site  
(linked here: <http://adventurebikeracing.com/threepeaksbikerace>)
- Pictures we made during the event (we cannot guarantee we have yours but we will try)
- Welcome at the finish in Nice (Finish beer and Finish picture)
- Publishing individual times on our website  
<http://adventurebikeracing.com/threepeaksbikerace>
- We not offer any kind of luggage transport to the finish

### Refund policy:

145,-Euro refund until January 1st, 2024

After January 1st, 2024 no refund! We also not offer any transfer to another rider or another year. So please don't ask for that possibility.

## Own Tracker:

In case you want to use your own spot tracker we will refund 20,- Euros.

If you have your own tracker we have to add it to our event map and need the following information before June 01st, 2024 via mail.

XML feed:

### Note that we can just add the Spot Gen or Spot Trace.

We can not add any other tracker on our event map!



## The Route

TPBR takes you across the most beautiful landscape in Europe!

It is also one of the most challenging terrain for cycling you will find on our beautiful planet.

You have to ride on a self-planned cycling route along three high Mountain Peaks all the way to the finish using only the power produced by your muscles. Ride to the next Peak of the event over another big mountain or take the longer flat way around.

### Important:

- Please note that its not allowed to share any route designs with other participants. Its an individual task and already considered a part of being self sufficient.
- If you want to share a safety concern regarding the route please do so via mail.
- The route will be sent via mail to all participants on June 10th the latest. Until than the provided gpx files can be taken to plan but some small changes might come with the latest update.

## Start // Sign up

Sign up location will be here:

**Margaretenstraße 64, 1050 Wien, Austria**

Sign up opens: 12.00 local time - Friday July 5th, 2024

Sign up closes: 18.00 local time - Friday July 5th, 2024

### **Saturday July 6th: No Sign up!**

You get: Tracker, Cap

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

Start location will be here:

**Schönbrunner Schloßstraße 47, 1130 Vienna, Austria**

Coordinates: 48.187049, 16.313448

**Start: Saturday from 10.00 local time - July 6th, 2024**

A GPX file of the Start Parcours will be published on our website!

You have to ride the full parcour!

Start will be in small groups every 15minutes.

Note that you ride on a public road/path right away and you share it with other bikers and hikers. So please be respectful!



## Peaks 2024

You have to ride all three Peaks (Peak parcours)  
You can choose the order and direction you ride it.

### Peak X

Monte Grappa Parcours (choose your direction)  
A GPX file of this Parcours will be published on our website!  
You have to ride the full parcours!

### Peak X

Grimselfpass  
Coordinates: 46.561170, 8.336678

### Peak X

Vosges Parcours (choose your direction)  
A GPX file of this Parcours will be published on our website!  
You have to ride the full parcours!

## Finish Parcours - D'Alpe Huez // Nice

A GPX file of the Finish Parcours will be published on our website!  
You have to ride the full parcours!

**Official Finish closes: 1800 local time - July 16th, 2024**  
Riders who finish later still get ranked in the general classification with their individual time!

**IMPORTANT: In case the road within the parcours is blocked and you have to reroute please find the safest and shortest route around and back to the parcours!**

## Peak Picture

As a proof of successful ride to and through the Checkpoints, you will be asked to take a picture of your smiling face indicating the summit of the pass. Please keep these pictures until the official results are published in case there was a problem with the gpx tracking.



## Rules

### 1. Riders must complete the full course from start to finish on a self-planned route passing over 3 mandatory mountain Peaks.

Peaks can be coordinates or a parcours. More info in the route section in this manual

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

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

Accept no help that others could not receive along the way.

i.e : Should your route take you through your hometown, you would not be ok sleeping in your bed, neither in your garden.

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.

#### 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 change the final results. We will monitor riders closely using the GPS tracking devices and mapping.

### 4. Riders must follow the local laws at any time.

The rider has to inform himself prior to the race and enquire about the cycling laws in the countries he intends to cross for the time the event takes place.

i.e: in France, high visibility reflective vests are mandatory to ride at night and headsets prohibited.



## 5. 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. We strongly advise you to have two different power sources.

A reflective ankle strap on each ankle must be worn at nighttime.

Reflective tape must be applied to crank arms, seat stays, fork wheels and helmet on both sides. (Make sure it really is the seat stay and it is reflecting to the back and side)

### Further Recommendations:

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

It is strongly recommended that riders use an extra helmet light in addition to their normal lights at night. (A helmet light would be ok as a second main light)

It is strongly recommended that riders wear bright colored 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.

## 6. 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 event will be tracked through an online tracking service, using rider supplied tracking devices. Final positions will be based on tracking data and riders 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.

## 7. Results and classification

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 riders may not appear in the final results due to rule violations. Penalties for violations will be decided after a rider has completed the course, or quit the event. Riders should also self-police the rules. It is honourable to declare any rule violations and self-disqualify or suggest a fair time penalty.

> If a rider fails to ride to all three peaks he will be marked **dnf (did not finish)** in the classification.

> The use of a tunnel or road which is forbidden for cyclists will also lead into a **dnf** classification!



## More than just rules!

Ahead of the event I want to address a problem our sport has developed over time. This problem shapes a Public opinion that what we do is extreme, dangerous and even impossible. The problem is the systematically use of painkillers and caffeine pills.

As most of you know, our sport is defined by a few simple rules and we want to keep it that way. We do not want to create a 1000 pages rule book which would create a guideline what's wrong but also what limits would be allowed. Our rules are not about limits, they are about acting fair and with respect at all times.

The spirit is captured by the term 'self-supported'. As a rider you must take care of yourself, and not accept outside assistance. As a participant, you have agreed that you will "act as an ambassador for the event", and that you "understand the self-supported ethos is mostly based on a code of mutual respect and self-enforcement." With the development of our sport over the past few years, it appears that the spirit, the self-supported mind-set, has lost some of its strength. I would therefore like to address two issues which are heavily at odds with the ethos of these races.

The systemically use of medication and caffeine pills.

Painkillers are for killing pain as a last resort; they are not intended to pre-numb your body. Caffeine pills are used as convenient endurance performance boosters. Being able to tolerate pain and being able to ride with less sleep, are skills that can be trained. Pills are outside support and diminish your personal accomplishment. Moreover, pain is a signal your body gives you when you are crossing a boundary. It is important that you can feel this signal and act on it.

### Self-policing

Self-supported racing is not about cheating the system. It is not about defying the rules and getting away with it because you didn't get caught. Self-supported racing is about being self-reliant and taking ownership of you own race. You have to make your own decisions and it is up to you to follow the rules of the race. If you make a mistake (accidentally or intentionally) it is your responsibility to pro-actively inform the organizers. The point of this rule is not to exclude or disqualify riders. It is to create a level playing field and to allow for fair racing.

You will be riding your bike across Europe for almost 2500km, and we want you to be the happiest version of yourself, not the fastest version of yourself at all costs. Keep it safe, keep it fair, keep it fun and stay healthy.

Michael  
Adventure Bike Racing





## Insurance

Adventure Bike Racing does not provide any kind of insurance. You have to make sure you are well covered (valid traveling insurance for example).

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

Please do not ask us what kind of insurance you need. Contact your insurance partner and explain them the event you signed up for.

Only they and there policies know for which events you are covered!

## Event Cancellation

The TPBR 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 TPBR is cancelled, no results will be published. In a formal sense, each participant is their own ride organizer.

## 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.

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



## Tracker

At the start we will turn the tracker on for you! It`s battery will last around 4 days. You will be given a cable to charge it ones after the 4th day in the event. Please test your tracker and cable as soon as you can after registration! Website link to follow the event will be published here:  
<http://adventurebikeracing.com/threepeaksbikerace>

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

**If the rider decides to scratch from the event or arrives at the finish after 18.00 local time on July 16th, 2023 he/she needs to ship the device to us on his/her own costs.**

Shipping address:  
Michael Wacker  
Sellen 71  
48565 Steinfurt  
Germany

For non EU citizens it is there responsibility that the parcel not ends up in customs control and if this results in any additional costs for us we will have to charge them up to 90,- Euro.

In case the tracker gets lost during the event we will charge 180,- Euro

## Riding in high altitude

Regardless of your route you are going to be crossing many passes, being in the dolomites or the alps, the highest ones above 2000m. So there is a few things you need to be prepared for: Weather can be changing very quickly and temperatures dropping down to single digit in a couple of hours. Exhaustion can amplify the cold factor, especially when riding at night. Pack additional clothing as appropriate (warm gear, muff, leggings, gloves, wind-stopper gilet, waterproof windbreaker...)

Sun at those altitudes can be scorching hot. Make sure to pack a cap and sun cream.

Above 2000m it is not unusual to feel more fatigued due to relative hypoxia and muscle exhaustion. Always listen to your body.

Behind every pass and climb there is a descent. Riding fast downhill in the wilderness might bring extra danger, such as fallen rocks, animals.

Always be prepared for the unexpected and remember to also enjoy the landscape you will be 'cruising' through.



## 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 a place in the event and the official cycling cap.

I understand that ABR is never liable for anything, since they only provide a route 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 July 5th, 2024.

Find attached the check list we use for the bike check! **Be well prepared! We do not have the time to discuss everything individually just because you came unprepared!**

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 German law is applicable to the event and that German 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

ThreePeaks Bike Race: 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 that in case the tracking device gets lost during the event I will be charged a 180,- Euro fee.**

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 substitution rights by signing it, and sign it freely and voluntarily without inducement.

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

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

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



## Three Peaks Bike Race // Bike check

### Info

Full Name:

Number:

Category:

### Bike Check

Handlebar (check for play)

Brake

Wheels (check for play)

Reflective tape - crank (min 12cm high and completely wrapped -both sides)

Reflective tape - both seat stays (25cm high and completely wrapped)

Reflective tape - fork (3cmx20cm minimum - both sides)

Reflective tape - wheels (3x 2cmx7cm 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*

2x high visible tail lights

### 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:

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Rider Signature



## 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: \_\_\_\_\_

Participant Phone number: \_\_\_\_\_

Next of kin: \_\_\_\_\_

Relation to rider: \_\_\_\_\_

Email: \_\_\_\_\_

Phone number \_\_\_\_\_

## Contact Adventure Bike Racing

Register here: <https://adventurebikeracing.com/threepeaksbikerace>

### Main contact:

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

### Fun contacts:

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

Facebook Group: <https://www.facebook.com/groups/1759815427648662/>

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

Sincerely,

Michael Wacker  
Founder Adventure Bike Racing