



# The Hills have Bikes 2024

**Please read the manual  
completely!**

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## About

The Hills have Bikes (THhB) is an unsupported bicycle round. It starts and finishes at de Proloog cafe in Amerongen. The route leads riders into Germany in search for some hills. 60 percent of the route is off-road.

Bike choice is up to up. We recommend to use at least a gravel bike with 42mm tires. However most riders will prefer a bike with suspension.

First come, first served registration.

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

Start and Finish of the Event will be:

De Proloog

Allemanswaard 27

3958 KA Amerongen

The event starts on June 22nd, 2024. You can start your trip from at 08:00 local time. Finish officially closes June 30th, 2024 at 18:00 local time.

The event has two categories: solo and pair

The THhB is a do-it-yourself challenge. You are your own ride organiser.

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

## When and How much is the Registration?

Registration open until April 1st, 2024

Fee for Registration Solo and Pair category is 149 Euro.  
*For the pair category both riders have to register and pay.*

## Refund policy:

No refund!

We also do not offer any transfer to a future edition or another person.

## What you get for the fee:

The Route in form of a gpx file

Provided tracking site

(linked here: <https://adventurebikeracing.com/thehillshavebikes> )

Tracking device for the duration of the event

Official event jersey

Digital pictures we make during the event

(We can't guarantee we have a picture from you but we will try)

Publishing individual times on our website.

Welcome at the finish line in de Proloog cafe and the option to take a shower.

**There is no option to sleep in de Proloog at any time.**



## Tracker // Scratching

At the start you will be handed a tracking device. We will turn the tracker on for you!  
Please test your tracker as soon as you can after registration!  
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 June 30th, 2024 he needs to ship the device to us as fast as possible.

Ship the tracker only to:  
Michael Wacker  
Sellen 71  
48565 Steinfurt  
Germany

## The Route

You will receive the route from us. You must follow and complete the entire route 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 June 1st, 2024.  
Also you can download the route on our website but please note that some minor changes will be made until June 1st 2024.

Facts about the Route:  
Distance: around 1130km  
Elevation gain: around 11000hm

### Important Route rules:

Section 01 of the route has to be finished by 9.30 p.m..  
Section 12 of the route not allowed to start after 8.00 p.m. and before 5.30 a.m.  
Instead start detour route X12 between dark hours.



## Start and Finish

Start, Finish location will be:

Allemanswaard 27

3958 KA Amerongen

<https://deproloog.cc/>



## Sign up and bike check:

13:00 - 17.00 local time - June 21st, 2024

You get: Tracker and jersey

We do: Bike check - please see the attached checklist. Note that if your bike is not ready according to the checklist you will be not allowed to ride. There will be an online sign up prior to the sign up day where you need to sign the papers online!

You can: Leave your bikebox or any other bag 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 and small snack before the Start:

7:30 - 8.00 local time - June 22nd, 2024



## Rules

### 1. Riders must respect the Environment and other Trail Users. Don't create new trails!

Respect the trail and the inhabitants of the fields and woods.

Clean up any evidence of your presence. Any trash you bring with you should go back home with you or be disposed of properly.

Don't disturb animals and vegetation in any way.

Yield to hikers and other cyclists on the trail.

### 2. 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.

The exchange of route information for example on social media is forbidden.

### 3. 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.

It is allowed to book accommodation before the race starts.

Staying home or with friends or family during the event will remain forbidden during your ride and will result in an dnf.

#### **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.

### 4. 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.



## 5. Riders must wear a helmet!

## 6. 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.**

## 7. 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.

Reflective tape must be applied to wheels, crank arms, seat stays and helmet.

See the detailed checklist for further instructions!

### **Further Recommendations:**

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

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.

## 8. 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.

## 9. 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.

## 10. No prize money



## More than just rules!

Ahead of the event I want to address a problem our beautiful 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 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 for around 1100km, 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) and have a complimentary rescue insurance. You will be asked to give us a copy of your valid insurance via online sign up.

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

Do not ask us what kind of insurance you need: Speak to your insurance company and explain what you will do. Just they will know if you are well covered.

## Event Cancellation

The THHB event 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 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.



# THE HILLS HAVE BIKES // Bike check

## Info

Full Name:

## Bike Check

Handlebar (check for play)

Brake

Wheels (check for play)

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

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 tail lights

*One has to be mounted. The second 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:

\_\_\_\_\_  
Rider Signature



## 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 jersey.

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 maximised 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 sign a hard copy of the agreements in person at the safety and equipment check.

I understand that if I my bike does not pass the safety and equipment check that I will not be eligible to the event.

I will seek the event organisation'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 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 by emailing [info@adventurebikeracing.com](mailto:info@adventurebikeracing.com).

I understand that in case I lose the Tracking device or do not return it within 3 weeks after the event I will be charged 180,- Euros!

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

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

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



## Participant Release and Waiver

The Hills have Bikes 2024: 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 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: <https://adventurebikeracing.com/thehillshavebikes>

**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,

Michael Wacker

Team Adventure Bike Racing