



Race around the Netherlands GX 02

Please read the manual completely!

Manual Edition: 02 June 2024

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ABOUT

The Race around the Netherlands GX (RatNGX) is a fully self-supported bikepacking event on mixed terrain. Two thirds of the route is paved; the other third is a good mix of gravel roads, single trails and some cross sections.

There are two versions of the route: The Full round which is 1932k and the North round version which is 1230km.

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/her. 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-clockwise. 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 May 30th, 2025 the latest. You can also download the route on our website but please note that some minor changes will be made until May 30th, 2025.



ROUTE SECTIONS (IMPORTANT)

The RatNGX route will take you through many nature reserves. Most of these areas are protected by organizations such as Staatsbosbeheer or Natuurmonumenten and access restrictions apply. There are many sections of the route that are not accessible between sunset and sunrise. During the night, these areas are for the animals only; walkers and cyclists are not allowed.

During the event sunset will be at around 10.00 p.m. and sunrise will be around 5.30 a.m. Our general advice is to ride the entire route in daytime. That way you won't miss out on some of the most beautiful sections of the route. However, for those riders who want to continue riding during the night we created 'Dark detours' for those sections where the night-riding restrictions apply. Taking these detours during the night is not optional, it is mandatory.

Not following these rules will lead into a disqualification from the event!

Below is an overview of all section where restrictions apply and for which the Dark detour is mandatory after sunset. See also the Race around the Netherlands GX Komoot Collection on our website for a better understanding.

GPX File 01-RATNGX

You will need to be out of the Posbank area at sunset (aprox. 10.00 p.m.)
This is at kilometer 172 entering the town Dieren.

GPX File 04-RATNGX

You are not allowed to start this route section after 7.30 p.m. and before 5.30 a.m..
Instead you need to take the Detour - GPX File: X14-Drenthe-South after Dark

GPX File 05-RATNGX

You are not allowed to start this route section after 7.30 p.m. and before 5.30 a.m..
Instead you need to take the Detour - GPX File: X05-Drenthe-North after Dark

GPX File 06a-RATNGX

At kilometer 169 you are allowed to take the ferry if available.
If you want not take the ferry in Stavoren or you missed it you are allowed to take GPX File - X06-Option Route Enkhuizen.

GPX File 08-RATNGX-Texel

It is not allowed to ride between 10.00 p.m. and 5.30 a.m. on Texel.
You need to plan accordingly!
(Note that there will be no detour to ride at night for this section)

GPX File 10-RATNGX

You are not allowed to start this route section after 8.00 p.m. and before 5.30 a.m..
Instead you need to take the Detour - GPX File: X10-Dunes after Dark
After finishing X10-Dunes after Dark please follow GPX File: 10-RATNGX!



GPX File 11-RATNGX-sprint

It is not allowed to ride between 10.00 p.m. and 5.30 a.m. on this final section.
You need to plan accordingly!
(Note that there will be no detour to ride at night for this section)

GPX File 14-RATNGX

You are not allowed to start this route section after 9.00 p.m. and before 5.30 a.m..
Instead you need to take the Detour - GPX File: X14-Kempen after Dark
After finishing X14-Kempen after Dark please follow GPX File: 14-RATNGX!

GPX File 15-RATNGX

You are not allowed to start this route section after 8.00p p.m. and before 5.30 a.m..
Instead you need to take the Detour - GPX File: X15-Leender Bos after Dark
After finishing X15-Leende after Dark please follow GPX File: 15-RATNGX!

GPX File 16-RATNGX

You are not allowed to start this route section after 8.00 p.m. and before 5.30 a.m..
Instead you need to take the Detour - GPX File: X16-Roermond after Dark
After finishing X16-Roermond after Dark please follow GPX File: 16-RATNGX!

GPX File 17-RATNGX

You are not allowed to start this route section after 8.00 p.m. and before 5.30 a.m..
Instead you need to take the Detour - GPX File: X17-Vaals after Dark
After finishing X17-Vaals after Dark please follow GPX File: 17-RATNGX!

GPX File 19-RATNGX

You are not allowed to start this route section after 8.00 p.m. and before 5.30 a.m..
Instead you need to take the Detour - GPX File: X18-Landgoed after Dark
After finishing X19-Landgoed after Dark please follow GPX File: 19-RATNGX!

We are not perfect and rules regarding night riding can change or extend anytime. So if you encounter an additional forbidden zone not listed in this manual please find the safest way around this zone. Do not create any new trails or try to outsmart the rules or local laws. It would also be nice to inform us about new developments you encounter so we can update the route and inform other participants. Thanks!



Route rules - short version:

01-RATNGX

Arrive at Kilometer 172 before 10.00 p.m.

04-RATNGX

Before starting check what time it is!

After 7.30pm and before 5.30 a.m. ride X04-Drenthe-South after Dark

05-RATNGX

Before starting check what time it is!

After 7.30pm and before 5.30 a.m. ride X05-Drenthe-North after Dark

06a-RATNGX

At kilometer 169 - Ferry allowed

08-RATNGX-Texel

Forbidden between 10.00 p.m. and 5.30 a.m.

10-RATNGX

Before starting check what time it is!

After 8.00pm and before 5.30 a.m. ride X10-Dunes after Dark

11-RATNGX-Sprint

Forbidden to ride between 10.00 p.m. and 5.30 a.m.

14-RATNGX

Before starting check what time it is!

After 9.00 p.m. and before 5.30 a.m. ride X14-Kempen after Dark

15-RATNGX

Before starting check what time it is!

After 8.00 p.m. and before 5.30 a.m. ride X15-Leender Bos after Dark

16-RATNGX

Before starting check what time it is!

After 9.00 p.m. and before 5.30 a.m. ride X16-Roermond after Dark

17-RATNGX

Before starting check what time it is!

After 8.00 p.m. and before 5.30 a.m. ride X17-Vaals after Dark

19-RATNGX

Before starting check what time it is!

After 8.00 p.m. and before 5.30 a.m. ride X19-Landgoed after Dark



Recommandations

Bike: We recommend using a Gravel Bike for this event.

Tires: We recommend at least 40mm - 44mm tires for dry conditions. For wet conditions we also recommend a nobby tire!

Water: We recommend to be able to carry at least 2,5l of water.

We recommend to bring some technical riding experience. The route is not just straight and flat. Some stretches will be steep up and down. Some stretches will be rocky and also sandy. So be prepared that your average riding speed is up to 25% slower than what you are used too.

Ferries

There are up to three Ferries you have to take during the event.

Stavoren - Enkhuizen (North loop version and full version)

Ferry is not allowed to take on Sunday and also does not run on Monday!

Texel (North loop version and full version)

Rotterdam (Full version only)

You have to plan and research the ferry schedules on your own.

LOCATIONS

Start, Finish and Sign up location will be:

De Proloog

Allemanswaard 27

3958 KA Amerongen

<https://deproloog.cc/>

Sign up, bike check and briefing

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 De Proloog are not responsible if something gets lost or forgotten.)

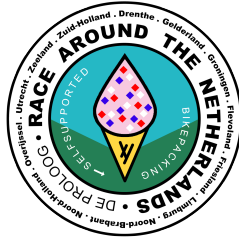
Hostel

DE BOSRAND

Majoorsweg 15, 3958 GW Amerongen, Netherlands

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

You'll need your own sleeping bag!



TIMELINE

Event Sign up and Bike check Opens	01.00 p.m.	June 13th, 2025
Event Sign up and Bike check Closes	06.00 p.m.	June 13th, 2025
Start from	07.30 a.m.	June 14th, 2025
End the earliest	15.00 p.m.	June 18th, 2025
End the latest	06.00 p.m.	June 23rd, 2025

REGISTRATION, FEE AND WHAT YOU GET

First come, first served registration.

Fee for Early Registration until February 28th 2025 Solo and Pair category is 215 Euro.

Fee for Late Registration from March 1st 2025 Solo and Pair category is 250 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 35 Euro.

You can register only here: www.adventurebikeracing.com/ratngx

Refund policy:

115,- Euro refund until March 01st, 2025.

After March 01st - no refund.

A starting spot transfer to a different person is also not possible at any time.

What you get for the fee:

The Route in the 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 the Cafe de Proloog!

(No sleeping possibility for night finishers)

Digital pictures we make during the event

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

Publishing individual times on our website.



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 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.

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 utilised must be available to all riders.

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

Family or friends following participants in a planned manner is not considered self-sufficient or fair.

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.



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. (Just to maybe exchange a story but not to benefit from each other company for a longer duration)

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 themselves about the cycling laws in the Netherlands for the time the event takes place.

This website link gives you an overview of some of the 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 must pass a check up before the start.

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 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.

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.



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 around The Netherlands for almost 2000km, 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



Bike Check

We want you follow this list to prepare your bike for the bike check at the day before the event!
 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 (3cmx20cm minimum both sides) direction to the back and side

Reflective tape - fork (3cmx20cm minimum both sides)

Reflective tape - wheels (2x 3cm x 7cm minimum)

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

Reflective tires would be just a good addition!

Alternative: Spoke reflector (2x2 cat eyes)

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

2x Front lights

2x fully functional lights.

One has to be mounted. The other can be in your bag ready to use!

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

2x good bright tail lights (yes they really need to be bright)

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

Bike Bell

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...not an alternative!

Helmet (Reflective Tape left, right and back!)

(Reflective tape 3cmx7cm minimum)

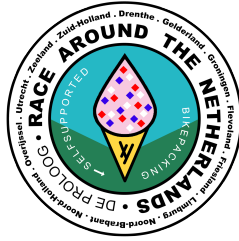
Reflective Vest or reflective body belt:

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 travel 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 GX 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 GX 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.

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 June 23rd, 2025 he needs to ship the device to us or bring it to de Prolog before 18.00 on June 23rd, 2025.

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. 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 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 show up for the safety and equipment check on June 13th, 2025.

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.

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 02: 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 substitution 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:

Participant phone number:

Next of kin:

Relation to rider:

Email:

Next of kin phone number

Contact Adventure Bike Racing

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

Main contact:

mail: info@adventurebikeracing.com

Fun contacts:

Facebook: www.facebook.com/adventurebikeracing/

Instagram: www.instagram.com/adventurebikeracing/

Sincerely,

Michael Wacker
Founder Adventure Bike Racing