



2023 UEC GRAVEL EUROPEAN CHAMPIONSHIPS

Elite – Masters

UD HEVERLEE (NED)

1 October 2023

TECHNICAL GUIDE

as of 12.06.2023

ORGANISATION

Golazo Sports

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WEBSITE

<https://gravelflanders2023.com>

CONTACT INFO

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PROGRAM

Saturday 30 September

- 09.00 – 18.00 Race Registrations
- 14.00 Briefing national coaches elite category
- 15.00 Briefing age group riders

Sunday 1 October

Elite races starts

- 12.30 **MEN ELITE**
- 12.31 **WOMEN ELITE**

Age groups & youth starts

- **12.34** **Men 19-34**
- **12.36** **Men Masters 35-39 / 40-44**
- **12.38** **Men Masters 45-49 / 50-54**
- *12.40* *Men Juniors (Belgian National Championship)*
- **12.41** **Women 19-34 /**
- **12.41** **Women Masters 35-39 / 40-44 / 45-49 / 50-54**
- **12.42** **Men Masters 55-59 / 60-64**
- *12.43* *Men U17 (Belgian National Championship)*
- *12.44* *Women juniors & Women U17 (Belgian National Championship)*
- **12.45** **Men Masters 65+**
- **12.46** **Women Masters 55+**

Age group starts might be combined or split depending on the number of participants.

AGE CATEGORIES

Category	UEC Gravel European Championships
Men Elite	X
Women Elite	X
Men 19-34	X
Men Masters 35-39	X
Men Masters 40-44	X
Men Masters 45-49	X
Men Masters 50-54	X
Men Masters 55-59	X
Men Masters 60-64	X
Men Masters 65-69	X
Men Masters 70-74	X
Men Masters 75+	X
Women 19-34	X
Women Masters 35-39	X
Women Masters 40-44	X
Women Masters 45-49	X
Women Masters 50-54	X
Women Masters 55-59	X
Women Masters 60-64	X
Women Masters 65-69	X
Women Masters 70+	X

DISTANCES

The first UEC Gravel European Championships (in combination with the Belgian Gravel National Championships) will be held on a course which is a combination of local laps and one big loop to be done several times depending on the categories.

The race always starts with two local laps of 27.9 km for all categories. Some categories then enter the big loop of 47.5km to finally have one or two more local laps which were used in the start.

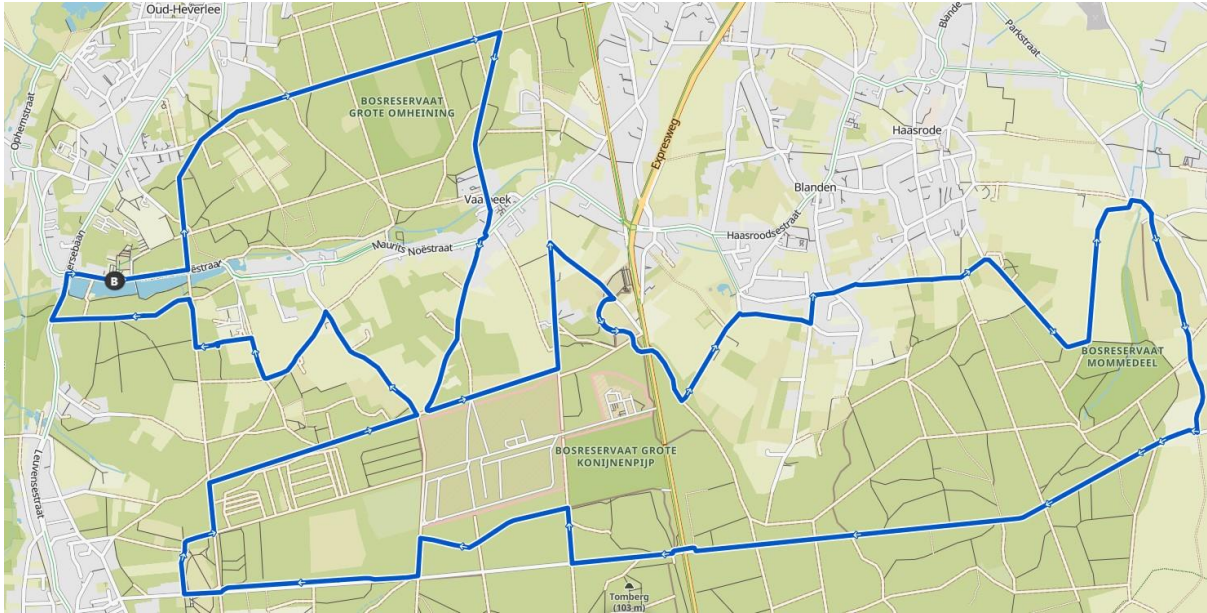
	<u>Lap 1</u>	<u>Lap 2</u>	<u>Big loop</u>	<u>Lap 3</u>	<u>Lap 4</u>	<u>TOTAL</u>
Men Elites	27,9	27,9	47,5	27,9	27,9	159,1 km
Women Elites	27,9	27,9	47,5	27,9		131,2 km
Men Masters 35 up to 54	27,9	27,9	47,5	27,9		131,2 km
Women Masters 35 up to 54	27,9	27,9	47,5			103,3 km
Men Masters 55 up to 64	27,9	27,9	47,5			103,3 km
Men Masters 65+	27,9	27,9				55,8 km
Women Masters 55+	27,9	27,9				55,8 km

Start and finish are located at the Zoete Waters (Mauritz Noestraat) in Oud-Heverlee. After 450m the course heads left into the woods for the first gravel sector uphill.

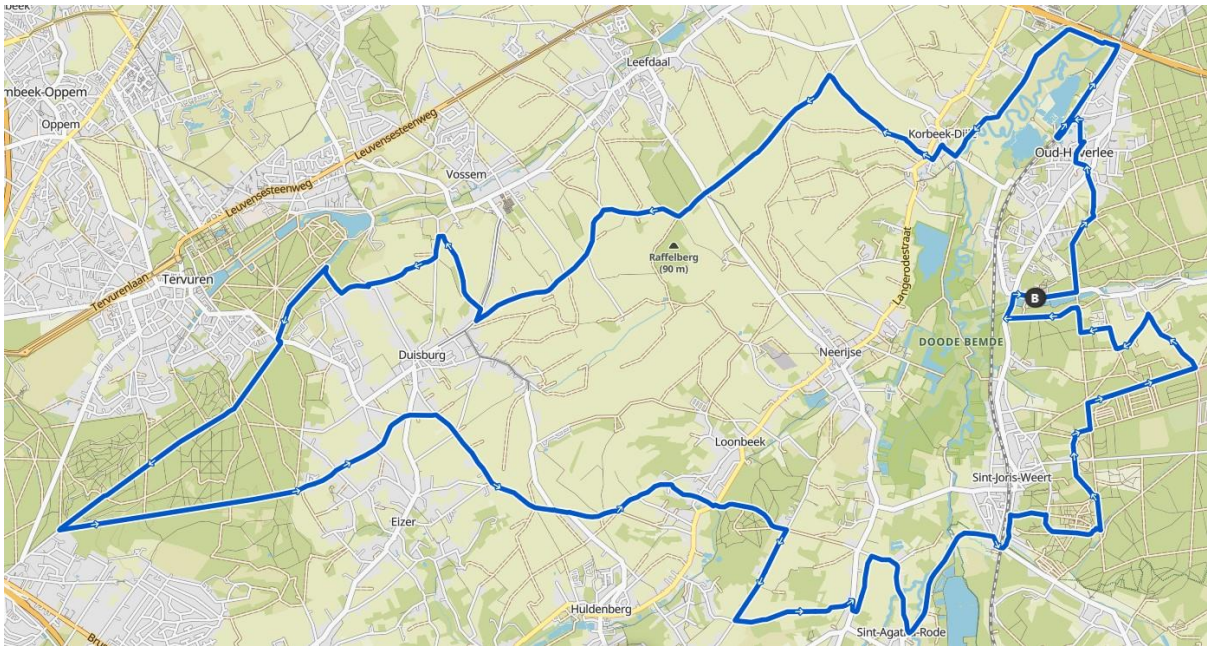
The local lap has 80% gravel and 20% paved roads and totals 260m of elevation per lap. 6% is on cobbles. The start and finish are on a paved road.

The big loop has 55% offroad and 45% road with a total elevation of 420m. There are also some cobble sections here.

COURSES



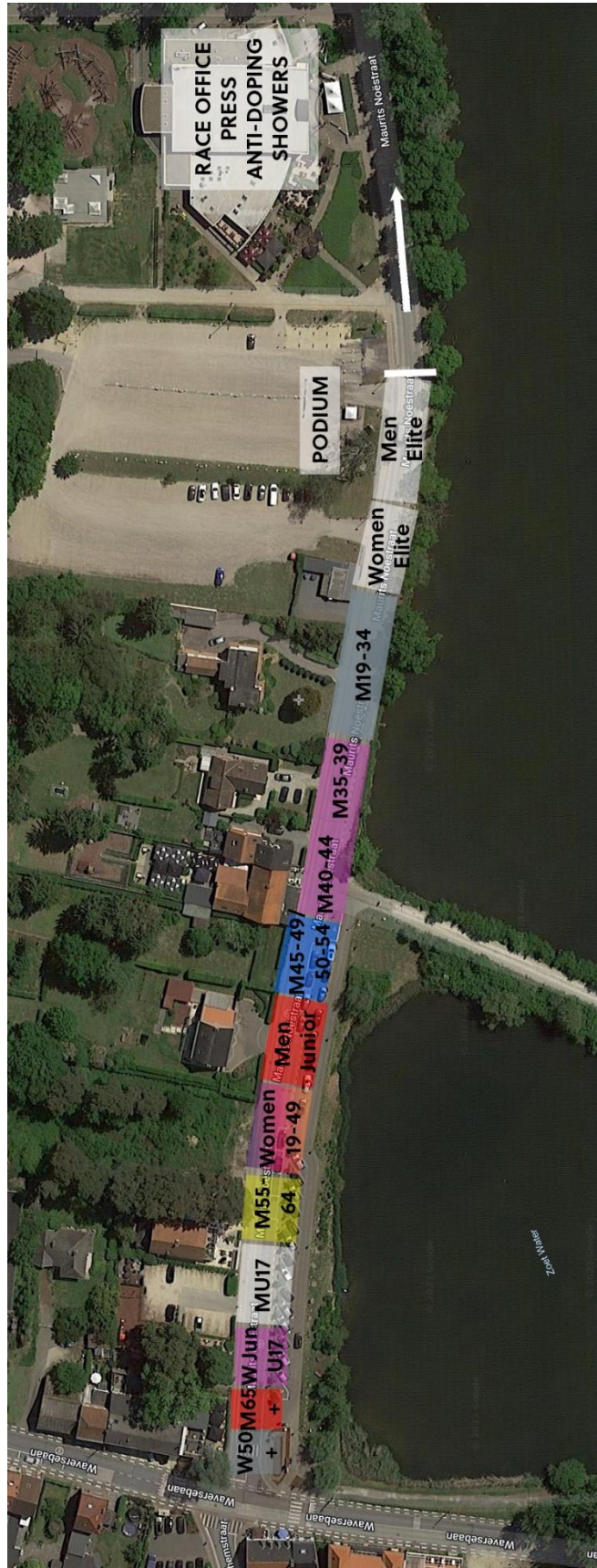
29.7km local lap



47.5km big loop

The details on the courses with online links and GPX files will be communicated short before the event. The course is designed in a beautiful nature area which we want to protect from too many visitors in the months before the event, so therefore GPX files are only published one week prior to the race.

START SETUP



STARTING PROCEDURE

Riders are placed in start boxes at the starting line, in accordance with their starting order and per start group. The entrance to each box must be placed at the back of each box, with riders entering from the side.

Elite start: the Elite start will be organised based on the points system as also applied for the UCI Gravel World Championships. The system is a cumulation of the following points.

- **Points won during the UCI Gravel World Series events in the overall male/female result per race**
 - o **top 25: 200-180-160-150-140-130-120-110-100-90-80-70-65-60-55-50-45-40-35-30-25-20-15-10-5 points**
- **Points won during the UCI Gravel World Championships of the previous year in the elite category**
 - o **top 25: 1000-750-600-500-450-400-350-300-275-250-225-200-180-160-140-120-100-80-70-60-50-40-30-20-10 points**
- **50% of the points in the UCI rankings road, mountain bike cross country (XCO), mountain bike marathon (XCM) and cyclocross**

Riders of the age groups (19-34 and all masters) will still be positioned on a first come, first serve base.

REGISTRATIONS

Riders can register via <https://gravelflanders2023.com>

Deadline for registration and payment: **Wednesday 27 September at 12.00 am (noon)**

Entry on the day is not available.

REGISTRATIONS FEE

Elite category: free registration

Age groups : 60 EUR

ELITE CATEGORY–AGE GROUPS-LICENSES

Riders part of a UCI registered team must always race in the Elite category (UCI Worldtour team, UCI Proteam, UCI Continental team, UCI Mountain Bike Team, UCI Cyclocross team, UCI Track team). Their name should appear in this overview: <https://www.uci.org/riders/road-riders-teams/4uEfOErsvL4hkRJriqkdiw>

Elite riders who are not part of a UCI registered team but have an elite license have the choice to race in the elite category or take part in their respective Masters age groups.

Any rider who has a Masters license should always take part in the age groups categories.

JERSEYS

All riders are free to ride in their National, Team or club jersey.

BICYCLES

Any style of bicycle shall be permitted as long as this bicycle has dropped handlebars.

- Gravel bike
- Road bike
- Cyclocross bike

The bike should be minimum 6.8kg (without bottles, GPS device) as per UCI regulations
There is no minimum or maximum tyre width

E-bikes, recumbents and tandems are not allowed.

Triathlon handlebars and any other handlebars extension system are forbidden)

LOCATIONS OUD-HEVERLEE

Start

Rozenberg - Zoete Waters
Mauritz Noestraat
Oud-Heverlee

Registration room – UEC/Belgian federation meeting room

Rozenberg
Mauritz Noestraat
Oud-Heverlee

Podium ceremony

Open Air podium at the finish
Mauritz Noestraat
Oud-Heverlee

Press room

Rozenberg
Mauritz Noestraat
Oud-Heverlee

Doping control location

Rozenberg
Mauritz Noestraat
Oud-Heverlee

Team Managers meeting room – riders briefing room

Rozenberg
Mauritz Noestraat
Oud-Heverlee

FEEDZONES – TECHNICAL ZONES

Feedzones from the organization

In this zone, the organisation will serve drinks and food to all participants. National teams/helpers can also serve drinks and food here and can give mechanical support

Location :

- Local lap : Sint Joris Weertstraat – Bierbeek (km15 – 43 – 105 - 133)
- Big loop : Kapucijnendreef – Jezus Eik (km 78)



Feed zone Bierbeek



Feed zone Jezus Eik

Tech zones for coaches/helpers

In this point, (national) teams and helpers of participants can serve food/drinks and can give mechanical support, but there won't be food/drinks offered by the organisation.

Location :

- Local lap behind the finish line: Mauritz Noestraat - Oud – Heverlee (km0)



Tech zone finish line

PARKING OUD HEVERLEE

Officials

Parking Rozenberg
Mauritz Noestraat
Oud Heverlee
-> Access via Korbeekdamstraat

Elite teams

Parking Rozenberg
Mauritz Noestraat
Oud Heverlee
-> Access via Korbeekdamstraat

Age Group participants

Parking OHL trainingcenter
Korbeekdamstraat
Oud Heverlee

Spectators

Parking OHL trainingcenter
Korbeekdamstraat
Oud Heverlee

UCI GRAVEL REGULATIONS

1. REQUIRED LICENSES

2023 UEC EUROPEAN CHAMPIONSHIPS:

Elite riders and Masters riders can take part in the **UEC European Championships** if they have a European nationality and hold one of the following licenses:

- **Elite license**
 - o **UCI teams: mandatory in elite race**
 - o **Club teams: option between elite race or age groups**
- **Masters license: only in the age group starts**

2. COURSES

Gravel discipline is a form of cycling that combines elements of both road and mountain-bike disciplines and consisting mostly of distance riding over unpaved roads.

Gravel events shall have the following course characteristics:

- Gravel races shall take place on any type of unsurfaced roads and can include gravel, forest fire-roads, farm roads and tracks and cobbles.
- Tarmac surfaced roads should not total more than 40% (fourty percent) of the race distance.
- The course should avoid grass and meadows.
- Singletrack sections should be kept to a minimum and only be included in the course where required to link other sections and only where an alternative route for essential event vehicles (for example medical services) is available.

Course distances should be a minimum of 50 km and a maximum of 200 km, considering course difficulty and elevation gain. Race organisers can propose a shorter distance for older age categories. There shall only be one official distance per age category per event.

3. SIGNAGE

Signposting is very important to allow those involved in the Championships to find their way around the competition venue easily.

Signposting must be put in place by the Tuesday at the latest to assist the various groups of people arriving at the Championships.

All signposting bears the logo of the Championships. This reinforces the visual identity of the event.

Signs are written in the language of the host country and English.

Clear and accurate signposting is used at regular intervals, both outside the venue of the Championships (from the host town) as well as inside the site.

DISTANCE / DIRECTION SIGNAGE (BOARDING)

All signage on the UEC European Championships course must be placed at least the Monday before the event to allow riders to train on the course. It is the organizer's responsibility to ensure the necessary authorizations are obtained to place these signs. A check of all signage must be undertaken the morning of the Gravel race in order to replace signs which may have been removed.

The course must be signposted to a very high standard.

The direction arrows should not leave any doubt about the direction to follow. Each course is signposted several days before the start of competition. The signposting must be checked by the Organising Committee every morning before official training and competitions.

As well as signage, where necessary the LOC should provide Marshalls with a yellow flag and a whistle to be positioned at appropriate distance before hazards to prevent incidents.

4. FEED ZONES

The organizer must provide feed zones where participants have access to drinks and food every 25-30km.

All riders should bring their own tools and spare tire or tubular to the race. Tools have to be foreseen in the feed zones to give riders the opportunity to fix other problems.

5. DISPLAY PANELS

In addition to standard signs warning participants about dangers along the course or indicating the direction to follow, specific panels must also be installed on both sides of the road as follows:

- Panels must be placed to indicate the last 50km, 25km, 10km, 5km, 1km, and 500m before the finish line.
- The presence of the next feed zone must be indicated 500m ahead of each zone
- All the technical characteristics of the climbs must be indicated at the bottom of all climbs; this includes: the average and maximum gradients and the length of the climb

6. SPECIFIC RACE REGULATIONS

Mandatory helmet: The UEC takes a very hard stance on the use of helmets in competition. Wearing a helmet is mandatory for all competitions, throughout the whole race. Participants are informed in advance by the organization that they will be barred from the start or that their race number will immediately be withdrawn if they are caught by a member of the organization without their helmet.

Accident and third-party liability insurance: The organizer must ensure that all cyclists who take part in the event possess appropriate medical and third-party liability insurance.

Each rider is responsible for ensuring that they possess adequate medical insurance. This can be ensured either through an individual race license (from a National Federation affiliated to the UCI) covering races abroad or or through a one day licence of Belgian Cycling.

7. GPS DEVICE

The organizer should provide to all participants the GPX file of the course so it can be downloaded to a GPS device as backup to follow the courses.

8. SAFETY

All dangerous points must be protected (traffic islands, central reservations, bends, etc.) by straw bales (wrapped in plastic), mattresses or other appropriate safety padding.

Radio or mobile telephone links: Radio or mobile telephone support is essential during the event. The organization will therefore put in place a system which permits rapid and efficient communication between the people involved in the organization. For the well-being of the cyclists (who are increasingly prone to carry a mobile phone during the race), their families and also the marshals spread out over the race, an emergency number will be available (and made public) throughout the event.

9. TIMING

The event is timed for all the participants, for the entire length of the course.

The timekeeping provider will produce an overall ranking per age group and gender with a separate elite title for the elite category.

The timing of the event starts with the gun, and not when each individual rider crosses the starting carpet (GUN time principle).

Publication of results

Organizers must use the official UCI names of the age groups in their communication and official results: ME (men elite), Men 19-34, Men Masters 35-39, Men Masters 40-44, Men Masters 45-49, Men Masters 50-54, Men Masters 55-59, Men Masters 60-64, Men Masters 65-69, Men Masters 70-74, Men Masters 75+. Same principle for the Women (from Women 19-34 to Women Masters 70+)

10. BRIEFINGS

On the day before the first event, a briefing will be held in two sessions.

- National team coaches: a briefing for national coaches of the men and women elite categories only
- Age groups riders: a briefing for the riders taking part in the age group categories. This briefing is not mandatory, and the presentation will also be shared with all participants via mail.

11. MECHANICAL ASSISTANCE

Mechanical assistance is not provided. Riders are advised to bring their own spare tire or tubular to the race.

There will be mechanics in the feed zones. It's possible to change wheels in the feedzones/tech zones.

It's allowed to have mechanical help during the event and change wheels, but a bike change is not allowed. The rider must finish with the frame he used at the start.

12. ANTIDOPING CONTROLS

The UCI antidoping regulations are entirely applicable to the event.

The antidoping controls will be under the responsibility of the ITA (International Testing Agency)

13. PENALTIES

The UCI penalty scale is the only one applicable.

14. RESPONSABILITIES

The organisers and the UEC cannot, in any case, be held responsible in the event of accidents or material damage which may occur during official training and / or competitions.

The organisers and the UEC decline any responsibility towards the riders, accompanying persons and third parties in the event of an accident.

In all cases not provided for in the specific regulations, the UCI regulations will be applicable.

Lausanne, 12.06.2023