TECHNICAL GUIDE

Bolero



EUROPEAN & BELGIAN

MPIONSHIPS

OUD-HEVERLEE







































































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TIMING OPERATOR

Chronorace

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WEBSITE

www.gravelchampionshipsflanders.com

Bolero

PROGRAM

Saturday 30 September

10am – 6pm Grit! Gravel Expo 12pm – 6pm. Race Registration

2pm Briefing national coaches Elite category

3pm Briefing age group riders

Sunday 1 October

8am – 11am Race Registration 9am – 6pm Grit! Gravel Expo 11am Start boxes open

Elite races start

12pm ELITE MEN 12:01pm ELITE WOMEN

Age groups & youth starts

12:04pm Men 19-34

12:06pm Men 35-39 / 40-44

12:08pm Men 45-49 / 50-54

12:10pm Junior Men (only Belgian nationality riders)

12:12pm..... Men 55-59 / 60-64

12:13pm Men U17 (only Belgian nationality riders)/

Junior Women & U17 (Belgian nationality riders) /

Men 65+ /Women 55+



PROGRAM

Sunday 1 October

Podium ceremonies

	· · · · · · · · · · · · · · · · · · ·
	. Men U17 Belgian title
14:48	. Women U17 Belgian title
	. Men 65+ Belgian title
14:54	. Women 55-64 Belgian title
14:57	. Women 65+ Belgian title
15:02	. Women 55-59 European title
15:06	. Women 60-64 European title
	. Men 65-69 European title
15:14	. Men 70-74 European title
15:18	. Men 75-79 European title
15:30	. Women 19-34 European title
15:33	. Women 35-39 European title
	. Women 40-44 European title
15:39	. Women 45-49 European title
15:42	. Women 50-54 European title
15:45	. Men 55-59 European title
	. Men 60-64 European title
	. Junior Men Belgian title
	. Women U23 Belgian title
	. Elite Women 2 Belgian title
	. Elite Women 3 Belgian title
16:09	. Men 55-64 Belgian title
16:13	. Women 45-54 Belgian title
16:17	. Women 55-64 Belgian title
16:30	. Men 19-34 European title
	. Men 35-39 European title
16:36	. Men 40-44 European title
16:39	. Men 45-49 European title
	. Men 50-54 European title
	. Men U23 Belgian title
	. Elite Men 2 Belgian title
	. Elite Men 3 Belgian title
	. Men 35-44 Belgian title
	. Men 45-54 Belgian title
	. Elite Men European title
17:15	. Elite Women European title
17:20	. Elite Men Belgian title
17:25	. Elite Women Belgian title

EUROPEAN / BELGIAN TITLES /

QUALIFICATION

	UEC	UCI Qualifier	Belgian Cycling
Elite	X	X	Χ
19-34	X	X	X
Elite 3			X
U23			, X
Elite 2			X
35-39	X	X	
40-44	X	X	
<i>35-44</i>			X
45-49	X	X	
50-54	X	X	
45-54			X
55-59	X	X	
60-64	X	X	
55-64			X
65-69	X	X	
70-74	X	X	
65+			X
Juniors			X
U17			Χ

SKODA



DISTANCES

The first UEC Gravel European and Belgian Championships will be held on a course consisting of a number of local laps and a big loop that is repeated several times depending on the categories.

The race always starts with two local laps of 28.4 km for all categories.

Some categories then ride the big loop of 47.3 km to finally complete one or two more local laps that were also completed at the start.

	Lap 1	Lap 2	Lap 3 Big loop	Lap 4	Lap 5	TOTAL
Elite Men	28,4	28,4	47,3	28,4	28,4	160,9 km
Elite Women	28,4	28,4	47,3	28,4	0 -	132,5 km
Men 19-54	28,4	28,4	47,3	28,4	•	132,5 km
Junior Men	28,4	28,4	47,3			104,1 km
Women 19-54	28,4	28,4	47,3		•	104,1 km
Men 54-64	28,4	28,4	47,3			104,1 km
U17 Men	28,4	28,4				56,8 km
Junior Women	28,4	28,4				56,8 km
U17 Women	28,4	28,4				56,8 km
Men 65+	28,4	28,4			*	56,8 km
Women 55+	28,4	28,4				56,8 km

Start and finish are located at de Zoete Waters (Maurits Noestraat) in Oud-Heverlee.

After 450 metres, the course turns left into the forest for the first uphill gravel stretch.

The local lap consists of 80% gravel and 20% paved roads and has 260 vertical metres per lap. 6% of the course are cobblestones. Start and finish are on a paved road.

The big loop has 55% unpaved and 45% paved roads with a total of 420 vertical metres. There are some cobbled sections here too.



INDUSTRIEBOUW

AGRO

ZWEMBADEN



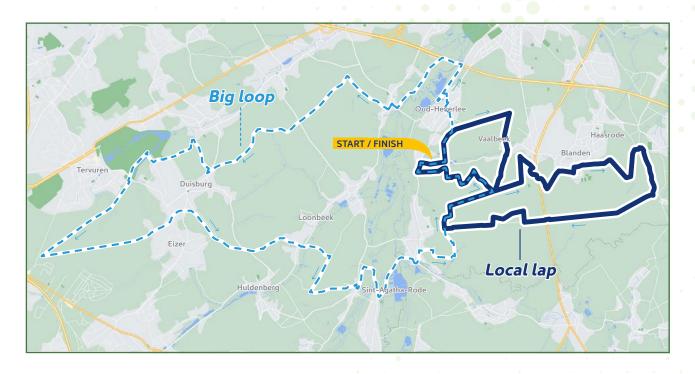
KARCHER



COURSES

47.5km big loop

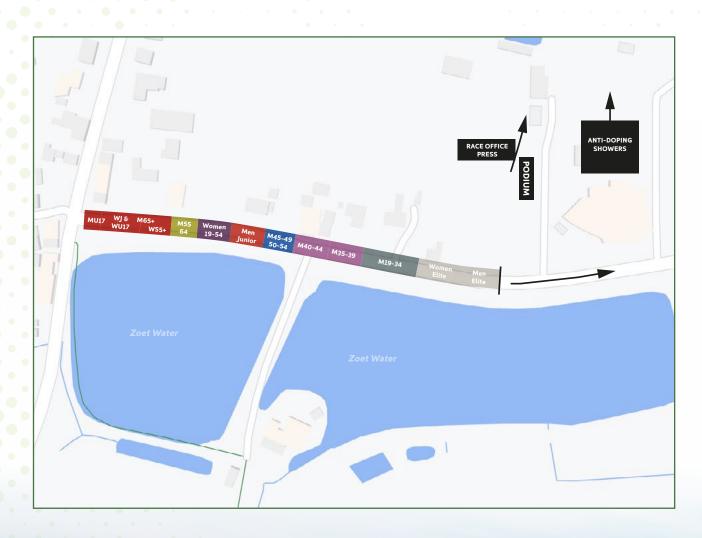
27.9km local lap



The route as shared on https://www.
toerismevlaamsbrabant.be/producten/fietsen/
fietsproducten/ek-gravelroute/ contains 97% of the
route used during the European Championships and
national championships. Some vulnerable and valuable
areas plus private land used during the European
Championships and nationals are not included in this
route.



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.
 - 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.
 - 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 in the age and youth categories will be entered into the Championships on a first come, first serve basis, whereby permit holders (low numbers) may place themselves at the front of the box and non-licence holders (high numbers) have to wait at the back of the box. Just before the start, each category becomes one group.



ELITE CATEGORY AGE GROUPS LICENSES

Belgian U23 title.



Riders who are part of a UCI registered team must always race in the Elite category (UCI World Tour team, UCI ProTeam, UCI Continental team, UCI Mountain Bike Team, UCI Cyclo-cross team, UCI Track team). Their name should appear in this overview: https://www.uci.org/riders/road-riders-teams/4uEfOErsvL4hkRJriqkdiw. The only exception is Belgian U23 riders part of a continental UCI team, they have the choice between the Elite category or the 19-34 age group if they want to compete for the

Riders who are not part of a UCI registered team but have an Elite license or a club level (Elite 2 for Belgium) have the choice to race in the Elite category or take part in their respective age groups. The Belgian national titles for the U23 and Elite 2 categories will only be awarded in the Men 19-34 / Women 19-34 age group start. Belgian Elite 2 riders over the age of 35 wanting to compete for the Belgian titles must start in the 19-34 age group but then cannot race for the European titles.

Riders who have a master, amateur or cycling for all license should always take part in the age groups categories.

It's the riders' responsibility to make sure they are insured for the event either through their license or a private insurance. Belgian riders with cycling for all license with UCI ID have the option to buy a one-day insurance on site for ≤ 6 .

Riders without a race license with a UCI ID from a UCI affiliated federation can take part but must buy a one-day license from the Belgian Cycling Federation during online registration. The price for the one-day license is ≤ 10 and gives you insurance cover for the day of the race. Riders with a day-license cannot compete for the European or Belgian titles.

CUT OFF TIMES

Riders who fall too far behind will be notified by a commissioner that they must remove their bib number and must respect the highway code from then on. They will however be allowed to complete the course and will also be given a time when they reach the finish line finish. The cut off times are

- → Turning point big loop Jezus Eik (km 80): 15:40hrs
- → 3rd lap finish line (km 104): 16:45hrs
- → 4th lap finish line (km 132): 16:45hrs (only Elite Men)

LAPPED RIDERS

Riders who are lapped during the local loop may continue the race until they pass the finish line.

IMPORTANT: Riders in the age categories **Men 19-34, 35-39, 40-44, 45-49, 50-54**, just like the Elite Women, do one local lap after the big loop before finishing. If they risk being lapped during the last part of their race, they will be stopped by a jury member at the end of Witte Bomendreef (600m before the finish, last off-road part) during the passage of the top 10 of the Elite Men (to guarantee a fair sprint for the Elite Men). They will then be stopped briefly when turning onto Waversebaan. Their ranking will be based on when they cross the timing mat 600m before the finish. They may continue across the finish line once the top 10 of Elite Men have passed (or earlier if there are large gaps between the various Elite Men based on the assessment of the on-site jury member).

This does not apply to the Elite Women.



JERSEYS

All riders are free to ride in their team or club jersey.

BIKES

UCI article 15.6.005

Any type of bicycle is allowed. E-bikes are not allowed.

Handlebars may be any shape, but must be one piece, bar ends, or clip-on extensions are not allowed (triathlon bars and any other handlebar extension system are prohibited).

Wearing a hard helmet is mandatory.

PRIZE MONEY

→ Elite (M/V): 300-200-100-75-50

SAFETY

- → General emergency number: 112
- → *Police:* 100
- → Number in the event of irreparable damage or non-urgent help: 0479/459991
- → Nearest hospitals
 - UZ Gasthuisberg, Herestraat 49, Leuven 016/33.22.11
 - Heilig Hart Naamsestraat 105, Leuven 016/20.92.80
 - RS Heilig Hart, Kliniekstraat 45, Tienen 016/80.90.11
- → Medical team
 - Number for the doctor or medical coordinator

DEPOSIT

All age-group riders must pay a \leq 20 deposit for their timing chip. If paying by credit card, the amount will simply be reserved on the card until the chip is returned after the finish. If paying by debit card, the refund may take a few days, and depending on the bank there may also be bank charges. Elite riders do not have to pay a deposit for their chip.

LOCATIONS OUD-HEVERLEE



Start → Roosenberg - Zoete Waters
Maurits Noestraat 15
Oud-Heverlee

Registration room → Scoutslokaal – Roosenberg site Maurits Noestraat Oud-Heverlee

UEC/Belgian Federation → Kunstatelier **meeting room** Maurits Noestraat
Oud-Heverlee

Podium Ceremony → Open Air podium at the finish Maurits Noestraat Oud-Heverlee

Press Room → Kunstatelier

Maurits Noestraat

Oud-Heverlee

Doping Control Location → Changing rooms OHL Korbeekdamstraat 42 3050 Oud-Heverlee

EMERGENCY CONTACTS → General emergency number: **112**Number in the event of irreparable damage or non-urgent help: **0479/45 99 91**

Nearest hospitalUZ Leuven
Herestraat 49

3000 Leuven





Vand Mobil

FOOD AREAS

FOOD AREAS OFFERED BY THE ORGANISERS

The organisers will serve drinks and food to all participants in this area. National teams/helpers can also serve drinks and food here and can give mechanical support.

LOCATION:

- Local lap: Bremberg Bremberg 1 Haasrode (km 11.5 39.4 114.8 142.7)
- Big loop: Schonenboomstraat Tervuren (km 83)





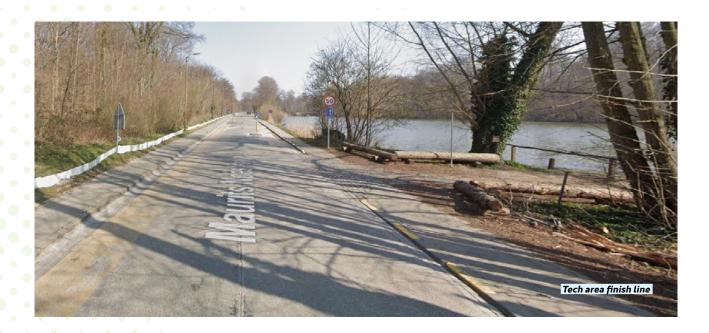
TECHNICAL AREAS

TECH AREAS FOR COACHES/HELPERS

In this area, (national) teams and helpers of participants can provide drinks/food and mechanical support, but the organisers will not offer drinks/food there.

LOCATION:

Local lap past the finish line:
 Mauritz Noestraat – Oud-Heverlee (km 0 - 28 - 56 - 103 - 131 - 159)



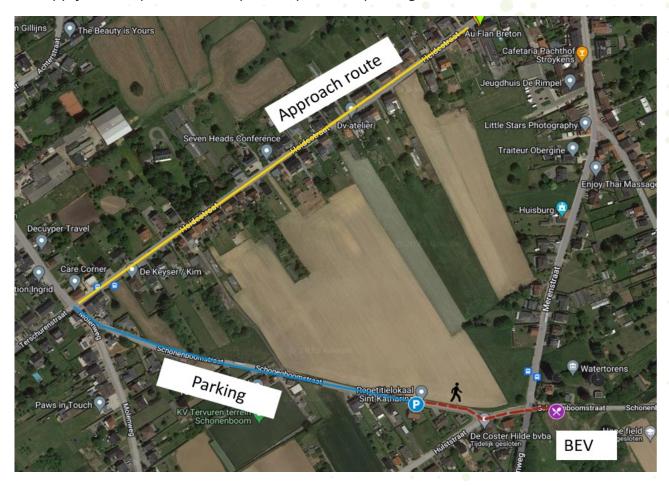
RECOMMENDED ROUTE SUPPLY STATIONS

- → Provisions Bremberg: From the Waversebaan in Oud Heverlee towards Heverlee-Leuven, after 4 km turn right on Koning LeopoldIII Laan (Oud Heverlee), after 700m turn right onto the Naamsesteenweg N251. 3.3km further, go over crossroads on Bierbeekstraat. After 1km, turn right onto Bergenstraat, keep following that street for 1km and then turn right on Boetsenberg. GPS supply station: Bremberg 1, Bierbeek
- → Supply station for the big loop in Tervuren: unless you leave directly after the start, it is not recommended to follow the GPS because you will get stuck in the race. From the Waversebaan towards Heverlee-Leuven, after 4km turn left on Hertog Engelbertlaan, 300m further left on Willem de Croylaan, 200m further right on Celestijnenlaan and 1km further left on Koning Boudewijnlaan N264 for 2km, then turn left on the E314 and



then take E40 towards Brussels. From there, it is best to follow the GPS to Molenweg in Tervuren, where you can park on the left further down the Schonenboomstraat, you can park near the supply station there without crossing the course. GPS: Molenweg, Tervuren

→ Supply station finish: 100m after the finish, no parking allowed



SUPPLY STATIONS - WASTE

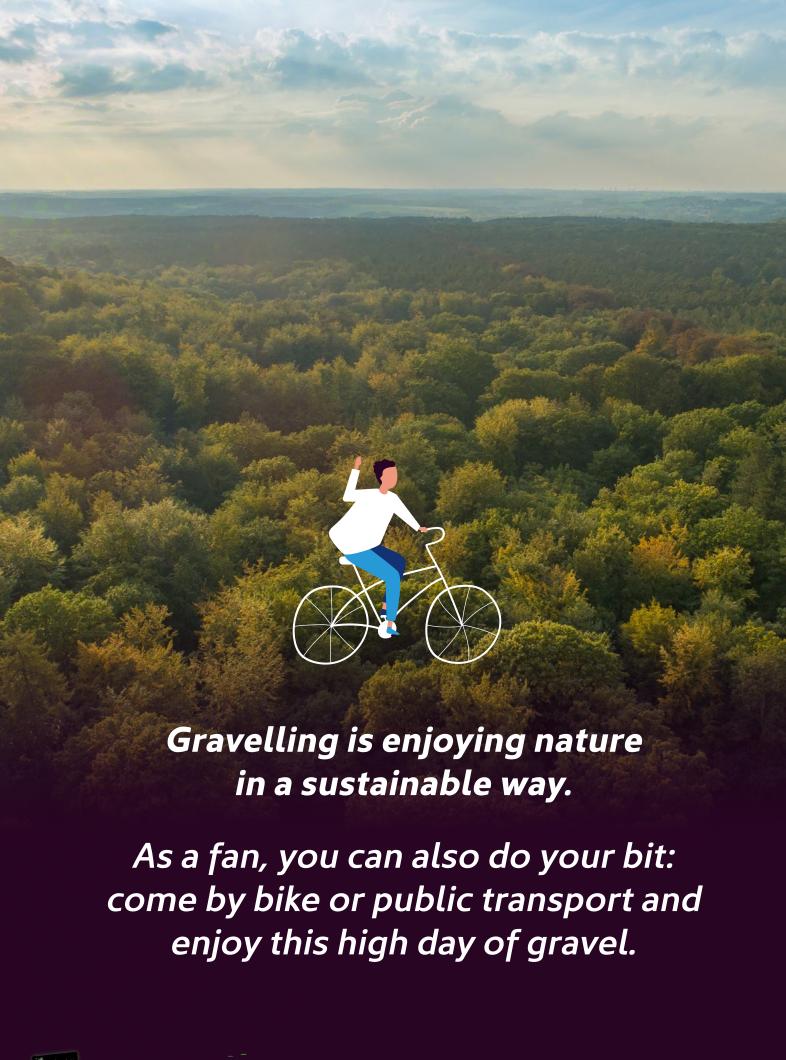
Taking food and drink from a helper or organisers is only possible in the designated supply and technical areas. Moreover, drink bottles or gels / bars may only be disposed of in these zones (clearly marked with a sign indicating the beginning and end of these zones).

We cannot stress enough that the correct use of the forest paths and tracks is important for the organisation of these European Championships, and the World Championships that will follow large parts of this course next year. This is only possible thanks to the cooperation with ANB, so let us respect nature in this fragile part of our country.

Discarding or accepting drink bottles or food outside these zones will disqualify you from the race.

LOCATION:

- Local lap: Bremberg Bremberg 1 Haasrode (km 11.5 39.4 114.8 142.7)
- Big loop: Schonenboomstraat Tervuren (km 83)



UCI GRAVEL REGULATIONS

REQUIRED LICENSES

Riders can take part in the European Championships if they hold a European passport and one of the following licenses

- > Elite license
 - UCI teams: mandatory in elite race
 - Club teams: choice between elite race or age groups
- > Master's license: only in the age group start
- > Amateur license: only in the age group start
- > Cycling for all license: only in the age group start

Riders can take part in the Belgian Championships if they have the Belgian nationality and hold one of the following licenses:

- > Elite UCI team: mandatory in elite race (title elite)
- > U23:
 - UCI World Tour and UCI Proteam: mandatory in elite race
 - UCI Continental team or Club: choice between elite race or age group 19-34 (title U23 only in the age group 19-34)
- > Elite 2: choice between elite race or age group (title Elite 2 only in the age group 19-34)
- > Elite 3: only in the age group start (title Elite 3 only in the age group 19-34)
- > Master: only in the age group start
- > Cycling for all license: only in the age group start

Riders without an annual license from a UCI affiliated federation as well as riders without a European nationality can take part in the UCI Gravel World Series qualifier but cannot battle for the European or Belgian titles. Riders without an annual license must buy a one-day license on site (€10). The top 25% of each age group qualifies for the 2024 UCI Gravel World Championships

COURSES

Gravel is a form of cycling that combines elements of both road and mountain-biking disciplines and consists 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 access roads, farm roads and tracks and cobbles.
- > Tarmac surfaced roads should not total more than 40% (forty 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.

SIGNPOSTING

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.

FOOD ZONES

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

All riders should bring their own tools and spare tyres or innertubes to the race. Tools have to be provided in the food zones to give riders the opportunity to fix any other problems.

UCI GRAVEL REGULATIONS

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 food zones must be signposted 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

SPECIFIC RACE REGULATIONS

Mandatory helmet: The UCI 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 organisation 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 organisation without their helmet.

Accident and third-party liability insurance: The organiser 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 through a one-day licence of Belgian Cycling.

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. The start boxes must be large enough to accommodate high numbers of participants (up to 500 riders).

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.
 - 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.
 - 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 cyclo-cross

Riders of the age groups and youth categories will still be placed on a first come, first serve base at the start of the Championships.

The start time for all riders in a same start group is the gun-time of that specific group, and not the moment each rider crosses the start mat.

The signs to indicate the start boxes for each category must be installed the day prior to the race to allow riders to understand where they need to be the following morning.

Different age groups start at different start times in the race. If age groups merge, they can ride together. The only exception in which a commissioner will interfere is when a rider specifically waits to help another rider in a later start group.

BIKES

Any style of bike shall be permitted. E-bikes, recumbents and tandems are not allowed. (Triathlon handlebars and any other handlebars extension system are forbidden).

UCI GRAVEL REGULATIONS

PARTICIPANTS RACE UNIFORMS (JERSEYS)

Riders can wear the jersey of their club - team. Reigning World Champions should wear their rainbow jersey.

METRIC SIGNBOARDING

All signage on the UEC European Championships and Belgian Championships course must be installed at the latest on the Monday before the event to allow riders to train on the course. It is the organisers' responsibility to ensure the necessary authorisations 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 an appropriate distance before hazards to prevent incidents.

GPS DEVICE

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

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 organisation will therefore put in place a system which permits rapid and efficient communication between the people involved in the organisation. For the well-being of the cyclists, their families and also the marshals spread out over the race, an emergency number will be available (and made public) throughout the event.

TIMING

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

The timekeeping provider must 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 mat (GUN time principle).

Publication of results

Organisers must use the official UCI names of the age groups in their communication and official results: ME (Elite Men), M19-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74..., and for women WE (Elite Women), F19-34, F35-39, ..., F60-64, F65-69...

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 Elite Men and Women 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.

MECHANICAL ASSISTANCE

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

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

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

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