

EUROPEAN & BELGIAN

GRAVEL CHAMPIONSHIPS

OUD-HEVERLEE

01 OCT 2023

Bolero

BELGIAN CYCLING

UEC OUD HEVERLEE 1 OCT 2023

TREK UCI GRAVEL WORLD SERIES

SKODA

lotto

sporza

proximus

ABInBev

Oud-Heverlee

PROJOB SWEDISH WORKWEAR

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KÄRCHER

SPORT

AGENTSCHAP NATUUR & BOS

VLAAMS-BRABANT

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WWW.GRAVELFLANDERS2023.COM

OUD-HEVERLEE 1 OCTOBER 2023 TECHNICAL GUIDE



ORGANISATION

Golazo Sports

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WEBSITE

<https://gravelflanders2023.com>

CONTACT INFO

General : info@golazo.com

Media : media@golazo.com

Sports-technical : info@ucigravelworldseries.com

PROGRAM

Saturday 30 September

- 12.00 – 18.00 Race Registrations
- 14.00 Briefing national coaches elite category
- 15.00 Briefing age group riders

Sunday 1 October

- 8.00 – 11.00 Race Registrations
- 11.00 Startboxes open

Elite races starts

- 12.00 **MEN ELITE**
- 12.01 **WOMEN ELITE**

Age groups & youth starts

- 12.04 men 19-34
- 12.06 men 35-39 / 40-44
- 12.08 men 45-49 / 50-54
- 12.10 men junior (only Belgian nationality riders)
- 12.11 women 19-34 / 35-39 / 40-44 / 45-49 / 50-54
- 12.12 men 55-59 / 60-64
- 12.13 men U17 (only Belgian nationality riders)
- 12.14 women Jun & U17 (Belgian nationality riders)
- 12.15 men 65+
- 12.16 women 55+

Podium ceremonies

- 14.45 Men U17 Belgian title
- 14.47 Women U17 Belgian title
- 14.49 Women Junior Belgian title
- 14.51 Women 55-59 European title
- 14.53 Women 60-64 European title
- 14.55 Men 65-69 European title
- 14.57 Women 65-69 European title
- 14.59 Men 70-74 European title
- 15.01 Women 70-74 European title
- 15.03 Men 65+ Belgian title
- 15.05 Women 55-64 Belgian title
- 15.07 Women 65+ Belgian title
- ...
- 15.30 Men junior Belgian title
- 15.32 Women U23 Belgian title
- 15.34 Women elite 2 Belgian title
- 15.36 Women 19-34 European title
- 15.38 Women 35-39 European title

- 15.40 Women 40-44 European title
- 15.42 Women 45-49 European title
- 15.44 Women 50-54 European title
- 15.46 Men 55-59 European title
- 15.48 Men 60-64 European title
- 15.50 Women 35-44 Belgian title
- 15.52 Women 45-54 Belgian title
- ...
- 16.30 Men U23 Belgian title
- 16.32 Men Elite 2 Belgian title
- 16.34 Men 19-34 European title
- 16.36 Men 35-39 European title
- 16.38 Men 40-44 European title
- 16.40 Men 45-49 European title
- 16.42 Men 50-54 European title
- 16.44 Men 19-34 Belgian title
- 16.46 Men 35-44 Belgian title
- 16.48 Men 45-54 Belgian title
- ...
- ~17.10-17.15 Men elite European title
- ~17.15-17.20 Women elite European title
- ~17.20 Men elite Belgian title
- ~17.25 Women elite Belgian title

EUROPEAN / NAT. TITLES / QUALIFICATION

	<u>UEC</u>	<u>Belgian cycling</u>	<u>UCI qualifier</u>
Men elites	X	X	X
Women elites	X	X	X
Men 19-34	X	X	X
Men U23		X	
Men Elite 2		X	
Men 35-39	X		X
Men 40-44	X		X
Men 35-44		X	
Men 45-49	X		X
Men 50-54	X		X
Men 45-54		X	
Men 55-59	X		X
Men 60-64	X		X
Men 55-64		X	
Men 65-69	X		X
Men 70-74...	X		X
Men 65+		X	
Women 19-34	X	X	X
Women 35-39	X		X
Women 40-44	X		X
Women 35-44		X	
Women 45-49	X		X
Women 50-54	X		X
Women 45-54		X	
Women 55-59	X		X
Women 60-64	X		X
Women 55-64		X	
Women 65-69...	X		X
Women 65+		X	
Men Junior		X	
Women Junior		X	
Men U17 (2 titles)		X	
Women U17 (2 titles)		X	

DISTANCES

The first UEC Gravel European Championships and Belgian Gravel 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 27.9km 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.

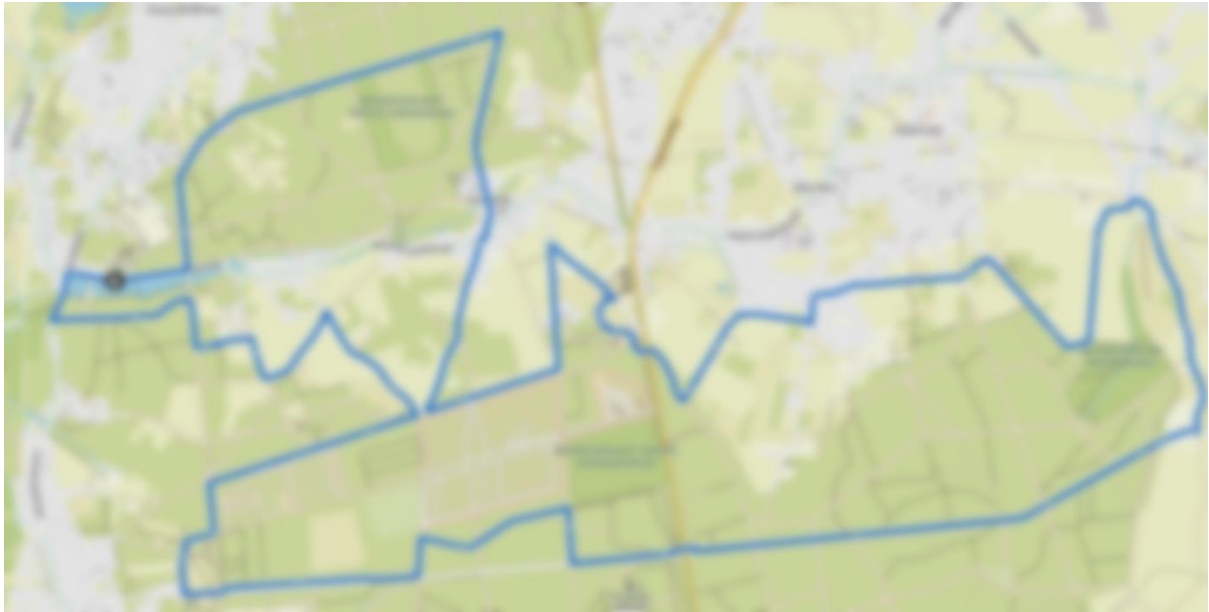
	<u>Lap 1</u>	<u>Lap 2</u>	<u>Big loop</u>	<u>Lap 3</u>	<u>Lap 4</u>	<u>TOTAL</u>
Men elites	27,9	27,9	47,5	27,9	27,9	159,1 km
Women elites	27,9	27,9	47,5	27,9		131,2 km
Men 19-54	27,9	27,9	47,5	27,9		131,2 km
Men junior	27,9	27,9	47,5			103,3km
Women 19-54	27,9	27,9	47,5			103,3 km
Men 54-64	27,9	27,9	47,5			103,3 km
Men U17	27,9	27,9				55,8 km
Women Junior	27,9	27,9				55,8 km
Women U17	27,9	27,9				55,8 km
Men 65+	27,9	27,9				55,8 km
Women 55+	27,9	27,9				55,8 km

Start and finish are located at the Zoete Waters (Maurits 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



27.9km 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 and youth categories will still be positioned on a first come, first serve base at the start of the World Championships.

REGISTRATIONS

As this is an open championships counting for the European and Belgian gravel titles, but the race is also part of the UCI Gravel World Series in which riders can participate with and without license to qualify for the 2024 UCI Gravel World Championships. Riders can register via

<https://gravelflanders2023.com>

Registration deadline 27 September 12.00am (noon). It's not possible to register on spot.

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>. Only exception here is a Belgian U23 rider part of a continental UCI team has the choice between the elite category or the 19-34 age group if he wants to battle for the Belgian U23 title.

Riders who are not part of a UCI registered team but have an elite license of 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.

Any rider who has 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 he/she's insured for the event either through his/her 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 spot for 6 EUR.

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

REGISTRATIONS FEE

Elite category: free registration

Age groups : 60 EUR

Jun / U17 : 7 EUR

unlicensed riders : 70 EUR (60 EUR + 10 EUR day license)

JERSEYS

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

BIKES

A bike should have dropped handlebars to take part in the UEC European Gravel Championships/Belgian Gravel Championships

- 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

LOCATIONS OUD HEVERLEE

Start

Roosenberg - Zoete Waters
Maurits Noestraat 15
Oud-Heverlee

Registration room

Scoutslokaal – Roosenberg site
Maurits Noestraat
Oud-Heverlee

UEC/Belgian federation meeting room

Kunstatelier
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

Team Managers meeting room – riders briefing room

Scoutslokaal – Roosenberg site
Maurits 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: Bremberg – Bremberg 1 - Haasrode (km11.5 – 39.4 – 114.8 – 142.7)
- Big loop : Schonenboomstraat – Tervuren (km 83)



Feed zone Bremberg - Bremberg 1, Haasrode



Feed zone Schonenboomstraat Tervuren

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 - 28 - 56 - 103 - 131 - 159km)



Tech zone finish line

FEEDING – LITTERING

Taking food and drinks from a helper or the organisation is only possible in the designated feed and tech zones. Also throwing away drinking bottles or gels/bars is only allowed in these zones (clearly indicated with a sign indicating the start and end of these zones).

We cannot emphasize enough that the correct use of the forest paths and roads is important for the organization of this European Championship and also the World Championship that will take place on large parts of this course next year. It is thanks to the collaboration with ANB that this is possible so let's respect nature in this vulnerable part of our country. **Littering or taking bottles or food outside these zones means disqualification from the race.**

Location :

- Local lap: Bremberg – Bremberg 1 - Haasrode (km11.5 – 39.4 – 114.8 – 142.7)
- Big loop : Schonenboomstraat – Tervuren (km 83)

PARKING OUD HEVERLEE

Officials

Parking OHL trainingcenter
Korbeekdamstraat
Oud Heverlee

Elite teams

Parking OHL trainingcenter
Korbeekdamstraat
Oud Heverlee

Age Group participants

Parking OHL trainingcenter
Korbeekdamstraat
Oud Heverlee

UCI GRAVEL REGULATIONS

REQUIRED LICENSES

Riders can take part in the **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
- Amateur license: only in the age group starts
- Cycling for all license: only in the age group starts

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:
 - o UCI Worldtour and UCI Proteam: mandatory in elite race
 - o UCI Continental team or Club: option between elite race or age group 19-34 (title U23 only in the age group 19-34)
- Elite 2: option between elite race or age group (title Elite 2 only in the age group 19-34)
- Elite 3: only in the age group starts (title Elite 3 only in the age group 19-34)
- Master: only in the age group starts
- Cycling for all license: only in the age group starts

Riders without a year license from a UCI affiliated federation as well as riders without a nationality from a European country can take part in the UCI Gravel World Series qualifier but cannot battle for the European or Belgian titles. Riders without a year license must buy a one-day license on spot (10 EUR). Top 25% per age group qualifies for the 2024 UCI Gravel World Championships

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.

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.

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.

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

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 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 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 cyclocross

Riders of the age groups and youth categories will still be positioned 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 carpet.

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 placed 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 commissaire 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 as long as the bike has dropped handlebars. E-bikes, recumbents and tandems are not allowed. (triathlon handlebars and any other handlebars extension system are forbidden).

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 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.

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.

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.

TIMING

The event is timed for all the 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 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), M19-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74..., and for women WE (women elite), 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 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.

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 (s)he used at the start.