



RACE INFORMATION PACKAGE

Dear Athletes,

In the next pages we present in detail what you need to know about the **Mongolia Bike Challenge 10th Anniversary**.

As you know, we are talking about a unique event in its type and, furthermore, a unique chance to race on your bike in Mongolia.

A long and challenging race, open both to professional racers and high level amateurs, that will take place entirely in the lonely steppes of Mongolia from which, in the XIII century, the local herdsmen departed led by the valiant Chinggis Khan in a short-lived but also fast conquest of central Europe, China and the Middle east.

Mongolia Bike Challenge will not be only a mountain bike race in stages, but more than anything it will be a very strenuous physical trial and a test of psychological endurance that will try every racer.

We have studied a course that every passionate biker may desire; the MBC race offers: mountain passes, unspoiled rivers and sceneries of rare beauty.

Willy Mulonia

(MBC founder & Race Director)

Pa EVENTS, S.L.,

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info@mongoliabikechallenge.com, <http://www.mongoliabikechallenge.com>



PROGRAM

August 9th 2019: SUGGESTED ARRIVAL DAY

All athletes should arrive at Ulaan Batar (UB) by this day. It's not mandatory but it is suggested in case of you missed up your bike or luggages. Once you landed, and if you booked with us, the organization will be at the airport waiting you for your transfer to our Official Head Quarter **BAYANGOL HOTEL**

PLEASE CHECK THE PROGRAM ON LINE

August 10th 2019

During the day the racers will be free of commitments but will be responsible to set up and prepare their MTB, hand over all the documentation requested and pick up the 'Race number' starting from **2:00 p.m. to 3:00 p.m.**

At 3:00 p.m. at the **BAYANGOL HOTEL**: official presentation of **Mongolia Bike Challenge**. The entire staff will be introduced.

August 11th to August 16th, 2019

6 stages of the **Mongolia Bike Challenge** ([STAGE DESCRIPCION CLICK HERE](#)) from **Ulaan Baatar Down Town**

August 17th, 2019

At 10.00 a.m.: **TRANSFER BACK** to Ulaan Baatar in front of our Head Quarter "**BAYANGOL HOTEL**". It will take 3 hours.

PD: OUTBOUND FLIGHTS FROM ULAAN BAATAR CAN NOT BE BOOKED BEFORE 6:00 PM OF AUGUST 17th, 2019



DAILY SCHEDULE

Every day will have timing that needs to be strictly followed. Due to weather and terrain conditions, timing may be subject to changes. Therefore, it will be ~~informed~~ detailed by the Organizing Team on a daily basis.

Nevertheless, the estimated daily schedule is reported in the table below:

- **06.30 am:** official wake up
- **07.00-08.00 am:** breakfast and luggage delivery
- **08.00-8.30 am:** personal set up
- **08.30 am:** start
- **2.00-5.00 pm:** end of the stage
- **5.00 pm-6.30 pm:** set up of personal items and bike check-up
- **6.30pm- 7.30pm:** awards of the day+briefing+delivery water bottle
- **7.30pm:** dinner



MEDICAL ASSISTANCE

During all the stages we will have the presence of qualified medical professionals, composed by:

- Two ambulances following the race.
- A medical doctor of the Organization
- 1 medical assistant.

It is essential that all racers bring with them any prescription drugs they usually take and inform the Medical Staff of any health problem that could be important in case of emergency (allergies, chronic use of specific drugs etc.)

Medical staff will be provided with emergency drugs, but it is strongly recommended that every racer will have the following:

- *Antibiotics for intestinal infections* (e.g. Cyprofloxacin cp 500 mg)
- *Antidiarrhoic drugs* (e.g. Loperamid cp)
- *Analgesic drugs* (e.g. Paracetamol, Aspirin, Diclofenac)
- *Antiacids* (e.g. Maalox)
- *Sunscreen and topic cortison*
- *Eyedrops*
- *Adhesive bandages*
- *Mouthwash for sore throat*

At the end of each stage, in the overnight camps or lodgings, there will be a medical emergency center and a sport medicine team. At the refilling stations/check points we will have the equipment for rapid transport for accidents during the stage (quads, radio communication with base camp, jeep). Transportation implies the withdrawal of the racer from the event. Serious injuries during the route will be handled in an emergency manner, with the collaboration of other racers who are required to indicate any problem at the check-points.

There is no full time helicopter monitoring.

Racers participate voluntarily and with responsibility in the race, as such there is no liability for the organization from accidents, injuries or other medical problems.

At the same time, discussions/unsportsman conduct or unacceptable behaviour by any racer will not be the responsibility of the organization.

Should such behaviour occur, the responsible racer will be banned from the race, to ensure the sporting spirit of this event.



GPS

The **Mongolia Bike Challenge** is not an orientation race and, therefore, the organization will not provide any type of road book. During the race, every racer must possess and use a GPS device with the tracks uploaded from the MBC website. Although this is not an orienteering race and the race route is clearly marked at all times, there are external factors that might cause some signs to be missing, so it is the racer's responsibility to always double-check with the official GPS track on their device. **Each stage will be marked only at some crucial points, by means of wooden signs and ribbons.**

At the end of each stage, the Organization will collect whatever was used to mark the course to ensure maximum respect for nature. We will not use any type of spray or paints that are not environmentally friendly and not completely erasable.



WHAT TO BRING

In Mongolia, in the month of August, there are extreme temperature differences between day and night (dipping close to freezing at night). Rain or snow of minor or major intensity is also possible. Therefore, in addition to their own usual/favorite cycling gear, every racer is requested to bring following **mandatory cycling gear** for safety reasons:

- Winter cap
- Warm gloves
- Warm socks
- Winter base-layer
- Rainjacket/windstopper
- Rain pants
- Winter bibs/winter leg warmers
- Rain shoe-covers
- Back pack

Moreover, other **mandatory items** include:

- 6 bottles (500 or 750 ml), already numbered with your dorsal number with a permanent marker (to know your dorsal number go to the following link: <http://www.mongoliabikechallenge.com/en/inscritos/>). The organization will provide bottles already filled at the refueling station point 1 & 2 (3 in each stage). Otherwise you can refill your bottles or camelback at each refueling station point
- Sleeping bag (comfort zone -10°): due to possible very low temperature.
- Sleeping Mattress

Take also into account following indications:

On your luggage and on your bicycle box/bag you must put a sheet with the MBC logo (you can download it at this address:

<http://www.mongoliabikechallenge.com/en/logotipos/>).

READ CAREFULLY

Each participant will be allowed to use only one bag with a maximum capacity of 100 liters.



RESPECT FOR THE ENVIRONMENT

To comply with the sporting spirit of the event and with the respect for the environment and the native population, every racer is requested to follow all the instructions of the Organizing Team for the protection of nature and the local infrastructure. Therefore, it is forbidden to use streams or rivers to wash the bikes. Specifically, it is forbidden to contaminate any stream or river with any chemical substance. Rivers, lakes and streams are often the only source of drinking water for the local population.

In addition to the explicit indications given, racers should also apply common sense to protect the environment. Any incorrect behaviour will be seriously considered and punished by the Organizing Team.



TRAFFIC

Although limited, traffic is present in several parts of the race course. In most of the key points we expect to have also the support of the local police that will provide escort for the racers and the support vehicles.



REGISTRATION COST

The cost of participation at the **Mongolia Bike Challenge** is:

- **Bikers** (FLIGHT COST NOT INCLUDED)

- **€ 1.950**

- **Companions** (FLIGHT COST NOT INCLUDED):

- **€ 1.450**

CONDITION OF REFUND: PLEASE READ CAREFULLY

If, for whatever reason, a person subscribed in MONGOLIA BIKE CHALLENGE is forced to retire, this person must give written notification by e-mail to PA EVENTS SL within 12.00 p.m. to May 31st, 2019 (Rome-Madrid time zone)

In this case PA EVENTS, SL retains € 500 as administrative expenses. The reimbursement of the cost of the flight will be dictated by conditions of the flight company airfare.

In case the notification arrives after 12.00 p.m May 31st, 2019 (Rome-Madrid time zone) PA EVENTS, SL will not refund any financial reimbursement fee.

The athlete is however eligible for reimbursement of the above, after to May 31st, 2019 if:

The athlete who is giving up his/her participation can introduce to PA EVENTS, SL an interested person to occupy his own place.



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METHOD OF PAYMENT

PLEASE CHECK OUR WEB SITE:

<http://www.mongoliabikechallenge.com/en/inscripcion/>

BANK DETAILS

Bank Name: BANCO "LA CAIXA"
Account N°: 2100 3897 81 020008 4340
IBAN: ES06 2100 3897 81 020008 4340
BIC/ SWIFT: CAIXESBBXXX

Headed to
PA EVENTS, S.L.
Pº/ de la Castellana, 121 Esc Dcha. 4ª A 28046 Madrid
España
C.I.F. B85665701

Note: please put your name and surname as well as the reference (MBC 2018) on the bank transfer receipt

THE PRICE INCLUDES:

- × Registration to the **Mongolia Bike Challenge**
- × All accommodations during the 6 stages on MBC 2019 (6 OVERNIGHTS)
- × Full board during each stage.
- × Final prize-giving ceremony.
- × Gadget of the **MBC**
- × Medical assistance during the stage.

THE PRICE DOES NOT INCLUDE (PLEASE READ CAREFULLY):

- × Flight from your country.
- × Any transfer from and for airport
- × **ANY HOTEL OVERNIGHT IN ULAAN BAATAR**
- × Visa to enter Mongolia
- × Over baggage and airport taxes
- × Extra services in the hotels
- × Tips



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- × Messages
- × Cold beer and soft drink in the camp
- × **Mechanical Assistance & Bike spare parts**
- × Health insurance. **THE HEALTH INSURANCE IS ABSOLUTELY MANDATORY**
- × ... Everything that is not clearly indicated in "The price includes" section.

Please be aware that if you need any extra stay/night you can refer to Mongolia Bike Challenge Organizing Team at the following address:

info@mongoliabikechallenge.com



HOW TO REGISTER

The registration for the **Mongolia Bike Challenge** will be open till:

- SUBSCRIPTIONS CLOSE: July 30th, 2019
- Maximum number of bikers: 108

We will accept only subscriptions via our website:

<http://www.mongoliabikechallenge.com/en/inscripcion/>

Please note: all fields are compulsory, read the method of registration carefully and the time needed to confirm the registration, as well as the penalty fee in case of not presenting yourself at the start.



DOCUMENTATION REQUIRED

In order to be allowed to enter the **Mongolia Bike Challenge**, every applicant needs to send mandatory document below to the Organizing Team:

- Medical Questionnaire filled out and signed and stamped from your own doctor (see next paragraph "MEDICAL QUESTIONNAIRE")

This document must be submitted when registering.

Failure delivery of this documentation will invalidate registration!

Moreover, in order to be allowed to enter Mongolia every participant needs to have following mandatory documents:

- Valid passport
- Visa (please contact the mongolian embassy or consulate in your own country)



MEDICAL QUESTIONNAIRE

Dear Medical Doctor,

For your proper information, **Mongolia Bike Challenge** is a multistage cycling event to be run in Mongolia. Racers will run about 120 km and climb 2000 m each day within a tough environment with sudden climate change. It will surely be an extreme physical test for all the racers, no matter what their cycling experience is.

Based on above, we would like to ask for your help to assist us to provide your racer-patient indicated with the best possible medical support by filling in the info requested within this pre-event Medical Questionnaire. It is intended that all below info will be treated as "confidential".

Racer' personal details

Surname:..... Name:.....
Address:.....
Passport#:..... Age:.....
Emergency contact person during the race:.....
Emergency contact tel#:.....

Current physical condition

Resting heart rate:..... Blood pressure:.....
Blood group:.....

Medical History

- Does the patient have a surgical or orthopaedic incident history? If so, please explain.
.....
- Does the patient suffer from a permanent condition (e.g. Asthma)? If so, please explain.
.....
- Does the patient suffer from any allergies (e.g. bee stings etc.)? If so, please explain.
.....
- Is the patient currently taking any medication? If so, please list.
.....
- Is there any other information that you deem necessary for the MBC medical doctor to be aware of regarding the patient?
.....

Health Insurance

Medical Aid name:..... Medical Aid#:.....
Medical Aid scheme:..... Main member:.....
OR Hospital plan name:.....
OR Travel/Health Insurance provider:.....
Health Insurance Policy #:..... Contact telephone #:.....

Medical doctor' personal details

Doctor's name:.....
Contact telephone #:.....
Language spoken at contact telephone:.....
Date of appointment:.....
Doctor's signature:.....