



RACE BOOK

Montagnes du Caroux EWS Challenger Enduro

May 12, 2018

V3. 8MAY



LOCATION

Olargues FRA [MAP](#)

VENUE MAP

Race Village: Esplanade de la Gare Olargues.





SCHEDULE

http://www.enduroworldseries.com/wp-content/uploads/2017/11/Schedule_Orlaques-2018.pdf

Thursday May 3

20h00 Course Release Race Stages closed for riding until start of practice

Wednesday May 9

16h00-19h00 Registration / Plate Pick up priority line for EWS Teams
19h00 EWS Manager Briefing

Thursday May 10

08h00-11h00 Registration / Plate Pick up EWS and Challenger
09h00-13h00 Training EWS Group A (EWS members) S5 / S6
13h00-17h00 Training EWS Group A (EWS members) S7 / S8
09h00-13h00 Training EWS Group B (non members) S7 / S8
13h00-17h00 Training EWS Group B (non members) S5 / S6
16h00-19h00 Registration / Plate Pick up EWS and Challenger

Friday May 11

08h00-11h00 Registration / Plate Pick up EWS and Challenger
09h00-13h00 Training EWS Group A (EWS members) S1 / S2
09h00-13h00 Training EWS Group B (non members) S3
09h00-13h00 Training Challenger S3
13h00-16h30 Training EWS Group A (EWS members) S3 / S4
13h00-18h00 Training EWS Group B (non members) S1 / S2 / S4
13h00-18h00 Training Challenger S1 / S2 / S4
18h00 Autograph Signing Session Paddocks
19h00 Rider Briefing EWS Paddocks

Saturday May 12

0700-17h00 Race EWS Stages 1-4
TBD Race Challenger
18h00 Awards Challenger
18h30 Awards Take Care of Your Trails
TBD Post Race Dinner Challenger

Sunday May 13

0700-17h00 Race EWS Stages 5-8
18h00 Awards EWS
TBD Post Race Dinner /After Party EWS

Monday May 14

TBD Trail Restoration



REGISTRATION

<http://www.enduroworldseries.com/event/ews-olargues-montagnes-du-caroux/> .

Entries available on a first come basis.

Entry deadline: Tuesday May 8, 15h00 CET (unless race sells out in advance)



ENTRY FEE

75.53 GBP

Entry fees will be processed in the central EWS entry system in Pounds Sterling. Total includes taxes and processing fees





CANCELLATION POLICY

Registration fees are refundable (less an administrative fee) up to 30 days prior to the race. Cancellation request must be sent to athletes@enduroworldseries.com by 23h59 CEST April 11. After this date, the registration proceeds are transferred to the organizer and the account is closed.

Registrations are transferable.

Deadline Tuesday May 8, 15h00 CEST. Email athletes@enduroworldseries.com



RACE LICENSES and INSURANCE

The Montagne du Caroux Challenger Enduro race is sanctioned by the French Cycling Federation.

Competitors must have either a FFC/UCI race license or purchase a one event license at the onsite checkin.

Non-licensed riders will be permitted to register upon presentation of a medical certificate (issued within the previous 12 months) certifying fitness for competitive sports / mountain biking racing . Cost 5EUR – payable at the onsite checkin.

The organizer will secure accident insurance from Gras Savoye on behalf of unlicensed racers. Policy details: <https://ffc.grassavoie.com/> .

It is strongly recommended that all racers have their own personal medical / accident before participating in events.



CATEGORIES

WOMEN | Under 21 (1998-2001)

WOMEN | Master 35+ (1983+)

WOMEN

MEN | Under 21 (1998-2001)

MEN | Master 40+ (1978+)

MEN

EWS uses December 31 2018 as the age calculation date. Minimum age 17 (Year of birth 2001)

EBIKE | Men

EBIKE | Women

Ebike class will only have one open category – no age divisions



ONSITE CHECKIN / PLATE COLLECTION

Wednesday | 16h00-19h00

Thursday | 8h00-11h00 and 16h00-19h00

Friday | 8h00-11h00*



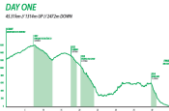


*Deadline. Riders who have not collected plate / checked in by 11h00 will not be included on the Start List for Saturday.

Racers will issued both a jersey number (must be worn on race days only) and a race plate (must be attached to bikes for both training and race days). Racers who lose or fail to wear their jersey number on race days will be assessed a penalty.

Altering, cutting, or placing of unauthorized stickers or sponsor logos on race plate is not permitted.





	<p>TIMING TRANSPONDERS Racers will collect their timing chips on Friday after training . Race Office 18h00-19h00</p> <p>Racers will be required to leave a piece of identification for the timing chip – to be returned on Saturday after the race.</p> <p>Timing chips will be collected at the finish of the race on Saturday. Racers who withdraw or do not complete the race should return the chip to the finish. Lost or damaged chips will be assessed a 100 GBP replacement fee.</p>
	<p>RIDER BRIEFING Riders are invited to attend the EWS Rider Briefing (Friday May 11, 19h00) – but attendance for Challenger racers is not mandatory.</p> <p>Visit the Facebook Event Page / Rider Forum at for up-to-date race information or to ask any questions. https://www.facebook.com/events/1814174778886191/</p>
	<p>COURSE Long stages on natural and technical trails, diverse terrain. Race will finish by a short urban stage.</p> <p>4 stages 45km (race stages 10,5 km / liaison 34,5 km) Elevation: 1000 d+ / 1470 d-</p> <p>Course Maps: http://www.enduroworldseries.com/wp-content/uploads/2017/11/Olargues-Day1-Map.pdf Trailforks: https://www.trailforks.com/route/ews-3-2018-montagnes-du-caroux-day-1/</p> <p>All race stages will closed for riding effective May 3 until training on May 11.</p>
	<p>OTHER RIDING ZONES Racers can ride the last 4 stages of Epic Enduro Link to the course map : https://epicenduro.com/boucle-3-epic-enduro-vtt</p>
<p>TECHNICAL SCORE</p>	<p>★★★★☆</p>
<p>PHYSICAL SCORE</p>	<p>★★★★★</p>
	<p>TRAINING Friday May 11 09h00-13h00 Stage 3 13h00-18h00 Stages 1,2 and 4 (Urban)</p> <p>Only riders with a number plate attached to their bike will be allowed on course during practice. Racers will be limited to 1 training run on each Special Stage. Practice on all stages is strongly recommended.</p>



SHUTTLES

TRAINING DAY | FRIDAY 11 MAY

Racers can use personal vehicles to transfer to part way to Stage 1 and to transfer from the finish of Stage 2 to the village of Mons. But racers must climb with their bike on the designated transition to the start of Stage 2 and from the village of Mons to the start of Stages 3. Racers can use their own vehicles to go back to Olargues or be dropped in Olargues for the start of the Stage 4.

Mandatory drop off / pick up points Stage 1.

Pick up point Stage 1: 43°33'34.4"N 2°54'41.3"E

Drop Off point Stage 1 :

2 possibilities

If someone will drop you and you do not need to park your vehicle, you can be dropped at La Bouisse: 43°32'48.6"N 3°02'20.5"E . Riders MUST pedal from the drop off to the start of Stage 1.

If you are alone with your own vehicle, you should park at Le Poujol sur Orb : 43°34'41.1"N 3°03'46.3"E and proceed by bike following the marking " transfer Stage 1"



WARNING

Mandatory route to start of Stage 1. Vehicles MUST ascend the road by the village of Le Poujol sur Orb and next Plaussenous and come down by the same way. It is difficult to pass on these little roads, so please be careful and drive slowly

Drop off / pick up points Stage 2 / 3 / 4

Pick up point end of Stage 2 : 43°35'17.1"N 3°04'51.8"E

Drop off point start of Stage 3 : 43°34'02.1"N 2°57'45.5"E

Pick up point end of Stage 3 : 43°34'02.1"N 2°57'45.5"E

Drop off point start of Stage 4 : 43°33'26.1"N 2°55'07.4"E

RACE DAY | SATURDAY 12 MAY

Racers will start from Stage 1 (located 18km from the Paddocks)

Access will be by personal vehicle.

Free shuttle bus pick up will be available at the end of the day to retrieve vehicles 13h00-14h00 (bike storage will be available in the Paddocks)

START ORDER and START TIMES

Racers must complete stages in order and within the specified timeframe – but they do not need to start in a particular order.

Racers can self seed and select their own start order.

Minimum 20 second intervals between racers



RACE

Stages will be open as follows:






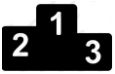


Stage 1: 7h00-8h00

Stage 2: 8h30-9h30

Stage 3: 11h00-12h00






Stage 4: 12h00-13h00



	<p>OUTSIDE ASSISTANCE and ON-COURSE WATER STATIONS / FEED ZONES Outside assistance is allowed during the day. Stop at a shop, get a coffee, help each other out - it's all allowed in the Challenger.</p> <p>Feed Zone after S2 in Lamalou les Bains. Following will be available in the Feed Zone: sweet and salty food - dried fruits - fresh fruit – drinks Racers will be also passing through the Paddocks after S3 before the climbing in Olargues to start S4 (Urban Stage) Water source on course in Mons after S3 (Day 1)</p>
	<p>PROTECTION RULES Racers must wear a full face helmet (either fixed or detachable chin pieces) at all times during the race - including liaison stages on the bike. It is not permissible to carry a second helmet attached to the pack / body.</p> <p>Full fingered gloves, knee pads and a CE certified back protector are compulsory on race stage. A backpack can replace the back protector if it includes CE certified back protection.</p> <p>The rules apply to both training and race days.</p>
	<p>BIKE MARKING and BIKE CHECK There will be no bike check and no equipment marking for Challenger racers.</p>
	<p>RACE RULES Riders are expected to read and understand the Race Book and Rule Book. Unfamiliarity will not be accepted as an excuse for any rule violation by any rider</p> <p>http://www.enduroworldseries.com/rule-book/</p> <p>The Race Director is authorized to give additional penalties that are not listed in the EWS rules in the case of a rider who fails to respect the other riders, the spirit of the sport, the environment or the organization.</p>
	<p>Results will be published at: www.enduroworldseries.com/results</p>
	<p>AWARDS Top 3 from each category Awards Stage in Paddocks</p>
	<p>BIKE WASH Two stations in the Paddocks</p>
	<p>RACE VENUE FOOD SERVICES Restaurant + snack bar on the spot in the Paddock . Food services available from 8h00 to 21h00 . Meals 10 € (multiple options)</p> <p>Free beer from 15h00-18h00 on Friday after the Urban Stage practice. Meal will be offered after the Challenger race on Saturday. (free for racers – with bracelet issued at the onsite checkin at the same time as the race plates) . Guest welcome – can order off the menu</p>





	<p>In association with the Enduro World Series, a professional photographer, working with FollowRacer will be on the side of the trails to shoot pictures of your performance.</p> <p>Pictures of you will be available soon after your race and you'll be able to buy them on the website by searching your bib number : Enduro World Serie - Olargues - Gallery : https://followracer.com/events/5af1e6cd4125641ee02ee19e</p>
	<p>EMERGENCY RESPONSE Dispatch : +33 06 72 90 77 42 / +33 06 12 10 15 92 Medic Station will be located in the Paddocks on Friday from 9h00-18h00 and on Saturday from 7h00-18h00.</p>
	<p>NEAREST CLINIC / HOSPITAL Polyclinique des trois vallées 4 Route de Saint-Pons, 34600 Bédarieux +33 04 67 95 56 56</p>
	<p>CONCUSSION PROTOCOL Any EWS Challenger racer who fails a concussion assessment by a qualified medical practitioner, during that event, will be removed from the current practice session or race and will be prohibited from further participation in any EWS or practice session or race until cleared in writing by a medical doctor to resume such activity.</p> <p>Should a concussion be confirmed by a medical doctor, the athlete is responsible for completing a 'graduated return to activity' plan.</p>
	<p>INJURY/ILLNESS PERFORMANCE PROJECT During all EWS Challenger events, medical staff may collect preliminary rider injury and illness data, in order to monitor the magnitude of issues that occur. As part of your participation this will include your medical data should you sustain an injury (or illness) during the event.</p> <p>You will not be identifiable at any stage during any collection of this data, and any data collected on you will be anonymized and kept strictly confidential at all times. The information gathered may be used by the EWS/EMBA to help guide and direct future rider health and injury/illness prevention initiatives. You do not need to do anything as part of this data collection.</p>
	<p>MASSAGE and PHYSIOTHERAPY A physiotherapist/osteopath will be available in the Paddocks Available by appointment only during training days. Onsite all day long during race days.</p>
	<p>TRAVEL / TRANSPORTATION</p> <p>Flying: Closest international airports Toulouse TLS 150kms (2h30mins) Montpellier MPL 110kms (1h40mins)</p> <p>Train: BEDARIEUX – Gare SNCF, 23 km (30 min) : Gare TER de Bédarieux BEZIERS – Gare SNCF, 51 km (1h10) : Gare TER et TGV de Béziers</p>



Driving:

FROM TOULOUSE: Take the A62 motorway towards Montpellier. Take the Castres Mazamet exit then take the D612 towards Béziers / St-Pons de Thomières. In St-Pons take the D908 direction Olargues

FROM MONTPELLIER / BEZIERS: By Motorway A75 or A9

By Motorway A75-Exit 64: Valras-beach, Sérignan, Béziers

By the A9 Autoroute - Exit 36: Beziers, Castres, Mazamet, St-Pons, Vendres, road center
At your motorway exit you can choose:

Join the D14 direction St-Pons de Thomières, then follow Cessenon s / Orb, Roquebrun, Olargues or join the D909 direction Bédarieux, then D908 Direction Olargues St-Pons de Thomières

FROM CARCASSONNE: Access by D610 to Olonzac, then follow the D907 to Saint Pons de Thomières and finally the D908 to Olargues

FROM CLERMONT L'HERAULT: By Motorway A75 - Exit 57: Clermont-l'Herault, Canet, Bédarieux. Follow the D908 Direction Olargues - St-Pons de Thomières







EVENT PARKING



CAMPING / OVERNIGHT PARKING

Campers only (no trailers or tent) will be permitted in the reserved event parking. Parking pass required – will be included in the Racer Package.



	<p>Camping for tents and trailers available in Mons : Camping du Caroux: https://www.campingducaroux.com Camping municipal Le Claps: https://www.monslatrivalle.fr/tourisme/hebergements/camping-municipal.html</p>
	<p>ACCOMMODATION Contact the Tourism Office for a list of options or personal recommendations / assistance with bookings:</p> <p>Office de Tourisme Orb Jaur https://www.ot-caroux.fr/fr/dormir.html Email: tourisme@ot-caroux.fr Telephone: +33 (0)4 67 23 02 21</p> <p>Office de Tourisme Grand Orb http://www.grandorb.fr/Tourisme/Hebergements/5/17.html Email: bedarieux@tourisme-grandorb.fr Telephone : +33 (0)4 95 08 79</p>
	<p>PLACES OF INTEREST Options for racers arriving in advance or non-riding partners: Many outdoor activities (climbing, canyoning, canoeing, trail ...). Visit the vineyards and wine tasting Thermal baths in Lamalou les Bains</p>
	<p>WEBSITE http://ews-montagnesducaroux.com/</p>
	<p>EWS SOCIAL MEDIA</p> 
	<p>CONTACTS Event Director: Luc Guiraud, velo-haut-languedoc@orange.fr , +33 6 83 55 54 64 Expo / General: Charlotte Crombret, charlotte@velo-caroux.fr, +33 6 85 48 53 61 Athletes: Nathalie Grether nathalie@enduroworldseries.com Media Inquiries / Accreditation: Kate Ball kate@enduroworldseries.com</p>

