



1st BLACK MOUNTAIN CYCLING CHALLENGE

Trongsa – Chazam – Trongsa: 100 kms
October 2, 2022



RACE GUIDELINES

1. TITLE OF RACE

Black Mountain Cycling Challenge, 2022- 1st edition: First ever international Open Mountain Bike Challenge connecting hills and valleys of historical significance. All the cycling enthusiasts are invited to experience the challenge for fun and thrill. Get yourself registered. Ride the wheels of power.

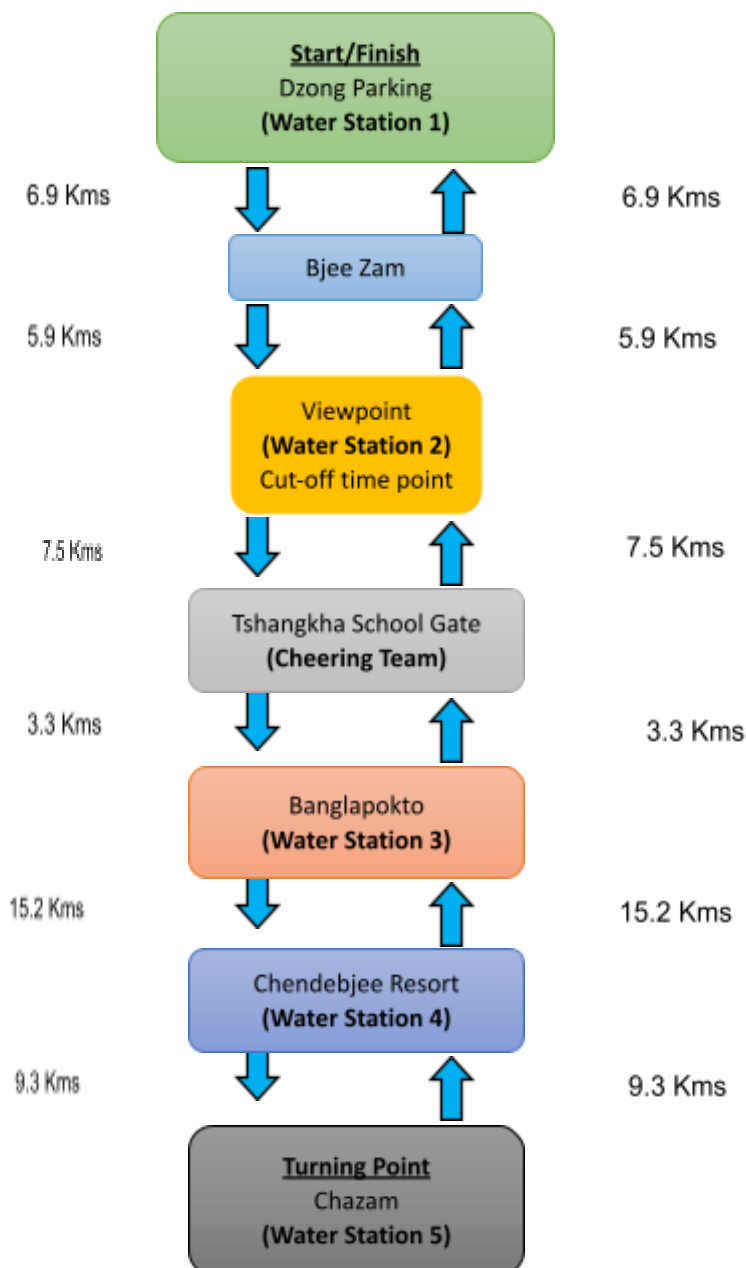
2. RACE DATE

October 2, 2022

3. RACE ROUTE

Dzong Parking, Trongsa (start point) Chazam, Wangdue Dzong Parking, Trongsa (finish point)

4. ROUTE DISTANCE





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5. CYCLING EQUIPMENT- CHECKLIST

A. Mountain Bike

Only Mountain Bike [26", 27.5" & 29" wheel dimension and tire size not less than 1.95"] will be allowed to use on race day.

B. Helmet

All participants must have a helmet with proper chinstrap. Wearing a rigid safety helmet shall be mandatory during the course.

C. Back-up kit

All participants must carry the following back-up kit:

- Spare tube or a repair kit
- Small portable pump

A participant may also help another participant execute a repair of any sort. The organizing committee shall not be responsible for any loss of time due to technical problems.

D. Cycling clothing

-The organizer recommends the participants to wear an appropriate cycling outfit for their maximum performance during the course. The weather can be uncertain at the time of the race especially in the morning and down-hill stretches. So, hope for the best, prepare for the worst.

6. TRANSPORTATION

The Dzongkhag Administration will arrange transportation for the participants from Thimphu, Punakha and Wangdue Phodrang on 30th September, 2022. However, all the participants must communicate with the Dzongkhag for the arrangement of transportation. Participants who wish to take their own private vehicle may do so, ***but cannot be used as a backup car during the race. If any participants are found using their private cars at the un-authorized locations he/she shall be penalized with an extra 20 minutes on actual finishing time.***

7. ACCOMMODATION

The Dzongkhag Administration will share the list of hotels which are in Trongsa along with the room rates and their respective contact details. Riders (all participants) wishing to stay at the hotel will need to book and pay by themselves.

8. SUPPORT ON COURSE

- Water stations
Water Station 1 : Dzong Parking
Water Station 2: Trongsa viewpoint
Water Station 3: Banglapokto
Water Station 4: Chendebji Resort
- Course Marshals at various checkpoints
- Mobile Ambulance: Emergency medical back-ups (strategic locations, on standby and at the back with the sweeping team)
- Traffic police & RSTA: Monitor & control traffic
- Mobile aid stations (mobile cars): at the strategic areas with technicians.



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October 2, 2022



9. SUPPORT OFF COURSE

- Refreshments at the start/finish (Water Station 1: Dzong Parking, Trongsa) & turning point (Water Station 5: Chazam, Wangdue Phorang)
- Medical Support at the finish line in case of sustained injury

10. RACE START TIME

All participants must report to the start point (Dzong Parking, Trongsa) at 7:00 a.m. sharp on the race day, Sunday the 2nd of October, 2022. The race will start-off at 8:00 a.m. sharp.

Starting position will be determined by the registration number.

No rider shall join on course during the race if he/she has not registered for the race, unless approved by the organizing committee. No other person, without any official responsibility or without the approval of the organizing committee may be on the course.

11. CUT OF TIME

All the riders should reach Chazam by 11:30 AM and cross the Viewpoint by 1:00 p.m. If not, the sweeping team will pick them up. Any rider who wishes to ride after this time may do but the organizers shall not be responsible for any inconveniences caused. **[Only riders who have passed the cut off time are entitled for the medal and certificate.]**

Separate areas will be designated at the Dzong parking to wash up and toilets will be available for all the participants

12. DOPING

Participants will be tested for doping banned substances, and must compulsorily provide urine samples, when asked, at either or both the start or finish points. A participant whose test result is positive must promptly return any prizes and primes won in the event.

RULES & REGULATIONS

1. Conduct of Riders

Any misconduct on part of any rider, in breach of any of the guidelines given below, will result in disqualification of the individual from the race as may be decided by the Organizing Committee. The decision of the Organizing Committee will be final and binding.

1.1 All riders must at all times respect the existing traffic rules and regulations.

1.2 All riders must wear their helmets and fasten chin strap during the race while they are riding their bicycles. The helmet must be fastened before the participant first mounts the bicycle, at all times when the participant is on the bicycle, and must not be unfastened until the rider has dismounted.

1.3 All participants shall demonstrate proper sporting spirit and shall, in whatever capacity, participate in the race in a fair and sporting manner. They shall all endeavor to contribute fairly to the sporting success of the race.

1.4 No rider shall be disrespectful toward the organizers, officials, other riders or spectators. No rider shall use foul or abusive language or conduct during the race event.





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2.12 Pulling or pushing another rider or another rider's equipment during a sprint.

2.13 Fraud or attempted fraud during the race;

3. Results

At the end of the race, results will not be announced until all the checklists are cross-checked and verified by the technical official.

All participants are requested to be present during the prize awarding ceremony.

*****Thank You*****