



## RACE MANUAL 2024



2x200 ULTRA CHALLENGE, un évènement BIG SMILE CYCLING, organisé par DUBRAQUET.CH

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web : [www.2x200.ch](http://www.2x200.ch)

Instagram : [#2x200\\_ultra\\_challenge](https://www.instagram.com/#2x200_ultra_challenge)

### Introduction

Welcome to the world of ultra-cycling and the 2x200 Ultra Challenge!

This challenge will give you a unique experience that you will remember for a long time. You will ride through beautiful landscapes. We will take you to unexpected and sometimes wild places. You will have to be well organised and manage your effort, your food and drink supplies.

Some will stop for the night while others will go for it! Live the challenge according to your desire, without pressure, with the sole objective of crossing the finish line!

Put all the chances on your side, starting by reading the whole document 😊 ! It contains some very useful information!

## **Event**

Itinerary-based road cycling without assistance, with a choice of two routes at CP2.

Total distance "SOFT" route: 389km / Ascent: 6050m (approx.)

Total distance "HARD" route: 405km / Ascent: 7200m. (approx.)

The route must be cycled entirely by bike, without electrical or mechanical assistance.

## **Starting and finishing point (race centre)**

Bike Shop DUBRAQUET, rue du commerce 96, CH-2300 La Chaux-de-Fonds

## **Dates and schedules**

Saturday 29th June 2024

- 6.15 am: car park opens
- 7.00 am: opening of the secure bike lockers
- 7.00 am to 7.45 am: collection of race numbers (at the race centre)
- 8.00 am to 8.15 am: compulsory briefing (on the 1st floor of the race centre)
- 8.30 am to 9.15 am: free start (present yourself at the La Mobilière start gate at the race centre)
- 9.15 am: closing of the secure bike lockers
- 10.45 pm: Estimated arrival of the first participants

Sunday 30th June 2024

- 5.00 pm : Maximum time / closing of the race centre

## **Surprise itinerary renewed at each edition**

The route will be revealed 72 hours before the start! It will be sent to you by email as a GPX file. It will also be downloadable from the 2x200.ch website.

Download the GPX file to your navigation device.

The route is strongly recommended and should be followed at all times if possible. This is for your safety, but also to allow you to pass through the most beautiful corners and on the most beautiful roads. Deviations to reach an accommodation or restaurant are possible. If there are any strange deviations, the organisation will contact you by phone. Make sure that your phone is working during the whole event.

We will also give you a paper map of the route in case your navigation system fails.

In the event of road diversions due to events, roadworks or accidents, please follow the instructions of the police.

## **Time limit, ranking and validation of the challenge**

No timing or ranking is established on the 2x200 Ultra Challenge. The simple fact of being a finisher of the event counts!

The challenge is considered successful if the route is completed in less than 32 hours and 30 minutes. Beyond that time, you won't have the title of finisher, but that's no problem. We'll keep a beer on tap for you!

## **Rider's agreement**

When collecting your race number, it is compulsory to hand in a paper copy of the "Rider's agreement". It must be filled in, signed and handed in to the organisation.

This document is sent to each participant by email two weeks before the start. It is also available as a free download on our website [www.2x200.ch](http://www.2x200.ch).

## **Starter kit, . What do you receive before your departure?**

In addition to your start number, you will receive the following equipment :

- Personal GPS tracker
- Checkpoint pass (to be collected at CP0)
- Paper map of the route
- 2 pack tags for personal items (Race Centre and CP2)
- Road book 5x15cm (to stick on the top tube)

Distribution of starter kits at the race centre on Saturday 29 June from 7.00 am to 7.45 am

## **Compulsory equipment for your own safety**

- **Your identity card**
- **Your mobile phone**
- **Bike helmet, glasses**
- **Front and rear lights of sufficient power to ride at night**
- **1 efficient GPS navigation device**
- **1 effective night reflective waistcoat**
- **1 windproof jacket**
- **1 set of repair materials**
- **1 survival blanket**
- **Sufficient food and drink**

**!! Checks will be carried out before departure !!**

## **Deposit of personal belongings**

You can leave a bag with your personal belongings at the race centre until you leave. This bag will remain at the race centre in a secure room and will be at your disposal when you arrive.

If you plan to rest for a while in the CP2 dormitories, you can leave your sleeping bag with us at the race centre. The organisers will transport it to CP2 and return it to the race centre from 3.30pm on Sunday. Only the following items are permitted: sleeping bag, hygiene and eyewear (e.g. contact lenses).

## **Monitoring and use of trackers (GPS beacons)**

At the time of registration, each participant will receive a matchbox-sized tracker. This device allows the organisation, your friends and family to follow you in real time.

Link: <https://trackmium.web.app/pc-map/-NwxLrWHAQITdAOqxZP4>

Trackers must not be placed on top of another GPS device or smartphone. They should not be covered by metal, as this blocks reception. The ideal position on the bike is as close as possible to the direction of the sky.

Trackers must be handed in to the organisers as soon as you arrive at the race centre. Trackers that are damaged or not handed in will be charged CHF 160.-

## **Self-sufficiency**

You evolve in complete autonomy. You have to provide your own food and drink, this is the principle of ultra-cycling. You must also carry all the compulsory material, equipment and clothing from the beginning to the end of the event.

On the course, each participant can stop to complete his/her needs in food and drinks.

Authorised food supply points:

- Grocery stores, supermarkets, bakeries, petrol stations, restaurants, etc.

**Not allowed** food supply points:

- Friends / family at the roadside in an organised manner

N.B.; Any food or drink received from others must be freely offered and not planned.

It is permitted to receive mechanical assistance from others. However, follow cars are not allowed for environmental reasons.

## **Night stops**

You are free to ride without stopping. But if you feel that a rest would be beneficial, you are free to stop for as long as you want, wherever you want and in any type of accommodation. Camper vans are allowed, **but this should not allow you any logistical help.**

## **Drafting, riding in groups**

Drafting is allowed as long as it does not create any danger. **Participants should not form a group of more than 5 riders, for safety reasons in traffic.** In case of abuse, the race management will take measures.

## **Checkpoint (CP) / Refreshment stands**

There are 5 checkpoints on the route. These checkpoints are compulsory and you will have to get a stamp on your checkpoint pass before leaving. They are marked with signs and are indicated on the paper map.

Please remember that you are on your own and therefore have to provide your own food and drink. Nevertheless we will distribute free food and drinks at the checkpoints (see details below):

- CP 0 (km 28.6): Checkpoint pass collection
- CP 1 (km 111) : Water / Isotonic drink
- CP 2 (km 194) : Water / Cola / Isotonic drink / Soup / Bread / Bananas / Cheese / Rusks
- CP 3 (km 286 / 302) : Water / Cola / Isotonic drink / Soup / Bread / Bananas / Cheese / Rusks
- CP 4 (km 389 / 405) : Water / Cola / Beer / Grilled pork and veal sausages / Veggie pasta salad / Cakes

Please note that the organisation's refreshments are an aid and in no way constitute a complete meal, nor a means of filling your bag to the brim.

## **Accommodation at CP2**

We are able to offer dormitory accommodation in CP2, but only in limited numbers (15 places by reservation only) at a cost of CHF 49 (including breakfast). Reservations should be made by email to [info@dubraquet.ch](mailto:info@dubraquet.ch)

Outside, there will only be a few chill-chairs under a small tent, for a short rest.

Without a reservation, it is your responsibility to find accommodation if you need it.

## **CP2 special features for the "HARD" route**

**From 7.30pm on Saturday 29 June and until 5.30am on Sunday 30 June, departures from CP2 towards CP3 will be recommended in groups of at least 2 people.** As the area is not covered by the GSM network for several kilometres, your safety is at stake. Bear in mind that this may mean that you are temporarily immobilised at CP2 or free to continue on the "soft" route.

### **Checkpoint schedules**

- CP 0: opens Saturday 8.45am / closes 10.45am
- CP 1: opens Saturday 10.30 am / closes 2.30 pm
- CP 2: opens Saturday 2.30pm / closes Sunday 8.30am
- CP 3: opens Saturday 5pm / closes Sunday 1pm
- CP 4: opens Saturday 9pm / closes Sunday 5pm

### **Compliance with traffic regulations / safety**

Remember that you are riding on 'open' roads. It is therefore compulsory to comply with the current road traffic laws.

The most dangerous areas are highlighted in the road book and on the paper map. Please be particularly careful in these areas.

Wearing a reflective waistcoat is recommended during the day and becomes compulsory at dusk. The same applies to front and rear lights.

**Stay safe anytime!** Your life comes before your performance.

### **Abandonment (scratch)**

All withdrawals must be announced to the race centre by SMS or telephone on the following number

+41 78 602 65 65

In case of withdrawal, the participant must return to the race centre by his/her own means. The transport costs are the responsibility of the participant.

### **Helping others**

In the event of an emergency, each participant must assist others and report the accident to the race management as soon as possible.

### **At the finish line**

Each participant will be able to enjoy a meal and a drink offered at the race centre.

Massage service open on Sunday from 9 am to 3 pm

## **WC / shower**

Race center : WC / shower

CP2 : WC

## **Public**

Your friends and family are welcome at the race centre and along the route.

## **Participant parking (paying)**

A reserved parking area is available 50m from the race centre. **The cost is CHF 5.00/vehicle for both days.**

Follow the directions of our volunteers.

## **And finally, here are a few tips**

### **Bicycle preparation**

- A few days before the event, give your bike a thorough check of its wearing parts such as tyres, brake pads or brake shoes. A service by a professional would be ideal.

### **Material / equipment**

- A pair of photochromic or clear glasses will be very useful at night and will protect your eyes
- Make sure that your devices, mobile phone and lamps last for a sufficient period of time.
- Take warm clothes with you as the cold can be surprising.
- Put a power bank in your bag to recharge your phone, lights and GPS.
- Put some cash in CHF in your pocket, it could be useful.

**Be kind to our volunteers and RIDE WITH SMILE ! 😊**