Dizzy Challenge 2020

Rules

**Foreword**

**Luxembourg goes Ultracycling**

My dear friends of the Ultracycling community out there, be it in Belgium, the Netherlands, France, Germany, Switzerland, Austria, Italy, Slovenia or elsewhere in the world, I'm extremely happy, proud and very honored to present you the "**Dizzy Challenge 2020**"! I’m convinced that probably most of you mainly heard about the tiny Luxembourg located in the geographical heart of Europe in the context of its banking industry. However I promise you that our little "Grand Duchy" has much more to offer than that! We are pleased being able to help the development of the ultracycling sport and to add another event to the growing international calendar! We would like to see this sport and its athletes getting the respect and attention they deserve.

Cycling has a very long history over here, and some great champions in our beloved sport (like François Faber, Nicolas Frantz, Charly Gaul, the Schleck brothers, Kim Kirchen, Bob Jungels and many more) used to train, or still train for some of them, on the roads you can discover in June! No, of course we don’t have high mountains and there’s no coastline around, but we do have hills, lots of hills, and lots of rivers with even more castles hidden in the forests and in the valleys you are going to cross during your ride. The infrastructure you will find is very close to perfect, our neighbours are jealous when discovering the nice and smooth roads over here. Just to tell you that many organizers of races nearby abroad even try to come on this side of the border as much as possible with their track! Honestly, there must be a reason behind. Not to forget that you will face very little traffic during the race as it will take place mainly on secondary roads and during a weekend!

The organizing team "**Cycling 4 health asbl**" around Serge Haag, himself a dedicated ultra-cyclist, has a long time experience in setting up big events like this. With some input from my experienced crew “Team Dizzy” and from myself, the confirmed support of the sponsors and of local authorities, I have no doubts at all that we have all the ingredients, the know-how and above all the passion and the motivation to make this first ultracycling race in Luxembourg an unforgettable event for all racers, crews and volunteers involved! We will for sure make our very best to make you feel like at home and to give you the opportunity to have an excellent time in our country.

About the track : it’s a very hilly and definitely very challenging track with lots of smaller climbs, but also with some of the most epic longer climbs we have here in Luxembourg. The choice has been made for a relatively short distance in ultracycling terms with **500km**, but I think that the **9000 meters of climbing** will partly compensate and still make this race a really tough challenge, for sure for the beginners, but also for the more experienced riders who have probably already done longer competitions in their career. We didn't want to split the race into to many different distances and categories as it's important for us to create a nice atmosphere before, during and after the race. Several cycling events will be organized in parallel and around the **Dizzy Challenge 2020** in order to gather together cycling enthusiasts from the whole region. We want you to spend a good time altogether with the other racers and crews. You are of course going to cross the most scenic regions of Luxembourg, I can only recommend you to enjoy the landscapes as much as possible! Weather in June should be fine, no extreme weather conditions to be expected during the night as you will remain at low to medium altitude all over the course.

And last but not least, **all generated revenues will be donated to cancer research** !

Ralph « Dizzy » Diseviscourt

**Track**

**A close up of a map

Description automatically generated**

**Instructions**

A definition of every word written with a capital letter at the beginning can be found in the chapter hereafter.

It is the responsibility of every Racer and Crew Member to read and understand these Rules and to adopt a compliant behaviour regarding the Luxembourg road traffic regulations. <http://legilux.public.lu/eli/etat/leg/code/route/20191221>

If there are questions during the pre-race period or during the Race, please contact the Race Director (…...@.......).

Ignorance of these Rules is no excuse. These Rules, based on the rules applicable at the RAAM, the most prestigious ultra-cycling race on the world, have been adopted to ensure safety, fairness and to protect the integrity of the Race. Do not get creative or imaginative with these rules. The Race Officials will enforce the intent of a Rule. Penalties may be assessed for Rules violations made by the Racers or Support Crew.

Racers must have reached the age of 18 to participate in the Race.

**Definitions**

The following definitions are used throughout these Rules:

* **Active Racer Support** – Follow Car and Crew Members engaged in supporting the Racer while racing.
* **Caravanning** – Two or more Follow Cars of any Racer traveling at the same speed behind one or more Racer or other Follow Cars, from the same Racer or other Racers for more than 1 minute except when waiting to pass.
* **Crew or Crew Member** - persons supporting and actively assisting a Racer throughout the Race.
* **Crew Chief** – The designated Crew Member in charge and official spokesperson for the Racer in official matters. The designation of a Crew Chief is mandatory.
* **Day Time** – Day Time is from 6h00 to 20h00.
* **Direct Follow** – Following directly behind the Racer with a properly equipped Follow Car. Directly behind means within 25 meters. Direct Follow is not allowed during Day Time.
* **DNF** – Did Not Finish. Final status resulting from the failure to complete the Race within the allotted time or abandoned the Race for any number of reasons.
* **Drafting** – Drafting is not allowed during the Race for Solo Supported and Solo Unsupported Racers
* **DQ** – Disqualified. The final status resulting from the issuance of 5 or more Penalties or one Penalty for which the consequence is disqualification.
* **Final Cut-Off Time** - Sunday 13th June, 20h00
* **Follow Car** – A support car that is functioning as the support for the Racer and nearest to the Racer. Only one Follow Car is allowed per Racer. Under Night Time conditions, the Follow Car must follow directly behind the Racer – directly means 25 meters. The Racer cannot ride outside the range of the headlights of the Follow Car.
* **Hand Book** – Book containing all relevant information regarding the Race, inspections, locations, sticker on cars, … 🡪 solle mir esou eppes maachen ?
* **~~GPS Tracker or Tracker~~** ~~– Electronic device to be carried by all Racers, which allows Race HQ and Race Officials and the general public to know the location of Racers at all times.~~
* **Impeding Traffic** – Driving a Follow Car in a traffic lane at such a slow speed as to impede or block the normal and reasonable movement of traffic.
* **Inspections** – Pre-race inspections of Follows Cars, bicycles and paperwork. All inspections must be complete and passed in order to compete.
* **Leapfrog Support** – A type of support where the Follow Car is not directly behind the Racer but instead “leapfrogs” (drives or “jumps” ahead) of the racer at the speed of traffic. The Follow Car stops off the road, waits for the Racer to arrive, provides whatever support is needed, if any, lets the Racer depart, waits an appropriate amount of time, then pulls out onto the road, drives at normal highway speed, passes the Racer and stops again. Leapfrog Support is not allowed during Night Time conditions (20h00 – 6h00).
* **Night Time or Night Riding Conditions** – Night Time is from 20h00 to 6h00 OR any time when Cars would normally have their night driving headlights on OR anytime visibility is less than 250 meters. If there is any doubt about visibility, operate as if it is Night Time.
* **Penalty** – Time added or Disqualification (DQ) the result of violation of a Race Rule. All Penalties are 1 hour or DQ. Race Officials may issue a reminder, warning or Penalty. Reminders are not reported to Race HQ. Warnings and Penalties are reported and tracked by Race HQs.
* **Race** – Dizzy Challenge 2020
* **Race Headquarters or Race HQ** – The main office located in Esch/Alzette during the race responsible for tracking Racers, recording warnings and Penalties, communicating course information and monitoring the Race. They are in close communication with Race Management and Race Officials.
* **Race Director** - 🡪 to be defined !
* **Race Management** - 🡪 to be defined, names?
* **Race Official** – Staff designated to enforce these Rules. 🡪 names ?
* **Race Route or Route** – The Race Route as designated in the Route Book or designated from time-to-time as required during the Race.
* **Race Rules** – The Official Rules for the Race as contained herein.
* **Race Signage** – Signage for Cars, bikes and clothing.
* **Racer** – Racers are those on the official roster and eligible to participate in the Race (Solo Supported, Solo unsupported and Teams).
* **Racer Meeting** – Mandatory pre-race meeting to be attended by ALL Racers and Crew Members.
* **Registration Forms** – Forms, provided by the Organizer, which must be completed and signed off on by the appropriate Organizer Staff in order to participate in the Race.
* **Roof-Mounted Amber Flashing Lights** – Two after-market amber-coloured flashing lights, mounted on the driver and passenger side rear corners of roof on Follow Cars. The lights are used while providing support to enhance safety.
* **Route Book** – The Official Route Book which details the Race Route with maps, instructions, rules and related material. The Route Books are distributed at check-in.
* **Slow Moving Car Triangle** – orange or red equilateral triangles with 30-cm sides and 4-cm reflective red borders. Mandatory for all Cars on public roads moving at speeds substantially slower than that of normal traffic.
* **Solo Supported** – 1 Racer racing the entire distance supported by a Follow Car (male and female)
* **Solo Unsupported** – 1 Racer racing the entire distance without support or a Follow Car (male and female)
* **Teams** - composed by “cyclotourists” sharing either the entire or only a part of the Race distance (male, female and mixed). However, the respect of the Rules is mandatory for all participants in the Race. There is no time keeping for Teams and hence they are not considered in the final results. However, Teams must finish within the Final Cut-Off Time.
* **Time Station or TS** - Designated points (4) along the Race Route where Racers must sign and write down the time of their arrival. All 4 TS will be staffed. Drinks and food will be provided to the Racers and their Crews. The race organizer offers the possibility to the Solo Unsupported Riders to transport bags with personal belongings (lights, clothes, food, drinks, spare parts, …) to the TS(s) of their choice for pick-up during the race. All bags will be returned to the arrival area after the race and can collected prior to the closing dinner. The drop-off of the bags at the check—in desk will have to be done before 09h00 Saturday morning.

**Race Categories**

* Solo Supported (age: 18 – 99)
* Solo Unsupported (age: 18 – 99)
* Teams (no time keeping)

**Time and Finishing Status**

**Start Time**

Saturday, 13th June 2020 from 10h00 to ZZh00

**Time Allowance**

Racers must finish the Race before the Final Cut-Off Time to be an official finisher. As the Race has a staggered start, each Racer’s time allowance begins from their assigned start time.

* Solo Unsupported – XX hours
* Solo Supported – ZZ hours
* Teams – 33 hours

**Winners**

The Racer with the lowest accumulated time is considered the winner. The lowest accumulated time will take into account staggered start times, Penalties, time adjustments and any other adjustments made by Race Management.

**Temporary withdrawal**

Participants may elect to withdraw temporary from the Race for any reason, including physical exhaustion, medical, mental, emotional, mechanical, personnel issues, etc. All voluntary withdrawals will be put on a 4-hour hold. Anytime during that period, they may resume racing. They must do so at the point from which they left the course. However, once the 4-hour period has expired, if they have not resumed racing, they will have given up the right to continue and will be listed as DNF.

**Rules**

1 – General Information

1.1 – Intent and Purpose

These Race Rules are designed and enforced with three principal objectives in mind:

1. Safety;
2. Fairness; and
3. Integrity of the Race.

These Rules are intended to be minimally intrusive with respect to the strategy and performance of the Racer(s).

1.2 – Race Officials

The primary purpose of the Race Officials is to enforce these Rules. If there is an issue that

needs to be addressed, the Crew Chief should contact a Race Official. If there is no Race Official nearby, contact Race HQ. In general, Race Officials keep interaction with Racers/Crew to a minimum. They will be friendly but cannot give aid or favour to Racers or Crews except in cases of medical emergency. Race Management is the ultimate authority on issues relating to these Rules.

1.3 - Emergencies – Medical and Other

If an injury is life threatening, call 112 immediately. If police are needed for other situations, call 113. If the injury is non-life threatening, but should be checked out by a professional, treat and transport to the nearest Urgent Care Facility. All injuries and accidents must be reported to Race HQ as soon as possible.

1.4 – Race Management’s Role in Dispute Resolution

Race Management is the ultimate authority. Management has the authority to waive a Rule,

issue a new Rule or alter an existing Rule. If a new Rule is created or an existing Rule clarified, all Racers/Crews will be notified as soon as possible. Notification will be made via SMS, WhatsApp or phone-call.

1.5 – Contingencies

During the Race, participants may experience unplanned events. These should be expected.

These events are part of the Race and part of the challenge of the Race. In general, no time adjustments will be issued. However, under very exceptional circumstances adjustments may be made to promote safety, fairness and maintain the integrity of the Race.

1.6 – Official Race Time

The Race clock will be set at the start and will not stop for any reason. However, the Race Director may make time adjustments after the start of the Race to account for extenuating circumstances.

1.7 – Official Languages

The official languages of the Race are Luxembourgish, French, German and English. All racers are responsible for reading and understanding these Rules as well as signage, directions and oral instructions as given in the 4 before mentioned languages.

2 – Rules Violations

2.1 – Reminders, warnings and Time Penalties

Race Officials, the Head Official, Race HQ and Race Management may issue a Reminder, Warning or Time Penalty for a violation of these Race Rules. Race HQ will maintain a log of Warnings and Penalties. Reminders may be issued for inadvertent minor violations. Warnings may be issued for more serious inadvertent violations. A violation after a Warning has been issued will result in a Time Penalty. Time Penalties may be issued at any time, with or without Reminders or Warnings. Most Time Penalties are 1-hour. However, violation of certain Rules as well as the accumulation of Time Penalties may result in Disqualification. Race Officials may stop Racers/Crew to discuss safety or rule concerns without allowing offsetting time. It is within the Race Official’s discretion to use up to 1 hour as "cooling off" time to discuss and explain a rule to Racers/Crew. Arguing Penalties with Race Officials, the Head Official, Race HQ or Race Management may result in an additional 1-hour Time Penalty.

2.2 – Notification

If a Warning or Penalty is issued, a Race Official will notify the Racer and/or Crew Chief. The

Official will endeavour to do so within a reasonable time period following the observed violation. It is the responsibility of the Racer or Crew Member notified to notify the other Racer(s) and Crew. When possible, the notification will be by a Race Official on the course. Further, when possible, the notification will be written. In some cases, Race Officials may need to further evaluate circumstances to determine if a penalty is warranted. In these cases, a Race Official or Race HQ will notify the Crew Chief or Racer as soon as practical of the potential violation and review. Once the review is complete and a decision has been made, the results will be communicated to the Crew Chief or Racer as soon as practical.

2.3 – Allegations by General Public

Reminders, Warnings and Penalties may not be issued based on Rules violations alleged by other participants and/or the general public. Race Officials may investigate the alleged violations. This may lead to identifying a pattern of behaviour which might warrant closer observation, witnessing subsequent violations and the issuance of Penalties.

2.4 – Disqualification

Most Penalties are 1 hour. However, the following Penalties are grounds for disqualification:

* Refusal to agree to or abide by contractual requirements required to participate.
* Use of alcohol or banned substances by a Racer or Crew Member.
* Failure of a Racer to submit to drug testing when requested by Race Officials.
* Advancing along the Race Route without a bicycle or in a Follow Car.
* Improperly registered, or insured Follow Cars and/or drivers.
* Drafting of any Car or Racer (except for Teams).
* Holding onto a Car to aid or augment forward travel.
* Riding a non-compliant bicycle.
* Riding during Night Time without Direct Follow Support.
* Refusing to take an off-bike sleep break as requested by a Race Official.
* Behaviour on the part of Racers or Crew that is deemed inappropriate and that might cause safety, legal or reputation problems for the Race or other Racers and their Crews.
* Altering roads signs.
* Failure to ride the entire Race Route as described in the Route Book or as modified by Race Management from time-to time.
* Crew Member advancing bicycle on the course.
* Issuance of 5 Penalties.

The decision to disqualify a Solo Support or Solo Unsupport Racer or Team will be made by Race Management.

2.5 – Appeal

Racers and Crew may appeal a Race decision or Penalty.

3 - Police and Traffic Laws

3.1 – Police

The Race is conducted over public roads and is subject to Luxembourg “code de la route”.

<http://legilux.public.lu/eli/etat/leg/code/route/20191221>

Prior to the Race, all appropriate permits will have been filed and all law enforcement agencies will have been notified. Any concerns expressed by the Police will have been addressed. These agencies are typically very cooperative. However, on occasion, a circumstance may arise where a situation might not go as anticipated. The authority of law enforcement officers supersedes all Race Rules. Racers and Crew must treat all law enforcement officers respectfully. Occasionally, Racers and Crew may encounter a law enforcement officer who may not have been informed of the Race and takes action that may interfere with a Racer’s progress or the operation of a Follow Car. The Racer(s) and Crew must comply with all officer requests. If any dispute arises with local authorities, Race HQ must be notified immediately. The Race Director will determine the merits of the case and whether any time or distance adjustment should be made. If the action was a result of the Racer or Follow Car driver not conforming to traffic laws, Race Rules and directions, or riding/driving unsafely, no time or distance adjustment will be made.

If detained by an officer of the law, the Crew should note the time the Racer/Crew were stopped, location (exact mileage from the last Time Station), the officer’s name and badge number, alleged violation or reason for being stopped, and the time allowed to depart. Please be respectful at all times. The Crew must notify Race HQ of such incidents as soon as possible.

3.2 – Luxembourg road traffic regulations

Racers and Crew must obey and be familiar with the Luxembourg road traffic regulations, including stop signs and stoplights. The only exception is when traffic is being directed by a police officer waving the Racer or Follow Car through the stop sign or stoplight. All violations of traffic laws witnessed by Race Officials will result in a Penalty. A legal Race stop is defined as follows: the complete cessation of all forward movement of the bicycle. A Racer does not have to remove a foot from the pedal and touch the ground. Turning right at a red light is not allowed.

In the event a traffic signal is out of order, the Racer or the Follow Car may continue forward progress, in a safe manner, to advance past the defective traffic signal. Race Officials will issue a Penalty for violation of traffic laws.

4 - Pre-Race

4.1 – Pre-Race Requirements-Readiness

The Race Staff must accommodate a lot of persons. Only cooperation and mutual respect make this possible. Time Penalties may be assessed for being late or not being ready. These Penalties will count towards disqualification and will be added to the overall time. The following are each 1 hour Penalties:

* Failure to arrive at check-in with all Registration Forms printed.
* Failure to show up at Inspection on time with the Follow Car and the bicycles.
* Failure to attend the Crew Chief Meeting
* Failure to attend the Racer Meeting - all Racers must attend and be present for the

entire meeting.

* Failure to have at least one cell phone for in the Follow Car which is capable of sending/receiving SMS and WhatsApp messages AND failure to take steps necessary to be able to send/receive information as required by Race HQ.

4.2 – Clearance to Race

In order to race, the Registration Forms with all tasks signed-off by Race Staff. Refer to the

Registration Forms for the full list of requirements and to review details that will be checked

during Inspections. These forms will be sent prior to the Race via email to each Solo Racer and Crew Chief.

5 – Follow Car

5.1 – General

Each Solo Racer must start the Race with a Follow Car with a minimum of two licensed drivers. Prior to the start of the Race, the Follow Car must be inspected. The following applies to all Follow Cars:

* They must be properly registered.
* Must have at least the minimum insurance required by law in the state of registration.
* Must carry copies of insurance policies or other proof of insurance documents.
* Drivers must possess a valid operator’s license for the Car being operated.
* Must pass an inspection prior to the start of the Race.
* Must have Race Signage.
* Must have Roof-Mounted Amber Flashing Lights and a Slow Moving Car Triangle.
* Must have at least one cell phone which is capable of sending/receiving SMS and WhatsApp messages AND failure to take steps necessary to be able to send/receive information as required by Race HQ.
* A motorcycle cannot be a Follow Car.

5.2 - Follow Car

Each Racer must be supported by a Follow Car. The following applies to Follow Cars:

* The Follow Car may change during the Race. Race HQ or a Race Official must be notified if a Follow Car is being replaced.
* Must have a minimum of two Crew Members with driver’s licenses at all times when following a Racer.
* Music systems with loudspeaker boxes mounted outside on the Follow Car are forbidden. Megaphones to navigate or to give instructions to the Racer must have the volume reduced when passing through residential areas during Night Time.

5.3 - Follow Car Specifications 🡪 giff keng Virschrefte maachen

5.4 – Follow Car Lights

Each Follow Car must have operational turn signals, headlights, taillights, brake lights, backup lights, parking lights and factory emergency flashers. Additional Car “driving” lights are allowed as long as they do not produce undue glare toward oncoming traffic and can be turned off when approaching oncoming traffic. Personal headlamps are recommended for all Support Crew Members.

High beams and auxiliary lights must be dimmed when approaching, following or overtaking

vehicular traffic as well as for oncoming traffic.

5.5 - Roof-Mounted Amber Flashing Lights

Each Follow Car must have two Roof-Mounted Amber Flashing Lights, one at each far left

and far right end of the roof rack or roof, visible only from behind - not from the front. If

necessary, tape may be used to cover the front half of the light. The Roof Mounted Amber Flashing Lights may be battery powered or powered by the Car electrical system. If they are battery powered, the Crew must carry spare batteries. If they are powered by the Car electrical system, they must not interfere with the Car’s factory emergency flashers, turn signals, taillights or brake lights.

The Roof-Mounted Amber Flashing Lights must be bright enough to be seen during the day.

However, they must not be so bright as to interfere with other driver’s vision.

5.6 – Race Signage

Each Follow Car must have and use the Race Signage provided by the Race Organizer. The windshield, driver and front passenger side windows, as well as the passenger side 2nd seat windows must be clear of all obstructions. The rear windows should be as clear as practical. The driver must have a view of following traffic with inside or outside mirrors. Each Follow Car must display their Racer Number on all four sides with easily visible numbers. Each Follow Car must display on the rear of the Car a reflective sign, which says “Attention Course Cycliste”. That sign must be visible to drivers approaching from the rear.

5.7 – Slow Moving Car Triangle

Each Follow Car must have a standard reflective Slow Moving Car Triangle. These are equilateral triangles with 30-cm sides and 4-cm reflective red borders. The triangle must be displayed on the rear of the Follow Car while following directly behind the Racer. This triangle must be visible to drivers approaching from the rear.

5.8 – Other Equipment

Bike racks mounted to the rear bumper of Follow Cars must not obstruct the Race Signage, Slow Moving Car Triangle and Car license plate.

5.9 – Operation of Follow Cars

Each Follow Car:

* Must activate during Day and Night headlights, factory-installed emergency flashers and Roof-Mounted Amber Flashing Lights.
* Must not block or impede the progress of normal vehicular traffic, another Racer or Follow Car.
* Must travel at speed of normal traffic flow when not following behind the Racer.
* Must not pass the Racer more than ten times per hour, except when providing Leapfrog Support, and when passing must do so at speed of normal traffic flow.
* Must not park in nor block the driveways of residences without permission.
* Must not stop on the roadway in a traffic lane.

If a Follow Car is unexpectedly lost, the Crew must immediately notify Race HQ. It this happens during Night Time, the Racer has to stop until a new Follow Car is available to finish the Race. 🡪 à completer, quid durant la journée

6 - Bicycles

6.1 - General

All Racers must compete with bicycles of generally similar specification. The specifications as stated in the UCI rules are the general guide used for equipment approval. Deviations from the UCI rules need to be approved during inspections by a Race Official. If there are doubts about a bicycle – standard or modified – or any piece of equipment – standard or modified – being acceptable, contact the Race Director for a ruling. The following applies to bicycles:

* Bicycles must be propelled solely by human force.
* Any number of bicycles or replacement parts may be used during the Race.
* Windscreens, fairings and airfoils are prohibited.
* Aerobars and their accessories are allowed.
* Disc wheels, composite spoke wheels and wheel covers are allowed.
* There are no restrictions on gearing, wheel or tire size.

Race Management reserves the right to disallow, either before the Race or when observed in use during the Race, any bicycle or component that the Race Director determines to be unacceptable for use in the Race. It is the obligation of the Racer or Crew to bring any non-standard or custom equipment to the attention of the Race Officials during the pre-race inspections.

6.1 – Front Headlights

All bicycles must be equipped with a front headlight visible from 100 meters. The headlight on the bicycle must be on at all times while on the road – day and night. If the Racer uses a helmet light, the bicycle must still be outfitted with a front headlight. The front headlight may be flashing or solid.

6.3 - Rear Taillights

All bicycles must be equipped with a rear taillight visible from 100 meters. The taillight on the bicycle must be on at all times while on the road – day and night. The light may be solid or flashing. Belt clip taillights on the Racer or back of the helmet can be used in addition to the bicycle frame taillight but not in place of a bicycle taillight.

6.4 - Visibility and Reflective Material

All bicycles must have reflective material (white, orange or red) as follows:

* Crank arms - visible from the rear – at least 1-cm wide and 7,5-cm long.
* Wheels - visible from both sides – 4 pieces each at least 5-cm long. Reflective material must not be on the braking surface of the rim.

6.5 – Rider and Team Numbers

All bicycles must have the Rider Number attached and visible from the left side of the bicycle. All Bicycles must pass inspection prior to the Race. Review the Bicycle Inspection Form in the Registration Forms to see what Race Officials will check.

7 – Clothing and Helmets

All Racers must wear approved helmets while riding. All helmets must have the Racer Number on the front and Racer’s left side of the helmet. Skin suits or other clothing made of fabrics designed to decrease wind resistance are allowed. The attachment of fairings to clothing is not allowed. Racers and Crew Members must be appropriately clothed at all times.

Reflective vests as well as reflective ankle or wrist bands at night are not mandatory for the Racers because of the Direct Follow Rule during Night Time.

8 - Racers

8.1 – General

The following applies to all Racers:

* Racers must complete all pre-race paperwork, including Racer Agreement and all waivers, in order to start.
* Racers must ride the entire Race Route exactly as described in the Route Book or as modified from time-to-time by law enforcement or Race HQ.
* Racers shall not draft any Car and must maintain a spacing of at least 200 meters from other Racers and Follow Cars.
* Racers may not be driven forward on the course except in the event of an emergency or when instructed to do so by the Organizer. In the event of an emergency, Race HQ or a Race Official must be notified as soon as possible. When returning to the Race Course, Racers must then return to the point where they left the Race Route and notify Race HQ or a Race Official before beginning to ride again.
* Racer must not receive adjustments or repairs to equipment, the bicycle or clothing while in motion.
* A Racer may not receive pacing in any form from a Crew Member or other person. However, road side cheering is encouraged from Crew Members and Race fans.
* Push-offs by the Crew members are allowed.
* A Racer may ride a bicycle with a flat tire or other mechanical problems. But, if a Race Official deems it unsafe, the Racer must stop or proceed on foot with the bike until the bicycle is replaced or repaired.
* A Racer may proceed on foot along the Race Route as long as the bicycle is under control of the Racer and is being carried, dragged or pushed. A Racer separated from their bicycle may not proceed along the Race Route.
* Racers may only ride alongside each other for a 10-minute period.
* Racers shall not block or impede the progress of another Racer or Follow Car.
* At traffic signals and stop signs Racers may not hold onto or receive balance support from any Car or person. The Racer may use a permanent object to assist in balance.
* Moving Racers may not be tethered by electrical wiring, feeding tubes, oxygen tubes or other attachments either to a Follow Car or pedestrian.
* Racers must stop for drug or medical testing or imposition of penalties when directed to do so by a Race Official. The time required for such stops will not be deducted from the Racer’s Official Time.
* Public nudity, urination, defecation, lewd or indecent behavior is prohibited.

8.2 – Headphones

i-Pods, MP3 players, bone conduction headphones and smart phones are allowed. However,

when using a system with ear buds, only the right ear may be fed sound. The left ear must be clear of obstructions at all times while Racing. The other earpiece may be tucked into the jersey collar or disabled.

9 - Crew

The primary role of the Crew is to assist the Racer - to help him achieve his objectives, to complete the Race safely. Racers must have a Follow Car with 2 Crew Members. The following applies to the Crew members:

* Every Crew Member must have signed the appropriate paperwork, including all Waivers, prior to being permitted to participate in the Race.
* The Racer is accountable for the behaviour of the Crew. Crew misconduct may result in a Penalty for the Racer. If it is determined that a Crew Member is a liability, that person may be suspended from participating in the event.
* The Racer may add Crew Members at any time during the Race provided the new Crew Members have completed and signed the appropriate paperwork, including waivers. Race HQ must be immediately notified and paperwork delivered to the nearest Race Official. The Crew Chief should have additional copies of the paperwork to be signed by the new Crew Members.
* One Crew Member will be designated Crew Chief and will speak for the Crew and Racer in reporting problems, suggestions or other information to Race Officials. Other persons in their capacity as Crew should not speak in an official capacity to Race Officials, unless the Crew Chief is not available.
* Crew members may not make adjustments or repairs to a Racer’s bicycle, equipment or clothing while in motion.
* A Crew may offer assistance to any Racer or Crew participating in the Race at any time but cannot give misdirection on routing to another Racer or Crew.
* Each Crew must be self-sufficient, locating food, water, fuel, supplies, medical facilities and any other requirements along the Race Route. Race Officials are not allowed to assist Crew Members unless there is a medical emergency.
* Push-offs by the Crew members are allowed.
* A Crew may service a Racer other than their own as an act of "good sportsmanship."
* If a Crew Member wilfully violates or attempts to violate a Rule in order to aid the Racer, the other Crew Members have the obligation to make a reasonable effort to stop and correct the violation, including reporting such violation to a Race Official. Crew Members have a moral obligation to these Rules no less than the Racers.
* If a Racer wilfully violates or attempts to violate a rule, Crew Members have the obligation to make a reasonable effort to stop and correct the violation, including reporting such violation to a Race Official.
* If a Crew Member is unexpectedly lost, causing the Crew to fall below the two-person minimum, they must immediately notify Race HQ. Based on the Racer’s location in the Race, distance travelled, Crew experience, etc., the Race Director will determine as to whether or not an additional Crew will have to be obtained to finish the Race.
* No Crew Member is allowed to ride a bicycle on the Race Route or wear a kit or helmet with a Racer Number if riding a bicycle off the Race Route during the Race.
* Crew must wear reflective vests at night. Reflective ankle or wrist bands are recommended.
* Public nudity, urination, defecation, lewd or indecent behaviour is prohibited.

10 - Route

10.1 - Route

Each Racer must follow the Race Route as described in the Route Book. The only exceptions are as follows:

* Road construction, accidents force majeure (storm damage, landslides, flooding, fire) or other unforeseen circumstances, which may prevent the Racer from following the prescribed route.
* Law enforcement or emergency personnel direct the Racer to an alternative route.
* Error or errors in the published directions.

When encountering these circumstances, unless already instructed by a Race Official or Race HQ, the Racer or the Crew should contact Race HQ, describe the situation and await instructions. The Crew should record all pertinent information, including time stopped, location, time departing, route variation, etc.

10.2 – Electronic Mapping

Electronic course files for various mapping software and GPS devices will be available. These trace the Race Route as accurately as possible and provide an excellent aid to determining location and Race Route. While every effort has been made to assure these supplemental navigational aids are accurate, they are not guaranteed to exactly match the Route Book directions. Accordingly, a Racer who follows an incorrect supplemental navigational aid will be considered to have made a wrong turn and will not be compensated for any lost time. The Route Book directions and maps are to be considered the only official documentation of the route. In the event of a discrepancy between a supplemental navigational aid and the Route Book, the Route Book shall be considered the correct route. The only approved deviations from the Route Book will be those issued by Race HQ, Race Officials or Race Management. Failure to follow the Route as described in the Route Book or instructions issued by Race HQ, Race Officials or Race Management may result in disqualification.

10.3 – Going Off-Route

If

* a Racer makes a wrong turn and rides off the Race Route, regardless of the reason, the Racer must either walk, ride or be driven back to the spot where the course deviation was made, then continue riding.
* the wrong turn was due to a Racer/Crew error, no Time Adjustment will be given to the Racer.
* the wrong turn was due to an error in the Route Book, The Organizer will make a Time Adjustment, providing an accurate time, distance and location is recorded and provided as evidence associated with the route error. Any errors in an electronic version of the Race Route will not be considered a basis for a Time Adjustment.

Errors in the Route Book must be reported to Race HQ as soon as possible. "Unclear" as a cause of a routing error is generally not sufficient reason for a Time Adjustment. However, if a significant number of Racers have similar problems with that particular set of routing instructions, the Race Director may award Time Adjustment(s). That will be done at the sole discretion of the Race Director. Racers may not be driven forward on the course except in the event of an emergency or when instructed to do so by the Organizer. In the event of an emergency, Race HQ or a Race Official must be notified as soon as possible. When returning to the Race Course, Racers must then return to the point where they left the Race Route and notify Race HQ or a Race Official before beginning to ride again.

11 – Start

Following are the Solo Start procedures:

* Racers and Follow Cars must be in the Departure Area in Esch/Alzette 1 hour prior to their relevant Start Time.
* Race Officials will direct the Follow Cars to their assigned spots.
* Immediately prior to the Start, the announcer will call the first Racer to the Start.
* After a brief introduction and a countdown, the Racer will depart with the corresponding Follow Car immediately behind.
* Racers and their Follow Cars will depart at X-minute intervals.

12 - Racing

12.1 – Miscellaneous

During the Day (6h00 until 20h00), only Leapfrog Support is allowed. During the Race, Racers and Teams will be in close proximity. Many sections of roads are 2-lane with narrow shoulders. Drivers must be vigilant and take appropriate measures to avoid Caravanning.

12.2 - Providing Support

The following applies to providing support:

* Active Racer Support for a Solo Racer is only provided by the Follow Car
* When providing Active Racer Support - Leapfrog or Direct Follow – all Follow Cars must have the Slow Moving Car Triangle displayed. The Slow Moving Car Triangle may be left in place while providing Active Racer Support. The headlights, Roof-Mounted Amber Flashing Lights and factory-installed emergency flashers must be turned on – Day Time and Night Time.
* Turn signals do not operate while the factory-installed emergency flashers are on. For a turn, the Follow Car must turn off the factory-installed emergency flashers up to 250 meters before a turn to use the Car turn signal. The factory-installed emergency flashers must be turned back on within 250 meters after the turn unless there is another turn within 250 meters.
* Follow Cars should follow the Racer as far to the right as practical.
* Follow Cars must use the proper method to support the Racers. Crews must know when and where to use Direct Follow and Leapfrog Support.
* When using Leapfrog Support, the Racer may proceed unescorted. During these periods the Follow Car may stop for gas, food, etc. However, Racer protection and safety is a primary job of the Follow Car and therefore it is recommended the stops be efficient and the Follow Car get back to the Racer as soon as practical.
* During Direct Follow, the Follow Car must follow directly behind the Race – directly behind means within 25 meters.
* Crew Members may not make adjustments or repairs to the Racer’s bicycle, equipment or clothing while in motion.
* When stopping, Follow Cars must stop a minimum of 1,5 meter to the right of the traffic lane or the right of the fog line.
* Support must be provided from the right side of the Race Route. NEVER cross the road to provide support.
* When traveling alongside a Racer, the Follow Car MUST NOT INTERFERE WITH THE NORMAL FLOW OF TRAFFIC IN EITHER DIRECTION. Remaining alongside longer than necessary in order to provide the Racer an advantage against prevailing wind is prohibited.
* The Follow Car must not impede following traffic for more than 2 minutes. The Follow Car must pull off the road and let traffic pass when two or more cars are waiting to pass or if one car has been held up for more than 2 minutes. Follow Car drivers must be aware of what’s going on around the Follow Car at all times and must use common sense.
* A Follow Car may not lead the Racer through fog or traffic. The Racer must stay in front of the Follow Car.
* Under no circumstances will the Follow Car following the Racer pull ahead of a Racer for the purpose of proceeding to an intersection to cause the traffic signal to change to the Racer’s benefit.
* Music systems with loudspeaker boxes mounted outside on the Follow Car are forbidden. Megaphones or other communication systems must have the volume reduced when passing through residential areas during Night Time.

12.3 Use of Direct Follow and Leapfrog Support

During Night Time or Night Riding Conditions, Direct Follow Support is mandatory at all points along the Race Route. Racers MUST NOT advance at night without a properly equipped Follow Car directly behind them - directly behind means within 25 meters. **Riding during Night Time conditions without Direct Follow may result in disqualification.**

Leapfrog Support is generally used to avoid impeding the normal flow of traffic in areas where traffic is heavy. The Rules for use of Leapfrog Support are as follows:

* During Daytime **Leapfrog** **Support** is MANDATORY. If the Follow Car is deemed to be impeding traffic in these sections, a Penalty will be assessed.
* During Night Time **Direct Follow Support** is MANDATORY. Although traffic will likely be light during Night Time, the potential for impeding traffic flow is still there. If traffic builds up behind the Follow Car, both the Racer and the Follow Car must take the first opportunity to pull over and let the following traffic pass. Failure to do so, may be deemed to be impeding traffic and a Penalty may be assessed. Riding during Night Time conditions without Direct Follow may result in disqualification.

Follow Cars, whether Leapfrog or Direct Follow, must have their headlights, Roof-Mounted Amber Flashing Lights and factory emergency flashers turned on and the Slow Moving Car Triangle displayed – Day Time and Night Time.

12.4 - Handoffs

Travel alongside a Racer, when safe to do so and not crossing the middle line, is permitted for handing off food and supplies to the Racer and exchanging information and is limited to one minute per exchange and four times per hour. Penalties may be issued for driving on or over the middle line or for traveling alongside a Racer for extended periods of time, which in the sole judgment of the Race Official constitutes a hazard.

If traffic conditions do not allow driving alongside the Racer for handoffs, the Follow Car should proceed ahead, stop off the pavement and use a pedestrian handoff as the Racer passes.

A pedestrian or person in a Follow Car may execute "hand-to-hand" handoffs to the Racer while the Racer is moving or vice versa. These handoffs must be passed from the hand of the Crew Member to the hand of the Racer. **Car hand-offs are not allowed while providing Leapfrog Support.** Inserting something into the Racer’s pocket, water bottle cage, etc. while the Racer is in motion is PROHIBITED.

A moving Racer may toss discarded items to a Crew or along the roadside, provided this is done in a safe manner and no littering takes place. Bicycle or equipment, adjustments or repairs made from a Follow Car while the Racer is moving are prohibited.

12.5 - Passing

If another Racer is approaching, the Racer being approached must either: a) increase speed and maintain the 200 meter separation; or b) yield, move to the right, slow down, allow the pass and return to the 200 meter separation.

Special attention by the Follow Car drivers must be taken in passing situations when one

Racer overtakes another. The Racer and Follow Car in the lead and being passed must yield

by slowly moving to the right. The following Racer must accelerate and pass on the left. Do not pass on the right. Always yield to the normal flow of traffic. It is advisable for the Crew to notify the Racer being passed when a pass is taking place.

If two Racers decide to ride together (up to the 10 minute limit), one of the Follow Cars follows both Racers while the other remains parked on the side of the road or drives up ahead, pulls off the road and stops. Under no circumstances should two or more Follow Cars of different Racers caravan down the road or travel side by side at the speed of the Racer. Both Racers may be penalized. After a pass, both Racers must pace themselves appropriately to maintain the 200 meter separation between racers.

12.6 - Communications

Cell phones capable of sending/receiving SMS, WhatsApp messages and calls with internet access are mandatory in the Follow Cars.

12.7 - Time Station Procedures

At every Time Station, the Racers has to check in and sign the TS-Register before continuing the Race. Arrival times should also be recorded by the Team in the Route Book for future reference.

The location of Time Stations is listed in the Route Book. Racers must follow all Race Route

instructions to reach the Time Stations. 4 Time Stations have been established along the Race Route. Failure to check in and validate the accurate time of arrival at a Time Station by signing the TS-Register may result in a Penalty.

Notes: Do not leave the Time Station unless a Crew Member is certain the check-in has been made correctly.

~~12.8 – GPS Tracking~~

~~All Racers will be issued one GPS Tracker, which will allow Race Management, Race HQ, Race Officials and the general public to follow the race in near real time. The GPS Trackers will be issued at the Start. Solo Racers will carry the GPS Tracker in their jersey pocket.~~

~~GPS Trackers must remain turned on at all times during the race. It is the responsibility of the Crew Chief to ensure that the GPS Tracker is reading and recording the Racer’s location by checking the Live Tracking website. The GPS Tracker will periodically stop reading for short periods of time while it reestablishes a connection to the satellite. If the GPS Tracker does not read the Racer’s location for more than 60 minutes, the Crew Chief must call Race HQ to report the Racer’s location.~~

~~Race HQ will advise how to reset the GPS Tracker if needed. If the GPS Tracker continues to experience issues, Race HQ will attempt to deliver another GPS Tracker to the Racer.~~

12.9 - Other Reporting

Racer/Crew must notify Race HQ or a Race Official of the followings:

* Racer plans to be off the course hidden from view for longer than 30 minutes.
* If the GPS tracker has not recorded the racers location for 60 minutes.
* A casual non-race rider continues riding within 10 meters of a Racer and is a nuisance.
* The Follow Car has broken down and another car is supporting the Racer.
* Obtain permission for Crew additions/changes.
* If delayed more than 30 minutes by being sent off course, wrong turn on the Race Route or detained by local or state police.

12.10 - Impeding Traffic

Impeding traffic flow occurs when: 1) two or more cars are waiting to pass; or 2) a car has been held up for more than 2 minutes. Follow Cars must avoid impeding traffic flow. Impeding traffic is most commonly the result of Caravanning or improper support. Impeding the normal flow of traffic may result in a Penalty.

12.11 - Caravanning

Caravanning of Follow Cars is prohibited at all times.

12.12 - Night Time Conditions and Safety

The following applies to riding during Night Time or during Night Time conditions:

* Night Time is defined as 20h00 to 06h00.
* Night Time conditions are when Cars would normally have their headlights on.
* Night Time conditions occur when visibility is less than 250 meters – for example, fog, dust, blowing sand, etc.
* If there is any doubt about visibility, operate as if it is Night Time.
* Racers cannot advance under Night Time conditions without Direct Follow Support. The Follow Car must be immediately behind the Racer. Racers must be no more than 25 meters in front of the Follow Car at Night with no other Cars between the Racer and Follow Car. The Follow Car and Racer should be viewed as a single entity under Night Time conditions.
* Follow Cars may temporarily pull alongside the Racer when conditions safely permit to conduct a handoff of normal supplies. The Racer must at all times be able to safely see the roadway in front of the Follow Car lighted by the Follow Car lights.
* The Rules for handoffs in city traffic, mountain climbs and other difficult situations are modified during Night Time so that the bicycle never leaves the Follow Car headlights. The Follow Car must have all Race Signage and lighting when operating under Night Time conditions.
* Each Crew Member must wear a reflective vest during Night Time Conditions (reflective ankle or wristbands are recommended).

12.13 - Crew and Racer Rest

There are no restrictions on how many hours a Racer may ride without off-bike rest. There are no restrictions on how many hours a Crew Member can go without a sleep break. However, if in the opinion of a Race Official, sleep deprivation in any participant is compromising safety, the Race Official may assess a penalty against the Racer. In addition, if a suitably rested replacement Racer or Crew Member is not available, the Race Official may impose an immediate mandatory rest break of up to 3 hours for Racer and Crew.

It is the responsibility of the Crew and Racer to make sure they are rested and fit enough to

proceed safely. The Follow Car Crew must be prepared for Night Time conditions by getting

what rest they need during the preceding day. If a Racer refuses to comply with the demands of the Crew to rest and the Crew feels the Racer is in danger, a Race Official or Race HQ must be notified immediately. It is the responsibility of the Crew Chief and the Racer to ensure the Crew is receiving adequate rest to proceed safely and for safe operation of Follow Cars. If no adequately rested drivers are available for safe operation of Follow Cars, the Racer must stop.

12.14 – Providing Assistance to Others

Safety, for Racers, Crew, Race Officials and other Race participants, and for the persons and

property along the Race Route, is the single most important concern for everyone connected with the Race. In an emergency where human life is in jeopardy, all attention should be directed to the injured.

If a Racer loses time responding to an injury-related situation, where assistance is warranted, the Racer or Crew responding should record all pertinent information, including time stopped, location, time departing, route variation, etc. The Race Director will determine a proper time adjustment for the Racer providing assistance as appropriate. If the intercession of the Racer/Crew was not warranted in the injury situation, the Race Director may determine that no time adjustment be given.

12.15 – Sportsmanship Code of Conduct

All participants are expected to be respectful and courteous towards other Racers and Crews, Race Staff, spectators and residents along the Race Route. Moreover, all participants are expected to be polite and courteous to motorists. Racers and Crew are cycling ambassadors of goodwill. While it is sometimes difficult to ignore the actions of some motorists, generally, a simple nod of the head and/or wave of the hand is preferable to obscene gestures and angry words.

12.16 - Cheating and Accusations of Cheating

The Dizzy Challenge is first and foremost a competitive event. It is also an event characterized by camaraderie, shared experience and personal achievement. You will have a better experience if you are supportive of all Racers. Your priority is racing, not officiating. Concentrate on your race, the Race Officials will focus on rules. Invariably, becoming fixated on what may be perceived as violations of rules by others and/or what you believe to be officiating mistakes, will generally cause both Racers and Crew to lose focus on racing and negatively impact performance. Unintentional mistakes happen and do not represent cheating. Racers and Crew get tired and forget and rules are broken.

The Organizer believes in the fairness and honesty of all Racers and Crew Members and has therefore decided not to fix rules and forms on how to file an accusation of cheating.

13 - Finish

The Racer has not finished the Race until he has crossed the Finish Line at Esch/Alzette.