3rd Dragon's Fury

September 2, 2017

RACE GUIDELINES

1. **TITLE OF RACE**
   -Dragon's Fury

2. **RACE DATE**
   -September 2, 2017

3. **RACE ROUTE**
   -Messina (start point) - Clock Tower, Thimphu (finish point)

4. **ROUTE DISTANCE**

Sl. No.	Station		Distance (in Kms)	Dzongkhag to Dzongkhag distance (in Kms)
	From	**To**		
1.	Messina	Thinleygang	10	60
2.	Thinleygang	Lumitsawa	4	
3.	Lumitsawa	Lamperi	12	
4.	Lamperi	Dochu La	11	
5.	Dochu La	Semtokha (Mani Dungkhor)	17	
6.	Semtokha (Mani Dungkhor)	Clock Tower (via Olakha workshop road and Express way)	6	
		Total Distance=	**60**	

5. **CYCLING EQUIPMENT- CHECKLIST**

   a. Mountain Bike -Only Mountain Bike [26", 27.5" & 29" wheel dimension and tire size not less than 1.75" (this is as per the recommendation of the route calibration team)] 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 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 recommend participants to wear an appropriate cycling outfit for their maximum performance during the course. The weather can be uncertain at the time of the

Note:

1. For National Riders:

-Please attach a copy of ID card with the registration form.

2. For Expats:

-Please attach a copy of the work permit card with the registration form. -Process & obtain route permit from the Department of Immigration (to travel to Bumthang).

3. For International Riders:

-Please attach a copy of passport. -Process & obtain route permit from the Department of Immigration (to travel to Wangduephodrang).

race especially in the morning and downhill stretches. So hope for the best, prepare for the worst. that we are pleasantly surprised with good weather.]

6. **TRANSPORTATION**
   Personal vehicle is not allowed to assist / ply during the course of the race.

7. **ACCOMMODATION**
   Riders will need to arrange accommodation and food at Wangdue / Punakha on their own.

8. **SUPPORT ON COURSE**
   - Aid stations
   -Aid Station 1: Thinleygang
   -Aid Station 2: Menchuna
   -Aid Station 3: Lamperi
   -Aid Station 4: Dochu La

   - Course Marshals at various check points
   - Mobile Ambulance: Emergency medical back-ups
   - Traffic police & RSTA: Monitor & control traffic
   - Mobile aid stations at the strategic areas with medical, technical and food.

9. **SUPPORT OFF COURSE**
   - Refreshments at the start (Messina) & finish line (Clock Tower, Thimphu)
   - Medical Support at the finish line in case of sustained injury

10. **RACE START TIME**
    All participants must report to the start point (Messina, Punakha) at 7:00 a.m. sharp on the race day, Saturday the 2nd of September 2017. The race start-off at 8:00 a.m. sharp.

    Starting position will be determined by the registration number.

    No rider may be 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 organizing committee may be on the course.

11. **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.