



10th Tour of the Dragon

September 7, 2019

RACE GUIDELINES

1. **TITLE OF RACE**

-10th Tour of the Dragon.

2. **RACE DATE**

-September 7, 2019

3. **RACE ROUTE**

-Chamkhar Town, Bumthang (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.	Chamkhar, Bumthang	Kiki La	9	67.7
2.	Kiki La	Ura bypass	3	
3.	Ura bypass	Gyatsa PWD camp junction	15.5	
4.	Gyatsa PWD camp junction	Yutong La	12	
5.	Yutong la	Trongsa main traffic	28.2	
6.	Trongsa main traffic	Bjeezam	6.9	118.8
7.	Bjeezam	Trongsa view point	5.9	
8.	Trongsa view point	Tshangkha School Gate	8.1	
9.	Tshangkha School Gate	Tsheringma Drupchu	2.5	
10.	Tsheringma Drupchu	Sephuchen	11.4	
11.	Sephuchen	Chendebji stupa	6	
12.	Chendebji stupa	Chendebji school entrance road	2	
13.	Chendebji school entrance road	Chazam (Chserbu)	7	
14.	Chazam (Chuserbu)	Rukubji	3	
15.	Rukubji	Longmey	6	
16.	Longmey	Longtey	4	
17.	Longtey	Gangchudoro	2	
18.	Gangchudoro	Pele La	3	
19.	Pele La	Dungdungnyesa	7	
20.	Dungdungnyesa	Nobding	6	
21.	Nobding	Adangangchu	4	
22.	Adangangchu	Khelekha query area	7	
23.	Khelekha query area	Jimjana	3	
24.	Jimjana	Garzikha	9	
25.	Garzikha	Taekey (Wachey) Zam	4	
26.	Taekey (Wachey) Zam	Chuzomsa	3	
27.	Chuzomsa	Rabuna	4	
28.	Rabuna	Wangdue old town	4	
29.	Wangdue old town	Wangdue bridge	2	
30.	Wangdue bridge	Messina (Punakha road junction)	7	
31.	Messina (Punakha road junction)	Thinleygang	10	
32.	Thinleygang	Lumitsawa	4	
33.	Lumitsawa	Lamperi	12	
34.	Lamperi	Dochu La	11	
35.	Dochu La	Semtokha (Mani Dungkhor)	17	
36.	Semtokha (Mani Dungkhor)	Clock tower (via olakha workshop road and express way)	6	
Total distance			255.5	255.5



10th Tour of the Dragon

September 7, 2019

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.

[When considering tire tread note that though the event is on roads, "road" is a dynamic condition in Bhutan. Road can mean smooth tarmac, damaged tarmac or dirt of some sort, and if it is raining dirt will be mud. ToD is toward the end of the monsoon season, so rain is likely and conditions on the roads will be at their worst for the year.]

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. Cycle lights

-All participants must have an appropriate cycle light and should be sufficient till the dawn.

[Since the race is starting at 2:00 AM, all participants must have an appropriate bike light (900 to 1,500 lumen power) with battery power that will carry you through until dawn (3-4 hours). Use rear blinky light for safety and to aid other riders and cars in seeing you on the road.]

E. 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.

[We will likely have a mixed bag of weather: from cold on high passes and descents, to rain, to hot sun. It is best to prepare for the worst and hope that we are pleasantly surprised with good weather.]

6. TRANSPORTATION

Organizer will arrange transportation for officials and the participants on Tuesday, 3rd of September, 2019. Both the officials and participants are asked to gather at the Changlingmethang parking at 7 a.m. sharp in the morning. 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 of using their private cars at the un-authorized locations he/she shall be penalized with extra 20 minutes on actual finishing time.**

7. ACCOMMODATION

Riders (all participants) will need to arrange their own logistics in Bumthang.

8. SUPPORT ON COURSE

- Aid stations
 - Aid Station 2: Yutongla
 - Aid Station 3: Trongsa viewpoint
 - Aid Station 4: Tsheringma Drupchu
 - Aid Station 5: Chendebjee School Gate
 - Aid Station 6: Rukubji
 - Aid Station 7: Pele La
 - Aid Station 8: Taekey Zam
 - Aid Station 9: Messina petrol pump
 - Aid Station 10: Penzogem Drupchu
 - Aid Station 11: Thinleygang
 - Aid Station 12: Menchuna
 - Aid Station 13: Lamperi
 - Aid Station 14: Dochu La
- 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.



10th Tour of the Dragon

September 7, 2019

- **Race bag drop point:** Riders who wish to send their food supplies ahead may use the drop-box facilities. Also, should the riders wish to drop their items such as bike-lights, rain jackets etc. must drop at the Drop-box points only and not in any other aid stations. The organizer will not be responsible for the loss of any items. The riders must drop their items in the following designated drop-box points:
 - i) Yutongla,
 - ii) Trongsa Viewpoint,
 - iii) Rukubji,
 - iv) Taekey Zam,
 - v) Messina, and
 - vi) Menchuna.

[as soon as the sweeping bus arrive at the clock tower, all the participants are requested to claim their items by themselves from the distribution center at the clock tower]

9. SUPPORT OFF COURSE

- Refreshments at the start (Aid Station 1: Chamkhar town, Bumthang) & finish line (Aid Station 15: 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 (central town of Chamkhar, Bumthang) at 1:00 a.m. sharp on the race day, Saturday the 7th of September 2019. The race start-off at 2:00 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. CUT OF TIME

All the riders should cross Dochu La by 6:00 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 of time are entitled for the cash prizes.]**

Day rooms will be provided at the end of the race for all the riders to shower and refresh themselves before attending the awards ceremony.

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 prizes 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 road 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 fair and sporting manner. They shall all endeavour 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.
- 1.5 Carrying and using glass containers are forbidden during the race.



10th Tour of the Dragon

September 7, 2019

- 1.6 All riders must respect the environment and must make sure that they do not pollute the course venue.
- 1.7 All riders may render each other such minor services as lending or exchanging food, drink, spanners or accessories. The lending or exchanging of bicycles is not acceptable.
- 1.8 All Riders shall ride with utmost caution. They shall be held responsible for any accidents that they may cause.
- 1.9 No rider including, but not limited to, race officials and marshals shall consume alcoholic beverages or any other intoxicants while the race is in progress and any such person who appears to be under the influence of alcohol or other intoxicant shall be promptly relieved of responsibilities/disqualified.

2. Punishable Offenses

The following offenses shall be punishable by disqualification in the current race and suspension from the next edition of the Tour of the Dragon, as may be decided by the organizing committee. The decision of the Organizing Committee will be final and binding:

- 2.1 **Chest number should be visible at all the time. If anyone temper with the chest number, he/she will be PENALIZED with 10 minutes on the overall time sheet.**
- 2.2 **If anybody is found/seen using their personal vehicle, he/she shall be PENALIZED with 20 minutes on the result sheet. But personal cars can only support/assist riders at the authorized areas such as aid-stations.**
- 2.3 The pushing of one rider by another or any sort of physical aggression toward another rider.
- 2.4 Intentionally making abrupt motion so as to interfere with the forward progress of another rider. All riders must permit any following or faster rider to overtake without obstructing such a rider.
- 2.5 No acts of unsportsmanlike conduct in conjunction with the event will be allowed.
- 2.6 Entering the competition under an assumed name or falsifying documentation at the time of registration.
- 2.7 Assaulting or committing a violent injury on other rider or official.
- 2.8 Pushing or pulling other riders. No rider may hold back or pull an opponent by any part of his/her clothing, equipment or body.
- 2.9 Behaviour dangerous to the rider or other competitors.
- 2.10 Holding on to a motor vehicle.
- 2.11 Failing to ride the entire course, by taking a short cut, riding in a motor vehicle, or by other means.
- 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.