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RACE MANUAL 2024, version 2.2 (25.08.2024)

Introduction

The **Swiss Ultracycling Challenge (SUCH)** 5th edition is an ultracycling event that takes place in Switzerland in September 2024. Other than cheese and chocolate, Switzerland is known for its beautiful landscapes and its winding mountain roads, a plethora of public transportations... providing epic and challenging rides for everyone willing to venture out there.

That being said, the SUCH was designed as an **unsupported bike race** which implies you have to be self-reliant regardless of the situation you are in.

The challenge is to ride **in all of the regions (cantons)** and be the fastest to rally the finish line. As for our previous years's editions, we have decided to add **some mandatory checkpoints (CP)** that must be incorporated in the route. The CPs will be materialized as "a drop" on a Brevet Card, that you will receive with your Starterbox a few days before the start.

You will have to go by the Jubilee Historic Rules (cf p.7) but as always, besides that, the planning of the route is left entirely up to you. The rules are neither numerous nor restrictive but we will enforce them.

The rules as well as the CPs were chosen deliberately in order to give you the opportunity to visit the places of your choice.

Depending on your planning and riding ability, overall distance should be around 1000 km which makes it feasible in just under 5 days.

Race starts : September 11th 2024 at 10:10 am

Start line: from **any train station in Switzerland** .

Finish line : Bern, Bundesplatz (46.947190, 7.444037)

Race closes on September 15th, 2024 at 12:00 pm (noon)

There will be three categories : **SOLO, PAIR or RELAY**

A finisher's party will be held in Bern on September 15th from 11:00 am (around noon).

We want you to have fun, to discover places you have not been before and that includes a journey to the limits of your own boundaries and, this year, to discover the borders, foreign enclaves and limits of our country!

But, hey! don't forget, as in previous editions, all your carefully planned routes must remain within **Switzerland (no border crossing allowed) !**

More importantly, for the memories to build, we need you to ride safe.

We look forward to seeing you soon.

Marc and Vincent

The organizer : Association SUCH Swiss Ultracycling Challenge

Registration/Fee

In order to keep our event authentic and friendly we have decided to cap the number of registrations below 100, including pairs and relay. It will provide everyone, us included, with a very pleasant, stress free and family-like race. But that doesn't mean it will be a piece of cake !

We both love the community we created during the last 4 editions. So we have decided to give those who trusted us with our initial project 5 years back, an extra chance to get through our Registration lottery. We will explain how but you should still register diligently.

Period for registration (forms) : March 21 to April 1, 2024.

Draw: Beginning of April

Fee :

SOLO : CHF 150.- CHF

PAIRS : CHF 260.- CHF (both riders have to sign up but on the same form, indicating the name, infos of the partner)

RELAY: CHF 210.- CHF (both riders have to sign up but on the same form, indicating the name, infos of the partner)

The fee covers the costs of the website, caps, GPS-tracking, Finisher's Beer(s), Finisher's party, all the goodies you will receive and guarantees our enthusiasm and the organizer's own beer supply throughout the event :-)).

We will be following you using online tracking, with the goal to catch up with as many of you on the road.

The fee is **non refundable**. In case of a serious injury before July 1st (copy of a medical Certificate requested) we will do our best to refund you ...

Preferred payment: Bank Transfert on our IBAN: CH27 0900 0000 1633 0759 9 (BIC: POFICHBEXXX) or with Lightning Network (for those who know, ask us for an invoice :-)).

Mandatory documents : download the Rider's Agreement, sign it and upload it on the 2nd form you will received if you're registered and selected by the draw.

If you live outside Switzerland, please provide us a proof of accident, rescue and liability insurance (mandatory in Switzerland).

Although it does not replace a proper bike-check, a picture of your bike setup will be asked to make sure you have both lights and brakes mounted on your ride (see Equipment chapter).

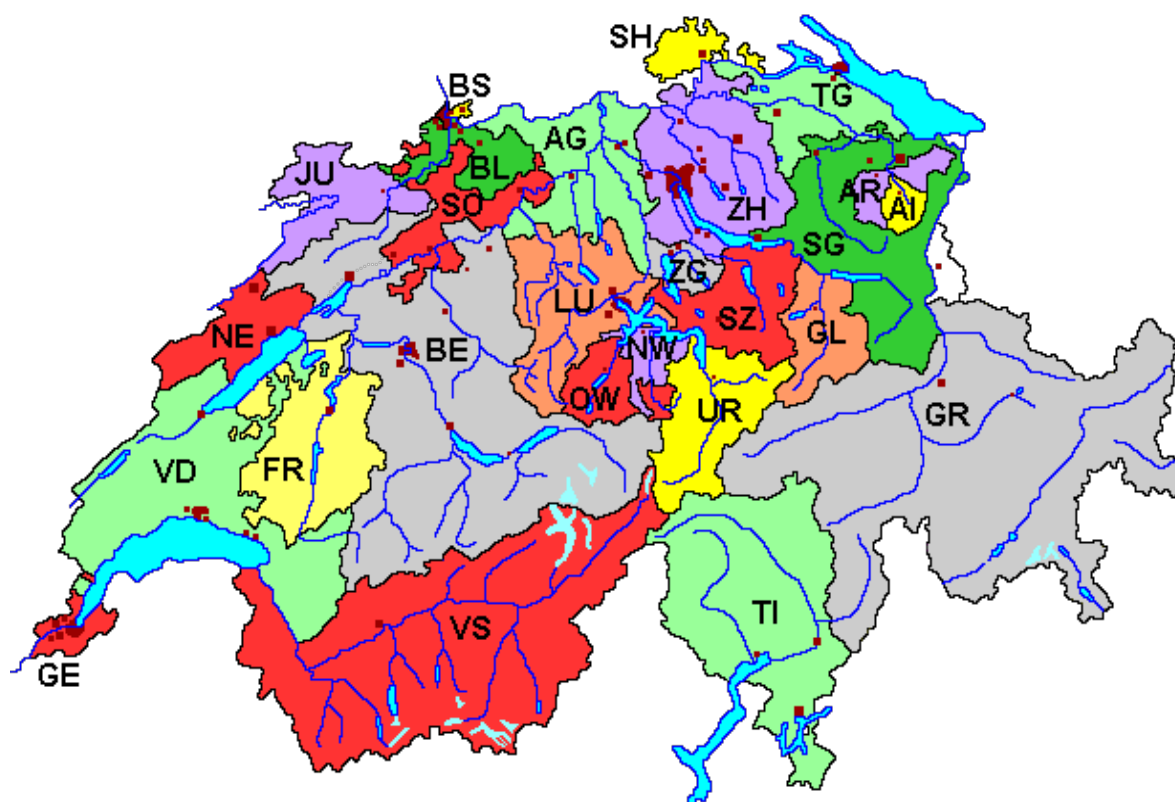
Riders'Agreement duly signed + copy of insurances must be given back to the Organizers before August 15th.

The Route

Switzerland, is a landlocked country situated in the middle of Europe. It is composed of 26 cantons (regions), all fairly independent, with federal authorities and parliament seated in Bern. It is bordered by Italy, France, Austria, Germany and Liechtenstein. There are three geographically distinctive regions the Jura, the Swiss Plateau and the Alps.

There are four official languages (French, (Swiss-)German, Italian and Romansh) but English is taught at a very early stage at school, making it easy to communicate for tourist visiting.

The Swiss road network is excellent and in very good state. So is the public transport system! You will find a train station in pretty much every village you will ride through.



Race validation/proof of passage/CPs and Finish

- A. **Start line:** you can start **from any train station in Switzerland on the 11th of September 2024 at 10:10 am**. You must take a photo of the clock with the name and location of your starting point. Pictures (geo tagged) need to be sent along with your name, bib# to: info@such.bike. You must have your GPS tracking system turned on at the time you start riding. **You can decide to leave later but the final time will be adjusted to the official starting time.**



- B. **Proof of riding through a Canton:** you will be provided with a GPS tracker (in the Starterbox). It must be ON throughout the entire race. Do not switch it off unless you are instructed to by the organizer or the Live tracking Follow My Challenge company. In case the battery dies, you are required to charge it with a cable you should take with you (USB-C). We will be monitoring your progress and both your GPX file and live tracking trace will be used to validate your passage in a Canton.

You can check your Canton's validation by looking on the live map/Canton's validation chart provided by our Tracking system (Follow My Challenge)

The Cantons can be ridden in any order (and the same applies to the CP).

This year, The cantons are grouped according to their respective year of entry in the Swiss Confederation. We ended up **with 8 groups, each containing between 1 and 6 cantons:**

GROUP 1			1291
UR		Uri	1. August 1291
SZ		Schwyz	1. August 1291
OW		Obwalden	1. August 1291
NW		Nidwalden	1. August 1291

GROUP 3			1481
FR		Fribourg	22. Dez. 1481
SO		Solothurn	22. Dez. 1481

GROUP 6			1803
SG		St. Gallen	19. Feb. 1803
GR		Graubünden	19. Feb. 1803
AG		Aargau	19. Feb. 1803
TG		Thurgau	19. Feb. 1803
TI		Ticino	19. Feb. 1803
VD		Vaud	14. April 1803

GROUP 2			1332 - 1353
LU		Luzern	7. Nov. 1332
ZH		Zürich	1. Mai 1351
GL		Glaris	4. Juni 1352
ZG		Zug	27. Juni 1352
BE		Bern	6. März 1353

GROUP 4			1501
BS		Basel-Stadt	13. Juli 1501
BL		Basel-Landschaft	13. Juli 1501
SH		Schaffhausen	19. August 1501

GROUP 5			1513
AR		Appenzell Ausserrhoden	17. Dez. 1513
AI		Appenzell Innerrhoden	17. Dez. 1513

GROUP 7			1815
NE		Neuchâtel	19. Mai 1815
GE		Genève	19. Mai 1815
VS		Valais	4. August 1815

GROUP 8			1979
JU		Jura	1. Jan. 1979

C. Checkpoints and Jubilee Historic Rules (JHR): For this special Edition, in order to let you discover some hidden places, we have chosen 26 Checkpoints, each corresponding obviously to one of the Cantons, that includes the half-cantons.

To validate this CP, you will be asked to collect a "drop of water" on your Brevet card and bring it back to us in front of the Bundeshaus.

According to our **Jubilee Historic Rules**, you can choose to skip some of the CPs. But beware, there is a catch :

You can choose in every group containing more than one Canton (it means every group apart Group 8) **1 "Joker Canton"**.

The CP from this Joker Canton **can be avoided** but in this case it is strictly forbidden to set even the front wheel in that canton! So you have to better think twice before you go ahead and plan.

The precise GPS Coordinates of our 26 CP are revealed from mid-august on our webpage and a downloadable excel sheet is available with some informations regarding those CP. (<https://such.bike/checkpoints24>)

At each CP you'll find water that you can collect and take back to the Bundesplatz to validate the canton you cycled over.

In the Starterbox, you will find your **Jubilee-Brevetcard** which will help you to bring us your Holy water drops. The precise instructions will be communicated to the participants later.

All the latest News could be seen on our Instagram account and our webpage under « News 24 » (<https://such.bike/news-24>), please check there for the latest News!

D. Finish line : the finish line is in Berne, on the « Place Fédérale/Bundesplatz », in front of the Swiss Parliament.



E. Finisher party : we will organise a brunch with some swiss specialities on the Bundesplatz, **from 11am on Sunday 15th (around noon)**. If you do not intend to stay or be present, please let us know asap otherwise we will count you in.



Starterbox

This is all you will need to complete your Challenge through Switzerland.

It consists of:

- GPS device
- Jubilee Brevetcard
- Cap with your number
- Important informations

This year, the «Starterbox » will be available in some Collect Points **the week prior to the Start** .

We will ask you to let us know **by email before August 22** in which Collect Point you will pick it up.

Here are our nice **Collect Points** (thanks to them :-):

- **BoldaiR, Delémont:** rue du Haut-Fourneau 1, 2800 Delémont (boldairsport.ch)
- **Voyage Cycling Store, Basel :** Grenzacherstrasse 10, 4058 Basel (voyagecyclingstore.ch)
- **dubraquet, La Chaux-de-Fonds:** rue du Commerce 96, 2300 La Chaux-de-Fonds (dubraquet.ch)
- **Bike Passion, Genève:** rue Pictet-de-Bock 5, 1205 Genève (bike-passion.ch)
- **Cycles Froidevaux :** rue des Fossés 47, 1110 Morges, (<https://cycles-froidevaux.ch>)
- **Tac Tac Cycling, Bern:** Gotthelfstrasse 3, 3013 Bern (www.tac-tac.com)
- **Cycle Store, Zürich:** Werdmühleplatz 4, 8001 Zürich (www.cyclestorezurich.com)
- **Kutscher Haus, St. Gallen:** Kleinbergstrasse 1, 9000 St. Gallen (deadendsandcake.ch)

Please get in touch with them to check their opening hours...you will have till September 10th to collect it!

if you can't make it to one of these Collect Points, send us an email before August 22th and we will see what we can do... ;-)

Important dates/deadlines

To sum up, here are **the main dates to remember** :

15th August: deadline to hand in the documents

- Rider's Agreement (should be already uploaded)
- Proof of a valid traveling/rescue insurance/health and accident insurance (only for Citizen living outside Switzerland)

22nd August: Collect point:

- **Email with the Collect Point** you've chosen to pick up the Starterbox

8th September: Upload on the PRE-RACE Form :

- **photo** of bike setup and security equipment : helmet, lights, reflector
- A **gpx** file of your intended route. We do understand it might be subject to last minute changes and we promise to keep it secret, but it can help us better following you!
Please send it to us on 1 file .gpx and not cut in different files...

Equipment / Safety and Bike recommendations

Equipment

Depending on your route, you can be riding as high as 2500m where the weather can be unpredictable and quickly changing. Although we have asked for nice and warm weather, we have absolutely no guarantee you will not have to ride through storms and rain. So be prepared.

We can not do a complete bike check before the start, but there is a mandatory equipment that we try to keep as short as possible. **You will be asked to send us a picture of your setup (bike, lights, brakes) before the race starts (deadline Sept 5th).**

We highly recommend:

- **Front and Rear working lights.** Additional reflectors as well as high visibility vest is highly recommended.
- **Helmet** and sunglasses
- **Basic first aid kit** - this includes bandages, antiseptic/sterile wipes, medication as well as first aid kit for your bike!
- **Suitable sleeping system** if you choose to sleep outdoors. Remember you are not allowed to sleep at friends or relatives'. We won't be enforcing a specific temperature rating for each piece of equipment, but rather, you should have with you equipment to be comfortable sleeping at relatively cold temperatures.
- **Clothing** to face any given conditions that will be thrown at you.
- **A mobile phone** with internet access. We know some of you might be reluctant to it but it is a good way to communicate in case of emergency and depending on the method we opt for, it might be required for GPS tracking. Swiss mobile coverage is really good and prepaid SIM can be purchased from any shops.
- **A battery pack/charger (powerbank)** is often the easiest way to keep your electronic devices up and going but it is not a mandatory equipment.

Bike recommendations

There are plenty of bike options that could be considered for this race but in the end, it will be up to you, mainly based on the route you have chosen.

With that being said, most of the roads are asphalt and/or very smooth or compact gravel ones. Some CP could be reachable by some non asphalt roads.

The ideal bike is something fast and light and more road oriented but more importantly, it has to be a bike you are comfortable with, accustomed to riding.

To help you with your setup and to answer many of the questions you may have, here is a link to a very good website run by Chris White : <https://ridefar.info>

Tracking system :

Satellite tracking is included in the race fee. We are proud to have a partnership with FollowMyChallenge. Their system is simple, reliable and more so, very light.

In case of malfunction, please contact us asap. We will either try to reach you and provide you with a new device or try to fix it.

The trackers along with other practical info will be in Starterbox

The tracker has to be returned on day of your arrival in Bern (or at least for the brunch on Sunday 15th of September).

In case of delay, loss or broken tracker, a fee up to 200 CHF could be asked.

Health and safety :

Riding in open traffic can be hazardous and some recent tragic events reminded us that a bike is not designed to resist to a heavy car or truck. So please, be safe on the road, make sure to be

highly visible at all times, to follow the road signs and more importantly, to listen to your body! If you feel drowsy, please make a stop and rest.

Be aware that this is a physically and mentally demanding event. We strongly advise you to discuss with your doctor whether your physical condition is suitable for this effort.

We cannot accept any responsibility for any accident of any kind.

COVID 19 or any other pandemic situation :

The following paragraph is not as relevant as for the previous editions, but the situation being subject to changes in the coming weeks, we ask you to read it carefully.

The SUCH will follow all the mandatory regulations and recommendations set by the government. Having several starting points decreases the risk for large gathering. Riders have to inform themselves on domestic, local and traveling restrictions at the time of the event. Violations of these will lead to immediate disqualifications.

If you are not allowed to travel or need to quarantine, please, get in contact with the organizer.

Although we will do our best to keep the SUCH going, we cannot foresee what things will be like in September. Thanks for being understanding.

The Rules/Categories

In order to qualify as a finisher and to be listed in the general classification, you must complete the challenge **AND** follow all the rules of an unsupported bike race listed below.

The rules are set to ensure fairness and must be observed in order to be recorded as finisher. In case of doubt, please, collect evidence using your phone or camera and inform us using the official email address.

1. Ride from your chosen start line to the designated finish via the route of your choice but without ever crossing the Swiss border
2. No 3rd party support, private lodgings or resupply. All food, drink and equipment must be carried with you or acquired at commercially available services.
3. Riders must not solicit any form of private resupply from locals on the race route, any such interaction must be freely offered and unplanned.
4. No drafting (other than pairs with their partners) .
5. All forward travel overland must be human powered
6. No taking public transport or boats.
7. All riders must maintain evidence of their ride.
8. Accident, rescue and liability insurances, cycle helmets, lights and equipment in the required equipment list are mandatory, we may be checking.
9. Riders must know and observe all local traffic laws. Do not ride where circulation is not permitted and in particular, where bikes are not allowed.
10. Ride in the spirit of self-reliance and equal opportunity.
11. Any recorded track must be done with the bike next to (riding or carrying)

Assistance : you are not allowed to seek any outside assistance. That being said, if you are in a position where you cannot fix a mechanical by yourself, you may ask for the help of another rider but that immediately precludes you from being listed in the general classification. In case of a mechanical you are unable to fix yourself and if you wish to stay in the race, you can use public transport to take you to a bike shop/town but **you must then ride back from the exact same location you were at the time of the mechanical**. Please, document everything as we will be asking for any proofs we think is necessary (bus ticket, taxi, shop receipts...).

Emergency : every unsupported bike race has its own policy, but we find that safety, health and ultimately, our survival is more important than anything else. It is just a bike ride after all!. Therefore, we will not disqualify you if you decide to act as a good samaritan and help a fellow rider in distress. You **must however report your act using the official mail** : info@such.bike. The rider being helped, if still able to carry on, will however not qualify for the finishers' list.

Categories / Scratching

Regardless of the category you decide to sign up for it remains an unsupported bike race

There are **3 categories** : Make sure you select the right category (SOLO, PAIRS or RELAY) upon registration:

SOLO : follow the rules above-listed, especially the one saying 'no drafting' at all time, finish before noon on the 15th and you will be awarded the finisher's title.

PAIRS : riding in pairs allows you to draft (only your partner!). You must both follow the same route and finish together in the Bundesplatz in Bern. We will follow both your progress on the map. In case of issues, we might ask for your gpx data. Pairs can share information, food and shelter but cannot get any outside assistance.

In one of the rider needs to scratch from the race, the other is allowed and encouraged to carry on to the finish line but will not be listed in the general classification, be it as a pair or solo.

RELAY : a special category for those of you who cannot take a few days off or are too nervous to embark solo/pairs on this adventure. **No more than 2 people per relay!** It is basically a split pair or a double solo.

Both of you have to sign up on the same form. Make sure you select the right category.

Only 1 relay switch is allowed but it can take place anywhere along the route. **You have to document it and inform the race organizer by mail** at info@such.bike of the switch as *soon as possible after it has occurred, but no longer than 3 hours later*.

Scratching : we hope you will not have to resort to scratching from the race and strongly advice you not to take such decision after a long day on the saddle. Mike Hall used to say 'Don't scratch at night, sleep over it'.

In case your mind is still set in the morning, inform the organizer immediately via the mail address : info@such.bike or by calling **+41.79.671.27.09 or +41.76.387.28.57**

Please note you will be responsible for arranging travel back home. We will not help you nor provide any assistance with booking tickets or hotel accommodations.

Awards: There is no formal awards ceremony but finishers are encouraged to stay around the finish line and participate in the finishers' party.

Insurance: You are responsible for your own accident and liability insurance, costs of emergency evacuation, etc. International riders should verify that their insurances extends to both Switzerland and ultra-racing events. Being rescued by a helicopter is very expensive in Switzerland. Any damage claims from participants against the organizer, regardless of their legal reason, are void.

Race cancellation: The organizer reserve the right to cancel the race for safety reasons, for example if bad weather conditions prevail. Should the race be cancelled, the entry fee will not be refunded and the organizer will be released from performing their obligations.

Photographic rights : The organizer have the exclusive rights to use pictures which are taken by during, and after the event. Participants waive their right to disallow their images, voices and video to be published.