



FAQ

When?

Trans Varaita Bike will be held from 18 to 21 August 2022. There will be 4 days of competition starting from 18 August. Each stage will feature 2/3 specials with pedalled transfers and portage. The last day of competition will be August 21 and the registration fee also includes lunch for this last day.

When I have to get to the starting point for the first stage?

All participants must sign in, with all the checks and collection of packs 9:00 am to 10:30 am on 18 August at the Segnavia Porta di Valle bar cafe, in Brosasco. Lunch on the first day will be charged to the riders, while dinner will be included in the registration fee and will be eaten before the night stage.

How to arrive at Trans Varaita Bike?

If you arrive by car you can park in the parking lot of the Segnavia Porta di Valle bar cafe. If you arrive by plane, you should land in Turin Caselle on August 17th and leave on the evening of August 21st or the morning of August 22nd.

What services are included in the registration?

The services included in the basic registration fee are:

- 1 race packet bag with event gadgets and other gifts from sponsors;
- Timing service every day with SPORTident system (EWS official timing);
- Free mechanical assistance in the paddock area (spare parts and components not included);
- Refreshments for each transfer between the special stages;
- Meal at the end of the race (lunch for days 2-3-4 and dinner for day 1);
- Aid and medical assistance for all competition days;
- Reporting, cleaning, arrangement of all paths and transfers;
- Marshalls' assistance service along the special stages.

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The basic registration does not include:

- Travel and transfers to reach the locations of the Trans Varaita Bike;
- Chip replacement. Athletes who lose the chip will have to pay for it. Upon sign in, a deposit of € 50 will be required which will not be returned in case of loss.

How trained do I have to be?

You have to be fit and used to high mountain weather conditions to tackle long rides, push or carry the bike between 30 minutes and 2 hours, long descents ... but you don't have to be superman or superwoman to come to the Trans Varaita Bike! You need to know that you will be in the high mountains and that the weather could change in a few minutes.

For the descents it is necessary to have a medium-high level of riding on the high mountain singletrack and enduro trails. All difficult sections will be previously reported and protected by volunteers or alpine rescue. You decide if you think you can pass it or if you prefer to walk. The most important thing is to avoid dangerous falls.

We calculate an average of 5-6 hours per race day including the entire course, with an average of 30-40 km and 1200-1700 meters in altitude and 1200-2400 meters of descent.

We also consider the spirit of adventure, exploration and improvement to be important.

The Race Medical Service may assess whether your condition is not the best to start or continue the race. We inform you that if the health service decides that you are not in a position to start a trial or a stage you will not be able to continue the next day. In this case, our cancellation policy will not be applied and no refunds will be possible.

What do I need to bring with me?

All you need is the desire for adventure and fun. Despite the competitive format of the event, the most important thing is to finish the adventure without falls and mechanical problems that force you to abandon the race.

In terms of bicycle, you will need it:

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- Full or front bike with Enduro / All-Mountain geometry. Fatbikes are also allowed, while E-bikes are not allowed.
- Spare parts for your bike to avoid the situation where they may not be available at the mechanical workshop. We also recommend that you bring with you the parts that are not easily available for your bicycle that may not be available at the workshop (eg particular brake pads).

As for clothing and equipment, you need to:

- Technical mountain bike clothing for a 4 day race that includes warm clothing for cold, rain and wind. In fact, you will find yourself in a high mountain climatic environment. During the race, we recommend a windbreaker and a waterproof jacket and a spare long-sleeved technical shirt;
- A basic tool kit for repairing technical faults. Mechanics will be available to riders in the paddock area, but breakdowns can also occur far from the mechanical area;

During the race, a TECHNICAL CHECK will be carried out on the riders' material and it is mandatory that each participant has:

- Full face helmet, knee pads and back protector (also integrated in the backpack);
- Long gloves;
- Backpack with a water bag or bottle with at least 1 liter capacity;
- Sunglasses / mask;
- 2 energy bars and 1 energy gel;
- Whistle;
- Thermal blanket;
- Windstopper and waterproof jacket;
- Long-sleeved thermal technical top;
- Spare parts for bikes: 2 air chambers of the size of the wheel, pump or CO2 cans and 1 gear derailleur suitable for the bike model;
- Multitool;

Recommended (not mandatory): small first aid kits.

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Competitors who are found without these materials after inspection could be penalized.

In addition, two **mandatory** position lights on the helmet and handlebar are required for the night test.

Do I have to be affiliated with a federation to participate in the Trans Varaita?

It is not necessary to be registered, but it is mandatory to have a medical certificate of suitability for competitive practice. For non-registered athletes **it is mandatory** to purchase the additional insurance / membership service at the time of registration. The athlete will then have to send the medical certificate for MTB competitive practice to the email info@transvaraitabike.com with an identity document. For foreign athletes there is a model for the medical certificate attached to this FAQ.

What timing system does Trans Varaita use?

The system used is the internationally recognized SPORTident system (official EWS). Each runner will wear a chip which must be activated every day at the race office before the start. This system allows riders to start each course whenever they want with no scheduled start times. All riders must follow Marchals' instructions in every phase and area of the course.

We remind you that whoever loses the chip, for any reason, will lose the deposit paid at the time of delivery.

Program of competition days and start of special stages:

The first day (18 August) sign in and pack collection is scheduled from 9:00 am to 10:30 am, the welcome briefing will follow and at 11:30 am the transfer will begin to reach the start of the prologue. Once the prologue is over, the team will return to the paddock area for the assignment of the new race numbers, which will remain so until the end of the event.

We will start again at 2:00 pm for the transfer of the first stage. Once completed, we will return to the paddock area again for the afternoon activities, to arrange the bike and helmet with the lights (two mandatory) necessary for the night test and exchange first impressions while waiting for dinner.

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7:30 pm departure to reach the night stage which will be the same as the prologue with the addition of an urban part.

The following days will begin at 8:00 am in the paddock area with the briefing and the activation of the timing chips. The various stages will have 1, 2 or 3 timed trials per day. In all transfers there will be refreshment points with mineral salts, water and food. At the end of each stage there will be lunch and the prizes for the sponsored stages and for the whole day.

The awards ceremony will take place on the last day at approximately 3 pm.

What happens if I can't complete a race day?

If a rider cannot complete a day of competition, if he wishes, the following day he will be able to compete again and appear in the day's ranking, but not in the final one of the event.

Cancellation of the event

In case of disasters or health restrictions or safety reasons external to the organisation, which occurred before the event, if the organisers believe that this could endanger the runners or the staff, the race could be cancelled and the organisers will contact the runners to inform them of the cancellation and to initiate the refund process.

The organization also reserves the right to modify or cancel the individual stages, in the event that the weather or health conditions do not allow them to be carried out in safe conditions. The relevant communication will be given at the time of the briefing.

I can sell my membership or change the name?

No name change is possible and the registration is personal and not salable.

Do you need more information about the race?

If you need more information about the race you can write to us at info@transvaraitabike.com and we will reply as soon as possible.

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MEDICAL CERTIFICATE

I, the undersigned Dr _____, Doctor of Medicine,

Certify that the examination of Mr/Ms _____

Date of birth: _____ Age: _____

reveals no contraindications for participating in a cycling competition.

Medical certificate issued in (place):

Date: _____ Doctors sign: _____

Doctor Stamp :

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