

RULES



La Épica Gravel Grinder™: Rules

1. La Épica Gravel Grinder™ is a cycling event where riders are individually timed.

2. ENTRY

2.1. The entry to La Épica Gravel Grinder™ is open to riders aged 18 or older. La Épica Gravel Grinder™ has the sole discretion over entry numbers and cut-off dates.

2.2. Riders who are serving a ban by a federation for a doping violation will be refused. Riders who have served their ban are allowed to ride in the event, but will neither be timed nor be in the results and will start at the back.

2.3. Each rider must ensure that his/her health condition is sufficient for the event.

2.4. Each rider is responsible for having sufficient insurance coverage.

2.5. Entries are not refundable, transferable, or deferrable. No rider shall be entitled to an entry fee refund in case of disqualification.

2.6. La Épica Gravel Grinder™ reserves the right, in its sole and complete discretion, to deny entry, revoke the entry application of any applicant at any time, and/or disqualify any individual from the Event.

3. EQUIPMENT

3.1. Bike: any roadworthy Bicycle. The following are not permitted: triathlon bikes, time trial bikes, triathlon/aero bars, tandems, prone bicycles, recumbent bikes and bicycles with chair seating (except for para-athletes) or mono cycles. Unsafe bikes can be banned at any time during the event.

3.2. Helmets must be always worn by all riders and must be securely fastened with a chinstrap at all times while riding.

3.3. Bike number: the number plate with chip timing strips on the back must be attached to the handlebar and always clearly visible from the front. Any alteration of the number will lead to a time penalty or disqualification, or the timing chips may not work properly.

3.4. Jersey number: the jersey number must be worn on the jersey pockets, attached by safety pins. Any wrong positioning or alteration of the number can lead to a time penalty or disqualification.

3.5. Riders must carry equipment to repair a flat tire.

3.6. The use of headphones and/or playing music on any device will lead to timing penalty or immediate disqualification.

4. START

4.1. Entry to the start area is only from the designated spots. Riders without their La Épica Gravel Grinder™ bike number, jersey number and helmet at the checkpoint will be refused access to the start area. Not allowed at the start are large bags such as backpacks, handlebar bags or similar.

4.2. If a rider arrives after the designated corral closure time, they may be denied access to the start.

4.3. Start order:

(1) VIP: Returning champions from the previous year (overall, age groups), and guests.

(2) Competitive corrals.

(2.1) General riders (Non-competitive categories) according to their age group (younger to older).

La Épica Gravel Grinder reserves the right to limit the front corral to qualifiers at La Épica Gravel Grinder™ events if there are space constraints.

Race corral requests are at full discretion of the organizer.

(3) Challenged athletes with hand cycles.

Riders must start in their designated corral. Riders are allowed to start in a corral further back than their designated corral. If a rider attempts to get in a corral further ahead than allocated, he/she will be put in the last corral, get a time penalty, or are disqualified.

5. COMPETITION

5.1. All riders are timed by chip timing from start to finish. Overall rankings are determined by gun time. Age group rankings are determined by net (chip) time. Only riders who complete the La Épica Gravel Grinder™ long distance course (which include BOTH Saturday and Sunday events) are eligible for competition ranking and prizes. La Épica Gravel Grinder™ reserves the right, in its sole and complete discretion, to change the rules if deemed appropriate.

Any distance shorter than the long distance is a timed but non-competitive event.

5.2. Categories:

Category is determined by rider's age on December 31. Sex categories are defined as sex at birth (male or female).

- (1) MTB / GRAVEL GRINDER - Open Male
- (2) MTB / GRAVEL GRINDER – Open Female
- (3) MTB / GRAVEL GRINDER - Male 30-39
- (4) MTB / GRAVEL GRINDER – Female 30-39
- (5) MTB / GRAVEL GRINDER - Male 40-59
- (6) MTB / GRAVEL GRINDER - Female 40-59
- (7) LA EPICA GRAVEL CHALLENGE MTB / GRAVEL
- (8) LA EPICA E-BIKE CHALLENGE
- (9) LA EPICA GRAVEL PETITE MTB / GRAVEL
- (10) LA EPICA GRAVEL PETITE E-BIKE
- (11) GRAVEL CRITERIUM

5.3. Awards:

Each participant will be awarded in the category they registered for (master or open).

- The awards are by category and by bike type (Gravel vs Mountain).
- Cash prizes will be based on the accumulated time from Saturday and Sunday.

- Friday is an exhibition event and does not apply for awards.
- Registration must cover both days (Saturday and Sunday), even if you only compete on one of the two days.
- Trophies will be given to the top three finishers in the following categories of the Grinder only:

MTB / GRAVEL GRINDER - Open Male

MTB / GRAVEL GRINDER - Open Female

- These two categories will also receive cash prizes for the top 5 places : Male / Female - \$500/ \$300 / \$200 / \$100 / \$50

MTB / GRAVEL GRINDER - Male 30-39

MTB / GRAVEL GRINDER - Female 30-39

MTB / GRAVEL GRINDER - Male 40-59

MTB / GRAVEL GRINDER - Female 40-59

The other categories will only receive participation medals as they are non-competitive categories. These include:

LA EPICA CHALLENGE MTB / GRAVEL

LA EPICA E-BIKE CHALLENGE

LA EPICA PETITTE MTB / GRAVEL

LA EPICA PETITTE E-BIKE

5K GRINDER

10K GRINDER

The prize for the GRAVEL CRIT will be cash as it is only an exhibition race. Prizes for the top 3 places will be \$100, \$75, \$50 respectively.

The prize for the "Tres Cabezas Challenge" will be \$200 per "head" for the single rider (male or female) who gains the most time on the three designated "heads" in the event.

Prizes will be awarded to the top three in each competitive category. Distribution of the prizes is at the sole discretion of La Épica Gravel Grinder™. Prizes not picked up at the awards will be distributed to other riders. Prizes will not be handed to anyone but the winner.

5.4. All protests concerning the order of finish shall be examined and resolved by the chief judge, whose decision is final and without appeal. It is the rider's responsibility to familiarize themselves with the rules of the event and the course before the start. Taking alternate routes or cutting the course short leads to disqualification from the current competition and to a ban at future La Épica Gravel Grinder™ events.

6. ABUSE

6.1. No rider may be disrespectful toward race directors, officials, staff, riders, volunteers, residents, or spectators.

6.2. No rider may use foul or abusive language during La Épica Gravel Grinder™

6.3. No rider may assault (an unlawful attempt, coupled with the present ability, to commit a violent injury on the person of another) or do battery (any willful and unlawful use of force or violence upon the person of another) to anyone connected with La Épica Gravel Grinder™ (including but not limited to riders, spectators, public officials, volunteers, staff, etc.).

6.4. Any of the above will lead to disqualification and a lifelong ban for La Épica Gravel Grinder™ events.

7. CONDUCT

7.1. Cyclists must obey all laws of the road, including traffic lights and stop signs unless they are overwritten by the police. Violators may be ticketed by local law enforcement and/or disqualified and removed from the event.

7.2. No rider may make an abrupt motion to interfere with the forward progress of another rider, either intentionally or by accident.

7.3. Any rider who appears to present a danger to the other riders may be disqualified by La Épica Gravel Grinder™ either before, during, or after the event.

7.4. Pushing or pulling or any other physical assistance among riders is prohibited in all categories except Him and Her categories where pushing or pulling is encouraged.

7.5. No outside assistance is allowed in competitive categories (incl. but not limited to team cars, personal support cars handing in supplies from roadside).

7.6. If a rider is lying on the ground and is visibly in difficulty, any following rider must stop and help unless there are already at least three people helping. You may continue if a) the victim is fine or b) medical personnel has arrived. Help others; you may need help one day.

7.7. Any misconduct with respect to the above can lead to disqualification and a lifelong ban at La Épica Gravel Grinder™.

8. ENVIRONMENT

La Épica Gravel Grinder™ is committed to protecting the environment. Any discarding of trash or food outside the designated trash cans at the aid stations or “eco zones” is prohibited and can lead to a time penalty, disqualification or lifelong ban at La Épica Gravel Grinder™ events.

Any urinating in public is prohibited and can lead to disqualification, ticketing by local law enforcement or a lifelong ban at La Épica Gravel Grinder™ events.

9. ACCEPTANCE OF RISK

All those who ride and compete under these rules do so at their own risk. No liability shall attach to La Épica Gravel Grinder™ or any of its officials with respect to any loss or injury sustained or caused by anyone competing or riding in La Épica Gravel Grinder™.

10. RULE CHANGES

Course, date, rule or any other changes pertaining to the Event can be altered if deemed necessary at the sole discretion of La Épica Gravel Grinder™.