**THE RACE**

Date: - 11th to 14th November 2021

Registration: - Registrations open till 31st of October.

Discipline: - Enduro and Cross-Country.

Total days: - 5 days (including 2 days trial run)

 Day 1: - Opening ceremony and XC race

Day 2: - Trial run at Gyalwa Tsangyang Gyatso Trail

 Day 3: - Trial run at The Brog-lam Trail

 Day 4: - Enduro race

 Day 5: - Enduro race and Prize Distribution.

How does the format work?

MTB Enduro: This format has various stages on which the riders will have to compete against time. The riders need to get to the start of each stage under their own steam and set a timeframe. The times on the stages add up to represent the overall competition. Each rider will be given a start time for each stage.

MTB XC: Unlike downhill races, which are conducted in time trial format, cross-country races traditionally feature a mass start or interval start, where riders are released in several large groups divided by age and/or ability. Races with very large fields that do not wish to stagger starts will sometimes employ a [Le Mans start](https://en.wikipedia.org/wiki/24_Hours_of_Le_Mans#Le_Mans_start) where racers begin by running to their bikes.

**ENDURO TRAILS**

The riders participating in this event will be riding along 2 gnarly trails, which were developed by the TCA.

These trails are named as

1. **The Timber Trails**
2. **Gyalwa Tsangyang Gyatso Trial**
3. **The Timber Trails**

 **Sub Trails**

1. **Shom-rong trail**
2. **Wangrampa trail**
3. **Jang-gon gonpa trail**
4. **Drekhang trail**

**Trail Description: -**

* A Gradually descending trails running along the valley beyond Y-Junction.
* Rocky at the beginning and gradually runs along wild flowers and deep woods leading to green pastures.

**Trail specifications: -**

* Distance: - 15kms (approx)
* Starting point: - Y- Junction (14615 feet)
* Ending point: - Kangteng village.
* Route: -(Y-Junction)- (Damga)- (Shom-rong)- (Donglo)- (Betse-teng)- (Shengma Dechen)- (Wangrampa)- (Lhapreh-Teng)- (Jang-gon Ani Gompa)- (The Tawang Monsatery)- (Drekhang)- (Kangteng village).
1. **Gyalwa Tsangyang Gyatso Trial**

**Sub-trails:**

1. **Mein-khar trail**
2. **Tsu-Tsey Trail**
3. **Khinmey Trail**

 **Trail Description: -**

* A mixed combination of gradual and steep descends.
* Begins at the mesmerizing PTSO Lake.
* The trail has lots of green pastures. It is muddy at some areas and runs along Rhododendron forests.

 **Trail specifications: -**

* Distance: - 8 kms
* Starting point: - Pangateng Tso (PTSO) (13000 feet)
* Ending point: - Khinmey Gompa
* Route: - PTSO- (Lamay Zhabzhey)- (Mein-khar)-(Tsi-bra)-(Mer-mang)- Khinmey

**CROSS COUNTRY ROUTE**

**Track description: -**

* This race will begin and end at The Tawang Monastery.
* The race shall consist of a total of 5 loops.
* The track consists of jeep tracks, technical trails among pine forests and rhododendrons and fresh meadows.

**Track Specifications: -**

* Total distance: - 40 kms (Approx)
* Starting and ending point: - Tawang Monastery (10,000 ft)
* Route: - (Tawang Monastery) – (Mandrelling) – (8 kilo) – (Bramadunchung Nunnery)– (Dobley-tsey)

**REGISTRATION FEES**

XCO: - 1500 per head

ENDURO: - 3500 per head

XCO+ENDURO: - 4000 per head

What does the race fee include?

* Fee for the race
* Lunch on all days
* Dinner on last day of the event
* Shuttle service for race.

What does the race fee exclude?

* Stay at Tawang
* Travel expenses
* Sightseeing in and around township

**SPECIAL PACKAGES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Discipline** | **Race fee** | **Accomodation + Breakfast** | **Travel (Ghy-Twg)** | **Total** |
| XCO | 1500 | 1800 | 5000 | 8300 |
| ENDURO | 3500 | 3600 | 5000 | 12100 |
| XCO+ENDURO | 4000 | 3600 | 5000 | 12600 |

**TERMS AND CONDITIONS**

**PARTICIPATION**

* All the participants/riders must make sure that their registration for the event is done well in advance or before 10 days of the said event.
* Spot registration will not be entertained in normal circumstances and if at all any rider intents to do spot registration then that would be considered only in exceptional case.
* Minimum age of Participation is 14 years.
* Authorisation letter from parents is a must for all participants below the age of 18 years (in case of minor).
* All participants will have to submit a duly signed copy of self-declaration and a signed acknowledgment copy of rules and regulations.

**CLOTHING AND EQUIPMENTS**

* All bikes must be in good operating condition with properly working brakes. All bikes must bar plugs/bar ends on the handlebars.
* All participants must wear a properly secured full face helmet at all times during competition as well as when pre-riding or warming up on the course (Helmets complying to DOT or CPSC Standards is recommended)
* All participants must wear fully enclosed shoes.
* Dresses with covered elbows and knees are highly recommended (Elbow and Knee pads are even better).
* Body armour, gloves, goggles, neck braces are all highly recommended.
* Cameras will not be allowed to be strapped anywhere except on top of the helmet during the race.

**GENERAL RACING RULES**

* Race numbers must be displayed on the handlebars of the bicycle. No competitor shall cut, fold, mutilate, apply stickers to or alter in any way the number plate. Numbers are not transferable.
* One must not use offensive or abusive language during the race, act in any anti-sporting manner, be disrespectful to the event volunteers / officials or ignore the race regulations.
* Deviation from the marked course will result in disqualification unless the competitor re-enters the course where the diversion was taken.
* You are not permitted to willingly alter the course in any way without first consulting with the race officials. This includes moving rocks, logs, tape or other natural obstacles.
* The race director in case of severe injury to a rider or life-threatening weather may stop the race.
* If you pull out of a race (DNF) you must notify the timing station or closest course marshal.

**COURSE MARKING**

Markers or tape will indicate the route to be followed, showing changes of the course, intersections and all potentially dangerous situations. Markers will be placed at frequent intervals along the course to confirm to the rider that he or she is following the correct course

In all potentially dangerous situations, one or more arrows will be placed in a downward pointing position. These arrows will be positioned 30 metres before the obstacle and at the obstacle itself. Two or more downward pointing arrows mean a more dangerous situation. Three downward pointing arrows means an extreme situation continue with caution.

**PENALTIES**

Penalties can be imposed according to the nature of the offence T and one or more of the following can be used:

* Verbal warning.
* Demotion of final race position (by one or more positions).
* Time or points penalty applied during an event.
* Disqualification from a race.
* Suspension

**CANCELLATION POLICY**

* If a rider wants to cancel their participation after completing their registration for any inevitable reason, the rider must inform the organizers about their cancellation. However, the registration fee will not be refunded to the participant.
* In special cases of cancellation of the entire race, the organizer will give prior information about the cancellation and the entire registration amount will be refunded

**Final interpretation of the rules is up to the Race Director. These individuals have control over all competitors, scorers, and officials at their event and their decision on these rules, and any situations not specifically covered by these rules is final.**

I hereby agree to all the above-mentioned rules and regulations.

**Participant Name: Signature**

**SIGNATURE**

