

RACE ACROSS SRI LANKA



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2.0 Timelines /Check Points

Intermediate Time Station Checkpoint and Time Cutoffs

Racers and Teams must reach **7 Checkpoints/ Timing stations** within the designated time to continue with the Race.

- *Race Check in for all Categories at 4.30 a.m. on 1st July 2023 from Colombo. Stage 2 check in is at 7.30 am n 2nd July`*
- **Stage 1 - Race Start for at 5.00 am on 1st July From Colombo Finishes in Ella at 7.30 pm**
- **Stage 2 - Race Start at 8.00 am 2nd July from Ella and finishes in Arugam- Bay at 3.30 pm**
- Timing Stations / Pit Stops - Stage 1 : 1) Ingiriya 2) Pelmadulla 3)Belihuloya) , 5)Haputale 6, **(Cut off times will be published soon)**
- Timing Stations / Pit Stops - Stage 2 : 1) Monaragala (60 km) 2) Hulannuge (110 km)

4.30 a.m.
Check in
5.00 Am
Race Start

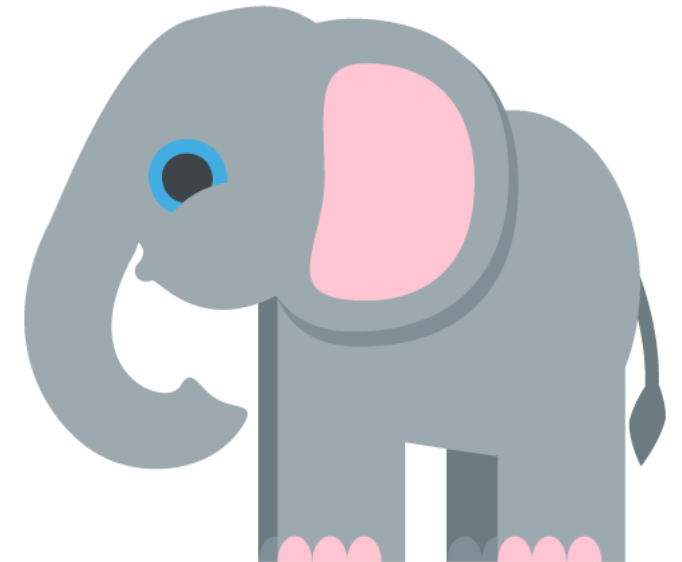
Checkpoints are not intended to prevent Racers from finishing. They define the time during which staffed Time Stations will be operated and providing an official timing for each rider. Race Officials will be on the route and Race HQ staff in place. Finally, these rules maintain the integrity of the accomplishment of the Official RASL Finishers.



2.1 Elephant Cut off

- Elephant Cut off Points will be executed if there is an eminent threat, This will be for a distance not exceeding 3km. Elephant cut offs will be explicitly executed by the Race Director .
- In such an event :
 - Riders will be required stop the ride till such threat is over
 - Race timing will be adjusted based on the average speed maintained till Elephant cut off point

Potential Elephant Crossing points for Cut Off (Buttala, Lahugala) . These areas of the route needs to be passed with extreme care and any such threat needs to be informed to Race HQ.



2.1 Finishing Status

- To be considered an Official RASL Finisher, the Racer or Team must:
- Solo Racer or Team (at least one Team Member) must finish the ride from the Colombo Start Line to the Finish Line Arugam Bay
- Stage Racers need fully complete the Stage
- Official Finish Time (elapsed time from Start to Finish plus or minus Time Adjustments /Time Penalties added must be less than the time allowed for the Respective Category)
- **Timing sheet has to be stamped at each Timing Station and provided to Race Referee at race finish**

2.3 Withdrawal

- Participants may elect to withdraw from the Race for any reason, including physical exhaustion, medical, mental, emotional, mechanical, personnel issues, etc. All voluntary withdrawals need to be informed the RACE HQ and will be put on a 2-hour hold. Anytime during that period, they may resume racing. They must do so at the point from which they left the course. However, once the 2-hour period has expired, if they have not resumed racing, they will have given up the right to continue and will be listed as DNF(Did Not Finish)

Timing Sheet Is
Pocket Friendly ,
Have a Water proof
Pouch/ Bag to
protect



3.0 – Race Officials

- The primary purpose of the Race Officials is to enforce these Rules. If there is an issue that needs to be addressed, the Support Crew Chief should contact a Race Official. If there is no Race Official nearby, contact Race HQ. If neither are available, contact the RACE Director. RASL Media and/or others may serve as Race Officials if asked to do so by Race Management. Race Management is the ultimate authority on issues relating to these Rules.
- **3.1 - Emergencies – Medical and Other**
- In the event of an injury, if the injury is life threatening it's advised to call Suwaseriya Emergency Service on **1990 /Any other dependable ambulance service** or take the injured to the closest medical center. If police are needed for other situations, call 119 immediately. RTP has made arrangement for some degree of medical support and you can reach out for help by contacting RACE HQ Please note that along a 335 km route you are mostly self supported and and be prepared for emergency action . If the injury is non-life threatening, but should be checked out by a professional, treat and transport to the nearest Urgent Care Facility. All injuries and accidents must be reported to Race HQ as soon as possible.
- **3.2 – Race Management’s Role in Dispute Resolution**
- Race Management is the ultimate authority. Management has the authority to waive a Rule, issue a new Rule or alter an existing Rule. If a new Rule is created or an existing Rule clarified, all Racers/Crews will be notified as soon as possible. Notification will be made via Text or Whats App message, phone. The Rule in question will be enforced uniformly 2 hours after the decision of Management.
- **3.3 – Official Race Time**
- The Race clock will be set at the start and will not stop for any reason. However, the Race Director may make Time Adjustments after the start of the Race to account for extenuating circumstances. The Official Race Time will be kept by Race HQ.
- **3.4 – Official Language**
- The official language of the Race is English. All racers are responsible for reading and understanding these Rules as well as signage, directions and oral instructions as given in English.

List and Contacts
Hospitals/Police Stations

- **3.5 Rules Violations**
- **3.5.1 Reminders, Warnings and Time Penalties**
- Race Officials, the Head Official, Race HQ and Race Management may issue a Reminder, **Warning or Time Penalty for a violation of these Race Rules**. Race HQ will maintain a log of Warnings and Penalties.
- Reminders may be issued for inadvertent minor violations. Warnings may be issued for more serious inadvertent violations. A violation after a Warning has been issued will result in a Time Penalty. Time Penalties may be issued at any time, with or without Reminders or Warnings. Most Time Penalties are 15 minutes . However, violation of certain Rules as well as the accumulation of Time Penalties may result in Disqualification.
- Race Officials may stop Racers/Crew to discuss safety or rule concerns without allowing offsetting time. It is within the Race Official's discretion to use up to 1 hour as "cooling off" time to discuss and explain a rule to Racers/Crew. Arguing about Penalties with Race Officials, Race HQ or Race Management may result in an additional 1-hour Time Penalty.
- **3.5.2 Notification**
- If a Warning or Penalty is issued, a Race Official will notify the Racer and/or Crew Chief. The Official will endeavor to do so within a reasonable time period following the observed violation. It is the responsibility of the Racer or Crew Member notified to notify the other Racer(s) and Crew. In some cases, Race Officials may need to further evaluate circumstances to determine if a penalty is warranted. In these cases, a Race Official or Race HQ will notify the Crew Chief (Back up leader) or Racer of the potential violation and review as soon as possible , Once the review is complete and a decision has been made, the results will be communicated to the Crew Chief or Racer as soon as practical.
- **3.5.3 Allegations by General Public**
- Reminders, Warnings and Penalties may not be issued based on Rules violations alleged by other participants and/or the general public. Race Officials may investigate the alleged violations. This may lead to identifying a pattern of behavior which might warrant closer observation, witnessing subsequent violations and the issuance of Penalties.



4.0 Disqualification

- Most Penalties are 15 Minutes. However, the following Penalties are grounds for disqualification:
- Refusal to agree to or abide by contractual requirements required to participate.
- Use of alcohol or banned substances by a Racer or Support Crew Member.
- Advancing along the Race Route without a bicycle or in a Support Vehicle.
- Improperly registered, or insured Support Vehicles and/or drivers
- Conducting Branding or promotional activities during the race
- Illegal drafting of any vehicle.
- Holding onto a vehicle to aid or augment forward travel.
- Riding a non-compliant bicycle.
- Riding during Night Time without a Rider Support Vehicle.
- Behavior on the part of Racers or Crew that is deemed inappropriate and that might cause safety, legal or reputation problems for the Race or other Racers and their Crews.
- Failure to ride the entire Race Route as described in the Route Book or as modified by Race Management from time-to time.
- Crew Member advancing bicycle on the course.
- Issuance of 3 Penalties.
- Failure of non-credentialed personal/media to leave the course if/when asked to do so by a Race Official.

The decision to disqualify an individual Racer or Team will be made by Race Management.



5.0 Police

- The Race is conducted over public roads, highways and bridges and is subject to national law. Prior to the Race, all appropriate permits will have been filed and all law enforcement agencies will have been notified. Any concerns expressed by the Police will have been addressed. These agencies are typically very cooperative. However, on occasion, a circumstance may arise where a situation might not go as anticipated.
- The authority of law enforcement officers – police supersedes all Race Rules. Racers and Crew must treat all law enforcement officers respectfully.
- Occasionally, Racers and Crew may encounter a law enforcement officer who may not have been informed of the Race and takes action that may interfere with a Racer's progress or the operation of a Support Vehicle. The Racer(s) and Crew must comply with all officer requests. If any dispute arises with local authorities, Race HQ must be notified immediately. The Race Director will determine the merits of the case and whether any time or distance adjustment should be made. If the action was a result of the Racer or Support Vehicle driver not conforming to traffic laws, Race Rules and directions, or riding/driving unsafely, no time or distance adjustment will be made.
- If detained by an officer of the law, the Crew should note the time the Racer/Crew were stopped, location (exact mileage from the last Time Station), the officer's name and badge number, station represented, alleged violation or reason for being stopped, and the time allowed to depart. Again, PLEASE BE RESPECTFUL AT ALL TIMES.
- The Crew must notify Race HQ of such incidents as soon as possible.

• 5.1 Traffic Laws

- Racers and Crew must obey all applicable traffic laws, including stop signs and stoplights. The only exception is when traffic is being directed by a police officer. All violations of traffic laws witnessed by Race Officials will result in a Penalty.
- Turning left at a red light, making an immediate U-turn and another left turn to avoid waiting at a red light is not allowed.
- Race Officials will issue a Penalty for violation of traffic laws.



6.0 Pre-Race

• 6.1 Pre-Race Requirements-Readiness

- The Race Staff has significant amount of work to do help the event runs well and Racers are expected to cooperate fully. Time Penalties may be assessed for being late or not being ready. These Penalties WILL count towards disqualification and WILL be added to the overall time. The following are each 15 minute Penalties:
- Failure to arrive at check-in on **1st July 4.30 a.m.** at Colombo
- Failure to show up at Inspection on time with all support vehicles and bicycles.
- Failure to be ready at Inspection with all Support Vehicles and bicycles.
- Failure to attend the Race Briefing - all Racers must attend and be present for the entire meeting.
- Failure to have at least one cell phone for each Support Vehicle which is capable of sending/receiving text messages/what's app AND failure to take steps necessary to be able to send/receive information as required by Race HQ.
- If an interview or attendance at a press conference is requested by Race Management, attendance is mandatory.

• 6.2 Clearance to Race

- In order to race, the Registration Forms with all tasks signed-off by Race Staff. Refer to the Registration Forms & Beginners Guide for the full list of requirements and to review details that will be checked during Inspections. These forms will be sent prior to the Race via email to each Solo Racer and Team's primary and secondary contacts.



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24 HR BICYCLE RACE 2ND EDITION

RIDER SUPPORT VEHICLE GUIDE



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Spinner
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It's a Team Effort Refer Guidelines on Race Support Vehicle (RSV) & for the Crew Leader & Team



A #SafeRide is a great ride

- **7.0 Rider Support Vehicle (RSV)**

- **7.1 General**

- Applies to the riders using RSVs, which needs to be registered
- Prior to the Race all Support Vehicles must be inspected. The following applies to all Support Vehicles:
 - They must be properly registered & must have at least the minimum insurance required by law.
 - Drivers must possess a valid operator's license for the vehicle being operated.
 - Must have Race Signage.
 - All Support Vehicles must Effective Head lights (Roof Mounted Amber Lights Are Recommended) a Slow Moving Vehicle Triangle,
 - Must have at least one cell phone which is capable of sending/receiving text messages AND steps must have been taken to send/receive information as required by Race HQ.

A Designated
RSV
(Rider Support
Vehicle)

- **7.2 Rider Support Vehicle (RSV)**

- **The Rider Support Vehicle (RSV) designated as the Follow Vehicle may change during the Race. Race HQ or a Race Official must be notified if a Follow Vehicle is being replaced.**
- Must have driver with valid driver's licenses at all times when following a Racer.
- Although a Racer may enter the Race with two or more Follow Vehicles meeting all the requirements of a Follow Vehicle, only the vehicle following the Racer will be termed the Follow Vehicle.
- Music and PA systems may be installed, but their use **MUST BE CURTAILED** in residential areas, particularly during hours of darkness.



- **7.3 RSV Specifications**

- The RSV must satisfy the following:
- Must be no more than 80 inches in width, measured at 3 feet from the ground. The width across this point is the width of the vehicle, not including side mirrors.
- Vehicle itself must not be more than 88 inches in height. Measurements are of the vehicle only and not racks, lights or other attachments.
- Vehicle itself must not be more than 244 inches in length. Measurements are of the vehicle only and not racks, lights or other attachments.
- SUVs ,Cars & Mini-vans are recommended because most are less than 72 inches wide. Full-size passenger vans are allowed as long as they meet the width requirement.
- In addition to front and rear windows and driver and passenger side windows, the Follow Vehicle must have windows on both sides of the vehicle behind the driver and front passenger seats.
- Lorries or Conversion motor homes cannot be used as Follow Vehicles.
- Follow Vehicles may not tow a trailer or any other vehicle.
- RSV must have operational turn signals, headlights, taillights, brake lights, backup lights, parking lights and factory emergency flashers.
- Additional vehicle “driving” lights are allowed as long as they are mounted below the headlights, do not produce undue glare toward oncoming traffic and can be turned off when approaching oncoming traffic.
- Ultra-bright handheld spotlights are not allowed. Personal headlamps are recommended for all Support Crew Members.
- High beams and auxiliary lights must be dimmed when approaching, following or overtaking vehicular traffic as well as for oncoming traffic.



- **7.4 – Race Signage**

- All Support Vehicles must have and use the Race Signage provided by the race. The windshield, driver and front passenger side window, as well as the passenger side 2nd seat windows must be clear of all obstructions.
- should be placed on the windshield close to the upper edge. Other windows may display signs or Racer Numbers. The rear windows should be as clear as practical. The driver must have a view of following traffic with inside or outside mirrors.
- All Support Vehicles must display their **Racer Sticker** in Windscreen , and **Race Number Sticker** on Left Front Door & rear of the RSV as specified

- **7.5 Other Equipment**

- Bike racks mounted to the rear bumper of Support Vehicles must not obstruct the Race Signage, Slow Moving Vehicle Triangle and vehicle license plate.



8.0 Bicycles

• 8.1 General

- All Racers must compete with bicycles of generally similar specification. The specifications as stated in the UCI rules are the general guide used for equipment approval. Deviations from the UCI rules need to be approved during inspections by a Race Official. If there are doubts about a bicycle – standard or modified – or any piece of equipment – standard or modified - being acceptable, contact the Race Director for a ruling. The following applies to bicycles:
 - Bicycles must be propelled solely by human force. (E- bikes not allowed)
 - **Maximum length is 79 inches (102 inches for a tandem bike)**
 - **Maximum width is 30 inches.**
 - Any number of bicycles or replacement parts may be used during the Race.
 - Windscreens, fairings and airfoils are prohibited
 - **TT bikes & Aerobars and their accessories are no allowed**
 - Disc wheels, composite spoke wheels are allowed.
 - There are no restrictions on gearing, wheel or tire size.
 - Racer must ride bicycles in the same Category throughout the Race.
- Race Management reserves the right to disallow, either before the Race or when observed in use during the Race, any bicycle or component that the Race Director determines to be unacceptable for use in the Race. It is the obligation of the Racer or Support Crew to bring any non-standard or custom equipment to the attention of the Race Officials during the pre-race inspections.



- **8.2 Front Headlights**

- **All bicycles must be equipped with a front headlight visible from 500 feet.** The headlight on the bicycle must be on at all times while on the road – day and night. If the Racer uses a helmet light, the bicycle must still be outfitted with a front headlight. The front headlight may be flashing or solid.

- **8.3 - Rear Taillights**

- **All bicycles must be equipped with a rear taillight visible from 500 feet.** The taillight on the bicycle must be on at all times while on the road – day and night. The light may be solid or flashing. Belt clip taillights on the Racer or back of the helmet can be used in addition to the bicycle frame taillight but not in place of a bicycle taillight.

- **8.4 Visibility and Reflective Material**

- All bicycles are recommended to have reflective material as follows:
- Crank arms - visible from the rear – at least 0.25 inch wide and 3 inches long.
- Wheels - visible from both sides – 3-4 pieces each at least 1-3 inches long. Reflective material must not be on the braking surface of the rim.
- Notes: (1) When placing reflective tape on the wheels, frame or components, it is wise to first place a strip of easily removed tape, such as electrical tape, then place the reflective tape; and
(2) Some wheels, frames and components come from the factory with reflective surfaces. In this case, those may be sufficient and additional reflective tape may not be necessary.

- **8.5 Rider and Team Numbers**

- **All Bicycles (including spares) must pass inspection prior to the Race. Relay member bikes to be checked at race brief**



9.0 Clothing, Helmets and Logos

- Racers and Teams may use the RASL logo for promotional purposes. The RASL logo may be Requested from the Organizers . Along with the Guidelines for use of the RASL logo
- All Racers must wear approved helmets while riding. All helmets must meet CPSC or equivalent standards. All helmets must have the Racer Number on the front of the helmet.
- RASL may require a Race sponsor's name or logo to be displayed on Racers' clothing, helmet and/or vehicles.
- All sponsor names and logos must be submitted and all advertising on Support Crew or Racer clothing must be approved by RASL prior to the Race. RASL reserves the right to forbid the display of any sponsor name or logo. Inappropriate clothing will not be allowed.
- Skin suits or other clothing made of fabrics designed to decrease wind resistance are allowed..
- Racers and Support Crew Members must be appropriately clothed at all times.

9.1 Branding & Promotions

- Riders are allowed to Brand their clothing helmet and bicycle with prior approval (with no add-on fixtures , flags etc)
- Vehicle branding needs to be with Prior approval of organizers (requested in writing two weeks prior to race) to avoid any conflicts of interest of event sponsors & partners
- Vehicle branding need to on surfaces of the vehicles , no external fixtures , flags etc are not allowed
- Each RSV could accommodate maximum two (in total) Camera/Videographers and operate within the guidelines set for crew members
- The Event organizers have the right to request the removal of Video content published on the race or related, deemed to be harmful for the reputation of the event , riders , crew member or organizer *



10.0 Racers General

- Racers must complete all pre-race paperwork, including Racer Agreement and all waivers, in order to start.
- Racers must ride the entire Race Route exactly as described in the Route Guide or as modified from time-to-time by law enforcement or Race HQ.
- Racers must not ride on the Race Route in reverse direction. If a Racer rides past A Timing Station, the Racer must get off the bicycle and walk back to that point or wait for a RSV to pick them up.
- Racers shall not draft any vehicle and must maintain a spacing of at least 100 feet from Race Support Vehicles.
- Racers may not be driven forward on the course except in the event of an emergency, or to a Hotel, or when instructed to do so by RTP Staff. In the event of an emergency or when going to a hotel for a sleep break, Race HQ or a Race Official must be notified as soon as possible, preferably before doing so. When returning to the Race Course, Racers must then return to the point where they left the Race Route and notify Race HQ or a Race Official before beginning to ride again.
- Racer must not receive adjustments or repairs to equipment, the bicycle or clothing while in motion.
- A Racer may not receive pacing in any form from a Crew Member or other person. However, road side cheering is encouraged from Support Crew Members and Race fans.
- Push-offs by the Support Crew are allowed.
- A Racer may ride a bicycle with a flat tire or other mechanical problems. But, if a Race Official deems it unsafe, the Racer must stop or proceed on foot with the bike until the bicycle is replaced or repaired.
- A Racer may proceed on foot along the Race Route as long as the bicycle is under control of the Racer and is being carried, dragged or pushed.
- A Racer separated from their bicycle may not proceed along the Race Route.
- Racers shall not block or impede the progress of another Racer or Crew vehicle.
- At traffic signals and stop signs Racers may not hold onto or receive balance support from any vehicle or person. The Racer may use a permanent object to assist in balance.



- **10.1 Racers and the Media**

- Racers must accommodate Race Media of organizer to the maximum extent possible. However, intentionally drafting off a Media Vehicle is prohibited. Racers must ride to the left of Media Vehicles during interviews, not directly behind them, unless the Media Vehicle is far enough ahead so as not to create a material draft.
- However, if a Media Crew is causing problems for the Racer, ask them to leave. If they do not, notify a Race Official. If the problem continues, call the Race Director.
- Racers must cooperate in making themselves available to the Media for interviews at the Race Start and Finish. Failure to do so may result in a penalty.

- **10.2– Headphones**

- i-Pods, MP3 players, bone conduction headphones and smart phones are allowed. However, when using a system with ear buds, only the left ear may be fed sound. The right ear must be clear of obstructions at all times while Racing. The other earpiece may be tucked into the jersey collar or disabled.



11 .0 Support Crew

• 11.1 General

- The primary role of the Support Crew is to assist the Racer(s) - to help them achieve their objectives, to complete the Race safely. The following applies to Support Crews:
- Every Crew Member must have signed the appropriate paperwork, including all Waivers, prior to being permitted to participate in the Race.
- The Racer is accountable for the behavior of the Crew. Crew misconduct may result in a Penalty for the Racer. If it is determined that a Crew Member is a liability, that person may be suspended from participating in the event.
- The Racer may add Crew Members at any time during the Race provided the new Crew Members complete and sign the appropriate paperwork, including waivers.
- Race HQ must be immediately notified and paperwork delivered to the nearest Race Official.

11.1 Unsupported Rider with no crew

- Will not have a RSV nor any outside support during the race . Any such attempt or violation will result in a penalty or disqualification



- Crew Chief should have additional copies of the paperwork to be signed by the new Crew Members.
- One Crew Member will be designated Crew Chief and speak for the Crew and Racer in reporting problems, suggestions or other information to Race Officials. Other persons in their capacity as Crew should not speak in an official capacity to Race Officials, unless the Crew Chief is not available. The Crew Chief may designate another person to act on his/her behalf when necessary.
- Crew members may not make adjustments or repairs to a Racer's bicycle, equipment or clothing while in motion.
- A Crew may offer assistance to any Racer or Crew participating in the Race at any time but cannot give misdirection on routing to another Racer or Crew.
- Each Crew must be self-sufficient, communicating between their vehicles, locating food, water, fuel, supplies, Hotels, medical facilities and any other requirements along the Race Route. Race Officials are not allowed to assist Crew Members unless there is a medical emergency.
- Push-offs by the Support Crew are allowed.
- A Crew may service a Racer other than their own as an act of "good sportsmanship."
- If a Crew Member willfully violates or attempts to violate a Rule in order to aid the Racer, the other Crew Members have the obligation to make a reasonable effort to stop and correct the violation, including reporting such violation to a Race Official. Crew Members have a moral obligation to these Rules no less than the Racers.
- If a Racer willfully violates or attempts to violate a rule, Crew Members have the obligation to make a reasonable effort to stop and correct the violation, including reporting such violation to a Race Official.
- **If** a Crew Member is unexpectedly lost, causing the Crew to fall below the two -person minimum, they must immediately notify Race HQ. Based on the Racer's location in the Race, distance traveled, Crew experience, etc., the Race Director will determine as to whether or not an additional Crew will have to be obtained to finish the Race.
- No Crew Member is allowed to ride a bicycle on the Race Route or wear a kit or helmet with a Racer
- Crew must wear reflective vests or reflective ankle or wrist bands at night.
- Public nudity, urination, defecation, lewd or indecent behavior is prohibited.



12.0 Route

• 12.1 Route

- Each Racer must follow the Race Route as described in the Route Guide . The only exceptions are as follows:
 - Road construction, accidents or other unforeseen circumstances, which may prevent the Racer from following the prescribed route.
 - Law enforcement, emergency personnel direct the Racer to an alternative route.
 - Error or errors in the published directions.
- When encountering these circumstances, unless already instructed by a Race Official or Race HQ, the Racer or Support Crew should contact Race HQ, describe the situation and await instructions. The Support Crew should record all pertinent information, including time stopped, location, time departing, route variation, etc.
- **THE ROUTE BOOK DIRECTIONS AND MAPS ARE TO BE CONSIDERED THE ONLY OFFICIAL DOCUMENTATION OF THE ROUTE. In the event of a discrepancy between a supplemental navigational aid and the Route Book, the Route Book shall be considered the correct route. The only approved deviations from the Route Book will be those issued by Race HQ, Race Officials or Race Management. FAILURE TO FOLLOW THE ROUTE AS DESCRIBED IN THE ROUTE BOOK OR INSTRUCTIONS ISSUED BY RACE HQ, RACE OFFICIALS OR RACE MANAGEMENT MAY RESULT IN DISQUALIFICATION.**



• 12.1 Going Off-Route

- If a Racer makes a wrong turn and rides off the Race Route, regardless of the reason, the Racer must ride back to the point of mistake and enter the Race Route . It's not allowed to use RSV for that purpose
- If the wrong turn was due to a Racer/Crew error, no Time Adjustment will be given to the Racer. If the wrong turn was due to an error in the Route Book, RASL will make a Time Adjustment, providing an accurate time, distance and location is recorded and provided as evidence associated with the route error. Any errors in an electronic version of the Race Route will not be considered a basis for a Time Adjustment. Errors in the Route Book must be reported to Race HQ as soon as possible.
- "Unclear" as a cause of a routing error is generally not sufficient reason for a Time Adjustment. However, if a significant number of Racers have similar problems with that particular set of routing instructions, the Race Director may award Time Adjustment(s). That will be done at the sole discretion of the Race Director.
- Racers may not be driven forward on the course except in the event of an emergency, or to a motel, or when instructed to do so by RASL Staff. In the event of an emergency or when going to a hotel for a sleep break, Race HQ or a Race Official must be notified as soon as possible, preferably before doing so. When returning to the Race Course, Racers must then return to the point where they left the Race Route and notify Race HQ or a Race Official before beginning to ride again.

• 12.2 Relay Team

- Race Relay includes 2 Stages / 2 riders
- The Rules for Solo Racers also apply to Relay Racers. However, additional Team rules include:
- The designated **rider of each Stage will handover Race Ring/Band and Time Stamp Sheet** to Next Stage Rider at the designated exchange Point
- If one Team Members gets hurt or cannot ride, a substitution by the other team member can be allowed, with approval from Race Director .
- No switching Stages once the Race starts.
- Penalties for Rules violations will be imposed on the entire Team, not just on the Racer responsible.



14.0 General

- The following applies to providing support:
- When providing Active Racer Support – Solo or Team - Leapfrog or Direct Follow – RSV must have the Slow Moving Vehicle Triangle displayed.
- Rider Support Vehicles (RSV) should follow the Racer as far to the left as practical.
- RSV. must use the proper method to support the Racers. Support Crews must know when and where to use Direct Follow and Leapfrog Support
- When using Leapfrog Support, the Racer may proceed unescorted. During these periods the Follow Vehicle may stop for gas, food, etc. However, Racer protection and safety is a primary job of the Follow Vehicle and therefore it is recommended the stops be efficient and the RSV get back to the Racer as soon as practical.
- **During Direct Follow, the RSV must follow directly behind the Race - directly behind means within 30 feet.**
- Crew Members may not make adjustments or repairs to the Racer's bicycle, equipment or clothing while in motion.
- Support must be provided from the Left side of the Race Route. NEVER cross the road to provide support.
- When traveling alongside a Racer, the Follow Vehicle MUST NOT INTERFERE WITH THE NORMAL FLOW OF TRAFFIC IN EITHER DIRECTION. Remaining alongside longer than necessary in order to provide the Racer an advantage against prevailing wind is prohibited.
- The RSV must pull off the road and let traffic pass when two or more vehicles are waiting to pass or if one vehicle has been held up for more than 2 minutes. Follow Vehicle drivers must be aware of what's going on around the Follow Vehicle at all times and must use common sense.



- A Support Vehicle may not lead the Racer through fog or traffic. The Racer must stay in front of the RSV.
- Use of a PA system or other communication devices to communicate safety factors and turns to the Racer must have the volume reduced when passing through residential areas during Night Time.
- Music systems may not be used when passing through residential areas during Night Time. All other PA systems or megaphones must have the volume reduced when passing through residential areas during Night Time.

- **14.1 - Handoffs**

- Travel alongside a Racer, when safe to do so and not crossing the double line, is permitted for handing off food and supplies to the Racer and exchanging information and is limited to one minute per exchange and four times per hour. Penalties may be issued for driving on or over the double line or for traveling alongside a Racer for extended periods of time, which in the sole judgment of the Race Official constitutes a hazard.
- If traffic conditions do not allow driving alongside the Racer for handoffs, the RSV should proceed ahead, stop off the pavement and use a pedestrian handoff as the Racer passes.
- A pedestrian or person in a RSV may execute "hand-to-hand" handoffs to the Racer while the Racer is moving or vice versa. These handoffs must be passed from the hand of the Crew Member to the hand of the Racer.
- Inserting something into the Racer's pocket, water bottle cage, etc. while the Racer is in motion is PROHIBITED.
- A moving Racer may toss discarded items to a Crew or along the roadside, provided this is done in a safe manner and no littering takes place. Littering the Road will result in a Time Penalty
- Bicycle or equipment, adjustments or repairs made from a Support Vehicle while the Racer is moving are prohibited.



- **14.2 - Passing**

- Special attention by the RSV drivers must be taken in passing situations when one Racer overtakes another. The Racer and Follow Vehicle in the lead and being passed must yield by slowly moving to the left. The following Racer must accelerate and pass on the right . Do not pass on the left . Always yield to the normal flow of traffic. It is advisable for the Crew to notify the Racer being passed when a pass is taking place.
- Under no circumstances should two or more RSVs of different Racers travel side by side at the speed of the Racer. Both Racers may be penalized.
- **After a pass, both Race Support Vehicles must distance themselves appropriately to maintain the 100-foot separation between the two**

- **14.3 - Communications**

- Cell phones with internet access are mandatory. Support Vehicles must have a cell phone with a Local mobile /Data connection .
- Each Support Vehicle must have at least one cell phone which is capable of sending/receiving text messages AND must be able to send/receive information as required by Race HQ.
- Racer/Crew must check into Race HQ within 10 minutes of the Racer's arrival at the Time Station. The purpose of a Time Station check-in is to inform Race HQ of the Racer's location. If there is an important update from Race HQ, a message will be relayed to the Racer/Crew. All updates will be conveyed via text/Whats app messages . **Time to time Race HQ will contact the RSV**
- **Each Racer is required to Carry a SMART Phone with Strava app active and be contactable during the whole ride**

- **14.3 - Phone Issues**

- While all Support Vehicles must have working cell phones, cell phone coverage is not universal. If there is no coverage at the Time Station, check in as soon as coverage is available. If the check-in is made after the allotted 30-minute check-in period, the delay must be explained to Race HQ. A dead cell phone battery is not an excuse for not checking into Race HQ in a timely manner. A Penalty may be issued if a Crew fails to check-in from a Time Station due to phone problems when Racers ahead and behind are successful in making the required report.



- **14.5 - Information Distribution**

- All official information will come directly from Race HQ, Race Officials and/or Race Management. Participants must have at least one cell phone per Support Vehicle which is capable of sending/receiving text messages AND steps must have been taken to be able to send/receive information as required by Race HQ.
- RASL is not responsible for the accuracy of information obtained at Time Stations either from Time Station staff or third parties. Time Station Staff may answer questions regarding the location, condition and/or strategies of other Racers as this is considered public knowledge.
- Time Station staff can be helpful when Racers/Crew are seeking “local knowledge”.

- **14.5 - Timing Station Procedures**

- Upon the arrival of the Racer at every Time Station - but not before, the Racer/Crew must check into Race HQ by sending a WhatsApp/Text .The Racer/Crew will report Racer Number, Time Station number and the arrival time of the Racer .
- Its good for the support crew to note down the information, including the confirmation number and crew member making the check-in, should be recorded in the Route Book for future reference.
- The location of Time Stations is listed in the Route Guide . Racers must follow all Race Route instructions to reach the Time Stations. Approximately 7 Time Stations have been established along the Race Route of which a number will be staffed. Failure to report accurate time of arrival at a Time Station within 30 minutes of arrival without a valid reason for not doing so may result in a Penalty. It is the responsibility of the Racer/Crew to keep a record of the Timing confirmation numbers issued by Race HQ.
- A Penalty may be issued for checking in more than once for a single Time Station.
- The Timing Station Check-In Has to Be done by the Racer him or herself . Reporting to Race HQ can be done by **Racer or** Crew Chief



- **14.6 – GPS Tracking**

- All Racers and Teams need have GPS Tracker in form of a Cycling Computer or a Strava app on a Smart Phone , which will allow Race Management, Race HQ, Race Officials, RTP Media and the general public to follow the race in near real time. Relay Riders will require to pass the device for continuity to the relevant team member
- If the **GPS Tracker stops/ Strava** recording the Racer's location for long periods of time, or on a regular basis, the Rider / Crew Chief is required in form Race HQ
- The Strava file of each rider needs to be submitted to Race HQ within 15 minutes of completing the race

- **14.7 - Other Reporting**

- Racer/Crew must notify Race HQ or a Race Official of the followings:
 - Racer plans to be off the course hidden from view for longer than 30 minutes.
 - If the GPS tracker has not recorded the racers location for 60 minutes.
 - A casual non-race rider continues riding within 30 feet of a Racer and is a nuisance.
 - The primary Rider Support Vehicle has broken down and another Support Vehicle is supporting the Racer.
 - Any support vehicle has been replaced by another vehicle.
 - Obtain permission for Crew additions/changes.
 - If delayed more than 30 minutes by being sent off course, wrong turn on the Race Route, or detained by local or state police.



- **14.8 - Night Time Conditions and Safety**

- The following applies to riding during Night Time or during Night Time conditions:
- Night Time is defined as 7:00 PM local time to 6:00 AM local time.
- Night Time conditions are when vehicles would normally have their headlights on.
- Night Time conditions occur when visibility is less than 1000 feet – for example, fog, dust, blowing sand, etc.
- If there is any doubt about visibility, operate as if it is Night Time.
- RSV may temporarily pull alongside the Racer when conditions safely permit to conduct a handoff of normal supplies. The Racer must at all times be able to safely see the roadway in front of the RSV lighted by the RSV lights.
- The Rules for handoffs in city traffic, mountain climbs and other difficult situations are modified during Night Time so that the bicycle never leaves the RSV headlights. The RSV must have all Race Signage and lighting when operating under Night Time conditions.
- Each Crew Member must wear a reflective vest during Night Time Conditions.
- The Racer cannot advance during Night Time without the Follow Vehicle immediately behind the Racer.
- Due an extraordinary Circumstance if the Rider uses another Racers RSV it has to be notified to Race HQ
- The worst case scenario for a rider who loses ones RSV during the night is to fall back (Stop and Inform Race HQ (and Ride with the Official Sweeper Vehicle which will be with the last rider of the race . The time lost due to the wait will not be adjusted from race time
- **The Riders will not be allowed ride after 6.300 p.m across Lahugala elephant cut off point** Rider will need to be transported to the drop off point by their RSV (refer elephant cut off rules on 2.1) . Timing will be adjusted based on average speed up to that point . Final guidance will be provided at the Race briefing



- **14.8 - Crew and Racer Rest**

- There are no restrictions on how many hours a Racer may ride without off-bike rest. There are no restrictions on how many hours a Crew Member can go without a sleep break. However, if in the opinion of a Race Official, sleep deprivation in any participant is compromising safety, the Race Official may assess a penalty against the Racer.
- It is the responsibility of the Crew and Racer to make sure they are rested and fit enough to proceed safely. The The Race Support Vehicle Crew must be prepared for Night Time conditions by getting what rest they need during the preceding day.
- If a Racer refuses to comply with the demands of the Crew to rest and the Crew feels the Racer is in danger, a Race Official or Race HQ must be notified immediately.
- It is the responsibility of the Crew Chief and the Racer to ensure the Crew is receiving adequate rest to proceed safely and for safe operation of Support Vehicles. If no adequately rested drivers are available for safe operation of vehicles, the Racer must stop.



- **14.9 – Providing Assistance to Others**

- Safety, for Racers, Crew, Race Officials and other Race participants, and for the persons and property along the Race Route, is the single most important concern for everyone connected with the Race. In an emergency where human life is in jeopardy, all attention should be directed to the injured.
- If a Racer loses time responding to an injury-related situation, where assistance is warranted, the Racer or Crew responding should record all pertinent information, including time stopped, location, time departing, route variation, etc. The Race Director will determine a proper time adjustment for the Racer providing assistance as appropriate. If the intercession of the Racer/Crew was not warranted in the injury situation, the Race Director may determine that no time adjustment be given.

- **14.10 – Sportsmanship Code of Conduct**

- All participants are expected to be respectful and courteous towards other Racers and Support Crew, Race Staff, spectators and residents along the Race Route. Moreover, all participants are expected to be polite and courteous to motorists. Racers and Crew are cycling ambassadors of goodwill. While it is sometimes difficult to ignore the actions of some motorists, generally, a simple nod of the head and/or wave of the hand is preferable to obscene gestures and angry words.



16.0 Reporting

- The Crew must notify Race HQ or a Race Official for the following:
- In the event of an injury, if the injury is life threatening its advised to call **Suwasariya Emergency Service on 1990** , call 119 immediately. If police are needed for other situations. RTP has made arrangement for some degree of medical support and you can reach out for help by contacting RACE HQ Please note that along a 600 km ride you are mostly self supported and and be prepared for emergency action . If the injury is non-life threatening, but should be checked out by a professional, treat and transport to the nearest Urgent Care Facility. All injuries and accidents must be reported to Race HQ as soon as possible.
- Arrival of a Racer at each Time Station - must be informed via Text /Whats-app.
- If Racer is riding dangerously, refuses to rest or refuses to obey Race Rules when directed by Support Crew to do so
- If Crew is down to less than 2 need to notify
- When a Racer is, or plans to be, off the course hidden from view longer than 30 minutes.
- When the GPS location tracking is not available for 30 minutes or issues are encountered
- If a non-participating rider continues riding within 30 feet of a Racer and is a pest.
- If a Media Crew persists after request by Racers' Crew Chief to move away
- If the primary Follow Vehicle has broken down and the Racer is being supported by another Support Vehicle
- To obtain permission for Support Crew and/or Vehicle additions or changes after the Start
- If delayed more than 30 minutes by being sent off course, wrong turn on the Race Route or detained by law enforcement
- Following the Racer During Night Time with an Auxiliary Support Follow Vehicle if all other Support Vehicles are incapacitated and no other Support Vehicles are available to follow the Racer. This does not apply to situations resulting from poor planning - stopping to pump fuel, food, take a restroom break, etc.
- If an error is found in the Route Book
- If fire, flooding, natural disaster has closed a road



16 Cheating and Accusations of Cheating|

- RTP is first and foremost a competitive event . It is also an event characterized by camaraderie, shared experience and personal achievement. You will have a better experience if you are supportive of all Racers. Your priority is racing, not officiating. Concentrate on your race, the Race Officials will focus on rules. Invariably, becoming fixated on what may be perceived as violations of rules by others and/or what you believe to be officiating mistakes, will generally cause both Racers and Crew to lose focus on racing and negatively impact performance.
- **Cheating versus Mistakes**
- Mistakes happen. Racers and Crew get tired and forget and rules are broken. In most cases it is not intentional. **Cheating is a flagrant and purposeful violation of the rules.**
- *You should read no further unless you have seen a **serious and intentional** violation of the rules.*
- **Cheating is Serious**
- Race Officials and Management regard cheating in any form as a serious offence. The Head Referee /Race Director reserves the right to disqualify any Racer if, in the sole opinion of the Head Referee /Race Director, adequate evidence of cheating has been presented to the Race Director Director. Such an offense may take place before, during or up to and including 7 full days after The Race. Disqualification will also result in withholding and recovery of awards. A direct observation by a Race Official of cheating by a Racer or Crew, upon being reported to the Head Referee , may result in immediate disqualification.
- **Allegations of Cheating are Serious**
- Allegations of cheating are a serious matter. An accusation of cheating can have a devastating effect on a Racer and Crew, regardless of merit. Unsubstantiated allegations of cheating can be as injurious as actually cheating. If you believe you have seen a Racer cheating, that is *willful and intentional violation* of the rules, and you wish to file an accusation with Race Officials, you must follow the rules here. Failure to do so may result in penalties, including disqualification, against your Racer.
- Race Officials will follow the doctrine of innocent until proven guilty. Race Officials will spend considerable time and evaluate all merits of an accusation. This may include contacting the other Racer. You must be sure you have solid evidence before you consider reporting cheating. In the history of the The Race, there have been very, very few incidents of cheating.
- A final reminder to consider: what would it feel like if your Racer or Crew was accused of cheating?
- **Allowances**
- You are allowed a maximum of two Accusations in one race. If you are wrong, you will be given a 60- minute time penalty. This time penalty will not count towards disqualification.



Filing an Accusation

- These rules must be followed to file an Accusation of Cheating.
- All Accusations Of Cheating has to be made in writing in the Form of a letter or an Email to Head Referee on info@spinner.lk
- You must have evidence to substantiate your claim.
- You must provide the completed Form and all evidence to the nearest Race Official within eight hours
- of observing the incident. Call Race Headquarters immediately to help locate the nearest Race Official. You must talk with a Race HQ .
- You must not discuss any allegations with anyone outside your Racer and your Crew except the
- Head Referee , Race Director and as few Race Officials as possible. Do not report anything to any media, any website, any family or any supporters or to other Racers, Teams or Crews. Public announcements by a Racer or the Racer's Crew regarding cheating, use of drugs or other serious negative information during The Race, may lead to your disqualification.
- A Racer or the Racer's Crew may speak freely and frankly express their opinions to Race Officials, Race Headquarters and the Executive Director without fear of penalty or recrimination so long as they are private, considerate and respectful.
- **Review**
- Once the Race Officials and/or Executive Director has received the Form:
- No allegations will be reported to the public or to the media during The Race until or unless verified by the Executive Director. RAW has no intention of covering up any cheating or allegation of cheating; however, incorrect negative information spread prematurely can cause unfair consequences to the Racers as well as The Race itself.
- The Head Referee will make every reasonable effort possible to ensure that appropriate and effective action is taken to verify and act on any reported misconduct.
- The Head Referee will endeavor to review and rule upon all evidence presented within 24 hours of presentation.
- The Head Referee will ensure a minimum number of people have information related to the accusation to protect all parties.
- **Final Decision**
- The Final Decision will be made by the Head Referee . The decision of the **Race Director** is final.



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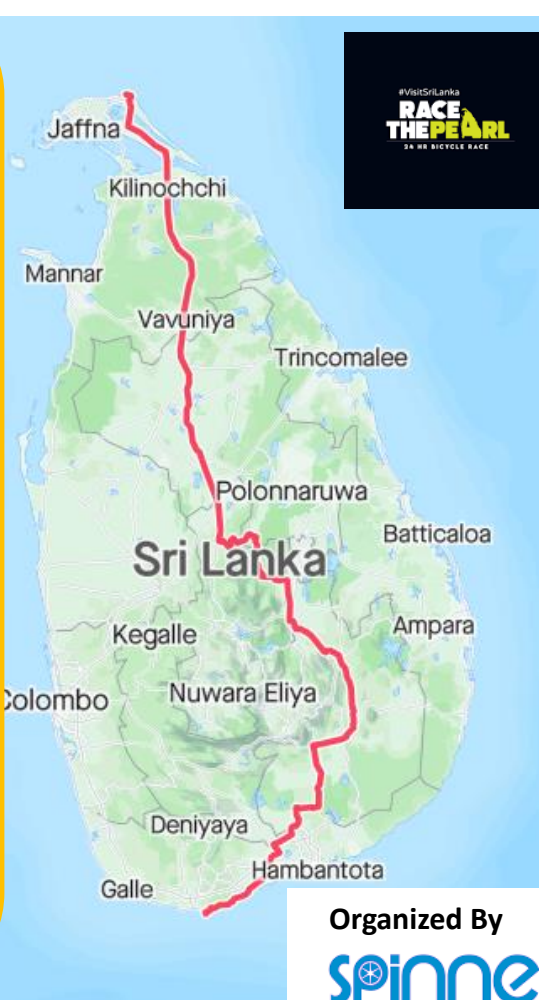
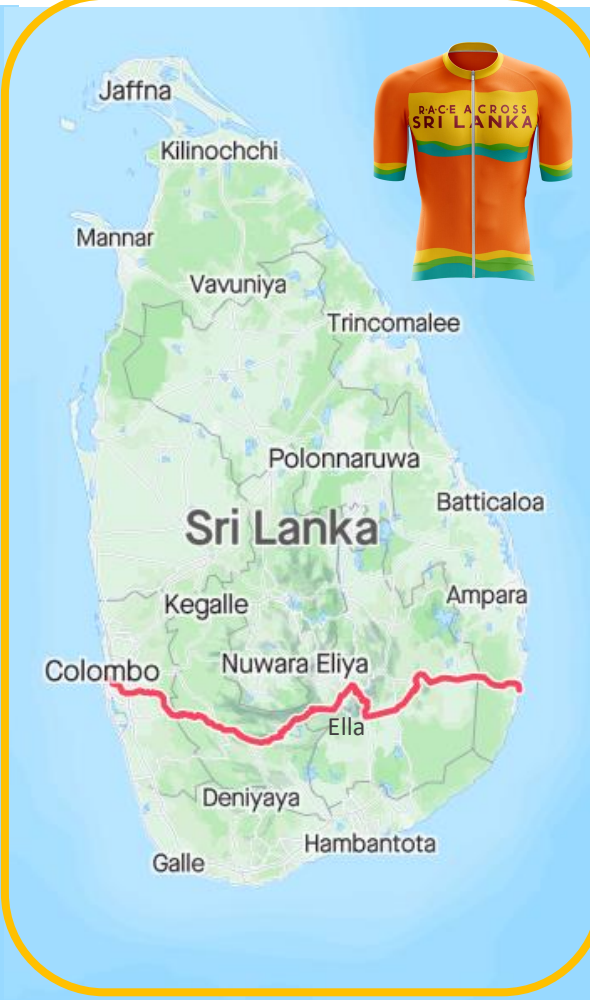
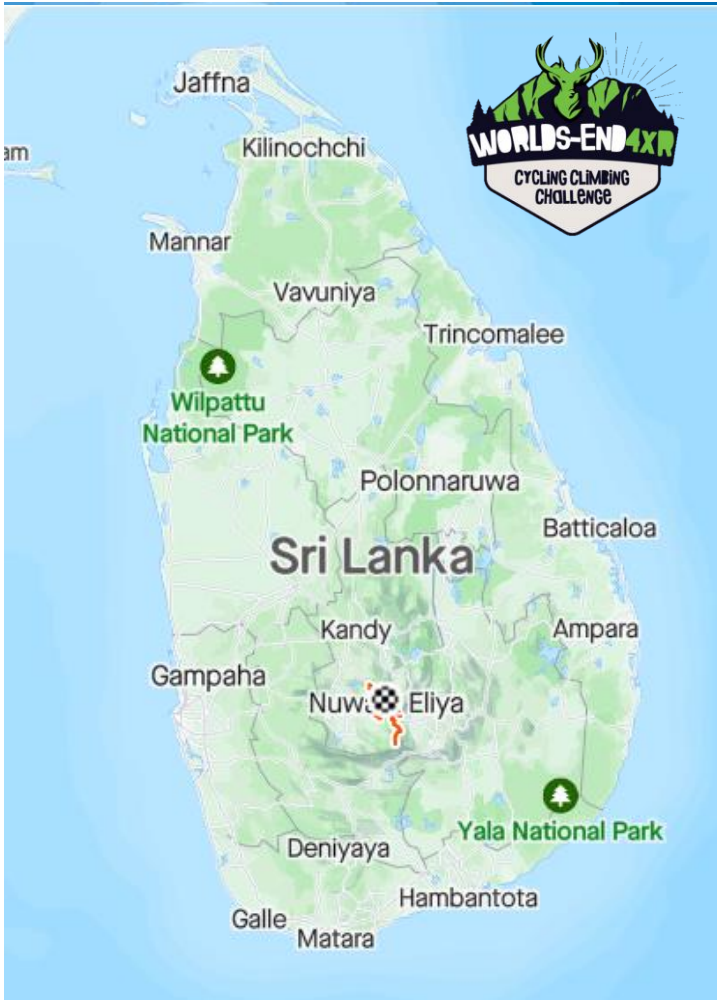
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