



Riders' Schedule

Clinic opens Wednesday - Friday: 11:00-18:30; Saturday 09:00-14:00

Massages Thursday & Friday: 14:30-18:30 (Ordered in advance)

Ice baths Wednesday-Friday: 12:00-17:30

Tuesday 10/10

15:00 -18:00 Arrival and Registration at the
Bara Epic Israel race village

18:30 Riders' briefing

19:00 Dinner (for pre-race package)

Wednesday 11/10

07:00 Breakfast (for pre-race package)

07:00-09:00 Arrival and Registration at the Bara Epic
Israel race village

09:00-11:30 **Time Trail Starts**

11:00-17:00 Race Facilities opens: Lunch buffet, Expo,
Shimano, Trek & Joe Service area

18:30 Dinner

19:00 Award ceremony

Riders' briefing (חובה/Obligatory).

Thursday 12/10

05:00 Breakfast

06:30 Start Lane opens

06:45 Riders' Briefing

07:00 **Race Start**

11:00 Race Facilities opens: Lunch buffet, Expo, Shimano,
Trek & Joe's no flats Service area

11:30 Men & Women UCI Podium ceremony

18:30 Dinner

19:00 Award ceremony

Riders' briefing (חובה/Obligatory).

Friday 13/10

04:45 Breakfast

06:00 Start Lane opens

06:15 Riders' Briefing

06:30 **Race Start**

11:00 Race Facilities opens: Lunch buffet, Expo, Shimano,
Trek & Joe's no flats Service area

11:30 Men & Women UCI Podium ceremony

18:30 Dinner

19:00 Award ceremony

Riders' briefing (חובה/Obligatory).

Saturday 14/10

06:00 Breakfast

07:30 Start Lane opens

07:45 Riders' Briefing

08:00 **Race start**

09:00 – 13:00 Families Happening

11:00 Ceremony for one day race short (חד יומי ביוני)

11:30 Award ceremony for all races.

(טור מלא ולאחריו חד יומי ארוך)

