



## Technical Guide

### "Bara Epic Israel"

11-14/10/23

### MTB Stage Race

Epic Israel, a 4-day MTB stage race (Prologue + 3 stages), SHC UCI stage race in teams of 2 riders.

Designated for mountain bike riders that love the hours on the saddle, the spectacular views of nature and challenged by the long routes.

The race routes change from year to year to give the rider a challenging, versatile and balanced route, usually between 75 to 110 km per day and the big challenge is to finish and within the time limit.

The race village, in which the competitors will stay for the 4 days is located in Nachsholim Hotel in the north of Israel, close to Haifa

It has all the facilities for both the basic and luxurious needs of the riders during the 4-day event.

The hotel has 150 rooms to facilitate the riders of different levels to allow different costs.

There are also plenty of accommodation options in the area that can offer services for the riders.

The race is Full board; the registration package includes full nutrition support – meals off and on the bike.

Epic Israel is a memorial event for Giora Tsachor who died in an accident during one of his morning rides.

One of Epic Israel goals is to make awareness of road safety and safe riders, doing that by a campaign of "Life at the side of the road".



## THE Routes

- The type of race: HC MTB Stage race
- The route description is revealed on July 2023, no GPX file will be given, the route will be fully marked.
- Description and detailed plan of the course indicating marshal location and medical points, will be published to crew members only, commissars and medical staff.
- A map with Location of Parking, Start/Finish, award ceremonies, race office, press conference room, race meeting room, Race village medical area, etc - will be sent to the Riders and published on the website at the middle of September.

Stage 1 - TT– 44.5 km with 300 m climbing

2nd stage – 79.5 km with 1250 m climbing

3<sup>rd</sup> stage – 124.5 km with 1750 m climbing

4<sup>th</sup> stage - 58 km with 800 m climbing

- Type of start: Mass start, except Stage 1 which will be a Time Trial start.
- 1<sup>st</sup> stage will have a water point, The 2<sup>nd</sup> and 3<sup>rd</sup> stages will have at least 3 feed zones along the route and the 4<sup>th</sup> stage will have 1 feed zone. Recovery Feed zone will be in the end of all stages.

In case of hot weather water points will be added along the route.

Technical Zones – All outside support is not permitted.

Each team can send a team box and a wheel set to the main Feed Zone of every day (2nd Feed Zone). The boxes will be supplied by the organizers at the registration on Tuesday & Wednesday on 10/10 & 11/10 at the hours of registration

Boxes should be checked-in no later than 18:30 at the information desk\registration on the evening before the stage.

No boxes will be collected in the morning of the stage.

In the 1<sup>st</sup> and 3<sup>rd</sup> Feed zone there will be a box with parts for self-service repairs, In the 2<sup>nd</sup> feed zone will be a technical support with a mechanic of the race.



#### Tuesday 10/10

- 14:00 Check in for pre-race package
- 15:00 – 18:00 Opening of Registration at Epic Israel race village
- 18:30 Riders' briefing & Team managers meeting at Nachsholim hotel
- 19:00 Dinner (For pre-race package)

#### Wednesday 11/10

- 07:00 Breakfast (For pre-race package)
- 09:00 – 07:00 Registration at the Epic Israel race village
- 09:00-11:30 Stage 1 - TT starts
- 11:00 Race village services open: Expo, Trek, Shimano & Joe Service area
- 18:30 Dinner at the race village dining area.
- 19:00 Award ceremony  
Riders' briefing (**Obligatory**).

#### Thursday 12/10

- 05:00 – 06:00 Breakfast
- 06:30 Start Lane opens
- 06:45 Jersey wearers callup
- 06:50 Riders' Briefing
- 07:00 Race Start
- 11:00 Race village services open: Lunch buffet, Expo, Trek, Shimano & Joe Service area
- 11:30 Men & Women UCI Podium ceremony
- 18:30 Dinner at the race village dining area.
- 19:00 Award ceremony  
Riders' briefing (**Obligatory**).

#### Friday 13/10

- 04:45 – 06:00 Breakfast
- 06:00 Start Lane opens
- 06:15 Jersey wearers callup
- 06:20 Riders' Briefing
- 06:30 Race Start
- 11:00 Race village services open: Lunch buffet, Expo, Trek, Shimano & Joe Service area
- 11:30 Men & Women UCI Podium ceremony
- 18:30 Dinner at the race village dining area.
- 19:00 Award ceremony  
Riders briefing (**Obligatory**).

#### Saturday 14/10

- 06:00 – 07:00 Breakfast
- 07:15 Start Lane opens
- 07:45 Riders' Briefing
- 08:00 Race start
- 10:00 Race village services open: Lunch buffet, Expo, Trek, Shimano & Joe Service area



11:45 Award ceremony for all races.

### **Registration**

Registration will open at 31/3/2023 and close at 31/5/2023 or when fully booked.

<https://www.epicisrael.org.il/en/>

After the end of registration until the start of the race riders will get via email Riders Info's with specific and detailed information about the race.

On the 11/10 all riders must arrive to the race village to complete registration.

### **Points scale** – SHC Stage race

UCI Points	Place
160	1
140	2
130	3
120	4
110	5
100	6
90	7
80	8
70	9
65	10
60	11
55	12
50	13
45	14
40	15
38	16
36	17
34	18
32	19
30	20
28	21
26	22
24	23



22	24
20	25
18	26
16	27
14	28
12	29
11	30
10	31
9	32
8	33
7	34
6	35
5	36
4	37
3	38
2	39
1	

### **Prize Awards**

The prize money will be accordance with the UCI 2023 Financial Obligations, at the end of the race (14/10) after the closing ceremony riders must fill in all their details in the race office, money will be transferred to the bank account of the riders in the month after the race.

<b>Prize money - per stage - per team</b>	
	ME +WE (EURO)
1	250
2	200
3	150
4	125
5	100
6	90
7	80
8	70
9	60
10	50



### Prize money - GC - per team

	ME + WE (EURO)
1	1500
2	1200
3	900
4	750
5	600
6	450
7	375
8	300
9	225
10	150

### Race Regulations

The race is conducted based on the UCI regulations for Stage Race Mountain Bike Races.

Specific regulations –

Both team members must ride in identical cycling jerseys at all times.

For all Epic Israel regulations: <https://www.epicisrael.org.il/?section=81>

### Categories

Categories invited to the international competition are: ME, WE.

The race also includes Mixed, Master and Grand Master categories.

Jersey leaders will be given to the leaders in all category

Men – Yellow

Women – Pink

Masters women – lite blue

Mixed – green

Masters – Blue

Grand masters - Purple

Best Israeli rider - White



### **Organizers Information**

For inquiries and more information: [contact@epicisrael.org.il](mailto:contact@epicisrael.org.il) / +972526305238

**Broadcast** – live coverage with English commentary of the race will be broadcasted on our website + YouTube and Facebook channel, as well as international TV stations in Italy, Spain and South Africa.

Live coverage with Hebrew commentary of the race will be broadcasted in the national Israeli sports channel - channel 55

### **Accommodation**

- Nachsholim hotel + Dor hotel - the accommodation at the time of the event will be booked and organized by the race organizers.
- Additional accommodation options: <https://www.carmelim.org.il/eng>

### **Nearest Hospital**

Rambam hospital

<https://www.rambam.org.il/en/>

Located 33 KM form the race village.

**Travel Information** - International riders are advised to arrive to Ben Gurion Airport (Tel-Aviv)

Train station is available directly from Ben Gurion airport to Binyamina train station which is 20 min. drive from the race village.