

2019 臺灣 KOM 登山王之路-春季 The Road to Taiwan KOM-Spring

活動前注意事項

Pre-event Notice

一、活動流程 Event Schedule

4/21 Apr.21nd (星期日 Sun.)

- 16 : 00 報到、領取物品 - 花蓮亞士都飯店
Event check-in_ Astar Hotel Hualien
- 17 : 00 行前說明會 Event briefing

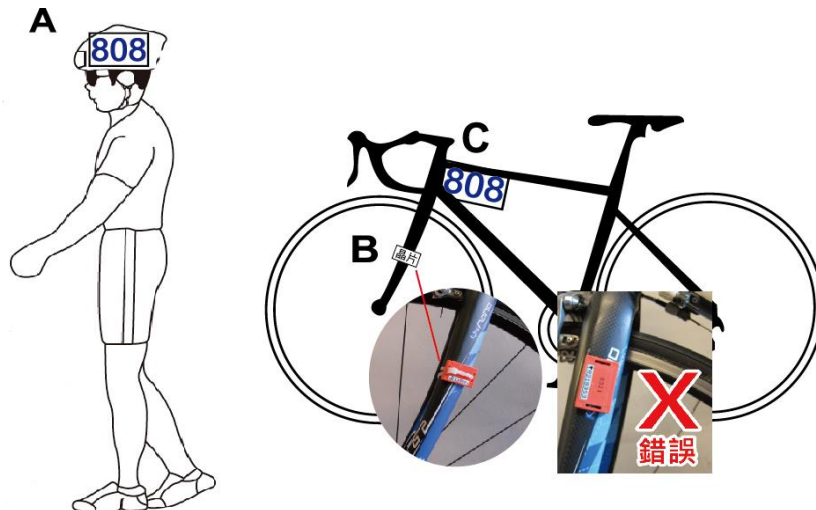
4/22 Apr.22rd (星期一 Mon.)

- 05 : 00~05 : 45 參加者寄放終點物品背包_花蓮/七星潭
Handing over day bag at event start_Qixingtan
- 05 : 50 開幕典禮、注意事項、保暖物品託運 - 花蓮/七星潭
Event opening_QiXingTan
- 06 : 00 出發鳴槍 Event start
- 13 : 00 大禹嶺關門 Dayuling check point closing time
- 15 : 00 武嶺關門 &所有補給站關門 Wuling finish closing time

二、參加者號碼識別圖 Rider identification

A: 號碼貼紙—請張貼於安全帽左側
Helmet sticker- on the left side.

B: 成績感應晶片一塊，束於自行車前叉上
Chip – well attached on the fork.



三、活動規定 Event notice

1. 車輛限制：建議使用彎把、平把公路車、公路胎越野車。禁止使用小徑、小折或都市通勤車款。Road bike or MTB are suggested. No folding bike.
2. 選手規定自備前照明燈與後安全燈，以利隧道、多霧、視線不佳處等之行進照明。部分隧道內路面較差，騎乘請小心。Some tunnels might be without enough illumination. Please prepare bike lights and ride carefully.
3. 選手規定配戴自行車安全帽、水壺、手套、補給品及禦寒風雨衣等及有袖車衣。Bicycle helmet has to be correctly used during riding. Be prepared of warm-keeping stuff.

四、補給、維修規定 Feeding and repair

1. 選手於此高難度騎乘路線中，請隨身自備適用之補給品，以完成此一具有難度之挑戰。Please prepare personal feeding.
2. 大會設置之補給維修點位置及補給內容如下：Event feeding zones:
 - 西寶 XiBao：水 Water。
 - 新白楊 XinBaiYang：水 Water、補給品 Food。
 - 碧綠神木 Bilu Sacred Tree：水 Water、補給品 Food。
 - 關原中油加油站 GuanYuan：水 Water、補給品 Food。
3. 本賽事禁止行進間補給，大會補給工作僅限於大會設置之補給點進行。No dynamic feeding.
4. 進入補給站時，請靠邊減速或停車拿取補給品。禁止動態及於路幅狹窄之路段作定點補給。Please slow down when entering the feeding zone.

五、注意事項 Special notice

●活動前 Before event

1. 此活動為高強度長距離高海拔的活動，參與者需注意身體對高海拔的適應，活動路線後段至終點氣溫極可能低於攝氏 10 度，需注意路上騎乘與終點到達之後的保暖準備。Be prepared for high altitude and possible low temperature.
2. 活動路段常有落石，活動過程中如發現前方有輕微落石之狀況，此為較大落石之前兆，應謹慎觀察確認無後續落石後儘速通過。Beware of falling rocks. Follow event staff instruction.
3. 活動期間若為雨天，請參加活動選手自備專用透明雨衣。Rain vest might be necessary.
4. 訂購大會代訂活動後下山接駁車之參加者：Luggage transportation for riders booking event downhill transportation service:
 - 東向下山者：出發前可請託運隨身保暖物背包即可；大件行李可暫寄住宿飯店，待回到花蓮後自行前往領取。East-bound (with destination Hualien): Please hand over your daily

bag at QiXingTan to event truck before event start. You may leave big luggage at hotel and take it back when you go back to Hualien.

西向下山者：出發前請託運所有行李；於終點領取後前往搭乘接駁車。West-bound (with destination Puli, HSR Taichung, TPE airport and Taipei main station): Please hand over all you luggage to event truck before event start. Taking all luggage back at Wuling finish and go for the shuttle bus.

●活動中 In the event

1. 選手務必騎乘於右側車道、絕不可逆向，所有路段及上下坡轉彎嚴禁參加者超越道路中心線逆向騎乘，如發生意外由參加者自行負責。Please ride on the right of the road. Riders to be responsible for violation of traffic rules.
2. 活動中如有身體不適、抽筋等現象，請馬上到路邊休息，切勿超出個人身體負荷來活動，可就近聯絡大會工作人員尋求支援與救助。When feeling not comfortable, please seek for event staff assistance immediately.
3. 選手請將使用後之補給品包裝隨身帶走，禁止隨意丟棄，影響環境整潔。Do not dispose of garbage.

●活動後 Post event

1. 進入終點後的作業程序為：領取完成獎牌、退晶片還押金、領取行李。Please take finish medal, return chip/refund deposit, and take luggage when entering finish point.
2. 有代訂大會接駁運載者，返程在武嶺終點搭車。Downhill transportation service at Wuling only for riders with pre-booking.
3. 活動於下午 15:00 完全結束以後，所有隊車開放自由往東部或是西部返程。Team cars may depart after 15:00.

六、保暖衣物托運 Day bag delivery before start

1. 參加者進入終點武嶺所需之保暖衣物請預先置於活動背包內，並於起點 05:45 前交給大會寄物車，請於終點武嶺領回。Please prepare your warm-keeping stuff and immediate items you might need (when arriving Wuling finish) into the day bag, and hand over to event transportation truck at the event start by 05:45 on the event day. Please take it back upon your arrival at Wuling.
2. 托運之保暖衣物務必填寫參賽號碼、並綁上大會提供之識別牌。貴重物品請自行保管。Day bags have to be tagged with your name sticker (which you may get at check-in) before handing over to the event truck. Do not put valuables in the day bag.

七、隊車注意事項 Notice for team cars

1. 欲做定點補給之隊車需於 06：00 前出發。Team cars have to depart start point before 06:00.
2. 各隊車若自備無線電頻道，於活動進行中以獲得大會資訊為主，除嚴重事項外，請勿占用大會使用頻道（頻率於行前說明會中公布）。Radio frequency will be announced in the pre-event meeting on Apr.21nd.
3. 參加者遇機械故障時，請以電話聯絡隊車協助、或委請附近工作人員協助處理。Riders need a technical support may contact your team car, or ask for on-site event staff assistance.
4. 隊車如欲超越參加者時，請注意路上所有騎士的安全，小心超越。Team cars overtaking the riders please proceed with care.

八、晶片使用注意事項 Notice for chips

1. 晶片押金：每位參加者須於報到時繳交晶片押金 1,000 元。若有遺失，每塊晶片須付 1,000 元賠償金。Chip deposit NT\$1,000 per rider to be paid at the event check-in.
2. 大會回收晶片：請於武嶺停車場退還晶片。Chip to be returned (and take back deposit NT\$1,000) at Wuling finish.

九、其他事項 Others

1. 請隨身攜帶身分證明或健保卡，以備不時之需。Please bring your identification document.
2. 大會有權將此項活動之錄影、相片及成績公開播放、展出、登錄於本會網站與本會刊物上。參與活動者即等同於同意本會使用其肖像權與成績於相關之宣傳與播放。Riders registering the event agree that all images and scores of this event could be utilized and broadcasted on the event organizer' s websites and related publication materials for event promotion. All event regulations and notices are subjected to Chinese version.

● 緊急聯絡人/住宿連絡 Contacts in Emergency/Accommodation

大會住宿 Hotel Info :

花蓮 Hotels in Hualien :

花蓮亞士都飯店 Astar Hotel / 花蓮市海濱大道民權路 6-1 號 / 038-326-111

花蓮璽賓行旅 Kadda Hotel / 花蓮市民權路 2-6 號 / 038-316-631

花蓮翰品酒店 Chateau de Chine / 花蓮市永興路 2 號 / 038-235-388

TCF 東部訓練中心 TCF Training Center / 花蓮縣新城鄉大漢村樹人街 1 號 / 038-210-888

大會緊急聯絡人 Contacts in Emergency :

緊急聯絡人 Event contact : 田沂生主任 Mr. Vincent Tien 0928-819-878

陳均香主任 Mrs. Amy 0936-059-717

救護車聯繫 Ambulance : 沈信宏先生 Mr. Sheng Hsin-Hung 0987-034-345

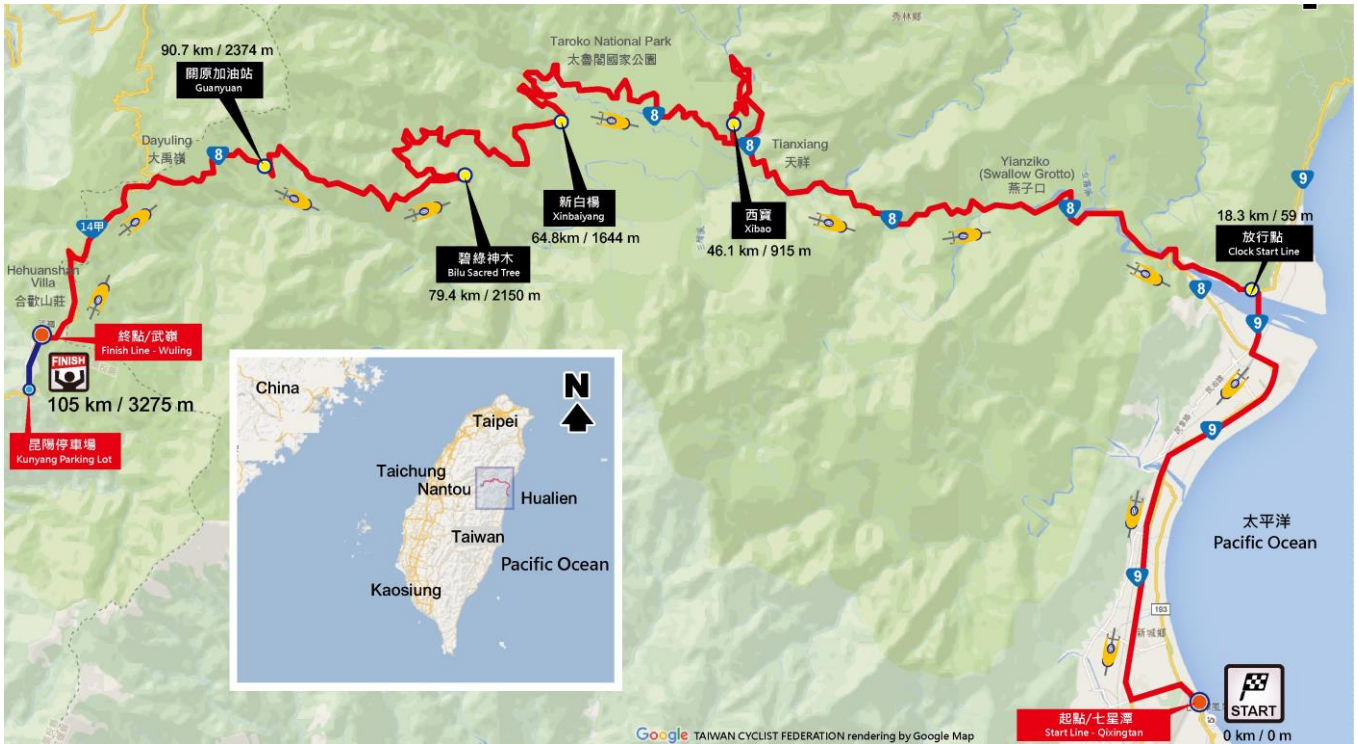
裁判長 Chief Commissaire : 狄懋昌先生 Mr. Tim Di 0928-299-085

秘書長 Event Director : 何麗卿小姐 Mrs. Ria Ho 0925-052-280

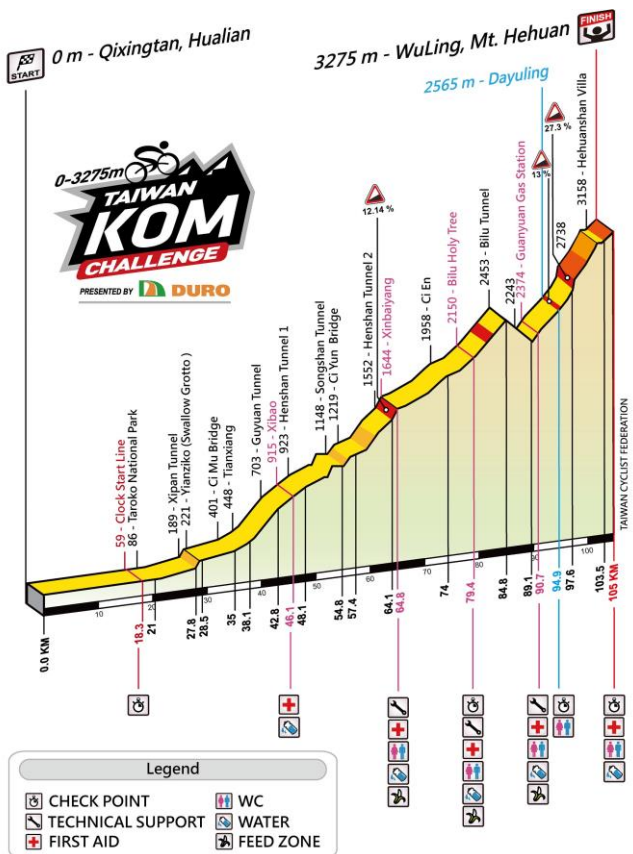
中華民國自行車騎士協會 Taiwan Cyclist Federation: 02-8919-3595

E-mail : service@cyclist.org.tw

●活動路線高度圖 Route Map Info



●爬坡細節圖 Climb Details



●最後公里數細節圖 Last KMs

