

2019 臺灣 KOM 登山王之路-夏季

2019 The Road to Taiwan KOM-Summer

活動前注意事項

Pre-event Notice

※武嶺停車場終點施工關閉說明：Wuling parking lot closed due to construction:

因「武嶺停車場」施工關閉，6/29 活動當日參加者抵達武嶺終點通過晶片感應線後，請繼續騎乘下滑約 2 公里至「昆陽停車場」領取完成獎牌、保暖衣物袋、退晶片/還押金、午餐及乘車/接駁下山。

Due to construction issue, the Wuling parking lot will be not open on the event day. All event finishers passing Wuling chip-sensing line please go on riding 2 more kilometers downhill to arrive Kunyang for taking finisher medal, day bag, chip return/deposit refund, lunch and taking departure transportation.

一、活動流程 Event Schedule

6/28 (星期五 Fri.)

- 13 : 00 報到、領取物品_花蓮亞士都飯店(花蓮市海濱大道民權路 6-1 號)
領取項目包括：紀念衫、紀念頭巾、保暖衣物用束口背袋、號碼貼紙及號碼布(安全帽、單車、行李)、晶片(須付押金 1,000 元)
Event check-in_ ASTAR Hotel Hualien
(No.6-1, Minchuan Road, Hualien City)
Receiving: Event shirt, scarf, day bag, number sticker, name plate(for day bag)
- 17 : 00 行前說明會
Event briefing

6/29 (星期六 Sat.)

- 05 : 00 參加者開始託交保暖衣物袋_花蓮/七星潭
Handing over day bag at event start_Qixingtan
(Please keep your day bag compact.)

05 : 50 開幕式、出發前注意事項

Event opening

06 : 00 出發鳴笛

Event start

10 : 45 預計第一位參加者抵達武嶺

ETA of first rider arriving Wuling finish line

11 : 00 領取完成獎牌、保暖衣物袋、退晶片/還押金、午餐及乘車下山/昆陽

Kunyang finish area: receiving finish medal, day bag, chip

return/deposit refund, lunch, departure transportation

關門時間 Service point closing time :

12:00 關原 Guanyuan

14:00 大禹嶺 Dayuling

15:00 武嶺 Wuling

二、參加者識別圖 Rider identification

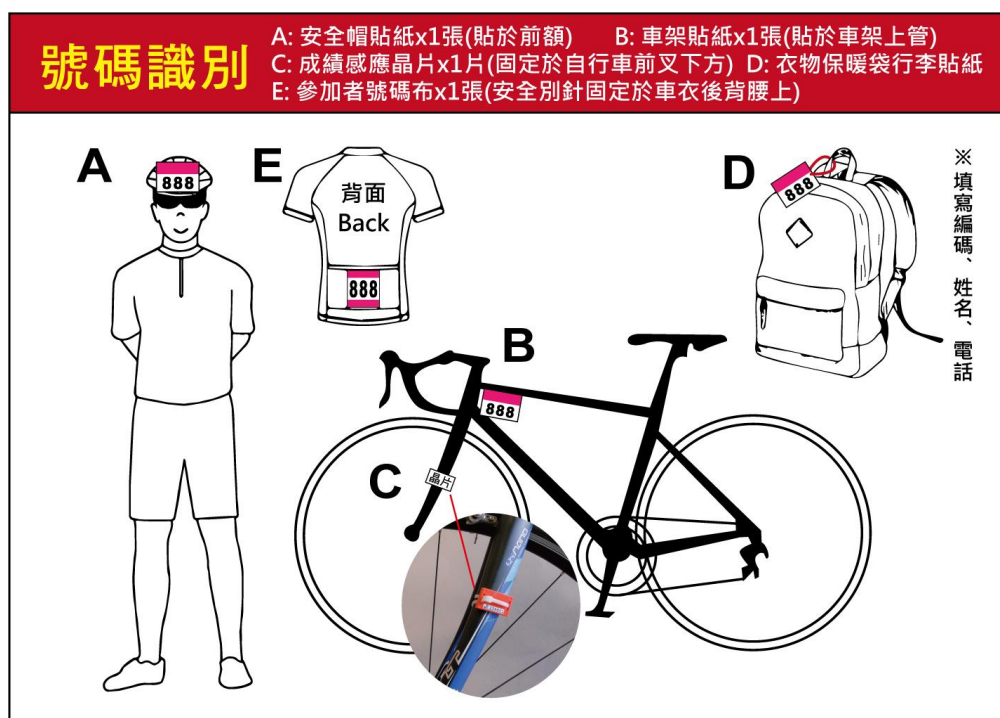
A : 號碼貼紙一請張貼於安全帽前額 Helmet sticker on the front side of helmet.

B : 號碼貼紙-請張貼於上管 Bike sticker on the front of the upper tube.

C : 成績感應晶片一塊，束於自行車前叉 Time chip fixed on the fork.

D : 號碼貼紙一請張貼於衣物保暖袋上明顯位置 Day bag sticker.

E : 號碼布一請別於後背腰上 Number plate on the back side of jersey.



三、活動規定 Basic notice

1. 參加者如於 8 小時內(自七星潭起點起算)完成騎乘，即取得參加「2019 臺灣 KOM 自行車登山王挑戰」之資格。

Riders completing this event within 8 hours (from Qixintan to Wuling) will be automatically qualified to register the “2019 Taiwan KOM Challenge” event.

2. 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.

3. 參加者必須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。

Some tunnels might be without enough illumination. Please prepare front/rear bike lights and ride carefully.

4. 參加者必須正確配戴自行車安全帽，並備水壺、手套、禦寒風雨衣等及有袖車衣。

Bicycle helmet must be correctly used during riding. Be prepared with warm-keeping stuff.

四、補給、維修規定 Feeding and repair

1. 參加者於此高難度騎乘路線中，請隨身自備適用之補給品，以為完成此高難度之挑戰。

Please prepare personal feeding if necessary.

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、香蕉 banana。

碧綠神木 Bilu Sacred Tree：水 water、香蕉 banana、麵包 bread。

關原加油站 Guanyuan：水 water、香蕉 banana、關原肉粽 riceball。

大禹嶺 Dayuling：水 water、香蕉 banana。

武嶺 Wuling (Chip-sensing finish point)：水 water。

昆陽停車場(Kunyang parking)：午餐 Lunch。

3. 進入補給站時，請靠邊減速或停車拿取補給品。

Please slow down when entering the feeding zones.

五、注意事項 Special notice

活動前 Before the 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及沿途可能的低溫，並預作保暖準備。 **Be prepared for high altitude and possible low temperature on the route and at the finish area.**

2. 活動期間若為雨天，請參加活動參加者自備專用透明雨衣。Rain vest might be necessary for raining on the event day.
3. 如活動天候狀況不佳，大會得於出發前或活動中宣佈活動縮短行程等應變措施。In case of bad weather condition, the organizer may announce the alternative of the event.

活動中 In the event

1. 本活動無交通管制，參加者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。Riders MUST ride on the right lane or right side of the road. Riders to be responsible for all results of violation of traffic rules.
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，請特別注意。Light falling rocks might be a sign of bigger ones. Beware of falling rocks. Follow event staff instruction.
3. 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。In case of physical discomfort, please seek for event staff assistance immediately.
4. 參加者請將使用後之補給品包裝垃圾隨身帶走，禁止隨意丟棄，影響高山環境整潔。Do not junk garbage on the route.

活動後 Post the event

1. 抵達武嶺終點後，請下滑至昆陽-領取完成獎牌、保暖衣物袋、午餐、退晶片還押金。Please take finish medal, day bag, lunch, and return chip/refund deposit upon your arrival of the finish area at Kunyang.
2. 有預訂大會接駁車運載者，返程在昆陽停車場搭車。Downhill transportation service at Kunyang parking lot is only for riders with pre-booking.

六、隊車注意事項 Notice for team cars

1. 隊車請尾隨於集團及裁判車最後，以利參加隊友之維修、收容使用。
Team cars should go behind the peloton and the commissaire vehicle, in case your team riders need maintenance or recovery support.
2. 隊車請勿穿梭於車友間。
Team cars are not allowed to be mixed in the riders for safety reason.
3. 各隊車請自備無線電頻道，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(頻率為 144.410+CTS91.5)。Radio frequency is 144.410+CTS91.5. Do NOT occupy this channel except the emergency issue.
4. 武嶺停車場因施工關閉。隊車或支援車，活動後欲東向下山往花蓮者，可停放於合歡山莊停車場；欲西向下山往埔里者，可停放於昆陽或鳶峰停車場。Wuling parking lot is temporarily closed

due to construction. Team cars heading Hualien after the event may park in Hehuan Hostel parking lot. Team cars going west-bound after the event may park in Kunyang or Yuanfong.

5. 殿後隊車如需超越車隊，請先取得裁判車允許後前進，並請注意路上所有騎士的安全，小心超越。Team cars following the peloton are not allowed to overtake without the permission of commissaire. Please proceed with care when overtaking riders on the road.

七、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 or travel document during the riding.
2. 本活動依內政部相關規定投保 500 萬元「公共意外責任險」。「公共意外責任險」只承擔大會責任內所致之意外傷害理賠。參加者如有本身各項疾病史，請自重評估自身安全不可參加。如有考量保險保障範圍之不足，請自行加保其他有效之個人保險。如對於承保內容中之保險理賠範圍、項目、金額無法同意者，禁止報名參加。The insurance for this event (participants) is 5-million NTD "Public Liability Insurance" which is for accident payments caused by organizer responsibility only. That means, based on the law, the insurance only covers the race or event accident payments that is caused by the organizer's liability. The organizer is only responsible for the indemnity amount with the maximum price per person as the insurance policies offers. Do not register for the event if you do not agree with the coverage, items, and indemnity amount of insurance policy. Any personal health issues during the event or any riding injury caused by a personal health problem will not be included in this insurance. Riders that have personal health problems should not attend this event.

十一、活動路線高度圖 Route information

