

2019 臺灣自行車登山王挑戰

活動前注意事項

活動流程

10月22日(星期二)

14:00 - 15:00 台北國際記者會/交通部

10月24日(星期四)

09:00 - 09:20 選手外拍記者會/花蓮七星潭賞星廣場

10:00 - 18:00 報到/花蓮美侖大飯店 2 樓宴會廳(花蓮市林園 1-1 號)

領取選手資料-號碼布 x2、安全帽號碼貼 x1、車架號碼牌 x1、
行李貼 x1

大會紀念品-紀念衫、紀念水壺、保暖衣物束口袋、補給袋、手冊

15:00 - 16:00 選手歡迎茶會、行前說明領隊會議、領取隊車貼紙、問卷及抽獎

10月25日(星期五)

05:00 選手簽到、束口寄物袋托運/花蓮七星潭賞星廣場停車場

05:35 活動安全注意事項說明

05:40 開幕典禮 - 表演節目、貴賓致詞

06:00 鳴槍出發

09:50 預計第一名抵達終點。

選手陸續抵達終點、領取完成獎牌、束口寄物袋領回/武嶺

10:30 武嶺頒獎：總排名及女子組前六名、採訪、藥檢

11:30 昆陽頒獎：各分組前六名、精神獎

午餐供應、退晶片、接駁車(限已預訂者)/昆陽

13:00 終點關門-武嶺

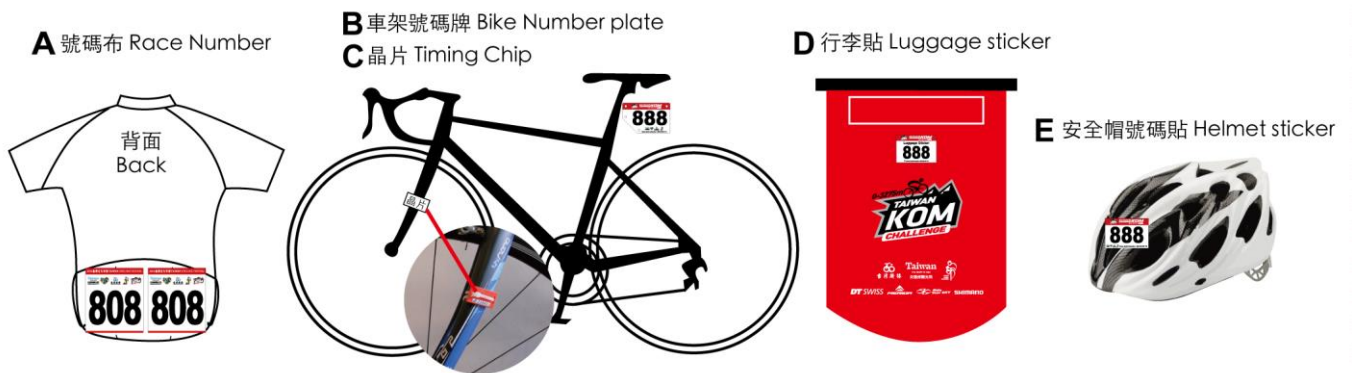
18:00 選手交流餐會_花蓮美侖大飯店

注意事項

一、選手識別圖、路線、分組

A. 選手識別圖

- A 號碼布二張：別在背後兩側。
- B 車架號碼牌一張：綁在坐墊桿上。
- C 成績感應晶片一塊：束於自行車前叉上。
- D 行李貼一張：貼於保暖衣物束口袋上。請寫上個人手機號碼。
- E 安全帽號碼貼一張：貼在安全帽前額位置。



B. 路線

活動路線：花蓮/太平洋濱/七星潭→太魯閣大橋→台 8 線→天祥→西寶→新白楊→碧綠神木→關原→大禹嶺→台 14 甲線→合歡山武嶺，總長 105 公里，爬升高度 3275 公尺

C. 選手分組：

- Elite 菁英組/19 歲以上，民國 88 年（含）以前出生者（~1999）
- M 16 組/16-19 歲，民國 89-92 年（含）出生者（2000-2003）
- M 20 組/20-29 歲，民國 79-88 年（含）出生者（1990-1999）
- M 30 組/30-39 歲，民國 69-78 年（含）出生者（1980-1989）
- M 40 組/40-49 歲，民國 59-68 年（含）出生者（1970-1979）
- M 50 組/50 歲以上，民國 58 年（含）以前出生者（~1969）
- WOMAN/女子組 16 歲以上，民國 92 年（含）以前出生者（~2003）

二、活動規定

1. 此活動，參考、採用 UCI 自行車賽事規則；此活動依據主辦單位安全考量之需求，本協會得增列其他條款。
2. 車輛限制：限使用標準彎把公路車。不得有任何形式之動力輔助裝置。

3. 選手規定自備前照明燈與後燈，以利隧道之行進照明。隧道內路面較差，騎乘請小心。
4. 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標準自行車衣。
5. 如欲提出申訴請於活動後 20 分鐘內以書面資料連同保證金 1000 元向大會提出申請。
6. 如有違反或未遵守活動規定及大會裁判指示時，除取消選手活動資格外，並於成績表中加註公佈，請各車隊要求所屬選手遵守活動相關規定。

三、補給、維修規定

1. 選手於此高難度騎乘路線中，請隨身自備適用之補給品，以為完成此高難度之挑戰。
2. 大會設置之官方補給維修點位置及補給內容如下：
 - 西寶：水、運動飲料
 - 新白楊：水、運動飲料、香蕉
 - 碧綠神木：水、運動飲料、香蕉、麵包
 - 關原加油站：水、運動飲料、香蕉
 - 武嶺：熱飲
 - 昆陽：午餐熟食
3. 賽道上僅限於貼有通行條之車輛跟隨於裁判車後。
4. 比賽出發後，所有隊車依照隊車號碼順序排列於裁判車後方前進，不可超越。
5. 所有隊車於行進間，必須遵從裁判車的管制與指引。
6. 車隊之補給車需於競賽當日 05:30 am 之前從七星潭起點先行出發前往大會規定之補給區(碧綠神木與關原加油站兩處)，進行定點車隊補給。
7. 本賽事禁止行進間動態補給，大會提供之補給工作僅限於大會設置之補給點進行。隊車完成補給作業後，僅能跟隨於裁判車後行進，不可超越自行車集團前進。
8. 進入補給站時，選手需靠邊減速或停車拿取補給品。
9. 大會於西寶、新白楊、碧綠神木、關原加油站、大禹嶺、武嶺備有保暖車。
10. 大會提供 DT SWISS、SHIMANO、EDCO 備用輪組供領先選手使用。
11. 落後選手機械故障時，請由各隊隊車自行處理。

四、注意事項

活動前：

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 0 度，選手需注意路上騎乘的保暖。
2. 請將抵達終點時須立即換穿之保暖衣物，置入束口袋中並貼妥行李貼，於 5:30 前在起點交付大會託運、並於武嶺終點領回。
3. 大會起點僅提供保暖衣物束口袋運送服務，無法運送大型單車箱及行李箱。
4. 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。

5. 活動期間若為雨天，請參加活動選手自備專用透明雨衣。
6. 報到會場提供部分維修補給備品及大會紀念商品。

活動中：

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選手超越道路中心線逆向騎乘，如發生意外由選手自行負責。
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。
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。

活動後：

1. 得獎是最高的榮耀，請得獎者務必參加頒獎典禮，活動後恕不補發。
2. 武嶺停車場禁止隊車停放，請隊車停放於昆陽停車場，往東部下山者建議隊車可停放於合歡山管理站停車場。
3. 總排名及女子組前三名進入武嶺終點後，須接受藥檢。
4. 所有選手進入武嶺終點後，領取完成獎牌、保暖衣物束口袋，然後繼續騎乘 2 公里下滑至昆陽停車場參與各獎項頒獎、午餐、退晶片還押金等，活動中如有使用大會提供之備輪，請於昆陽停車場換領回。
5. 本活動嚴禁參加者於活動後自行騎自行車往東、西向下山。下山請由隊車或支援車接駁。參加者如違反此規定而發生意外，由於已屬於活動結束之後時段，主辦單位將不負任何責任。

五、關門點設置

1. 大會設置關門點：碧綠神木 10：30、大禹嶺：12：00、武嶺 13：00
2. 被關門之選手須配合大會裁判登記號碼，由後方跟隨之隊車收容。活動殿後車後方禁止任何參加活動之選手繼續騎乘，以維安全。
3. 如活動天候狀況不佳，大會得臨時宣布應變行程等措施。

六、隊車注意事項

1. 隊車通行條將於 10 月 24 日行前會議時發給。
2. 補給隊車需於 5：30 前出發，前往碧綠神木及關原補給站或各關門點補給支援，補給後需等待尾隨裁判車後前進。
3. 嚴禁隊車行駛於選手騎乘路線之中，與選手同時行進，違者取消該隊成績。

4. 各隊隊車需自備無線電，於活動進行中以獲得大會資訊為主，除嚴重事項外，請勿占用公共頻道，競賽用無線電頻道為 144.410MHz。
5. 選手需維修時，需原地等待至隊車到達該選手位置時進行機械維修。如遇特殊狀況由賽會裁判通知，則不在此限制。
6. 武嶺、昆陽會場往東下山交通管制，所有車輛於 12 點後開始放通行。

七、晶片使用注意事項

1. 晶片押金：已於報名時繳交晶片押金每人每片 1000 元，進入昆陽後可退晶片領回 1000 元押金。若有遺失，每塊晶片須付 1000 元賠償金。
2. 若有臨時未克出賽者，請先將該晶片退回起點現場報到處並退回晶片押金，以防誤帶晶片，影響成績判定。

八、藥檢

1. 本賽事之藥檢作業，將檢驗男子組及女子組前三位進終點之選手。該兩組前三名選手進入終點後，藥檢人員會立刻跟隨，並指示應受檢之選手配合藥檢採樣程序，直至採樣程序結束後，受檢選手始能離開武嶺終點。任何受檢選手若不遵從藥檢人員指示，將立即取消比賽成績、名次。

九、保險健康事項

1. 本活動投保「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。本活動保險的最高理賠金額為保單所承擔之金額，主辦單位不提供保單理賠金額之外的理賠金額。如對於承保內容中之保險理賠範圍、項目、金額無法同意者，禁止參加。
2. 請隨身攜帶身分證明或健保卡，以備不時之需。
3. 本活動屬高強度體能挑戰活動，欲參加者應審度自身健康狀態，有高血壓、心臟血管疾病、糖尿病、癲癇症、氣喘...等疾病者，或各種慢性、先天性疾病者，請勿參加。

十、媒體圖文許可

1. 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主辦單位得使用其肖像權與成績與圖文紀錄於相關之宣傳與播放。

2019 Taiwan KOM Challenge



Pre-event Notice

Event Schedule

Oct. 22nd (Tuesday)

14:00 – 15:00: Taipei International Press Conference at the Ministry of Transportation and Communications (MOTC).

Oct. 24th (Thursday)

09:00 – 09:20: Spotlight riders photo shooting / Qixingtian start point

10:00 – 18:00: Teams and riders check-in at the Hualien Parkview Hotel. (Race bib x2, Hemet number plate x1, bike number plate x1, day bag x1, event souvenirs, luggage stickers, race booklet.)

15:00 – 16:00: Welcome Party and Riders Meeting at the Parkview Hotel Hualien. The team car stickers will be issued in riders meeting. Questionnaire. Lucky draw.

Oct. 25th (Friday) Race day

05:00 Riders pre-race sign-in and check-in day bags at Qixingtian start line.

05:35 Race safety briefing.

05:40 Opening Ceremony.

06:00 RACE START TIME.

09:50 First rider ETA to the Wuling finish line. First 3 Men/Women riders doping test. Riders arriving Wuling, finisher medal presentation, retrieve day bags.

10:30 Men and Women top 6 – award presentation, photos and short interview at Wuling.

11:30 Category winners on-site award ceremony at Kunyang Parking Lot; Lunch; Chip return; Downhill transportation service(ONLY for passengers completed reservation).

13:00 Wuling finish line closed. Downhill transportation start.

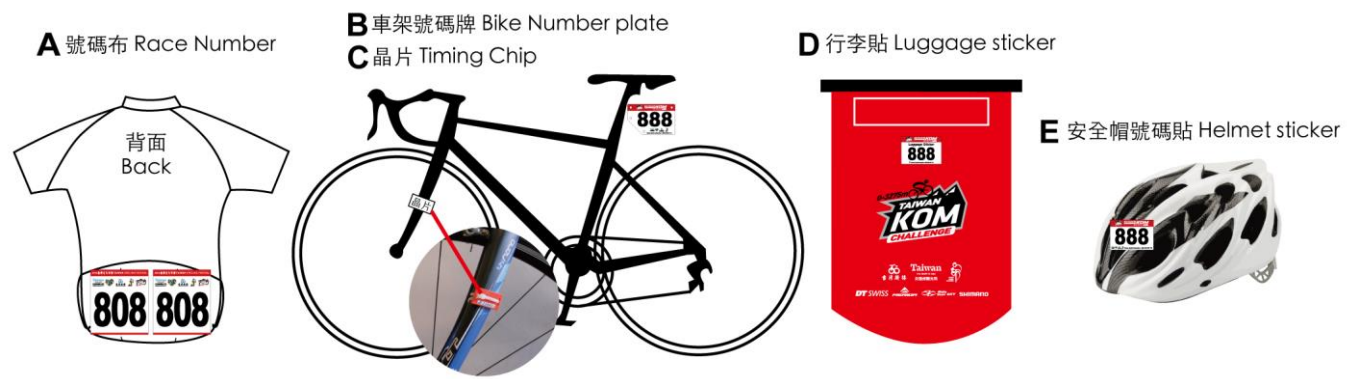
18:00 Riders' dinner at Parkview Hotel in Hualien.

Regulations and General Notice

1. Rider Identification, Race Route and Categorization

A. Bike number, rider number, timing chip and day bag:

1. Attaching your two race numbers on the lower back of jersey as shown.
2. Bike number plate attached under seat tube.
3. Attach your timing chip on the lower portion of FRONT fork as shown.
4. Luggage sticker attached on the day bag, with rider's phone number on it.
5. Helmet sticker attached on the front side of the helmet.



B. Race Route

Route: Hualien Qixingtian → Taroko Bridge → Route 8 → Tianxiang → Xinbaiyang → Bilu Sacred Tree → Guanyuan Gas Station → Dayuling → Route 14A → Hehuan Mountain/Wuling.
 Total Distance: 105km, Altitude at Wuling: 3275 meters.

C. Rider Categorization

Elite: 19 years old and above (born before 2000). NOTE all riders born before 2000 may enter the Elite category but must be experienced racing cyclists).

M16: 16-19 years old (born 2000-2003)

M20: 20-29 years old (1990-1999)

M30: 30-39 years old (1980-1989)

M40: 40-49 years old (1970-1979)

M50: 50 years old and above (born before 1969)

Women: 16 years old and above (born before 2003)

2. Race Regulations:

1. Race rules are referred from UCI regulations, and organizer may add additional rules due to safety concerns and safety requirements.
2. All riders must ride standard road bikes with a “down curved” handlebar. No power assist allowed.
3. Riders must attach front and rear lights and MUST remain mounted during the entire race for use through tunnels and possible foggy conditions.
4. Riders must wear helmet, gloves, standard cycling jersey, have water bottles and supplements, and recommended carrying a windbreaker for possible inclement weather conditions.
5. Appeals must be filed within 20 minutes at the end of the race, along with a NT\$1000 deposit.
6. Violations to the regulations and/or commissaries’ instructions may result in disqualification.

3. Feed Zones & Maintenance/Repair Regulations:

1. Riders are recommended to carry proper supplements to deal with high altitude conditions.
2. Official feed zones and maintenance/repair locations:
 - *Xibao: water, sports drink.
 - *Xinbaiyang: water, sports drink, bananas.



- *Bilu Sacred Tree: water, sports drink, bananas, bread.
 - *Guanyuan Gas Station: water, sports drink, bananas.
 - *Wuling: Hot drinks.
 - *Kunyang: Lunch hot food.
3. Only team cars identified with “2019 KOM TEAM CAR” stickers are authorized to follow behind race commissaire vehicles. The stickers could be available at the team manager meeting on October 24th at 15:00 in the welcome party.
 4. At the start of the race, all team cars will follow behind Race Commissaire vehicle.
 5. All team cars must follow instructions from race commissaries at all time.
 6. Team cars must depart Hualien start line before 05:30 and go to the designated two feed zone stations. After leaving feed zones, team cars are not allowed to drive between and through riders, team cars can only depart feed zones after Race Commissaire vehicle has passed the feed zone, and then must follow behind Race Commissaire vehicle.
 7. Team cars are only allowed to feed riders at two feed zones: **Bilu Sacred Tree** and **Guanyuan Gas Station**. ****NOTE:** Team cars are **NOT** allowed to provide “dynamic feeding” within the peloton or on any part of the race route. Any team car violating this regulation will result in disqualifying their rider(s).
 8. When entering feed zones, riders are required to slow down or stop in order to maintain a safe getting of supplements and water.
 9. In case of inclement weather conditions, there are warming buses located at: Xibao, Xinbaiyang, Bilu, Guanyuan Gas Station, Dayuling and Wuling finish line.
 10. Race organizer provides neutral support of spare wheel sets.
 11. Once mechanical problems occur, rider fall behind the peloton, his/her team car must take care of it.

4. General Notice:

A. Pre-Race Information

1. Due to high altitude and long distance of this race, riders are reminded to consider their reaction to altitude sickness; as well, at the finish line area at Wuling, there is a high possibility of cold temperatures (0°C), riders are recommended to wear and carry proper clothing in case of inclement weather conditions during the race.
2. All riders **ARE RECOMMENDED** to put a change of dry clothing and **WARM** clothing in their day-bags. Day-bag check-in is from 05:00 am to 05:30 am at the starting line area. Day-bags will be transported to Wuling.
3. The organizer’s luggage transportation vehicles only carry day bags. Big luggage/bike box is not allowed. Big luggage of the “**pre-booked Bus B downhill transportation**” passengers will be carried by organizer vehicles on 04:00 am at the event hotels on the race day.
4. Falling rocks are a hazard in the Taroko Gorge and along the entire route. Riders should be aware of these risks when deciding whether participating in this event or not.
5. Riders are required to prepare transparent rain vests if rainy weather is forecasted.
6. Maintenance parts, accessories and event souvenirs are available at the





event check-in helpdesk.

B. During-Race Information

1. Riders are to use the right lane of the road, and NOT use the on-coming lane. Riders are NOT allowed to pass the centerline of the road along the route and on downhill turns.
2. If riders experience altitude sickness and/or severe cramping, riders should immediately stop and rest, and seek medical attention immediately. Riders are reminded not to overexert themselves and be cautious to the reaction of high-altitude sickness.
3. Please be aware of the environment and do NOT throw trash on the side of the road.

C. Post-Race Information

1. Awardees are requested to attend the award ceremony in Kunyang parking lot. If an awardee is not present at the award ceremony, awards will not be delivered afterwards.
2. Team cars are not allowed to park at the Wuling finish line area. Team cars are to wait at the Kunyang parking lot. East-bound post-race team cars are suggested to park at the Mt. Hehuan service station parking lot.
3. First 3 finishers and first 3 female finishers must take doping test immediately.
4. Riders arriving finish line please receive finishers medal, pick up day-bags, then proceed to Kunyang parking lot to return timing-chip, receive lunch meal, and to meet up with team cars or shuttle buses. All Age-categories' award ceremony will be in Kunyang parking lot. Riders using organizer's neutral support wheels in the event, please exchange the support wheels at Kunyang.
5. This event strictly prohibits participants cycling downhill from Wuling back to Hualien or onto Puli. The organizer is not responsible for any accident after participants cross the finish line. Riders must use team cars or other support vehicles to return to Hualien or onward to Puli.

5. Check Point Times and Rider Termination:

1. Race check points and deadline timing are: Bilu Sacred Tree 10:30, Dayuling 12:00, and Wuling 13:00.
2. Race commissaires have the right to terminate a rider if he/she has fallen too far behind the peloton or has not hit the deadline time to a check point. Terminated riders can either wait and be picked up by a team car or get picked up by the "Broom Wagon" vehicles.
3. In case of inclement weather conditions, the organizer may change the distance of the race. Any changes will be announced as soon as possible.

6. Team Vehicle Notice:

1. "2019 KOM TEAM CAR" stickers will be offered at the rider/team manager meeting on Oct. 24th.
2. Team vehicles must depart Qixingtian start line before 05:30 am to the designated two feed zone stations. After leaving feed zones, team cars must follow behind the Race Commissaire vehicle.
3. Team cars are prohibited from driving in between the peloton and/or driving amongst/alongside riders. Riders (and the team) with their team cars violating this regulation will



be disqualified. ****NOTE:** Team cars are **NOT** allowed to provide “dynamic feeding” within the peloton or on any part of the race route except for the two designated feed zones.

4. Teams are requested to bring radios **ONLY** to listen to race information. Except for a serious incident, teams are not to communicate using the race event frequency. The race event frequency is 144.410MHz.
5. Riders needing maintenance/repair are to stop alongside the road and wait for their team car to arrive. Only under special circumstances, a race commissaire can modify this restriction during the race.
6. Team cars returning to Hualien (East-bound) from Kunyang only allowed to depart after 12:00.

7. Timing Chips:

1. Deposit for each timing chip is NT\$ 1,000 per individual. Deposit will be refunded after returned the timing ship at Kunyang parking lot.
2. Race results are based on the data from the timing chips. Riders who registered but fail to attend the race must return the time chips before the race starts.

8. Drug Testing:

There will be drug(doping) testing for the Men and Women category top 3 finishers, respectively. The drug test examiners will follow these 6 finishers until the drug test sample has been taken. The top 3 finishers of Men and Women category will not be allowed to leave Wuling finish line area until his/her sampling has been taken. Riders who do not follow this regulation will be immediately disqualified.

9. Insurance and Health Notice:

1. Liability insurance is offered for this race and only covers an accident caused by the organizer during the event. That means, according to Taiwan law, the insurance only covers the race or accident during the event that is caused by the organizer's mistake or remissness. Any personal health issues during the race or any riding injury caused by a personal health problem will not be covered by the insurance. Riders who have a personal health problem/issue should not attend this event. If riders wish to have increased or have additional insurance coverage, riders should purchase additional personal insurance to cover any risks during this event. For more details about the offered liability insurance, please check the insurance webpage (**click here**). The claim amount coverage is shown on the insurance webpage. Organizer will not offer any additional compensation other than what is stated by the insurance company. If riders do not agree with the terms of the insurance coverage, riders will not be allowed to race.
2. Local riders and foreigners with a Taiwan resident card should carry their Taiwan Health Insurance Card during the race. Foreign riders should carry an identification card and medical information card. If medical attention is required, carrying these forms of identification will assist in processing immediate/urgent care and insurance claims.
3. Any rider with health issues, or history of health issues such as hypertension, cardiovascular disease, heart disease, diabetes, epilepsy and/or asthma, are not advised to



participate in this event.

10. Media Rights and Permissions:

The organizer has the right to publish or share all videos, photos, race information and race results related to this event with media, internet, and various promotional venues. Attendees and riders must agree to the right of the organizer to use all materials for future event promotions and future advertising.