

2020 臺灣 KOM 登山王之路-夏季

2020 The Road to Taiwan KOM-Summer

活動前注意事項

Pre-event Notice

1. 路線：起點/七星潭-台 9 線蘇花公路-台 8 線亞泥鳳凰樹隧道-太魯閣牌樓-過錦文橋後左轉-放行點（坡頂）-武嶺

2、活動路線施工管制點：

- (1) 台 8 線 169K 處（天祥隧道前）紅綠燈管制；
- (2) 台 8 線 131K 處（碧綠神木前 3 公里）自 07:30 起每半點放行 10 分鐘(07:30~07:40 放行，08:30~08:40 放行...類推)。參加者騎行至此請遵守現場管制/通行作業。
- (3) 7/6 活動當日，施工單位將視狀況彈性放行，以維參加者安全。

Notice for road construction control en route:

- No.8 Hwy/169K: Traffic light control from 08:00 to 17:00.
- No.8 Hwy/131K: Release 10 mins every hour from 07:30 to 17:30.
(07:30~07:40 open. 08:30~08:40 open. Etc.)
- For safety concern, the construction control may conduct random control depending on traffic condition on the event day. Please follow the on-site control process.

一、活動流程 Event Schedule

7/5 (Sun.)

14 : 00~18 : 00

報到、領物資~ Kadda 飯店：花蓮市民權路 2-6 號

大會贈品：紀念衫、保暖衣物袋、干沛穀物棒 2、午餐券 1

號碼識別：號碼貼 2-安全帽+保暖袋、晶片 1+束帶 1

代訂接駁：乘車券 1-搭乘大會下山接駁者

備註：春季報名延至夏季者，報到時須繳晶片押金 1,000 元。

Event check-in : Kadda Hotel(No.2-6,MinchuanRoad, Hualien City)

You will be receiving items at check-in as below :

Event shirt, day bag, lunch coupon, number stickers, time chip, down-hill transportation coupon (with pre-booking completed).

P.S. For riders with entry transferred from Spring to Summer event, please pay NT\$1,000 chip deposit at check-in helpdesk.

15 : 00 行前說明會 Event briefing

7/6 (Mon.)

05 : 00 置放保暖衣物袋 / 七星潭起點處

Day bag handed over at event start point: Qixingtian
(Please keep your day bag compact.)

05 : 50 開幕式、出發前注意事項 Opening Ceremony

06 : 00 出發鳴笛 Event start

10 : 45 預計第一位抵武嶺 ETA of first rider arriving Wuling finish line

11 : 00 頒發完成獎牌、領保暖衣物袋、退晶片/還押金、午餐及乘車下山

Wuling finish area: receiving finish medal, day bag, chip return/
deposit refund, lunch, down-hill transportation departure.

※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—請張貼於安全帽前額 Helmet sticker on the front side of helmet.

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

C : 保暖衣物袋貼紙—請張貼於衣物保暖袋上明顯位置 Day bag sticker.



三、活動規定 General Notice

- 參加者如於 7.5 小時內完成騎乘者/自放行點至武嶺，即可取得參加「2020 臺灣 KOM 自行車登山王挑戰」之資格。

Riders completing this event within 7.5 hours (from the flying start point to Wuling) will be automatically qualified to register the “2020 Taiwan KOM Challenge” event.

- 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.

- 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.

- 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

- 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.

- 大會設置之補給維修點位置及補給內容如下：Event feeding zones:

序	補給站	補給物資
1	西寶 Xibao	水、運動飲料、香蕉
2	新白楊 Xinbaiyang	水、香蕉
3	碧綠神木 Bilu Sacred Tree	水、香蕉、運動飲料、麵包
4	關原加油站 Guanyuan	水、運動飲料、香蕉、關原肉粽
5	大禹嶺 Dayuling	水
6	武嶺 Wuling (Chip-sensing finish point)	水、午餐
水 water、運動飲料 energy drink、香蕉 banana、麵包 bread、關原肉粽 riceball、午餐 Lunch		

- 進入補給區前請減速慢行。Please slow down when entering the feeding zones.
- 所有隊車於行進間，必須遵從裁判車的管制與指引，非經許可不得超越裁判車輛。All team cars have to follow the instructions and controls by the commissaire vehicles, and cannot overtake without prior admittance from the commissaire vehicles.
- 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。Team cars planning to do team

feeding have to depart Qixingtian start no later than 05:30. Fixed-point feeding can be made between Bilu Sacred Tree and Guanyuan.

6. 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。NO dynamic feeding can be provided to the riders. Upon the finish of feeding, team cars may only proceed behind the commissaire vehicles and cannot overtake the peloton.
7. 大會於西寶、新白楊、碧綠神木、關原加油站、大禹嶺、武嶺備有數量有限之保暖車。Limited warm-keeping vehicles are available at every feeding station.
8. 大會提供 EDCO 備用輪組供領先選手使用。Some EDCO spare wheels will be prepared by the organizer for possible change.
9. 落後選手機械故障時，請由各隊隊車自行處理。Team cars are responsible for technical failures of their respective riders far behind.

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.

5. 於施工管制路段須聽從工作人員指示停止或快速通過以維安全。

Please follow the on-site staff instructions on the road construction areas.

活動後 Post the event

1. 抵達武嶺終點後，頒給完成獎牌、並領取保暖衣物袋、午餐、退晶片還押金。

Please take finisher medal, day bag, lunch, and return chip/refund deposit upon your arrival of the finish area at Wuling.

2. 有預訂大會接駁車運載者，返程在武嶺會場搭車。

Downhill transportation service at Wuling 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. 隊車應自備可與大會通訊之無線電裝置，可於領隊會議時租用，每機 200 元。

大會頻道：145.970

Radio equipment can be prepared by each team car or can be rented at team leader's meeting (NTD200/each). Frequency: 145.970.

3. 隊車須貼大會號碼貼紙，以為行進間識別。

Stickers provided by the Organizer shall be posted on each team car as identification.

4. 隊車請勿穿梭於車友間。

Team cars are not allowed to be mixed in the riders for safety reason.

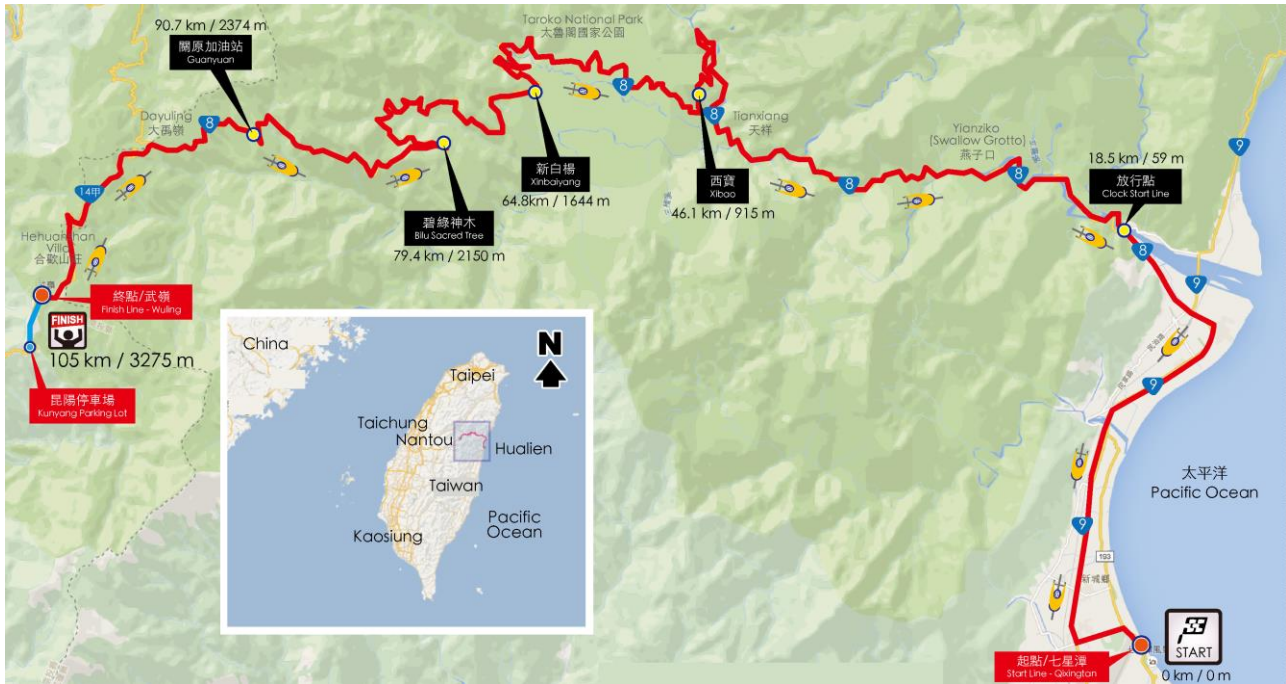
5. 武嶺停車場因容量有限，隊車或支援車於活動後欲東向下山往花蓮者，可停放於合歡山莊停車場；欲西向下山往埔里者，可停放於昆陽或鳶峰停車場。Wuling parking lot is not for team cars' parking due to limited space. Team cars heading Hualien after the event may park in Hehuan Hostel parking lot. Team cars going west-bound after the event may park in Kunyang or Yuanfong.

6. 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.

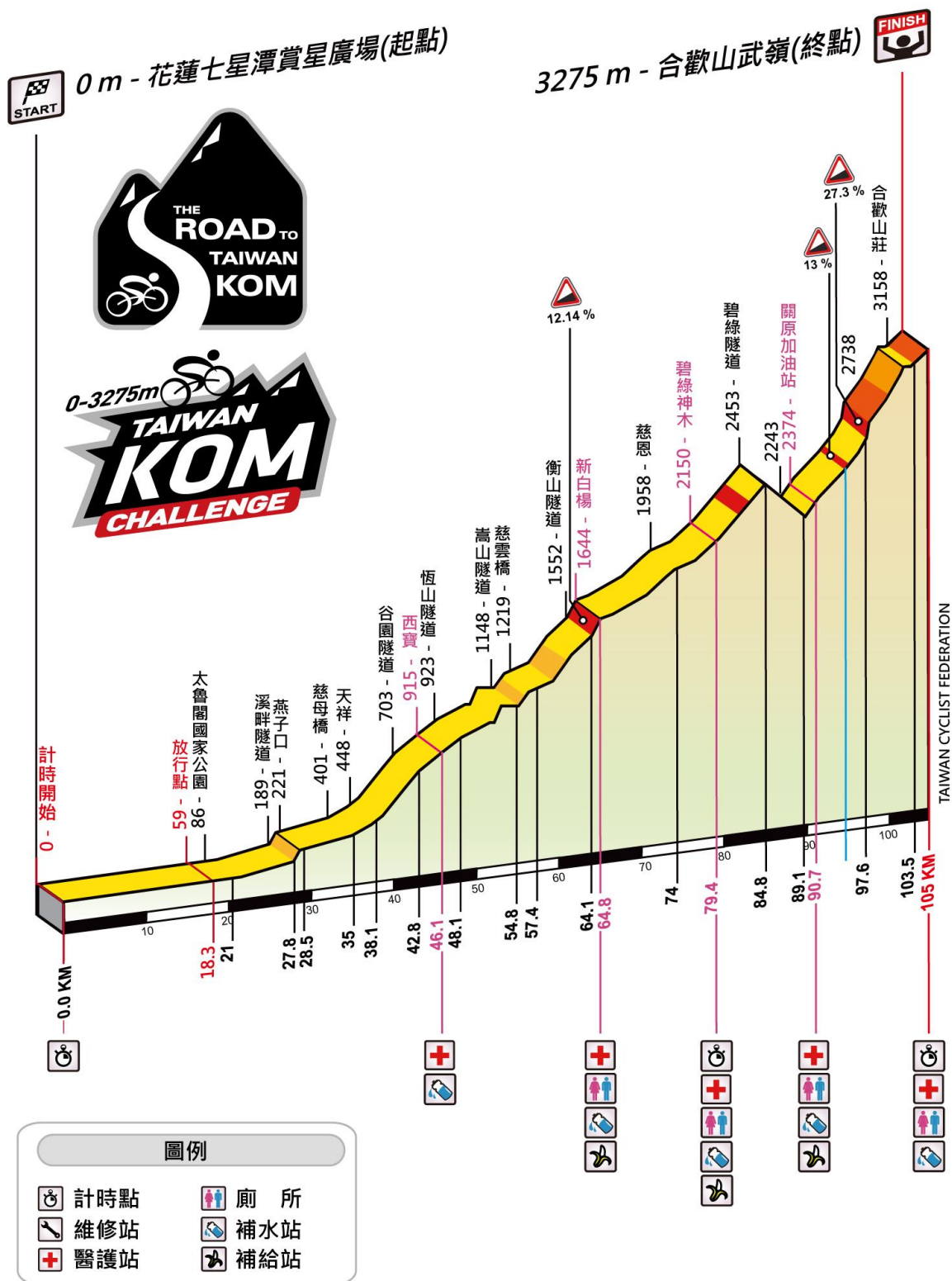
七、其他事項 Others

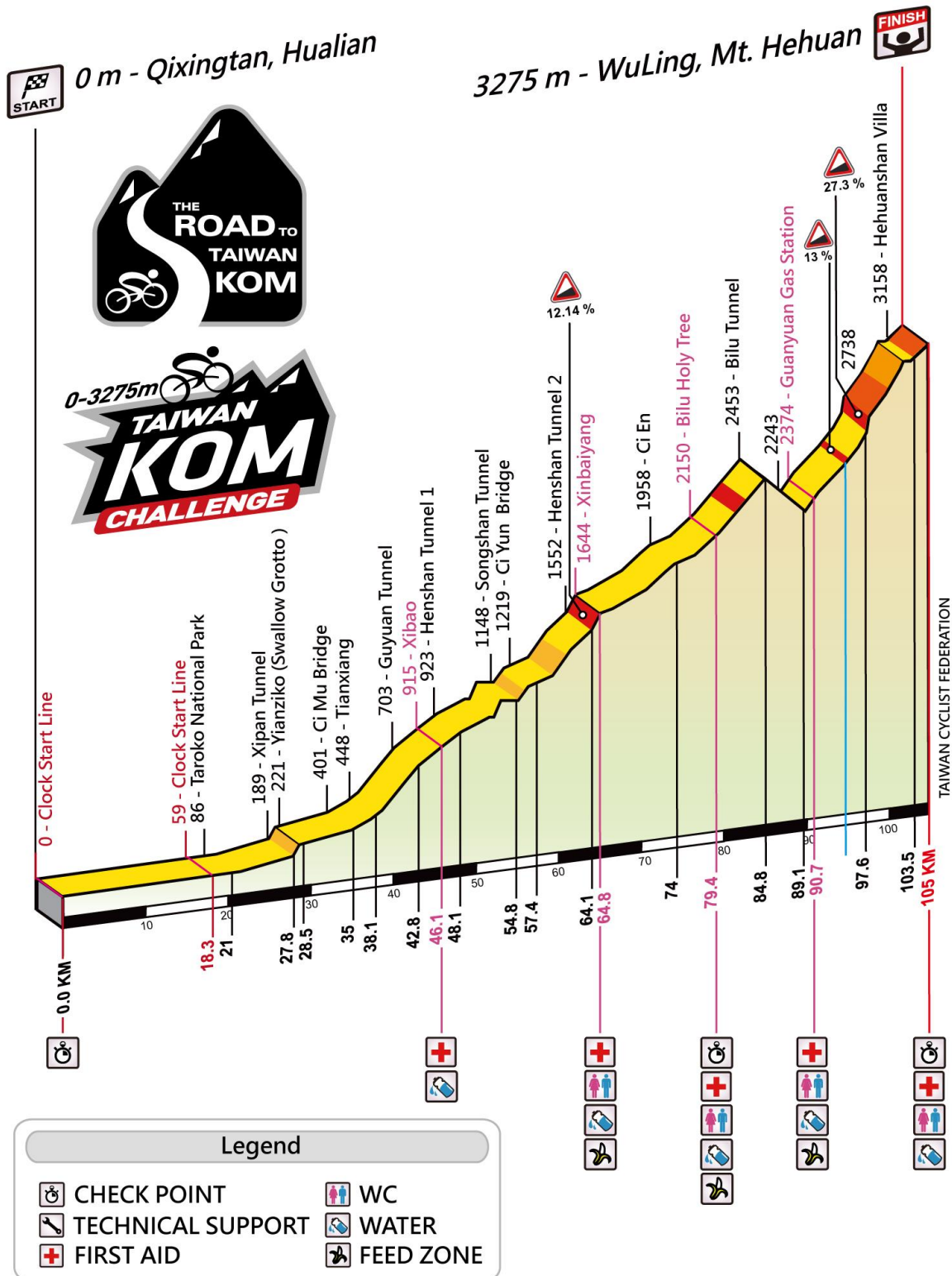
1. 請隨身攜帶身分證明或健保卡，以備不時之需。Please bring your identification or travel document during the riding.
2. 本活動依內政部相關規定投保 500 萬元「公共意外責任險」。「公共意外責任險」只承擔大會責任內所致之意外傷害理賠。參加者如有本身各項疾病史，請自重評估自身安全不可參加。如有考量保險保障範圍之不足，請自行加保其他有效之個人保險。如對於承保內容中之保險理賠範圍、項目、金額無法同意者，禁止報名參加。The insurance for this event (participants) is 5-million 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.

八、活動路線高度圖 Route Information



九、活動標高及工作站分佈圖 Route Details





十、大禹嶺至武嶺標高圖 Last Kilometers

