

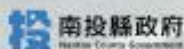
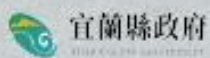
臺灣自行車登山王

臺灣自行車登山王挑戰

TAIWAN KOM
CHALLENGE 2024



活動前注意事項 Pre-Event Notice



10/25 Fri



山上氣候不穩定，敬請隨身攜帶禦寒風雨衣，切勿寄放托運行李。

Due to unstable weather conditions in the mountain area, please ALWAYS carry warm clothes / raincoat with you, and DO NOT leave them in the luggage truck.

壹、活動流程 Schedule

10 月 24 日 (星期四) Thursday, 24th October [宜蘭運動公園](#)([宜蘭縣宜蘭市中山路一段 755 號](#))

13:00 - 17:00 參加者報到 / 宜蘭運動公園 Riders check-in / Yilan Sports Park

14:00 - 16:00 記者會、選手歡迎會、行前說明會議、隊車通行條於會議後發給。

Press conference、Welcome Party、Pre-event Meeting、Team Car Sticker
Distribution

10 月 25 日 (星期五) Friday, 25th October

04 : 20 保暖衣物袋寄存 / [宜蘭運動公園](#) Personal belongs deposit / Yilan Sports Park

04 : 40 開幕典禮、活動安全注意事項說明 Opening Ceremony / Pre-event heads up

05 : 00 鳴槍出發 Event Start

10 : 20 預計第一名抵達終點 / 武嶺。ETA of 1st place rider finished / Wuling

選手陸續抵達終點、頒贈完成獎牌、保暖衣物袋領回 / 武嶺

11 : 00 男子、女子、台灣總排名、各分組前六名、敢鬥獎、友誼獎 採訪 Award Ceremony

11 : 30 午餐供應、退晶片、接駁車(已預訂者) lunch / chip refund / downhill shuttle bus

12 : 00 梨山 110 挑戰組，終點關門/午餐，頒完成獎牌、退晶片

Lishan 110K Challenge · Finish line closing / lunch / chip refund /

14 : 00 終點關門-武嶺 Finish line closing-Wuling

貳、參賽選手報到物資

贈品：紀念衫、KOM 保暖衣物袋、720 變色太陽眼鏡、JAW 袖套、千沛肌能素/低摩擦護體霜

識別：安全帽貼 1、號碼布 2、別針 8、車牌 1、行李貼 1、晶片 1、束帶 3

代訂：乘車卡 1-搭乘大會下山接駁者（限已預訂者）

Upon check-in, registered riders will receive:

Souvenir: Event T-shirt*1 / KOM bag / sponsor supplies

Identification sticker: Helmet sticker*1 / number bib*2 / pin*8 / bike number plate*1 / day bag sticker*1 / timing chip*1 / stripe*3

- ☞ A bus ticket will be received for riders reserved downhill transportation upon registration. On-spot booking for downhill transportation will not be accepted.

參、注意事項 Event Notice

一、選手識別圖/路線 Identification/Route

A. 選手識別圖 Riders identification

- 號碼布二張：以別針別在背後。Number bib * 2: fixed on the back with pins.
- 車架號碼牌一張：以束帶綁在座墊桿上。Bike no. plate * 1: fixed on the seat post.
- 成績感應晶片一塊：以束帶綁在自行車前叉上。Time chip: fixed on the front fork.
- 保暖衣物袋貼一張：貼於 KOM 保暖衣物袋上如圖示位置。請寫上個人手機號碼。
Daybag sticker: Paste on the daybag shown as below. Write your phone on it.
- 安全帽號碼貼一張：貼在安全帽前額位置。Helmet sticker: on the front side.

A 號碼布 Race Number



B 車架號碼牌 Bike Number plate

C 晶片 Timing Chip



D 行李貼 Luggage sticker



E 安全帽號碼貼 Helmet sticker



B. 路線 Route

活動路線：宜蘭運動公園/起點-公園路-凱旋路-溪洲路-長堤路-台七線-台七甲-右轉-中橫公路宜蘭支線-四季-繼光橋-南山-思源啞口-武陵農場-梨山賓館-台八線-大禹嶺-合歡山/武嶺終點，總長 150 公里，終點海拔 3275 公尺。

Yilan Sports Park tan/Start→No.7 Hwy→Turn Right→No.7A Hwy→Four Seasons→Jiguang Bridge→Nanshan→Siyuan Pass→Wuling Farm→Lishan Guest House→No.8 Hwy→Dayuling→Hehuan Mountain→Wuling/Finish. Total distance 150 kms. Altitude at Wuling: 3275m.

Google MAP :

https://www.google.com/maps/d/u/0/viewer?mid=1WE_rjKTxx933c0qYqk85vIQcNyjGEQ&ll=24.43815016897527%2C121.50488499999999&z=11

Xplova : <https://www.xplova.com/tw/route/EF3D34C6-DAAE-D689-AB27-4DAA2EE8E77D>

二、活動規定 Event Rules

1. 本活動參考、採用 UCI 自行車賽事規則；依據主辦單位安全考量之需求，本協會得增列其他條款。This event adopts UCI regulations. Due to safety concern, the Organizer may set additional terms if necessary.
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。禁止使用小徑、小折或都市通勤車款。電輔車組不在此限。Road bikes with standard "down curved handlebar" ONLY. No power assist bikes and folding bikes allowed.
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。All bikes MUST be equipped with front and rear lights for safety reason.
4. 參加者必須著標準車衣、正確配戴自行車安全帽，並備水壺、手套、禦寒風雨衣等。All riders MUST wear helmet and proper bike jersey along the entire route.
5. 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。Any violation against event rules or instructions from the event officials will not only be induced disqualification, but also be announced on the result list.

三、補給、維修規定 Feeding / Tech support

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。

Please prepare personal feeding/supplies if necessary.

2. 大會設置之官方補給維修點位置及補給內容如下：Official Feeding Zone

序	補給站 Feeding zone	補給物資 Items
1	櫻花公園 Sakura Park	水、運動飲料、香蕉、果膠
2	南山加油站 Nanshan gas station	水、可樂、香蕉、麵包、蛋糕、運動飲料
3	思源啞口 Siyuan Pass	水、可樂、運動飲料、香蕉、蛋糕、穀物棒
4	7-11 環山門市 7-11 Huanshan store	水、麵包、蛋糕、香蕉、運動飲料
5	梨山賓館 Lishan Guest House	水、可樂、運動飲料、香蕉、麵包、蛋糕
6	大禹嶺 Dayuling	水、舒跑、香蕉
7	武嶺 Wuling	水、熱飲、午餐、檸檬紅茶
水 Water、運動飲料 Sports drink、可樂 Coke、麵包 Bread、蛋糕 Cake、香蕉 Banana、穀物棒 Energy Bar、果膠 Energy gel、午餐 Lunch、熱飲 Hot drink/ginger tea.		

3. 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。Riders not able to arrive the check point before closing time MUST be noted his/her race number by the commissaire and board on the team cars/recovery vehicles. Riding behind the recovery vehicles is prohibited for safety concern.
4. 如活動天候狀況不佳，大會得臨時宣布應變行程等措施。The Organizer may announce alternative actions according to the weather condition.
5. 進入補給站時，選手需靠邊減速或停車取補給品。Riders please slow down when approaching the feeding zones to reach the supply.
6. 大會於櫻花公園、南山加油站、思源啞口、7-11 環山門市、梨山賓館、大禹嶺與武嶺備有保暖車。The Organizer will prepare warm-keeping vehicles at all feeding zones
7. 大會之備用輪組供領先選手使用。The Organizer provide spare wheels for leading riders.
8. 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 team riders far behind.

四、注意事項 General Notice

活動前 Before Event :

1. 此為高強度長距離高海拔活動，需注意身體對高海拔適應及沿途可能的低溫，預作保暖準備。
Be prepared for high altitude and possible low temperature on the route and at the finish area.
2. 請將抵達終點時須換穿之保暖衣物，置入 KOM 保暖衣物袋中並貼妥行李貼，於 4:30 前在起點交付大會託運、並於武嶺領回。 Please hand over your day bags carrying your warm-keeping clothes you need immediately in Wuling at the Start before 04:30, and claim it back at the Wuling finish point.
3. 大會提供 KOM 保暖衣物袋運送服務，無法運送大型單車箱及行李箱。
Delivery service is for day bags ONLY. Bike cases and luggage cases are not accepted.
4. 活動期間若為雨天，請參加活動參加者自備專用透明雨衣。Please prepare rain jacket in case of rain on the event day.
5. 如活動日天候狀況不佳，大會得於出發前或活動中宣佈縮短路程等應變措施。
In case of bad weather condition, the organizer may announce the alternative action.
6. 報到會場提供部分維修補給備品及販售大會紀念商品。
Maintenance parts and some souvenirs merchandise are available at the check-in site.

活動中 In the Event :

1. 出發後 10.5 公里，為放行點。路標牌位置：台 7 線 111k 處。
After 10.5 kilometers from the start, there will be a release point. The signpost is located at the 111 km marker on Route No.7 Hwy.
2. 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.
3. 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.
4. 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.

5. 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.

6. 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 Event：

1. 得獎是最高的榮譽，請得獎者務必參加頒獎典禮。Winning a prize is the most valuable honor. Prize winners need to attend the prize giving ceremony.

2. 武嶺停車場管制 - 隊車請於進入終點前的合歡山莊停車場停車；往西下山者，建議停放合歡山莊停車場，昆陽收費停車場或鳶峰收費停車場。車友進武嶺終點後，要下滑至停車請小心。

Wuling parking lot closed, Team cars should park at the Hehuan Villa parking lot before entering the finish line; for those going west down the mountain, it is recommended to park at the Hehuan Villa parking lot, Kunyang toll parking lot or Yuanfeng toll parking lot. After entering the Wuling finish line, riders should be careful when sliding down to the parking lots.

1. 所有選手進入武嶺終點後，退晶片還押金、領取完成獎牌、KOM 保暖衣物袋、各獎項頒獎、午餐等。Upon your arrival at Wuling, please return chip, receive finisher medal and day bag and lunch.

2. 預訂大會接駁車者，在武嶺搭車下山。Downhill transportation service at Wuling parking lot is only for riders with pre-booking.

3. 本活動嚴禁參加者於活動後騎自行車下山。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。

It is prohibited to ride downhill after the event. Please arrange your downhill transportation using support vehicles. The Organizer is not responsible for the accidents caused by the violation of this rule.

五、關門點設置 Closing

1. 大會設置關門點：思源啞口 10:00、梨山賓館 12:00、大禹嶺 13:00。The closing time for check points are: **10:00 @ Siyuan Pass, 12:00 @ Lishan Guest House, and 13:00 @ Dayuling.**

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。

Riders not able to arrive the check point in time MUST be noted his race number by the commissaire, and get on the team cars/recovery vehicles. Riding behind the recovery vehicles are prohibited for safety Concern.

3. 如活動天候狀況不佳，大會得臨時宣布應變行程等措施。The Organizer may announce alternative actions regarding to the weather condition.

六、 隊車注意事項 Notice for Team Vehicles

1. 隊車請於終點前停放於合歡山停車場，或昆陽收費停車場或鳶峰收費停車場。Team cars should park at the Hehuanshan parking lot, Kunyang toll parking lot or Yuanfeng toll parking lot before the finish line.
2. 補給隊車需於 4：30 前出發，前往南山加油站及梨山賓館做定點補給，不可動態補給。違反此規定所衍生之一切事故，由隊車自行負責。補給後需尾隨於裁判車後。
Team cars plan to go to Nanshan gas station or Lishan Guest House for feeding must depart before 04:30. Upon feeding finish, team cars have to wait for commissaire vehicle and then keep going ahead.
3. 嚴禁隊車行駛於選手團之中，與選手同時行進補給，違者取消該隊成績。
Team cars are NOT allowed to go with the riders during the whole event. Violation of this rule will induce the disqualification of the whole team.
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 145.970MHz。Team cars may prepare on-board radio for listening to the event messages. The event frequency is 145.970MHz.
5. 隊車需租借無線電者，可於行前會時會場租借 If the team car needs to rent a radio, it can be rented on site of the pre-event meeting.
6. 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。Riders need technical assistance please wait for your team car, unless the commissaire agree a specific arrangement.

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 500 元，進入武嶺後退晶片領回押金。若有遺失，每塊晶片須付 1000 元賠償金。
Please return the timing chip and claim your NT\$500 chip deposit at Wuling. Damage or lost will be charged NTD1,000 penalty as compensation.
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。Riders not able to start please return the chip at the event start and refund your deposit.

八、 申訴 Appeal

1. 應由單位領隊或教練，於賽後 30 分鐘內，以書面向大會審判委員會正式提出申訴，同時繳交保證金新臺幣叁仟元整，賽會將以審判委員會之判決為終決。提出申訴不成時沒收其保證金。

All appeals shall be submitted by the team manager or coach to the event committee via a document within 30 minutes after the event, together with NT\$3,000 deposit. The decision of the event committee will be the final judge. The deposit will not be returned if the appeal is rejected.

2. 如未經上述程序提出申訴，以致干擾比賽進行，將由審判團採取適當處分，以維競賽之進行。
If an appeal is filed without the above procedures, which interferes with the progress of the event, the committee may take appropriate action to maintain the progress of the event.

九、保險健康事項 Insurance issues

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「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。

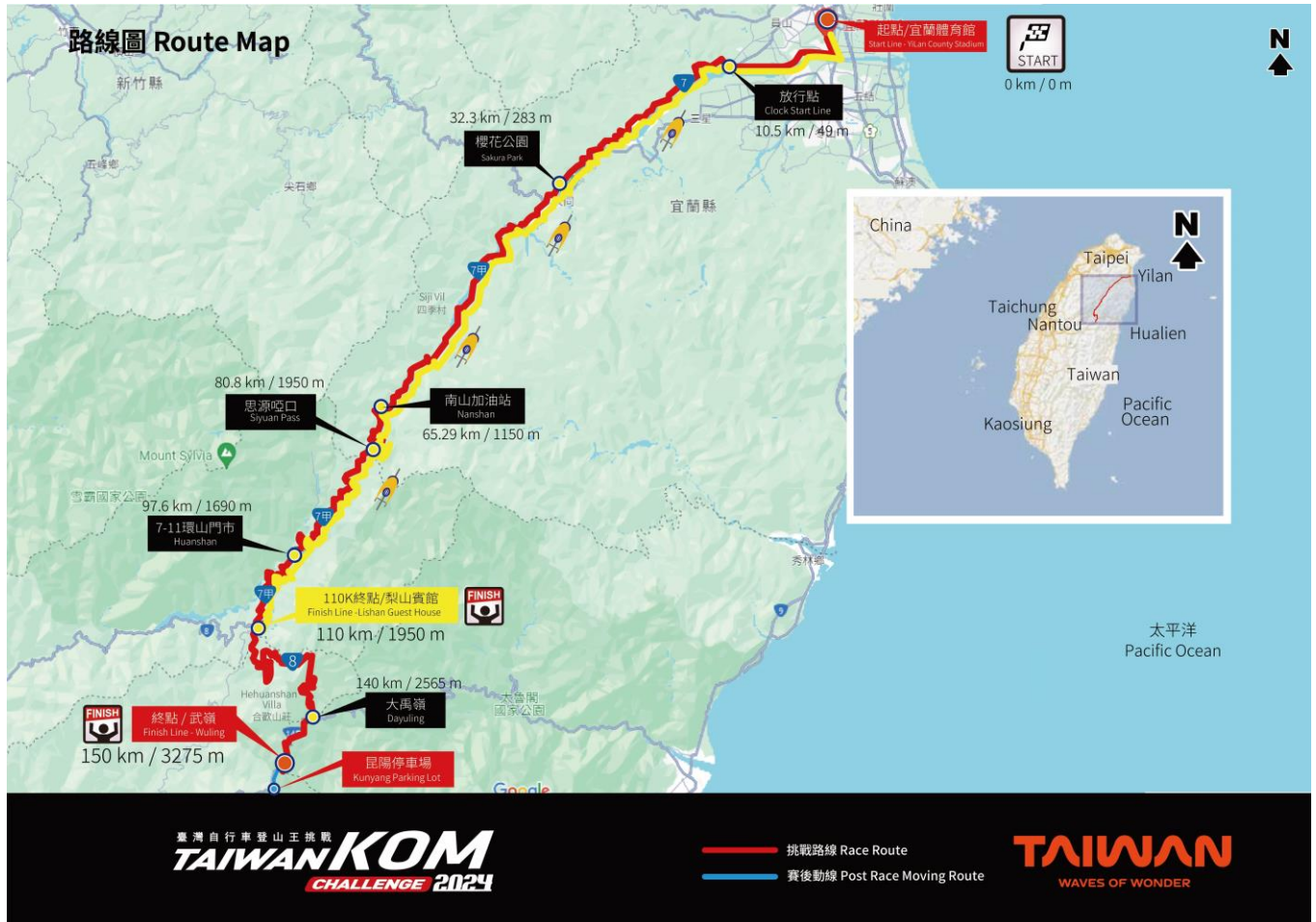
The insurance for this event (participants) is the "Public Liability Insurance" which is for accident payments caused by organizer responsibility only. That means, based on the law, the insurance only covers the race or event accident payments that is caused by the organizer's liability. The organizer 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、媒體圖文許可 Media Graphics Consents

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。

The Organizer has the right to publicly broadcast, display and log the videos, photos and results of this event on our website and publications. Participating in the event is equivalent to agreeing that the Organizer may use its portrait rights, achievements, and graphic records for related publicity and broadcasting.

活動路線高度圖 Route elevation Information



Google MAP :

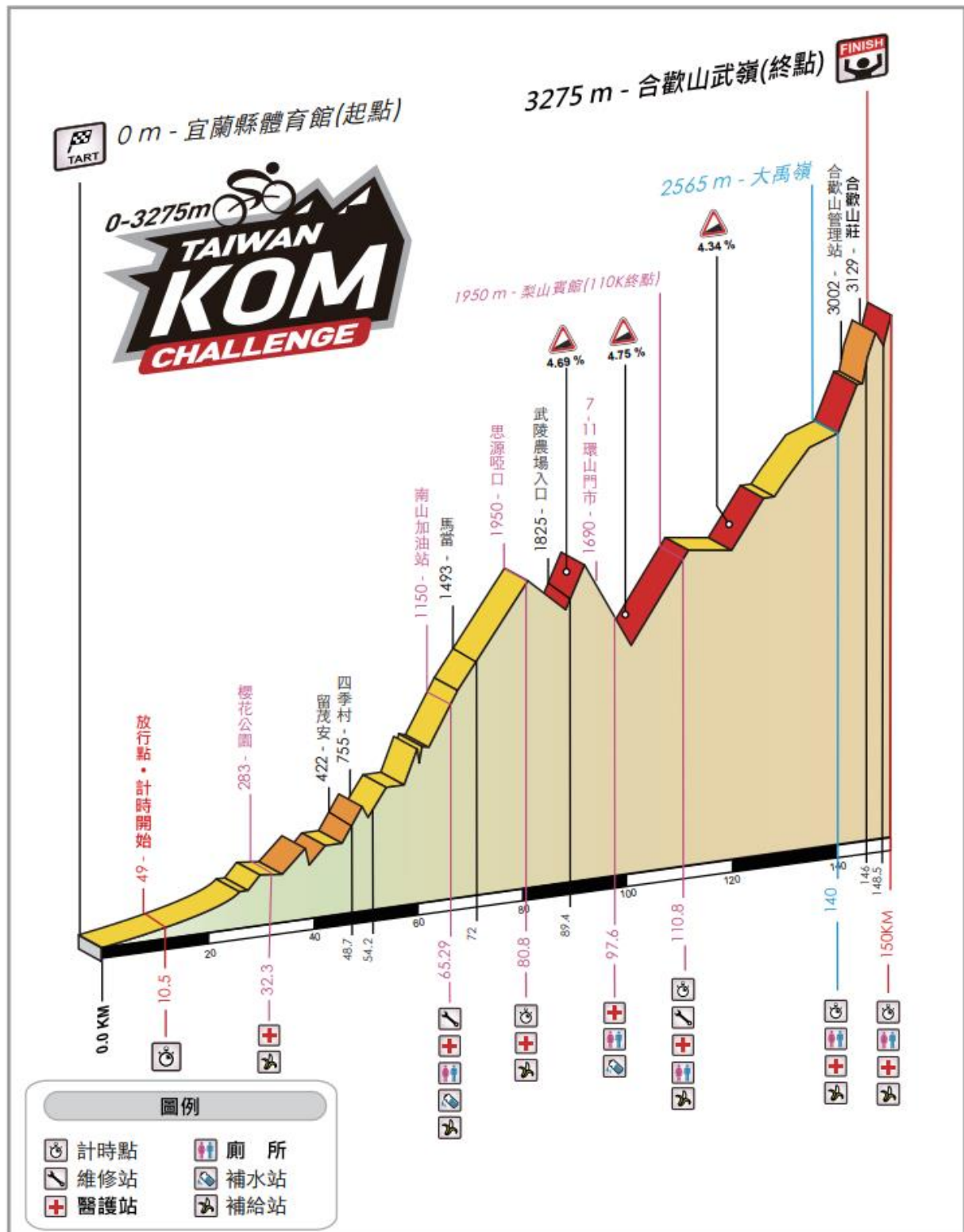
https://www.google.com/maps/d/u/0/viewer?mid=1WE_rjKTxx933c0qYqk85vIQcNyjGEQ&ll=24.43815016897527%2C121.50488499999999&z=11

Xplova : <https://www.xplova.com/tw/route/EF3D34C6-DAAE-D689-AB27-4DAA2EE8E77D>

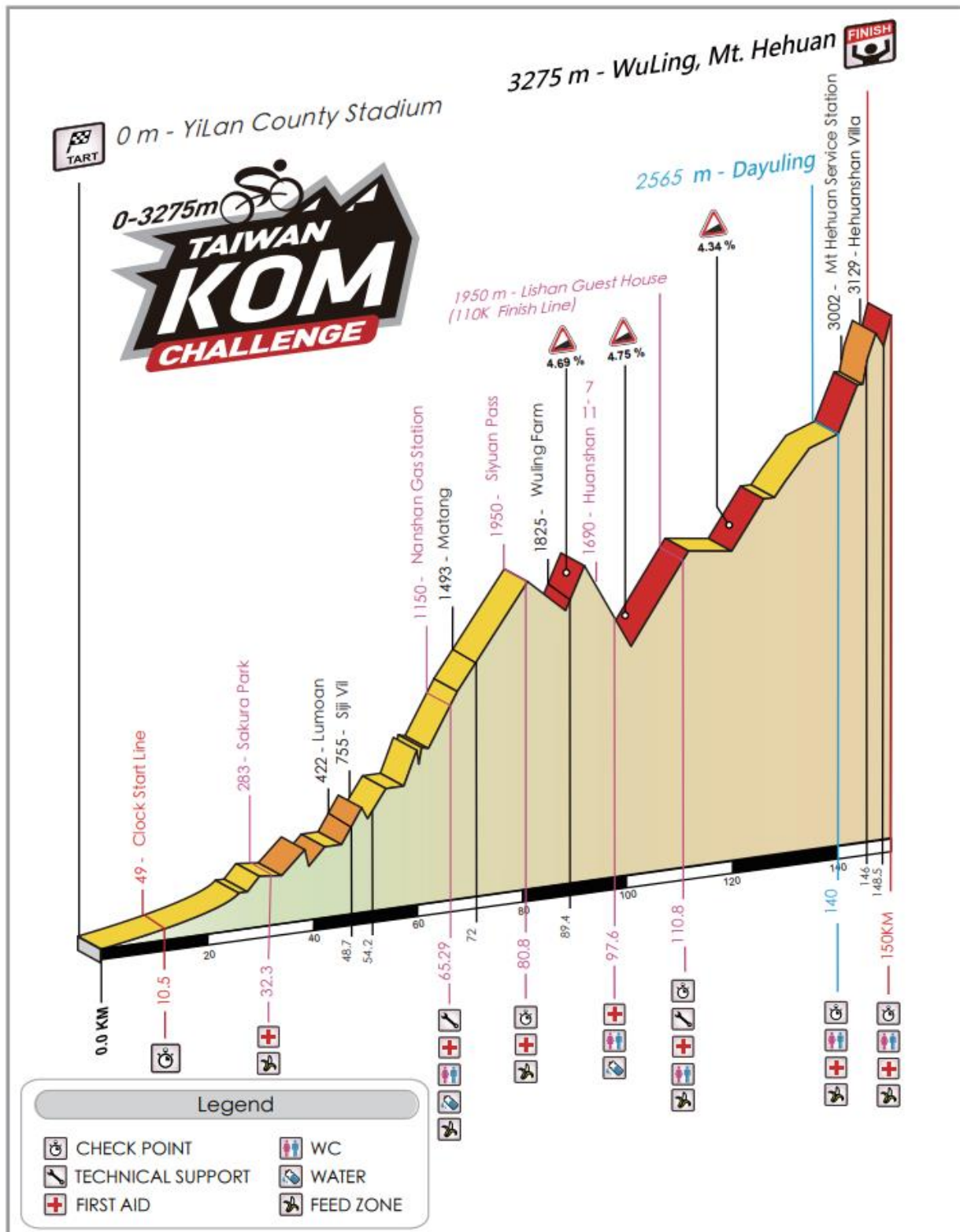
飯店至起點宜蘭體育館 @宜蘭體育館 YiLan Hotel to Start Line-YiLan County Stadium



爬坡細節圖 Route Details



爬坡細節圖 Route Details



最後公里數細節圖 Last

