



ΕΛΛΗΝΙΚΗ ΟΜΟΣΠΟΝΔΙΑ ΠΟΔΗΛΑΣΙΑΣ • ΟΛΥΜΠΙΑΚΟ ΠΟΔΗΛΑΤΟΔΡΟΜΙΟ ΑΘΗΝΩΝ  
Λ. Σπύρου Λούη, 151 23 Μαρούσι, Αθήνα, τηλ. 210 6859788, φαξ: 210 6859739  
<http://www.hellenic-cycling.gr>, e-mail: [eopbike@otenet.gr](mailto:eopbike@otenet.gr)



HELLENIC CYCLING FEDERATION • OLYMPIC ATHENS VELODROME  
Sp. Loui Avenue, 151 23 Marousi, Athens, Greece, tel: (+30) 210 6859788, fax: (30) 210 6859739  
<http://www.hellenic-cycling.gr>, e-mail: [eopbike@otenet.gr](mailto:eopbike@otenet.gr)

## **MTB XCC Trikalon C3 Race 2022** **30 October 2022**

### **1. General Information**

Trikala is a city of Thessaly with a long history and today is one of the most innovative and environmentally conscious cities in Greece. For example, most residents use bicycles, there are driverless buses, ATM which delivers certificates, free wireless network in various parts of the city and many other measures taken related to the recycling, environment and transformation of Trikala into a "smart city".

The largest part of the town is inhabited since prehistorical times and the first signs of life in the cave of "Theopetra" reach till 49.000d.c. Archaeologists have also discovered Neolithic settlements dating back to 6.000d.c in "Big Kefalovriso" and other places.



Geographically, the city is crossed by the river Litheos, a tributary of the Pinios, which divides the city in two. The Central Bridge, built in 1886 by French engineers, connects the main square with the pedestrian street of Asklipiou. Trikala is located near Meteora, Kalampaka and southern Pindos where Elati, Pertouli, Pyli and Neraidochori are located.



ΕΛΛΗΝΙΚΗ ΟΜΟΣΠΟΝΔΙΑ ΠΟΔΗΛΑΣΙΑΣ • ΟΛΥΜΠΙΑΚΟ ΠΟΔΗΛΑΤΟΔΡΟΜΙΟ ΑΘΗΝΩΝ  
Λ. Σπύρου Λούη, 151 23 Μαρούσι, Αθήνα, τηλ. 210 6859788, φαξ: 210 6859739  
<http://www.hellenic-cycling.gr>, e-mail: [eopbike@otenet.gr](mailto:eopbike@otenet.gr)

HELLENIC CYCLING FEDERATION • OLYMPIC ATHENS VELODROME  
Sp. Loui Avenue, 151 23 Marousi, Athens, Greece, tel: (+30) 210 6859788, fax: (30) 210 6859739  
<http://www.hellenic-cycling.gr>, e-mail: [eopbike@otenet.gr](mailto:eopbike@otenet.gr)



## 2. Rules

1. The race **MTB XCC Trikalon C3 Race 2022** is organized under the rules of the UCI, and the specific rules are mentioned in this guide. Organizer is the Hellenic Cycling Federation in cooperation with the cycling club Podilatikos Trikalon and the Trikkeon Municipality, in Prophet Elias hill (Trikalon Zoo).

### 2. Class – Categories

For the **MTB XCC Trikalon C3 Race 2022** the following categories are allowed:  
Men/Women Elite.

### 3. UCI Points Scale

Men/Women Elite category will receive points according to the UCI XCO – C3

Points C3 MEN/WOMEN ELITE									
Place	1	2	3	4	5				
Points	10	6	4	2	1				

### 4. Prize List

Men/Women Elite category will receive prize money according to the UCI XCO C3 (Europe 2).

Prize Money (Europe 2) for MEN/WOMEN Elite					
Place	1	2	3	4	5
Prize Money	140	105	70	55	35

### 5. Schedule

#### Saturday 29/10/2022

16.00 – 18.00 Course open for recognition / training.

#### Sunday 30/10/2022

11.00 – 11.30 XCC Local Races (youth)

11.45 – 12.20 Course open for training

12.20 – 13.25 XCC Local Races.

14.00 **XCC Races**

15.30 Awards Ceremony near start/finish area





ΕΛΛΗΝΙΚΗ ΟΜΟΣΠΟΝΔΙΑ ΠΟΔΗΛΑΣΙΑΣ • ΟΛΥΜΠΙΑΚΟ ΠΟΔΗΛΑΤΟΔΡΟΜΙΟ ΑΘΗΝΩΝ  
Λ. Σπύρου Λούη, 151 23 Μαρούσι, Αθήνα, τηλ. 210 6859788, φαξ: 210 6859739  
<http://www.hellenic-cycling.gr>, e-mail: [eopbike@otenet.gr](mailto:eopbike@otenet.gr)



HELLENIC CYCLING FEDERATION • OLYMPIC ATHENS VELODROME  
Sp. Loui Avenue, 151 23 Marousi, Athens, Greece, tel: (+30) 210 6859788, fax: (30) 210 6859739  
<http://www.hellenic-cycling.gr>, e-mail: [eopbike@otenet.gr](mailto:eopbike@otenet.gr)

## 6. Registration Procedure

The participants can register by sending the Entry Form to the E-mail below:

Email: [podilasiatrikalon@yahoo.gr](mailto:podilasiatrikalon@yahoo.gr)

Registration of the riders (with distribution of Race number plates) can only be done at the Registration office which will be at the race place, next to the start line starting from 09.00 on the race day.

Please note that training will not be authorized without a number plate.

Riders who don't return the timing chip after the event will be charged 10 Euros for replacement.

The Registration office will be located at the place of the race.

## 7. Entry fees

Entry fee is set to 30 euros

Participants can pay the entry fee directly to the following Hellenic Cycling Federation bank account:

**Bank name: EUROBANK**

**IBAN: GR580260153000020200654714**

## 8. Race venue

The race venue is located in Trikala city Municipality, in Prophet Elias hill (Trikalon Zoo).





ΕΛΛΗΝΙΚΗ ΟΜΟΣΠΟΝΔΙΑ ΠΟΔΗΛΑΣΙΑΣ • ΟΛΥΜΠΙΑΚΟ ΠΟΔΗΛΑΤΟΔΡΟΜΙΟ ΑΘΗΝΩΝ  
Λ. Σπύρου Λούη, 151 23 Μαρούσι, Αθήνα, τηλ. 210 6859788, φαξ: 210 6859739  
<http://www.hellenic-cycling.gr>, e-mail: [eopbike@otenet.gr](mailto:eopbike@otenet.gr)

HELLENIC CYCLING FEDERATION • OLYMPIC ATHENS VELODROME  
Sp. Loui Avenue, 151 23 Marousi, Athens, Greece, tel: (+30) 210 6859788, fax: (30) 210 6859739  
<http://www.hellenic-cycling.gr>, e-mail: [eopbike@otenet.gr](mailto:eopbike@otenet.gr)



## **9. Route Description**

The race has the starting and finishing lines in Prophet Elias hill area and runs along paths and forest roads.

## **10. Medical**

Throughout the event there will be a rescue team available at many points and in full communication for quick recovery. There will also be a doctor and an ambulance.

## **11. Starting Procedure (according to Health Protocol)**

Riders will be called in the Staging Area 20 minutes before the scheduled start time of the race.

Staging will begin 15 minutes before the scheduled start time of the race.

The rider him/herself can decide his/her position on the line. Once the riders are lined up, warm-up (by rollers, turbo trainer etc.) is excluded inside or outside the start area.

The start will be given by the Start Commissaire using the following procedure: Announcements at 3, 2, 1 minute and 30 seconds before the start, then a final announcement that the start will be given within the next 15 seconds. A starting pistol, whistle or horn will be used to give the start.

The Start Commissaire will be in sole control of the public address system from three minutes before the start until the start has been given.

## **12. Feed / Technical Assistance**

Technical assistance during the race is permitted subject to the conditions below:

Authorized technical assistance during a race consists of repairs or the replacement of any part of the bicycle other than the frame. Bike changes are not permitted, and the rider must cross the finishing line with the same handlebar number plate that he / she had at the start.

Technical assistance shall only be given in the Feed/Technical assistance zones. Spare equipment and tools for repairs must be kept in these zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a teammate, team mechanic or neutral technical assistance. Small items such as an inner tube or a small tool may be handed up from the Feed/Technical assistance zones.

All people inside the Feed/Technical assistance zone must have on them in a visible place a Feed/Technical Assistance zone pass. People without a pass will be removed from the Feed/Technical Assistance zone. Passes will be handed during the Team Managers' meeting under the supervision of the President of the Commissaries panel (1 pass for every 3 riders for each Feed/Technical Assistance zone).



ΕΛΛΗΝΙΚΗ ΟΜΟΣΠΟΝΔΙΑ ΠΟΔΗΛΑΣΙΑΣ • ΟΛΥΜΠΙΑΚΟ ΠΟΔΗΛΑΤΟΔΡΟΜΙΟ ΑΘΗΝΩΝ  
Λ. Σπύρου Λούη, 151 23 Μαρούσι, Αθήνα, τηλ. 210 6859788, φαξ: 210 6859739  
<http://www.hellenic-cycling.gr>, e-mail: [eopbike@otenet.gr](mailto:eopbike@otenet.gr)

HELLENIC CYCLING FEDERATION • OLYMPIC ATHENS VELODROME  
Sp. Loui Avenue, 151 23 Marousi, Athens, Greece, tel: (+30) 210 6859788, fax: (30) 210 6859739  
<http://www.hellenic-cycling.gr>, e-mail: [eopbike@otenet.gr](mailto:eopbike@otenet.gr)



In addition to technical assistance in feed zones, technical assistance is permitted outside these zones only between riders who are members of the same UCI MTB team or of the same national team (if riders are registered in the race as part of the National team).

Riders may carry tools and spare parts provided that these do not involve any danger to the rider himself or the other competitors.

Any changes to UCI regulations regarding Feed/Technical assistance will be applied to the above.

### **13. Hospital**

The General Hospital of Trikala located at a distance of 5 km from the race area.

### **14. Contact**

Organizer is the Hellenic Cycling Federation in cooperation with the cycling club Podilatikos Trikalon and the Trikkeon Municipality.

For more information, call the organizers: 6975752403 (Karatzios Giorgos) and 6989154306 (Tamanakias Michalis).

### **15. Commissaires Panel**

PCP Commissaire appointed by UCI is Mr MITTAS Thomas (GRE). The Hellenic Cycling Federation is responsible for the composition of the commissaries' panel.

### **16. General Information**

Riders, who are National Champions, should wear their National Champion Jersey.

Riders should attend the Award Ceremonies wearing their team Jersey.

Any participant may be subjected to an anti-doping control following the UCI regulations.

All participants should be respectful of other cyclists, commissars, members of the organization, journalists and spectators

All riders should mark their energy gels/bars with their race number. At the start line there will be a random control. It is not permitted to enter the start box with non-marked gels/bars

Riders should throw any waste (bottles, gels etc) only at the Feed/ Technical Zones

All riders and support members should comply with the health protocol in force during the races

For more information, call the organizers: 6975752403 (Karatzios Giorgos) and 6989154306 (Tamanakias Michalis).

**The organizers**

