

SMACK Paracycle Road Race 2022

Race PM

SMACK Paracycle Road Race Arlanda, Stockholm, Sweden 2022-04-30



UCI C1 Competition

SMACK, Sigtuna Märsta Arlanda CK welcomes all paracyclists to

SMACK Paracycle Road Race Saturday 30 April

On Arlandastad Testtrack 2, close to Arlanda International Airport.

The event is organized with permissions from UCI and is a part of the European Paracycling Cup.

This Race PM clarifies and gives detailed information about the race, times and schedule.

Note! The information in this Race PM overrides any previous information in the Invitation.

Information on Pandemic measures can be found on the last page in this Race PM.



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Race facts

Competition venue

Arlandastad Testtrack 2
Starmossen 140
195 95 Rosersberg
59°36'48.3"N 17°55'16.0"E / 59.613411, 17.921104

Registration

Registration will take place at the Race track between 9:00 am and 11:00 am Saturday morning 30 April.

Late Sign up

Late sign up will be accepted at the Race track during the registration between 9:00 am and 11:00 am Saturday morning 30 April. Late sign up cost 25€ extra.

Race Director

Håkan Johnsson, Sigtuna Märsta Arlanda Cykelklubb, SMACK.

Race Jury

Michael Anderson, UCI International Paracycling Commissaire.
Henrik Ehrin, Swedish National Commissaire.
Milla Jonsson, Swedish National Commissaire.
Ray Thomenius, Finish Judge.

Bike service

CykelFix Sigtuna will be on site for bike service 9 – 10:30 am.

Medical service

Caroline Granbom, Eventa Sjukvård AB.

Rules

The competition will be held under UCI Paracycling rules.

UCI Points

According to the UCI rules for a C1 competition.

Points of contact

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Håkan Johnsson, hakan@smack.se, +46 (0)70 355 50 85

Race homepage

<http://www.smack.se/smack-paracycle-road-race/>

Important information:

- Registration and Race meeting on Saturday morning is mandatory for all athletes and team managers.
- All bikes will be checked before the race, make sure you are at the start for Bike check at least 15 minutes before your start time. Pre-check can be made earlier during the day.
- Helmet colours must be worn according to class as stated in the UCI Paracycling rules.
- The large race number must be placed at the lower back or visible from behind on the handbike. The small race number must be placed on the right side for the photofinish.
- No following cars are allowed at the races.
- The race will have four joint starting groups, one for each bike type. Men and women will start together and race the same distance. The result list will be divided in separate result lists for each category regardless of the joint starting group.
- All athletes are checked in before start by the Start manager according to the starting list. The starting list does not need to be signed.
- Laps and time are counted for all athletes. When the leader in the starting group has crossed the finish line at the full distance the race is finished for all athletes in the starting group at the next passing of the finish line, regardless of number of laps done.
- Technical zone at the Road Race is placed just before the finish line and marked by signs "Teknisk zon Start" and "Teknisk zon Slut". Service is only allowed in the technical zone.
- Littering is forbidden at the races. Any litter shall be kept in pockets until the race is finished or disposed of in the Litter zone marked by signs "Skräpzon Start" and "Skräpzon Slut".

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- Toilets for disabled are available at the Race track, but no showers or dressing rooms due to Pandemic restrictions. Change of clothes and showers need to be done before and after the races at each participants accommodation.
- The water at the Road Race track is taken from a local well and have an odd taste. We recommend you to fill your bottles before you go to the track.
- Due to Pandemic restrictions no Cafeteria service is available at the race. Participants will need to bring their own food and beverages for the day.

Schedule

Saturday

Registration and Race meeting on site at Arlandastad Testtrack 2, mandatory for all athletes and team managers.

Pre-race Training 9:00 am – 11:30 am

- The road race track at Arlandastad Testtrack 2 is open for pre-race training.

Registration 9:00 am – 11:00 am:

- Valid license card must be presented by all participants, including Pilots. Licenses will be checked against the UCI license register.
- Fulfilled payment of the starting fee will be checked. Participants who have not yet paid the starting fee must do this on site to be able to participate in the races.
- Race numbers to be picked up for all participants.
- Transponders to be picked up for all participants who do not have their own Mylaps Prochip transponder.
- A deposit fee of 50€ / 500 SEK per transponder, max 200€ or 2000 SEK for each team must be paid. The deposit fee will be given back on Sunday after the Fredrikshof Time Trial when the transponders are returned, or after the Road Race.
- Participants having their own Mylaps Prochip transponders must present their Chip-ID.

Race meeting 11:00 am:

- Information about the race and schedule will be given by the Race organization and the UCI International Commissaire. Questions will be answered.

Road races 12:00 pm – 18:00 pm

- Road races at Arlandastad Testtrack 2. Race distances 28,8 – 57,6 km according to class. Starting order and distance according to the start list.

During the afternoon

- Price ceremonies held after each starting group, see the Race schedule.

The race track will only be available for pre-race training Saturday morning 9:00 am to 11:30 am.

During the day there will only be a short possibility to try the track one or two laps after each starting group. However not before the athletes own starting group as all athletes must be at the starting line at least 15 minutes before start in their own starting group.

Warm up on the race track is not allowed. Warm up can instead be done on the short Warm up track on the area, please see signs "Uppvärmning".

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Race Schedule

Pre-race training

9:00 – 11:30 Free pre-race training on the race track

| Start time | Group | Classes | Laps | Distance |
|------------|---------------|------------------|---------|----------|
| 12:00 | Start group 1 | MC1-MC5, WC1-WC5 | 18 laps | 43,2 km. |
| 13:30 | Start group 2 | MH1-MH5, WH1-WH5 | 18 laps | 43,2 km. |
| 15:15 | Start group 3 | MB, WB | 24 laps | 57,6 km. |
| 17:00 | Start group 4 | MT1-MT2, WT1-WT2 | 12 laps | 28.8 km. |

Price Ceremonies

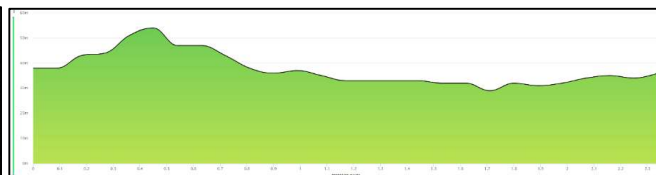
| | |
|-------|--------------------------|
| 13:45 | Classes MC1-MC5, WC1-WC5 |
| 15:30 | Classes MH1-MH5, WH1-WH5 |
| 17:15 | Classes MB, WB |
| 18:15 | Classes MT1-MT2, WT1-WT2 |

Race Track

Road race

The Road race track has a 2.4 km lap and is situated on a test and education track for cars. It is completely closed for traffic.

The track is quite flat but technical with bends, three hairpins and a 400 meter long finish straight. The track has a really nice and smooth tarmac.



| ROUTE STATISTICS | |
|----------------------|----------------------|
| Distance | 2.381 km |
| Lowest Point | 29 m (at 1.71 km) |
| Uphill | 0.90 km (37.8%) |
| Flat | 0.54 km (22.7%) |
| Steepest Uphill | +7.8% (at 0.27 km) |
| Longest Uphill | 0.36 km (at 0.19 km) |
| Total Ascent/Descent | 26 m / 26 m |
| Highest Point | 54 m (at 0.45 km) |
| Downhill | 0.90 km (37.8%) |
| Height Gain | 25 m |
| Steepest Downhill | -7.8% (at 0.45 km) |
| Longest Downhill | 0.72 km (at 0.99 km) |

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Pandemic Measures - SMACK Paracycle Road Race 2022

A Covid-19 Coordinator has been appointed for the race with responsibility for measures to minimize the risk for spread of infection, and to supervise those measures are followed.

Pandemic measures:

- National teams and local team participants are kept separate from other teams and participants as much as possible.
- Masks and disinfection will be available and must be used by participants, team leaders and officials.
- The use of masks is mandatory at Race meeting and gatherings before and after the warm-up and races.
- Gatherings take place per Nation or per team at a distance from other participants and team leaders.
- Race meeting is held outdoors if the weather is suitable.
- If the Race meeting is held indoors, only one team leader or one participant per local team may participate so that distances can be kept.
- All participants and team leaders will be reminded to keep their distance before and after the competition, not to spit or blow the nose on the go, and not to share bottles or equipment with others.
- Prize ceremony will be held with self-serving of medals and prizes, medalists will need to pick up prizes themselves from the prize table.
- Participants, team leaders or officials who feel infection symptoms are not allowed to be present at, or participate in the event.
- No serving will be offered to participants, officials or spectators.
- No dressing room or showers will be offered, participants need to change before and after the race at their accommodation.
- Covid-19 testing is available nearby at Apoteksgruppen Arlanda Airport, Sky city, see <https://reseintyg.vaccina.se/>
- For acute illnesses, the Covid-19 Coordinator have contacts with Emergency healthcare and Emergency Hospital, and there will be an ambulance placed on site.