



Asturias
paraíso natural



OVIEDO
AYUNTAMIENTO



octagon
esportes



3 DÍAS

DE PURO

MTB

EN ASTURIAS

RACE GUIDE



OVIEDO
2-3-4 Jul 2021

MMR



SHIMANO



SEP

LOS

TDE

La Nueva España

as



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WELCOME

It's finally time to celebrate the 3rd edition of MMR Asturias Bike Race. After a year-long wait, we get back on it!

The next edition of MMR Asturias Bike Race will be held, as it was announced, from July 2-4 in Oviedo and Lugones with 3 circular stages and cycling along the amazing landscapes that Asturias has to offer.

An event with an astonishing route, individual competition in which the addition of the daily times establishes the general

classification.

It's also an accessible challenge for all the enthusiasts willing to enjoy three days of pure mountain biking at an exceptional environment.

Thank you all for your participation, you are becoming part of the history of our race and we wish all of you a safe and exciting experience.

Happy trails!

MMR Asturias Bike Race Organization

READY?



REGISTRATION

Check that you are correctly registered through:

<http://asturiasbikerace.com/en/resultados-by-oakley>

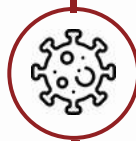
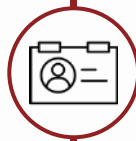
LICENSES

I HOLD A LICENSE:

You must have a competitive cycling license, issued by a national cycling federation approved by the UCI. Touring and other sports licenses are not accepted.

I DON'T HOLD A LICENSE:

You must pay for a temporary license for the event and can be issued when collecting the race number..



COVID PROTOCOL

Every participant in La Rioja Bike Race presented by Pirelli will be subjected to one rapid antigen test, with prior signed authorization and informed consent from the medical services of the event, which will be necessary to pick up your race number.

VERIFICATION

01.07 from 4 pm to 9 pm, at Palacio de Deportes de Oviedo.

Required:

- It is necessary to pick up your race number and welcome pack in the selected time slot, and after testing negative by antigen testing.
- You must bring the original ID card and license in case of having one.



BRACELET

During verification an identification bracelet is handed out to each rider, who has to wear it during all the competition. This bracelet allows access to the rider areas and is also necessary as a safety measure.

ROUTE

2021
**178 km &
6.100 m+**

**178 km
6.100 m+**

A tough route, rally type and XC style but suitable for all cyclists. It will be the most demanding edition in the history of the competition, but with many fun sections of pure Mountain Biking and a lot of flow.

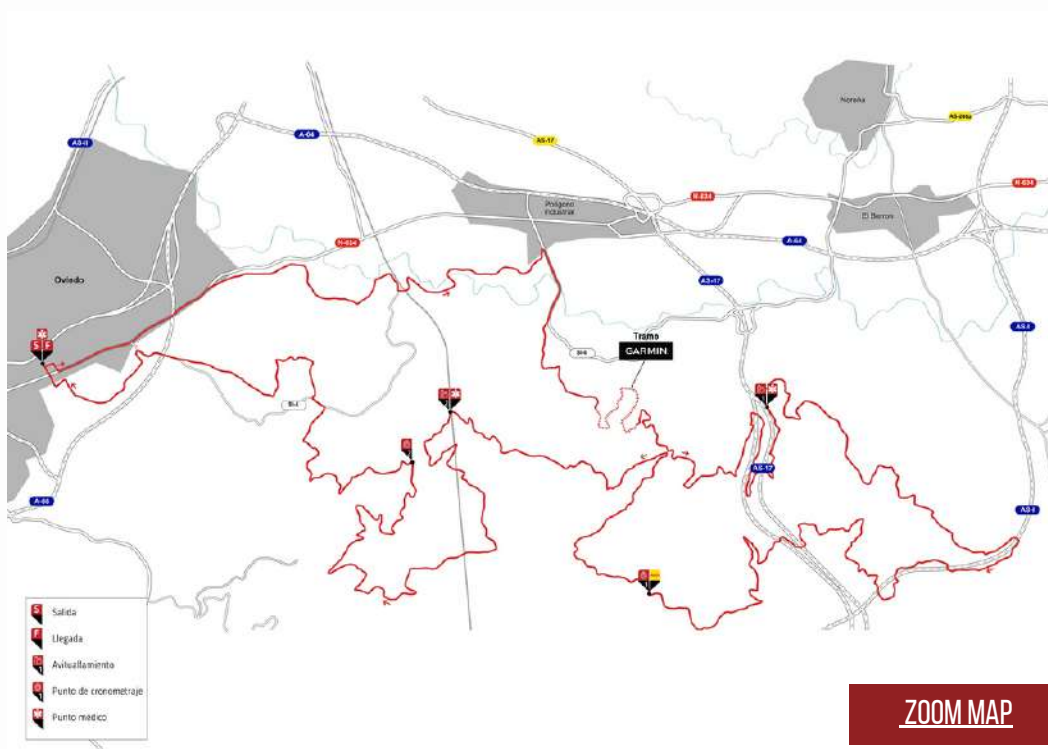
- **STAGE 1 (XCM)**
02.07.2021 | OVIEDO
- **NISSAN SUPER STAGE (XCM)**
03.07.2021 | OVIEDO
- **FINISHER STAGE (XCM)**
04.07.2021 | LUGONES



The route is marked with **blue** in the Stage 1, **red** in the Nissan Super Stage and **yellow arrows** in the Finisher Stage. White signs with a cross of the stage's colour, indicate wrong way. Every ten kilometers and the last five until the finish line are indicated.

STAGE 1

60,5 km | 2.050 m+



[ZOOM MAP](#)



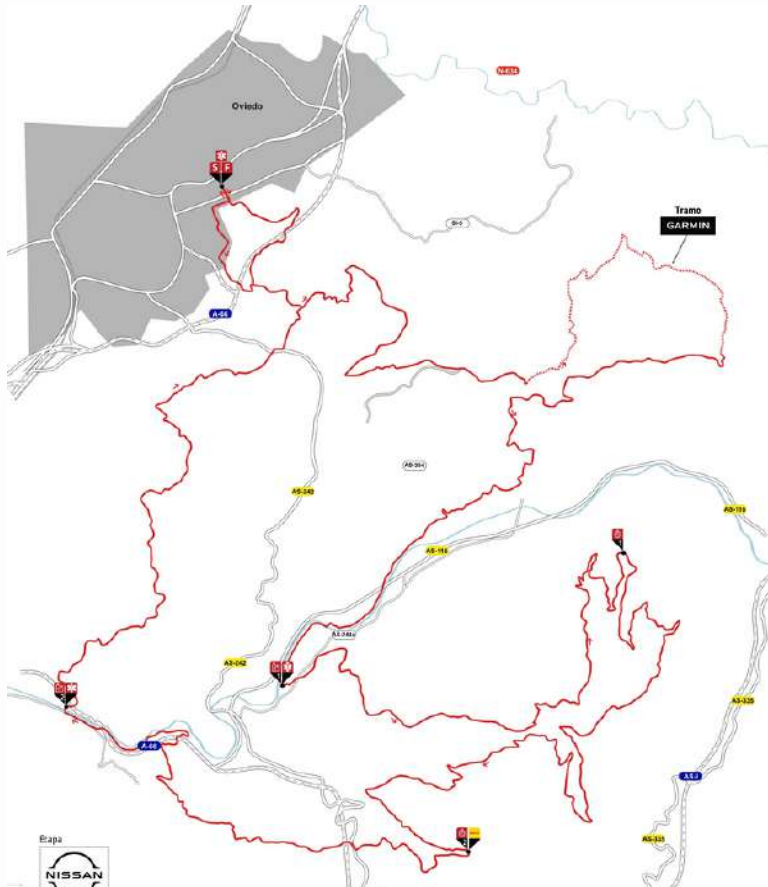
[ZOOM PROFILE](#)

- 09.00H** Paddock, Race Office & bicycle parking aperture - Palacio de Deportes de Oviedo
- 10.00H** STAGE 1 (XCM) START - Palacio de Deportes de Oviedo
- 12.35H** Arrival first rider (estimate time) - Palacio de Deportes de Oviedo
- 13.05H** Award ceremony - Palacio de Deportes de Oviedo
- 18.00H** Paddock, Race Office & bicycle parking closure - Palacio de Deportes de Oviedo

	LOCATION	KM	COORDINATES	FIRST	LAST
	Palacio de Deportes de Oviedo	0,00	43.367293,-5.832052	10.00h	10.05h
		19,92	43.362661,-5.721673	10.50h	11.41h
	Siero	35,26	43.342249,-5.739356	11.31h	13.20h
	Mieres (Siero)	42,07	43.361871,-5.769612	11.47h	13.54h
		52,03	43.356329,-5.775620	12.15h	15.16h
	Palacio de Deportes de Oviedo	60,56	43.367293,-5.832052	12.35h	16.01h

NISSAN SUPER STAGE

63 km | 1.854 m+



- 09.00H** Paddock, Race Office & bicycle parking aperture - Palacio de Deportes de Oviedo
- 10.00H** NISSAN SUPER STAGE (XCM) START - Palacio de Deportes de Oviedo
- 13.16H** Arrival first rider (estimate time) - Palacio de Deportes de Oviedo
- 13.45H** Award ceremony - Palacio de Deportes de Oviedo
- 18.00H** Paddock, Race Office & bicycle parking closure - Palacio de Deportes de Oviedo

ZOOM MAP

ZOOM PROFILE

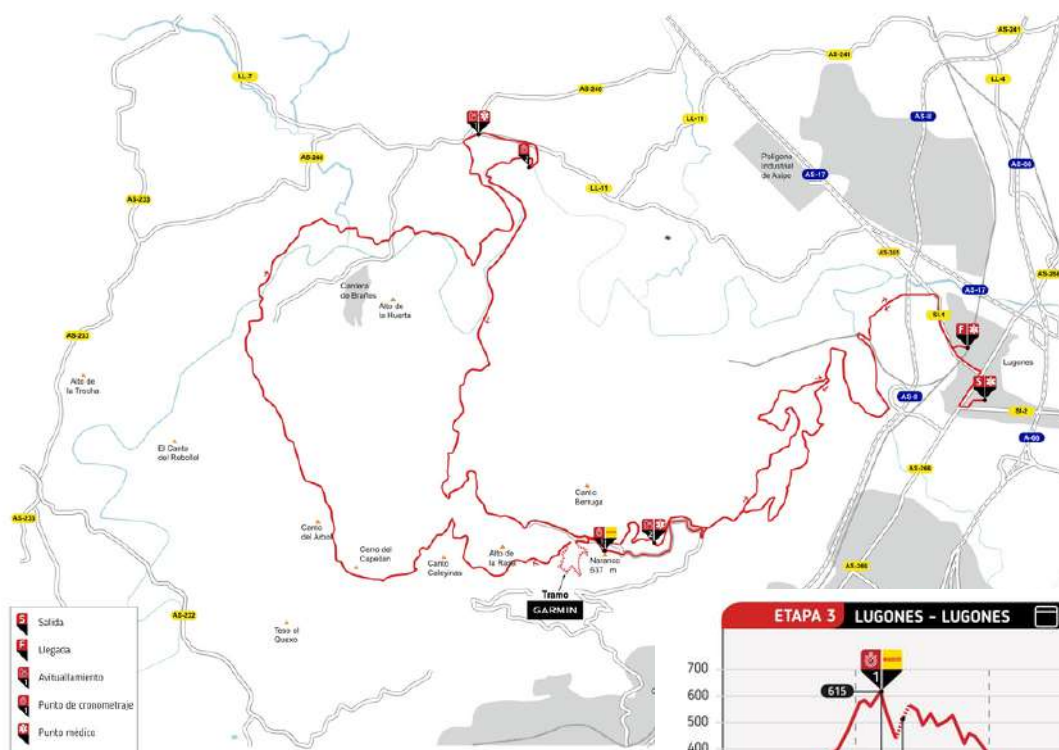


	LOCATION	KM	COORDINATES	FIRST	LAST
	Palacio de Deportes de Oviedo	0,00	<u>43.367293,-5.832052</u>	10.00h	10.05h
	Pista de Futbol Sala	25,93	<u>43.307877,-5.822100</u>	11.21h	12.39h
		36,53	43.323549,-5.766288	11.56h	13.59h
	Pozo San Jose	51,07	<u>43.287798,-5.791803</u>	12.29h	15.14h
	Ribera de Arriba	60,17	<u>43.305515,-5.856307</u>	12.47h	15.51h
	Palacio de Deportes de Oviedo	72,65	<u>43.367293,-5.832052</u>	13.16h	16.53h

47 km | 1.450 m+

ZOOM MAP

AMPLIAR PERFIL



09.00H	Bicycle parking aperture - Palacio de Deportes de Oviedo
09.00H	Race office aperture - Santa Isabel street (Lugones)
10.00H	FINISHER STAGE (XCM) START - Santa Isabel street (Lugones)
12.05H	Arrival first rider (estimate time) - Polideportivo de Lugones
12.35H	Award ceremony - Polideportivo de Lugones
15.45H	Paddock, Race Office & bicycle parking closure - Polideportivo de Lugones

	UBICACIÓN	KM	COORDENADAS	PRIMERO	ÚLTIMO
	Calle Santa Isabel	0,00	<u>43.401044,-5.807173</u>	10.00h	10.05h
	Sagrado Corazón de Jesús	11,94	<u>43.384573,-5.863730</u>	10.37h	11.21h
	Entrada en Carretera LL-II	28,10	<u>43.429888,-5.883013</u>	11.13h	12.47h
	Puente sobre el Río Nora	29,14	<u>43.426229,-5.875403</u>	11.15h	12.52h
	Zona Recreativa	38,99	<u>43.385249,-5.856119</u>	11.45h	14.13h
	Polideportivo Lugones	48,65	<u>43.407019,-5.810475</u>	12.05h	14.58h

PADDOCK



OVIEDO

Palacio de Deportes de Oviedo

Calle Río Caudal s/n | 33010 Oviedo



43.367293,-5.832052

SET UP (REGISTERED): Thursday 01.07 | from 10 am to 2 pm

DISMANTLING: Saturday 03.07 | from 3 pm

On Sunday it will be possible to set up a tent at the finish line area, at Polideportivo de Lugones (43.407019,-5.810475).

SERVICES



MECHANICAL SERVICE

Mechanical assistance to all riders both on arrival at the finish line and at specific points along the route to solve any technical breakdown. Spare parts not included.

BICYCLE WASHING AREA

Washing area to clean your bike.

BICYCLE PARKING

Access restricted only to riders whose bracelet much match with the bicycle's number in order to be removed.

FEED STATIONS

Liquids: water, Coca-Cola & Named salts
Solids during the competition: fruit, nuts & Named product
Finish line: handle bag with sandwich/pasta/rice, fruit, Named product & drinks.

SPORTOGRAPH PHOTO SERVICES

You can purchase 50-100 personal photos and many other generic. You'll also receive 2-3 personal photos every day.
*Presale: € 34.99
*After sales: € 39.99

MEDICAL SERVICE

The race has strong safety measures along the route as well as a field hospital at the paddock. There's also a telephone number on various items, which can be called only in case of an emergency.



CONSIDERATIONS

ELITE MEN

1 - 99



ELITE WOMEN

101 - 199



MASTER WOMEN

251 - 299



MASTER 30

301 - 399



MASTER 40

501 - 699



MASTER 50

701 - 799



RACE NUMBERS & CATEGORIES

- It is compulsory to compete with the number plate and back number provided by the organisation.
- The number plate must be properly placed on the front of the bicycle.
- The back number must be on the rider's back.
- Race numbers are assigned according to each category, the latest UCI ranking released when the start numbers are assigned, riders with an annual racing cycling license, registration order.

AWARDS

- Each stage has an award ceremony for each category, where the first three riders of each category and the corresponding race leaders, have podium ceremony.
- The attendance to the podium ceremony is compulsory.
- Prize money is awarded to Elite categories.
- After the event, the organization will ask the prized riders, via email, all the documentation required to make the payment. If the organization does not receive a response from the prized within a period of 6 months from the last day of the event, it is understood that the participant waives the corresponding prize money.



	1	2	3	4	5
STAGE 1	200 €	150 €	100 €	75 €	50 €
NISSAN SUPER STAGE	200 €	150 €	100 €	75 €	50 €
FINISHER STAGE	200 €	150 €	100 €	75 €	50 €
GENERAL	300 €	250 €	200 €	175 €	150 €



RACE PROCEDURE

- The competition follows the RFEC specific mountain biking regulations.
- Stage results, overall classification and start list of the following stage are released daily, on the web and on the notice board.
- There are different start grids according to the competition's overall classification, which will be open 30 minutes before the stage's start time.
- Five minutes before the start time it's banned to enter the start grid, being placed at the back of its corresponding starting group.
- After the first stage, the start grids will be set according to the overall standings:
Box 1: Elite men (annual federative license holders).
Box 2: Elite women (annual federative license holders).
Box 3 and successive: 100 riders (men or women, non-Elite).
Box DNF/DNS: those that are out of competition.
- For safety reasons, all starts of stage will be staggered.

FAIR PLAY. It involves competing fairly, under the same conditions, and enjoying sport over the ambition of winning, obeying the rules, without cheating, tricking or pretending to confuse the opponents or Commissaires.

The Commissaires have the right to disqualify any rider that does not respect fair play, expelling him/her from the competition without any possibility to continue taking part in it.

EQUIPMENT

- All category race leaders must wear the leader's jersey provided by the organisation. It has a blank space on the front and back to place the rider's sponsors.
- For safety reasons, it is recommended to carry a mobile phone. Route signs, race numbers and participant bracelets have a telephone number printed on them, which should only be called in case of an emergency. It's not a customer service number!

CLAIMS

- Claims must be formally presented to the Commissaires and processed by these following the RFEC regulations

TRACKS

- The organization may publish on its website the GPX track file the day before the stage, but it will be informative only. Arrows prevail.
- The trails on which the competition takes place are assigned only and exclusively for the days of the race, therefore it is not allowed to spread the route's GPS tracks.

ONBOARD CAMERAS

- Onboard cameras are not permitted.

SPORT & NATURE

Our sport, mountain biking, is a competition or leisure activity that takes place in nature and its impact in this environment is a responsibility for all riders and sport organisers. Any participant who throws garbage along the route, is not respectful of the environment (rolling off the roads, taking shortcuts that damage the vegetation, etc.), is not careful with the animals, leave a spare, etc. may be penalized by the Commissioners. It will only be allowed to get rid of the remains of bars or gels in the technical and feed zones.

SPECIAL PRIZES



Pirelli section

Pirelli will award SCORPION™ XC S & SCORPION™ XC R tyres to the participant who passes in a specific position in each of the stages of MMR Asturias Bike Race presented by Pirelli.

For the STAGE 1, a prize will be awarded to the participant who is in the 240th position on the Pirelli section, referring to the launch of the new Pirelli SCORPION XC RC 29x2.40 tyre. For the NISSAN SUPER STAGE, the participant in the 54th position will be awarded, referring to the number of Pirelli XC tyres. And for the FINISHER STAGE, the participant in the 120th position will be awarded, referring to the 120 tpi of MTB tyres.

The Pirelli section will be at time point 1 in the Stage 1 and Finisher Stage, and at time point 2 in the Nissan Super Stage.

A new challenge, Segmentos Bike Race by Garmin



A new race category with a specific classification which aims to reward the strongest and the greatest strategists in certain sections of the route.

These segments will coincide with some of the most emblematic paths in the Bike Race routes, an additional attraction for the riders.

It will be generated a ranking, separated from the general, with the fastest bikers who will compete for an exclusive leader's jersey that will be awarded at the end of the competition.

To apply for this classification, bikers must meet 3 requirements:

1. Being registered in the Bike Races where this classification is disputed (La Rioja Bike Race presented by Pirelli, MMR Asturias Bike Race and Catalunya Bike Race, for the moment).

2. Being a follower of MMR Asturias Bike Race Strava Club:

<https://www.strava.com/clubs/950544>

3. Having an opened Strava profile or making public the activity on Strava, immediately after crossing the finish line and, for the last stage, before the podium ceremony.

In each stage the winner will be awarded a lot of Garmin merchandising products, and also a leader jersey for the final fastest man and woman.

During the race, stay tuned to the race signalisation and don't forget to upload your activity on Strava after crossing the finish line.



Premio AS

The Diario As will reward the fastest young riders of MMR Asturias Bike Race. The youngest participant who crosses the finish line in the top 30, will receive this distinction and a trophy will be awarded at the end of the last stage.

A tribute to the new generations of Mountain Bikers that are already the present - and especially the future - of this competition.



CÓVID-19

PROTOCOLO



FACE MASK

- Verification and start number pickup.
- Up to 1 minute before the start of each stage.
- At the prize giving ceremony.
- On public roads, in outdoor spaces and in any closed space for public use or that is open to the public, except when competing.
- It is mandatory to carry the mask in your jersey pocket during the race.
- In case of assisting another participant, the use of a mask is mandatory.
- The mask must be worn in all restricted areas of the event: toilets, physiotherapy service, bicycle parking, bicycle cleaning service, competition office, bar, etc. Whether indoor or outdoor areas.
- In the feed stations.
- The support staff of the participating clubs and / or teams must wear a mask whenever the safety distance cannot be respected and it is mandatory in what is stated in other points of this protocol.

ANTIGEN TEST

- Participants will undergo 1 antigen test; necessary before the verifications at **Palacio de Deportes de Oviedo**.



START PROCEDURES

- The rider must verify on the web his/her starting order on the grid, as well as the time of each stage.
- If the cyclist has to go to the bathroom before the race, when leaving he/she should wash his hands with a hydroalcoholic gel.
- For all stages, it is mandatory for all cyclists to be on the grid for their start 30 minutes before the start and wear the mask until 1 minute before the start. If the cyclist does not arrive at the time established on the grid, he must start from the last box.
- Before entering the starting grid, a temperature control must be passed by health officials. if the temperature is higher than 37.5°C the medical service will be in charge of managing the situation.



AWARD CEREMONY

- Before going to the pre-podium waiting area, the awarded cyclists will pass a temperature control.
- The awarded riders must enter the podium alone and having washed their hands with hydroalcoholic gel and wearing mask.
- The trophies will not be delivered between personalities and runners, they will be the ones who will collect the previously identified prize for each position on the podium.
- Greetings and congratulations on the podium, with the traditional handshake, are prohibited..

TEAM MANAGERS & STAFF

- The access to the feed zones for team managers and staff is allowed to only 1 person per team.
- Access to venues, whether open or closed or exclusive to the event (competition office, pavilions, refreshment areas, etc.) will not be allowed to companions who have not passed the antigen test.

It's been so many months without competitions and it's time to restart following the rules imposed by the situation in each region. As organization we will work to guarantee the security and safety of staff and participants, proportionating measures, policies and procedures in place to mitigate risks. So please, let us be aware of our individual role and how our behavior is crucial to control the spread of this pandemic.

FOLLOW US



STAY TUNED WITH THE TELEGRAM CHANNEL!

We will have again a Telegram channel to stay tuned during the competition days. With the aim of keeping all the participants, teams, companions, followers and lovers of cycling in general informed and updated, you will get information of:

- Schedule
- List of classifications
- List of starting grids
- Weather forecast
- Award Ceremony notification
- Paddock location
- Starting line location
- Actions of our sponsors and suppliers

Easy! To join the channel, download the App through Google Play or App Store and write in the search "MMR ASTURIAS BIKE RACE 2021", [@ASBR_2021](https://t.me/ASBR_2021) or the link https://t.me/ASBR_2019

FOLLOW THE RACE MINUTE BY MINUTE FROM YOUR MOBILE PHONE!

With the Timingsense Live App you will know exactly where any rider is at any time. You can find them with its name or race number, and you can also add them to favorites. If you are interested, you will have to download the APP through [Google Play](#) or [App Store](#).



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#ASTURIASBIKERACE

WHO WE ARE



AITOR JIMÉNEZ
RACE DIRECTOR



JOSÉ A. HERMIDA
CYCLING EXPERT



ANTONIO ORTIZ
ROUTES



JOSÉ PASTOR
INSTITUTIONAL RELATIONS



MANEL TROYANO
SALES DIRECTOR



CARLES JIMÉNEZ
HOTEL & LOGISTICS



MIREIA SOLA
TEAMS Paddock &
LOGISTICS



ELI SIVERA
ATTENTION TO PARTICIPANTS,
REGISTRATIONS &
ANTIDOPPING



LAIA BOVE
COMM DIRECTOR



LUIS MOLINA
HEAD OF SECURITY



JORDI MAS
COURSE DIRECTOR



Asturias
paraíso natural



www.asturiasbikerace.com

