

ADDITIONAL INFORMATION FOR MTB100 "Kärcher" marathon distance.

Welcome to MTB100 in Ape!

1. start pack will include:

- number plate with a sticker (if this is the first time the participant is taking part in the marathon distance this year),
- plastic clips for attaching the number,
- MTB100 sticker,
- MTB100 course map in A3 format,
- MTB100 2024 design bike bottle,
- MTB100 2024 T-shirt,
- gifts from the race sponsors,
- if participants need bags for their phone or belongings to be delivered to one of the service points, they can be collected at the registration centre.

2. MTB100 Ape 2024 schedule:

Friday, 6th September

18:00-22:00 registration

Saturday, 7th September

7:00-8:30 registration, breakfast porridge for MTB100 participants;

from 7:00 cafe will be open. MTB100 participants will have the opportunity to eat free oatmeal porridge, provided by the race organisers in cooperation with Dobeles dzirnavnieks;

8:30 team meetins for MTB100 distance;

9:00 start (start corridor must be assigned according to the number);

around 13:15 - planned finish for MTB100 race leaders;

prize-giving around 16:00;

from 17:00 - season award ceremony and after-party.

3. MTB100 course is a single lap, 100 - 102 km long with approximately 1400 vertical metres of ascent. The course is marked with white/blue ribbons, red arrows and information signs.

Caution!

There are no traffic closures! All participants must respect the road rules! On public roads, move to the right! Participants must take extra care when crossing roads!

Attention participants!

The MTB100 km course has a check time of 10 hours (average speed 10km/h). This means that the finish line will be open until the last participant, regardless of what time he finishes, but service points (SPs) and referees on the roads is not guaranteed after the time limit on the relevant leg of the course. For example, if a service point is located at kilometre 60 of the

course, this is scheduled to close 6 hours from the start, i.e. around 15:00. Service points will be closed earlier if the final participant has already crossed the km mark.

Participants are advised to bring a charged mobile phone, energy gels or bars, at least 2 water bottles. For those who have never done an MTB100 km, we recommend to bring a headlamp in case the last kilometres of the ride have to be done at dusk or in the dark.

4. There will be **5 service points (SP)** on the MTB100 course. Water will be available at the service points, energy drink, bananas, raisins, pickles, rye bread, sweets. At each of the service points.

In addition, there will be special offers from the sponsors:

Mangaji service point - various drinks,

Ādaži service point - meat products,

Baltais service point - cottage cheese and protein drink,

“Kārumu fabrika” service point – cookies and sweet bars,

Pepsi service point - energy drink.

The service points will have a bike pump, a set of multi tools and inner tubes. In case of a new tube is needed, you will have to pay for it at the bike shop after the race, located at the race centre. The combined service points SP1/SP3 and service point SP2 will be available medical assistance.

It is strictly forbidden to throw any sports nutrition packs or any other rubbish on the course! This must only be done in the designated areas. There will be designated areas for littering on the MTB100 km course 8 - 10(!), follow the information at the track!

Scheduled closure times of Service Points (SP):

SP1 - 11:30

SP2 - 14:00

SP3 - 16:00

SP4 - 17:00

SP5 - 18:00

5. **Dispatch of items to service points.** The organisers will arrange for your belongings to be taken to and from the combined service points SP1/SP3 and service point SP2.

In competition center (designated area) till 9:00 a.m., leave a bag with the items you want to use at one of these service points. Please write your start number on the bag. Please note that the bags will be returned the race centre (at the same designated location) after the end of the control time at the respective service points.

6. All participants will be provided with a meal after the finish. Those participants who will complete the MTB100 for 5th time will receive a special souvenir "MTB100 5x finisher" at the finish.

There will be “Kärcher” bike wash area. For participants there will be available sauna.

The MTB100 team wishes you all endurance and good luck on track!