



# **Xiwuqi King of the Grasslands – Cycling**

*Last Update: 16 May 2024*

## **The 2024 event has four cycling competitions:**

1. Speedy Xiwuqi 58km on Saturday afternoon
2. Cyclo XiWuQi 123 km on Sunday morning
3. Grassland MTB Classic 79km race on Sunday morning
4. Grassland MTB Classic 25km race on Sunday morning

## **Key Points:**

- The Cyclo Xiwuqi and Speedy Xiwuqi races are designed for road race bikes, but you can also take part with other bike types.
- The Genghis Khan MTB Classic 79km and 25km is designed for MTB-only.
- Not allowed: E-bikes (battery-charged), Gravel bikes for MTB category
- Road and MTB categories start at the same time, but in different blocks
- All races count also for the KOG ranking according to the specific regulations of the KOG competition
- The KOG ranking leaders (m/f, RB/MTB) are expected to wear the leader's jersey

## **Competition regulations**

1. Cyclo Xiwuqi, Speedy Xiwuqi and the Genghis Khan MTB Classic are personal cycling challenges - with timing via electronic chip - designed for non-professional and recreational cyclists. The event is open to everyone but promotes amateur, or non-professional, cycling. This means that professional cyclists, or former professionals who have retired from pro cycling less than one year before the date of our event, can only take part in the races "out of competition", i.e., they will not feature in the result list nor receive any prizes. These cyclists are also expected not to influence the outcome of the competition and restrict themselves to defensive riding

- *Definition of a 'professional cyclist': A professional cyclist is a person whose name features on the latest official team list of a UCI licensed World Tour, Pro Continental or Continental Team, or an ELITE MTB team or UCI MTB team. The team rosters and names of riders are available on the website of the UCI, the International Cycling Federation. There can therefore be no discussion. Note that top amateur riders who are hired as occasional guest riders for any of the aforementioned team categories are not considered professionals and can therefore compete.*

2. Participants are personally responsible to ensure their bicycle, gear and other equipment are fit for the task.
3. Wearing a helmet is mandatory for each participant. No helmet, no start!
4. Participants are responsible to bring their own spare parts for any mechanical or bicycle-related issue (e.g. to handle punctures or chain issues).
5. Triathlon or TT handlebars are NOT allowed for safety reason
6. E-bikes are NOT allowed. Any kind of electronic, battery-charged or other mechanical aids on any part of the bicycle is forbidden. People caught cheating against this rule may be banned for life from Nordic Ways events. The Organization Committee (OC) reserves the right to check bikes before the start. Footpeg, locks, etc. shall all be removed before the start of the event.
7. In addition to 'mechanical doping', any rider caught possessing or taking drugs banned by WADA (World Anti-Doping Agency) will be disqualified from the event and potentially banned for life from Nordic Ways events. If you must take a banned product for medical reasons, please let the race director know in advance of the event providing a TUE or other proof that clearly states you must use the product during the event on medical grounds.
8. Except official event cars and media cars, no cars are allowed to follow the participants during the races for security reasons. Any "team cars" are therefore also not allowed to follow riders in the race.
9. Participants must obey all orders and indications of the race director and/or his assistant, and any official marshals or volunteers along the race courses.
10. Each participant must read through these full competition regulations and guidelines. By starting a race, the participant

acknowledges and accepts the competition regulations.

11. Each participant must register online before the event
12. All four cycling competitions at the 2024 Xiwuqi event offer points for the KOG ranking. You can read the KOG competition regulations here [link]
13. Number bibs & bike plates: must be collected at the Race Office in the Xiwuqi Hotel and worn during each race. No bike plate/number bib=no result! Follow the instructions for the correct placement of the bike plate (with timing chip). Otherwise, there will be a 10-minute time penalty.
14. Mandatory Hydration: For Cyclo Xiwuqi, Speedy Xiwuqi and the Genghis Khan MTB Classic, each participant must carry with him at least one 500ml bottle of water or energy drink. Race officials will check before the start!
15. Fair play is the order of the day: riders who are seen conducting unsporting behavior towards others will get a time penalty and/or will be disqualified from the event by the Race Jury. This includes pushing or pulling slower people uphill. Pushing or pulling will be penalized by minimum 1 hour for the first infringement for both riders in question.
16. Even though the race course is expected to be kept traffic free by local authorities, expect the unexpected, watch out for any potential cattle and follow standard traffic regulations by keeping to the right side of the road and stopping for red traffic lights.
17. Race start protocol: participants will start the race from their assigned starting block. This starting block must be adhered to. Participants who start in the wrong block will receive a time penalty of fifteen (15) minutes.
  - Block A: Road Bike participants
  - Block B: MTB participants
  - Block C: MTB Short Distance (25km race only)
18. Course marking: Participants must follow the course as marked by the Organizing Committee (OC). Course marking always overrules GPX maps as on any day, emergency route modifications may occur. Please take note of the colour codes for each race:
  - Speedy Xiwuqi: Yellow
  - Cyclo Xiwuqi: Yellow

- Genghis Khan MTB Classic 79km: Red
- Genghis Khan MTB Classic 25km: White

19. Aid stations: there will be several stations with water, energy drink & snacks in each race. Nevertheless, be as self-sufficient as possible and always have 1 water bidon (*see also point 13*) and an extra energy bar in your pocket.

20. Checkpoints & Cut-Off Times - There will be a minimum speed requirement and thus cut-off times at check points for each race. The cut-off times are applied upon your EXIT out of the checkpoint, not your entry.

- Speedy Xiwuqi
  - Km 46: 18:00
  - Finish: 19:00
- Cyclo Xiwuqi
  - Km 40: 11:30
  - Km 74: 13:30
  - Km 103: 15:00
  - Finish: 16:00
- Genghis Khan MTB Classic 79
  - Km 45: 12:30
  - Finish: 15:00
- Genghis Khan MTB Classic 25
  - Finish: 11:00

Each participant is expected to be aware of these cut-off times because we must stop you if you are too late. If you refuse to stop, you will be entirely self-responsible and you might run into difficulties with local authorities, who are setting clear regulations for our event.

Also, all these checkpoints must be passed by each participant. No passage at a checkpoint, as well as any other kind of short-cutting will result in disqualification from the day's competition. Note again that participants going off the official course will be self-responsible for any risk or injury occurring during this time.

21. Results & Award ceremony - A prize giving ceremony will be held after the races. Participants eligible for a prize are required to check the event timetable and remain at the Event Arena to collect their prize on the podium stage.

22. Results & Complaints - Complaints about race results can be communicated to the race jury at the finish line until maximum 30 minutes after the participant's finish time. Note that a deposit of 200 RMB will be required for the jury to handle the case. If the

complaint is deemed justified by the race jury, the person who filed the complaint will get the deposit back.

23. Race results will be posted on-site at the finish arena, and online later on the day
24. Each finishing participant will receive an official finisher certificate and medal
25. Injury & emergency: please use the emergency telephone number printed on your bib. Please only use this number for serious injuries or other kinds of emergency situations. Aid stations are equipped with first-aid kits for minor issues.
26. DNF - If you retire from a race, whatever the reason, please either try to make it to the next aid station or calmly wait for our bicycle pick-up trucks and 'DNF bus' following the last riders on the course. In any case, communicate your bib number to our event staff.
27. Leave No Trace: competitors are not permitted to throw any garbage on the race course and should keep it with them until the next aid station or designated littering zone. People caught littering deliberately will be disqualified from the race result.
28. Please note that there are cattle (sheep, cows, horses....) in the grasslands and they occasionally run over our course signs. We count on your sense of adventure and good spirit to accept this inconvenience, should you encounter this during one of the two races.
29. Please note that the Race Director, supported by the Race Jury, is authorised to change the race course, amend the race distance or cancel the competition in the event of unforeseen or exceptional circumstances that jeopardise the security of the race or its participants.
30. If anything is unclear, please address your question to a Nordic Ways staff member, or to [info@nordicways.com](mailto:info@nordicways.com)