

Cycling among amateurs and veterans of cycling “Tour of Zhetysu”

CRITERIUM Circuit race

Technical guide

1. Goals and objectives

- 1.1. Development and popularization of cycling;
- 1.2. Promotion of healthy lifestyles;
- 1.3. Enhancing the athletic skills of the participants;
- 1.4. Development of tourism in Almaty region.

2. Organizers

The organization and holding of the competition is carried out by the Tourism Department of the Almaty region, together with the cycling Federation "ZHETYSU" of the Almaty region.

Direct management of the preparation and conduct of:
Samat Sapazhanov - Director of the Race, Main Judge

3. Time and place

Competitions are held **08.06. 2019** in the Taldykorgan city, Almaty region.

07.06.2019. Arrival Day

9.00 - 16.00 Registration of racers issuing starter packs.

Taldykorgan city, Palace of Sports "Zhastar", Kunaev st. 22

08.06. 2019 8:30 - 9:30 Registration of racers issuing starter packs

Taldykorgan city, md. "9th Platform".

10:00 - start of the CRITERIUM race by categories.

Start - Finish Taldykorgan city, «md. 9th Platform».

1 lap is 2,700 meters.

- **18 — 35** – 15 laps (men). 10 laps (women)
- **36 — 45** – 12 laps (men). 8 laps (women)
- **46 — 55** – 10 laps (men). 6 laps (women)
- **56 +** - 8 laps (men). 6 laps (women)

4. Race format (general information)

>CRITERIUM race

4.1. Circuit race with a common start, where points are given on even number of circle

1 place. - 5 points. 2 place. - 3 points. 3 place. - 2 points. 4 place - 1 point

4.2. The winner of the race is determined by the amount of points scored on intermediate (even) circles.

4.3. Winners and prize-winners in their categories are awarded with diplomas.

4.4. Criterium is held in one day in accordance with the rules of cycling (KCF, UCI). The Criterium Race is not part of the Gran Fondo World Tour program.

4.5. Riders numbers are divided by color depending on age group. 18-35 years old - RED, 36-45 years old - BLUE, 46-55 - GREEN, 56 and older - PURPLE.

4.6. Issued start packs are also packs for the «Gran Fondo Tour of Zhetysu» group race.

4.7. Age categories (Age of the participant is determined by the year of birth):

- **18 — 35**
- **36 — 45**
- **46 — 55**
- **56 +**

4.8. Set off for each category separately for men and women. In case of not enough participants, some of the categories can be combined.

4.9. The race route is closed to road traffic and marked with signal tape or other visible elements.

5. Requirements for participants

5.1. Regional, international and international teams and clubs are allowed to participate. At the time of the start, the participant should not be: under the age of 18, there is no upper limit on age.

5.2. Cyclists are allowed to participate only on road bikes.

5.3 We strongly recommend that all participants undergo a medical examination and have insurance against unforeseen circumstances.

5.4. During the competition, athletes can develop high speed, so participation is potentially unsafe.

5.5. By applying for a race, participants take responsibility for their health and all possible risks associated with participating in competitions, and free the organizers from any material, civil or criminal liability in case of physical or material damage suffered by them in the process of direct participation in the race.

5.6. Participants guarantee that they are aware of their state of health at the time of race starts, the limits of their own physical abilities and the level of their technical skills.

5.7. Each participant, before receiving the starting package, signs a receipt for the removal of responsibility from the organizers of the start.

5.8. A certificate from the doctor about admission to the competition is preferred, but not required.

5.9. All athletes are required to participate in helmets throughout the race.

9. Registration

9.1. Registration for the competition is open at www.granfondo.com.kz

9.2. the organizers reserve the right to refuse an application without giving reasons.

9.3. Athletes who have a valid UCI license or national cycling federations are not allowed to race. Or allowed out of competition.

9.4. Participation in the CRITERIUM race is not separately paid.

10. Expenses for organizing and conducting competitions

10.1 The costs of organizing and conducting the competition shall be held by: the Organizing Committee;

10.2 Travel, accommodation and meals are held by the sending organization or the participants themselves.

11. Contacts

E-mail of the organizers: samatkz-83@mail.ru

Tel.: +7 777 250 94 13 (Samat Sapazhanov)

