

THE TRAKA

ATHLETE GUIDE

MAY 2024



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WHAT DO YOU NEED TO KNOW BEFORE THE TRAKA?

This event, organized by Klassmark, is designed so that any cyclist can participate, regardless of the type of bike you have. In the buttons below we attach the complete program of the week, the most important locations and also to see the different parking lots for vehicles, caravans and motorhomes.

WELCOME TO GRAVEL PARADISE!

PROGRAM

LOCATIONS

PARKING



OFFICIAL PROGRAM

We invite you to live and share an unforgettable weekend of gravel.
Don't miss any detail of The Traka's program.

TUESDAY 30 APRIL 2024

17:00 a 19:00 / CHECK-IN ADVENTURE 560K

WEDNESDAY 1 MAY 2024

6:15 to 6:45 / COFFEE BREAKFAST & GO
7:00 / START THE TRAKA ADVENTURE 560k

Place: Parc de les Ribes del ter

18:00 a 20:00 / PAS NORMAL STUDIOS Hill Climb Challenge
Place: Pàrquing Font del Ferro

THURSDAY 2 MAY 2024

From 11:00 / ARRIVALS THE TRAKA
ADVENTURE 560K

15:00 a 19:00 / BIKES VALIDATION 360K

15:30 a 19:00 / CHECK-IN 360K

18:00 / PRESENTATION THE TRAKA

18:30 / CYCLISTS PRESENTATION 360K

Place: Parc Ribes del Ter

FRIDAY 3 MAY 2024

5:00 a 5:45 / COFFEE BREAKFAST & GO
6:00 / START 360K

15:00 to 21:00 / Streaming TRAKA 360K

16:00 a 21:00 / CHECK-IN 200K

18:00 / CYCLISTS PRESENTATION 200K

17:00 a 00:00 / ARRIVALS 360K

Place: Parc Ribes del Ter

SATURDAY 4 MAY 2024

6:00 a 6:45 / COFFEE BREAKFAST & GO

5:45 a 6:45 / CHECK-IN 200K

7:00 / START 1 200K

7:30 / START 2 200K

12:00 to 15:00 / Streaming TRAKA 200K

00:00 a 14:00 / ARRIVALS 360K

13:00 to 19:30 / ARRIVALS 200K

17:00 / CLOSING CEREMONY 560K 360K & 200K

17:00 a 19:00 / CHECK-IN 100K & 50K

Place: Parc Ribes del Ter

SUNDAY 5 MAY 2024

7:00 a 7:45 / CHECK-IN 100K & 50K

7:00 a 7:45 / COFFEE BREAKFAST & GO

8:00 / START 100K & 50K

9:45 a 12:00 / ARRIVALS 50K

11:30 a 15:00 / ARRIVALS 100K

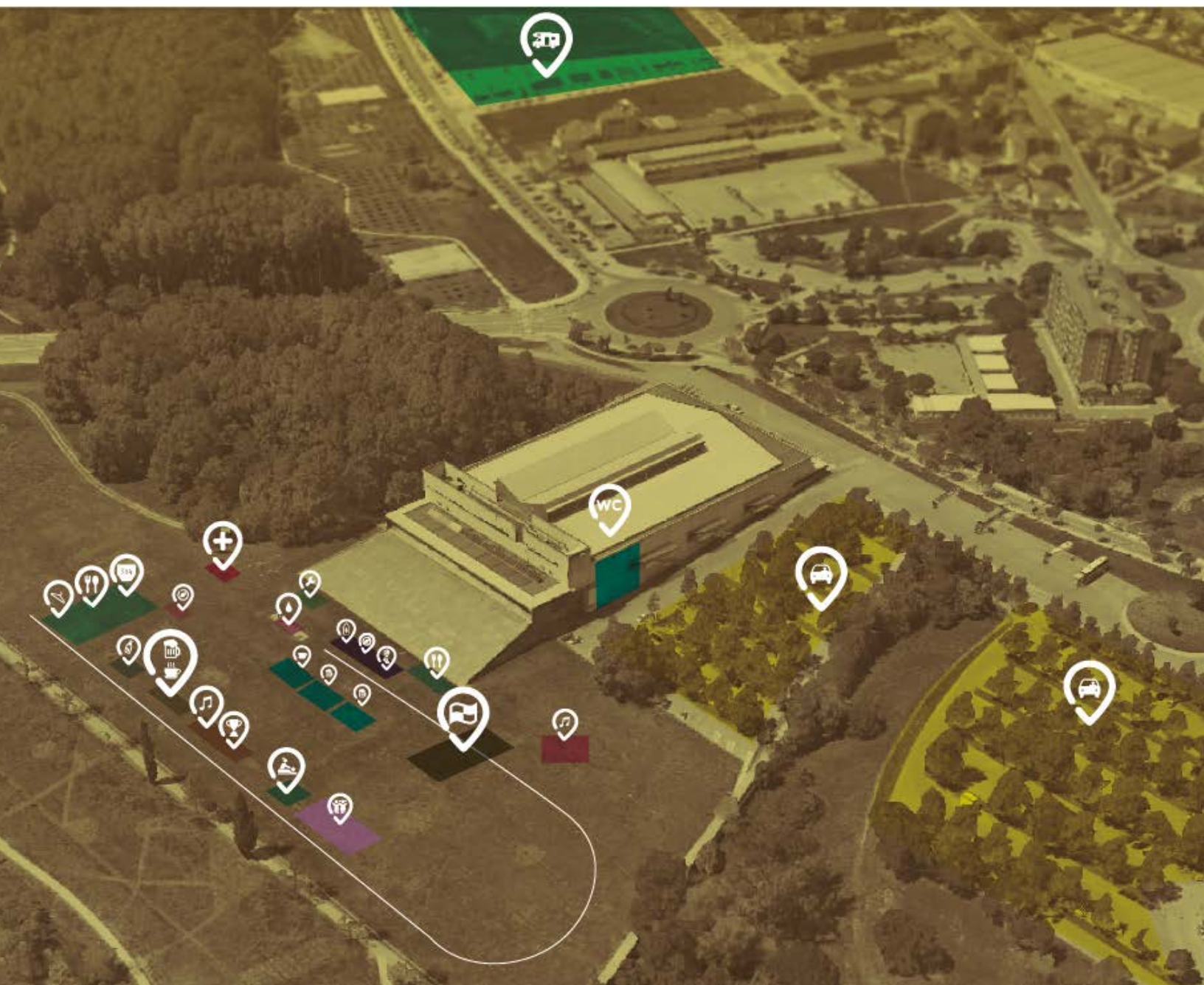
12:30 / CLOSING CEREMONY 100K & 50K

Place: Parc Ribes del Ter

LOCATIONS THE TRAKA

This is the map of the locations area of The Traka. Here you will find all the information you need to orient yourself in the area and make the most of the experience. In this map you will find the key places such as restrooms, food trucks, the ambulance, the start and finish line, the doctors, the beverage area, where to check-in, and much more.

This way you don't miss any details and take full advantage of everything the base has to offer.



OTHER ACTIVITIES OF THE TRAKA

PAS NORMAL STUDIOS® **Hill Climb Challenge →**

1 May — 2024
06:00 pm
Sant Miquel

THE TRAKA
GIRONA

PAS NORMAL
STUDIOS®
INTERNATIONAL CYCLING CLUB

MAPS, TRACKS AND INFO ON FEED ZONES

All the detailed information of the four routes, you will find it on the website of The Traka. Check the profile, mileage, elevation gain and the location of the refreshment posts.



- The first kilometers of the four distances are designed to divide and stretch the large group without technical sections so that the circulation is fluid.
- The schedule of the departures is designed to avoid traffic as far as possible during the early hours.
- The 360K route at km170 has a sector of Hike a Bike.
- Catalonia is a safe place. You will not find conflicts or dangerous animals during the route
- Respect traffic regulations, as well as the rural and human life of the environment throughout the route
- We can modify the route for weather reasons until the day before the race. Any modification will be communicated by email.
- Three days before the event we will send an email with instructions and a link to Ride with GPS so you can download the final track for free.
- All provisional tracks prior to the email will not be valid.
- Once the track has been entered into your GPS system, check that it has been loaded correctly.
- Remember that the route is not marked. There are no tapes or signaling elements, except for the start and the finish line. If you find a dirty road, you must turn back
- In case you find a road cut due to a traffic accident or road works, you can recalculate to return to the track as soon as possible
- On the 360K and 560k itinerary, you can deviate from the track to eat, drink, sleep or repair your bike. Afterwards, you will have to resume the route.



BIKE RECOMMENDATIONS

- You can participate in The Traka with any type of bike. For us, gravel doesn't understand handlebars
- You can participate with handlebar extensions. We consider that these extensions do not provide an extra benefit in this terrain and there are very few of you who use them.
- Remember to always keep an eye on your bike.

SURFACE

If you are planning to participate in The Traka, it is important that you take into account the specifics of the terrain and equipment needed to enjoy the experience to the fullest.

- 80% gravel tracks in good condition, 5% singletrack and 15% secondary roads
- The best choice of tires if you ride well is 40mm; if you are not very technical we recommend between 42 and 45mm
- It is also advisable to carry 700 wheels.



CLIMATE

Girona has a Mediterranean climate with continental influences. For The Traka you should be prepared for changing weather conditions due to its location near the Mediterranean coast and surrounded by mountains.

At that time of the year you may feel comfortable in short sleeves and shorts, but it is also important to keep in mind that temperatures can drop during the night, and you may encounter weather conditions such as wind and rain.

- Temperatures at this time of the year range between 15 and 25 degrees Celsius
- At night it can be less than 10 degrees Celsius
- The Mediterranean climate is very varied and changeable
- In the northern areas of the route can blow Tramuntana. There is wind 150 days a year
- Remember that you may encounter windy and rainy conditions.



360K BIKE VALIDATION

Safety is a priority in any race, and the 360K distance at The Traka is no exception. If you are participating in the 360K distance, it is important that you know that you must validate your bike before taking the start.

The validation will take place on Thursday from 3pm to 7pm in the Start & Finish area, and during the validation, we will check various safety aspects of the bike:

- White front light
- Red back light
- Brakes, steering
- Bottom bracket

Participants with a bike without a verification sticker will not be allowed to start.

CHECK IN

Check-in and bib number pick-up is an essential process before the race to ensure the correct identification of participants and their safety during the competition.

- All participants must attend the check-in in person to collect their race number at the Start & Finish area.
- You must present your identification document at the check-in.
- If you did not choose the insurance option at the time of registration, you must present your federation card or the insurance policy that covers you for the activity in case of an accident.
- If you cannot attend the check-in in person, a third person can collect your race number if they have your authorization and provide the documentation required as detailed in the previous points.

So make sure you have everything you need to enjoy the race with total security and peace of mind.



GEOLOCATORS 560K & 360K

To ensure the safety and tracking of participants, it is mandatory that athletes of the 560K and 360K distances pick up a geolocator during check-in.

- The geolocator will be delivered activated. It is strictly forbidden to tamper with it
- The device must always be placed inside the transparent waterproof bag that you will receive.
- It is strictly forbidden to transport it outside this bag.
- The geolocator lights must always face upwards to emit frequency; never downwards.
- You must place the device in the top of the handlebar bag, in the back pocket of the jersey or in the top of the hydration backpack
- Before the start of the race, we will perform a check to verify all the devices
- You can follow the route through **TracktheRace**.
- You will receive the tracking link by email. Forward it to your friends and family so they can follow your progress live
- Remember that safety and respect for the rules are essential for everyone to enjoy an unforgettable experience at The Traka
- At the end of the race you will have to return it to the organization.



MATERIAL

In any sporting activity, the choice of equipment is key to enjoy a safe and satisfactory experience. In The Traka, the organization pays special attention to ensure the safety of the participants, so there are certain mandatory material that you must carry with you at all times.

- The red light in the back, the white light in front, the unsilenced cell phone in case we want to call you and the geolocator that we will provide you, in the 560K and 360K distance, are mandatory
- It is highly recommended to carry a bell to warn pedestrians
- The rest of the equipment is your responsibility. Remember that as a participant in the 560k & 360K you may need to carry additional equipment such as sleeping bag, food, credit card, etc. depending on your planning of the race

Remember that your safety is the most important thing, so make sure you have all the necessary equipment to enjoy a unique experience.

LIFE BAG

The life bag is a service available to participants of the 200K and 360K distances at The Traka.

- In the distances 200K & 360K there will be a bag of life service
- The bag of life should not exceed 18L (51 x 36 x 5 cm)
- You will be able to hand in a life bag with the belongings you think necessary at the time of check-in.
- You will find your life bag at the feed zone in Casavells
- You will be able to pick up the bag you leave in Casavells at the arrival: 360K on Saturday from 13:00 h to 19:00 h and 200K on Saturday from 17h to 19h and on Sunday from 9h to 13h in the Parc de les Ribes del Ter

Don't worry about carrying too much weight or unnecessary things on your bike, take advantage of this free service to have at your disposal everything you may need.

START AND ARRIVAL

The start and finish are key moments in any race, and in the case of The Traka, it is important to pay special attention to the first and last kilometers of each distance in order to follow the track correctly.

- The first 5 kilometers will be neutralized and the last kilometers of each distance will be marked
- Pay close attention to these sections to follow the track correctly
- There is one start per distance, except for the 50K and 100K routes which are unified
- If you arrive in Girona in time, we recommend checking the last kilometers to the finish line.

BOXES

Different starting boxes have been established for the 200K distance starting at 7:00h. In the 50K, 100K and 360K distances, a single central box without priority has been established.

- In the distances 50K, 100K and 360K there will be no start boxes in order of priority, only a single central box.
 - In the 200k distance there will be two starts:
 - A first start at 7:00 h, with diferents boxes:
- BOX 1: 1 to 99 / BOX 2: 100 to 199 / BOX 3: 200 to 299 / BOX 4: 300 to 399 / BOX 5: to 400 al 429 the box will open at 6:40 and will close at 6:50 h.
- A second start at 7:30 h, the box will open at 7:10 and will close at 7:20 h.



BOTTLE NECK

- If it rains in the days leading up to the event, it's possible that puddles may form causing some congestion in the first few kilometers.
- A fall can also cause a bottle neck during the first part of the route.
- In these situations, it's important that the good atmosphere and empathy among participants prevails above all.
- We must have patience. This is gravel, and these situations are part of the game, as well as punctures, breakdowns, or slower singletrack sections.

NOT PERMITTED

In The Traka there are certain actions that are not allowed and, if detected, may result in a time penalty or even disqualification.

- Receiving external assistance outside of the feed stations.
- Exceeding 20km/h inside the villages.
- Overtaking inside the villages.
- Not respecting traffic rules.
- Drafting behind a group without taking turns. Set your own pace and do not rely on anyone.
- Not helping a fellow participant who has had a fall or a mechanical issue.
- Being pushed or dragged.
- Using the same partner throughout the route to benefit from drafting.
- Furthermore, if you throw any object on the ground it will be reason for disqualification. Make sure your empty gels go back into your jersey pocket.

It is important to keep these rules in mind to ensure safety and fairness in the competition.

ASSISTANCE

The organization of The Traka wants to ensure that the race takes place under fair conditions for all participants and, therefore, a series of rules have been established that must be followed during the course.

- It is permitted to assist in the feed zones. All feed zones will have the assistance area marked.
- It is completely prohibited to receive external assistance outside of the feed zones.
- If you are assisted outside of these zones, you will receive a penalty or be disqualified.

The competition should be run on a level playing field for all runners and outside assistance may give an advantage to some, which is unfair to others. Therefore, a call for responsibility and sporting ethics is made to ensure that The Traka is a clean and fair race.

INTERNAL ASSISTANCE

Internal support in cycling races is a very sensitive issue, as it can be a determining factor in the final result of the competition. That is why in The Traka, it is strictly forbidden to receive inside help from another participant.

- It is strictly prohibited to receive internal assistance from another participant.
- If you are pushed by a teammate or towed by any means, you will receive a penalty or be disqualified.
- In cases of a compete with yourself and your strength, you cannot benefit from the same teammate throughout the course.

It is the responsibility of each rider to respect these rules and to avoid any unfair advantage.

EMERGENCIES

The safety of the participants is a priority for Klassmark. In the event of a physical or mechanical emergency during the course, certain measures are put in place to guarantee the integrity and well-being of the competitors.

In case of a physical or mechanical emergency you can take any means of transportation, but you must inform the organization in advance

To continue you must rejoin the route at the same point you left it.

EMERGENCY CONTACT

All participants have the organization and emergency number on their bib, but it is good to have more references. Here are some points and emergency contacts near The Traka.

- Citizen assistance: 112
- Teléfono de contacto Klassmark: +34 686 403 194
- Hospital Trueta: +34 972 940 200
- Hospital Trueta: Link Google Maps

ABANDONING

To ensure the safety of all participants, it is important to follow the rules established in case of abandonment of the race.

- If you abandon due to breakdown or fatigue, you must return by your own means
- Remember that it is totally forbidden to return by bicycle on highways and national highways
- If you want to return with vehicles of the organization, you must adjust and wait for the scheduled timetable:

360k: Campmany: 11 AM Casavells: 16 PM , 19 PM, Cassà de la Selva: 20 PM

200k: Sant Joan: 9:30 AM, Casavells: 12 PM, Cassà de la Selva: 13:30 PM

SECURITY

Several management and security teams will be present throughout the event to ensure the integrity of the participants.

Several management and security teams will be on the ground throughout the event.

In your bib number you will find a contact phone number in case of emergency.

Remember that to take the start you must have contracted insurance.

If you have not contracted the insurance with us, because you have your own, check your coverage to verify that the activity it's covered.

MANIFIEST

The Traka is a unique opportunity to enjoy gravel at its best in one of the most beautiful areas of our territory. Our goal is to finish; ours is to take care of you and this idyllic environment for the practice of this sport. We must leave no trace. Only with love and respect for the environment will we be able to enjoy The Traka for many years to come. Ethics, sportsmanship and solidarity among all teammates must prevail over any competition.



THE TRAKA GUIDE



presented by:



**PAS NORMAL
STUDIOS®**
INTERNATIONAL CYCLING CLUB

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226ERS

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