

1000
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NOV
8
THOUSAND KILOMETER RIDE

2017 PHILIPPINES

Long-distance Stage Ride

Your participation helps **PROMOTE**
community-based disaster
preparedness using bicycles

Manila_Tacloban_Calicoan
10 Stages_10 Days_5 Provinces
2-Man Teams_Unsupported*

- 
- ⑩ Bonifacio Global City (START)
 - ① Lucena City
 - ② Tagkawayan, Quezon
 - ③ Naga City
 - ④ Daraga, Albay
 - ⑤ Matnog, Sorsogon
 - ⑥ Victoria, Samar
 - ⑦ Calbayog City, Samar
 - ⑧ Catbalogan City, Samar
 - ⑨ Tacloban City, Leyte
 - ⑩ Guiuan/ Calicoan (FINISH)
 - ✓ Cebu City (Community Ride)

RIDE _ PERSEVERE _ FINISH



The 1000 Kilometer Ride is a unique cycling event that is both an individual challenge and a team effort against the clock to set a “best effort” team record in ten stages of riding over ten days.

The ride is governed by “Gentleman’s Rules” where each individual cyclist and every team participating in the event are expected, by their honor, to abide by the simple agreement that they will not take shortcuts on the race course, apply unfair means of mobility, or behave in any way that will put their fellow cyclists in danger or at an unfair disadvantage.



The ride is open to road bikes, mountain bikes with road-specific tires with a minimum width of 1.95 and fixed gear bicycles. The type of bicycles for the event was selected through two years of course testing and timing the ride duration at each stage that will provide the best chance of finishing.



The first requirement for all participants is to have a minimum of two main lights and three strobes for night riding and road safety. The course will be along the Philippines’ Maharlika Highway, also known as the AH26 being part of the Asian Highway System, sections of road can be very dark.



Teams will be supported by a supply and mechanical assistance van throughout the course. A medical team and motorcycle escorts will also be present to provide an additional layer of support and safety.



Registration for each two-man team is P7,500.00 which includes unlimited water and Gatorade throughout the ride, support vehicle including transport of personal materials, basic medical assistance, powerbars and gels, internet access, souvenir shirt and event jersey included in registration fee.





RIDE RULES

Event Participation is open to all Filipino citizens and foreign nationals of any gender that form two-man riding teams.

Bicycle Equipment for the event is limited to road bikes, mountain bikes and fixed gear bicycles in consideration of the distance, terrain and time allowances for each stage.

Participating Teams may be comprised of all-male, all-female, or mixed teams without time bonuses or adjustments.

Starting Point of the race shall be at a location designated by the event organizers/ race director. Participating teams must start the ride with both members present at the roll-out.

Race Format will be patterned after team time trials, where time will be started for each team as both members of the team cross the designated starting line for each stage.

Finish Time will be recorded at the end of each stage after the last member of each team crosses the designated Finish Line. Teams with one member left will be considered out of contention but remaining rider will be allowed to continue as a non-ranked solo entry.

Dropping Out of the race at any part of the course or at any stage will earn teams a DNF standing, members may continue on the course as non-ranked entries.

Mechanical Means of mobility or assistance that helps teams or individual riders progress on the course is strictly prohibited, violation of this rule is grounds for automatic disqualification with registration fees forfeited.

Banned Substances and Unrespectable Behavior is strictly not allowed on the race course and peripheral activities of the event, violation of this rule is grounds for automatic disqualification with registration fees forfeited.

Traffic Laws and Regulations must be followed at all times; including the use of helmets while moving on a bicycle, stopping at traffic signals and intersections, giving way to pedestrians and other conventional rules.

Concerns and Grievances must be reported to the Race Director for review, his decision on all matters during the race is final.

SUPPLIES



Food & Accommodations during the event is not included in the registration fee and will be the sole responsibility of each team and its members. Event Management will provide ample food packs at the finish line of each stage that will include a rice meal, recovery snack items and drinks.



Professional Mechanic will be included in the complement of support staff in addition to a Medical Team. The support vehicle will also carry a complete set of bicycle repair tools and supplies. In addition, participants may choose to purchase replacement parts and other supplies from the mobile store, including basic medicine for fever, colds, cough, muscle pain, and other discomforts.



MISCELLANEOUS



Hot Coffee (instant) will be available free to all participants throughout the ride. Other hot and cold beverages as well as food will be available for sale from the support vehicle.



SAG Wagon will be available throughout the ride to pick-up DNF participants and transport them to the next finish line. Participants may not exit the race course without notifying the Race Director or Event Management.



Home-Bound Transportation from any point of the race course including the finish line is the sole responsibility of the participants. Cost of transportation for team members and their equipment not included in the registration fee.



RACE DETAILS

Participating Teams will begin the ride individually from Bonifacio Global City, Taguig, with a mandatory two minute gap between departures. Each team's progress on the race course will be timed recorded based on Strava data as well as official timing. The event is patterned after Team Time Trial events, modified to limit the racing to Speed Segments in each stage of the ride on both flat roads and mountains. Speed Segments are sections of stages where participating teams can collect cumulative points for ranking. Rankings do not affect the finisher status of any team that completes the course.

Stage Start will require participating teams to depart with two minute gaps between them in the order of the previous day's finish.



Unsupported Ride is defined for this event as the requirement for each participating team to navigate the race course safely and in accordance with traffic laws and regulations without supervision from Race Management. Support will be given to participating teams in terms of mechanical, medical, provisions and information where possible.

Support Zones and checkpoints will be pre-set along the race course, on every stage, to provide participants with necessary assistance and supplies.



Team Highlights is an award given to each team at every stage to recognize their completion of each stage they ride, the award is a certificate of recognition that indicates the team name, individual team members, stage and time (based on Strava).

Points Ranking will awarded to the top ten team finishers of the ride. KOM/QOM awards will also be awarded to individual participants who earn the highest points on mountain stages.



Race Data will be monitored through the mandatory use of the Strava app by each individual participant, timing will be done manually using an official stopwatch and possibly with the use of RFID timing chips (if available).



Special Concerns include mandatory screening by the event's medical team at the start of every stage for the full duration of the event. The Race Director reserves the right to deny clearance for any participant to start any stage upon the recommendation of the medical team for any reason unfavorable to the participant's continued participation.

Medical Clearance is required from each individual participant of the ride, specifically indicating their physical and medical fitness to participate - supported by necessary medical documents as deemed necessary by the event's medical team.

Minimum Age for participation is eighteen years old (18), minors must be accompanied by a legal guardian and must have clearance from the DSWD or other relevant agencies.



2017 RACE ROUTE

STAGE ① Bonifacio Global City – Lucena City



Stage One is generally a flat stage, taking the service road parallel to the South Luzon Expressway to Alabang and the South Road going to Calamba and San Pablo City. There will be minor hills between Tiaong, Quezon and Lucena City.

STAGE ② Lucena City – Tagkawayan, Quezon



Stage Two starts with relatively flat roads coming out of Lucena until the Quezon National Forest Park with the first ascent of the race course, the famed *Bitukang Manok* Road headed towards Atimonan. The road flattens out going through the coastal roads of Gumaca, Quezon and then turns into rolling hills all the way to the finish line in Tagkawayan.

STAGE ③ Tagkawayan, Quezon – Naga City



Stage Three is one of the longest stages on the course, the ride will take up most of the day for most participants on some of the most exposed roads on the AH26 and with the most variation in the terrain throughout the route. This portion of the course does not have major ascents but features countless hills.

STAGE ④ Naga City – Daraga, Albay



Stage Four is a combination of flat roads and hills. The stage is designed to be started late in the day and will be ridden at night. The stage is not especially long with a long ascent that leads all the way to Camalig before the long downhill ride to Daraga.

STAGE ⑤ Daraga, Albay – Matnog, Sorsogon



Stage Five has two proper ascents separated by a long flat road. The first ascent is right at the beginning of the stage in Daraga followed by a long descent and rolling hills all the way to the City of Sorsogon. The second ascent is right before the long descent into the port town of Matnog at the southernmost tip of Luzon Island in the Philippines.





2017 RACE ROUTE

STAGE 6 Victoria, Samar – Calbayog City



The Samar section of the route is generally dominated by ascents. The beauty of the route is that it's mostly along the coastline that provides an incredible view of the Visayan Sea. This portion of the route is an introduction to the narrower and less well-paved roads common on the Island of Samar.

STAGE 7 Calbayog City – Catbalogan City



This section of the route is dominated by ascents, it also deviates from the coastal area and heads into the more mountainous interior of Samar Island where the road may be a considerable challenge for those with lesser experience in long-distance endurance cycling. This is a long stage that will require most of the day to complete.

STAGE 8 Catbalogan City – Tacloban City, Leyte



This is the Gatekeeper Stage of the route, featuring a steep ascent right at the beginning of the stage and a relentless series of hills thereafter. This stage will test the endurance of the teams to keep riding in spite of the long distance of this stage coupled with the challenging terrain all the way to the San Juanico Bridge.



STAGE 9 Tacloban City, Leyte – Guiuan, Samar



This is a combination of long flat roads and a series of ascents on considerable hills. Most of the roads on this route are along the coastline and some care will be needed in navigating the narrow sections of road that go through some of the small towns in the early part of the route. The second half of the stage goes through more isolated roads that give a preview of what to expect at the finish line of the event.

STAGE 10 Guiuan, Samar – Calicoan/ Sulangan



The final stage of the 1000Km Ride is a short 20-kilometer sprint through the length of Calicoan Island on a road along the Pacific Ocean coast of Eastern Samar. The Finish Line is in the village of Sulangan at the southernmost tip of Calicoan, there is no more road beyond this point.

▶ EXTRA ACTIVITIES

Traditionally, participants of the ride will exit through Ormoc City, taking the fast ferry to Cebu City for an extra day dedicated to doing a community ride in partnership with Bike Scouts Philippines and local partners.





MERCHANDISE



Cotton Shirt (Official)



Event Jersey (Official)



Race Tags



Rulebook & Race Passport



Sponsors' Loot Bag

