



# **2024 UEC Mountain Bike Marathon European Championships (XCM) Elite - Masters**

**Viborg  
Denmark**

**18. August 2024**

## **TECHNICAL GUIDE**

*as of 28.5.2024 – V4*

## 1. ORGANISATION

### 1.1. LOCA SING COMMITTEE (LOC) L ORGANI

President & Director	Henrik Karlsen <a href="mailto:karlsen@outdoorarena.dk">karlsen@outdoorarena.dk</a>	+4520683030
Sports & Technical manager	Jens M. Andersen <a href="mailto:jensmortenandersen@icloud.com">jensmortenandersen@icloud.com</a> Henrik Lisby <a href="mailto:Henrik_lisby@hotmail.com">Henrik_lisby@hotmail.com</a>	+45 60132022 +4561654940
Race Office & Registration Manager	Henrik Karlsen	
Catering manager	Tina Bo Winther <a href="mailto:info@outdoorarena.dk">info@outdoorarena.dk</a>	+4528749491
TEAM & EXPO manager	Henrik Karlsen <a href="mailto:Karlsen@outdoorarena.dk">Karlsen@outdoorarena.dk</a>	+4520683030
Press Officer	Anne Louise Sommer Katrine Rubeck	+4528198035 +4587873011
Media and Video manager	Lucas Larsen	+4522956844
Route and Corse manager	Mads Krüger Larsen	+4540106053
Webiste LOC:	<a href="https://uec-xcm.dk/">https://uec-xcm.dk/</a>	
Webiste UEC:	<a href="https://www.uec.ch/en/event/237/2024-uec-mtb-marathon-european-championships-1">https://www.uec.ch/en/event/237/2024-uec-mtb-marathon-european-championships-1</a>	

### 1.2. UEC REPRESENTATIVES

UEC Management Board	Enrico Della Casa (ITA)	President
	Delmino Pereira (POR)	Vice President
UEC Sports Coordinator	Henrik Jess Jensen (DEN)	Vice President
	Katarina Jakubova (SVK)	Member
	Dragomir Kouzov (BUL)	Member
	Alasdair MacLennan (GBR)	General Secretary
UEC Events Coordinator	Vladimiro Petsas (GRE)	
UEC Press Officer	Tiziana Lardieri (SUI)	
UEC Technical Delegate I	Stefano Bertolotti (ITA)	
UEC Technical Delegate II	Paolo Pesse (ITA)	
UEC Photographer	Giorgio Baruffi (ITA)	
UEC MTB Commission	Simone Lombi (ITA)	
	Petr MAREK (CZE)	President
	Ivana RUSZKOWSKI (CRO)	Member
	Tord Bern HANSEN (NOR)	Member
	Jurgen PAIL (AUT)	Member
	Pedro VIGARIO (POR)	Member

### **1.3. COMPOSITION OF THE COMMISSAIRES PANEL**

President of the Commissaires Panel	Miranda Colenbrander (NED)
Assistant PCP	Preben Jensen
National Commissaire (start)	Ulrik Jørgensen
National Commissaire (finish)	Michael Lajer
National Commissaire (assistant)	Penille Gammelby
Race Secretary	tbc

### **1.4. ANNOUNCERS**

Søren Engelbrecht  
Anders Rørbæk

### **1.5. TIMEKEEPING**

Sportstiming  
<https://www.sportstiming.dk/>

## **2. GENERAL INFORMATION**

### **2.1. TRAVEL AND ACCOMMODATION**

Travel and accommodation expenses to and from Viborg must be covered by the National Federations and the Teams.

#### **Nearest airports are:**

Midtjyllands Lufthavn, N. O. Hansens Vej 4, 7470 Karup **30km from the venue**  
Billund Lufthavn (BLL), Passagerterminalen 10, 7190 Billund **89 km from the venue**  
Aarhus Lufthavn, Ny Lufthavnsvej 24, 8560 Kolind **87,5 km from the venue**  
Aalborg Lufthavn, Ny Lufthavnsvej 100, 9400 Nørresundby **92 km from the venue**

### **2.2. VISA, COVID INSURANCE**

All participants must hold a valid passport or identity card enabling them to enter Denmark. Visa obligations must be respected.

All riders and attendants must hold insurance valid in Denmark and should be covered for medical transfer in case of an accident.

### **2.3. ADDRESS OF THE COMPETITION VENUE**

Nordisk Park, Vinkelvej 22, 8800 Viborg  
GPX point - <https://maps.app.goo.gl/g9we8Q3NkhSxLVn7A>  
[Nordic Lake festival](#)



## 2.4. ACCOMMODATION

For all hotel arrangements for the participants, you will find all the information here :

<a href="#">Viborg Idrætshøjskole</a>	Vinkelvej 32, 8800 Viborg	<b>100m from the venue</b>
<a href="#">Viborg Sø Camping</a>	Vinkelvej 36B, 8800 Viborg	<b>500m from the venue</b>
<a href="#">Danhostel Viborg</a>	Vinkelvej 36, 8800 Viborg	<b>800m from the venue</b>
<a href="#">Peak 12 Hotel</a>	Tingvej 10, 8800 Viborg	<b>1,5 km from the venue</b>
<a href="#">Palads Hotel Viborg</a>	Sankt Mathias Gade 5, 8800 Viborg	<b>1,3 km from the venue</b>

## 2.5. TEAM CATERING AT THE VENUE

To ensure the comfort and convenience of both riders and spectators, several measures will be implemented, and the UEC XCM will be a part of the Nordic Lake Festival from Friday to race day Sunday: <https://nordiclakefestival.dk/en/home/>

### **Food stalls and food trucks:**

Food stalls will be set up at the venue to offer a variety of refreshments, pasta, pizza, snacks, and meals for the riders and their staff. This will provide convenient dining options so that participants can refuel and stay energized throughout the event without having to leave the venue please keep an eye on the program regarding social dining for athletes.

We will establish an athlete and Recovery lounge tent with the opportunity for carboloading in the days leading up to the race, there will be pasta and chicken as well as other good options to fuel up for the day and after the race – please book access with Tina at [Info@outdoorarena.dk](mailto:Info@outdoorarena.dk) and if you have specific food allergies, you should inform us as we want to create the best experience for everyone.

### **Seating areas:**

Ample seating areas will be set up around the venue to accommodate spectators who wish to watch the competition. These seating areas will be strategically placed to ensure optimal views of the event and ensure that everyone can comfortably enjoy the action.

### **Restrooms:**

Adequate restroom facilities will be available on-site to meet the needs of competitors, staff, and spectators. These facilities will be well-maintained and easily accessible to ensure convenience for everyone attending the event.

### **First aid station:**

A dedicated first aid station will be established to provide medical assistance in case of injuries or emergencies during the event. Trained medical personnel will be present to offer immediate assistance and ensure the well-being of participants and spectators. There is both an emergency responder and vehicle as well as ATV/UTV so we can quickly access the forest as needed.

Trash and recycling bins: Trash and recycling bins will be placed around the venue to encourage responsible waste disposal. Participants will be encouraged to dispose of their waste properly to help keep the venue clean and environmentally friendly.

By implementing these measures, we aim to create a comfortable and enjoyable experience for competitors, staff, and spectators alike, so everyone can fully engage with and appreciate the event.

## 2.6. MEDICAL – EMERGENCY - LOCAL AUTHORITIES

Outside the competition medical emergency numbers:

Ambulance phone: **112**  
Police phone: **112**

Official medical team / doctor on site:  
**Name:** Sommers Ambulance Service ApS  
**Phone:** +45 51412112  
**Email:** [info@sommersas.dk](mailto:info@sommersas.dk)

Describe 1<sup>st</sup> aid on the circuit..  
1 PC Security on site (in a tent next to the finish line) with :

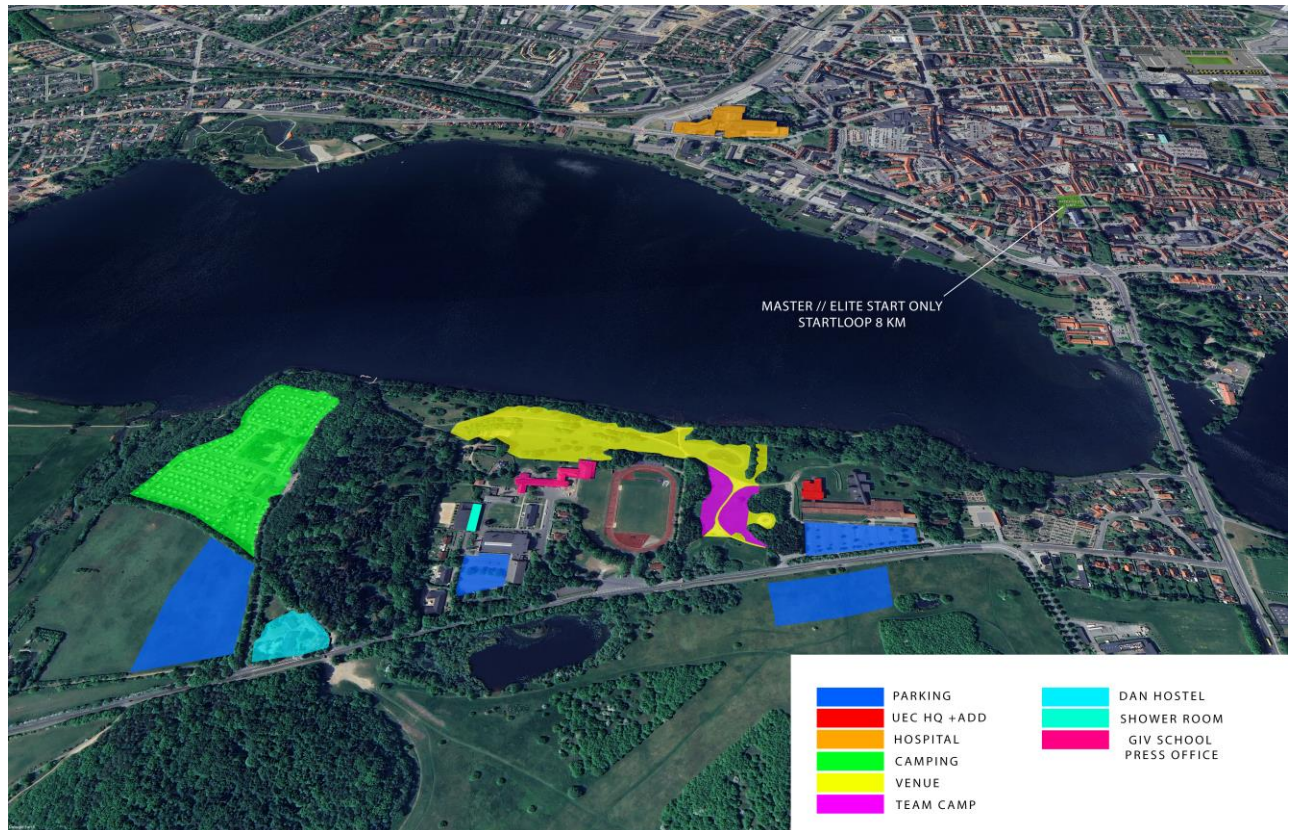
- 1 urgentist doctor,
- 4 first-aid worker from Protection Civile,
- 2 rescue vehicles (1 4x4 and 1 EMS vehicul)

**Hospitals:** Chose A or B entrence  
Name : Regionshospitalet Viborg  
Address : Heibergs Alle 5A, 8800 Viborg Danmark ([here](#))  
Phone : +45 78440000  
Distance from venue: 3KM (4-7min)



## 2.7. PARKING AREA / ROAD INFORMATION

Parking is : [here](#)  
Address : Vinkelvej 20, 8800 Viborg



## 2.8. TEAMS / OFFICIALS / PRESS ACCREDITATION

All accreditation can be collected starting from Friday, 16. August 2024 at the infotent located at the A entrance on venue

Address: Vinkelvej 20

GPX point: <https://maps.app.goo.gl/YQH3akCAcMzoQNhq9>

Please ensure that you collect your accreditation before arriving at the venue as it will be required for access to all parts of the venue.

Accreditations must be worn and visible whenever you pass through accreditation controls.

### **Permanence office - opening hours: (Info tent)**

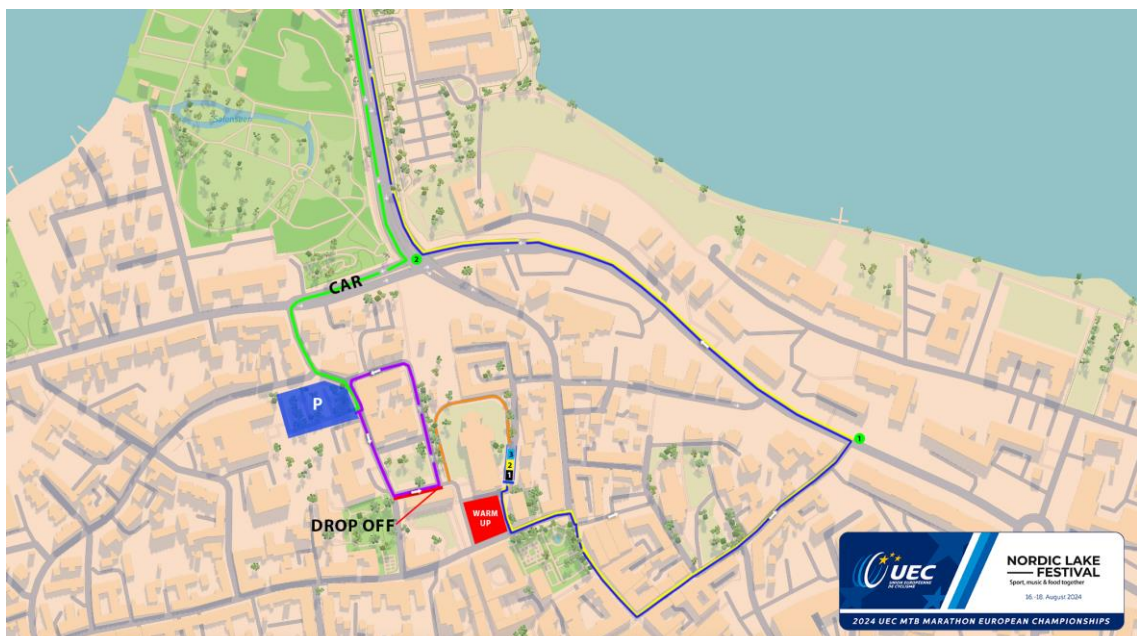
Friday, 16. August 10.00 - 13:00 and 15:00 – 20:00

Saturday, 17. August 08:30 – 18:00

### WARM-UP AREA BY THE OLD CATHEDRAL

GPX HERE: <https://maps.app.goo.gl/UDPVmQkRS8kFPbpD9>

The start for Elite and Master categories is in front of the old cathedral in the city center. The warm-up area **opens one hour before the first start** (at 08:00 am). It is possible to bring a car to the start if you have warm-up rollers; it is about 100 meters from the parking lot to the warm-up area if you wish to park there. You can do a drop-off loop before parking 25 meters from the start. See map drawing.



Parking City center start GPX: <https://maps.app.goo.gl/vcpRTraHnp5PeDi57>

**STARTLOOP - MASTER SPEED UP WHEN YELLOW LINE STOPS (STICKER ON ASPHALT)**

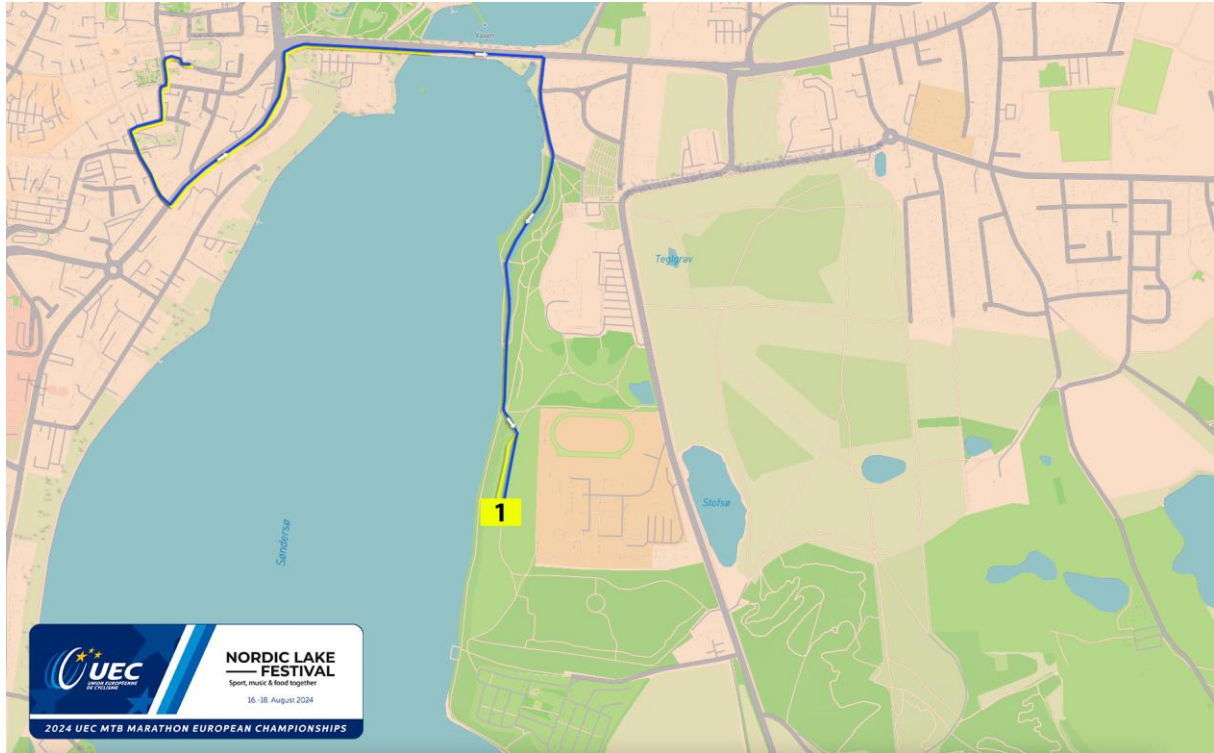


**STARTLOOP ELITE & MASTER ( WONAN ELITE link and picture nr 2 shorter loop)**  
GPX here: <https://ridewithgps.com/routes/4577517>



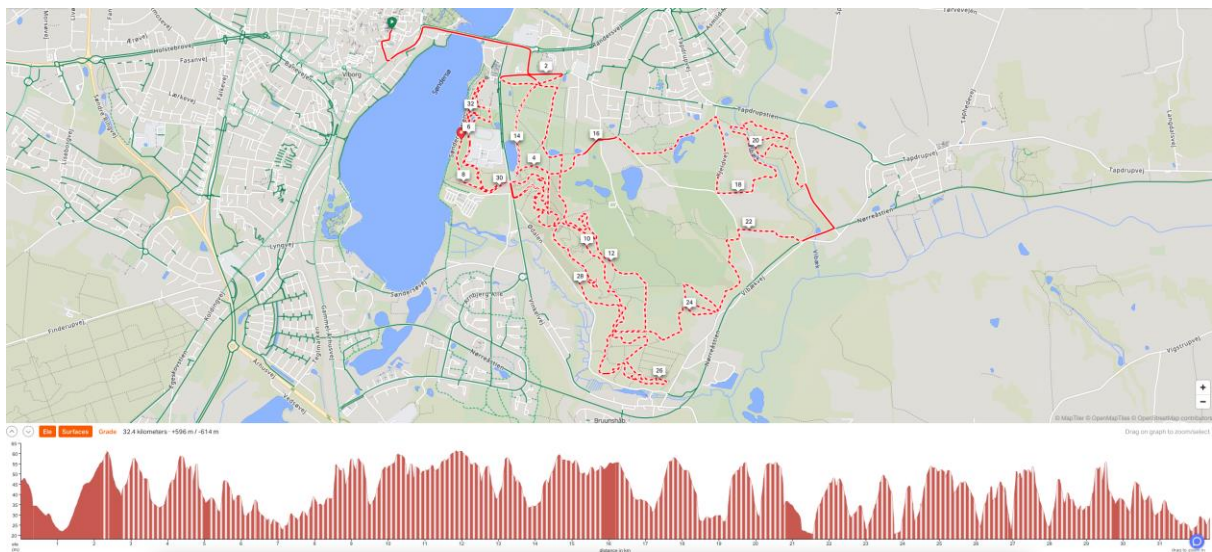


**GPX Woman ELITE here:** <https://ridewithgps.com/routes/46777082>



**ROUTE**

GPX incl. Startloop here: <https://ridewithgps.com/routes/46179219>



**LAST LAP FINISHLINE Y – SEE YELLOW BOX 1 ON STARTLOOP MAP**



The European XCM 2024 Championships takes place over multiple laps with passages in the finish area. In order to highlight the athletes at the finish line, 2 different lanes are provided in the finish area:

- one is reserved for the transit of competitors who have yet to make laps (left arrow marked **LAP**)
- one reserved for athletes who are finishing the race. (right arrow marked **FINISH**)

Please follow the provided signposting correctly (see sign above).

**TEC#1** - GPS ZONES LOCATION : <https://maps.app.goo.gl/T4pPgVsPf2v46CS88>



TEC // FEED #1 - NORDISK PARK

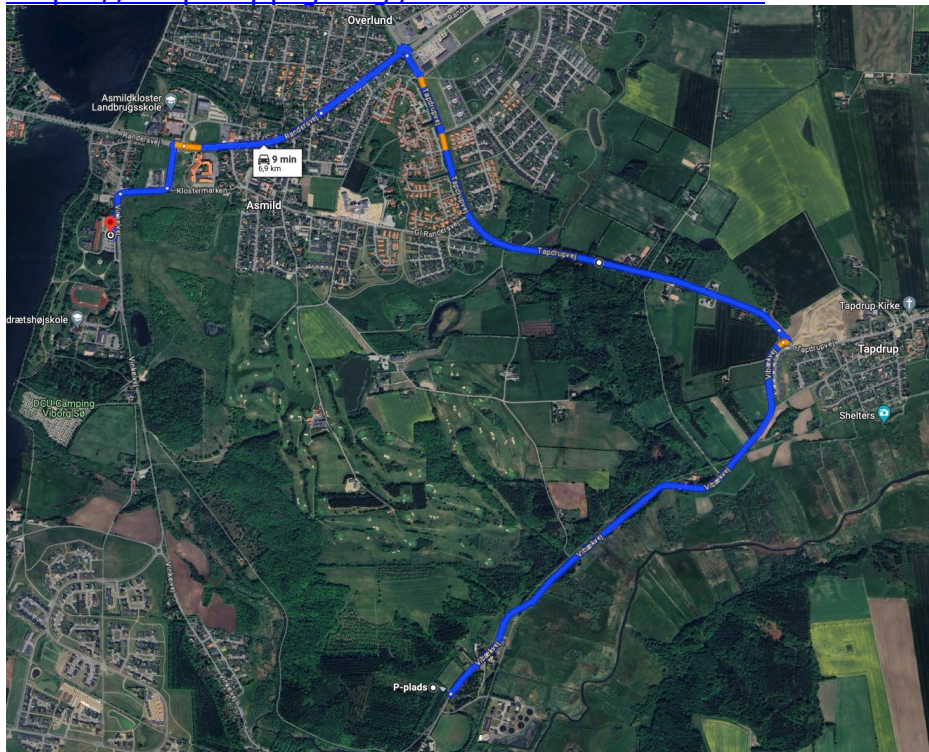
GPS HERE : <https://maps.app.goo.gl/SSpJGHogdrKuUbZH8>



**TEC // FEED #2**

From the start area :6.9km – 9min by car

<https://maps.app.goo.gl/9oau2UtR2ZPN1xTw5>



### Important information about training on the route:

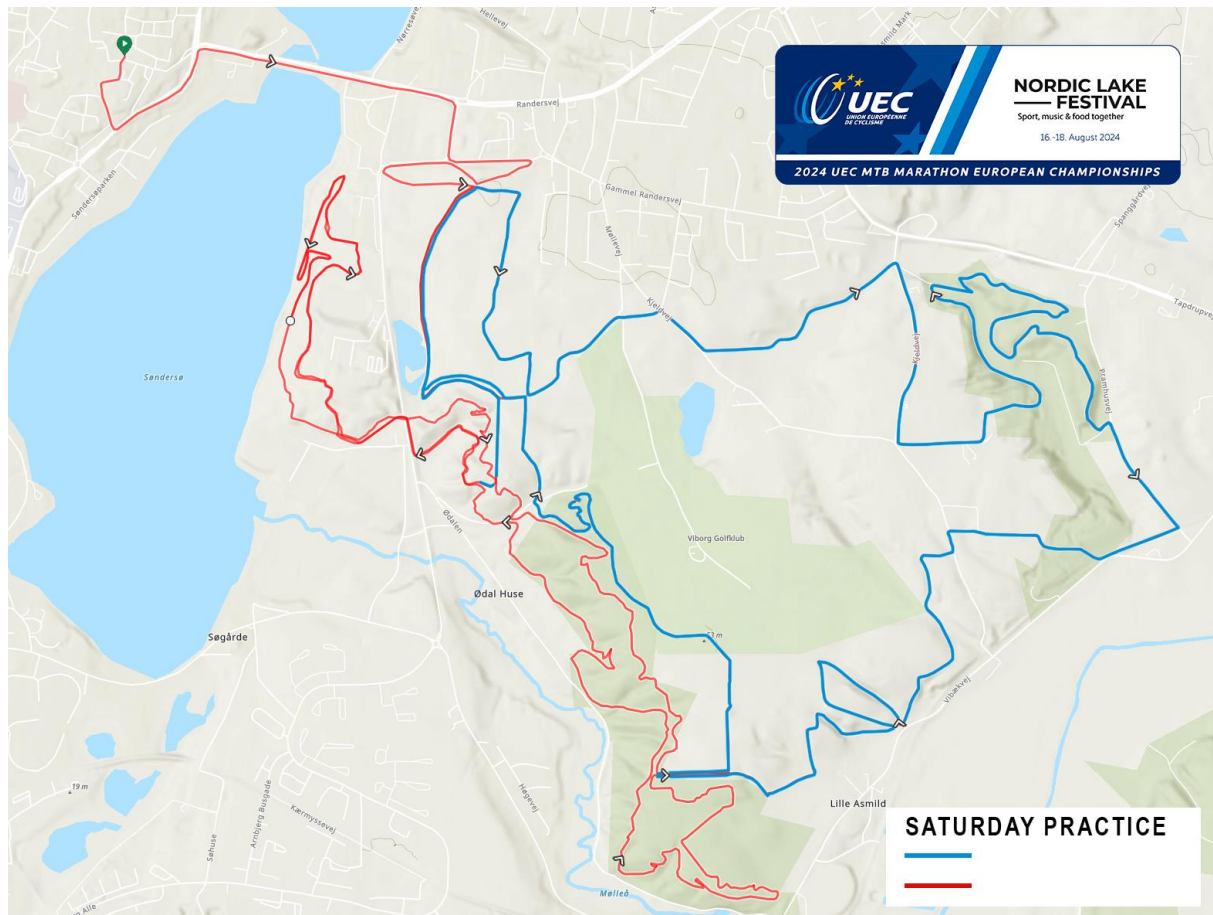
We will set up the route so everything is ready for training from Thursday at 15:00.

You can train on the route as usual on Thursday and Friday, stopping and walking sections and examining everything as you wish, as long as you stay within the banners and tape.

On Saturday, we are hosting a 12-hour relay from 08:00 to 20:00. **It is important to be considerate of the riders participating in Saturday's race.** You are welcome to ride on the route, but on the section marked for the 12-hour route (shown in red on the map), you need to be careful and considerate of the race participants. Once you turn onto the marathon route (turn left off the 12-hour route, marked with signs), you can ride as you please, as there will only be other riders training on the route like you.

**Please help us and be considerate on Saturday so everyone can have a great experience.** The route is long, with plenty of opportunities to overtake in many places, so we expect no challenges and a great race and training experience for all. Remember no training without racenumber!

### Map only for Saturday training - be considerate on the red part of the route.



### 3. MEDIA

#### **3.1. MEDIA CENTRE**

In order to access the Media Centre, an accreditation is necessary. The Media Centre is located:  
Address : Vinkelvej 32, 8800 viborg  
GPX point: <https://maps.app.goo.gl/suQH9v8AE4gCMCeFA>

##### **Media Centre - opening hours**

Sunday, 18. August 09:00 – 18:00

Accredited media photographers bib's, can be collected during the above-mentioned opening hours.

#### **3.2. MIXED ZONE – FLASH INTERVIEW**

At the exit of the course after the finish line, a flash interview zone will be organised open for media.

#### **3.3. MEDIA ACCREDITATION**

To apply for media accreditation, please visit the UEC website <https://www.uec.ch/en/media> (accreditation process open 2 months before the event).  
All Media can collect their accreditation during opening hours of the performance (see 2.8)

For any further enquiries please contact Henrik Karlsen: [Karlsen@outdoorarena.dk](mailto:Karlsen@outdoorarena.dk)  
Stefano Bertolotti, UEC Press Officer: [s.bertolotti@uec.ch](mailto:s.bertolotti@uec.ch)

or Press Officer of the organisation:  
Anne Louise Sommer [annemunchsommer@gmail.com](mailto:annemunchsommer@gmail.com)  
Katrine Rubeck [kole@viborg.dk](mailto:kole@viborg.dk)

Follow us on facebook here: <https://www.facebook.com/Nordiclakefestival/>  
The event on facebook: <https://www.facebook.com/events/823077992557260>

## 4. OFFICIAL MEETINGS

### 4.1. CONFIRMATION OF THE STARTERS / DISTRIBUTION OF RACE NUMBERS

The license check, the confirmation of the riders, the check of the national teams clothing and the distribution of race numbers will be organised on

**Saturday, 17. August 09:00 – 18:00**

At the race headquarters located at:

Adresse Vinkelvej 20

GPX point: <https://maps.app.goo.gl/bjuPs3cStrZzod6A9>

(please refer to the map in **2.8**)



Team managers must confirm all starters, presenting all licences and providing a sample of the national teams' apparel.

Riders' numbers will be distributed during that procedure.

#### **4.1. TEAM MANAGERS MEETING**

**Saturday, 17. August 18:30 For all races, all age categories.**

Team managers meeting **UEC HQ** (See map above)

Address Vibkelvej 20

GPX point: <https://maps.app.goo.gl/bjuPs3cStrZzod6A9>

Attendance is required for:

- LOC representative
- UCI and Additional Commissaires
- Team Managers
- ITA Doping Control Officer
- UEC Technical Delegate



## 5. COMPETITION SCHEDULE

### Thursday, 15. AUGUST 2024

Course recon 16:00 - 20:00

### Sunday, 18. AUGUST 2024 (*provisional schedule*)

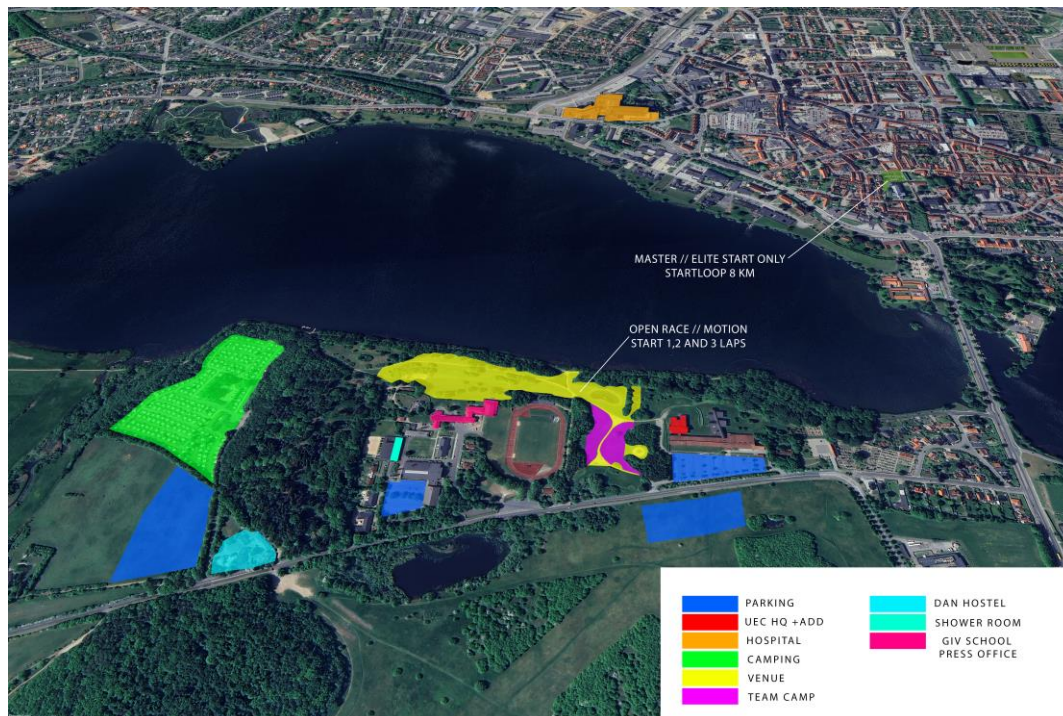
Category	Start time	Race distance
Women Elite	09:00	80 km *short startloop
Women Masters 50 and above	09:00	55 km *short startloop
Men Elite	09:05	83 km
Men Masters 35-39	09:10	83 km
Men Masters 40-49	09:10	83 km
Men Masters 55 and above	09:10	58 km
<i>Side event races</i>		
Open race 3 laps	10:45	75 km
Open race 2 laps	11:30	50 km
Open race 1 lap	12:00	25 km

### Starting point:

Master & Elite address Domkirkepladsen, 8800 Viborg

GPX point: <https://maps.app.goo.gl/LASMdpgATnvg8Ysh9>

### The venue :





## 6. RACE SPECIFIC REGULATIONS

### ARTICLE 1. GENERAL RULES

**1.1** The 2024 UEC MTB Marathon European Championships are organised by the Union Européenne de Cyclisme (UEC) in cooperation with ADD

**Technical director:** Henrik Karlsen

**1.2** The event will be organised in accordance with rules of the Union Cycliste Internationale (UCI) and these rules will be the reference for everything that is not mentioned in the current document.

**1.3** The UEC MTB Marathon European Championships consist of the following races:  
**MTB Marathon (XCM) on the 18 August 2024.**

**2.1** The event is open to athletes in the following categories:

<b>MTB Marathon</b>	<b>Men Elite</b>	
<b>MTB Marathon</b>	<b>Women Elite</b>	
<b>MTB Marathon Men Masters</b>		<b>3 laps</b>
Aged: 35-39 / 40-44 / 45-49 / 50-54 / 55-59		
<b>MTB Marathon</b>	<b>Masters Men</b>	<b>2 laps</b>
Aged: 60-64 / 65-69 / 70-74 / 75+		
<b>MTB Marathon</b>	<b>Women Masters</b>	<b>3 laps</b>
Aged: 35-39 / 40-44 / 45-49		
<b>MTB Marathon</b>	<b>Women Masters</b>	<b>2 laps</b>
Aged: 50-54 / 55-59 / 60+		

**2.2** It is entered on the UCI calendar as a Continental Championships event (CC) and Masters Continental Championships (CCM)

**2.3** The following final classifications will be produced for:

- ✓ **Men Elite\***
- ✓ **Women Elite\***
- ✓ **All Masters categories\***

*\*The 3 best riders of each category must attend the official awards ceremony.*

## ARTICLE 3. PARTICIPATION

### 3.1 National Teams

⇒ **Elite riders only**

National Federations may enter the following riders per Championship **free of charge**:

- ✓ **Women Elite – max. 2 riders**
- ✓ **Men Elite – max. 2 riders**

If National teams have more than 2 riders (WE/ME), point 3.2 below applies = registration is due.

**Registration:**

The National Federations have to register their riders directly on the UEC website:

<https://uec.evodata.it/landing/index.php>

**The registration will be open on**  
**Deadline for the registration:**

**Saturday, 1. June, 2024 (12.00 CET)**  
**Thursday, 8. August 2024 (12:00 CET)**

Registration applies to riders, staff and NF Official Delegates.

**Riders must compete in their national jersey.**

### 3.2 Other riders

⇒ **ELITE "Individuals not members of the "National Team"**

⇒ **MASTERS \***

In accordance with the UCI regulations, the participation is open for European riders only with an annual licence issued by a National Federation affiliated to the UCI.

\* *The attention of all registered participants in the MASTERS categories is drawn to the importance, before registration and also before presenting themselves at the licence check, of checking that they meet the requirements defined by the UCI for participating in events on the UCI international masters calendar"*

\* 4.1.009 *All riders aged 35 or over who hold a masters licence are allowed to ride mountain bike events on the UCI international masters calendar, apart from:*

1. *riders who, during the current season starting January 1st, have scored 1 or more UCI points during the same calendar year as a UCI masters event;*
2. *riders who during the current year have been a member of a team registered with the UCI. (text modified on 1.01.18; 1.01.20, 1.01.21)*

**Registration:**

Elite and Masters registration will need to be done through the online registration link

<https://www.sportstiming.dk/event/13561>

**The registration will be open on**  
**Deadline for the registration:**

**Saturday, 1. June 2024 (12:00 CET)**  
**Monday, 12. August 2024 (12:00 CET)**

<b>ELITE + MASTERS registration fee:</b>	€ 55,00	until 30 June 2024
	€ 60,00	until 21 July 2024
	€ 70,00	until 12 August 2024

### 3.3 **Start order**

The start order will be made according to the UCI/UEC regulations.

The riders line up in the order in which they are to be called to the start line.

The number of riders on each line is decided by the President of the commissaires' panel and supervised by a commissaire. The rider himself decides which position on the line to take.

### 3.4 **Start grid**

#### ⇒ **ELITE RIDERS**

The start grid will be determined according to the UCI MTB Regulations article 4.02.061 as follows:

1. as per the last published UCI XCM individual ranking
2. as per the last published UCI XCO individual ranking
3. unclassified riders: by drawing lots

### 3.5 **Start grid**

#### ⇒ **MASTERS RIDERS**

The start order for all Masters categories will be as follows:

1. defending European champion 2022 of the categories concerned, younger categories first
2. according to the order of the on-line registration

## **ARTICLE 4. TECHNICAL ASSISTANCE**

### **The following UCI Regulations will be applicable:**

4.2.038 Staff working for riders must wear readily identifiable team clothing.

4.2.040 For the Olympic Games, world championships, world cup events and continental championships nobody may enter a feed/technical assistance zone without accreditation.

For world cup events season long accreditations issued to the UCI ELITE MTB TEAMS and UCI MTB TEAMS by the UCI. For the national federations or individual riders passes are prepared by the organiser and handed out at registration: they obtain 1 accreditation per registered rider per zone. Note that for a double feed/technical assistance zone they only obtain 1 accreditation per registered rider.

4.2.044 No rider may turn back on the course to reach a feed/technical assistance zone. Any rider doing so is disqualified.

Only within the feed/technical assistance zone itself, a rider may turn back without obstructing other competitors.

4.2.045 Technical assistance during a race is permitted subject to the conditions below.

4.2.046 Authorised technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame.

Bike changes are not permitted, and the rider must cross the finishing line with the same handlebar number plate that he/she had at the start.

- 4.2.047 Technical assistance can only be given in the feed/technical assistance zones.
- 4.2.048 Spare equipment and tools for repairs must be kept in these zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a teammate, team mechanic or neutral technical assistance.
- 4.2.049 In addition to technical assistance in feed zones, technical assistance is permitted outside these zones only between riders who are members of the same UCI ELITE MTB team, UCI MTB team or of the same national team / nation.

Riders may carry tools and spare parts provided that these do not involve any danger to the rider himself or the other competitors.

## ARTICLE 5. AWARDS CEREMONIES

In accordance with articles 1.2.112 and 1.2.113 of the UCI Regulations, the 3 best riders of each category must attend the official awards ceremony, any interviews organised and the press conference. Unless otherwise stated, riders shall appear at official ceremonies wearing competition clothing.

Riders must present themselves at the podium in a maximum of 10 minutes after crossing the finish line.

### 5.1 Jersey and medals

Every European Championship will be awarded with:

<b>The 1<sup>st</sup> place:</b>	<b>Gold medal and Champion's jersey</b>
<b>The 2<sup>nd</sup> place:</b>	<b>Silver medal</b>
<b>The 3<sup>rd</sup> place:</b>	<b>Bronze medal</b>

Prize money list:

Place	XCM – ELITE	
	Elite Men	Elite Women
1st	€ 625,00	€ 625,00
2nd	€ 375,00	€ 375,00
3rd	€ 250,00	€ 250,00

All prize moneys will be transferred by the UEC directly to the concerned National Federations in November 2024.

## ARTICLE 6. ANTIDOPING

The UCI antidoping regulations and the specific Danish laws are entirely applicable to the event. The antidoping test will be conducted by the International Testing Agency (ITA).

The antidoping tests will take place in:

Address Vinkelvej 20 (marked as ADD on venuemap)

GPX <https://maps.app.goo.gl/S8shc3ANr9hNAzi26>

#### **ARTICLE 7. PENALTIES**

The UCI penalty scale is the only one applicable.

#### **ARTICLE 8. RESPONSIBILITIES**

The organiser and UEC will not, under any circumstances, be liable to any accidents or damage that occurs during training and competitions.

The organiser and UEC decline all responsibilities towards the riders and others in case of an accident.

For all cases not covered by these specific regulations, the UCI rules will apply. Any problems will be solved between the organizers, the Commissaires Panel and UEC officials.

**APPENDICES - COURSES CHARACTERISTICS**

**MEN ELITE - COURSE CHARACTERISTICS (3 laps)**

Total length:	83.84 km
Elevation gain:	1642 m
Altitude max:	60 m. above sea level
Altitude min:	18 m. above sea level

**WOMEN ELITE - COURSE CHARACTERISTICS (3 laps)**

Total length:	80.33 km
Elevation gain:	1542 m
Altitude max:	60 m. above sea level
Altitude min:	18 m. above sea level

**MEN MASTERS 35 to 59 - COURSE CHARACTERISTICS (3 laps)**

Total length:	83.84 km
Elevation gain:	1642 m
Altitude max:	60 m. above sea level
Altitude min:	18 m. above sea level

**MEN MASTERS 60 and ABOVE - COURSE CHARACTERISTICS (2 laps)**

Total length:	58.19 km
Elevation gain:	1138 m
Altitude max:	60 m. above sea level
Altitude min:	18 m. above sea level

**WOMEN MASTERS 35 to 49 - COURSE CHARACTERISTICS (3 laps)**

Total length:	83.84 km
Elevation gain:	1642 m
Altitude max:	60 m. above sea level
Altitude min:	18 m. above sea level

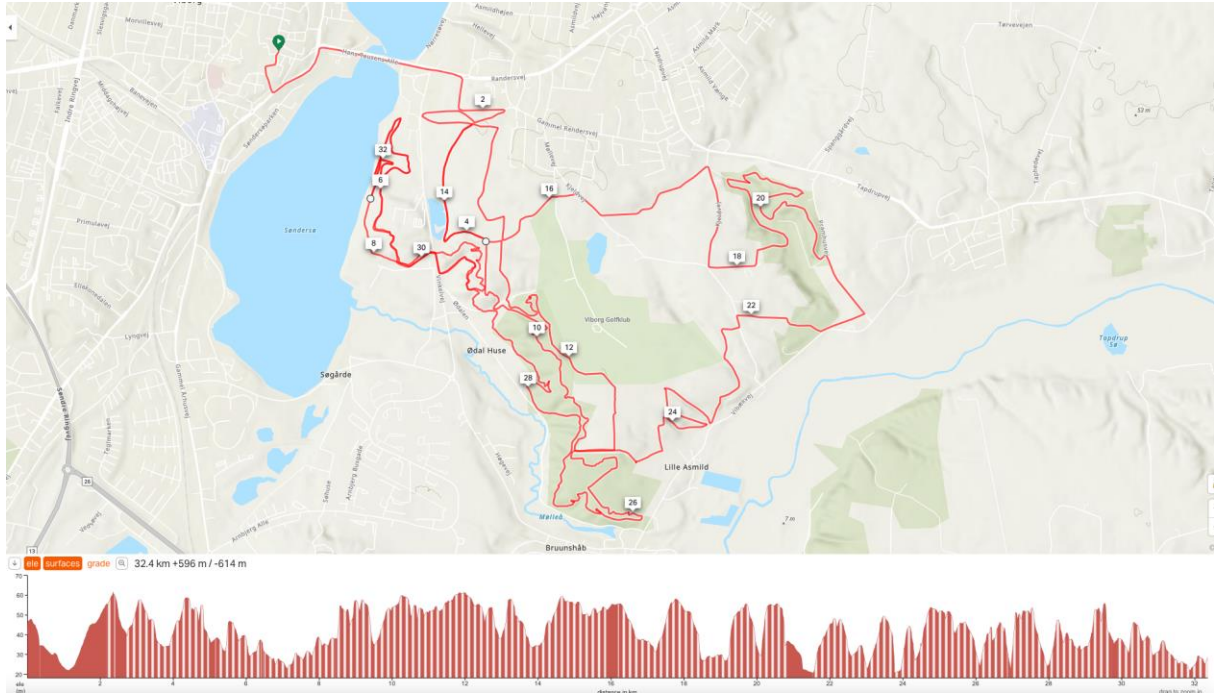
**WOMEN MASTERS 50 and ABOVE - COURSE CHARACTERISTICS (2 laps)**

Total length:	58.19 km
Elevation gain:	1138 m
Altitude max:	60 m. above sea level
Altitude min:	18 m. above sea level

**Appendix 1**

**RACE COURSES MAP**





**Appendix 2 SERVICE ZONE ON STARTLOOP AFTER 1,8KM**

GPS ZONES LOCATION : <https://maps.app.goo.gl/T4pPgVsPf2v46CS88>

It's only on the start loop and works both up and down on both outer and inner to the right

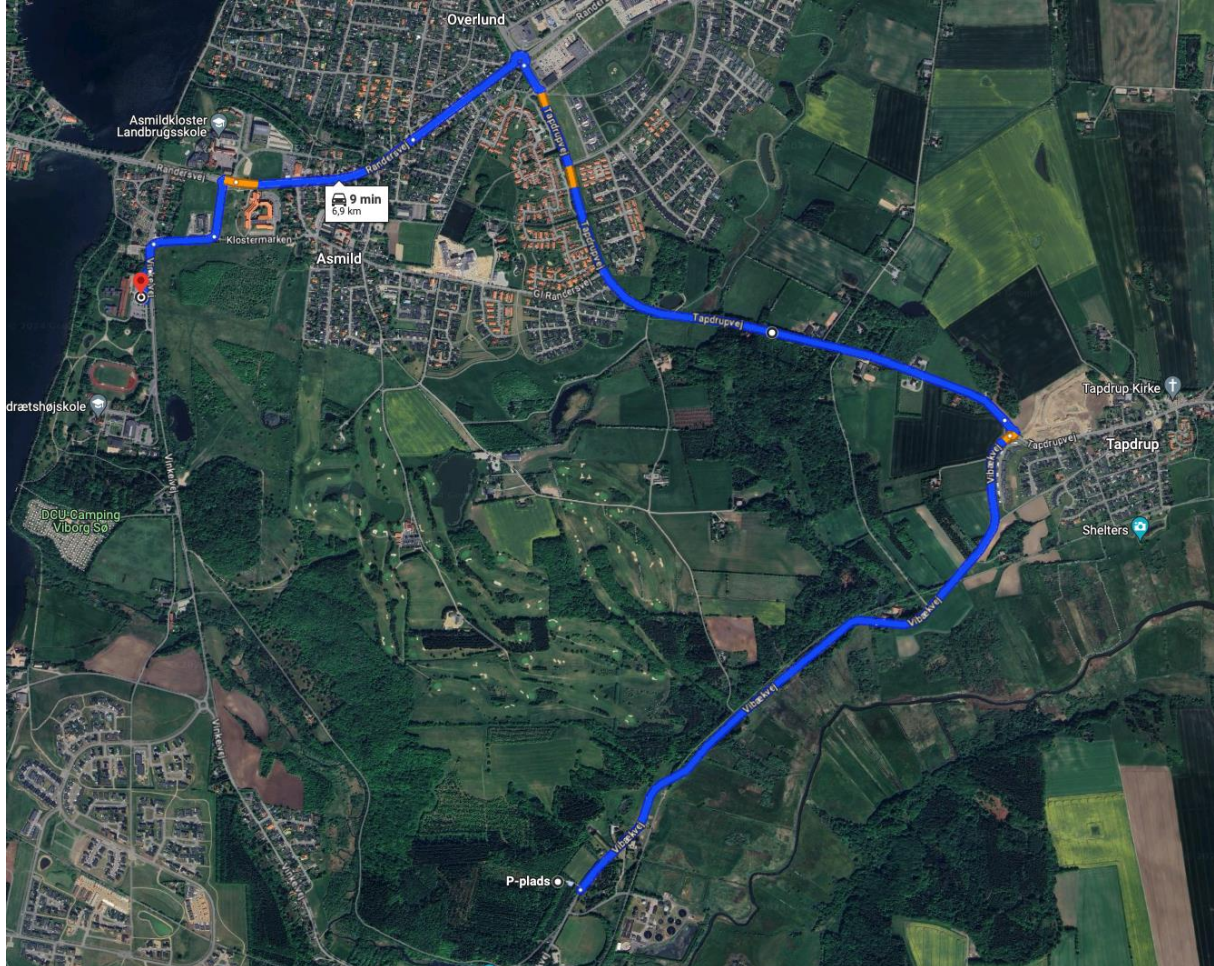


**Appendix 3 ESTIMATE TRAVEL TIME BY CAR – TEC / FEED ZONE**

Tec/Feed zone #2

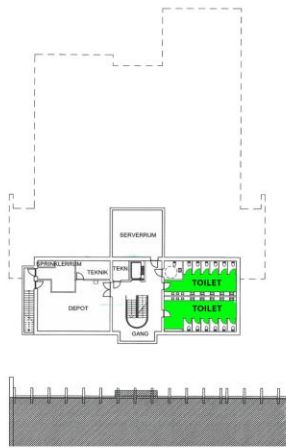


From the start area : <https://maps.app.goo.gl/9oau2Utr2ZPN1xTw5>

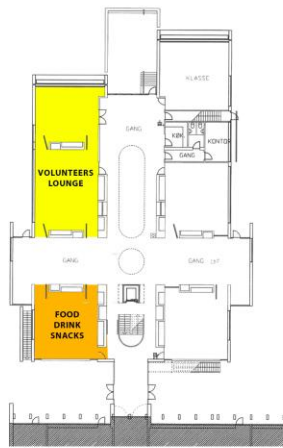




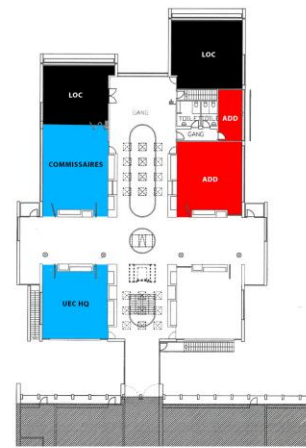
# 2024 UEC MOUNTAIN BIKE MARATHON EUROPEAN CHAMPIONSHIPS HQ



**BASEMENT**



**GROUND FLOOR**



**FIRST FLOOR**



Hi Everyone

The team, the volunteers, and I are looking forward to some fantastic days in your company in the old royal city.

We have worked hard to give you all a great experience with an exciting route featuring cool elements, bridges to cross over and under, and a venue brimming with camaraderie and atmosphere—all built up for the race.

The excitement kicks off on Friday the 16<sup>th</sup> August ,when we start the Nordic Lake Festival, our own multisport festival. We are proud to host the UEC European Championships in MTB Marathon. We hosted the Danish Championships back in 2020, and now we are hosting again, this time with the European Championships after Poland unfortunately had to cancel.

Thank you for reading. Feel free to write if there are any further questions, but the guide should answer most of the questions that may arise. We will continuously update websites, Facebook, and the program for the day.

Once you are registered with your email, you will also receive information about start numbers, pickup, the program for communal dining, etc.



Happy training, and we look forward to seeing you soon

*The weather is super fine here in Denmark, we are trimming and building new stuff fore the race..*

President & Race director  
Henrik Karlsen  
Together with the best team