



Rider Manual

Little Belgium 300km

Tuesday 21st of July 2020

Little Belgium 300km is an endurance cycling event designed and organised by @sebicycleta (Sebastien Nolens). The aim of this event is to celebrate the beauty of Belgium, the love of outdoor sports and the joy of fellowship on the 21st of July, the Belgian National Day.

In no case can this be considered a race! Participants are encouraged to ride the distance in full knowledge of their own physical capacities and limits. Every participant takes part in their own name and is solely responsible of respecting the local traffic rules, Belgian law and COVID-19 protocols in vigour on the day of the event.

At the end of the ride, the participants will proudly look back on a day well spent on hilly terrain and backroads. Their activity on Strava will boast a glorious Belgian shape on the map and nearly 3000m of elevation. That is the only reward.

Before the ride

Every participant will receive an email with the detailed GPX file of the ride a few days in advance, together with some advice and last-minute information. Participants should be in sufficient health to achieve a 300km ride in Summer conditions. If you are not sure, please visit a doctor. Participants are supposed to be ensured to cover incidents and damage to themselves and to others.

Equipment

Every participant should wear a helmet for the whole time in the saddle. Every participant should bring a mask and wear it responsibly at the checkpoints (especially inside). As this is a long ride, sufficient lighting is mandatory and can be checked at all times during the ride. For the rest, we recommend you use the material you are most used to. Everybody knows that an old shoe hurts less than a new and fancy one. Take at least one spare tube.

Start

Due to COVID-19 restrictions, the organisers have decided NOT to hold a group start. Instead of this, everyone can start wherever they wish on the line. That can be in a small village where you park your car, or in your home town. Try to spread as much as possible and avoid Brussels if possible. We recommend you to start at 6:00, which will increase your chances of finishing the ride before the sun goes down (6+13+2=21). You need to ride the loop CLOCKWISE.

Checkpoints

On the road you will pass 4 checkpoints, near castles, monuments and nice views. The first checkpoint on your path will hand you your wrist band and a cup to drink all day long, upon showing your QR code and ID card. Water and toilets will be freely available to all participants in the four checkpoints. Those who have registered for the Full Package will also enjoy food stations and a bike maintenance service. The meals will adapt to the hour of the day, but you'll definitely never feel hungry.

The four checkpoints will be located approximately in:

1. Brussels central area
2. Hélécine / Jodoigne area
3. South of Namur, near Maillen
4. Waterloo area

Following cars and assistance

We ask people not to ride with a following car or assistance. Cars are often the number one danger for cyclists and our activity should not mean an equal increase in car use. Therefore please keep your supporters grounded, or ask them to meet you half way. If you are being filmed by a crew, please get in touch with the team.

Getting help from other riders is of course allowed. We do appreciate some brevet spirit.

Photographers

Four photographers will be hired to take photos of as many riders as possible, so everybody has a nice souvenir. If you are very recognizable, it will be easier to find your photo in the pack, just saying!

Bike repair

We have worked out partnerships with local bike stores who will repair your most common mechanicals on every checkpoint. Their presence and labour are included in the ticket price (Full Package), but not the spare parts.

Finish

Your ride is over when you reach your starting place again. We had planned a huge finisher's party with fireworks, but mass events are not allowed this year. When you have closed the loop, just register your activity and share it with your friends using the hashtag **#littlebelgium**.

Risks

Even if you will not travel at insane speeds, a 300km ride takes quite a toll on the body. Dehydration, fatigue and sleepiness are real risks you need to take into consideration. Drink enough, rest when you need to, and stay concentrated on the traffic. Participants must be aware that they will be riding on the open road for 11 to 15 hours.

The organisers cannot be held liable of injuries, material damage or even death of a participant. We have asked the contact details of your next of kin to be able to help. But we cannot commit to helping every participant out of trouble. Again: you are participating as an individual and on your own responsibility. And when we can help, we will.

By ticking the box in the registration form, the participant **agrees** with the conditions above.