

4 STAGE

MOUNTAIN BIKE
RACE LANZAROTE

Club
La Santa



ATHLETE GUIDE

CLUB LA SANTA

4 STAGE MTB RACE LANZAROTE 2024

49K - 55K - 21K - 85K

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1. EVENT PROGRAMME

WEDNESDAY 24th		
16:00 - 16:15	Technical Meeting + Q&A in English	Online via Slido
16:30 - 16:45	Technical Meeting + Q&A in Spanish	Online via Slido

FRIDAY 26th		
15:00 - 19:30	Onsite Registration: Race Number collection by time shifts	The Square, Club la Santa

SATURDAY 27th		
Stage 1 / 49K		
09:30	Opening of the access to the Stadium	Stadium, Club la Santa
09:30 - 10:30	Bike Tech Assistance	Stadium, Club la Santa
10:30	Race start for XCMS S1	Stadium, Club la Santa
11:00	Race Start for E-BIKE	Stadium, Club la Santa
	1 st XCMS S1 finisher expected	Stadium, Club la Santa
12:15	Podium top 3 elite shortly after the 3rd has finished	
12:45	1 st E-BIKE finisher expected	Stadium, Club la Santa
13:45	Last XCMS S1 expected	Stadium, Club la Santa
14:15	Last E-BIKE expected	Stadium, Club la Santa
14:00 - 15:00	Bike Tech Assistance	Stadium, Club la Santa

SUNDAY 28th		
Stage 2 / 55K		
08:00	Opening of the access to the Stadium	Stadium, Club la Santa
08:00 - 09:00	Bike Tech Assistance	Stadium, Club la Santa
09:00	Race start for XCMS S1	Stadium, Club la Santa
09:30	Race Start for E- BIKE	Stadium, Club la Santa
10:30	Race start for Cadets – 24K	Technical Zone 1
	1 st XCMS S1 finisher expected	Stadium, Club la Santa
11:00	Podium top 3 elite shortly after the 3rd has finished	
11:30	1 st E- BIKE finisher expected	Stadium, Club la Santa
13:15	Last XCMS S1 expected	Stadium, Club la Santa

13:45	Last E- BIKE expected	Stadium, Club la Santa
13:00 – 14:00	Bike Tech Assistance	Stadium, Club la Santa
14:00	Awards Ceremony	Stadium, Club la Santa

MONDAY 29th		
Stage 3 / 21K		
08:30 - until last starter	Bike Tech Assistance	Caleta de Famara
09:00	Race Start – Time trial	Caleta de Famara
09:50	First finisher expected. Podium top 3 elite shortly after the 3rd has finished	Ermita de Las Nieves
14:00	Last participant expected	Ermita de Las Nieves

TUESDAY 30th		
Stage 4 / 85K (e-bike 53K)		
08:00	Opening of the access to the Stadium	Stadium, Club la Santa
08:00 – 09:00	Bike Tech Assistance	Stadium, Club la Santa
09:00	Race start for XCMS S1	Stadium, Club la Santa
09:00	Race Start for E-BIKE – 53 K	Puerta a Costa Teguisse
11:17	First E- BIKE finisher expected.	Stadium, Club la Santa
12:17	First XCMS S1 finisher expected. Podium top 3 elite shortly after the 3rd has finished	Stadium, Club la Santa
13:15	Last E- BIKE finisher expected	Stadium, Club la Santa
16:00	Last XCMS S1 finisher expected	Stadium, Club la Santa
18:00	Awards Ceremony	The Square, Club la Santa

Note: “La Presa Time Trial” is included in the 4th race.



2. RACE REGULATION

The competition complies with the technical and sporting regulations of the UCI (International Cycling Union), for the UCI Elite categories for men and women; the rest of the Master categories follow the Technical Regulations of the RFEC (Royal Spanish Cycling Federation) and the Cadet and Junior Categories follows the FCC (Canarian Cyclist Federation) Regulations.

2.1. GENERAL

MTB Categories

Participants registered in the MTB modality can register in any of the following categories. The ages are calculated in reference to the age of the participant on December 31 of the year of the competition:

- Male UCI Elite: Both must hold an approved UCI Elite license, strictly comply with all UCI regulations, compete for UCI points and prize money in the general classification and per stage.
- Female UCI Elite: Both must hold an approved UCI Elite license, strictly comply with all UCI regulations, compete for UCI points and prize money in the general classification and by stage.
- Master 30 (M / F). Those who hold an Elite category license will not be able to compete in this category. They will not get UCI prizes or prize money.

- Master 40. (M / F). Those who hold an Elite or Master 30 license will not be able to compete in this category. They will not get UCI prizes or prize money.
- Master 50 (M / F). Those who hold an Elite, Master 30 or Master 40 license will not be able to compete in this category. They will not get UCI prizes or prize money.
- Master 60 (M / F). Those who hold an Elite category license, Master 30/40/50 will not be able to compete in this category. They will not get UCI prizes or prize money.
- Junior (M / F). Participants born year 2006-2007. Participants in the Junior division can only compete in both Stage 1 and Stage 2.
- Cadets (M / F). Participants born year 2008-2009. Participants in the Cadets division can only compete in both Stage 1 (Saturday) and half of the course of Stage 2. They will receive a personal information at the race pack collection regarding the 2nd stage start time and meeting point at the start area.

E-Bike Categories

Participants registered in the E-Bike modality can register in any of the following categories. The ages are calculated in reference to the age of the participant on December 31 of the year of the competition:

- Master 30 (M / F). Those who hold an Elite category license will not be able to compete in this category. They will not get UCI prizes or prize money.
- Master 40. (M / F). Those who hold an Elite or Master 30 license will not be able to compete in this category. They will not get UCI prizes or prize money.
- Master 50 (M / F). Those who hold an Elite, Master 30 or Master 40 license will not be able to compete in this category. They will not get UCI prizes or prize money.
- Master 60 (M / F). Those who hold an Elite category license, Master 30/40/50 will not be able to compete in this category. They will not get UCI prizes or prize money.
- Junior (M / F). Participants born year 2006-2007. Participants in the Junior division can only compete in both Stage 1 and Stage 2.
- Cadets (M / F). Participants born year 2008-2009. Participants in the Cadets division can only compete in both Stage 1 (Saturday) and half of the course of Stage 2. They will receive a personal information at the race pack collection regarding the 2nd stage start time and meeting point at the start area.

The bicycle

Bicycles must be in accordance with the UCI regulations, both in terms of technical characteristics and safety. Participants are allowed to change their bicycles from stage to stage, but they cannot be completely replaced or changed during a stage. Tandem bicycles are not allowed.

E-BIKE: The E-bike coordinator will ensure that all e-bikers compete under the same technical conditions.

- Strictly serial models with assisted pedalling system.
- Battery with a maximum power of 800 W/h

- Power limiter that cuts off at 25km/h.
- Homologated by the CE, according to European Directive 2002/24/EC defined in Article 1, point h).
- The motor should only activate when pedalling and must stop acting when pedalling ceases (they cannot have a throttle).
- Weight less than 40 kg.
- The bicycle cannot have modifications or additions that alter its factory characteristics.

The battery: Competing with more than one battery is not allowed, and the battery will be checked at the beginning and at the end of the race. Failure to comply with this rule will result in the competitor's withdrawal from the race, the removal of their race number, and the inability to register for the next two editions.

Sport and environment

Mountain biking is a competitive sport or leisure activity that takes place in a natural environment, and the impact it can have on the environment is the responsibility for all participants and race Organisers. It is strictly forbidden to litter along the route. Participants must be respectful of the environment (do not pedal off the road/ tracks and do not take shortcuts that could damage the vegetation), be careful with the animals, etc.

There will be bins at the beginning and at the end of each feed technical zone. There won't be any along the rest of the course.

The participants' own nutrition will be marked. This way, the organization can identify the owner of any litter found along the course. The commissaires reserve the right to disqualify any participant who does not respect the environment, or the private properties encountered on the race course, and to expel him/her without possibility of continuing to participate in the competition.

Withdrawal from competition during the race

Any participant who withdraws must inform the organisation as soon as possible.

The organisation will determine intermediate points where the participants will be able to communicate the withdraw, as well as they will be informed of a mobile number where they can notify it. Failure to report a withdrawal will result in expulsion from the competition.

In case of accident or emergency, and considering the safety of the participants, the organisation reserves the right to force the withdrawal of a participant from the competition.

Claims

Claims must be formally addressed to the Referees and processed by them in accordance with the UCI regulations. Enrolling the 4 Stage Mountain Bike Race Lanzarote implies the

acceptance and compliance with this regulation, the data protection act and the cancellation policy.

Event beyond control of the Race organiser

In case of unforeseen events beyond the control of the race Organiser, the Organisation could modify or cancel the event, and this will be communicated by the organisation the day prior the race during the briefing or on race day.

Any participant or team that have not crossed the finish line at that time may be evacuated by the organisation. If any participant continues the race, this will be under his/ her responsibility.

Cancellation due to climatological reasons

Due to climatological reasons or any other reason that prevents the race from being carried out in complete safety, the organisation may implement some changes in the race courses or reduce the distance, if necessary. The reduction of segments, the reduction of the circuit, cancellation of any stage or any other alteration in the sports event will not lead the organizer to any refund of the entry fee, either partially or in full. In case of any kind of disqualification or abandonment of the competition, the registration fee will not be reimbursed in whole or in part.

In the official Event website and social media channels we will report any last-minute information. It's the responsibility of the participants to be aware of them.

Race Organisation

- The organisation is not responsible for any failure or repair of the bicycle that may happen during the race.
- All the participants give their image rights to the organisation, for the use of any pictures or video where they appear.
- The organisation does not take care of the expenses or debts that a participant may incur during the event.
- Lost objects. The Race organisation is not responsible for lost/stolen property or for any lost or forgotten object along the route or during the course. On race day, all lost and found items will be brought to the North Reception, Club La Santa.

Other considerations

- Any participant can be submitted to an official anti-doping control in accordance with the UCI regulations.
- All participants must be respectful towards the other participants, referees, members of the organisation, media and public. Assaults, disrespect or any other unsportsmanlike conduct may be sanctioned with immediate expulsion from the competition.
- Completing the race with other means than the individual physical effort of the participant and their own bicycle supposes the disqualification of the participant.

The referees can disqualify any participant that does not respect these considerations expelling them from the race without the possibility of continuing in it.

2.2. COURSE REGULATION

The competition is composed of two or four stages.

Race Start

- The competition is held in accordance with the general UCI regulations, the specific regulations of the UCI for Mountain Bike. The start of all the stages, except for chrono climb (stage 3), are in "peloton" (bunch).
- The start list order will be according to the UCI ranking on the 22/01/2024. The start lists will be published in the official race website, Club La Santa Races App and social media prior to each race start.
- The starting grid opens twenty (20) minutes before the start time. Five (5) minutes before the start time, no participant is allowed to enter the grid, and must be placed in the back of the corresponding starting group.
- No participant may take the start once the official start has been given, unless a referee consent this. Riders who start after that time will be considered DNS (Did Not Start).
- Neutralised starts: For security reasons, the start can be neutralized. In this case, the Race Director leads the participants in an official vehicle. When the Race Director starts the race, the participants must start competing. When the official vehicle of the competition reaches the end of the neutralized section, it moves aside and indicates the end of the neutralized section. During the neutralization it is forbidden to overtake the official race vehicle of the Race Director.
- Neutralised arrivals: For safety reasons, the finish line can be placed a bit before, before reaching a stretch of asphalt.

Traffic

- The route is open to traffic, but properly controlled.
- The riders must follow the directions of the traffic authority and circulate with caution. On Spanish public roads, cyclists must keep the right. On tracks, it is advisable to ride on the right side.
- The paths included in the race courses are exclusively for the race days of the competition.

Check points

During the race two types of controls are established: check point (CP) and check of intersection (CI). In the check point, a referee records the participant's number and time. It will be cause for disqualification:

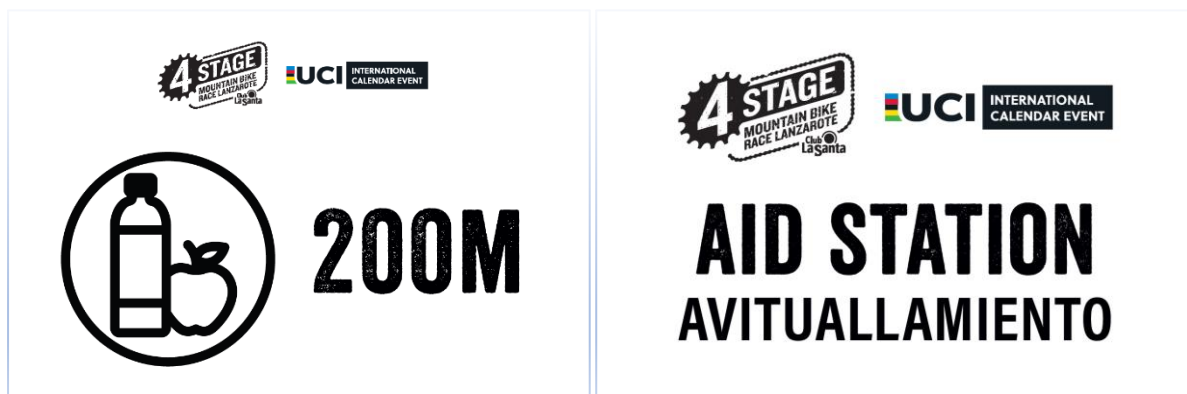
- Omitting a check point.
- Not following the indications of an intersection control.
- Leaving the course marked by the organisation.

Cut-offs

The official cut off times will regulate the event. Participants must roll within this time interval not to be disqualified. The cut off times are announced in each race day sections of this document.

Feed Technical Zone

- Feed Zones match technical zones.
- Out of the enabled zones the refreshments and technical assistance are prohibited.
- Interaction between feeders and riders will only be allowed in the feed/technical assistance zones.
- The feed technical zones will be **self-service**, so each athlete will have to manage their own stops.
- There will be bins at the beginning and at the end of each feed technical zone. There won't be any along the rest of the course.
- Same protocol measures must be implemented with the team members in the technical assistance zone.
- Participants will have access to the feed technical zone which will also be in contact with the emergency staff and the organization team.
- It is forbidden for riders to return in the opposite direction of the race traffic to access the feed/technical assistance zone once it has been passed.
- There will be a separated area in the Feed Zones for Elites.
- The assistance zones are prepared (signs, tables, containers, tents, garbage bins, food, etc) and ready for use at least 45 minutes before the first rider is expected to arrive.
- Before arriving at the assistance zones, riders will see clear signage to indicate that they are approaching them from an adequate distance away with the following signs:





TECHNICAL ZONE START ZONA TÉCNICA INICIO



TECHNICAL ZONE FINISH ZONA TÉCNICA FIN

Any illicit aid involves the disqualification of the participant. Any aid out of the Feed Technical Zone involves disqualification. People and vehicles without accreditation won't be able to access the Feed Technical Zones. Accreditations must be required to the Organisation via email at 4stage@clublasanta.com by the 24.01.24.

Signs

The route is properly marked with signs, especially at the most technical points, such as crossings, road intersections or streets. The remaining distance to the finish line is indicated every 10km, just as the last 5kms are indicated.

Demanding climbs and technical sections: The route includes demanding climbs and technical sections in descent. It is the responsibility of the participant to decide if he can overcome it on the bike. The organisation is not responsible for accidents related to the ability of each participant or their fitness level.

Training

The Race 1 course will be marked the day prior to the race 1 start, allowing participants to train. The training will be at the participants' own risk. The race organizer is not held responsible in case of any accident, damage of material, etc.

Changes on the course

For safety reasons, the course of each stage can be altered up to the day of the race. If necessary and under serious circumstances, the organisation reserves the right, without prior notice and to ensure the correct development and safety of the event (participants, referees, staff, etc.), to delay the time of departure, modify the schedule, and / or modify or cancel a stage.

For each stage a road book is published detailing the distance, altitude, type of road, step controls, intersections, supplies/assistance points and closing time of each of the services. The road book also indicates if the start or finish is neutralized, the distance of the neutralised

section and if the stage has a neutralized arrival. This road book is purely informative and is not necessary to perform each stage.

Non-cyclable sections

The Head of the referees, Race Director, can decide that a section of the route is impracticable and impossible to cross and to divert the original route.

If this is not possible, the last check point will be taken as the arrival time.

2.3 EMERGENCY ASSISTANCE

The safety of the event is guaranteed by Club La Santa's Private Security, Civil Protection Tinajo, Civil Protection Tegui, Civil Protection San Bartolomé, Local Police of the municipalities of Tinajo, Tegui, Haria and Spanish Guardia Civil. The Club La Santa Race doctor will be present throughout the entire event. A team of physiotherapists and massage therapists is available at the Club La Santa Wellness Centre, if needed.

Regarding Anti-doping controls, the race will follow the rules of the UCI for the race, and the Spanish National Anti-doping Agency will be in charge.

The relevant hospitals and medical centers are detailed below:

Medical center	Address	Phone
AZ Clinic -Doctor Javier Arroyo	Club La Santa - Av. Krogager S/N, Tinajo	676 987 046
Hospiten (Private Hospital, race insurance)	Camino Lomo Gordo, Puerto del Carmen	928 59 61 00
General Hospital Doctor José Molina Orosa	Ctra. Arrecife-Tinajo, M 1.300 Arrecife	928 59 50 00

HOSPITEN will be the assigned medical center for federated participants and participants who have purchased the race insurance (day license).

Medical assistance by stages

Medical assistance will be present in the following areas:

- **Stage 1 & 2:**
 - Ambulance available at the Race Start, Feed Technical Zone 1 and at the Finish Line.
 - Doctor & Nurse on the course according to needs.
- **Stage 3:**
 - Ambulance available at Calle Brezo del Mar Famara (Famara) and at the Finish Line.
 - Doctor & Nurse on the course according to needs.
- **Stage 4:**
 - Ambulance available at the Race Start, Puerta Costa Tegui (E-bike Race Start), Feed Technical Zone 1&4, Feed Technical Zone 3 and at the Finish Line.
 - Doctor & Nurse on the course according to needs.

3. PRE RACE

3.1. TECHNICAL MEETING

A technical meeting will be held online via SLIDO on Wednesday 24th January. The referees will review the race and report possible unforeseen changes in the development of the competition. It is mandatory to watch the technical meeting which will be available in SLIDO.

16:00 - 16:15 English Technical Meeting & Live Q&A [Click here](#)

s.clublasanta.com/4stmtb-slido-en

16:30 - 16:45 Spanish Technical Meeting & Live Q&A [Click here](#)

s.clublasanta.com/4stmtb-slido-es

3.2. ONSITE REGISTRATION

What do you need to bring?

1. **Photo Identification**
2. **UCI license if you own one**

You will be requested to show a valid 2024 license for competitive cycling:

- Participants wishing to participate in the males & females UCI Elite category must be in possession of an annual UCI license for competitive cycling. These compete for UCI points and prize money, but they must also strictly comply with the UCI regulations.

3. **Race Insurance**

It is the participants' responsibility to ensure they are covered by their Federation insurance on race day (Cycling Federation). The participants must have their insurance customer service contact on the weekend. Touring cycling or other sports licenses are not accepted.

You must present A or B:

- A. Valid 2024 license for competitive cycling. Participants who are in possession of a license for competitive cycling will be requested to show it in digital format or hard copy.
- B. 1 Day License. Participants who are not in possession of a license for competitive cycling, must apply for a temporary license valid only for the competition, approved by the Royal Spanish Cycling Federation (RFEC). Participants can purchase it with their online registration. Cost: 15€ for 2 or 4 stages

Participants can also purchase it on the onsite registration.

What does the registration include?

1. Race organisation, traffic management & volunteers
2. Technical briefing online
3. Timing and results of each stage
4. Race day on-course nutrition at the feed technical zones
5. Free Mechanic assistance on race days only at the start and finish areas.
6. First aid assistance
7. Pick up service on the course in case of drop out.
8. Bike wash service (water gun)
9. Participant race pack
10. Finisher Medal for the 4 stages Finishers
11. Finisher certificate
12. Race 4: Relaxation massages provided by the students at a Massage Therapy school are available at the Finish area of Race 4, on a first-come, first-serve basis. In case you need a therapeutic massage, you will need to contact a Physiotherapist.

Race pack collection

What do I get?

- Race pack
 - ✓ Two BIBs:
 - 1 Race number for the back of the participant
 - 1 Race Plaque for the handlebar of the bike
 - ✓ 4 safety pins to attach the race number to the jersey.
 - ✓ 4 zip ties to attach the race plaque to the bike.
 - ✓ Chip with Velcro
 - ✓ A sticker/label for participants' personal bag
- Extra purchases
- Welcome bag with nutrition
- Official Participant GOBIK jersey (For registrations after the 18.12.2023 we can't guarantee the right size).

4. RACE DAY

4.1 Important information

Feed Technical Zones: self-service aid stations

226ERS is the nutrition brand available during the 4 STAGE MTB Race Lanzarote 2024. The aid stations at the feed technical zones will be **self-service**, so each athlete will have to manage their own stops and **re-fill their own bike bottles**.

The organisation will not provide bike bottles at the feed technical zones.

Bike mechanic service

The organisation will provide bike tech on the feed zones during race day. Bike tech service will be also available before and after the race. Shimano Más Deportes team and E-Bike Lanzarote will provide bike tech assistance in the following times:

- **Stage 1** at Club La Santa:
 - o From 09:30 until the race start
 - o During 1 hour after the final cut off
- **Stage 2** at Club La Santa:
 - o From 08:00 until the race start
 - o During 1 hour after the final cut off
- **Stage 3:**
 - o At Caleta de Famara from 08:15 until the last participant's start
- **Stage 4** at Club La Santa:
 - o From 08.00 until the race start

Shimano Mas Deporte will provide mechanical assistance on the technical zones during every stage except of the 3rd one.

Information Point

The information point will be available on the start area everyday. In this tent, the participants can find all the information they need, including spare materials/equipment in case they need them. The Information tent will be open the following times:

- **Stage 1** at Club La Santa: From 09:30 until one hour after the cut off at the finish area.
- **Stage 2** at Club La Santa: From 08:00 until one hour after the cut off at the finish area.
- **Stage 3:**
 - o At Caleta de Famara from 08:15
 - o At the finish area in "Ermita de Las Nieves" until 15.00hrs
- **Stage 4** at Club La Santa: From 08.00 until one hour after the cut off at the finish area.

Nutrition marking

Before participants enter the starting grid, the volunteers will mark all personal nutrition items that participants carry during the race with their race number. This way, the organization can identify the owner of any litter found along the course.

The commissaires reserve the right to disqualify any participant who does not respect the environment, or the private properties encountered on the race course, and to expel him/her without possibility of continuing to participate in the competition.

Parking

Please follow the directions of the Security Guards, parking signs and Police officers for the parking area at Club La Santa.

Personal Bag drop

There will be a bag area available where participants can leave their bags. Participants will need to leave their bag in the assigned area right before entering the grid. The bags must be labelled with the label with their race number. Participants will collect their bag after the race by showing the race number to the bag area team. No bag will be handed without the race number.

Self-transport

Participants will need to reach the start area and go back to their accommodation with their own means (cycling, car rental, etc.).

Cadets taking part in the stage 2, will need to reach the specific start area with their parents' own means (cycling, car, car rental, etc.).

Where do I wear the bib and chip?

- A. Race plaque → on the handlebar of the bike
- B. BIB → on the back of the participant
- C. Timing chip → on the left ankle





4.2. Saturday

=>GJ= L@= J9; = KL9JLK

The Stadium at Club La Santa will be open from 09:30hrs. Race will start at 10.30hrs.

Race Start procedure

XCMS S1 Race Start at 10:30

E-BIKE Race Start at 11:00

20 minutes before the race starts, all participants must be in their assigned starting grids. These grids correspond to:

1. Elite UCI males
2. Elite UCI female (*will start 5 minutes after the Elite UCI males*)
3. Masters 30, 40, 50, 60 (*will start 5 minutes after Elite UCI female*)
4. Cadets and Juniors
5. E-Bike

Neutralised starts: the Race Director leads the participants in an official vehicle. When the Race Director starts the race, the participants must start competing.

This starting procedure may be modified by the College of Commissaires according to the needs of the race.

! GmK=



ETAPA 1 – 27.01.24


STAGE 1

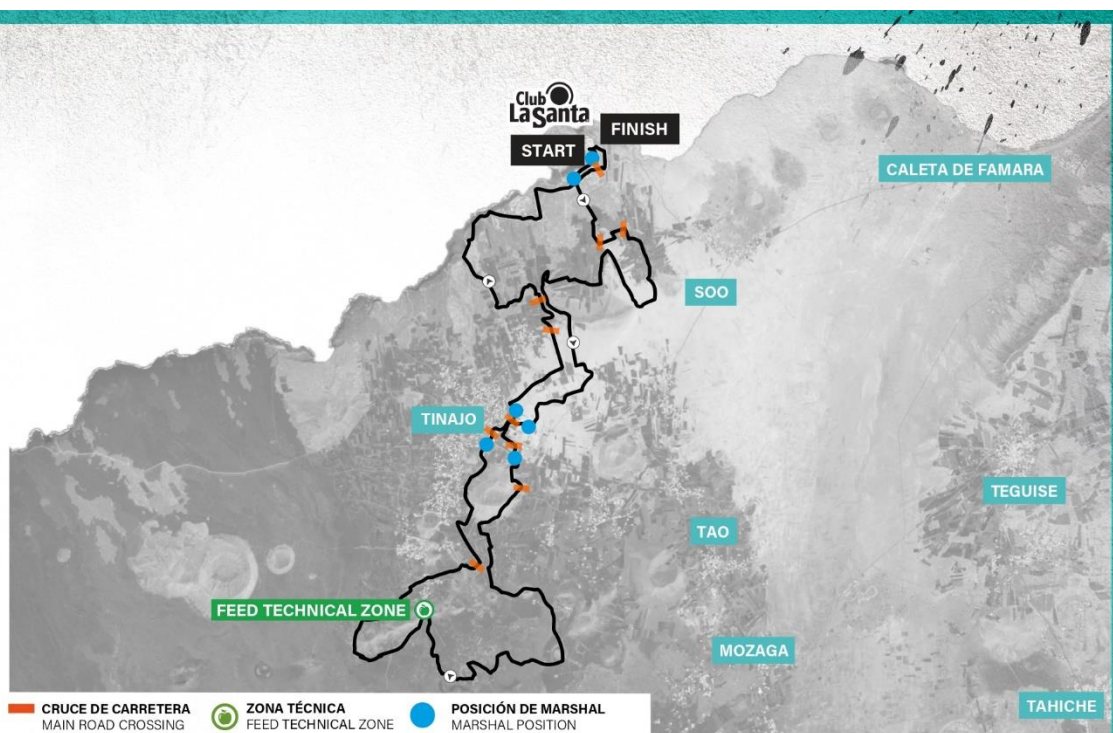
XCMS S1

 **DISTANCIA ETAPA: 48.4km**
STAGE DISTANCE: 48.4km

 **ELEVACIÓN TOTAL: 768m/-768m**
TOTAL CLIMBING: 768m/-768m

 **PUNTO MÁS ALTO: 356m**
HIGHEST POINT: 356m

 **HOSPITAL MÁS CERCANO:**
NEAREST HOSPITAL:
"Hospiten" - Cam. Lomo Gordo, s/n,
35510 Puerto del Carmen



ROAD BOOK – Stage 1

XCMS S1	E-BIKE		Municipality	KM
10:30	11:00	Race Start, Club La Santa	Tinajo	0
10:59	11:29	Cross LZ 20, south direction	Tinajo	14,5
11:01	11:31	Cross cemetery road, Camino La Vegueta	Tinajo	15
11:06	11:36	Cross LZ 46	Tinajo	17,8
11:14	11:44	Cross LZ 56 on the way back	Tinajo	25,1
11:18	11:50	<i>Feed Technical Zone and Chip Control</i> - Cut off for XCMS S1 → 12:30 - Cut off for E-BIKE → 13:00 <i>GPS Coordinates: 29° 1'49.07"N 13°41'12.00"W</i>	Tinajo	26,5
11:30	12:00	Cross Hoya de la Perra road heading north	Tinajo	30,2
11:31	12:01	Cross LZ 56 on the way back	Tinajo	31
11:37	12:07	Cross LZ 46	Tinajo	33
11:46	12:15	Cross LZ 20, heading north	Tinajo	36
12:00	12:30	Cross El Cuchillo road towards the underpass of LZ 67	Tinajo	41,2
12:06	12:36	Cross LZ 67, towards C/Las Betancoras – Club La Santa	Tinajo	44,9
12:12	12:42	Cross La Santa - Caleta de Caballo road, 1 st dirt exit from the roundabout	Teguise	47,8
12:15	12:45	The first cyclist arrives at Club La Santa	Tinajo	48.4
13.45	14.15	<i>The final cut off at Club La Santa</i>	Tinajo	48.4

Feed Zone

Nutrition available in Stage 1:

- Feed technical zone 1: Water & Coca Cola
- Feed zone finish line: Water, Coca Cola, Aquarius and Fruit

Podium

Podium

There will be a podium for the top 3 elite male and female as soon as the 3rd finishes.

Mechanical assistance

Bike tech service by Mas Deporte, eBike Lanzarote and Bicycle cleaning (water gun) will be available after the race.



4.3. Sunday

⇒ GJ = L@ J9; = KL9JLK

The Stadium at Club La Santa will be open from 08:00. Race will start at 09:00.

Start procedure

XCMS S1 Race Start at 09:00

E-BIKE Race Start at 09:30

20 minutes before the race starts, all participants must be in their assigned starting grids. These grids correspond to:

1. Elite UCI males
2. Elite UCI female (*will start 5 minutes after the Elite UCI males*)
3. Masters 30, 40, 50, 60 (*will start 5 minutes after Elite UCI female*)
4. Juniors
5. E-Bike

Neutralised starts: the Race Director leads the participants in an official vehicle. When the Race Director starts the race, the participants must start competing.

This starting procedure may be modified by the College of Commissaires according to the needs of the race.



ETAPA 2 – 28.01.24

STAGE 2

XCMS S1

DISTANCIA ETAPA: 55km
STAGE DISTANCE: 55km

ELEVACIÓN TOTAL: 990m/-990m
TOTAL CLIMBING: 990m/-990m

PUNTO MÁS ALTO: 372m
HIGHEST POINT: 372m

HOSPITAL MÁS CERCANO:
NEAREST HOSPITAL:
"Hospiten" - Cam. Lomo Gordo, s/n,
35510 Puerto del Carmen



Cadets Race Start at 10:30 at KM 24

Cadets will start at Tinaguaton, at KM 24 (Feed Technical Zone 1). Referees & organization staff will organise the start at the area. Participants should be ready at least 15 mins before.



ETAPA 2 – 28.01.24

STAGE 2

CADETES

DISTANCIA ETAPA: 31km
STAGE DISTANCE: 31km

ELEVACIÓN TOTAL: 517m/-811m
TOTAL CLIMBING: 517m/-811m

PUNTO MÁS ALTO: 372m
HIGHEST POINT: 372m

HOSPITAL MÁS CERCANO:
NEAREST HOSPITAL:
"Hospiten" - Cam. Lomo Gordo, s/n,
35510 Puerto del Carmen



ROAD BOOK – Stage 2, 2024

XCMS S1	E-BIKE		Municipality	KM
09:00	09:30	Race Start, Club La Santa	Tinajo	0
09:05	09:35	Cross LZ 67 towards Albergue La Santa – C/ Las Betancoras	Tinajo	3
09:35	10:05	Arrival and crossing of Mancha Blanca LZ 67	Tinajo	14,8
09:50	10:20	Cross LZ 56 towards Tinguatón - Tao <i>Feed Technical Zone 1 and Chip Control:</i> - Cut off for XCMS S1 → 11:30 - Cut off for E-BIKE → 12:00 <i>GPS Coordinates: 29° 1'49.07"N 13°41'12.00"W</i>	Tinajo	24
10:30		Race Start for Cadets Cross LZ 56 towards Tinguatón – Tao, Aid Station 1	Tinajo	24
10:00	10:30	Cross to LZ 58 towards Tao	Tinajo	28,8
10:12	10:42	Cross to LZ 409 towards Mancha Blanca	Tinajo	34,5
10:30	11:00	Cross LZ 46 towards Tinajo	Tinajo	40
10:33	11:03	Cross to Carretera La Vegueta	Tinajo	44,1
10:40	11:10	Cross LZ 20 behind the municipal pavilion towards La Santa <i>Feed Technical Zone 2 and Chip Control:</i> - Cut off for XCMS S1 → 12:30 - Cut off for E-BIKE → 13:00 <i>GPS Coordinates: 29° 3'49.04"N 13°40'6.37"W</i>	Teguise	44,5
10:48	11:18	Cross La Santa - Caleta de Caballo road, 2 nd dirt exit from the roundabout	Tinajo	54,2
11:00	11:30	The first cyclist arrives at Club La Santa	Tinajo	55
13:15	13:45	The final cut off at Club La Santa	Tinajo	55

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Nutrition available in Stage 2:

- 2 feed technical zones: Water & Coca Cola
- 1 feed zone at the finish line: Water, Aquarius, Coca Cola & Buffet

⌘=J L@=J9; =

Podium

There will be a podium for the top 3 elite male and female as soon as the 3rd finishes.

Mechanical assistance

Bike tech service by Mas Deporte, Ebike Lanzarote and Bicycle cleaning (water gun) will be available after the race.

Return chip

It's very important that all participants not competing in the 4 stages, must return their timing chips to the organisation. Failure to do so, participants will be required to pay 50 euros to the organization.

Awards Ceremony

The Awards Ceremony for stage 1 & 2 will be held on the Stadium at 14:00.



4.4. Monday

⇒GJ=L@ J9; =KL9JLK

The stage 3 will start at Caleta de Famara.

Start procedure

Time Trial Race Start at 09:00

The start of the time trial is done in reverse order of the general classification. Each runner takes the start with a difference of approx. thirty (30) seconds.

For the time trial stage, each runner must be present 20 minutes in advance, before taking the start. Procedure:

1. DNF (did not finish) participants STAGE 1 and 2.
2. Master Females 60,50,40, 30
3. Master 60 males.
4. Master 50 males.
5. Master 40 males.
6. Master 30 males.
7. Elites/Sub 23 fem
8. Elite/Sub23 males
9. E-bike

This starting procedure may be modified by the College of Commissaires according to the needs of the race.



ETAPA 3 – 29.01.24

STAGE 3

TIME TRIAL



DISTANCIA ETAPA: 21km
STAGE DISTANCE: 21km



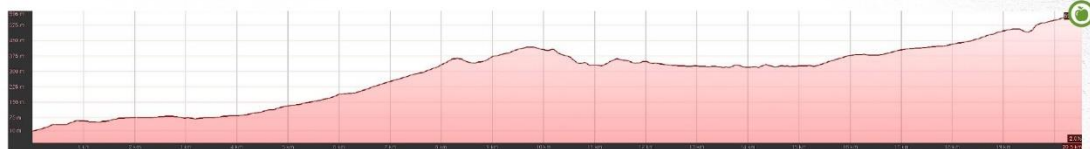
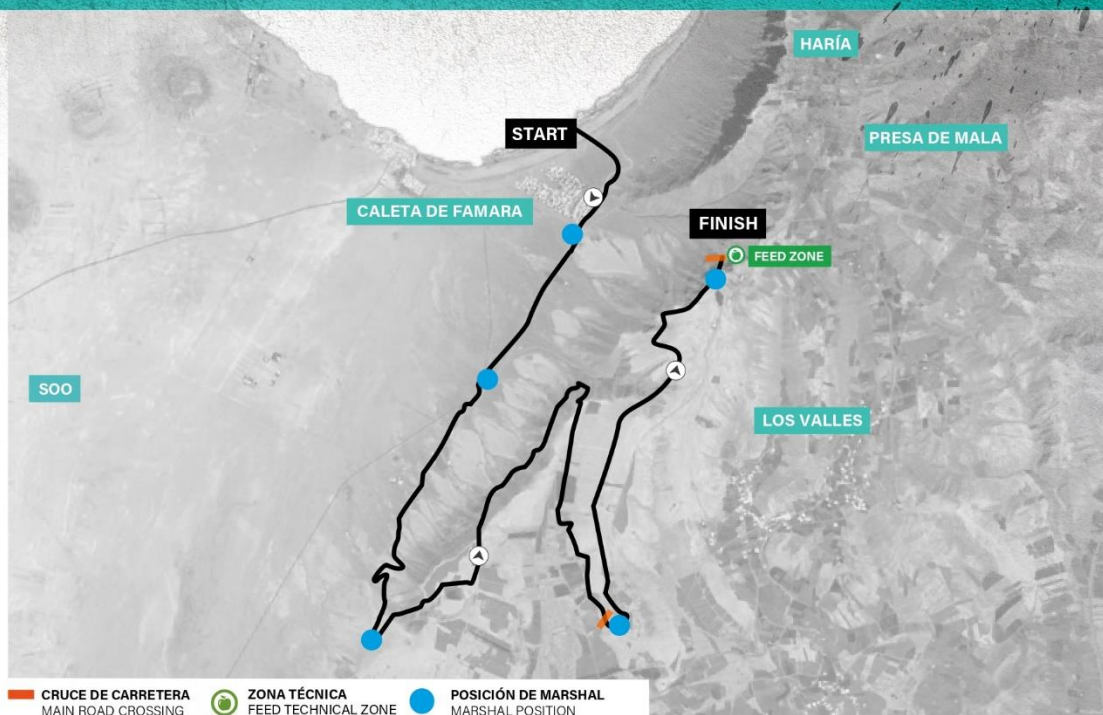
ELEVACIÓN TOTAL: 881m/-295m
TOTAL CLIMBING: 881m/-295m



PUNTO MÁS ALTO: 596m
HIGHEST POINT: 596m



HOSPITAL MÁS CERCANO:
NEAREST HOSPITAL:
"Hospiten" - Cam. Lomo Gordo, s/n, 35510
Puerto del Carmen



ROAD BOOK – Stage 3, 2024

XCMS S1		Municipality	KM
09:00	Race Start, Caleta de Famara LZ 403	Teguisse	0
09:23	La Montaña <i>Chip Control</i>	Teguisse	11,8
09:35	Entering from C/Gadifer de la Salle to the Ermita of Las Nieves through a trail	Teguisse	15,3
09:50	The first cyclist arrives at Ermita of Las Nieves	Teguisse	21
14:00	The final cut off at Ermita of Las Nieves	Teguisse	21

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Nutrition available in Stage 3:

- Feed Zone at the finish line: water, Coca Cola, Hot Cocoa, soup and fruit.

There will be no feed/technical zones on the course.

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Podium

There will be a podium for the top 3 elite male and female as soon as the 3rd finishes.

Mechanical assistance

No mechanical assistance after stage 3.



4.5. Tuesday

=>GJ= L@= J9; = KL9JLK

The Stadium at Club La Santa will be open from 08:00. Stage 4 will start at 09:00.

Start procedure

XCMS S1 Race Start at 09:00 at Club La Santa

20 minutes before the race starts, all XCMS S1 participants must be in their assigned starting grids. These grids correspond to:

1. UCI Elite males
1. UCI Elite UCI females with points.
2. Masters with points.
3. Box in order of arrival (no call)

Neutralised starts: The start will be neutralised. In this case, the Race Director leads the participants in an official vehicle. When the Race Director starts the race, the participants must start competing.

This starting procedure may be modified by the College of Commissaires according to the needs of the race.



ETAPA 4 – 30.01.24

STAGE 4

XCMS S1

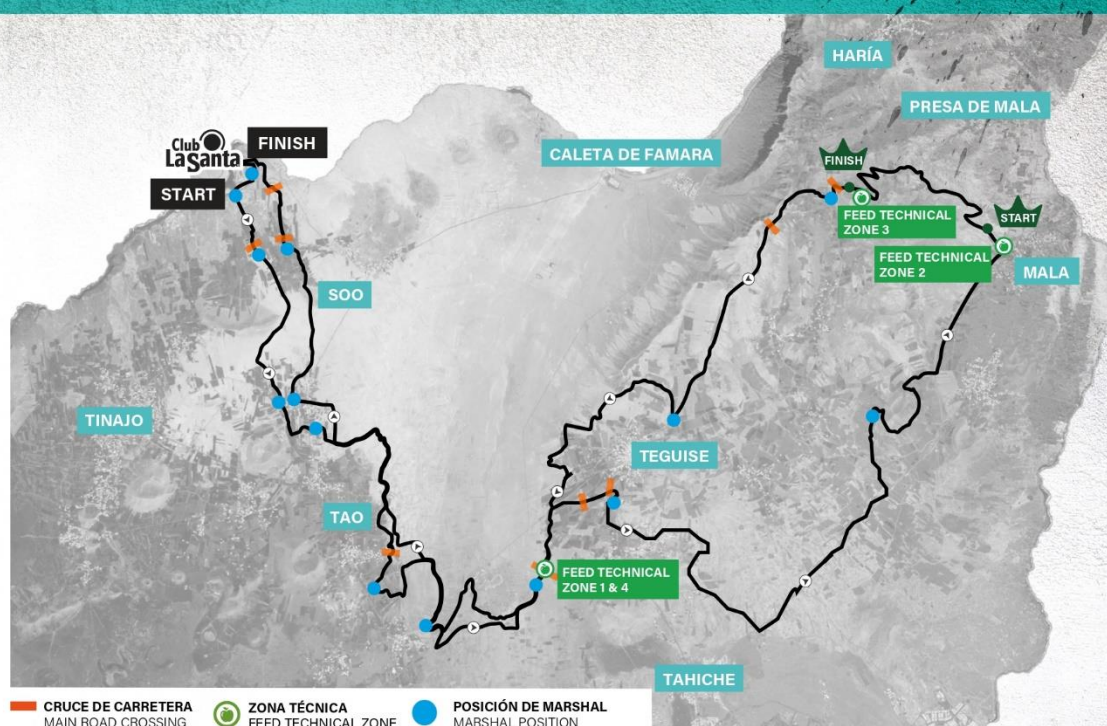
DISTANCIA ETAPA: 84.7km
STAGE DISTANCE: 84.7km

ELEVACIÓN TOTAL: 1738m/-1738m
TOTAL CLIMBING: 1738m/-1738m

PUNTO MÁS ALTO: 599m
HIGHEST POINT: 599m

HOSPITAL MÁS CERCANO:
NEAREST HOSPITAL:
"Hospiten" - Cam. Lomo Gordo, s/n,
35510 Puerto del Carmen

REY Y REINA DE LA MONTAÑA
KING AND QUEEN OF THE MOUNTAIN



E-BIKE Race Start at 09:00 at Puerta a Costa Teguisse

E-bikers will start at Costa Teguisse. Referees will organize the E-bikers on the area to start the race. Participants should be ready at least 30 mins before.



ETAPA 4 – 30.01.24

STAGE 4 EBIKES

DISTANCIA ETAPA: 53.3km
STAGE DISTANCE: 53.3km

ELEVACIÓN TOTAL: 1095m/-1222m
TOTAL CLIMBING: 1095m/-1222m

PUNTO MÁS ALTO: 599m
HIGHEST POINT: 599m

HOSPITAL MÁS CERCANO:
NEAREST HOSPITAL:
"Hospiten" - Cam. Lomo Gordo, s/n,
35510 Puerto del Carmen

REY Y REINA DE LA MONTAÑA
KING AND QUEEN OF THE MOUNTAIN



ROAD BOOK – Stage 4, 2024

XCMS S1	E-BIKE		Municipality	KM
09:00		Race Start, Club La Santa	Tinajo	0
09:20		Cross LZ 401 heading east, passing in front of the water tank	Teguisse	7,8
09:44		Cross LZ 408 <i>Feed Technical Zone 1 and Chip Control:</i> - Cut off for XCMS S1 → 11:00 <i>GPS Coordinates: 29° 2'8.89"N 13°34'52.33"W</i>	Teguisse	21,5
09:45		Teguisse	Teguisse	24,5
09:46		Cross LZ 10 through underground tunnel	Teguisse	25,5
09:53		Cross LZ 1. and underground tunnel of LZ 1	Teguisse	30,8
09:55	09:00	Cross LZ 14 E-BIKE Race Start at Puerta a Costa Teguisse	Teguisse	31,8
10:12	09:12	Cross LZ 1 and LZ 404 highways through underground tunnel	Teguisse	35,6 / 3.6
10:30	09:30	Go through 250m of LZ 405 towards Guatiza Cemetery	Teguisse	39,3 / 7.5
10:39	09:39	Start of King/Queen of the Mountain Start of the ascent to Presa de Mala through Camino Diseminado Mala and C/ Pleamar Street <i>Feed Technical Zone 2 and Chip Control:</i> - Cut off for XCMS S1 → 12:30 <i>GPS Coordinates: 29° 6'2.89"N 13°28'27.43"W</i>	Haría	43 / 11
11:00	10:00	End of King/Queen of the Mountain Cross LZ 10 towards Ermita de Las Nieves <i>Feed Technical Zone 3 and Chip Control</i> <i>GPS Coordinates: 29° 6'47.85"N 13°30'50.66"W</i>	Teguisse	50 / 18
11:10	10:10	Teguisse	Teguisse	57,7 / 25.8
11:20	10:20	Passing under the bridge near the roundabout of LZ 30 towards Mozaga	Teguisse	64 / 32.4
11:22	10:22	Cross LZ 408 towards Mozaga <i>Feed Technical Zone 4 and Chip Control:</i> - Cut off for XCMS S1 → 14:30 <i>GPS Coordinates: 29° 2'8.89"N 13°34'52.33"W</i>	Teguisse	65 / 33.5

11:36	10:36	Pass under the bridge closest to Mozaga on LZ 30	Teguisse	65/ 38
12:00	11:00	Cross LZ 401 from C/ La Era to C/ Trilla	Teguisse	77,7 / 46.5
12:15	11:15	Cross La Santa - Caleta de Caballo road, 2 nd dirt exit from the roundabout	Teguisse	83,2 / 52.5
12:17	11:17	The first cyclist arrives at Club La Santa	Tinajo	84.7 / 53
16:00	13:15	The final cut off at Club La Santa	Tinajo	84.7 / 53
NOTE	<p>La Presa Time Trial is included in this stage.</p> <p>To be eligible to the King/Queen of the mountain prize money (the fastest cyclist in the La Presa) participants must complete the full stage.</p> <p>Only for Masters.</p>			

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Nutrition available in Stage 4:

- 4 feed technical zones: water, Coca Cola & bananas
- 1 feed zone at the finish line: Finisher Buffet

⌘=J L@= J9; =

Podium

There will be a podium for the top 3 elite male and female as soon as the 3rd finishes.

Return chip

All participants must return their timing chips to the organisation. Failure to do so, participants will be required to pay 50 euros to the organization.

Massage service

Relaxation massages provided by the students of a Massage Therapy school are available at the Finish area, on a first-come, first-serve basis until 16:00. In case you need a therapeutic massage you will need to contact a licensed physiotherapist.

A team of physiotherapists and massage therapists is available at the Club La Santa Wellness Centre, if needed.

Awards Ceremony

The Awards Ceremony will take place on Tuesday 30.01.24 from 18.00hrs at the Square, Club La Santa.

5. POST-RACE

5.1. Awards

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Awards Ceremony for the stage 1 and 2 will take place on Sunday 28.01.2024 at 14.00hrs at the Stadium, Club La Santa:

- 1st Cadet and 1st Junior: stage 1 + stage 2 (women/men)
- 1st Master: stage 1, stage 2 (w/m)
- 1st Cadet and Junior: 2 stages (w/m)
- Top 5 Élite (w/m): : stage 1, stage 2 (w/m)

2M=K<9Q

The Awards Ceremony for the 4 stages will take place on Tuesday 30.01.24 from 18.00hrs at the Square, Club La Santa in the following time:

At 18:00:

- Top 3 Masters 4 stages Overall (w/m)
- E-bike, 1er Master General 4 etapas (f/m)
- 1st King/ Queen of the Mountain (w/m)*
- Top 3 Canarian (Canary Islands citizens): 4 stages (w/m)
- 1st Conejero (Lanzarote citizen): 4 stages (w/m)
- Special Awards (the person receiving the award will be contacted previously).
- Top 5 Élite (w/m): : stage 3, stage 4 (w/m)
- Top 10 Elite: 4 stages (w/m)

** 1st King/ Queen of the Mountain*

Prize money for Masters only: To be eligible to this prize money (fastest m/w cyclist in the La Presa Time trial in stage Race 4) Participants must complete the full stage.

Prize Money

Prizes are subject to a withholding tax of 19% for Spanish residents and 24% for non-Spanish residents. The prize money will be paid to the athletes by bank transfer (bank commissions will be deducted).

The prize money winner will receive an envelope from the Organisation during the Awards Ceremony. The envelope will contain the information and steps to follow in order to process the bank transfer of the prize money.

5.2. Classifications

The classifications of each stage are made according to the time invested to complete each one, plus the accumulated time of penalties. The following classifications are established:

- Overall
- Elite UCI Male
- Female UCI Elite
- Master 30
- Master 40
- Master 50
- Master 60
- Junior (only Stage 1 & 2)
- Cadets (only Stage 1 and half course Stage 2)

In addition, a male and female Elite UCI classification will be published to award these participants with UCI points and prize money. Please check the UCI points image to check how UCI points apply to the Club La Santa 4 Stage MTB Race Lanzarote.

All participants must wear the timing chip. The referees must approve these times so that the results are considered valid.

3! ' HGÆLK

Only UCI points are awarded to the Elite Men's and Women's categories.

PUNTOS UCI 2024 UCI POINTS 2024

CARRERA POR ETAPAS CLASE 1 STAGE RACE CLASS 1	
Clasificación General General Classification	
ELITE	
PLACE/ RANGO	POINTS/ PUNTOS
1	150
2	120
3	100
4	80
5	75
6	65
7	60
8	55
9	50
10	45
11	40
12	35
13	30
14	28
15	26
16	24
17	22
18	20
19	18
20	15
21	10
22	9
23	8
24	7
25	6
26	5
27	4
28	3
29	2
30	1



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Only the UCI Elite categories will be eligible for the prize money of the general classification.

To be eligible to the prize money, participants must hold a competition cycling license, issued by a national federation, approved by the UCI (with UCI ID) and valid for 2024.

UCI Elite - Prize money It is compulsory for the first three riders (M/ W) to be present at the awards. The daily podium will take place at the Stadium, 15/30 minutes after completion of each race and prizes will be awarded to the first 3 Elite riders m/w according to the table UCI awards.

Prizes will be awarded according to the UCI prize money table – Class 1:



CONOCE LOS PREMIOS

KNOW THE PRIZES

CLASIFICACIÓN GENERAL GENERAL CLASSIFICATION	POR ETAPA PER STAGE
Élite hombre / mujer: Elite male/ female	Élite hombre / mujer: Elite male/ female
1) 900€	1) 200€
2) 750€	2) 150€
3) 600€	3) 100€
4) 450€	4) 75€
5) 375€	5) 50€
6) 300€	 REY Y REINA DE LA MONTAÑA (SÓLO MASTER - NO PARA E-BIKE) KING AND QUEEN OF THE MOUNTAIN (ONLY FOR MASTER - NOT FOR E-BIKE)
7) 225€	
8) 187.50€	
9) 150€	
10) 75€	300€



6. RACE HOST

Club La Santa is the world's number one active holiday and sports resort located in Lanzarote, Spain. Athletes and families alike choose to stay and train at Club La Santa taking advantage of the all year round warm climate, ideal training conditions and sports facilities that are maintained to the highest standards.

Club La Santa's facilities include three 50m swimming pools and a saltwater lagoon, 400m running track, bike centre with more than 300 bikes, fitness centre, functional training areas and much more, including restaurants and a Wellness Centre. Club La Santa offers 500 activities a week in 80 different sports.

The wide range of activities and the organisation of annual races in triathlon and cycling, contribute to the identity of a resort that places sports, health, active lifestyle, and social activities at the core of its philosophy.

6.1 Race Headquarter

The operations centre will be inside the Club La Santa premises:

Lanzarote, Canary Islands, Spain

Avenida Krogager s.n.

Municipio de Tinajo

Postcode: 35560

Phone: 928 599 999

The following services are available

- Race Office
- Press Office
- Organisation room
- Anti doping room
- Conference room
- Awards ceremony area
- Massage at Wellness Centre (with charge) & at the Finish area for Stage 4 (no charge)



