

The Breedenet Cape Duo is a multi-stage cycling race in the Western Cape which includes mountain biking and road cycling. It is a three day timed event, alternating between mountain biking and road stage racing where gap penalties will apply.

Riders can compete as a 2-person team or as a solo rider in The Breedenet Cape Duo.

The Cape Duo 1 Day Experience (“The Experience”) is for solo entries only and will be presented only on the final day of **The Breedenet Cape Duo**. These riders will compete in the road time trial, followed by the mountain biking stage. **The Experience** will commence after the riders participating in **The Breedenet Cape Duo** have all started the road time trial.

All the rules of **The Breedenet Cape Duo** multi-stage event will, where applicable, also apply to **The Experience**.

1. Solo Riders, Team Categories and The Experience

1.1 The Breedenet Cape Duo, including The Experience event, is sanctioned by Cycling South Africa (CSA) and all Riders participating in these events will be required to produce a valid CSA licence at race registration or will be charged the applicable fee levied by CSA.

1.2 Minimum age of participation is 19 years on 31 December of the year in which the race takes place.

1.3 Riders must be in good health and well trained.

1.4 Teams & solo riders in the Breedenet Cape Duo will compete in men (19-39 years), ladies (19-39 years), mixed (all ages), masters (men & ladies 40-49 years) and grand masters (men & ladies -50+) categories.

1.5 The youngest rider in the team will determine the category as described above in 1.4.

1.6 A minimum of three teams or solo rider finishers per category in order to qualify for prize money.

1.7 Tandems will not qualify for any prize money.

1.8 Riders in The Experience will compete in the following categories, namely, men (19 – 39years), ladies (19-39years) as well as masters (men & ladies 40 years plus).

2. Medical

2.1 During the event, the medical officer reserves the right to withdraw a rider who is not deemed physically capable of continuing.

2.2 Any medical expenses incurred will be for the competitors’ account and will be claimed from their medical aid.

2.3 All competitors need comprehensive medical aid which will cover any medical expense which may be incurred whilst participating in The Breedenet Cape Duo or The Experience, which are conducted in the spirit of self-contained, self-reliant cycling.

2.4 It is the riders’ own responsibility to ensure that they are physically fit and able to compete in the event. Contact your physician should you be unsure.

3. Bicycles

3.1 Only bikes in good working order will be allowed to start the race.

3.2 Riders must start and finish the event on the same bike they used for either mountain biking or road.

3.3 Bike Marking

3.3.1 Bikes must be marked with official The Breedenet Cape Duo or The Experience number board and bike sticker.

3.3.2 It is each rider's responsibility to ensure that their bike is appropriately marked.

3.4 Bikes must be race-ready at the start of each stage, and riders must during the event make sure that:

3.4.1 The bike is correctly marked.

3.4.2 The front number board is securely fitted and visible from the front.

3.4.3 The bike is in safe working order.

3.5 Maintenance of bicycles during the race is the responsibility of each rider.

3.6 Bike repair services will be provided by outsourced service providers at stage finishes – all costs will be for the rider's own account.

3.7 In all cases of maintenance and repair, riders are required to complete the full distance of the stage with their own bikes and within the time allowed.

3.8 Bicycles may be propelled only through a chain set and by the rider's leg action, without any form of assistance (electrical or otherwise).

3.9 Tandem bikes are allowed.

3.10 Time keeping will be provided by RaceTec. RaceTec/Winning Time transponders are a prerequisite for participation and the recording of accurate times. Riders who do not have a transponder can purchase these from RaceTec, beforehand or at registration.

4. Helmets and Clothing

4.1 A rider not wearing a helmet at any stage of the race will be disqualified and removed from the course immediately.

4.2 All helmets must comply with international "ANSI" standards.

4.3 Appropriate riding attire, including a shirt, must be worn at all times. Team members do not have to be dressed identically. No sleeveless shirts will be allowed.

4.4 Eye protection is strongly recommended.

4.5 It is recommended that fully enclosed footwear be worn.

4.6. Riders will be allowed to use a bicycle fitted with triathlon, time trial or "Spinachi"-type bars (i.e. time trial bike) **only** during the road time trial of Stage 3. Bicycles fitted with triathlon, time trial or "Spinachi"-type bars (i.e. time trial bike) **will not be allowed during any of the other stages.**

4.7 Riders in **The Experience** will be allowed to use a bicycle fitted with triathlon, time trial or "Spinachi"-type bars (i.e. time trial bike) only during the road time trial.

4.8 NB: No electronic head pieces/phones/music will be allowed while riders participate in the event.

5. Team Riding and Separation Time Penalties (STP's) (STP's applicable to teams riding the multi-stage event)

5.1 Riders must ride with his/her team partner at all times

5.2 Any rider may receive physical assistance from his/her team partner or from a fellow competitor. For purposes hereof, "physical assistance" shall mean the sharing of water and nutrition, sharing of bike parts and accessories, assistance with maintenance and repair, and pushing/towing by physical contact only.

5.3 No towing of riders by means of any mechanical or physical devices is allowed, i.e. towropes, bungee cords, etc.

5.4 A rider is allowed to "double back" on the route at any time in order to reach his/her team mate or in order to reach the nearest tech support zone (where applicable), provided that he/she shall not endanger any other rider in doing so.

5.5 Riders who are separated by more than 2 minutes from their team partner during the particular stage at any point in the stage will receive a Time Penalty (TP) of 1 hour.

5.7 Team rider separation will be measured at the Start, Finish and Check Points, but can also be enforced at any point on the stage.

5.8 More than 1 TP per day can be enforced.

5.9 Three (3) TP's may result in the disqualification of the team.

5.10 TP's will be applied to both stage results and to overall results.

5.11 Refer to section 19 for additional clarification.

6. Rider Identification

6.1 All riders (team, solo & The Experience) must display their entire race number(s) at all times.

6.2 Bike numbers must be firmly fixed on the front of the Mountain bike and must not be obscured by cables or any other item.

6.3 Race numbers for the Road stage as well as the time trial must be properly pinned to the back of the rider

6.3 Race numbers must not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.

7. Recommended Equipment

These items must be considered the bare minimum, and it is strongly recommended that riders ensure that they are fully prepared to deal with emergencies they may encounter. The following items should be considered by the team during the race:

7.1. Sun-block with a minimum SPF factor of 15.

7.2 Riders on specific personal medications are responsible for supplying and carrying such medication.

7.3 At least 2 litres of liquid capacity per rider.

7.4 Multi-tool or bike repair tools, including spare tube and inflating device.

7.5 Mobile telephone.

8. Start

8.1 The Breedenet Cape Duo Multi-stage event

8.1.1 The starting chutes open early. Stages 1 & 2 starting times will be communicated in advance.

8.1.2 Differentiated start zones will be allocated for the stages 1 & 2

8.1.3 Stages 1 & 2: Riders who are riding as a team must enter the start zones as a team, and once entered must remain in the start zone with their bikes.

8.1.4 The leading team or solo riders in each category will have the option to start from the front of the group, if present at the start line in time.

8.1.5 Individual starting times for teams & solo riders will apply to Stage 3 and will be communicated in advance.

8.1.6 Stage 3 – Road Time Trial: All riders need to report to the start ten minutes before their published starting time. Riders must enter the start zone with their bikes, and once entered must remain in the start zone with their bikes.

8.1.7 Any riders and/or teams who are not in their start zones 10 minutes before the start may be required to start in a later starting batch or at the end of the road time trial on Stage 3.

8.1.8 Riders deliberately and unlawfully starting in an incorrect starting group will incur a 30-minute penalty.

8.2 The Experience

8.2.1 Riders participating in this event will only start after the start of The Breedenet Cape Duo Challenge has been completed.

8.2.2 Individual starting times will be allocated prior to the event and communicated by the organiser.

8.2.3 All riders need to report to the start ten minutes before their published starting time. Riders must enter the start zone with their bikes, and once entered must remain in the start zone with their bikes.

8.2.4 Any riders who are not in their start zones 10 minutes before the start may be required to start in a later starting batch or at the end of the road time trial.

9. Route and Stages

9.1 Riders must complete the full designated route and distance of all stages.

9.2 Only riders who complete all stages will be considered The Breedenet Cape Duo finishers.

9.3 Riders in The Experience will participate in the road time trial followed by the mountain biking stage.

10. Individual and Team Times

10.1 For teams, only team times will be advertised, but individual rider times will be recorded for the allocation TP's

10.2 The team time is determined by the time at which the second team member passes the stage finish line

10.3 For solo riders, the overall time taken to complete the full distance of the event will apply

10.4 Timing will start when a rider crosses the timing mat.

10.5 The start line will remain open for 5 minutes after the start gun at stages 1 & 2.

10.6 Riders who start later than the official start time will not be credited with a late start.

10.7 Any rider who cannot make the start must report to the organisers.

10.8 The finish cut off time will not be adjusted for riders who are permitted a late start.

10.9 The winning time of the riders participating in The Experience will be the total of the road time trial and the mountain biking stage.

11. Cut Off Times

11.1 The cut off times will be communicated in advance and during the stages if applicable.

11.2 Teams or solo riders which are deemed by the Race Organisers to arrive at the finish line after the cut off time will be disqualified. These teams or solo riders may continue riding the race, but will not qualify as stage or race finishers.

11.3 Stage winners and overall category leaders must be present at the daily awards ceremony, including the final ceremony, otherwise prize monies may be forfeited as per the organisers' discretion.

12. Traffic Regulations

12.1 The Breedenet Cape Duo may not have exclusive use of any public roads during the race.

12.2 All regular traffic regulations must be observed at all times during the race.

12.3 A strict white line observed policy will apply on all public roads and riders may be disqualified if they do not observe this important traffic and event rule.

12.4 Please obey the motorized marshals at all times. It's for your own safety!

13. Nutrition, Hydration & Technical Assistance

13.1 Riders retain the ultimate responsibility to carry enough water and nutrition with them.

13.2 The organisers will provide water, Coke and nutrition at Feed Stations on the routes.

13.3 Limited technical/mechanical support will be available at select feeding zones on the routes.

14. Seconding and Support

14.1 Competitors may receive assistance from a fellow competitor. (See 14.4).

14.2 No outside seconding, assistance or feeding is permitted during the event.

14.3 Outside assistance includes assisting with bike maintenance, water and nutrition support and physically assisting riders.

14.4 Bike repairs may be performed by riders on the route but without obstructing other riders or traffic.

14.5 Neutral feeding, hydration, limited mechanical and medical assistance will be supplied by the Race Organisation at the designated feed stations.

14.6 Specific escort or seconding vehicles, not provided by The Breedenet Cape Duo organisers, are not permitted to follow the race route. However, supporters may drive their own vehicles along public roads to reach vantage points to vocally support riders. Some sections of the course will be closed to all non-event traffic including some public roads. These closures must be respected by all.

15. Withdrawals

15.1 Teams, solo riders or participants in The Experience who cannot continue the race, for whatever reason, must immediately inform the Race Office. This can be done at the Race Start, the Finish or at Water points. Withdrawals will only be official once confirmed by the organisers.

15.2 Any rider who withdraws from a stage before it is officially closed or who does not reach the designated cut-off point/time on the stage will be classified as a "did-not-finish" (DNF).

15.3 In the event of a search and rescue operation being initiated for a rider or team which has withdrawn, but has not informed the Race Office or race Commissaire, the cost of the search and rescue operation will be transferred to the rider or team.

15.4 In the event of one team member being incapable of completing the race, The Race Office will assist a rider to change to an individual participant.

15.5 Team riders who have lost their partners will qualify as race finishers but are not eligible for prize money after the loss of their partner.

16. Ethical and Environmental

16.1 No littering or unnecessary damage to the environment will be tolerated.

16.2 Litter, relating to sports nutrition and feeding stations, will be tolerated within the direct area of the feed stations and bins will be provided for the purpose of disposal of litter.

16.3 The Western Cape has been declared as a drought disaster area and the Organisers will do everything possible to conserve water during the event.

17. Protests

The race is run in accordance with CSA rules and any protest must be submitted to the Chief Race Commissaire in writing within 15 minutes of the rider crossing the finish line.

18. Doping

18.1 The Breedenet Cape Duo reserves the right to take doping tests on all riders.

18.2 Positive results will lead to disqualification from The Breedenet Cape Duo and those results will be forwarded to the national cycling federations, etc.

18.3 Any amateur or professional athlete who has been under sanctioning from their federation or national anti-doping authority for the use of illegal substances, will be allowed to participate in The Breedenet Cape Duo only once the period of sanctioning or suspension has officially been completed.

18.4 However, notwithstanding rule 18.3, The Breedenet Cape Duo organisers reserve the right to refuse any athlete (professional or amateur), which is/was under sanction from their federation or national anti-doping authority for the use of illegal substances, the right to compete in The Breedenet Cape Duo.

19. Disqualification and Penalties

Teams, solo or riders participating in The Experience may be disqualified at the discretion of Chief Commissaire/Race Organiser for any one or more of the following reasons including, but not limited to:

19.1 Riding at any point on any stage without a helmet.

19.2 Excessive littering.

19.3 Disrespect or damage to the environment.

19.4 Bad sportsmanship.

19.5 Abuse of Race Officials.

19.6 Traffic Rule violations.

19.7 Riders not following the official routes.

19.8 Breaking of The Breedenet Cape Duo Rules as described above.

19.9 Time penalties will be applied to Stage results, as well as to Overall Race results or General Classification (refer Paragraph 5).

20. Rules and Etiquette

20.1 Riders must complete the entire distance of the race, and the responsibility for following the official route lies entirely with the rider.

20.2 A rider is not permitted to take any shortcuts or to omit a circuit, or take other advantage of a similar nature against opponents.

20.3 Riders, who exit the route of the course for any reason, must return to the course at the exact same point from which they exited.

20.4 Riders must act in a polite manner at all times, and permit any faster rider to overtake without obstructing.

20.5 Riders must respect the countryside and ride only on the official route. Riders must avoid polluting the area, and not leave any waste or litter.

20.6 No glass containers of any kind are permitted on or near the course.

20.7 Riders must not use offensive or abusive language during the race, act in an unsporting manner, be disrespectful to the officials, or ignore the race and traffic regulations.

21. Prize Money and Lucky Draw

21.1 Prize Money for stages or overall will only be paid if there are 3 or more finishers in a specified category.

21.2 Participants must complete at least two of the three days to become eligible for the lucky draw and must be present in person at the draw.

22. Discretion of the Chief Commissaire

22.1 Where any additional rule interpretation is required, or where specific provision for any incident has not been made in these rules, the decision of the Chief Commissaire will be final.

23. Substitutions

23.1 Substitutions can be done on line from 1st August to 27th of September 2018 as follows:

Login with the existing participant's ID Number. Click on the "Substitution" button and you will be guided through the process.

23.2 The administrative cost of a substitution is R150 per team, solo rider or for a 1 Day Experience participant and the substitution will not reflect until such payment has been made. Once you have made the substitution, you will receive a new email confirming the new rider. If you have not received the mail, contact the Racetec entry office.

Please note that all team participants, including the race organiser, will be notified of substitutions and once a substitution is completed, the original riders' details will not be kept for future events.

23.3 Cyclists who have entered and paid, but cannot participate in The Breedenet Cape Duo, for whatever reason, must inform the Entry Office. No cyclist is allowed to participate under the name of another participant. Such action will lead to immediate disqualification.

23.4 All on line substitutions close on 27 September 2018. Late substitutions can then only be done at Registration.

PLEASE NOTE: The substituted team participants, solo riders or 1 Day Experience participants will receive, where and if applicable, the clothing size of the initial participant, unless this is changed before 27 September 2018.

24. Entry Cancellation Policy

24.1 75% of the entry fee to be refunded if cancellation is done after 1st August 2018;

24.2 50% of the entry fee to be refunded if cancellation is done after 1st September 2018.

24.3 0% of the entry fee to be refunded if cancellation is done after 1st October 2018; (if at this late stage any rider cannot participate anymore, a rider or team will be allowed to do a late substitution.)

24.4

Under no circumstances will an entry be rolled over.

25. Force Majeure

25.1 The organisers reserve the right to cancel the event or parts of the event resulting from any act of God including extreme weather conditions, strike, war, riots, fire, flooding, legislation, insurrection, sanctions beyond reasonable control of the organisers of The Breedenet Cape Duo (any such event called "force majeure").