

**MMR**  
**Asturias**  
**BIKE RACE**  
 by octagon  
 esedos

OVIEDO-POLA DE SIERO  
 1-2-3 Jul 2022

**3 DÍAS DE PURO**  
**MTB**  
**EN ASTURIAS**



**Asturias**  
 paraíso natural



**OVIEDO**<sup>es</sup>  
 AYUNTAMIENTO



**octagon**  
 esedos



**RACE GUIDE**

[www.asturiasbikerace.com](http://www.asturiasbikerace.com)



@AsturBikeRace



AsturiasBikeRace







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# WELCOME

It's time to celebrate the 4th edition of MMR Asturias Bike Race.

The next edition of MMR Asturias Bike Race will be held, as it was announced, from July 1-3 in Oviedo and Pola de Siero with 3 circular stages and cycling along the amazing landscapes that Asturias has to offer.

An event with an astonishing route, individual competition in which the addition of the daily times establishes the general classification. It's also an accessible challenge for all the enthusiasts willing to enjoy three days of pure mountain biking at an exceptional environment.

Thank you all for your participation, you are becoming part of the history of our race and we wish all of you a safe and exciting experience.

Happy trails!

MMR Asturias Bike Race Organization



# READY?



## REGISTRATION

Check that you are correctly registered through:

<http://www.asturiasbikerace.com/es/resultados-by-oakley>.

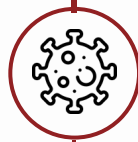
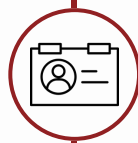
## LICENSES

### I HOLD A LICENSE:

You must have a competitive cycling license, issued by a national cycling federation approved by the UCI. Touring and other sports licenses are not accepted.

### I DON'T HOLD A LICENSE:

You must pay for a temporary license for the event and can be issued when collecting the race number.



## COVID PROTOCOL

You can check the security Covid Protocol here:

[http://www.asturiasbikerace.com/media/covid/Protocolo-Covid-ASBR\\_ENG-2022\\_v2.pdf](http://www.asturiasbikerace.com/media/covid/Protocolo-Covid-ASBR_ENG-2022_v2.pdf)

## VERIFICATION

01.07 from 9 am to 1 pm, at Centro Ecuestre el Asturcón (Oviedo).

Required:

- It is necessary to pick up your race number and welcome pack in the selected time slot.
- You must bring the original ID card and the UCI license in case of having one.



## BRACELET

During verification an identification bracelet is handed out to each rider, who has to wear it during all the competition. This bracelet allows access to the rider areas and is also necessary as a safety measure.

Also a bracelet for your bag, that you can use to leave it in the cloakroom.



# ROUTE



## 145km 4.000 m+

Hard course, rally type and XC style but suitable for all riders.

The route will be very demanding, in the style of the Bike Race Series, but it will incorporate many fun sections of pure Mountain Bike and a lot of flow.

- **STAGE 1 (XC)**  
01.07.2022 | OVIEDO
- **SUPER STAGE (XCM)**  
02.07.2022 | OVIEDO
- **FINISHER STAGE (XCM)**  
03.07.2022 | POLA DE SIERO



The course is marked with red signs for Stage 1, blue for the Super Stage, and red again for the Finisher Stage.

White signs with a cross of the stage's colour, indicate wrong way.

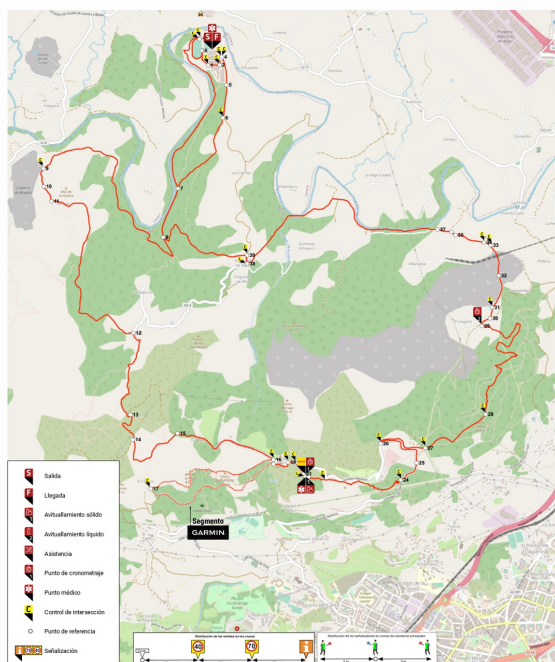
Every ten kilometers and the last five until the finish line are indicated.



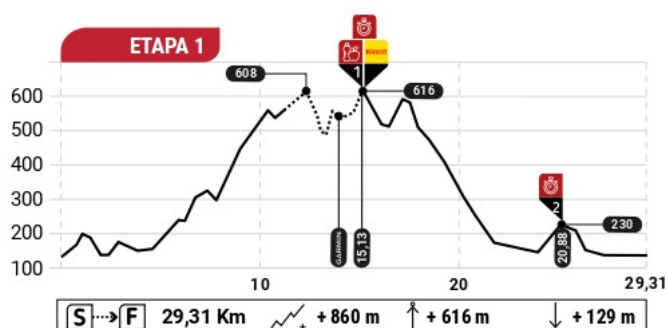
# STAGE 1

29 km

860 m+



ZOOM MAP



ZOOM PROFILE

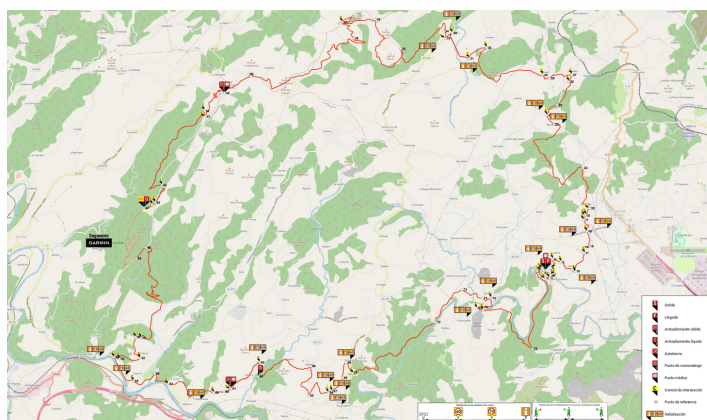
- 9:00 h Start of bib pick-up
- 13:00 h End of race-bibs collection
- 14:30 h Opening of the race office
- 14:40 h Formation of starting grids
- 15:00 h Start of STAGE 1
- 16:09 h Arrival of the first competitor
- 16:30 h Prize-giving Ceremony
- 16:30 h Opening of the bicycle parking area
- 18:30 h Closing of the bicycle car park
- 18:30 h End of services

	LOCATION	KM	COORDINATES	FIRST	LAST
	Centro Hípico de El Asturcón	0,00	<a href="#">43.425023,-5.877550</a>	15.00h	15.15h
	Cristo del Naranco	15,10	<a href="#">43.384889,-5.864281</a>	15.40h	16:52h
	Cristo del Naranco	15,14	<a href="#">43.384889,-5.864281</a>	15.40h	16:52h
		20,88	<a href="#">43.398904,-5.841013</a>	15:51h	17:15h
	Centro Hípico de El Asturcón	29,31	<a href="#">43.425023,-5.877550</a>	16:09h	17:55h

# SUPER STAGE

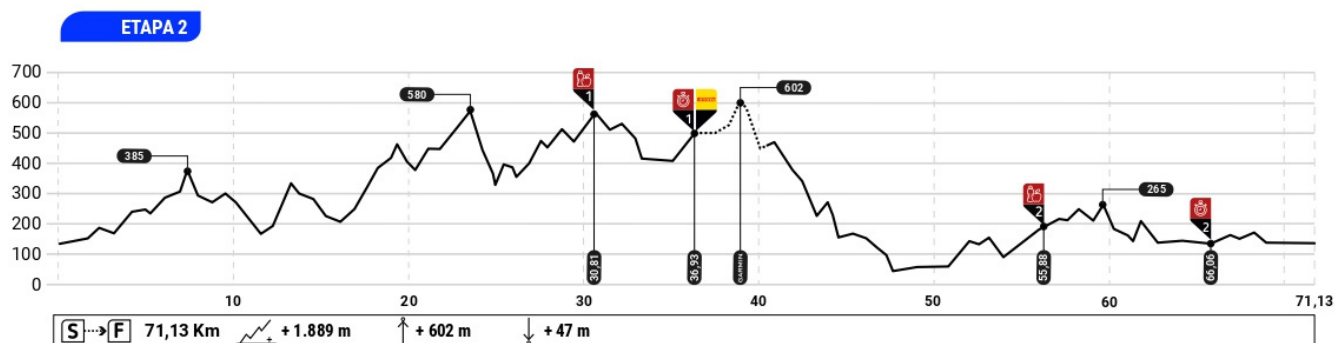
71 km

1.889 m+



ZOOM MAP

- 9:00 h Opening of paddock, competition office and bike parking
- 9:00 h Start of services
- 9:40 h Starting grid formation
- 10:00 h Start of SUPER STAGE
- 12:52 h Arrival of the first competitor
- 13:30 h Prize-giving Ceremony
- 13:30 h Opening of the bicycle parking area
- 17:30 h End of services
- 17:30 h Closing of paddock and competition office
- 18:30 h Closing of the bike car park



ZOOM PROFILE

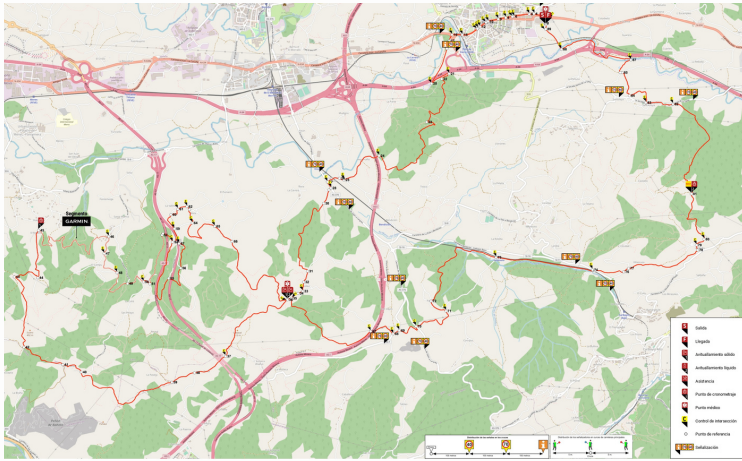
	LOCATION	KM	COORDINATES	FIRST	LAST
	Centro Hípico de El Asturcón	0,00	<a href="#">43.425023,-5.877550</a>	10.00h	10.15h
	Parque eólico Peña del Cuervo	30,81	<a href="#">43.470890,-5.989805</a>	11.19h	13:43h
		36,93	<a href="#">43.441514,-6.018212</a>	11:33h	14:13h
		52,28	<a href="#">43.397871,-5.982951</a>	12:06h	15:27h
	Camino Primitivo	53,99	<a href="#">43.398448,-5.977960</a>	12.10h	15:35h
	Centro Hípico de El Asturcón	71,74	<a href="#">43.425023,-5.877550</a>	12:52h	17:13h



# FINISHER STAGE

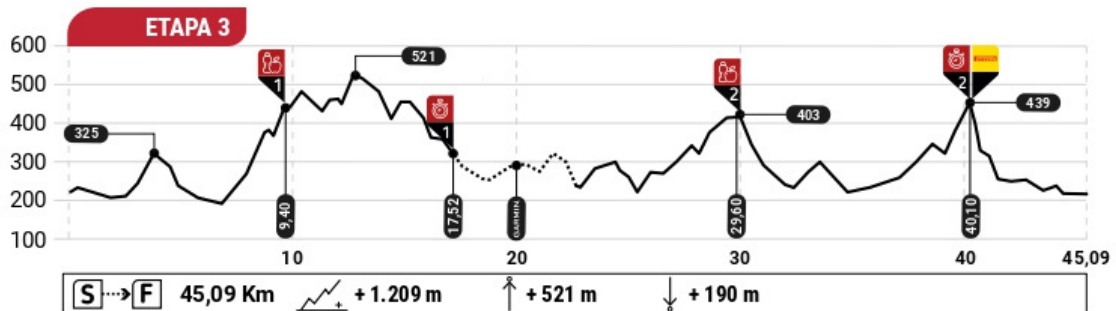
45 km

1.209 m+



## ZOOM MAP

- 8:30 a.m. Opening of bicycle parking | El Asturcón Horse Riding Centre, Oviedo
- 9:00 h Opening of the competition office and paddock | Siero Livestock Market, Pola de Siero
- 9:00 h Services start | Siero Livestock Market, Pola de Siero
- 9:30 h Closing of the bike parking area at El Asturcón Riding Centre, Oviedo
- 9:40 h Formation of starting grids | Siero Livestock Market, Pola de Siero
- 10:00 h Start of FINISHER STAGE | Siero Livestock Market, Pola de Siero
- 11:50 h Arrival of the first participant | Siero Livestock Market, Pola de Siero
- 12:30 h Prize-giving ceremony | Siero Livestock Market, Pola de Siero
- 15:00 h Closing of paddock and competition office | Siero Livestock Market, Pola de Siero
- 15:00 h End of services | Siero Livestock Market, Pola de Siero



## ZOOM PROFILE

	LOCATION	KM	COORDINATES	FIRST	LAST
📍	Mercado de Ganado	0,00	<a href="#">43.425023,-5.877550</a>	10.00h	10.15h
		9,38	<a href="#">43.352465,-5.699496</a>	10:24h	11.14h
📍		17,51	<a href="#">43.362206,-5.747648</a>	10:43h	11:56h
🏆 🚴		29,59	<a href="#">43.352465,-5.699496</a>	11:13h	13:04h
📍 🏆 PIRELLI		40,03	<a href="#">43.352465,-5.699496</a>	11:38h	14:01h
📍	Mercado de Ganado	45,52	<a href="#">43.425023,-5.877550</a>	11:50h	14:26h

# PADDOCK



## OVIEDO

*Centro Ecuestre el Asturcón*



43.424425, -5.875261

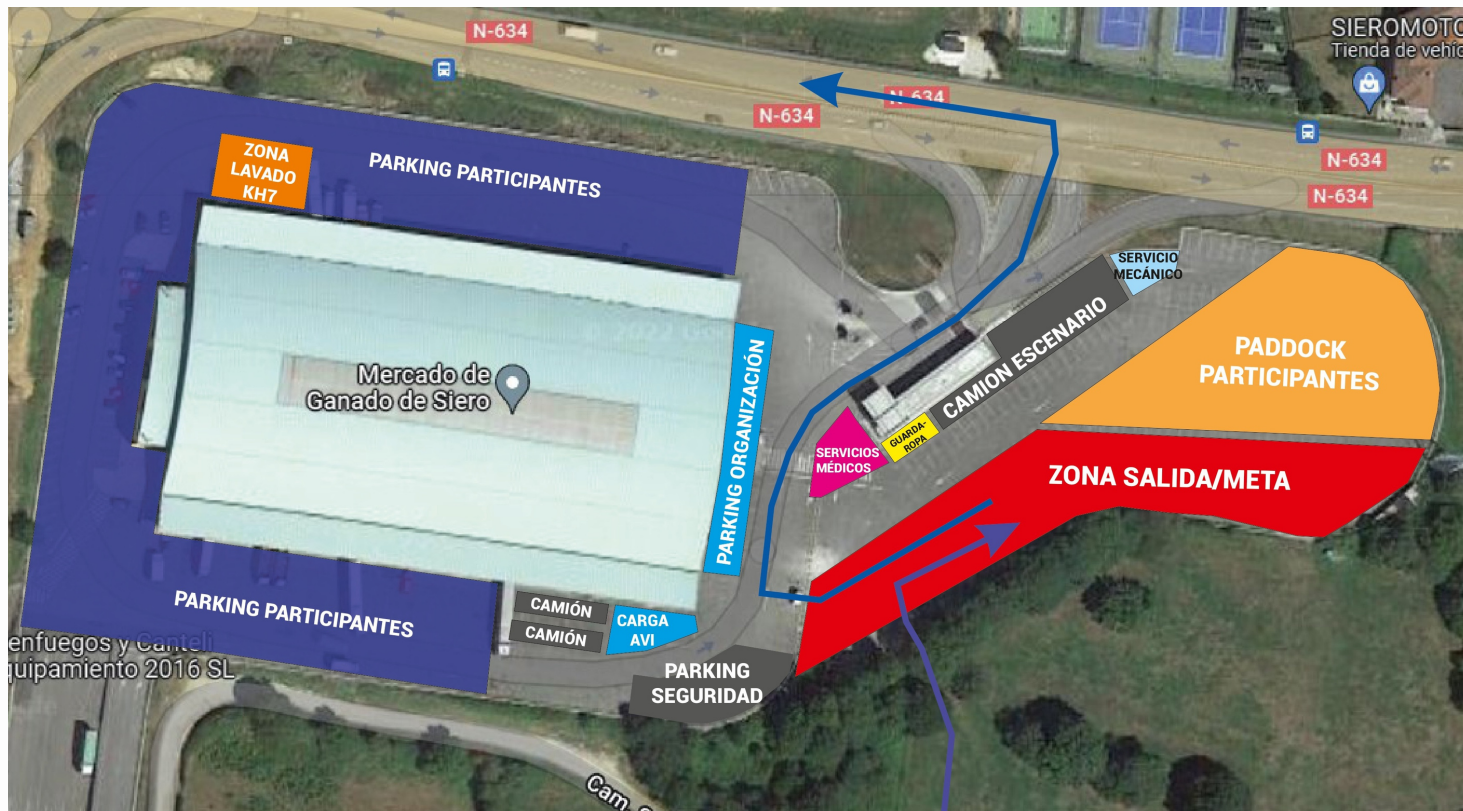
SET UP (REGISTERED): Thursday 30.06 | from 4 pm to 8 pm  
DISMANTLING: Saturday 02.07 | from 3 pm

On Sunday it will be possible to set up a tent at the finish line area, at Mercado de Ganado, Pola de Siero (43.391464, -5.649799).



# POLA DE SIERO

# FINISHER STAGE



## POLA DE SIERO

*Mercado del Ganado*



43.391464, -5.649799





# SERVICES



## MECHANICAL SERVICE

Mechanical assistance to all riders both on arrival and at specific points along the route to solve any technical breakdown. Spare parts not included.

## BICYCLE WASHING AREA

KH7 will handle of bicycle washing area. A KH7 team will be in washing area cleaning your bike and applying its product.

## BICYCLE PARKING

Access restricted only to riders whose bracelet much match with the bicycle's number in order to be removed.

## FEED STATIONS

Liquids: water, Coca-Cola & Named salts  
Solids during the competition: fruit, nuts & Named product  
Finish line: handle bag with sandwich/pasta/rice, fruit, Named product & drinks.

## WARM UP AREA

**Tacx**

Warm up area with TACX rollers. Free service everyday before starting the competition.

## SPORTOGRAF PHOTO SERVICE

Foto Flat includes photos of your own and generals photos of the event.  
\* Presale price € 34.99  
\* After sales price € 39.99 (once the event is over)



**RECOVERY PLUS**  
GO TO THE NEXT LEVEL

## RECOVERY SERVICE

All riders can enjoy the sports recovery service after each stage and for free.

**PIRELLI**

## CHANGE & RECYCLE

Recycle your tyre and Pirelli rewards you! Give your tyres a second life and get a great discount on the purchase of Pirelli Scorpion tyres.

## MEDICAL SERVICE

The race has strong safety measures along the route as well as a field hospital at the paddock. There's also a telephone number on various items, which can be called only in case of an emergency.



# CONSIDERATIONS

## ELITE MEN

1 - 99



## ELITE WOMEN

101 - 199



## MASTER WOMEN

251 - 299



## MASTER 30

301 - 499



## MASTER 40

501 - 699



## MASTER 50

701 - 799



## RACE NUMBERS & CATEGORIES

- It is compulsory to compete with the number plate and back number provided by the organisation.
- The number plate must be properly placed on the front of the bicycle.
- The back number must be on the rider's back.
- Race numbers are assigned according to each category, the latest UCI ranking released when the start numbers are assigned, riders with an annual racing cycling license, registration order.

## AWARDS

- Each stage has an award ceremony for each category, where the first three riders of each category and the corresponding race leaders, have podium ceremony.
- The attendance to the podium ceremony is compulsory.
- Prize money is awarded to Elite categories.
- After the event, the organization will ask the prized riders, via email, all the documentation required to make the payment. If the organization does not receive a response from the prized within a period of 6 months from the last day of the event, it is understood that the participant waives the corresponding prize money.





	1	2	3	4	5
STAGE 1	200 €	150 €	100 €	75 €	50 €
SUPER STAGE	200 €	150 €	100 €	75 €	50 €
FINISHER STAGE	200 €	150 €	100 €	75 €	50 €
GENERAL	300 €	250 €	200 €	175 €	150 €



## RACE PROCEDURE

- The competition follows the RFEC specific mountain biking regulations.
- Stage results, overall classification and start list of the following stage are released daily, on the web and on the notice board.
- There are different start grids according to the competition's overall classification, which will be open 20 minutes before the stage's start time.
- Five minutes before the start time it's banned to enter the start grid, being placed at the back of its corresponding starting group.
- After the first stage, the start grids will be set according to the overall standings:
  - Box 1: Elite men.
  - Box 2: Elite women.
  - Box 3 and successive: 100 riders (master men or women, non-Elite).
  - Box DNF/DNS: those that are out of competition.
- For safety reasons, all starts of stage will be staggered.

**FAIR PLAY.** It involves competing fairly, under the same conditions, and enjoying sport over the ambition of winning, obeying the rules, without cheating, tricking or pretending to confuse the opponents or Commissaires. The Commissaires have the right to disqualify any rider that does not respect fair play, expelling him/her from the competition without any possibility to continue taking part in it.



## EQUIPMENT

- All category race leaders must wear the leader's jersey provided by the organisation. It has a blank space on the front and back to place the rider's sponsors.
- For safety reasons, it is recommended to carry a mobile phone. Route signs, race numbers and participant bracelets have a telephone number printed on them, which should only be called in case of an emergency. It's not a customer service number!

## ONBOARD CAMERAS

- Onboard cameras are not permitted.

## CLAIMS

- Claims must be formally presented to the Commissaires and processed by these following the RFEC regulations

## TRACKS

- The organization may publish on its website the GPX track file the day before the stage, but it will be informative only. Arrows prevail.
- The trails on which the competition takes place are assigned only and exclusively for the days of the race, therefore it is not allowed to spread the route's GPS tracks.

## SPORT & NATURE

Our sport, mountain biking, is a competition or leisure activity that takes place in nature and its impact in this environment is a responsibility for all riders and sport organisers. Any participant who throws garbage along the route, is not respectful of the environment (rolling off the roads, taking shortcuts that damage the vegetation, etc.), is not careful with the animals, leave a spare, etc. may be penalized by the Commissioners. It will only be allowed to get rid of the remains of bars or gels in the technical and feed zones.

# SPECIAL PRIZES



## Pirelli section

Pirelli will award SCORPION™ tyres to the participant who passes in a specific position in each of the stages of MMR Asturias Bike Race.

	POINT	POSITION
STAGE 1	CP 1	240
SUPER STAGE	CP 1	80
FINISHER STAGE	CP 2	120



# BIKE RACE BY GARMIN SEGMENTS

A new race category with a specific classification which aims to reward the strongest and the greatest stregestists in certain sections of the route.

These segments will coincide with some of the most emblematics paths in the Bike Race routes, an additional attraction for the riders.

It will be generated a ranking, separated from the general, with the fastest bikers who will compete for an exclusive leader's jersey that will be awarded at the end of the competition.

To apply for this classification, bikers must meet 3 requirements:

1. Being registered in the Bike Races where this classification is disputed (La Rioja Bike Race presented by Pirelli, MMR Asturias Bike Race and Catalunya Bike Race, for the moment).
2. Being a follower of [MMR Asturias Bike Race Strava Club](https://www.strava.com/clubs/950544):  
<https://www.strava.com/clubs/950544>
3. Having an opened Strava profile or making public the activity on Strava, immediately after crossing the finish line and, for the last stage, before the podium ceremony.

In each stage the winner will be awarded a lot of Garmin merchandising products, and also a leader jersey for the final fastest man and woman.

During the race, stay tuned to the race signalisation and don't forget to upload your activity on Strava after crossing the finish line.



## AS Award

The Diario As will reward the fastest young riders of MMR Asturias Bike Race. The youngest participant who crosses the finish line in the top 30, will receive this distinction and a trophy will be awarded at the end of the last stage.

A tribute to the new generations of Mountain Bikers that are already the present - and especially the future - of this competition.



# FOLLOW US



## STAY TUNED WITH THE TELEGRAM CHANNEL!

We will have again a Telegram channel to stay tuned during the competition days. With the aim of keeping all the participants, teams, companions, followers and lovers of cycling in general informed and updated, you will get information of:

- Schedule
- List of classifications
- List of starting grids
- Weather forecast
- Award Ceremony notification
- Paddock location
- Starting line location
- Actions of our sponsors and suppliers

Easy! To join the channel, download the App through Google Play or App Store and write in the search "MMR ASTURIAS BIKE RACE", [@ASBR](https://t.me/ASBR_2019) or the link [https://t.me/ASBR\\_2019](https://t.me/ASBR_2019)

## FOLLOW THE RACE MINUTE BY MINUTE FROM YOUR MOBILE PHONE!

With the Timingsense Live App you will know exactly where any rider is at any time. You can find them with its name or race number, and you can also add them to favorites. If you are interested, you will have to download the APP through [Google Play](#) or [App Store](#).



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#ASBR22 #ASBR2022  
#ASTURIASBIKERACE



# WHO WE ARE



**AITOR JIMÉNEZ**  
RACE DIRECTOR



**JOSÉ A. HERMIDA**  
CYCLING EXPERT



**ANTONIO ORTIZ**  
ROUTES



**JOSÉ PASTOR**  
INSTITUTIONAL RELATIONS



**MANEL TROYANO**  
SALES DIRECTOR



**CARLES JIMÉNEZ**  
HOTEL & LOGISTICS



**MIREIA SOLA**  
TEAMS Paddock &  
LOGISTICS



**ELI SIVERA**  
ATTENTION TO PARTICIPANTS,  
REGISTRATIONS &  
ANTIDOPPING



**LAIA BOVE**  
COMM DIRECTOR



**LUIS MOLINA**  
HEAD OF SECURITY



**JORDI MAS**  
COURSE DIRECTOR



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