



TORTOUR

INFORMATION-MANUAL TORTOUR 250 / TORTOUR Myself

Version July 2023

Dear participants of TORTOUR 250 / TORTOUR Myself

This manual contains all necessary information, which will help you in the planning and preparation for the event, as well as to facilitate the event itself.

We point out that there may be updates to this information. We will inform in such case until begin of the event.

The manual is not passed in printed form to the participants. It is available exclusively in electronic form on our website for download.

We wish you all a good time and preparation.

Important:

1. Registrations and team details

Is all information stored in the TORTOUR registration tool? Please check the information provided of the athletes. Any adjustments must be communicated via info@tortour.com.

2. Check-in:

The check-in is to be attended by a member of each team. The following document must be brought along: By all participants signed athletes declaration

3. Routes:

You can find the latest track plans or stages any time at www.tortour.com in the respective race formats. Please note that track adjustments are possible until shortly before the event due to the approval procedure.

4. Navigation:

The participants and teams are responsible for their own navigation. The Roadbook will only contain rough route information. The respective time stations are described in detail. In addition, the TORTOUR 250 and TORTOUR Myself course is signposted.

Tip: Load the gpx files onto the navigation device the day before the start of the race. This ensures that the latest versions are used.

5. Safety:

The night mode (20:30 - 06:30h) and especially the lighting on the bike will be controlled consistently.

6. Documents & information:

Important documents and information such as the Regulations and this information manual can be found on www.tortour.com in the respective race format under "Regulations/Information Manual".

7. Important phone number:

The following telephone number must be saved by all team members:
TORTOUR race office +41 44 500 39 14

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WHAT'S NEW FOR THE 15TH ANNIVERSARY?

Formats:

New and clear format designations:

TORTOUR 1000, TORTOUR 500, TORTOUR 250

New format: TORTOUR Myself– Test your limits!

The perfect format if you want to find out how far you can go with your bike. Set your own start time and ride the 50km course as many times as you can in 24, 12 or 9 hours. Also as a team of 2/3.

Prologue: A prologue is omitted.

Teams:

New team spirit

- In teams of 4 and 6, at least half of the team members are always on the track
- The teams can freely determine the missions and distances of their athletes and make changes at any time.
- Team ride (entire team) on the last stage
- Only one support vehicle per team

Routes:

New routes always lead back to the KEK, Küsnacht

- TORTOUR 1000 – 4 times: after 500, 750, 950 and 1'000 km
- TORTOUR 500 – 3 times: after 250, 450, 500 km
- TORTOUR 250 – 2 times: after 200 and 250 km
- TORTOUR Myself – x times: after 50, 100, 150, 200 km etc.

Sequence of routes to be ridden - see website:

- TORTOUR 1000:
Tortour Runde 500km – Tortour Runde 250km – Tortour Runde 200km – Tortour Runde 50km
- TORTOUR 500:
Tortour Runde 250km – Tortour Runde 200km – Tortour Runde 50km
- TORTOUR 250:
Tortour Runde 200km – Tortour Runde 50km
- TORTOUR Myself:
Tortour Runde 50km

Location:

KEK, Küsnacht

Generous space, rest rooms, dressing rooms & showers

Community:

Together we celebrate our passion

- Pasta party for all participants and team members
- Briefing before the race
- Finish in the CEC
- Award ceremony & finisher party with food and drinks
- Spectators will have the opportunity to see their athletes several times in the KEK and receive them with all honors at the finish line, in addition to the online live tracking.

Catering Route:

For all unaccompanied athletes*.

- Water, Winforce drinks, Winforce Nutrition and other snacks at Timestations and in the KEK.

Catering KEK:

For all athletes and team staff

- Pasta party before the briefing/race
- Finisher party after crossing the finish line
- Barbecue on Saturday throughout

Charity:

The event for you – help for others

- For all teams of 6, a portion of the entry fee will go to selected charities. You can decide for yourself which charity you would like to ride for.

TIMING OVERVIEW

TORTOUR 250

- Check-in Thursday, 17.8.2023, 15.00 – 17.00h
or Friday, 18.08.2023, 12.00 – 13.30h
or Saturday, 19.08.2023, 04.00 – 05.00 H
- Pasta party Thursday, 17.08.2023, 16.30 – 18.30 H
or Friday, 18.08.2023, 13.00 – 14.30 H
Saturday, 19.08.2023, 05.00 – 05.30 H
- Briefing Saturday, 19.08.2023, 06.00 H
- Start Solo Master & Women Saturday, 19.08.2023, 07.00 H
- Start Team of 2 Mixed & Women Saturday, 19.08.2023, 08.00 H
- Start Solo Men & Team of 2 Men/ of 4/of 6

TORTOUR Myself

- Check-in 1 Friday, 18.08.2023, 15.30 – 16.30 H
- Check-in 2 Saturday, 19.08.2023, 04.00 – 04.30 H
- Check-in 3 Saturday, 19.08.2023, 07.00 – 08.00 H
- Pasta party Thursday, 17.08.2023, 16.30 – 18.30 H
or Friday, 18.08.2023, 13.00 – 14.30 H
- Briefing 1 Friday, 18.08.2023, 16.45 – 17.00 H
- Briefing 2 Saturday, 19.08.2023, 04.45 – 05.00 H
- Briefing 3 Saturday, 19.08.2023, 07.45 – 08.00 H
- Start 1 Friday, 18.08.2023, 17.00 H
- Start 2 Saturday, 19.08.2023, 05.00 H
- Start 3 Saturday, 19.08.2023, 08.00 H

ACCOMMODATION

Fresh and rested at the start of the TORTOUR Ultracycling

Attractive TORTOUR offers are available from the following partners:

- ZürichCityHotels, various hotels in the immediate vicinity of the event location.

More information: <https://www.tortour.com/en/services/accommodation/>

OVERVIEW EVENT LOCATION

Kunsteisbahn Küsnacht KEK on Google Maps:

<https://goo.gl/maps/TWwvXYW3PEbXHhj16>

Parkings before, during and after the race:

The number of parking spaces for vehicles, which must be parked for the entire duration of the event, is limited. The best way to get there is without a private car, in carpools or by your own "taxi service".

Parking Kunsteisbahn Küsnacht KEK - underground parking - with height restriction - long term parking
<https://goo.gl/maps/TWwvXYW3PEbXHhj16>

Parking at Zumikerstrasse near Kunsteisbahn Küsnacht KEK – long term parking
<https://goo.gl/maps/hviRB2j9LFc4CNAN7>

Parking alte Forchstrasse „Forchbahnhof“ – long term parking

<https://goo.gl/maps/w1nMJC2Zg5d6sqAc6>

Parking Hohrütistrasse “Forchparkplatz” - public – parking fees according to provider

<https://goo.gl/maps/jX3CT4e94oCfRfYq8>

Check-in:

Kunsteisbahn Küsnacht, KEK

Start / Finish:

Kunsteisbahn Küsnacht, KEK

CHECK - IN

When: See timing overview

Who: One athlete or one team member (1 person)

Where: KEK Küsnacht

Documents:

Signed athletes declaration

One declaration for each team **signed by all athletes. Exception:** for athletes younger 18 years resp. 16 years (on race day), a separate, personal declaration, signed by parents has to be handed in.

You will find the athletes declaration on the last pages of this info-manual. You have to **print it by your own** and bring it with you to the check-in.

TORTOUR Trikot by Giordana:

The TORTOUR jerseys can be picked up at the Giordana stand. The sizes ordered will be handed out. There is no provision for trying on the jerseys to determine the size.

PASTA PARTY

When: See timing overview

Who: All athletes and crew members

Where: KEK

What: Pasta with sauce meat from vegetable proteins created by our partner Planted.

BRIEFING

When: See timing overview

Who: All athletes

Where: KEK

Comments:

The briefing is a very important part of the event!

During the briefing, latest news, eventual recent changes to the route, etc. will be announced. Important procedures and instructions will be addressed again.

INSPECTION OF BICYCLES AND HELMETS

All Athletes

How: The inspection of bicycles and helmets will be done shortly before the start in the pre-start area. Care is taken about the reflectors (according to specification) on bicycles on the proper location, the suitability of helmets and the starting number.

Night mode: For start times after 8.30 pm, participants are obliged to start in night mode. The wearing of the reflective light belt on the upper body, the light band on the left ankle as well as functioning front and rear lights are mandatory. This will also be checked during the inspection.

Please attach the helmet race number at the front and on the left hand side of the helmet.

The race number on the racing bike must be mounted exactly as shown. No wrapping around the seat post! The start number must not be changed in any way, e.g. by cutting off parts.

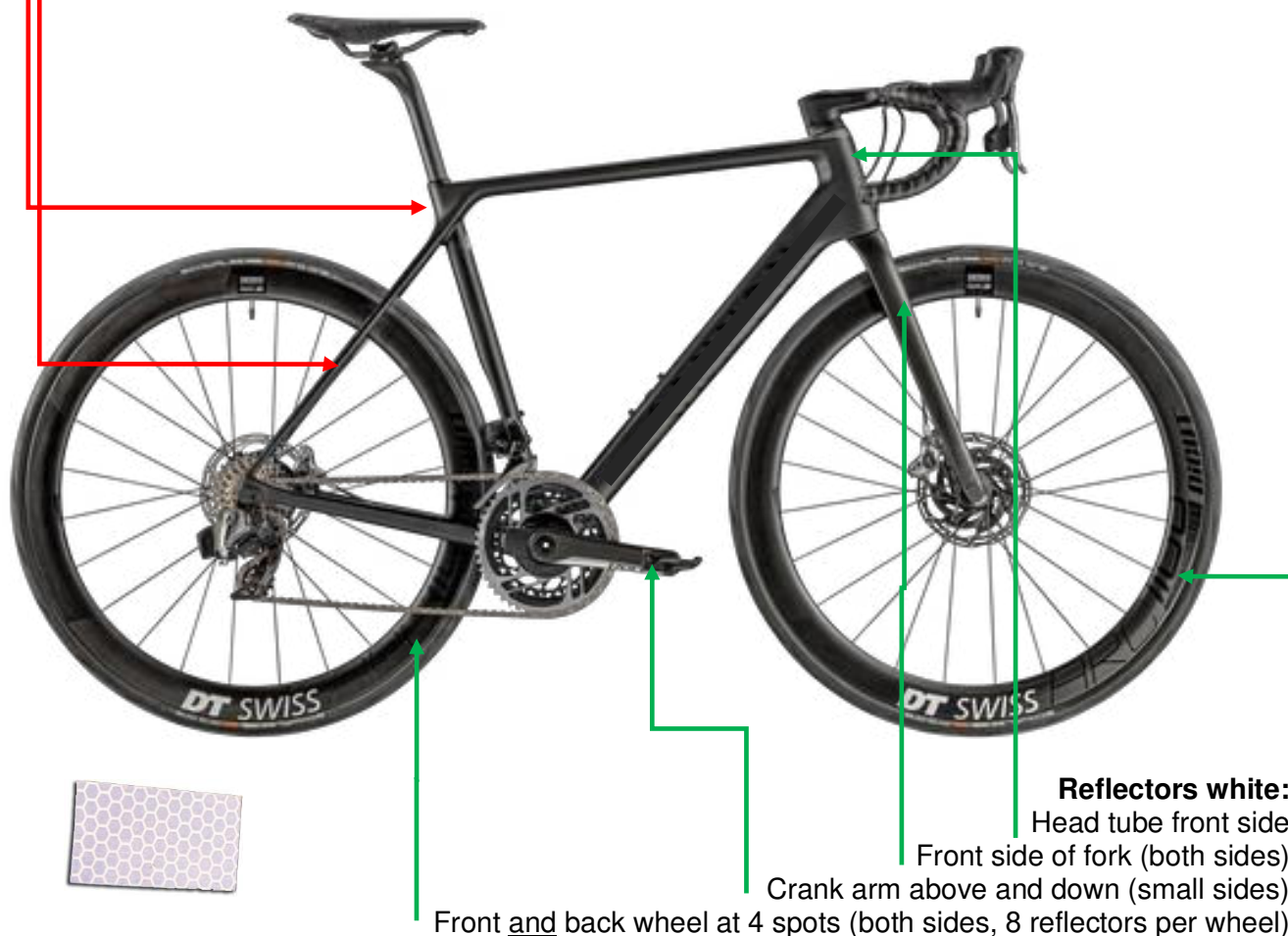
The start number must be mounted on the bike with which the finish line is crossed, otherwise no timekeeping is possible.



BICYCLE MARKING

Reflectors red:

- back side of seat post and/or seat tube
- back side of back wheel seat stay (both sides)



Athletes with missing reflectors will not be allowed to start.
Reflectors have to be organized by the athletes.

Exception: TORTOUR Myself Start 3 (Saturday, 19.08.2023, 08.00 a.m.)

IMPORTANT: For rides during the night shifts (from 20.30 – 06.30h) there has to be additional ordinary bicycle lights in place: At the front side an always shining (not flashing) white light (100 m visible), at the back side a red light (150 m visible).

RACE START

The race starts requires a very disciplined, punctual appearance of the participants at the KEK, Küsnacht.

The following information must be observed:

TORTOUR 250

- Start Solo Master & Women Saturday, 19.08.2023, 06.00 H
- Start Team of 2 Mixed & Women Saturday, 19.08.2023, 07.00 H
- Start Solo Men & Team of 2 Men/ of 4/of 6 Saturday, 19.08.2023, 08.00 H

TORTOUR Myself

- Start 1 Friday, 18.08.2023, 17.00 H
- Start 2 Saturday, 19.08.2023, 05.00 H
- Start 3 Saturday, 19.08.2023, 08.00 H

The categories will start at the same in a mass start.

Procedure of the race start:

- Admission of the athletes to the starting area: **race start time minus 20 min.**
- Wearing of the official TORTOUR jersey (at least for the pre-start photo)
- Pre-start photo
- Technical inspection
- Start from KEK Küsnacht - neutralised
- The race will be released by the leading motommarshalls

N.B. There is the possibility to deposit ONE bag per team with the most important utensils in the start/finish area. This area is not guarded and no liability will be assumed.

THE RACE

Process

All athletes complete the entire course without assistance from outside.

At the timestations, the participant or one of the arriving participants makes the entry/signature in the time table - this also applies to the passages at the KEK Küsnacht.

The course is described in the Roadbook. It will be handed out as PDF document and can be download from our website. 1 printed copy will be handed out at the check-in.

Next to the race regulations, the Swiss traffic rules fully apply at any time. Violations will be punished with time penalties. All riders arriving after the scheduled time limit must abandon the race if it is excluded that the team can get back in schedule again (final decision by race director).

Wearing the reflective belt on the upper body and a light band on the left ankle are required during the night mode. The reflective belt and the light band are made available by the organizer (starter bag).



Abandoning the race

Athletes or teams who give up the race must inform the race headquarters by providing their start number and location. The race office then coordinates the possible use of the broom wagon, which drives at the end of the field.

FINISH

Process

TORTOUR 250:

The timing for the TORTOUR 250 stops at the entrance to the KEK Küsnacht.
Upon arrival at the finish, the athletes/teams hand in their trackers.
The arrival of the athletes and teams will be celebrated on the stage at the KEK Küsnacht.

Closing time KEK Küsnacht

Saturday 24:00 H

TORTOUR Myself:

The participants will not be judged on the basis of timekeeping, but on the basis of the number of laps completed. Each lap will be counted at the KEK Küsnacht.

Closing time KEK Küsnacht

Saturday 17:00 H

IMPORTANT: On Saturday at 17:00 the counting of laps will be stopped. Laps not completed in full will not be counted.

Finisher catering

Cool drinks and delicious curry rice with plant based Planted Chicken will be waiting for the athletes at the finish line.

Finisher party

From 16:00 H onwards, a DJ will entertain the exuberant atmosphere in the hall with cool sound.

AWARD CEREMONY

Where: KEK Küsnacht

For whom: all categories

When: 19.08.2023, ca. 17:00 H

Each participant will receive the well-deserved finisher's medal when crossing the finish line.

RULES

Note: Download at www.tortour.com in the race format Sprint under “Regulations/Information Manual”

The Regulations describe all applicable rules for all involved (racers and crew members) during the whole duration of the event. In addition, the Swiss traffic law has to be followed completely and at any time. Instructions of police will have to be followed without restrictions.

The regulations are the basis for a fair and safe race.

The observance of the regulations will be supervised and controlled by Officials (Moto-Marshalls as well as further Race-Officials). In case of violations, warnings or direct time penalties will be delivered, that can lead up to disqualification.

SIGNPOSTING

The route is signposted with black arrows on yellow signs.

ROADBOOK

Download at www.tortour.com

It includes:

- Geographical map material with route marked on the map
- Details on time stations (location, infrastructure etc.)

The Roadbook resp. the gpx-data files describe the binding routing from time station to time station.

Should a navigation device suggest a differing route, the routing according to the Roadbook will have to be followed under any circumstance. Deviations can be punished with warnings and/or time penalties.

The Roadbook will be made available via website. Each team will also receive one printed copy at the check-in.

OFFICIALS / MOTO-MARSHALLS / PENALTIES

Moto-Marshalls and Race Officials supervise and control the observance of the regulations during the whole event and thus guarantee a safe and fair TORTOUR. Officials can make themselves visible through their clothes or vehicle, but can also carry out their task „incognito“. In any event, officials may identify themselves.

Officials can sanction violations of the traffic-regulations and/or the TORTOUR regulations as follows: (see also Regulations item 2)

Issue a warning

(3rd warning will automatically be converted into a **time penalty**)

Issue a time penalty:

1. time penalty 5 min.
2. time penalty 15 min.
3. time penalty = disqualification

Direct disqualification/suspension

Violations that lead to immediate disqualification are listed in the regulations.

MEDICAL CARE

Soon, the adventure TORTOUR is about to begin! In order to minimize the risk of accidents and injuries or other medical-related issues, a good preparation is the most important measure. However, should any medical problems occur, the following procedure should be kept:

In case of an emergency with severe injuries: Alert the official emergency rescue service directly via telephone number 144 (all over Switzerland).

We recommend installing the following apps: echo112 and REGA. With these, the emergency services can be called directly, and your coordinates are transmitted directly.

Hospitals located along the route including their contact details are listed in the routebook.

Basic medical care is available at the start/finish through Motomarshalls.

Generally, we would like to remind all participants that a First-Aid-Kit should belong to the team's equipment.

Latest before the start of the race, the organizer has to orient the participants, officials and drivers of support vehicles on the security measures taken as well as the case of an accident.

Event of an accident

Minor accidents of racers

Article 51, Section 1-3 SVG do not apply. Assistance and all penalties under unsportsmanlike are the responsibility of the organizer, remains a subject of any complaint of assault within the meaning of Article 123 paragraph 1 and 125 paragraph 1 of the Criminal Code (StGB).

Accidents involving serious injury in race accidents

The provisions of Article 51 SVG fully apply. To remain on the scene of the accident but only those directly involved. The indirect participants have to hold on to the target available to the police and may only leave the target without the consent of the police, if they need help in itself. Directly involved in the accident vehicles may not be removed from the end position without previous markings and must remain on the scene of the accident.

Accidents involving third parties

The provisions of Article 51 SVG fully apply.

SVG Article 51 Dealing with accidents

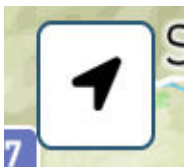
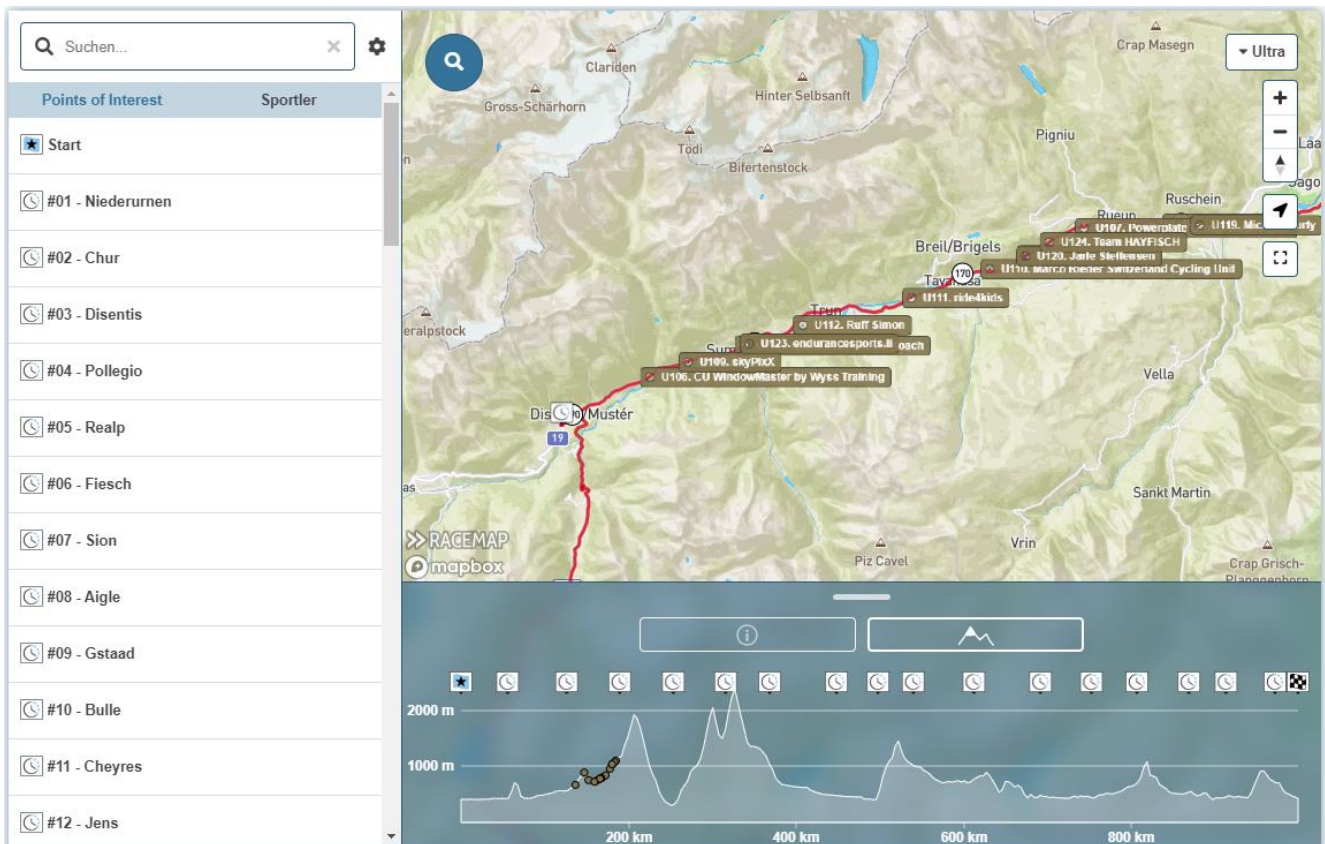
- 1) If an accident occurs in which a motor vehicle or bicycle is involved, all parties must stop immediately. You have to ensure as far as possible for the safety of traffic.
- 2) Are people injured, all parties have to provide help. Innocent, where it is reasonable for them. The participants, mainly the drivers have to notify the police. All involved, including fellow passengers also have a role in the determination of the facts. Without the consent of the police, they may not leave the scene of an accident, even if they need help, or to call for help or the police.
- 3) If only caused material damage, the perpetrator shall immediately notify the claimant and indicate name and address. If this is not possible, he shall immediately notify the police.
- 4) In case of accidents at level crossings, the parties to notify the Railway immediately.

FOTO CREW

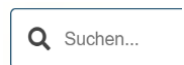
Several photographers of www.sportograf.com will be on the track and take pictures of all the athletes. These can be purchased online a few days after the event.

NAVIGATION MIT DATASPORT – only for TORTOUR 250

With the tracking of Datasport at [https://www.datasport.com/live/tracking/?racen=25542](https://www.datasport.com/live/tracking/?racenr=25542), not only the position of the riders can be displayed, but also the own position. This not only allows the crew to follow the race action in real time, but also serves to support their own navigation.



Function for displaying one's own position. To do this, one must give the browser permission to use one's own location. As soon as the position is determined, it is displayed on the map. Tracking cannot be used as navigation in the conventional sense with turn-by-turn directions. It is only used to follow the predefined route.



Function to search for an athlete or team



Function to filter the athletes and teams according to different criteria.



The display of the map can be customized via the settings.

Requirements/Recommendations

- Mobile device with GPS receiver (tablet/smartphone)
- Mobile data (internet connection with hotspot or data subscription)
- Permanent power supply of the used device
- Switching off the automatic screen lock on the device used

The permanent use of the tracking results in a high energy consumption due to the data usage and the permanent use of the GPS receiver, therefore it can lead to the battery discharging despite permanent power supply.

Car navigation

Due to the variety of navigation devices on the market, the TORTOUR organization cannot provide support. It is up to each team to use this option.

NAVIGATION WITH BIKE COMPUTER

The GPX data can be imported from the download area directly into the bike computers - without further manipulation or adjustment.

TRACKING SYSTEM – DATASPORT

Brief description

The tracking system used conveys the course of the race almost in real time (can have delays of up to 5 minutes, depending on the GPS and mobile reception of the trackers). A web application at <https://www.datasport.com/live/tracking/?racenr=25542> enables the race organizers, participants, media and all interested parties to follow the race progress.

Tracker specifications



Dimensions:	78 x 40 x 27 mm
Weight:	93g
Battery life:	ca. 60 hours
Water protection:	Splash, jet water protection (IPx5). Not waterproof.

The tracker has an SOS function. By pressing (2-3s until the device vibrates) the black button on the front of the tracker, an SOS is sent. In this case, the current position data will be transmitted to Datasport, which will provide the data to the organizer for further action.

The SOS function may only be used in an emergency. In the case of unjustified use, costs may be incurred for rescue services that have already been called out, which must be borne by the participants.

Handover

Each solo athlete or team of the TORTOUR will be given one tracker shortly before the race start. The device is checked for function and already switched on. Manipulations by participants are not necessary.

In case of loss or wilful damage of the tracker CHF 200.- will be charged.

Transport / Handover (Teams)

The starters of all team categories will receive the tracker in a plastic ZIP bag.

The tracker will always be handed over at rider changes.

Where to stow?

The tracker is ideally stored in the middle back pocket. In the same pocket there should be no liquid food like gels or other items shielding the signal like rain jackets with zippers or similar. Alternatively, the tracker can be permanently mounted on the frame of the road bike or placed in the saddle bag.

Note

- The tracker, like a baton, must always be with the athlete who is riding the current section of the course.
- If the tracking device is not carried by the rider on the track, this will result in a time penalty (the tracking route also serves as a monitoring tool for the route of the individual teams).
- No manipulation of the device is necessary except on explicit instruction of the race office.

Important: Racing bike frames made of carbon or also carbon parts in the saddle bag can interfere with the radio connection and the reception of the GPS signal.

Note

- The device has water protection, but is not waterproof. If the device is directly exposed to rain (e.g. mounting on the handlebar) it must be additionally protected.
- If the tracker is mounted on the racing bike and different racing bikes are used, it must always be changed to the currently used racing bike.

Return

After the finish the tracking device has to be handed over to the organizer!

If the race is abandoned, the tracker has to be handed in at the finish area or sent by mail to TORTOUR GmbH, Seestrasse 49, 8702 Zollikon (within 3 days after the race), otherwise the tracker will be charged with CHF 200.-.

ATHLETES-DECLARATION TORTOUR 2023

Athletes and crew members who choose to participate in TORTOUR do so at their own risk and assume full responsibility for their own safety. The organiser (TORTOUR GmbH, 8702 Zollikon) accepts no liability towards the athletes and their crew members for any injury or damages, whether contractual or tort claims, to the extent permitted by law. In addition, liability on the part of the organiser for acts or omissions in connection with the provision of services by third parties is entirely excluded.

Liability claims by the athletes and their crew members against the auxiliary staff themselves are also excluded. Insurance against accident, illness or theft as well as insurance for the liability of the athlete and crew members are the responsibility of the athlete and crew members.

The organiser's liability is entirely excluded in the case of *force majeure* or occurrences that could not be anticipated or averted despite the exercise of due care. If the race has to be cancelled or discontinued at short notice due to external factors such as very bad weather or an accident, there shall be no entitlement to a refund of entry fees and/or to compensation. The decision to cancel or discontinue the event is at the sole discretion of the organiser.

The TORTOUR rules posted on the organiser's website (www.tortour.com) constitute an integral part of this declaration.

I hereby declare

- that me and my crew members have taken out sufficient liability and accident insurance.
- that me and my crew members have read, fully understood and agree to this declaration.

Team number / Team name

Athlete(s)

Place, date	Name, Surname	Signature

Emergency contact(s) (optional)

Athlete	Emergency contact, Name	Emerg. contact mobile Nr.

Exception: For athletes younger 18 years, a separate declaration, signed by parents has to be handed in.