



**OFFICIAL
REGULATIONS**

2020

“THE RACE THAT EVERY MTB LOVER SHOULD DO AT LEAST ONCE IN THEIR LIVES”

The **GENESIS INKA MTB** is a mountain bike (MTB) endurance stage race, where competitors could withdraw from a stage and still go on to continue competing on the next stage the following day; scoring for the general classification after being penalised for the partial withdrawal. Competitors may withdraw from a maximum of two out of the five stages.

The competition will be held from August 24th to August 29th, 2020; consisting of one day for administrative revisions and five days for the race.

In addition to the five-stages **GENESIS INKA MTB**, this year and for the first time, the **XPERIENCE GENESIS** will be carried out: a shorter race format that will be held from August 26th to August 29th, consisting of one day for administrative revisions and three days for the race. In **XPERIENCE GENESIS**, competitors may withdraw from only one out of the three stages.

The **GENESIS INKA MTB 2020** will go through an ancient route, used by pre-Inca cultures for animal and fruit trading between the highlands and the coast. Throughout the race, you will spend the night in different Andean towns, two of them being very small and with limited services and infrastructure, which will require from the competitors to display the appropriate mindset to be understanding and adapt in order to enjoy the opportunity given by the race to interact with the inhabitants and getting acquainted with their ancestral traditions.

GENESIS INKA MTB is an adventure race, made to challenge your physical and mental limits, all while making you live unforgettable moments interacting with the Andean villagers and their ancient culture, showing you unique landscapes and wrapping you in the magic of "THE ROUTE OF THE ORIGINS".

OFFICIAL PROGRAM - 2020 EDITION

Monday September 9th, 2019

Registration process begins

www.genesisinkamtb.com

Phone number: +(51) 997516510

E-mail: info@xtremaventura.pe

Friday August 8th, 2020

24:00 End of registration process.

Sunday August 23rd, 2020

DAY 0: MEDICAL AND ADMINISTRATIVE REVISIONS

18:00 - 21:00 Medical and administrative revisions.

Monday August 24th, 2020

DAY 1: MEDICAL AND ADMINISTRATIVE REVISIONS

10:00 - 15:00 Medical and administrative revisions in San Marcos.

15:30 Visit to the archaeological centre CHAVIN DE HUANTAR and cleansing rituals by local shamans (optional with a private tour operator).

20:00 Dinner and briefing in San Marcos.

Tuesday August 25th, 2020

DAY 2: STAGE 1 (San Marcos- Chavin / 20 km)

Finishing time limit = 3 hours

09:00 Welcome ceremony to competitors on behalf of local San Marcos authorities.
Traditional local dance show and food fair.

10:30 Start of Stage 1 at Plaza de Armas (main square) of San Marcos.

14:00 End of Stage 1.

12:00 - 15:00 Bikes to be handed out to the organisation for transfer at Plaza de Armas (Main square) of Chavin. Transfer of competitors to San Marcos on the organisation buses.

20:00 Dinner and briefing in San Marcos.

Wednesday August 26th, 2020

DAY 3: STAGE 2 (Chavin- Pastoruri, 80 km-race- + 17 km- connection-)

Finishing time limit = 9 hours

05:00 Breakfast in San Marcos.

06:00 Transfer of competitors to Chavin.

07:00 Start of Stage 2.

16:00 End of Stage 2.

12:30 - 16:30 Lunch at the Interpretation Center at the entrance of Huascarán National Park.

Transfer of competitors and bikes to camping venue (the coliseum) in Recuay.

GENESIS XPERIENCE

14:00 - 18:30 Administrative check outs for Genesis Xperience at the coliseum building in Recuay.

20:00 Dinner and briefing for all competitors in Recuay.

Thursday August 27th, 2020

DAY 4: STAGE 3 (Recuay - La Merced, 50 km)

Finishing time limit = 6.5 hours

06:30 - 08:00 Breakfast in Recuay.

09:00 Start of Stage 3. *(for riders of both the GENESIS INKA MTB and GENESIS XPERIENCE)*

15:00 Opening of camping venue at the coliseum.

15:30 End of Stage 3.

12:00 - 16:00 Lunch.

20:00 Dinner and briefing for all competitors in La Merced.

Friday August 28th, 2020

DAY 5: STAGE 4 (La Merced – Pampas Grande ,76 km)

Finishing time limit = 10 hours

05:00 - 06:30 Breakfast in La Merced.

07:00 Start of Stage 4.

15:00 Opening of camping venue at coliseum.

17:00 End of Stage 4.

13:00 - 16:00 Lunch.

20:00 Dinner and briefing for all competitors in Pampas Grande.

Saturday August 29th, 2020

DAY 6: STAGE 5 (Pampas Grande - Huarney, 123 km)

Finishing time limit = 9.5 hours

05:30 a 06:30 Breakfast in Pampas Grande.

07:30 Start of Stage 5.

17:00 End of Stage 5.

18:00 Prize giving ceremony at Plaza de Armas (main square) of Huarney.

20:00 Farewell cocktail.

RACE

1. Participation

1.1 There are two different editions that competitors may apply for in 2020: the **GENESIS INKA MTB** and the **GENESIS XPERIENCE**. Both are open to participants over 18 years of age.

1.2 Bicycles should have two wheels of equal diameter, powered by a pedal system acting on a chain; where the front wheel is the steering wheel and the rear wheel the drive wheel. Bicycles will be propelled exclusively by the racer's legs action, going in a circular motion, with the help of the pedal and without the assistance of any other driving force, electrical or otherwise. Any rider who fails to comply will not be allowed to participate.

1.3 All info about the races is found at <http://www.genesisinkamtb.com>

1.4 The modalities at the GENESIS INKA MTB 2020 and GENESIS XPERIENCE 2020 are:

- * Women Individual (solo)
- * Men Individual (solo)

1.5 Participants in **GENESIS INKA MTB 2020** will be divided in the following age categories:

- Men Under-23 - Men, 18 to 22 years.
- Men Elite - Men, 23 to 29 years.
- Men Masters A - Men, 30 to 39 years.
- Men Masters B - Men, 40 to 49 years.
- Men Masters C - Men, 50 to 59 years.
- Men Seniors - Men, 60 years and above.
- Women Elite - Women, de 18 to 29 years.
- Women Masters A - Women, 30 to 39 years.
- Women Masters B - Women, 40 to 49 years.
- Women Masters C - Women, 50 years and above.

1.6 For the **GENESIS XPERIENCE 2020**, the age categories will be the following:

- Men Open - Men, 18 to 35 years
- Men Adventure - Men, 36 to 45 years.
- Men Xperience - Men, 46 to years.

- Women Open - Women, 18 to 35 years
- Women Adventure - Women, 36 to 45 years.
- Women Xperience - Women, 46 years and above.

2. Registration

* **CLASSIC PACKAGE:**

2.1. Registration fees per racer for the **GENESIS INKA MTB 2020- CLASSIC PACKAGE**, will be as follows:

- ✓ First 30 registered participants = 380 US dollars
- ✓ Registered participant 31 to 100 = 450 US dollars
- ✓ Registered participant 101 to 150 = 500 US dollars
- ✓ Registered participant 151 to 200 = 550 US dollars

2.2. Registration fees per racer for the **GENESIS XPERIENCE- CLASSIC PACKAGE**, will be as follows:

- ✓ First 20 registered participants = 180 US dollars
- ✓ Registered participant 21 to 50 = 220 US dollars

* **EXTENDED PACKAGE:**

2.3. At the 2020 edition of the Genesis Inka MTB and Genesis Xperience, there is the option of an **EXTENDED PACKAGE** where, instead of camping, the accommodation at the end of Stages 2, 3 and 4 will take place at 1-star and 2-stars hostels and hotels. There 24 spots for the **EXTENDED PACKAGE** due to the maximum capacity of the accommodation facilities.

2.4. The Registration fees for the **EXTENDED PACKAGE**, per racer, will be as follows:

- ✓ **GENESIS INKA MTB - EXTENDED PACKAGE**= 580 US dollars
- ✓ **GENESIS XPERIENCE- EXTENDED PACKAGE**= 350 US dollars

2.5. Fractionated payment

The option of fractionated payment is available for those who register for the GENESIS INKA MTB. With this option, the total amount of the registration fee could be divided into up to three instalments. The rider's spot in the race will be secured after the first payment is made.

Those who opt for fractioned payment must contact the organisation on info@xtremaventura.pe to receive information on how the transaction is to be made.

Fractioned payment is available only for those who wish to participate on the GENESIS INKA MTB; but not for the GENESIS XPERIENCE.

** Included in registration fee:*

2.6. Registration fee for the GENESIS INKA MTB 2020- CLASSIC PACKAGE includes:

- ❖ Official registration and necessary permits.
- ❖ Two nights accommodation in a hotel in San Marcos.
- ❖ Three nights camping (at Recuay, La Merced and Pampas Grande)
 - Camping sites will have security, medical assistance, illumination and sanitary facilities.
 - It includes an individual tent and a single mattress of appropriate density.
 - There will be running water (cold) at all times at Recuay and La Merced; there will be a schedule for running water (cold) at Pampas Grande.
- ❖ Four breakfasts, three lunches and five dinners during the race (menu for lunches and dinner contemplates mostly dishes with pasta and chicken).
- ❖ Farewell cocktail at the prize giving ceremony at a hotel in Huarney.
- ❖ Drinking water, sports drinks, fresh fruits, boiled potatoes and boiled eggs during the race at the TAMBOS (Feeding and drinking stations).
- ❖ Drinking water at every Start and Finish line, **starting from Stage 2.**
- ❖ GENESIS INKA MTB 2020 edition official t-shirt.
- ❖ Finisher GENESIS INKA MTB 2020 edition medal for all competitors **who complete the race.**
- ❖ GENESIS INKA MTB 2020 edition bag.
- ❖ Medical support during the race and at every village.
- ❖ Right to participate in the sponsors prize draw.
- ❖ Transfer of luggage during the race, and transfer of bike boxes from San Marcos to Huarney.

2.7. Registration fee for the GENESIS XPERIENCE 2020- CLASSIC PACKAGE includes:

- ❖ Official registration and necessary permits.
- ❖ Three nights camping (at Recuay, La Merced and Pampas Grande)

- Camping sites will have security, medical assistance, illumination and sanitary facilities.
- It includes an individual tent and a single mattress of appropriate density.
- There will be running water (cold) at all times at Recuay and La Merced, there will be a schedule for running water (cold) at Pampas Grande.
- ❖ Three breakfasts, two lunches and three dinners
- ❖ Farewell cocktail at the prize giving ceremony at a hotel in Huarmey.
- ❖ Drinking water, sports drinks, fresh fruits and trail mix during the race at the TAMBOS (Feeding and drinking stations).
- ❖ Official t-shirt.
- ❖ Finisher XPERIENCE 2020 edition medal for all competitors **who complete the race.**
- ❖ Medical support during the race and at every village.
- ❖ Right to participate in the sponsors prize draw.
- ❖ Transfer of luggage and bike boxes during the race.

2.8. Registration fee for the GENESIS INKA MTB 2020- EXTENDED PACKAGE includes:

Everything already contemplated in the CLASSIC PACKAGE, but with the accommodation, for the five nights, at hostels and hotels, in double rooms.

Note that the accommodation in Recuay is at a 2 star-hotel and at La Merced and Pampas Grande at 1-star hostels, being those the only options, as there are no other accommodation facilities available in the area.

2.9. Registration fee for the GENESIS XPERIENCE 2020- EXTENDED PACKAGE includes:

Everything already contemplated in the CLASSIC PACKAGE, but with the accommodation, for the three nights, at hostels and hotels, in double rooms.

Note that the accommodation in Recuay is at a 2 star-hotel and at La Merced and Pampas Grande at 1-star hostels, being those the only options, as there are no other accommodation facilities available in the area.

*** Registration:**

- 2.10. Application for registration are to be made online at www.genesisinkamt.com

The corresponding payment of the registration fee must be made previously through the authorised channels.

- 2.11. Payment of the registration fee can be made through any of the following channels:

A) Bank transfer or cash deposit:

Bank: BBVA Continental
Account holder: Perú Xtremaventura EIRL
Account number (PEN): 00110153010007890545
CCI (interbank account code, only for Peruvian banks): 01115300010007890545
For other banks from outside of Peru, contact the Organisation on info@xtremaventura.pe
RUC (taxpayer registry) number: 20601868076

B) Card payment:

Through the following links:
GENESIS INKA MTB

<https://www.sportiva365.com/evento/genesis-inka-mtb/>

GENESIS XPERIENCE:

<https://www.sportiva365.com/evento/xperience-genesis>

- 2.12. Payment of the registration fee must be made before the deadline (see “End of Registration process” in the 2020 edition Program)

- 2.13. Applications for registration will only be accepted when submitted with either the image of the voucher of the bank transfer/ cash deposit made, or the payment code issued by the sportiva365.com service.

THE COMPETITORS MUST DOWNLOAD THE MEDICAL FORM FOUNT AT THE WEBPAGE OF THE RACE, WWW.GENESISINKAMTB.COM AND SUBMIT IT TO THE FOLLOWING EMAIL RECIPIENT: info@genesisinkamtb.com BETWEEN JULY 25TH AND august 20th 2020. THIS IS MANDATORY FOR EVERY COMPETITOR.

- 2.14. The registration form, together with the medical form- duly signed by the competitor and his/ her doctor- must be submitted to the Organisation in accordance with the Official Program estipulated. If deemed appropriate, the Organisation could inform, via email or through the Facebook fan page, of any

additional extension to allow out of time registration for those participants who had paid the fees but hadn't sent their online application forms on time.

- 2.15. By completing and submitting the online application for registration, every racer declares:
- To have read and understood these regulations,
 - To submit themselves to the provisions stated in these Regulations and
 - To accept the conditions regarding the Organisers' policy on use of images and image rights.

**** Use of images and image rights:***

All those who participate in the race authorise the organisers to use their image and their name for promotional purposes concerning the race, such as the creation of a welcome flyer for the rider. Photographs taken during the race are property of the race.

3. Refund Policy:

- 3.1. Refunds could be applied for up until 30 days before the beginning of administrative and medical revisions. In case a refund is requested in due time, the Organisation will deduct an amount of 100 dollars due to administrative expenses. Applications for registration fee or any other refunds received after this time period will not be considered for reimbursement.
- 3.2. A full refund of the registration fee will be awarded in any of the following situations:
- Competitors whose registrations has been rejected by the Organisation.
 - In case the race does not take place.
 - In case results of the stress test indicate restrictions for a competitor to participate in this race.
- 3.3. No refunds will be awarded:
- To those competitors who do not show up at the Start Line due to force majeure events.
 - To those competitors who, disregarding the indications made in these Regulations, attempt to participate in this race with bicycles with electrical assistance of any other driving force apart from the propulsion caused by the strength of the racer's legs only.

4. Equipment

- 4.1. The Organisation will supply each of the competitors with a number board and zip ties.
- 4.2. The use of an approved protective helmet is compulsory throughout the entire race.
- 4.3. All riders must display their number board at all times, fixed on the front of their bicycle in a visible manner.
- 4.4. It is mandatory to carry non-disposable water containers (water bottles, CamelBac, etc.), labelled with the competitor's number.
- 4.5. Even though the designated route of the race will be marked clearly with arrows (→) at complicated points and with an (X) on those points off the route; racers could additionally carry a GPS device and save the files of the route provided by the Organisation. This is entirely optional, and the racer takes full responsibility of the handling of the GPS device and uploading the routes before each stage.

5. Development of the race

- 5.1. The GENESIS INKA MTB 2020 extends over six days: one day of administrative and medical check-ups and five timed stages. The GENESIS XPERIENCE comprises one day of check-ups and three timed stages. The stages are cross-country races, with individual classifications, being added up to establish an overall general classification.
- 5.2. Neutral zones and connecting zones, if any, must be covered cycling and along the path designated by the Organisation.
- 5.3. The route is open to traffic, so regular traffic regulations of the area must be observed at all times by competitors, as well as going around with caution in the populated areas.
- 5.4. There will be constant support from the Peruvian National Police (PNP) for the safeguarding and the closure of road crossings in each stage of the race.

6. Race Officials

6.1. Race officials

Race Director:

Oscar Rocha

Security Director:	Benjamín Morales
Chief of Athletes' support:	Miguel Varela
Chief Timekeepers:	Enrique Garrido Lecca and Milagros Olea
Chief/ Head of transport:	Rafael Gonzales

7. Start Control

- 7.1. The start will take place at the designated time, GPS time, by means of an acoustic signal and from that moment on, the stopwatch will start running for all competitors.
- 7.2. All racers must, without exception, pass under the Starting arch and the Finishing arch.

8. TAMBOS or Feeding and drinking stations

- 8.1. The Organisation will provide drinking water, fruit and other foods to all competitors during the course of each stage.
- 8.2. Each racer must write his or her number on water containers, food wrapping and other belongings, with permanent marker and clearly. Incorrectly discarding these containers will result in a penalty. After the offender is identified by the Organisation, he or she will receive a warning for the first infringement; for a second infringement **a time penalty of one hour in the overall/ general classification will be applied.** This measure will apply cumulatively in any ensuing offenses.
- 8.3. At Start Control, the Organisation will verify that all competitors have their containers properly labelled.

9. Finish Line and Stage classification

9.1. Stage classification

The classification of the competitors will be established on the basis of the order at which they cross the Finish Line.

For the **GENESIS EXPERIENCE**, it is required that the competitor makes the Start on the three stages; otherwise he or she will be eliminated from the general classification.

9.2.No Start, withdrawals or arrivals after cut-off time

The only possible justification for a competitor not making the Start of a stage is to have been advised not to do so by the medical staff at the race, due to an injury or any other health issue. If this were the case, the competitor could continue with the next stage the following day with a penalty equal to the maximum time achieved on the missed stage (the time of the last racer of the stage who finished within the time limit), plus an additional time penalty of 6 hours.

Any **GENESIS INKA MTB 2020** racer who withdraws from a stage and wishes to participate on the next stage the following day, can do so, with a withdrawal limit of two stages during the whole race.

In the case of the **GENESIS EXPERIENCE**, racers can only withdraw from one out of the three stages of this edition.

The competitor who withdraws or fails to make a Start on a stage (only with an adequate medical justification), can remain on the race and continue competing to get his or her Finisher medal and get to the Finish Line, but cannot attempt to get a place on the podium at the end.

It is mandatory for any competitor who withdraws from a stage and is picked up by the Organisation's Broom wagon, to go to the checkpoint at the Finish Line of the stage, to inform them about his or her withdrawal from that stage. Failure to do so will result in the Organisation considering that he or she **never started** the stage, which will award him or her the **No Start** penalty which is greater than the **Withdrawal** penalty.

The **Withdrawal** penalty will result from the sum of the maximum time achieved at the stage (the time of the last racer of the stage who finished within the time limit) plus 3 hours.

In case the time limit is up while a competitor is still pedalling in the race, he or she will be picked up by the Broom wagon to be taken to the Finish Line, being penalised with an additional hour on top of the maximum time achieved on the stage, this applied for every 10 kilometres he or she still had left to arrive to the Finish Line.

10. Overall general classifications and protocol

10.1. Overall general classifications

The winner of the first place in modality Men, regardless of his age category, will be deemed the “ABSOLUTE CHAMPION”. The winner will be the racer who had run all five stages- without having withdrawn from any of the stages- with the shortest accumulated time from the five stages. He will be rewarded with the **GÉNESIS INKA MTB 2020 SCEPTER.**

The winner of the first place in modality Women, regardless of the category, will be deemed the “ABSOLUTE CHAMPION”. The winner will be the racer who has run all five stages- without having withdrawn from any of the stages- with the shortest accumulated time from the five stages. She will be rewarded with the **GÉNESIS INKA MTB 2020 SCEPTER.**

Prizes will be additionally awarded to the top racers of the different categories Men and Women from the GENESIS INKA MTB and Men and Women from the GENESIS XPERIENCE.

11. Technical provisions

- 11.1. It is the responsibility of the competitors to hand over their belongings for the corresponding transfer, at the station installed for that purpose by the Organisation and according to the established schedule. If the racer arrives late and misses the transfer vehicle, luggage transfer to the next Finish Line will be responsibility of the racer, with no claim whatsoever against the Organisation.
- 11.2. It is the sole responsibility of the competitors to hand out their belongings, labelled with their number and/or last name, to the Organisation to transfer them.
- 11.3. It is the responsibility of the competitors to start each stage from the area designated for this purpose and at the established time.
- 11.4. Every racer must pass through the checkpoints determined by the Organisation, being it at the Start Line, TAMBOS, linking zones, neutral zones and Finish Line. Failure to comply will result in the competitor being excluded from the race, with no place for claims or refund of the registration fee and having the competitor to manage and bear the costs of his or her transport to Lima or Huarmey, whichever suits him or her better.
- 11.5. It is forbidden to circulate and go through any road or paved stretch not determined by the Organisation at the previous briefing.

- 11.6. It is strictly forbidden any unsportsmanlike behaviour or unfair play to gain time over other competitors.
- 11.7. Only vehicles duly authorised by the Organisation are allowed to follow the race.
- 11.8. In order to keep the riders' safety and maintain the adventure spirit of the competition, it is forbidden for any vehicle linked to any of the competitors at the race to circulate on the course during the development of the race and ahead of the race's Broom wagons.
- 11.9. Swapping supplies or tools during the course of the race is permitted only among the competitors on race. Otherwise, a penalty of 24 hours on top of the time he or she makes on the stage will be applied to the competitor.
- 11.10. External assistance, being it mechanical or technical, is not permitted. During the development of a stage, assistance can take place only among the racers. Otherwise it will lead to disqualification.
- 11.11. Racers might be attended by mechanical staff, masseurs or physical therapists, etc., from the end of a stage until right before the lining up for next stage's Start, never while a stage is in progress.

12. Penalties and complaints procedures

12.1. Table of penalties

INFRINGEMENT	PENALTIES			
	DISQUALIFICATION	TIME PENALTY	NO SALIDA	FINANCIAL
Mechanical assistance from the outside during the race	X			
Aggressive/ Violent behaviour	X			
Not using a helmet while racing	X			
Not crossing the starting line/ passing under starting arch	X			

Not passing through the Finish checkpoint	X			
Towing from another vehicle.	X			
Swapping supplies or tools during the course of the race with third parties who are not on race		24 hours		
Circulating by paved stretches, tracks or areas not authorised by the Organisation		1 hour		
Not passing by a checkpoint		3 hours		
Throwing or leaving rubbish along the route		2 hours		
Not displaying the number plate			X	
Not carrying water supply			X	
Ignoring the Organisation's instructions			X	
Not starting a stage		Time limit of the stage + 6 hours		
Hiding the race sponsors on the race number plate			X	PEN 200 or its equivalent in US \$
Disrespectful behaviour towards the public, authorities, racers or regarding the environment	X			PEN 300 or its equivalent in US \$
Arriving to the finish line without a number plate		10 minutes		

Voluntarily withdrawing from a stage		Time limit of the stage + 1 hour per each 10 km that remain until the Finish Line		
Not assisting to the prize giving ceremony or not climbing up the podium		30 minutes for next year's edition		
Not finishing a stage within the stage time limit (as long as it's under 5 km)		Maximum time from the stage + exceeded time multiplied by 2		
Turning up late for the technical check outs		1 minute per each minute out of the time limit, up until a maximum of 60 minutes. Beyond this, penalty = 90 minutes		

12.2. Protests

Relevant complaints against the decisions of the Organisation and/or official classifications can be made in writing within 30 minutes after the infringement had been communicated or the official classification had been posted.

Complaints regarding another racer's behaviour must be submitted in writing no later than 30 minutes after the competition's time limit is over.

13. Protocol

- 13.1. At the end of the last stage a prize giving ceremony will take place. It is compulsory for all racers to assist to this ceremony.
- 13.2. Finisher medals will be handed out at the end of the final stage of the race in Huarmey, upon crossing under the Finishing arch at the Plaza de Armas (Main Square).
- 13.3. It is imperative for the first three winners in each category to climb up to the podium when called.

14. Prizes

14.1. OVERALL/ GENERAL CLASSIFICATION:

The winners of both modalities (Women individual- solo and Men Individual- solo) from the GENESIS INKA MTB 2020 Men and Women will receive:

- ✧ **The GENESIS INKA MTB 2020 SCEPTER**
- ✧ **500 dollars each**
- ✧ **Free registration for GENESIS INKA MTB 2021 edition**

The second prize winners in Men and Women modalities from the GENESIS INKA MTB 2020 will receive:

- ✧ **A trophy each**
- ✧ **250 dollars each**
- ✧ **Free registration for GENESIS INKA MTB 2021 edition**

The third prize winners in Men and Women modalities from the GENESIS INKA MTB 2020 will receive:

- ✧ **A trophy each**
- ✧ **Free registration for GENESIS INKA MTB 2021 edition**

14.2. GENESIS INKA MTB 2020 - ALL CATEGORIES

First, second and third prize winners in each of the categories Men and Women from the GENESIS INKA MTB 2020, will receive:

- ✧ A trophy

14.3. GENESIS XPERIENCE- ALL CATEGORIES

First, second and third prize winners in each of the categories Men and Women from the GENESIS XPERIENCE, will receive:

✧ A trophy

15. Medical and administrative revisions

All competitors must attend, carrying their bicycle and all their equipment, the revisions or verifications scheduled on the program of the race, at the time they are summoned.

15.1. Start will be denied to those competitors who assist to the revisions after the convened time, except in case of force majeure that has been informed in due time and accepted by the Commissaires. Any racers turning up late for their technical revision, will be penalised with one minute for each minute of delay, up until a maximum of 60 minutes. After this point, they will be given an appointment for another day, together with a penalty of 90 minutes.

15.2. At the administrative check outs the following documents will be revised:

- Copy of National Identity Document (DNI) or passport.
- Proof of payment of registration fee
- Medical form **(which must have been submitted to the Organisation between July 25th and August 20th, 2020).**

15.3. Subjecting the bicycles to the technical verification or to a technical control, implies that the competitor implicitly accepts the norms of the race. In case the bicycle is rejected due to it not abiding by the regulation, the competitor will be granted additional time, determined by the Director of the Race, to be able to make the repairs and amendments. If after that time, the bicycle still does not meet the required regulations, the competitor will be denied a spot in the race. Being excluded entails the forfeit of the registration fees.

15.4. At the revisions performed before the Start of each stage, the following will be checked for:

- Competitor's ID.
- ID of the bicycle.
- Right placement of the plate.

It is the responsibility of the competitor to care for the maintenance of these IDs during the entire duration of the race; missing any of them will grant the rider a penalty.

15.5. Any bicycle that does not abide by the regulations will not be admitted to the Start.

15.6. The competitor is responsible, at all times, of the technical compliance of his or her bicycle. Eventually the Commissaires could carry on checks at any moment of the race.

Opposition from any racer to such verifications will result in his or her exclusion from the race.

In case of accidental loss of an identification, the rider must inform the Technical Commissaires of the situation in writing. Every established fraud and especially passing modified identification marks as original, will result in the exclusion from the race of the rider and any other competitor that could have helped or facilitated the execution of the infringement.

- 15.7. The participants will receive the following Competitor's Kit:
- Rider's credentials
 - Official t-shirt
 - Number plate and chip

16. Mechanical assistance, transfer of racers, bicycles and luggage

- 16.1. The Organisation will have a mechanical service of their own that will clean and lubricate the chains of the bikes; any extra job beyond this will be charged for by the company providing this service. There will also be spare parts for sale.
- 16.2. The Organisation will be in charge of transferring the competitor's luggage every day of the race. Every morning, at the time specified during the briefing the previous night, all riders must load their luggage to the vehicle indicated by the Organisation. After ending the stage of the day, each competitor must proceed to pick up his or her luggage from the transport vehicle. Only the competitor himself- or herself- can claim his or her luggage.

This routine will be repeated every morning before start of the stage, being advisable not to leave any valuables in your luggage.

With regards to the bike boxes, they will be handed out to the Organisation the day the administrative revisions are due in San Marcos, to be taken to the city of Huarney and given back to the riders after the race has finished.

Initial transport service

Even though the transport of each competitor to the city of San Marcos is up to him or her, the Organisation has arranged for a private company to provide the exclusive transfer of the competitors and their bicycles from Lima to San Marcos, as well as the return trip from Huarney to Lima. Any competitors who would like to hire this service, please write to info@xtremaventura.pe to provide you with the respective information to book ahead.

17. Medical assistance and recommendations

17.1. Medical assistance

- 17.1.1. The Organisation has a medical team devoted solely to look after the health of the competitors.
- 17.1.2. During the course of the competition, there will be 4x4 vehicles implemented for first-aid attention, located at strategic spots and communicated with the Organisation so that, if needed, they can get to the place where medical assistance is required.
- 17.1.3. Additionally, there will be vehicles along the route of the race and a support vehicle acting as a sweeper, in charge of picking up any competitors who, for whatever reason, must withdraw from the stage.
- 17.1.4. There will be medical centres at each village, enabled to tend to the competitors.
- 17.1.5. The main tasks of the medical team are to monitor the health of the riders and provide first-aid assistance during the race. They will also be available to talk to at the camp to respond to any medical issue the competitors may have. The medical team will be in charge of coordinating with the local hospitals in case an evacuation is required, in which case, the Organisation will aim to stabilise the competitor first and then evacuate him or her to the closest available hospital and see that he or she is well attended.
- 17.1.6. No medical insurance is foreseen by the Organisation for the racer, being compulsory that all competitors have suitable personal insurance, which must cover national and international medical expenses.

17.2. Medical assistance

- 17.2.1.** Despite the availability of human and material resources, and given the setting where the race develops, the medical team couldn't possibly suppress all risks involved in a trial such as this one. Nevertheless, and even though some occurrences cannot be prevented, other ones we can indeed anticipate and avoid. For this reason, the following health recommendations are suggested:

a. Recommendations about equipment

Given that the race involves long hours on a bike and over stony ground, it is recommended the use of a comfortable, gel saddle, to allow for

maximum absorption of vibrations and avoid the development of ulcers and chafing on buttocks.

The seat should preferably be seamless. Ideally, the recommendation is to use a double seat, applying plenty of Vaseline to decrease friction between them and avoid chafing on the buttocks.

Carry a headscarf over your head at all times, placing the helmet on top of it.

The use of sunglasses and extreme sun protection on the skin areas exposed to the sun is essential.

During the night, it is advisable to apply plenty of moisturising cream.

We advise to take along isotonic drinks as they will supply with energy and help replenish minerals lost during the stages.

During the race, it is recommended to be stocked with energy gels that could supply with energy quickly.

b. General health recommendations

Wash your hands after using the toilets, always wash your hands before eating, do not take your hands up to your mouth, thoroughly wash all fruits and vegetables with bottled water before eating them and drink only bottled liquids that are sealed, avoiding sharing them (mouth to mouth).

In case of diarrhoea, it is preferable to opt for oral rehydration (ingesting rehydration solutions or isotonic drinks) for lost fluid replacement. If bowel movement does not go back to normal after few hours, an antidiarrheal medication can be taken, only in the absence of fever and under the medical team's supervision.

If ulcers develop, the area must be washed gently with mild soap and water. Once dry, apply a thin hydrocolloid bandage that widely the whole of the affected area, without removing it until the end of the race. The bandage will help protect the affected area as well as aid healing.

c. Nutrition recommendations

The GENESIS INKA MTB 2020 Organisation has prepared a set balanced and complete meal menu for every day of the race. It is important that the meals are typically high carb to provide with the energy needed for the

race. Such food items are breads, rice, pasta, boxed cereals, fruits and tubers.

The body must be well hydrated throughout the race. Avoid alcoholic drinks.

Protein intake ensures the appropriate muscle recovery after the physical strain of the day. Consumption of high-fibre content foods is not recommended.

High-fat foods must be avoided. Avoid consumption of saturated fats such as butter, margarine, cream/ sauces and mayonnaise. Use of olive oil is advised.

18. Competitor's medical records

- 18.1. It is vital for the medical team to have access to information regarding the health of each competitor before the start of the race, to assess any possible health risks of each rider and to be familiar with the medical history of each competitors, if necessary, as well as having the contact info in case of any emergency.
- 18.2. Any competitor who failed to present his or her medical form to the Organisation at least 15 days before the security and administrative check outs, will not be allowed to set off at the Start.

19. Recommended and compulsory equipment

- Feather sleeping bag (mandatory). At least 5 Degree C recommended.
- Personal first-aid kit with alcohol/ antiseptics, cotton and gauze (mandatory).
- Basic kit of tools/ multitool and spare bike parts.
- High sun protection factor sunscreen.
- Sunglasses, including an extra pair.
- Chargers for electronic devices (adapters if needed).
- Mobile phone with a Peruvian SIM card.
- Head torch for camping nights
- Warm clothing for the nights, thermal blanket, consider a temperature of 1 Degree C.

20. The camp

The campsite will be set up in the villages of Recuay, La Merced and Pampas Grande for the nights to be spent there and will provide the following services:

- Tents with mattresses set up at coliseums or school classrooms. Racers may bring along their own personal pillow if they wish to do so.
- Restaurants to be open for the day's meals.
- 24 hours medical assistance.
- Mechanical assistance provided by private companies.
- 24 hours secure bicycle parking.
- Toilets, lavatories and showers. (24 hours cold water showers at Recuay and La Merced, cold water during the day according to schedule at Pampas Grande).
- Recharging points for cell phones, cameras and laptops.

21. General considerations

- 21.1. The Organisation reserves the right to change these regulations, up until the end of the registration process.
- 21.2. Upon the completion of the registration for the GENESIS INKA MTB 2020 and GENESIS XPERIENCE, these regulations are deemed accepted.

ANNEX 1: PROTOCOL IN CASE OF AN ACCIDENT

ACCIDENTS THAT REQUIRE THE RESCUE TEAM ASSISTANCE

(Implies the disqualification of the competitor from the Stage)

In case of an accident requiring medical assistance, the racer who suffered the accident must keep to the following procedure:

- 1) Contact the Organisation with details of the accident and location.
- 2) If contacting the Organisation is not possible, the racer must wait for the Broom wagon, where a paramedic will be, who in coordination with the Security Director will assess the need to evacuate the injured rider to the nearest ambulance or a healthcare centre.

If it is required to evacuate the injured rider to a hospital, clinic or healthcare center, the Organisation will comply with the corresponding transfer to ensure immediate attention. All medical expenses must be covered by the insurance hired by the competitor.

- 3) Any competitor involved in an accident with physical injuries will be subject of investigation by the Medical Director of the race.

ASSISTING ANOTHER RIDER IN CASE OF AN ACCIDENT

We remind you that ethics demand you stop when an accident suffered by another racer is confirmed, so as to ensure that the most appropriate mediation between his or her intervention and the arrival of medical assistance.

Every competitor who witnesses an accident, must (in this order):

- ✓ Stop and secure the area, placing your helmet or any object to be visible for any competitor coming near the area of the accident.
- ✓ Provide first-aid assistance to the injured rider and gather information about his or her medical status.
- ✓ After the previous steps, you must try and contact the Organisation on your mobile, detailing the medical status of the injured rider or riders and the GPS location.
- ✓ In case contacting the Organisation is not possible, you must wait for the arrival of another competitor to inform him or her of the state of the injured rider so that he or she can report the medical incident to the nearest TAMBO or medical support.
- ✓ The total amount of time spared to assist another rider (in case it exceeds 3 minutes) will be deducted from the total time achieved on the stage of that day. (This only applies to the first two competitors who stopped to help). The deduction must be asked for at the end of the stage, informing of the matter at the Control point. The Director of the Race will authorise the deduction after cross-checking it himself. The

total stopping time can be verified and validated with the registered GPS from the rider who stopped to assist.