

TECHNICAL GUIDE

BALTIC ROAD CHAMPIONSHIPS VALGA '21



19-20 JUNE 2021

ROAD RACES

visit
estonia

51% of Estonian
territory is
forestland



BALTIC ROAD CHAMPIONSHIPS '21

TECHNICAL GUIDE

EVENT SPONSORS



BALTIC ROAD CHAMPIONSHIPS '21

TECHNICAL GUIDE

OFFICIAL CATERER

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CATERING BY JOEL OSTRAT

Joel Ostrat
KĪPŠĒTA • NAUDI • ĒLA

GUSTAV
— CAFE —

EVENT SUPPORTERS


EESTI KULTUURKAPITAL

 *Valga vald*


Izglītības un zinātnes
ministrija

LSFP
LATVIJAS SPORTA FEDERĀCIJU PADOME


LIETUVA
OLIMPIKOS ŽAIDIMUS

 SVETIMOS,
MOKSLOJE IR SPORTO
MINISTERIJA

BALTIC ROAD CHAMPIONSHIPS '21

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EVENT MANAGEMENT

Baltic Road Championships '21 are organized by Estonian Cyclists Union in collaboration with Pro Cyclists Club and Liivimaa Cyclists Club

Race director	Allar Tõnissaar	+372 501 4427	info@proklubi.ee
Assistant race director	Rindalo Teder	+372 556 48230	rinaldo.teder@gmail.com
President of the Commissaire's Panel	Jaan Lepajõe	+372 534 25064	jaanlepajoe@gmail.com
Race secretary	Evelin Idarand	+372 536 05100	evelin.idarand@gmail.com
Estonian Cyclists Union representative	Urmas Karlson	+372 502 4403	ejl@ejl.ee
Latvian Cycling Federation representative	Toms Markss	+371 262 55435	toms@lrf.lv
Lithuanian Cycling Federation representative	Tomas Gaubys	+370 686 33779	tomasgaubys22@gmail.com

EVENT MANAGEMENT

Accommodation proposals

Valgamaa Kutseõppekeskuse õpilaskodu

Address: Loode tn 3/2, Valga

Contact: Maarja Adamson / +372 534 88499 / adamson@vkok.ee

Home page: www.vkok.ee/en/node/174

Kaldavere Turismitalu (25,9 km from competition site)

Address: Valga maakond, Valga vald, Korkuna küla, 68013

Contact: Andres Maisla / +372 530 30150 / kaldavere@gmail.com

Home page: kaldavere.ee/majutus/

Yasmina Hostel (300 m from competition site)

Address: Pärna pst. 1 Valga 68207

Contact: Danguole Popova / +372 562 58754 / kontor@valgahostel.ee

Home page: www.valgahostel.ee/#top

Maria Hostel (450 m from competition site)

Address: Mesipuu 1 68203, Valga, Estonia

Contact: Kersti Telk / +372 504 2392 / kersti@mariahostel.ee,
info@mariahostel.ee

Home page: www.mariahostel.ee

Rahamäe puhkemaja (12,4 km from competition site)

Address: Rahamäe talu, Piiri küla, Tõrva vald, Valga maakond

Contact: +372 518 7305 / +372 504 7833 / pihu@gmail.com

Home page: www.puhkaeestis.ee/et/rahamae-puhkemaja

Piiri Hostel (1,9 km from competition site)

Address: Rūjienas 31, Valka

Contact: Tatjana Valk / +372 524 3656 / hostel@gmail.com

Home page: visitvalgavalka.com/et/turismiobjekt/piiri-hostel/

Nakatu turismitalu (21,0 km from competition site)

Address: Väike-Nakatu, Ringiste küla, Valga vald, Valga maakond 68101

Contact: +372 5301 2372 / nakatu@nakatu.ee / info@nakatu.ee

Home page: www.nakatu.ee

EVENT MANAGEMENT

Accommodation proposals

Tolli Hostel

Address: Tolli 1, Valga, 68205 Valga maakond

Contact: +372 523 5515 / tollihostel@hotmail.ee

Home page: www.tollihostel.ee/main/

Valga Militaarteemapark

Address: Pikk 16A, Valga

Contact: +372 767 1127 / valga@isamaalinemuuseum.ee

Home page: www.isamaalinemuuseum.ee/en/home/

Medical services

Medical assistance is provided at the start and finish site of the competition. During the competition the ambulance serving the event will drive behind the cars accompanying the peloton.

Nearest hospital is **Valga Haigla** (Peetri 2, Valga).

BALTIC ROAD CHAMPIONSHIPS '21

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PROGRAMME

18 JUNE 2021

10:00-12:00 Team managers meeting via Zoom.us ([meeting link](#))

17:00-20:00 Confirmation of riders and numbers distribution

18:00 "GUSTAV CAFE" Coffee ride

Joint training on road race track (58km). Start from Valga central square (Kesk tänav, Valga), gathering from 17:30.



The central square of Valga is located in the heart of the city and connects the two sides of the city, Valga and Valka, into one whole.



BALTIC ROAD CHAMPIONSHIPS '21

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PROGRAMME

19 JUNE 2021, SATURDAY

08:00-09:00	Confirmation of riders
08:00-18:00	Distribution of race numbers
08:00-09:30	Registration for children's races
10:00	M Sport/Amateurs; M Masters 30-49. Distance 112,7 km.
10:10	Children's race 5-6 years old. Distance 1 km.
10:30	Children's race 7-8 years old. Distance 2 km.
10:50	Children's race 9-10 years old. Distance 3 km.
11:10	Children's race 11-12 years old. Distance 4 km.
13:00	Award ceremony (M Sport/Amateurs; M Masters 30-49)
13:10	M16. Distance 82,7 km.
13:20	M Masters 65-75+. Distance 32,7 km.
15:30	Award ceremony (M16; M Masters 65-75+)
16:00	MJ. Distance 112,7 km.
16:10	W16. Distance 43,6 km.
18:50	Award ceremony (MJ; W16)

20 JUNE 2021, SUNDAY

08:00-09:00	Confirmation of riders and distribution of race numbers
10:00	WJ, WE/WU, W Sport/amateurs, W Masters 30-59. Distance 82,5 km.
12:40	M Masters 50-64. Distance 82,5 km.
13:00	ME/MU. Distance 178,1 km.
13:00	Award ceremony (WJ, WE/WU, W Sport/amateurs, W Masters 30-59)
15:00	Award ceremony (M Masters 50-64)
17:20	Award ceremony (ME/MU)

RACE REGULATIONS

Organization

Baltic Road Championships '21 is organized according to UCI Cycling Regulations from 19th to 20th June 2021 and includes Estonian, Latvian and Lithuanian national road race championships (UCI CN).

Participation

Baltic Road Championships '21 are open to Estonian, Latvian and Lithuanian cyclists who own UCI licence.

Age category	Age	Birth year
W/ME	23 and older	1998 and earlier
W/MU	19 - 22 y	1999-2002
W/MJ	17 - 18 y	2003-2004
W/M16	15 - 16 y	2005-2006
EST W/MSport	19 - 29 y	1992-2002
LAT W/M amateurs	19 - 34 y	1987-2002
EST/LTU W/M Masters 30-39	30 - 39 y	1982-1991
LAT W/M Masters 35-39	35 - 39 y	1982-1986
EST/LTU W/M Masters 40-49	40 - 49 y	1972-1981
LAT W/M Masters 40-44	40 - 44 y	1977-1981
LAT W/M Masters 45-49	45 - 49 y	1972-1976
W/M Masters 50-54	50 - 54 y	1967-1971
W/M Masters 55-59	55 - 59 y	1962-1966
M Masters 60-64	60 - 64 y	1957-1961
M Masters 65-69	65 - 69 y	1952-1956
M Masters 70-74	70 - 74 y	1947-1951
M Masters 75+	75 and older	1946 and earlier

RACE REGULATIONS

Registration

For registration please contact your respective federation:

Estonian Cyclists Union

ejl@ejl.ee

iseteenindus.ejl.ee/et/registreeru

Latvian Cycling Federation

toms@lrf.lv

www.bulta.lv/lcg

Lithuanian Cycling Federation

info@lds.lt

Registration opens on 17 May and ends on Wednesday, June 16 2021 at 24:00.

Participation fee

Age category	Participation fee
W/M16; W/MJ; W/MU; W/ME	0 €
W/M Sport and Masters	15 €

Participation fee must be paid at registration. Only those participants who have paid the participation fee before 16 June 24:00 will be included in the list of participants.

Ranking

The ranking of the competitors will be determined on the basis of the time taken to complete the race. In age categories WE and ME UCI points are awarded in accordance with the UCI regulations articles 2.10.008 and 2.10.017.

Race headquarters

Race headquarters are located in Valga central square and are open on 19 and 20 June from 8:00 to 18:30.

Address: Keskväljak, Valga, 68203 Valga maakond

RACE REGULATIONS

Confirmation of starters and team managers meeting

Licenses will be checked at the secretariat on the basis of pre-registration. The final confirmation of the starters and distribution of competition materials will take place on 19 and 20 June at 8:00-9:00 in the competition center.

Meeting of team managers with the participation of the competition director and the members of the Commissaires Panel will take place on 18 June via Zoom.us

(<https://us02web.zoom.us/join/zoom-join-url>)
(<https://us02web.zoom.us/join/zoom-join-url>)

Neutral technical support

The organizers will provide neutral technical assistance for road races. All teams are allowed escorted by team car.

The maximum number of team cars in the convoy is 15 per race. For each country there are 5 car places per race. Every federation will present combined team cars to organizing federation (ejl@ejl.ee) by 17.06.21 16:00.

The drawing lots for team cars will be held at the end of the team managers meeting 18.06.21 10:00 using www.random.org/lists/randomizer.

The order of team cars in the race will be determined as follows:

1. In between combined list of team cars presented to the organizing federation.
2. If the number of cars per race is less than 15 and team managers present a candidate at the team managers meeting for the free places a second order will be determined in between these teams.

The driver of the escort car must have a valid UCI licence.

Competition information is transmitted by Radio Tour transmitters on the frequency approved for EJJ.

RACE REGULATIONS

Official prize ceremony

The winner of the age category will be named Baltic champion and will be awarded with a prize from competition partners. The second and third place winners will be awarded with a prize from competition partners.

Official awards ceremony must be attended by all athletes who have won prizes in their age category. Athletes who do not appear for the award will lose their right to the prizes and may be fined in accordance with the UCI regulations.

Riders must present themselves in race clothing, wearing their team jersey and shall not wear a cap, headband, glasses or any other accessory until they leave the podium ceremony area. Due to the pandemic Covid-19, riders must wear a face mask into the podium ceremony dedicated space and also on the podium.

ME/MU		WE/WU/WJ/W masters/W amateurs	
I place	1 000 €	I place	1 000 €
II place	600 €	II place	600 €
III place	400 €	III place	400 €

MJ	
I place	500 €
II place	300 €
III place	200 €

RACE REGULATIONS

National Medals per country:

ESTONIA	LATVIA	LITHUANIA
W/M16	W/M16	
W/MJ	W/MJ	W/MJ
WU	WU	WU
W/ME	W/ME	W/ME
W/M Sport	W/M amateurs	
W/M masters (all age categories)	W/M masters (all age categories)	W/M masters (all age categories)

Finishing time limits

Any rider finishing in a time exceeding that of the winner by more than 8% shall not be placed. Any rider getting lapped by the leader will be eliminated.

Penalties

The UCI penalty scale is the only one applicable.

Anti-Doping

The UCI Anti-doping regulations are entirely applicable to the event.

RACE REGULATIONS

Other information

The results will be published at www.ejl.ee and the live results can be find on the timer's website timing.ee.

Pre-race and current information is available in the Sportity app (www.sportity.com). Password is balticroad.



The graphic features a purple and pink wavy background. In the top left is the Sportity app icon. The Sportity logo is centered at the top. Below it, the text 'For direct event information please download the Sportity app and insert this password:' is displayed. A large white box in the center contains the password 'balticroad'. At the bottom left is the website 'www.sportity.com'. At the bottom right, it says 'Sportity app is available in' followed by 'Available on the App Store' and 'Get it on Google play' buttons, each with a corresponding QR code.



Sportity

For direct event information please download
the Sportity app and insert this password:

balticroad

www.sportity.com

Sportity app is available in

Available on the
App Store

Get it on
Google play

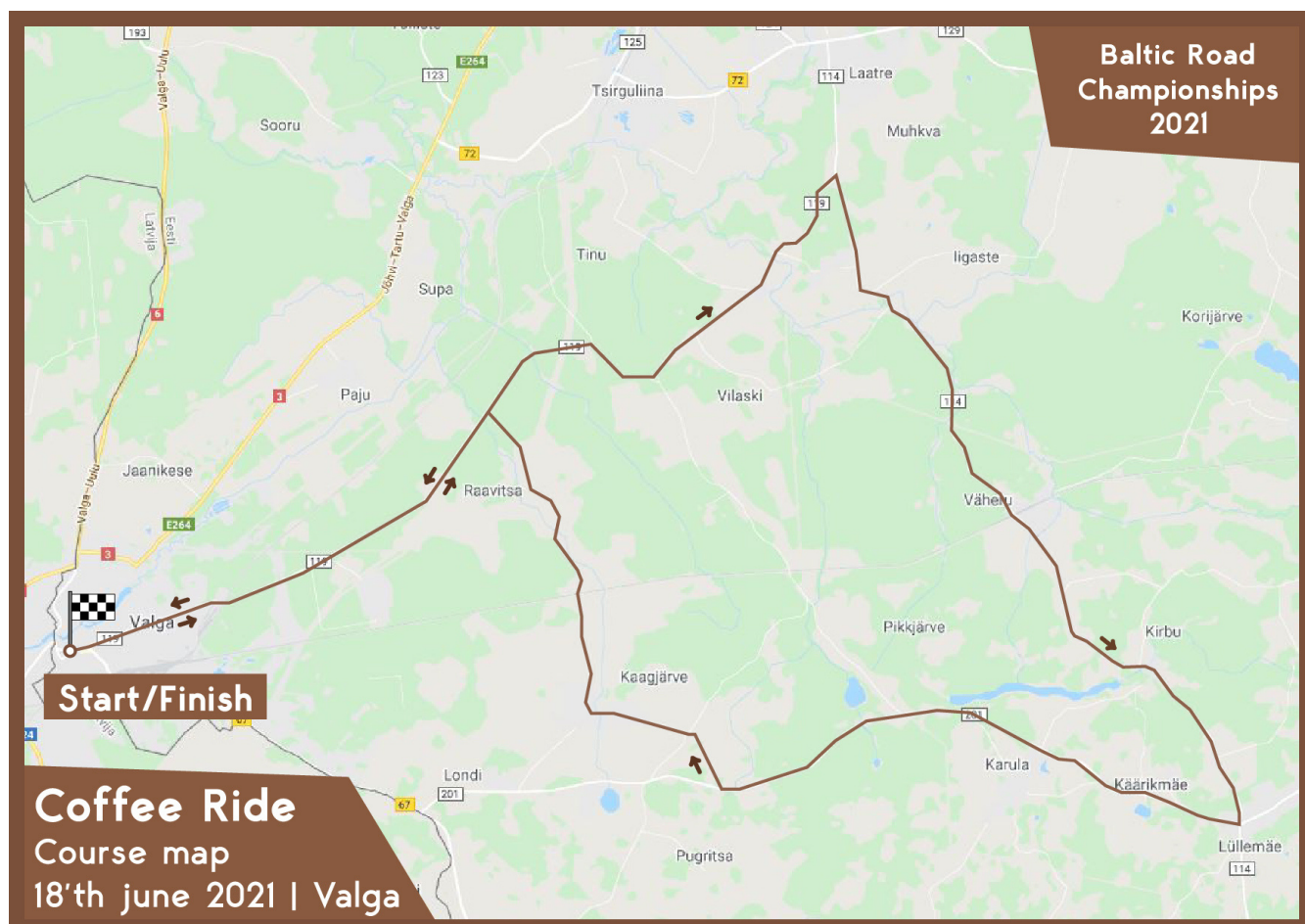


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COURSE MAPS

18 June "Gustav Cafe" Coffee Ride

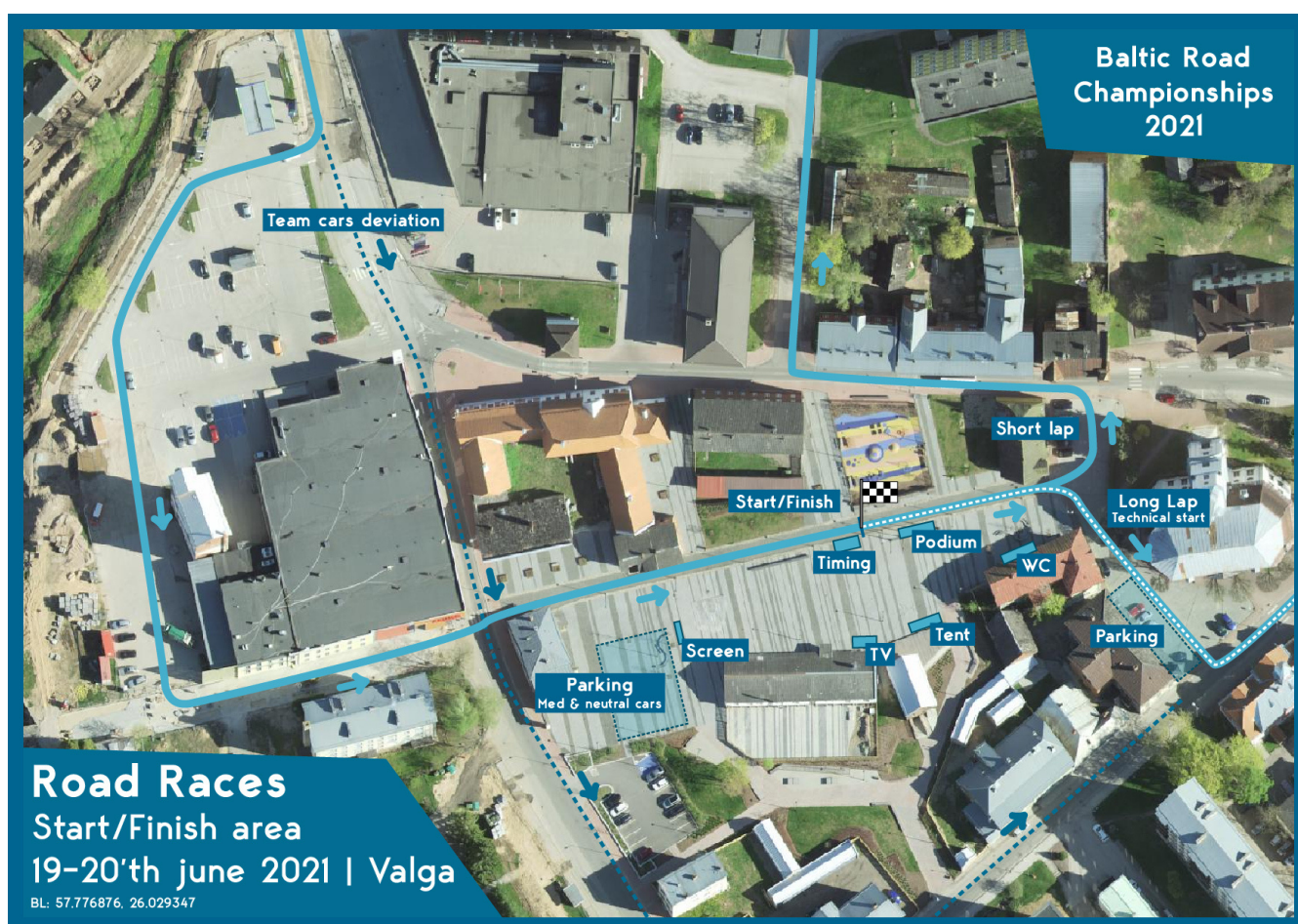


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COURSE MAPS

19 and 20 June Road Races



COURSE MAPS

Baltic Road Championships 2021

Long lap

Short lap

Feeding zone
Start: 57.800432, 26.06944
End: 57.805976, 26.058723

Technical start

Start/Finish

Gravel section

Feeding zone
Start: 57.750387, 26.368104
End: 57.752657, 26.353371

19'th june			20'th june		
10:00 MSen 1-2	112,7 km	(2xLL)	10:00 WE/WU	82,5 km	(28km + 5xSL)
MSport			WJun		
13:10 M16	82,4 km	(1xLL + 1xSL)	WSen		
13:20 MSen 6-8	32,7 km	(3xSL)	WSport		
16:00 MJun	112,7 km	(2xLL)	12:40 MSen 3-5	82,5 km	(28km + 5xSL)
16:10 W16	54,5 km	(5xSL)	13:00 ME/MU	178,1 km	(2xLL + 6xSL)

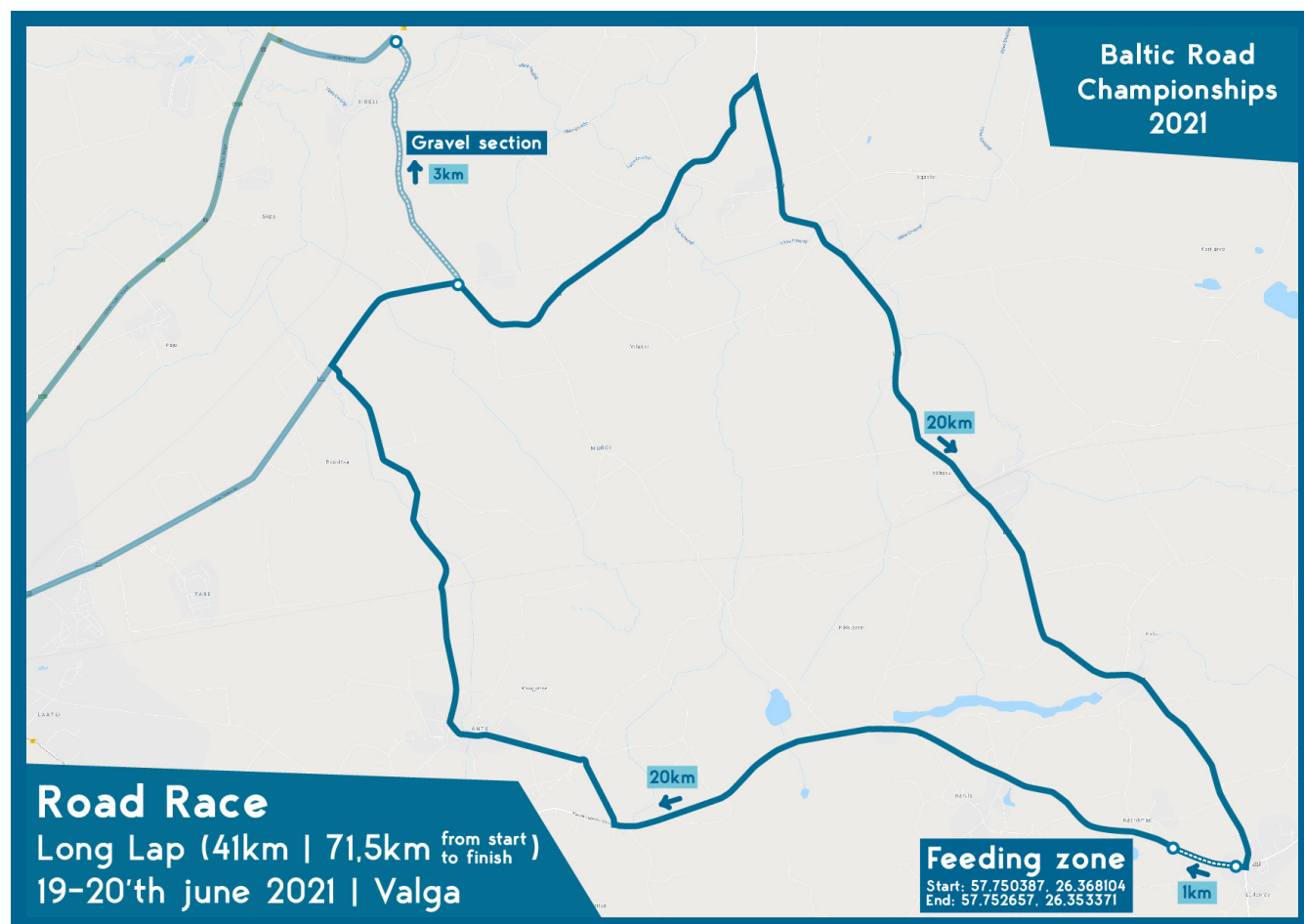
*LL - long lap / SL - short lap

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COURSE MAPS

19 and 20 June Road Races

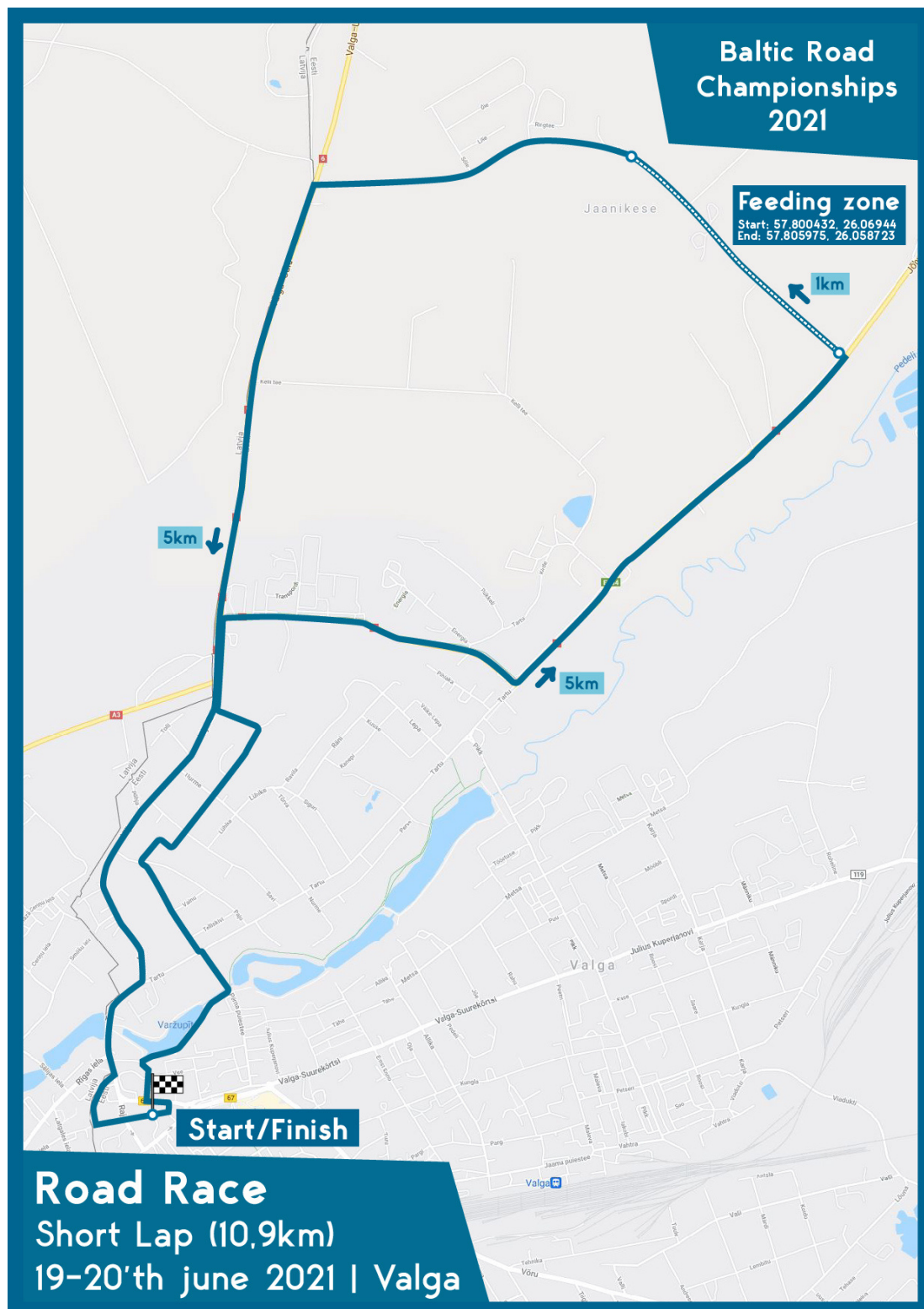


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COURSE MAPS

19 and 20 June Road Races



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COURSE MAPS

19 and 20 June Road Races

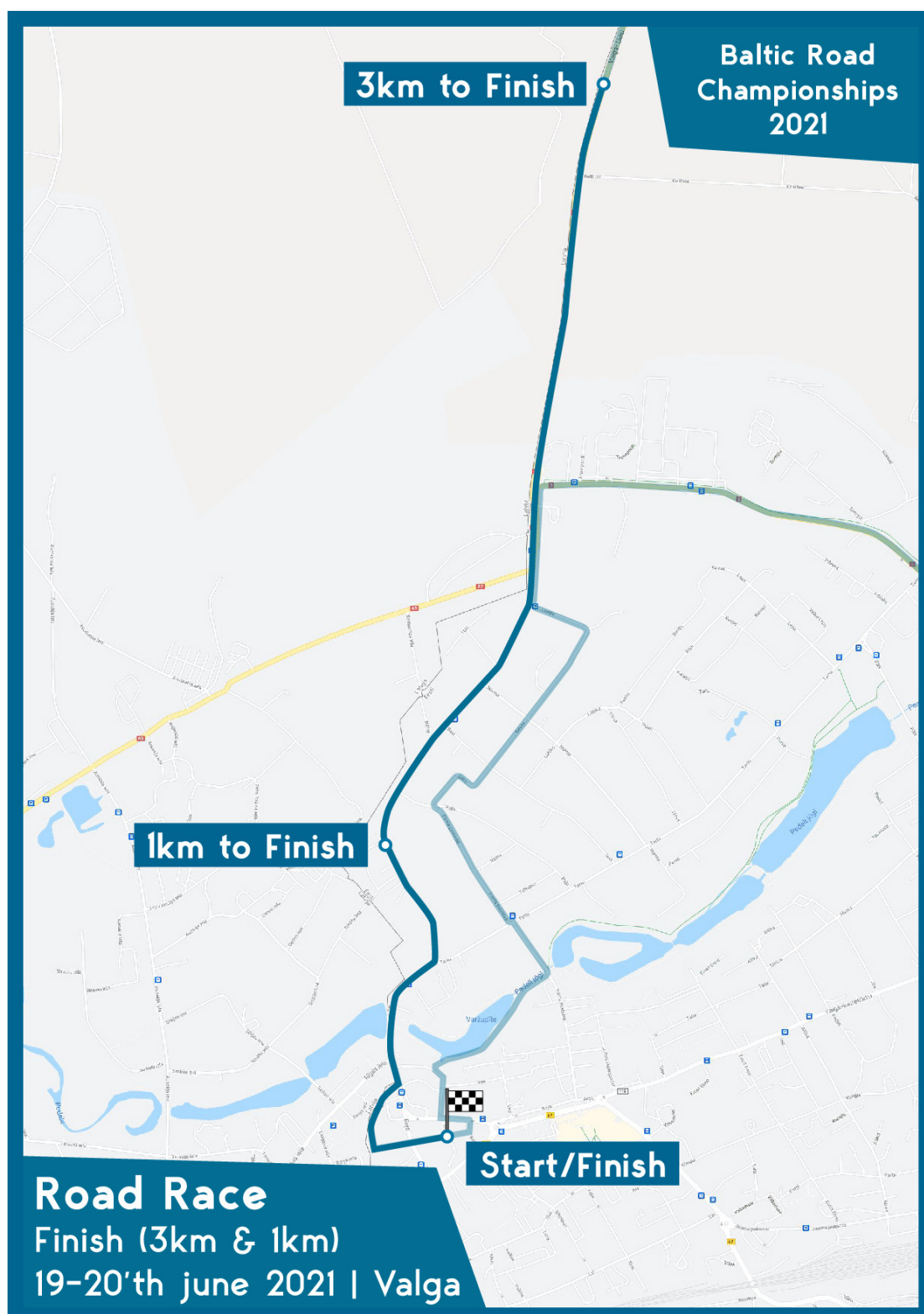


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COURSE MAPS

19 and 20 June Road Races



BALTIC ROAD CHAMPIONSHIPS '21

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COURSE MAPS

20 June Children's race



SANITARY PROTOCOL

General requirements

Social distancing of minimum 2m is expected at all times.

Regular hand washing/sanitizing is expected. Hand sanitizer will be provided at multiple locations on the event area.

It is the responsibility of the club/team representative or athlete to perform health checks. Participation in competitions for persons with symptoms (both competitors and competition organizers) is prohibited.

The organizer of the competition has the right to remove a person with symptoms and a person or persons who have been in contact with them from the competition if they have at least one of the following symptoms:

COVID-19 symptoms

Fever > 38°C

Cough

Shortness of breath

Stuffy nose or sore throat

Unusual aches

Abnormal fatigue

Unusual headache

Diarrhea/vomiting

Every worker and volunteer involved with the race must be familiar with the COVID-19 manual and follows the instructions.