



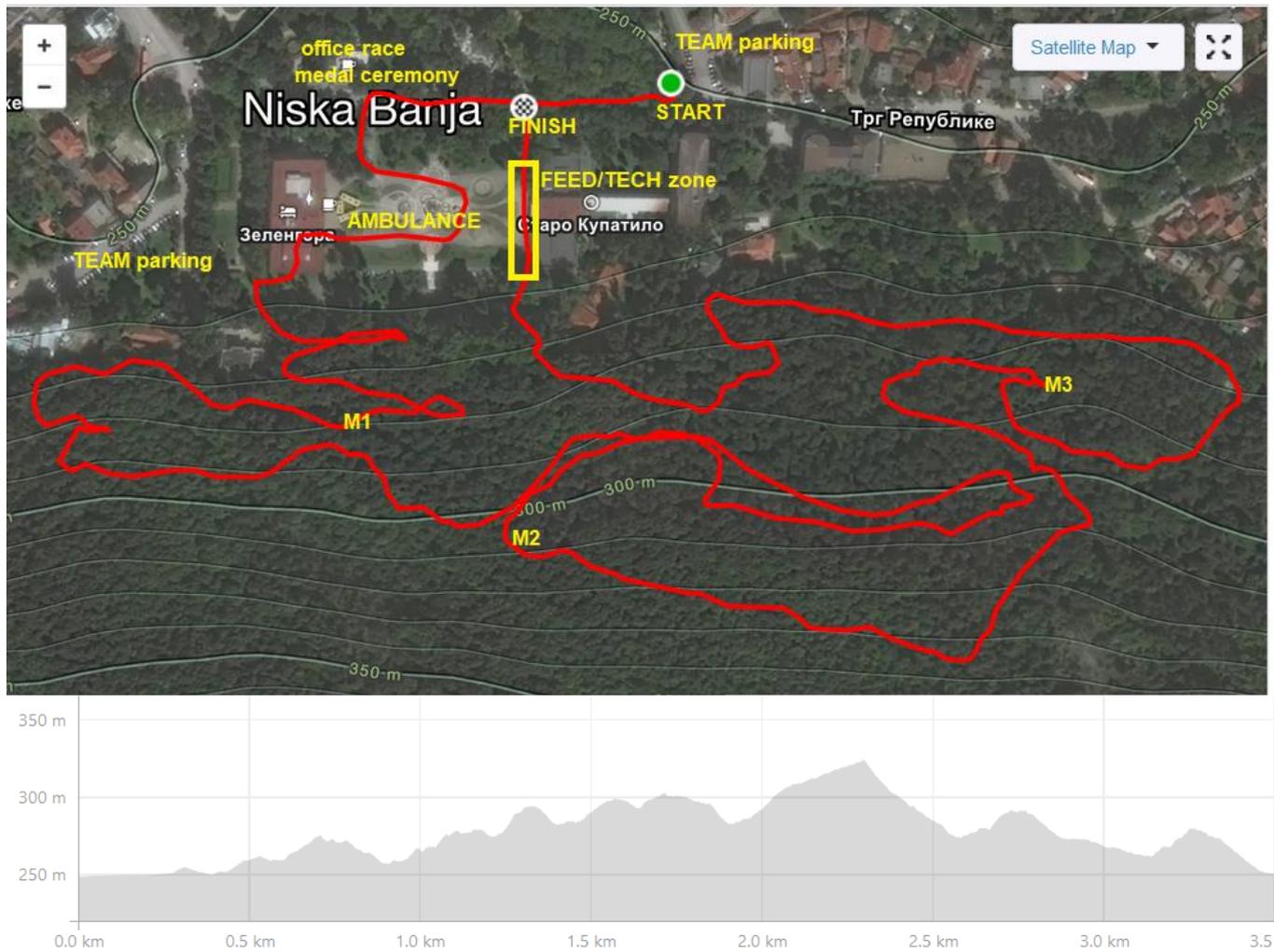
## UCI C3 XCO Race, Trofej Konstantin MTB Trophy, 2019, Niska Banja, Serbia

### Technical Guide

| <b>Event:</b>       | <b>UCI C3 XCO Race, <u>Trofej Konstantin MTB Trophy</u>, 2019, Niska Banja, Serbia</b>   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
|---------------------|--|--|-------|-------------------------|----|----|----|----|----|----|----|----|----|----|--|------------|---|--|---------|---------|----|----|----|----|---|---|----|---|---|----|---|---|----|---|---|
| <b>Organizer:</b>   | Cycling Club "BK Konstantin", Cycling Federation of Serbia   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| <b>Date:</b>        | Sunday <b>26.05.2019.</b>  |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| <b>Location:</b>    | Niska Banja, center  |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| <b>Categories:</b>  | <b>Elite Men</b>   | <b>Elite Women</b>   |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| <b>Track:</b>       | XCO course Niska Banja   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| <b>Rules:</b>       | The race will be organised by the UCI rules and this technical guide. All competitors must wear a helmet and their number plate on the bike during the race.   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| <b>Start</b>        | <b>Elite Women 13:32, Elite Men 13:30, Medal ceremony 15:30h</b>   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| <b>Start fee</b>    | 20€  |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| <b>Application:</b> | Preregistration by mail <a href="mailto:bkkonstantinnis@gmail.com">bkkonstantinnis@gmail.com</a> till <b>23. May.</b><br>Registration at the the start/finish area from 10:00 till 10:30 ( <b>Caffe Putnik</b> )   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| <b>Prizes:</b>      | Medals for the first three placed in all categories.   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
|                     | <b>Prize Money:</b><br><br><b>Men: 230 EUR</b><br><b>Women: 230 EUR</b><br><br><b>Overall: 460 EUR</b>   | <b>UCI C3 Europe 2 (EUR)</b><br><br><table border="1"> <thead> <tr> <th>Place</th> <th>Elite Men &amp; Elite Women</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>80</td> </tr> <tr> <td>2.</td> <td>60</td> </tr> <tr> <td>3.</td> <td>40</td> </tr> <tr> <td>4.</td> <td>30</td> </tr> <tr> <td>5.</td> <td>20</td> </tr> <tr> <td></td> <td><b>230</b></td> </tr> </tbody> </table> | Place | Elite Men & Elite Women | 1. | 80 | 2. | 60 | 3. | 40 | 4. | 30 | 5. | 20 |  | <b>230</b> | <b>UCI points:</b><br><br><table border="1"> <thead> <tr> <th></th> <th>M Elite</th> <th>W Elite</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>10</td> <td>10</td> </tr> <tr> <td>2.</td> <td>6</td> <td>6</td> </tr> <tr> <td>3.</td> <td>4</td> <td>4</td> </tr> <tr> <td>4.</td> <td>2</td> <td>2</td> </tr> <tr> <td>5.</td> <td>1</td> <td>1</td> </tr> </tbody> </table> |  | M Elite | W Elite | 1. | 10 | 10 | 2. | 6 | 6 | 3. | 4 | 4 | 4. | 2 | 2 | 5. | 1 | 1 |
| Place               | Elite Men & Elite Women  |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| 1.                  | 80   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| 2.                  | 60   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| 3.                  | 40   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| 4.                  | 30   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| 5.                  | 20   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
|                     | <b>230</b>   |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
|                     | M Elite  | W Elite  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| 1.                  | 10   | 10   |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| 2.                  | 6  | 6  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| 3.                  | 4  | 4  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| 4.                  | 2  | 2  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| 5.                  | 1  | 1  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| <b>Traning:</b>     | One hour before race course will be ready for training.  |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| <b>Notes:</b>       | The organizer is not responsible for the consequences of non-compliance with these rules and for the act of competitors against a third party.<br>The organizer keep the right to change technical guide and the event schedule and they will announce these information on the Technical briefing prior to each race. |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |
| <b>Contact:</b>     | Igor Antic, +381692123234, <a href="mailto:antic.igor@gmail.com">antic.igor@gmail.com</a>  |  |       |                         |    |    |    |    |    |    |    |    |    |    |  |            |   |  |         |         |    |    |    |    |   |   |    |   |   |    |   |   |    |   |   |



Course details:



**Race Clothing:** World Champion, Continent Champions and National Champions in MTB XCO, must participate wearing the jersey identifying their title.

**Notes:** The organizer is not responsible for the consequences of non-compliance with these rules and for the act of competitors against a third party. The organizer keep the right to change technical guide and the event schedule and they will announce these information

**How to arrive to Niš:** Nearest Airport - Constantine the Great Airport - Niš

**Passports:** A passport is required by all travelers entering Republic of Serbia.

**Nearest hospital:** Clinical Centre of Niš - Bulevar Dr Zorana Đinđića 48, Niš 18000 ☎ +38118506906



**Training:** Race course will be open for training on Saturday from 10:30 to 11:30.

**Start order:** Staging as follows: Riders will be staged based on so far UCI Cross-country Individual ranking.

**Start procedure:** Riders will be called in the Staging Area 20 minutes before the scheduled start time of the race. Staging will begin 15 minutes before the scheduled start time of the race. Riders will be lined up as described in the Start Order above. Eight riders will be placed on each line (might change by decision of the President of the Commissaires' Panel). The rider him/herself can decide his/her position on the line. Once the riders are lined up, warm-up (by rollers, turbo trainer etc.) is excluded inside or outside the start area. The start will be given by the Start Commissaire using the following procedure: Announcements at 3, 2, 1 minutes and 30 seconds before the start, then a final announcement that the start will be given within the next 15 seconds. A starting pistol, whistle or horn will be used to give the start. The Start Commissaire will be in sole control of the public address system from three minutes before the start until the start has been given.

**Technical Assistance:** Technical assistance shall only be given in the feed/technical assistance zones. Spare equipment and tools for repairs must be kept in these zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a teammate, team mechanic or neutral technical assistance. Small items such as an inner tube or a small tool may be handed up from the feed/technical assistance zones.

All people inside the Feed/Technical assistance zone must have on them in a visible place a Feed/Technical Assistance zone pass. People without a pass will be removed from the Feed/Technical Assistance zone. Passes will be handed during the Team Managers' meeting under the supervision of the President of the Commissaires panel (1 pass for every 3 riders for each Feed/Technical Assistance zone).

In addition to technical assistance in feed zones, technical assistance is permitted outside these zones only between riders who are members of the same UCI ELITE MTB team, UCI MTB team or of the same national team (if riders are registered in the race as part of the National team).

Riders may carry tools and spare parts provided that these do not involve any danger to the rider himself or the other competitors.

Any changes to UCI regulations regarding feed/technical assistance will be applied to the above.



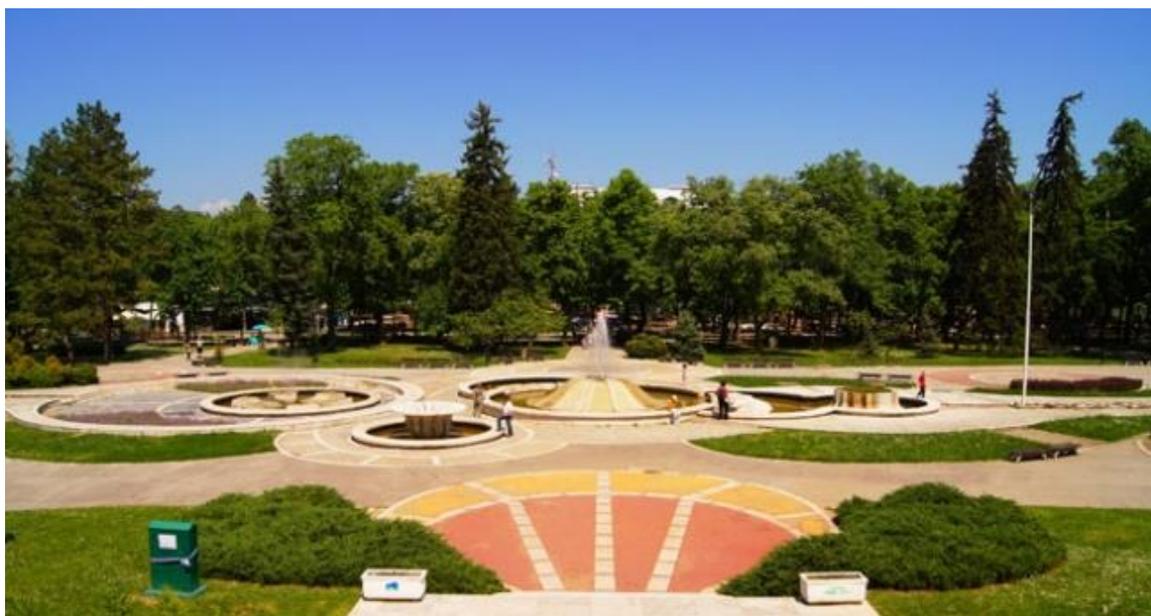
### About Niška Banja , the host city:

Niška Banja spa is located in southeastern Serbia, beside the main road between Niš and Sofia. It lies at the foot of **Koritnik**, which is part of the Suva Planina mountain, at 248 m above sea-level. It is 10 km from **Niš** and 250 km from Belgrade.

The natural therapeutic factors in Niška Banja are the gentle moderate continental climate, the **thermal mineral waters** and the **naturally mineral-rich mud**. The medicinal waters, which come from five springs (Glavno Vrelo, Suva Banja, Školska Česma, Banjica and Pasjača), are earth-alkaline homeothermic (36-38°C), lightly mineralised and have a flow rate of 56 litres per second.

Niška Banja was well-known during the time of the Ancient Romans, who in the 2<sup>nd</sup> century capped the Glavno Vrelo spring, building a bath with two pools made of multicoloured marble. During the times of **Constantine the Great** and his successors, a bath into which the medicinal spa water flowed was located in the royal settlement of **Mediana**. In 1521, Turkish Emperor Suleiman and his army, who were on their way to conquer Belgrade, stopped in Niška Banja to recuperate. While the Turks were in power, the spa contained separate baths for men and women, as well as several buildings used to accommodate patients.

Treatments are performed in the **Niška Banja Treatment and Rehabilitation Institute** which has three hotels (Radon, Zelengora and Terme), equipped with modern equipment for performing non-invasive diagnosis and for treating and rehabilitating people with rheumatic and cardiovascular diseases, as well carrying out orthopaedic surgery. The institute is also a teaching centre for the University of Niš Faculty of Medicine.





### In Niška Banja the following are treated:

- musculoskeletal system diseases (inflammatory, extra-articular, degenerative and metabolic rheumatism, systemic connective tissue diseases and osteoporosis)
- cardiovascular diseases (coronary heart disease, artery hypertension, heart defects, diseases of the peripheral blood vessels)
- post-surgical myocardial revascularisation conditions, as well as post-open heart surgery conditions
- rehabilitation of patients who have undergone hip and knee replacements
- post-traumatic conditions
- conditions following damaged central and peripheral motor neurones
- inflammatory and functional sterility
- respiratory diseases

The healthcare and tourist facilities are located in a managed park which covers an area of 5 hectares. In the vicinity of Niška Banja there is the **Košutnjak Forest Park** which has fitness circuits.

Niška Banja is suitable for **sports team training and competitions** with its small and large football pitches, handball and tennis courts, a horse racing track and firing range. Exciting paragliding competitions are also held in Niška Banja, with competitors taking off from the slopes of Koritnik and landing in Niška Banja.



Niška Banja has a library, art gallery and a summer stage on which various events, which come together under the umbrella of the **Cultural Summer in Niška Banja**, are staged.

Guests at Niška Banja can also visit nearby **cultural and historical attractions**, including the Mediana (residence of Constantine the Great), the Skull Tower (Ćele Kula), the 18<sup>th</sup>-century Niš Fortress, Čegar hill and the Red Cross Camp Museum Memorial. There are also organised excursions to the Sićevačka Klisura gorge, part of the beautiful Nišava river canyon, which is home to rare flora and fauna, the Jelašnička Klisura gorge, a special nature reserve, the Bojanine Vode picnic spot and Kamenički Vis, a popular picnic spot and ski centre.

