



## FREQUENTLY ASKED QUESTIONS (FAQ) Mondraker Enduro-Team Davos Klosters

### RACE

*What are the rules about Helmets and Rider Safety Equipment?*

Wearing a Full-Face helmet is not mandatory, but highly recommended. Helmets with a removable chin-guard are also accepted (Bell Super 2R, Giro Switchblade etc). Generally wearing a helmet is mandatory on all stages as well as on the liaison stages.

In addition to the helmet, all riders must wear:

- CE approved back protector, or a cycle backpack with integrated back protection
- Full Finger Gloves
- Knee and arm protector

Riders must carry at any time of the race:

- A charged mobile phone with data roaming enabled if necessary and the emergency contact numbers provided by the organizers
- A waterproof/wind proof jacket
- Water and trail snacks

*Do we move location each day?*

**No.** Each day you start and finish at the same point. However, we will set off in a different direction every morning and therefore each day will cover a totally different riding area before looping back to the base at the end of the day.

*What are the typical daily timings & schedule?*

First riders depart between 8 and 10 am each day. Lunch is included on Friday and Saturday, not on Thursday! There are lunchbreaks included in the race schedule. We expect participants to complete the course between 4 and 6:30 pm and make it back to base camp.

*How is my start time allocated?*

On the first day of the race, there will be no start in a fixed order. The teams will leave the starting area as soon as they are ready, but between 9.30 and 12.30 am. After this time, no more starts will be possible. For all remaining days, the daily results will be used to define the actual starting grid.

Liaison sections are not timed and there is no time limit from one stage to the next. You start your next stage whenever you are ready to go. However, you must complete the entire course before the cut-off time at the end of the day.

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### *How fit do I need to be to complete the Mondraker Enduro Team?*

Fitness in the endurance / strength condition sense, as well as mental focus and determination is more relevant than outright pace and / or climbing ability. That said, entrants will face long days in the saddle (30-40km, 6-8 hrs a day) on physical trails, in potentially hot conditions, wet/cold mountain weather and at altitudes up to 2700m above sea level. Uplifts will be lift-assisted but some climbing (2 hours per day max.) will also be required.

### *What training would you suggest preparing for the event?*

First, don't *only* ride trail parks and man-shaped trails. If you are considering entering this event then you should *already be at this level of competence*, as a minimum. We'd therefore advise taking in as much natural terrain as you can, and ride in places you have not been to before. Practice riding challenging sections on sight, and as you would do against the clock. If you are not an experienced racer, practice at your "comfortable 70% pace". (whereas 100% is the pace you would ride in a normal, pre-sighted Enduro race event). This is the pace that will certainly give you the best overall result at the Enduro Team. Get out for some big epic rides and take note of your personal needs for nutrition and hydration. For (the minority) of you who are serious about competing to place highly, teamwork and communication skills will be important. practice racing and riding together in a tight formation.

### *How technical are the trails?*

The Enduro Team course has been selected to provide a variety of technicality. Warm-up trails will be of moderate to advanced technical level. However, each day will include at least one technically very challenging trail (at least Double-Black-Diamond level) – and remember that it is all ridden blind and unpracticed. Many of the trails are in a high alpine environment, outside of the controlled bike-park boundaries.

Some trails involve a high level of exposure with no barriers of safety netting in the event of a fall, therefore a good level of general mountain awareness is required to participate safely. There will **not** be any jumps or drops without an easy alternative option.

### *Is there a minimum age limit to enter Enduro Team?*

**Yes.** This is an adult-only event, you must both be 18 years or over to enter. However, if you are aged 16 or older and are entering as a team with a responsible parent or guardian (who is aged over 21) then you will be permitted to enter so long as your parent/guardian agrees to accept full responsibility for your safety and will personally accompany you always during the race. For children and young people from 8 to 15 years old, there is the new Enduro Team Kids Race introduced in 2022.

### *Can I participate with an e-bike?*

Not in the categories "Men", "Women", "Mixed", "77+" and "Fun". But there will be a new category "E-Bike" starting from 2022. In this category, the same stages will be ridden, but with e-bikes (supported up to 25 km/h).



## CATERING / ACCOMMODATION

*What catering is provided as part of the race package?*

No dedicated feed stations are provided by the race organizers. Lunch is provided from the organizer on Friday and Saturday. However, the route liaisons pass through mountain towns and villages on a frequent basis, which allows racers to stop and purchase their own snacks, food and drinks as required. Water-stops en route are readily available in the form of public-use fountains and trail-side natural springs.

Davos has an ample supply of coffee shops, supermarkets, restaurants and take-away stores. Additionally, cafes and snack-bars are available on the mountain during race-day.

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## SAFETY / RESCUE

*What happens if I get injured?*

We have several dedicated first-responders on our team who will provide first-aid and further treatment/advice should you need it. If emergency hospital treatment is required, we will arrange to transport you to the nearest hospital or liaise with emergency services as required. For non-urgent cases or treatments outside of racing hours, you may need to make your own arrangements should you wish to travel to a hospital (e.g. taxi). If you are hospitalized, we will take care of your bike and deliver it back to base. If you miss your airport transfer or onward travel due to injury, you will need to make your own arrangements for onward travel and assistance. **(Travel insurance highly recommended)**

*Do I need insurance?*

**Yes.** A comprehensive medical and rescue emergency cover is mandatory for all participants as well as travel insurance that covers you for cancellation or curtailment. In particular, the organizers have no provision for accommodation and/or onward support for any participant needing to remain in hospital overnight after the event. Due to the complexities of individual insurance arrangements, unfortunately we are not able to advise or recommend any insurance provider.

## TRAVEL, TRANSPORT & PRACTICAL LOGISTICS

*How will my bike be transported & stored?*

For those taking our pre-arranged airport transfer from Zürich to Davos, your bike must be suitably boxed or packed inside a typical bike-bag. During the race, we will use various ski-lifts to transport your bike, and these are used at the owner's risk to bike damage. You are responsible for your own bike's security during the event and the organizers cannot take responsibility for loss or theft. No secure overnight bike storage is provided by the organizers. However if you book our recommended accommodation in a hotel or on the campground, bike storage will be provided by the accommodation providers on an independent basis.

*What if my bike breaks and is unrideable? Is there a mechanic? Do you stock any spares?*

We provide an onsite basic workshop area and common tools are available to use at Race HQ. The local bike shop of our partner Bike Academy Davos offers spares and service capability. You are strongly advised to bring your own spares especially for bike-specific components such as brake pads, spare spokes, mech hangars etc.

*Can I enter the Enduro Team as an individual?*

Enduro Team is a pairs-only event. If you are looking for a race buddy, we'd suggest try posting on our event-specific Facebook page or on your local MTB forum. We do not offer a rider-matching service since its far too big a deal to pick the right person for you and we certainly don't want to be getting involved in any inter-team domestic arguments!



### *Can I bring supporters with me?*

Self-sufficient supporters are welcome. The Davos tourist offices can provide more information on accommodation and travel options should you need it.

### *What is Enduro Team's payment & cancellation policy?*

The team's entry fee is due in full, as one single payment, within 7 days of your entry confirmation. In the event of your cancellation, for any reason including unforeseen circumstances such as injury, illness or family bereavement, you will receive a part refund if cancelled before 1<sup>st</sup> August. After 1<sup>st</sup> August, the full amount is owed. Rider & individual team member substitutions are possible, free of charge, up to 2 weeks before the race.

If the organizers are forced to cancel the event due to factors outside of their control, a partial refund may be offered (or a reduced-price entry to next year's event) dependent on the circumstances under which the event was cancelled, but this is not guaranteed since unavoidable costs are incurred by the organizers in the run up to the event. Examples that may prevent the race from going ahead as planned are: extreme weather, lift closures, safety concerns or severe rider injury causing the course to be closed, timing system failure, failure of one of the event's safety-critical suppliers to deliver, the outbreak of an epidemic or pandemic. We therefore strongly suggest that you take out a cancellation insurance policy that would cover your personal financial losses in this eventuality.

If your team member drops out but you still wish to race, this is OK and you are fine to race on your own or team up with another rider in the same position as you, on the day.

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