

GEA Bike Trail

Rules

Art. 1 – REGISTRATION. Are allowed to ride the GEA Bike Trail, the first 100 persons aged 18 or more, who complete the registration process. To proceed with the registration a health certificate about intense cycling is mandatory.

For not Italian bikers click the following links for a health certificate template.

<https://drive.google.com/file/d/1rS93gBfgbbOw7oRIszBLq5nHEqI8a9Cg/view?usp=sharing>

<https://drive.google.com/file/d/1WM3-XhgExOs219EBalfc6ptNFb-jBWPpy/view?usp=sharing>

Every Gea Bike rider is a member of Associazione C.A.S.T.. The Membership fee is included in the GEA Bike Trail registration fee.

Art. 2 – START. 8.00 A.M July 1st, 2023, Arezzo Italy; Every rider can start on the mass start day or every day between July 1st 2023 and September 30th 2023. Every rider must communicate the departing date and time.

The starting point address will be published one week before the start. The trail finish is in Monterosso a Mare (La Spezia County, Italy), the finish point will be published one week in before the start. The gps track will be sent to the riders one week before the start. The list of hotels, B&Bs, refuges and restaurants will be sent one week before the start.

Art. 3 – PECULIARITIES. GEA Bike Trail is not a race, it is an ADVENTURE ridden on road, off road, dirt roads and single tracks open to the public.

There will be vehicular traffic, so all riders must respect Italian road rules. There are no signs or labels about the route on the trail. The only directions are given by the gpx track. The rider accepts the dangers and risks of riding unsupported on mountain trails. Every rider is on his/her own, as a solo rider, without a tour-leader or guide. The rider accepts that the GEA Bike Trail adventure is unsupported, without technical, medical or food assistance. There is no obligation for the organizers to rescue lost people. The rider must organize their own transport to and from the event location. The rider knows that Associazione C.A.S.T. is not a professional organization. This is a not for profit event. The rider joins the GEA Bike excursion for their own personal satisfaction. The organization has no responsibility about the GEA Bike Trail excursion. The organization has no responsibility in case of riders get injured, lost, physical or mental troubles or death. GEA Bike is an open group excursion, every rider is independent. The rider renounces all legal action against Associazione CAST. The rider agree not to drop litter but respect the environment, putting all the trash into appropriate bins. The riders have to be in good health and used to endurance efforts. GPS knowledge is required. There is no time limit to finish the GEA Bike trail. The rider must complete the whole track, if the rider leaves the track he has to join again the track at the same point. The rider can use all public available shops, hotels, B&Bs, camp sites etc.

Art. 4 – PROHIBITIONS. No external help is allowed to complete the trail: transport of the rider, bike or luggage is forbidden. Using engines is forbidden. Overnight riding is forbidden. It could be very dangerous. The organization can stop any rider at any moment for safety reasons, if they think external conditions like weather, darkness, public problems, or any other issue require it.

Art. 5 – CHECK-POINTS. The organization can set check-points to ensure riders do not take shortcuts. As every rider finishes the GEA Bike trail route, must send the recorded track to gea@florencebiketours.it. Any rider that does not comply with these rules will be disqualified.

Art. 6 – EQUIPMENT. For safety reasons every rider must have: • Rain cover. • Phone with batteries and charger • Helmet • Puncture repair kit • GPS device • Sleeping bag • Mountain bike • Multi-tool.

Art. 7 – DECLARATIONS. By joining GEA Bike, every rider declares:

- I read, understood and agree to the rules; • I

know that this is not a race, but an endurance excursion that requires big mental and physical efforts;

- I know that

most of the trail is off road, and I have the experience, riding skills and technical skills to face the ride;

- I will face the hard parts of climbs and downhill with caution, taking care of myself and other riders, avoiding dangers;

- I am familiar with GPS usage and I am able to follow a GPS track without signs on the trail.

- I know that there will be no signals on the trail, and there will be no first aid service;

- I know that weather can change and can turn bad quickly;
- I am fit and used to continued exercise for many hours a day;
- I will not use drugs or medicines that can cause danger to my health;
- I have all the things I need to face this unsupported adventure;
- I know that things can happen on the trail: landslides, sun, wind, rain, hailstorm, lightning, cold, darkness, night, fog, snow, ice, wild animals, falls, accidents.
- I guarantee my own good behavior;
- By completing a medical certificate I am declaring myself fit for this excursion.
- I know that taking part in this excursion is at my risk, I indemnify the organization about any consequence;
- The organization can use my name on the website GEA Bike
- The organization can use my image, photos and icons taken during the ride in all the legal ways for free;
- The organization has no responsibility for damages and accidents occurred during the excursion, after the excursion or because of it.