
GUIDE

PLAN

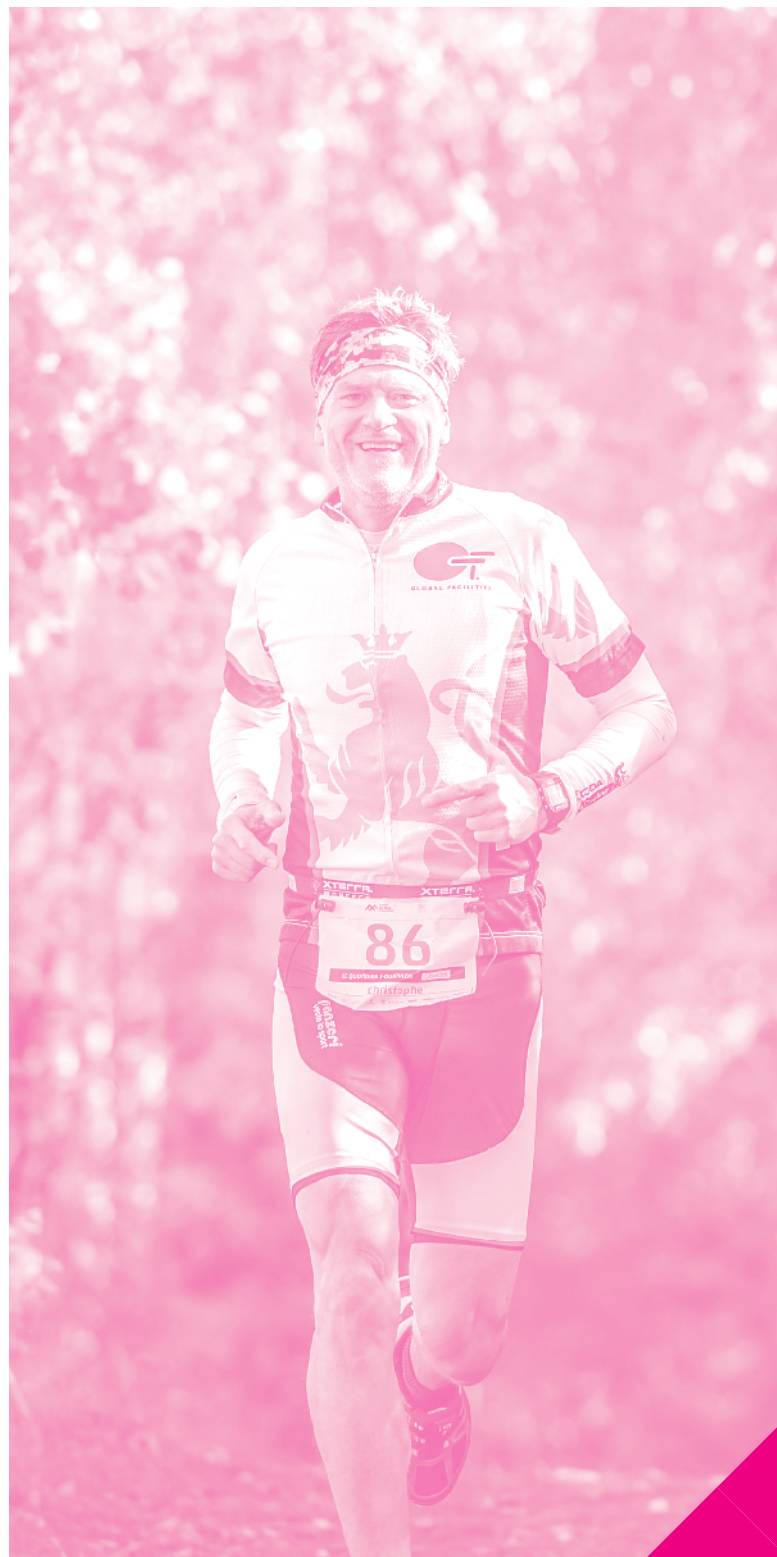
POWERED BY



Prof
ISud

12 – 13
OCTOBER 2019
Luxembourg - Belval

PRINTABLE VERSION



FOREWORD

The Syndicate PRO-SUD is proud to be a privileged partner of RED ROCK CHALLENGE. For this 7th edition, which will start from the site of Belval, participants will again follow the paths of the Southern region, which is also a candidate for UNESCO status as "biosphere reserve". This sporting event is an occasion to valorise and appreciate the natural and urban landscapes of the Luxembourgish South. RED ROCK CHALLENGE demonstrates that it is possible to organize sport events of large scale in natural surroundings with respect to the environment and with a link to the cultural and touristic activities of the area. The cycling and running trails allow us to benefit from every dimension of the diversity and perpetual transformation of our beautiful Southern region.

RED ROCK CHALLENGE's activities are devoted to the efforts of the individual, but also promote the values of collectivity and solidarity. I warmly thank all the volunteers who allow close to a thousand participants to fully profit from this event every year. I wish everyone an excellent 7th RED ROCK CHALLENGE!

Roberto Traversini President of PRO-SUD
www.prosud.lu

The RED ROCK CHALLENGE is unquestionably part of the image of the southern region of Luxembourg. A cultural and sporting event like this promoting our region, showing all the diversity of the natural and urban landscapes could not fail to attract the attention of the Belval planner and developer Agora.

Agora, with its primary focus on the planning and development of brownfield sites, is again partnering the Red Rock Challenge for this 2019 occasion. We are supporting this event which will enable you to ride over the green hills of the southern region where you can find nestling very attractive places to live for all those who appreciate calm, nature and space. This way, during the trials you can discover places where the industrial heritage has metamorphosed to give birth to new and innovative activities. In future, these new infrastructures will give this area a very special appeal that will enable you to visualise how the old meets the modern, the standstill in time of the industrial remains combines with the movements of the new urban spaces, thus giving birth to new living spaces. We wish the organisers every possible success and the racers a great deal of pleasure discovering this multi-faceted region.

Vincent Delwiche, CEO of Agora
www.agora.lu

RED ROCK CHALLENGE 2019 ARE YOU STEEL ENOUGH?

The 7th Edition of the Red Rock Challenge will be on 12 & 13 October 2019.

WHAT DOES THE RED ROCK CHALLENGE STAND FOR?

The Red Rock Challenge is a combination of sporting and cultural event in southern Luxembourg. Whether you are for Mountain biking or Trail Run, this challenge offers the participants to discover the great wealth of industrial and natural heritage of the communes of the former mining area.

DISCOVER SOUTHERN LUXEMBURG

The Red Rock Challenge 2019 departs from Belval (for most of the races) and connects, like every year, the region's major tourist points such as Little Italy in Dudelange, the National Mining and Iron Museum in Rumelange, the Information Centre Ellergronn in Esch/Alzette and the Industrial and Railway Park Fond-de-Gras in Differdange/Pétange, which will act as relay points and water stops along the route.

The various tracks will lead the participants through the natural reserves of Haard, Hesselbiérg, Steebiérg, Lalléngerbiérg and Giele Botter to arrive at the Lycée Belval where a festive gathering awaits participants at the end of the competitions.

Parts of races are animated by music, on the different tracks you find food & drinks, and at the Arrival / Departure area (for most of the races) at the Lycée Belval cloakroom & warm shower as well as a bike wash are at your disposal. So enjoy and relax.

WHO CAN PARTICIPATE?

The Red Rock Challenge is open to people of all ages* and all levels. Participants can register individually or depending on the event (X-Duathlon) as teams of two or three competitors. All participants have the opportunity to take part in 1 event or to combine 2 different events one on Saturday and the second one on Sunday. Departures will be adjusted to allow for competitors of all levels to manage their race individually.

*General rules , age restrictions

WHAT WILL BE NEW?

The new edition of the Red Rock Challenge is here!

2 DAYS EQUALS 2 EVENTS!

The **Run Trail Day 12/10/2019**, first day of the event dedicated to the trail runners and the second day, the **Mountain Bike Day 13/10/2019**, will be entirely dedicated to the mountain bikers. Two days give the possibility to offer two separate events, one for the runners and one for the mountain-bikers!

RACE & TOUR

Like the last year the mountain bike races can also be run as a « **tour** » without time measurement. However, the marathon MTB 75 Km and MTB 62 Km are the two "**Cyclo sportive**" - races, thus with time measurement. Podium and prizes are only available for time measured races. So every participant can discover the landscapes on his own pace - race or tour - you choose.

2 DAY MTB CHALLENGE

This new challenge for mountain bikers gives the possibility to ride two races in two different days. The 39 km will be on Saturday 12/10 and the 75 km on Sunday 13/10. This new race will reward the most tough riders!

ASPORT TRAIL CHALLENGE 2019

Red Rock Challenge organization initiated a trail challenge regrouping 4 races across Luxembourg :

- **DKV Urban Trail** (Luxembourg - 12/05/2019 // 27km)
- **Sudstroum Trail** (CA Fola Esch - 21/09/2019 // 12 km)
- **AGORA Red Rock Challenge** (12/10/2019// 27.7 km)
- **Haard Trail** (CA Dudelange - 19/10/2019 // 15 km)

This initiative is helping us to support each other to promote trail running in Luxembourg.

RED BULL PRO BMX RIDER: VIKI GOMEZ

Don't forget to visit the show with the Red Bull Pro BMX Rider: Viki Gomez at the Lycée Belval area.

WHAT TO DO DURING THE EVENT?

At the Red Rock Challenge village (Lycée Belval) you will find:

- drinks, food & music
- a test-bike area will be in place with even some e-bikes
- mechanical support from Asport at your disposal
- information stands from our partners

WHAT ABOUT THE FEES?

You can book your races by credit card on our webpage: www.rr-challenge.lu or use the late on site subscription possibility during the race weekend at the Lycée Belval. So don't forget to bring your cash.

WHERE DO I FIND THE TRACKS?

Every track can be downloaded from our web page in multiple formats : www.rr-challenge.lu

COME AND VISIT THE BLAST FURNACE AT BELVAL !

A beautifully arranged new urban area that integrates the industrial remains awaits you. Until October 31st, the blast furnace «A» is open to visitors until the platform of the bigmouth to 40 m of height. Access is by foot on the stairs.

Address: Halle des poches à fonte / massenoire (in front of the Rockhal), avenue du Rock'n'Roll, L-4361 Esch-sur-Alzette
Registration required for guided tours.

Info: Le Fonds Belval, tél. 00352 26 840-1
www.fonds-belval.lu/visite_guidee_fr

REGULATIONS

BIB NUMBER

Participants in the Cross-duathlon (XD) must wear their bib number on the handlebars and the second bib number on their back during the bike part and change it to the chest during the running discipline. Participants in the trials bike (MTB) must wear their bib number on the handlebars. Participants in running events must wear their bib number on the chest. Wearing a bib is mandatory. Participants taking part without their bib will be disqualified and excluded from the race.

TRANSFER AREA CROSS DUATHLON

During the transfer, it is strictly forbidden to ride the bike in the transfer area, the bike must be pushed by the hand of the participant. Wearing the helmet in the bike park is mandatory.

HELMET / EQUIPMENT

Participants must ensure that their equipment is in good condition. Cyclo-cross bikes type are prohibited for the MTB or X-Duathlon races. E-bikes are allowed for the MTB tours, but not the races. Wearing a helmet is mandatory. The organizer of the Red Rock Challenge disclaims all liability for any accident, injury or property damage. The organizer shall in no event be liable for physical injury and / or property related to a fall, for whatever reason.

CHRONOMETRY

A chip will be integrated onto the bib number thus all the participants have to wear their bib as the integrated chip allows the time measurement with the chronograph. Teams will receive only one bib with integrated chip. The bib has to be handed over to the next team member into the transition zone. Without chip, the route will not be timed thus the participant will not be included in the classification.

COURSE REGULATIONS

The maximum running time for each race is defined. Participants who exceed this time limit will not be included in the final standings. At the end of the predefined time a «bike broom» signals the end of the race. Participants wishing to continue beyond this time frame will be subject to the rules of the road and finish the race under their own responsibility. Cyclists who are forced to set foot must leave room for other competitors to pass on their left. All participants are asked to remain vigilant on public roads and pay attention to traffic since cars / shuttles will continue to operate on the route. Road safety will be ensured by the Luxembourgish Police. The medical service will be provided by the Luxembourg Civil Protection, assisted by one or more physicians. Officials at Red Rock Challenge have subscribed to a civil responsibility insurance policy «RC Organizers» kind.

RESPECT OF THE ENVIRONMENT / NATURE

Participants are asked to respect the environment. All waste must remain in the staging area and possibly disposed in the recycling bins. Participants are requested not to leave the designated trails otherwise they will be disqualified.

CLOAKROOM / BIKE PARK (XD)

A cloakroom / shower area is at the disposal of the participants to store their clothes the time of the race. The organizers strongly recommend that participants do not leave valuables and disclaims any liability in case of theft or loss. The organizer will also provide a closed bike park next to the cloakroom / shower area. To enter the bike park participants must show their bib number which must match the bib number on the bike before access is granted. Without a bib bikes cannot be put in or out of the park. The organizer disclaims all responsibility for any damage to the equipment or other.

HEALTH

Participants take part in the competition at their own responsibility. The organizer cannot be held responsible for any accident or event caused by bad health or by individual gear. Participants who decide to abandon the race are asked to go to the nearest refreshment stand in order to catch the shuttle to be brought back to the finish line. Any refund will be paid in case of illness.

CANCELLATION OF THE EVENT

In case of force majeure, natural disasters or other circumstances that endanger the safety of the participants, the organizers reserve the right to cancel the event without any refund to the participants.

UCI

The national Championship of the XC (Marathon) race will be organised under the current general UCI rules.

AGE RESTRICTIONS

Each participant recognizes and will respect the general age restrictions as set by the FLA, FLTRI and FSCL for endurance races.

MEDIA

Each participant allows Red Rock Challenge asbl to use his/her picture, audio and video recordings for marketing terms.

FINAL REMARKS

Participants acknowledge that they have read these regulations and accept all the clauses.

WHO ARE THE PARTNERS?

MAIN

AGORA (PARTENAIRE GOLD) > www.agora.lu

FINANCIAL PARTNERS

Asport > www.asport.lu

Emile Weber > www.voyages-weber.lu

Fonds Belval > www.fonds-belval.lu

Ford Luxmotor > www.luxmotor.lu

Ministère de l'économie / Direction générale du tourisme

> www.visitluxembourg.com

Pro-sud (Partenaire région) > www.prosud.lu

Sudgaz > www.sudgaz.lu

CO-PARTNERS

Cercle Athlétique Belvaux > www.cab.lu

Cercle Athlétique Fola > www.cafola.lu

Cycling for Health > www.cycling4health.lu

Driebergse Tourclub > www.dtcnet.nl/jean-nelissen-classic-2019

Team Toproad > www.toproad.lu

EVENT PARTNERS

Centre d'Accueil Ellergronn > www.environnement.public.lu

Delhaize Belval > www.delhaize.lu

Fit Doheem > www.fitdoheem.lu

FSCL > www.fscl.lu

Fox beer > www.foxbeer.lu

Lëtzbuerger Guïden a Scouten > lgs.lu

Lycée Belval > www.lbv.lu

Musée National de Mines de Fer Luxembourgeoises > www.mnm.lu

Parc Industriel et Ferroviaire du Fond-de-Gras > www.fond-de-gras.lu

LOGISTIC & COMMUNICATION

Fiduciaire Muller & Associés > www.paddock.eu

Fontana > www.fontana.lu

Sensity > www.sensity.eu

COOPÉRATION

Asport Trail Challenge > www.asport.lu/asport-trail-challenge

For more information and updates please visit our website:

www.rr-challenge.lu

ENCOURAGE THE ATHLETES

Follow the live event and support the athletes :
(estimated program)

SATURDAY 12 OCTOBER

DIFFERDANGE : FOND-DE-GRAS

MTB 10:20

X-Duathlon (MTB) 10:20

X-Duathlon (Run) 11:02

BELVAL : FINISH

MTB head of the race: 11:03

X-Duathlon head of the race: 11:44

RT 27,8 head of the race: 14:58

RT 18,2 head of the race: 15:18

RT 10,3 head of the race: 15:44

SUNDAY 13 OCTOBER

TAGEBLATT MTB DAY (NATIONAL CHAMPIONSHIP)

RUMELANGE : MUSÉE NATIONAL DES MINES

MTB 61 & 75km : head of the race : 10:38

DUDELANGE : QUARTIER ITALIEN

MTB 61 & 75km: head of the race: 11:02

KAYL : ALPE LÉIFRÄCHEN

MTB 75km : head of the race : 11h28

ESCH : POTEAU

MTB 75km : head of the race : 12h24

ESCH : STADE FOLA/PARC GAALGEBIERG

MTB 75km : head of the race : 12h33

BELVAL : FINISH

MTB 75km : head of the race : 13h00

CONTACT

INFO@RR-CHALLENGE.LU

WWW.RR-CHALLENGE.LU

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IMPRESSUM

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Sensity

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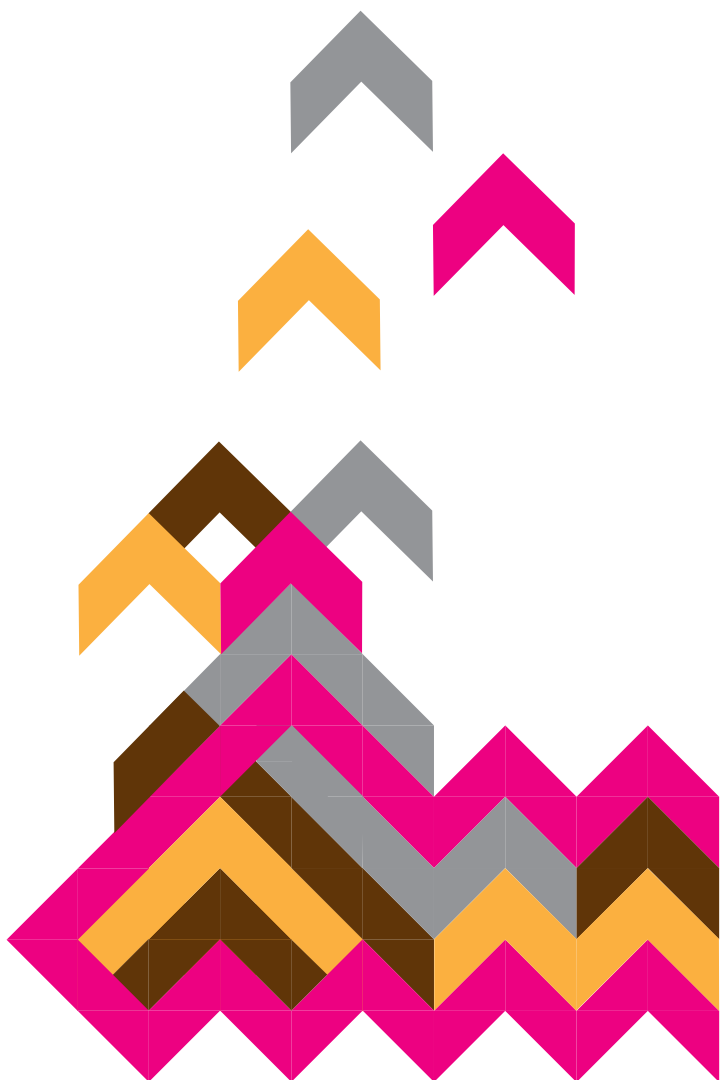
SUDGAZ SUPPORTS RED ROCK CHALLENGE



→  **SUDGAZ**
ÉCOLOGIQUE - CONFORTABLE - FIABLE

→ **Le choix durable.**

PROGRAM 2019



11
OCTOBER
FRIDAY

BIB NUMBER PICK UP

Handing out of the bib numbers
& late entry's.
Lycée Belval
18h00 - 20h00

TRAIL RUNNING / X-DUATHLON

12
OCTOBER
SATURDAY

Handing out of the bib numbers
& late entry's
08h00 - 16h00

RUN TRAIL

10,3 KM Single

Start: Lycée Belval **15h00**
Finish: Lycée Belval

Podium **16h30**

RUN TRAIL

18,2 KM Single

Start: Fond-De-Gras **14h00**
Finish: Lycée Belval

Podium **15h30**
End of race **18h00**

AGORA RUN CHALLENGE

27,7 KM Single

Start: Fond-De-Gras **13h00**
Finish: Lycée Belval

Podium **16h00**
End of race **18h00**

X-DUATHLON

49 KM Single and Team of 3
Stage details: MTB **21,3 KM** +
RunTrail **9,6 KM** + MTB **18,2 KM**

Start: Lycée Belval **09h30**
Finish: Lycée Belval

Podium **14h00**
End of race **18h00**

MTB RACE

39,5 KM Individual

Start/Finish: Lycée Belval
9h30

End of race **18h00**

MTB DAY / URBAN CX

13
OCTOBER
SUNDAY

Handing out of the bib numbers
& late entry's **08h00 - 09h00**

MTB TOUR

38,9 KM

Start/Finish: Lycée Belval
10h00 - 11h00

MTB TOUR

61,3 KM

Start/Finish: Lycée Belval
10h00 - 11h00

MTB RACE

61,3 KM

Start/Finish: Lycée Belval
10h00

Podium **13h30**

MTB RACE - MARATHON

75 KM

Start/Finish: Lycée Belval
10h00

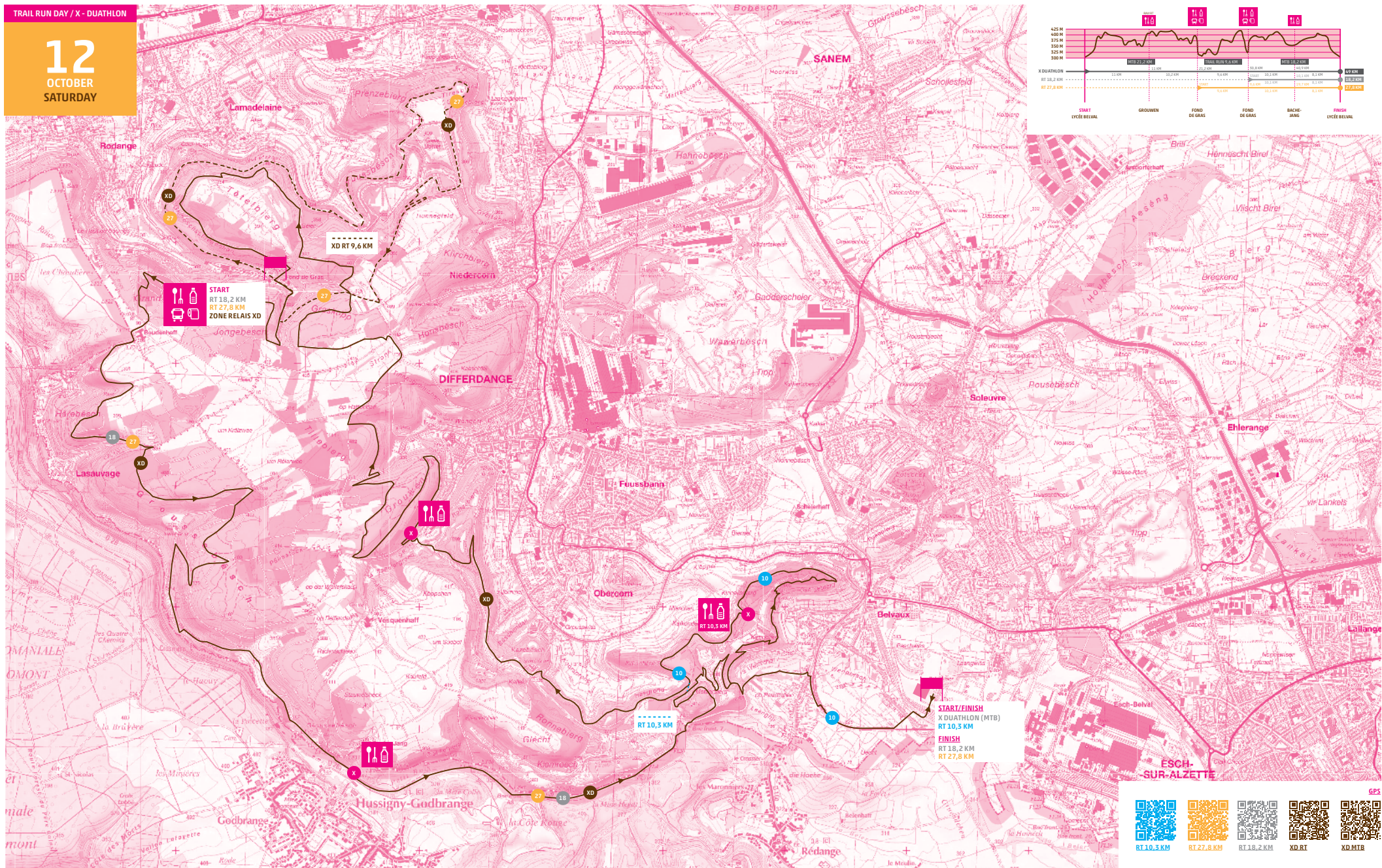
Podium **13h30**
End **17h00**

MTB TOUR - MARATHON

75 KM

Start/Finish: Lycée Belval
10h00 - 11h00

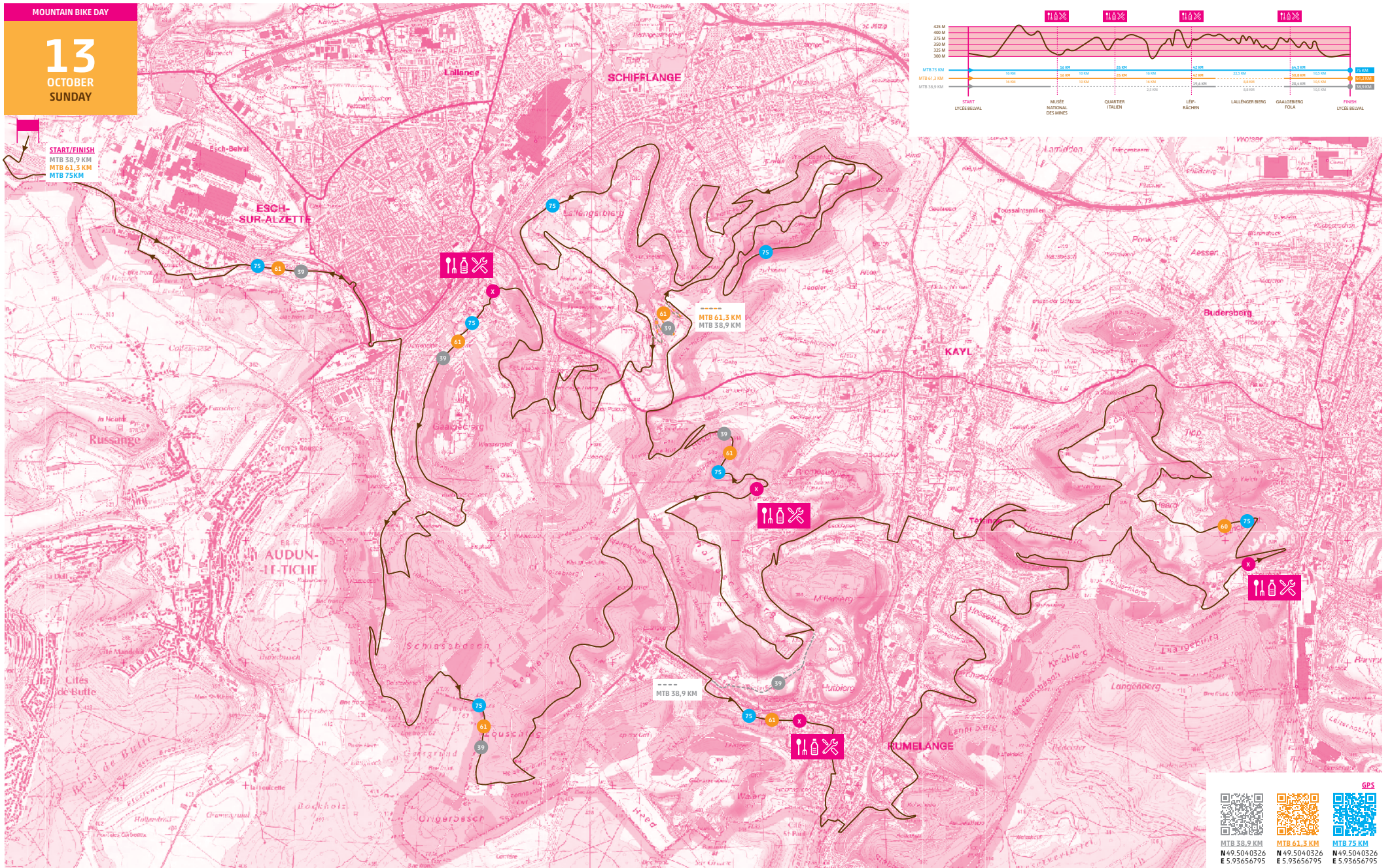
12
OCTOBER
SATURDAY



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Droits d'auteur: Administration du Cadastre et de la Topographie.
http://wiki.geoportail.lu/doku.php?id=fr:mcg_1

START/FINISH
MTB 38,9 KM
MTB 61,3 KM
MTB 75 KM



Note importante
Championnat XCM

Les coureurs seront accompagnés par la police au Start sur une distance de plus au moins 5km. Un dépassement des forces de l'ordre sera puni par disqualification immédiate du coureur. Le Start fictif sera donné dès que les cyclistes rentreront dans la forêt.

Note importante 2
Inscriptions tardives

La remise des dossards pour chacune des épreuves ainsi que toute inscription tardive que se termine à 1 heure avant le Start d'épreuve.

Note importante 3
Distances épreuves

L'organisation se réserve le droit de raccourcir ou de rallonger légèrement les parcours si nécessaire: sécurité ou autre.

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