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# GUIDE

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# PLAN

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SUPPORTED BY



**14 – 15**  
**OCTOBER**  
Luxembourg - Belval

**PRINTABLE VERSION**

**ASPORT**  
**RED ROCK**  
**CHALLENGE**



## FOREWORD

The RED ROCK CHALLENGE values the southern region of Luxembourg. It is a cultural and sporting event promoting our region, showing all the diversity of the natural and urban landscapes and which highlights the attractive Belval which has entirely been developed by Agora.

We, Agora are partnering the Red Rock Challenge again this year even though our primary focus is the urban development.

By supporting this event we give you the opportunity to ride over the green hills of the southern region and thus discover these nestling perfect places to live for all those who are fond of calm, nature and space. It is a unique way to discover magnificent places where the industrial heritage has metamorphosed in order to give birth to brand new and innovative activities.

Those new infrastructures give the area a very special character, during your participation you will experience a special harmony where the old meets the modern, nature encounters movement and habitat blends with activity.

We wish the organisers of the Red Rock Challenge that their efforts are crowned by a big success and we wish good luck to all the participants and that they experience a fantastic race.

Furthermore we invite you to participate in this year's new events: the Agora Urban CX, a night race through the streets of Belval. Don't forget your headlamps!

The AGORA Team

[www.agora.lu](http://www.agora.lu)

## RED ROCK CHALLENGE 2017 ARE YOU STEEL ENOUGH?

The 5. Edition of the Red Rock Challenge will be on the 14th & 15th October 2017.

### 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 fond of 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 2017 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, Lalléngeriérg 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 has been basically reviewed!

2 Days equals 2 Events!

The **REVUE - Run Trail Day 14/10/2017**, first day of the event dedicated to the trail runners and the second day, the **TAGEBLATT - Mountain Bike Day 15/10/2017**, 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

As of this year the mountain bike races can also be run as a « **tour** » without time measurement. Prices have been reviewed consequently. The marathon MTB 75k and MTB 62 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.

### URBAN CYCLOCROSS

The Urban Cyclocross will be a whole new fun race. Participants will ride on a loop (about 3-4km) through the urban landscape. They can also choose to use a mountain-bike or a cyclocross-bike.

On the track there will be some tricky parts you have to overcome such as: stairs, betony, mud or other obstacles. To get into the mood of such a special event have a look at this: [www.cxmagazine.com/video-wow-cyclocross-urban-cyclocross-from-iceland](http://www.cxmagazine.com/video-wow-cyclocross-urban-cyclocross-from-iceland)

### ASPORT TRAIL CHALLENGE 2017

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

- **DKV Urban Trail** (Luxembourg - 30/04/2017 // 27km)
- **Sudstroum Trail** (CA Fola Esch - 06/05/2017 // 13 km)
- **Red Rock Challenge** (14/10/2017// 27.7 km)
- **Haard Trail** (CA Dudelange - 21/10/2017 // 15 km)

This initiative will help us to support each other and to promote trail running in Luxembourg.

## 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 (Fit Doheem, ...)

### WHAT ABOUT THE FEES?

You can book your races by credit card on our webpage: [www.rr-challenge.lu](http://www.rr-challenge.lu) or use the late on site subscription (**no credit cards accepted**) 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](http://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.

**Adress:** 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](http://www.fonds-belval.lu/visite_guidee_fr)

## REGULATIONS

### BIB NUMBER

Participants in the Cross Duathlon (CD) 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 Mountain bike (MTB) races must wear their bib number on the handlebars and on their back. 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

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 is prohibited in a MTB race. 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.

### TIME MEASUREMENT

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 and 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. Participants are requested not to leave the designated trails otherwise they will be disqualified.

### CLOAKROOM / BIKE PARK (CD)

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. No 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.

### REFUNDS

Red Rock Challenge will not pay any refund. Participants can sell their participation to another person. Red Rock Challenge will proceed to the name changes during the bib remittance hours.

### URBAN CX

Allowed are CX-bikes and MTB's. Race time will be 45 min. Participants will ride a started lap to the end (like in CX races). Don't forget your headlamps.

### 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 picture, audio and video recordings for marketing terms.

### FINAL REMARKS

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

### SUPPORT

Every person who wishes to support the organization of the event can show up at the following address: [support@rr-challenge.lu](mailto:support@rr-challenge.lu)

## WHO ARE THE PARTNERS?

SUPPORT OF THE SOUTHERN REGION THROUGH THE PROSUD INTER-MUNICIPAL SYNDICATE. > [www.prosud.lu](http://www.prosud.lu)

### MAIN

ASPORT (GOLD PARTNER) > [www.asport.lu](http://www.asport.lu)

### FINANCIAL PARTNERS

Agora > [www.agora.lu](http://www.agora.lu)

CFL > [www.cfl.lu](http://www.cfl.lu)

Emile Weber > [www.voyages-weber.lu](http://www.voyages-weber.lu)

Visit Luxembourg > [www.visitluxembourg.com](http://www.visitluxembourg.com)

Pro-sud (partner Region) > [www.prosud.lu](http://www.prosud.lu)

### CO-PARTNERS

Cercle Athlétique Belvaux > [www.cab.lu](http://www.cab.lu)

Cercle Athlétique Fola > [www.cafola.lu](http://www.cafola.lu)

Team Toproad > [www.toproad.lu](http://www.toproad.lu)

### EVENT PARTNERS

Bofferding > [www.bofferding.lu](http://www.bofferding.lu)

Casa della pasta > [www.lacasadellapasta.lu](http://www.lacasadellapasta.lu)

Centre d'Accueil Ellergronn > [www.environnement.public.lu](http://www.environnement.public.lu)

Delhaize Belval > [www.delhaize.lu](http://www.delhaize.lu)

Fit Doheem > [www.fitdoheem.lu](http://www.fitdoheem.lu)

Ford > [www.luxmotor.lu](http://www.luxmotor.lu)

Lëtzbuerger Guiden a Scouten > [www.lgs.lu/GruppKäl](http://www.lgs.lu/GruppKäl)

Musée National de Mines de Fer Luxembourgeoises > [www.mnm.lu](http://www.mnm.lu)

Minett Park > [www.minettpark.lu](http://www.minettpark.lu)

Youth Hostels > [www.youthhostels.lu](http://www.youthhostels.lu)

### SCHOOLS

Lycée Belval > [www.lbv.lu](http://www.lbv.lu)

Lycée Nic-Biever Dudelange > [www.lnbd.lu](http://www.lnbd.lu)

### HORESCA

Brasserie K116 > [www.k116.lu](http://www.k116.lu)

Schrainerei - Concept Partners > [www.schrainerei1535.lu](http://www.schrainerei1535.lu)

### LOGISTIC & COMMUNICATION

Fiduciaire Muller & Associés > [www.paddock.eu](http://www.paddock.eu)

Fontana > [www.fontana.lu](http://www.fontana.lu)

Sensity > [www.sensity.eu](http://www.sensity.eu)

### MAIN MEDIA PARTNER

Tageblatt > [www.tageblatt.lu](http://www.tageblatt.lu)

Le Quotidien > [www.lequotidien.lu](http://www.lequotidien.lu)

Revue > [www.revue.lu](http://www.revue.lu)

### MEDIA PARTNER

L'essentiel > [www.lessentiel.lu](http://www.lessentiel.lu)

Big Bang (Interactive Media) > [www.bigbang.lu](http://www.bigbang.lu)

### DONOR

Sudgaz > [www.sudgaz.lu](http://www.sudgaz.lu)

For more information and updates please visit our website:

[www.rr-challenge.lu](http://www.rr-challenge.lu)

## ENCOURAGE THE ATHLETES

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

### SATURDAY 14 OCTOBER

#### DIFFERDANGE : FOND-DE-GRAS

X-Duathlon / head of the race : 10h23

#### BELVAL : FINISH

X-Duathlon: head of the race: 11h47

RT27,8 : head of the race : 14h58

RT18,2 : head of the race : 15h18

UBRT 10.5 km & Urban CX : from 18.00 to 18.45 in Belval

### SUNDAY 15 OCTOBRE

#### RUMELANGE : MUSÉE NATIONAL DES MINES

MTB 75km : head of the race : 10h40

#### DUDELANGE : QUARTIER ITALIEN

MTB 75km : head of the race : 11h05

#### KAYL : ALPE LÉIFRÄCHEN

MTB 75km : head of the race : 11h32

#### ESCH : POTEAU

MTB 75km : head of the race : 12h30

#### ESCH : STADE FOLA/PARC GAALGEBIERG

MTB 75km : head of the race : 12h40

#### BELVAL : FINISH

MTB 75km : head of the race : 13h07

## CONTACT

[INFO@RR-CHALLENGE.LU](mailto:INFO@RR-CHALLENGE.LU)

[WWW.RR-CHALLENGE.LU](http://WWW.RR-CHALLENGE.LU)

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## IMPRESSUM

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# PROGRAM

SUPPORTED BY



**13**  
OCTOBER  
FRIDAY

**BIB NUMBER PICK UP**

Lycée Belval  
**18h00 - 20h00**

**TRAIL RUNNING / X-DUATHLON**

**14**  
OCTOBER  
SATURDAY

Bib number pick up Lycée Belval  
**08h00 - 12h00**

**L'ESSENTIEL URBAN RUN**

**10,5 KM** Obstacle race

Start: Lycée Belval **12h00**  
Finish: Lycée Belval

End of trail **14h00**

**RUN TRAIL**

**18,2 KM**

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

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

**ASPORT RUN CHALLENGE**

**27,7 KM**

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

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

**LE QUOTIDIEN X-DUATHLON**

**49 KM** Single and Team of 3  
Stage details: MTB **21,1 KM** +  
RunTrail **9,6 KM** + MTB **18,2 KM**

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

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

**AGORA URBAN CYCLO CROSS**

**3,5 KM** Loop x 45min.

Start: Lycée Belval **18h00**  
Finish: Lycée Belval

End of race **18h45**  
Gifts **19h00**

**MTB DAY**

**15**  
OCTOBER  
SUNDAY

Bib number pick up Lycée Belval  
**08h00 - 09h00**

**MTB TOUR**

**38,9 KM**

Start/Finish: Lycée Belval  
**10h00 - 11h00**

**MTB RACE**

**61,3 KM**

Start/Finish: Lycée Belval  
**10h00**

Podium  
**13h30**

**MTB TOUR**

**61,3 KM**

Start/Finish: Lycée Belval  
**10h00 - 11h00**

**MTB RACE - MARATHON**

**75 KM**

Start/Finish: Lycée Belval  
**10h00**

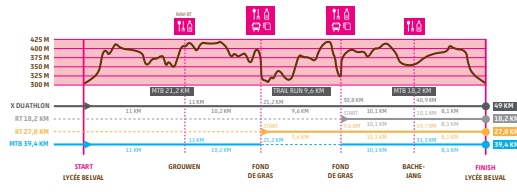
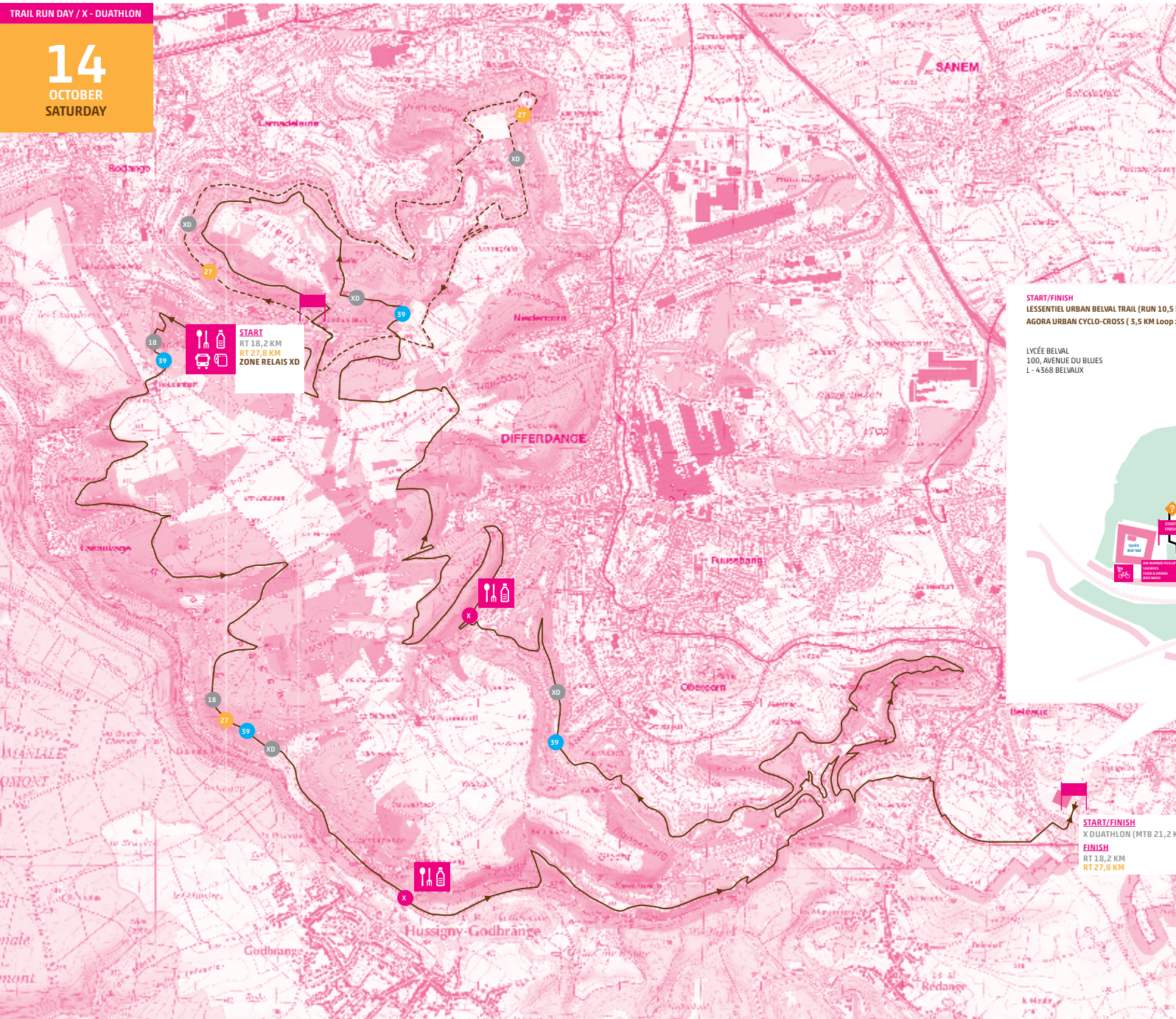
Podium  
**13h30**

**MTB TOUR - MARATHON**

**75 KM**

Start/Finish: Lycée Belval  
**10h00 - 11h00**

**14**  
OCTOBER  
SATURDAY

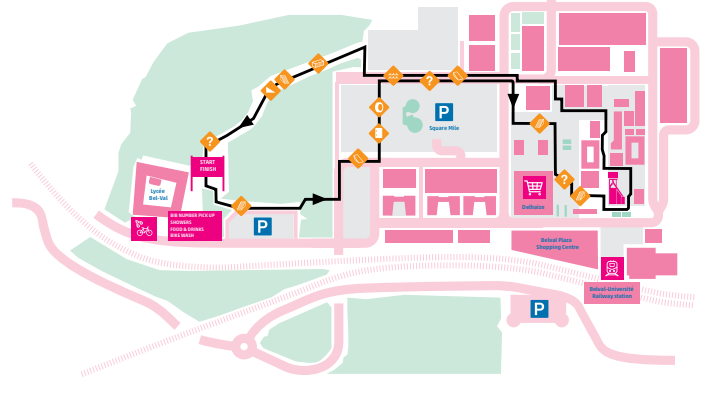


**START**  
RT 18,2 KM  
RT 27,8 KM  
ZONE RELAIS XD

**START/FINISH**  
LESSENTIEL URBAN BELVAL TRAIL (RUN 10,5 KM, (3 X 3,5 KM))  
AGORA URBAN CYCLO-CROSS (3,5 KM Loop x 45min.)

LYCÉE BELVAL  
100, AVENUE DU BLIES  
L-4368 BELVAUX

- STAIRS
- SLOPE
- PALLETS
- TIRES
- "SURPRISE" OBSTACLE
- WET CURVE
- CONTAINER
- HILL



**START/FINISH**  
X DUATHLON (MTB 21,2 KM, RT 9,6 KM, MTB 18,2 KM)  
**FINISH**  
RT 18,2 KM  
RT 27,8 KM

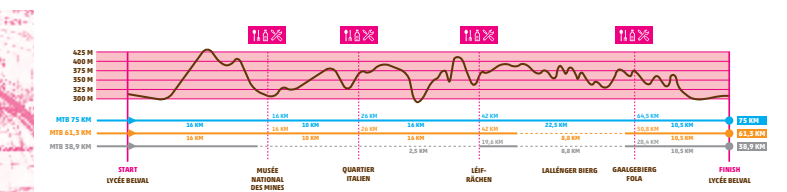


START/FINISH  
MTB 38,9 KM  
MTB 61,3 KM  
MTB 75KM

ESCH-SUR-ALZETTE

SCHIFFLANGE

AUDUN-LE-TICHE



MTB 61,3 KM  
MTB 38,9 KM

MTB 38,9 KM



FUMELANGE



**GPS**

MTB 38,9 KM    MTB 61,3 KM    MTB 75 KM