

PARTICIPANT GUIDE

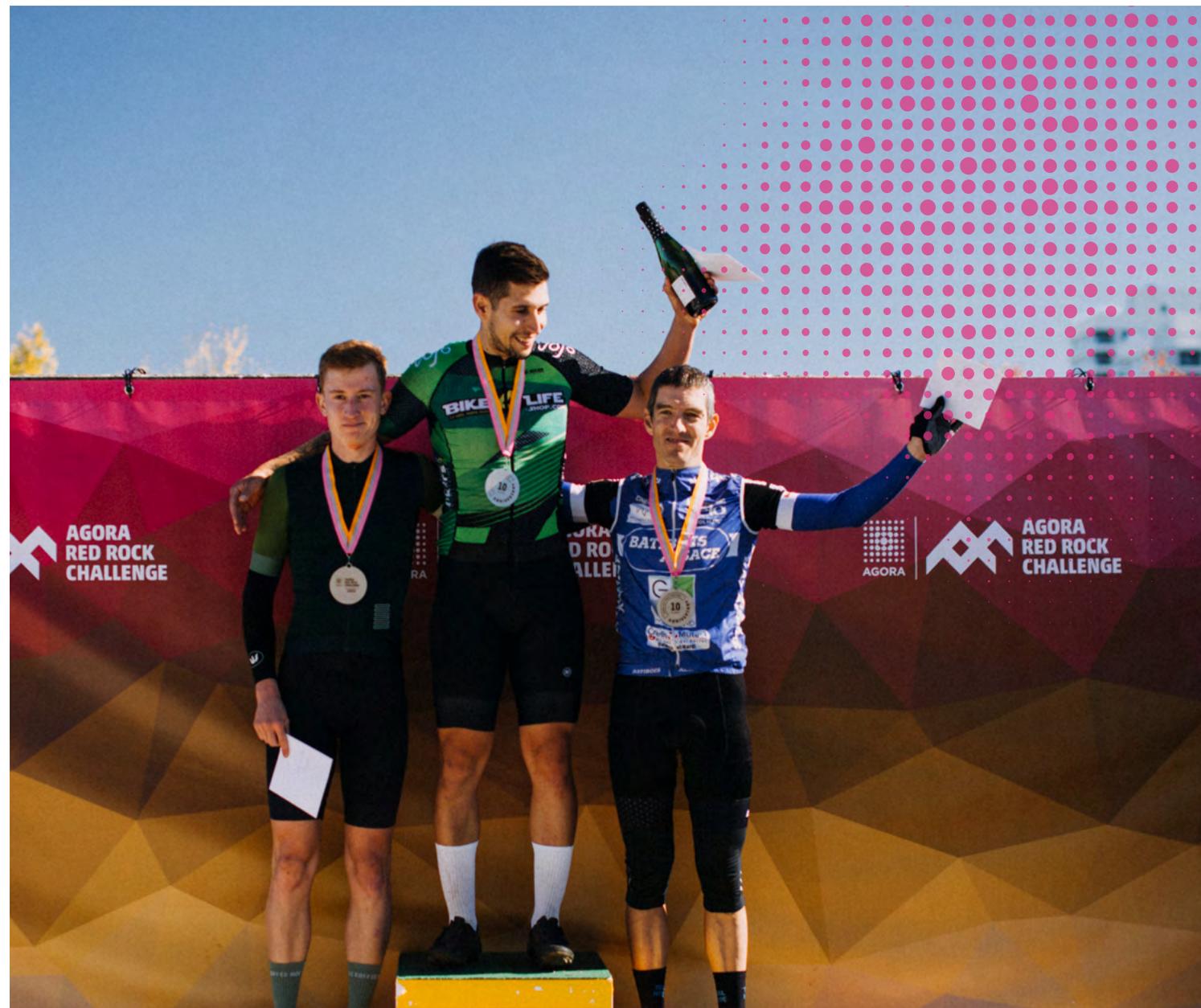
THIS GUIDE IS POWERED BY



2023



07 – 08
OCTOBER 2023
Luxembourg - Belval



Participant Guide

FOREWORD

The Agora Red Rock Challenge – it's more than just mountain biking and running challenges. It involves a weekend stay, discovery, culture, a festival for meeting people. It's an opportunity to discover the industrial heritage, the Red Rocks and the quite unique nature of this southern region of Luxembourg, a region full of colourful history, diversified culture, at the crossroads of the Greater Region, all with sports and fun.

With friends or family. The Agora Red Rock Challenge gives you this opportunity at this unique event. An event that marks the image of the southern region of Luxembourg and bridges the gap between the main sites of the Red Rocks from Belval. During the races, you will be able to discover places where the steel industry heritage has metamorphosed to give rise to new and innovative activities where the old meets the modern and where new living spaces are created amid industrial remains. I wish the organisers every possible success for this 2023 event and the entrants a great deal of pleasure in discovering this changing and multi-faceted region.

François Dorland
General Manager of AGORA
www.agora.lu

Red Rock Challenge is celebrating its 11th anniversary and has always been able to count on the support of PRO-SUD, which now manages the Minett UNESCO Biosphere.

This sporting event, which is open to all, helps to promote the unique landscapes of southern Luxembourg, while respecting the places through which the bikes pass. The events provide an opportunity to take in the full diversity of the natural and urban landscapes and the riches of our beautiful Minett UNESCO Biosphere. The event is an opportunity to raise awareness of nature through sport, and to help reconnect people with nature.

I would like to thank the organisers and all the volunteers who have done such a fantastic job over the years in promoting the image of the region and sport. We would like to thank them for their commitment. We wish the participants every success in this latest edition of the Red Rock Challenge.

Georges Mischo
President of PRO-SUD
www.minett-biosphere.com

GENERAL INFORMATION

The upcoming edition of the Red Rock Challenge is planned for the 07 & 08 October 2023.

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 departs from Belval Lycée (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 Minett-Park 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. Lycée Belval is the Arrival / Departure area which offers a cloakroom & warm shower as well as a bike wash. Ready to 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.

RACE & TOUR

As always the mountain bike races can also be run as a «Tour» without time measurement. However, the marathon MTB 76 km and MTB 61 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 challenge for mountain bikers gives the possibility to ride two races in two different days. The first stage is a 39 Km on Saturday and the other is 76 Km on Sunday. This race will reward the riders with most endurance ! Are you steel enough?

*General rules , age restrictions

THE RED ROCK FOOD VILLAGE

At the finish line, you'll find a Red Rock Challenge Food Village with various food trucks (Fuego, Babas, La Casa della Pasta, Hyde Pizza), technical assistance (Andy Schleck Cycles, De Vëlosbuttik), musical entertainment, changing rooms, a hot shower, and a bike wash.

Join with your family and friends, it's free!



WHAT ABOUT THE FEES?

You can book your tickets on our webpage or register as late entry on site at the Lycée Belval.

WHERE DO I FIND THE TRACKS?

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

DISCOVER THE RED ROCK REGION

ENJOY THE RICH BIODIVERSITY OF THE MINETT

Visit the Minett, a region known for its cultural diversity, the originality of its industrial heritage and the beauty of nature in its open-pit mines spread along the way. The Red Rock Challenge connects the region's major hotspots and reveals many interesting places on the way back to Belval, such as a former steel industry blast furnaces, which has been revitalized by our main partner AGORA Luxembourg. Its background as part of a biosphere program member of the UNESCO make it an ever exiting place to visit.

Info: Minett UNESCO Biosphere
www.minett-biosphere.com
Facebook: @MUBbySyndicatProSud
Instagram: minettunescobiosphere

EXPERIENCE THE BLAST FURNACE

Learn from the former steel industry by visiting the blast furnace, which has been revitalized by our main partner AGORA Luxembourg. Until the end of October, the blast furnace is open to visitors until the height of 40 meters.

Address: Halle des poches à fonte / Massenoire (avenue du Rock'n'Roll, L-4361 Belval, Esch-sur-Alzette). Registration required for guided tours.

Info: Le Fonds Belval
www.fonds-belval.lu
tél. +352 26 84 01



REGULATIONS

BIB NUMBER POSITION

Participants in the X-Duathlon 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 MTB rides must wear their bib number on the handlebars. Participants in running events must wear their bib number on the chest. Wearing a bib number is mandatory. Participants taking part without their bib will be disqualified and excluded from the race.

TRANSFER AREA X-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 / BICYCLE TYPE

Participants must ensure that their equipment is in good condition. E-bikes, Cyclo-cross or Gravel-bikes types are allowed for the MTB tours (but not the races) but a Mountain-Bike is more adapted for the terrain. 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 should be ensured by the Luxembourgish Police. The Luxembourg Civil Protection, assisted by one or more physicians, will provide the medical service. Officials at Red Rock Challenge have subscribed to a civil responsibility insurance policy «RC Organizers» kind.

MEDIA

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

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.

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. No refund will be paid in this case.

PANDEMIC SITUATION

The physical edition might be cancelled and replaced by a virtual edition during a pandemic situation. In this case, participants a free to convert their registration fee into a virtual participation. We will ensure to give a certain amount of cash back. People, which don't like to register to a virtual race, can report the enrolment automatically to the next edition. If the sanitary situation requires it, you have to wear your mask and respect social distancing of 2m.

CLOAKROOM / BIKE PARK (XD)

A cloakroom / shower area is at the disposal of the participants to store their clothes at the time of the race. The organizers strongly recommend that participants do not leave valuables and disclaim any liability in case of theft or loss. The organizer will reserve the right to close the cloakroom if the sanitary situation requires it. 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 others.

AGE RESTRICTIONS

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

COVID-19 PRECAUTIONS

To guarantee the safety of the participants we will apply the rules that eventually will be put in place by the Ministry of Health.

FINAL REMARKS

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

PARTNERS

MAIN PARTNERS

Agora > www.agora.lu
Pro-sud > www.minett-biosphere.com

FINANCIAL PARTNERS

Andy Schleck Cycles > www.andyschleckcycles.lu
Cora > www.cora.lu
SUDenergie > www.sudenergie.lu

EVENT PARTNERS

Centre d'Accueil Ellergronn > www.environnement.public.lu
CIGL Mondercange asbl > www.mondercange.cig.lu
CIGL Sanem asbl > www.suessem.lu
CIGL Differdange asbl > www.cigl-differdange.lu
De Vélosbuttik > www.cigl-differdange.lu
Emile Weber > www.voyages-weber.lu
Fastforward suspension > www.fastforward-suspension.de
FSCL > www.fscl.lu
Lëtzbuerger Guiden a Scouten > www.lgs.lu
Lycée Bel-Val > www.lbv.lu
Musée National de Mines de Fer Luxembourgeoises > www.mnm.lu
Parc Industriel, naturel et ferroviaire Fond-de-Gras > www.minettpark.lu

LOGISTIC & COMMUNICATION

Etude Penning-Schiltz-Wurth > www.psw-avocats.lu
Fiduciaire Muller & Associés > www.paddock.eu
Fontana > www.fontana.lu
Sensity (Services for Innovation Departments) > www.sensity.eu

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 07 OCTOBER - TRAIL RUNNING

DIFFERDANGE : MINETT-PARK

MTB 10:20

X-Duathlon (MTB) 10:18

X-Duathlon (Run) 11:00

BELVAL : FINISH

MTB head of the race: 11:00

X-Duathlon head of the race: 11:40

RT 29 km: head of the race: 14:58

RT 19,2 km: head of the race: 15:18

RT 10,5 km: head of the race: 15:44

SUNDAY 08 OCTOBER - MOUNTAIN BIKING

RUMELANGE : MUSÉE NATIONAL DES MINES

MTB 61 & 76 km : head of the race : 10:34

DUDELANGE : QUARTIER ITALIEN

MTB 61 & 76 km: head of the race: 10:55

KAYL : LÉIFRÄCHEN

MTB 61 & 76 km : head of the race : 11:27

ESCH : POTEAU DE KAYL

MTB 61 km: head of the race: 11:39

MTB 76 km : head of the race : 12:07

ESCH : STADE FOLA/PARC GAALGEBIERG

MTB 61 km: head of the race: 11:47

MTB 76 km : head of the race : 12:17

BELVAL : FINISH

MTB 61 km: head of the race : 12:11

MTB 76 km : head of the race : 12:40

CONTACT

INFO@RR-CHALLENGE.LU
WWW.RR-CHALLENGE.LU
TEL : +352 621 352 801

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IMPRESSUM

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Sensity

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PROGRAM 2023

06
OCTOBER
FRIDAY

Handing out of the bib numbers
& late entries.

Lycée Belval From: **18h00**

Until: **20h00**

TRAIL RUNNING / X-DUATHLON

07
OCTOBER
SATURDAY

Handing out of the bib numbers
& late entries.

Lycée Belval From: **07h00**

Until: **16h00**

TRAIL RUN

10,5 KM Single

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

Podium **16h30**

TRAIL RUN

19,2 KM Single

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

Podium **15h30**

TRAIL RUN

29 KM Single

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

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

X-DUATHLON

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

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

Podium **14h00**

MTB RACE

39 KM Time measurement
(part of 2 Days MTB Challenge)

Start/Finish:
Lycée Belval **9h30**

End of race **18h00**

MOUNTAIN BIKING

Powered by:

Sensity
for consistency
and change

08
OCTOBER
SUNDAY

Handing out of the bib numbers
& late entries.

Lycée Belval From: **07h00**

Until: **08h00**

MTB TOUR

40 KM

Start/Finish: Lycée Belval
10h00 - 11h00

MTB TOUR

61 KM

Start/Finish: Lycée Belval
10h00 - 11h00

MTB RACE

61 KM Time measurement

Start/Finish: Lycée Belval
10h00

Podium **13h30**

MTB TOUR - "MARATHON"

76 KM

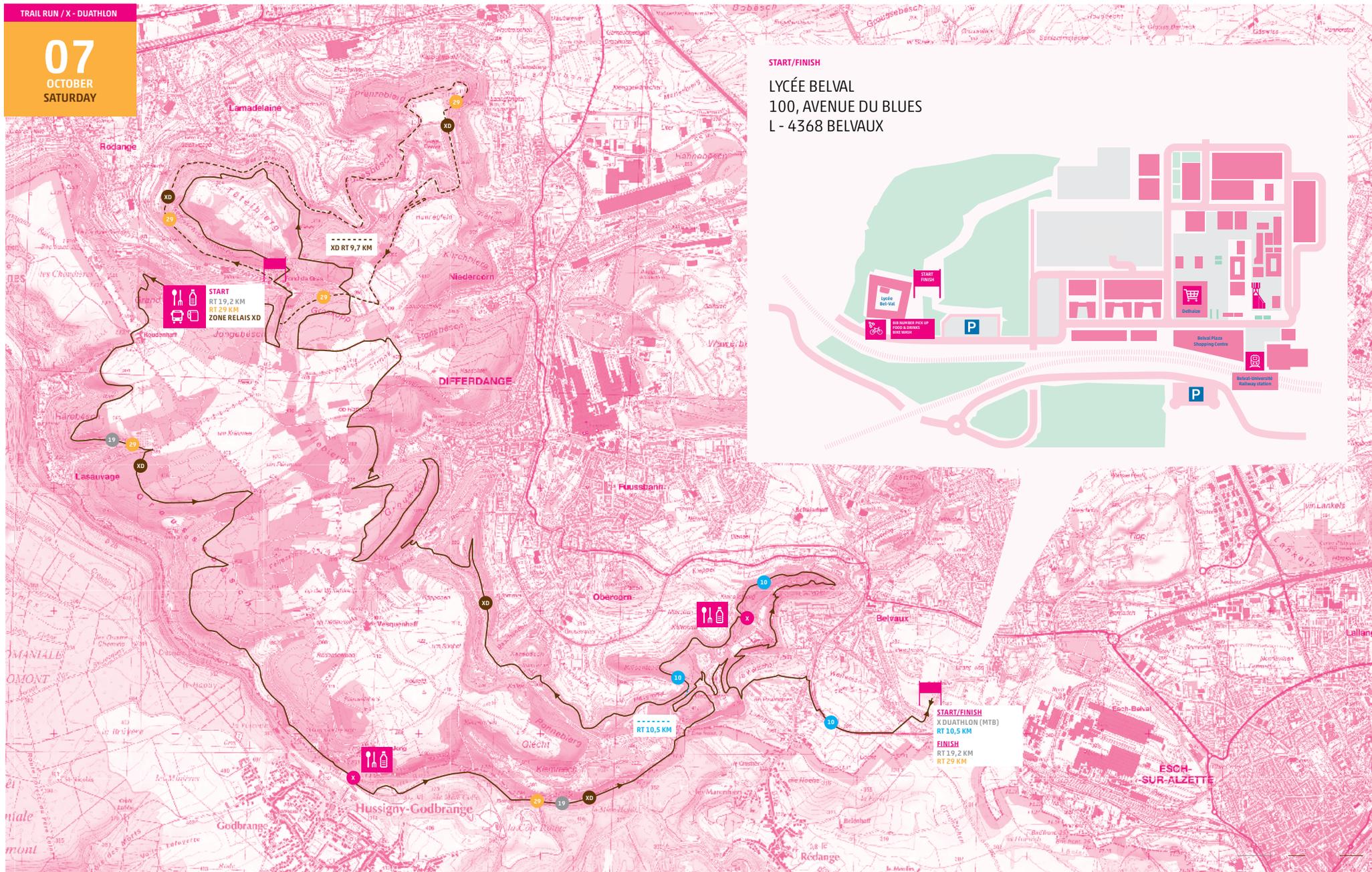
Start/Finish: Lycée Belval
10h00 - 11h00

MTB RACE - "MARATHON"

76 KM Time measurement
(also part of 2 Days MTB Challenge)

Start/Finish: Lycée Belval
10h00

Podium **13h30**
End of race **17h00**



START/FINISH
LYCÉE BELVAL
100, AVENUE DU BLUES
L - 4368 BELVAUX



Note importante 1
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 2
Distances épreuves

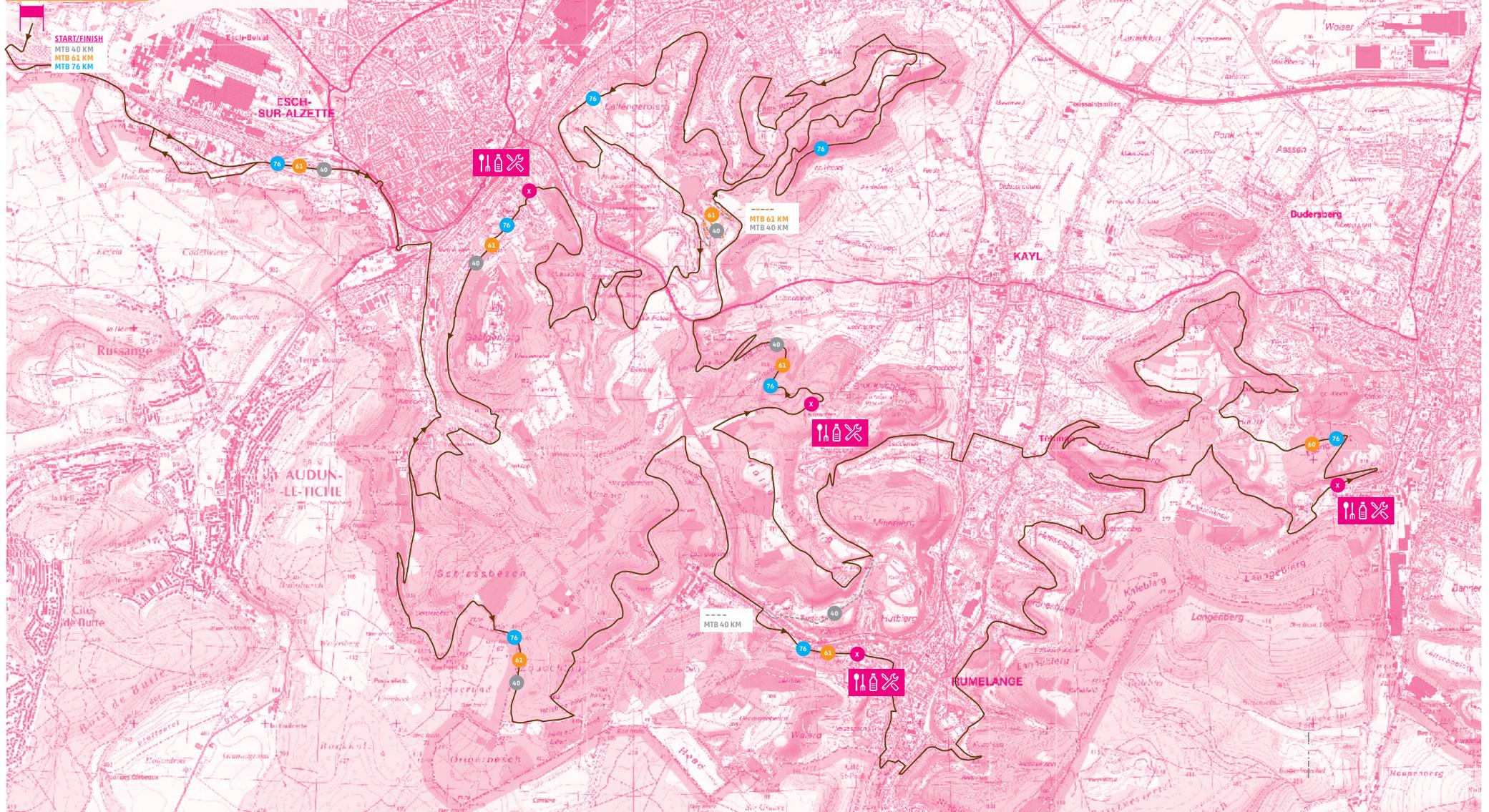
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Droits d'auteur: Administration du Cadastre et de la Topographie.
http://wiki.geoportail.lu/doku.php?id=fr:mcg_1

08
OCTOBER
SUNDAY

START/FINISH
LYCÉE BELVAL
100, AVENUE DU BLUES
L - 4368 BELVAUX



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

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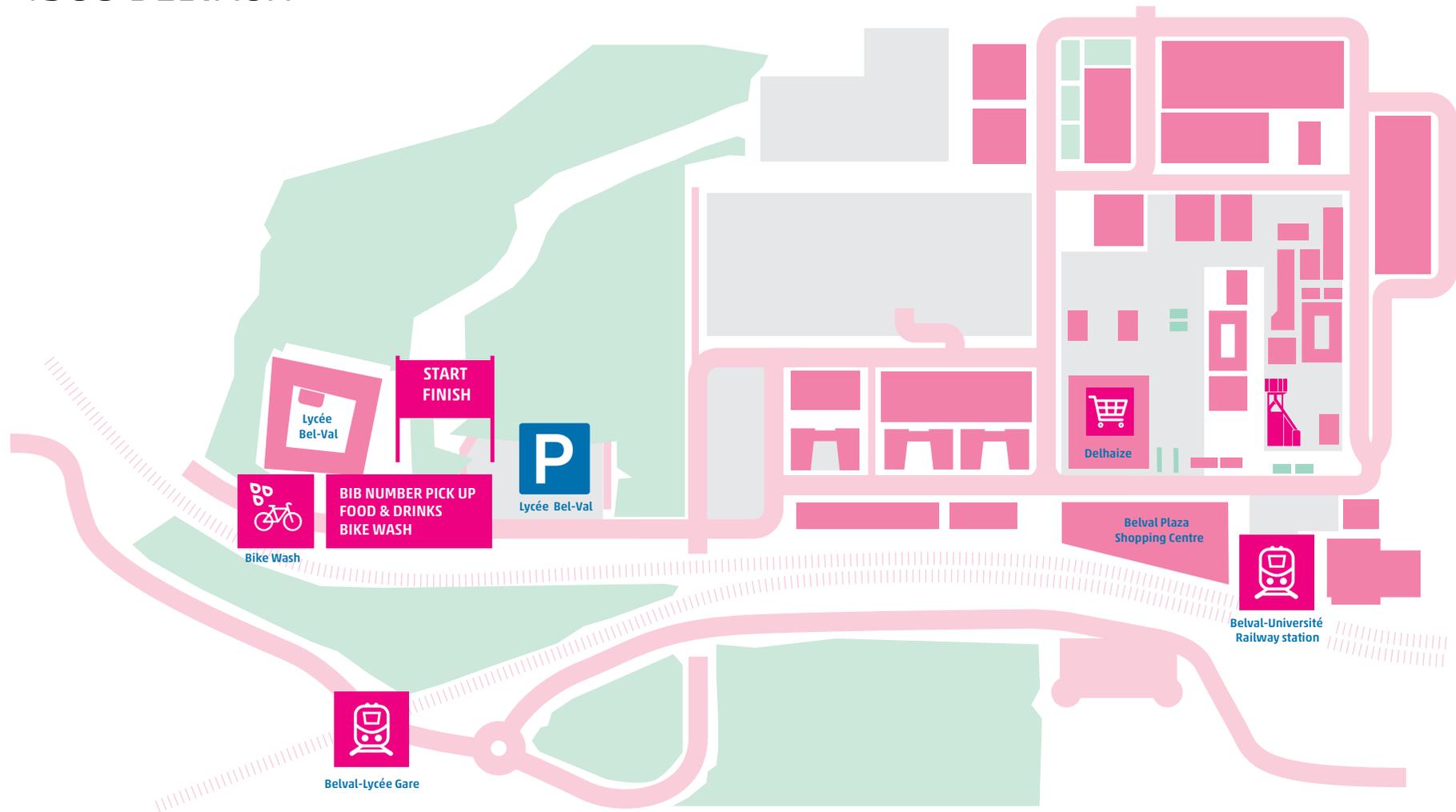
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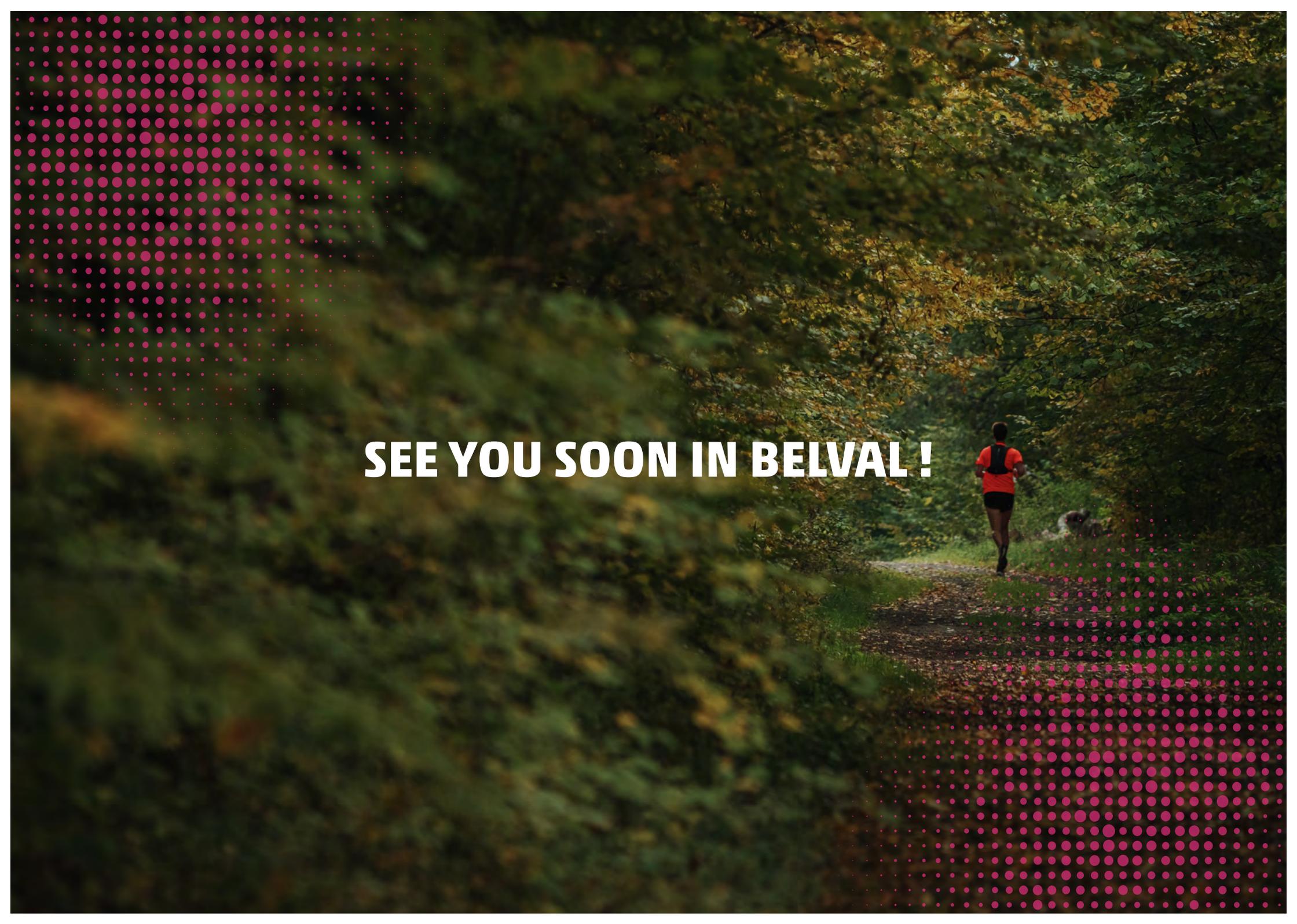
START/FINISH - FOOD VILLAGE

LYCÉE BELVAL

100, AVENUE DU BLUES

L - 4368 BELVAUX



A photograph of a person running on a dirt path through a dense forest. The runner is wearing a bright orange shirt and black shorts, and is seen from behind. The path is covered with fallen leaves. The forest is lush with green and yellowing leaves. The image is framed by a grid of pink dots in the top-left and bottom-right corners.

SEE YOU SOON IN BELVAL!