

The Serre-Che Luc Alphand

Sunday 5 July 2009

With Luc Alphand, Claudio Chiappucci and Alain Prost...

The 'Serre-Che Luc Alphand' bike race is open to everyone. It will take place on Sunday 5 July in Serre Chevalier, in France's Hautes-Alpes department. This 'Granfondo', or long distance endurance race, is supported by Luc Alphand and is organised by Briançon-Serre Chevalier's ASPTT sports club and its 400 volunteers. It also has the support of the Serre Chevalier Tourist Office, the Briançon Gendarmerie and Police Service, the Direction Départementale des Routes (roads authority), and the towns of St Chaffrey, La Salle les Alpes, Le Monétier les Bains, and Briançon, as well as the local assemblies of the Hautes-Alpes department and the PACA (Provence-Alpes-Côte d'Azur) region and the municipal authorities for the communes through which the race passes, the Province of Turin, the communes of Claviere, Cesana, Oulx and Bardonecchia together with the Italian roads authorities and Police Service.

Roads reserved for competitors

To ensure the smooth running of the race, several sections of road will be closed to cars. These include the starting stage through Briançon, the climb up to Montgenèvre, the Col de l'Echelle, the section running through the Vallée de la Clarée, the Col d'Izoard from Briançon to Brunissard, and Fort Montdauphin. French and Italian police officers in collaboration with ASPTT race organisers will be on hand to ensure that the cyclists race in complete safety along virtually the entire length of the routes chosen for this the twelfth race in the event's history.

Starting points and routes

The races over circuits A and C in the twelfth Serre-Che Luc Alphand start in Serre Chevalier 1350 (St Chaffrey) at 7.30am while competitors for circuit B leave at 8am. The routes primarily follow A-roads, which will be closed to cars, and take in the legendary Montgenèvre, Échelle and Izoard mountain passes as well as the climb up to Fort Montdauphin, a UNESCO World Heritage Site.

The Serre-Che Luc Alphand is open to members and non-members of cycling clubs born in or before 1994 (according to calendar year). Times and classifications will be published and posted up. For your safety, the wearing of hard shell helmets is mandatory for all three circuits.

New for 2009

Several changes have been made to the routes for this the twelfth race in the event's history. This year the main route passes through Italy and includes climbs up to Montgenèvre and the Echelle pass before crossing the legendary Col de l'Izoard from its northern side, following the Gorges du Guil and passing through Fort Montdauphin and finishing up in the Serre Chevalier valley via the Rampes de l'Argentière.

Circuit C open to 'cadets'

The shorter circuit (circuit C), which crosses the Montgenèvre and Échelle passes, is open to those in the 'cadets' category (those born in 1994 and 1993). Junior competitors born in 1992 and 1991 can choose between circuit C and circuit B that includes the Col de l'Izoard. The Granfondo (circuit A) is not open to junior competitors.

Safety and assistance

An official motorcade of cars and motorbikes together with race organisers, with assistance from the Gendarmerie Nationale and the Polizia, will precede the competitors to open the routes and will also ensure the safety of participants at road junctions. Several 'Média Motos' motorbikes will accompany and supervise competitors in certain areas. Following vehicles and buses will bring up the rear of the race convoy. Competitors are reminded that they must respect the highway code.

There will be an 'Assistance vélos' (bike assistance) stand at the Col de l'Echelle refreshment area. A team of doctors and ambulances will provide medical assistance and the mountain rescue service will also be on hand if needed.

Registration for the Granfondo

Registration forms for the 'Serre-Che Luc Alphand' must be returned with a photocopy of the participant's club membership card or, for those applicants who are not members of a sports club, a medical certificate dated less than a year ago. A parent's letter of consent must be submitted with registration forms for competitors in the 'cadets' (born in 1994 & 1993) and juniors (born in 1992 & 1991) categories.

Reductions will be made for clubs sending groups (minimum of five participants). Unfortunately, once received, registration fees cannot be refunded. If you withdraw from the race your jersey will be sent to you after the race.

The registration fee primarily covers a new cycling jersey, almost certainly a PowerBar energy product, a country-style buffet (open to competitors as soon as they reach the marquee), a variety of sweet and savoury snacks, plus shower facilities at the finish with free secure cycle storage. The race is offering superb prizes, donated by our main race partner 'Vélo & Oxygen', such as Definitive Gitane carbon frames, Spectra bike computers, Spectra sports packs and bike covers, and not forgetting a week-long stay in the greater Briançon region plus ski passes... Prize draw featuring numerous Spectra goods to take place on Sunday 5 July.

Confirmation of registration

Participants will not receive letters confirming registration. However, we ask that you check the status of your registration and your number on the race website: www.cyclo-lucalphanhand.com. Please check that your first name, surname and date of birth are correct (your date of birth determines your race category).

Time-keeping

Each competitor will be provided with a race number with an integrated chip. Your start and finish times as well as those for the intervening checkpoints at the Echelle and Izoard passes and the Fort Montdauphin will be recorded on a Dag-System recording device.

Two separate starts

Competitors will be provided with detailed information about the routes when they collect their race numbers. You can choose your route the morning of the race.

7.30am start for circuits A & C. Circuit A (183km) over the Montgenèvre, Echelle and Izoard passes. Circuit C (89km) over the Montgenèvre and Echelle passes. The two circuits split on the return leg to Briançon at the Rond-point des Alpes (roundabout).

8.30am start for circuit B (114km) over the Izoard pass and via Fort Montdauphin. The first part of the route, before the climb up to the Col de l'Izoard, will be as follows: start in St Chaffrey, Briançon, St Martin de Queyrières, back to Briançon along the Route des Espagnols, Villard St Pancrace, Avenue Jean Moulin in Briançon, Fontchristiane and then head for Cervières.

Allocation of equipment

Race numbers will be allocated in the Salle du Serre d'Aigle in Chantemerle (bottom of the Piste Luc Alphanhand) on Saturday 4 July from 9am-12.30pm and 2-8pm, as well as on Sunday 5 July from 5.30am to 7.45am.

Priority race numbers

You can request a priority race number by reason of your previous results. You must provide evidence and race results when you make your application. The assigning of special race numbers is at the organisers' discretion and is subject to availability. Warning: priority race numbers will NOT be available from the 'service accueil' on Saturday 4 and Sunday 5 July 2009.

Respect of regulations

Participants will abide by all clauses of these rules and will obey instructions given by the organising committee when the race numbers are allocated. Several sections of road will be closed to cars and competitors will be informed of which particular stretches are affected. In any case, all participants must adhere to the highway code. The organisers reserve the right to change the rules for safety reasons or in the case of *force majeure*.

It is assumed that by accepting these rules I give the 'Serre-Che Luc Alphanhand' permission to use my image (photos and video footage taken on Saturday 4 and Sunday 5 July 2009) for promotional purposes and in all forms (video footage, photographic prints, use in newspapers and magazines, on the internet etc). I understand that if I do not wish my image to be used in this way, I must make this known in writing to the organisers at the time of registration for the race.

Classification and prize giving ceremonies

The awards ceremony will take place at the Parc des Colombiers at the times given below. In line with the protocol outlined by our partners, **competitors must attend the ceremony at the podium-bus.**

Podiums: Prizes will be awarded to the first three scratch winners and the first three riders in each category in each race.

Times. 2pm: circuit C; 2.30pm: circuit B; 3.15pm: circuit A.

Rider refreshment areas

The following sweet and savoury products will be available for riders in the various refreshment areas: dried fruits, bread and cheese, bananas, oranges, PowerBar drinks, Nestlé Aquarel water, etc.

The refreshment areas ('ravito' zones) will be at Montgenèvre, on the Col de l'Échelle, Le Laus (water point), on the Col d'Izoard and at Fort Montdauphin.

A word from the organisers: We ask that all competitors respect all our landscapes and legendary mountain passes, their wildlife and the alpine environment. Do not throw paper or packaging away anywhere other than within the refreshment areas.

Technical support for clubs riders

Clubs entering at least five competitors can request special permission to have an 'assistance' vehicle. You will receive this on the Saturday. Clubs must request this badge from the organisers by email by **Friday 3 July** at the latest. Certain roads used in the race are private and only vehicles with official 'Assistance 2009' badges obtained from race organisers will be allowed to use these sections of the routes.

Showers & traditional country-style meal

A supervised bike storage area will be available for competitors in the Parc des Colombiers (finish zone), as will shower blocks and toilet facilities. A country-style buffet will be open from 11am in a circus-style tent where visitors will also be able to sample Alphan beer.