

OFFICIAL RULEBOOK

THREERACE BIKE ULTRAMARATHON URUGUAY 2026

Updated 27/10/2026. Dates use DD/MM/YYYY. All times are local to Uruguay.

1. Riders

- 1.1. Athletes must present official photo identification when collecting their race kit and whenever requested by the organizers, timing team, officials or other persons responsible for the event.
- 1.2. The minimum age for participation is 19, reached by December 31 of the year in which the race takes place.

2. Certificates and Waivers

- 2.1. Riders' entries will only be confirmed after the race organizers receive a medical certificate signed and duly stamped by a physician, verifying the athlete's state of health for participation in this event. The ORIGINAL document must be handed in when collecting the race kit. Failure to provide it will result in cancellation of the entry without any cost or obligation to the organizer.
- 2.2. Riders must sign the liability and image rights waiver, available to download from the website, and bring the signed document to be handed in at registration pickup.
- 2.3. The race organizers reserve the right to prevent a rider from continuing in the race on medical advice from a race official, physician or other professional recognized by the organizers. The organizers' decision in this regard will be final.
- 2.4. Threerace Bike Ultramarathon 2026 Uruguay is a long-distance mountain bike competition organized by Threerace Sports and Azimut Extremo.
- 2.5. The event will take place in the Department of Rocha, Uruguay, on October 30 and 31 and November 1, 2026.
- 2.6. The event is a sporting, competitive and endurance event focused on personal achievement and bringing together amateur and professional athletes.
- 2.7. This rulebook governs all race activities. All participants must read and comply with it.

3. Bicycles

- 3.1. Only mountain bikes in good condition and ready to race will be allowed at the start of each stage.
- 3.2. The front number plate must be securely attached and visible to the commissaire.
- 3.3. The number plate must be displayed as received at registration and must not be altered.
- 3.4. The bicycle must be in perfect working order and safe to ride.
- 3.5. Bicycles may only be propelled by the rider pedaling, without any form of assistance, electrical or otherwise.
- 3.6. Each rider is responsible for maintaining their own bicycle throughout the race. Assistance may only be received from event professionals at official race aid stations; assistance from third parties is not permitted.
- 3.7. In all cases of maintenance and repair, riders must complete the full course distance and finish the stage within its time limit. Time spent on maintenance and repairs will therefore not entitle any rider to an extension of the stage time limit.

3.8. Changing bicycles during the three days of competition is not permitted. For the purposes of this rulebook, bicycle means the frame: any component may be replaced except the frame.

4. Helmets and Clothing

4.1. Every rider must wear a helmet at all times while riding during the race.

4.2. All helmets must comply with ANSI standards.

4.3. Appropriate cycling clothing, including a jersey, must be worn at all times. Sleeveless tank tops are not permitted.

4.4. Both members of a pair must wear identical cycling jerseys at all times. Sponsor logos may differ, but the main design features must be the same.

5. Participating Pairs

5.1. Riders competing in pairs must ride with their teammate at all times and remain within the maximum permitted separation of 2 minutes.

5.2. Rider separation may be measured at the start and finish of each stage and at any other time during the race.

5.3. Separation may be measured more than once during a stage. Penalties may be applied for every occurrence of separation exceeding the permitted time limit during a stage.

5.4. A rider may receive physical assistance from their teammate. For the purposes of this agreement, physical assistance may include sharing water and food, exchanging bicycle parts and accessories (excluding frames), assistance with maintenance and repairs, and pushing or towing by physical contact only.

5.5. Towing between riders by means of mechanical devices is not permitted.

5.6. A rider may go back along the route at any time to rejoin their teammate or reach the nearest technical support zone, if applicable, provided this does not endanger any other athlete.

5.7. No team may receive physical assistance from any rider other than their own teammate.

5.8. For accumulated stage times, the time recorded for a pair will be that of the second rider to cross the finish line.

6. Rider Identification

6.1. Riders must display their race numbers at all times.

6.2. Bicycle numbers must remain securely attached to the front of the bicycle and must not be obstructed by cables or other items.

6.3. Race numbers must not be modified or altered in any way, including cutting or adding stickers.

6.4. No official Threerace sponsor logo on the race numbers may be removed, covered or concealed in any way.

7. Categories:

MEN'S PAIRS

- Men's Pair -79
- Men's Pair 80-99
- Men's Pair +100

MIXED PAIRS

- Mixed Pair Open

WOMEN'S PAIRS

- Women's Pair Open

7.1. Pair categories are determined by the sum of the athletes' ages.

MEN'S INDIVIDUAL

- Elite 19+
- Open 18-29
- Master A1 30-34
- Master A2 35-39
- Master B1 40-44
- Master B2 45-49
- Master C1 50-54
- Master C2 55-59
- Master D 60-64
- Master E 65+

WOMEN'S INDIVIDUAL

- Women's Elite - 19 years and over
- Women's Open - 18 to 29 years
- Women's Master A - 30 to 39 years
- Women's Master B - 40 to 49 years
- Women's Master C - 50 years and over

7.2. If a category has fewer than three athletes, it will be merged into the preceding category. For example, if there are only two athletes in Master D, they will compete in Master C2 and the Master D category will be removed.

8. Stages and Courses

8.1. Stage 01 - XCC, 30/10/2026: a single 5.3 km lap, starting at Casa Bahia, La Paloma. First start at 13:30 and last start at 15:20.

8.2. Stage 02 - Queen Stage XCM, 31/10/2026: 81.1 km and 1,370 m of elevation gain. Start at 08:00 at Centro Polideportivo Rocha, L. A. De Herrera, 27000 Rocha, Departamento de Rocha, Uruguay.

8.3. Stage 03 - Final Stage XCM, 01/11/2026: 64 km and 670 m of elevation gain. Start at 08:30 at Mirador La Pedrera, La Pedrera, Rocha, Uruguay.

8.4. The organizers reserve the right to change the course, distances or elevation profiles due to weather, safety or logistical factors, without prior notice.

8.5. Only athletes who complete 75% of the stages within the time limit established by the organizers will be classified as FINISHERS.

9. XCC Rules - Stage 01

9.1. Stage 01 will be held in XCC - Short Track Cross Country format, on a closed 5.3 km circuit.

9.2. Each heat will consist of a maximum of 15 athletes.

9.3. Heats will consist exclusively of athletes from the same category. Different categories may not start together in the same heat.

9.4. Each athlete must complete a single lap of the official course designated by the organizers.

9.5. The total Stage 01 distance will be 5.3 km, subject to technical, operational or safety adjustments by the organizers.

9.6. The category start order, heat composition and individual start times will be published on 29/10/2026 through official event channels.

9.7. On 30/10/2026, the first heat will start at 13:30 and the last at 15:20, at Casa Bahia, La Paloma. Each heat will follow the official schedule published by the organizers.

9.8. All athletes registered for the ultramarathon must participate in Stage 01, except in exceptional cases assessed by the organizers.

9.9. Each athlete's individual time will be recorded from the start of their heat until completion of the single lap.

9.10. In pair categories, the slower athlete's time will count. Timing will stop only when the second member of the pair completes the course.

9.11. The organizers may use the final Stage 01 result to determine the order, positioning or technical starting criteria for subsequent stages, if necessary.

9.12. The final Stage 01 time will count toward the accumulated overall Threerace Bike Ultramarathon classification and will be added to the times from the other stages.

10. Stage Starts

10.1. Stage 02 starting corrals open at 07:45 and the start is at 08:00. Stage 03 corrals open at 08:15 and the start is at 08:30. XCC athletes must follow their heat call and the schedule published on 29/10/2026. The arena opens on 29/10 at 16:00 and on 30/10 at 09:00 at Casa Bahia, La Paloma; on 31/10 at 07:00 at Centro Polideportivo Rocha; and on 01/11 at 07:00 at Mirador La Pedrera. The arena closes on 30/10 and 31/10 at 18:30. All times are local to Uruguay.

10.2. Starting zones will be assigned according to the overall race classification: the first 20 athletes in the overall classification after the first stage will start in Gate A, together with the Men's Elite, Women's Elite and E-bike categories. Athletes ranked 21st to 60th overall will start in Gate B. All remaining competitors will start in the final gate.

10.3. Starting zones will close strictly 5 minutes before the scheduled start. Teams arriving late must start at the back of the starting line.

10.4. Athletes must enter the starting zone with their entire pair and their respective bicycles. Once inside, they must remain there.

11. Courses and Stages

11.1. Riders must complete the entire designated course and distance of every stage.

11.2. Only riders who complete every stage within the applicable stage time limit will qualify as official race finishers.

11.3. The actual race or stage distance may differ from the distance previously published or announced.

11.4. Riders must always follow the official route and obey the course commissaires' instructions. They must not take shortcuts or obtain any similar advantage over their competitors. Each participant is responsible for following the official course.

11.5. Riders who leave the designated course for any reason must return to the exact point where they left it.

11.6. Walking outside the established marked course without the intention of rejoining or returning to the course, or any other activity outside the course that violates the rules, is not permitted and will be penalized.

11.7. No rider may trespass at any time of year on land or areas that are not open to the public for mountain biking, even if those areas formed part of the course in a previous edition. No rider may distribute GPS coordinates of the route at any time during the race.

12. Prohibited Equipment

12.1. The race organizers may, at any time and at their discretion, prohibit any other item of equipment except essential cycling equipment. Riders must always comply with such a prohibition.

13. Race Timing

13.1. Only each team's total times will be disclosed and announced. Individual rider times will nevertheless be recorded to measure rider separation and enforce the two-minute separation rule.

13.2. A team's time is determined when its second member crosses the finish line or electronic timing arch.

13.3. A rider may not have more than one timing chip at any time. No athlete may pass their timing chip to anyone at any time during the race.

13.4. Timing begins at the official start time of each start.

13.5. A rider who cannot be present at their scheduled start time must inform the starting commissaire and request approval for a late start.

13.6. No rider or team may start late without a commissaire's approval. Without that approval, the athlete will be considered DNS (Did Not Start), will have no result announced and will automatically be classified as DSQ (Disqualified).

13.7. Any rider who does not start a stage will automatically be classified as DNS.

13.8. The stage time limit will not be adjusted for any rider who starts late or starts from a gate later than originally scheduled.

14. Maximum Stage Time

14.1. Stage time limits will be determined according to the distance and terrain to be covered. They will be included on the website and at race registration, but may be changed at the organizers' discretion under article 14.2. All changes will be communicated to riders at the stage briefing held the evening before the stage.

14.2. The maximum permitted time for a stage will be the greater of the announced time limit and twice the winner's time. If the winner's time exceeds half of the time limit announced at the briefing, the maximum permitted time will automatically be adjusted to twice the winner's time.

14.3. Riders may cross the finish line on foot, provided they have their bicycles with them.

14.4. The organizers may designate intermediate cutoff points that must be reached by specified times during each stage. Any team or athlete that fails to reach these points, or is deemed unable to reach them in the sole opinion of the organizers and commissaires, will be prevented from continuing, removed from the course and classified as DNF (Did Not Finish) for that stage.

14.5. The organizers may impose additional cutoff points at any time for safety reasons. This rule will apply to riders who have not yet reached the designated cutoff point within the specified time or who, in the sole opinion of the organizers and commissaires, cannot reasonably do so. Any rider unable to complete a stage will be transported to the base.

14.6. If a rider cannot continue for any reason, every effort will be made to transport the rider and their bicycle to the race finish as soon as possible.

15. DSQ Plate

15.1. A rider who fails to complete a stage within its time limit for the first time will be classified as DSQ and will receive a different plate for identification.

15.2. A DSQ rider will be entitled to continue in the race and start the next stage, but will not be classified as an official finisher of the stage concerned.

16. Withdrawal or Cancellation of a Stage

16.1. The organizers may cancel any stage at any time, at their discretion, due to safety concerns or any other reason they consider appropriate.

16.2. If the first three pairs or individual athletes in each category have completed the stage before it is cancelled, it will be classified as an official race stage and will count toward the overall results. If fewer than three teams in any category have finished when the stage is cancelled, it will not constitute an official stage and will be disregarded for the overall results.

16.3. When a stage is cancelled, riders who were still on the course at the time of cancellation will count toward the overall results and will be assigned a time based on a percentage of the stage winner's time.

16.4. A rider who withdraws from a stage before it is officially cancelled, or who fails to reach the designated cutoff point for withdrawal, will be classified as DNF.

17. Overall and Stage Awards

17.1. Stage medals will be awarded as follows:

Pairs:

- The 3 fastest men's pairs
- The fastest mixed pair
- The fastest women's pair

Individual riders:

- The 3 fastest solo men, regardless of category
- The 3 fastest solo women, regardless of category

17.2. Overall awards:

- Trophies for 1st to 5th place in every category
- A participation medal for everyone who completes the course

17.3. To receive an award on the podium, riders must wear cycling clothing, at least a jersey. Otherwise, they will not be permitted to receive their award. Official results will be published at 17:00 on 30/10 and 31/10, and at 14:00 on 01/11. Stage 01 awards will take place on 30/10 at 17:00; Stage 02 awards on 31/10 at 17:00; and Stage 03, stage and overall Ultra awards on 01/11 at 14:30. The event closes at 15:00 on 01/11/2026.

18. Traffic Rules

18.1. The competition will not always have exclusive use of public or private roads along the course.

18.2. All normal traffic regulations must be observed at all times during the race.

18.3. Staff instructions must be strictly followed.

19. Checkpoints

19.1. There will be checkpoints on each stage where the rules on separation between pair riders will be enforced.

19.2. Teams or athletes whose passage through checkpoints is not recorded may be disqualified.

19.3. Checkpoint locations will not be published. Hidden checkpoints may also be used.

20. Registration and Briefing

20.1. Ultra registration and kit collection will take place at Casa Bahia, La Paloma: Thursday 29/10/2026 from 16:00 to 21:00; Friday 30/10/2026 from 09:00 to 12:00.

20.2. Riders must attend registration as a team and bring photo identification.

20.3. All riders must register within the deadline stated on the race website. No category changes will be permitted after race registration closes.

20.4. Briefings will be online: Stage 02 / Queen Stage on 30/10/2026 at 18:30; Stage 03 / Final Stage on 31/10/2026 at 18:00. Access details will be announced through official channels.

21. Nutrition and Hydration

21.1. Riders are responsible for carrying sufficient water and nutrition.

21.2. The organizers will provide water at each stage's official aid stations solely for drinking and hydration. Excessive use of water for other purposes is not permitted at official water points. Aid stations: Stage 02 at km 25, 43 and 63; Stage 03 at km 18 and 44.

22. Secondary or External Support

22.1. No secondary or external assistance will be permitted under any circumstances. For the purposes of this rulebook, external assistance includes physical assistance as defined in rule 5.4 from anyone other than a competitor, teammate or staff at accredited aid stations and official race water points.

22.2. Drafting is permitted between riders, teammates and fellow competitors. No rider may draft behind anyone who is not participating in the race.

22.3. No other form of drafting is permitted, including, but not limited to, drafting behind private vehicles, motorcycles, trucks or official race vehicles.

22.4. Except for specific escort or lead vehicles provided by the organizers, no other vehicle is authorized to accompany the race course. Riders' supporters may, however, drive their own vehicles on public roads to reach aid stations and offer vocal encouragement. Some course sections, including some public roads, will be closed to all non-event traffic. Everyone must respect these closures.

22.5. No rider, helper, team support person or other supporter may enter restricted or prohibited areas of the race village.

22.6. Mechanical assistance, pushing or towing competing athletes or athletes from another category is not permitted and is punishable by disqualification.

23. Medical and Technical Assistance

23.1. Medical assistance will be provided by the organizers at one of the official water points.

23.2. Technical assistance may be provided in neutral technical support zones along the course. Riders will be informed on the race website where these areas are available during the stages. Riders are advised to carry money to pay for any parts received. On-course mechanical support: Stage 02 at km 43; Stage 03 at km 44. Mechanical service at the Casa Bahia arena, La Paloma, operates on 30/10 from 11:00 to 18:00 and on 31/10 from 07:00 to 18:00. Bike Wash in La Paloma: 30/10 from 14:00 to 17:00 and 31/10 from 11:00 to 18:00.

24. Withdrawals

24.1. Pairs or riders who cannot continue for any reason must immediately notify the race office. This can be done at the race start, at the finish or at water points.

24.2. If a rider or team fails to notify the race office of their withdrawal and a search and rescue operation is required, the rider or team will bear its cost.

25. Environment and Ethics

25.1. Riders must respect the environment at all times. Actions such as littering or damaging the environment will not be tolerated. In particular, without limiting this general rule, the following actions are specifically prohibited:

25.2. Discarding water bottles, packaging or bicycle parts in the environment.

25.3. Leaving the route to cross a protected area.

25.4. Smoking at any point on the route.

26. Protests

26.1. Protests must be submitted in writing to the commissaire after the rider has crossed the finish line, within the time periods specified below.

26.2. A deposit of R\$ 200.00 must accompany any protest before it will be considered.

26.3. If the protest is upheld, the deposit will be refunded. If it is rejected, the deposit will be retained and used for the development and improvement of the race.

26.4. Protests must be submitted within 30 minutes after the rider crosses the finish line.

26.5. Protests concerning results must be submitted within 30 minutes after publication of the preliminary results for the relevant stage.

27. Doping

27.1. The organizers reserve the right to test all riders for doping and/or the use of any illegal substance.

28. Penalties for Rule Violations

28.1. Any violation of the race rules will be subject to penalties as determined by the commissaire and race director.

28.2. All time penalties will be added to the rider's time for the stage to which the penalty applies, but will not be taken into account when determining whether the rider has exceeded the stage time limit.

29. Commissaire's Discretion

29.1. Where additional interpretation of a rule is required, or where these rules make no specific provision for an incident, the commissaire's decision will be final and not subject to appeal.

29.2. The race will be held under this rulebook and CBC and UCI regulations. The rulebook printed and published at the event race office is the final document.

29.3. This rulebook may be amended at any time if the race director and/or appointed commissaire considers it necessary. Registered athletes have no right of appeal against such changes.

30. Fifteen Minutes Before the Race

30.1. Starting zones will be assigned according to the overall race classification: the first 20 athletes in the overall classification after the first stage will start in Gate A, together with the Men's Elite and Women's Elite. Athletes ranked 21st to 60th overall will start in Gate B. All remaining competitors will start in the final gate.

30.2. Team managers and supporters are not permitted in the starting area once teams have been called.

31. Registration, Entry Transfers and Refunds

31.1. An entry is valid solely and exclusively until the date of the event for which it was purchased. Transfers to another year are not permitted. After that date, the entry will no longer be valid.

31.2. Entry transfers will be permitted solely and exclusively due to injury supported by a medical certificate, up to 60 days before the race date.

31.3. An entry transfer to another athlete will incur a fee of 20% of the entry price for the current registration tier, subject to the deadline above.

31.4. The consumer may cancel the purchase within 7 days from the date the entry fee was paid.

31.5. Cancellation with a partial refund of 50% of the amount paid will be permitted solely and exclusively due to injury supported by a medical certificate, within 30 days after the entry confirmation date.

31.6. The convenience fee is non-refundable.

31.7. If one team member cancels or withdraws, the remaining athlete is responsible for finding a replacement within the stipulated deadlines.

31.8. No changes to categories or teams will be accepted after 10/10/2026.

ARENA LOCATIONS

Casa Bahia - La Paloma - [Google Maps](#)

Centro Polideportivo Rocha - [Google Maps](#)

Mirador La Pedrera - La Pedrera - [Google Maps](#)