



THE MANUAL

REACH
NEW
HEIGHTS


HAUTE ROUTE
MEXICO

Dear Rider,

As you know, one of the major objectives of the Haute Route is to guarantee the safety of all riders who come to take part in the event.

Due to the pandemic, which is still active today, the Haute Route has to adapt its health measures.

In addition to the generic safety measures, we are currently working on a strict and highly tailored process that can be applied to certain aspects of the Haute Route

experience, such as briefings, departures, feed stations and arrivals. All riders will be informed about these measures in the next few weeks in their individual road book. Of course, in addition to these additional measures, the standard precautions also apply to our event and we strongly recommend each rider do their best to follow these recommendations to ensure the safety of all.

SANITARY PROTOCOL



Keep distance 1m



Wearing a mask mandatory in the village and confined spaces



Hand sanitizer



Hand cleaning and disinfection



Contents

Welcome to the 2020 Haute Route!

As there is much more to the Haute Route experience than just turning up for the event, the purpose of this guide is to outline all the information you will need to organise your event and to help you to reach new heights. On top of this guide, you will receive your Rider's Roadbook 3 weeks prior to your event with detailed information about each stage.

Ride safe and see you in the mountains,

The Haute Route team

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DISCOVER THE

HAUTE ROUTE BOUTIQUE



Available online at
hauteroute-shop.com

You can also pick up some
memorabilia during events at
our official boutique.


HAUTE ROUTE
MEXICO

Stay Connected

Meet-ups

Get advice and insights from our team of ambassadors and take the opportunity to connect with other riders:

- **Partner stores**
- **Training centres**
- **Hubs & Cafés**
- **Zwift**

View our next meet-ups:

hauteroute.org/ambassadors/month

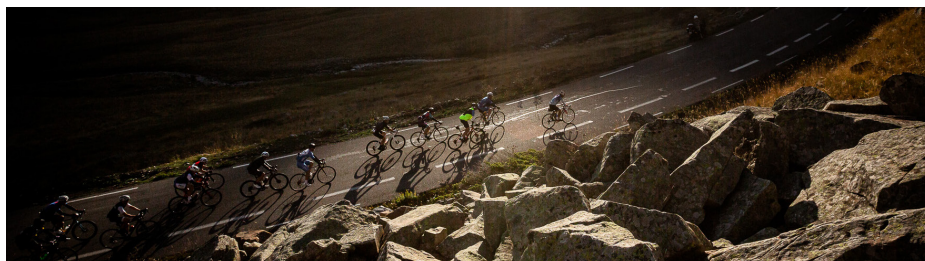
If you have any questions regarding your preparation for your first or next Haute Route challenge, you can also consult our 'Training' section.

Event Facebook groups

Ask fellow riders all your questions on our dedicated event Facebook groups.



Follow us on Social Media #HauteRoute



Registration Day



1

VILLAGE ARRIVAL – The event village will be open from 2:00pm to 6:30pm (from 1:00pm for the Infinity Pass Holders). Before exploring the village and visiting partners' and exhibitors' booths, make sure you follow the steps outlined below.



2

BIKE PARK – If you brought your bike with you to the village use the secure bike park while you complete the registration process.



3

EQUIPMENT CHECK – Present the following mandatory equipment to the organisation before being allowed to proceed to bib collection: Hard-shell helmet, wind stopper jacket, gloves, glasses, leg warmers.



4

BIB COLLECTION – Collect your bib, bike plate, timing chip and Haute Route Mexico registration pack (you will need one form of photo ID).



5

OFFICIAL PHOTO – Don't forget to have your official Haute Route picture taken.



6

BIKE PLATE – Once you've collected your registration pack, attach your bike plate on to your handlebars. It is forbidden to alter, cut or fold your bike plate.



7

WELCOME BRIEFING – Once you have completed all these steps and have visited our partner and exhibitor stands please ensure that you attend the mandatory Rider Briefing at 6:30 pm at the village. Bikes allowed.



8

PASTA PARTY – To start the Haute Route in the right way, make new friends over dinner at the Pasta Party, which will take place at the village

Finally, don't forget to pick up your bike if you used the bike park. There is no secure bike park overnight.

Registration Pack



GOBIK JERSEY

Receive your Jersey at the Registration pack collection.



BACKPACK

To put your change of clothes for each day



BACKPACK TAG

To insert in the pocket on the side of your backpack



BIKE PLATE & CABLE TIES

To be secured on your bike's handlebars



BIB NUMBER AND PINS

Attach the bib number on your back with the pins provided



ROADBOOK

To be referred to during all event



2 BIKE STICKERS

With profile info for each stage



HAUTE ROUTE LANYARD



PRECISION HYDRATION ELECTROLYTE TABLETS



NATIVETECH ENERGY GEL



ID CARD

ID card to give you access to all services on event

What To Take With You

While every rider will have their own personal preference, this is a suggested list of what to take on the bike and in your backpack (dropped off at the start/collected at the finish of each stage):



Mandatory Equipment

Hard-shell helmet	Leg warmers
Long sleeve thermal jacket	Full finger winter gloves
Thermal overshoes	Red back light



On The Bike

- A windbreaker/gilet
- Water/drinks bottles
- Cereal bars, dried fruits, energy gels
- A pair of sunglasses
- A mobile phone in your waterproof pouch
- Spare inner tubes or sealant for tubeless tyre
- Tyre-levers
- A pump or a CO2 canister
- A multi-tool including chain tool



Kit

Jerseys	Arm warmers
Shorts	Leg warmers
Base layers	Knee warmers
Gilet	Shoes
Cycling cap	Socks
Beanie	Buff



In Your Backpack

- Haute Route ID Card
- Comfy clothes
- Shoes
- Tech
- Chargers
- Toiletries
- Towel
- Compression socks



Nutrition

- Bars
- Gels
- Electrolyte tablets
- Recovery drinks



Protection

- Sun cream
- Chamois Cream

Accommodation



Make the most of your experience

Our Event hotels have been chosen for their proximity to the Event Village and the race services. If you are looking for accommodation to ease your logistics we recommend our event hotels which also include early sportive breakfast options, secure bike storage and late check-out on the Sunday.

Select the accommodation package that fits your needs, you have various choices from budget to premium hotels. You can find more information on each event page on our website.

Nights included:

Thursday, Friday and Saturday.



Extra nights

You can book extra nights before or after the event through our organisation or directly with the hotel. Contact us to know what is the best for your event.



Friends & Family accommodation

You have friends and family coming to the event to support you? You can book accommodation for them on your customer account. For any specific request (additional bed in a room for children/babies), please contact us.



Bag Logistics

Your Haute Route backpack is included in your entry fee.
You will collect it at registration.



A Typical Day



Actual times may vary

Rules And Regulations

It is important to be aware of all the Rules & Regulations of the Haute Route which include timekeeping & rankings, time limits, equipment allowed, safety, medical and personal assistance, anti-doping and other important topics.

Your road bike

The following equipment is strictly forbidden:

- Any handlebar extension system
- Recumbent bikes, monocycles, tandems, or electric bikes
- Bottles made of non-deformable material (glass, aluminium, ...)
- Wheels with less than 12 spokes

The following equipment on your bike is mandatory:

- A red light at the rear

Cut-off times

Cut-off times for each stage will be communicated in your Riders' Roadbook. For safety reasons, after the cut-off time you will no longer be able to continue on the route and you will be picked up by the broom wagon. In some occasions, the cut-off times are imposed by public authorities and the Haute Route will enforce them. In other occasions when safety can be guaranteed, the Race Director might be able to use more flexibility with the riders.

Abandon

In case you abandon the race, you must inform the organisation by calling the Haute Route hotline.

Road safety



Respect traffic rules at all times



Ride on the right-hand side of the road



Respect traffic signs of the Haute Route



Respect other road users (not involved in the event)



Wear your helmet at all times



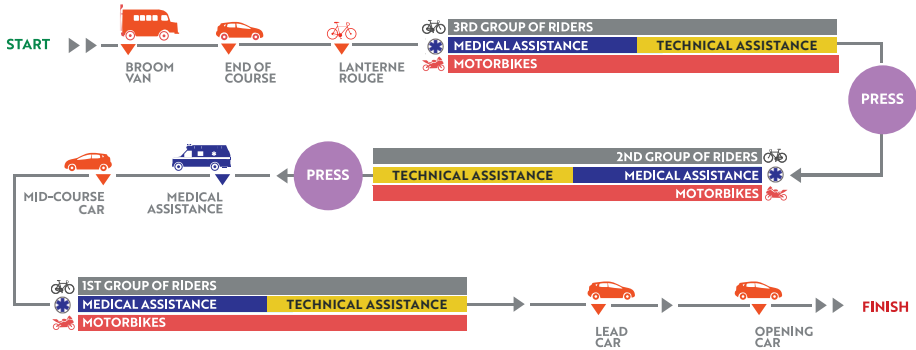
No earphones

Sustainability

By entering the Haute Route, you commit to respect the environment and the natural areas visited. It is strictly forbidden to leave any type of waste (paper, plastic packaging etc) on the course. Any rider caught throwing waste on the course can be penalised or even disqualified.

Safety And Support

Organisation



Technical Assistance

The official technical assistance is the only party authorised to provide assistance on the course outside of designated feed stations. Riders receiving outside assistance - mechanical or otherwise - are liable to penalties and ultimately disqualification.

- Every participant is expected to be self-sufficient in the case of a puncture
- If you suffer a mechanical, please be patient and inform the driver of the closest course vehicle. Time waiting for technical assistance cannot be deducted from your race result.
- Technical assistance will be available in the event village and at the start line.

Although there may be some bike shops close to the course, we recommend you bring specific spares including:

- A rear-mech hanger
- Allen keys specific to your bike
- Spare brake blocks (front and rear)
- Inner tubes with the correct length valves, CO2 cartridges and a pump

Medical Assistance

Available 24/7:

- Emergency Doctors
- Professional Nurses
- Ambulances

Transition

Some stages can include a transition after the stage to go from the finish line to the Event Village. Haute Route signage will be on the road however roads will be open to traffic so you will have to respect the traffic rules. We recommend you wait for your friends and ride as a group.

Start convoy

Most stages will begin with a non-timed secure convoy to roll out of the city. The peloton will ride at the pace of the Head of Race car until the first timing mat. The start convoy is included in the distance of the stage.

Signage

Event Signage

Stage Course



Route to start line



Route back to village



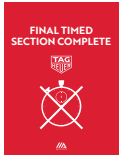
Warning



Danger



Timing



Start Col



Distance to summit



Distance to finish



Refreshment point



Village Signage

The various services offered in the village are identified by these signs (non-exhaustive list):



Vehicle Accreditation

Car Front



Compact

The Haute Route Compact format, available on select 3-day events, is a great starting point for cyclists new to Haute Route. About 30% shorter and featuring less climbing, the Compact format is challenging, fun, and an authentic Haute Route experience in every way.

The Compact format will be available on the following destinations:



Extra services

Compact riders will benefit from the same services as other 3-day riders except the daily massages and the official backpack. Daily massages and official backpack will be available to purchase onsite.

Rankings

Participants in the Compact course will be ranked in the following categories:

- Solo Men
- Solo Women

Note that there is no Duo ranking for the Compact course.

To appear in the Compact classification, you have to choose this format upon registration and then complete all Compact stages. If you register for the Original format and choose to ride the Compact course, you will not appear in the Compact rankings.

There will be a dedicated prizegiving ceremony for the Compact format each day.



Feed Stations

There will be between 3 and 4 feed stations per stage including a feed station at the finish. All feed stations throughout the Haute Route will be stocked with a variety of different products to help you fuel and hydrate for your ride. From a variety of drinks and energy products to sweet and savoury whole foods, there will be something to suit everyone's taste.



WATER



COKE



**PRECISION HYDRATION
ELECTROLYTE DRINK**



ENERGY BARS



ENERGY GELS



Cheese, ham, crackers,
potatoes



Dried fruit, cakes, bananas,
oranges

To ensure rider safety, please do not block the road, and use the bike racks provided rather than pulling up to the tables with your bike.

For riders receiving external support from family, coaches, or tour operators, note that the feed station zones are the only points on the course where assistance is permitted.

To avoid waste and limit the number of cups at every feed station, we recommend you use your own bottles.

Final Day Operations

01



You become a finisher at the top of San Simón de la Laguna



Return to Event Village



Receive your Finisher T-shirt



Closing Ceremony:
food, drinks, awards



Receive your Finisher Medal



Collect your Backpack

At Event Village - you must have your Haute Route ID card with you.
Additional tickets can be purchased at the info point for friends and family.

Key Event Informations



Registration Day: 15th October 2020



EVENT VILLAGE ADDRESS

Alameda Municipal, Rincón de S.
Vicente, Sta Maria Ahuacatlan, 51200
Valle de Bravo, Méx.



VILLAGE OPENING HOURS

2pm to 7pm



RIDERS' PACK

Collect your riders' pack during registration



MANDATORY RIDERS' BRIEFING

7pm at El Centro Regional de Cultura,
De Manuel, Centro, 51200
Valle de Bravo, Méx.



PASTA PARTY

8pm at Haute Route Village

Extra Services Available



ACCOMMODATION PACKAGE AVAILABLE

Standard and Premium



AIRPORT SHUTTLE

From Mexico City Airport (MEX)
to Valle de Bravo.



BIKE RENTAL

if you don't have your bike or do not want to transport it, you can rent it for the Haute Route Mexico in our registration platform

Stages

(times are indicative)



START OF THE STAGE

From 7:30am



3/4 FEED STATIONS PER STAGE

Gels, bars, drinks, sweet & savoury whole-food



COLS

Las Mariposas Sanctuary, Nevado de Toluca Volvano, Donato Guerra, San Simón de la Laguna and Turcio.



ASSISTANCE

Medical & mechanical



END OF STAGE

11am - 4pm

PRIZE GIVING & BRIEFING

6:30 pm at Centre Regional de Cultura



POST-RIDE SERVICES

Meal, massage, partners activities

Final Day



FINISH AT SAN SIMÓN DE LA LAGUNA

Collect your medal



CLOSING CEREMONY

12:00pm Food
12:30pm Prize giving ceremony
at Event Village. Food and Drinks.



AIRPORT SHUTTLE

From Valle de Bravo to Mexico City Airport (MEX) Departing from Valle de Bravo at 1:00pm and 3:00pm (2h trip).

Contact



contact.mexico@hauteroute.org



OFFICE
+26 23 71 21



HOTLINE ON-EVENT
+52 55 39 33 13 09

Event Partners

Official Global Partners



Official Event Partners












Official Local Suppliers



2021 HAUTE ROUTE CYCLING SERIES

9 EVENTS · 7 COUNTRIES · 3 CONTINENTS

- | | | |
|--|--|----------------------------|
|  | Haute Route Watopia · 3 DAYS
February | Zwift |
|  | Haute Route Brazil · 3 DAYS*
26 - 28 March | Florianópolis |
|  | Haute Route Crans-Montana · 3 DAYS
11 - 13 June | Crans-Montana |
|  | Haute Route Pyrenees · 5 DAYS
6 - 10 July | Girona - Pau |
|  | Haute Route Alps · 7 DAYS
22 - 28 August | Megève - Nice |
|  | Haute Route Dolomites · 5 DAYS
31 August - 4 September | Cortina d'Ampezzo - Bormio |
|  | Haute Route Ventoux · 3 DAYS*
1 - 3 October | Bédoin |
|  | Haute Route Oman · 3 DAYS
29 - 31 October | Nizwa |
|  | Haute Route Mexico · 3 DAYS*
5 - 7 November | Valle de Bravo |

*Include a compact format

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