



CYPRUS SUNSHINE CUP #2 | Class C1

TOCHNI

24 FEBRUARY 2024

TECHNICAL GUIDE



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1. History of Cyprus Sunshine Cup

Cyprus Sunshine Cup is one of the most historical mountain bike races in the world and in 2020 it is about to enter a new era! Following 23 years of continuous evolution and growth the organizing team wishes to give a new, upgraded image to this authentic mountain biking race, which has been taking place in the mountain ranges of Cyprus since 1997. In the 23 years of the race, many of the world's biggest names in the sport have competed and have spoken highly about the race, the tracks and the Larnaca mountain range and the ideal conditions Cyprus offers for mountain biking.

To name a few: Jaroslav Kulhavy, Gunn Rita Dahle Flesjia, Jolanda Neff, Sabine Spitz, Annika Langvad, Anna Van Der Breggen, Jan Skarnitzl, Howard Grotts, Lars Forster, Manuel Fumic and Ondrej Cink are among the athletes who have the Cyprus Sunshine Epic in their yearly racing calendar. They view it as the best opportunity for training in ideal weather conditions and in demanding but still improbable and scenic routes. One of the greatest stars in World Cycling, the Dutchman Mathieu Van der Poel had stated after winning the second stage of the race in 2017, "It was the most beautiful two hours I ever spent on the bike"!

2. General Info-About Cyprus

On Cyprus, racing specialists, touring cyclists and mountain bikers will all find just the right exciting challenges, in a Mediterranean climate with a delightful combination of sea, beaches and mountains. The island, which is located on the eastern end of the Mediterranean Sea, has perfect weather for cycling, especially in the months between October and April, when temperatures range between 15°C and 25°C, while annual rainfall is also quite low in comparison to European countries. What's more, unlike other European or Mediterranean countries, the strong headwinds that are a bane to cyclists, here are rare.

But what makes Cyprus stand out as a heaven for cyclists is its compactness. It is like a whole continent condensed into a small island. The third largest island of the Mediterranean, Cyprus combines attractive beaches with pine-clad peaks, busy modern Europeanized towns and tranquil old stone villages, vineyards, olive groves and ancient ruins. The short distances mean that there are rapid changes of terrain entailing a variety of different road surfaces over short distances.

Within the space of 10 km you can go from rocky to clay and steep to flat, enabling you to experience all surfaces within a short period of time and making the island into one huge mountain bike arena. Bikers can hone their skills on the unique trails of the mountains of Troodos and Macheras or in the Akamas peninsula, riding steep slopes that have been ridden and tested by many world champions. Quiet rural roads, with excellent quality tarmac, well signposted and with limited car traffic add to the attraction. In addition, there are no legal barriers to cycling anywhere on the island except of course on motorways.



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3. Race Entry

Registration fee for **UCI Men/Women ELITE** riders: €80

All riders must register using the online Registration Form in the event website: www.cyprussunshinecup.com. Online inscription closes on the 18th of February 2024.

4. Race Class - Categories - UCI points

The race is UCI Class 1

UCI Categories

Athletes must have a valid UCI License and must be 19 years old

- Men ELITE
- Women ELITE

Points scale according to UCI Class 1 race

MEN / WOMEN ELITE

1st Place - 60 pts
2nd Place - 40 pts
3rd Place - 30 pts
4th Place - 25 pts
5th Place - 20 pts
6th Place - 18 pts
7th Place - 16 pts
8th Place - 14 pts
9th Place - 12 pts
10th Place - 10 pts
11th Place - 8 pts
12th Place - 6 pts
13th Place - 4 pts
14th Place - 2 pts
15th Place - 1 pt

5. Number pick up

Number pick up of the riders (with distribution of Race number plates and timing chips) will be available only at the Registration office during the following working hours:

23 February 2024: 14:00 - 17:00

Any rider who will NOT be able to be present for number pick up within the specified registration hours, must notify the organizers in time, who in turn, will inform the Commissaire. Failure to notify will result in penalties at the Commissaires' discretion.



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The Registration Office will be located in the Community Council Building of Tochni Village. For directions on how to get to the registration office please click on the link below:

[View Location of the Registration Office in Google Maps](#)

6. Rules

The Cyprus Sunshine Cup #2 is organized under the rules of the UCI and the Cyprus Cycling Federation and the specific rules mentioned in this guide.

7. Start List, Start Procedure

Start List

Elite Men and Women start list is according to the last published UCI individual MTB XCO classification - ranking. Non ranked riders will be placed after the last ranked rider on a first registered basis.

Starting Procedure

Riders will be called in the Staging Area 15 minutes before the scheduled start time of the race. Staging will begin 10 minutes before the scheduled start time of the race. Riders will be lined up as described in the Start List above.

8. Press coverage and Press office

The race is covered by the Organizers' Permanent-Press officer for all international media in 3 different languages (English, Czech & Greek). Many other journalists and photographers are invited every year to cover the event for the media in several countries. To receive the media reports and press releases please contact us on info@cyprussunshinecup.com

TV coverage - Online video reports

The organizers are negotiating the rights of TV broadcasting with the local TV channels and online media platforms. A 5-minute highlights video of each day of the race is produced and is broadcast online through all available media. The race has a Youtube channel where you can find all the highlights of the race.

9. Technical Assistance and Tech / Feed Zones

- There will be two technical assistance zones on the course. First one at 2.6km from the start line and the second on the 4km of the course. Only team staff with feed zone passes are allowed in the Feed zone areas!
- FEED & TECH ZONE 1 AND 2 (Double Feed / Tech Zone): The feeders must make their way to the Feed and tech Zone before the race start of each category. They can walk to the Feed / Tech Zone. No cars allowed in the feed zone 1 area. or anywhere in the course.



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10. Team Managers Meeting

Each team shall designate a Team Manager who shall represent the team during the Cyprus Sunshine Cup 2024 and at the team managers meeting. Any contact with the teams will be made through the team manager. Riders racing without a Team Manager can represent themselves or can assign a person to represent them. This must be specified during their registration.

In order to be informed about the latest information it is essential for team managers to attend the team managers meeting.

The Team Managers Meeting will take place at the Community Council Building of Tochni Village on **Friday 23rd February at 17:30.** For directions on how to get to the registration office please click on the link below:

[View Location of the Team Managers Meeting in Google Maps](#)

11. Race Clothing

Race Leader, World Champion, Continental Champions and National Champions in MTB XCO, must participate wearing the jersey identifying their title. National team members must participate wearing their National team jersey.

Cyprus Sunshine Cup Race Leader Jerseys will be presented to the Race Leaders during the awards ceremony.

12. Cup Leader Jersey:

The Cyprus Sunshine Cup 2024 will award the Cup Leader Jerseys after each of the three races. The rider of each category (Men and Women Elite) with the fastest accumulated time from each race will be awarded as Cup leader. The jerseys will be presented to the Cup Leaders during the awards ceremony.

13. Ceremonies

Within 15 minutes following the Finish of the top three riders (unless otherwise mentioned in the race program or team managers meeting), the race winner, the second and the third placed riders shall be ready for the award ceremony that will be conducted under the supervision of the President of the Commissaires Panel.

Riders shall appear in racing attire, wearing their Team Racing outfit, until the official ceremony concludes. World Champion, Continent Champions and National Champions must wear their jersey identifying their title.



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14. Schedule

10:00 Race Start | Women ELITE
12:00 Race Start | Men ELITE
14:00 Award Ceremonies

15. Prize Money According to the UCI Financial Obligations (Europe 2):

PLACE	MEN ELITE	MEN ELITE
1	€ 420.00	€ 420.00
2	€ 350.00	€ 350.00
3	€ 280.00	€ 280.00
4	€ 210.00	€ 210.00
5	€ 175.00	€ 175.00
6	€ 140.00	€ 140.00
7	€ 105.00	€ 105.00
8	€ 85.00	€ 85.00
9	€ 70.00	€ 70.00
10	€ 35.00	€ 35.00
TOTAL	€ 1870.00	€ 1870.00

16. Map & Description of the course

Distance: 5.24 km (lap)

Total Ascent: +118m/lap

Tech/Feed Zones: 2,6km and 4km

The start area is located on the main road outside the Community Council Building of Tochni. Each lap is 5.24 km long and the total ascent per lap is 118m. The riders start on the main road and after an uphill section of 800m they enter the normal lap. The first 800m of the start lap are on a slightly uphill dirt road.

The Finish Line is in front of the Community Council building of Tochni.

Riders will be pulled for 80% or lapped. They will still get classification



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182 m



[View the map and the route online and download the GPX track.](#)

16. Contact Information

If you need further information about the Cyprus Sunshine Cup 2024, please contact the Organizers:

Total Sports Marketing

Steliou Hadjipetri 70, Flat 001, Strovolos 2057, Cyprus

E: info@cyprussunshinecup.com

W: www.cyprussunshinecup.com



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17. How to arrive in Cyprus, Passports and Visas

The legal ports of entry into the Republic of Cyprus are the airports of Larnaka (Larnaca) and Pafos (Paphos) which are situated in the area under the effective control of the Government of the Republic of Cyprus.

Entry into the territory of the Republic of Cyprus via any other port or airport in which the Government of the Republic does not exercise effective control (Turkish occupied areas) is illegal.

A passport is required by all travelers entering Cyprus except citizens of the European Union (EU) countries, as well as Switzerland, Iceland, Liechtenstein and Norway who may enter Cyprus with their national identity card, provided there is a photograph.

A list of countries requiring a Visa to enter Cyprus can be found on the Ministry of Foreign Affairs webpage.

[See Visa Policy Here](#)

18. Hospitals near the venue

Limassol General Hospital

T: +357 25 801 100

Location: <https://maps.app.goo.gl/Jx3tS7njCi7tJgYd8>

Nicosia General Hospital

T: +357 22 603 000

Location: <https://maps.app.goo.gl/TdPXgXXtgXeeZxPq8>

19. Organizers and Sponsors



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