

JUNE 30, 2024

KRUTH 




L'Alsacienne
CYCLO



TECHNICAL GUIDE



RANDONNEE

CYCLOSPORTIVE



Dear cyclist,

If we are all gathered together, its thanks to the very many volunteers, some of whom you will meet in the reception area, other on the courses. The commitment of our volunteers is priceless. What do they expect from you ? Just a smile, your thanks, simple encouragement. They fully deserve your attention. Thank you in advance.

And now for the race. It will start in a few minutes, you are feeling excited. Take each turn of the pedals as a chance that you are seizing. A chance to be ready, to be one of us, to discover this magnificent mountain range that you can never know well enough.

But above all enjoy yourself!

Enjoy racing against the stopwatch or simply reaching the finish point under good conditions. Enjoy the difficulties as well as the easy parts. Enjoy sharing your feelings. In short, enjoy taking part as much as we enjoy preparing the event and welcoming you.

► **This guide will give you all the information you need for your participation to go smoothly.**





P CAR PARK

On Sunday morning, the marshals will direct you to a car park if you travel by car. The attendants will show you where to park. By following their instructions you will save time and be able to prepare more calmly.

ACCESS TO THE STARTING AREA



SCHEDULES

6.45 AM Opening of the starting area for all entrants

7.30 AM Courses start together

Supporters can reach the **starting area** on foot or by bike from the inn by the lake.



As always when you ride your bike, **you must wear your helmet** throughout your ride at L'Alsacienne.

If you are doing a timed course, your timing chip is activated when you cross the starting line. There is therefore **no need to hurry into the starting area** to get a few places ahead.



The start is neutralised for 3 km, i.e. until the bottom of the Col d'Oderen. The road is closed to traffic. Don't zigzag and keep your distance from the cyclist in front. As soon as the road goes uphill, the imposing pack will stretch out and there will be more space. L'Alsacienne is under way!



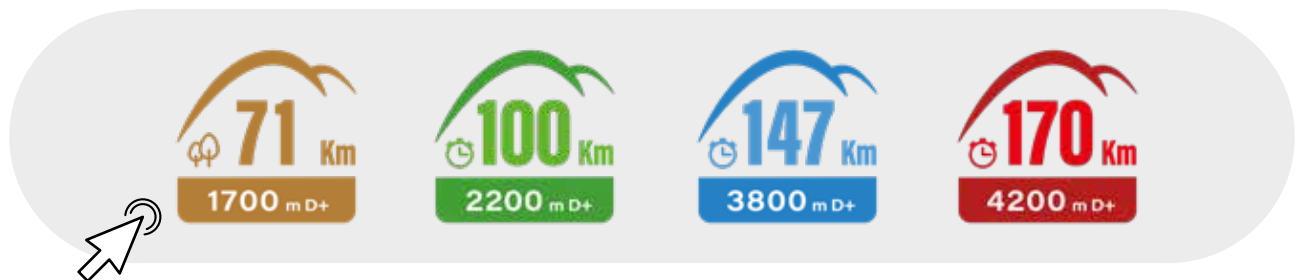


TRAFFIC

Passes are closed to traffic. You will certainly appreciate this measure which will allow you, especially during the first difficulties, to find your place in a grupetto. In this connection, we inform or remind you that **in accordance with French Cycling Federation rules, following cars are forbidden.**



GPS ROUTES



THE MAIN DIFFICULTIES

	Km	% moy	% max
Col d'Oderen	6,1	6,4 %	10 %
Col du page	1,6	7,8 %	9 %
Col de Bussang	1,9	5,5 %	12 %
Geishouse	4,1	7,8 %	19 %
Col du Haag	6,1	8,1 %	11 %
Col du Bannstein	1,6	7,6 %	7 %
Col du Firstplan	5,8	5,8 %	8 %
Petit Ballon	7,9	7,9 %	20 %
Platzerwasel	7,1	8,2 %	12 %
Col du Breitfirst	3,2	2,8 %	7 %
Col des Feignes	1,0	3,5 %	4 %
Col du Bramont	3,4	6,7 %	11 %

The L'Alsacienne courses offer all the characteristics of highlands. There is one pass after another and little time to recover. Your legs will be severely tested, especially as the gradients are sometimes steep. It is therefore wise not to try to push yourself too hard, but instead to manage your effort right from the start.

The climb to Geishouse will show just how fit you are. The next one, to Le Haag, will prove it to you!



HOW TO CHANGE YOUR CHOICE OF COURSE

If you have entered a timed course, you can change your choice of course during the event.

If you are on the **100 km** course, when you reach the Markstein [52 km] you can switch to the **147 km** or **170 km** course.

If you are on the **147 km** or **170 km** course, when you reach the Markstein [52 km] you can switch to the **100 km** course.

If you are on the **147 km** course, when you reach the ridge road [125,5 km] you can switch to the **170 km** course. Or vice versa

The timing system will record you for the course you have actually ridden.

TIME LIMITS

“L’Alsacienne” must remain a pleasure. For this reason there is a time barrier at Markstein [km 52]. There is also a second one at km 125. With this system, “L’Alsacienne” prevents you from finding yourself on a possible way off a cross. Health and pleasure first !

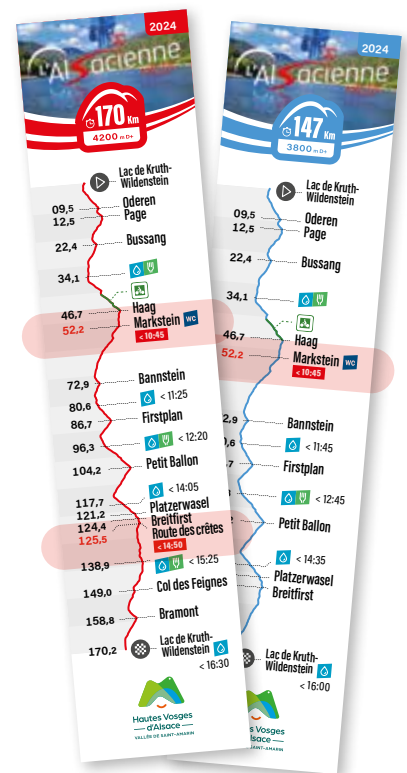
AT THE MARKSTEIN [km 52]

If you are on the **147 km** or **170 km** course and you reach the Markstein after 10:50 am, you will be transferred to the **100 km** course.

ON THE ROUTE DES CRÊTES [km 125,5]

If you are on the **170 km** course and you reach the Route des Crêtes after 2:50 pm, you will be transferred to the **147 km** course.

The cut-off times are indicated on the sticker you were given with your bib number.



The marshals who ensure safety at the intersections will not on any account tell you which way to go.



We also remind you that, except for certain passes, the event takes place on roads that are open to traffic. For this reason, for your safety and that of the other road users, **you must behave responsibly and respect the highway code.**

Your behaviour will influence the communities and authorities who decide whether L’Alsacienne can take place. Therefore we are counting on you, so that the departments in charge will place their trust in us again for the next event.



JUIN L'ALSACIENNE CYCLO • AOÛT FOIRE AUX VINS DE COLMAR

● **OCTOBRE CÉRÉMONIE DES HOPL'AWARDS** ●

● **DÉCEMBRE MARCHÉS DE NOËL** ●

● **TOUTE L'ANNÉE SALON MADE IN ALSACE** ●

BFM
ALSACE

VOTRE RÉFLEXE INFO LOCALE

TNT 30

bouygues 349

SFR 289/503

orange™ 393

free 336



DISPONIBLE SUR SITE ET APP

FEED ZONES

RANSPACH		OSENBACH		WASSERBOURG		PLATZERWASEL		BREITZHOUSEN			
< 10:10	< 09:30	-	-	< 11:45	< 11:25	< 12:45	< 12:20	< 14:35	< 14:05	-	< 15:25
Km 34,1		Km 80,6		Km 96,0		Km 117,7		Km 68,9	Km 138,9		

The feed zones are located in unprotected areas that are easy to access and maintain. They are shown on the sticker you were given with your bib number. Sufficient quantities of varied products are provided, which are not wrapped in packaging. This limits any waste left behind in the natural environment.



Your supporters are allowed to give you supplies at the Markstein, the only authorised feed zone on the courses. You may cross it once, or twice times depending on the course you are riding.



Any cyclist assisted outside the Markstein Feed Zone will be disqualified. They will have a DSQ status on the official L'Alsacienne classification. L'Alsacienne will be particularly vigilant on this point at various points along the route, including at the exit from the voie verte [km 46,7].

BROOM WAGON

If you are taking part in a timed course and are overtaken by the broom wagon, you will be declared disqualified. You will no longer be covered by the organisation's safety plan. The speed of the broom wagon is calculated based on an **average final speed of 18 km/h** for the **100 km** and **147 km** courses, and **19,5 km/h** for the **170 km** course

Only entrants who have mechanical difficulties that cannot be repaired with the compulsory minimum tool kit (equipment to repair a flat tyre at least) can be rescued by the broom wagon.

ENVIRONMENT



L'Alsacienne courses have the privilege of crossing a mountain range that is protected, but is nevertheless fragile. For this reason, **we ALL have a duty to RESPECT these magnificent sites**. For us, the organisers, this respect results in naturally adopting an eco-responsible and eco-logical approach. For you, cyclists, this respect results in particular in keeping your waste in the pockets of your jersey, as you do during training rides.

EXTRACT FROM THE RULES

It may seem tedious to read the rules, but it is nevertheless both essential and interesting.

We suggest that you read an extract from Article 12. ▶

Cyclists will be disqualified if they:

- are accompanied by following vehicles
- are accompanied by unregistered cyclists
- ride on the left side of the road
- throw rubbish on the ground when it is so easy to take it back with them



MEDICAL ASSISTANCE

The phone number of the emergency services is shown on the bib number and on the saddle number plate.



LIVE - RESULTS



LIVE - RESULTS

if your supporting document, be it a sports license or a medical certificate, was approved with the status "Accepted" when you registered, you will appear in the ranking by time. However, if you have not uploaded any receipts or one of your supporting document has been rejected with the status "Rejected", you will appear in the ranking list in alphabetical order.

PROTOCOL CEREMONIES



Only 35% of the 162 nominees in the age category rankings are present for the ceremonies. Consequently, only the first three scratch women and men from each route will be called to the protocol ceremonies for awards. But of course, **all finishers deserve it!**



ROTATION
ÉCOLE DE VTT

DÉMARRE
UN NOUVEAU
CYCLE

DOWNHILL · ENDURO
RANDONNÉES VTT / VTTAÉ
COURS PARTICULIERS



MEALS

If you ordered a meal when you registered, you can collect it in the “Ordered meals” area in exchange for the meal coupon included with your bib number.



Maison Poulailion, which created the “moricette” lye rolls, will provide a food truck in the reception village from 12 noon on Saturday until 6 pm on Sunday. You will find both food and drinks there. **You must of course take the waste from your meal or snack to the waste collection point.**



INFORMATION DESK

You need more details or information, or we made a mistake? That’s possible. We are available for you at the reception village information desk. Lost property can also be taken or recovered there.

PHOTOS

You can bring back at least two types of souvenir photos from L’Alsacienne.



We do not recommend the first type, the photo that may be taken by the speed camera at the entrance to the village of Kruth. The price is not necessarily included in your budget for the weekend!

The second type, which we do recommend, are the photos taken by Sportograf.

Sportograf is again present this year to immortalise the best moments of your participation in L’Alsacienne. You will find your photos here for a price that we consider acceptable.



[HTTPS://WWW.SPORTOGRAF.COM/EN/EVENT/11578](https://www.sportograf.com/en/event/11578)



What else do we need to tell you?

- To say thank you to the volunteers. But we have already told you that.
- Not to throw rubbish on the ground. We have already told you that too.
- Not to think you're a pro. We haven't told you that yet.

Well then, all that remains is to wish you lots of fun at L'Alsacienne!



The organising committee, at your service.

orga@alsacienne-cyclo.org