

Giòasteka Freeride 2019 - RIDER'S INFORMATION PAPER

THANK YOU for joining! We can't wait to meet you!

1. *Where to find all informations about the event?*

- > <http://gioasteka.ch>
- > segretario@gioasteka.ch

2. *Getting to San Bernardino*

By car, from North and South: A13 Motorway Bellinzona - Chur, take the San Bernardino Villaggio way out and follow the signs.

Please park your car or van in the Giòasteka Parking Area only!

By train/bus, from Bellinzona or Chur railway stations, take the "Chur-Bellinzona-Linie" bus line.

Giòasteka's Bus Stop is **S. Bernardino, Posta**.

Timetable: http://www.quadri-orario.ch/fileadmin/fap_pdf_fields/2019/90.171.pdf

3. *Giòasteka Parking Area*

All public parkings in town are toll parking!

What does this mean for you?

If you still wish to park in town, of course you can, but don't forget to pay the toll at the parking meter!

Alternatively, we recommend to use the **Giòasteka Parking Area**: it is FREE to all registered Riders.

When you arrive, you will get a special **voucher** to be exhibited on your car or van.

Validity is from Wed Aug 21 to Sun Aug 25 2019 and for the Giòasteka Parking Area exclusively (i.e. not valid outside the area).

From the Giòasteka Parking Area you can easily and quickly reach the Base Camp and Campsite by walk via the marked path.

WARNING: to leave your car or van outside official parking places is not tolerated! Police will check on a regular basis and put a fine on all illegally parked vehicles. Take care!

Please help us keep the parking area clean!!!

4. *Campsite*

An area for camping with tents only located next to the Base Camp is available to registered Riders.

Please respect the campsite's boundaries. Placing your tent by the lakeshore is not permitted.

No cars are allowed inside the campsite.

It is strictly forbidden to light fires in the campsite!

Overnight stay in vans is allowed in the Giòasteka Parking Area only.

Please help us keep the site clean!!!

5. *Showers & Toilets*

Showers and toilets facilities are located in San Bernardino's Sports Center by the bridge in front of the Campsite.

PLEASE treat showers, toilets and all furnitures with respect and keep them clean: they are brand new and we can use them at one condition: no dirt, no damages, no bullshits!

6. *Base Camp - The Party Venue*

This is THE place to meet each other, after the Freeride day to share our stories, get meals and drinks, watch pics and vids, play the **Lottery** and... PARTY!!!
So... don't miss it!

7. *Our Roads are Cool, but... They are NOT Downhill Tracks!*

Riding at the Giòasteka is allowed on our official track **AND** within Freeride's timeframes **ONLY!**

In other words, **it is strictly forbidden to ride your gears on nearby open roads.**

Police is **extremely** serious about this **as well as we are:** any abuse will immediately cancel your registration and send you back home!

Let alone any legal issues and expenses you may face in case your are caught...

8. *Freeride's Meeting Point & Check-in Registration*

Check-in will be done at the Freeride's Meeting Point in Pian San Giacomo from 11:00 am every day.

When you first get to the Meeting Point in Pian San Giacomo, please bring your ID Card or Driving License with you. We need this to verify your registration status.

A **Riders' Briefing** will be done by the finish line, shortly before we start the Freeride. Please be on time and don't miss it: you will get all latest hints, important informations and news!

A free parking area is provided by the Meeting Point.

9. *Registration Resell/Giveaway/Transfer*

If for any reason you cannot attend and wish to give your spots to someone else, please let us know first!

We do not allow unannounced changes!

Check-in with someone else registration is not recommended and requires:

- . a proof of the transfer from original registrant
- . CHF/EUR 20.00 extra fee

10. *Transportation*

After the Riders' Briefing we will start to pick you up at the Track's top. Transportation will be performed with cabinet vans and a trailer van for larger gears. Hanging on vans is not permitted! Any damage to doors or other parts will be charged to those found not respecting this.

Please allow enough space for vans to steer at the track's top and finish line: you will get more runs!

Front seats are for Staff only!

11. *Ticket Live Check*

Every Freeride day has a **color coded badge** that must be stuck on your helmet! You will get the badge(s) at the registration desk and we recommend to stick them on your helmet as soon as possible.

Lost stickers will not be replaced!

During the freeride we are constantly checking your helmets and the Rule is plain simple: no sticker, no run, **no exceptions!!!**

12. *Safety Clothing/Equipment*

Integral helmet, back protector, slide gloves as well as elbow and knee pads are mandatory!

Remember: it's about your health!!!

13. *Ambulance*

The Ambulance is located by the finish line and is able to reach any part of the track in less than two minutes. In case of accident requiring rescue the Freeride will be put on hold until Ambulance is available again.

14. *Marshals*

Radio and flags equipped Marshals are placed along the Track and will keep an eye on your safety.

Remember: RED Flag = **STOP**, YELLOW Flag = **SLOW DOWN**.

Please strictly respect Marshals instructions and in case you see an accident, alert them as soon as possible!

15. *First Run*

During the first run, we strongly recommend to get used to the track: turns, straights, speed, visibility, dangers... this means **more fun** as well!!!

16. *Some Freeriding Good Habits:*

- . always follow instructions at the track's start: never leave without authorisation
- . faster Riders and speedier gears start first for best experience and more runs
- . group runs are allowed up to 8 Riders per "cluster"
- . always keep a safe distance from others
- . announce drifts by raising your hand
- . announce overtakes by double clapping
- . at the finish line, please leave immediately the track to allow others to safely stop

17. *Bellevue Viewers' Area*

A nice place to have a break, recharge your batteries with a drink and snack and meet attendance.

If you plan to stop at the Bellevue, please announce it at the track's start Officer.

Never leave the Bellevue without authorisation: please ask the Staff and follow instructions if you want to leave!

18. *Exhibitors Area*

Some of our sponsors have a couple of great deals for you.
To get them, don't forget to visit the Exhibitors Area at the Meeting Point!

19. *Have Fun!*

Our event is about fun, friendship and sharing! Respect each other and be good!

The Giòasteka Freeride was born around a "**Spirit**" that makes the Riders Community a great community...

... please help us keep this flame alive, THANK YOU and... **have fun!!!**