

3RIDES GRAVEL OSTBELGIEN REGULATION

The 3RIDES rules and regulations form the basis for the races, rides (non-timed rides), and other 3RIDES events. The rules and regulations are based on the provisions of the Belgian Cycling Federation.

3RIDES Gravel Ostbelgien

The 3RIDES Gravel Ostbelgien event from September 04 to 06, 2026, is a three-day gravel stage race with three stages, whereby both individual races and all three races can be ridden. There is an overall classification for participation in all three stages. All races start and finish in Eupen.

Participation requirements

Persons who have reached the age of 18 are eligible to participate in 3RIDES, as are younger persons, provided that there are corresponding offers in the announcement and the consent of the legal guardian(s) has been obtained. Participation in 3RIDES Gravel Ostbelgien is at your own risk, responsibility, and insurance. By registering, participants confirm that they are healthy and physically capable of completing the chosen route safely. By registering, they are aware of the requirements of a race, ride, or other 3RIDES event. Helmets are mandatory at 3RIDES without exception. Participation is only permitted with a technically sound bicycle.

Registration and participation

Participation is only possible after prior registration. This can be done online or on site. The starting documents will only be issued on site and only upon presentation of official photo ID or a license. Starting documents may only be collected by third parties with a copy of the relevant ID and a written power of attorney. Participants are required to check the accuracy of their data when picking up their participant documents and to report any errors. Along with their starting documents, participants will receive a race number and a timing transponder. The race number must be worn on the back in an unaltered form and clearly visible during the race. The timing transponder must be installed on the bicycle in accordance with the specifications and must also remain mounted throughout the race. Participation without a race number and/or transponder will result in disqualification.

Route

The routes of the 3RIDES Gravel Ostbelgien races are signposted and secured. Depending on the stage and age group, one, two, or three laps will be completed. Participants are responsible for counting their own laps. A cut-off time may be defined for reaching individual checkpoints or the finish line.

Rankings & age groups

For 3RIDES Gravel Ostbelgien, there is an overall ranking for men and women as well as an age group ranking. Participants who identify as diverse or non-binary will be ranked with the men. For participants who are registered for all races and finish all three races, there is also an overall ranking with prize money.

3RIDES GMBH

Ein Tochterunternehmen der
BVA Bikemedia GmbH.

Niederwall 53 · 33602 Bielefeld
Telefon: +49 (0) 176 78415897
info@3rides-festival.com

Geschäftsführer
Björn Müller · Ilco Martin

Registergericht: Bielefeld
Registernummer: HRB44683
Umsatzsteuer ID-Nr.: DE349936682

PROVE YOURSELF

3RIDES

👉 www.3rides.de

Individual stages (stages 1 and 2) and overall ranking

Elite m/w

AK 19-39 m/w

AK 40-49 m/w

AK 50-59 m/w

AK 60+ m/w

Prize money & prizes

Prize money will be awarded to the winners of the overall classification from all three races.

1st place: 1.250 €

2nd place: 1.000 €

3rd place: 750 €

The winners of the overall age group classification will receive non-cash prizes.

Starting grid, start procedure, and timekeeping

The starting grid for stages 2 and 3 of 3RIDES Gravel Ostbelgien will be organized by age group, with the start taking place in blocks. The overall standings from the stage race will not influence the starting block allocation. Timing will be done with "guntime" from the starting signal for the respective starting block. Timing will be done via a transponder. The organizer reserves the right to remove individual sections from the timing (neutralization). Any such action will be communicated in advance.

Participants in the ITT will start according to age groups, but individually and at 20-second intervals. Depending on the number of registered participants, the start interval may be shortened.

Start times (subject to change)

Friday, July 17, 2026	Stage 1	12:00 p.m.*
Saturday, July 18, 2026	Stage 2	2:00 p.m.**
Sunday, July 19, 2026	Stage 3	11:00 p.m.**

*Starts within age groups at 20-second intervals.

**All participants start according to the principle of a mass start in starting blocks.

Overall ranking

The overall ranking is determined by adding the riding times from the individual stages and taking into account any penalty times. The participant with the shortest riding time leads the overall ranking or becomes the winner. In the event of a tie, the lower place number after three races decides.

3RIDES GMBH

Ein Tochterunternehmen der
BVA Bikemedia GmbH.

Niederwall 53 · 33602 Bielefeld
Telefon: +49 (0) 176 78415897
info@3rides-festival.com

Geschäftsführer
Björn Müller · Nico Martin

Registergericht: Bielefeld
Registernummer: HRB44683
Umsatzsteuer ID-Nr.: DE349936682

 /3rides  /3rides

PROVE YOURSELF

3RIDES

👉 www.3rides.de

Bicycles and equipment

Participation in 3RIDES Gravel Ostbelgien is only permitted with gravel or road bikes or a similar bike. Participants are responsible for the road safety of their bikes. This applies in particular to the functioning of the brakes and other safety-relevant components. The organizer reserves the right to carry out checks at any time, including at the finish line of the races. Participants whose bikes are obviously not roadworthy may be removed from the race and also disqualified retrospectively. There are no gear restrictions. Mountainbikes and E-bikes of any kind, time trial and triathlon bikes, time trial and triathlon handlebars of any kind, and disc wheels are expressly prohibited. Glass water bottles or bottles made of other breakable or hard materials, panniers, and other loads are also prohibited.

Instructions from staff

Participants must follow the instructions of the organizer, the staff appointed by the organizer and identified as such, and the authorities. In case of violations and actions that disrupt the proper course of the event or could endanger the safety of other participants, visitors, or third parties, the organizer is entitled to exclude participants from further participation in the event, impose a time penalty, or disqualify them.

Disqualification and penalties

In the event of unsportsmanlike behavior or behavior that endangers other participants, the participant may be given a time penalty, disqualified, and excluded from further participation in 3RIDES. The organizers reserve the right to remove participants from the rankings who do not reach a checkpoint by the corresponding cut-off time or who are clearly unable to reach it within the time limit. Participants are aware that they will be disqualified if they leave the official route, take shortcuts, or use vehicles or technical aids during the competition. Support vehicles are not permitted on the 3RIDES Gravel Ostbelgien route. Accompanying participants by car or other vehicles will result in the participants disqualification. Disposing of waste of any kind on or off the route, with the exception of the designated points in the refreshment station area, is prohibited and will result in disqualification.

This is a translation of the corresponding German-language document. In case of doubt or dispute, the original version of the document shall prevail.

As of February 11, 2026, 10 a.m.

3RIDES GMBH

Ein Tochterunternehmen der
BVA Bikemedia GmbH.

Niederwall 53 · 33602 Bielefeld
Telefon: +49 (0) 176 78415897
info@3rides-festival.com

Geschäftsführer
Björn Müller · Nico Martin

Registergericht: Bielefeld
Registernummer: HRB44683
Umsatzsteuer ID-Nr.: DE349936682

 /3rides  /3rides