



iberCaja €  
**QUEBRANTAHUESOS**  
XXXI EDICIÓN BY TotalEnergies

WWW.QUEBRANTAHUESOS.COM

**#YoSoyQH**

# PARTICIPANTS GUIDE



GRAN FONDO  
**200KM**

**18** SÁBADO  
JUNIO 2022 | ARAGÓN  
SABIÑÁNIGO  
HUESCA

MEDIO FONDO  
**85KM**





## Welcome!

There are just a few days left to celebrate the **IberCaja Quebrantahuesos by TotalEnergies 2022**, an event that this year celebrates the XXX Quebrantahuesos Gran Fondo and the XVII Treparriscos Medio Fondo.

We have been working for many years so that our event continues to grow and to be able to continue offering a first class cycling event. For the organization, it is a pleasure to return to meet again with all of you and meet participants who are premiered this year.

In this document you will find the Participants Guide 2022, where all the information you need for your participation in the Quebrantahuesos and the Treparriscos.

If you have doubts or questions, write us!: [info@quebrantahuesos.com](mailto:info@quebrantahuesos.com)

## See you in Sabiñánigo!



## NUMBER PICK-UP

You can check your bib number on our web site [www.quebrantahuesos.com](http://www.quebrantahuesos.com).

### To remove your bib you need:

1. Valid DNI, NIE or passport.
2. Competition cycling license or cyclotourist approved by the UCI (in case of being federated and not having subscribed to the organization's temporary license).
3. Mandatory medical certificate for Quebrantahuesos participants (photocopy). More [info](#).

### Collection of bib number from third parties:

If you cannot go to pick up your number, another participant may come presenting the [authorization](#) signed, in addition to all the documentation that is specified.

### Attention!

The number is personal and non-transferable. Only you can participate with him. Any fraudulent use of the bib number will be a serious offense that will exclude to the event participant for life.

### Bib collection schedule

- Friday, June 17, 2022, from 10:00 a.m. to 9:00 p.m.
- Saturday, June 18, 2022, from 05:30 a.m. to 06:15 a.m.

### Pick up location

Expo Zone, Avenida del Ejército, Sabinánigo (Huesca).

### Incidents

Any modification or change of license or temporary license, hiring Sportograf photo pack, etc. You can process it at the incident table before collect the bib number.

## PARTICIPANT IDENTIFICATION

There are **two mandatory identifiers** for all participants that will be delivered when picking up the number:

- **Bracelet:** your personal identification. It is linked to the numbered plate of your bicycle and offers access to the aid stations, bicycle wash station and, most importantly, it allows us to know your personal data in the event of an accident. Do not take it off until the end of the event on Saturday at 8pm.

- **Numbered plate for your bike:** identify your bike. It must be placed at the front of the bicycle (handlebar), without bending, facing forward. This badge must be identifiable for the organization and the volunteers. The plate will allow you, later, to detect the photos in which you appear.

### Attention!

The control device (chip) is attached to the back of the plate. Without the numbered plate, your time cannot be controlled, so no medal or Finisher diploma will be awarded and it will not be registered for future editions.



## STARTING BOXES

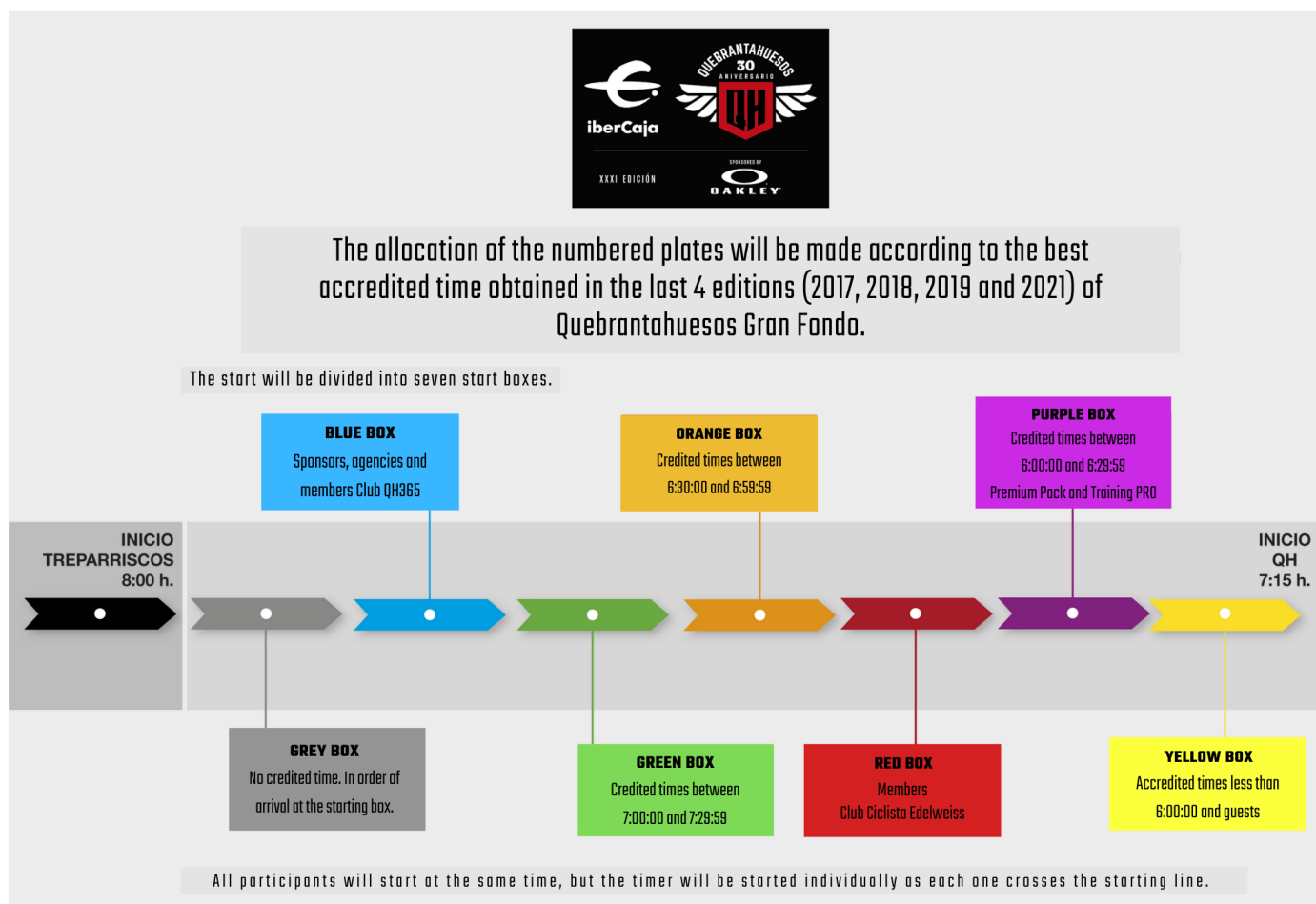
The assignment of the number and its color is linked to the best certified time in the last three editions and this will determine the starting order. The start of the Quebrantahuesos (08:00 hours) is divided into seven starting boxes. After these boxes, the Treparriscos participants will be placed, leaving at approximately 08:45 hours (after the quebrantahuesos).

### Attention!

Individual placement on each box will be done on a first-come, first-served basis. Placing yourself on the wrong box, better to the one that corresponds, is a serious infraction with the consequent disqualification and exclusion for life from the event.

### Starting grids opening hours:

- The grey box will open at **06:00**
- The rest of the boxes will open at **06:30**

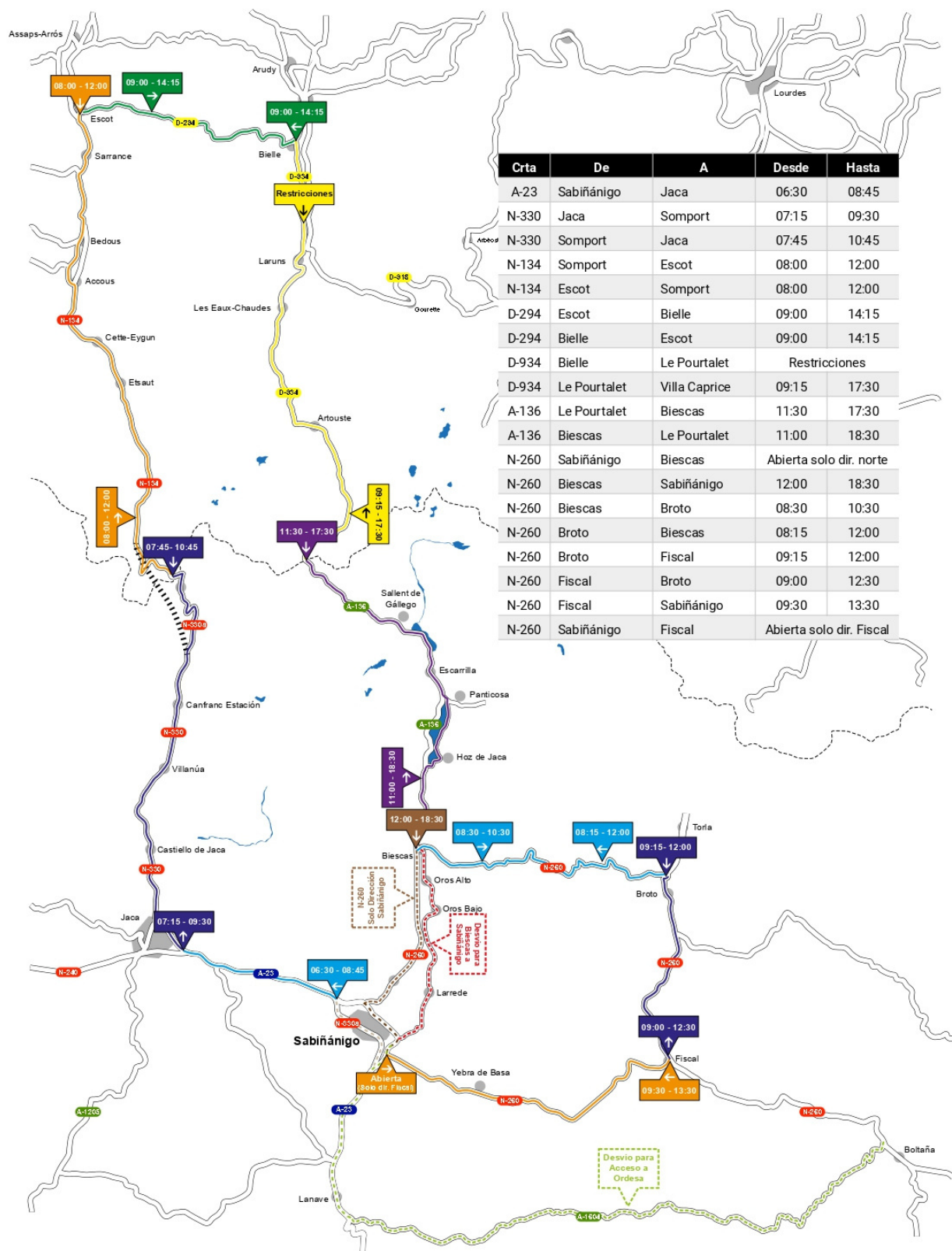




## BOXES ACCESS AREA



## ROAD CUTS MAP





## OFFICIAL START

The official start of the IberCaja Quebrantahuesos by TotalEnergies 2022 will have two starting shifts: one for the Gran Fondo Quebrantahuesos and another for the Medio Fondo Treparriscos.

- **Quebrantahuesos Gran Fondo:** June 18, 2022, at **07:15 a.m.**
- **Treparriscos Medio Fondo:** June 18, 2022, at **8:15 a.m.** (approximately, after the start of the entire QH queue).

### Attention!

The start is joint, but the time is recorded individually once the participant crosses the starting arc. Remember that time is measured by the control chip on your bike's license plate.

### Disabled cyclists

All disabled participants who take part with a Handbike, must indicate their position on the road carrying and being accompanied by another cyclist. The Guardia Civil and the Gendarmerie can expel any participant with a Handbike who does not meet this requirement.

## VEHICLE PARKING

As in previous editions, the organization has set different parking areas for the day of the event and the days before it. The vehicles will be distributed in these areas in order of arrival to Sabinánigo and to the start area.

The organization will tell you where you can park when you arrive in Sabinánigo, but it is advisable to go to Sabinánigo and the start area well in advance.

Check [here](#) the parking map.

## ROAD CUTS

To guarantee the safety of all the people involved in the Quebrantahuesos, the roads of the event will be closed to traffic.

All the roads of the Quebrantahuesos Gran Fondo (except the accesses from Sabinánigo to Biescas, which will be made through an open lane of the N-260) and all the roads of the Treparriscos Medio Fondo will remain closed to traffic during the event. This measure, taken by the State Security Forces and Bodies, is agreed with the organization and institutions involved.

To ensure the safety of all, the roads where the event passes, the wheeled traffic of private vehicles will be cut off approximately 30 minutes before the passage of the first official vehicle of the event and traffic will be restored when the official broom vehicle passes (green flag).

Check [here](#) the road cut map.

The Guardia Civil and Gendarmerie may carry out other cuts or changes in situ depending on the circumstances of each moment and if they consider it timely for the participant's safety.



## FEED ZONE

The feed stations of our event offer a wide variety of food and drink that will allow you to regain strength and take a break.

### Quebrantahuesos Feed Stations

- Km 46.15 Feed station with drinks and solid food
- Km 91.57 Feed station with drinks
- Km 103.19 Feed station with drinks and solid food
- Km 129.10 Feed station with drinks
- Km 138.58 Feed station with drinks and solid food
- Km 154 Feed station with drinks and solid food
- Km 171.10 Feed station with drinks and solid food
- Km 198.8 (FINISH LINE) Feed station with drinks and solid food

### Treparriscos Feed Stations

- Km 18.95 Feed station with drinks and solid food
- Km 33.20 Feed station with drinks
- Km 59.99 Feed station with drinks and solid food
- Km 84 (FINISH LINE) Feed station with drinks and solid food

The solid refreshment stations will have an area for celiacs. Please use this area only if you are celiac.

**LAST FEED STATION:** a Picnic will be delivered in a bag to all participants that they will be able to consume in the food tent. The organization has enabled enough containers to be able to dispose of the different waste that is generated.

**IMPORTANT:** Please use the bins at all times, you are pedaling through an environment of great natural value. If you don't see a trash can at the desired time, keep the wrapper in your jersey until you see one.



## MECHANICAL ASSISTANCE

Mavic offers a free wheel inspection and repair technical assistance service during the event so you can run the road with peace of mind. They will also offer assistance service prior to the event on Friday, at the Mavic Village in the Expo Zone, and on Saturday before the start and at the Mavic point set up next to the starting arch.

There will be the following fixed points of assistance:

### Mechanical Points Quebrantahuesos

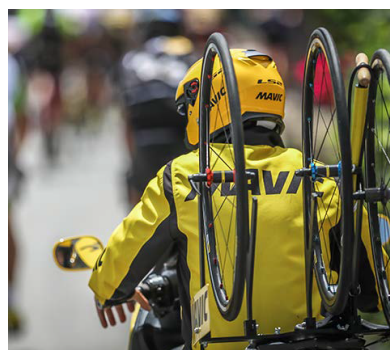
- Start Line
- Km 20,18 (Jaca)
- Km 36,26 (Canfranc)
- Km 46,15 (Somport-feed station 1)
- Km 61,58 (Urdos)
- Km 91,57 (Escot-feed station 2)
- Km 103,19 (Marie Blanque-feed station 3)
- Km 120,07 (Laruns)
- Km 138,58 (Artouste-feed station 5)
- Km 154 (Formigal-feed station 6)
- Km 171,10 (Hoz de Jaca-feed station 7)
- Km 181,44 (Biescas)
- Finish Line

### Mechanical Points Treparriscos

- Start Line
- Km 33,20 (Cotefablo-feed station 2)
- Km 59,99 (Fiscal-feed station 3)
- Finish Line

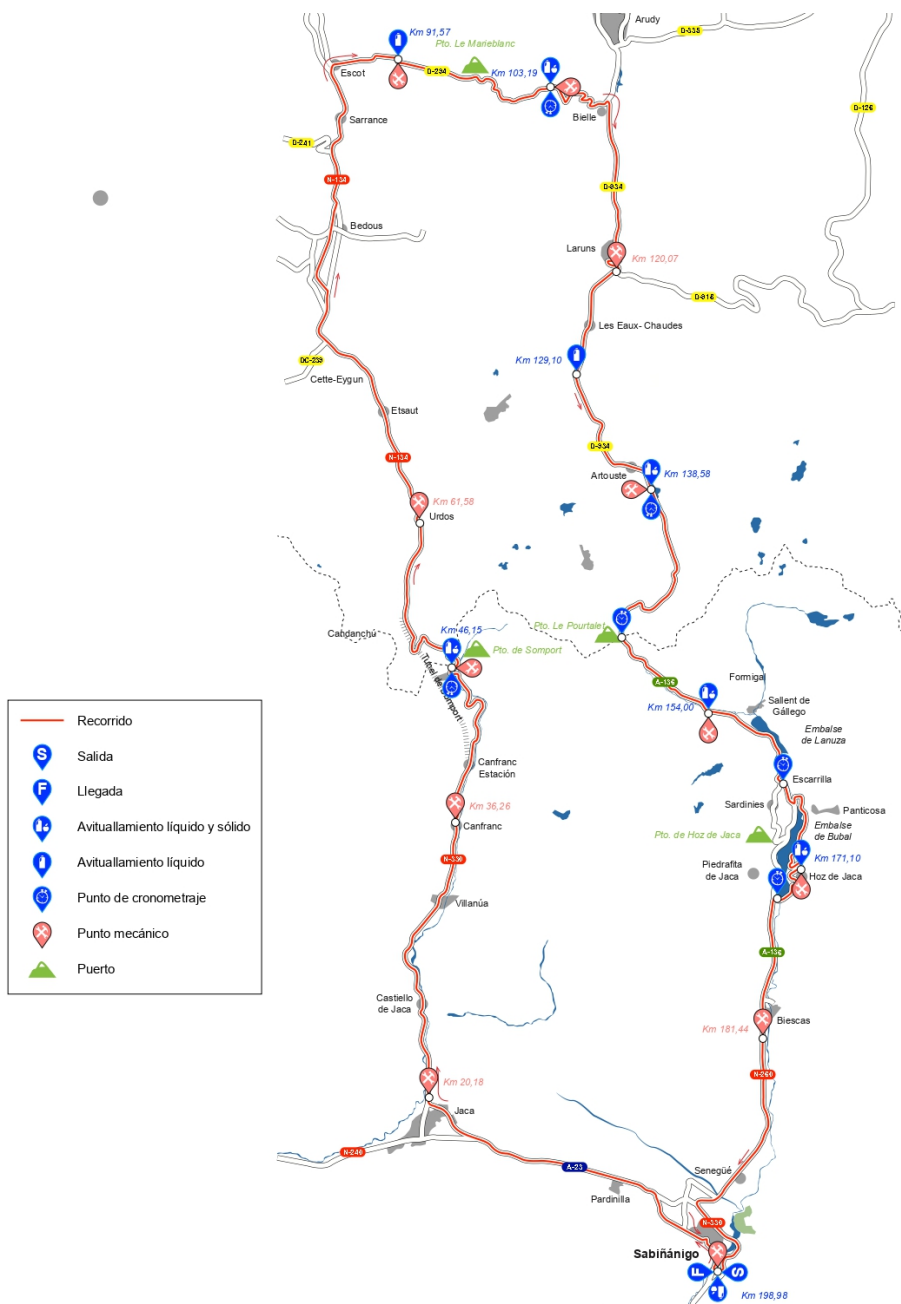
### Attention!

In an emergency, you can call the phone number that appears on the participant's wristband. It is not an information telephone, only for emergencies! Remember to help your partner if he/she needs it.

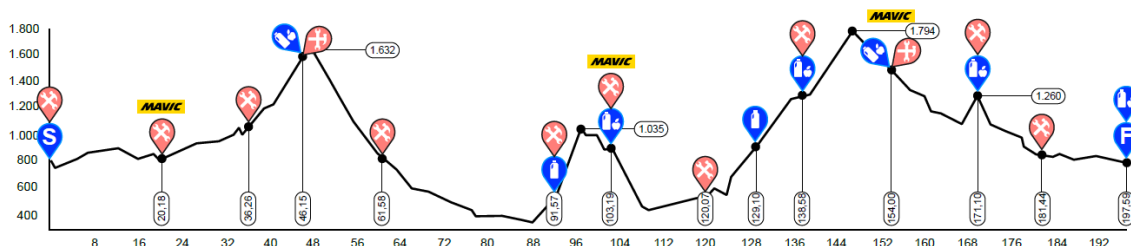




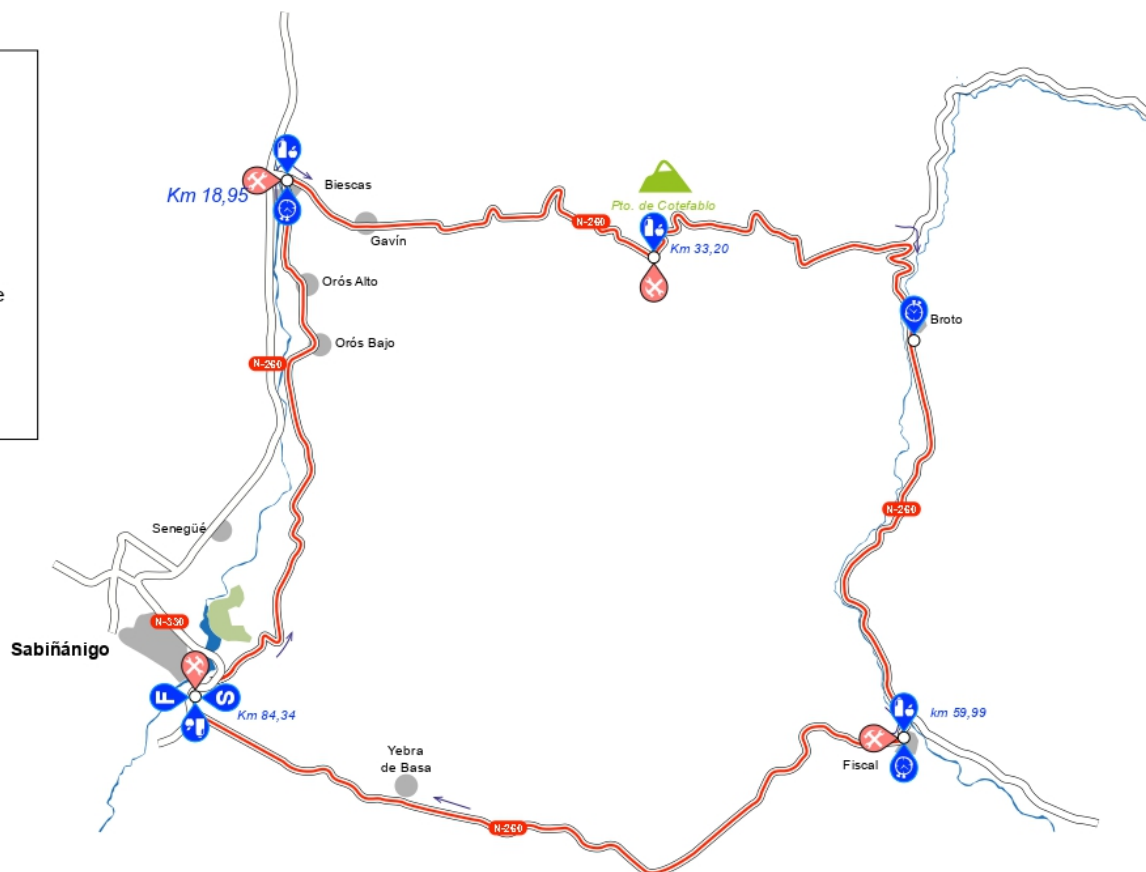
## QUEBRANTAHUESOS MAP



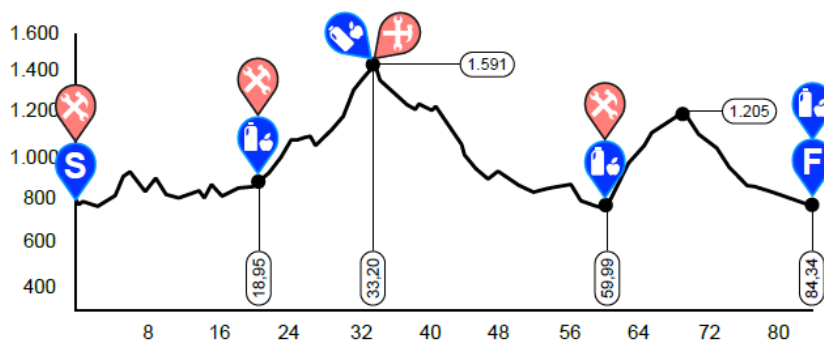
## QUEBRANTAHUESOS



## TREPARRISCOS MAP



## TREPARRISCOS





## EVENT CONTROL CLOSURE

There are strict race control closure and elimination points. If a participant is overtaken by the broom wagon, they must surrender their race number, and number plate with the timing device, and make use of the broom wagon.

### Control Points Quebrantahuesos:

1. Somport: 10:30
2. Plateau de Benau (Marie Blanche feed zone): 14:00
3. Lago de Fabrègues: 16:30
4. Panticosa road detour (not qualifying but subject to penalty): 16:30
5. Formigal feed zone: 17:30
6. Biescas: 18:30

- Arrival: 19:30

### Control Points Treparriscos:

1. Puerto de Coteablo: 11:30 horas
2. Fiscal: 12:30 horas

- Llegada: 15:30 horas



## DROPOUTS

The participant who does not comply with these schedules must necessarily leave the event. If he wishes to continue, it will be under his responsibility and as a normal user of public roads, as long as the Authorities allow it for security reasons. In that case, they will have the right to remove your license plate from your bike.

If you decide to drop out, you can wait for the broom bus. They will pick you up and your bike. Once the tour is complete, they will drop you off at the Pirenarium (Sabiñánigo).

### Attention!

Notify the organization of your abandonment through the phone number on your wristband.

## MEDICAL ASSISTANCE

There will be numerous health services along the route, as well as a field hospital in the start/finish area. In the case that you prefer to arrive by your own means to a health center, it is important that you request your accident report from any health service of the event so that it is covered by the insurance policy.

In the event of being transferred to the hospital, your bicycle will be secured with a lock on the route and supervised by the medical services. After the event, the organization will deliver these bicycles to the Puente Sardas de Sabiñánigo Sports Center.

### Attention!

In an emergency, call the phone number on the participant's bracelet. It is not an information telephone, only for emergencies!

**IMPORTANT:** Remember to help your partner if they need help. This is a non-competitive event and safety comes first.

**IMPORTANT:** If you feel unwell, stop the bike and ask for help.

## BICYCLE PARKING

A secure bike parking area will be enabled at the finish line. It will be located on the adjoining plots of the Boulevard, next to the food tent. To collect your bike you will need to show your participant's bracelet and it has to match the number plate.



## MEDALS AND DIPLOMAS

The medal and diploma will be awarded at the finish line, in the same tent where you picked up your race number. To collect your medal, you must present the participant's wristband.

Once you have collected your medal, you can have it engraved with your name and race time at the medal engraving tent.

### Attention!

Remember that for a correct reading of the timing device, it must be attached to the back of the race number plate. The number plate must be placed on the handlebar and stretched. If the number plate is bent or misplaced, the timing device cannot be read and the race time will not be validated.

**IMPORTANT:** Medals will not be sent by mail or courier services.

## DISTINCTION OF MEDALS

QUEBRANTAHUESOS						
WOMEN						
	18-34	35-44	45-54	55-64	65	TANDEM
GOLD	<8h55'	<9h25'	<9h40'	<10h00'	<10h10'	<8h00'
SILVER	<10h10'	<10h40'	<10h55'	<11h15'	<11h25'	<9h10'
BRONZE	>10h10'	>10h40'	>10h55'	>11h15'	>11h25'	>9h10'
MEN						
	18-34	35-44	45-54	55-64	65	TANDEM
GOLD	<7h45'	<7h55'	<8h10'	<8h40'	<9h00'	<8h00'
SILVER	<8h55'	<9h05'	<9h25'	<9h55'	<10h15'	<9h10'
BRONZE	>8h55'	>9h05'	>9h25'	>9h55'	>10h15'	>9h10'
TREPARRISCOS						
All participants who complete the event receive the same distinction.						



## AWARDS

At the end of the day, special prizes will be awarded to the following people:

### Quebrantahuesos

- Eldest participant in the women's category
- Youngest participant in the women's category
- Eldest participant in the men's category
- Youngest participant in the men's category

### Treparriscos

- Eldest participant in the women's category
- Youngest participant in the women's category
- Eldest participant in the men's category
- Youngest participant in the men's category

The awards ceremony will take place on Saturday June 18 at 19:00h in the stage truck located on the Boulevard (arrival area) and all the participants and companions are invited to attend.

## EVENT SERVICES

### FOOD FOR PARTICIPANTS

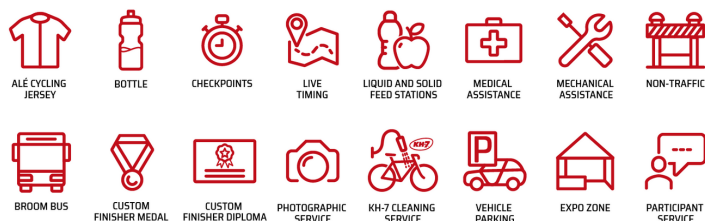
With the participant's bracelet that they give you during the collection of the number, you can order your picnic and drink after crossing the finish line.

### SHOWERS

When you arrive at the finish line, you can shower at the Sports Centres Polideportivo Plaza de la Constitución and Polideportivo Puente Sardas.

### PHYSIOTHERAPY

Once you have completed the event you can enjoy free physiotherapy treatment given by students and teachers of the University School of the University of Zaragoza.



## PUNISHABLE BEHAVIORS

- Littering the course. Please use the bins.
- Not respecting traffic rules and regulations.
- Not following instructions from the Spanish Guardia Civil or the French Gendarmerie.
- Not passing through the start control points.
- Having a private support vehicle, hindering the progress of others.
- Behaviour that prevents the normal development of the event.
- Not complying with the rules and regulations of the event.
- Fraudulent use of the race numbers.

### Sanctions

- Disqualification from the event, without the right to a medal or diploma.
- Inclusion in the list of sanctioned participants.
- Prohibition to participate in future editions of the event.
- Sanctions imposed by authorities.
- Quebrantahuesos & Treparriscos rules and regulations are available here:

Quebrantahuesos rules and regulations are available [here](#):

## LIVE TIMING APP

Through the website and the official **QUEBRANTAHUESOS LIVE APP**, it is possible to follow the passage of the participants through the control points indicated above. Use the hashtags #QH2022 and #QH2022live to follow us and post information on social media!

You can download the official application of the Quebrantahuesos for free in the [Apple Store](#) and the [Google Play Store](#).



## OFFICIAL QH KIT

When you remove your number, you will receive the official jersey of the event in the size you selected when registering. Registered participants who do not collect their bib number will receive it by post at the address indicated in the inscription.

At the **Alé Cycling** stand at the QH Expo you can buy the matching shorts, as well as other clothing.





## EXPO ZONE QH 2022

**ZONA EXPO**

**RECOGIDA DORSALES QH**

**RECOGIDA DORSALES TR**

**ZONA BAR QH**

**ENTRADA PIRENARIUM**

**ENTRADA ZONA STANDS**

**ENTRADA ZONA STANDS**

**TV QH 1**

**SALIDA EMERGENCIA**

- 1 TV-ESCENARIO QH
- 2 100% BLUB LUBE TÖLS
- 3 MAXIM SPORTS NUTRITION
- 4 QH365
- 5 MAVIC VILLAGE
- 6 EKOI
- 7 GARMIN
- 8 EL CORTE INGLÉS
- 9 IBERCAJA
- 10 CONTINENTAL
- 11 COMARCA ALTO GÁLLEGO
- 12 CLUB CICLISTA EDELWEISS
- 13 BILSTEINGROUP
- 14 KH7
- 15 NUTRISPORT
- 16 ECOPANDILLA
- 17 SIXS
- 18 Q36.5, VIELO
- 19 KALAS SPORTSWEAR, SPONSER SPORT FOOD, RISKLESS, AIROLUBE
- 20 CODEONE
- 21 BIORACER
- 22 AYUNTAMIENTO DE SABINÁNIGO
- 23 FUNDACIÓN QH
- 24 IZAS
- 25 EASSUN
- 26 OTSO
- 27 AERIFY RECOVERY SPAIN
- 28 ROGERBRIZ
- 29 ZÜRICH KLINC
- 30 NORTHWAVE
- 31 POWERBAR
- 32 VITTORIA
- 33 PITVIPPER
- 34 TREEFOG/UEBLER
- 35 OAKLEY
- 36 ALÉ
- 37 BIKE HOTEL CAP NEGRET
- 38 BEST CYCLING BRANDS
- 39 KV SPORT
- 40 ULEVEL
- 41 PIMIENTO NEGRO
- 42 STYRPE
- 43 ICE POWER
- 44 MARCO CICLISTA
- 45 YoPRO
- 46 SANTA MADRE
- 47 GOBIK
- 48 FSA, VISION
- 49 MALDITA BUENA SUERTE
- 50 AURUM
- 51 HALO HEADBAND
- 52 CADEX
- 53 TOTALENERGIES
- 54 SEAT (AUTOMÓVILES SERRABLO)
- 55 YAMAHA MOTOR EUROPE NV, ESPAÑA
- 56 EXPOSICIÓN GUARDIA CIVIL TRÁFICO
- 57 GSSPORT
- 58 ASSOS
- 59 MAURTEN
- 60 PIRELLI
- 61 WEAR-DESIGN.FR
- 62 METTA

## OFFICIAL PHOTOS

A team of professional photographers will be stationed at different parts of the tour to take photos. In order to later identify the photos in which you appear, the number must be perfectly visible on your handlebar. A few days after the event, you will be able to find your photos on the [Sportograf website](https://www.sportograf.com).

**Tips** to keep in mind to get as many photos as possible:

1. Put the number of the bicycle very visible.
2. Prevent the GPS device from covering the number.
3. Prevent the brake or shift cables from passing in front of the number.
4. The plate must be facing forward so that the camera can detect it well.

If the number is not clearly visible, the software that detects the photos cannot recognize the bib number and the photos will not be sent.

### Have you not hired your photos?

You can still do it by showing up at the incident table paying the pre-sale price of € 25. Once the event is over, the post-sale contract price will be € 30.

### Attention!

The photos are for personal use and their use for commercial purposes is not authorized except with the consent of [Sportograf](https://www.sportograf.com).



## CONTACT & SOCIAL MEDIA

### Participants services

[info@quebrantahuesos.com](mailto:info@quebrantahuesos.com)

### Press / Media Team

[prensa@quebrantahuesos.com](mailto:prensa@quebrantahuesos.com)

### Expos

[expo@quebrantahuesos.com](mailto:expo@quebrantahuesos.com)

### Web

[www.quebrantahuesos.com](http://www.quebrantahuesos.com)

### Facebook

[www.facebook.com/QHyTR](https://www.facebook.com/QHyTR)

### Twitter

[www.twitter.com/qhytr](https://www.twitter.com/qhytr)

### Instagram

[www.instagram.com/qhytr](https://www.instagram.com/qhytr)

### Youtube & QH Channel

[www.youtube.com/qhytr](https://www.youtube.com/qhytr)

**See you soon #QH2022!**

