

骑行指南
2023



DIRTYCLEAN
BIBLE - 2023



挑战活动介绍

野趣乡居的野骑和路骑挑战是具有竞技特质的社交骑行活动。2019年，我们从一个只有“公路”和“砾石”选择的活动开始，到现在一年中有6场挑战。“Dirty野骑挑战”主打探险骑行，路况包括土路、单行道和偶尔需要徒步推车才能通过的路段。3场“Clean路骑挑战”只在柏油路 and 水泥路路况下进行。这6场骑行都将带你穿越人迹罕至的小路，向你展示安徽和浙西山河的美丽。

在挑战中的排名是由你在几个计时部分的表现决定的，至于你总体花挑战上的时间并不重要。所以你可以自由地以你喜欢的速度在非赛段区间骑行，但我们提倡在赛段冲刺后重组队形：大家骑在一起，在补给点停下来吃点东西，欣赏风景，享受旅程。

CHALLENGE INTRODUCTION

THE DIRTY AND CLEAN CHALLENGES AT WILDHOMESTAY ARE SOCIAL RIDES WITH A COMPETITIVE EDGE. WE STARTED IN 2019 WITH A SINGLE EVENT THAT HAD “ROAD” AND “GRAVEL” OPTIONS, AND NOW HAVE 6 CHALLENGES OVER THE COURSE OF THE YEAR. THE 3 DIRTY CHALLENGES OFFER ADVENTURE RIDING, WITH DIRT ROAD, SINGLETRACK, AND OCCASIONAL HIKE-A-BIKE SECTIONS. THE 3 CLEAN CHALLENGES FOLLOW EXCLUSIVELY TARMAC AND CONCRETE ROADS. ALL 6 WILL TAKE YOU OFF THE BEATEN PATH AND SHOWCASE THE BEAUTY OF ANHUI AND WEST ZHEJIANG.

RANKING IN THE CHALLENGES IS DETERMINED BY YOUR PERFORMANCE ON A FEW TIMED SEGMENTS. YOUR OVERALL TIME FOR THE CHALLENGE DOES NOT MATTER AT ALL. WHILST YOU ARE FREE TO RIDE THE SECTIONS BETWEEN SEGMENTS AS FAST AS YOU LIKE, WE ENCOURAGE YOU TO REGROUP AFTER SEGMENTS: RIDE WITH OTHERS, STOP FOR SNACKS AT THE SNACK VANS, ENJOY THE VIEWS, AND ENJOY THE RIDE.



预订

请在我们的网站上在线预订:www.dirtyclean.cn
所有参与者必须在活动开始前48小时预订,以便我们有足够的时间安排保险。如果我们的房间订满了,我们很乐意给你推荐野趣乡居附近的其他民宿,方便你参加我们的挑战活动,所以不用担心住的问题。



BOOKING

PLEASE BOOK ONLINE ON OUR WEBSITE: WWW.DIRTYCLEAN.CN ALL CHALLENGE ENTRY MUST BE BOOKED 48H BEFORE THE START OF THE CHALLENGE SO WE HAVE ENOUGH TIME TO ORGANIZE INSURANCE. YOU DO NOT NEED TO STAY WITH US TO JOIN A CHALLENGE AND WE ARE HAPPY TO SEND YOU LINKS OF OTHER PLACES TO STAY IF WE ARE FULL.



挑战活动微信群

在活动前一周，我们将为挑战活动建立一个微信群。该群将只添加已经报名的人。在活动开始前几天，我们将在群里发布GPS路线文件和赛段的详细信息。

WeChat Group

ONE WEEK BEFORE THE EVENT WE WILL SETUP A WECHAT GROUP FOR THE CHALLENGE. WE WILL ONLY ADD PEOPLE WHO ARE SIGNED UP TO THIS GROUP. A FEW DAYS BEFORE THE EVENT WE WILL POST GPS ROUTE FILES AND SEGMENT DETAILS TO THIS GROUP.



到达和离开

详情请浏览我们的官网：<https://www.wildhomestay.com/zh-hans/信息/旅行/>

不管你是想骑自行车来，开车来，坐火车来，坐飞机来我们这里，都很简单。



HERE & AWAY

PLEASE LOOK AT OUR WEBPAGE: [HTTPS://WWW.WILDHOMESTAY.COM/INFO/TRAVEL/](https://www.wildhomestay.com/info/travel/) FOR DETAILS. CYCLING TO US, DRIVING TO US, GETTING A TRAIN TO US AND FLYING CLOSE BY ARE ALL STRAIGHTFORWARD.

关于自行车

Dirty野骑：需要用山地车或砾石瓜车，32毫米或更大轮胎的公路自行车只适合很有骑行经验的骑手。不要用公路锁鞋，请携带或租用我们的山地车鞋和脚踏。轮胎的话，38到42毫米带有外胎花纹的，通常就足够了。我们也推荐使用真空胎，但你得带上一个备用的。齿比越宽越好。

Clean路骑：需要公路自行车或带公路轮胎的砾石/探险自行车。最好是用28到32毫米宽的轮胎性能最佳。齿比越宽越好。

对于这两个挑战：你可以寄存你的自行车在自行车棚外的车架上，但你需要带一个自行车锁锁住它。你也可以把自行车放在你的房间或车里。带上自行车灯，因为你可能回来的时候已经天黑了。带两个水瓶，在餐吧里装满免费的饮用水。带两个备用的内胎和一个打气筒。如果需要的话，再带上链条油。我们有可以清洗自行车的区域，可以自己洗车，并提供自行车清洗剂 - 这里要感谢“化学小子”赞助。

自行车租赁：我们有很多闪电的砾石瓜车出租，也可以作为公路自行车来使用，性能也很好。更多信息请访问：<https://www.wildhomestay.com/activities/cycling/tanqi/tanqi-rentals/>

BIKE RELATED

DIRTY: BRING A MOUNTAIN OR GRAVEL BIKE. ROAD BIKES WITH 32MM OR LARGER TIRES MIGHT WORK FOR EXPERIENCED RIDERS. DO NOT USE ROAD SHOES. BRING OR BORROW MOUNTAIN BIKE SHOES AND PEDDLES. SOMETHING LIKE 38 TO 42MM TIRES WITH A LIGHT TREAD IS NORMALLY ENOUGH. WE SUGGEST TUBELESS BUT BRING SPARE TUBES ANYWAY. MORE THE GEARS THE BETTER.

CLEAN: BRING A ROAD BIKE OR GRAVEL / ADVENTURE BIKE WITH ROAD TIRES. 28 TO 32MM TIRES NORMALLY WORK THE BEST. MORE GEARS THE BETTER.

FOR BOTH CHALLENGES: YOU CAN STORE YOUR BIKE ON THE BIKE RACKS OUTSIDE THE BIKE SHED, ON THE BIKE RACKS. BRING A CHAIN TO LOCK YOUR BIKE. YOU CAN ALSO STORE YOUR BIKE IN YOUR ROOM OR CAR. BRING BIKE LIGHTS AS YOU MIGHT COME BACK IN THE DARK. BRING TWO WATER BOTTLES AND FILL THEM UP WITH FREE DRINKING WATER IN THE CAFE. BRING 2 SPARE TUBES AND A PUMP. BRING CHAIN OIL IF YOU NEED IT. WE HAVE AN AREA TO CLEAN YOUR BIKE AND PROVIDE BIKE WASH AND DEGREASER - THANKS TO CHEMICAL GUYS. YOU WASH YOUR OWN BIKE.

BIKE RENTAL: WE HAVE A GREAT RANGE OF SPECIALIZED GRAVEL BIKES TO RENT WHICH ALSO WORK WELL AS ROAD BIKES. MORE INFO HERE: [HTTPS://WWW.WILDHOMESTAY.COM/ACTIVITIES/CYCLING/TANQI/TANQI-RENTALS/](https://www.wildhomestay.com/activities/cycling/tanqi/tanqi-rentals/)



服装相关

建议穿着骑行裤和骑行服，多层叠穿。
下坡可能会很冷，建议穿雨衣或防风夹克。
通常情况下，你可以在后援车里放一个小包，这样你可以在1-2个补给休息处拿你的保暖装备或额外的营养/补给。

CLOTHING

BIBS ARE SUGGESTED AND MULTI LAYERS OF CLOTHING.

RAIN JACKETS OR WIND JACKETS ARE SUGGESTED AS DOWNHILLS CAN GET COLD.
NORMALLY YOU CAN LEAVE A SMALL BAG IN THE VAN WHICH YOU CAN PICK UP AT 1 OR 2 DRINK STANDS WITH YOUR WARM GEAR OR YOUR EXTRA NUTRITION/HYDRATION.



营养及水分补充相关

我们通常会设立两个补给站，提供热咖啡、水、零食、食物、打气筒、基本急救物品等，这通常足够整个比赛的营养和水分补充了。

如果你的肠胃很敏感，或者你会食物过敏，请带上你自己的食物和水分补给。

通常每隔30公里左右就有商店，你可以在那里购买额外的饮料和食物。

骑行过程中请将所有垃圾放入后援车或垃圾篓。不要随地乱扔垃圾，否则我们会把你拉进活动黑名单。

NUTRITION AND HYDRATION RELATED

WE NORMALLY HAVE VANS AT 2 DRINK STOPS WITH HOT COFFEE, WATER, SNACKS, FOOD, PUMPS, BASIC FIRST AID ETC. THIS IS NORMALLY ENOUGH NUTRITION AND HYDRATION FOR THE ENTIRE EVENT.

IF YOUR BELLY IS VERY EASILY UPSET OR YOU HAVE FOOD ALLERGIES BRING YOUR OWN FOOD AND HYDRATION MIXES.

THERE ARE SHOPS EVERY 30KM OR SO ON THE ROUTES WHERE YOU CAN BUY EXTRA DRINKS AND FOOD.

PUT ALL RUBBISH IN VANS OR WASTE BASKETS EN ROUTE. DO NOT THROW ANY RUBBISH ON THE GROUND OR FLOOR OR WE WILL THROW YOU OUT OF THE CHALLENGE.



说明会

路线说明会将于周五晚上8点在咖啡厅2楼举行。我们会介绍挑战活动，然后你们可以提问。这份文档涵盖了最重要的事项，我们也会在说明会上讨论。

BRIEFING

A BRIEFING WILL BE HELD ON THE 2ND FLOOR OF THE CAFE, FRIDAY 8PM. WE WILL INTRODUCE THE CHALLENGE AND YOU CAN ASK QUESTIONS THEN. THIS DOCUMENT COVERS THE MOST IMPORTANT ITEMS THAT WILL BE DISCUSSED DURING THE BRIEFING.

挑战签到和号码领取

挑战签到和取号时间为周五晚上9点至挑战开始前1小时，地点为野趣乡居的咖啡吧。我们会再次检查你是否签署了免责声明，然后为你提供印有你的挑战号码的腕带。我们将在挑战活动起点，补给点和终点检查你的手环，以便我们追踪每个人是否安全返回。

CHALLENGE SIGN-IN & NUMBERS

CHALLENGE SIGN-IN AND NUMBER PICKUP IS FROM 9PM FRIDAY TO 1 HOUR BEFORE THE CHALLENGE STARTS AT THE WILDHOMESTAY CAFE. WE WILL DOUBLE CHECK YOU HAVE SIGNED THE WAIVER AND THEN PROVIDE YOU WITH YOUR WRIST BAND WHICH HAS YOUR CHALLENGE NUMBER ON IT. WE WILL CHECK YOUR WRISTBAND AT THE START OF THE CHALLENGE, AT DRINK STANDS AND AT THE FINISH SO WE CAN KEEP TRACK THAT EVERYONE GETS BACK SAFELY.



挑战赛段

赛段是你推动自己前进并挑战他人的区间。非赛段的线路区间应该是社交骑行。我们使用的是基于Strava的赛段。我们将在挑战开始前为你提供赛段列表和链接。请在Strava中为我们提供给你的每个赛段加星，然后同步到你的自行车码表/设备上。赛段的开始和结束应该会显示在你的设备上，如果没有，询问和你骑在一起的其他车手，会有人知道赛段的开始和结束在哪里。另外就是如果你发现大家突然开始加速冲刺了，明显就是赛段开始了。我们提供的GPX路线文件中也添加了每个赛段的起点和终点。

CHALLENGE SEGMENTS

SEGMENTS ARE SECTIONS OF THE ROUTE THAT YOU PUSH YOURSELF ON AND CHALLENGE OTHERS. THE REST OF THE RIDE SHOULD BE SOCIAL. WE USE STRAVA BASED SEGMENTS. WE WILL PROVIDE YOU WITH A LIST OF SEGMENTS AND THEIR LINKS BEFORE THE CHALLENGE. PLEASE STAR EACH SEGMENTS IN STRAVA THAT WE PROVIDE TO YOU AND THEN SYNC YOUR BIKE COMPUTER / DEVICE. THE SEGMENT START AND FINISH SHOULD SHOW ON YOUR DEVICE OR ASK OTHER RIDERS YOU ARE WITH WHERE THE SEGMENT START AND FINISHES ARE, IT'S NORMALLY OBVIOUS AS THE RIDERS GO FASTER DURING A SEGMENT! SEGMENT START AND FINISH ARE ALSO ADDED IN THE GPX ROUTE FILES WE PROVIDE.

社交媒体

请在确保安全的前提下多拍点视频和照片记录，并分享到活动微信群，以便大家转发分享这段愉快的挑战经历。

发布内容时请带上我们的话题标签以便更多人看到我们，非常感谢！

微信话题：#wildhomestay #野趣乡居 #dirtyclean

小红书话题：#wildhomestay #野趣乡居 #dirtyclean

@野趣乡居wildhomestay

微博话题：#wildhomestay #野趣乡居 #dirtyclean

FB / IG 话题：#wildhomestay #野趣乡居 #dirtyclean

@野趣乡居wildhomestay

SOCIAL MEDIA

PLEASE PLEASE TAKE LOTS OF VIDEOS AND PHOTOS WHILE IT'S SAFE FOR YOU TO DO SO. PLEASE SEND THIS TO THE WECHAT GROUP THAT WE WILL SEND TO YOU, SO WE AND OTHERS CAN REPOST. WE ALL LIKE TO SHARE MEDIA AND MAKES OUR AWARD PROVIDERS HAPPY!

WECHAT #: #WILDHOMESTAY #DIRTYCLEAN

XHS #: #WILDHOMESTAY #DIRTYCLEAN @WILDHOMESTAY

WEIBO #: #WILDHOMESTAY #DIRTYCLEAN

FB / IG #: #WILDHOMESTAY #DIRTYCLEAN @WILDHOMESTAY



奖励

颁奖仪式将于周六晚上8点在咖啡厅内/外举行。非常感谢我们的奖项赞助商对我们社团的支持。我们通常会有最快男女骑手奖，赛段奖和一些有趣的奖项。

AWARDS

AWARDS & PRIZES WILL BE PRESENTED INSIDE OR OUTSIDE THE CAFE AT 8PM SATURDAY NIGHT. MANY THANKS TO OUR AWARD PRIZE PROVIDERS IN SUPPORTING OUR COMMUNITY. WE NORMALLY HAVE FEMALE AND MALE TOP RIDER AWARDS, SEGMENT AWARDS AND SOME FUN AWARDS.



紧急联系方式

在活动期间，如有紧急情况，请联系“Wildhome Service”或拨打电话13601855447 我们将根据你的位置和情况组织当地的汽车或救护车为你提供支持。

请记住，这些是开放的山路，在一些看不到的湿滑的转角会有迎面而来的车辆！一定要小心！你要对你自己的骑行安全负责！

USEFUL NUMBERS & EMERGENCY

DURING THE EVENT IN CASE OF EMERGENCY PLEASE CONTACT “WILDHOME SERVICE” OR CALL 13601855447 DEPENDING ON YOUR LOCATION AND THE SITUATION WE WILL ORGANIZE A LOCAL CAR OR AMBULANCE TO SUPPORT YOU.

PLEASE REMEMBER THESE ARE OPEN MOUNTAIN ROADS WITH ONCOMING TRAFFIC AROUND SOME BLIND SLIPPERY CORNERS! BE CAREFUL! YOU RIDE 100% AT YOUR OWN RISK.

规则

你必须和所有人一起开始，你必须完成整个骑行路线才能获得资格。

除了其他的参与者或活动工作人员(比如补给车)外，不允许有任何外部协助。你可以在沿途的商店停留，但你不能让车队的车跟在你后面，也不能让帮手在公路边上递给你食物。

你可以在骑行期间重新启动或重试赛段，例如，如果你在赛段期间遇到机械故障。但是一旦你已经从一个赛段中走出来了，你就不能回头再试了。

不要乱扔垃圾。乱扔垃圾=取消资格。

评委的决定是最终决定。

RULES

YOU MUST START WITH EVERYONE ELSE AND YOU MUST COMPLETE THE WHOLE COURSE TO QUALIFY.

NO OUTSIDE ASSISTANCE IS PERMITTED, OTHER THAN FROM FELLOW COMPETITORS OR EVENT STAFF (E.G., REFRESHMENT VANS). YOU MAY ALSO STOP AT SHOPS ALONG THE WAY. BUT YOU CANNOT HAVE A TEAM CAR FOLLOW YOU OR HAVE A HELPER HAND YOU FOOD FROM THE SIDE OF THE COURSE.

YOU MAY RESTART OR RETRY SEGMENTS DURING THE EVENT, FOR EXAMPLE IF YOU SUFFER A MECHANICAL ISSUE DURING A SEGMENT. BUT ONCE YOU MOVE ON FROM A SEGMENT, YOU CANNOT GO BACK AND TRY AGAIN LATER.

DO NOT LITTER. LITTERING = DISQUALIFICATION. JUDGES' DECISION IS FINAL.





进一步的问题

如有问题，请向我们的“Wildhome Service”微信账号提问或发送邮件至info@wildhomestay.com了解详情。

FURTHER QUESTIONS

PLEASE ASK QUESTIONS TO OUR “WILDHOME SERVICE” WECHAT ACCOUNT OR EMAIL [INFO@WILDHOMESTAY.COM](mailto:info@wildhomestay.com) FOR DETAILS.

THANK YOU - ENJOY THE CHALLENGE!



WWW.DIRTYCLEAN.CN
#DIRTYCLEAN #WILDHOMESTAY