

RACE THE NILE - OFFICIAL SELF-SUPPORTED RULES

“NO SHORTCUTS. NO SAFETY COMPROMISES. NO EGO OVER COMMON SENSE.”



1. SELF-SUPPORTED PRINCIPLE

Race the Nile is a self-supported ultra-distance event.

- No personal support crews
- No follow vehicles
- No pre-arranged private assistance
- No external logistical planning that gives unfair advantage

Riders must rely on themselves, what they carry, and what is publicly available along the route.





2. LOCAL RESOURCE RULE

You are encouraged to use local resources:

- Shops, markets, and roadside vendors
- Guesthouses/lodges
- Local mechanics or informal repair help
- Water sources (with proper treatment)

Supporting local communities is part of the race philosophy.



3. NO PRIVATE ASSISTANCE

Not allowed:

- Friends/family meeting you on the route
- Pre-positioned food, water, or gear
- Private transport or pacing
- “**Hidden support**” arranged in advance

4. MECHANICAL RESPONSIBILITY

- Riders must manage their own repairs
- Public bike shops or local help are allowed
- Other riders may assist each other

You start with what you think you'll need.



5. ROUTE & NAVIGATION

- Official GPX must be followed
- No shortcuts
- If you leave the route, return to the same point

Some sections may be remote — navigation is your responsibility.





6. HEAT & ENVIRONMENTAL CONDITIONS (CRITICAL RULE)

Riders must:

- Carry sufficient water capacity
- Manage hydration and electrolytes
- Adjust pace to conditions
- Avoid reckless riding in extreme heat

The organization may enforce heat advisories or neutralized time windows if conditions become unsafe.

West Nile can exceed 38°C.

7. WATER & FOOD STRATEGY

- No guaranteed resupply points
- Riders must plan hydration between settlements
- Water purification is strongly recommended

Dehydration is one of the biggest risks in this race.





8. SLEEP & RECOVERY

- Sleep where you choose:
- Guesthouses
- Camps
- Villages (with respect)
- No pre-arranged private sleep stations





11. COMMUNITY RESPECT (KEY RULE)

- You are a guest in the region.
- Respect local customs
- Interact positively with communities
- No aggressive or disrespectful behavior
- Ask before taking photos

This race depends on local goodwill.

A cyclist wearing a blue jersey and a blue helmet is riding a road bike on a paved road. The cyclist is positioned in the middle ground, slightly to the right of the center. The background features rolling green hills and mountains under a soft, hazy sky, suggesting a sunset or sunrise. The sun is low on the horizon, creating a warm glow and casting long shadows on the road. In the foreground, there are tall, thin grasses and some green foliage. The overall mood is peaceful and scenic.

**THANK YOU FOR
YOUR ATTENTION**

www.racethenile.com