



Runner's Guide

San Bartolomeo 2026

**All the information you need to
experience your race 100%**

TROPHÉE
ENDURO
DES ALPES

Épique et technique

TROPHÉE
ENDURO
DES ALPES

**DOSE DE
SPORT**
OBS

Table of Contents

- [Schedule](#) page 3
- [Course](#) page 4
- [Course Info](#) page 5
- [Practical Info](#) page 6
- [Medical Certificate & License / Deposit](#) page 7
- [Supporting Documents](#) page 8
- [Enduro Index \(Coming soon\)](#) page 9
- [Communication](#) page 10
- [Cancellation / Refund](#) page 11

- [Rules](#) page 13
- [Volunteers](#) page 14
- [Partner Offers](#) page 15
- [Local Partners](#) page 16
- [Official TEA Store](#) page 17



SCHEDULE

FRIDAY, April 10

- **8:00 AM – 6:00 PM:** Plate pick-up at the San Bartolomeo Nautical Club
- **9:00 AM – 5:00 PM:** Free practice is allowed on special stages 4, 5, 6, and 7. **Practice on special stages 1, 2, 3, and the Power Stage is prohibited. (Warning: shuttles during practice are not allowed.)**

SATURDAY, April 11

- **8:00 AM – 10:00 AM:** Plate pick-up at Piazza Santa Maria
- **9:00 AM – 10:00 AM:** Transfer to SP1 by pedaling for all riders from Piazza Santa Maria (your exact start time will be communicated on Wednesday, April 8, with the start list. Check-in is mandatory for all!)
- **10:00 AM – 10:30 AM:** SP1 start for e-MTBs, departures every 15 seconds
- **10:30 AM – 11:30 AM:** SP1 start for MTB, departures every 15 seconds. Riders in a group can start together using the last plate number of the group
- **6:00 PM – 9:00 PM:** Dinner with DJ, including one drink for all race participants at Piazza Santa Maria

SUNDAY, April 12

- **8:50 AM – 9:45 AM:** Transfer to the Power Stage and SP5 by pedaling for all riders from Piazza Santa Maria, according to the previous day's ranking, which will be sent by email and posted after Saturday's race. (Check-in is mandatory for all!)
- **9:15 AM – 9:25 AM:** Power Stage start for e-MTBs, departures every 15 seconds
- **10:00 AM – 10:10 AM:** SP5 start for e-MTBs, departures every 15 seconds
- **10:30 AM – 11:30 AM:** SP5 start for MTB, departures every 15 seconds, according to the previous day's ranking. Riders in a group can start together using the last plate number of the group
- **From 12:00 PM:** Feed zone available for all race participants at Piazza Santa Maria
- **2:30 PM:** Awards ceremony for the San Bartolomeo Enduro

(Please note: the awards ceremony may be slightly delayed if needed due to race delays, e.g., accidents requiring rescue intervention or temporary interruptions of stage starts.)

COURSE

SATURDAY

Distance: 32 km, 1,200 m ascent / 1,200 m descent

- 4 special stages are scheduled on Saturday, open to all participants.
- The times from Saturday's 4 special stages will determine the starting order for the Power Stage and SP5 on Sunday.

SUNDAY

Distance: 28 km, 1,050 m ascent / 1,050 m descent

- Sunday's program includes 4 special stages for e-MTBs and 3 special stages for MTB.
- With Saturday's 4 special stages, you'll be timed on 8 stages for e-MTBs and 7 stages for MTB.
- The Enduro finish will take place in the center of San Bartolomeo at Piazza Santa Maria, where a supervised bike check area will be available.

Course

The map of the special stages for Saturday and Sunday's race.

[MAP](#)

Timing

The times are indicative and may change depending on race conditions.

[SPECIAL STAGES](#)
[SCHEDULE](#)

COURSE INFORMATION

Feed Zones

3 feed zone stops (drinks and snacks) on Saturday during the transfers to SP2, SP3, and SP4.

2 feed zone stops (drinks and snacks) on Sunday during the transfers to SP6 and SP7.

Bring extra water and snacks if you think you might need more!

Spectator Access

For your friends and family who want to watch you during the race, access to the special stages is shown on the interactive map! (Parking for each special stage is indicated). Please use these parking areas to access the stages and do not block traffic.

Also, please remind them that this is a mountain bike race and to keep a safe distance from the course markings and trails being used!

Practice Runs

Free practice is allowed on special stages 4, 5, 6, and 7. Friday April 10

Practice on special stages 1, 2, 3, and the Power Stage is prohibited. (Warning: shuttles during practice are not allowed.)

RECONNAISSANCE MAP



Mechanical Assistance

Mechanical assistance is provided by the organization next to the feed zones on both days to help you finish the race even in case of minor mechanical issues. Labor is free, but spare parts must be paid for directly (or at the end of the race) to the mechanic on site, so make sure to bring your credit card or some cash.

Upon your return, a bike wash station will be available while waiting for the awards ceremony.

PRACTICAL INFORMATION

START LIST / LIVE

Find the start list and live timing of the race.
Questions about the start list? Check out the Enduro Index page.

START-LIST / LIVE



VILLAGE MAP

Parking, plate pick-up... all the important locations for your weekend!

MAP



PHOTOS

All participant photos
after the race can be found right here.

PHOTOS



RESCUE HQ

This number should be called in case of emergency
to alert the rescue team.

06 01 95 83 07

MEDICAL CERTIFICATE & LICENSE

Explanations

Race participants must provide either:

- A copy of a valid 2026 MTB competition license
- An original medical certificate (stamped and less than 1 year old) stating no contraindication to competitive MTB riding

Upload your supporting document

PARTICIPANT
AREA



DEPOSIT

Explanations

For timing purposes, you will be provided with a transponder worth €60. A deposit of the same amount is required. We accept either:

- An online deposit via the Swikly platform (€1.21 fee, but no amount is charged or held—this is only a bank imprint. Valid for all TEA stages. Please do not complete it twice.)
- A €60 check, which will be returned upon equipment hand-in after the race (valid for one stage only)

Online Deposit

DEPOSIT



SUPPORTING DOCUMENTS

Incomplete file

- *No competition license or no medical certificate of fitness for competitive mountain biking*

AND/OR

- *No deposit made on the Swikly platform*

Complet file

- *Competition license or medical certificate of fitness for competitive mountain biking (Validated by the organization)*

AND

- *Deposit made on the Swikly platform (Validated by the organization)*

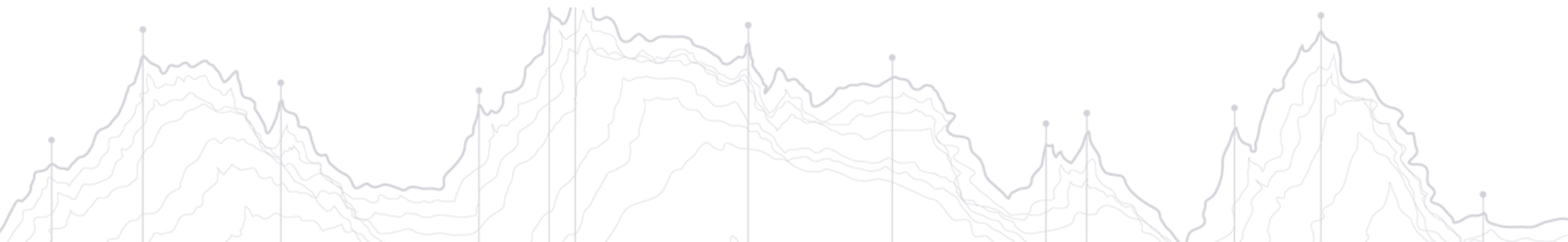


All supporting documents are manually verified by our team!

If you have paid your deposit and attached your proof, but your file is still incomplete... don't worry! We are working to validate the documents as quickly as possible so that your file can be completed.

ENDURO INDEX

More information coming very soon !



COMMUNICATION

Registration Email

For any questions regarding the TEA, please contact us by email:
inscriptions@dosedesport.com

We will do our best to respond as quickly as possible !

TEA 2026 Participant WhatsApp

WHATSAPP



CANCELLATION AND REFUND

Explanations

- *Up to 1 month before the event: 100% refund of your registration for any valid reason (excluding registration fees)*
- *From 1 month to 15 days before the event: 70% refund of your registration for any valid reason (excluding registration fees)*
- *From 15 to 7 days before the event: 50% refund of your registration for any valid reason (excluding registration fees)*
- *Less than 7 days before the event: no refund, except upon presentation of a medical certificate*
- *100% refund (excluding registration fees) for any medical reason upon presentation of a certificate sent to: inscriptions@dosedesport.com*

Cancellation Request

MY RESERVATION



RULES

Mandatory Equipment

- Full-face helmet
- Back protector (backpack-style protector accepted)
- Knee pads
- Long gloves
- Elbow pads (strongly recommended)
- Mobile phone

*Wearing a lightweight helmet is allowed during transfers.
Action cameras are permitted during both practice runs and the race.*

TEA 2026 Rules

[RULES](#)



VOLUNTEERS

Explanations

Every year, the TEA attracts over 3,000 participants, but it's also hundreds of volunteers present on the special stages, at feed zones, and more.

Each stage brings together between 40 and 80 highly motivated volunteers who give some of their time to make your weekend unforgettable!

So, if you want to be part of the volunteer team—or if you know someone who would like to join—sign up below for the stage or stages of your choice!

Volunteer Registration

[REGISTRATION](#)



PARTNER OFFERS



Pour profiter de l'offre cliquez sur la bannière !



Our partners support the development of the TEA—but that's not all!

They also allow you to enjoy a 15% discount on their entire site!



Fidlock Code: **TEA15**

Atlet Code: **ENDURO_ATLET15**

LOCAL PARTNERS / ACCOMMODATION



Welcome to the Hotel Bellavista in San Bartolomeo al Mare, the ideal retreat for cycling enthusiasts!

Nestled in the heart of the splendid Riviera dei Fiori, the Hotel Bellavista in San Bartolomeo al Mare offers a range of services specially designed to make your stay in Italy unforgettable.

Book your stay at a reduced price and enjoy 15% off your booking with the code: **ENDU2026**

Welcome to the Bellavista Hotel in San Bartolomeo al Mare,

Book your accommodation among the olive trees and make the most of your days cycling. We look forward to welcoming you to I Freschi!

Book your stay at a reduced price and enjoy 15% off your booking with the code: **dosexifreschi26**

[RESERVATION](#)



[RESERVATION](#)



OFFICIAL TEA SHOP

The TEA 2026 jerseys are available for pre-order and can be collected all year round at the shop in the start/finish village!

Thank you to all our partners

