



COWLANDS

AN EXTENDED WEDNESDAY WORLDS EDT

Introduction

In the vibrant city of Munich, Germany, a group of friends shared the passion for cycling that brought them together every Wednesday for an exhilarating group ride known as "Wednesday Worlds." Their weekly adventures not only provided an escape from the demands of daily life but also fostered a strong sense of camaraderie among them.

Inspired by their love for cycling and the desire to challenge themselves further, this tight-knit group of friends decided to create something special. They envisioned an event that would capture the essence of their weekly ride on a longer, harder and bigger scale and bring together cycling enthusiasts from all around.

And so, "Cowlands" was born—a casual ultracycling brevet that embodied the spirit of their beloved Wednesday Worlds. The name was a playful nod to the picturesque landscapes they traversed during their rides, with rolling meadows, gruelling climbs and grazing cows adding to the charm.

Driven by their passion and a desire to share their love for cycling with others, these friends embarked on organizing an event that would showcase the beauty of Munich and celebrate the sport they held dear. They aimed to create an inclusive atmosphere, where cyclists of all levels could come together, challenge themselves, and experience the joy of ultracycling.

Cowlands would be more than just a ride; it would be a celebration of friendship, community, and the thrill of pushing boundaries. You as participants will test their limits, but the focus would always be on the shared experience, the bonds formed, and the memories created. As news of Cowlands spread throughout the cycling community in Munich, anticipation grows. With you, Cowlands promises not only a challenging course but also a vibrant atmosphere, complete with local food, music, and a sense of unity among participants.

This rule book outlines the values and rules we hold true as organizers and want you to keep in mind while riding Cowlands.

Felix Diehl & Gabriel Czembor

The Cowlands Manual

Welcome to issue 3 of the course manual for Cowlands 2026. This edition of the Course Manual provides preliminary information for the 2026 riders, including timing, course information, mandatory equipment, the environment, and the ride's climate. As organizers, we have dedicated months of research and conducted multiple scouting trips to ensure the accuracy and up-to-dateness of the information presented in this document. We have personally covered every single kilometer of the route. However, please note that circumstances may change, and there may be minor discrepancies compared to the actual situation on the ground.

The information provided in this manual is believed to be correct at the time of writing and is offered in good faith. While the general content of the manual is unlikely to change, preparations for the ride are ongoing and subject to modification until close to the Cowland's start. It is essential to check for the latest version of the manual before taking any actions based on the information provided. Participants will receive major updates via email, so please ensure that you can receive our newsletters and that our emails do not get filtered into your spam folder. Each updated version of the manual includes a quick reference guide that highlights the major changes compared to previous versions.

If you have any specific questions, please direct them to the organizers via email at info@cowlands.de. Please note that messages sent to personal email addresses or social media accounts of the Cowlands team may not be systematically addressed and may remain unanswered. While the Cowlands Whatsapp Community group is an excellent platform to share information and preparations with other riders, it should not be used as main means of communication with the organization.

Liability / Legal disclaimer

Participation in the Cowlands is at your own responsibility and risk. The organizer disclaims any liability for any personal or property damages. No claims for liability can be made against the organizer. It is the responsibility of each participant to obtain insurance coverage for accidents, illnesses, theft, and personal liability. By registering for Cowlands, each participant accepts and signs the Cowlands liability waiver, releasing the organizer and its assistants from any liability claims to the extent permitted by law.

Insurance

Cowlands is not a race. We only provide you with the opportunity to take part in an exciting cycling adventure and challenge yourself in the company of other likeminded riders. Thus, **Cowlands provides NO insurance**. Riders are strongly recommended to individually contract personal medical, liability and legal insurance valid across Germany, Austria and Ital.

The route

The routes are available on Komoot in the Cowlands Collection and through the website www.cowlands.de. You can download the GPX directly from Komoot in pre-prepared sections. Resupply and other route information in this manual will be NOT included in the GPX as POIs (Points Of Interest).

Coverage and Rider Updates

For Cowlands, there are several channels available for spectators to follow the ride and stay updated on rider progress. The primary resource will be the Cowlands Map, where riders' positions will be represented by dots. The map will be on the cowlands website: www.cowlands.de – powered by our Partner FollowMyChallenge who provides the trackers. This will be the go-to resource for family, friends, and followers to track your progress throughout the ride. We anticipate that many hours will be spent by dot watchers eagerly following the dots on the map.

To provide visual updates, we will be posting images on our social media channels. We may have photographers stationed in remote and hard-to-reach spots to capture unique perspectives. You never know when they might come across you during the ride.

We will also be actively monitoring your social media posts. We recommend that riders have enough data for internet access throughout Cowlands covering tariffs for Germany and Austria. We believe that Cowlands is not about winning, and we want to highlight the achievements of all participants and thus will try to provide coverage across the field.

The official hashtag for this edition of the ride is #Cowlands2025. Additionally, each rider will be encouraged to use a personal hashtag unique to them for this ride. This personal hashtag will consist of the official hashtag and the three-digit cap number assigned to each rider. For example, if your bib number is 001, your personal hashtag would be #Cowlands2026bib001. This will allow us and your followers to easily access a feed of all your updates across various platforms, as well as posts from others who are mentioning or following your journey. Cap numbers will be allocated shortly before the ride begins.

During the ride, the contact information to reach us will be printed on your Brevet Card, ensuring that you can easily get in touch if needed.

Cowlands will provide updates through the following channels: Instagram: @cowlands-munich

Scratching Cowlands

If, for any reason, you find yourself unable to continue with the ride and need to withdraw or "scratch," please contact us as soon as possible. You can do this by sending an email to info@cowlands.de or via our whatsapp channel. If email communication is not feasible, please use one of the contact methods mentioned earlier. In your email, kindly provide as much information as possible about your situation, including your full name and bib number.

It's important to note that all riders are welcome to join us in celebrating at the finish line, regardless of how they complete the route. If you do decide to scratch from Cowlands, please be aware that you are responsible for arranging your own onward travel to your chosen destination.

“Never scratch at night” is good advice from accomplished endurance riders. That is to say always wait until morning to make any big decisions, things have a habit of looking a lot better after a night’s sleep. That advice has saved many a successful ride campaign, including my own. - MIKE HALL

The Checkpoints

In Cowlands, there will be multiple checkpoints along the route. These checkpoints are unstaffed and will have an easily visible station where participants must self-obtain the official Cowlands Stamp as proof of reaching the checkpoint. The stamps serve as confirmation of full participation and aid the organizers in verifying the physical location.

Each participant must also track their ride through a GPS device.

If the official Cowlands Stamp is not available at a checkpoint, we strongly recommend participants to take a selfie with a visible background that can ideally be retraced to the location of the checkpoint. This serves as additional evidence of reaching the checkpoint.

Passage through each checkpoint is crucial, and it will be confirmed by the stamp provided by the participant on their brevet card.

The checkpoints also serve as a great opportunity for friends, family, and supporters to cheer on the riders if they choose to do so. We recommend that anyone planning to support the participants reaches out to Cowlands beforehand to ensure a smooth experience.

These checkpoints add an exciting element to the ride, allowing participants to document their progress and engage with the Cowlands community along the way.

Finishers Party

There will be drinks, food, back-slapping and some speeches and maybe small prizes on Sunday June 21 from 4PM until late in Munich. The event will take place at the finish location at the Canyon Store in Munich. It'll be the opportunity to chill out, exchange stories from the road and generally recover from the ride. There will be drinks and food can be easily bought in nearby shops and restaurants.

Tracker device

The tracker device provides an enhanced experience of the challenge, as it will allow you to follow-up the location of every rider registered to the challenge, their speed and their resting time on real time and at any time. Also, although Cowlands is not a race, it will allow you to get an impression of the final "classification" of Cowlands.

In case of loss of the tracker device, our tracking partner FollowMyChallenge charges us with 150€ which we will charge any participant who loses the tracker. We will ask each participant to sign a respective agreement upon receiving the tracker.

If you are not able to return the tracker in person at the designated endpoint because, for example, you do not finish the route in the given limit time (Sunday, June 21 at 2359h CET) or you decide to scratch (abandon the race), you will receive the instructions so you can send / return the tracker to us (best at the finisher party) or directly to the tracker company. Once they receive it, the deposit will be refunded.

If you lose the tracker, you will be charged the 150€ as that is the compensation asked by the company renting the tracker.

In case you have any issue with the tracker during the challenge you should contact the race organizers in first occasion. In parallel, we will coordinate and support with the tracking company. Further details will be given at the registration. Until the issue is solved you may continue the route but, in this case, you will need to prove your ride by saving it in a GPS device in order to be included in the classification list of the challenge.

All distances will be trackable.

Safety throughout the ride

Participating in Cowlands is a serious endeavor that requires a high level of fitness, thorough preparation, and carefully selected equipment. As the organizers, safety is our utmost priority. The majority of the route consists of roads with mixed amounts of traffic. It is important to acknowledge that riders will share the road with cars, which can pose potential dangers, as recent tragedies in the cycling community have sadly shown.

We have conducted a comprehensive risk assessment and thoroughly checked the entire route. It is crucial for riders to understand that Cowlands is an ultra-endurance bikepacking adventure that pushes the boundaries of this type of event. Therefore, each participant must give meticulous attention to their ride preparations. Your bike should be suitable for the terrain and in excellent working condition. **Ensure that your lights and brakes are fully functional, and use your lights in all instances of darkness or reduced visibility.** Additionally, given that the ride takes place in a mountain environment, we may also check your equipment to ensure that you have all the items on the mandatory equipment list.

It is essential to be aware that there are stretches of the route where there is no shelter, habitation, or available services of any kind. This highlights the importance of adequate preparation and appropriate equipment. Riders should remain particularly vigilant regarding the potential consequences of exhaustion, sleep deprivation, and extreme temperatures. During these periods, you may find yourself completely alone for significant durations of the ride.

Wearing a helmet compliant with EN1078 is mandatory at all times while riding during the event. Additionally, please ensure that you keep your insurance, identification, and next of kin contact documents with you in a safe and dry place throughout the ride.

By prioritizing safety and being diligent in your preparations, you can fully embrace the challenges and enjoy the incredible experience that Cowlands offers.

Mandatory equipment list

There is a mandatory equipment list for all participants in Cowlands. We will keep this as short as possible. It is essentially a minimum checklist to make sure that you do not head out into remote areas with inadequate equipment.

- Front and Rear lights (no light -> no ride!)
- Helmet
- Basic first aid kit - this includes bandages, antiseptic/sterile wipes, medication
- Down vest or synthetic equivalent. Something warm if you get stuck in cold weather.
- Long-sleeve shirt or Arm-warmers. Something to keep warm if it gets cold.
- Waterproof jacket
- Survival blanket / bivy bag : they're super light and could prove invaluable in an emergency.
- Essential spares to fix your bike: spare tube, minitool, pump / CO2 Inflator
- Powerbank and charging equipment for phone, bike-computer and lights

For gravel riders we strongly recommend a sleeping back and bivy plus additional spares as there are long stretches of track with little to none external support / resupply opportunities.

Emergency Situations

Regardless of your competitiveness, prioritizing personal safety should always be your foremost concern. It is crucial to carefully consider your safety at all times and avoid unnecessary risks. Many sections of the Cowlands route are remote and challenging to access, meaning that help may take hours to arrive, even under the best circumstances.

In the event of a life-threatening situation, call an emergency and please contact us immediately thereafter using the provided contact information given during rider briefings and printed on your brevet card. However, if none of these options are available due to tracker malfunction or other reasons, you will need to seek assistance on your own.

Your safety is of the utmost importance to us, and we are committed to providing a comprehensive support system to address any emergency situations that may arise during Cowlands.

Registration Documents / Checklist

To complete your registration for Cowlands, please ensure you have the following:

1. **Photo ID:** You will need to provide a valid photo ID such as a passport, driver's license, or ID card. This is to verify your identity and ensure that no one else takes your place on the starting line.
2. **Insurance:** All riders must have valid insurance that covers emergency extraction and repatriation in Germany, Austria and Italy (for Legend). Please bring proof of your insurer and / or a copy of your cover certificate. Please contact your insurer to confirm that the required level of cover is provided.
3. **Legal Disclaimer:** you cannot start unless you have signed the legal disclaimer
4. **Fitness:** Cowlands is a serious endurance ride. We require you to state that you are in form, healthy and have no health issues that prevent taking part in such an endeavour.

Please take responsibility for confirming that your insurance policy meets the necessary requirements for Cowlands. It is important to note that there are no cash or high-value prizes in Cowlands and it is not a race.

By ensuring you have these documents ready for registration, you will be well-prepared to embark on the Cowlands adventure with peace of mind.

Traffic

All participants are required to adhere to the traffic regulations. Violations of traffic regulations will result in a penalty. The organizers expressly reserves the right to report such violations to the authorities.

Furthermore, please note the following:

- It is not permitted to bypass any red lights, intersections, or crossings (including bike paths, pedestrian crossings, construction sites, etc.).
- If a participant is instructed by the police to leave the route, they must comply with the instruction and immediately inform the organizers.
- If the police intervention is not related to a violation of traffic regulations or the rules of the ride, participants must follow their instructions.
- Explicitly prohibited is any interference with normal traffic (such as stopping traffic when exiting a driveway or acting as a traffic guide at an intersection, etc.).

RULES:

To ensure fair rides and competition for all you feel like it, all riders participating in Cowlands must adhere to the following rules:

1. **Follow the Designated Route:** Riders must start from the designated start line and finish at the designated endpoint, following the specified route provided by the organizers. Additionally, riders must pass through the marked checkpoints and self-obtain the stamps for the Brevet Card.
2. **No External Support:** Riders are not allowed to receive support from any third parties, use private lodgings, or resupply outside of commercially available services. **All food, drink, and equipment must be carried by the riders themselves or acquired from these commercially available sources.** Of course, unplanned and on freely provided help by locals and the community will not be held against riders. Make sure to do nothing you would feel ashamed of telling other riders.
3. **At night / lowlight daytimes:** if your lights are not functioning, we require you to stop and rest until you can safely re-engage on the road. Safety is our highest priority!
4. **Human-Powered Travel:** All forward travel during the ride must be solely powered by the riders themselves. No motorized assistance or external propulsion devices are allowed.
5. **Documentation of Ride:** Riders must maintain evidence of their ride, which may include GPS tracking, photographs, or any other form of proof that verifies their completion of the ride.
6. **Mandatory Equipment:** Riders must possess travel insurance, wear cycling helmets, have lights, and carry the required equipment listed in the Cowlands guidelines. Random checks may be conducted to ensure compliance with these requirements.
7. **Observe Local Traffic Laws:** Riders must be familiar with and adhere to all local traffic laws and regulations while riding on public roads.
8. **Self-Reliance and Equal Opportunity:** Participants are expected to embrace the spirit of self-reliance and equal opportunity throughout the ride, demonstrating independence and fairness in their approach.
9. **Help each other:** If you find somebody in the need of help, be it a mechanical, food or mental support – help each other. We're in this together.

By following these rules, riders can ensure a level playing field and maintain the integrity of Cowlands.

Drafting

Cowlands is a long adventure and whilst it is an unsupported ultracycling event, fair drafting is allowed. We trust in the community and the fair sportsmanship of every rider, that no unfair advantage shall be gained by drafting without returning the favor to other riders. It is of utmost importance that drafting, when it occurs, never creates risks for traffic or the riders. Safety is always the highest priority.

Haftungsausschluss für die Teilnahme an Cowlands

1. ALLGEMEIN

Hinsichtlich meiner Teilnahme am Cowlands erkenne ich den Haftungsausschluss der Veranstalter für Schäden jeder Art an. Ich erkläre, dass ich für die Teilnahme als Athlet an dieser Rundfahrt ausreichend trainiert habe und körperlich gesund bin. Ich bin selber ausreichend Haftpflicht versichert. Ferner erkläre ich, dass ich mir bewusst bin, für meine körperliche Unversehrtheit, meine persönlichen Besitzgegenstände und sportliche Ausrüstung die alleinige Verantwortung zu tragen. Ich bin mir bewusst, dass die Straßenverkehrsordnung zu jedem Zeitpunkt der Veranstaltung einzuhalten ist. Ich bin bereits jetzt damit einverstanden, dass ich vor, während und nach der Veranstaltung auf meine persönlichen Kosten behandelt werde, falls dies bei Auftreten von Verletzungen im Falle eines Unfalles und/oder Erkrankung im Verlauf der Veranstaltung ratsam sein sollte. Hiermit stelle ich die Organisatoren des Cowlands, sämtliche Helfer desselben, insbesondere aber nicht ausschließlich die Organisatoren, von sämtlichen Haftungsansprüchen frei, sofern diese nicht über die gesetzliche Haftpflicht gedeckt sind. Eingeschlossen sind hierin sämtliche unmittelbaren und mittelbaren Schäden sowie sämtliche Ansprüche, die ich oder meine Erben oder sonstige berechnigte Dritte aufgrund von Verletzungen oder im Todesfall geltend machen könnten. Auch stelle ich dieselben von jeglicher Haftung gegenüber Dritten frei, soweit es Schäden betrifft, die Dritte infolge meiner Teilnahme an oben genannten Ereignissen erleiden. Ich werde weder gegen die Organisatoren noch gegen die Sponsoren oder deren Vertreter Ansprüche wegen Schäden und Verletzungen jeder Art stellen, die durch meine Teilnahme an der Veranstaltung entstehen könnten. Dies betrifft ebenso Ansprüche bei Tod, Verletzung, Diebstahl sowie Eigentums- und sonstige Schäden, die während obig genannter Veranstaltung selbst, sowie bei meiner Hin- und Rückreise und während der jeweiligen Aufenthalte entstehen sollten. Die im Zusammenhang mit der Teilnahme an Cowlands gemachten Fotos, Filmaufnahmen, Videos u.a. sowie Interviews im Rundfunk, Fernsehen, Werbung und Büchern dürfen vom Veranstalter ohne Vergütungsansprüche und ohne zeitliche und räumliche Begrenzung genutzt werden. (Hinweis lt. Datenschutzgesetz: Ihre Daten werden maschinell gespeichert.)

2. SONDERBESTIMMUNGEN FÜR ATHLETEN: Ich bin mir über die mit dem Radsport, im speziellen dem Ausdauersport verbundenen gesundheitlichen und sonstigen Gefahren und Umstände (ernsthafte Verletzungen bis hin zu tödlichen Unfällen und Eigentumsbeschädigungen) bewusst und bestätige ausdrücklich, auf eigene Verantwortung und Risiko an der Veranstaltung teilzunehmen. Ich anerkenne und unterwerfe mich ausdrücklich dem geltenden Reglement des Cowlands. Ich anerkenne die bzw. unterwerfe mich ausdrücklich den Bestimmungen der Anti-Doping-Bestimmungen der World Anti Doping Agency (WADA).

3. SCHLUSSBESTIMMUNGEN Streichungen und Zusätze auf diesem Formular sind gegenstandslos. Die Verweigerung der Unterschrift auf diesem Formular macht eine Teilnahme am Cowlands unmöglich bzw. ungültig. Ich erkläre, dass ich die vorgenannten Bedingungen ausführlich gelesen und verstanden habe und mit deren Inhalt ausdrücklich einverstanden bin.

NAME:

Datum:

Disclaimer for Participation in Cowlands

1. GENERAL

Regarding my participation in Cowlands, I acknowledge the disclaimer of liability by the organizers for any kind of damages. I declare that I have trained sufficiently and am physically fit to participate as an athlete in this race. I have adequate liability insurance coverage. Furthermore, I declare that I am aware that I am solely responsible for my physical well-being, personal belongings, and sports equipment. I understand that I must comply with the traffic regulations at all times during the event. I agree that, in the event of injuries or illness during the race, I will be treated at my own expense before, during, and after the event, if deemed necessary. With this, I hereby release the organizers of Cowlands, all helpers involved, especially but not exclusively the organizers, from any liability claims that are not covered by statutory liability. This includes all direct and indirect damages, as well as any claims that I, my heirs, or other authorized third parties may make due to injuries or death. I also release them from any liability towards third parties regarding damages that may occur to third parties as a result of my participation in the aforementioned events. I will not make any claims against the organizers, sponsors, or their representatives for any damages or injuries of any kind that may arise from my participation in the event. This also applies to claims regarding death, injury, theft, as well as property and other damages that may occur during the mentioned event itself, as well as during my travel to and from the event and during any stays associated with it. The organizer is authorized to use photos, film recordings, videos, etc., as well as interviews in radio, television, advertising, and books, without any claims for compensation and without temporal and spatial limitations. (Note according to data protection law: Your data will be stored electronically.)

2. SPECIAL PROVISIONS FOR ATHLETES:

I am aware of the health and other risks and circumstances associated with cycling, especially endurance sports (including serious injuries up to fatal accidents and property damage), and I expressly confirm that I am participating in the event at my own responsibility and risk. I acknowledge and expressly submit to the applicable regulations of Cowlands. I acknowledge and expressly submit to the provisions of the World Anti-Doping Agency (WADA) Anti-Doping Regulations.

3. FINAL PROVISIONS:

Any deletions and additions to this form are invalid. Refusal to sign this form makes participation in Cowlands impossible or invalid. I declare that I have read and understood the above conditions in detail and expressly agree to their content.

NAME:

Date: