

RETURN TO RACING

Individual Time Trial

Sunday, September 3, 2023

Start Time : 6:30Am | Road and TT Bikes

ALL YOU NEED TO KNOW



Good to Know

Please ensure you have entered the correct category - TT or Road bike

- **Date**
 - Sunday, September 3, 2023
- **Race Pack Collection**
 - Race day - 6:00 AM - Start Line
- **Venue**
 - Al Qudra Cycling Track (Rolling Hills Loop)
- **Start Times**
 - 6:30AM - Road and TT Bikes
- **Toilets**
 - Washrooms are only available at the last exit village. There is no bathrooms available at the start | finish line.



Bicycle and Rider Safety Rules

- Only riders registered via the Hopasports portal and recieved a confirmation can participate
- No bike plate, and helmet = No Ride
- No timing chip = No Ride, No Results
- Headsets, headphones, or any items which obstruct hearing are not permitted during any section of the event.

Parking | Start Line

- Be sure to allow enough time at least 15minutes on arrival to make your way to the start line
- Parking is located at the last exit parking areas, towards the lakes.
- You can ride from the last exit car park, along the cycle path to start area on the extension loop. 17.5KM to the start line.



- There will be a medical provision located at the start and on course.
- Make sure you have a copy of our I.C.E in case of emergency number with you
 - Please carry a copy of medical and emergency contact details

**I.C.E | In case of emergency number
056 211 4374**

Mechanical Support

Revolution Cycles will be on-site during the event with basic mechanical support





- **ROAD BIKE CATEGORY**

- No aero bars, clip bars or aero extensions
- Hand must be on the handlebars at all times (no resting forearms on the bars)
- Helmets must not have visors and must cover the riders ears (no TT helmets for the road bike participants)
- Wheels minimum 12 spokes each with maximum depth of 90mm



- **TT Bikes:**

- Machines fitted with triathlon handlebars and derivations thereof which have forearm supports may be used provided that when the rider adopts a competitive position on these bars .
- Disc wheels or spoked wheels fitted with covers may be used only on the rear of the machine
- Deep section tri-spoke and wheels of a similar design. Front wheels must have at least 45% of the surface area open.
- TT helmets are permitted
- Aero skinsuits and shoe covers | socks are permitted.



- All competitors are expected to head the directions and instructions of all race official, and public authorities. Failure to do so may result in disqualification
 - Headsets, headphones, or any items which obstruct hearing are not permitted during any section of the event.
- If you are involved in an accident with another person, or have a mechanical problem, please ensure that a Race Official notified, and clear the track as soon as possible to allow riders to pass.
 - Abusive behaviour towards marshals, staff, riders, or any person in the event won't be tolerated. We are here to exercise well-being.
- When passing or overtaking, please let the rider know in front of you your intentions and politely advise your passing. (ping a bell)