



ALL YOU NEED TO KNOW

RAMPAGE SHORT COURSE
SUNDAY 18th SEPTEMBER 2022
AL QUDRA CYCLING TRACK
(ITT LOOP)

COVID-19 SOCIAL DISTANCING RULES APPLY
IF YOU HAVE ANY COVID-19 SYMPTOMS - DO NOT ATTEND!

RACE INSTRUCTIONS

MANY THANKS FOR YOUR ENTRY. PLEASE TAKE TIME TO READ THROUGH THESE INSTRUCTIONS CAREFULLY IN ORDER TO BE FAMILIAR WITH THE EVENT.

PLEASE NOTE:

YOU CAN ONLY COLLECT YOUR RACE PACK 60 MINUTES BEFORE YOUR STARTING TIME

VENUE, DATE, AND START TIMES

VENUE:	AL QUADRA TRACK ITT LOOP
RACE LOCATION:	EVENT START LOCATION (NO PARKING HERE BIKE ACCESS ONLY)
PARKING:	PARKING LOCATION
RACE PACK COLLECTION	NO PARKING AT THIS LOCATION.
DATE:	SATURDAY 18 th SEPTEMBER 2022
RACE PACK COLLECTION FROM	5.00AM
START TIME:	6.00AM

BICYCLE AND RIDER SAFETY RULES:

- ONLY RIDERS REGISTERED VIA THE HOPASPORTS PORTAL AND HAVE RECEIVED A CONFIRMATION EMAIL CAN PARTICIPATE
- NO BIKE PLATE & HELMET NUMBER EQUALS NO RIDE
- NO HELMET EQUALS NO RIDE
- NO HEADPHONES OR TEAM RADIOS
- REAR BIKE LIGHTS ARE MANDATORY
- DO NOT MISS YOUR START TIME
- ANY UN-SPORTSMANSHIP CONDUCT WILL RESULT IN DQF FOR INDIVIDUAL AND TEAM MEMBER/MEMBERS WHO GAIN ADVANTAGE, I.E. INTENTIONAL PUSHING OR CAUSING HARM TO OTHER RIDERS OR INTENTIONAL OBSTRUCTING/BLOCKING CAUSING RACING DELAY AS DEEMED BY RACE DIRECTOR OR OFFICIALS.



THIS EVENT IS ROAD BIKE CATEGORY ONLY

THE AERO RESTRICTIONS FOR ENTERING THE ROAD BIKE SHORT COURSE.



- NO AEROBARS, CLIP-ON BARS OR AERO EXTENSIONS.
- HANDS MUST BE ON THE HANDLEBARS AT ALL TIMES (NO RESTING FOREARMS ON THE BARS)
- WHEELS MUST HAVE MINIMUM 12 SPOKES EACH WITH A MAXIMUM RIM DEPTH OF 90MM.
- HELMETS MUST HAVE NO VISOR AND MUST NOT COVER THE RIDER'S EARS (NO TT HELMETS).
- AERO SKINSUITS AND SHOE COVERS/SOCKS ARE PERMITTED.

RACE PACK COLLECTION

TIME: 18th SEPTEMBER 2022, 5.00 AM UNTIL 6.00AM AT RACE START

PLEASE REMEMBER TO COLLECT YOUR RACE PACK. YOU MUST PROVIDE US WITH A PRINTOUT OF YOUR CONFIRMATION EMAIL OR RECEIPT AND THEY MUST HAVE A FORM OF IDENTIFICATION FOR US TO REFER BACK TO IF NEEDED. TO COLLECT YOUR RACE PACK, YOU WILL BE REQUIRED TO SHOW CONFIRMATION EMAIL.

YOU CAN ONLY COLLECT YOUR RACE PACK 60 MINUTES BEFORE YOUR STARTING TIME

YOUR RACE PACK CONTAINS THE FOLLOWING ITEMS:

- TIMING CHIP. ALL TIMING CHIPS ARE HOPASPORT SUPPLIED AND MANAGED BY THE REGISTRATION AND TIMING TEAM. YOUR CHIP MUST BE SECURED TO YOUR LEFT ANKLE USING THE DEDICATED STRAP. IF THE CHIP IS PLACED ANYWHERE ELSE (E.G. ON THE WRIST, HANDLEBARS, SEAT OR ANY OTHER PLACE) THE TIME WILL NOT BE RECORDED. ANY OTHER TIMING CHIP WILL GIVE YOU A DNF.
- YOUR RACE NUMBER (STICKERS). MAKE SURE THAT YOU SECURELY PLACE BIKE STICKER ON SEAT POST SIDEWAYS AND HELMET STICKERS ON THE FRONT OF YOUR HELMET FOR IDENTIFICATION AND FOR FINISH LINE CAMERA POSITIONS.



RACE DAY

START ORDER

- THERE WILL BE AN INDIVIDUAL ROLL OUT TO THE START LINE TO BEGIN THE RACE.
- RIDER TENTS ARE PROVIDED FOR RIDERS WITH 5 MINUTES UNTIL START TIME.
- MAKE SURE YOU ARE IN YOUR TENT 6 MINUTES BEFORE YOUR ALLOCATED START TIME.
- CHECK YOUR START TIME – DO NOT MISS YOUR ALLOCATED START TIME.
- RIDERS ARE ONLY ABLE TO COLLECT THEIR RACE PACK 30 MINUTES BEFORE THEIR START TIME
- AFTER YOUR RACE RETURN YOUR TIMING CHIP AND COLLECT A BOTTLE OF WATER.
- NO RESULTS WILL BE ON DISPLAY ON THE DAY – ALL RESULTS WILL BE EMAILED AND ONLINE AT HOPASPORTS ([HTTPS://RESULTS.HOPASPORTS.COM](https://results.hopasports.com))
- ONCE YOU HAVE COMPLETED YOUR RACE, YOU ARE REQUESTED TO LEAVE THE COURSE ASAP. STRICT COVID-19 PRECAUTIONS ARE IN PLACE.
- PLEASE REFRAIN FROM ANY CONTACT WITH THE MARSHALS AND EVENT STAFF.
- AVOID ANY PHYSICAL CONTACT WITH ANYONE AND MAINTAIN THE COVID-19 PRECAUTIONS.

PLEASE NOTE THE FOLLOWING TIMES FOR ALL:

- i. 05.00 : RIDERS TO START ARRIVING AT CAR PARK - PLEASE DO NOT GATHER IN LARGE GROUPS REMEMBER COVID-19 PROTOCOL (KEEP 2 METER GAP)
- ii. 05.00 : REGISTRATION OPENS
- iii. 06.00 : REGISTRATION CLOSES

HEATS (MALE)

05.55 : 1ST RIDERS TO START LINE

06.00 : 1ST HEAT START

06.10 : 2ND GROUP OF RIDERS TO START LINE

06.15 : 2ND HEAT START

06.25 : 3RD GROUP OF TO START LINE

06.30 : 3RD HEAT START

06.40 : 4TH GROUP OF TO START LINE

06.45 : 4TH HEAT START

06.55 : 5TH GROUP OF RIDERS TO START LINE

07.15 : 5TH HEAT START

07.25 : 6TH GROUP OF RIDERS TO START LINE

07.30 : 6TH HEAT START



START ORDER FOR QUARTER FINAL QUALIFERS (FEMALE)

07.40 : 1ST QUARTER FINALS GROUP OF RIDERS TO START LINE

07.45 : 1ST QUARTER FINALS START

07.55 : 2ND QUARTER FINALS GROUP OF TO START LINE

08.00 : 2ND QUARTER FINALS START

START ORDER FOR QUARTER FINAL QUALIFERS (MALE)

08.20 : 1ST QUARTER FINALS GROUP OF RIDERS TO START LINE

08.25 : 1ST QUARTER FINALS START

08.35 : 2ND QUARTER FINALS GROUP OF TO START LINE

08.40 : 2ND QUARTER FINALS START

08.50 : 3RD QUARTER FINALS GROUP OF TO START LINE

08.55 : 3RD QUARTER FINALS START

09.05 : 4TH QUARTER FINALS GROUP OF RIDERS TO START LINE

09.10 : 4TH QUARTER FINALS START



START ORDER FOR SEMI FINAL QUALIFERS (FEMALE)

09.20 : 1ST SEMI FINAL GROUP RIDERS TO START LINE

09.25 : 1ST SEMI FINAL START

09.35 : 2ND SEMI FINAL GROUP RIDERS TO START LINE

09.40: 2ND SEMI FINAL START

START ORDER FOR SEMI FINAL QUALIFERS (MALE)

09.55 : 1ST SEMI FINAL GROUP RIDERS TO START LINE

10.00 : 1ST SEMI FINAL START

10.10 : 2ND SEMI FINAL GROUP RIDERS TO START LINE

10.15 : 2ND SEMI FINAL START

START ORDER FOR FINAL QUALIFERS (FEMALE)

10.25 : FINAL GROUP TO START LINE

10.30 : FINAL START

START ORDER FOR FINAL QUALIFERS (MALE)

10.55 : FINAL GROUP TO START LINE

11.00 : FINAL START

WINNERS

- THE QUALIFIERS OF EACH CATEGORY IS AS PER REGISTRATION AND RIDERS ARE PLACED OVER THE OFFICIAL FINISH LINE AND NOT ON CHIP TIMING.
- ONLY FASTEST NON-AUTOMATICALLY QUALIFIED SELECTED RIDERS ARE FROM TIMINGS.

MALE CATEGORY

- 6 HEATS OF 180 RIDERS INTO 6 GROUPS OF 30 RIDERS CHOSEN AT RANDOM
 - i. To move forward to QUARTER FINALS THE FIRST 15 OF EACH HEAT QUALIFY PLUS 10 FASTEST FROM ALL HEATS
- QUARTER FINAL 100 RIDERS IN GROUPS OF 25
 - i. To move forward to SEMI FINAL THE FIRST 10 OF EACH QTR PLUS 10 FASTEST FROM ALL QUARTERS
- SEMI FINAL 50 RIDERS IN GROUPS OF 25
 - i. To move forward to FINAL THE FIRST 10 OF EACH SEMI PLUS 5 FASTEST FROM BOTH SEMI FINALS
- FINAL 25 RIDERS

FEMALE CATEGORY

- QUARTER FINAL 60 RIDERS IN GROUPS OF 30
 - i. To move forward to SEMI FINAL THE FIRST 20 OF EACH QTR PLUS 5 FASTEST FROM ALL QUARTERS
- SEMI FINAL 50 RIDERS IN GROUPS OF 25
 - i. To move forward to FINAL THE FIRST 10 OF EACH SEMI PLUS 5 FASTEST FROM BOTH SEMI FINALS
- FINAL 25 RIDERS

FINAL RESULTS ARE PENDING UNTIL ALL FINISH LINE RACE PHOTOGRAPHS HAVE BEEN CHECKED.

NO PODIUM PRESENTATION WILL TAKE PLACE.

PRIZES ARE TO BE COLLECTED BY THE NOTIFIED WINNER'S FROM REVOLUTION CYCLES DUBAI

REFRESHMENT STATIONS

- THERE WILL BE A REFRESHMENT STATION AT THE FINISH LINE.
- EACH PARTICIPANT IS ENTITLED TO THE LIGHT BREAKFAST
- PLEASE TAKE A WATER, REFRESHMENTS FROM THE HYDRATION STATION.
- PLEASE DO NOT WASTE REFRESHMENTS THESE ARE FOR YOUR ENJOYMENT
- PLEASE DISPOSE OF WRAPPERS

FINISH

- ALL RIDERS MUST RETURN TIMING CHIP.
- ALL NON-RETURNED TIMING CHIPS WILL BE CHARGED AED 150.
- PLEASE LEAVE THE COURSE AS SOON AS YOU HAVE COMPLETED YOUR RACE.
- ALL TIMES AND RESULTS WILL BE PUBLISHED BY 11.30AM ON NEXT DAY.
- ALL COMPETITORS WILL RECEIVE AN OFFICIAL TIME RESULT VIA EMAIL.

SUPPORT VEHICLES

- OFFICIAL SUPPORT CARS FROM REVOLUTION CYCLES DUBAI WILL BE ON COURSE. IF YOU DECIDE TO RETIRE FROM THE RIDE, FLAG DOWN ONE OF THESE VEHICLES.
- YOUR OWN SUPPORT VEHICLES ARE NOT PERMITTED ON THE COURSE AND WILL BE STOPPED AND REPORTED TO DUBAI POLICE
- THERE WILL BE OFFICIAL SUPPORT VEHICLES AS WELL AS MEDIA AND POLICE VEHICLES.
- CARE HAS TO BE TAKEN BY NOT ALLOWING ANY OTHER TEAM VEHICLE THAT MAY OBSTRUCT THE RIDERS.
- PERSONAL SUPPORT AND SECONDING DRIVERS ARE NOT PERMITTED. ANYONE SEEN USING AN UNAUTHORIZED VEHICLE ON THE COURSE WILL BE IMMEDIATELY DISQUALIFIED.

THINGS TO WATCH OUT FOR

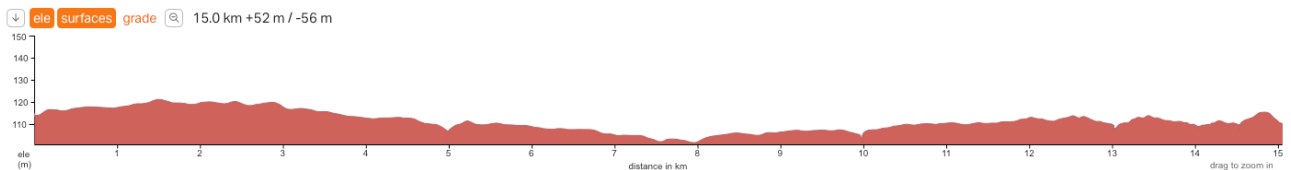
- OTHER RIDERS: BE VIGILANT OF YOUR SURROUNDINGS AND WHAT IS HAPPENING AROUND YOU AND REMEMBER TO SIGNAL YOUR INTENTIONS.
- WHEN POSSIBLE, KEEP RIGHT - PASS LEFT
- TRACK CONDITIONS: CONDITIONS ARE VERY GOOD, AND AS ALWAYS, A HUGE EFFORT HAS BEEN MADE BY THE RTA, DUBAI MUNICIPALITY AND AL MARMOON TO TRY TO ENSURE THE TRACK IS CLEAR.
- ALL PASSING MUST TAKE PLACE IN A SAFE MANNER GIVING ROOM TO OTHER RIDERS
- UNSPORTSMANSHIP OR DANGEROUS CONDUCT PENALTIES CAN BE GIVEN BY APPOINTED REFEREES
- NEUTRAL SUPPORT PROVIDERS WILL BE ON THE ROUTE TO ASSIST YOU.

ROAD OBSTRUCTIONS

- THE AL QUADRA TRACK IS NORMALLY PRISTINE HOWEVER THERE MAY BE A FEW PATCHES OF SAND OR SMALL STONES THAT YOU NEED TO KEEP AN EYE OUT FOR.
- IN CASE OF BLOWING WINDS OR RAIN, SAND WILL BLOW ONTO THE TRACK AND THERE MAY BE STANDING WATER. THIS WILL BE CALLED A RACE HAZARD, PLEASE BE AWARE OF WEATHER CONDITIONS AFFECTING ROAD SURFACES.

THE COURSE

- START: AL QUDRA CYCLE TRACK
- THE START IS LOCATED OF THE MAIN CYCLE PATH ON THE EXTENSION LOOP - SOLAR FARM
- APPROX.15KM FROM LAST EXIT
- 5KM FROM PARKING
- THE ROUTE IS CLEARLY MARKED WITH SIGNS
- 10KM - 5KM - 2KM - 1KMS ARE MARKED
- PLEASE EXPECT CARS TO BE PASSING BY REGULARLY ON THE DESERT TRACK- BE PREDICTABLE IN YOUR MOVEMENTS.





MEDICAL

- THERE WILL BE MEDICAL PROVISION LOCATED AT THE RACE START AND ON COURSE.
- MAKE SURE YOU HAVE A COPY OF OUR ICE (IN CASE OF EMERGENCY NUMBER) WITH YOU.
- IF YOU HAVE ANY COVID-19 SYMPTOMS, PLEASE DO NOT ATTEND.
- PLEASE CARRY A COPY OF MEDICAL AND EMERGENCY CONTACT DETAILS VIA ROAD ID OR PHOTOCOPIES.
- ICE NUMBER **+971 58 596 0423** (ONLY TO BE USED IN CASE OF EMERGENCY)

TOILETS

- BATHROOMS ARE LOCATED IN THE LAST EXIT VILLAGE ONLY.
- NO BATHROOMS ARE LOCATED AT THE EVENT.

PARKING AND FACILITIES

- PLEASE ARRIVE TO ALLOW ENOUGH TIME TO GET READY AND FIND YOUR WAY TO THE START ZONE.
- PARKING IS LOCATED AT LAST EXIT AND DESERT PARKING AREAS, TOWARDS LAKES.
- YOU CAN RIDE FROM THE CAR PARK, ALONG THE CYCLE PATH TO START AREA ON EXTENSION LOOP.
- IF YOU ARE USING GOOGLE MAPS, USE THE LOCATION AS LAST EXIT
- [PARKING LOCATION](#)
- [EVENT START LOCATION \(NO PARKING HERE BIKE ACCESS ONLY\)](#)
- [CLOSEST LANDMARK PIN USE WAZE TO DRIVE TO MBR SOLAR INNOVATION CENTRE:](#) TRAVEL TIME FROM ZADS TO PARKING IS 30 MIN (18 KM) BY CAR – REMEMBER YOU HAVE 5KM TO RIDE FROM THE PARKING TO THE START LINE.
- MANAGE YOUR TIME!