

### 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.

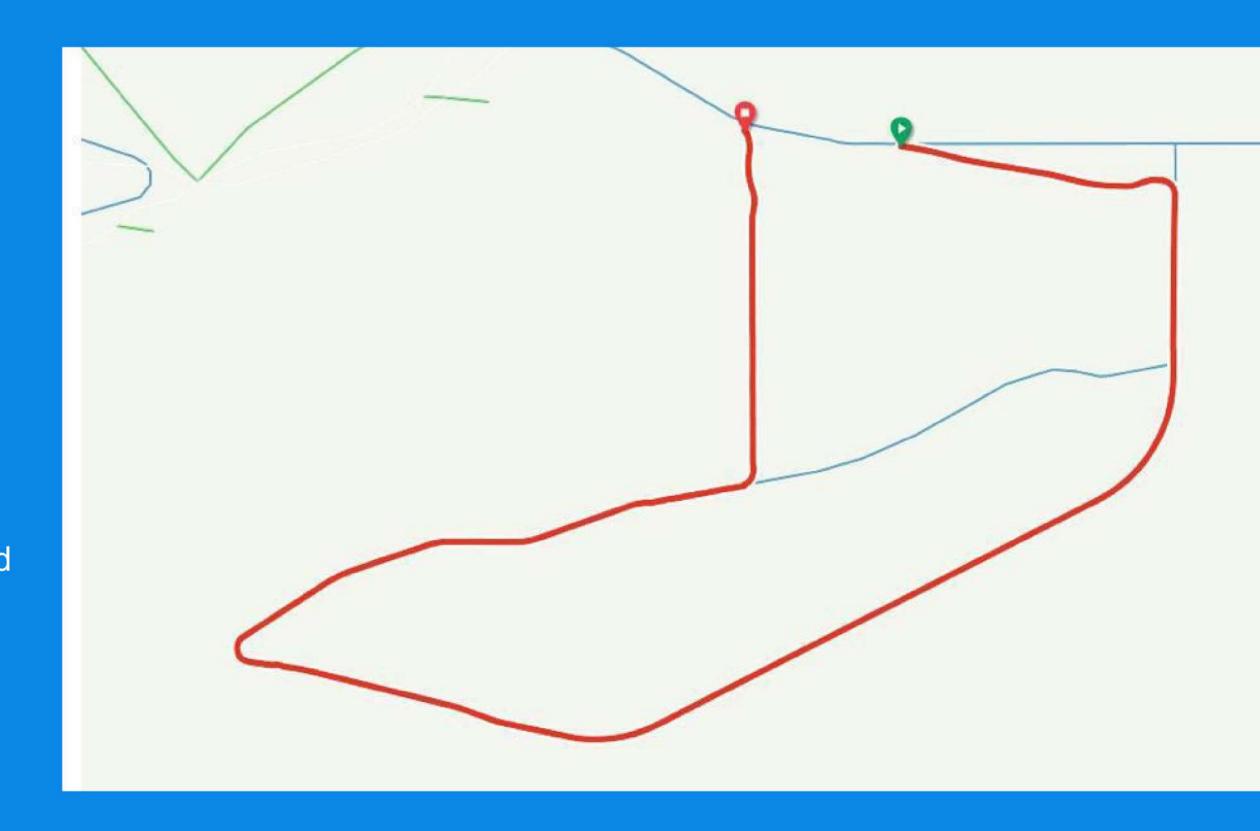


## Bicycle and Rider Safety Rules

- 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.

### **The Course**

- The start is located on the main cycle path extension loop approximately 17km from last exit.
- Route is clearly marked with signs
- 10KM 5KM 2KM 1KM are marked



• https://ridewithgps.com/trips/110549977

# 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.

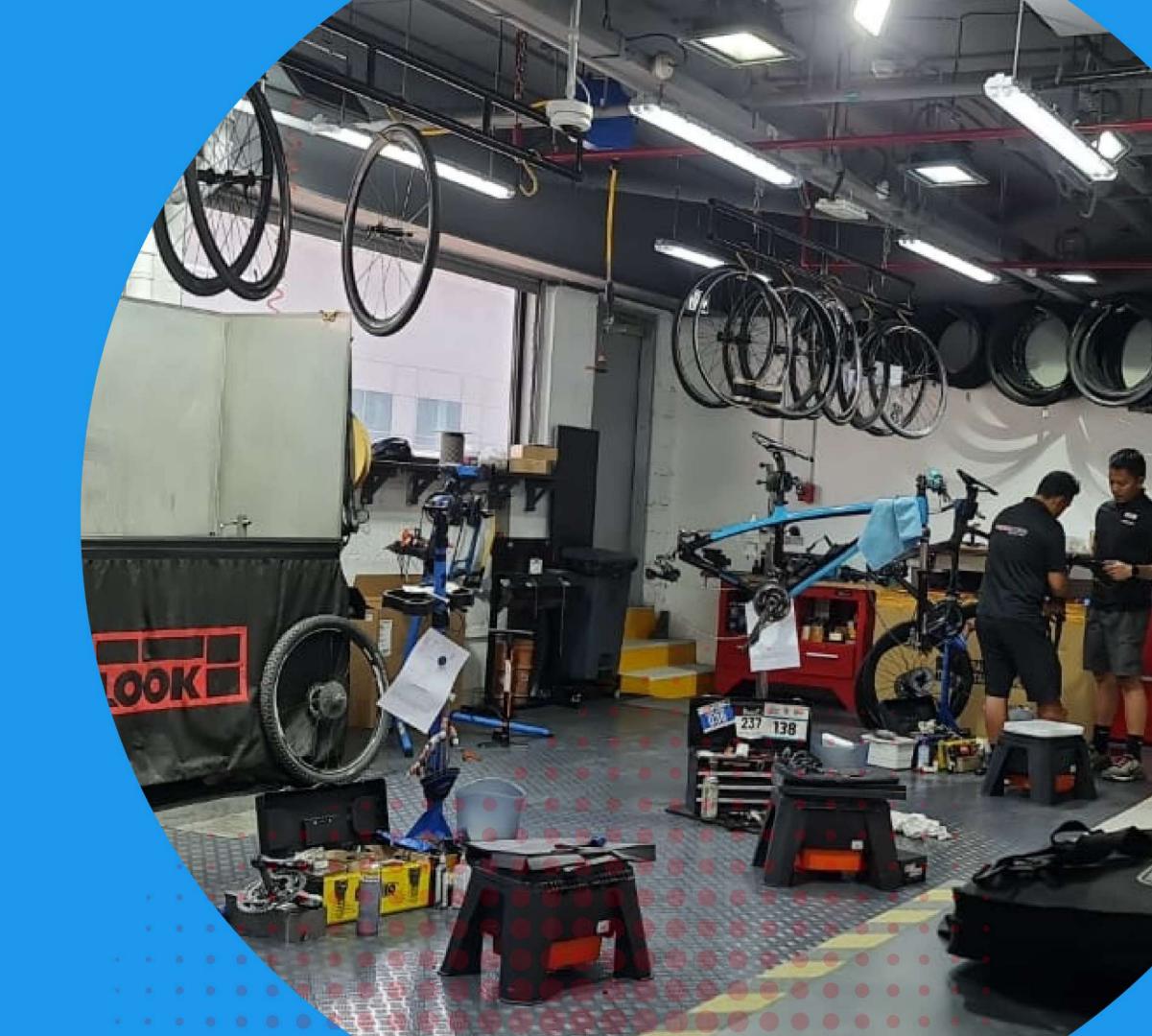


- There will be a medical provision located at the start and on course.
- Make sure you have a copy of our
  I.C.E in case of emergency number
  with you
  - Please carry a copy of medical and emergency contact details

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

# **Mechanical Support**

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





### ROAD BIKE CATEGORY

- No aero bars, clip bars or aero extentions
- Hand must be on the handlebars at all times (no resting forearems on the bars)
- Helmets must not have visors and mist cover the riders ears (no TT helmets for the road bike participants)
- Wheels minumum 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 infront of you your intentions and politely advise your passing. (ping a bell)