RETURN TO RACING

Individual Time Trial Start Time : 5:40Am | Road and TT Bikes

ALL YOU NEED TO KNOW

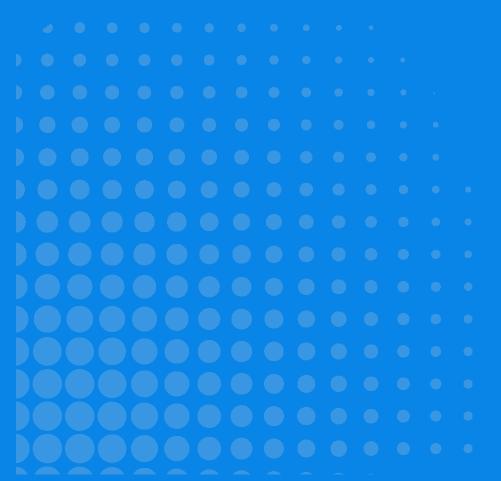


Good to Know

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

- No Helmet, No bike plate = No ride

- No timing chip, no results



• Date

- Sunday, September 10, 2023
- Race Pack Collection from
 - Race day from 5:00 AM Start Line
 - Collect at least 15 minutes before your allocated start time.
- Venue
 - Al Qudra Cycling Track (Rolling Hills Loop)
 - https://goo.gl/maps/iQJuRonrY73DqSmH9
 - Start Times
 - 5:40 AM Road and TT Bikes
 - Toilets

• Washrooms are only available at the last exit village. There is no bathrooms available at the start | finish line.

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 distance are marked on course.



https://ridewithgps.com/trips/<u>110549977</u>

Parking Start Line

- start line
- 3 parking options: towards the lakes.

 - warm up.
 - race.

• Be sure to allow yourself enough time at least 15 minutes on arrival to make your way to the

• Parking is located at the last exit parking areas,

Solar farm (Innovation Center).

• You can ride from the last exit car park, along the al qudra cycle path to start area on the extension loop. 17.5KM to the start line. A good

• Remember you will need to ride back after the



• There will be a support vehicle at the event.

Make sure you have a copy of our
I.C.E in case of emergency number

 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



OAD BIKE CATEGORY No aero bars, clip bars or aero extentions

REGULES & REGULATIONS

- participants)

• Hand must be on the handlebars at all times (no resting forearems on the bars. Puppy paws) Helmets must not have visors and mist cover the riders ears (no J helmets for the road bike Wheels minumum 12 spokes ea with maximum depth of 90



• TT Bikes:

- bars.
- - the surface area open
- TT helmets are permitted Aero skinsuits and shoe covers
 - permitted.

 Bikes fitted with triathlon handlebars and derivatives thereof which have forearm supports may be used provided that when the rider adopts a competitive position on these

Disc wheels or spoked wheels fitted with covers may be used only on the rear of the bike Deep section tri-spoke and wheels of a similar design. Front wheels must have at least 45