



جامعة خليفة
Khalifa University **2022**

KHALIFA UNIVERSITY CENTURY CHALLENGE

RIDER GUIDE

This cycle challenge takes you from the UAE capital city of Abu Dhabi, through the stunning desert roads all the way to the garden city of Al Ain and to the summit of Jebel Hafeet with a spectacular view overlooking the desert. The ride is approx 185km (118 miles) along smooth tarmac roads, winding through the red dunes of this stunning land.

■ COVID-SAFETY - IMPORTANT PLEASE READ

•FULL double vaccination in addition to COVID 19 Negative Test Result Required 96 hours prior to the event. Support crew staff Green Al Hosn app required.

- *To limit the possible spread of the virus we request that all riders are free of the virus so that we can operate the pods as per previous years in groups of max 45 people. You will also be required to sign a waiver agreeing to the terms and conditions of the event.*
- *Please ensure you do not gather in any groups – socially distance yourself (min 2m) from any other rider at the start, checkpoints and at the finish*
- *You will be requested to wash your hands thoroughly at the start of the race - water and soap is provided*
- *There will be NO TOUCHING the water dispensers by riders at feed stations, a member of staff will assist you to fill your bottle*
- *Sanitizer will be mandatory if you wish to take fruit from feed stations - or you can kindly ask a staff member to assist - sanitizer is provided*
- *Riders will wear masks unless riding – masks are mandatory at all other times (please keep it with you!)*
- *Riders not wearing a face mask when not riding will be kindly ask to wear one or leave (no excuses, we provide a bandana in your race pack)*
- *There will be no pre-event briefing, so you need to read your Rider Guide thoroughly*
- *Whilst on the ride, please allow as much space as possible whilst still drafting*
- *Riders are asked, that once their event is completed, to immediately leave the finish area. This is not our usual friendly community cycling style, (we all like to have a chat about those hills and your new carbon frame, or how that guy just couldn't keep up!), however we would like to keep bringing you these events for the entire season, so for the timebeing we would kindly ask that any post event nattering be done away from the finish line in groups no larger than 5 people.*
- *If you are experiencing ANY signs of the covid virus - PLEASE DO NOT attend the event. Please go straight to a testing centre and get yourself checked out.*

■ START/FINISH LOCATION

START TIME: 6am

(Riders must have lights fitted to their bikes, and bring cold weather gear for the start - if there is fog, start time will be delayed for 1hr only.)

Start line Arch will be from lobby area off the main road. Barriers and flags will guide riders onto the road. This will allow safe control of participants onto the route.

Lobby area will also host community Team Gazebos where they can assist with the cycle preparations for the event. Light food and beverage options will be available from vendor stands along with a cycle nutrition stand (energy bars, gels and electrolyte tabs).

Finish line Arch will be at the entrance to the summit Car Park. Barriers and flags will again guide riders through the finish area. This will allow safe control of participants off the course. Finish Line area will also host finisher medal gazebo

Return transport buses at Jebel Hafeet car park, leaving at 1.30pm, 2.30pm, 3.30pm and last bus 4.30pm (No additional cost for transport)

Riders who require transport back to provide support vehicles from their group blankets to protect their own bikes on transport

Toilets at finish line available.

■ EVENT PACK COLLECTION

Bib number collection available on Friday 11th February from 8am until 5pm at the Khalifa University. Sign in open only for 45 mins on the day pre-collection highly advised due to large number of participants.

■ THE RIDE

This ride will undoubtedly be a challenge and a wonderful day out on the roads of the UAE. Please note that you will need a certain level of fitness to take part due to the distance and the amount of climbing and bike handling skills for riding in a group.

Please ensure you have trained adequately so that you are able to participate safely and within your limits. As it is a real privilege to be able to use these roads, we ask all cyclists to adhere to traffic rules and to respect other road users. It is also important to emphasise again that this ride is a cycle challenge and not a race. By participating, you agree to ride within the parameters defined by the organisers and under the guidance

of the ride captain assigned to your group. To maintain the maximum level of safety, you are kindly requested to ride with your pod and remain together for the duration of the ride.

ROUTE, RIDER PODS, SPEED

4 speed group pods (A, B, C and D - please refer to your Bib for pod allocation) will be created upon online event registration point where each participant will be able to choose their own pod to start the ride in.

Each pod will have its own support vehicle provided by ADCC club, plus any community team support. If any rider falls behind from their group, they will be able to join with the following group or collected by the last support vehicle (sweeper) and driven to the finish point.

OUT-OFF TIMES

Riders are asked to reach the finish no later than 14:00hrs which is a minimum of 27ph average speed.

Riders struggling to keep with their assigned pod may drop back to the next pod should they find the speed too fast or mountains they are too slow. Should you not be able to keep up with the last pod, you will be asked to take a rest in the sweeper bus.

FEED STATIONS

3 stations - 63km, 115km and 174km - no toilets available. Water and snacks will be available at these checkpoints. Please try to be self-sufficient on your bike. Ensure you have enough water bottles mounted and that you refill and refuel at every opportunity.

SAFETY SUPPORT VEHICLES, VOLUNTEERS & AMBULANCE SUPPORT

Support cars will be identified with safety info and numbered, and assigned to each pod. They will escort each rider pod in order to provide a safety buffer between you and the sometimes fast moving traffic. Please try to stay with your rider pod to ensure maximum safety. These vehicles are not for mechanical breakdowns and will not be carrying discarded kit, food or water for riders - they are in place for your safety only. Should you need to abandon the cycle challenge you must wait for the sweeper bus to rack your bike and take a lift to the finish. We will have ambulances along the route of the cycle challenge and police support to assist with traffic control at junctions and roundabouts. **However, please note that the roads are not closed to traffic and you must pay attention to all road rules and regulations of the UAE.**

MECHANICAL SUPPORT

There will be a mechanical support car along the route, however you are requested to **carry your own supply of spare tubes and pump** in case you puncture along the way. You should be able to take care of most mechanical failures you might experience with your own toolkit, repair kit and knowledge. If you experience a flat tyre, please get into the support car with your bike if possible and repair, and you will be dropped off once it is safe to do so back into your pod. If this is not possible, you must repair and join another pod behind yours.

BIKES, NUMBERS AND BIBS

TT bike, TRI bikes/bars, e-bikes, folding bikes are not suitable for group rides. This is a group ride. For maximum safety, only standard road bikes are permitted for this ride. For safety and identification you will be provided with and asked to wear a single bib on the rear of your cycle jersey.

MANDATORY KIT

You must wear your bib number on your jersey. Please carry your own water bottles, supply of spare tubes and pump in case you puncture along the way. Water will be pumped not given in bottles, so it is essential to bring your own hydration pack or bidons.

Please also carry identification (Emirates ID or International ID), face mask, wallet, car keys and a mobile phone.

TIMING SYSTEM

We would to emphasise that this is not a race and therefore will not be timed.

BUS TRANSPORTATION

No cost for transportation - riders give blankets to their assigned support cars.

BREAKFAST BUFFET AT THE FINISH

Your entry includes a celebration breakfast buffet at the finish.

■ THE UAE - IT IS STILL HOT - AND WEATHER CAN BE UNSTABLE i.e. STORMY/RAINING/FOGGY/COLD

Start time 6am - riders must have lights fitted to their bikes, and bring cold weather gear for the start - if there is fog, start time will be delayed for 1 hour only.

Temperatures during the race are likely to be around 25-30°C. It is expected to be hot with little shade so please make sure you are properly protected with sun tan lotion. Ambulances are on standby throughout the duration of the event but you must take care to ride sensibly in such conditions. There will be water available from aid stations but please make sure you have sufficient nutrition and fluids of your own on your bike.

Hydrate properly pre-event, throughout the ride and continually post-event until you are completely hydrated. If you start to get headaches, feel dizzy and nauseous then you may be suffering from heat exhaustion and need to seek medical advice. Listen to your body and if you feel in any way: confused, experiencing muscle cramps, sweating more than usual, headache, nausea/vomiting or feeling dizzy please seek medical help immediately.

We have also experienced freak storms, wind and rain on the ride, so it is important to be prepared for all eventualities. Take a light rain jacket, make sure your bike is properly serviced and in good working order i.e. brakes and wheels are clean, debris free and work adequately on downhill sections in wet weather.

■ Rules & Regs

In entering this event and by reading the race waiver, you agree to abide by the general terms & conditions of participating in this event.

COVID 19 NEGATIVE TEST RESULT

ALL riders MUST present a Covid 19 Negative test result (PCR Swab Test) max 96 hours prior to event and must be fully double vaccinated.

MASK WEARING

ALL riders MUST wear a face mask if not riding during the event. This includes all areas at the start and finish, unless eating/drinking.

MEDICAL FITNESS DECLARATION/WAIVER

All riders must declare any medical conditions to the race organiser before the ride. This does not necessarily exclude you from riding, it ensures we are in full possession of all medical facts should any problem arise and emergency services need to administer treatment. All riders signing the waiver agree that they are fit and able to cycle 185km of challenging terrain and have trained adequately to do so comfortably.

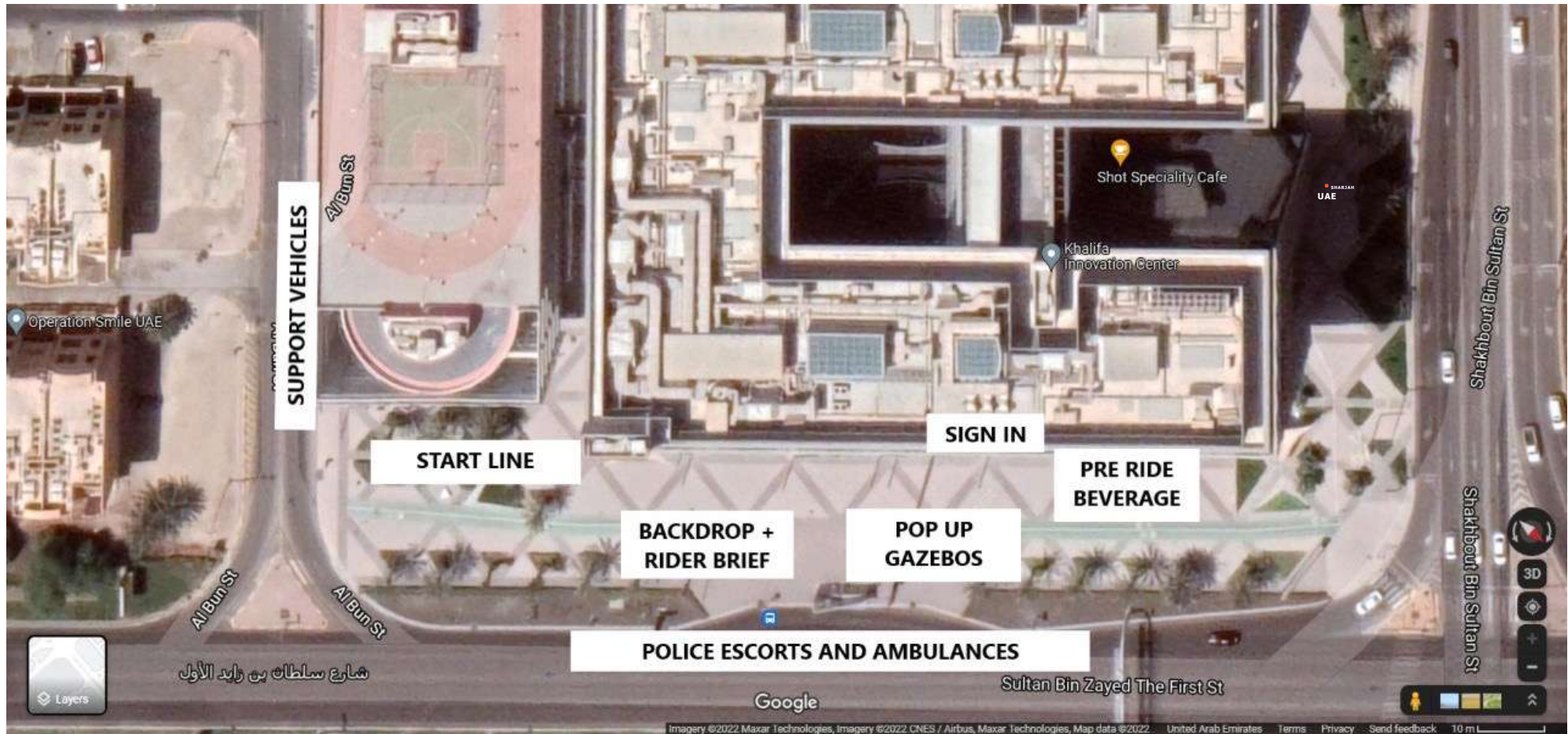
TT BIKES, E-BIKES, TRI BIKES/BARS, FOLDING BIKES ARE NOT PERMITTED. This is a group ride and for maximum safety, only standard road bikes are permitted to ride in group formation. For safety and identification you will be provided with and asked to wear a single bib on the rear of your cycle jersey.

ROUTE DETAILS

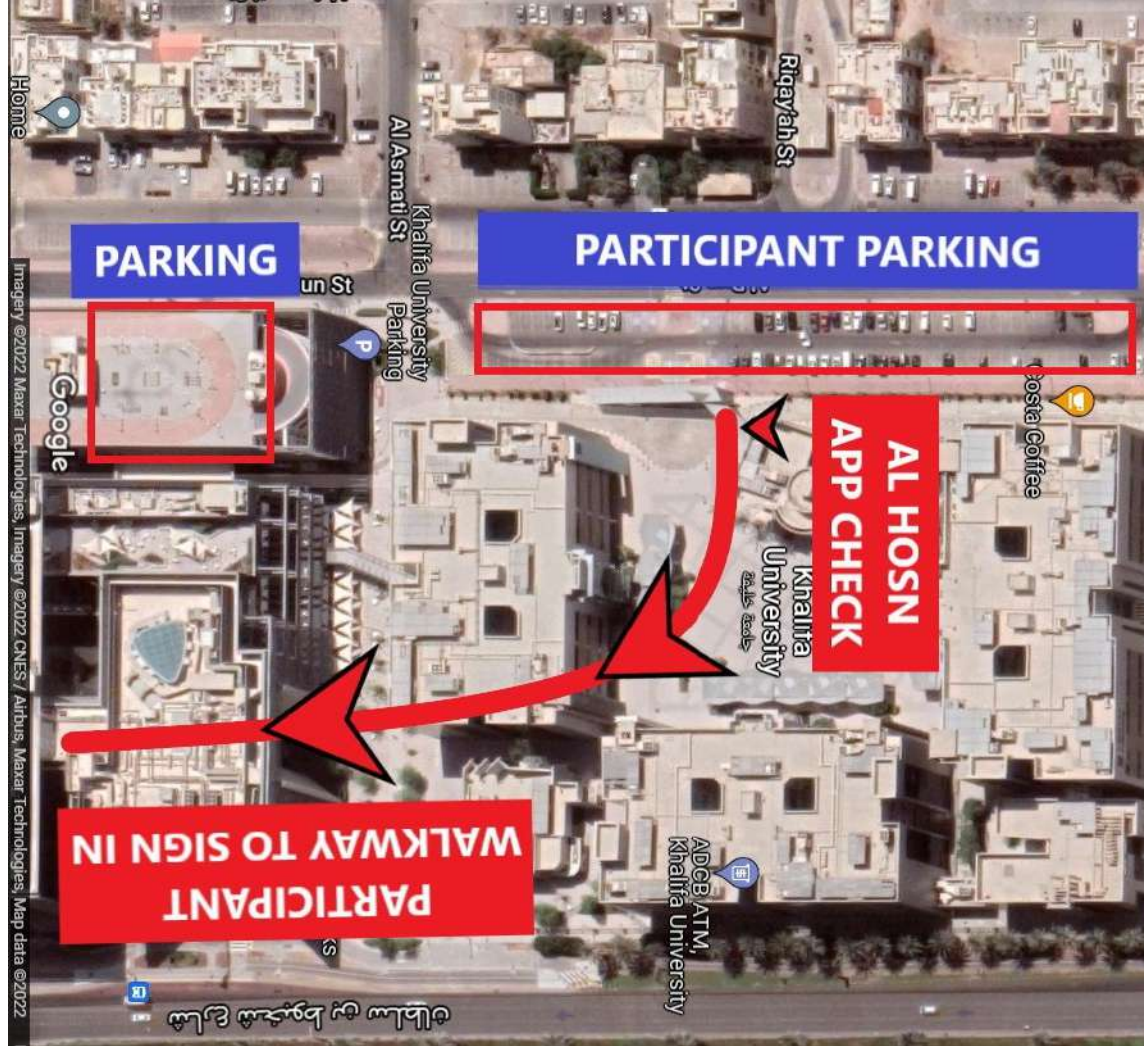
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|--------------|---------------------------------------|
| ROUTE LENGTH | 118.117 miles |
| ASCENT | 8001 ft |
| DESCENT | 4616 ft |
| HILLS | ↗ 41.7% ↘ 31.3% → 27.0% |
| TERRAIN | Road A |
| START | LAT: 24.449713, LNG: 54.397887 |



START VILLAGE



PARKING AND SIGN-IN



ROUTE AND PROFILE



EVENT WAIVER - BY BEGINNING THE RIDE YOU AGREE TO THE BELOW

PLEASE READ THIS DOCUMENT (THE "WAIVER AGREEMENT") CAREFULLY BEFORE RIDING. THIS WAIVER AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING A FUTURE LAWSUIT.

I know that cycling is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event.

I hereby certify that I am in good health and I have trained for the distance of the race, which I am entering. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants or animals, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this event, I, for myself and anyone entitled to act on my behalf, waive and release the organisers, its officers, directors, agents, volunteers and employees, all states, cities, countries or other governmental bodies or locations in which events or segments of events are held, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to video / photograph me before, during and after the activity, and use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including any marketing and/or commercial purpose, on any media, including but not limited to: social media, electronic media, print media etc.

Transport of luggage and bicycles. Every effort will be made to keep your bike and luggage in the same condition it was loaded in. I do not hold any person, driver or organisation responsible for any damage caused during load, off load or transfer of my luggage or bicycle. I understand that event insurance does not cover the transportation of my luggage or bicycle or any medical treatment sustained during the event or any post event treatment due to injuries sustained during the event.

I hereby state that I am fully vaccinated for Covid-19 and I have submitted an official (PCR) Covid 19 Negative Test Result as part of the terms and conditions to participate. Should I contract the virus as a result of the event or post event celebrations, I do not hold any person, driver or organisation responsible for any subsequent treatment, hospitalisation, illness or death. I agree to contact the organisers should I find myself positive post event, in order that contact tracing can be carried out and the spread of the virus limited as soon as possible.