

ALL YOU NEED TO KNOW

Return to Racing | ITT 2021-22 | Series 5
Sunday ,29th May 2022
AL QUDRA CYCLING TRACK (Rolling Hills LOOP)

COVID-19 SOCIAL DISTANCING RULES APPLY

IF YOU HAVE ANY COVID-19 SYMPTOMS - DO NOT ATTEND!

MAY 29

DUBAI SPORTS COUNCIL

ITT SERIES

INDIVIDUAL TIME TRIALS

RACE 5: LONG COURSE

2 CATEGORIES
Time Trial Bike
Road Bike

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WWW.HOPASPORTS.COM

Return to Racing is getting you back on your bike!

JOIN FINAL RACE OF THE SEASON

RETURN TO RACING

RACE INSTRUCTIONS

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

VENUE, DATE, AND START TIMES

VENUE: AL QUDRA CYCLING TRACK (Rolling Hills LOOP)
PARKING: <https://goo.gl/maps/38TtbRK5FqLo3N1r8>
RACE LOCATION: <https://goo.gl/maps/38TtbRK5FqLo3N1r8>
DATE: RACE PACK COLLECTION | No PARKING AT THIS LOCATION.
Sunday 29th May 2022
RACE PACK COLLECTION
FROM 4.45AM
START TIME: ROAD BIKE / TT BIKE @5:15AM

RULES AND REGULATIONS

PLEASE ENSURE YOU HAVE ENTERED THE CORRECT CATEGORY – TT BIKE OR ROAD BIKE

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
- FRONT & 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.

THERE ARE PRECISE RULES FOR TIME TRIALS TO ENSURE THAT RIDERS DO NOT GAIN AN UNFAIR ADVANTAGE. IF THESE RULES ARE BREACHED THE RIDER/S CONCERNED WILL LIKELY RECEIVE A TIME PENALTY OR BE DISQUALIFIED. THESE RULES ARE ESSENTIALLY THOSE OF THE WORLD GOVERNING BODY FOR TIME TRIALS.

- WHEN A RIDER CATCHES ANOTHER, THE RIDER CAUGHT MAY NOT LEAD THE RIDER BEHIND, AND THE RIDER BEHIND MUST NOT FOLLOW DIRECTLY BEHIND IN THE SLIPSTREAM OF THE RIDER AHEAD. THE UCI RULES SAY A 2M SIDWAYS GAP IS REQUIRED BUT AS OUR ROADS ARE OPEN AND CAN BE NARROW, THIS IS NOT ALWAYS PRACTICAL AND/OR SAFE.
- WHEN THE RIDER BEHIND PASSES, THE RIDER WHO HAS BEEN CAUGHT MUST NOT FOLLOW BEHIND IN THEIR SLIPSTREAM. WITHIN A KILOMETRE, THE RIDER WHO HAS BEEN CAUGHT MUST DROP BACK TO AT LEAST 25M BEHIND THE RIDER NOW IN FRONT.
- RIDERS MAY NOT HELP ONE ANOTHER.
- THE EXCHANGE OF FOOD, DRINKS, SMALL ITEMS OF EQUIPMENT, WHEELS AND BICYCLES AND HELP WITH RUNNING REPAIRS IS NOT PERMITTED BETWEEN RIDERS.
- IF A RIDER IS DISQUALIFIED BOTH RIDERS SHALL BE DISQUALIFIED.

- IF A RIDER IS CAUGHT, AS THE RIDER BEHIND APPROACHES WITHIN 25M THEY NEED TO ENSURE THEY ARE TO THE SIDE AND NOT RIDE DIRECTLY BEHIND.
 - THEY HAVE SHOWN SUPERIOR SPEED TO CATCH THE RIDER AHEAD, BUT THEY NOW NEED TO BE SURE THEY HAVE THE POWER TO PASS AND PREFERABLY PULL AWAY FROM THAT RIDER BEFORE THEY APPROACH ANY CLOSER THAN 25M.
 - IDEALLY, THEY SHOULD OVERTAKE THEN MOVE AWAY, THE RIDER BEHIND MUST NOW FALL BACK SO THAT WITHIN A KILOMETRE THEY RIDE 25M BEHIND THE RIDER NOW IN FRONT. EVEN IF THE PASSING RIDER PASSES BUT THEN ONLY TRAVELS AT THE SAME SPEED AS THE RIDER WHO HAS BEEN CAUGHT, THAT RIDER MUST DROP BACK AND HOLD A POSITION 25M BEHIND.

NOTE: AT 30KM/HR, 25M = 3 SEC; AT 38KM/HR, 25M = 2.5 SEC; AT 45KM/HR, 25M = 2 SEC.

TT BIKE CATEGORY

THE AERO RESTRICTIONS FOR ENTERING THE TT BIKE TIME TRIAL.



- 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
 - THE WRISTS ARE NO LOWER THAN THE ELBOWS.
 - (ii) THE HEIGHT FROM THE GROUND TO THE FOREARM RESTING POSITION IS NO LESS THAN 80% OF THE HEIGHT OF THE SADDLE FROM THE GROUND.
 - DISC WHEELS OR SPOKED WHEELS FITTED WITH COVERS MAY BE USED ONLY ON THE REAR OF A MACHINE.
- DEEP SECTION RIMS, TRI-SPOKE AND WHEELS OF A SIMILAR DESIGN MAY BE USED. THE FRONT WHEEL MUST HAVE AT LEAST 45% OF THE SURFACE AREA OPEN.
- THE USE OF RECUMBENT MACHINES, PROTECTIVE SHIELDS OR WINDBREAKS IS PROHIBITED.
- TT HELMETS ARE PERMITTED
- AERO SKINSUITS AND SHOE COVERS / SOCKS ARE PERMITTED.

ROAD BIKE CATEGORY

THE AERO RESTRICTIONS FOR ENTERING THE ROAD BIKE TIME TRIAL.



- 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.

- **TT BARS OR CLIP ON AERO BARS ON A ROAD BIKE – MUST RACE IN TT BIKE CATEGORY**

RACE PACK COLLECTION

TIME: Sunday 29th May 2022, 4.45AM UNTIL 6.15AM AT RACE START

PLEASE REMEMBER TO COLLECT YOUR RACE PACK. YOU SHOULD HAVE A FORM OF IDENTIFICATION FOR US TO CHECK YOUR ENTRY IF NEEDED. TO COLLECT YOUR RACE PACK, YOU WILL BE REQUIRED TO PROVIDE PERSONAL DETAILS LIKE NAME, DATE OF BIRTH AND ALLOCATED START TIME.

YOUR RACE PACK CONTAINS THE FOLLOWING ITEMS:

- TIMING CHIP. ALL TIMING CHIPS ARE HOPASPORT SUPPLIED AND MANAGED BY THE REGISTRATION AND TIMING TEAM. THIS MUST BE SECURED TO YOUR LEFT ANKLE USING THE DEDICATED STRAP OR ON THE BIKE HOLDER. 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 (BIB). MAKE SURE THAT YOU SECURELY PLACE BIB NUMBER ON YOUR BACK FOR IDENTIFICATION AND FOR FINISH LINE CAMERA POSITIONS.

NO CHIP = NO TIME | NO HELMET = NO RIDE | NO NUMBER = NO RIDE

YOU MUST RETURN YOUR RENTAL CHIP AT THE FINISH LINE

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.

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:

- 04.30: RIDERS TO START ARRIVING AT CAR PARK M- PLEASE DO NOT GATHER IN LARGE GROUPS REMEMBER COVID-19 PROTOCOL (KEEP 2 METER GAP)
- 04.45: REGISTRATION OPENS
- 06.15: REGISTRATION CLOSES
- 05.10: 1ST RIDER TO START LINE
- 05.15: 1ST RIDER START
- 06.20: LAST RIDER AWAY

RACE START

THE TT WILL BEGIN FROM THE OFFICIAL START / FINISH ARCH IN AN ANTI-CLOCKWISE DIRECTION, WITH A MINUTE GAP AFTER THE PREVIOUS RIDER. THERE IS A RAMP START AND YOUR BACK WHEEL AND SADDLE CAN BE HELD IF REQUIRED.

WINNERS

THE WINNER OF EACH CATEGORY IS AS PER REGISTRATION AND RIDERS ARE PLACED ON CHIP TIMING ONLY OVER THE OFFICIAL FINISH LINE.

THE FASTEST CHIP TIME WILL BE DECLARED AS OVERALL WINNER.

NO PODIUM PRESENTATION WILL TAKE PLACE.

FINISH

- ALL RIDERS MUST RETURN TIMING CHIP.
- ALL NON-RETURNED TIMING CHIPS WILL BE CHARGED AED 250.
- PLEASE LEAVE THE COURSE AS SOON AS YOU HAVE COMPLETED YOUR RACE.
- ALL TIMES AND RESULTS WILL BE PUBLISHED BY 11.30AM ON RACEDAY;
[HTTPS://RESULTS.HOPASPORTS.COM](https://results.hopasports.com)
- 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.

REFRESHMENT STATIONS

- THERE WILL BE A REFRESHMENT STATION AT THE FINISH LINE.
- PLEASE TAKE A WATER FROM THE HYDRATION STATION AND LEAVE THE EVENT COURSE, DUE TO COVID-19 REGULATIONS WE ARE NOT PERMITTED TO HAVE RIDERS GATHER ON THE COURSE.

THINGS TO WATCH OUT FOR

- OTHER RIDERS: BE VIGILANT OF YOUR SURROUNDINGS AND WHAT IS HAPPENING AROUND YOU AND REMEMBER TO SIGNAL YOUR INTENTIONS.

- 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 MARMOOM TO TRY TO ENSURE THE TRACK IS CLEAR.
- HOWEVER, A PUMP AND SPARE INNER TUBE ARE ESSENTIAL TOOLS FOR ANY ROAD RACE. NEUTRAL SUPPORT PROVIDERS WILL BE ON THE ROUTE TO ASSIST YOU.

ROAD OBSTRUCTIONS

- THE AL QUDRA 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.

NOTE: WHEN REGISTERING, EACH RIDER HAS AGREED TO THE EVENT WAIVER AND RULES. COPIES OF THE WAIVER CAN BE FOUND ON THE EVENT REGISTRATION PAGE.

THE COURSE

START: AL QUDRA CYCLE TRACK

- THE START IS LOCATED ON THE MAIN CYCLE PATH EXTENSION LOOP APPROX. 17KM FROM LAST EXIT
- 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- BEPREDICTABLE IN YOUR MOVEMENTS.



<https://ridewithgps.com/routes/34140420>

PARKING AND FACILITIES

- PLEASE ARRIVE TO ALLOW ENOUGH TIME TO GET READY AND FIND YOUR WAY TO THE STARTZONE.
- 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 LOCATIONS:
 - **LAST EXIT** IF YOU WANT A LONG WARM UP – 17.5KM TO THE START <https://goo.gl/maps/P8sLWUm3iYGGqVzf6>
 - **THE MOSQUE** PARKING IF YOU WANT A SHORTER WARM UP 7KM TO START <https://goo.gl/maps/4NxobkspS7vf1cUr7>
 - **START** PARKING IF YOU DO NOT WANT A WARM UP <https://goo.gl/maps/CsqFgUfLs4Yrgje58>
 - EVENT START WITH PARKING OPTION
 - <https://goo.gl/maps/CsqFgUfLs4Yrgje58>
 - CLOSEST LANDMARK PIN USE WAZE or Google Maps DRIVE TO Bab Al Shams :
 - <https://goo.gl/maps/ANKgfQPLHtamPpBQ8>
 - TRAVEL TIME FROM ZADS TO Start by vehicle IS + - 10 MIN (17.5 KM) BY CAR

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.
- COMPETITIVE EDGE EVENT 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.

ENJOY THE RACE!