

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/110549977>

Parking | Start Line

- Be sure to allow yourself enough time at least 15minutes on arrival to make your way to the start line
- 3 parking options:
- Parking is located at the last exit parking areas, towards the lakes.
 - 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 warm up.
 - Remember you will need to ride back after the race.



- 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 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 will be on-site during the event with basic mechanical support





• ROAD BIKE CATEGORY

- No aero bars, clip bars or aero extensions
- Hand must be on the handlebars at all times (no resting forearms on the bars. Puppy paws)
- Helmets must not have visors and must cover the riders ears (no TT helmets for the road bike participants)
- Wheels minimum 12 spokes each with maximum depth of 90mm



- **TT Bikes:**

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