



# ALL YOU NEED TO KNOW

*TEAM TIME TRIAL*

SERIES 3 OF 3

SATURDAY 5<sup>th</sup> DECEMBER 2020

AL QUDRA CYCLING TRACK

(ROLLING HILLS LOOP)

COVID-19 SOCIAL DISTANCING RULES APPLY

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

## **RACE INSTRUCTIONS**

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

PLEASE NOTE: **YOU CAN ONLY COLLECT YOUR RACE PACK 30 MINUTES BEFORE YOUR STARTING TIME**



## VENUE, DATE, AND START TIMES

VENUE: AL QUDRA CYCLING TRACK (Rolling Hills LOOP)  
PARKING: <https://goo.gl/maps/3ViBx6d5ggdnGXv98>  
RACE LOCATION: <https://goo.gl/maps/3ViBx6d5ggdnGXv98>  
RACE PACK COLLECTION | NO PARKING AT THIS LOCATION.

DATE: SATURDAY 5<sup>th</sup> DECEMBER 2020  
RACE PACK COLLECTION FROM 6.15AM

START TIME: ROAD BIKE / TT BIKE @ 6:20AM

## 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
- 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. THIS ALSO INCLUDES BEING UNCOOPERATIVE AND ABUSIVE TOWARDS THE REGISTRATION TEAM.

THERE ARE PRECISE RULES FOR TEAM 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 TEAM OF RIDERS CATCHES ANOTHER TEAM, THE TEAM RIDER CAUGHT MAY NOT LEAD THE RIDERS BEHIND, AND THE RIDER BEHIND MUST NOT FOLLOW DIRECTLY BEHIND IN THE SLIPSTREAM OF OTHER THE RIDERS AHEAD. THE UCI RULES SAY A 2M SIDEWAYS GAP IS REQUIRED.
- WHEN THE RIDERS BEHIND, PASS, THE RIDERS WHO HAVE BEEN CAUGHT MUST NOT FALL BEHIND IN THEIR SLIPSTREAM. WITHIN ONE KILOMETRE, THE RIDER WHO HAS BEEN CAUGHT MUST DROP BACK TO AT LEAST 25M BEHIND THE RIDER NOW IN FRONT.
- IF ONE RIDER IN A TEAM IS DISQUALIFIED THE TEAM WILL BE DQ.



- IF A TEAM OF RIDERS IS CAUGHT, AS THE RIDERS BEHIND APPROACHES WITHIN 25M THEY NEED TO ENSURE THEY ARE TO THE SIDE AND NOT RIDE DIRECTLY BEHIND.
  - IT IS THE RESPONSIBILITY OF THE CHASSING / PASSING RIDERS TO LET THE RIDERS AHEAD KNOW THAT THEY ARE BEING PASSED – CALLS PASSING LEFT
  - ALL PASSING MUST TAKE PLACE FROM THE LEFT
  - PASSING RIDERS MUST GIVE CLEAR INDICATION AND NOTIFICATION THEY APPROACHING RIDERS BEING PASSED
  - THE PASSING RIDERS 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 AND 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.
  - TEAMS OF THREE RIDERS START – THE SAME THREE RIDERS FROM THE SAME TEAM THAT STARTED TOGETHER MUST FINISH THE ENTIRE COURSE IN ORDER TO HAVE A VALID TIME.

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
- TT TEAMS ARE MADE UP OF THE FOLLOWING COMBINATION
  - THREE TT BIKES
  - TWO TT BIKES AND ONE ROAD BIKE
  - ONE TT BIKE AND TWO ROAD BIKES
- 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.
- TTT TEAMS ARE MADE UP OF THE FOLLOWING COMBINATION
    - **THREE ROAD BIKES** meeting the above specifications
    - TT BARS OR CLIP ON AERO BARS ON A ROAD BIKE – MUST RACE IN TT BIKE CATEGORY

## RACE PACK COLLECTION

TIME: 5<sup>TH</sup> DECEMBER, 6.10AM UNTIL 7.50AM AT RACE START

PLEASE REMEMBER TO COLLECT YOUR RACE PACK. YOU MUST PROVIDE US WITH A PRINTOUT OF YOUR CONFIRMATION EMAIL OR RECEIPT AND THEY MUST HAVE A FORM OF IDENTIFICATION FOR US TO REFER BACK TO IF NEEDED. TO COLLECT YOUR RACE PACK, YOU WILL BE REQUIRED TO SHOW CONFIRMATION EMAIL.

**YOU CAN ONLY COLLECT YOUR RACE PACK 30 MINUTES BEFORE YOUR STARTING TIME**

YOUR RACE PACK CONTAINS THE FOLLOWING ITEMS:

- TIMING CHIP. ALL TIMING CHIPS ARE HOPASPORT SUPPLIED AND MANAGED BY THE REGISTRATION AND TIMING TEAM. YOUR CHIP MUST BE SECURED TO YOUR LEFT ANKLE USING THE DEDICATED STRAP. 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 (STICKERS). MAKE SURE THAT YOU SECURELY PLACE BIKE STICKER ON SEAT POST SIDEWAYS AND HELMET STICKERS ON THE FRONT OF YOUR HELMET 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. RIDERS ARE ONLY ABLE TO COLLECT THEIR RACE PACK 30 MINUTES BEFORE THEIR 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:

- 06.10 : RIDERS TO START ARRIVING AT CAR PARK M- PLEASE DO NOT GATHER IN LARGE GROUPS REMEMBER COVID-19 PROTOCOL (KEEP 2 METER GAP)
- 06.15 : REGISTRATION OPENS
- 07.50 : REGISTRATION CLOSES
- 06.19 : 1<sup>ST</sup> RIDERS TO START LINE
- 06.20 : 1<sup>ST</sup> RIDERS START
- 08.00 : LAST RIDERS AWAY

### **RACE START**

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

RACE START: ALL 3 RIDERS WILL LINE UP IN FRONT OF THE COUNTDOWN CLOCK AND SET OFF AT 1 MIN INTERVALS. IT'S A ROLLING START FOR APPROX. 100M TO ALLOW RIDERS TO CLIP IN GROUP TOGETHER. THE FIRST RIDER CROSSING THE 0 KM LINE STARTS THE OFFICIAL TIME FOR THE ENTIRE TEAM. THE LAST RIDER CROSSING THE FINISH LINE WILL STOP THE CLOCK FOR OFFICIAL TIME.



## **WINNERS**

RESULTS ARE PENDING UNTIL RACE PHOTOGRAPHS HAVE BEEN CHECKED. IF THERE ARE PICTURES OF ANY OF YOUR TEAM RIDING ON YOUR HANDLEBARS IN THE ROAD BIKE CATEGORY, YOUR TEAM WILL BE DISQUALIFIED.

THE TEAMS TIME IS TAKEN FROM THE LAST RIDER CROSSING THE FINISHING LINE. THE FASTEST TEAM WILL BE DECLARED AS OVERALL WINNER AND WINNERS WILL BE NOTIFIED VIA EMAIL.

NO PODIUM PRESENTATION WILL TAKE PLACE. PRIZES ARE TO BE COLLECTED BY THE NOTIFIED WINNER'S FROM REVOLUTION CYCLES DUBAI.

## **FINISH**

- ALL RIDERS MUST RETURN TIMING CHIP.
- ALL NON-RETURNED TIMING CHIPS WILL BE CHARGED AED 150.
- 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 MARMOON TO TRY TO ENSURE THE TRACK IS CLEAR.
- ALL PASSING MUST TAKE PLACE FROM THE LEFT
- PASSING RIDERS MUST GIVE CLEAR INDICATION AND NOTIFICATION THEY APPROACHING
- 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- BE PREDICTABLE IN YOUR MOVEMENTS.





## PARKING AND FACILITIES

- PLEASE ARRIVE TO ALLOW ENOUGH TIME TO GET READY AND FIND YOUR WAY TO THE START ZONE.
- 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!



Don't forget everyone who registers for the Team Time Trial gets to enjoy this great offer from Prime Medical Centre Motor City. For more details, contact [drnand@primehealth.ae](mailto:drnand@primehealth.ae)



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