

1 Event Day

A. Getting There

Driving

To avoid traffic congestion you are advised to use public transport and leave your car at home. Car pool and arrive early. Follow Map 1

Cycling

If you are cycling to the event venue, cycle with care and follow traffic rules.

B. Holding Area & Site Map

Holding Area is at the Jantar Mantar Marg. Please see Map 2.

C. Bike Hire Park - Collection & Return

If renting a bicycle, please note the following:

- 🚲 Rental bicycles can be collected from “**Bike Hire Park**” at **Free Church, Jantar Mantar Marg** starting from **6:00 am** in the morning till **45 minutes** before start of the race.
- 🚲 Participants are required to submit their original photo identification card and also show the Hire Receipts. Under no circumstances cycles will be given to participants without depositing original photo identification card and hire receipt.
- 🚲 Please collect your bike at least 45 minutes before the start of your race category.
- 🚲 After collection of your rental bike, please do not leave it unattended. Any loss or damages will be borne by the participant.
- 🚲 All rental bikes have to be **returned** immediately after finishing the ride at Free Church, Jantar Mantar Marg in the “Bike Hire Park” **before 1:30 pm**.
- 🚲 The original photo id will be returned when the participant hands over the bicycle in good condition or else on payment of damages incurred.

Note: Don't forget to carry your original photo identification card and hire receipt on the event day.

List of Photo Identification card accepted

- **Pan Card**
- **Company ID Card**
- **Driving License**

D. Event Bib Number

Event bib **MUST** be worn on the **lower back** throughout the event. Anyone without an event bib will not be allowed in the holding area and the start zone. **(Please write your name and emergency contact person/telephone on the reverse of your bib).**

E. Hydration

It is important to remain properly hydrated during the event - you should aim to drink 1 litre of water per hour. You should also carry a drink bottle on your bike and try to practice drinking while you ride, prior to the event.

F. Warm Up & Stretching

Be sure that you are properly hydrated, and have warmed up and stretched before you start your event.

G. Start Location

- 🚲 At Sansad Marg opposite SBI bank.
- 🚲 All Participants have to report to the Holding Area at Jantar Mantar Marg at least 45 minutes before the ride start time.
- 🚲 From the Holding Area all the participants will be taken to the Start Line.

To avoid congestion and confusion, please follow announcements and directional signs around the event venue.
Please see Map 2.

H. Categories & Start Times

Ride Category	Colour Coding	Distance	Start Time
FICCI Corporate Ride – 18yrs & above	Yellow Background with Black numbering	25 Km	07:45 am
Amateur Ride – 18yrs & above	Blue Background with White numbering	25 Km	07:55 am
LG Green Ride – 14yrs & above	Green Background with White numbering	15 Km	08:15 am
Junior Ride – 8yrs to 13yrs	Orange Background with Black numbering	05 Km	07:30 am

Participants are advised to be at the Holding Area 60 minutes before your start time. Unfortunately, we will not accept latecomers to the starting line as start times will be strictly adhered to. We appreciate your understanding on the need to re-open public roads on time.

I. Event Designation

All the Ride Categories are community rides, not races of any type.

J. Time Limit

- 🚲 Organizers reserve the right to turn riders early who fall behind in any category.
- 🚲 All roads will be reopened for traffic at 1:30 pm.
- 🚲 All participants will be considered as regular cyclists after 1:30 pm and will be responsible to take care of their own safety.

K. Start Procedure

LG Green Ride / FICCI Corporate Ride / Amateur Ride:

For the safety of participants, riders will be set off in waves to ensure that riders of same category are riding together. Riders will be set off in batches of a few hundred. Please be advised that because of special road closures throughout the route, the ride must adhere to a strict timetable and finish the race before 09:30 am.

Junior Ride:

For the safety of participants, riders will be set off in waves to ensure that riders of same age groups are riding together. Riders will be set off in batches of a few hundred. Please be advised that because of special road closures throughout the route, the ride must adhere to a strict timetable and finish the race before 8:30 am.

L. Course Vehicles

Riders will be escorted by motorcycles as well as lead and rear vehicles. Riders who are deemed unable to continue by race officials will be asked to board the rear/broom vehicle. In addition, there will be ambulances on the course.

1 Route

A. Route Map

Organisers reserve the right to alter the course in the best interest of the event and/or participants at any stage. Refer to Map 4,5,6.

B. Feed/Aid Stations – Medial, Water & Mechanics support (See Map 3.)

- 🚲 There are 3 aid stations on the route.
- 🚲 Participants will have the option to enter Feed/Aid Station areas or bypass them.
- 🚲 For safety reasons, no cycling will be allowed in Feed/Aid Station areas.
- 🚲 Participants will be required to dismount and push their bicycles through the Feed/Aid Station.
- 🚲 When cyclists leave the Feed/Aid Station, there will be a merging lane allowing them to safely re-join the event.
- 🚲 If you have bypassed the Feed/Aid Station, please keep right and lookout for cyclists rejoining the event after the Feed/Aid Station.

C. Bike Mechanics

Bike Mechanics service facilities will be provided as follows:

- 🚲 All cyclists: Minor mechanical adjustments and tyre check outside Bike Hire Park on Event Day.
- 🚲 Bike Mechanics are available on the Route at the Feed/Aid Station Follow rules on Map 3.

D. Medical

There will be mobile paramedics en-route and first aid personnel at Feed/Aid Stations. In addition, there will be a Medical Headquarters, at Jantar Mantar Marg. Please notify a marshal if you have any medical difficulties and they will call for assistance.

E. Event Day Participant Assistance

If you require assistance while on the route, you may ask a route marshal, who will then call for assistance.

F. Safe Cycling Tips

To ensure a safe and enjoyable ride for yourself and fellow participants, please take note of the following:

- 🚲 Service your bike before the event - ensure brakes are working, tyres are correctly inflated and gears are tuned. It is recommended that a spare inner tube is carried by each participant in a waist pouch.
- 🚲 For your own safety, helmets are compulsory - no helmet, no ride! Please do not be disappointed, if you turn up without a helmet and are not allowed to participate.
- 🚲 Aero bars are designed for time trial and triathlon events, not group riding and accordingly, bikes with aero bars will not be permitted.
- 🚲 Ride left, pass right – stay to the left hand side of the course and pass on the right hand side when overtaking.
- 🚲 Safe following distances - please ride within your capabilities and maintain sufficient distance between yourself and the bike in front of you so that you can respond should a cyclist suddenly stop or swerve. If you are an inexperienced cyclist, this distance should be at least two to three metres.
- 🚲 Be aware of cyclists around you - look a few bike lengths ahead and be aware of other riders around you.
- 🚲 Do not stop in the middle of the road as it is hazardous to yourself and other riders behind.
- 🚲 Indicate to other cyclists – if you are about to move out to overtake, indicate with your right hand, and if you see a dropped bottle or item on the road, point down to it to warn cyclists riding behind you.
- 🚲 Look out for warning signs – there will be signs on the course indicating narrowing of the road, speed humps and sharp turns – please look out for the signs and slow down accordingly.
- 🚲 Listen to marshals – marshals with whistles and flags will be positioned along the course. Please listen to their commands and slow down at the sound of their whistles or waving of flags.
- 🚲 U-turns – there are a number of U-turns on the course. These will be marked with signage and marshals with whistles and flags will warn you to slow down. Please obey their instructions.
- 🚲 Do not overlap wheels – ensure that your front wheel is not in close proximity with the rear wheel of the rider in front.

G. Finish Line / Athlete Welfare

Once you have crossed the finish line, please keep moving towards Jantar Mantar Marg where you will receive your replenishment. Follow Map 2.

4 Others

A. Results / Certificates

Participants can collect their Participation Certificate from the event website. You need to submit your Bib number to get the certificate.

B. Waste Disposal

Please be considerate with your waste and dispose it in the bins distributed around the event site.

C. Inclement Weather

This is an all-weather event. Although, in the event of inclement weather, the event organiser reserves the right to delay the commencement of the rides. Should extreme weather conditions persist, the event organiser reserves the right to cancel the race without any refund.

D. Liability

Riders participating in BSA Hercules India Cyclothon 2010 – Delhi, do so at their own risk and without liability whatsoever on the part of the Organisers, Officials or Sponsors.

E. Health & Fitness

It is the responsibility of every participant to ensure that they are fit and healthy to complete the ride. If you are in doubt it would be advisable to consult your doctor.

Thank you again for participating in BSA HERCULES India Cyclothon 2010 - Delhi! We look forward to seeing you at the event. Please do not hesitate to contact the event helpline, if you have any further enquiries.

Helpline No.: 09221738012 (10am to 7pm all days)

Web : www.bsaherculescyclothon.com

Email: indiacyclothon@gmail.com

SAFE CYCLING!