

3 WEEKS to go to SA's Best Team Cycle Event

The WOA IQEMBU CYCLE CHALLENGE takes place in 3 weeks-time down in Durban where the roads are flat and the weather is warm

The event taking place on 31st AUGUST starting at 7am will attract all sorts of cycle enthusiasts. From your weekend warriors to the more serious. With a prize pot of 50k on offer for the top teams riding the 100km TTT, we can be sure of a fun but competitive day out

The shortest distance on offer will be a 4 person 40km cycle challenge – these teams are often made up of families and friends who normally cycle together during the week and on weekends. Now they can do so on a close to traffic road in a cycle race environment.

Next up is the 6 person 60km challenge – perhaps for the fitter cyclist, the clubs and social teams often gear up for this one. At 60km it's not too challenging to take on that distance even if you are less than fit over the last few winter months. This course is almost dead-flat and the road surface is immaculate so a fast and easy ride is on the cards

The BIG race of the day will be the up to 10 person 100km TTT Challenge. Here we will see some of the better teams compete for the prize money. This event will however also cater for those teams that are in training for the DC later in the year. The club cyclist loves this event as a number of clubs have entered their respective social teams to take on the 100km

With a prize pot on offer for the 1st time, there are some rules that we would like the cyclists to adhere to. Apart from the race wanting to be as fair as possible, we are also 100% behind the safety aspect and hope that all the cyclists on the day still stick to the rules

RULES

100km Challenge

- This is open to teams of up to 10 members.
- A minimum 5 riders in 1 team have to cross the finish line to register a finish time
- If a cyclist is dropped from the team during the event – they may continue with their cycle but may not re-join their team at any time along the route or tag onto other teams that may pass them. The choice is simple – either pull out completely or ride “neutral” and complete what is left of your race distance
- We will set the 100km teams off at 1 minute intervals.
- If a team is caught and passed by another team, they may not tag onto the back of that team
- The team that has been passed has to slow down and ensure there is a gap of at least 20 bike lengths between the teams. A STRICT no drafting of other teams will be in force.
- We will have marshals out on the course observing – Teams can also report if a team has decided to latch onto them once they have been passed.
- We need a safe and fair race – keeping these teams apart and not allowing them to form larger echelons of group cyclists, will go a long way to enforcing the safety and fairness of the 100km TTT

60km Challenge

- This will follow the same rules as the 100km challenge in terms of keeping the teams apart from one another.
- A minimum of 4 riders have to cross the line to register a time for the team
- If a rider is dropped – they may continue on their own – sticking to the left side of the road at all times. They may not join other teams that pass them.
- The rule is simple – ride on your own and complete the rest of the distance or pull off and go back to the start-finish area

40km Challenge

- Once again the same rules will apply to the 4 man teams
- A minimum of 3 riders must cross the line to register a time for the team
- Dropped riders may not join other teams

THE PASS RULE

- All teams need to stay to the left of the road as far as possible
- When they are overtaking – please ensure that there are no fast teams coming up from behind before making the pass move
- If the teams stick to these rules – stay left – pass right – back to stay left – we will have a safe race that everyone enjoys
- Please remember the gap between teams – especially the 100km Teams – 20 bike lengths please

START TIMES

- The 100km TEAMS will be set off starting at 7am at 1 minute intervals
- 60km Teams will follow them with the
- 40km Teams leaving next
- A start list will be called out on race morning
- RACE BRIEFING at 6:40am – all teams need to be present
- Cut off time for ALL CYCLISTS will be 11am
- Prize-giving for the TOP Teams will take place at 10am

PARKING

- Cyclists are requested to park at SUNCOAST CASINO where the cars are considered as safe
- Riders can then ride over to the start (500m) – finish area opposite from Moses Mabhida Stadium

REFRESHMENTS

- Refreshments will be on sale at the START – FINISH area from 6am onwards

REGISTRATION

Saturday 30th AUGUST at DVH CYCLES in Durban North

10am – 2pm

For more info email events@triathlonplussa.co.za