



NTU Sports Club Proudly Presents

Bike Rally 2017

Pre-Event Briefing

Event Details

5th March @ Temasek Ave (Near Singapore Flyer)

Flag-off Timing: 0600 hrs (168KM)
0700 hrs (108KM)

Registration begins at 0430 hrs and ends at 0545 hrs (168km) / 0645 hrs (108km).
Please report early to avoid the crowd. Information on parking and how to get there

Attire

- All participants are required to wear the Bike Rally 2017 event singlet or Bike Rally 2017 Jersey for the entire duration of the event. (A fee of \$10 will be charged for a replacement of singlet, subjected to availability.)
- Appropriate covered shoes MUST be worn during the entire duration of the event.

Equipment

- Participants' bibs are to be pinned to the back of the singlet/jersey and kept visible at all times.
- Participants' bike tags are to be attached to the bikes and kept visible at all times.
- Wearing of helmet is compulsory throughout the event.
- Trail bicycles and bicycles with fixed gears or no brakes are not allowed during the event.
- Recumbent bicycles are not allowed during the event

Things to Bring

- Remember to bring along your bibs on the event day. Participants will not be allowed to register and participate on the event day without a bib and it will cost \$5 to purchase one.
- It is compulsory for all participants to bring their Identification Cards and mobile phones during the ride.
- Participants are encouraged to bring along personal items for their own well-being and comfort during the event, e.g. sunblock, sunglasses, seat padding, water bottles, towels, multi-tool, spare inner tubes, etc.

Pre-Event Preparation

- Ensure adequate nutrition at least 1 week prior to the event
- Have sufficient rest the night before
- Consume enough water the day before to prevent dehydration while cycling
- Have a light breakfast in the morning before the start of the event to avoid fatigue during the ride. Snacks and water will be provided at checkpoints throughout the route.

Rules & Regulations

- Bike Rally 2017 is a non-competitive cycling event.
- All participants are strictly required to register before their respective flag-off timings. Should participants complete the route without registering, they will not be entitled to a finisher t-shirt.
- Participants are not allowed to overtake the lead car at all times.



- Participants are not allowed to overtake any Bike Rally 2017 official vehicles.
- Adhere to all traffic rules and regulations at all times during the event.
- Adhere to all instructions given by Marshals, Event Officials and Auxiliary Police.
- Always maintain a safety distance of at least 2 metres from the cyclist in front of you and 10 metres behind the lead car.
- Participants are to cycle in a SINGLE FILE on the leftmost lane, as close to the kerb as possible to avoid obstruction.
- NEVER cycle in more than two abreast even when overtaking.
- Participants are NOT ALLOWED to cycle on pavements or along pedestrian road crossings.
- To prevent congestion, participants are NOT ALLOWED to stop on the road to wait for others to catch up.
- Participants are to give way to ambulances, or any safety vehicles in the event of an emergency.
- The organising committee reserves the right to pull any participant out of the event if he/she poses as a safety hazard.

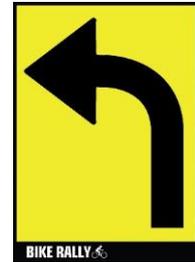
Safety

- Please be wary of drain gratings and potholes.
- Check your blind spots when approaching junctions or road openings.
- Ride in a predictive manner by cycling straight and braking slowly.
- Adhere to all traffic rules and regulations and to stop at all red traffic lights.
- Where applicable, use the leftmost right turning lane to make a right turn.
- Keep to the leftmost lane, as close to the kerb as possible to avoid obstruction.
- Do not enter filter lanes or bus stops. Always maintain in your own lane.
- Participants are advised to cycle in convoys of not more than 25 cyclists.
- Always hydrate yourself; do not wait till you are thirsty before drinking.
- The use of earphones while cycling is strongly discouraged.
- CISCO and volunteer outriders will be there to assist you to cross certain junctions.
- Safety cyclists and marshals will be in ROYAL BLUE "Safety Crew" singlets.
- Marshals will be holding onto red flags to guide participants to the right directions.
- Approach any of the organising committee in BLACK "Official" shirts or call Zac (9229 2294) / Jean (8669 1956) if you encounter any problems during the event.



FRONT

BACK



Emergency

- If you encounter any casualties during the event, call the EMERGENCY number Zac (9229 2294) printed on your bib immediately.
- If you are lost, call Felicia (8383 6365) / Jean (8669 1956). The numbers are printed on your bib. Follow our event official's instruction.
- There are pre-set sweeping timings for each leg of the event to ensure that all participants return to the event ground on time. Follow the instructions of any of the organising committee in BLACK "Official" shirts to be ferried via vehicles to the next checkpoint.
- If you wish to drop out of the event or leave the convoy for any reason, inform any of the organising committee in BLACK "Official" shirts or call Felicia (8383 6365) / Jean (8669 1956).
- In the event of a bike breakdown, participants are to attempt to repair their bikes before dialling the emergency number on the bib. Replacement bikes can be rented out at \$25, inclusive of helmet, on the spot or at checkpoints.

Wet Weather

- Should there be inclement weather before flag-off, the event will be cancelled if lightning and heavy rain persist beyond 1000 hrs.
- In the event of light rain, Bike Rally 2017 will still carry on.
- In the event of heavy rain, gather in groups and look for the nearest shelter (i.e. bus stops, void decks, etc.)
- If heavy rain persists, our buses will proceed to the checkpoints to ferry cyclists back to Temesak Ave.



SEE YOU AT BIKE RALLY 2017!

