

Cycling Technique Assessment

50 km Ride/50 km Team Ride/30 km Ride:

All Applicants are required to complete both Parts 1 and 2 of the cycling technique assessment as outlined below with the exception of racing members of The Cycling Association of Hong Kong, China Limited, members of Union Cycliste Internationale (UCI), experienced cyclists in possession of the National Cycling Federation Licence, member or license holder of other cycling associations, finishers of corresponding rides of the 2016 Sun Hung Kai Properties Hong Kong Cyclothon or those who are able to provide a certificate/document to prove that they have successfully completed a cycling race or event, such as Hong Kong Triathlon, Gran Fondo New York, Ride London or OCBC Cycle (Singapore), etc. The Organiser reserves the right to reject any Applicant who fails to provide valid documents or pass the cycling technique assessment.

Kids & Youth Rides:

All Applicants are required to complete Part 2 of the cycling technique assessment outlined below with the exception of racing members of The Cycling Association of Hong Kong, China Limited, members of Union Cycliste Internationale (UCI), experienced cyclists in possession of the National Cycling Federation Licence, member or licence holder of other cycling associations, finishers of corresponding rides of the 2016 Sun Hung Kai Properties Hong Kong Cyclothon or those who are able to provide a certificate/document to prove that they have successfully completed a cycling race or event, such as Hong Kong Triathlon, Gran Fondo New York, Ride London or OCBC Cycle (Singapore), etc. The Organiser reserves the right to reject any Applicant who fails to provide valid documents or pass the cycling technique assessment.

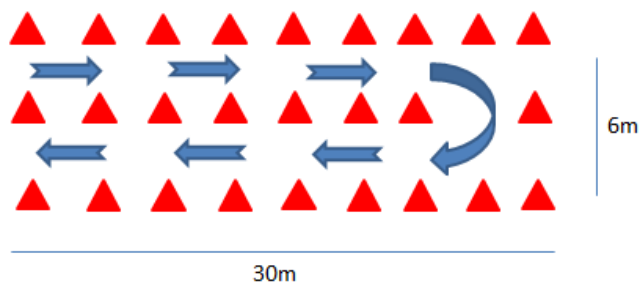
Cycling Technique Assessment Format:

Part 1. Physical Fitness Test

15-minute mass start ride

Part 2. U-turn Test

Finish the 60 m route with a narrow U-turn in 16 seconds without knocking down any obstacles or either foot touching the ground. Sample route design:



1. Reservations for the cycling technique assessment should be made at the time of registration. Walk-ins will not be accepted. Any request on session changes must be received one week before the date of the intended rescheduled session. Please send your request by email (hongkongcyclothon@hktb.com), listing your name (as shown on the registration), category of race/ride registered, registration ID, session originally reserved and session you are requesting. Only one request will be accepted from each Applicant, and only written requests will be processed, subject to timeslot availability. Applicants will receive a confirmation email of the rescheduled cycling technique assessment session at least three days prior to the rescheduled assessment date.
2. Applicants should arrive at least 15 minutes before the scheduled time. The assessment will start promptly. Latecomers will not be allowed to attend the assessment.
3. The Organiser has the right to disqualify Applicants absent from or late for the cycling technique assessment.
4. Bikes will be provided for the cycling technique assessment although Applicants can bring their own bikes. Applicants shall check the bikes provided and inform the responsible personnel on site immediately should there be any problems with the bike. Applicants shall bring their own helmets and any necessary accessories and wear them at all times during the assessment.
5. Applicants under 11 shall be accompanied and monitored by their parents/guardians throughout the assessment.
6. Applicants will be notified of the result of the cycling technique assessment by email on 19 September 2017.
7. Applicants who pass the cycling technique assessment will receive a confirmation email on 19 September 2017 with details on the collection of the rider pack.
8. Applicants who fail the cycling technique assessment will be notified by email and phone on 19 September 2017. Refund of the full amount paid will be made within two months of the announcement of cycling technique assessment results to the same credit card account used for payment of the enrolment fee together with the shuttle bus fees, if applicable.