

## Cycling Technique Assessment

### 50 km Ride/ 50 km Team Ride/ SHKP Greater Bay Area Youth Trophy/ 30 km Ride

All registrants of the 50 km Ride, 50 km Team Ride, SHKP Greater Bay Area Youth Trophy and 30 km Ride are required to attend a cycling technique assessment (CTA). Registrants are required to complete both parts of the assessments outlined below. Exemption will be granted to members of the Union Cycliste Internationale (UCI), holders of the National Cycling Federation Licence, racing members of The Cycling Association of Hong Kong, China Limited, members or licence holders of other cycling associations, finishers of corresponding rides of the 2016, 2017 or 2018 Sun Hung Kai Properties Hong Kong Cyclothon or experienced cyclists who are able to provide valid proof of their skill level. In case of any dispute, the Organiser has the right to the final decision. The Organiser has the right to disqualify registrants who are not able to provide valid proof of their skill level or fail the CTA.

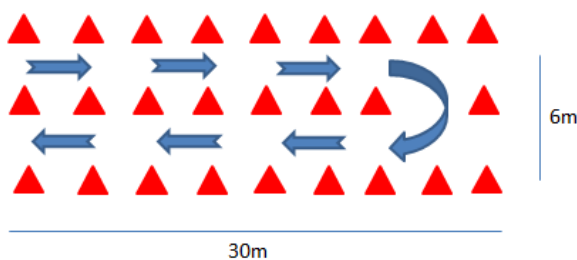
#### Cycling Technique Assessment Format:

##### Part 1. Physical Fitness Test

Complete 6 km within 15-minutes in mass start with other participants

##### Part 2. U-turn Test

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



1. Reservations for the Cycling Technique Assessment (CTA) should be made at the time of registration. Walk-ins will not be accepted. Any request for session changes must be received one week before the first day of the CTA. Please send your request by email, 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 registrant, and only written requests will be processed, subject to timeslot availability. Registrants will receive a confirmation email of the

rescheduled cycling technique assessment session within three working days upon submission of request.

2. Registrants should arrive at least 15 minutes before the scheduled time. The CTA will start promptly. Latecomers will not be allowed to attend the CTA.
3. The Organiser has the right to disqualify registrants absent from or late for the CTA.
4. Bikes will be provided for the CTA although registrants can bring their own bikes. Registrants shall check the bikes provided and inform the responsible personnel on site immediately should there be any problems with the bike. Registrants shall bring their own helmets and any necessary accessories and wear them at all times during the CTA.
5. The Organiser may adjust the standard according to the quality and type of bicycle, the level of difficulty of the cycling technique assessment venue, as well as weather conditions on the day of the assessment, including such factors as the temperature, humidity, wind speed and direction etc.
6. Registrants who pass the CTA will receive an email notification and a confirmation to collect the rider pack by email on or before 25 September 2019.
7. Registrants who fail the CTA will be notified by email on or before 25 September 2019. Refund of the registration fee, bike jersey fee and shuttle bus fee (if applicable) will be made within 2 months of the announcement of CTA result.

*Last updated July 25, 2019*