

WELCOME TO THE URBAN-ULTRA™ COAST TO COAST CYCLE CHALLENGE



■ MECHANICAL SUPPORT

There will be support cars along the route, however they are not bike mechanics, you are requested to carry your own supply of spare tubes and a pump in case you puncture along the way. You should be able to take care of most mechanical failures you might experience with your own toolkit, repair kit and knowledge.

■ BIKES, NUMBERS AND BIBS

TT bikes and TRI bikes/bars are not suitable for group rides. This is a group ride. For maximum safety, only standard road bikes are permitted for this ride. For safety and identification you will be provided with and asked to wear a single bib on the rear of your cycle jersey and a bike number on your seatpost. Your number will be used to identify you with your bike at the bike park on collection.

■ MANDATORY KIT

It will be dark when we start the ride at 5.30am and sunrise is 6.38am - please make sure you have front and rear lights. You must wear your bib number on both your jersey and your bike. Please carry your own water bottles, supply of spare tubes and pump in case you puncture along the way. Water will be pumped not given in bottles, so it is essential to bring your own hydration pack or bidons. Please also carry identification (Emirates ID or International ID), and a mobile phone.

■ BRIEFING

You will be briefed at the start of the challenge (5.15am) and by your individual Ride Captains. Please respect the instructions of your Ride Captain at all times. Riders ignoring these instructions are putting their own and the lives of others at risk. Remember, this event is NOT a race.

■ TIMING SYSTEM

We would too emphasise that the Coast to Coast Cycle Challenge is not a race and therefore will not be timed.