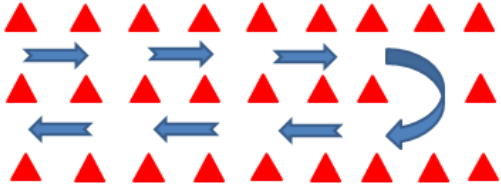


Cycling Technique Assessment

I. Assessment format:

Part 1 - Physical Fitness Test
Complete a 6 km cycling course within 16 minutes and 30 seconds in a mass start with other participants.
Part 2 - U-turn Test
Finish the designated route with a tight U-turn without knocking down any obstacles or putting any body part on the ground. Sample route design:


II. Important notes:

- Any request to change a scheduled Cycling Technique Assessment (CTA) session must be submitted by email to info@hongkongcyclothon.com on or before **30 August 2024**. The email should include the participant's name (as registered), registration reference, original session and the new session requested. Only one change request per participant will be accepted, and only written requests will be processed, subject to availability. Participants will receive a confirmation email of the rescheduled CTA session within three business days of submitting the request.
- All participants must arrive at the Cycling Technique Assessment (CTA) venue **at least 20 minutes before** the scheduled start time. The CTA will begin promptly, and late arrivers will not be allowed to participate.
- The Hong Kong Tourism Board (Organiser) has the right to disqualify participants who are absent from or late for the Cycling Technique Assessment.
- Participants may use their own bike or the bikes provided at the venue for the Cycling Technique Assessment.

2024 Sun Hung Kai Properties Hong Kong Cyclothon

5. Participants' own bikes must be **road bikes, mountain bikes, or folding bikes with two wheels of an equal diameter measuring at least 20 inches**. For safety reasons, other vehicle types such as tricycles, bikes with training wheels, tandem bikes, electric bikes, recumbent bikes and family bikes will not be allowed, except for bikes for disabled persons that have been pre-approved by the Organiser. (Refer to Clause 4.1—4.6 in Part B of the Notice to Participants/Terms & Conditions for bike specifications).
6. Participants using the venue's bikes must check the bike and immediately inform the on-site personnel of any problems. All participants must bring and wear their own helmets for the duration of the Cycling Technique Assessment.
7. The Organiser or the Cycling Association of Hong Kong, China (CAHK) may adjust the standards based on factors like the type of bicycle, difficulty of the Cycling Technique Assessment venue, and weather conditions on the assessment day (temperature, humidity, wind and direction).
8. Participants who pass the Cycling Technique Assessment will receive a confirmation email with details **on or before 19 September 2024**.
9. The following arrangements will be implemented in the event of adverse weather conditions or emergencies:

Timing	Conditions	Arrangements*
Any time during the CTA	Thunderstorm Warning; Standby Signal No. 1; or Amber Rainstorm Warning Signal	<ul style="list-style-type: none"> • The Cycling Technique Assessment (CTA) will be suspended • Subject to the actual weather conditions, the organiser/Cycling Association of Hong Kong, China (CAHK) will decide whether to continue, suspend or resume the CTA based on the actual weather conditions • All participants must report as scheduled • Participants should pay attention to the Organiser's announcements and ensure personal safety
Any time during the CTA	Red or Black Rainstorm Warning Signal	<ul style="list-style-type: none"> • The Cycling Technique Assessment (CTA) will be suspended • The CTA will resume 2 hours after the signal is cancelled. All remaining CTA sessions for the day will be cancelled if the Red or Black Rainstorm Warning Signal is cancelled at or after 3pm



2024 Sun Hung Kai Properties Hong Kong Cyclothon

		<ul style="list-style-type: none"> • Participants are advised to stay in a safe place until the heavy rain passes • Participants should pay attention to the Organiser’s announcement and ensure personal safety
After 7am on the date of the CTA	Strong Wind Signal No. 3 or above	The morning CTA sessions (between 9am and 1pm) will be cancelled
After 12pm on the date of the CTA		The afternoon CTA sessions (after 2pm) will be cancelled

**The above arrangements are subject to change without any prior notice.*

Last updated on 6 August 2024