

# IMPORTANT INFORMATION FOR THE CYCLOTHON

**Safety Gear:** All participants must wear appropriate safety gear, including a helmet, during the entire duration of the Cyclothon. This is mandatory for personal safety and compliance with cycling regulations.

**Pre-Registration:** Only pre-registered participants are allowed to take part in the Cyclothon. Last-minute registrations or on-the-spot entries will not be accepted during the event. Ensure you have completed the registration process beforehand.

**Compliance with Traffic Rules:** Participants must strictly adhere to all traffic rules and regulations throughout the Cyclothon. This includes obeying traffic signals, giving right of way to pedestrians and vehicles, and maintaining a safe distance from other cyclists.

**Minimum Age Requirement:** The Cyclothon is open to adults aged 18 years and above. Participants below the age of 18 must be accompanied by their parents or legal guardians during the event. Minors are allowed to cycle only if one of their parents or guardians is riding alongside them.

**Non-Competitive Event:** The Cyclothon is not a race, but a community cycling event. There is no requirement to be the first to finish. Participants are advised to ride at a safe and comfortable pace, considering the safety of themselves and others around them.

**Follow Marshal Instructions:** Participants must follow the instructions given by event marshals throughout the Cyclothon. These marshals will guide the participants along the planned route and ensure a smooth and organized flow of the event.

**Safety Gear and Hygiene:** It is advisable to wear additional safety gear such as gloves and masks, apart from a helmet. Participants should maintain proper hygiene and cleanliness throughout the event, including regular hand sanitization.

**Medical Support:** In case of any medical or health-related issues during the Cyclothon, medical support will be available at the venue. Participants are encouraged to seek assistance if needed.

**Carry Essential Tools:** It is recommended to carry an extra tube and basic tools for any unforeseen cycle-related issues that may arise during the event. Being prepared can help ensure a smooth cycling experience.

**Personal Responsibility:** Participants are personally responsible for their behavior and actions during the Cyclothon. It is important to respect fellow cyclists, event staff, and the environment. Any misconduct or violation of rules may result in disqualification from the event.

By following these rules, participants can contribute to a safe, enjoyable, and well-organized Cyclothon experience for everyone involved. Please note that these rules are provided as general guidelines and may be subject to further updates or specific instructions from the event organizers.