

Race Guidelines

Pedal4Prostate is a fun and adrenaline filled 4-hour endurance cycling event over the 2.7km National Circuit at [Hampton Downs Motorsport Park](#)

KEY INFORMATION

- **First riders**, if you consider yourself a strong rider, please make your way to the front of the start line. More relaxed riders towards the back!
- **Strong riders** please be ultra-aware that there are riders who do not have the same peripheral awareness of those around them. Take all precautions you can to ensure safety on the track.
- Establish between your team mates the riding order and how you want to manage transitions
- There must only be one team member on the track at a time.
- If you sense someone is riding up behind you, don't change your course. Allow them to move around you.
- Please note that the first rider **cannot leave the track for the first 30 minutes**.

TRANSITION

- When you come off the track into transition you will be guided into a lane. Continue to bike, **but slow down** until you come to the middle of pit lane where you **must come to a complete stop**. This marks the spot where you will transition to your next rider, so they need to be ready for you as you come into pit lane. Once you have tagged your teammate, they continue straight ahead and re-join the race.
- The same process applies to individual riders, you will need to come to a stop at the middle of pit lane and make your way to your pit bay by foot if you need a rest. Marshals are on hand to help.

END OF THE RACE

- Towards the end of the race, you'll hear a hooter sound which means there is 5 minutes until the race finishes. Please complete the lap you are on and cross the finish line.

*Any concerns at all please contact **Race Director Jim McMurray 021 650 376***