Race Guidelines

Pedal4Prostate is a fun, adrenaline-filled four-hour endurance cycling event held on the 2.7 km National Circuit at Hampton Downs Motorsport Park.

Pedal4Prostate is a fundraising event designed for riders of all abilities. Please ride respectfully and courteously at all times.

KEY INFORMATION

All riders must wear an approved cycling helmet while riding and ensure their bike is safe, roadworthy and suitable for the circuit. Please check your brakes, tyres, chain and pedals before going on track, and follow all marshal instructions at all times.

- For the race start, stronger riders should move towards the front of the start line, with more relaxed riders starting further back. This will help create a smoother and safer start for everyone.

- Stronger riders must stay alert to the riders around them, particularly those who may be less experienced or less aware of approaching riders. Please pass with care, allow plenty of space and avoid sudden movements.

- For teams, before the race starts, agree on your team-mate riding order and how you will manage transitions, including who will be ready in the pit lane for each changeover.

- Only one team member may be on the track for each team at any time.

- If you sense another rider approaching from behind, hold your line and avoid changing direction suddenly. Let the faster rider move safely around you.

- The first rider must remain on the track for the first 30 minutes and cannot enter a transition before that time, unless necessary for health and safety reasons.

If you are involved in, or witness, an accident or near miss, move to a safe area if you can and alert the nearest marshal immediately. First aid support will be available on race day; marshals will direct riders and spectators if assistance is needed.

The event may continue in changeable weather, but riders must ride to the conditions and follow any instructions from the Race Director, Hampton Downs staff or marshals. If track conditions become unsafe, the Race Director may pause or stop racing.

TRANSITION

- When you come off the track into transition, marshals will guide you into a lane. Keep moving but slow down, then come to a complete stop in the middle of the pit lane. This is the transition point, so your next rider must be ready. Once you have tagged your teammate, they continue straight ahead and re-join the race.

- Individual riders follow the same transition process. If you need a rest, come to a complete stop in the middle of the pit lane, then walk your bike to your pit bay. Marshals will be available to help.

END OF THE RACE

Towards the end of the race, a hooter will sound to signal that five minutes remain. Please complete the lap you are on and cross the finish line. After crossing the finish line, slow down safely and follow marshal instructions.

If you have any concerns on race day, please contact the Race Director, Jim McMurray, on 021 650 376.