

HOT-COG-MTB PRESENTS

HOT SIX

A SIX HOUR MOUNTAIN BIKE ENDURANCE CHALLENGE

Details

Date:	23rd March 2012
Start location:	The Shawka Dam Gravel parking (25° 2'16.82"N, 56° 1'19.06"E)
Registration time:	9:00-11:00 am
Ride start time:	12:00 pm
Rider Categories:	Male Solo, Female Solo, Teams of two (male, female or mixed)

Free Entry

Challenge Format

All participants will start at the same time (12:00 pm). Riders will be given a laminated number that will be mounted on their handle-bars and will be used by Marshalls to count off their laps. Once six hours has passed a flag will be raised and any riders on the circuit and riders will be brought back in as they cross the finish line. For teams, a change-over area will be desained and riders can switch as many or few times as they like.



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Overview

The Hot Six is a six hour mountain bike endurance challenge for individuals or teams of two which will be held at the Shawka . The challenge is to complete as many laps of the circuit as possible within six hours. The route will be designed to be challenging but fun and showcase the unique riding experience Shawka offers us.

This is an endurance challenge and is not a race or competitive event. It is simply a chance for a fun day out on the bike and to get together and celebrate the (rapidly growing) mountain bike scene in the UAE. While every effort will be made to ensure that this is a safe event, all participants take part entirely at their own risk as they would on any normal ride.

Entry Requirements

As a minimum all riders must have a fully functioning mountain bike and a proper cycling helmet. Gloves are also strongly recommended. Bikes and helmets will be checked for their suitability at registration.

Participants must be entirely self-sufficient in regards to water, food and bike spares. The following is suggested as a minimum:

- 6 litres of water
- Electrolyte drinks
- Energy bars or gels (at least 1 for every hour of riding)
- Mini-tool
- Pump
- Two spare inner tubes (and/or a patch kit)

However, as this is a lap-based challenge extra food and water can be stored in the paddock and collected as required.

Ride Advice

This is aimed to be a fun event therefore all participants are advised to ride within their own limits. The paddock area will have seating allowing riders to take breaks and refreshments as they wish. With these kinds of events it is generally people who pace themselves who do the best and not those who go out full throttle and then run out of energy after one hour! Think of it as tortoise and the hare scenario.

Also ride within your own skill limits. Warnings will be placed before any particularly challenging sections allowing riders to dismount and push or carry their bikes through. However, this leads nicely onto the next important point: please make an effort to allow faster riders to pass you.

That's about it. Enjoy the ride.
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