

## Rules and Regulations:

1. Only registered participants are allowed to compete.
2. All cycling logs to be recorded only during the stipulated time will be acceptable, given it satisfies the following conditions.
3. A Race Director (RD) will be appointed for the duration of the ride. The decision of the Race Director (RD) will be final.
4. All logs will be screened by the RD; if the RD finds a discrepancy in the log, he has the authority to negate it from counting even if the log is legitimate. This step discourages cheating into winning the event. Do not think the RD will forcefully try to find discrepancies; he will be a bit lenient in his ways.
5. Activities should be counted in between **5:00 AM to 10:00 PM** daily.
6. A log can be of a **maximum of 1.5hr** and it should abide by the above rules.
7. **You can attempt more than one time but only the best one will be considered as the day log.** The **best Ten** days performance of all the rides will be considered for Selecting the winners.
8. We encourage you to upload the photos corresponding to every log with clear visibility of the face and cycle.
9. Please ensure that you set the mode to **"RIDE"** only then, the log be taken into consideration.
10. **The route also has to be part of the log so please ensure proper GPS connection and give the necessary permissions(like location etc..) for the proper working of the app in the background.**
11. The **Registered name and the Strava account name should be the same.**
12. Photos of prizes are used for demonstration purposes.

## Safety Regulations :

13. Wear proper shoes and helmets to prevent injury and fatigue.
14. Maintain social distancing at all times, stay 2 metres away from other people.
15. We do not encourage cycling in masks, but to keep them on, in person as you may need to wear them after you ride at public places.
16. Ensure the activity on STRAVA is set to **"RIDE"** and make sure to save every activity such that it will be provided for the log of the day.
17. Warm-up and cooling down are good practices done before and after any physical activity.
18. Please start practising cycling long distances before the event starts to provide the best results for yourself.
19. Please ensure that there is enough charge in your phone and GPS is turned ON, as we are not responsible if your log is not recorded by STRAVA.

20. There may be instances where the STRAVA app shows some problems, try to work around it and ask for assistance from the organizing team.

If you have any queries please feel free to contact -

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