



EST'21  
presents



VIRTUAL  
**CYCLOTHON**

• RIDE TO SALUTE HEALTH CADRE •

**PLATFORM :** 'STRAVA' app or Digital Cycling Equipment

**DATE :** 29<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup> August 2020

**CATEGORY**

**15KM**

**30KM**

**LAST DATE OF REGISTRATION :** 27<sup>th</sup> August 2020



## **REGISTRATION FEE :**

*15KM Fun Ride : 20 Rs*

*15KM on field race : 75 Rs*

*30KM on field race : 100 Rs*

*15KM digital cycling race : 75 Rs*

*30KM digital cycling race : 100 Rs*

## **LIST OF EVENTS :**

*There are two ways to participate in the event -*

*1) Cycling on field.*

*2) Cycling at home on equipment.*

*Under this there will be two events -*

*a) 15KM*

*b) 30KM*

*Under 15KM there will be four age categories -*

*Under 15*

*Between 15 to 30*

*Between 30 to 60*

*Above 60*

*Gender-wise categories will also be made in each age category.*

*Under 30KM there will be NO AGE categories only Gender-wise categories will be made.*

**Flex Time Race :** *15000m & 30000m, out of these two events you need to choose one event.*

**All the races will be held simultaneously, starting from 5 am IST on 29th August 2020 and will end at 10 pm IST on 31st August 2020.**

## **GENERAL REGULATIONS :**

- 1) Participants have to use STRAVA app to record the distance and time of racing.
- 2) The event will be conducted through third party app. Participants will be provided with a BIB Number for unique identification and race link via your respective emails.
- 3) Since the race is Flex Time type, it can be attempted at any time during the above specified "Schedule of events". However, the race attempted at times apart from the time window of the event will not be considered for evaluation.
- 4) After recording the reading, participants have to take screenshot of it.
- 5) After completing the target participants have to share that screenshot to his facebook or instagram account and have to tag @COEP ZEST in it and also submit the screenshot to google drive link which will be provided to you by the organiser.**(Compulsory)**
- 6) In case, if you don't have facebook or instagram account you have to submit the screenshot to google drive link or whatsapp number provide to you by organiser.
- 7) Before submitting the screenshot in google drive link rename your screenshot to bib number allotted to you by organiser.**(Compulsory)**
- 8) Without changing the screenshot name to bib number, screenshot will not consider for evaluation.**(Compulsory)**
- 9) Before starting the race and after completion of race, participants have to take selfie with bicycle and have to submit it to google drive link or whatsapp number provide to you by organizer.**(Compulsory)**
- 10) Participants can also record their small video while cycling and upload it later on google drive link for aftermovie of this event.**(Optional)**
- 11) Participants of Digital Cycling Equipment category have to submit the photo of digital reading on google drive link provided to you by organizer.**(Compulsory)**
- 12) FUN-RIDE winners will only get goodies and E-certificate.
- 13) For other category cash prize and E-certificate will be there.
- 14) If we find any discrepancies in data entered by you, ZEST has the authority to debar you from the race.
- 15) Make sure you don't violate any state government rules related to lockdown i.e. you need to follow all the rules of local authority regarding the lockdown and you need to maintain social distancing during riding bicycle.
- 16) There will be no flag off or inauguration take place before cyclothon.
- 17) Avoid public gatherings and cycling in crowded areas.