



EASTAFRICAN MINI 10to4

2022 RACE RULES

No1: A correctly fitting cycle helmet **MUST** be worn when riding on any stage.

No2: Bikes should be fit for purpose i.e. a MOUNTAIN bike in good mechanical repair. Ebikes are not allowed as part of the Mini 10to4.

No3: A full disclaimer **MUST** be signed and exchanged for your race number.

No4: Ride of way – This concept applies to all mountain bikers around the world. If you are walking on a section because it is too technical, or you are tired, you must give way to those riding. If you are behind someone pushing, simply ask them for 'ride of way'.

No5: Give way – If there is a faster rider behind you, find a safe place to let them pass. Shortcuts are not permitted.

No6: Offensive language is prohibited.

No7: Disqualifications & Penalties - Riders may be disqualified at the discretion of the organisers for any one or more of the following reasons including, but not limited to: Riding at any point on any stage without a helmet, bad sportsmanship or malicious behaviour and/or damaging the environment.

No8: Membership of AMREF - the Flying Doctor - is highly recommended. Any medical costs, apart from Tropic Air pick up, must be covered by the participant, as part of the signed disclaimer.

No9: Attach your bike number to the **FRONT** of your bike and do not swap bikes.

Please check your race map and colour. Critical junctions are manned by marshals wearing high-visibility vests, minor junctions are marked with signs and/or white chalk arrows, white chalk blobs or tape to guide you. There is a route opener, roving monitors and a sweeper vehicle with a medic.

All aspects of the event will take place under the guidance of the Government of Kenya Ministry of Health COVID-19 protocol regulations. To ensure the safety of all in attendance, should a competitor /attendee choose to not follow the rules issued at the time they will be excluded from the competition and asked to leave the Race Village immediately.