

# Cycling Info B

## 1. Participation

Following you can view the final participation entries sent by the member islands by 30 April 2007.

Cycling																	
	Men's Individual Mountain Bike Criterium	Men's Individual Mountain Bike Cross Country	Men's Individual Road Race	Men's Individual Time Trial	Men's Individual Town Centre	Men's Team Mountain Bike	Men's Team Road Race	Men's Team Time Trial	Women's Individual Mountain Bike Criterium	Women's Individual Mountain Bike Criterium	Women's Individual Road	Women's Individual Time	Women's Individual Town	Women's Team Mountain Bike	Women's Team Road Race	Women's Team Time Trial	Total
Åland	2	2	2	2	2	-	-	-	-	-	-	-	-	-	-	-	10
Bermuda	5	5	5	5	5	1	1	1	3	3	3	3	3	1	1	1	46
Cayman Islands	-	-	4	4	4	-	1	1	-	-	-	-	-	-	-	-	14
Faroe Islands	2	2	5	5	5	-	-	1	-	-	-	-	-	-	-	-	20
Gibraltar	-	-	5	5	5	-	1	1	-	-	-	-	-	-	-	-	17
Gotland	-	3	3	1	-	1	1	-	-	-	1	1	-	-	-	-	11
Greenland	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2
Guernsey	5	5	5	5	5	1	1	1	1	1	3	3	3	-	1	1	41
Isle of Man	5	5	5	5	5	1	1	1	2	2	3	3	3	-	1	1	43
Jersey	3	3	5	5	5	1	1	1	-	-	2	2	2	-	1	1	32
Menorca	-	5	5	5	5	1	1	1	-	-	1	1	1	-	-	-	26
Orkney	-	-	2	2	2	-	-	-	-	-	-	-	-	-	-	-	6
Prince Edward Isla	-	-	2	2	2	-	-	-	-	-	-	-	-	-	-	-	6
Rhodes	5	5	5	5	5	1	1	1	3	3	3	3	3	1	1	1	46
Saaremaa	2	2	5	5	5	-	1	1	-	-	1	1	1	-	-	-	24
Shetland Islands	2	2	5	5	5	-	1	1	-	-	2	2	2	-	1	1	29
Western Islands	2	2	1	1	1	-	-	-	-	-	-	-	-	-	-	-	7
Ynys Môn	1	1	3	3	3	-	1	1	-	-	-	-	-	-	-	-	13
Total Competitors	<b>35</b>	<b>43</b>	<b>67</b>	<b>65</b>	<b>64</b>	<b>7</b>	<b>12</b>	<b>12</b>	<b>9</b>	<b>9</b>	<b>19</b>	<b>19</b>	<b>18</b>	<b>2</b>	<b>6</b>	<b>6</b>	<b>393</b>
Total Islands	<b>12</b>	<b>14</b>	<b>17</b>	<b>17</b>	<b>16</b>	<b>7</b>	<b>12</b>	<b>12</b>	<b>4</b>	<b>4</b>	<b>9</b>	<b>9</b>	<b>8</b>	<b>2</b>	<b>6</b>	<b>6</b>	



**TOWN CENTRE CRITERIUMS**  
**SUNDAY 1<sup>ST</sup> JULY**  
**1800 HRS LADIES, 1900 HRS MEN**

The Start/Finish area will be located in Rhodes Town, Mandraki Harbour near the Bank of Greece and Law Courts.

1800 Town Centre Criterium Ladies 30 mins plus 5 laps

1900 Town Centre Criterium Men 45 mins plus 5 laps

2015 Medal Ceremonies for Men's and Ladies' Criterium Races

**MOUNTAIN BIKE CRITERIUMS**  
**MONDAY 2<sup>ND</sup> JULY,**  
**1700 HRS LADIES, 1800 HRS MEN**

The MTB criteriums will take place at the MTB venue at Ayia Soulas, 27km south of Rhodes Town between the villages of Soroni and Dimilia/Eleoussa.

Lap distance will be 950m and course will be on dirt trails and gravel track. Fast course and 100% rideable.

1600 Mountain Bike Criterium Practice

1700 Mountain Bike Criterium Ladies 30 mins plus 5 laps

1800 Mountain Bike Criterium Men 45 mins plus 5 laps

1915 Medal Ceremonies for Men's and Ladies' Mountain Bike Criterium Races

**LADIES' ROAD RACE**  
**TUESDAY, 3<sup>RD</sup> JULY 0930 HRS**

The Ladies' Road Race will start at Lindos, overlooking the village and the bay. The first 4.2 km to Pefkos centre will be neutralised. Race route description is as follows:

0 km	Race Start at Lindos. First 4.2 km to Pefkos will be neutralised.
4.2 km	Pefkos centre (where Finish is situated). Neutralised section ends and race begins.
8.7 km	Road junction near Lardos. Turn left here and follow main coast road towards Kiotari and Gennadi.
22.34 km	Right turn at the village of Gennadi towards and through the village of Vati
31.73 km	Right turn and start to climb towards the village of Profilia and then start descending towards and passing through Istrios. Continue descent towards Apolakia.
44.46 km	At road junction turn LEFT and head back towards Vati and Gennadi.
58.80 km	At Gennadi turn left and head back towards Lardos. The race returns along the outward section from Pefkos centre.
73.43 km	Right turn towards Pefkos.
76.93 km	Race finish at Pefkos Centre.

## MENS ROAD RACE TUESDAY, 3<sup>RD</sup> JULY 1600 HRS

The Men's Road Race will start at Lindos, overlooking the village and the bay. The first 4.2 km to Pefkos centre will be neutralised. Race route description is as follows:

0 km	Race Start at Lindos. First 4.2 km to Pefkos will be neutralised.
4.2 km	Pekos centre (where Finish is situated). Neutralised section ends and race begins.
8.7 km	Road junction near Lardos. Turn left here and follow main coast road towards Kiotari and Gennadi.
22.34 km	Right turn at the village of Gennadi towards and through the village of Vati.
31.73 km	Right turn and start to climb towards the village of Profilia and then start descending towards and passing through Istrios. Continue descent towards Apolakia.
44.46 km	At road junction turn LEFT and head back towards road junction and left turn towards Profilia and Istrios. Left turn towards Profilia and Istrios. Climb and descend this section for the second time.
49.41 km	At junction turn RIGHT this time towards Apolokia.
62.14 km	At the village of Apolakia, turn left and follow coast road south towards Katavia. Follow main road through Chochlakas and on to Gennadi.
64.04 km	
101.10 km	At Gennadi stay on main road and head back towards Lardos. The race returns along the outward section from Pefkos centre.
115.73 km	Right turn towards Pefkos.
119.23 km	Race finish at Pefkos Centre

## MOUNTAIN BIKE CROSS COUNTRY WEDNESDAY 4<sup>TH</sup> JULY LADIES 1600 HRS, MEN 1745 HRS

The MTB cross-country events will take place at the MTB venue at Ayia Soulas, 27km south of Rhodes Town between the villages of Soroni and Dimilia/Eleoussa.

Race duration will be 75mins plus 1 lap for the ladies and 100 mins plus 1 lap for the men.

The course will be 4.5 km in lap distance and will include forest trails, gravel track, a steep singletrack descent and a section of singletrack near the end of each lap. Expect the surface to be dry, dusty and hard in July and choose your tyres accordingly.

There is ample parking at the venue with toilet facilities and drinking water and the course is very spectator friendly.

1600 Mountain Bike Cross Country Ladies 75 mins plus 1 lap

1745 Mountain Bike Cross Country Men 100 mins plus 1 lap

1945 Medal Ceremonies for Ladies' and Men's Individual and Team medals

**INDIVIDUAL TIME TRIALS**  
**THURSDAY 5<sup>TH</sup> JULY**  
**LADIES 1600 HRS, MEN 1800 HRS**

The Time Trial Start/Finish will be at the village of Gennadi and the course will run north-east/south-west through the village of Kiotari to the turn-around point before the village of Lardos.

Ladies will turn at 9 km and men at 10.6 km, out-and-back twice for a total distance 36 km ladies and 42.4 km men. (The course is part of the course used for the Road Races).

1600 Time Trial Ladies 36 km

1800 Time Trial Men 42.4 km

2100 Medal Ceremonies for Ladies' and Men's Individual and Team medals



### 3. Training

a. Facilities:

- i. No training site will be provided for Road Events Cyclists. Athletes can train at their own risk in the streets of Rhodes.
- ii. The Mountain Bike facility will operate for training according to the training schedule.

b. Schedule:

TRAINING SCHEDULE NAT WEST ISLAND GAMES RHODES 2007 XII										
SPORT	DISCIPLINE	SESSION	FR	SA	SU	MO	TU	WE	THU	FRI
			29/6	30/6	1/7	2/7	3/7	4/7	5/7	6/7
			-1	1	2	3	4	5	6	7
CYCLING	TIME TRIAL	1st SESSION	Free training	Free training	Free training	Free training	Free training	Free training		
	ROAD RACE	1st SESSION	Free training	Free training	Free training	Free training				
	MOUNTAIN BIKE	1st SESSION				9:00 - 11:00		9:00 - 11:00		
			17:30 - 20:30	17:30 - 20:30	17:30 - 20:30		17:30 - 20:30			
TOWN CENTRE CRITERION	1st SESSION	Free training								

c. Booking Procedures for training:

Free training is planned for all Cycling disciplines except Mountain Bike where NO BOOKING IS NEEDED

d. If any athletes will arrive in Rhodes before the 29 June and wish to train for the Mountain Bike Discipline must make their bookings through their local IGA Secretary, until 20 May 2007.

## 4. Technical Meetings

The Technical Meetings schedule for Cycling is:

<b>TEAM LEADERS MEETINGS and TECHNICAL MEETINGS <u>SCHEDULE</u></b>								
<b>Technical meetings will happen in the Main Hotel as well as in the Competition venues. Following you can read details for all sports</b>								
<b>All Team Managers Meetings will happen in ESPEROS PALACE HOTEL everyday from the 29th June to the 6th July at 8:00 in the meeting room at the Main Operation Centre</b>								
SPORTS	DISCIPLINES	KIND OF MEETING	MEETING POINT: MAIN HOTEL	MEETING POINT: COMPETITION VENUE	DRAW NEEDED	DATE	TIME	NUMBER OF PARTICIPANTS
CYCLING	TOWN CIRCUIT	pre	X		NO	30-Jun	16:00	25
	ROAD RACE				YES by the Organising Committee for Service cars			
	TIME TRIAL				YES by the Organising Committee b/n 1-10 June 2007			
	MOUNTAIN BIKE				NO			
	ALL DISCIPLINES	post	X			5-Jul	After the end of competition	25