



INSPIRING PARTNER



TIME TO
**TEST YOUR
ENDURANCE**



CNG EAST ENDURANCE VOL - VI (SEASON 2025)

RULES & REGULATIONS:

Updated upto: 21st January 2025

1. PSN Number:

- The PSN Number allotted to a rider will be a permanent number for all future East Endurance Rides.
- The PSN Number must be prominently displayed at the front.

2. Reporting Time:

- All participants must report on time; it is advised to report 30 minutes before the flag-off time.
- No participant will be allowed to ride in the event if they report more than 10 minutes after the flag-off time.

3. Age Requirement: The minimum age for participants is 14 years on the day before the event.

4. Declaration: Signing of the declaration is mandatory before the flag-off (by one of the parents, in case of a minor).

5. Equipment Restrictions:

- AERO BARS are NOT permitted in this event.
- E-cycles are NOT allowed for this event.

6. Conduct:

- a. Riders who act in a manner considered dangerous to another competitor or the public shall be time penalized or may be disqualified.
- b. Riders who push or pull another rider, or interfere with the progress of another rider, shall be time penalized or may be disqualified.
- c. Riders must ride their bicycles in a safe manner and comply with road traffic regulations.
- d. Riders must not deviate from the prescribed course unless specifically ordered by the organizers. No protests regarding this will be considered.

7. Support:

- a. It is a self-supported ride; any kind of support can be taken only at the Start/Finish or Control Points.
- b. No personal support vehicle is allowed to lead or trail any rider. Taking support from outsiders will result in automatic disqualification. However, support can be taken from other participating riders if needed.

8. Safety Gear: Wearing a good quality cycling helmet is mandatory during the event.

9. Drafting: Drafting behind a motorized vehicle will result in immediate disqualification.

10. Rule Changes: The rules of the event may be altered by the organizers if necessary, considering the situation.

11. Final Decision: The decision of the Event Administrator will be final and binding on all participants.

12. Refund Policy: Once registered, no refund will be provided.

QUALIFICATION CRITERIA

BIKE CATEGORY	MEDAL CATEGORY	TIMINGS & MEDAL CATEGORIES		
		25 MILER	50 MILER	100 MILER
		CUT OFF TIME IN HH:MM		
Road Bike	Gold	1:25	2:50	6:10
	Silver	1:35	3:20	7:10
	Bronze	1:45	4:20	9:10
MTB Bike	Gold	1:35	3:15	7:00
	Silver	1:45	3:45	8:00
	Bronze	1:55	4:45	10:00
Note: <i>All the timings will be recorded & maintained in minutes & seconds will be ignored for the purpose of calculations.</i>		For Females	For Females	For Females
		15 Mins Extra in Each of the above Categories	30 Mins Extra in Each of the above Categories	60 Mins Extra in Each of the above Categories

1) REWARDS FOR THE RIDERS:

- a) Medal as per Cut-Off Timings;
- b) Physical Certificate to the Qualifiers;
- c) Points Earned:

POINTS ACCRUAL TABLE			
Particulars	25 Miler	50 Miler	100 Miler
	Points Earned	Points Earned	Points Earned
On every Gold Medal	3	6	12
On every Silver Medal	2	4	8
On every Bronze Medal	1	2	4
Relevance of Points:			
a) Points will ACCRUE on EVERY participation;			

- b) In a complete season i.e. Vol VI, if a rider **ACCRUES 24 POINTS AND COMPLETES AT LEAST ONE 25 MILER, ONE 50 MILER & ONE 100 MILER**, he will be called as “CNG ULTRA” and this title will entail the following:
- i. Title ‘**CNG ULTRA**’
 - ii. Exclusive Jersey

