Sokoke Forest MTB – Rules and Regulations

Mountain-bike events are conducted in the spirit of self-contained, self-reliant backcountry cycling. Riders participate in the Sokoke MTB with an understanding and acceptance of this ethos.

The following, however, outlines the regulations and requirements:

RIDERS

1. Minimum age of participation is 16 years on or before 1st May 2026.
2. Riders must be in good health and well trained.

MEDICAL

1. During the ride, the Race Director reserves the right to withdraw a rider who is not deemed physically capable of continuing the event.
2. Any medical expenses incurred will be for the competitors themselves directly to pay.
3. All competitors are encouraged to have in place a comprehensive medical aid which will cover any medical expense that may be incurred whilst participating in the Sokoke MTB ride.

BICYCLES

1. Only mountain bikes in good working order will be allowed to start the ride.
2. No more than one bike per rider is allowed. Riders must start and finish the event on the same bike.

Bike Marking

1. Bikes must be marked with the official number board.
2. Appropriate marking of bikes is the responsibility of each rider.
3. Riders whose bikes do not display a number board will not be allowed to start the ride.
4. Bikes must be ride-ready at the start of each stage and during the ride. “Ride ready” will mean the following:

a) The bike is correctly marked.

b) The front number board is securely fitted and visible from the front.

c) The bike is in safe working order.

5. Maintenance of bicycles during the ride is the responsibility of each rider.
6. All repairs, punctures etc. are the responsibility of the rider; no such services will be

provided during the ride.

7. In all cases of maintenance and repair, riders are required to complete the full distance of the stage with their bikes to qualify for completion of the event.

HELMETS AND CLOTHING

1. A rider not wearing a helmet at any stage of the ride will be disqualified immediately.
2. All helmets must comply with international standards.
3. Appropriate riding attire, including a shirt, must be always worn.
4. Eye protection is strongly recommended.
5. It is recommended that fully enclosed footwear be worn.

RIDER IDENTIFICATION

1. Riders must always display their entire ride number.
2. Bike numbers must be firmly fixed on the front of the bike and must not be obscured by cables or any other item.
3. Ride numbers must not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.

RECOMMENDED RACE EQUIPMENT

1. An ambulance will be deployed along the route to handle emergencies. However, riders may wish to carry their own First Aid kit for emergency, including the following:

a) First Aid Dressings x 3 (Sizes 2, 3 and 4 recommended)

b) Adhesive first aid plasters x 5

c) Sunblock with a minimum SPF factor of 15

d) At least 1,5 litres liquid capacity per rider.

e) Multi-tool or bike repair tools.

2. Any riders on specific personal medications are responsible for supplying and carrying such medication.

3. Cell phones: Your phone must be I.C.E.'d, the 3 numbers for emergency response are as follows:

a) Shafiq 0722-525163

b) Colin 0722-842366

c) Patrick 0718-369702

These items are recommended and riders are encouraged to ensure that they are fully

prepared to deal with emergencies they may encounter.

ROUTE

Riders must complete the full designated route.

TRAFFIC REGULATIONS

1. The Sokoke MTB does cross over the major Mombasa/Malindi highway at two points on the route. All riders are directed to monitor traffic when crossing over the tarmac highway.

2. All regular traffic regulations must be always observed during the ride.

CHECKPOINTS

The exact locations of watering and feeding stations will be marked and the exact locations will be provided during briefing. Water, oranges and bananas will be provided.

NUTRITION AND HYDRATION

The Sokoke MTB passes through some dry and very hot areas:

1. Riders retain the ultimate responsibility to carry enough water and nutrition with them.

2. The Sokoke MTB organizers will provide water, food and fruit at feeding stations en route (see checkpoint section above).

SECONDING AND SUPPORT

1. Competitors may receive assistance from a fellow competitor.

2. Outside assistance includes assisting with bike maintenance, water and nutrition support and physically assisting riders. No attachments between bikes will be permitted.

3. Bike repairs may be performed on the route but without obstructing other riders.

4. Neutral feeding, watering will be supplied by the Organizers at the feed stations.

5. Riders are not allowed to draft behind other riders who are not participating in the Sokoke MTB, but may draft their own team partner or other riders taking part.

6. No other form of drafting is permitted whatsoever including, but not limited to, tractors, donkey carts, private vehicles, motorcycles and trucks.

7. Specific escort or seconding vehicles not provided by the Sokoke MTB Ride Organizers are not permitted to follow the ride route. However, supporters may drive their own vehicles along public roads to reach spectator points to vocally support riders. Some sections of the course will be closed to all non-event traffic including some public roads. Their closure must be respected by all.

ETHICAL AND ENVIRONMENTAL

1. No littering or unnecessary damage to the environment will be tolerated.

2. Litter, relating to sports nutrition and feeding stations, will be tolerated within the direct Area of the feed stations.

DISQUALIFICATION AND PENALTIES

Teams may be disqualified at the discretion of Chief Commissaire / Race Office for any one or more of the following reasons including, but not limited to:

1. Riding at any point on any stage without a helmet.

2. Excessive littering.

3. Disrespect or damage to the environment.

4. Bad sportsmanship.

5. Abuse of ride officials.

6. Traffic Rule violations.

7. Breaking of the Sokoke MTB race rules as described above

BASIC MOUNTAIN BIKE RACING RULES AND ETIQUETTE

1. Riders must complete the entire distance of the ride, and the responsibility for following The official route lies with the rider.

2. A rider is not permitted to take any shortcuts or to omit a circuit, or take other advantage of A similar nature against opponents.

3. Riders, who exit the route of the course for any reason, must return to the course at the exact same point from which they exited.

4. Any walking, running or riding by a rider, which is carried out without the intention of directly re-joining the course, or other activity in breach of the regulations, which takes place outside of the marked course area, can result in disqualification.

5. Riders must always act in a polite manner, and permit any faster rider to overtake without obstructing.

6. Riders must respect the countryside and ride only on the official route. Riders must avoid polluting the area and not leave any waste or litter.

7. No glass containers of any kind are permitted on or near the course.

8. Riders must not use offensive or abusive language during the ride, act in an unsporting manner, be disrespectful to the officials, or ignore the ride regulations.

DISCRETION OF THE CHIEF COMMISSARIES/RACE DIRECTOR:

Where any additional rule interpretation is required, or where specific provision for any incident has not been made in these rules, the decision of the Chief Commissaries will be final.

THE END