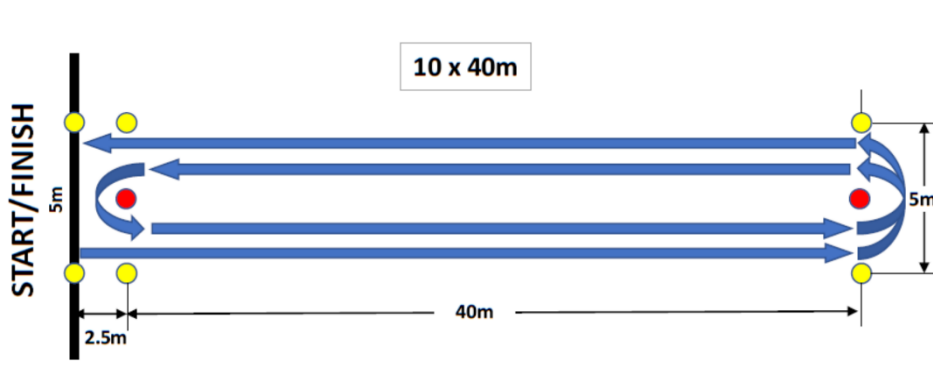


# Special Olympics Challenge



## Skill Cycling 4 – PENDULUM RACE



### Description

Pendulum race 4 times out and 4 times back

### Objective

This skill develops sprinting and endurance, as well as effective braking and acceleration.

### Assessment

The result is based on the time required to complete the course from start to finish. The timer is stopped once the front tyre touches the finish line.

### Rules

- The dimensions and distances can be seen in the diagram and must be adhered to precisely.
- The athlete must start from a complete stop; it is permitted to support athletes using clipless pedals.
- Both an acoustic and a visual start signal must be used.
- The demarcation cones must be cycled around with both tyres without the tyres coming into contact with the cones.
- No penalties are incurred if the athlete touches the cones with their foot.

### Equipment

Stopwatch, start-finish line (e.g. adhesive tape), 2 marking cones or plates for the distance (e.g. red) and 7 marking cones to mark the course (e.g. yellow). Do not use marking poles or posts!

### Instructions

- Safety is more important than time!
- Bicycle helmets are mandatory!
- Skills are to be performed on an area without traffic, preferably cordoned off.
- The ground should be hard (asphalt, tarmac, sports ground, Tartan Track, etc.) and dry.
- Sufficient room for deceleration should be provided at the finish area.