

How to tackle the OCBC Cycle 2016 race routes

The two major cycling routes for the OCBC Cycle 2016 are The Sportive Ride (42km) and The Straits Times Ride (23km) on Oct 2. Flagging off at the Singapore Sports Hub, they will take cyclists past landmarks such as the Singapore Flyer, Gardens by The Bay and Marina Bay Sands, before finishing back at the National Stadium. This map shows the various drink and first aid stations, locations to take the best selfies, as well as tips to finish the route.

BEFORE YOU CYCLE

Participants are advised to have their bikes serviced and checked by a trained bicycle mechanic before the event, to ensure that all components on the bicycle (brakes, handle bar and gear train) are in tip-top condition.



BENJAMIN SHEARES BRIDGE



Tackling the bridge



Gear ratio

Before approaching the Benjamin Sheares Bridge, make sure to switch your front gear to a smaller gear ratio and your rear to a lighter gear.



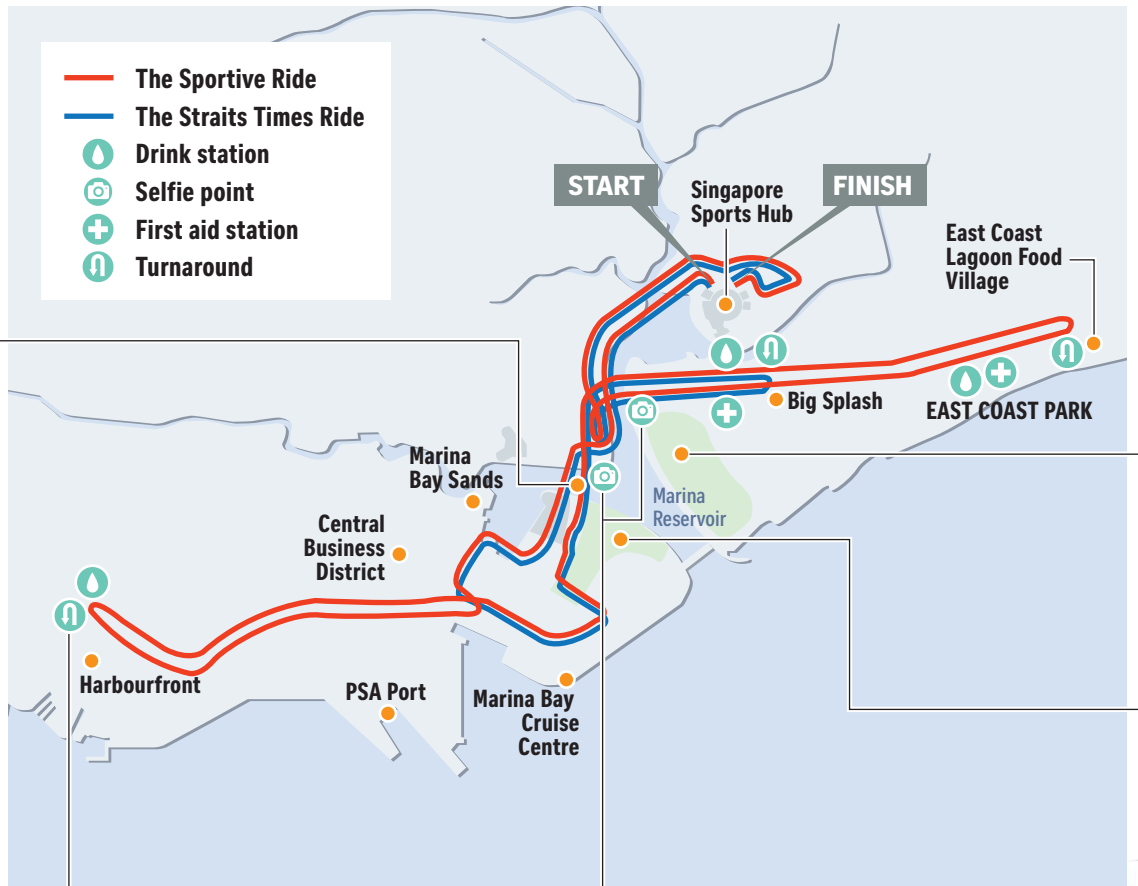
Going up

While climbing the bridge, lift your butt off the seat from time to time, so that your body is in a dynamic position. This engages different muscle groups, and takes the pressure off your lower body.



Coming down

When cycling down the bridge, look straight ahead for any obstacles and do not look down on the road. Sit towards the back of the saddle and sit as low as possible for greater bike control. Always stay within your lane.



SINGAPORE FLYER



GARDENS BY THE BAY



CARE AT TURNAROUNDS

- Start breaking gently 20 to 30 metres before the turnaround.
- Sit back on the saddle before doing a U-turn in order to get more bike control.
- When the bike is approaching towards the corner, stop pedalling.
- If it's a right turn, make sure your left foot is facing down at a "six o'clock" position and your right foot is at a "12 o'clock" position.



SELFIE POINTS

