



Cycling road - road race

FORT COPACABANA

WELCOME!

You are now part of the world's greatest sports event. The Rio 2016 Olympic Games Spectator Guide brings tips and important information to enable you to make the most of this great party. Enjoy your reading!



Cycling road - time trial

PONTAL



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GOLDEN TIPS

What you need to know to enjoy every single moment of the Rio 2016 Games

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- **Check the weather forecast** and prepare yourself accordingly
- **Use public transport.** It is not possible to park at the competition venues and their surroundings
- **Plan your trip.** Transport systems and competition venues will be crowded. It can take you a while to go back and forth!
- Arrive early: **most venues open two hours before the competition gets underway.** If the session has already started, you may have to wait for a break to enter. **Check out this information** at rio2016.com/en/venues
- You will go through a **security check with X-ray equipment.** **Forbidden or restricted items** will be collected and not returned. **Check the complete list** on rio2016.com/en/venues
- **Avoid carrying bags to speed up your entrance.** If necessary, choose the smaller ones that you can put on your lap or under the seat
- **Identify children** and other special cases with **bracelets made available at the public information desks**
- Look for the **Rio 2016 team** members wearing **green** - they are there to **help you!**
- **It is forbidden to smoke at the competition venues.** There are designated smoking areas. Get more information with the volunteers or at the public information desks
- This **Guide has a map with the services available at the venues**
- **Within Rio 2016 venues, payments** can only be made in **cash or Visa debit**, credit or pre-paid cards
- **Download the official app** on rio2016.com/en/app and **stay tuned to everything that happens during the Games**
- Bring your energy and support. Let's make it an unforgettable party!

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LEARN MORE ABOUT RIO

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SUSTAINABILITY

Do your part and dispose of your rubbish appropriately. Use the coloured recycling collectors provided: they benefit recycling cooperatives, generating social inclusion and new businesses.

ACCESSIBILITY

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UNDERSTANDING THE SPORT

HOW IT ALL BEGAN

Included in the programme of the first Olympic Games of the Modern Era, in Athens 1896, cycling is one of the 5 sports present in all editions of the Games. Road cycling, one of the four disciplines of the sport that integrate the Olympic programme, emerged in the late 19th century – it is believed that the first race was held in 1868, in Paris. After being present in Athens 1896, the discipline returned to the Games at Stockholm 1912 and has been in all editions since then. The time trial's debut was at Atlanta 1996.

ABOUT THE COMPETITION

Time trial, which will be held in Pontal, is a competition in which riders start at regular intervals and need to complete the course in the fastest time.

In the road race, that will start in Fort Copacabana, all competitors start together in a long-distance race. Bikes need to be light, sturdy and comfortable, because riders spend long hours cycling.

In the individual time trial, the bike's aerodynamics and the rider's position are what counts.

DID YOU KNOW?

Teams develop strategies to help their leader: protecting them against the wind, pursuing a rider and accelerating to challenge the opponents.



PROGRAMME*

AUGUST	SESSIONS	
05 FRI		
06 SAT	 09:30 16:15	
07 SUN		 12:15 16:35
08 MON		
09 TUE		
10 WED		
11 THU		
12 FRI		
13 SAT		
14 SUN		
15 MON		
16 TUE		
17 WED		
18 THU		
19 FRI		
20 SAT		
21 SUN		

* Information subject to change without prior notice.

 Sessions with victory ceremonies are in bold.

EVENTS

 Road race

 Road race

211 athletes/144 men and 67 women

 Male  Female



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PLANNING YOUR TRIP

ARRIVING AT THE VENUE

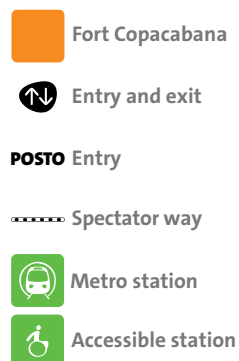
Fort Copacabana, located at Copacabana Beach, one of the most famous in the world and one of the must-see sights of the city, is the stage of a few of the competitions in the Rio 2016 Games. Check out how to get there:

METRO - LINE 1 OR 4 > GENERAL OSÓRIO STATION
POSTO 6 ENTRY - 13min walk/950m

Accessible station - Access A of General Osório Station is accessible. Learn more about public transport accessibility during the Games at visit.rio.

ATTENTION!

- Instructions on how to arrive at the venue are intended only for ticket holders
- Road cycling is a street competition and there will be restrictions to cross the course
- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations are only available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at visit.rio
- Check the venue entry locations and pay attention to the signs at the stations
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- Walking times are estimated based on the average speed of 1.2m/s



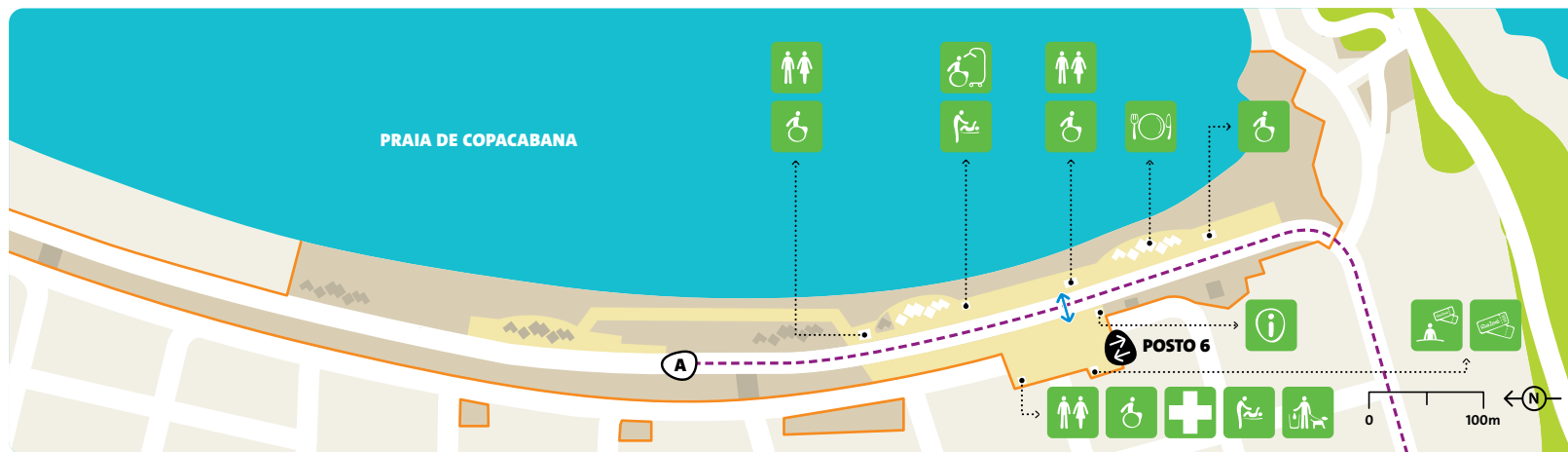
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FORT COPACABANA

DISCOVERING THE VENUE

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- POSTO** Entry
- ↕ Entry and exit
- Yellow box Spectator way
- Ticket box office
- Ticket resolution office
- Public information
- Spectator medical post
- Toilets
- Accessible toilet
- Extra accessible toilet
- Baby changing
- Dog relief area
- Food and beverage
- A** Start and finish
- Complete course
- Circuito Grumari / 4 laps men / 2 laps women
Circuito Vista Chinesa / 2 laps men
- ... 1 loop men and 1 loop women
- ↔ Crossing point





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19 FRI			
20 SAT			
21 SUN			

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EVENTS

 Individual time trial

 Individual time trial

65 athletes/40 men and 25 women

 Male  Female



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PLANNING YOUR TRIP

ARRIVING AT THE VENUE

Pontal is located in a seaside area, in the city's west zone, and will be the place where a few of the Rio 2016 Games competitions will start and end. Check out how to get there:

BRT - ESPECIAL JD. OCEÂNICO X GOLFE OLÍMPICO > GILKA MACHADO STATION

BRT - MATO ALTO X ALVORADA PARADOR > GILKA MACHADO STATION

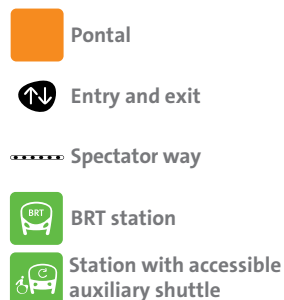
BRT - RECREIO X ALVORADA PARADOR > GILKA MACHADO STATION

30min walk/2,150m

Accessible station - Gilka Machado Station is accessible. From this station there is an accessible auxiliary shuttle service for the convenience of people in wheelchairs or with reduced mobility. Learn more about public transport accessibility during the Games at visit.rio.

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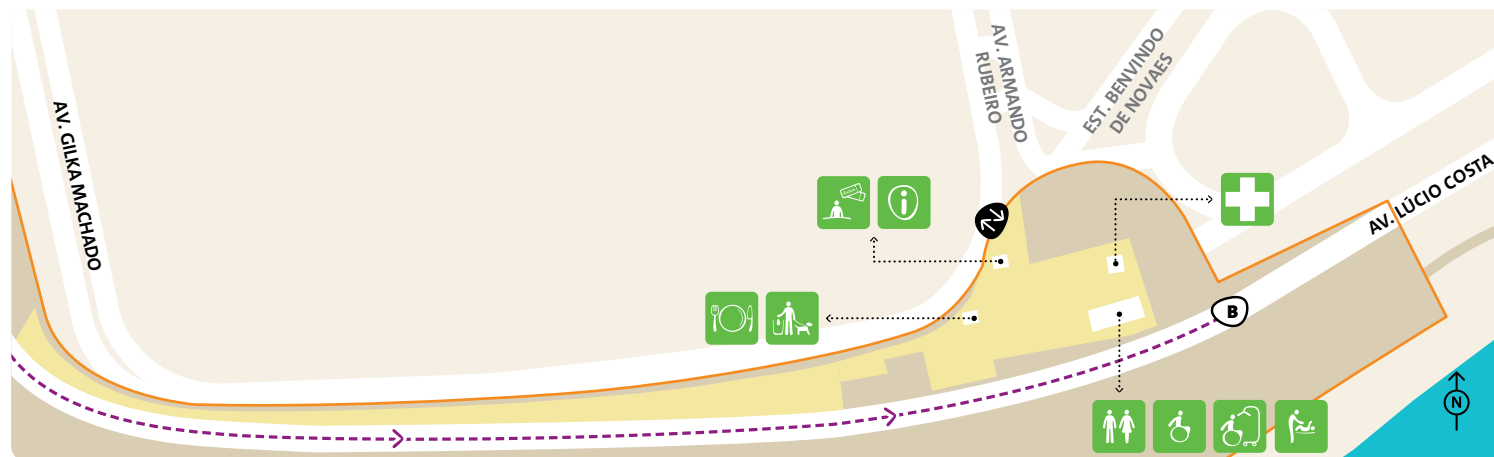
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PONTAL

DISCOVERING THE VENUE

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-  Entry and exit
-  Spectator area
-  Ticket resolution office
-  Public information
-  Spectator medical post
-  Toilets
-  Accessible toilet
-  Extra accessible toilet
-  Baby changing
-  Dog relief area
-  Food and beverage
-  Start
-  Finish
-  Complete course
-  Circuito Grumari / 2 men's laps e 1 women's laps





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