JUL 21 22 23 24 25 **26** **27** 28 29 30 31 AUG 1 2 3 4 5 6 7 8

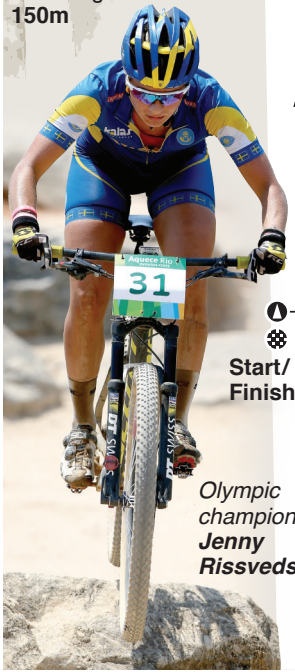
# Cycling – Mountain Bike

*Izu MTB Course*

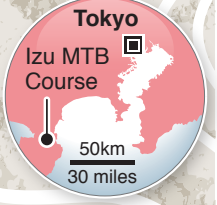
**Competition format**
Men's and women's events held as mass start races. First rider across finish line wins gold

**Race distance**
Riders complete start loop, plus set number of laps of 4.1km course

Vertical gain
**150m**




*Olympic champion* ***Jenny Rissveds***




Feed/ tech zones

Start/ Finish

Start loop
Main loop
Start loop only

N

50m
55 yards

## 2016 Olympic Medallists – Men

| | |
|---|---|
| *Gold* | **Nino Schurter** *(SUI)* |
| *Silver* | **Jaroslav Kulhavy** *(CZE)* |
| *Bronze* | **Carlos Coloma Nicolas** *(ESP)* |

## Women

| | |
|---|---|
| *Gold* | **Jenny Rissveds** *(SWE)* |
| *Silver* | **Maja Wloszczowska** *(POL)* |
| *Bronze* | **Catharine Pendrel** *(CAN)* |

Sources: IOC, Tokyo 2020 Picture: Getty Images © GRAPHIC NEWS