

# ARIZONA SENIOR OLYMPICS 2019 CYCLING

## **EVENTS**

5K, 10K Time Trials and 20K, 40K Road Races

## **DATES**

5K & 10K Time Trials, **Saturday, February 2, 2019**

20K & 40K Road Races, **Sunday, February 3, 2019**

## **TIMES**

**Saturday:** Check in for 5K and 10K will be at **7:00 AM**

5K competition begins at **8:00 AM**

10K TT to follow immediately

**Sunday:** 20K and 40K check in will at **7:00 AM**

20K competition begins at **8:00 AM**

40K RR to follow immediately

## **SITE**

Take I-10 to Sun Valley Parkway, go north past W Tartesso Parkway in Buckeye, AZ (follow the signs).

## **AMENITIES**

Restrooms: **Portable**

Phones: **\$**

Food: **Snack**

Water: **Yes**

## **FEES**

Early Bird Reg.: **\$28.00 Registration fee + \$30.00 Sport fee per event by December 15, 2018.**

Late Reg.: **\$35.00 + \$30.00 Sport fee per event from December 16, 2018 thru January 6, 2019.**

Mail In: **Add \$10.00 (incl. addl. processing fee). Postmarked by 12/31/18.**

Payment can be made by check or credit card (VISA, MasterCard or Discover).

## **REGISTRATION DEADLINE:**

**Sunday, January 6, 2019.**

## **ENTRY REGULATIONS**

1. Competition is in 5 year age groups: 50-54, 55-59 etc. Age will be determined as of 12/31/19
2. All cyclists must provide their own bicycles and helmets.
3. Cyclists must wear an ANSI, SNELL, CPSC or ASTM approved helmet.
4. Start order will be posted after the close of check in.
5. All riders must check in 30 minutes prior to race.

## **FORMAT AND RULES**

### **5K and 10K TT**

1. Time Trials. Individual starts. This is a race against the clock.
2. Aero bars, bullhorns, TT bars, etc. allowed in TT events only.
3. Drafting not permitted (taking pace closer than 80 feet behind or 7 feet to the side of another rider).

### **20K and 40K RR**

1. Mass start for each age group.
2. Age groups may be combined, but will be scored separately.
3. No aero bars, bullhorns, TT bars, etc. are allowed in the RR events.
4. Chip timing to guarantee the accuracy of the results.

### **OVERALL RULES**

1. USCF/NSGA rules apply unless otherwise noted here.
2. Riders must stay to the right except when overtaking another rider. Failure to do so will result in a disqualification.
3. A copy of the rules are available from:

USA Cycling  
210 USA Cycling Point, Ste. 100  
Colorado Springs CO 80919-2215  
719-434-1200  
[www.usacycling.org](http://www.usacycling.org)

## **COMMISSIONER**

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