2020 Arizona Senior Olympics Cycling
NATIONAL QUALIFIER

EVENTS
5K & 10K Time Trials 20K & 40K Road Races

DATES
Sat. February 22, 2020 - 5K & 10K Time Trials, Sun., February 23, 2020 - 20K & 40K Road Races

TIMES
Saturday: Check in: 8:00 AM for 5K and 10K 5K TT begins at 9:00 AM
10K TT to follow immediately
Sunday: Check in: 8:00 AM for 20K and 40K 20K RR begins at 9:00 AM
40K RR to follow immediately

SITE
Nissan North America Technical Center, 7815 N White and Parker Rd, Stanfield, AZ 85172
For Google Maps directions enter the above address or visit this URL: https://bit.ly/35kJzE4

AMENITIES
Restrooms: Yes Phones: No Food: Snacks Water: Yes

FEES
Registration: $35.00 (when registering online, enter coupon code CYCLING2020 for a $5.00 courtesy discount)
Sport Fee: $15.00 per event
Payment can be made by check or credit card (VISA, MasterCard or Discover).

REGISTRATION DEADLINES:
Online: Sunday, February 9, 2020, 11:59PM. Mail-in's must be postmarked by 2/8/2020

ENTRY REGULATIONS
1. Competition is in 5 year age groups: 50-54, 55-59 etc. Age will be determined as of 12/31/2020
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 be checked 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 starts.
2. Age groups may be combined for racing, but will be awarded 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. Additional rules will be announced at the pre-race Riders Meeting. Failure to follow announced rules may result in time penalties and/or disqualification.
3. A copy of the rules are available from: USA Cycling: www.usacycling.org
210 USA Cycling Point, Ste. 100
Colorado Springs CO 80919-2215
719-434-1200

Questions? Call the ASO Office at 602-274-7742 (Irene)