

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)