

Hello Everyone,

Thank you for registering for the Montana Senior Olympics Cycling events. We look forward to your races on Friday and/or Saturday. Attached and linked below are the routes and age group rosters for some fun rides! Your commissioner for cycling is Ryan Yearous. Shae Gurney will be in charge during the event.

THE CYCLING EVENTS HAVE BEEN MOVED TO THE BITTERROOT TRAIL JUST SOUTH OF LOLO (south of Missoula) FOR MORE CONTINUOUS CYCLING ROUTES.

- The meeting spot for all cycling events will be the first carpool parking lot south of Lolo at Hwy 93 and Rowan Road. Type in **“Rowan Road & US-93”** into Google Maps to get directions. Or, from the stoplight at Hwy 93 & Hwy 12 the Rowan Rd parking lot is 2.9 miles south.
- Look for a MT Senior Olympics bi-fold sign and/or a Missoula Parks and Recreation feather banner at the intersection of US-93 & Rowan Rd.
- All cycling documents can be found here: <http://bit.ly/MSOcycling>
- Medals will be awarded by finish time within each age category
- 40K Friday 9am start
 - The 40K will start about 1.1 miles north of the parking area. Ride to the start. The route will take one south on the Bitterroot Trail with a turn-around near Florence onto Old Hwy 93. Come back north along Old Hwy 93. When one arrives back at Rowan Road, one will complete the loop again, heading south towards Florence on the Bitterroot Trail, then north again on Old Hwy 93. When one returns to the parking area, continue north back to the start line. The finish of the 40K is the same spot as the start.
- 5K TT Friday 11am start
 - The 5K time trial will start immediately south of Rowan Road and the parking area. Participants will be sent out in 30 second intervals. The 5K route will take one south on the Bitterroot Trail. There is no turn around. One will cycle to the finish across from K&L Forest & Garden (just south of E Carlton Creek Rd), then make their way back to the start at their leisure. Times will be recorded at the finish and will be calculated as quickly as possible for medal distribution.
- 20K Saturday 9am start
 - The 20K will start 0.9 miles north of the parking area at Maclay Rd. Ride to the start. The route will take one south on the Bitterroot Trail with a turn-around near Florence onto Old Hwy 93. Come back north along Old Hwy 93. The finish will be just before the parking area and Rowan Rd.
- 10K TT Saturday 10:30am start
 - The 10K will start 0.5 miles north of the parking area at Manor Rd. Ride to the start. Participants will be sent out in 30 second intervals. The route will take one south on the Bitterroot Trail with a right turn at E Carlton Creek Rd followed by a quick right turn on Old Hwy 93. One will cycle north along Old Hwy 93. The finish will be just before the parking area and Rowan Rd.

Check-in for the Montana Senior Olympics takes place at Fort Missoula Regional Park HQ located at 3219 Fort Missoula Road (southeast corner of FMRP). We are available for check-in the following times:

Thursday, June 13	7am-5pm
Friday, June 14	7am-6pm
Saturday, June 15	7am-10am

Thank you and good luck,
Ryan Yearous