

CYCLING

- 5K STANDARD • 5K RECUMBENT • 10K STANDARD • 10K RECUMBENT •

EVENT DATE: Saturday, March 1

ENTRY DEADLINE: Friday, February 1 **MAY REGISTER DAY OF EVENT**

5K STANDARD

CHECK-IN: 6:30AM

EVENT TIME: 7:30AM

10K STANDARD

CHECK-IN: 6:00AM

EVENT TIME: 6:50AM

EVENT FEE: \$5.00 per event

5K RECUMBENT

CHECK-IN: 6:30AM

EVENT TIME: 7:30AM

10K RECUMBENT

CHECK-IN: 6:00AM

EVENT TIME: 6:50AM

DAY OF EVENT REGISTRATION: \$15.00



Florida State Senior Games Qualifier: YES

LOCATION: Fort DeSoto Park
3500 Pinellas Bwy S Tierra Verde

DIR: Suzanne Henslee **PH:** 727-642-3929

FORMAT:

1. Cyclists must provide their own bicycles and helmets.
2. Starting times for the time trials will be at equal intervals, usually one minute, but no less than thirty seconds. No allowances will be made for mishaps, mechanical or otherwise.
3. Starting order for the time trials will be from oldest to youngest starting with females and ending with males.
4. Time Trials Recumbent divisions will begin following the youngest male rider of the standard Time Trials. Starting order will be from oldest to youngest starting with females and ending with males.
5. If a rider appears later than the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed starting time shall be used in computing results.
6. The start sheet with the starting order and appointed starting times will be available for the rider's perusal at least one hour before the start of each event.
7. The road races will be a mass start. The Event Director reserves the right to combine divisions as necessary.

SPORTS RULES:

1. All cycling events will be conducted in accordance with U.S. Cycling Federation (USCF) rules, except as modified herein. For a copy of these rules, please write or call:

USA Cycling

One Olympic Plaza, Colorado Springs, CO 80909

(719) 866-4581

www.usacycling.org

2. Helmets are mandatory (Ansi or Snell approved with sticker affixed).
3. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear and recumbent bicycles are not permitted. Recumbent bicycles may only race within the 5K and 10K Time Trials Recumbent Bicycle Division. All bicycles must be certified by race officials prior to the competition.
4. There may be no protective shield, faring, or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chain wheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF.
5. If in doubt about your qualification, check for an official ruling from the chief referee before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.
6. In time trial events, the rider shall be held by an official at the start, but shall be neither restrained nor pushed.
7. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
8. In time trial events, no rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or two meters (seven feet) to the side. A rider who is observed taking pace shall receive a time penalty.
9. No restarts are permitted