

**OGHE**<sup>®</sup>

Presents

# OKLAHOMA SENIOR GAMES



## CYCLING (Ages 40+) and PARALYMPIC CYCLING

22K & 44K Road Race AND 5K & 10K Time Trials all Divisions

Saturday, October 9

Entry Deadline: September 25

Lake Stanley Draper Marina  
8301 SE 104<sup>th</sup>. Street  
Oklahoma City, OK 73165

### DIVISIONS

Standard, Two Wheel and Trike Recumbent Un-Faired, Two Wheel and Trike Recumbent Faired, Paralympic Upright, Paralympic Handbike, Paralympic Tandem, Paralympic Tricycle

### Check In:

8:00 am for 22 K and 44K Road Race ; 11:00 am for both the 5K and 10K Time Trials.

### Events Begin:

9:00 am 22K and 44K Road Races

12:00 pm 5K Cycling Time Trial with 10K Time Trial to follow

### ENTRY REGULATIONS

Cyclists provide bicycles and helmets and bicycles certified by officials prior to competition.

### FORMAT

1. The 44K and the 22K Road Races will start at the same time. Cyclists must choose one race or the other. The 22K racers will finish after one lap around the lake; the 44K racers will continue for a second lap.
2. The starting order for the Time Trials will be from youngest to oldest starting with males followed by females. Some recumbents will be at the head of the line and others will be at its rear.
3. The start sheet with the starting order will be available for the rider's perusal at least one hour before the start of each event.
4. The Start/Finish line is SOUTH of the entrance to the marina this year. The 22K and 44K cyclists will head north around the lake to start. The 5K and 10K cyclists will head SOUTH. The finish line placement allows time and space for cyclists to come to a comfortable stop before reaching the marina entrance at the completion of the races.

Debbie Uglean, Chief Judge; Tom Uglean, Chief Referee

### STATE DIRECTOR

Kathleen Fitzgerald

(727) 766-1877

[Kathleen.fitzgerald@InfoRad.com](mailto:Kathleen.fitzgerald@InfoRad.com)



OKSeniorGames.com (405) 821-1500 [Info@okseniorgames.com](mailto:Info@okseniorgames.com)

