

CYCLING (Ages 40+) and PARALYMPIC CYCLING

**5K and 10K Time Trials AND
22K and 44K Road Race**

Saturday, October 9

Entry Deadline: September 25

Lake Stanley Draper Marina
8301 SE 104th. Street
Oklahoma City, OK 73165

EVENTS

5K Time Trials all Divisions
10K Time Trial all Divisions
22K Road Race all Divisions
44K Road Race all Divisions

DIVISIONS

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

Events Begin:

9:00 am 22K Cycling Road Race
9:00 am 44K Cycling Road Race
12:00 pm 5 K Cycling Time Trial
10K Time Trial to follow

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

See OKSeniorGames.com website; Events; Cycling, for Time Trial and Road Race maps and complete rules.

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 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 for all races allows time and space for cyclists to come to a comfortable stop before reaching the marina entrance.**

3. 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.

4. 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.

ENTRY REGULATIONS

1. Cyclists must provide their own bicycles and helmets.
2. All bicycles must be certified by race officials prior to the competition.

SPORT RULES

1. All cycling events will be conducted in accordance with U.S.A Cycling rules, except as modified herein. For a copy of these rules, visit or contact:

USA Cycling

210 USA Cycling Point, Suite 100

Colorado Springs, CO 80919

(719) 434-4200

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 bicycles are not permitted. 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, chainwheel or accessories) that has the effect of reducing air resistance, except those allowed by the USAC. Motors are not permitted in any classification.

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.

10. Clipon handlebars are not allowed in the Road Race.

11. Race event results will be posted. Finishing place may be challenged up to 15 minutes after posting. If there is an adjustment, 15 minutes will again be allowed before the final places are declared.

Debbie O'Hagan, Chief Judge

Tom Uglean, Chief Referee

STATE DIRECTOR

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**2020 is a year in which to qualify for NSGA competition in
Fort Lauderdale, Florida November 5 – 18, 2021.**

For more information about national competition go to: NSGA.com

- 1. All first, second, third and fourth place winners will qualify for the 2021 Nation Senior Games.**
- 2. Athletes who qualify in either the 5K Time Trial or the 10K Time Trial may compete in both events at the 2022 National Senior Games. Athletes who qualify in either the 22K or 44K Road Race may compete in both events at the 2022 National Senior Games.**
- 3. Oklahoma is an "Open" state. This means Oklahoma Senior Games allows participation by out-of-state athletes. The NSGA definition of an athlete's state of residence is that state in which the athlete resides at least six months of the year.**

- 4. Cycling allows for four resident qualifiers in each event, gender and age division. Oklahoma qualifies four Oklahoma residents in addition to any top four finishing out-of-state athletes. This means that if the top four places are all filled with out-of-state athletes, Oklahoma residents who place in the next four positions qualify for the 2022 National Senior Games. Oklahoma would then qualify eight athletes for the national senior games in that event, gender and age division.**
- 5. Two wheeled Recumbent bikes are an "Open" event at the 2021 nationals. Athletes do not need to qualify at a 2020 State Qualifier. Recumbent bikes may not enter the Road Races.**
- 6. Paralympic and Enclosed Recumbent are not National Senior Games qualifying events.**