

CYCLING 2012 5 K/10 K (Time Trials)

Cycling Road Race Information is listed in it's own event file.

SITE:

Elkhart, IA Memorial Park (see venue directions)

DATE & TIME:

Saturday, June 2 / 4:00 pm

ENTRY REGULATIONS

1. Cyclists qualifying in either the 5K or 10K time trials may enter both time trial events.
3. Cyclists must provide their own bicycles and helmets.

FORMAT

1. Starting times for the time trials will be at equal intervals, usually one minute, but no less than 30 seconds. No allowances will be made for mechanical or other mishaps.
2. Starting order for the time trials is by random selection.
3. 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.
4. The start sheet with the starting order and appointed starting times will be posted on the Iowa Senior Olympic Website <http://www.iowaseniorolympics.com/> prior to the Games and available for the rider's perusal at least one hour before the start of each event.

SPORT 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 and must conform to USA regulations.
3. Multigear (free wheel) bikes with front and rear brakes are required. Fixed gear and recumbent 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 USCF.
5. Handlebars used for steering with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands (including aerobars) are permitted only in time trial events, not in road race events.
6. 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.
7. In time trial events, the rider may be held by an official at the start but shall be neither restrained nor pushed.
8. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
9. In time trial events, no rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty.
10. No restarts are permitted

SAFETY

All riders are must understand and follow rules of the road as would be expected of anyone owning a valid driver's license. All riders must have signed the Liability Waiver prior to competing in the events. The road where competition will take place will be shut down by the Iowa Highway Patrol prior to and during the competition so that no automobile traffic will be on the roadway along with the riders.