

5K CYCLING - TIME TRIAL

COMPETITION DIVISIONS: Cycling Time Trial is an individual age category competition which is divided into both men and women divisions.

TOURNAMENT:

1. This is a "rules of the road" event. Please obey all regular traffic regulations.
2. Athletes **DO NOT** have the right of way.
3. Each participant will ride a 5K and/or 10K time trial.
4. 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.
5. Starting order is by random selection.

FORMAT:

1. Riders shall be held by an official at the start but shall be neither restrained nor pushed.
2. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
3. No rider shall take pace behind another rider closer than 80 feet ahead, or seven feet to the side. A rider who is observed taking pace shall receive a time penalty.
4. In the "homestretch" the leaders must ride in a straight line, parallel to the course.
5. Crashes - The effect of a crash will be decided by the event coordinator, who will have the option of stopping the race (with subsequent restart) or allow the race to continue.
6. Mechanical failure - The rider must remove his/her bicycle from the course as quickly as possible.
7. Giving food or water to participants while competing is forbidden. Splashing with water is allowed.

SCORING:

1. Awards will be given to first, second, and third place in each age division.
2. In case of a tie, duplicate medals will be awarded.
3. Winners will be awarded and receive in each age category below the gold, silver, and bronze medals.

50-54	65-69	80-84	95+
55-59	70-74	85-89	
60-64	75-79	90-94	

EQUIPMENT:

1. Participants will supply their own bicycle and protective helmet. The bicycle can be 10 speed or less. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed-gear and recumbent bicycles **WILL NOT BE** permitted.
2. There may be no protective shield, fairing 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.

OFFICIALS: U.S. Cycling Federation Rules will prevail. Any circumstances not covered in these rules will be ruled upon by the Event Coordinator.