



National Veterans Golden Age Games

10K Cycling

INSTRUCTIONS TO ATHLETES & RULES

1. Competition numbers must be worn. (Front and Back)
2. You may not be assisted or coached in the competition area.
3. Competitors may either use their own bicycle or rented bicycle.
4. 10K course.
5. Bicycle safety helmets must be worn.
6. Competitors are required to wear appropriate attire and shoes. No bare shoulders.
7. All riders will start in the same manner, one foot on the ground.
8. The start can be given with a verbal command, **whistle**, gun or waving a flag, at 10-minute intervals by age division and gender.
9. The competition is limited to ambulatory competitors only.
10. Each competitor will be given an opportunity to become familiar with the course.
11. Warm-up prior to the cycling event will be used to determine riding ability and safety.
12. Riders must stay to the right except when overtaking another rider.
13. No rider shall pace behind another rider closer than 25 meters ahead of 2 meters to the side.
14. Riders observed taking pace will receive a time penalty.
15. No restarts are permitted.
16. Places will be awarded based on best time.
17. Medals will be awarded based and age division and gender.
18. Medals will be presented for 1st through 3rd medals and 4th – 6th ribbons.
19. Resolving ties: competitors who tie will be awarded duplicate medals