



National Veterans Golden Age Games

Cycling

(5k time trial, 20k road race)

INSTRUCTIONS TO ATHLETES & RULES

Competition numbers must be worn.

1. You may not be assisted or coached in the competition area.
2. Competitors must secure their own cycle for the competition. Cycles can be rented but it is the responsibility of athlete to secure cycle.
3. 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, chain wheel or accessories) that has the effect of reducing air resistance.
4. 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 aero bars) are permitted only in the time trial events and not in the road race events.
5. Bicycle safety helmets must be worn.
6. Competitors are required to wear appropriate attire and shoes to avoid disqualification.
7. Each competitor will be given an opportunity to become familiar with the course. The warm-up prior to the cycling event will be used to determine riding ability and safety.
8. Recumbent cyclists will compete in a separate open category in the 5k time trial event only.
9. 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.
10. 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.
11. The start sheet with the starting order and appointed starting

times will be available for the rider's perusal before the start of each event.

12. The road races will be a mass start at pre-determined intervals by age division and gender with combinations when needed.
13. Depending on the structure of the road race course, a neutral start may be utilized.
14. The start can be given with a verbal command, **whistle**, gun or waving a flag.
15. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
16. In time trial events, no rider shall 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. No restarts are permitted.
17. Riders observed taking pace will receive a time penalty.
18. Places will be awarded based on best time.
19. Medals will be awarded based on age division, gender.
20. Medals will be given based on the all overall winner in the recumbent open category.
21. Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers.
22. Resolving ties: competitors who tie will be awarded duplicate medals