



CYCLING

5K, 10K Time Trials 20K (Road Race)



Date and Time: Wednesday, September 21, 2011 at 9am (Gates will open at 7:30am)
Order of Events: 5K (starting at 9am), 10K, and 20K immediately following
Venue: Heartland Park Topeka, 7530 SW Topeka Blvd.
(race will take place on the track, which is a 2.5 mile circuit)

KSO2011 Entry Regulations:

1. All cyclists must provide their own bicycles and helmets.
2. Each rider will be responsible for accurately counting his/her own laps.

KSO2011 Format:

1. Starting times for the time trials will be at equal intervals of one minute or less. No allowances will be made for mechanical or other mishaps.
2. Starting order for 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 the case of a late start, the appointed time shall be used in computing the results.
4. The start sheet with the starting order will be available for riders' perusal at least 30 minutes prior to event start.
5. The 20k will be a mass start.

KSO2011 Sport Rules:

1. All cycling events will be conducted in accordance with the US Cycling Federation (USCF) rules except as modified herein. For a copy of these rules, please contact: **USA Cycling, One Olympic Plaza, Colorado Springs, CO 80909. Phone: 719-866-4581, www.usacycling.org.**
2. Helmets are mandatory and must conform to USA Triathlon regulations.
3. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear bicycles 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, chain-wheel or accessories) which has the effect of reducing air resistance, except those allowed by the USCF.
5. If in doubt about your qualification, check for an official ruling with the Event Coordinator before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.

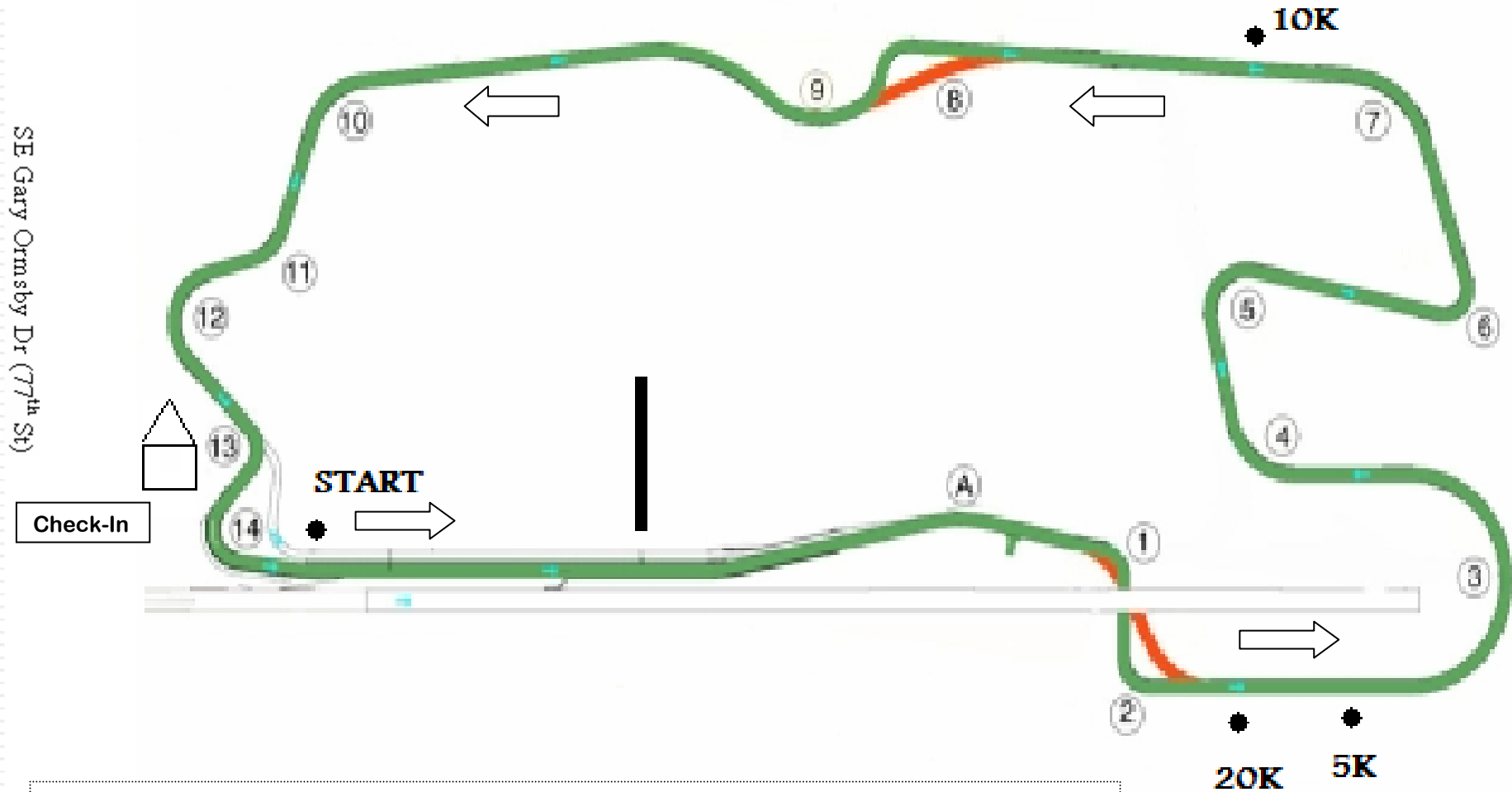
6. In the time trials, the rider shall be held by an official at the start, but shall be neither restrained nor pushed.
7. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
8. In time trials, no rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or two meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty.
9. No restarts are permitted.

Conduct of Cyclists: Good sportsmanlike conduct is required of Cyclists at all times. Any Cyclist displaying less-than-desirable conduct at any time towards another Cyclist, any meet official, any volunteer or any KSO staff member will be disqualified from KSO competition. The KSO Director and Event Coordinators will enforce this rule at all times.



Kansas Senior Olympics Cycling 2011

Heartland Park Topeka, 7530 S Topeka Blvd



Start Time 9am - 5K - Start line, ONCE around 2.5 mile loop, then to 5K dot.

Immediately following - 10K - Start line, TWICE around 2.5 mile loop, then to 10K dot.

Immediately following - 20K - Start line, FIVE times around 2.5 mile loop, then to 20K dot.