



Virginia Senior Games

Henrico County, VA ♦ May 12-16, 2020 ♦ (804) 652-1411
www.virginiaseniorgames.org ♦ Email: VSG@henrico.us



Sport	<i>Cycling</i>
Events	Time-Trial & Road Race
Dates & Times	Tuesday, May 12: Time Trial - 2:00 p.m.; Road Race – 3:30 p.m.
Location	Freedom Park 5537 Centerville Road Williamsburg, VA 23188
Contact Person	Sarah O'Reilly Phone: _____ Email: sarah.oreilly@jamescitycountyva.gov
Format of Event	<p>The course will be closed to traffic during the races. Vehicular access to the park will be prohibited after 1:30 p.m. and will resume for a short period of time between the end of the 5K race and 3 p.m. If you are only participating in the 20K, we recommend you arrive before 1:30 p.m. as we cannot guarantee how long before 3 p.m. you will be able to gain access to the park.</p> <ol style="list-style-type: none">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 available for the rider's perusal at least one hour before the start of each event.5. The road races will be a mass start at pre-determined intervals by age division and gender with combinations when needed.6. Awards will be presented for 1st through 3rd place for each event, within each age division. <p>The organizer reserves the right to change the format for any age division, based on entry numbers, space restrictions, or any other circumstances.</p>



Virginia Senior Games

Henrico County, VA ♦ May 12-16, 2020 ♦ (804) 652-1411
www.virginiaseniorgames.org ♦ Email: VSG@henrico.us



Rules	<ol style="list-style-type: none">1. All cycling events will be conducted in accordance with U.S. Cycling Federation (USAC) rules, except as modified herein. For a copy of these rules, please write or call: USA Cycling 210 USA Cycling Point, Suite 100 Colorado Springs, CO 80919-2215 (719) 434-4200 www.usacycling.org2. Helmets are mandatory and must conform to USA Cycling regulations.3. Road bicycles shall be used. Bicycles with a front hand brake and fixed wheel may also be used.4. 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.5. In time trial events, the rider shall be held by an official at the start but shall be neither restrained nor pushed.6. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.7. 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 penalty.8. No restarts are permitted for any reason. <p>The organizer reserves the right to change or modify rulings prior to start of the event. For all rules questions, visit, https://s3.amazonaws.com/craft-prod-assets/documents/USAC RuleBook Chpt 03 Upload.pdf</p>
Awards	Gold, Silver, and Bronze Medals will be given for Men's, Women's, and Mixed Divisions in each age category (50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; 100+). All medal winners will be recognized immediately following competition.
Entry Regulations	Individuals age 50 or older by December 31 of the competition year are eligible to participate, if properly registered. The Virginia Senior Games are considered "open" games, meaning participants from other states are permitted and encouraged to compete in the Virginia Senior Games. The Senior Games strongly recommends that each participant consult his or her physician in regards to practice and participation in this program or any similar physical activity program.

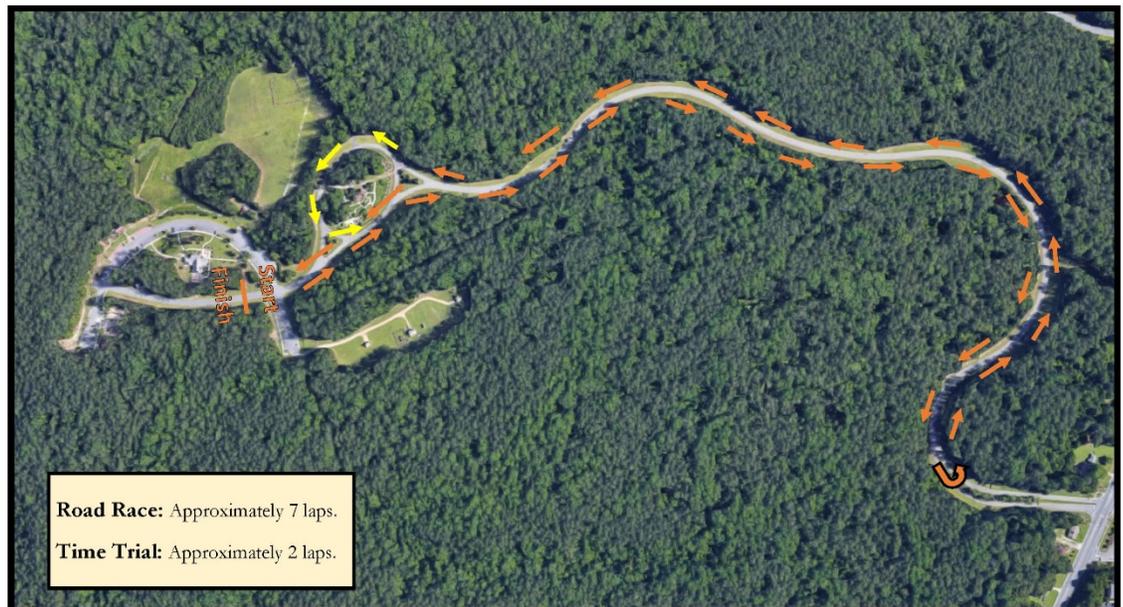


Virginia Senior Games

Henrico County, VA ♦ May 12-16, 2020 ♦ (804) 652-1411
www.virginiaseniorgames.org ♦ Email: VSG@henrico.us



Course Map



Athlete Packet Pick-Up

Packet Pick-Up is where athletes can pick up their **information packet, VSG 2020 t-shirt, participant bag, and name tag**. Multiple pick-ups are permitted. Athletes **DO NOT** need to pick up packets prior to their events in order to participate. However, shipping charges will apply to athletes who are not onsite to pick up their registration packets or medals and would like them later.

BELMONT RECREATION CENTER

1600 Hilliard Rd, Henrico, VA 23228, (804) 652-1410

- Tue, May 12..... 4:00pm-6:00pm
- Wed, May 13 7:00am-2:00pm
- Thu, May 14..... 7:00am-2:00pm
- Fri, May 15..... 7:00am-6:00pm
- Sat, May 16..... 7:00am-10:00am