

2013 CYCLING

On-site Registration Available (late fees apply)

EVENTS

5K, 10K Time Trials
20k, 40k Road Races

DATES

5 & 10 K .Time Trials, Saturday, March 2, 2013

20 & 40 K Road Races, Sunday, March 3, 2013

TIMES

Saturday:

Check in for 5K and 10K will be at **7:00 am**

5K competition begins at **8:00 am**

10K TT to follow immediately

Sunday:

Check in for 20K and 40K will be at **7:00 am**

20K competition begins at **8:00 am**

40K RR to follow immediately

COURSE ROUTES

5K TT: <http://www.mapmyride.com/routes/view/169184084>

10K TT: <http://www.mapmyride.com/routes/view/169188104>

20K RR: <http://www.mapmyride.com/routes/view/169189542>

40K RR = 2 laps of the 20K RR

SITE

40th Street & Pecos Road (Park n' Ride Lot on NW corner) in Phoenix, Arizona

AMENITIES

Restrooms: **Portable**

Phones: **\$**

Food: **Snack**

Water: **Yes**

FEES

\$24 Registration and Processing

Plus \$15 for each event entered

On site late fee \$5.

ON LINE REGISTRATION DEADLINE: Tuesday, February 26, 2013

ENTRY REGULATIONS

1. Competition is in 5 year age groups: 50-54, 55-59 etc. Age will be determined as of 12/31/13.
2. All cyclists must provide their own bicycles.
3. Cyclists must wear an ANSI, SNELL, CPSC or ASTM approved helmet.
4. Start order will be posted after the close of check in.
5. All riders must check in 30 minutes prior to race.

FORMAT AND RULES

5K and 10K TT

1. Time Trials. Individual starts. This is a race against the clock.
2. Aero bars, bullhorns, TT bars, etc. allowed in TT events only.
3. Drafting not permitted (taking pace closer than 80 feet behind or 7 feet to the side of another rider).

20K and 40K RR

1. Mass start for each age group.
2. Age groups may be combined, but will be scored separately.
3. No aero bars, bullhorns, TT bars, etc. are allowed in the RR events.

OVERALL RULES

1. USCF/NSGA rules apply unless otherwise noted here.
2. Riders must stay to the right except when overtaking another rider.

COMMISSIONER

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