

CYCLING – June 22, 23, & 24, 2010

FORMAT: The cycling events will be run as a tour. Individual events will be awarded medals and time toward the overall tour placing. The events will include a Time Trial, Criterium, 1000 Meter Time Trial and a Road Race. Participants must compete in all four events to be eligible for tour placing. Participants may, however, choose to compete in any of the events without participating in the tour. **To be included in the tour competition, the participant must sign up for all of the cycling events and submit an additional fee of \$10.00.** If you have any questions regarding the competition, please e-mail Lt. Steve Salvo at SWS105@aol.com

June 22nd (Tuesday)

Morning Competition – Criterium: A criterium is a mass start event on a closed loop course less than one mile per lap. Aero bars are NOT permitted. Approved hard shell helmet is required. Check-in is at 7:00 a.m. and competition will begin at 7:30 a.m. The distance of this competition is 25 miles for Men and Women 18-29, 20 miles for Men 30-34, 15 miles for Men 35-39 and 10 miles for Men 40+ and Women 30+ .

Afternoon Competition – 1000 Meter Time Trial: The Time Trial is a 1000 Meter Sprint – straight course. Check-in is at 2:00 p.m. and competition is at 2:30 p.m.

June 23rd (Wednesday)

Road Race: The Road Race is a mass start on an open road. Approved hard shell helmet is required. Check-in at 6:30 a.m. and competition will begin at 7:00 a.m. Aero bars are NOT permitted. The required distances are 40 miles for Men 18-54 & Women 18-35 and 20 miles for Men 55+ and Women 35+. “Neutral support vehicle will be available.”

June 24th (Thursday)

10 Mile Time Trial: A Time Trial is an individual event run as a race against the clock. Check-in at 7:00 a.m. and competition will begin at 7:30 a.m. Each participant is timed from start to finish and best time wins. Drafting is NOT permitted. Aero bars are permitted. And approved hard shell helmet is required.