



Presented by
CT Masters' Games
In Association with
Northeast Masters Cycling Association
USA Cycling Permit # 2020-1218
Date: Sunday May 17, 2020 Rain or Shine

This is a NEMCA series race



Time Trial events are Pre-Registration only:
Online registration at <https://www.bikereg.com/>
(BikeReg.com standard service fee will be applied).
Pre-registration closes 9:00 PM Wednesday, May 13, 2020

***Register Early and Save!! There is a \$5
discount for online entries received by
Midnight May 3, 2020***

**2020 CT Masters games events are qualifying events
for the 2021 National Senior Games in Fort
Lauderdale, Florida. See the details from NSGA
qualifying rules at the bottom of this flyer, or visit:
<https://nsga.com/howtoqualify/>**

No race-day entries for the Time Trial are allowed.
Day-of registration will be available for the criterium, with an additional \$10 day-of fee.
Number pick-up opens at 8:00 AM. The event is open to competitors from all states.

Location: Walnut Hill Park, New Britain, CT

Disclaimer: It is recommended that you warm up on your trainer or rollers. All roads outside the park are open to traffic and riders assume their own risk when warming up on open roads.

Entry Fee:

\$30.00 for both Time Trials for all age groups. Riders will be given start times for both TT's, but are free to only do the 5K or the 10K
For cash prize criterium fields (Women 40+, Men 40+, Men 50+) \$15 if combined with TT registration, \$35 if entering criterium only
For medals award criterium fields (Men Cat5 40+, Men 60+, Men 65+) \$10 if combined with TT registration, \$30 if doing criterium only
Any additional criterium event is \$10

All USA Cycling rules apply. US DOT or US CPSC approved helmets required. TT bikes or aero bars are allowed for the Time Trials ONLY
Must have a USAC mass-start legal road bicycle for the criteriums

USA Cycling Race license required. Annual Race license available online at USA Cycling, or One-day licenses may be purchased during BikeReg registration or onsite for \$10 and are valid for a single day of racing. On-site One-day licenses may only be purchased by Novice (Category 5) Men and Women, for use in races open to those categories.

5K Time Trial (3 laps)

First rider starts at 9:00 AM

other riders follow at 30 second intervals. Youngest age groups start first. Categories are:

- Women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+
- Men 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

10K Time Trial (6 laps)

First rider starts at 10:15 AM

other riders follow at 30 second intervals. Youngest age groups start first. Categories are:

- Women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+
- Men 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

Start times for both time trials will be posted May 15th by noon at www.northeastmasters.com

Combined start for 20K or 40K Criteriums

Riders should indicate at the start of each race that they will be doing a 20K race, all other riders are racing 40K

The two races will be run concurrently with the 20K race finishing at the end of the 12th lap, the 40K race finishing at the end of the 24th lap.

Intermediate 20K results will only be recorded for riders doing the 20K.

Free lap rule applies until five laps to go for the 40K. Repair pit: There will be a pit area for wheels. Race officials will explain rules regarding wheel changes. Wheels in, wheels out. Wheels must be labeled with rider number.

<u>Category</u>	<u>Start Time*</u>	<u>Distance</u>	<u>Field Limit</u>	<u>Prizes</u>
Women 40+ (CAT1-4, Novice)	12:00 PM	20K or 40K	37	cash(2)
Men 65+ (CAT1-4, Novice)	12:01 PM	20K or 40K	37	Medals(1)
Men Novice (Cat)5 40 - 59	1:10 PM	20K or 40K	37	Medals(1)
Men 60+ (CAT1-4, Novice)	1:11 PM	20K or 40K	37	Medals(1)
Men 50+ (Cat 1-4)	2:20 PM	20K or 40K	75	cash(2)
Men 40+ (Cat 1-4)	3:30 PM	20K or 40K	75	cash(2)

(1) Medals for top three for each 5 year age group for 20K or 40K races (20K medals given to riders only doing the 20K event)

(2) Cash prizes, 3 places for 40K race only – based on full field finish (NOT 5 year age groups)

1st	2nd	3rd
\$60.00	\$40.00	\$25.00

Race information:

Mitch Favreau - 860-917-5006
 president@northeastmasters.com

Or

Rick Plasky : 860-788-7041
 ctmasters@ctmastersgames.org

CT Masters Games Manager / Assistant Operations
 Connecticut Sports Management Group, Inc.

CYCLING
5K/10K (Time Trials) (Recumbent Bikes- TT only)
20K/40K (Road Races)

QUALIFYING RULES

1. For 2021, Recumbent bikes (time trials only) will be classified as an "open" event. Athletes do not need to qualify at a 2020 state qualifier. Recumbent bikes are prohibited in the road race competitions.
2. All first-, second-, third- and fourth-place winners at a 2020 NSGA qualifying games will qualify for the 2021 National Senior Games.
3. Athletes who reside in a state that does not offer a 20K or 40K cycling road race may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.
4. Qualifying events must be conducted under the rules for the appropriate event to be used for qualifying. States may conduct a "combined" event, but competitors may not compete in both events when events are combined. Those wishing to collect awards in the 5K or 20K must stop after that portion of the event is complete.
5. Qualifying event must be a stand-alone road race that is not combined with another event (i.e. duathlon, or triathlon).

ENTRY REGULATIONS

1. Cyclists qualifying in either the 5K or 10K time trials may enter both time trial events.
2. Cyclists qualifying in either the 20K or 40K road races at a qualifying games may enter both road race events.
3. Cyclists must provide their own bicycles and helmets.

FORMAT

2. 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.
3. Starting order for the time trials is by random selection.
4. 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.
5. 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.
6. The road races will be a mass start at pre-determined intervals by age division and gender with combinations when needed. Depending on the structure of the road race course, a neutral start may be utilized.
7. Awards will be presented for 1st through 8th place for each event within each age division.
8. A Minimum and a Maximum distance will be allowed as a qualifier event for the 20K and 40K Road Races. Cycling events at Nationals will be within the range in the chart below.

RACE	Minimum Distance for Course	Maximum Distance for Course
20K	18 K	22 K
40K	35 K	40 K

SPORT RULES

1. All cycling events will be conducted in accordance with U.S.A. Cycling 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.org

2. Helmets are mandatory and must conform to USA Cycling regulations.
3. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear 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, fairing 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, except those allowed by the USCF.
5. 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.

6. 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.
7. In time trial events, the rider shall be held by an official at the start but shall be neither restrained nor pushed.
8. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
9. 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.
10. No restarts are permitted.
11. Protests can be made to the competition manager if submitted within 30 minutes of the conclusion of the cyclist's race under protest.