



**NORTH CAROLINA  
SENIOR GAMES**

**VIRTUAL CYCLING**

- 1 Mile                      Recumbent - 1 Mile
- 5K                            Recumbent – 5K
- 10K                          Recumbent – 10K

**SCORESHEET & PROCEDURES**

**Course Selection**

1. The only course requirement is that it is safe. Select a course that is as flat as possible in your area where you can ride “out and back”. Lots of uphill is an unfair disadvantage, lots of downhill is an unfair advantage. **Out and back defined:** Ride half the distance and turn around and return to the start line. This is to prevent riders from racing with a huge tailwind or straight downhill for the entire race.
2. Participants must complete the correct distance in one ride for each of the three activities. Example: Submitting a doubled 5k time for 10k is **not** permitted.
3. Ride where and when you like and report times for each event for which you are registered.
4. Drafting is not allowed. No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead or 2 meters (7 feet) to the side.
5. Cyclists must start each race from a stationery position, not in motion.

**Equipment**

1. Participants shall provide their own bicycles. The bicycles will be non-motorized, with no device to reduce resistance, except that spoke covers may be used. Participants must use the type of bike (recumbent or traditional) indicated when registering for State Finals.
2. All riders must wear a protective helmet that is properly secured. Shirts or jerseys must be worn and shall cover the shoulders.
3. Participants need some way to time themselves. This can be any device operated by the participant themselves or another individual in which the start and stoppage of time can be controlled.
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) that has the effect of reducing air resistance, except those allowed by the USCF.

**Scoring**

Winners will be determined by age and gender for the fastest times submitted.

	<b>Write your scores here so they will be easily accessible for submission</b>
<b>1 mile time</b>	
<b>5k time</b>	
<b>10k time</b>	