



The Connecticut Senior Games are organized by:

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Special thanks to Rentschler Field for hosting the Cycling Championships

# **2010 Connecticut Senior Games Cycling**

<b>Coordinator:</b>	Karl Witalis
<b>Date of Competition:</b>	Saturday, May 22 <sup>nd</sup>
<b>Location:</b>	Rentschler Field, East Hartford, CT
<b>Time:</b>	8:30 a.m. Check In / Registration 9:00 a.m. Start
<b>Event Order:</b>	5K - Time Trail 10K - Time Trial 20K - Road Race (Mass Start) 40K - Road Race (Mass Start)

## **Competition Info:**

All events will be professionally and electronically timed by Velocity Results. The 20K and 40K will be a combined race and scores will be recorded when racers finish the 20K and the 40K. Awards will be presented for 1st through 3rd place for each event within each age division. Helmets are mandatory and must conform to USA Triathlon regulations. All cycling events will be conducted in accordance with U.S. Cycling Federation (USCF) rules, except as modified herein.

## **Qualifying Rules:**

- ? All first-, second-, third- and fourth-place winners at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
- ? All cycling events will be conducted in accordance with U.S. Cycling Federation (USCF) rules, except as modified herein.
- ? Helmets are mandatory and must conform to USA Triathlon regulations.
- ? There may be no protective shield, faring or other device on any part of the bicycle that has the effect of reducing air resistance, except those allowed by the USCF.
- ? 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 aerobars) are permitted only in time trial events, not in road race events.
- ? Riders must stay to the right except when overtaking another rider.

## **Age Groups:**

50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

## **Age Cut off Date:**

Your age division / group will be determined by your age as of December 31, 2010. If you are turning 50 in the calendar year of 2010, you are eligible to compete in the 2010 Connecticut Senior Games!

## **Directions – Rentschler Field – East Hartford, CT**

### **From Springfield, MA:**

Take I-91 S entering Connecticut. Take exit 30 on the left to merge onto I-84 E toward CT-2/E Hartford/New London. Take exit 58 for Roberts St toward Silver Ln/Burnside Ave. Turn right at Roberts St. Take the 1st left onto Silver Ln. Turn right at Simmons Rd.

### **From Providence, RI:**

Take US-6 W entering Connecticut. Merge onto US-6 W via the ramp to Willimantic/Hartford. Slight right toward US-6 W/Willimantic Rd. Continue straight onto US-6 W/Willimantic Rd. Continue to follow US-6 W. Continue onto I-384 W. Take exit 1 for Spencer St toward Silver Ln. Turn left at Spencer St. Continue onto Silver Ln. Turn left at Simmons Rd.

### **From Danbury:**

Take I-84 E/US-202 E/US-6 E/US-7 N via the ramp to Waterbury/New Milford. Continue to follow I-84 E. Take exit 58 for Roberts St toward Silver Ln/Burnside Ave. Turn right at Roberts St. Take the 1st left onto Silver Ln. Turn right at Simmons Rd.

### **From New Haven:**

Take I-91 N. Take exit 29 to merge onto CT-15 N/US-5 N toward I-84 E/E Hartford/Boston. Take exit 90 for US-5 N/Main St. Merge onto US-5 N. Turn left at Main St. Take the 1st right onto Silver Ln. Turn right at Simmons Rd.

## **National Senior Games – Houston, TX:**

The 2010 Connecticut Senior Games are a qualifier event for the National Senior Games which will take place June 16<sup>th</sup> – 30<sup>th</sup>, 2011 in Houston, TX.