

Washington State

Senior Games Summer Triple

Time Trial, Road Race, Criterium

Date: Sunday, July 25, 2010

Location: Lacey, Washington

Course Description: Same course as was used in 2009. The 5 K & 10 K time trials will be point to point and run on the RR course (flat to slightly undulating). The road race will be run on the same 12 mile "hilly loop" outside the Jubilee complex. The finish is wide smooth and slightly uphill (1%). The Criterium will be on the same warehouse complex loop as last year. It is a super clean, smooth, fast, flat and safe .5 mi loop.

Cost: Senior Games General Pre-Registration is \$30 (includes t-shirt) plus \$8 per event, must be post marked July 9th, 2010. Day of race registration is \$20 (no t-shirt) plus \$8 per individual event. [Click here for pre-registration entry form](#), you get a \$10 discount if you pre-register before May 31, 2010.

Registration: Pre-registration is encouraged, especially if interested in Senior Games T-shirt. Day of race will begin at 6:45 AM at the entrance **Learning Center on Willamette and 32nd**.

Race Numbers: Race numbers will be assigned at the registration **for day of registration** and for those pre-registered they will be in your packet for pick up **day of at the registration table**.

Notes: All events will follow the National Senior Games lengths. **Age brackets are based on the athlete's age as of December 31, 2010**. The age brackets consist of five-year groups for men and women (50-54, 55-59, 60-64, 65-69, 70-74, etc). Start times for the time trail will be every 30-sec. **Starting with 50-54 M through to the last M, then followed by females in same age order**.

Prizes: Medals for top 3 places will be awarded during informal lunch break (**not hosted this year**) and will be in the start finish area. Criterium just behind the finish truck. We will have outside porta potties available around the finish area in the Learning Center Parking Lot.

Race Schedule:

Start Time	Event	Age Category	Length	Places
8:30	TT	Starting lists will be posted by assigned number	5 K	3 per age cat
9:30	TT	Same as Above	10 K	3
10:45	Road Race	M 50-64	42 K	3
10:55	Road Race	M 65+, Novice, Women	42 K	3
1:30	Criterium	M 50-64	30 min.	3
2:10	Criterium	M 65+, Novice, Women	30 min.	3



Rules

- Competition will be in five-year age groups beginning with 50-54.
- All cyclists must provide their own bicycles.
- All riders must wear an ANSI or SNELL approved helmet
- Athletes must ride each race separately.
- We may combine divisions and age groups

Format / Rules

5K and 10K

- Time trials. Individual starts. Race against the clock.
- Starting times for the time trials will be at equal intervals, usually 30 seconds. No allowances will be made for mechanical or other mishaps.
- Starting order for the time trials is by age category starting with youngest to eldest male then followed by females in same age order.
- The rider shall be held by an official at the start but shall be neither restrained nor pushed.
- Aero bars are allowed.
- Drafting not permitted (taking pace closer than 6 feet behind or 3 feet to the side of another rider)

40K Road Race & Criterium

- Mass start for each age group; age groups will be combined, but will be scored separately.
- No aero bars allowed.

The course will **not** be a closed course but will be well monitored and lightly traveled. For the road race we will have a rolling enclosure with cars in front and rear. There will be plenty of parking and bathroom facilities right at the start.

Directions to the event: From North or South, take I-5 Exit 111, Marvin Rd. Go North on Marvin Rd. (opposite direction from Mt Rainer) approx. .5 miles. Pass through 1 roundabout, enter next roundabout and take first exit onto Willamette Dr. NE. Stay on Willamette for approx. 2 miles. Just after stop sign at 31st turn left into the **Lacey Learning Center**

Course Description: For course description [go to our website](http://www.pugetsoundgames.com/CyclingInfo.htm). Either click on underlined link or cut and paste the link below. <http://www.pugetsoundgames.com/CyclingInfo.htm>

